



WORKSHOP – NETHERLANDS

TRAINING TOOLS : SKI POLE POSITION

Abstract:

As you may know, in Holland we don't have real mountains, but we use all creative options to give skiers the possibility to learn and give them the feedback they need. Therefore we like to introduce the training tools from our sponsor "Pole Position". This Swedish brand has been developing tools for better core stability and extra support in the turn or position on the skies. Our goal is to give you, as professionals, the opportunity to use these products in your training and teaching with clients who need this support. This workshop will learn you more about how you can involve these products into your own system and way of teaching.

The founder of Pole Position was a very good moguls skier in the past and is still working with a lot of ski teams in different countries to develop products for perfection. Pole Position is already in use in many countries by different ski schools. For more info go to www.skipoleposition.com

Goal of the workshop: Creating awareness of core stability during skiing with different exercises with and without training tools.

We will demonstrate how to involve training tools into a teaching program. core stability is one of the biggest problems that can be solved, but it also can be a very good visual support.

Exercise with Pole Position Straps

Our first theme will be core stability and how pole position can help you with that.

- Skiing in terrain
- Skiing in terrain with and without the strap

The second thing where the strap can help you, is the position of our poles.

- Skiing without the strap in terrain and keep your poles in front of you and steady.
- Explain how we put the strap at our poles.
- Skiing with and without the strap in the terrain.



Nederlandse vereniging van ski- en sneeuwsportleraren

Dutch association of snow sports instructors
Niederländischer Schneesportlehrerverband
Société hollandaise des moniteurs de sports de neige

NEW PRODUCT - TESTING AREA

We will introduce also some new products for testing. For example “ski poles with weight for faster turns”.

During and after the workshop it is possible to check out new tools from Pole Position, try them and we can bring you into contact with the brand for using products in your own lessons or trainings.

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Dutch Interski Team

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