



Hungarian Interski Team



ON SNOW WORKSHOPS

1. PLUG IN TO SPEED UP!

A workshop led by dr. Ágoston Dosek assistant professor, University of Physical Education, Norbert Takács ski-school leader, Péter Dalos (SMSZ head instructors)



- VOX transceiver-system in practice
- broadcast full of new ideas
- group leading techniques
- instant instruction/feedback the right place/right moment
- various time saving methods
- innovative animation/entertainment on the lift
- based on four year experience in instructors' training

THE WORKSHOP IS IDEAL FOR:

- **INSTRUCTORS WHO ARE OPEN TO APPLY AN INNOVATIVE GADGET FOR A GOAL ORIENTED, TIME SAVING AND EFFECTIVE SKI-INSTRUCTION**

Language: English
Meeting point: Finish Area of Demo slope

Date: 7th September:
Time A): 11:30-13:00
Time B): 13:00-14:30

2. STEP BY STEP FREESTYLE SKIING

A workshop led by Bence Bánkúty, freestyle coach and ski instructor, Freestyle World Cup racer and 5 times Hungarian Freestyle Champion

The workshop will show you a safe and easy way of teaching freestyle. The methodology is based on the teaching and coaching experience of Bence Bánkúty over the past 12 years. For details pls. look at the abstract of the lecture with the same title below.

THE WORKSHOP IS IDEAL FOR:

- **INSTRUCTORS WHO WANT TO INCLUDE SOME FREESTYLE EXERCISES IN THEIR STANDARD TOOLKIT**
- **INSTRUCTORS WHO WANT TO STEP FURTHER TO BE ABLE TO PROVIDE A FULL FREESTYLE COURSE FROM THE BASICS TO THE HIGHER LEVEL**

Language: English / German
Meeting point: Finish Area of Demo slope

Date A): 9th September, 13:00-14:30
Date B): 10th September, 11:30-13:00

INDOOR LECTURES

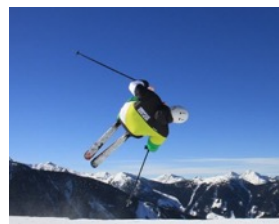
1. STEP BY STEP FREESTYLE SKIING

A lecture by Bence Bánkúty, freestyle coach, ski instructor (SMSZ)

Date: 8th September

Time: 17:30-18:00

Location: Hotel Los Naranjos (Av. San Martin 1446), SAAL G



The goal of the presentation is to give you a straightforward picture of where to start, and how to progress through the guests' skills when teaching in the park. The exercises are based on one another and are divided into different skill levels. The Step by Step Freestyle Skiing workshop can be applied to any intermediate ski lesson or course, although it works best with advanced kids courses (aged 7-14).

The thematic starts with the basics outside the park, (flatland tricks allowing one to understand the physics and essential moves of freestyle skiing). The first level is necessary for a safe progression through the workshop and helps to get a better stance on the skis. The first level is also ideal for guests who want to improve their technique with some fun exercises.

After mastering the basics the exercises are then continued in the park. The workshop continues through many different skills and exercises and progresses until 540° spins on medium jumps and spins on boxes has been achieved. The workshop will include all the necessary hints, tips, conclusions, movement corrections throughout the exercises.

2. TEACHING – LEARNING - DEVELOPMENT, TENDENCIES IN THE HUNGARIAN SKI-CLUBS

A lecture with the main findings of researches about the development of Hungarian ski clubs in the last years by Ágoston Dosek, Norbert Takács, head instructors, Federation of Hungarian Ski Instructors (SMSZ).

Main topics:

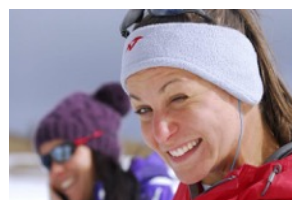
1. skiing-learning- motivation of the guests
2. necessary skills of the ski instructor
3. self-evaluation of the teaching methods used by Hungarian instructors

Click [here](#) for more details about the topic of our lecture!

Date: 10th September

Time: 18:00-18:30

Location: Salon Nautico (Avda. Maipú 1210), SAAL B



We are looking forward to meeting you on our the workshops and small lectures!

**Interski
Team
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