



Sweden 2011-01-01

The Swedish Workshop at INTERSKI S:t Anton 2011.

Alpine skiing 50 + !

A possibility for experience and challenge.

A dedicated and able skier can, with increasing age, and the right coaching continue to develop his skiing towards a more refined technique and more advanced and fun skiing.

The answers for both skiers and coaches are found in:

- Mental capacity and approach
- Physiologic and biomechanical conditions and possibilities
- Body control, movement control and movement awareness
- The condition from the laws of nature
- The possibilities of mechanics
- Tools to find technical solutions and possibilities
- The equipments quality, function and calibration
- The role of the coach and his methods

Body and Mind

Body & Mind, works closely together.

Body control and balance! Rhythm and timing! Consciously or unconsciously!

Why can we perform, What can we perform, How can we perform and What directs our capacity to perform?

Technique

Mechanics, biomechanics and analysis are deciding areas to master to find the tools for skiers 50 + so they can advance.

Which methods and approach can be developed to do the analysis and easier be able to find the technique, feeling and balance.

The goal

Is to ski with simplicity, ease and feeling. We shall seek our own experience and understand the difference between force and force will be taken from the speed and the power. Endurance will be found in biomechanics. Technique develops though new movement's patterns.

The workshop

On slope in St. Anton we will present and discuss the above. A deeper understanding within and between the different subjects aims to develop your skills as an instructor as well as your own skiing.

Welcome to the Swedish workshop on Thursday