

## THE STAGE OF A TURN IN ALPINE SKIING STUDENTS COURSES OF SPORT AND PHYSICAL EDUCATION FACULTY

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**Abstract:** *This paper want to be a recall from the last step that skidding is skis slipping diagonally and under control on the snow. With skidding, your skis' slipping is directed by the steering action of your feet and lower legs exerted on the skis through your boots. Skidding is a desirable skill to master on your way to parallel skiing. Still, skidding during turns might not be intentional, but instead a survival-instinct reaction that is more representative of sloppy skiing. In this term on this step you'll learn why it's important to use controlled skidding in your skiing and what happens when you do not. In this stage – in alpine skiing courses for student's we must to learn to divide a turn into four major stages: beginning, middle, middle-end and end.*

**Keywords:** *alpine skiing, slopes, stages, turn, parallel*

### INTRODUCTION

For the new students (first year of study), learning to use controlled skidding is a fundamental skill for developing confidence and control on the slopes. In the long run, sound, controlled skidding skills pave the way for the acquisition of a broad base of upper level skiing skills that will be instrumental steep and difficult terrain (Yacenda J., 1992), as well as in mogul skiing and for finesse games (e.g., turning on the outside and inside edges of a single ski in a variety of terrain, including the bumps). Most importantly and with respect to immediate and reachable skiing goals, controlled skidding is a valuable transition to beginning parallel turning. One of several outcomes is possible when the skiers don't take the time in their skiing development to learn controlled skidding. For most recreational skiers who don't learn to use controlled skidding, turning and speed control are unpredictable when the terrain exceeds their comfort zone. Basic skidding skills can be used to help a skier out of most unexpected terrain challenges, save special deep snow with a breakable crust (Loland S., 1992). A fair number on unschooled recreational skiers mistake random braking for controlled skidding when then turn. Instead of patiently guiding their skidding skis through a turn, the students enter the turn in a hurry and slide the details of their edged skis laterally, brushing away the snow and

**3. Middle – end** – the time where you follow through with what's necessary to continue the turning decision reached in the middle of the run. Very often this is an active steering or both skis, more precise edging, skidding and angulations, the appropriate use of flexion, and a further refinement of skidding (and more advanced levels of skiing, more precise with carving) of both skis.

**4. End** – the time where skidding ends, edges are engaged appropriate to the terrain, the steering of skis momentarily ceases, and the body begins to

creating a braking effect. A general way to identify whether skidding is controlled or intentional braking is to look at the shape of the turn (Loland S., Haugen P., 2000). Controlled skidded turns can have rounded, almost artistic shape, whereas braking turns are more ragged and unpredictable.

### CONTAIN

Turns can be broken down in a variety of ways to explain when certain skills are better applied than others during the arc of the turn. Until now a distinct understanding of turn stages was unnecessary because rudimentary skills were being and coupled to produce a variety of functional turning shapes and strategies for skiing the fall line. From this point forward, the stages of the turn will take on new importance because each will signal times in the turn where specific skills need to be applied to produce controlled skidding in both wedge and parallel turns. In our practical activity on alpine courses we applied the following four stages:

**1. Beginning** – the time when early initiation, countered upper body projection, inside ski steering, and outside ski steering happen in succession.

**2. Middle** – the time when you challenge the fall line and decide how you are going to ski it and thus react accordingly with appropriate steering and edge angle, controlled skidding, or flattened skis.

assume a posture of early initiation and countered ness for the next turn.

**Methodical rules for a skidded wedge turn - INDIRECT WAY OF LEARNING** (Ene-Voiculescu C., 2006):

- Preparation phase
  - parallel traverse;
  - early initiation; countered upper body;
- Execution phase
  - extend and flatten skis; brush out both tails;
  - hip influence in direction of turn;
  - steer both skis down fall line;

- keep looking into turn;
- at middle hold skis in wedge.
- Transition phase
- at middle-end, flatten inside ski;
- edging on outside ski;
- sideslip inside ski to much;
- bring boots together.
- Completion phase
- match skis at end;
- finish flexed in parallel;
- early initiation; countered upper body

**Error and correction:**

1. Only the inside ski is brushed out; Steer both skis apart; flatten both skis;
2. Your wedge is slow to form; Extend both legs first;
3. Your skis don't turn down when you try to much; Flatten your inside ski first, with knee directed uphill; use edge angle on your outside ski to stabilize your skiing stance;
4. Your lose balance when you try to sideslip your inside ski to much; Maintain basic stance, especially your hands and arms; use edge angle as needed; think of controlling your uphill boot.

**Methodical rules for a skidded parallel turn - DIRECT WAY OF LEARNING** (Ene-Voiculescu C., 2006):

- Preparation phase
- parallel glide;
- early initiation; countered upper body.
- Execution phase
- extend and flatten your skis;
- weight transfer to outside ski; simultaneous edge change;
- project hips and upper body;
- exaggerate hip influence;
- look into turn.
- Transition phase

- skis parallel, skid laterally;
- steer tips of skidding skis.
- Completion phase
- skis skidding in an arc.

**Error and correction:**

1. Your edges are not changing together; Focus on moving your boots simultaneously, particularly the inside boot at the time of weight transfer;
2. One or both of your skis are getting caught up; extend very tall and flatten skis.
3. Your skis are not controlled; don't use angulations excessively; both skis must work together.
4. Your skis are slow to get into a turn down the fall line; Project your hips; you need a commitment to turn and very active inside-ski steering.

**DISCUSSION**

In our alpine skiing courses we promote the direct way of learning. In this way there are several critical elements to making the beginning of skidded parallel turn: simultaneous edge change; proper weight distribution to outside and inside skis; active steering of both skis, particularly the inside ski; and most especially the projection of your hips and upper body down the fall line and into the turn. All the elements of turning are at play but more than ever before, your extension at the outset the tone for the skills that must follow, and your projection makes it all work. Extend tall and get your body weight off your inside ski, but keep it in contact with the snow. We can say, let the caress the snow as you go to work on the outside ski. Actually, though, the insides ski never really rests in this turn; it's just that you've taken the burden of steering with weight applied to influence its movement.

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