

APPLICATION IN ALPINE SKIING COURSES FOR STUDENTS OF SPORT AND PHYSICAL EDUCATION FACULTY – TELEMAR TURN

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Abstract: *Applications in alpine skiing are designed for turning, cross country skis for running. Thus it should not be too surprising that it is far more difficult to make cross-country equipment turn with a flick of the knees than it is to do so with alpine system whose whole purpose is to turn as well as human ingenuity allow. This paper contains the rules for application in alpine skiing courses for students of Sport and Physical Education Faculty of the Nordic – Telemark turns.*

Keywords: *Telemark turns, courses, application*

INTRODUCTION

The technique that takes the students will be requesting their mobility. We manage in our learning plans this type of skiing in the second years of study alpine skiing. In this respect their mobility are different from those used in alpine skiing. The most exhilarating of Nordic turns, and also the most distinctively Nordic, is the telemark turn. This turn is specific into application skier's area and in the same time in the military application skiing (Loland S., Haugen P., 2000). It is so elegant and graceful that onlookers often say it looks a waltz. It is also powerful – the telemark can be used successfully in any snow condition, even the most abysmal concoction of the crust and molasselike snow. We need this type of telemark skiing in our educational process for our students because the telemark procedure is a fortunate combination of the diagonal stride of the cross-country skier and the carved turn of the Alpine racer. In the same time the connection between telemark downhill and horizontal running is deep. There is a continuum as you go from running on the flat to running in linked telemarks down a steep slope (Voiculescu C., 2000). The student still want to keep that decisive – but relaxed – motion, strong forward drive onto their ski, smooth transition from stride to stride, and most of all, that continuous rhythm. Students often learn quickly by using exercises built on the stride, which methodically take them into the downhill zone. This approach teaches them right at the start to ski with rhythm and to use their poles to help, not hinder, their turning. The key of powerful telemark turn is a strong telemark position. Just as with the athletic stance for tennis, the students should be able to find a telemark stance that gives their maximum strength over each of their skis, the greatest balance, and the quickest response to changing force.

CONTAIN

In the terms if our curricula we try to make our theme of practicum lesson in two weeks. The major subject will be to decide by the algorithms

of the thematic lessons (Voiculescu C., Haug N. S., 2000).

Algorithmically issue according with objectives target:

1. The fundamental Telemark position

Methodological describes: standing across the fall line, the skier has weight centered in the middle of telemark, i.e., directly over both feet. Both knees are well bent. The heel of his front boot is down and the ball of his rear boot is solidly down. Their (students) rear thigh drops straight down or even drops straight down or even a little forward. His downhill hand is held low, pointing down the fall line and a bit back (to keep their weight centered). Their uphill hand is also pointing downhill, pulling his whole body around toward the fall time. In the telemark turn, the student skiers creates, in effect, a single long ski with variable side cut.

2. Telemark turns

In a telemark turn in deep, wet snow, the skier using double pole plant. Depending on the skis and the snow conditions, it sometimes helps to steer the turn with the tail of the front of ski, making its tip of plane up the snow's surface.

a. the skiers finished a turn in the strong telemark position. He is centered over the whole telemark, weight on both skis. His upper body is erect and facing the fall line and both skis are edged.

b. Between turns, the skier is moving the right ski forward to be front ski of the new telemark turn. The skier has flattened the edges of both skis and their body is already moving in the direction of the new turn – anticipation.

c. The skiers entering in the new turns. The front ski is being moved ahead of and across the rear one, and it is already edged so that its side cut helps it turn. At the skier moves his front ski, his outside (right) hand and dropping to his side (left) hand is moving forward, just as in a diagonal stride.

d. The skiers have known dropped into a strong telemark again to finish the turn. Both skis are weighted and edged. There are facing (in all stage) directly down the fall line. As students

complete turn, students maintain control of the rear ski by shifting their weight onto it. This also keeps students from driving the front ski deep into soft snow which would pitch him forward.

e. Short-radius telemark (the smooth forward motion of the rear ski from start to finish of the turn): 1. the skier's knee drives the front ski through the turn. Their upper body is erect and theirs looking at the next turn; 2. they plans their uphill pole to help their bring their rear ski forward and into the fall line; 3. as the strides into the new turn, their inside pole is coming forward so it will be ready to trigger the next turn.

3. Telemark for a stride

a. The skiers are traversing the slope. All his weight is on his downhill ski. He is picking up uphill ski and moving it into position to make his stride.

b. The skier has moved their outweighed rear ski into position behind and has started dropping back into the telemark. They have let their rear knee drop straight down to weight the rear ski. Their hands are low and diagonal to their skis. They finished the turn facing the fall line,

weight on both skis and ready to charge into the fall line, weight on both skis and ready to charge into the fall line for another turn.

4. Step Telemark

a. the skiers has stepped downward with his downhill (left) ski and is picking up his uphill ski to step it into the fall time;

b. the students steps into the fall line and walks completely onto their right ski, picking up left one;

c. the students steps into the fall line and walks completely onto their right ski, picking up the left one;

d. the students places the rear ski alongside the front ski in the fall line and then drops his rear knee straight down to go into a strong telemark position. Their outside (right) hand is by side, holding their weight over the center of the telemark;

e. the students finishes the turn with their hips moving over their rear foot, weighting that ski heavily.

CONCLUSION

The turning power of telemark depends on the relationship of the two skis. In contrast, most of the turns an Alpine skier makes depend on his making just on ski controllably. Since their equipment has evolved for just the end, it is not surprise that it is much easier to turn one. Alpine ski than it is to turn one Nordic ski, which is specialized in quite a different way. Event with the advent of TELEMARKING skis, which are about as similar to a good –quality for our students in the application skiing courses.

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