

SKI TUITION ALTITUDE

WWW.ALTITUDE-VERBIER.COM



JON (AKA WESTY) AT ALTITUDE

Jon is one of few instructors in the world to hold the top qualifications from France, Switzerland and Britain. He can teach on and off piste skiing throughout the Alps and as Ski School Director, Jon helps manage the ski and snowboard school, the instructor training Gap programs, the Verbier freeride camps and also the winter and summer kids camps. (0041 27 771 6006; www.altitude-verbier.com).

Beyond The Plateau

This month Jon examines a couple of key movements which are required at all levels if we wish to go faster, steeper or for longer and get off the 'plateau' that many skiers end up on.

Over the following 5 issues we will tackle: Psychology and Tactics / Powder Skiing / Carving / Bumps / Instructor Training.



1. Be The Driver Not The Passenger

It's important to make sure you are balanced on the skis as much as possible. Well timed movements allow you to stay balanced on the ski. In turn this allows you to make more movements giving you greater control and efficiency.

TIP: Your degree of movement should match the size of turn, speed and terrain. Short turns will require a quicker movement.



2. Stay On Top

Skiers at all levels get caught back, often because they do not move into the turn. This movement comes from the legs, and if well timed, will result in the whole body staying balanced over the skis throughout the turn.

TIP: Don't use your shoulders to start the turn, when you stretch and move forward, make your feet start to turn to maintain your balance.



3. Move Your Hips And Body Forward

From a flexed position, make an active stretching movement from the legs, moving the hips and body forwards and down the slope enabling you to keep your centre of mass over the middle of the ski as the ski turns down the slope. Avoid stretching straight up as this will cause you to lose your balance on the skis and put you in the back seat.



4. Balanced Rotation

In addition to good, balanced fore and aft movements, we also need to make sure we are rotationally balanced. By ensuring the movement starts from the feet and not by turning or twisting the upper body you will stay well balanced on the ski giving you control and the freedom to make efficient movements.

TIP: If your hands are pointing up the hill you've rotated your body too much.



ALTITUDE KIDS SKI TIPS

A ski holiday should be a fun, wonderful, enjoyable and magical time for you and your children. However, too often it can be spoilt by things that can easily be avoided by a little planning, forethought and having realistic expectations.

Here are some tips and tricks to make your life easier and the holiday more enjoyable:

BE ORGANISED - Have a check list of the kit you and your kids need, write down where you have to drop the kids off for ski school and where you have to pick them up from and at what time. Also, make sure you know how you are going to get the lifts and how long it takes.

TIMING - It takes longer to get anywhere when on a

skiing holiday as you have all the extra clothing you've got to get the kids into plus carrying of ski's, poles, helmets, goggles, gloves, etc. Make sure you leave plenty of time to get anywhere.

ENERGY LEVELS - Children cannot regulate their energy levels as well as adults. They can suddenly go from bouncing around to being asleep on their skis and tired children can quickly become grumpy and miserable. Ensure that they have regular snack and drink breaks throughout the day.

ON THE SLOPES - Make sure you know where you are going and that the slopes are suitable for your kids. Plan your day with suitable stops and drinks breaks. When setting off on a run make sure

that everyone knows where they are going and where you are going to meet up. Enjoy the time you have skiing with your kids.

LESSONS - These can make all the difference. It gives you the chance to have a break from the kids and do the things that you want to do, while the kids are having fun and learning how to ski.

Altitude Ski and Snowboard School in Verbier run specific lessons for children: Polar Bear Club for 3 to 5 year olds, Kids Club for 6 to 15's and Extreme Kids for kids who can do it all. All our instructors hold national level qualifications. See us in our No.1 Shop Verbier, call (+41) 027 771 60 06, or visit www.altitude-verbier.com.

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