

SKIING VOCABULARY

el esquí • skiing

las modalidades • events

la pista
ski slope

el esquí alpino
alpine skiing

la telesilla
chairlift

el teleférico
cable car

el traje de esquí
ski suit

el bastón
ski pole

el guante
glove

la pista de esquí
ski run

la bota de esquí
ski boot

la barrera de seguridad
safety barrier

el esquí
ski

el canto
edge

la punta
tip

la esquiadora
skier

el descenso
downhill skiing

el sláalom gigante
giant slalom

el sláalom
slalom

el esquí de fondo
cross-country skiing

el salto
ski jump

el snowboarding
snowboarding

fuera de pista
off-piste

SKIING: This experience will be wonderful and **unforgettable!**

HAVE YOU EVER GONE SKIING BEFORE?

- If you want to learn or **improve your SKIING TECHNIQUES**
Watch your physical fitness!!

Practice the basic skills of skiing with your instructor at Astún ski resort and skiing by your own on the afternoon.

- If you want to **improve your ENGLISH ...**
Prepare basic skiing vocabulary in English before signing up for this extra-curricular activity

Do not be afraid if you do not speak English well, do not be afraid of making mistakes. You just have to enjoy speaking English. Everybody can do it!!

WHAT IS YOUR GENERAL CONDITIONING?

Keep interested in physical education classes. Ask your doubts, you must learn to make your own fitness program **It is very important to be physically ready before you go Skiing.**

Skiing would be much funner if you are physically ready, and skiing skills would be much easier to learn. If you don't complete this fitness program you will get tired easily and you will be much more susceptible to Skiing injuries. If possible, do some moderate Exercises for several weeks, or at least a month or two before Skiing to strengthen and to make your tendons, muscles, and ligaments flexible.

Ski Fitness. Basically, there are three elements to Ski Fitness which can really aid you in your program:

Skiing- Flexibility Is the most important physical conditioning factor in preventing injuries. Every day practice "Sun salutation" and stretching all of you muscle groups for around 20-30 seconds before and after workouts will definitely do you good. Focus your Flexibility training on your upper legs, twins, shoulders, and hips...

Strength Training. Skiing will primarily make use of your legs, your quadriceps, since they do most of the work on the downhill. Go up the stairs in stead of using the elevator. Walk as much as you can to make your legs stronger. You can jump rope or use fitness-band...

and Endurance, Cardiovascular... Cardio workout should be done 3-5 times a week, 30-45 minutes each session. You can develop Endurance through leisure activities like skating, and Bicycle, running, Swiming, Dancing if you prefer...

SKIING VOCABULARY

EQUIPMENT: A pair of skis, ski boots, ski poles, snow suit, ski pants, jacket, snow cap, sun glasses or goggles, Chapstick (with sunblock) and face sunblock.

SKI PARTS: front, tail, edge, binding

BODY PARTS: Upper body, arms, core (stomach, back, bottom, hips), legs (thigh, calf, knees, ankles)

SKI RESORT INFORMATION: Ticket office, trail map, lift tickets, ski lift, chair lift, handle tow, magic carpet, fast lift, ski rental, instructor, meeting point, closing time, medical clinic, weather forecast, storage. Dry sky slope, snow-machine, powder...

SKI TECHNICAL: Balance, body weight, forward, backward, go down, bend knees, join knees, change body weight, lift right ski, keep apart feet, turn left, turn right, look over there, check your motions and your coordination, skill, ability, exercise routine, pull gravity center down, unblocked, ski carving, smooth turn, initiation phase of the turn, in making the turn, crossovers, inside leg, outer leg, uphill, downhill, pressure against it, starting body position, correct execution, wrong way, follow the guidelines instructor...

WHAT IS MY INICIAL LEVEL? HOW I CAN IMPROVE MY TECHNIQUE?

DO I KNOW THE SKIING SKILLS STEP BY STEP?

- 1- DIRECT REDUCTION** Straight line with a small slope. Flat skis and weight distributed on both legs, knees and ankles flexed. Change your body weight forward, arms forward too and slightly bent.
- 2- WEDGE (OR SNOWPLOW)** Way to slow down or stop for beginners. Leg extension, nailing the inner edges, at the same time we opened the tails of skis.
- 3- WEDGE TURN** Is also a basic ability to make turns. Changing the weight in every turn. We extend the outside leg making an active pressure on the inner edge of the ski, and the inner leg follows the other.
- 4- FUNDAMENTAL TURN IN BASIC** Going diagonally ,we inititate the turn making wedge. Turning the knees uphill and we compensate taking the core downhill.
- 5- INTERMEDIATE AND ADVANCED...** Facing slope, nail stick, we grouped making a little slide...

SKIING BY YOUR OWN ON THE AFTERNOONS:

First you should choose your level of slope difficulty, ski runs are marked with a color coded according to difficulty.

BEGINNER: Green slope (very easy), Blue slope (easy)

MEDIUM: Red slope (Difficult)

ADVANCED LEVEL: Black slop (Very difficult)

REMEMBER THAT SNOW AND WEATHER CONDITIONS CAN INCREASE THE LEVEL OF DIFFICULTY

PAY ATTENTION:

WARMING UP CORRECTLY: it's of vital importance that you warm up for a few minutes before starting to ski.

KEEP ON A CORRECT BODY POSTURE: keep your body weight forward and bend your legs, don't move your arms and hips, keep your back straight and look straight (be aware of your surroundings).

BEGIN TO SKI SLOW AND WITH SMOOTH MOTIONS, YOU ARE BUILDING UP YOUR CONFIDENCE. We are going to have a great time. Before starting to ski, in order to have a good time, it is very important to know the basic rules of safety on the slopes.

SKIER SAFETY RULES:

- The skier must behave in such a way so as not to hit other skiers
- Always ski in control and within the field of vision
- Watch your speed, especially in crowded areas and in beginners' areas
- **The skier behind you will choose his way, without endangering the skier ahead**
- Whenever you enter into a slope, look uphill and downhill to be sure that is clear.
- You must not stop in the middle of the slope or in a thin trail
- Be careful when you ski off the main trail or run
- Never ski on closed slopes
- **Always ski with your group and in your level**

BEGINNER AND MEDIUM LEVEL: WEDGE AND TURNS INTO WEDGE

ADVANCE LEVEL: PARALLEL, MOGULS, JUMPS ...

It is very important to focus on your body parts in order to ensure an unblocked and smooth cross-over. Look for some terrain where the slope is clear and wide enough that will allow you to go across and make turns.

When you already found the area, begin to traverse across the slope. When you are close to that point when you would be starting your turn, across your skis in order to aid you in changing onto the new edges for another new turn.

Made sure to concentrate on key areas of your body in order to make a smooth turn. With continuous practice, together with a lot of confidence, skill, and patience, you will be able to get used to positioning your body to avoid blocks, and make smooth turns.

B. SKIING

B.1. What does it entail?

Skiing means going down a snow-covered mountainside on skis. Downhill skiing is a competitive sport in which you ski down a slope with markers known as gates against the clock. There are now many other types of snow-based skiing events.

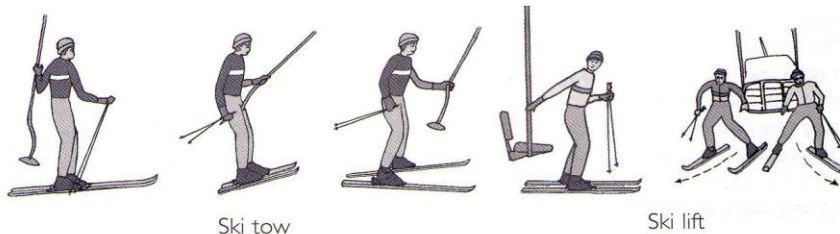
The equipment for skiing should be suitable for the skier's height, weight and age. The skis are two boards made of hard, flexible material with the front ending in a point and curving upwards.

The bindings are elements that serve to attach the boot to the ski, and release the boot if there is too much pressure on it, which avoids injury in the event of a fall. The poles help you learn and carry out some of the turns.

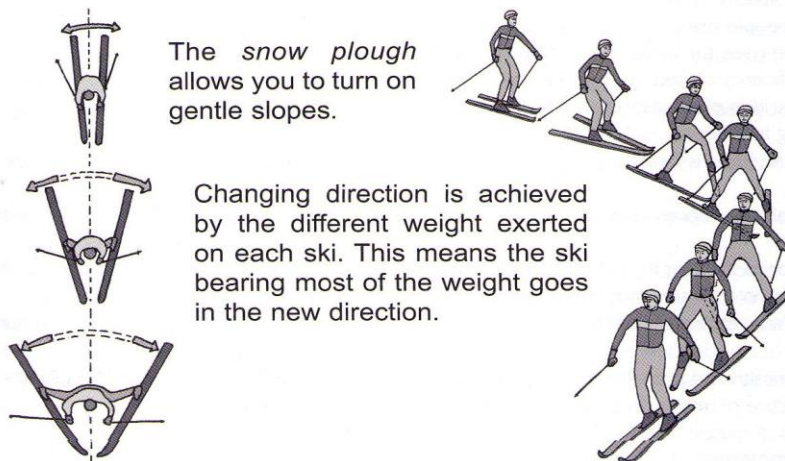
Your clothes should keep you warm but not hamper your movement. The equipment required also includes gloves, which will protect you from the cold and from hurting yourself if you fall over, a hat, helmet, wraparound ski goggles and a good sunblock or sunscreen.

B.2. Basic skills

* Various mechanised systems are used to reach the top of the slopes. In stretches that are not unduly long the ski tow or ski lift is used. To use it, you need to get into position, hold both poles in one hand, and place the T-bar between your legs, keeping them slightly bent and rigid enough to allow yourself to be pulled along.



* *Gliding and wedge turns (snow ploughs)*. The wedge or snow plough is used to slow down, brake and turn. It consists of separating the skis and forming an angle with the tips together. You support your weight on the inside edge of the skis, bending your knees slightly into the slope.

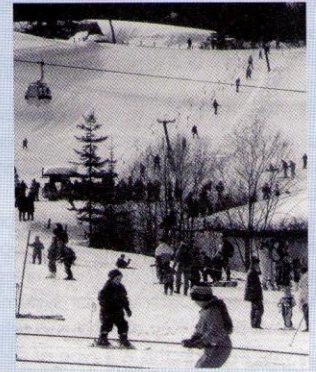


The *snow plough* allows you to turn on gentle slopes.

Changing direction is achieved by the different weight exerted on each ski. This means the ski bearing most of the weight goes in the new direction.

DID YOU KNOW THAT...?

- Downhill skiing includes the following disciplines: descent, super G, slalom and giant slalom. In cross-country skiing the skier covers long distances so the skis are not lifted off the ground. In snowboarding there are several slopestyles: half-pipe, with jumps and stunts, snowboard X and giant slalom.



SKI

Tip or nose: This is curved upwards so that it doesn't dig into the snow.

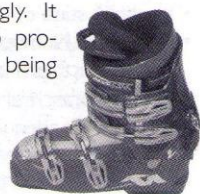
Top or deck: this is the part where the binding is attached



The base is the underside of the ski, which comes into contact with the snow. The lower sides of the ski are called edges

Tail

The boot should fit the boot and leg snugly. It should be done up properly but without being too tight.



SNOWBOARD

BASIC SKILLS: Going down a small hill. First, going straight down the hill. It's important to have a good position in order to keep your balance. Bend your knees and keep your body gravity low. Make sure you center your body weight evenly on the board and lean your body a little bit to the front in order to gain speed. Remember to always keep your arms opened (your front arm should be higher than the nose of the board and your back arm should be above the tail of the board).

There is also a useful technique that's used to go down a hill if you don't feel safe. This consists in going down the slope with your back facing the hill and your weight on your heels so your back edge slows you down as you slide down the hill. When using this technique, always remember to maintain your body weight really low and close to the board or else you'll lose your balance.

INTERMEDIATE skills: Once you are able to go straight down a small hill while keeping your balance, you can start to do open turns down the hill.

For **goofy** footers (right foot in front): When you are going down the slope, first try to turn left (you'll end up facing the hill). In order to turn left, a goofy footer has to put his weight on his toes and lean his weight to the nose of the board to turn easier. Always remember to follow the rotation of your board with your arms. Do not try to rush the turn or else you will lose your balance. The next step is to turn right (your back will face the hill). To make this rotation you have to put your weight on your heels and then follow the same steps as if you were turning left. For **regular** footers (left foot in front): When you are going down the slope, first try to turn right (you'll end up facing the hill). In order to turn right, a goofy footer has to put his weight on his toes and lean his weight to the nose of the board to turn easier. Always remember to follow the rotation of your board with your arms. Do not try to rush the turn or else you will lose your balance. The next step is to turn left (your back will face the hill). To make this rotation you have to put your weight on your heels and then follow the same steps as if you were turning left.

ADVANCED skills: When you know how to do both rotations (left and right) you can start trying to do faster and tighter turns. When you feel confident doing those turns you can try it out in steeper slopes.

If you dominate all the skills listed above, you could start with small jumps. Remember to face the jump straight. Bend your knees so they will absorb the impact of the landing. When you are in the air keep your body weight on the middle of the board and compress your body so you'll be balanced on the air. If you lose your balance on the air, you probably won't be able to land well and you will fall.

Thinking about skiing and snow...

- Have you ever gone skiing before?
 - How many times did you go skiing before?
 - Did you have a good experience? Why?
 - Are you in a good shape and are you healthy?
 - What's your ski level?
 - What are your aims this year?
 - Where would you rather go to: Candanchú or Astún?
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- It's the first time that I'm going skiing with the school
 - I've never gone snowboarding before
 - I've never gone skiing before, but it looks like a very interesting sport to me
 - I'm going to ski for the first time
 - It's my first time to go skiing in the Pyrenees
 - It's the second time that I'm going skiing with the school
 - I went skiing with the school three times before
 - I'm going to improve my skiing techniques
 - I'm planning on improving my wedge turns
 - I want to go down a red slope
 - My skiing abilities are improving every year
 - My aim this year is to go skiing in a good physical shape
 - It was marvellous to go skiing last year, but the weather made it very difficult
 - I hope this time the snow will be really good
 - Skiing is a marvellous opportunity to have a lot of fun with my friends
 - I don't ski very well at the moment. But I want to do better this year
 - Oh! Going skiing with the school is very nice!
 - I feel good when I've gone skiing
 - We've had an amazing skiing week last year
 - I want to work on having a correct body posture when going down red slopes
 - I learned how to ski many years ago. It was nice.
 - Downhill skiing is a fun sport. I like it a lot
 - I love skiing; especially downhill and cross country skiing
 - I'm very good at skiing
 - I really want to go back to Jaca and Astún
 - I would rather go to Astún, it's nicer there than in Candanchú