

Australian Professional Snowsport Instructors

Adaptability Through Skiing Performance

The APSI on-snow skiing workshop for Interski 2019 will provide the opportunity for countries to understand how our instructors and guests can adapt to a variety of snow conditions all over the world through the use of our skiing performances.

The Performances

Ideal Performances

1. Steered Turns
2. Carved Turns
3. Pure Carved Turns

Situational Performances

1. Skidded Turns
2. Railed Turns

In Australia we have 5 different ski performances. For our clinic we are breaking these down into 2 classifications, '**ideal performances**' and '**situational performances**'. APSI instructors and their guests will always strive to ski at their highest ideal

performance appropriate to the terrain available. However, sometimes the terrain and snow conditions in Australia require a change in performance to manage turns with efficiency. We believe that our **ideal** ski performances share 3 key characteristics which make them easy to adapt to all conditions while being able to hold a solid stable platform to ski on.



Ideal Performances

Steered, Carved And Pure Carved Turns

Steered Turns

Steering involves an appropriate blend of all four skills* using a stronger focus on leg turning to create slower rounded turn shapes. When steering is done correctly it should leave a 30cm wide track from the beginning to the end of the turn.

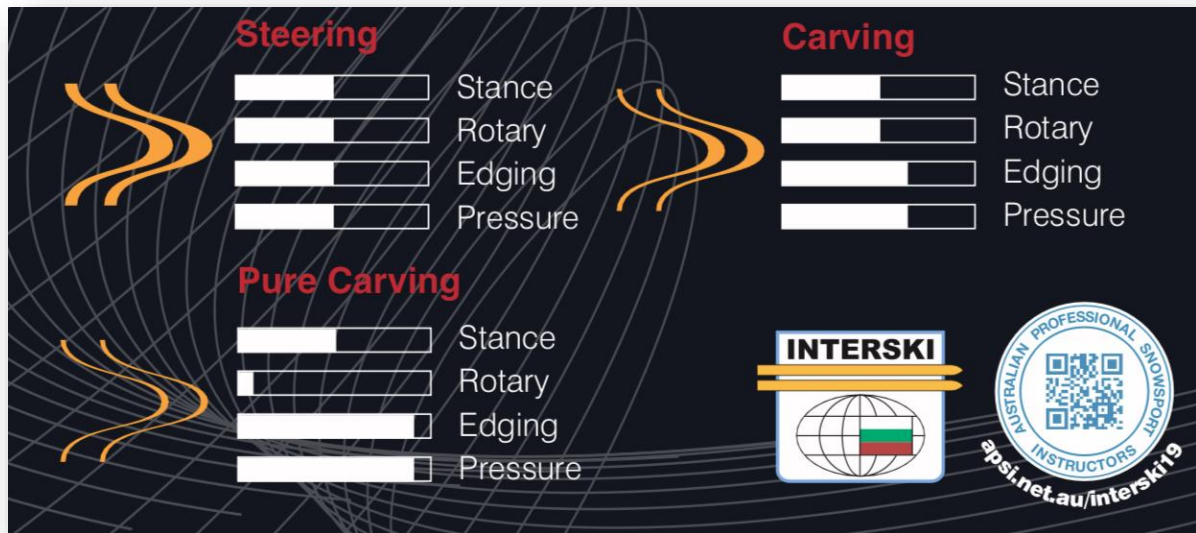
*stance, rotary, edging and pressure control

Carved Turns

Carving is similar to steering; however, the turn needs to be faster and the skis must use a higher edging angle to create a stronger edge grip. Leg rotation is still needed to help guide the ski through a rounded turn. Ideally a 10cm wide track will be left from the beginning to the end of the turn

Pure Carved Turns

Pure Carving is our highest performance of skiing. It is a result of the skis being locked on an edge with absolutely no skidding or rotational forces applied. The side cut of the ski will determine the radius of the turn but to create a tighter arc the ski must bend by increasing the edge angle progressively through the turn.



The 3 Key Characteristics

So, what makes these performances so **adaptable**?

In each of these performances:

1. The ski is on edge throughout the turn (*this provides stability/platform*)
2. The ski travels on an arc (*tip first not sideways*)
3. The pressure increases progressively through the turn

Situational Performances (*Non-Desirable*)

Railed And Skidded Turns

Skidded Turns

Skidding refers to the skis sliding sideways with minimal edge angle.

Railed Turns

Railing is achieved by locking one or both skis on edge from start to finish of a turn without tightening or lengthening the line with a rotational movement.

Railed and skidded turns are used by advanced skiers as a tactic in addition to an ideal performance to navigate certain terrain conditions. These performances may also commonly be used by beginner skiers when learning skiing for the first time.

When the terrain and snow conditions alter, we need to adjust our movements and create a change in performance. Mixing up performances through a turn or throughout a run can allow us to stay stable on our feet at all times. We can also teach our guests different turns at different performances to achieve the goals of our guests or their desired outcome of the lesson.

The APSI National Demonstration Team looks forward to presenting you this on-snow clinic at the 2019 Interski Congress in Bulgaria, to showcase what we believe makes our skiing so **versatile** and **adaptable** to any terrain and snow conditions all over the world.

