

(VIRTUAL) POLMEDEN SKI SCHOOL

ENJOYING CONTINUING SUCCESSFULL OPERATION

*Virtual Ski Club POLMEDEN's Ski School is for Polish medical professionals, engineers (SIPwK) and journalists (SDP) in Canada. Teaching follows methodologies of Canadian organizations of ski coaches (CSCF), ski instructors (CSIA) and snowboard instructors (CASI); mostly the same elements are used in different order. **Participants learn at their own risk.***

ALPINE SKI TEACHING...a front part of the **FAST TRACK TO CARVING (FTC)**

Easier, faster, safer, 'effortless' way to learn skiing

Carving or skiing/snowboarding on edges without sideslip is considered as one of the most advanced ways in both sports. It is offered in Snow Resorts usually to the very competent customers.

Using refined in the last 10 years **FAST TRACK TO CARVING (FTC)** one can learn amazingly quickly both alpine skiing and snowboarding and acquire carving skills using a quite flat terrain. The same progression can be left unfinished without carving to become competent both when starting from scratch as well as to improve competence. Results come very fast. The key feature of this approach is in the fact that there is essentially one base set of body positions that can be shown and taught while standing. No pivoting of any part of the body is used (pivoting comes later in a steeper terrain). FTC is as simple as an obvious fact that even slightly tilted modern ski or snowboard will turn when set in motion.

SHORT SUMMARY OF THE FAST TRACK TO CARVING

WE NEVER STOP



- The modern ski is built such way that it will turn while in motion when even slightly tilted.
- FTC doesn't teach how to ski straight.
- First motion on snow is slow turning one way (left for right-handed and vice versa).
- Learning how to turn is effected by changing body position 'structurally' by well defined easy positioning of the arms.

**FIRST MOTION ON SNOW:
left turn (for right handed)**

Change of direction to right after the left turn is effected by slow change in body position defined by change of positioning of arms.

I AM NOT FOCUSING



Can be effortless !



- A final product of the FTC i.e. skiing on edges without the sideslip (bottoms of the skis are visible) on a rather flat terrain.
- Generally, moving to a steeper terrain is advisable only after getting more comfortable on flatter hills .

This is a simple application of the 'Principle of Effortlessness' (developing) that rejects today's cult of robotic effort, preference of form over content, assembly line approach and obsession in work, education and recreation, a world of swanking, artificial reverence and over-esteem. As in this example, we can try to see simple things as they really are, reject fears of the unknown, rise the content over the form, start searching more for better alternatives to everything around us.

In 2007 working in a ski school in a Collingwood area I had a student Tom who was from England visiting his family in Ontario. After several hours of learning he went back to England but decided to come back for a week to get to carving.

I took a few days off, went to Collingwood and made a few hundred dollars; the ski school made a few thousand dollars.

In total Tom was 8 days on snow and had 25 hours of lessons. He's met requirements of decent carving on green runs and quite competent all-mountain skiing on blue runs. He presented at the end a form of a seasoned skier with some 1-2 years of experience.