

YONG PYONG  
ALL SEASONS RESORT



# INTERSKI

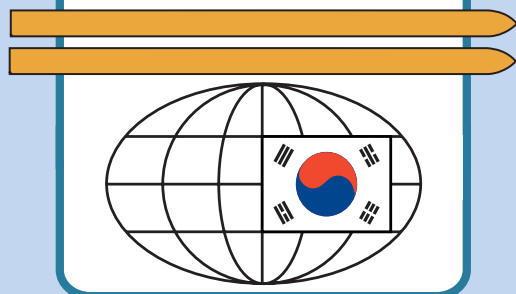


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## The Swiss way: “Performance and Fun for all”

### Foreword

**Riet R. Campell, Director Swiss Snowsports**

The first INTERSKI congress took place in Zuers (Austria) on 16 April 1951. The fundamental idea was to exchange experience in the fields of ski instruction technique and methodology. By means of presentations, discussions and movies, delegates were able to demonstrate their ideas to the other skiing nations. 8 nations participated in the first congress: Germany, France, Italy, Switzerland, Yugoslavia, Canada, Israel, the USA and Austria. Since the first congress in Zuers in 1951, the following congresses have taken place: Davos (SUI) in '53, Val d'Isère (FRA) in '55, Storlien (SWE) in '57, Zakopane (POL) in '59, Monte Bondome (ITA) in '62, Bad Gastein (AUT) in '65, Aspen (USA) in '68, Garmisch-Partenkirchen (GER) in '71, Stropske Pleso (POL) in '75, Zao (JPN) in '79, Sexten (ITA) in '83, Banff (CAN) in '87, St. Anton (AUT) in '91, Nozawa Onsen (JPN) in '95, Beitostolen (NOR) in '99, Crans-Montana (SUI) in 2003 and Yong Pyong (KOR) in 2007. In the past, the main focus and exchange of ideas was based on technical topics. Today, there are over 1,000 people from more than 30 nations participating in the congress. Skiing and snowsports have become one of the most important income sources for mountain regions. Ski instructors have become snowsports instructors; the modest client has turned into a sporty, globe-trotting tourist who wants to experience as much as possible in a short time and feel a sense of personal achievement. All of which makes it a real challenge for all of us to fulfill our guests' needs without compromising the fun and safety aspects. Realising "Snowsports for all" – the topic of this year's congress – still demands a lot of work in view of the fact that only about 6% of Europeans take part in snowsports. We truly hope that this congress will help promote snowsports. Our philosophy: moving away from the

complicated teachings of snowsports, heading towards simpler, safer, well structured, fun tuition applicable to the different snowsports tools. We wish all participants a successful congress and thank the organisers for their hospitality.

### Introduction

**Mauro Terribilini, Head of Education Swiss Snowsports**

The theme of this new Interski Conference, “Snowsports for all”, offers great freedom of interpretation. However, it is our intention to focus participants' interest on an aspect that is particularly characteristic of our teaching philosophy in Switzerland, and that will ideally close a circle started with the 1999 Beitostolen Conference, in Norway and continued in Crans-Montana in 2003. In relation to our manuals and to the theme of the latest specialisation course, we wish to present a topic aimed at the category of sportspeople who, in their various disciplines, offer some outstanding technical qualities together with the enjoyment of learning and teaching. The “Racing” and “Competition”, aspects, which dominated the updates in Switzerland, will thus be transformed into “Performance and fun for all” and topics like the Giant Slalom in skiing, the Half-Pipe in snowboarding, the Nordic Cross in cross-country skiing and the Tele Cross in telemark skiing will figure in helping all the people involved in this new Interski Conference to understand the special nature of Swiss Snowsports teaching. These disciplines also form part of the exams to qualify as a snowsports instructor in Switzerland. The topics will therefore facilitate an interesting information exchange between the technical staff of the various nations present at Yong Pyong. Not to mention that they could also awaken the competitive instinct of all snowsports instructors.

## 2 Swiss Snowsports, philosophy and Interski

To participate at Interski is to tell the world what is happening in one's own country in the field of snowsports.

These last ten years have been very intense years for snowsports, in which the futuristic visions of certain people with regard to the technological development of the equipment have produced a rapid and profound evolution in our activities.

### Beitestolen 1999

The multi-sport philosophy developed from the Key Manual (1998) has been enthusiastically adopted in Switzerland. A philosophy for four snowsports! For the first time at an Interski Conference, one nation – Switzerland – has developed a theme which links snowsports together with the same technical, pedagogical and methodological approach. Swiss Snowsports (SSSA) is behind this approach. Its initial aim was to establish a unique training system for all ski instructors operating in Switzerland. This then extended to developing a teaching and learning doctrine, based on three concepts – pedagogy, methodology and technique – and aimed at specialists in four disciplines: alpine skiing, snowboarding, cross-country skiing and telemark skiing. Eight years on, we know that this philosophy has contributed to the development of a new interest in snowsports and in the people who practice them. It has played a role in the evolution of these activities, and in bringing them closer.

### Crans-Montana 2003

It was precisely this narrowing of the gap between the various snowsports, together with the development of a new teaching awareness that during the 2003 Interski led SSSA to devote itself to its dearest customers, the friends of Snowli, the children. The publication of an excellent manual on teaching children (2002), common to all four disciplines, was another precursor. Crans-Montana 2003 witnessed a blending of technique and methodology, theory and practice, learning and playing.

### Yong Pyong 2007

After eight years of growth, snowsports philosophy has reached its adolescence, a time of discovery, rebellion, vigour and passion, but also a time that needs concrete reference points. We have thus arrived at a key phase, a turning point, an essential moment in which the analysis of past experience should determine the future of our approach. The four disciplines have grown up, together but also separately. Performance is finally, and paradoxically, the context in which the interests converge after often having diverged; in which they find themselves as if at the beginning of learning. At the start we find similar fundamentals for the four disciplines and, at the end of the process, where profitability and creation assume their full significance, where methodology and technique reach their outcome, we discover similar structures and disciplines which come together and resemble each other. In Korea the somewhat generic theme of the conference, "Snowsports for all", has led us to want to 'close the loop' by proposing a subject that could be representative of our third level of the teaching and learning process: "Performance and Fun for all"; a moment of efficiency and creation.



Fig. 1: Pedagogic Model, Specific Manual Ski (Pocket Guide), p. 9

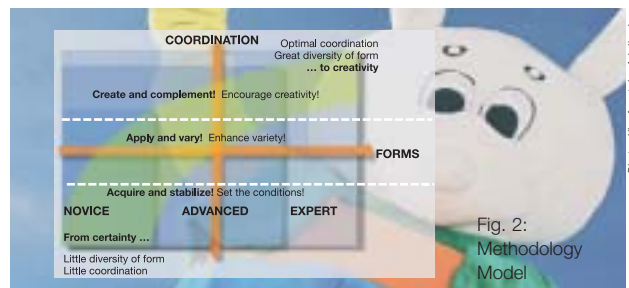


Fig. 2: Methodology Model, Specific Manual Ski (Pocket Guide), p. 11

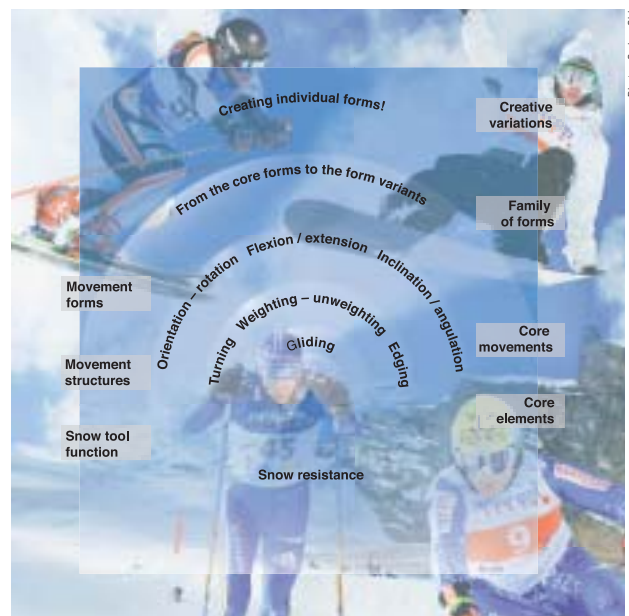


Fig. 3: Key technical concept, Key Manual, p. 26

## 3 Performance and Fun for all

With this theme, Swiss Snowsports wants to address technically competent sportspeople who want to improve further in order to achieve outstanding performance in an ideal teaching and learning climate (for example, children and adults in the competitive arena). To do this, we need to maintain our methodological, pedagogical and didactic basis while developing the technical concept and focusing more strongly on specific disciplines. In this context, we would therefore like to propose four thematic developments for four different sliding devices. Each of the disciplines characteristic of snowsports teaching in Switzerland presents its technical concept devised on the basis of the key technical concept (see fig. 3 on p. 2). The structure remains the same, differing only in relation to the specific features of each device.

### SKI

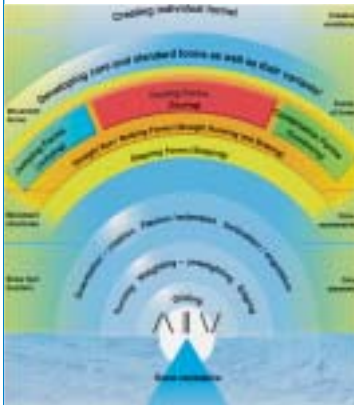


Fig. 4: Ski technical model; Specific Manual Ski, p. 29

### SNOWBOARD

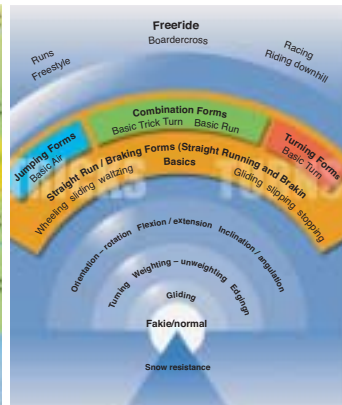


Fig. 5: Snowboard technical model; Specific Manual Snowboard, p. 33

### NORDIC

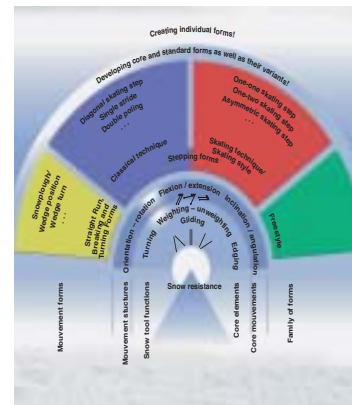


Fig. 6: Nordic technical model; Specific Manual Cross-Country, p. 13

### TELEMARK

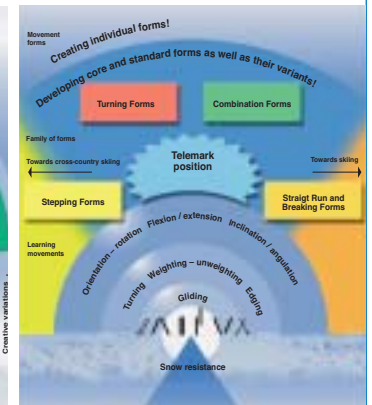


Fig. 7: Telemark technical model; Specific Manual Telemark, p. 6

### Selected topics

These are the topics selected for each discipline:

- Ski: Giant Slalom
- Snowboard: Half-Pipe
- Nordic: Nordic Cross
- Telemark: Tele Cross

The following pages present the essential developments in the progression of the topics. These will be looked at in greater depth on the snow and there will certainly also be room for any suggestions that arise from the dialogue between the instructors and the participants.

It is worth pointing out that these lessons are also characteristic of follow-up courses for all teaching staff in Switzerland. The theme has also been handled in collaboration with Swiss-Ski, who wanted to emphasize the Racing Basics to give each athlete, and above all the young competitors, a good technical style.

Each proposed topic also accommodates types of exams that characterise the various training modules for ski, snowboard, cross-country and telemark ski instructors in Switzerland. Indeed, Swiss Snowsports places great importance on the competitive aspects of the sports, and training in competition forms in general. In addition to being the only disciplines that can truly be measured objectively, they also improve all the other technical forms involved in the development of the profession of snowsports instructor in Switzerland.

### Methodological concept for developing the selected topics

What needs to be done? How? For whom?

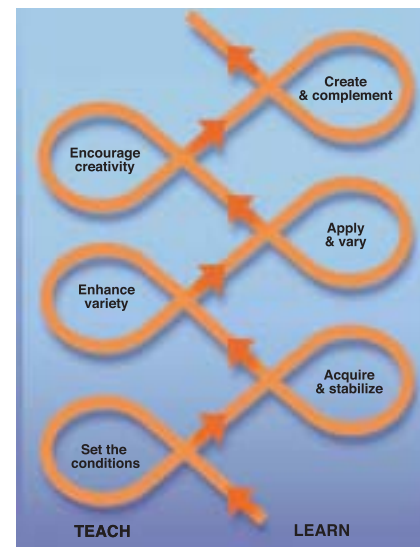


Fig. 8: Learning and teaching levels. Key Manual, p. 21

The success of any training is determined by the knowledge of the objectives to be achieved and by the creation of attractive learning opportunities.

Where should the learner be positioned (learning level) and how can we help him or her to progress (teaching level)? The topics suggested will be based on this methodological concept and will demonstrate a progression that develops from bottom to top.



The race discipline of Giant Slalom involves a combination of technical, tactical, physical and mental capacities. The equipment also plays an important role. The technical training of turns within a given space, with adapted key movements, playful use of forces and the highest possible quality of performance is the central aspect in the development of giant slalom. In addition to Giant Slalom (level I and level II), the Swiss ski instructor exams also test skidded and carved parallel turns, and parallel turns within different size of corridors. Both disciplines are important basis requirements for giant slalom as they demand a great deal of adaptation and quality of performance.

## 3<sup>rd</sup> Topic: (Introduction) Giant Slalom

### GOAL (acquire, apply, create)

The goal in the race disciplines is to turn with the least possible loss of speed. Including:

- Enhancing the quality of performance in the phases of the turn and corridors
- Refining the use of adapted racing basics
- Fitness
- Mental and physical preparation, tactical aspects, choice of line, etc.

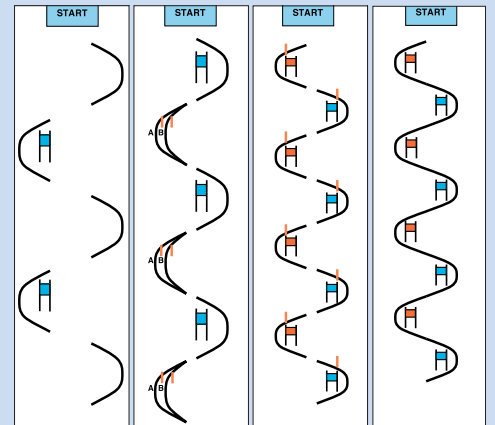
### EXERCISES

Giant Slalom is not only a race discipline, but also an ideal mean to improve individual technical and tactical skills. The adjoining chart shows a possible progression in giant slalom.

### Performances in GS

- Competitions:
- Timed Giant Slalom runs
  - Parallel Slalom
  - Synchro Slalom
  - Ski Cross
  - Team Races

### GIANT SLALOM



## 2<sup>nd</sup> Topic: Corridors

### GOAL (acquire, apply, create)

Performing parallel turns within varied space and terrain. Turning within the corridors demands measured movements and anticipation (looking ahead). The goal is to set varied corridors in which various exercises can be accomplished.

By choosing and changing the terrain, exercises and difficulty levels can be varied.

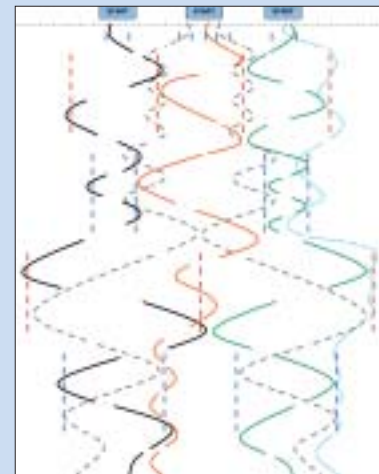
### EXERCISES

Varied exercises help improve certain aspects of performance.

### General criteria:

- Linked, completely steered parallel turns, as much of it carved as possible
- Speed control
- Using space
- Adapted core movements in the phases of the turn

### CORRIDORS



## 1<sup>st</sup> Topic: Parallel turns

### GOAL (acquire, apply, create)

Making a turn means mastering your inner forces combined with the external forces and snow resistance (support). We try to find the most ideal basic position (balance).

The length of the phases depends on the technical skills, equipment and snow conditions.

### EXERCISES

Rhythmical turns with variations between skidding and carving (with edging as a core element):

- Entire turn either skidded or carved
- Steering phase (S.P.) 1 skidded, S.P. 2 carved
- S.P. 1 carved, S.P. 2 skidded
- Rhythm changes with smooth transitions and measured forces, keeping the same speed

### PHASES OF THE TURN



We have noticed that many guests on the Swiss snowboard market would like to ride in the Half-Pipe but are afraid to do so. That's why the discipline of Half-Pipe was integrated in the training of becoming a snowboard instructor in 1999. The Swiss Board League serves as the basis for all instructors within snowboard schools. Besides technique, behaviour and equipment are very important aspects for a safe experience in the pipe. Wearing protective gear (helmet, back protection), checking out the pipe before using it and observing the rules are essential, too. Level I of the snowboard instructor training includes marks for a Basic Run with Drop-In and Level II includes a Trick Run.

3<sup>rd</sup> Topic: Trick Run

**GOAL (acquire, apply, create)**

In the Level II course, a Trick Run with an air to fakie, a back and a front side air with grab as well as an alley oop will be tested. Flow, rhythm, style, control, performance of tricks and overall impression are relevant for the marks. Snowboard instructors don't need to be Half-Pipe pros to ensure that their guests have fun.

**EXERCISES**

- Push
- Air to fakie
- Alley oop
- Grabs
- Spins
- Flips
- Hand plants

**INDY GRAB**



Photo: Marc Weiler

2<sup>nd</sup> Topic: Basic Run

**GOAL (acquire, apply, create)**

The Basic Run with drop-in is an examination form in Level I. The criteria for the marks on board function are rhythmic line, speed control and the right edge change. The movement structure will be marked according to the performance of moves and the form in terms of control, safety and height.

**EXERCISES**

- Focus on setting the edge, releasing the edge, full base, setting the edge, etc.
- Drop-in
- 3 point orientation
- Varied starting angle
- Single hit
- Basic Run over coping

**CLASS FEEDBACK OF THE BASIC RUN**



Photo: Matthias Pfließ

1<sup>st</sup> Topic: Basics

**GOAL (acquire, apply, create)**

For Half-Pipe beginners, it is important to start with exercises that help them get to know unfamiliar terrain, adapt their posture on the wall and reduce fear. Getting used to this new orientation in a vertical position, the so-called vertical view, is the main thing. During this time, the basics for the next step (Basic Run) will be learned.

**EXERCISES**

- Mental preparation and verbalising
- Canyon riding in transition
- Riding up the wall to the zero point and letting the board slide off
- Riding up the wall to the zero point and jumping round by making yourself "small"
- Position and inverted "T"

**AN EXERCISE IN PICTURES**

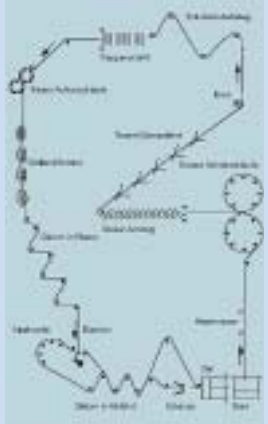






Nordic Cross is a complex, varied form of training and competition for beginners, advanced and expert cross-country skiers of all ages. The order of the elements depends on the terrain. There's no limit to the imagination when building a Nordic Cross course.

Nordic cross is marked in Level II of the cross-country ski instructors' training as a complex, selective competitive discipline. It gives the experts the perfect chance to give marks for technique and also for performance on the basis of the Nordic Cross competition.

For cross-country skiers, athletes and spectators alike, Nordic Cross guarantees a variety of unforgettable cross-country experiences and great Nordic entertainment. Nordic Cross - Performance and Fun for all!

3 <sup>rd</sup> Topic: Nordic Cross competition	<p><b>GOAL (acquire, apply, create)</b></p> <p>In view of the competitive discipline, of Nordic Cross, the training of <b>mental, emotional and tactical cognitive skills</b> becomes more and more important. Besides a sound mental condition in general, the following aspects are important:</p> <ul style="list-style-type: none"> <li>- Mental strength</li> <li>- Self-confidence</li> <li>- Perception</li> <li>- Duelling approach</li> <li>- Choice of line</li> </ul>	<p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>- Americaine: Single elements or entire round per athlete</li> <li>- Dual-sprints: 1:1</li> <li>- Knock-out race: max. 6 athletes per run</li> <li>- Estimate time and ride</li> <li>- Estimate difference between first and second run and ride</li> <li>- Long-range route over numerous rounds</li> <li>- Team races</li> <li>- Biathlon in classic and skating technique</li> </ul>	<p><b>NORDIC CROSS (EXAMPLE)</b></p> 
2 <sup>nd</sup> Topic: Nordic Cross evolution; Training	<p><b>GOAL (acquire, apply, create)</b></p> <p>Through varied training forms and constantly changing conditions, the focus should be on technical aspects and condition expertise.</p> <p><b>Condition expertise:</b> Power, speed, stamina, mobility</p>	<p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>- Applying and varying single elements</li> <li>- Training transitions separately</li> <li>- Demonstrating step forms on individual sections</li> <li>- Video taping under pressure</li> <li>- Riding games monitoring the pulse</li> <li>- Sprint forms: single elements or entire cross course</li> <li>- Interval training: varying distances and length of breaks</li> </ul>	<p><b>TRAINING FORMS</b></p>  <p style="text-align: right; font-size: small;">Photo: Stephan Müller</p>
1 <sup>st</sup> Topic: Nordic Cross basics	<p><b>GOAL (acquire, apply, create)</b></p> <p>Acquiring essential expertise in order to successfully master a Nordic Cross course. Building a varied basis in all different fields. At this level, the focus lies on the coordination and technical expertise.</p> <p><b>Coordination expertise:</b> Differentiation, orientation, reaction, rhythm, balance</p> <p><b>Technical expertise:</b> Dealing with snow resistance, core elements, core movements</p>	<p><b>EXERCISES</b></p> <ul style="list-style-type: none"> <li>- Participants help build a Nordic Cross course</li> <li>- Acquiring and stabilising individual step forms</li> <li>- Acquiring and stabilising single elements</li> <li>- Trying various lines</li> <li>- Single elements with eyes closed</li> <li>- Synchronised skiing</li> <li>- Siamese run: Legs or arms of 2 participants tied together</li> </ul>	<p><b>FORMS</b></p>  <p style="text-align: right; font-size: small;">Photo: Stephan Müller</p>

Telemark is still considered one of the "insignificant" disciplines within snowsports. However, its popularity is growing, as even this discipline sees new trends emerging such as freestyle. Tele Cross is a new sport within telemark and is establishing itself within the sports scene. International Tele Cross races are being organised increasingly often. The main focus in those races is on "Performance and Fun for all". Tele Cross is not yet an examined discipline in the training courses of Swiss Snowsports. However, some elements of telecross are already included in the latest examination schedule. Depending on the level, you'll find various forms of examination containing Tele Cross elements, such as jumping, short turns in the moguls, Giant Slalom and Sprint Classic. Telemark is not just riding - and Tele Cross is not just a vision!

3 <sup>rd</sup> Topic: (Introduction) Tele Cross	<p><b>GOAL (acquire, apply, create)</b></p> <p>The goal is to realise the technical basis in the complex form of Tele Cross. In addition to perfect technique, tactical, physical and mental skills as well as coordination and material are very important for the athlete in order to compete in the KO system.</p>	<p><b>EXERCISES</b></p> <p><b>Performance:</b> Practising single elements separately, in pairs or in fours:</p> <ul style="list-style-type: none"> <li>- Start practice out of gates</li> <li>- Bumps and dips</li> <li>- Steep wall</li> <li>- Jumps</li> <li>- Obstacle course</li> </ul>	<p><b>TELE CROSS</b></p>  <p style="font-size: small; text-align: right;">Photo: Alexander Rochau</p>
2 <sup>nd</sup> Topic: Obstacles/Tele Cross elements	<p><b>GOAL (acquire, apply, create)</b></p> <p>A telemarker has to be able to master obstacles such as rollers, banks or jumps in various Tele Cross situations. If he wants to ride through the obstacle course successfully, he has to be able to actively overcome obstacles. He therefore needs mental strength, coordination and fitness to achieve the required body tension.</p>	<p><b>EXERCISES</b></p> <p>Exercises to learn active telemarking and absorbing terrain transitions.</p> <p>Skiing over bumps and dips in a telemark position:</p> <ul style="list-style-type: none"> <li>- In the fall line without step change</li> <li>- In the fall line with step change</li> <li>- Free choice of turns</li> <li>- Turns within an obstacle course</li> </ul> <p>Exercises to practise jumping:</p> <ul style="list-style-type: none"> <li>- Pre-jumping</li> <li>- Simply riding over a jump</li> <li>- Pushing into the jump</li> <li>- Actively jumping off</li> <li>- Flight phase perched or stretched</li> </ul>	<p><b>TERRAIN TRANSITIONS</b></p>   <p style="font-size: small; text-align: right;">Photo: Michael Bonny Photo: Alexander Rochau</p>
1 <sup>st</sup> Topic: Basic position	<p><b>GOAL (acquire, apply, create)</b></p> <p>A dynamic telemark position is the basis for all forms and enables you to act and react depending on the situation. The telemarker will struggle to keep his balance if this basic position is not correct. Good fitness and coordination are essential for a telemarker's inner forces to develop.</p>	<p><b>EXERCISES</b></p> <p>Exercises that affect the centre of gravity and the weight on the skis:</p> <ul style="list-style-type: none"> <li>- Norwegian – push the uphill leg forward and lift it up</li> <li>- Canadian – push the downhill leg back and lift it up</li> </ul> <ul style="list-style-type: none"> <li>- Riding off-piste</li> <li>- Fast or slow pushing</li> <li>- Fakie without poles</li> </ul>	<p><b>DYNAMIC TELEMARK POSITION</b></p>  <p style="font-size: small; text-align: right;">Photo: Christian Perret</p>



Extract from the talk "Four snowsports, one philosophy: utopia or reality" presented at Interski 07 by Pierre Pfefferlé, Lausanne University & Swiss Snowsports.

After eight years of growth, the philosophy behind the key Manual for snowsports in Switzerland (1998) has reached adolescence, a time of discovery, rebellion, vigour and passion, but also a time that needs concrete reference points. At the Interski 07 conference, Switzerland wants to review the situation through an analysis of its snowsports philosophy. We have arrived at a key time, an essential moment in which the analysis of past experience will determine the future of this philosophy.

## Common aspects of philosophical and technical evolution

### Similarities and differences

Today, even if, for the four snowsports, their environments, demand and infrastructures, teaching approaches and methodologies share obvious similarities, it is possible for an expert to identify certain differences both in the technical components and in the culture of the people who practice them.

The main sources of these differences lie in the characteristics of each device, the possibilities for play offered by the functions and the devices and, finally, the attraction that these elements exert on one group of subjects rather than another. These characteristics, specific to each discipline, constitute a resource that allows different types of people to practice related activities that meet their specific expectations. "Related" in the sense that identical fundamentals, observable and identifiable, lie at the origin of each discipline. These fundamentals form a sort of framework comprising essential key points that constitute the basis on which a sport's entire development rests.

Each discipline has evolved from this same basis, and their evolution continues today relatively independently of each other, but the existence of a philosophy that is common to all snowsports has, since its inception, stimulated reflection and comparison between the disciplines. In some ways this is healthy and constructive, but it can also, in other cases, be somewhat restrictive. It is healthy and constructive because it is always useful to avoid the mistakes of others and be inspired by their discoveries and successes. It can be restrictive, however, because comparisons are not always valid – people's perception and definition of a technical approach are the result of a certain form of culture. A skier's perception and way of describing a certain action is not the same as that of a cross-country skier or a snowboarder.

### Moving apart in order to better come together

These differences in perception have induced different realities, introduced certain inconsistencies and, probably, a number of misunderstandings related to mind-set and technical discourse. But they have also stimulated discussion and helped all snowsports to grow. It is therefore interesting to note that, whatever specifics are unique to each discipline, they do not exclude the development of common practices at the highest level of activity (free-ride, park & pipe, cross, Giant Slalom). These reconciliations allow us to glimpse real possibilities of reducing the difference, establishing concrete reference points and continuing to develop an even more homogenous snowsports philosophy.

We are today convinced that a well-conceived, consistent snowsports philosophy is more than an ideological concept. It is a means of promoting a physical activity adapted to the long term, and of offering qualitative evolutionary prospects and answers that target customers' changing and diverse demands.

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## PUBLISHER'S DETAILS Practical experience in snowsports

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**Editorial office:** Marlene Däpp

**Project manager:** Mauro Terribilini

**Writers and choice of pictures:** Swiss Snow Demo Team  
(Ski: Jan Kindschi, Aldo Berther, André Kindschi, Alex Languetin, Arsène Page, Andri Poo, Jörg Roten, Kilian Roten, Romana Roten, Patrick Staub;  
Snowboard: Samuli Aegerter, Raphael Lamon, Manuel Devaud, Sami Perucchi;  
Nordic: Stephan Müller, Christian Graf, Patrick Grichting; Telemark: Matteo Planzer, Roland Tuchschnid, Michel Bonny), Pierre Pfefferlé, Mauro Terribilini

**Translation:** Ines Mangisch

**Pictures:** Mario Curti, Alexander Rochau, Marc Weiler, Christian Perret, Photo Klopfenstein, Swiss-Ski, Michel Bonny, Stephan Müller, Matthias Plüss

**Charts:** Lucas Zbinden

**Address of editorial office:** Redaktion Swiss Snowsports  
Hühnerhubelstr. 95, 3123 Belp, E-Mail: [redac@snowsports.ch](mailto:redac@snowsports.ch)

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