

# SCHNEESPORTLEHRER/INNEN-AUSBILDUNG

Teil I

## Langlauflehrer und Anwarter/in



ENGLISCH





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## Introduction - Terminology

Cross Country Skiing is more than 3000 years old and has become a very popular sport in recent years. It is healthier and cheaper than Alpine Skiing and everybody from three to 100 can do cross country skiing. A X-Country Skier (X = cross) certainly is a fit person.



## WELCOMING/FAREWELLING GUESTS

Good morning, ladies and gentlemen! / Good morning, everyone!

Good morning, can I help you?

Good afternoon, Mr (Mister) Smith.

Good evening, Mrs. (Misses) Brown.

Good evening, boys and girls.

Hello Helen!

Hi Barbara!

Nice to see you again, Mr. Ward.

How do you do, sir? (formal – sehr höflich)

How are you, madam?

Hello everybody.

Nice to meet you.

Bye, see you tomorrow / later / this afternoon

Have a nice day.

See you, bye.

It was nice to meet you.

See you soon.



## A. TOPIC: INTRODUCING YOURSELF - sich vorstellen

Good morning everybody.

Good morning, my name is.....

I am .....

I am your ski instructor / snowboard instructor

What is your name?

My name is .....

My surname is ..... / My last name is....

What nationality are you? / Where (woher) are you from?

I am Austrian.

I am from... / I come from...

Please could you introduce yourself? (yourselves)

Everybody (jeder) please introduce yourselves.

Our ski lessons are from ..... to.....

Let's (let us) have a nice day. / Let's have a good day.

See you later / See you at ..... / See you tomorrow morning



## AT THE MEETING POINT/AREA

### B. GIVING SOMEONE INFORMATION - Auskunft geben

Excuse me, may I help you?

Excuse me, can I help you? What are you looking for?

The grouping/the grading of groups is just over there at the ....big board, the flag

You have to go to the meeting point. Ask for Mr. ....

Are you English / Australian / Dutch?

What's your instructor's name?

We will (we'll) meet again here / at the bus stop / at the ski school office .....

I speak English a little bit / well - How can I help you? Thank you very much.

You are welcome. / You're welcome.

Pardon, I didn't understand. / I'm sorry, I didn't understand.

Could you say this/that again please? Could you spell the word?

Please stay here.

Are you a beginner, intermediate or advanced skier?

How long have you been skiing?

Who (wer) was your ski instructor last year?



A. Grundzahlen: 1,2,3,4....

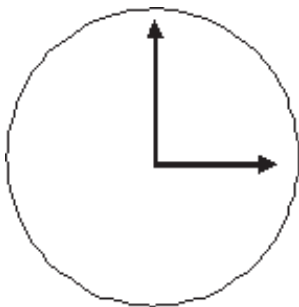
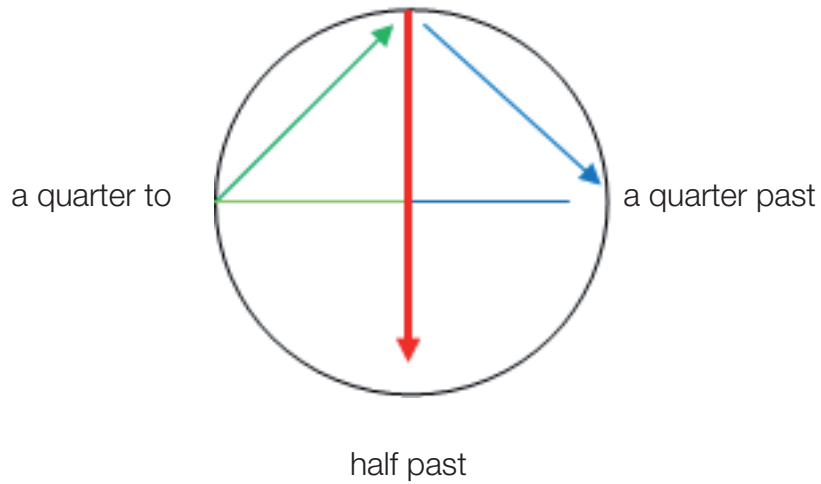
B. Ordnungszahlen: der 1. der 2.

|     |                               |      |   |
|-----|-------------------------------|------|---|
| 0   | zero                          | 11   | eleven  |
| 1   | one                           | 12   | twelve  |
| 2   | two                           | 13   | thirteen                                      |
| 3   | three                         | 14   | fourteen                                      |
| 4   | four                          | 15   | fifteen                                       |
| 5   | five                          | 16   | sixteen                                       |
| 6   | six                           | 17   | seventeen                                     |
| 7   | seven                         | 18   | eighteen                                      |
| 8   | eight                         | 19   | nineteen                                      |
| 9   | nine                          | 20   | twenty  |
| 10  | ten                           |      |   |
|     |                               |      |   |
| 21  | twenty-one                    | 30   | thirty  |
| 22  | twenty-two                    | 40   | forty   |
| 23  | twenty-three                  | 50   | fifty   |
| 24  | twenty-four                   | 60   | sixty   |
| 25  | twenty-five                   | 70   | seventy                                       |
| 26  | twenty-six                    | 80   | eighty  |
| 27  | twenty-seven                  | 90   | ninety  |
| 28  | twenty-eight                  | 100  | one hundred, a hundred                        |
| 29  | twenty-nine                   |      |   |
|     |                               |      |   |
| 101 | one hundred and one           | 1000 | one thousand, a thousand                      |
| 102 | one hundred and two           | 1100 | one thousand and one hundred                  |
| 200 | two hundred                   | 1200 | one thousand and two hundred                  |
| 300 | three hundred                 | 1300 | thirteen hundred / one thousand three hundred |
| 400 | four hundred                  | 1521 | one thousand five hundred and twenty-one      |
| 500 | five hundred                  | 1648 | one thousand six hundred and forty-eight      |
| 610 | six hundred and ten           | 1984 | one thousand nine hundred and eighty-four     |
| 740 | seven hundred and forty       |      |   |
| 853 | eight hundred and fifty-three |      |   |

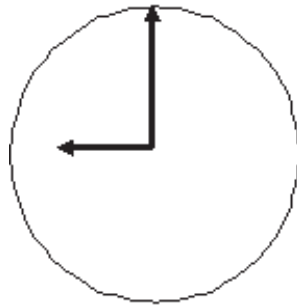


# WHAT IS THE TIME?

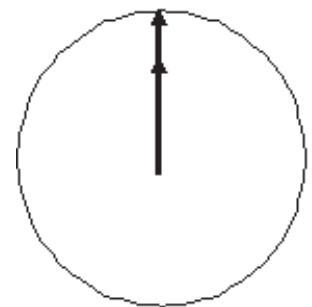
a.m. = from 0.01 to 12.00 o'clock (noon)    p.m. = from 12.01 to 24.00 o'clock (midnight)



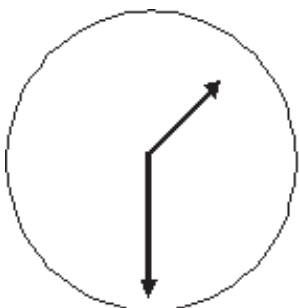
it is three o'clock  
in the morning = 3 a.m.



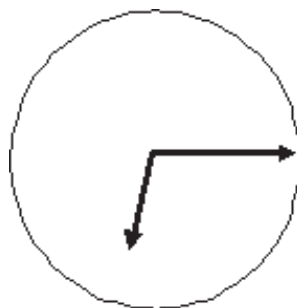
it is nine o'clock  
in the afternoon = p.m. (at night)



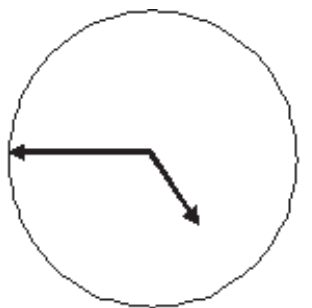
it is midnight  
it is noon



it is half past one (half one)  
(half one/one thirty)



it is a quarter past six  
(six fifteen)



it is a quarter to five  
(four forty-five)

night: a.m.    afternoon: p.m.



## One week has seven days.

|            |  |
|------------|--|
| MONDAY:    | On Monday morning the ski lessons are going to begin.              |
| TUESDAY:   | On Tuesday afternoon we are going to learn to snowplough.          |
| WEDNESDAY: | On Wednesday evening we are going to go sledging.                  |
| THURSDAY:  | On Thursday you are going to watch a traditional Tyrolean evening. |
| FRIDAY:    | On Friday he is going to watch a film.                             |
| SATURDAY:  | On Saturday there is going to be a ski race.                       |
| SUNDAY:    | On Sunday we are going to have a rest.                             |

|            |   |
|------------|---|
| MORNING:   | In the morning I get up.                            |
| NOON:      | At noon we have lunch.                              |
| AFTERNOON: | In the afternoon we ski on the beginner's slope.    |
| EVENING:   | In the evening we will go dancing in a discotheque. |
| NIGHT:     | At night we sleep.                                  |

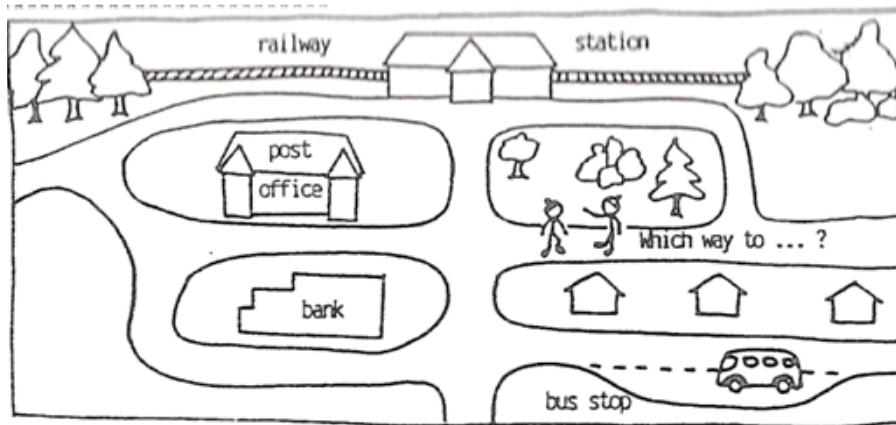
## One year has twelve months:

|            |   |
|------------|---|
| JANUARY:   | In January there is a lot of snow. (=much snow)       |
| FEBRUARY:  | In February there are many tourists in Tirol.         |
| MARCH:     | In March the spring begins.                           |
| APRIL:     | In April there is a lot of rain.                      |
| MAY:       | In May we fall in love.                               |
| JUNE:      | In June the summer season starts.                     |
| JULY:      | In July the school children have holidays.            |
| AUGUST:    | In August it is very hot.                             |
| SEPTEMBER: | In September the autumn (in America: fall) begins.    |
| OCTOBER:   | In October the nights are cold and the days are warm. |
| NOVEMBER:  | In November there is a lot of fog.                    |
| DECEMBER:  | In December winter begins.                            |



## GENERAL KNOWLEDGE

### Which way please?



Excuse me, where is the railway station?

Turn right at the crossroads and the railway station is straight ahead.

Where can I find the nearest bus stop?

Turn left at the next crossroads and left at the next crossing. You find the bus stop at the right hand side.

How do I get to the post office?

Go straight ahead across the crossroads and the post office is at your right.



## Different kinds of lifts:

- A gondola
- A cable car
- A chair lift
- A T-bar lift
- A train between the base station and the top station





## First Aid

When a skier is down:

- Plant your poles and skis into the snow to secure the place!
- Ask him: "Do you need any help?" "Are you hurt?"
- You give him first aid.
- Keep the person warm.
- Call the ski patrol or the ambulance.
- In your first aid kit you have: bandages, triangular bandages, a plaster, an aluminum sheet to keep the person warm, a splint etc...
- Bring the injured person to the nearest doctor or hospital.

## The Weather

What does the weather forecast say?

|  |   |
|--|---|
| <p>Today it is warm and sunny. The sun is shining.</p> |  |
| <p>The weather is bad. It is wet and rainy.</p>        |  |
| <p>It is snowing. There is snowfall.</p>               |  |
| <p>It is cloudy. There are clouds in the sky.</p>      |  |



## GENERAL KNOWLEDGE



It is windy. It is very cold.

It is foggy. We cannot see anything. The visibility is bad.

### The Snow Conditions

|                 |  |
|-----------------|--|
| FRESH SNOW      | can be dry or wet  |
| POWDER SNOW     | is dry and easy to ski on                                |
| CRUST           | is hard and slippery                                     |
| ICE             | icy runs are very hard, fast and slippery                |
| CORN SNOW       | is the soft, wet snow we get in spring                   |
| BREAKABLE CRUST | the top of the snow breaks when you ski out of the track |

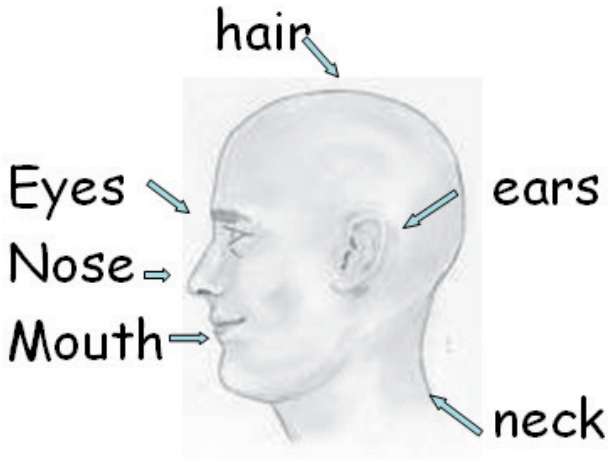
### Opposites

Give the opposites of:

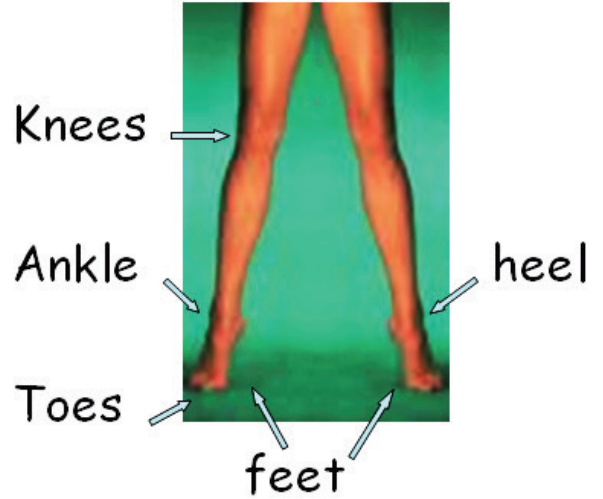
|                                |                                |
|--------------------------------|--------------------------------|
| Crouch                         | rise, stand upright            |
| Closed ski position            | open, wide position            |
| Below                          | above                          |
| Edge more                      | edge less                      |
| Do a wide snowplow             | do a narrow plow               |
| Lean forwards                  | lean backwards                 |
| Do a turn around your ski tips | do a turn around your ski ends |
| An easy run, slope             | a difficult run, slope         |
| Dry snow                       | wet snow                       |
| A beginner                     | an advanced skier              |
| Shear out ski                  | close your ski                 |
| At the same time               | one after the other            |
| Inside                         | outside                        |



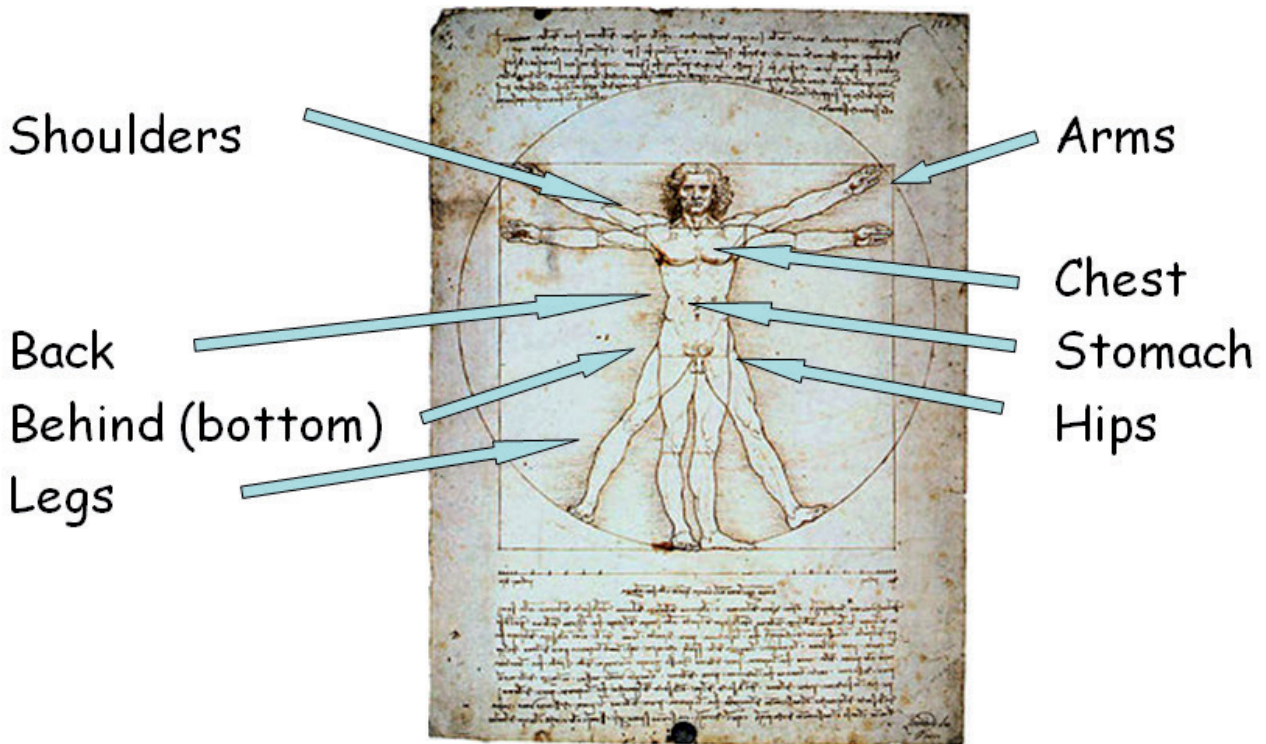
The Head



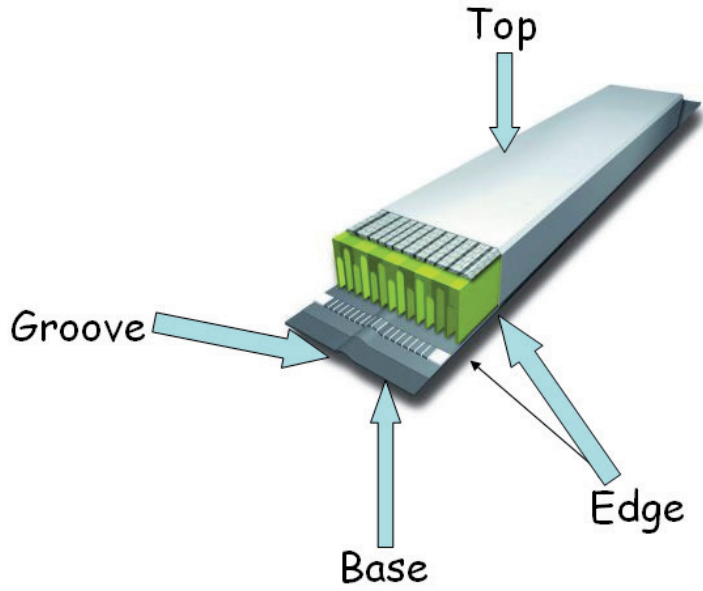
The legs



The body

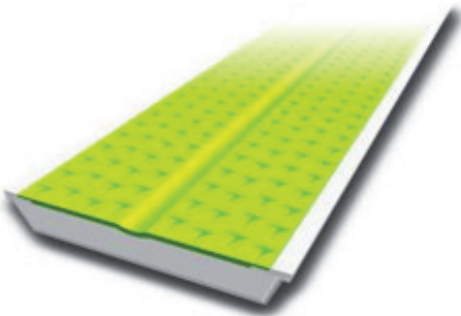
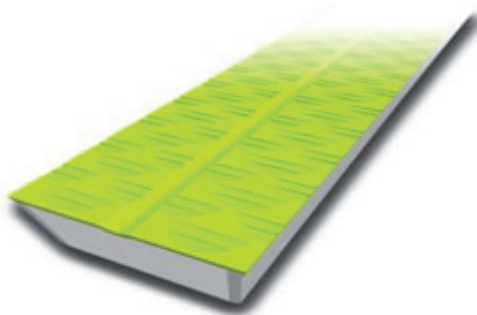


Skis and Bindings

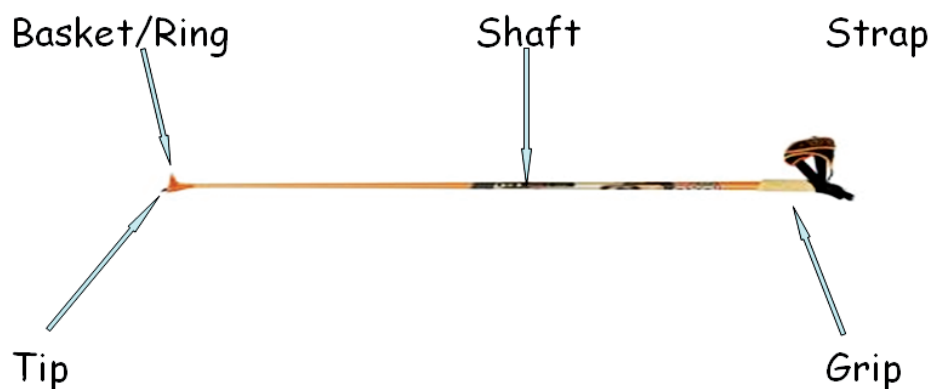




## No – wax skis:

|  |   |
|--|---|
| <p>Mountain crown<br/>Cut</p>                      |   |
| <p>Crown Tech<br/>(Single or Double<br/>Crown)</p> |  |

## The Poles



The poles must reach up to your arm pit/shoulder! Put your hands through the strap and hold the grip.

## Outfit – Clothes:

Boots, socks, underwear, cross country suit, pullover, ski jacket, hat, windbreaker, head band, hirt, gloves, chap stick, first aid bag, snow goggles or sunglasses, rucksack or back bag, skins, wax (glide and grip wax) sun cream, etc...)



## TUNING THE SKIS



a wax remover to clean the base




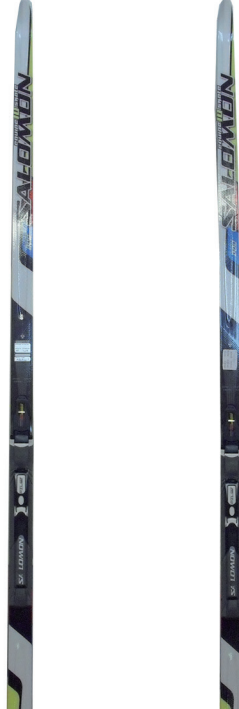
wax to make the base fast or to produce grip





a wax iron to put on the gliding wax onto the base



## Parallel ski position

| Closed stance or closed ski position   | Wide stance or wide ski position   |
|--|--|
|  |  |

## Snowplow Position

| Narrow snowplow position  | Wide snowplow position   |
|---|--|
|  |  |



## SKI POSITIONS – THE STANCE

### Traverse Position

### Stem position

The skis are parallel across the slope.



The ski ends are apart, the tips are together.



### Scissor's position – Skating position – Shear position

The ski ends are together, the tips apart.



# EDGE SETTING



no edge setting – the skis are flat on the snow



Edge the inside edges!



Traverse Position – the downhill ski is on the inner edge, the uphill ski on the outer edge.



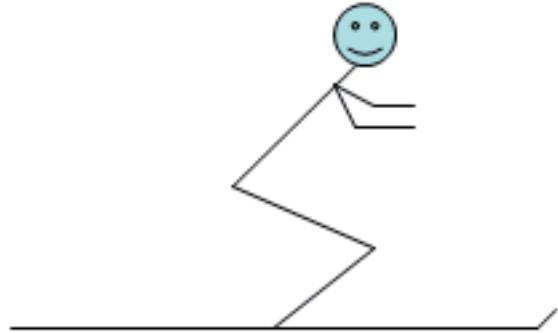


## POSITIONS OF YOUR BODY

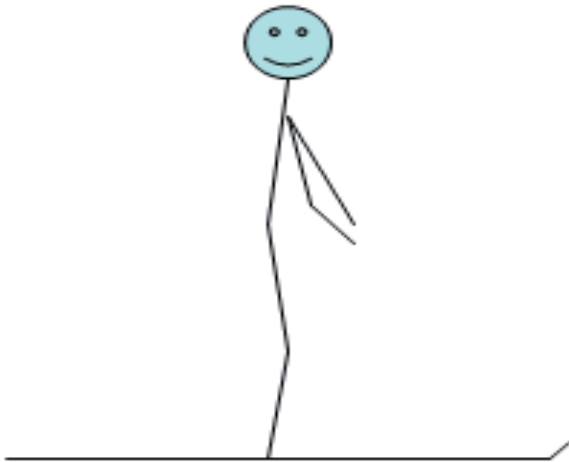
**Middle Position** - Stand in a middle position



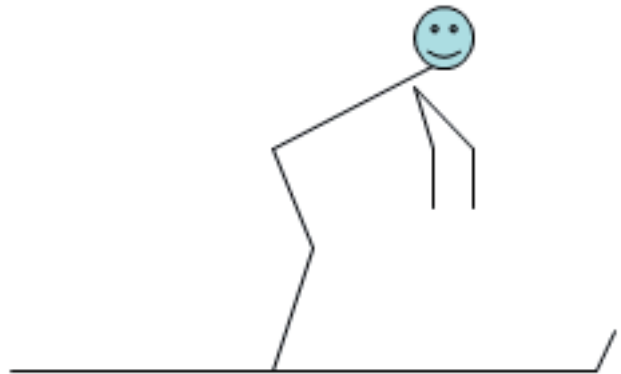
**Low Position** - Bend your ankles, knees and hips, lower your behind.



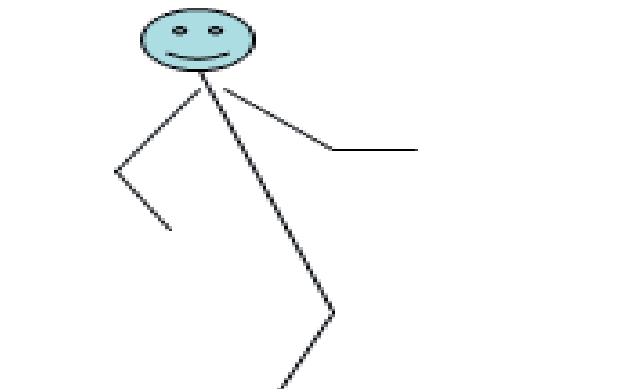
**Upright position**



**Forward lean**



**Backward lean**



**Lean to the right**

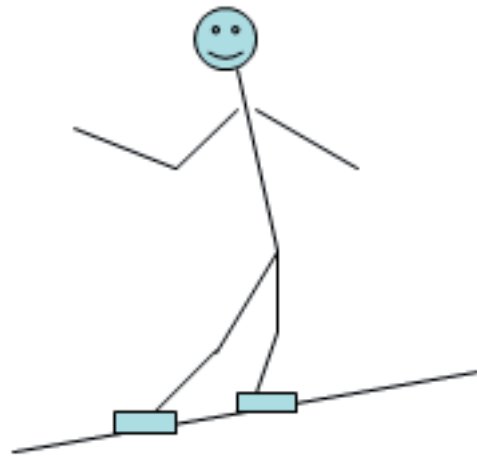




**Lean to the left.**



**Traverse Position = Basic Position**



**Angulation** - Move your behind to the slope and your upper body to the valley

**Egg Position (Downhill)**





# TERRAIN

Flat ground

a dip

a deep dip

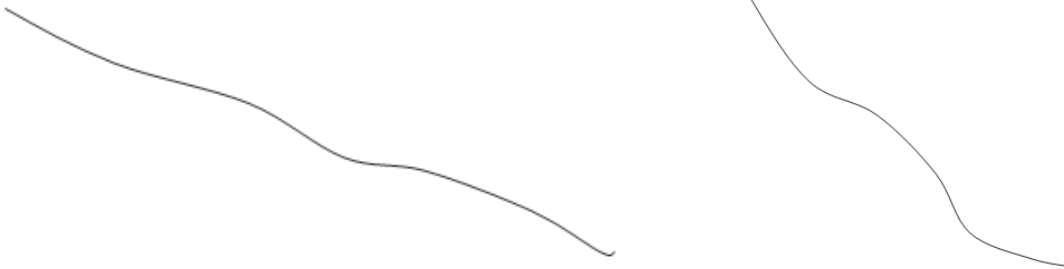
a bump

an edge



A gentle slope (run)

a steep run (slope)



A flat start

a gentle slope

a run-out

counter slope



A smooth slope

a bumpy slope



# TERRAIN



Normally, cross country skiers ski in a cross country track.

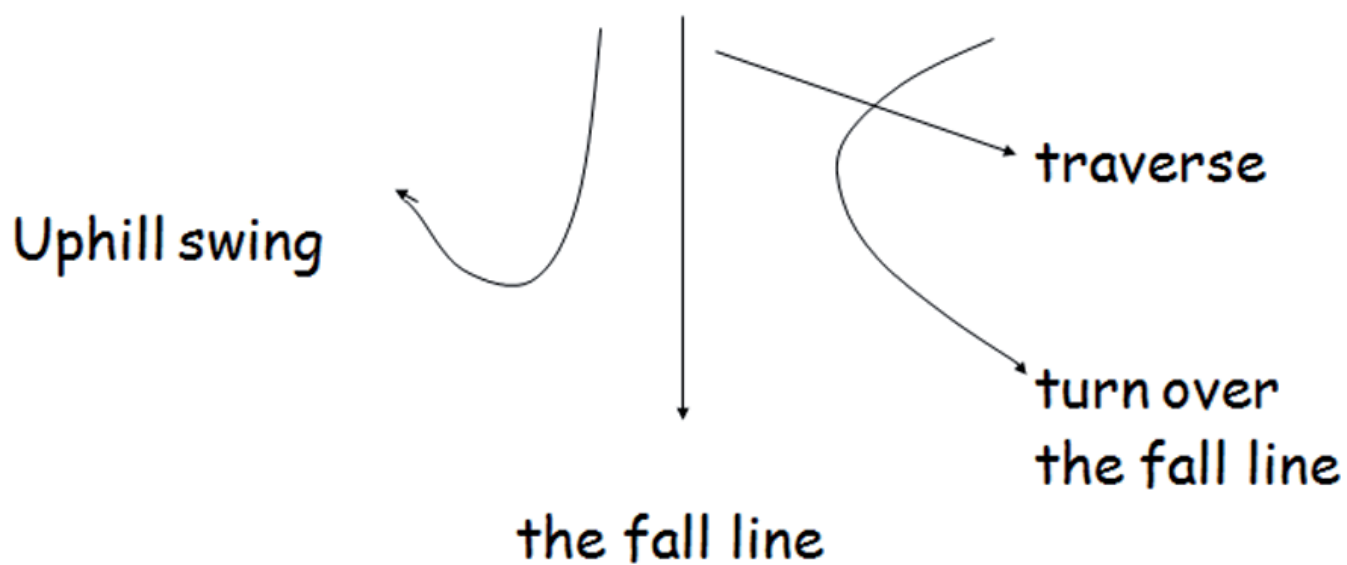


diagonal track



freestyle (skating) track

# DIRECTIONS TO SKI





# EXERCISES ON SKIS

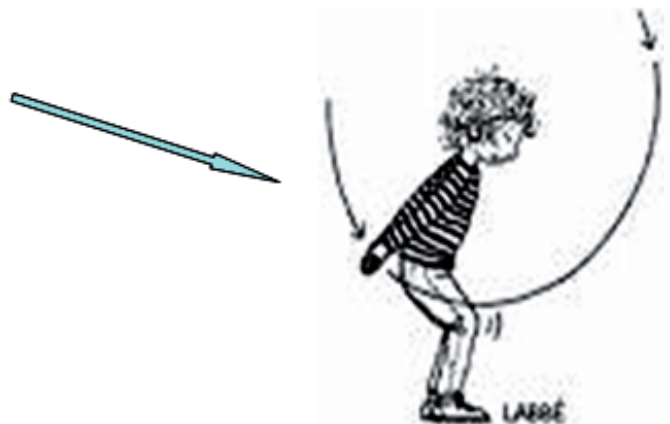
## The first lesson

Important sentences, questions:

- Hello, I am your ski instructor for today. (this week, the next few days,...)
- My name is.... What is your name?
- Every day, we will meet here at the meeting place at ten a.m. and at two p.m.
- Has everybody got his cross country equipment?
- Let's start with some warming-up exercises.

## Warming-up exercises

- Swing your arms – forwards and back.
- Jump from one leg onto the other.
- Jump with both legs.
- Circle your hips, circle your body.
- Bend and rise from your knees.
- Twist your feet inside and outside.
- Twist your hands to the right/ to the left.



## First exercises on skis

- Slide your skis forwards and backwards.
- Lift one ski and then the other.
- Touch your boots with your hands.
- Stand on one ski. This is an exercise for the balance.
- Step from one ski to the other.
- Hop/Jump from ski to ski.
- Jump with both skis.
- Bend down – crouch – and stand upright again.
- Step away sideways – and back again.
- Do SIDE STEPS and match your skis again. Always place your skis parallel.
- Do a snowplow.
- Try to do a start turn. Turn around your ski ends or ski tips as long as you stand on the starting position again.
- Walk on your skis.
- Follow my track.
- Take small steps, take big steps.
- Use your poles for balance.
- Do GLIDING STEPS with/without poles.
- Do a DOUBLE POLE PUSH and glide.

## Falling and Getting up

If you fall on a slope, place your skis across the slope. This way, the skis cannot slide away. Move your skis close to your body and push yourself up with your hands and not with your poles.



## The DIAGONAL STRIDE



- **THRUST PHASE:** Flex your joints (hips, knees, ankles). The upper body is in a soft forward lean. Stretch the thrusting leg and push off with the opposite pole at the same time.
- **GLIDING PHASE:** Try to glide after the thrust with leg and arm. Now swing your glide arm forwards and plant the pole. The other arm swings backwards in the gliding phase.
- **SWINGING PHASE:** Move your thrusting leg backwards and the opposite swinging arm backwards too. Now move the foot of the swinging leg forward again and the swinging arm moves forward too. Now the swinging leg goes back into the track, at the same level with the gliding leg.

## DOUBLE POLE TECHNIQUE



- **THRUST PHASE:** Plant your poles and start to flex your upper body. Now flex and straighten your arms and push off with your poles. At the same time flex your legs a little bit, fix it and glide.
- Swing your arms backwards and rise your upper body into the starting position. Swing your arms forwards and glide.

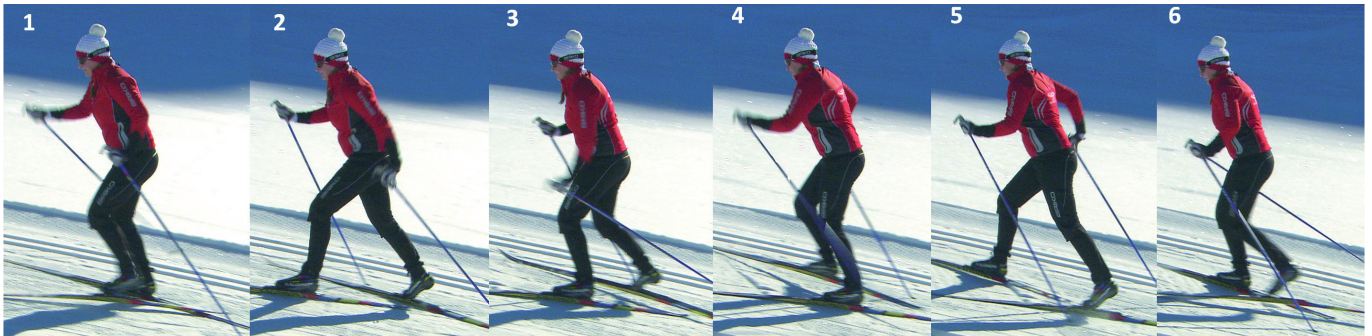


## CROSS COUNTRY TECHNIQUES

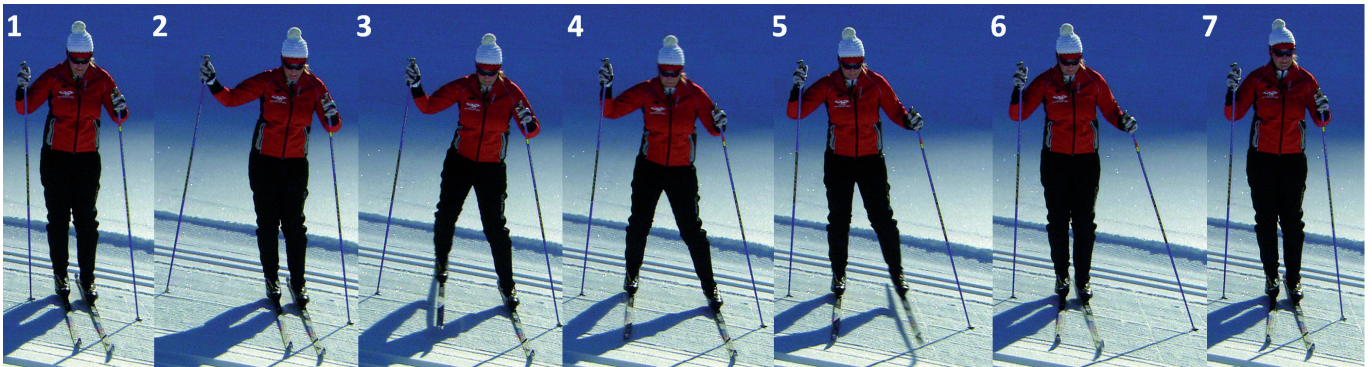
### Climbing up the Slope

Open the ski tips. Set your skis onto the inner edges. Lift one ski over the other and walk uphill. Plant the poles behind your body and support yourself with it. This we call the HERRING BONE STEP

### HERRING BONE STEP



### The HALF SIDE STEP:



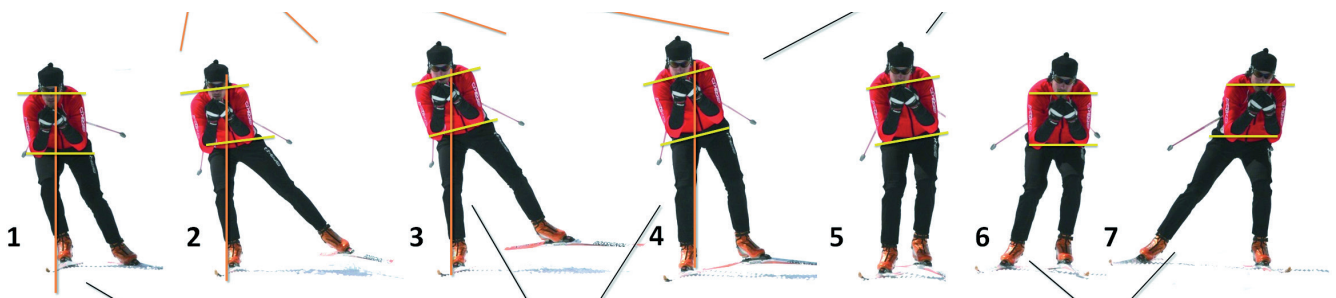


## DOUBLE POLE PLANT WITH INTERMEDIATE STEP



Link the double pole plant with a thrust from one leg. Do the leg thrust and swing both arms and poles forward at the same time. Do the double pole plant at the end of the gliding phase when the leg is swinging forward after the thrust. Repeat the thrust with the other leg.

## SKATING STEPS



This is a very fast technique, where you open your ski tips and push off from one ski to glide on the other one. At the same time push off from your poles.



## CROSS COUNTRY TECHNIQUES

### HALF SKATING STEP – THE SIITONEN STEP



This is a fast technique too. It is a combination between half skating steps and double pole pushes.

Glide with one ski in the track and shear out the other ski. Push off from the inner edge of the sheared out ski and at the same time do a double pole push. Now move your ski close to the gliding ski and shear it out again.

### STEP TURNS



Do a step turn to change the direction. Thrust from the outer ski and glide with the inner one to do a turn.



## THE SCHUSS



Look straight ahead and stay relaxed, don't be tense. Be flexible and weight both skis equally. (put the same weight on both skis)

Hold your poles sideways from your body, the tips of your poles show backwards.

Do an egg position and lower your behind (bottom). Take your poles between your arms to increase your speed.

## THE SNOWPLOW

If you want to ski down the slope slowly, stem out both ends of your skis. Weight both skis equally and look straight ahead. Stay relaxed and move your knees inwards. Your upper body is upright.



## THE SNOWPLOW TURN

Do a snowplow and put more weight on the outside ski. Edge the outside ski and turn it right. Now you turn left. Put more weight on your left ski. Edge and turn the ski left. Now you turn right.



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Stand 2022