



STAYING IN THE ZONE

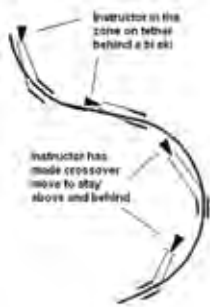
Adaptive Tip by John Stevenson

Ever feel like the bi ski is tethering you? Being in position or the “zone” will help you match predictable and unpredictable movements with the best chance of not rolling the bi skier or being pulled off your skis or board. Here are a few tasks you can practice to help you take control:

Find a partner or two and head for a green to green blue slope based on your comfort level. Find a safe place on the run assessing traffic, visibility, grooming, etc.

Take a warm-up run working on a centered stance over both feet. When you are ready, continue to warm up with pivot slips, falling leaf, short swing and, hockey stops. Snowboarders warm up with similar SB equivalents. SB riders will need to maintain a heel side position to simulate being connected on tether to a bi ski from above.

After warming up, take turns leading each other down the fall line making linked medium radius turns, following at a safe distance so as to not run over the leader. The following instructor will try and match or “synchronize” timing and turn shape with the leader. Look for subtle movements that happen just before direction change. Next have the leader mix up the size of the turn and add a few short traverses. Take turns leading and following. Be sure to practice emergency and controlled stops.



Now do the same follow-the-leader drill, but now try and stay in the zone. The zone is above and behind the bi ski. At direction change you should be crossing the fall line with the bi ski and falling in behind and above. By staying in the zone you will find you can better anticipate and match the movements of the bi skier. Being in the zone will also make it easier to aid the movements of the bi ski through tether manipulation. Be safe and have fun! ❄️



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CONDITIONING EXERCISES

by Jenn Lockwood

Here are a few of the exercises I routinely use at my PEAK Fitness NW ski conditioning classes:

One-legged squat touch: Standing on your left foot with your left knee slightly bent, bend at your ankles, knees and hips and reach your right hand toward the floor in front of your left foot, keeping your back flat. Your right leg should extend behind you as you bend forward. Return to the starting position and repeat for the desired repetitions. **Purpose:** balance in motion, quadriceps, hamstring, glute and core strengthening.

One-legged squat touch + hop: Same techniques as above. After you touch your hand to the floor explode back up and hop off the floor. Land softly and repeat the action for the number of desired reps. Then switch legs and repeat. **Purpose:** explosive power, deceleration training, independent leg action, dynamic balance.

Three-Point Core Tuck: Start in pushup position, with your hands on the floor slightly wider than your shoulders. Extend your left leg as far up and to your left as possible, trying to make your toes touch your left hand. Bring your foot back to the starting position, then extend your leg under your torso toward your right hand. Return to the starting position. Do all your reps with your left leg, and then switch legs. **Purpose:** cores strength (rectus abdominus, obliques, spinal muscles) and upper body stabilization.

Eight-count body builder: Begin in a standing position. 1) bend over and place hands on floor in front of feet 2) jump feet back to a plank position 3) lower into a push up 4) press up out of a push up 5) grab dumbbell with right hand and perform a dumbbell row, put dumbbell down 6) grab dumbbell with left hand and perform a dumbbell row, put dumbbell down 7) jump feet to hand 8) perform a squat jump to return to the start position **Purpose:** total body conditioning – core stabilization, upper body strength, leg power.

You can see these and more exercises at Peak Fitness NW's Youtube Channel: <http://www.youtube.com/user/PEAKfitnessNW>. ❄️



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Special thank you goes out to these NW resorts!

Many thanks to these host resorts for their support of the 2010-2011 season. Last season they provided meeting space, great help at events, raffle items and event support through complimentary lift tickets for participants, etc. Without your help and in-kind contributions, our job(s) would be a lot harder! We can't thank you enough!

49° North, Crystal Mountain, Lookout Pass, Mission Ridge, Mt. Bachelor, Mt. Baker, Mt. Hood Meadows, Mt. Spokane, Schweitzer Mountain, Silver Mountain, Stevens Pass, Summit at Snoqualmie, Sun Mountain Lodge, Timberline and Whitefish Mountain Resort.

