

Snow Sport Courses 2015/2016

Dear Members

The assignment of the students in the right course-level always leads to questions and discussions. Of course, the fun on the snow and in the mountains is in the foreground. But everyone wants also to learn and progress a little. Therefore, it is important that all of you are in a suitable group of skiers.

This year we have come up with a novelty - each student receives a certificate of competence at the end of the season. The course objectives are defined for each class and thus it is very transparent who is learning which capabilities in which class. The instructors can thus respond more effectively to the specific needs of individual students.

Ski resort

All G.A.I.Z. courses will take place at the Flumserberg ski resort.



Short description of the courses

Beginner

The "Beginner" course is intended for those who are skiing for the first time and those that can already ride blue slopes, but want to learn the practical and theoretical basics. The beginners get used to the new movements and the equipment. Stopping and sliding provides confidence at the beginning for first turns on blue slopes (reaching the restaurant safely).

Advanced

The main goals of the "Advanced" course are: to improve balance, coordination and movement in general. Increasing the level of difficulty of the slope-conditions is practicing this. Changing the ski position from snowplow to parallel swing is in this case important (reaching every restaurant safely).

Master

In the "Master" course you will be confronted with the first difficult descents. The master-class focus lays on the parallel turn. This is to be executed at any speed and on any slope, technically clean and perfect. Here also the exercises of small, fast turns, carving, riding badly made-up slopes, driving without ski poles, snow powder and speed are introduced in long-drawn turns (reaching every restaurant safe and fast).

Snowly

The course for our youngest ski enthusiasts remains unchanged; Playing in the snow, having fun with friends and experiencing first rides. During this course it is important to teach children with playing methods to transmit the fun of skiing. It is important that our little ones feel comfortable in the group without the presence of the parents (we are also going to the restaurant for a break).

Specials

Snowboard

The course will take place only with a minimum of 5 participants.

Cross Country Skiing

The course will take place only with a minimum of 5 participants.

Classes and objectives

Beginners

Walking on skis, turning
Stairs-/shear step
Fall line riding parallel
Braking in plow
Plow turning
Traversing
Side slipping
Plow swing

Advanced

Parallel swing
Braking parallel
Step turning
Skating step
Waves-troughs
Jumping
Switch
Short swing
Walzer

Master

One leg swing
180° jump and Ride Switch riding
Short swing variations
Carving variations
Snowpark

Code of conduct on the slopes

It is important that everyone is aware of the FIS Code of Conduct:

1. Do not put in danger or hurt anybody
2. Be in control. Adapt the riding style and speed to the skill and the conditions.
3. Respect the path of those who are in front of you.
4. Overtake at a safe distance.
5. Look uphill before starting or turning.
6. Stop only at the edge of the slope or clear of bodies.
7. Ascent or descent only the edge of the slope.
8. Observe markings and signals.
9. Help and alert the rescue service.
10. For accident parties and witnesses; please specify your personal details.

During the first two ski-days of the season, the classification and class allocation are done according to the individual skills and experience. The aim of the first two-day course is to take forward the technical classification of the participants. It is therefore important to attend the first two Sundays. Last year we had a long waiting list and we even had to refute applications.

So - if you want to learn a winter sport or just improve your riding skills, please apply as soon as possible.

We are looking forward to welcoming you in Flumserberg.

Cari saluti

Marco Bertagno & Graziella Kündig