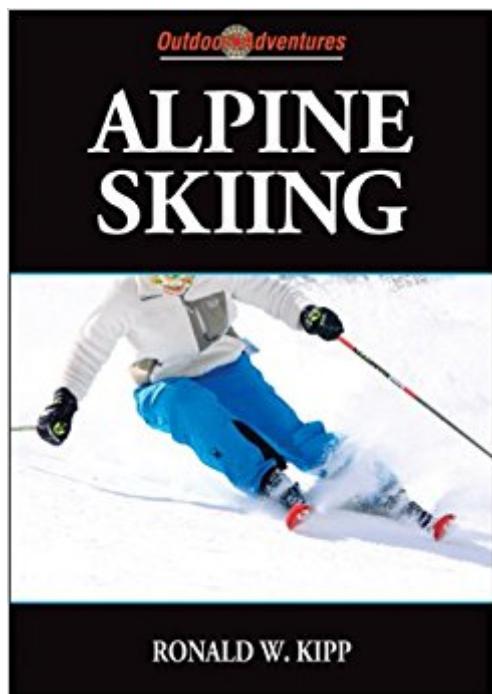


The book was found

Alpine Skiing (Outdoor Adventures Series)



Synopsis

In Alpine Skiing, Ronald Kipp, alpine sport education manager for the U.S. Ski and Snowboard Association, introduces novice skiers to the basics of the sport, assists intermediate skiers in refining skills, and advises experts in specialized situations. He prepares you for your adventure with information on conditioning, selecting equipment, and familiarizing yourself with the skiing environment. You'll then find easy-to-follow instruction on skiing fundamentals, such as the wedge turn, the christie and edging skills, parallel turns, and dynamic parallel skiing. You will also find additional guidance on the more challenging moguls, powder skiing, tree skiing, and racing slopes. Throughout the book Kipp shares consumer, technique, and safety tips collected from his years of experience as both a skier and an instructor. He also provides valuable information on travel and trip planning, including choosing a ski area and accommodations, packing, and flying with your gear. Lists of websites will help you find ski instructors and organizations, shop for equipment and gear, and plan trips around the world. Alpine Skiing is part of the Outdoor Adventures series, which provides you with the essential information on basic techniques and skills so you can be on your way to an adventure in no time.

Book Information

Paperback: 224 pages

Publisher: Human Kinetics; 1 edition (September 23, 2011)

Language: English

ISBN-10: 0736083553

ISBN-13: 978-0736083553

Product Dimensions: 7.1 x 0.4 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,410,866 in Books (See Top 100 in Books) #76 in Books > Sports & Outdoors > Outdoor Recreation > Snowboarding #83 in Books > Sports & Outdoors > Outdoor Recreation > Skiing > Downhill #2182 in Books > Sports & Outdoors > Winter Sports

Age Range: 10 and up

Grade Level: 5 and up

Customer Reviews

Ron Kipp is the alpine sport education manager for the U.S. Ski and Snowboard Association (USSA). He did his PhD work in motor control at the University of Utah before working with the U.S.

ski team's sport science department as director of athlete preparation. He has also coached and was the head physiologist with the U.S. ski team's men's alpine world cup team and was assistant director of coaches education for the USSA. He has worked with the Norwegian men's alpine national team as an on-hill coach and sport science consultant. He has been an examiner for PSIA (Professional Ski Instructors of America) for over 30 years, and for 5 years he was the education manager for PSIA Intermountain. Ron has written one other book on skiing and has authored or coauthored more than 50 scientific published papers on skiing. He has also given over 100 presentations nationally and internationally on skiing.

I enjoyed most of this book, but some of Ron Kipp's advice to skiers concerning technique is "Old School". Skiing technique changes frequently due to changes in ski technology. Author's need to be current on this subject.

This book is over the head for the novice, only advanced and expert skiers will glean from the details presented.

If you want to start skiing this book will be a good source for preparation/what to expect/first steps. Once pass the basics I don't think it's a good source for learning. My gripes are 1) Very few of the advanced rules are explained in detail; plenty of statements and repetitions, pages on definitions but not much essence 2) Illustrations are crude and lacking, have to read the narrative few times to understand the concept. Complete lack of schematics. 3) Not a clinic - scant advice at what to watch for and how to detect and avoid common mistake (skidding, balance, nothing on how to use the inertia). 4) Only the last few pages are dedicated to 7+ skiers - good points but wish there were more examples and illustrations. Bottom line - it's a pretty good book for the novice, with very valuable rules to learn but if you're at/past the blue slopes you won't get much

pros: clear in mechanics and anatomy; easy to understand by using many analogies; pointing out many prevailing errors; giving many basics, but you don't get from other books. cons: as previous reviews pointed out, the illustrations need further makeups. Adding some arrows to show the corresponding point will do great help.

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