

Making Sense - First Day Beginner MUST KNOWs!

Why Sense Making? I strongly believe that 'sense making' is important to learning. When you make sense of something, you can then use it creatively, grow and expand. If you don't make sense of something that you are doing, then you just do "things" because someone told you to.



First day beginner MUST KNOWs:

1. Always **balancing** over feet skis which means you have to move with the skis (treat skis like a skateboard - stay on them)
2. **Where point the skis** and how much edge determines how fast they will go - not a wedge or snowplow... (All there is, is gravity and friction.)
3. They are in control of the skis - **the skis do not have a mind of their own.**

4. Stopping and slowing down is accomplished best by **pointing skis across the hill**

So.....

A. Number one technical idea is **balance is king** - always try to keep feet under you - you can almost always pull your feet back underneath you to get back in balance.

B. Pointing, e.g. turning skis down the hill will make you go faster...

C. In order to stay in balance, you always **want to stay up with your skis**. You do not want to let them take off ahead of you (feet under you idea).

D. So, BEFORE turn skis down the hill, you want to get ready and **go with them!**

E. Mental/emotional preparation is telling yourself, **"I want to stay balanced, stay with my skis so I can control them."** How can I move my body with my skis once I point them more down the hill to start to turn back to 'safety' with them pointing across the hill?

F. Answer - Help the beginner convince themselves that they **actually WANT to** 'jump/step/move' down the hill. Have them stand, skis off, boots pointing across the hill. Then ask them to 'take off/jump/step/move' diagonally down the hill off of one foot. They will discover that it's much easier to move in that direction off of their uphill foot (new outside ski). Practice this a few times before putting skis back on... **it's going with gravity that is the fun part!**

Now they know one of the most important skiing ideas called, **"New outside foot, early... to stay in balance and control the skis!"** This idea is so important to stay with the skis and in control, balancing!



G. The next technical idea is learning to **pull your feet back** to keep them under you - such as when you don't start the turn by moving with your skis down the hill and end up in the back seat! We don't want our feet ahead of us! *We need to stop telling people to "get forward" because it's impossible to do when you are sliding. To get forward the skis, your base of support, need to be fixed, anchored to the snow. However, you can always pull your feet back under you!*

H. SMILE and have FUN!