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I AM IN LOVE WITH MY

SKIS & SNOW-BOARD



b4u publishing



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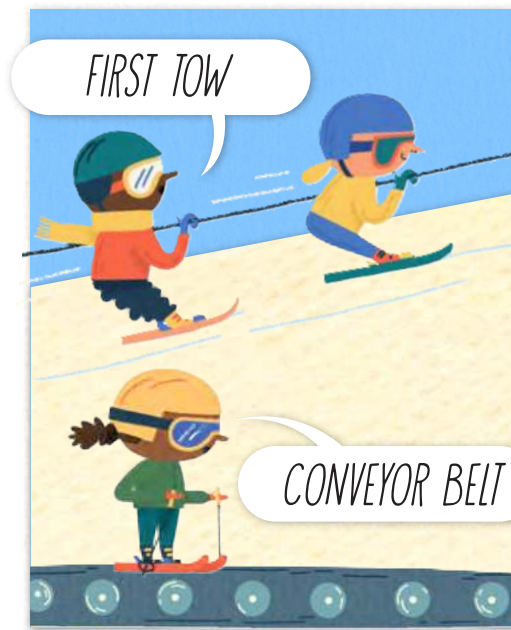


I AM IN LOVE WITH MY SKIS & SNOWBOARD



GETTING STARTED ON THE SNOW

Kids adore snow from when they are little. It may make you shiver if it touches your neck, but otherwise it's fun, fun, fun. No one becomes a good skier or snowboarder straight away. It takes practice, patience and determination. This is how most of us get started:



CHOOSE YOUR EQUIPMENT

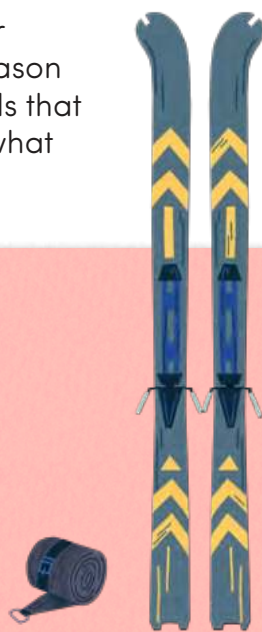
CROSS-COUNTRY SKIS

Does always skiing in the same place bore you? Do you prefer a wander in the countryside to a race downhill? If so, cross-country skiing is for you. Cross-country skis are long and narrow, and their bindings have a free heel to allow you to run fast.



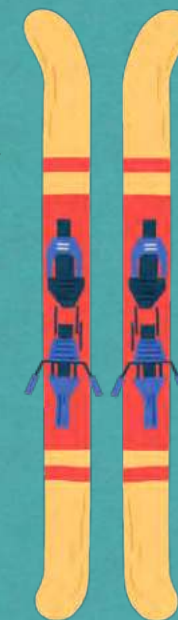
At first sight, it all looks much of a muchness, but for differences in lengths and colours. But there is a reason for differences in shape and length. Skis and boards that whizz down a perfectly maintained slope are not what you need in deep snow.

ALPINE SKIS These give you your freedom. Rather than limiting you to a particular area, they allow you to go further, into open country. You can walk as well as slide on them, even up steep hills, thanks to the climbing skins on their bases. Remember that every Alpine skier must carry a backpack with an avalanche kit and be in good physical shape.



FREESTYLE & FREERIDE SKIS

If you like fooling around and jumping and are bored by prepared slopes, these skis are for you. They are broader and thicker, with rounded tips and tails that plough through deep snow.



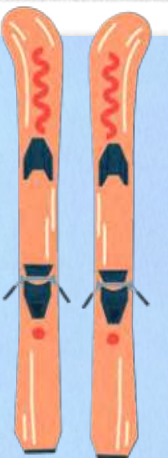
UNIVERSAL DOWNHILL (CARVING) SKIS

The most common and most popular skis; for everyone who enjoys skiing downhill over and over again. They slide best on prepared tracks. These skis are broader at the tip and tail than in the middle, and they are quite short for ease of control.



SNOWBLADES

Short skis (max. length 1 metre) for adults. They are strong enough to carry a skier who weighs 100 kg or more.



SNOWBOARD These have different curvatures, hardnesses and bendability. A softer board is easier to control and so better for a beginner. More experienced snowboarders who like uneven surfaces prefer a hard board.

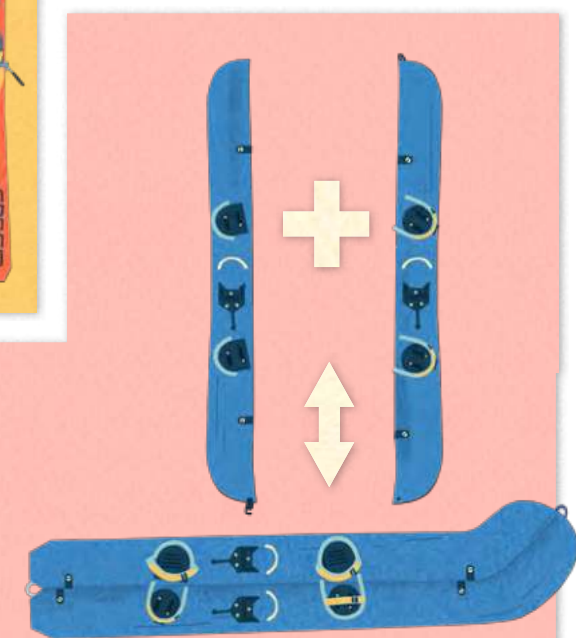


FREESTYLE & FREERIDE BOARDS

For wilder types who prefer deep, off-piste snow (freeride) or like to show off their tricks at a snowpark (freestyle)



SPLITBOARD Can't decide if you want skis or a snowboard? Then a splitboard is for you. It can be split in two, making short skis. Great, isn't it?



ON THE FLAT



IN DEEP SNOW



JUMPING



IN WIDE SWEEPS



LET'S GO!

ON A SLALOM COURSE



AT SKI SCHOOL



AROUND MOUNDS



BY CHAIRLIFT



ON A SLEDGE SLOPE



ON A WINDING WOODLAND TRACK



DOING TURNS



IN SUNSHINE



IN FRESHLY PLOUGHED SNOW



IN A BLIZZARD



PLOUGHING



IN FOG

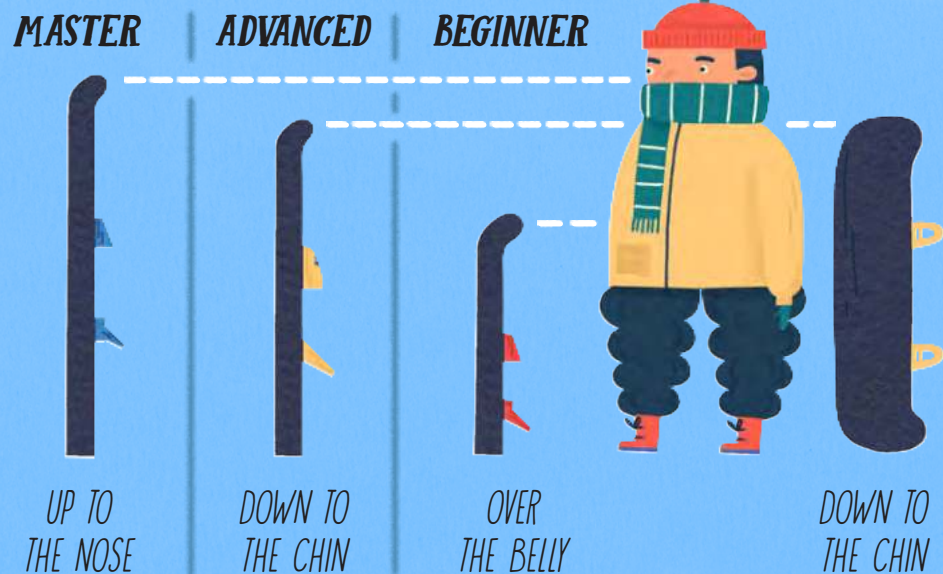


TIPS & TRICKS

Whether you are a beginner or have been doing winter sports for a while, you should know some basic tips and tricks. That way, you will race with the wind down the snowy slopes in safety and comfort, ready for anything.

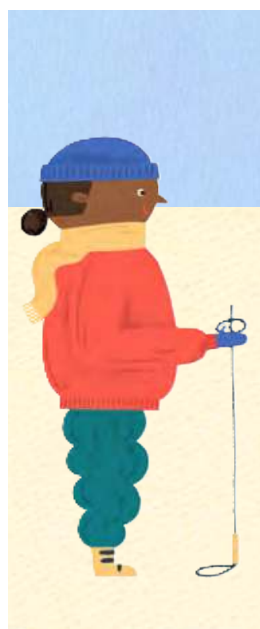
CORRECT SKI/SNOWBOARD SIZE

Your experience as a skier/snowboarder will help you decide. As will a look at this picture. One more piece of advice: shorter skis are easier to control, so go easy on the length.



POLES

Always attach these correctly, as shown in the picture. If you're a beginner, you can leave them at home. If you're a small child, they will just get in the way. It's better to start with them later.

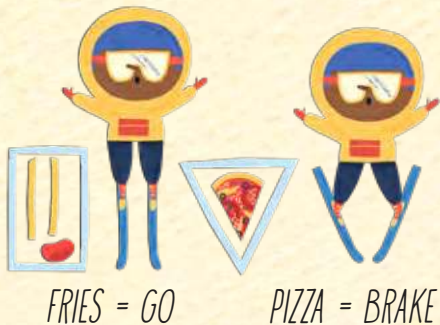


POLE HEIGHT

A simple trick will help with this. Stand up, turn the pole upside down and grip it under the basket. If your hand is at a right angle, the pole is the right height.

PIZZA & FRIES IN THE SNOW

Master these two basic skiing positions and you have nothing to fear from your first hill.



WHERE TO KEEP YOUR SKI PASS

Your ski pass gets you on to lifts and cable cars, so take care not to lose it. Keep it in the safety pocket on the sleeve of your jacket. Or if you are little, do as I do: put it under the padding of your helmet. Then all you have to do at the turnstile is dip your head and – peep! – the gate will open.



BRAKING SCHOOL

Good braking is fundamental to safe skiing and snowboarding. Braking helps you avoid crashes, departure from the slope, or knocking down skiers waiting for the lift.

- You must learn to brake as soon as you take to your skis or snowboard.
- Braking must be practised, so you must try it over and over again.
- To brake well, your skis or snowboard must have sharp edges. Edges are sharpened at a ski shop.

METHOD 1:



SKID BRAKING

METHOD 2:



FALL BRAKING

METHOD 3:



TO BE SURE – PLOUGH AND SIT DOWN



RIGHT OR LEFT?

Really? It's all the same with most skis, so don't worry about it.



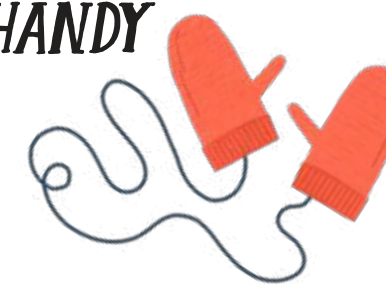
BALANCE TRAINING

This will come in handy, trust me. Exercise your body and practise this skill whenever you get the chance. You'll appreciate it on the slopes.

THINGS THAT COME IN HANDY



SUNGLASSES & SUNSCREEN It may not seem like it, but in the mountains the sun is unusually strong.



GLOVES ON STRINGS If they are attached to you, you won't lose them.



MAP OF THE RESORT ... so you know where to go.

FORGET TO GO TO THE LOO

FORGET TO TAKE A SNACK ALONG

LEAVE THE AUTHORIZED ROUTE

FOOL AROUND ON THE CHAIRLIFT

SKI WITH THE WRONG GEAR

MOVE RECKLESSLY

SKI WITH EARPHONES IN

SET OUT WITHOUT A WARM-UP

STICK CLOSE TO ANOTHER SKIER

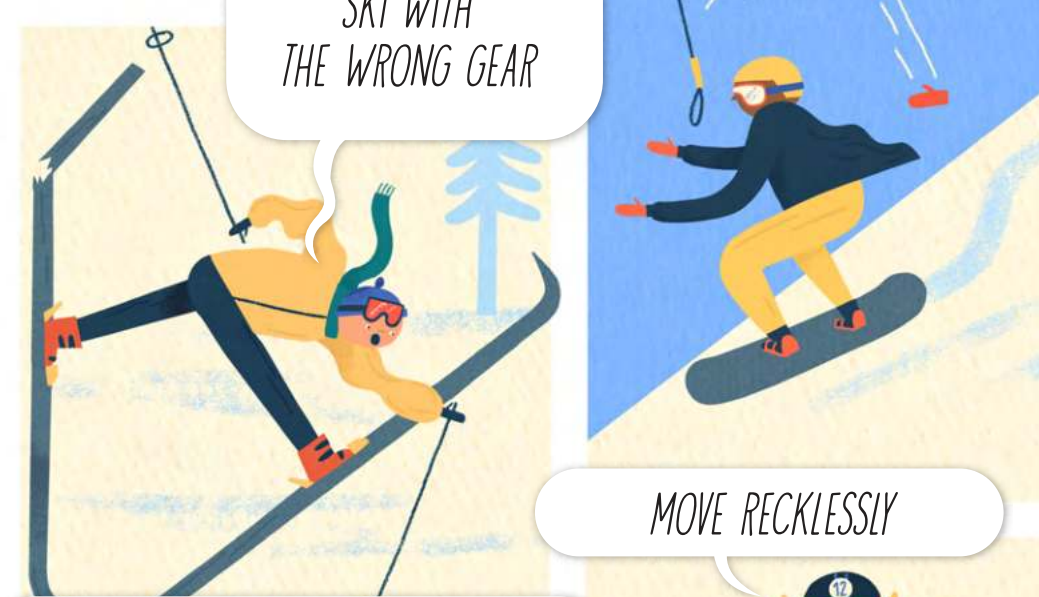
WHAT YOU SHOULD NEVER DO

UNDERESTIMATE THE WEATHER

OVERESTIMATE YOUR OWN STRENGTH

STOP BEYOND THE HORIZON IN THE MIDDLE OF THE TRACK

SHOW OFF





SO MUCH GOING ON Isn't it great? Do you have your skis? Or do you prefer a snowboard? I'll be with you very soon. Dad and I are going up in the chairlift. Can you see me? When I'm down again, shall we meet in the restaurant? Meanwhile, you check out all that's happening. This place is really buzzing.

- 1 Who has ended up in a pile of snow?
- 2 Oh no! Find the poor chap who has lost a glove.
- 3 How many snowboarders are at the resort today?
- 4 Get out of my way!!! Who's breaking the rules here? There's more than one rule-breaker.
- 5 Who do you think is feeling the most comfortable?
- 6 Do you know where the toilet is? And can you find the one who forgot to go to the loo?
- 7 Oh dear. Toni has fallen off the lift. What should she do now? Can you advise?
- 8 This season's hit is a yellow helmet. No one ever gets lost on the slopes wearing one! How many are here today?

IS IT WHITE OUTSIDE?

It is? Then grab your skis or snowboard and let's go out – to the hill behind the house, or to a mountain resort tailor-made for sporty types like you and me! You'll enjoy it, believe me. Whether you're a winter-sports enthusiast or just starting out, it's good to know a few things about going downhill in the snow: how to brake, why you must wear a helmet, what ski-length is best for you... and what you should never, ever do on a snowy slope. This book is the ideal place to read up on it. It may be small, but it's packed with information, and great fun besides. But enough of the talk – let's dress up warmly and head out into the snow!



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