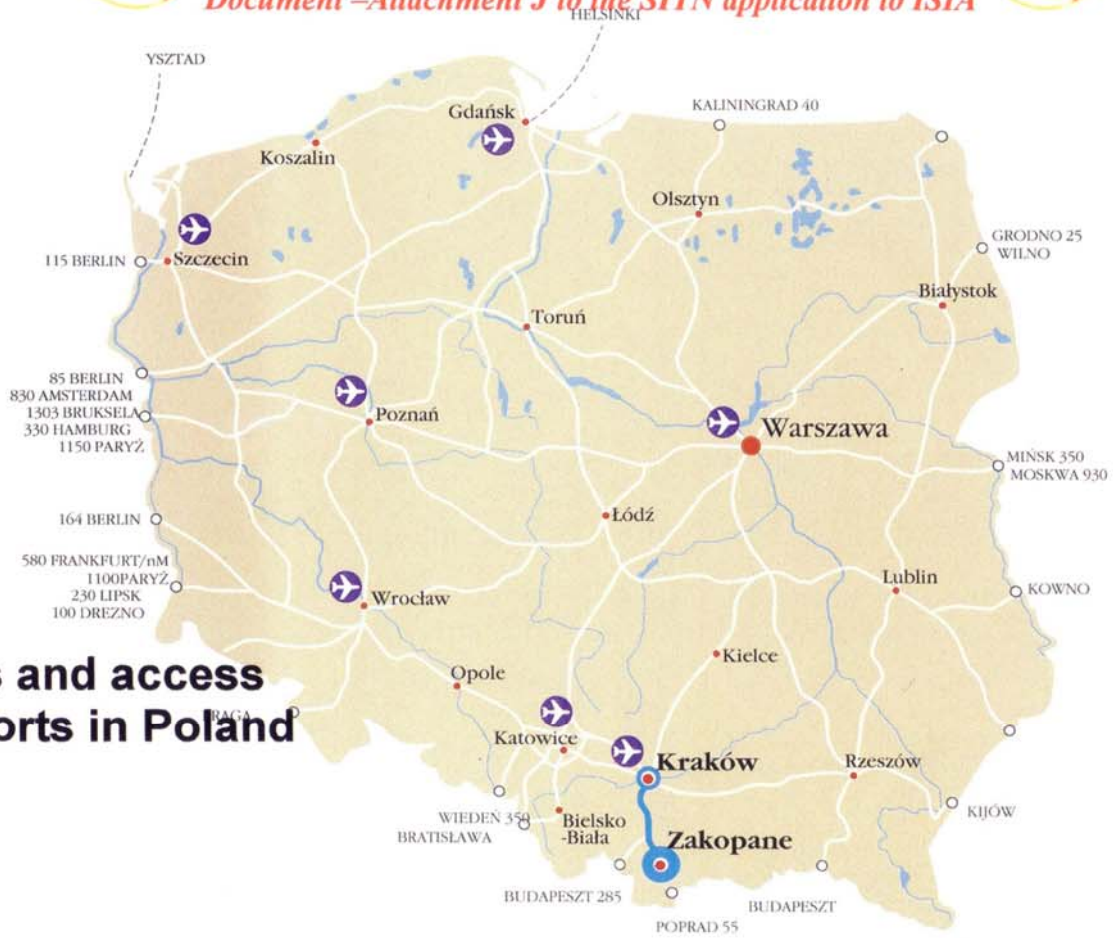
Interski 2007 Korea

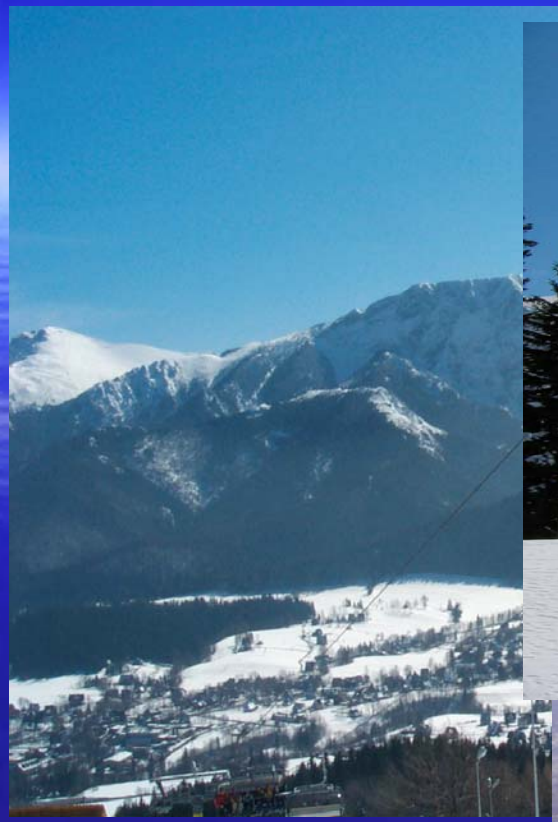
Poland

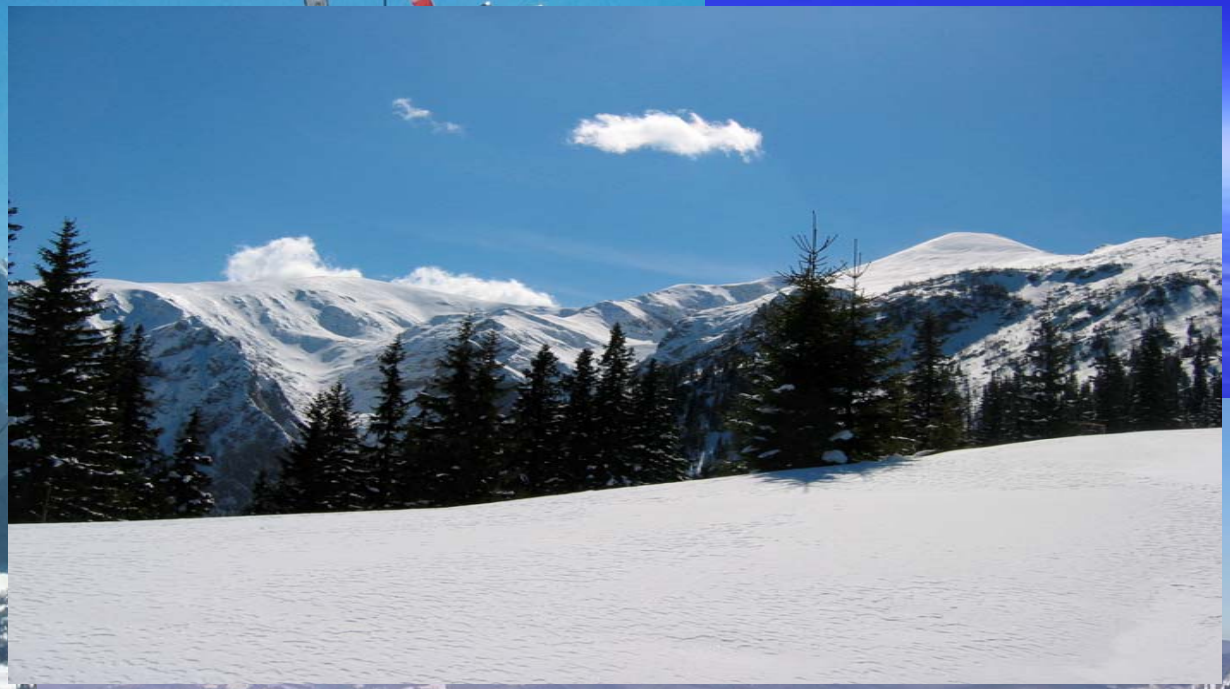
DEMO TEAM
POLAND

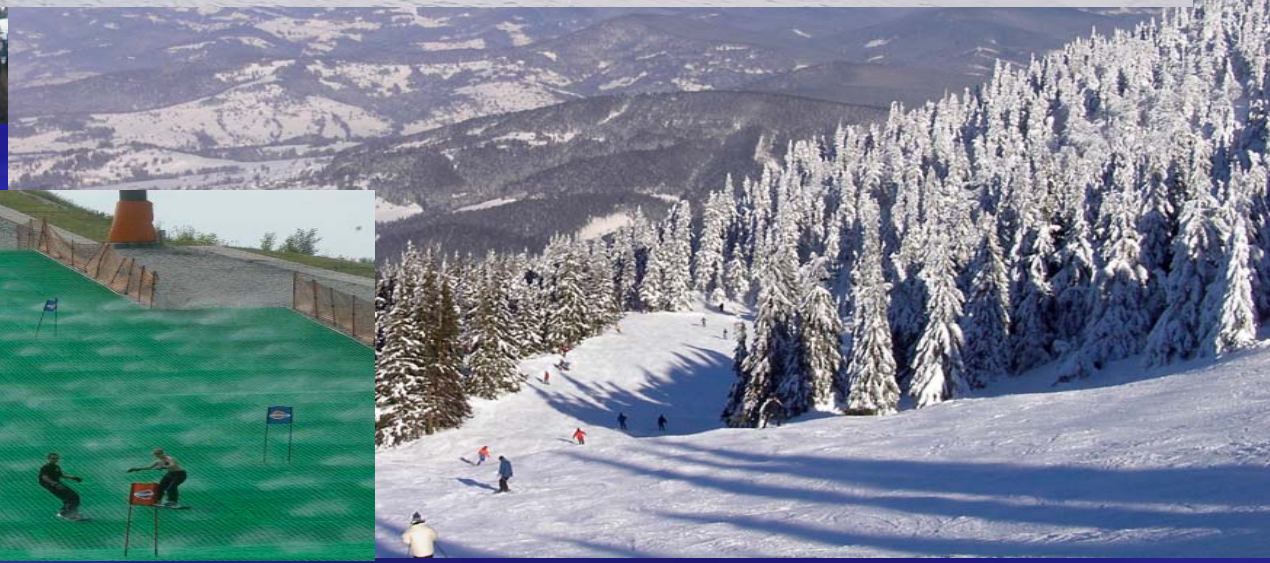
Document –Attachment J to the SITN application to ISIA



Distances and access to ski resorts in Poland







SITN PZN

INSTRUCTORS' ASSOCIATION OF THE POLISH SKI FEDERATION

- SITN PZN today is a non governmental , non profit entity with 4.500 skiinstructors as ordinary members.
- About 1200 members has long term contracts with 87 licensed ski schools i.e. work as professionals.
- SITN grants every year ca 160 new national ski instructors certificates.
- SITN is the only state independent national ski academy in Poland.

Snowsports for All
2007 PyeongChang
INTERSKI Congress
Poland
KIA

Short turns perfectioning

Polish workshop

Interski Korea 2007

Team presentation

Team presentation

- Justyna Januszek - demonstrator

Team presentation

- Ania Kusion - demonstrator

Team presentation

- Agata Siudak - demonstrator

Team presentation

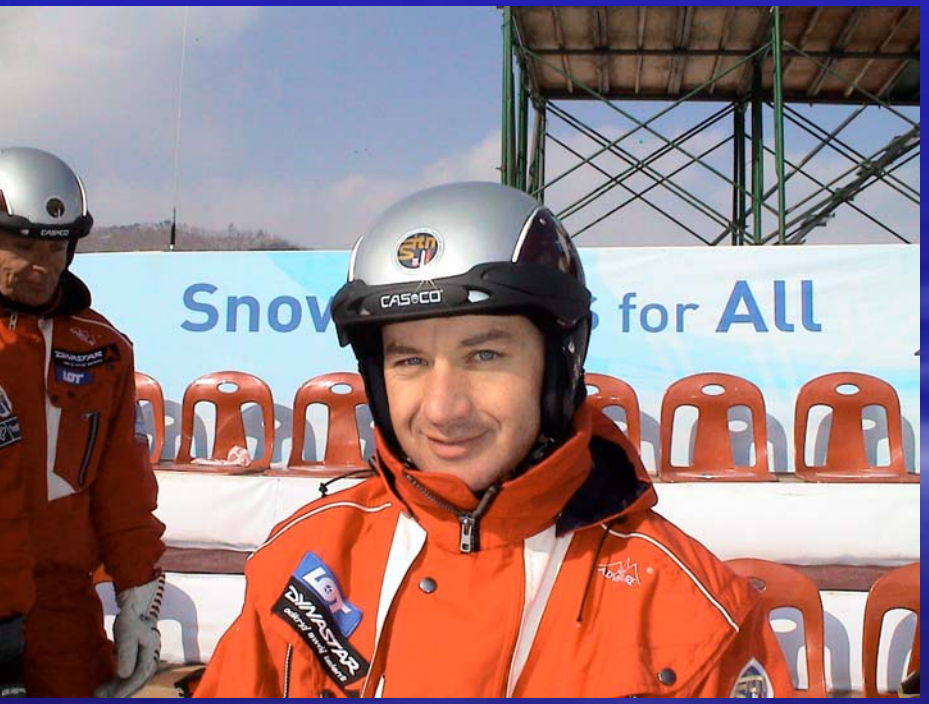
- Piotr Gónicki
- Łukasz Guńka

Team presentation

- Mieczysław Berezik
- Piotr Kapustianik

Team presentation

- Grzegorz Dendys
- Wojciech Podgórny

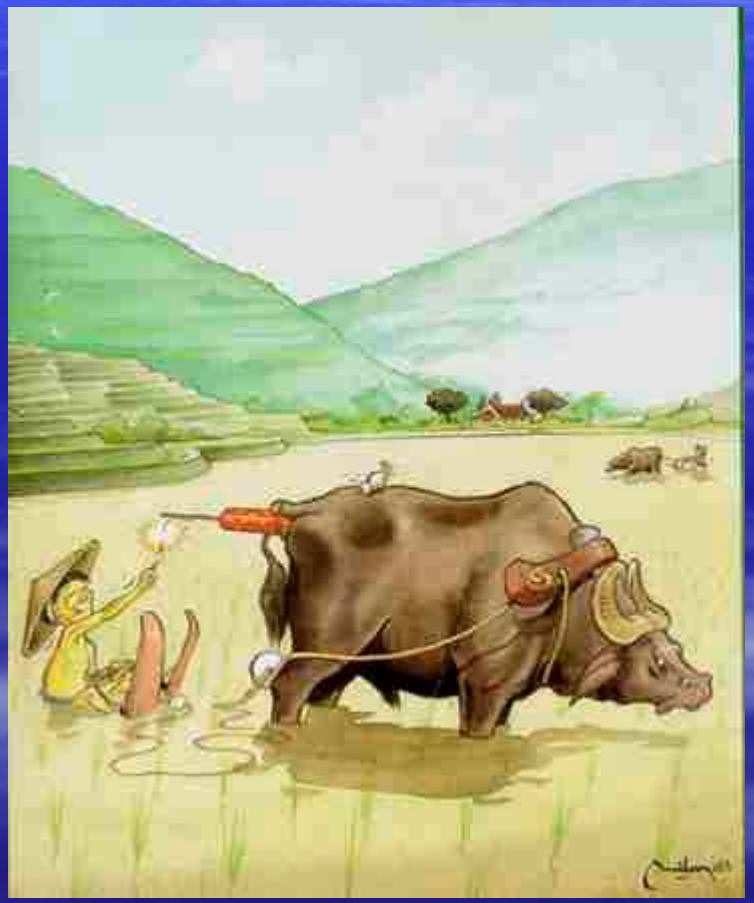


Team presentation

- Piotr Stawarz
- Marek Palik – Coach

Why short turns ?

- Speed control –safety !
- Steep slopes
- Narrow skiways
- Bumps
- Crowded slopes
- Introduction to slalom
- Lesson more diverse
- Because clients want it !



For whom ?

- Beginners ! (mostly kids)
- Intermediate and self made „fearless debutants” –Our instructor’s typical problem
- Advanced skiers

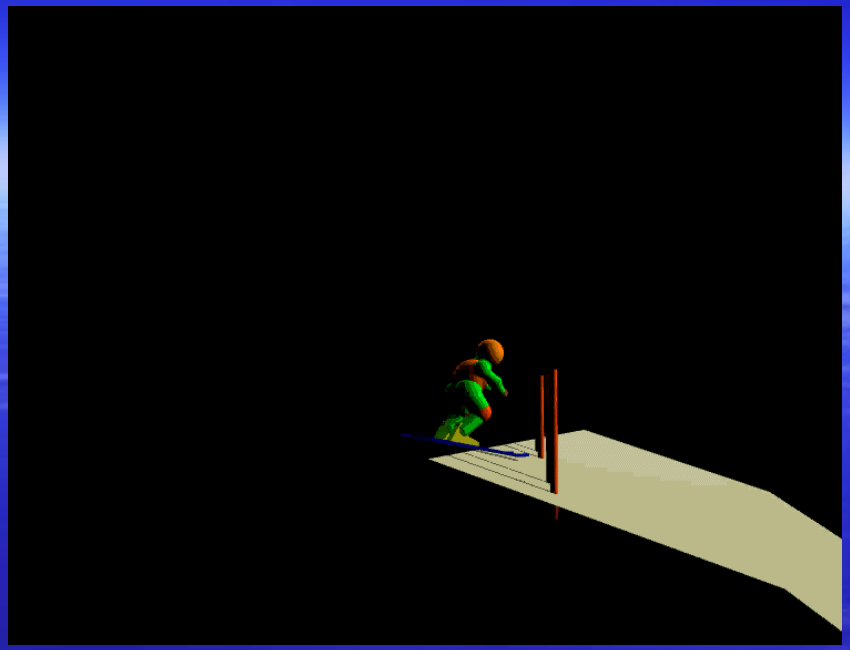
Required skills

- It depends……

Workshop theme – excercises leading to

- Movement coordination and proper timing
- Nice stable rythm and tempo
- Correct stance
- Elimination of excessive up and down movement

We invite you for Polish party on Thursday after workshop



Thank you for your attention.

Hoping to see you Thursday morning at demo arena.