POLISH WAY TO TELEMARK

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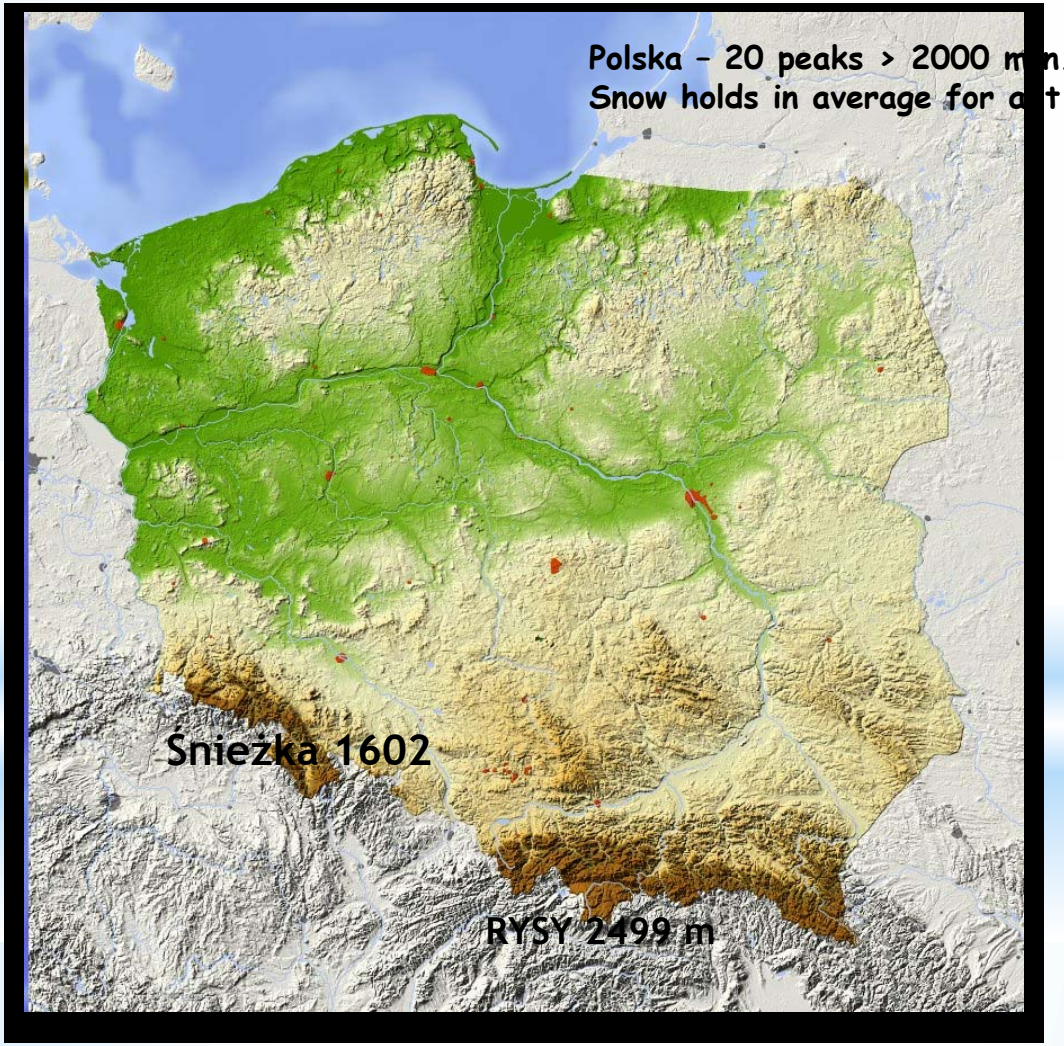
St.Anton 2011

*Poland in Europe

* Population abt 38 mln
* Surface: 312679 km
* Skiers - abt 2,1mln
* Ski resorts – 120
* Dynamic of ski infrastructure dvlpment – highest in Europe
* 30 new lifts in 2010
* Strong economical development since 1989, growing affluence

*Skiable areas in Poland



History of skiing in Poland

* Eastern influence – first equipment-walking skis brought to the country, later Swedish army intruduced sliding skis in 17 century)
* XIX century
- Eastern part of Poland – Norwegian influence
- Tatra, Podhale, Kraków – Lilienfeld technique influence

First ski inventors and manufacturers

Stanisław Barabasz- School od Wooden Industry director and first ski manufacturer in Zakopane -largest ski resort in Poland

* It was winter 1888. Snowfall was heavy. Stanisław Barabasz visited a friend in Cieklin for hunting.Too much snow to walk through the forest.

  - Some snowscates could be useful, thought Barabasz.
  And so he did the skis . . .

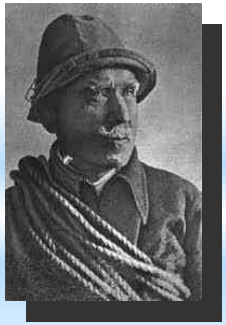
  Nobody heard of skis at that time, numerous prisoners coming back from nortehr prison camps talked about „Lyze" used for hunting in deep snow.There was a talk about Norwegians who „could fly as birds on unknown winter equipment".

Prominent Polish skiers of XIX and XX centuries

Norwegian technique

Józef Schnaider – Author of first Polish written ski manual

Lilienfeld technique



St. Barabasz, H.Bobkowski (assistant to M. Zdarski), Józef Oppenheim, M.Zaruski

Return to Telemark in last 15 years– New Fashion ? New way of life ?

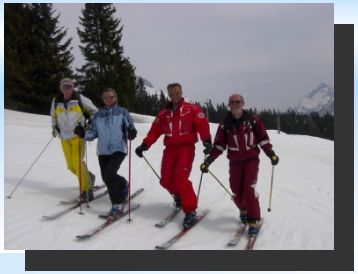
* No limits – off piste , freeride possibilities
* Nature friendly
* People became more affluent – could afford equipment
* Good example from Austria and other alpine countries

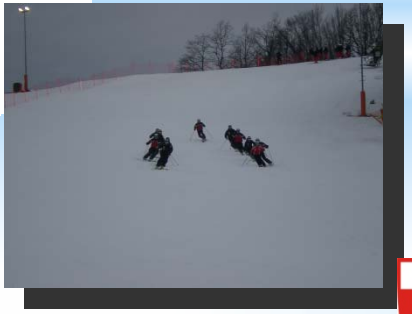
Polish Telemark days

SITN Polish Snowsports InstructorsAssociation supports Telemark development

* By -Telemark festival organisation
* Telemark courses
* Telemark is approved as a second discipline for ISIA instructors
* Training programme publication
* Telemark contests organisation

Polish Telemark on Interski congresses





Telemark training programme in Poland

I Level - beginner

Basic position

Snow plough

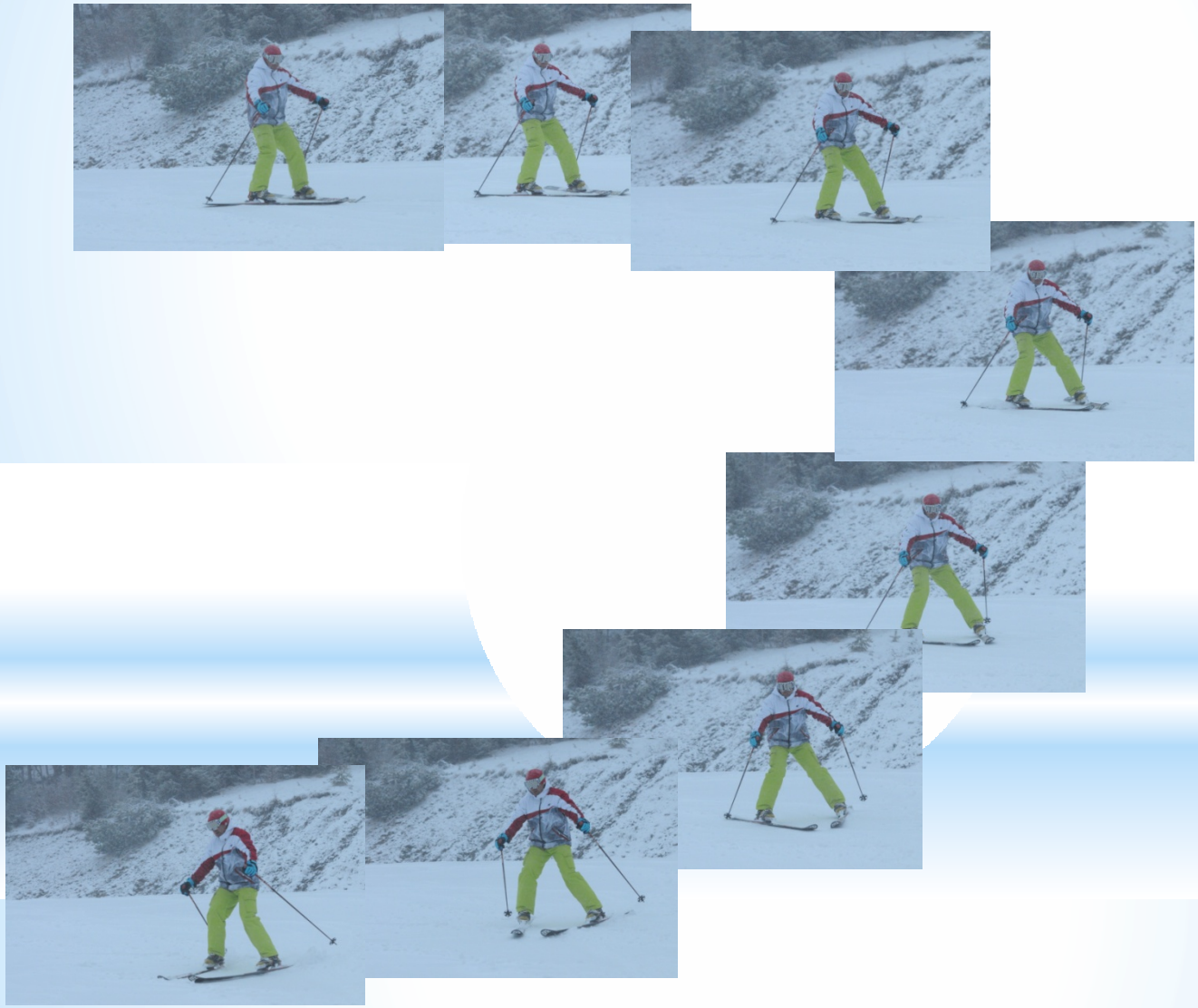
Snow plough turns

Snow plough turn with telemark

Basic position

*Snow plough

*Snow plough turns



*Snow plough turns with telemark.

*Snow plough turns with telemark.

*II Level -advanced

Parallel turn
Low High

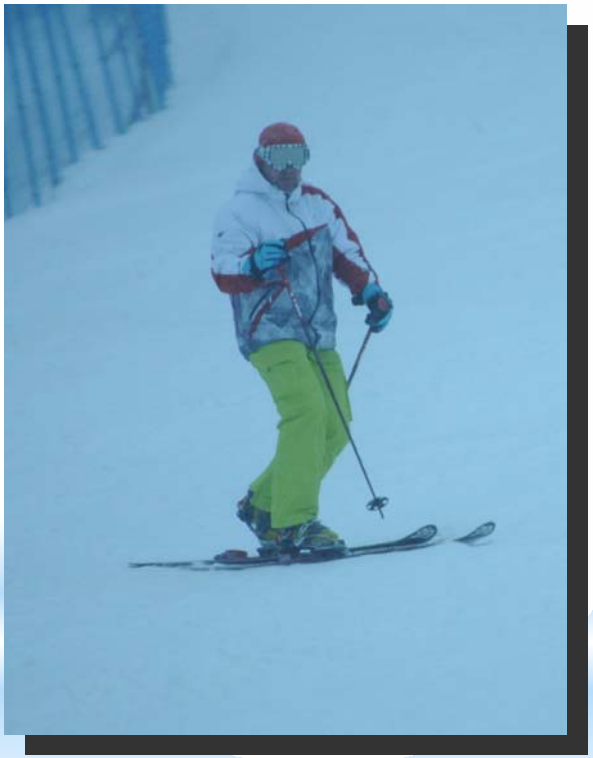
Parallel turn
High Low

Rotation
turn

*Parallel turn Low High.

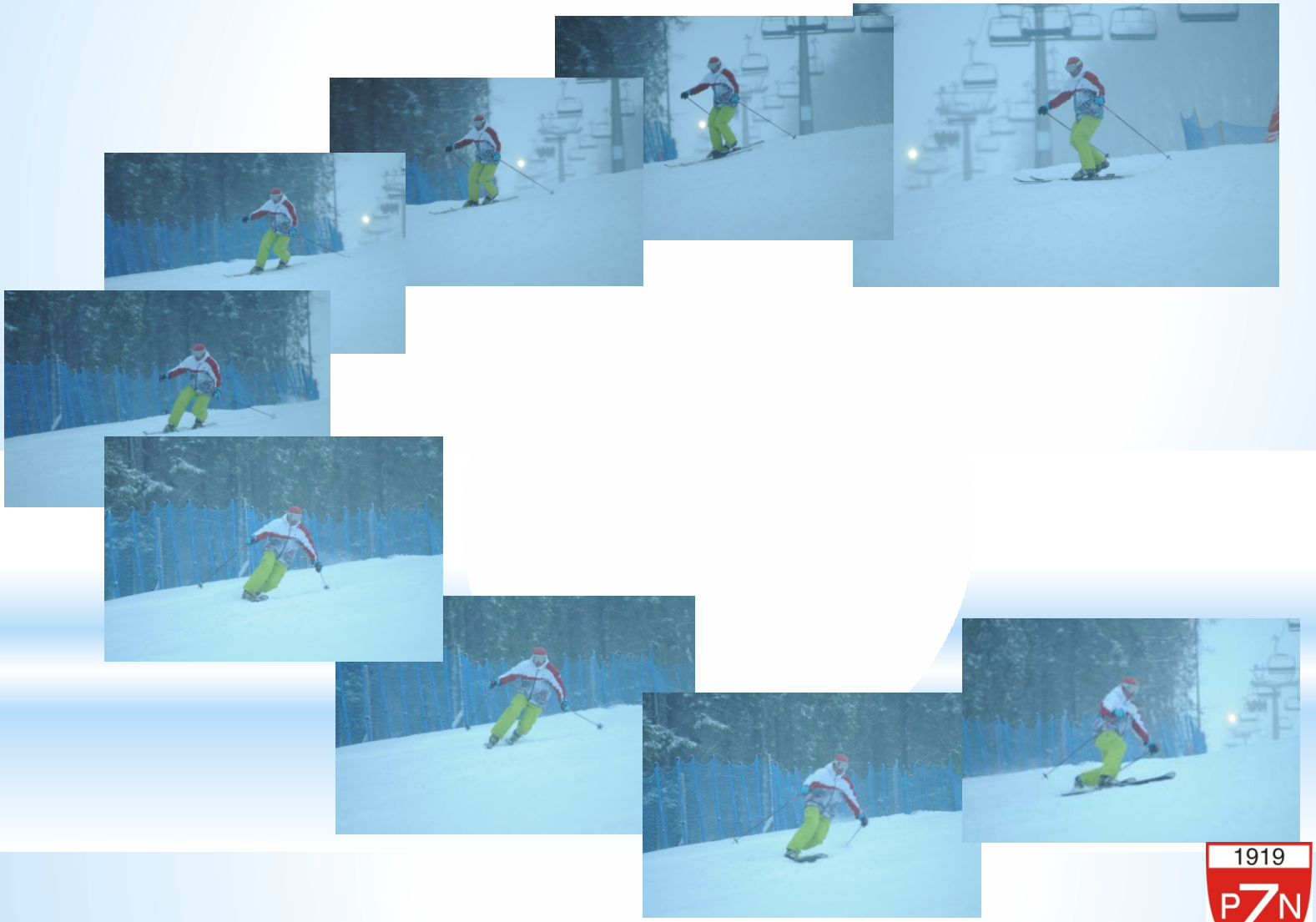
*Parallel turn Low High.

*Parallel turn High Low.



*Parallel turn High Low.

*Rotation turn



*III Level - expert

Short turn

Parallel turn

carving

Freestyle, Freeride

Sport

*Short turn.

*Short turn.

*Parallel carving turn.

*Parallel carving turn.

*Freestyle, Freeride

*Sport

*Methodology

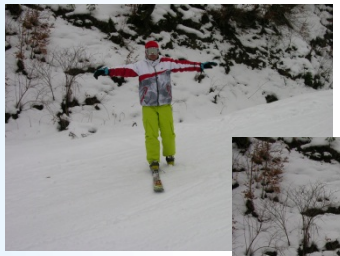
* Methodology

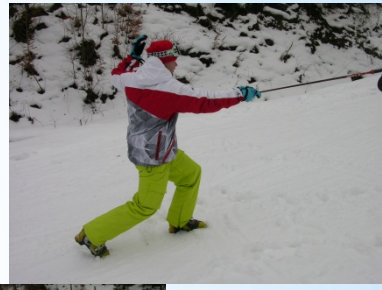
* Methodology of teaching basic skiing elements is the same as in traditional alpine skiing

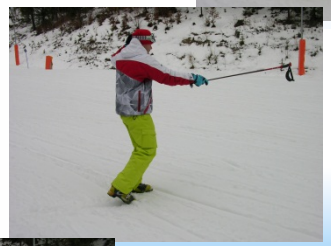
The major difference is the active change of a leading ski and free heel.

As a result- good alpine skier would have few problems with mastering telemark technique.

*Excercises







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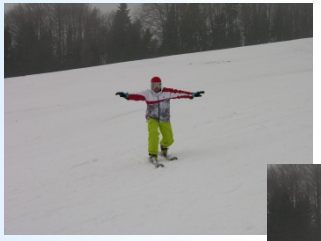

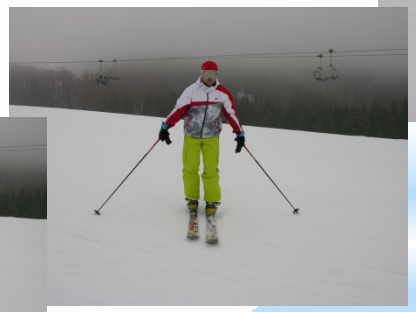

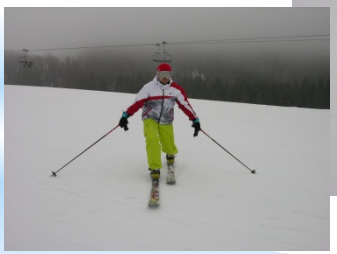

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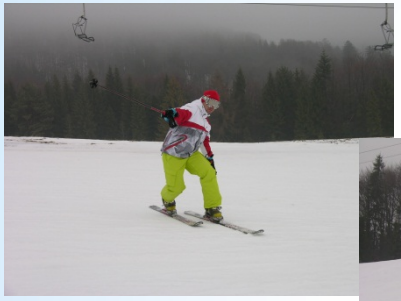

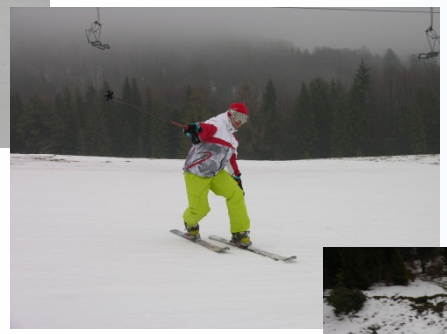

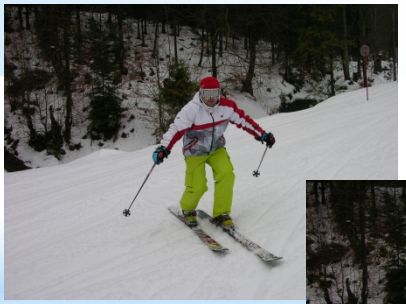
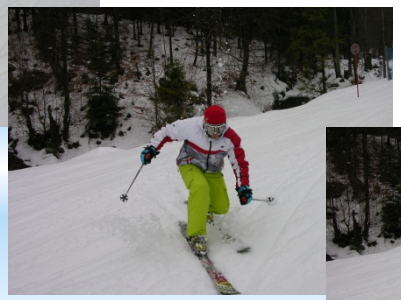
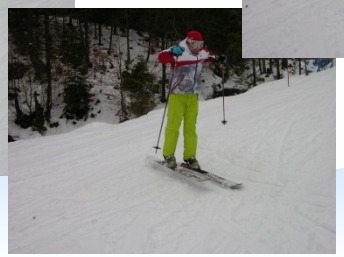
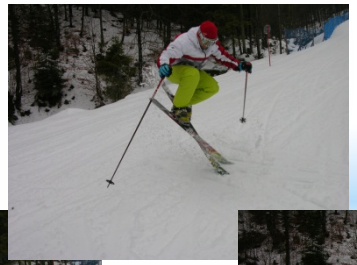

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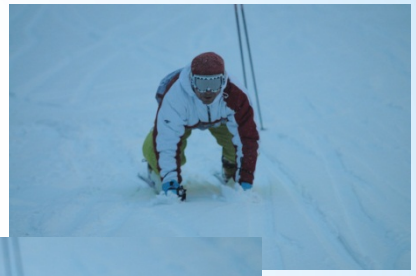

Dziękuję za uwagę