Technical skills – the Swedish technical development philosophy

We don´t believe that there is one universal model for all skiers – we believe in:

- A functional ski and snowboard technique that is customized based on the individual and the situation
- That we will reach passion through development
- That we will create a ski experience through development

We also believe that:

- Dynamic movements, a centered position and balance over the outside ski are fundamental skills for all skiers in different ages and levels.

Target group
The workshop will be taught by specially trained and experienced instructors of the Swedish National Association of Ski Instructors and the Swedish Ski Federation.

Target of the workshop
The workshop communicates the Swedish technical development philosophy and how we work with technical skills in different terrain and ages.

Groups	**Leaders**
Racing	Kristina Sanfridsson & Nina Öqvist
Adults	Stefan Olofsson, Andreas Jonsson & Carl Rydberg
Off Piste	Samuel Åberg
Kids & Juniors	Dic Matslofva & Johan Rydén
Snowboard	Daniel Roos