



The original materials in this publication are from Estonian author Kaarle Zilmer and the artist is Ylle Meister. We are very pleased that they allowed us to adapt this so our best U.S. athletes can give you their tips on becoming a great skier.

JOHNNYS SKI SCHOOL

Hello!

For several years we have not had a real winter. Snow has not fallen or a sudden snowfall has appeared and quickly melted. Therefore you have not been able to ski properly; some children do not even know how to ski. For this reason, with a little planning and gathering of ideas, JOHNNY'S SKI SCHOOL was established. We hope that you find something here useful and interesting. We hope that our ski lessons are practical for many boys and girls, because JOHNNY'S SKI SCHOOL:

- Is for all children, who wish to learn to ski
- Relates stories of winter, snow, nature and folk wisdom
- Teaches about ski tracks, downhill slopes and jumping performance
- Provides advice about ski equipment
- Teaches uphill and downhill, falling and recovery, turning and braking and all ski techniques
- Describes all skiing as one sporting discipline
- Offers reading and ideas to work on

Surely from this book you will find what TO LEARN.

If someone wants to TEACH, you may also discover something.

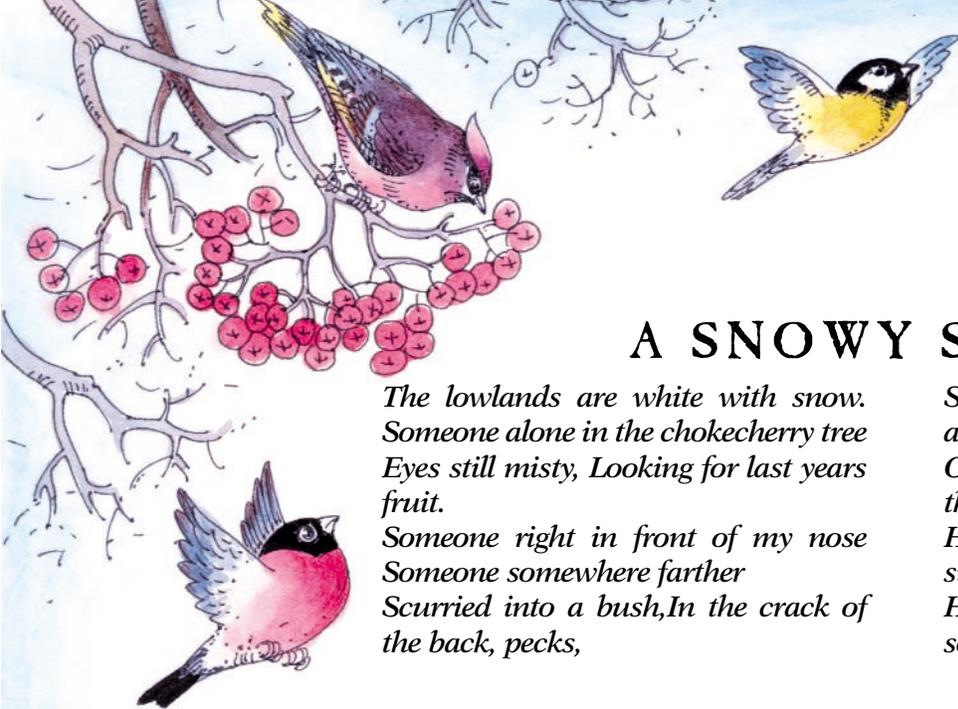
JOHNNY will be of great assistance and you will meet him on each page; his advice is worthwhile. Also helping will be ALAN ALBORN, TODD LODWICK, NINA KEMPEL and PICABO STREET.

So quickly turn to the next page ... Wait - wait, finish reading the first saying, we can still learn from them.



Starting is hard, the middle easy, the finish smooth.

Kihelkonna



A SNOWY SILENCE

*The lowlands are white with snow.
Someone alone in the chokecherry tree
Eyes still misty, Looking for last years
fruit.*

*Someone right in front of my nose
Someone somewhere farther
Scurried into a bush, In the crack of
the back, pecks,*

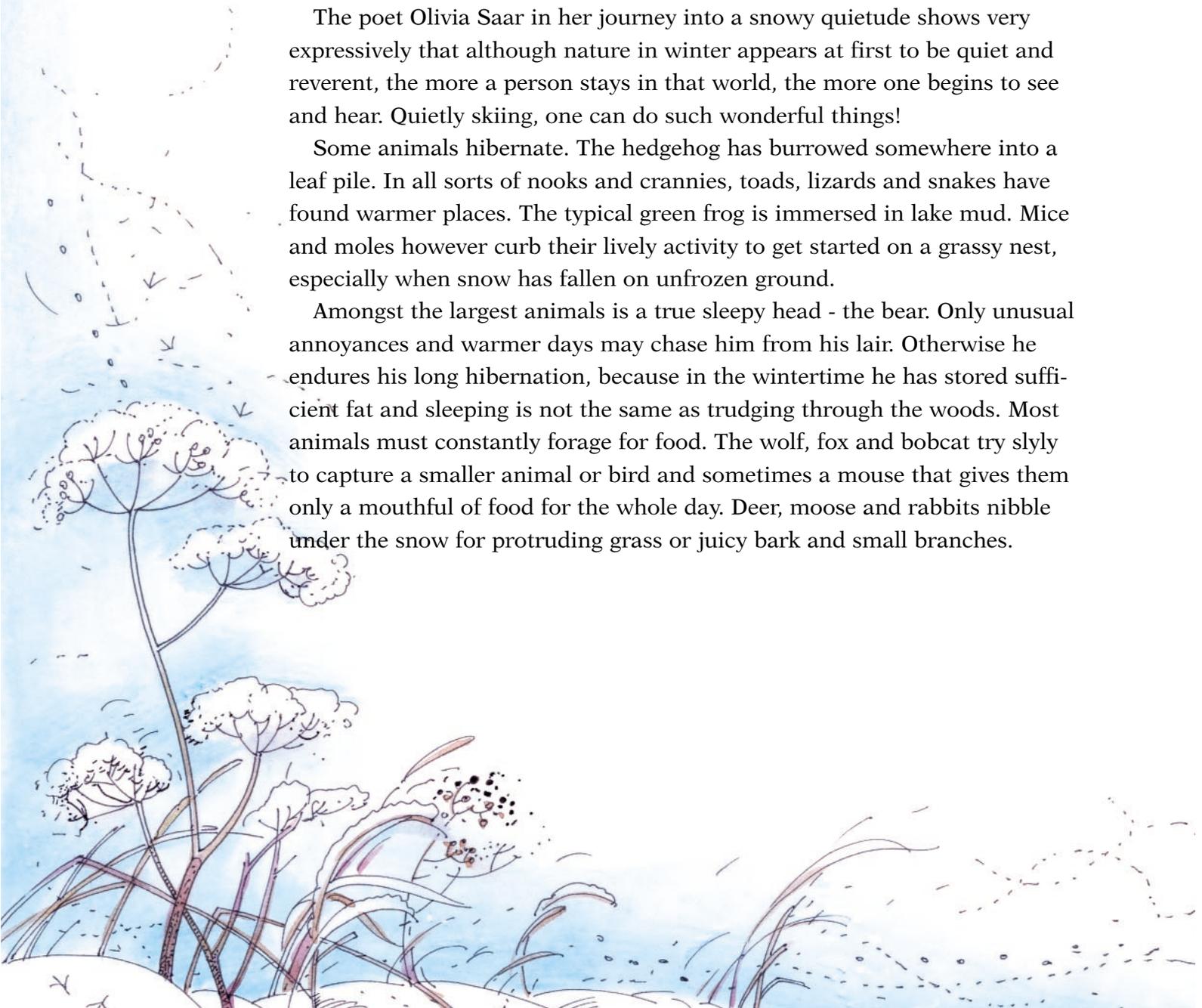
*Someone shook a shower Someone in
a nest in a tree,
Of snow on my head, Carefully combs
their rich fur,
Himself squawking in delight A snowy
silence always
His voice hoarse Inside oneself hides
something.*

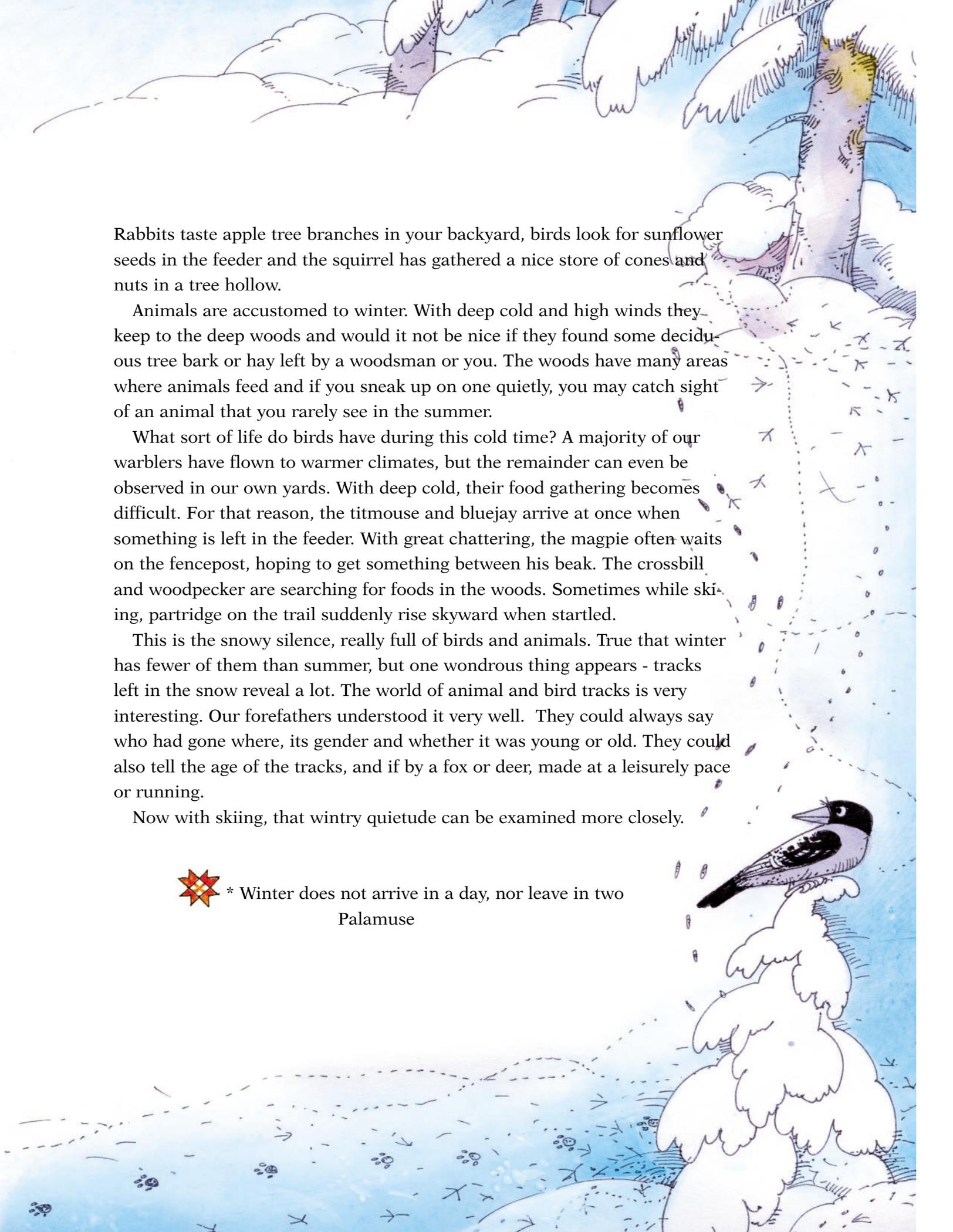
Olivia Saar

The poet Olivia Saar in her journey into a snowy quietude shows very expressively that although nature in winter appears at first to be quiet and reverent, the more a person stays in that world, the more one begins to see and hear. Quietly skiing, one can do such wonderful things!

Some animals hibernate. The hedgehog has burrowed somewhere into a leaf pile. In all sorts of nooks and crannies, toads, lizards and snakes have found warmer places. The typical green frog is immersed in lake mud. Mice and moles however curb their lively activity to get started on a grassy nest, especially when snow has fallen on unfrozen ground.

Amongst the largest animals is a true sleepy head - the bear. Only unusual annoyances and warmer days may chase him from his lair. Otherwise he endures his long hibernation, because in the wintertime he has stored sufficient fat and sleeping is not the same as trudging through the woods. Most animals must constantly forage for food. The wolf, fox and bobcat try slyly to capture a smaller animal or bird and sometimes a mouse that gives them only a mouthful of food for the whole day. Deer, moose and rabbits nibble under the snow for protruding grass or juicy bark and small branches.





Rabbits taste apple tree branches in your backyard, birds look for sunflower seeds in the feeder and the squirrel has gathered a nice store of cones and nuts in a tree hollow.

Animals are accustomed to winter. With deep cold and high winds they keep to the deep woods and would it not be nice if they found some deciduous tree bark or hay left by a woodsman or you. The woods have many areas where animals feed and if you sneak up on one quietly, you may catch sight of an animal that you rarely see in the summer.

What sort of life do birds have during this cold time? A majority of our warblers have flown to warmer climates, but the remainder can even be observed in our own yards. With deep cold, their food gathering becomes difficult. For that reason, the titmouse and bluejay arrive at once when something is left in the feeder. With great chattering, the magpie often waits on the fencepost, hoping to get something between his beak. The crossbill and woodpecker are searching for foods in the woods. Sometimes while skiing, partridge on the trail suddenly rise skyward when startled.

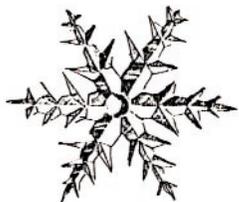
This is the snowy silence, really full of birds and animals. True that winter has fewer of them than summer, but one wondrous thing appears - tracks left in the snow reveal a lot. The world of animal and bird tracks is very interesting. Our forefathers understood it very well. They could always say who had gone where, its gender and whether it was young or old. They could also tell the age of the tracks, and if by a fox or deer, made at a leisurely pace or running.

Now with skiing, that wintry quietude can be examined more closely.

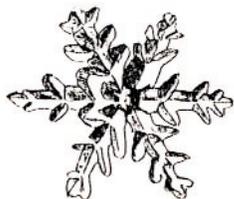


* Winter does not arrive in a day, nor leave in two
Palamuse

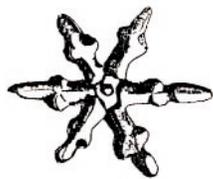
SNOW



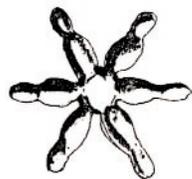
Snow is a miraculous thing. Sometimes it is very soft, other times it turns rock hard. Technically all different snows are nothing more than water that varies with the degree of warmth. When the weather turns cold, water vapour surrounds particles of dust and snow is created.



Wondrous snowflakes then fall from the sky. They can be caught and examined. In a warm hand a snowflake melts quickly but in cold weather, gathers on the ground. If it snows and snows, then the whole world turns white.



Sometimes snow comes and goes, but during a cold winter the ground remains covered. Colder weather makes snow gradually harder too. With a thaw, snow begins to melt and may turn wet and slushy. After a thaw, when the weather turns cold, the snow will become icy and hard. In such snow it is difficult to make ski tracks and falling can hurt. Hopefully soft, fresh snow will fall making it pleasant again for skiing; underneath the hard, older snow and on top the soft, fresh snow.



While we can say much about snow, the best way to learn about it is to ski. Then we can see in which snow skis glide best and in which the skis stick to so that not a single step can be taken.



Snow is the grease for the sled.

Pöide



WEATHER



Almost every day we talk about the weather. Before going skiing, we should at least look out a window. Then we can see right away if it is windy or calm outside, whether the sun is shining or it is overcast.

During the winter we definitely need to look at a thermometer and then we will know how cold it is so we can dress accordingly, wax the skis and decide how long to stay outdoors.

The thermometer shows the air temperature. Cold is generally measured by degrees below 0 Celsius and each mark generally denotes one degree.

Skiing is very good when it is negative 4 to 6 degrees Celsius. When the temperature rises to 0 C., snow begins to melt. Poor skiing conditions occur when the temperature rises above freezing or when it rains, as the last winters have been.

Some days are not cold but very windy. Then we have to be careful. A strong wind lowers the temperature significantly and can freeze the nose and cheeks. With such weather it would be advisable to ski in sheltered woods. Nearly everyone definitely enjoys a sunny day. In winter, the sun is not as warm as during the summer, but towards spring as the sun climbs higher and the days become longer, the skiing becomes more pleasant. Unfortunately, the sun eventually becomes so warm that with the spring winds, all ski trails and jumping areas melt.



*Each day has its own weather,
each wind its own storm!*
Wiedemann



SKI EQUIPMENT



Wouldn't it be great if we got the proper equipment. For this, a lot of money would be needed but even then not all necessary equipment may be available. Your foot grows and you grow taller each day. Therefore we cannot talk exactly about fitting equipment. You may have to buy used equipment until you are older.

Let us see what equipment JOHNNY skis on:

The skis, placed vertically, almost reach his height. They were manufactured in an Austrian ski factory. The base of the skis are plastic with the rest made of wood. They used to belong to his brother, but they are still in good condition. The first skis JOHNNY had were made completely of wood and wore out after several winters. These plastic skis glide very well. Waxing is quite simple. JOHNNY likes them.

Boots came with the skis. Right now he has to wear an extra pair of socks so his feet will not move about. There is a thin pair underneath and then a heavier pair. The boots are very soft and after each use they are cleaned and father rubs in wax polish.

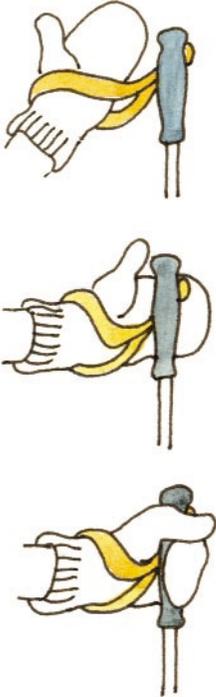
Bindings are made to fit the boots. The nose of the boots fits into the binding and clicks shut. Practice putting your skis on at home a few times to get familiar with them. Outside, sometimes snow gets into the holes and makes closing the bindings difficult. In Johnny's Ski School, you will learn



Poles reach JOHNNY'S armpits which is an appropriate height although advanced skiers use poles which reach their full height. Very important are the pole baskets and straps. The straps need to be long enough that the hand can be placed within and the pole grip clasped properly.

Clothing can only be selected by gathering experience. It is clear that fur coats and fur hats are not worn. But, what to wear?

First wear long warm underwear, then bibs or warm up pants, depending on the temperature. Then a windbreaker or some other combination may be worn. A knitted hat that covers the ears goes on your head and warm mittens or gloves for the hands. JOHNNY has noticed that if he dresses too warmly, he can suffer greatly. After a short time skiing, he begins to sweat and can easily chill. Remember, when you are working the whole time you do not feel the cold. Also, clean clothes are warmer and more comfortable.



 Winter requires warm boots,
then cold weather woolen clothing.

Lüganuse



WAXING

Waxes and waxing cork. This year JOHNNY began to wax his own skis. First of all he looks at the thermometer to see how cold it is. Then his father or older brother gives him the correct wax tin because each has instructions in foreign languages. Each wax has its own color, some are soft, others harder. Green wax is suitable for colder weather and softer blue wax is for warmer days.

Waxing is fairly simple. On the ski base, the ends have a harder glide wax rubbed in and the center has a soft kick wax. Then with the cork it is rubbed in to make an even surface. If you wax your skis indoors, take them outside to cool so snow will not stick to them.

JOHNNY knows that in father's wax box there are all kinds of others; yellow, red and purple tins. Father even uses such waxes that look like grape jelly in a tube but this sticks so much that JOHNNY does not care to try it or has even asked for it.

Two pieces of rope or straps with velcro. Strange but sometimes they are sorely needed. Have you ever noticed, how some boys or girls in a bus or tram are in trouble with two loose skis. Take two pieces of rope and tie up the ends for easy handling.



With hardship comes much advice
Tarvastu



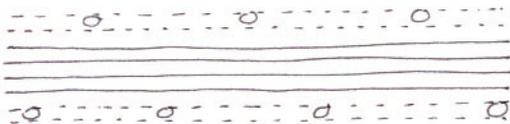
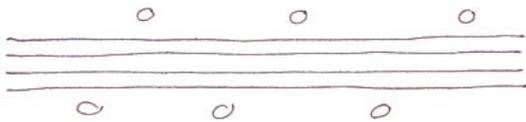
SKI TRAIL

A prepared ski trail is not always available. Let us learn how to prepare and maintain one. A trail made by you and your friends can be used by everybody.

First of all find a suitable place. Of course good ski country is not everywhere, but for making your own trail, suitable places exist. Any flat ground will work; meadow, field or lake with thick ice. With a little luck, we can find a forest with shelter from the wind and hopefully higher ground too so you can ski uphill and downhill.

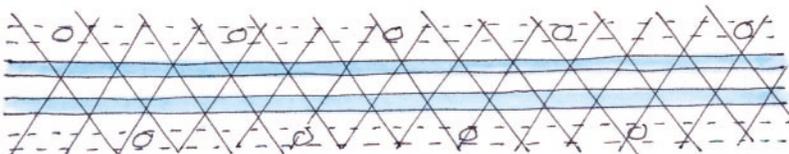
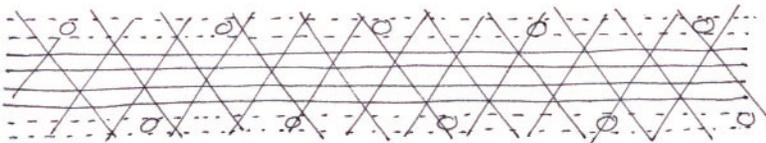
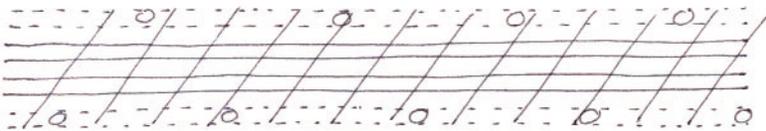
JOHNNY built it this way:

- First leg straight forward
- On both sides of the track are the poling marks
- Now make diagonal steps over the entire track
- After the base is established, set the track in the middle and a ski trail now exists



If everyone wants their own track, then make them side by side and around all, a connecting ring may be made.

Skiing around your own ski trail can be enjoyable all winter long. If it snows, the old trail is underneath and it is easier to make a new one on top; the snow will not pack any more.



SKI SLOPE

Near the ski tracks can be some ski slopes. Of course they can be difficult to find but if the landscape is a little mountainous, find a long and gentle slope. The best are those without trees or barriers. Some children slide down slopes that have roads or deep ditches at their base. These are of limited value because each time there is fear and full speed cannot be obtained.

If you find a truly good ski slope, groom and pack the snow.

JOHNNY did it this way:

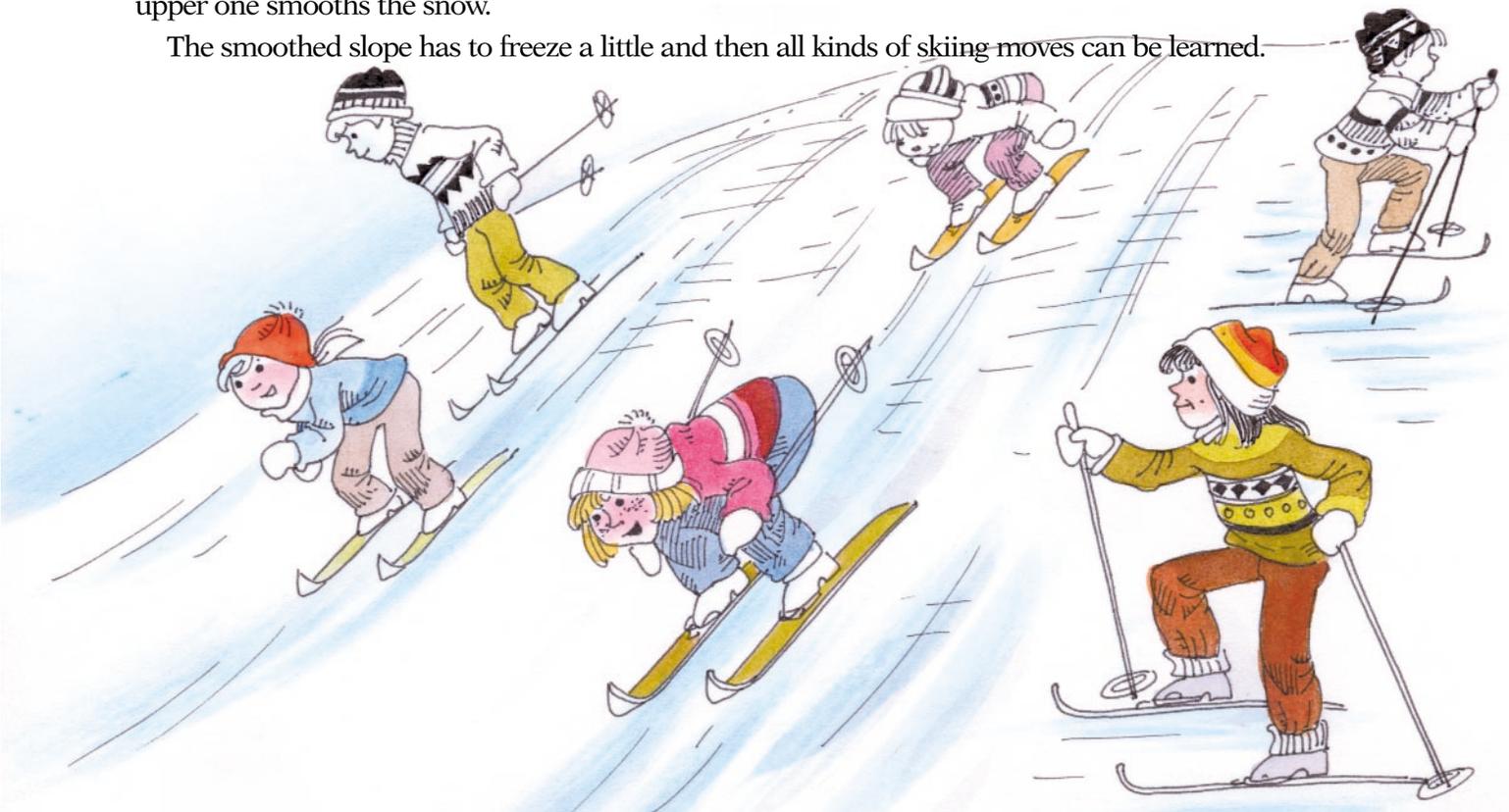
- Sideways he stepped uphill, packing down with his skis
- Then he skied down on the packed snow
- Again he sidestepped up making the track wider
- Down he came again

Alone it takes a lot of time to groom a slope but with others it becomes easy:

- Everyone can tramp up the slope and slide down, evenly, side by side
- The slope can be traversed diagonally too

Instead of skiing down the final run, groom the slope. The bottom ski crosses the slope while the upper one smooths the snow.

The smoothed slope has to freeze a little and then all kinds of skiing moves can be learned.



MOGULS and DEPRESSIONS

Each slope may have some moguls and depressions which makes downhill skiing interesting and tests our skills. If nature does not provide them, they can be manmade.

JOHNNY did this:

- For the mogul he shovelled snow into a pile
- After the mogul he dug a depression
- Then he tramped with his skis across the mogul and depression
- He made ski tracks over the mogul and through the depression

In this way, a series of moguls and depressions can be built artificially to make skiing exciting. The greatest balance is needed when each leg has its own mogul and depression. This is called a “ wavy “ trail and on such a trail, one feels how the legs begin to work!



If you want to slide then you have to pull the sled!

Kuusalu





JUMPING

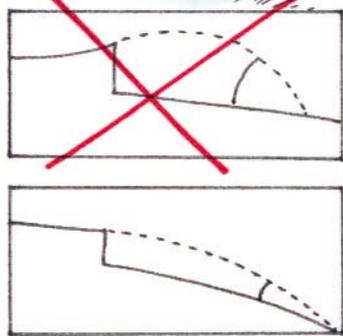
Every boy and many a girl dreams of flying down a ski jump.

TODD LODWICK stated:

On every slope, no matter how slight, a ski jump can be built. We make them everywhere and you could start making ski jumps too!

Take a snow shovel to a hill. Make a track on the slope and mark the spot where your speed is so great that momentum will carry you airborne. Also calculate that your landing will be on the slope too. At the ski jumping point, shovel nearby snow together and pat it down. A good jumping area will tend to throw you forward. A small bale of hay at the end of the jump is suggested. The ski jump should be a bit wider than the trail. If there is snow, then many ski jumps can be built side by side or on longer slopes, a vertical series of jumps. This will be more fun. Before beginning to jump, the landing zone has to be tramped down. Every boy and girl is interested in how many meters long his or her jump is. Measure from the end of the jump along the slope and place numbers in the snow, like on a real ski jump.

If you want to have a good ski jump, a little freezing is necessary after it is built; then on the next day it will feel like a springboard. Ideally ski jumps should be built during a thaw because grooming the hill is easier. These will usually not melt before springtime.



SKILAND

Many northern countries use this name for ski places made for children and others. In the prior pages we wrote of trails and other ski spots, their building and care, then the skiland is where all trails, slopes and jump areas come together. This is a playground for children where there is no traffic and everyone can ski as much as possible. There all ski tricks can be perfected and even new ones can be invented.

The United States does not yet have many skilands. When we look at Norwegian children making such places, then we notice that there is nothing complicated about them. The greatest needs are willingness, companions and a decision to start. Then the U.S. will have skilands too



A. Flemmen, S. Kaasa. SKILEIK



*A healthy foot stays on the road,
a sick foot rests on the stove.*

Tarvastu

BEGIN SKIING!

Watch some skilled, experienced skiers. It can be live at some competition or on television. Their movements are confident and never for a moment do they lose their balance. An impression is created that the skis do not interfere with any movement. Certainly skis help, because only with them can you charge down a steep hill, make turns at high speed or splash loose snow through going up a slope. About such a skier we can say he knows how to ski.

WHERE WILL YOU START?

Probably with putting on skis and gripping the poles in your hands. One cannot begin right away to race down a hill or too quickly glide along a trail. The first skills are to be learned while standing still, to feel how to stand on skis and taking the first steps.

Stationary exercises

There are many but JOHNNY recommends the following:

- Standing on skis lift one ski tip up and down
- Standing on skis lift the back ends of the skis in the same manner
- Lift an entire ski up and hold that position
- Step to the side with one ski and then bring the other beside it
- Try with short lifts to separate the tips in front of you but keep the heels together and come to a crouching downhill position
- Do the same exercise with the heels apart and bring them together with short lifts
- Take a small step forward with one ski and bring it back
- Do little vertical jumps with the skis
- Do straddle jumps with the skis

Make up some exercises of your own!



TURNING IN PLACE

In order to begin to move from the stationary spot, the skis have to turn in that direction. This goes fairly easily with step turns. There are two different ones:

Frontal fan shaped turn: This is done by lifting the tips of the ski towards the direction you are turning and bringing the other ski beside it. The backs of the skis are in place the whole time. If you want to make a bigger turn, turn several times. Even a full circle can be made.

Rear fan shaped turn: This is done similarly except that the tips remain in place and the backs of the skis are lifted and moved.

A little harder are step turns. In JOHNNY'S SKI SCHOOL we are learning step turns too. For this we:

- Place the poles on one side
- Lift one ski from the snow
- Turn that tip in the opposite direction
- Bring the other ski beside it

Ohhoo! A little complicated, but examine the drawings and try them!

It is good to practice step turns while standing still. Also difficult, but if you do well at ordinary jumps - ups on skis, then try to turn a little on each jump - up and nothing more is needed. Do not turn too much with a single jump!

As JOHNNY says: learn these turns and avoid trouble.



CLIMBING HILLS

It is a well known fact that training on level ground leads to boredom. Hills and mountains still attract small skiers together with ski jumps. Even at JOHNNY'S SKI SCHOOL, struggling up and down hills involves many varied skills.

The first downhill runs are done at low speeds so high and steep hills are avoided. Even climbing halfway up and then starting out does not help. Halfway up, turning around is not easy. The best slopes are those with gentle starts and endings and then you do not need to constantly worry about the skis sliding downhill.

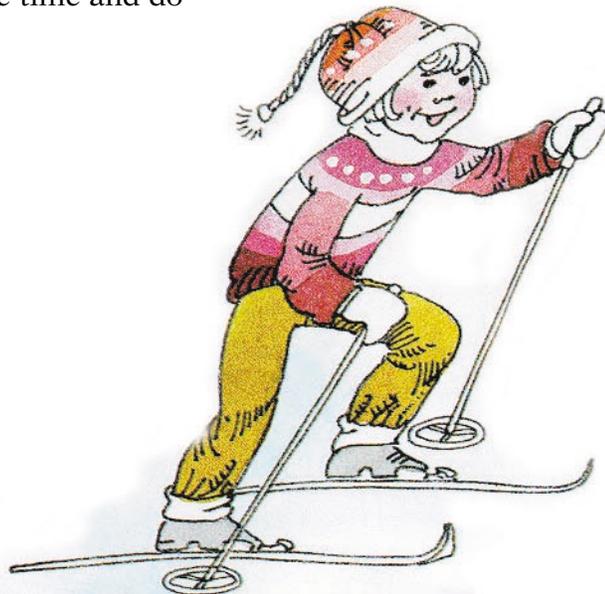
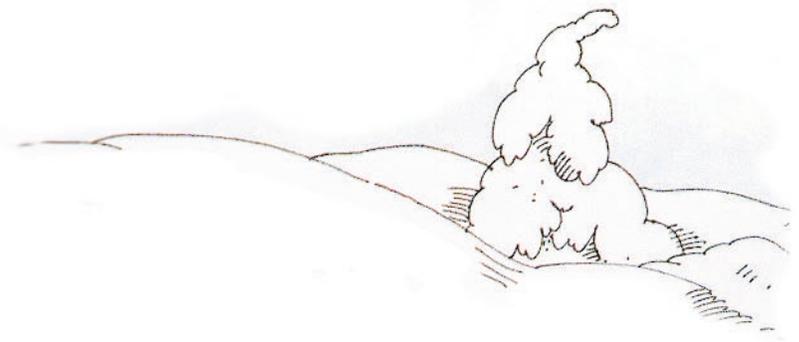
Stepping upwards is used to climb hills.

For that:

- Turn your side toward the hill and imagine a stair case and begin to step up sideways
- Step upward and lift the lower ski beside it
- Then continue to rise to the top

JOHNNY thinks that in stepping up there are three very important things:

- Keep your side facing the hill the whole time and do not lift the skis too much each time;
- Hold both skis at an angle to the hill





Wait, wait, the last hint may be strange but look at the drawing. If the skis were flat, then they would slide down; hills do not have steps. At an angle, you feel good.

- When you are stepping upward with ski poles, then lift the left (right) ski and at the same time, the left (right) pole. However climbing without poles is quite easy too.



The other way to climb is "herring - boning ". Remember on level ground moving scissor - like, now try climbing a hill in that manner.

JOHNNY relates right away two teachings:

- Always hold the ski tips well apart and the ski ends together
- Bring your weight down on the inside edge of the ski - look at the picture



The herring bone climb can be made with or without ski poles. At first try it without poles so you can learn quicker!



** If you want to climb to the top of a tree, start at the bottom.*

Hellenurme

**If you exert the greatest force, you can climb any mountain.*

Haljala



DOWNHILL

You can glide in a straight line diagonally across the hill, with turns and braking; with falls or remaining upright.

In JOHNNY'S SKI SCHOOL we can learn gliding straight downhill, braking, falling and step turning at the end of the slope.

Downhill skiing seems easy and simple, and the best downhill skier (and Olympic medallist), PICABO STREET goes over 70 miles/hour and her thoughts are:

Speed skiing is enjoyable. Even when I was a little girl I only wanted to rush down a mountain faster and faster. Whenever momentum increased greatly, falls occurred. Sometimes I crouched over too much and fell. Do not be afraid of these tumbles; get up quickly and return to the hill!

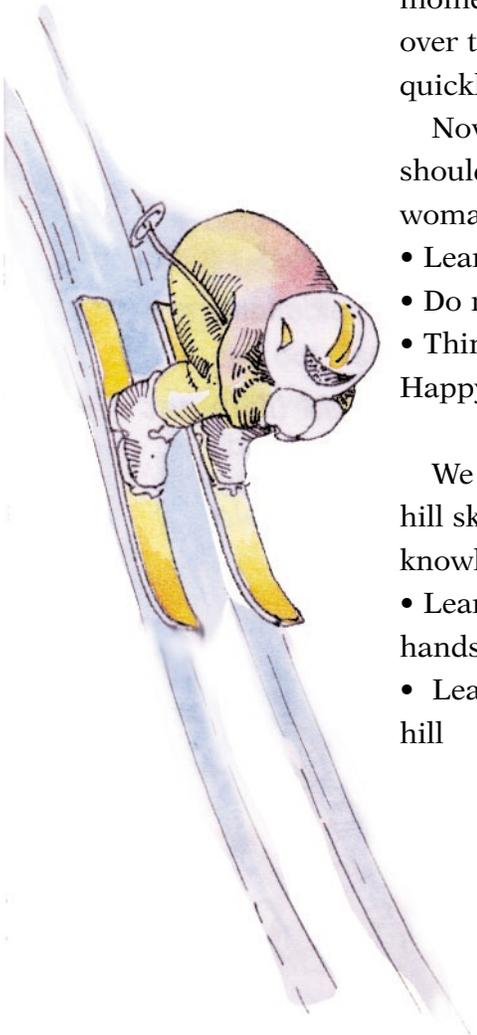
Now when I compete in downhill skiing, I understand that you should learn this while still a schoolgirl because for a full-grown woman it is too late and difficult to learn. My advice is:

- Learn all downhill ski positions completely
- Do not fear speed but do not become reckless either
- Think nothing of falling; go right away up the hill again

Happy skiing!

We hear the advice of PICABO STREET and shall learn the downhill skiing positions. Before we begin, JOHNNY wants to share his knowledge:

- Learn completely all positions: how to place your feet, body, hands and head including the poles
- Learn the positions while stationary and then go try them on a hill



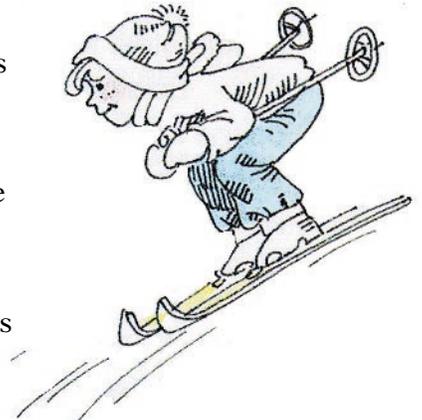
The high upright position is a sure one to begin to learn with. One foot (ski boot) is the length of a boot ahead of the other for better balance. Shins are bent forward so much that if you look down, the boots cannot be seen. The body is upright and eyes forward. Hands are in front, below and at the sides and the poles point backward. This descent position can be learned without skis if so desired. If you are on the hill, begin the descent and use this position and with luck you hopefully will reach the bottom!

The fundamental position is used for quicker speed because the body is now lower. The feet remain in the same position as in the upright, but the body is not upright but bent forward. The hands move a little higher, the poles still point backward. This position is used often!

The resting position is still lower and faster. It is a little more involved but look at the picture and that makes it clearer. The poles go under the elbows and point backward and upward. Go and imitate it! Isn't it fun?

The low position is the lowest ski position. It is said that the skier literally sits on his ankles. The hands are out in front and poles point backward. This position can be used on a good ski trail and the speed can be considerable.

Skiing uses more downhill positions, but we shall leave these explanations for another time.



** No one was born knowing.*

Kuusalu



MOGULS and DEPRESSIONS

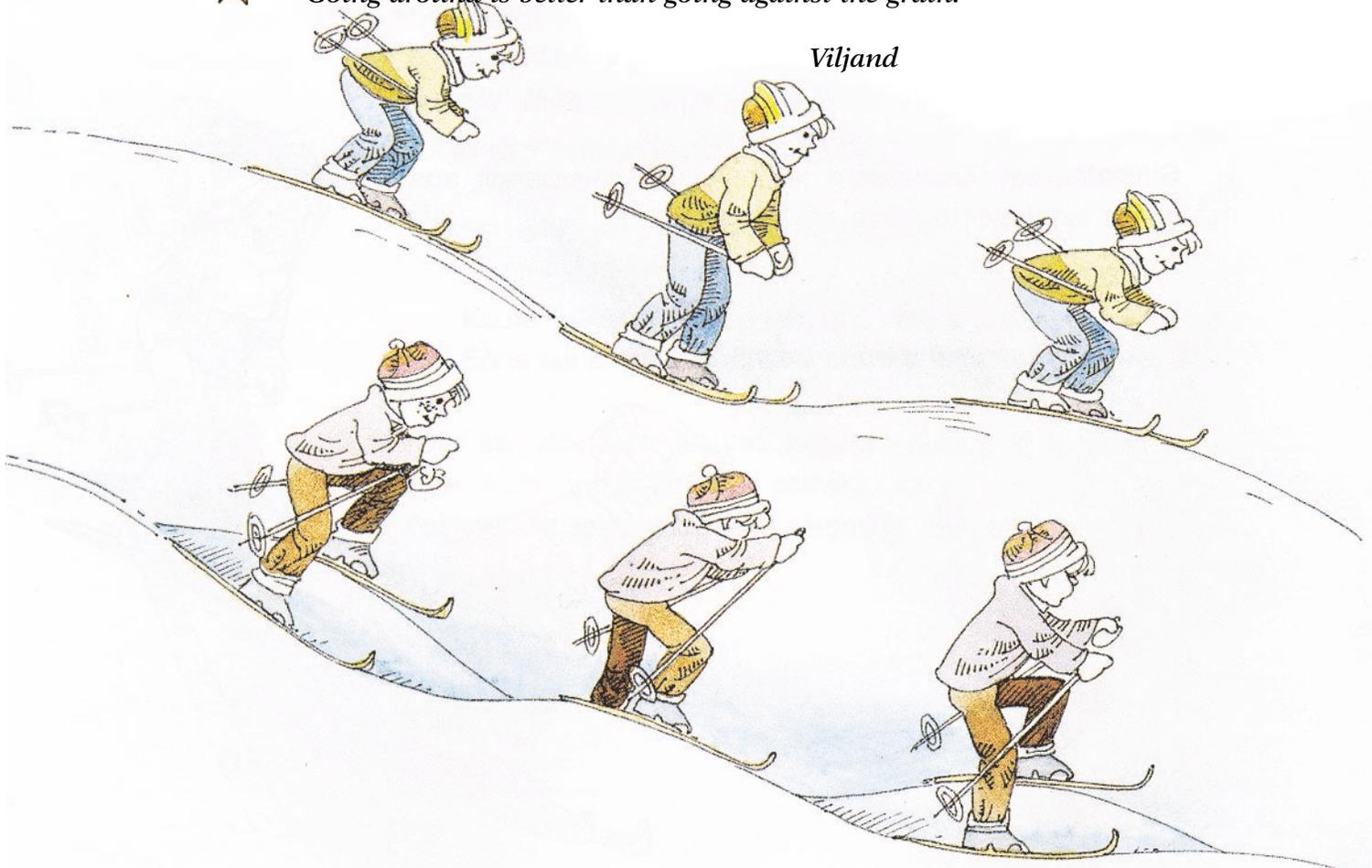
JOHNNY thinks that you should not ski down a hill like a block of wood, instead a good skier descends like a spring! Odd - what does a coil of metal have to do with skiing? But look when a skier is going downhill, over every mogul he compresses his body position. The knees are bent and then straightened out after the mogul. The vertical movement of the legs works like a spring. And more importantly, with this method you do not become airborne after every mogul, but move smoothly through the most difficult places.

At first keep your speed up. Practice downhill skiing on the trails. You may place gates on the trail and then use the low ascending position. When you feel that you react like a spring, try the position on a wavy hill. At first over one mogul, then over a series of them. You can also learn by having one person ski and the other watch. You are going airborne after each mogul and is it barely noticeable to the bystander.

We believe that it is exciting coming down a wavy trail, when one foot is on a mogul and the other in a depression. On such a trail one feels that two springs are working!



** Going around is better than going against the grain.*



OVER SNOWBANKS, THROUGH DITCHES

Sometimes on the ski trail, all sorts of barriers are encountered. The most frequent are snowbanks, and sometimes even a small ditch has to be crossed. If you know how to get over them then all will be fine and your skis will remain intact.

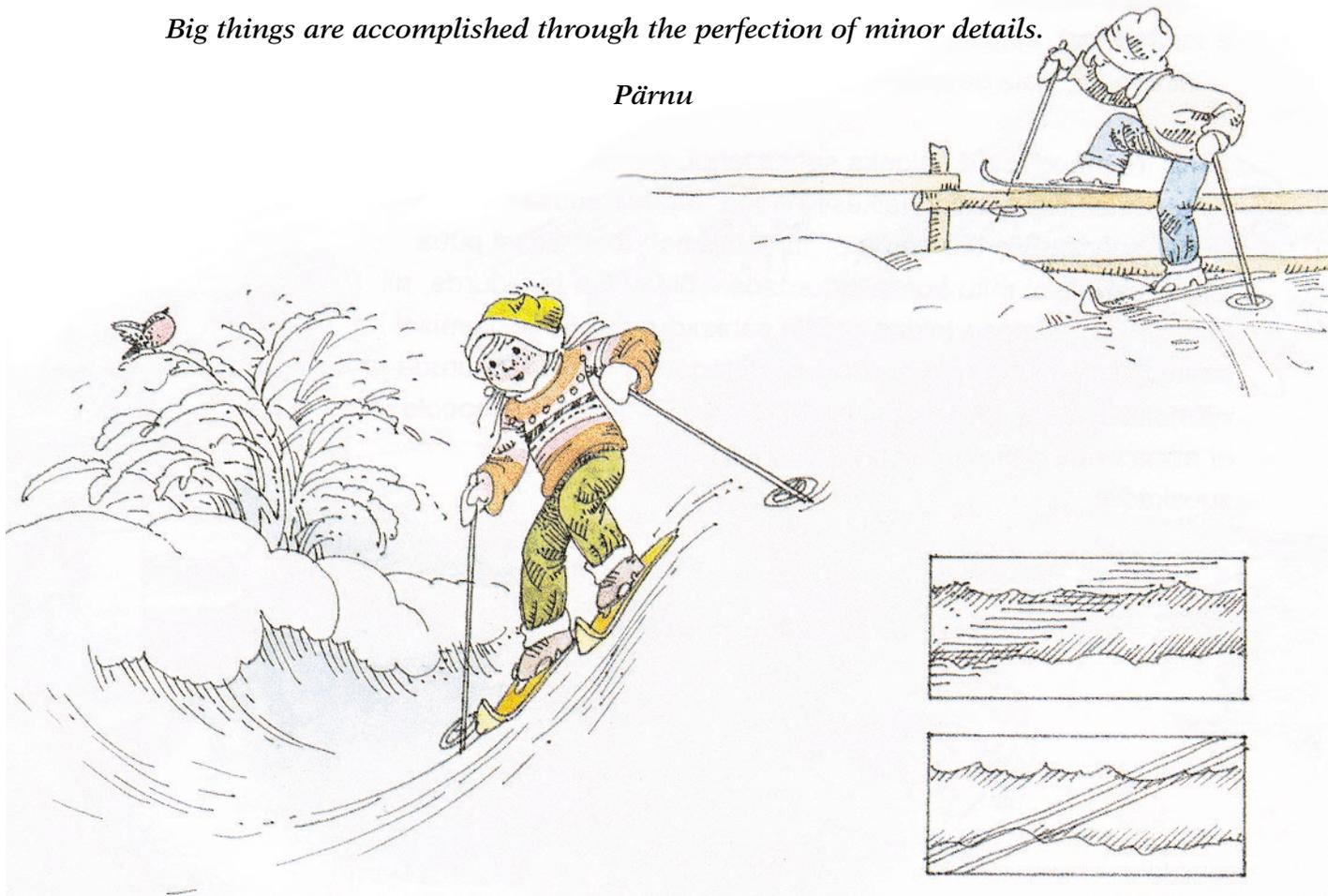
Let us reveal again JOHNNY'S basic ideas - do not ever go over a snowbank directly or ski through a ditch. Why is it such a crazy action?

Snowbanks are of many sorts. Low ones can be traversed at an angle but steep and high ones can only be crossed sideways with steps upward and then downward. Usually poles are needed for support too. If your ski trail goes over many snowbanks, then bring a shovel along and dig a trail through them!

Ditches come in many varieties. If there is running water even in winter, you should cross at a bridge only. Some ditches are frozen and full of drifting snow. These are easy to cross. A small ditch can be traversed diagonally, but a steep one needs sideways steps down and then up the other side. Skis will not be damaged then.

Big things are accomplished through the perfection of minor details.

Pärnu



KNOW HOW TO BRAKE!

The greater the speed and longer the slope, the more enjoyable gliding down a hill is. But what if for some reason you have to reduce speed or stop - what to do then?

Here we have a story of braking. JOHNNY thinks that at least braking with snowplowing should be learned because with it one can brake quickly.

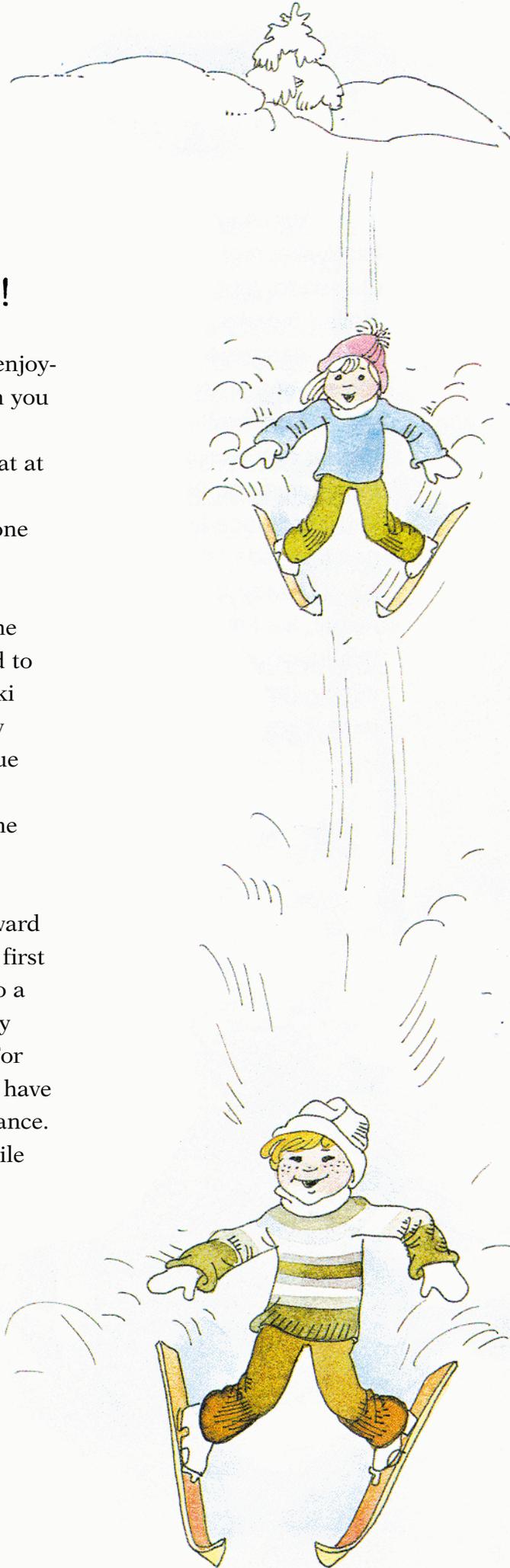
Start to learn on level ground to clearly understand snowplowing. It is fairly easy. Try to remember how the rear fan shaped turn was done. One ski had to be lifted to the side so the tips were touching. If you do this, the ski will begin to plow the snow. While skiing you will truly brake, especially on the inner edges. With this technique are a couple of ideas:

- Carry your weight on one ski then the other and at the end try to distribute your weight on both skis
- When you feel that your weight is on both skis, then lower the knees, hold you body up, and do not tilt forward

This way you will learn to snowplow for braking. At first ski at low speed and try to make the skis plow. Then go a little faster. Afterwards try to brake on a downhill many times: glide straight and brake off and on repeatedly. For the last trick try snowplowing and then stop. Now you have to press the inner edges down hard and hold a wide stance. Push the knees downward and do not release them while you are stopped. This is how we brake in skiing.

** What you cannot do bent over, try it upright.*

Kuusalu



FALLING and RECOVERY

Falling is a part of skiing. Luckily most landing spots are soft snowbanks, but in icy and hard snow you can be seriously hurt. This also happens at higher speeds. If you have to fall, you should know how to do it well. Let us begin to learn.

Never fall forward. Holding a pole in front and then falling is very bad too. Oh - oh! The right method follows:

- When you are about to fall, lower yourself
- Put your weight on your heels and sink backwards and sideways
- Straighten the legs and pull the ski tips towards yourself and lift your hands to protect your head and hold the poles back

At first practice on level ground, then choose a little slope and fall there. Finally try a real fall at higher speed. Hopefully then you will plop down on a soft snowbank.

The softer the snow, the harder it is to rise up again. So we need a little recovery lesson.

On level ground it is not difficult. Turn the skis in one direction and rise up, pushing with the poles. On a slope, complications arise. There the skis have to be brought together but not so that they begin to slide downhill right away. Try to place the skis like they are when stepping up a hill - across the trail. Then you have a confident feeling; support for the poles in rising and remain standing.



LET'S GO JUMPING! LETS GO JUMPING! LETS GO JUMPING!

No - no, not on a large hill with the V style, but on homemade ski jumps like those that ALAN ALBORN advised and built with other boys. Now trying them is at hand!

Certainly you should not at first, jump down a mountain. Alan, just before leaving for the largest mountains in the world put these words on paper. Read, think about and try it.

Start to jump when you are proficient in all techniques. You have to guide and control your skis well, descend in different styles and cannot be afraid of speed. Jumping is done at a good velocity. Sometimes on the inrun it is in excess of 90 kilometers per hour. Thus we travel at the same speed as that allowed for cars on our highways. Learn the skills! Be bold!

For practice make your own ski jump next to a typical downhill ski trail. Ski down, make small ski jumps on the slopes and land every time with one ski ahead of the other like the real jumpers. This is a Telemark landing named after a famous Norwegian ski province. This is an excellent position because on landing, good balance is maintained.

Before the first jump learn the swing technique and figure out how to push off from the edge of the ski jump. Right away, I say, to jump we do not need poles because an accident could happen. Without poles we gain momentum in a comfortable position. This can be seen on any television broadcast and then you swish toward the jump. Now begins an important aspect - pushing off! Just when the ski tips reach the end of the jump, stretch out and the most exciting part begins - soaring. The boys and I now fly in a V - shaped style. At first, hold the skis together, later other styles can be learned.

Landing will not be outlined as this was



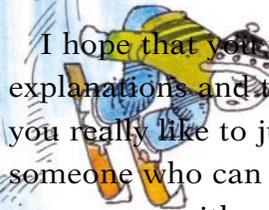


taught before in a stationary position. Now try this on a landing slope.

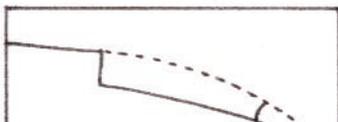
With jumping comes falling too. Depressions from falling have to be smoothed out right away. As in our competitions, the hill must always be in good shape!

I hope that you understood my explanations and try my hints. If you really like to jump, find someone who can teach you more or go with your father to a large hill and with luck find a coach to train you. This is a satisfying sport!

Happy jumping to all!



*I hear and I forget
I see and I remember
I do and I understand
Chinese Proverb*





A PAIR OF NECESSARY TURNS

On these pages you will find more lessons to add to your prior knowledge. If with all prior exercises you obtain downhill skiing proficiency, then you are ready to learn a pair of turns. At first we taught turning while standing still. Now we learn to turn while moving.

Step turning is the easiest, and also very necessary. Imagine racing down a hill and suddenly someone appears in front of you. There are many choices: fall, brake snowplowing or step turn around. The first two methods are familiar. Now study the third.

At first, remember the fan shaped turn. Step turning is done the same way.

- Shift weight to one ski
- Lift the other ski towards the direction you wish to turn toward and shift weight to that ski right away
- Lift the “weighted “ ski toward the other and go in the new direction



This is step turning.

JOHNNY noticed that if you wish to turn very much, then do so with many small steps quickly so that balance is not lost.

At first, practice easy movements at slow speed. Its' use is at the end of a slope when slowing down and then you can turn around right way, ready to climb up again.



Practice step turning with both sides and in both directions, then on the same run. Ski poles are not necessary but if you have them, raise your arm and point the poles backward.



Now it is time to learn the next turn which is a skating turn.

The difference between step turning is very little. Turning is not with steps but with a skating push.



Do it this way:

- Shift weight to one ski and bend the knee a little lower
- Now straighten the knee (push with the whole ski), quickly lift the other ski tip into the new direction and shift the weight there
- Lift the ski beside the other

As you can see, a skating step is done with the entire ski and increases speed.

In JOHNNY'S SKI SCHOOL we learn this without pushing with poles and use it simply for turning, but even experienced skiers find it very useful.

There are many more turns in skiing but JOHNNY'S SKI SCHOOL cannot cover them all.



Something must remain to learn for the future too.



How you start is how you finish.

Torma



ELEMENTARY SKI POLE PUSHING

Now at last we reach ski touring, or literally skiing on a tour while learning. In JOHN-NY'S SKI SCHOOL not everything is clear, but we shall introduce and explain how ski poles are pushed and how ski step begins to glide.

Pushing with poles is done two ways:

- Both at once which is double poling,
- Alternatively which is single or diagonal poling

Double poling is used when gliding is good and sometimes a skier travels with only this momentum. Nothing complicated here, you will learn it.

For this, make yourself a good ski trail, which could even be slightly downhill. There you can push better with the poles and gain speed too.

Examine the pictures carefully. As you can see, the skier pushes very well with the poles and following the pictures you can learn too. The position where the skier's hands are behind him, are just when the pole push has been completed. Now he starts to put the poles ahead and the body rises upright. Then he shoves the poles into the snow and pushes with both poles. At first learn this standing still without poles then use the poles and practice again. Now try double poling on the track, take a few steps to gain speed and begin to double pole ahead. As you can see, this works wonderfully; almost identically to the skier in the picture.



Single alternative poling is a little more difficult. Here too examine the pictures first. The hands move separately forward and backward, but the poles are pushed as in double poling.

Start again standing in place. Although in double poling, the hands moved forward and backward together, now they move alternatively. One hand goes forward to shoulder height and moves with the pole pushed backward.

When handling the poles, find a good gliding track (even with a little downhill section) and try single poling there.

It works best when put together with ski steps, then the hands and feet move alternately, exactly as in running or walking. For skiing, the only difference is that skis are worn and pole pushes are used to better propel yourself.

The next instructions cover ski steps and after that the combined use of steps and poles. Then we start to feel how wonderfully fast we can ski.



If you practice, then things unravel.

Häädemeeste



GLIDING STEPS

JOHNNY wants to clarify that if one has simply stepped on skis, then JOHNNY'S SKI SCHOOL wants to teach skiing with gliding steps. Then you begin with each step to gain more glide and travel forward quicker.

Begin on level ground where ski tracks exist. It would help if the trail were slightly downhill; then skis begin to glide better. At first practice without poles because it is not possible to learn with them, and good balance is learned. This is quite important as explained later by one of the United State's best cross country skiers, NINA KEMPEL. Stepping in ski tracks is not difficult and you should try with each step to correctly glide a little. Do not take too long a step or push too hard. Instead, most importantly, skiing with each step, shift the body weight from one ski to the other. Then you begin to feel that you are truly gliding.



Downhill on the trail there are many exercises:

- Put your hands on your back and then
- Make some longer steps and then 4 – 5 quick, short steps instead
- Ski a few times gaining momentum from swinging your hands forward and backward
- Take one ski off and glide with the other and push with the free foot a few times
- Hold the poles in the middle and ski with momentum generated by the hands

Afterwards use the poles and see if your steps glide a little better. For downhill ascents with poles, do not use the set track or your speed will be too fast. Look for new trails, to use your newfound knowledge.



Believe in your own ability and soon you'll be able to do MORE than you believed.

Nina Kemppel



BALANCE and the SKATING TECHNIQUE

When looking at this nice picture, it becomes clear that one of our best skiers, NINA KEMPPPEL has good momentum. The hands and feet move together in rhythm, the skis are gliding and a high speed is achieved.

Our letter begged her for advice for JOHNNY'S SKI SCHOOL.

She believes that balance is very important for skiing.

It is normal that for my winter skiing I do balancing exercises in the summer. You have to hop on one leg and hold your balance. You can also walk over fallen tree trunks or pipes.

Sometimes I stand on one foot and do skiing motions. In the summer training can be done on roller skis. With snow, I practice again often. I try to glide well on skis and keep my balance because this is the only way I can push strongly. Thus, boys and girls, my ski knowledge comes from training. All the time I have experienced moderate fatigue. May you tire yourself too!

NINA KEMPPPEL is one of our best skiers, especially when using the skating technique. It pays to listen to her advice in learning the technique.



If you know how to skate, then starting this on skis should be easy. For practicing the skating technique find a well packed area which is slightly downhill. Learning the skating technique is simple:

- Bend forward on your skis and start to step
- Try to glide the ski on the snow when you place it on the snow
- Carry the body weight from one ski to the other
- Perform for a change a few long then short skating steps until it improves with repetition
- Put your hands to work with full swings

Do these exercises without poles – this improves balance and develops correct skating.

With poles, the skating technique is a little complicated. If you want to learn the most common movement, this hint may help: during the first skating step, double pole, then while taking the second step, bring the poles forward. Try it!



SKIING GAMES

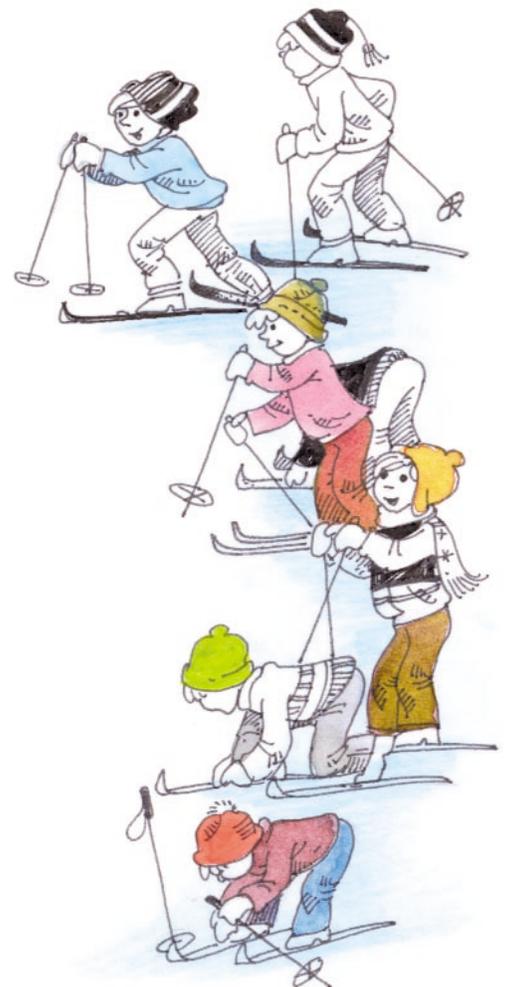
Writing this chapter was difficult. There are so many games in many books that have been written and all the time new games are being invented. It was difficult to put in writing a few of them. They were chosen because each game demands different skills learned in our ski school.

SKIS ON, POLES IN HAND!

This game takes place on level ground and shows how well and fast you can put your skis on, take the poles in your hands and start to ski.

Two even teams line up at the fringes of a clearing facing each other. All remove their skis and poles and place them in the snow next to them. With a signal, skis are put on as quickly as possible, the poles taken in hand and then all rush to a line drawn in the center of the clearing. The team that lines up first is the winner.

This game may be played many times and the rules changed.



NORTH - SOUTH - EAST - WEST



This game can be best played on a large level clearing. The competitors are divided into two teams. Together they figure out in which direction is north, south, east and west. Then mark each direction at the edge of the clearing with spruce branches. The first team (“Eagles”) stand at north; the second team (“Panthers”) have to always stand opposite them at south. With a signal, all competitors in the clearing begin skiing and wait for the command. When the teacher or referee yells “Eagles to east, “ the “Panthers” have to quickly head for west. The winner is the team who reaches the correct direction first and lines up. The rules can vary and you can play as long as you like.

XII

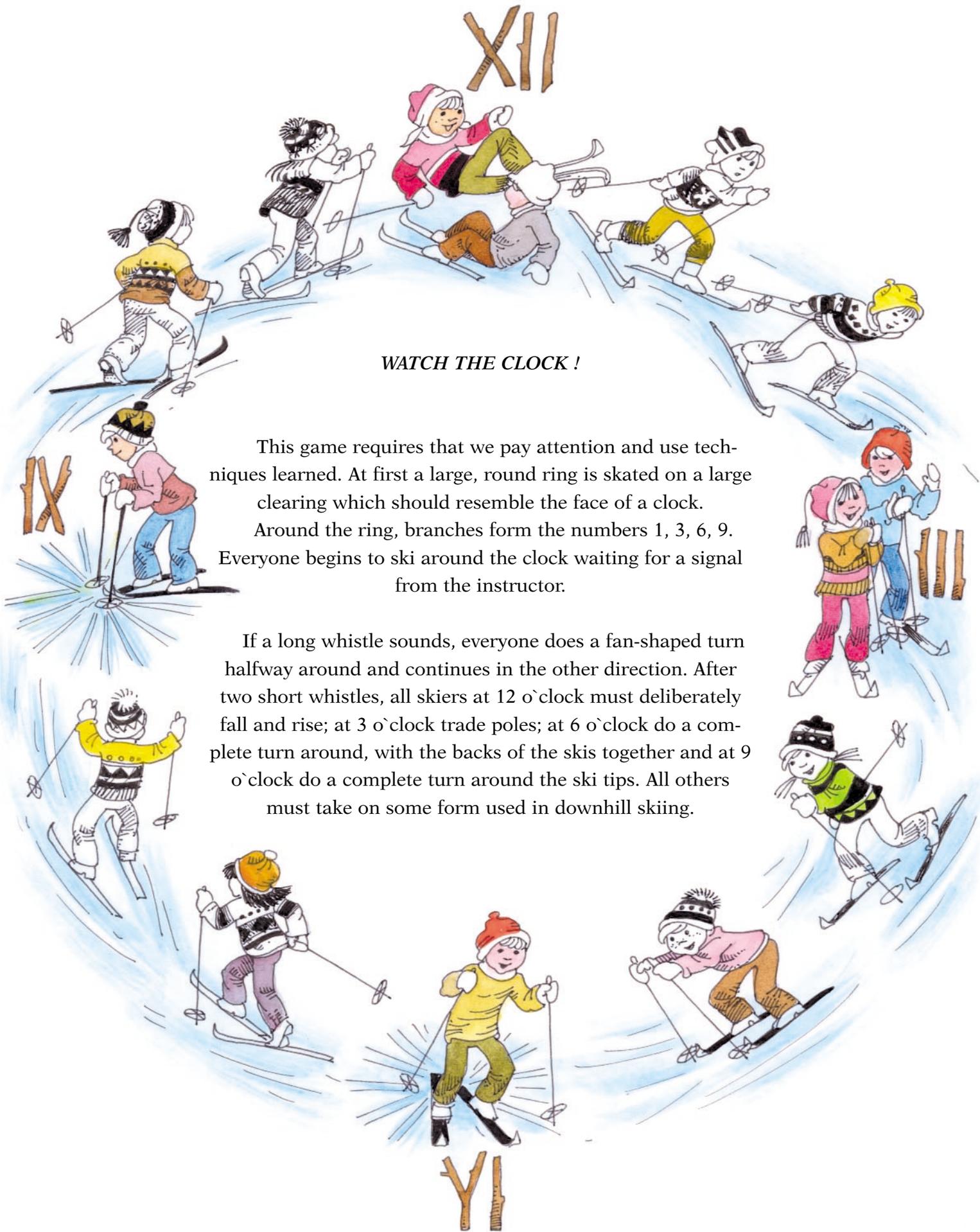
WATCH THE CLOCK !

This game requires that we pay attention and use techniques learned. At first a large, round ring is skated on a large clearing which should resemble the face of a clock.

Around the ring, branches form the numbers 1, 3, 6, 9. Everyone begins to ski around the clock waiting for a signal from the instructor.

If a long whistle sounds, everyone does a fan-shaped turn halfway around and continues in the other direction. After two short whistles, all skiers at 12 o'clock must deliberately fall and rise; at 3 o'clock trade poles; at 6 o'clock do a complete turn around, with the backs of the skis together and at 9 o'clock do a complete turn around the ski tips. All others must take on some form used in downhill skiing.

Y





TWO FLAGS

This is a downhill skiing and balancing game. An appropriate spot is on a small hill where two parallel tracks are set. The first competitor receives two flags and descends. At the first mark he has to stick them in on one side and then the other side of the track. The bottom mark has to be skied around and then he/she climbs the hill. Touching the next competitor completes the relay. The next competitor gathers the flags and carries them up.

Once the rules are clear, begin the competition. The winning team will place and carry the flags up 5 or 10 times first.



TRAFFIC LIGHT

This game teaches braking and step turning, but some things you may even remember and use in street traffic.

The traffic light, a difficult role, is obviously played by the instructor. He stands at the base of the ski hill, facing the skiers and gives signals with his hands. When the hands are raised in one direction (light is green) – turn with step turns in that direction.

When one hand is raised (yellow light) – start snowplow braking.

When both hands are raised (red !!) – stop by snowplowing.

In this traffic light game, JOHNNY once skied right at the “traffic light” Luckily the “ traffic light “ jumped to the side.



TOURING

When skiing skills improve and hill climbing is learned a longer ski tour can be undertaken. In JOHN-NY'S SKI SCHOOL long tours are not yet done, but likely some short trips may be tried. Then all the skills you have learned can be practiced and new places discovered.

JOHNNY'S tour started this way.

A week earlier the teacher said that next Saturday they are going touring. Right away a plan was made of where to go and the distance to be covered. Most children voted on Oak Island.

In summer it is inaccessible. The banks are soft and shifting, but in the winter it is easy to reach. This seemed to be a good plan, as no one had been on Oak Island ever. The tour is of a suitable distance – 8 kilometers and circular.

Agreed!

At 11 o'clock everyone arrived at the schoolhouse and all skis and poles were checked. A few binding screws were loose and shook but the teacher took a screwdriver from his knapsack and tightened them.

JOHNNY inspected his skis with his father last night and in the morning father helped him wax. The weather is nice today so waxing was not difficult. Just in case, he

put a wax tin and cork in his backpack plus a sandwich, apple and pocket knife.

The line of skiers for the trip is long. In the lead was the teacher, and Jaan, the best skier in the class was chosen to bring up the rear. At first the going was good; the road wound through the forest near their ski clearing and tracks were already in place, but right away the teacher turned right towards the woods where snow was drifting.

The tracks were all covered. Then the track had to be set by us. This was fairly easy, but at intervals the teacher asked the leading boy to step aside and let the line pass. This was a good idea, as toward the back the track was fairly well set and the leading boys could rest there.

After leaving the forest, the first difficult downhill slope appeared. The track led downward to the lake and when the teacher sped down first, one could see that some falling will occur. Now the children began the descent. With each skier, speed increased and the teacher warned all the time "Increase the spacing; increase the spacing." This did not help greatly as Jaan came down last with such speed that he braked, sat down and snow flew.





On the lake, the procession straightened out. The sun was directly in their eyes, snow crunched quietly under the skis and ahead was the dark outline of the Oak Island.

Here there is much to see. The large stately oaks probably gave the island its name. How many deer tracks there were!

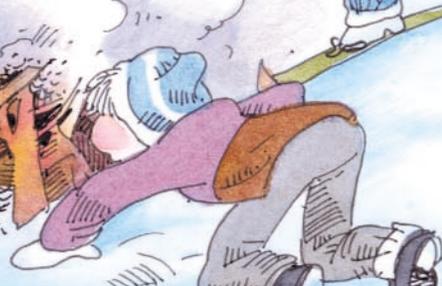
Under several trees, wild boar had searched for acorns and the ground was dug up. The other side of the island revealed a truly remarkable story. Beavers had worked in the woods and all large aspen were gnawed through and dropped to the ground.

While the children were wandering about, the teacher built a fire. Everyone cut a thin stick and skewered a wiener or a piece of bread on it. The open fire made the food tasty especially the baked apple afterwards!

With full stomachs, we began the trip back.

Oak Island was left behind. The tracks were now good and there was no need to trample down the heavy snow. The most difficult spot was the rise from the lake where everyone sped down before. However, everyone made the climb. Through the forest towards home increased the tempo. Soon glimpses of the schoolhouse with the red roof appeared through the trees.

This was JOHNNY'S first ski trip.



WINTER FOLK CALENDAR

Our forefathers carefully followed the signs of nature. Whether working in the fields or forests, looking after animals or at sea fishing, they observed everything and thus evolved a folk calendar besides the regular calendar with its own special days.

Winter has very interesting days.



Martinmas – November 10. All work in the field must be completed and the bear has entered his lair.

St.Catherineú Day – November 25. Young people and children wearing masks and costumes, mostly girls in white clothing visited house to house offering good luck with one`s herd.

St.Thomas`Day – December 21. The start of winter. For four days, daylight time is of the same length and some say, that the sun is in its nest. On December 25, the days begin to get longer and this is the birthday of the sun. On this day, pre – Christmas cleaning starts in the home.

Christmas – from St. Thomas` Day to Epiphany (Twelfth Day) on January 6. With Christmas are associated many customs but during The Christmas period, the most common is peace. All work is finished, the spruce is decorated, Christmas foods prepared and ready, and people stay at home.

New Years Day – January 1. The New Year is greeted with a festive holiday. People are visited. If the day is sunny with much snow cover, then there will be a beautiful summer and good crop yields.

Epiphany (Twelfth – Day) – January 6. Christmas ends and the tree goes out side.

St. Anthony`s Day – January 17. The back of winter is broken as half of winter is over. The bear in his lair begins to suckle on his paws.

Paavli Day – January 25. On this day a crack appears in the sea ice. Half of winter`s supplies must remain.



Candlemas Day – February 2. The heart of cold is now broken. The greatest pain causes the other eye to begin to water. In his lair, the bear turns on his other side.

Cout Day – February 9. No work is to be done on this day or you may suffer from foot problems for the entire year.

Shrove Tuesday – Shifting holiday on a Tuesday with a New Moon from February 8 to March 9. Known for sliding on ice, and on this day, pea and bean soup are eaten.

Ash Wednesday – The day after Shrove Tuesday. One must be careful not to sleep in late or it will confirm that you are a dusty bumpkin or an ignoramus.

St. Matthew's Day – February 24. On this day, Spring can be felt, coming closer. On this day the direction of the wind helps determine planting time in Spring. Snow remains and they say that on this day a snow "hat" remains on a stump.

Käädre Day – March 17. Celebrated mainly in south Estonia. It is believed that on this day the bear turns in his lair to rest on his paws.

Vernal Equinox – March 21. According to the calendar, winter has ended. With great concern, the weather of the day was checked and it should remain similar until the summer solstice.

Try to see carefully yourself if the folk calendar keeps track correctly! Watch nature, follow animals and birds. During skiing this is easy to do.



* Every thing has its own time.

Rakvere

MILESTONES IN SKIING

Now it is 2002. Again we have the winter Olympic Games which are being held in Salt Lake City USA! In four years the next competition will be in Torino, Italy where the winter sport fraternity will meet again. We are getting ahead of ourselves, but it is exciting to glimpse at the past and study all that has occurred. The history of skiing is long and interesting, and this that you are reading now is only a brief segment.

YEAR

- 1886 First ski competitions, Kristiania, Norway
- 1886 First ski club in the US founded, the Aurora Ski Club in Red Wing, Minnesota
- 1887 Norwegian Fridtjof Nansen traverses Greenland on skis
- 1892 First ski games, Holmenkollen, Norway
- 1904 National Ski Association founded in Ishpeming, Michigan, later to become known as the U.S. Ski Association.
- 1922 First time for the famous Vasaloppet Ski marathon, Sweden
- 1924 Founding of Federation International de Ski (FIS) and the first Winter Olympic Games in France known only as the Games of Winter
- 1924 Anders Haugen won the bronze in Ski Jumping. His medal was awarded 50 years later after points were recalculated and an error acknowledged. Only U.S. medal to date in Jumping.
- 1928 Olympic Games, St. Moritz, Switzerland
- 1932 Olympic Games, Lake Placid, New York
- 1936 Olympic Games, Garmisch-Partenkirchen, Germany Alpine skiing debuts at the Winter Olympic Games, but includes only combined.
- 1948 Olympic Games, St. Moritz Switzerland Two additional alpine competitions with

medals awarded in downhill, slalom and combined events. Gretchen Fraser is the first American to win an Olympic medal in alpine skiing—gold in slalom and silver in combined.

- 1952 Olympic Games, Oslo, Norway Andrea Mead Lawrence is the first American to win two gold medals at one Olympics in slalom and giant slalom. She is still the only American to date.
- 1956 Olympic Games, Cortina d'Ampezzo, Italy
- 1960 Olympic Games, Squaw Valley, California Penny Pitou medals in downhill and giant slalom and Betsy Snite in slalom.
- 1960 National Ski Association renamed U.S. Ski Association
- 1964 Olympic Games, Innsbruck, Austria First American men to podium in Alpine skiing—Billy Kidd edges out teammate Jimmie Heuga for the silver in the slalom. Jean Saubert secures bronze in the slalom for the women's team.
- 1965 USSA approved formation of a full-time U.S. Ski Team (alpine only).
- 1967 World Cup circuit created by U.S. Ski Team coach Bob Beattie, French coach Honore Bonnet and French journalist Serge Lang.
- 1968 Olympic Games, Grenoble, France
- 1972 Olympic Games, Sapporo, Japan Barbara Ann Cochran wins gold in the slalom and Susie Corrock bronze in the downhill.
- 1974 U.S. Ski Team moves from Colorado to Park City, Utah.
- 1976 Olympic Games, Innsbruck, Austria Bill Koch wins silver in cross country 30km—first and only cross country medal to date for U.S. Cindy Nelson podiums with a bronze in downhill.
- 1978 Freestyle World Cup circuit begins with the event in Kransja Gora, Yugoslavia
- 1980 Olympic Games, Lake Placid, New York Phil Mahre wins silver in the slalom.
- 1981 Freestyle becomes amateur sport under FIS sanction

- 1982 First international snowboard race held at Suicide Six, outside Woodstock, Vermont
- 1984 Olympic Games, Sarajevo, Yugoslavia Gold medals won by Debbie Armstrong in giant slalom, Bill Johnson in downhill and Phil Mahre in slalom. Also silver medals awarded to Steve Mahre in slalom and Christin Cooper in giant slalom.
- 1988 Olympic Games, Calgary, Canada Freestyle skiing appears at Games as a demonstration sport.
- 1988 U.S Ski Association and U.S. Ski Team consolidate in Park City and move to current Kearns Boulevard location.
- 1992 Olympic Games, Albertville, France Freestyle mogul skiing officially made its medal debut at the games and Donna Weinbrecht wins the first Olympic gold medal in moguls with teammate Nelson Carmichael earning bronze.
Two silver medals awarded to alpine skiers Hilary Lindh in downhill and Diann Roffe in giant slalom.
- 1994 Olympic Games, Lillehammer, Norway Freestyle/aerials added to the Olympics. Tommy Moe became the first American man to win two medals at an Olympics—gold in downhill and silver in super G. Diann Roffe-Steinrotter won the gold in super G and Picabo Street made her first appearance on the Olympic podium with the silver in downhill. Liz McIntyre completed the medal count with the silver in mogul skiing.
- 1994 First U.S. Snowboard Team named for '94/95 season. Olympic Games, Nagano, Japan Snowboarding/ alpine and halfpipe competitions officially added to the Games. Eric Bergoust and Nikki Stone win gold in aerials; Jonny Moseley earns gold in moguls. Picabo Street returns to the podium with gold in the super G. Ross Powers and Shannon Dunn take home bronze in halfpipe.
- 2000 First ever gold medal for Nordic Combined at the World Junior Championships in Saalfelden, Austria. Team members Bill Demong, Johnny Spillane, Jed Hinkly and Carl Van Loan.

ABOUT THE SKIERS

ALAN ALBORN

21 year old Alan Alborn was born in Anchorage, Alaska. He started jumping when he was three at a hill near his home. He started competing when he was just nine. In 1994 the family moved to Colorado, when Dad, a pilot, was transferred. They are now living in Alaska again. Alan enjoys going home on his breaks away from competing, because like his father he has his pilots license and a single-engine Cessna 185. He loves to fly his plane as much as he loves to ski fly.



Photo: ©2001Kevin Hooker

Ski Flying is jumping on a K185, rather than the K90 and K120 that are the size hills for World Cup competitions. Some World Cup skiers don't even try Ski Flying—you have to be very brave, but also have a sense of fear. Last year Alan flew 210 meters (comparable to the length of two football fields) for a career best 9th place finish.

Alan has the perfect build for a ski jumper. He's 5'11" and weighs 126 pounds. That light weight has kept him flying further each year. He had a good solid result at World Championships in 2001 and moved right on to end the season with his Ski Flying success. He started the season looking very good in training and moved on to the International Summer Grand Prix in Central Europe where he had a career best 6th place finish in Courchevel, France. He came back to the Continental Cup in Calgary and Park City and won three back to back events—a first in U.S. Ski Jumping. He skipped the second event in Park City to go back to the Summer Grand Prix in Sapporo, Japan. A wise choice since he got his first podium with a 3rd place finish! Look for him to qualify for the 2002 Salt Lake Olympic Team.

NINA KEMPEL

Nina (31 years old) is going into her 13th season on the cross country team. Setting her sites on making the Olympic team, she began skiing in hometown Anchorage when she was five. Her dream came true. In the 2001/02 season she will be trying to make her fourth Olympic Team and the prospects look good.

Before seriously taking up cross country skiing, Nina was a swimmer and runner. Her skiing career started in her teens and quickly moved up to the National Team while she was still in college. She qualified for the Albertville Olympics and had to juggle college and the BIG event. By 1993 she was racing full time. She trains in Alaska most of the summer but her end of the season breaks usually involve mountain climbing. She scaled Mont Blanc in 1993 with ski team partner Kerrin Petty and climbed Mount McKinley with her dad in 1995



Photo: ©2001Jonathan Selkowitz

The 2000/01 season was her best of her skiing career. After three years of either illness or over training she had her best finish ever at the World Cup at Soldier Hollow, the 2002 Olympic venue, finishing 12th. It was also her second season in a row with six top 30's in World Cups. With 15 U.S. National Championship titles, she holds the all time record and thanks to Chevy Trucks that made her a lot of money!!

TODD LODWICK

Todd is starting his 9th year on the team and he starts with a string of impressive results, having been on the podium a dozen times in his career. He's had four wins, three silvers and 5 bronze, along with eight National Championships. That's quite a bit of prize money, proving you can make money in the Nordic sports, just like the NBA or NFL. He has his sights set on his third Olympics here in the United States.

Todd started out jumping, but settled on Nordic Combined in the summer of 1991. In December of 1993, having just turned 17 he won a World Cup Bcompetition, his very first international competition.

Todd's cross country skiing has become his strong point, getting better every year. No matter how far back he finishes in the jumping portion, the other guys know he's trouble, as he always manages to go so fast in the cross country that he usually passes the entire field.

Todd loves the outdoors and is an avid hunter and fisherman, but he'd drop his fishing rod for a good tee time at the golf course. Todd is 26 years old and recently married.



Photo: ©2001John Russell