

A Guide to Skiing

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It's winter, meaning the sport of skiing has blown up in popularity yet again. Skiing is becoming a huge sensation this winter. I have witnessed many non-skiers try out the sport this season, some with triumph and others with failure. The sport itself is very enjoyable, although it is hard to learn and succeed at. This is especially the case for skiers who are just starting to learn as teenagers or even older.

Do not be afraid to ski, taking it slow and sticking to your comfort zone is the best advice for a first time skier. Most ski resorts have easy, non-sloped bunny hills which are great to start out on. The ranking for trail difficulty goes like this.

- Green Circle: Beginner
- Blue Square: Intermediate
- Black Diamond: Expert
- Double Black Diamond: Expert Only

Taking it slow and listening to these trail signs posted around the resorts will significantly help out a new skier. These signs are carefully enforced, going onto an expert only trail without being competent enough can get you into trouble with ski patrol.

With all of that information out the way here are some tips to be able to start off skiing:

- Start by positioning oneself correctly, try to lean somewhat forward while bending your knees slightly. The motion is somewhat similar to ice skating for those who have experience on the ice.

- While going down starter hills, use pizza and french fry. These seemingly simple terms can help one a lot. Pizza involves moving the front of your skis outwards to slow down, french fries means keeping your skis parallel to one another and the ground, doing so keeps up speed when needed.

- Also when starting try to incorporate wide sweeping turns while going down a hill, these work to slow you down while you ski. Overtime, you can use this method more and make the turns tighter instead of using pizza.

-As you get more and more comfortable try out some blues, and for those who learn very quickly maybe try out a black diamond. Just take things slow and do what is comfortable.

A very scary and hard to understand thing for brand new skiers is the chair lift. Attempting to get on the chair lift is rather easy, although getting off is usually deemed as the hard part. To get off try to lift yourself off the seat and glide straight forward, avoid any sudden movements or weird turns.

One last thing, if you find yourself on a steep or difficult hill where you don't feel comfortable, take a deep breath and listen to past advice. Turn and take it slow, and if you do fall try to fall slowly on your hip towards the mountain while you turn.

That was a basic guide on how to ski to get a newbie ready for ski season. Good luck and have fun skiing!