

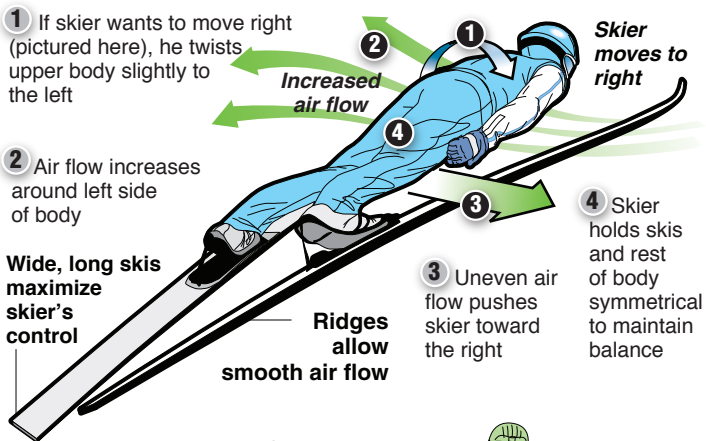
How ski jumpers fly

Jumper with most streamlined position and best control of air flow normally makes the longest jump.



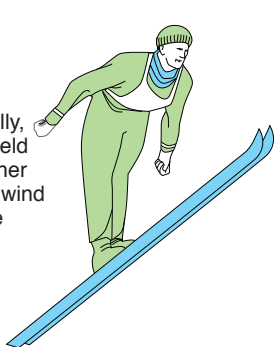
Controlling direction

Skier steers right or left by making small adjustments in body position



Flying V

Traditionally, jumpers held skis together to reduce wind resistance



"V-technique," used since 1989, improves lift and increases distance by about 10 percent

Right, wrong positions



Leaning forward
reduces wind resistance



Standing too high turns face and chest into wind, increasing drag



Holding skis too high reduces control, can make skier lose balance



Holding skis too low increases drag, reduces jump distance