

ALPINE SKIING

# Carving turns

*Precise control of body weight, ski edges lets skier skid around gates at breakneck speed.*

Gate pole

How a skier takes the fastest path through gates:

1 Turn

2 Transition

Skier takes straightest path possible, runs over each gate with shins or body

3 Turn

Rules require that feet, ski tips clear each gate; skier aims for tight turns since swinging too wide wastes seconds

4

Transition

5

Turn

## Maintaining speed and balance

Skier constantly shifts knees, hips and upper body

If angle is too small (skier leans too far), skis can slip to side and slow skier's turn

Inclination angle

Tilt of skier's center of gravity in relation to ground

Center of gravity

If angle is too large (does not lean far enough), skier must slow down to turn, loses time