

TEAM AUSTRALIA

OVERVIEW/LEAD UP TO INTERSKI



In September 2015 after only four days of training (this year) the APSI demo team attended the first Interski held in the Southern Hemisphere.

Sending the APSI's most senior trainers and examiners to Argentina in a time that is usually slated for the end of season exams created some interesting challenges. Challenges that were met with the utmost of professionalism by a team of 10 who travelled over 80 hours to represent Australia, the APSI and snowsports at this international event.

There with the backing of a support team of 15 they experienced every snow condition known to man, some spectacular mountain scenery, the odd BBQ and some experiences that will remain with them forever, this is what that team presented to the other 34 nations.

AUSTRALIA'S THEME AND PRESENTATIONS

"Connecting Australians to the snow experience"

Australia's big day was Tuesday 8th September where we were involved in the following:

- 9:30-11:30 Demonstration runs
- 11:30-1:30 On snow workshop
- 17:30-18:00 Indoor lecture

DEMONSTRATIONS RUNS

For our demonstration runs the team got a chance to show five different runs, these have to be both interesting to watch as well as show our technique. These demonstrations are one of the main ways to attract other people to attend our workshop. These were our five runs:

- A show run in a double diamond formation focused mostly on short turns.
- A run of high-end riding performed in pairs.
- A show run with shadow snakes in long turns.
- A run performed in pairs with one rider performing an exercise that would help work on their partners ski technique, this included voice over to promote our beliefs and our following workshop.
- Finally, Richard Jameson and Paul Lorenz skied in a pair as a technical comparison to Canada, Netherlands, San Marino, Switzerland and Slovenia who all also performed on this day

ALPINE ON SNOW WORKSHOP

(Snowboard, Telemark and Nordic ran their workshops at other times during the week to suit the number of groups involved in those disciplines).

For the on snow workshop, we wanted the participants of Interski to join us and connect with our techniques and teaching methods in a training style that we enjoy. We did this in pairs so that we could break into smaller groups, although this was still difficult with such a large number of people choosing to participate in our workshops.

In two hours it is very hard to pass on everything we do in the APSI. So sticking to our overall theme we limited the on snow workshop to the following points:

- The team introduced the Interski participants to our balanced approach to skiing and teaching. We showed them how this approach makes it easier to connect with our guests in Australia and help them improve their skiing skills whilst enjoying the whole snow experience.
- We did this in two parts. Firstly, by covering some of the core concepts of our high-end skiing and secondly by giving them some insight into how we experience these movements and teach them to others in a structured yet inventive way.

The core concepts we introduced in our high-end skiing were as follows:

1. Rotary movements: All the rotary movements we teach in Australia come from the legs under a stable upper body, creating an appropriate amount of separation to balance on the outside ski for the turn size.
2. Foot to foot balance: We balance predominantly on the outside ski (from outside ski to outside ski).
3. Inclination/angulation: We use a blending of inclination and angulation to develop edge angle.
4. Manage pressure created through the turn to efficiently achieve the above concepts without disrupting our balance and CoM.

Each one of those core concepts were areas that the team felt they had worked on in their own skiing in preparation for Interski. However, we also wanted to point out how we reach a “balanced approach” in our APSI teaching methodology.

We achieved this by including training exercises/analogs/tactics that targeted these core concepts/mechanics (i.e. with structure), yet we encouraged experimentation and creativity when it came to choosing which exercises/analogs or tactics we used or could use in the future.

At the end of the session, it gave us a chance to invite everyone to join our indoor lecture where they would get an insight into our new APSI teaching app and see how we achieve this same balanced approach to teaching with our instructors back in Australia.

INDOOR LECTURE



'Connecting people with the snow in Australia'

These days, most countries at Interski are aware of the importance of the guest experience, our team has also observed that the more successful a guest is then the more likely they will enjoy the experience.

In Australia, our instructors will spend more time with the guest than any other employee, meaning instructors have the greatest chance to connect people to the snow experience and hopefully convert them at the very least to returners or at best into lifelong enthusiasts.

During our lecture, we used a combination of power point presentation and video content to connect the Interski participants to our unique Australian snow experience as well as introduce them to all our team members including showing them how far people are willing to travel in Australia to ski.

Afterwards, we focused on the materials we provide our instructors in Australia to help them connect their guests to snowsports in a structured yet innovative way, we used our manual and the new app to show this balanced approach to teaching.

SUMMARY, GENERAL IMPRESSIONS AND FEEDBACK

Interski is not a competition, there are no scores and there is no winner!

However you do get a good understanding of how the APSI teaching system ranks in the world by the interest other countries take in our team and our presentations, this is what I observed over the week:

- Our demonstrations were performed in relatively tough conditions (chopped up powder on ice), after experiencing the same conditions many members of the other teams commented on 'how well the team rode in those conditions.'
- Our on snow workshop had an estimated 80 people attend, which was on the higher end of attendance for the workshops.
- Our indoor lecture had over 80 people attend (above the rooms capacity, with people standing at the door), one of the highest attended small lectures at the event.
- Our uniform and team puff jacket was a highly sort after commodity by the other teams who wanted to swap for parts of their uniform.
- Many individuals of the other teams were keen to approach our team members to discuss our technique, ride with us in our free time or simply pass on positive comments on our team's performance.

When compared to any other Interski I have attended; this team was highly recognised, received the most positive comments and generally established the highest interest from the other teams that I have ever witnessed.

You can see from the articles in this snowpro that all the team members have picked up new ideas from the countries that they attended. These ideas will find their way into our training program through the trainer's coordination and the resorts over the following winter. However, it is just as important to reflect on where we are as an association, absorb this feedback and enjoy the fact that what we are doing now is not only interesting and innovative in the eyes of the world but also on track when it comes to enhancing the guest experience.

I would like to take a moment to thank all the team members, supporters and official sponsors for adding to the success of the 2015 Interski.

