

## Better Skiing Technique Equals More Fun All Season *by Tim Hanna*

Have you ever looked down from a chair lift to see a skier making perfect turns and wish you could ski like that? Are you doing something to make that wish a reality? How many skiing lessons were you planning on taking this season? What would give the best return on investment, new equipment or skiing lessons? Let's do a little thought-experiment; If Bode Miller skied on your skis, would he ski exactly like you? If you borrowed Bode's skis, would you ski just like him? I think we know the answer. Good equipment helps, but the skill of the operator is much more important. So how much have you invested in your skis and how much have you invested in yourself? Most people do not take lessons and therefore ski with the same skill-set year after year. Last December I "invested in myself" at a week-long ski camp at Killington. What a great way to start the season. Not only did I get in shape early in the season, my skills increased and I learned how to coach myself for the rest of the season. After that early-season boost, I set a personal record for ski days (53) because I enjoyed skiing so much more.

The ski camp is like a Vermont ski trip with lessons added. You're there with about 80-90 other adults. The average age is about 45



Sandy in her "Freedom Group" taking the first run of the day off the gondola at Killington ski camp December 2005. Although Sandy was in a race group they seemed to do a lot of free skiing all over the resort. I could see a definite improvement in Sandy's skiing so they must have been doing something besides telling jokes in the gondola!

also an outdoor heated pool at the hotel that is a great place to relax after a fun day of skiing. The 2006 camp is December 4 - 8 with an included 4 hour lift pass for Sunday when you arrive.

Each year, a gentleman and his wife from one of our fellow clubs in the NJSC, Wes and Mary Carrajat organize a group to obtain volume discounts on lodging, lift tickets and the ski camp. If you are interested in giving your skiing a boost, contact Wes and Mary to be added to their e-mail list. Here is their contact information: Wes and Mary Carrajat (908) 276-6939. WesNJ@Comcast.net. I hope to see you at Killington in December! ~ Tim Hanna



Coach Jim Mac describes the "secrets" of those cool carved turns that we'd all like to be able to do. Jim was my instructor for the week. Every day he would have several suggestions of how to tweak my skiing to get closer to those perfect turns. Using that feedback, I came out a much better skier and had a list of techniques to practice and perfect the rest of the season.

but the group ranges from those in their 20s into their 60s or even older. They're all there for the same reason, to improve their skiing and to have a fun week with a lot of laughs. There were three members of TCSC at the camp last year, hopefully there will be more this coming December!

There are several "flavors" of the camp. One is for non-racers, another is for racers who are not serious about racing, then a medium-serious group and finally a more serious group. Every group receives instruction that helps all facets of their skiing. On day-one you join a group for the week with similar skill levels. Your group is assigned an expert instructor that will work with you for the whole week. You spend a couple hours in the morning and a couple hours in the afternoon with the instructor and free-ski other times. There is also some nightlife that goes with the experience. Many times the instructor joins in on the after-skiing fun. There is



Spaghetti night at the Northstar Inn during Killington Ski Camp Week 2005. From TCSC right to left, Rick Day, Sandy Simmons, Tim Hanna and from Staten Island Ski Club Tom, professional firefighter in NYC. The week is filled with meeting interesting people from all over.