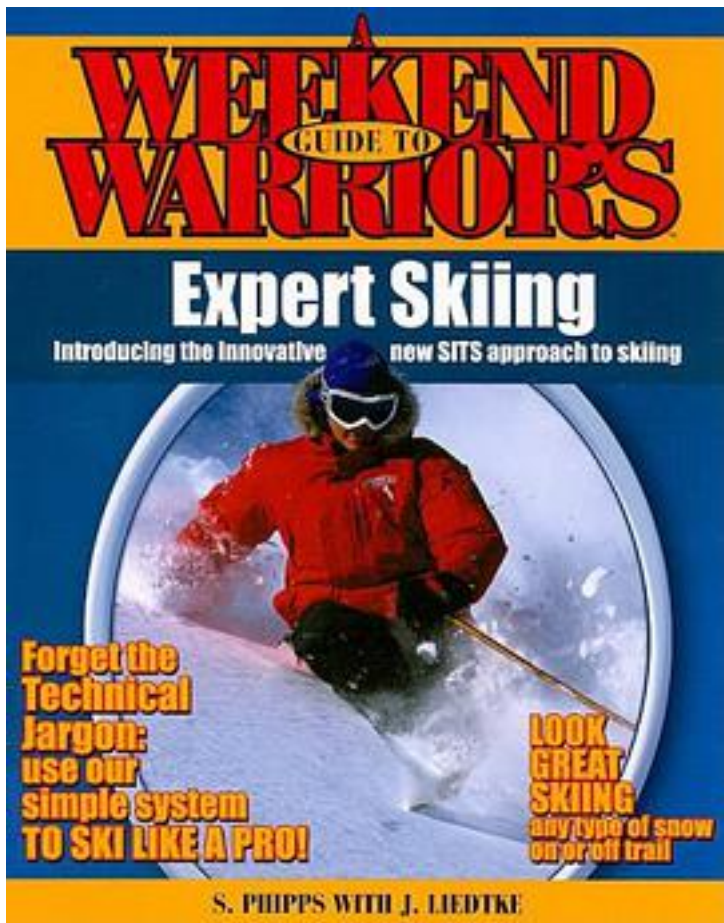


Weekend Warriors Guide to Expert Skiing



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A team of experts including coaches, instructors and world-class skiers were assembled to accurately and innovatively write one of the first simple and effective guides to easily becoming a better skier. This is not a technical manual on how to ski; it is a book designed to provide simple tools to enhance ski performance. The authors

designed a completely new teaching system called SITS (Simple Imagery Teaching System). After learning the correct body positions in the comfort of home, the instruction moves outside and allows the skier to run through very easy on-snow drills, progressing to more advanced instruction later in the book. The system covers every aspect of skiing from mental and physical preparation, to skiing in all types of conditions. Yet, it never gets complicated, as the instructional information is supported with over 125 illustrations, photographs and simple drills.

作者介绍:

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