

Summary of

Parallel Dreams Alpine Skiing

Taking your skiing performance to new levels

Parallel Dreams Alpine Skiing will be published in the autumn 2007. This new technique and performance book is aimed at good recreational skiers, aspiring ski instructors and existing ski instructors

The book has been endorsed by the Irish Association of Snowsports Instructors (IASI) and will serve as a technical reference for the association & its members

The book brings together the knowledge and expertise of some of the leading practitioners in the snowsports industry.

The principle author, Derek Tate has been teaching skiing for over 20 years and has been instrumental in the development of the IASI system. He currently lives in Chamonix where he is co-director of the British Alpine Ski School Chamonix (BASS Chamonix).

The contributing writers include, Robbie Fenlon UIAGM Guide and director of Wilderplaces, Professor David Murrie specialist in biomechanics and coach education, Shona Tate former member of the Scottish Alpine Ski Team and co-director of BASS Chamonix and Liam Williams, IASI Level 3 (ISIA) and 2 times Olympian from the sport of rowing.

The book is divided into five segments as follows;

- Segment 1 - Basic Principles of Skiing
- Segment 2 - To Parallel Skiing
- Segment 3 - All Mountain Skiing
- Segment 4 - Fit 4 Skiing
- Segment 5 - And Finally

Basic Principles of skiing by Professor David Murrie & Derek Tate

All sports are based around basic principles which underpin efficient and effective performance. Understanding and applying these principles is essential for skiers and teachers alike if they are to get the maximum enjoyment from the sport. The first segment of the book focuses on these principles and looks more closely at the relationship between balancing and movements as well as validating this with sound biomechanics.

To Parallel Skiing by Derek & Shona Tate

This segment covering “Core Skier Development” and “Skidding & Carving” is written so as to give advice to the ski instructor. However it is just as useful for the novice skier to read to help them understand their development on the road or should I say piste to parallel. Indeed as a keen recreational skier this segment will help you to gain a clearer understanding of how skiing works at

slower speeds. We can all benefit from occasionally going back to basics. One of my favourite sayings is that “speed masks accuracy”!

All Mountain Skiing

This segment covers three areas; Performance on Piste written by Shona Tate, Bumps written by Derek Tate and Off Piste & Backcountry written by Robbie Fenlon and Derek Tate.

Performance on piste builds on the basic principles of skiing looking more closely at maximising the performance from your skis using different shaped turns.

The bumps section covers three main areas; Common problems (or blockages to effective performance), key skills that need to be developed, and additional aspects that require consideration.

And the off piste & backcountry section looks at technique and tactics for a variety of snow types & terrain backed up by what you need to know in order to ski safely away from the marked runs.

Fit 4 Skiing

This segment is divided into two important areas; Cross Training by Liam Williams and Psychology & Skiing Performance by Derek Tate.

Liam shares his passion for fitness training and gives you plenty of ideas on how to prepare for the season ahead whether you are a recreational skier or an instructor.

And Derek gives you a six step programme for training the mind so that you can maximise the technical ability that you have and achieve the best performances possible.

And Finally

The last part of this book finishes with a short history of the Irish Association of Snowsports Instructors, lists the various references used and gives a list of contacts for all the organisations associated with the publication of the book.