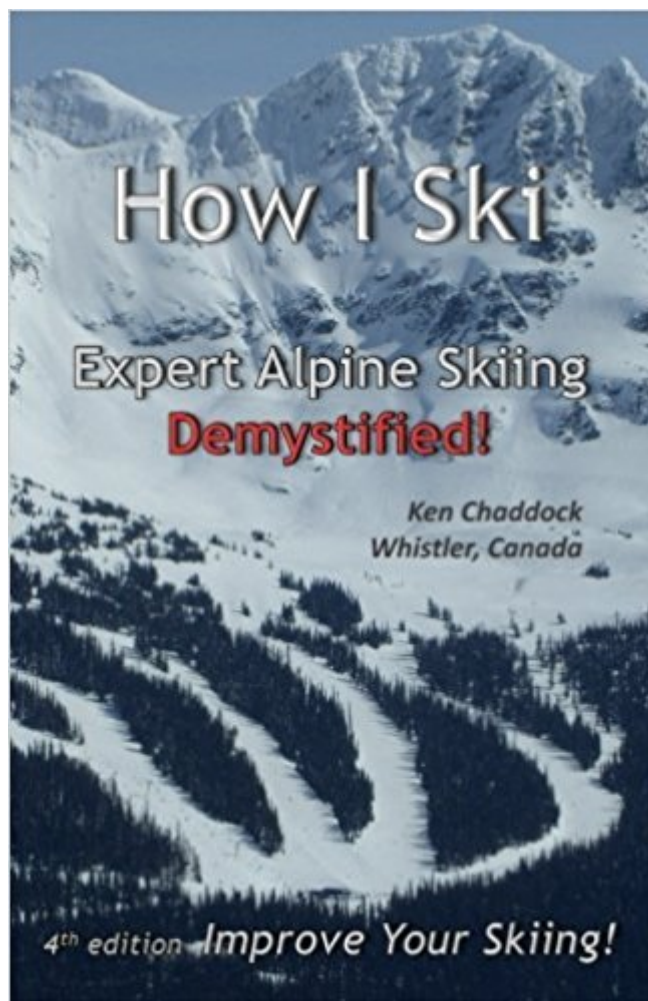




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How I Ski: Expert Alpine Skiing Demystified!



Synopsis

Please see www.skiwellsimply.com for book reviews, excerpts and customer testimonials! If you believe that ski technique is the key to having the most fun possible, anywhere on the mountain and whatever the snow condition, then you believe what I believe. Why be limited to having fun only on big powder days, or only when the snow is flawlessly groomed, or only when it is soft and forgiving? I'm constantly searching for the simplest way to ski that delivers a maximum of fun for a minimum of effort—whether I'm teaching other skiers, carving arcs on hard snow, or porpoising down steep and deep powder. What are the expert skiing techniques that allow me to ski with confidence, excitement, and fun, regardless of terrain and condition? While training to improve my skiing, for free skiing, racing and ski instructing, I began receiving very positive, and at times glowing, feedback from world class trainers and coaches. It got me thinking about 'how' I was skiing, what exactly I was doing and feeling. After all, there were only a handful of things I was focusing on. And interestingly, some things I was doing were at odds with what I was being told to do! Yet the results were convincing. I began wondering if I may have something worth sharing, a simple and effective approach for 'how to ski', that might help others to enjoy skiing as much as I do. To resolve my wondering, I wrote down how I ski, and for originality, titled it *How I Ski* (with the added tagline: *Expert Alpine Skiing Demystified!*). The book described my skiing approach and how and why it works, along with advice for different skiing situations, and how to practice skiing-related movements when not on the hill. Throughout, I sought brevity, relevance and clarity, aiming at maximum impact for minimum reading time. The response to this first edition confirmed its value, and highlighted areas where more clarity and completeness would make it even better. The second edition added many diagrams and improved descriptions. To test its mettle, I then asked highly capable athletes and coaches to read it and endorse it if they felt it was "testimonial worthy"™. To my delight, they all did! Since those endorsements, I have continued to tune the content based on feedback from readers, as well as new learning and awareness through using the content when teaching others. The current product (the fourth edition) is a compact package that I'm confident will be well worth your time to read and ponder in relation to your own skiing approach and objectives. Thank you for reading! *You guessed it—the expert techniques are all in the book!!

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Customer Reviews

Helping visitors have extraordinary skiing experiences at my home resort Whistler Blackcomb has become my winter passion, and the book *How I Ski* an up-to-date summary of the techniques I use when skiing and teaching skiing. Are my techniques and descriptions of those techniques effective? Happily, feedback from beginners through expert skiers indicates this is indeed the case. As a skier I am always looking for how to ski as simply yet as efficiently and effectively as possible. Perhaps it is my engineering background that drives me to understand the physics at play, and then how I can minimize the work I need to do yet still have all the fun I want on the mountain. And as a writer I am always looking for the best phrases and images to transfer understanding in the briefest and simplest terms. My primary career (yes, I had a real job before skiing full time) required analyzing complex subjects in order to pinpoint the factors that 'really matter', then describing those factors in clear and simple terms for others to understand. I believe that skiing can be distilled to a handful of principles that when integrated deliver expert level skiing. My skiing is derived from years of free skiing, ski racing, and ski instruction at Whistler Blackcomb, where our extraordinary variety in terrain and snow conditions provides endless opportunities for developing excellent ski technique, and living lots of exciting moments applying it! My skiing receives positive compliments from top level coaches and instructors alike, which prompted me to write a first edition of 'How I Ski' in 2009. The positive response to the book's initial and subsequent versions keeps me motivated to continue refining my skiing and teaching skills, and sharing the related knowledge as clearly as I can to the benefit of all keen learners of the sport. For more go to www.skiwellsimply.com.

This book confirms my experience with engineers in that they are very smart but not very good at explaining things to a layperson. I didn't understand more than half of what Chaddock explained about skiing. Either the sentence structure was strange or the way he explained it didn't make

sense. Maybe I would've understood better if I were an engineer myself. I would not recommend this book for someone who never took lessons or very new to skiing. There are many tips he present in each chapter and a few of them are understandable and helpful.

I like this book. it is informative and easy to follow.

This excellent work is one of the two best books on the subject that I have read (along with a later volume by the same author). It provides a focused agenda of critical concepts for improving ski technique, based on the author's extensive experience as a ski instructor. Some of these ideas (at least in the context of my prior reading and lessons) are relatively novel, and have significantly improved my confidence in making turns. The first-person narrative style is accessible and easy to follow. The author is especially effective in explaining how physical forces and body movements work together when good skiing technique is performed. This helped me understand not only what I should do, but also why I should do it that way. The book includes numerous effective illustrations that assist in visualizing the ideas presented in the text. The author's writing style is simultaneously precise and relaxed, making for an enjoyable reading experience. He provides just enough emphasis on his main themes throughout the book to reinforce them in the reader's mind without unnecessary repetition. The book is compact and can be read comfortably in a week or less, yet is surprisingly comprehensive. Because this book presents a somewhat broader spectrum of ideas than the author's subsequent volume ("Ski Well Simply"), it might be a better starting point, especially for intermediate skiers. All things considered, my relatively modest investment in this book improved my skiing very substantially.

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