

8th FIS Youth and Children's Seminar

Ski Sports in Schools

Hotel Hilton Zurich Airport, Zurich, Switzerland
29th September 2010

8th FIS Youth and Children's Seminar

Programme

Tuesday, 28th September 2010

Individual Arrival

19.00

Networking Evening - Salon La Place A (Opening Cocktail)

Welcome by Ken Read, Chair FIS Coordination Group Youth & Children

Wednesday, 29th September 2010

Room Panorama C

9.00 – 9.15

Introduction

Josef Zenhäusern, Consultant Aid&Promotion

9.15 – 10.00

Potential Arguments to Establish Ski Sport as Part of the School Curriculum

Stefan Künzell, Sportpsychologe, Universität der Bundeswehr, Neubiberg, Germany

10.00 – 10.30

Development of Integration of Ski Sport in Schools in Armenia

Gagik Sargsyan, Secretary General of Armenian Ski Association

10.30 – 11.00

Coffee Break

11.00 – 11.30

The Support of a Government for Youth and Children's Skiing

Lorenz Ursprung, Project Manager Youth Sports, Federal Office of Sports, Magglingen, Switzerland

11.30 – 12.00

The Norrköping Model – All Young People on Snow

Charlotta Bürger Bäckström, Project Manager, Chairman of IVSS Sweden (International Association Snowsports at Schools and Universities)

12.00 – 12.15

Discussion

12.15 – 12.30	<i>Youngsters, the Future of Skiing and FIS</i> Sarah Lewis, FIS Secretary General
12.30 – 12.45	<i>Update Bring Children to the Snow Project (SnowKidz)</i> Riikka Rakic, FIS Communications Manager
12.35 – 14.00	Lunch
14.00 – 15.30	Working Groups “School and Ski Sport - 10 TO DO points” Working group I (Alpine), led by Ken Read Working group II (Nordic), led by Satu Kalajainen and Harald Haim Working group III (Snowboard/Freestyle), led by Denis Giger
15.30 – 16.00	Coffee Break
16.00 – 16.45	Working group reports, podium discussion, questions
16.45	Conclusions, Ken Read

Participation: **The seminar is open to all FIS Autumn Meetings participants!**

Organisation: Ken Read, Chairman of the Coordination Group Youth&Children
Josef Zenhäusern, Aid & Promotion Consultant
Sarah Fussek, Assistant to the Secretary General

Registration: through fussek@fisski.com until 31st August 2010

Please note that the seminar will be conducted in English only.

Why Should Snow Sports Be Taught in Schools?

*Potential Arguments to Establish Ski Sport as Part
of the School Curriculum*

Prof. Dr. Stefan Künzell

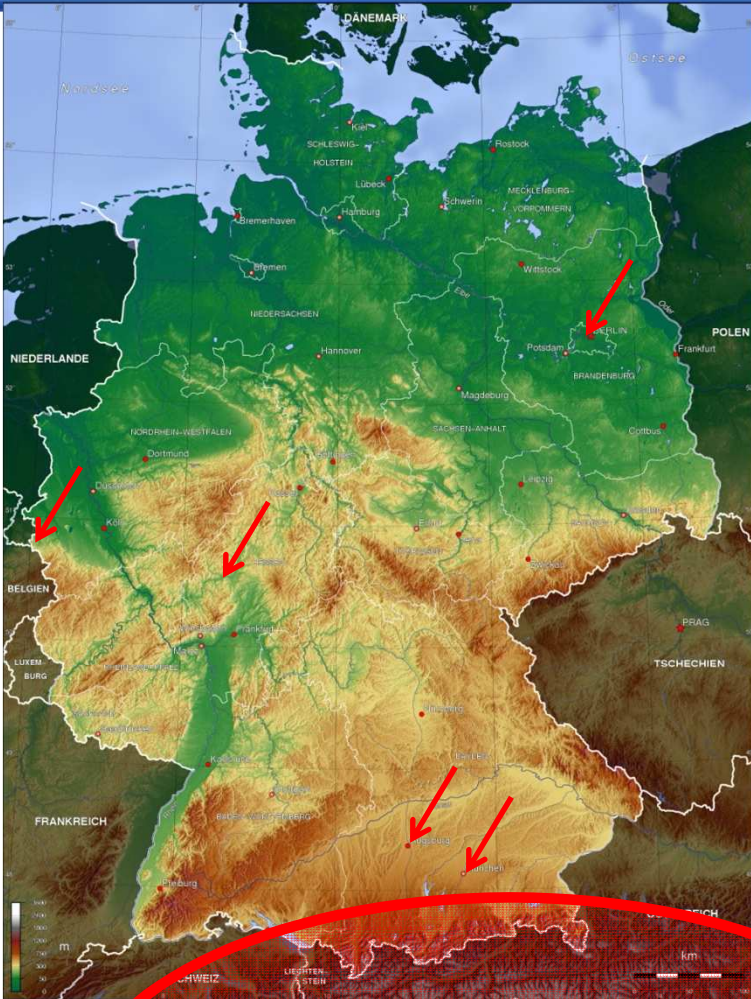
University of Bundeswehr, Munich

University of Augsburg (as of 1. 10. 2010)

Introducing myself



Youth & Children's
Seminar 2010



- Childhood and school in Aachen
- Studied in Berlin
- Teaching and doing research in Gießen,
- München and Augsburg
- Member of the „Arbeitsgemeinschaft Schneesport and Hochschulen“ (ASH)

Stefan Künzell

What I will talk about

- The different goals of the snow sports associations and the educational institutions
- Analyze the goals of educational system in more detail
- Show where there is scientific support in favor of teaching snow sports and where it is lacking
- Give examples of how the DSV cooperates with educational institutions
- Suggest what to do to teach snow sports in schools

Different goals – same ways?

	Education		Snow sport	
	Organization	Goal	Goal	Organization
global	UNESCO	Education for Sustainable Development	popularize snow sports, TV presence	FIS
national	minister of education	Education <i>for</i> and <i>by</i> doing sport	develop peak performance, recruit spectators	national organizations
local	school	Realize goals formulated above	train the athletes, recruit members	Ski club

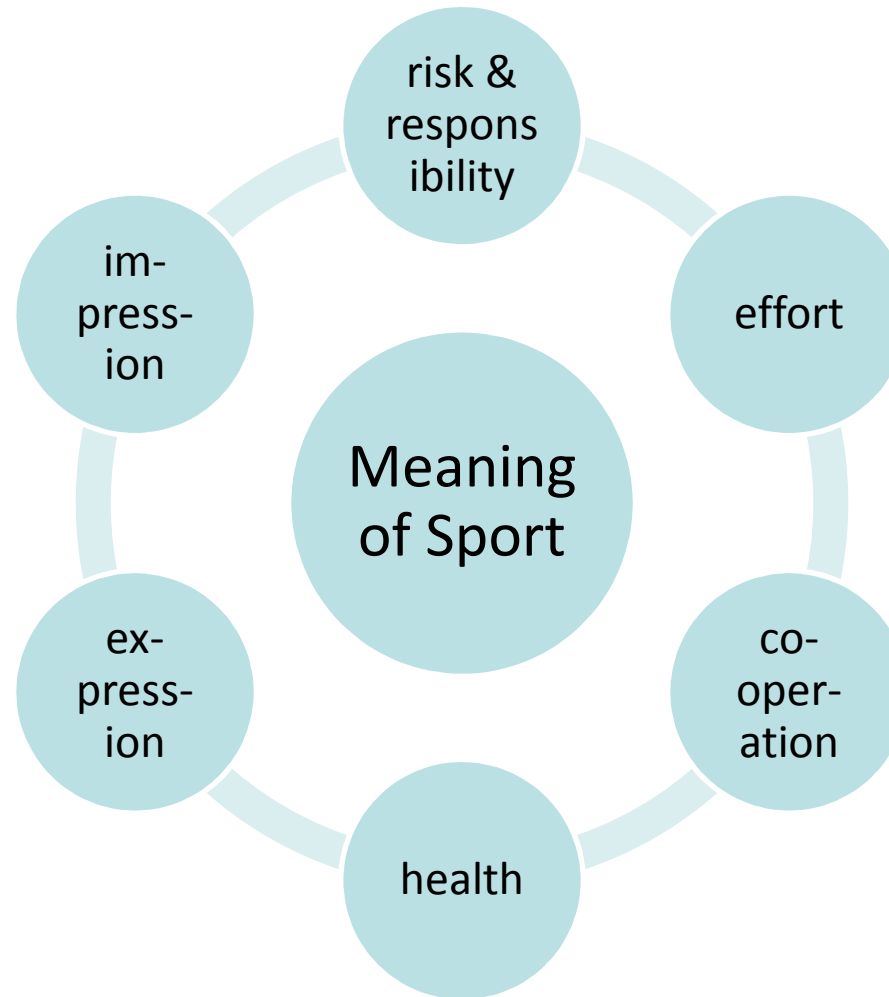
New generation of sport curricula

- PE's dual task
 - education *to do* sports
 - education *by doing* sports
- Movement fields
 - education by different forms of movement
- Multiple perspectives
 - doing sports for different reasons

Example: Cross country skiing

- Goal: Ski 20 minutes at a stretch
 - Goals within cross-country skiing
 - Learn the cross-country ski technique
 - Strengthen endurance
 - Goal by doing cross-country skiing
 - Strengthening the immune system
 - Impart the relation between endurance, overweight, and health
 - Impart training principles to train skiing alone
- Overall goal: *Competence* to do cross country skiing
 - In a nutshell: competence implies knowledge, skill and intention

Six perspectives (Kurz 2000)



Example: Snowboard

- Planned teaching unit
 - Theoretical introduction into jumps on a snowboard
 - Building teams of two pupils that are mutual responsible for each other
 - Both decide on their starting points of the inrun
 - Both decide on prolonging the inrun and on the tricks on the basis of previously taught criteria
 - Perspectives: risk & responsibility, cooperation
- Goals within snowboarding
 - jumping technique, style, performance estimation
- Goals by doing jumps on snowboard
 - Social competences

Arguments for snow sports

- Education *to* ski (snowboard, ...)
 - Skiing is an important part of the cultural heritage
 - Skiing is an important part of the current sport reality
 - Skiing is a life-time sport
- Education *by* skiing (snowboarding, ...)
 - Education for sustainable development
 - Social competence
 - Covering all pedagogical perspectives

But ...

- There are other sports that compete with snow sports
- Empirical evidence of achieving the claimed goals' achievement is still lacking

Empirical evidence

➤ Requirements

- A valid measurement of the postulated effect
- Two repeated measurements (before and after the snow sports course)
- At least two groups (snow sports group and control group, better additional sport groups)

- The immune system profits from recreational cross-country skiing (Müller et al, 2001) 😊
- „Alpin ski and snowboard are among the safest sports, if you consider the ratio of the number of suffered injuries to the number of people doing this sport“ (Aschauer et. al, p.306) 😊

Müller, O., Villiger, B., O'Callaghan, B., & Simon, H. U. (2001). Immunological effects of competitive versus recreational sports in cross-country skiing. *International Journal of Sports Medicine*, 22, 52-59.

Aschauer, E., Ritter, E., Resch, H., Thoeni, H., & Spatzenegger, H. (2007). Verletzungen und Verletzungsrisiko beim Ski- und Snowboardsport. *Der Unfallchirurg*, 110, 301-316.

Self concept

- Ski courses make strong! (Kuhn et al., 2001)
- Investigation on the impact of snow sports courses on the self concept
 - *Piers-Harris Children's Self-Concept Scale (PHCSCS)*
 - *Subscales behavior, intellectual and school status, physical appearance and attributes, anxiety, popularity, happiness and satisfaction*
 - Pre-Posttest-Design, 113 pupils (67 girls, 46 boys)
- Significantly more positive self-concept after the ski courses 😊
- But: No control group 😞

Kuhn, P., Ströhla, C., & Brehm, W. (2001). Skikurse machen stark! *Sportunterricht*, 50(1), 4-8.

Social competences

- Outdoor education (Reuker 2009)
- Evaluation of the impact of different types of sport excursions on the willingness to act in a social and cooperative manner
 - Questionnaire and score of cooperative computer game
 - Different treatment and control groups (outdoor education, sport excursion, sport program, ...)
- Advantage for outdoor education program 😊
- But: No snow sports courses investigated ☹

Reuker, S. (2009). Sozialerzieherische Wirkungen schulischer Bewegungsangebote. *Sportwissenschaft*, 39, 330-338.

Actual situation in Germany

➤ In snow-far regions

- Sometimes snow sports as excursion (5 to 8 days)
 - Marginal in primary schools
 - Partially part of a school profile in secondary schools

➤ In snow-near regions

- Snow-days in primary and secondary schools
- Snow sports as excursion (5 to 8 days)

Concepts of the DSV



- Snowsport „kinderleicht“ (Wippert *et al.*, 2009)
 - Moved city (Bewegte Stadt)
 - Moved country (Bewegtes Land)
- On your marks, set ... ski! (Wolf *et al.* 2010)
 - DSV school sport concept
 - ticket2nature

“Bewegte Stadt, bewegtes Land”

- Goals: Health education, motor development, social competences, integration through sport.
- Target groups: Children 3 – 6 years, families with low snow sports affinity, children with migrational background, socially weak children and families
- Cooperation between ski club, kindergarten, ski association, local authority



Pia-Maria Wippert
<http://www.spgm.tum.de/static/cms/images/stories/psychologie/wippert.jpg>

“Bewegte Stadt, bewegtes Land”

➤ Realization in 6 unit

- Moving playfully in the snow
- Snow sport devices in action
- My ski an me
- I climb a hill with ski (alpin) / I experience the terrain (nordic)
- My ski do what I want
- I'm a skier / a cross country skier

Evaluation

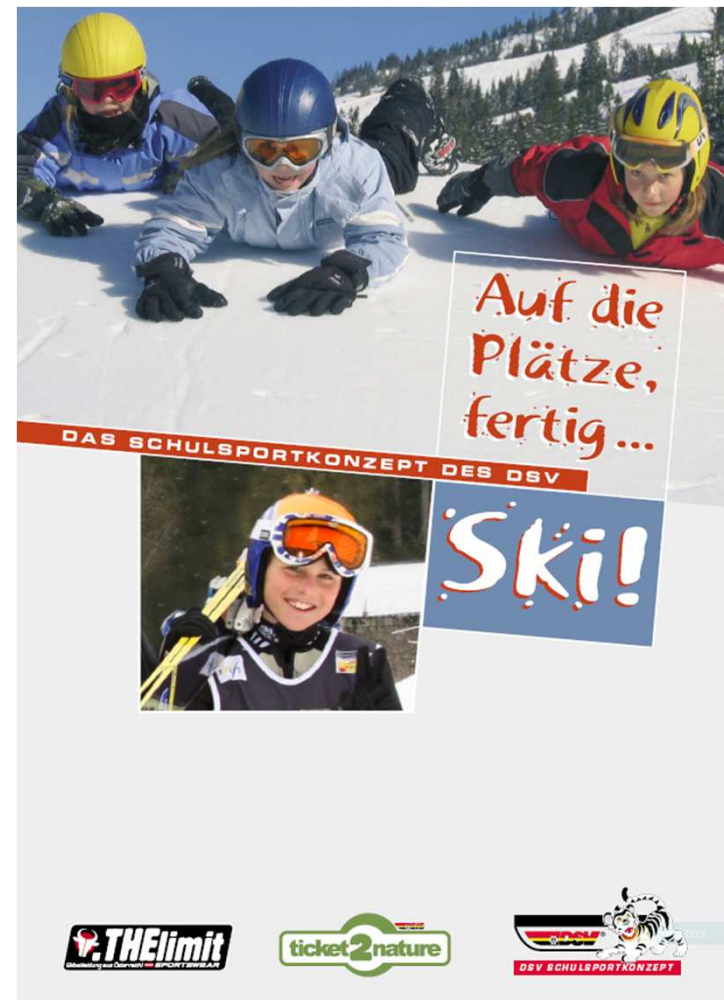
	2008 (N=38)	2009 (N=47)
emotional conditioning	+ qualitatively	+ qualitatively
self-esteem	+ qualitatively	+ qualitatively, quantitatively
well being	no effects	+ qualitatively, quantitatively
integrative processes	+ qualitatively	+ qualitatively, quantitatively
sport commitment	+ quantitatively	+ quantitatively

Wippert u.a. 2009, S. 26

On your marks, set ... ski!

- Module A (Wolf, Wippert, & Molt)
 - Concepts for primary schools
 - focus on recreational sport
 - focus on competitive sport

- Module B (Roth & Lienemann)
 - ticket2nature



DSV school sport concept

- Responsibility for the motor development of children
- Motivate children to lifetime sport
- Support children in competitive snow sports
- Cooperation of schools and snow sports clubs



Jürgen Wolf
http://www.ski-online.de/1900-viewbig_4939.htm

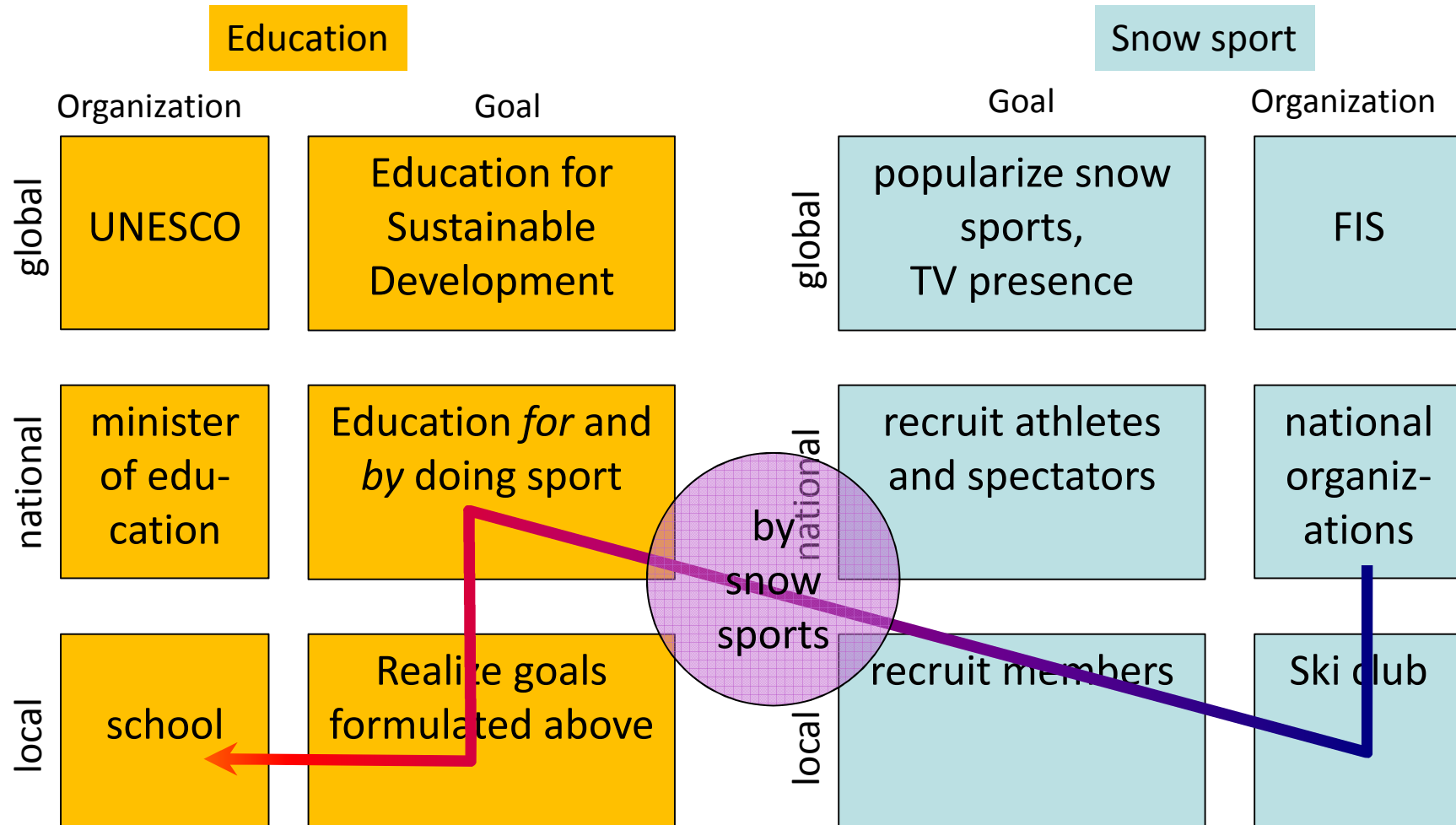
Focus on recreational sports

- Monetary support of the club-school-cooperation by the state
- Personal support by institutionalized voluntary services (voluntary social year)
- Planning support
- Evaluation support

Focus on competitive sport

- Monetary support of the club-school-cooperation by the DSV
- Personal support by the DSV
- Certification on the basis of well defined criteria
- Not for „snow-far“ regions

Different goals – same ways?

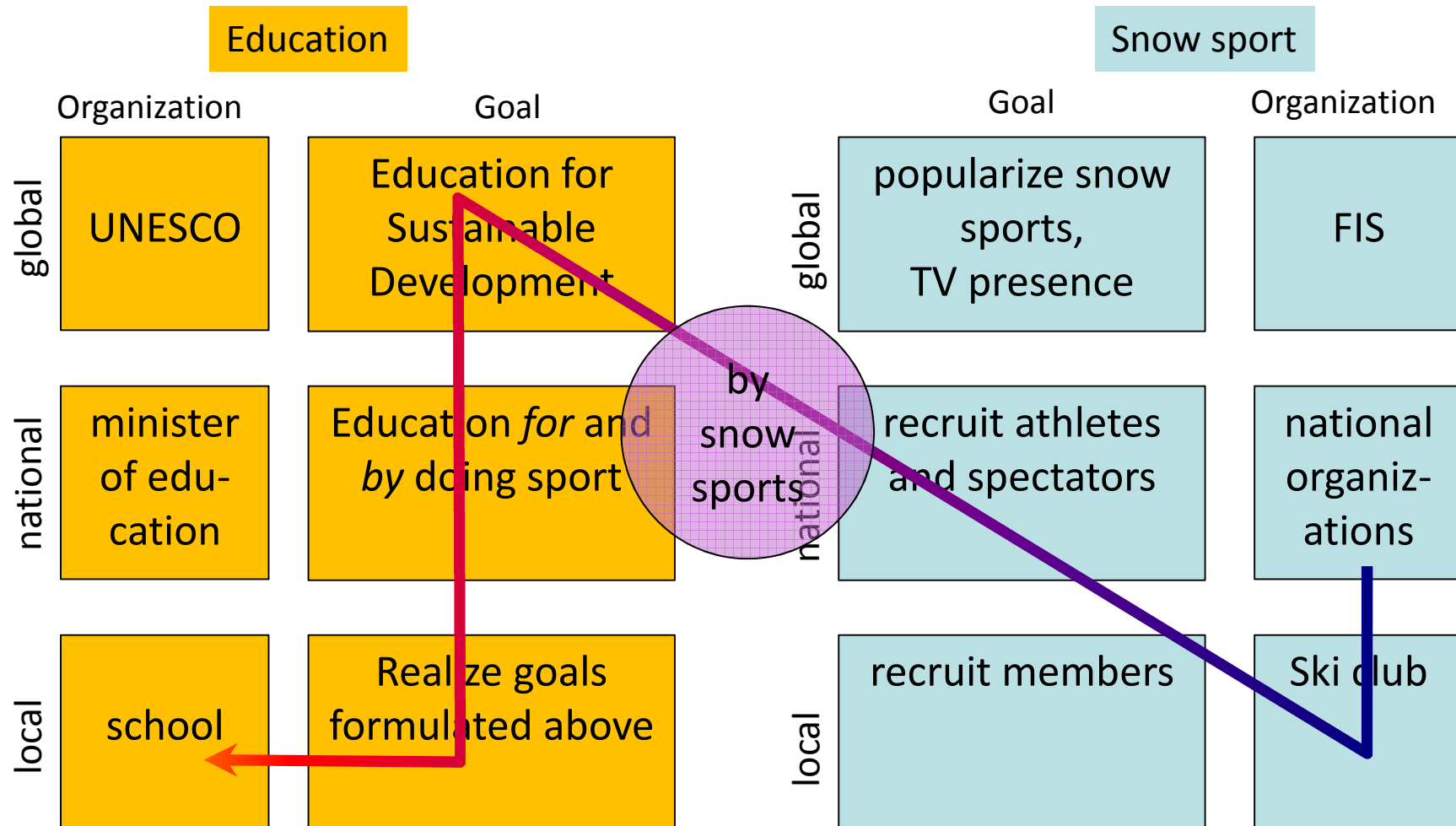


- Realization in snow camps: Backcountry ski, alpine ski, cross-country ski, snow shoes
- Overall goal: Impart fun and joy being outdoorsy in a sustainable way
 - Education for sustainable development
 - Develop competences for a sustainable life style
- Nature based experience correlates with ecological behavior



Ralf Roth
<http://www.dshs-koeln.de/natursport/institut/team2.html>

Different goals – same ways?



Conclusions

- Snow sports should be taught in schools! It enriches life significantly
- Snow sports are good for the pupil's health
- Snow sports are presumably a way to spark interest in sustainable development
- Teaching snow sports is presumably a favorite way to achieve educational goals that are strived for in physical education

To do

- Analyze the educational goals on a global, national and local level
- Show that teaching snow sports is an excellent way to achieve these goals
- Try to give (scientific) proof of that statement
- Expand cooperation between schools and snow sports clubs, ministry of education and snow sports associations

THANK YOU FOR YOUR ATTENTION



stefan.kuenzell@sport.uni-augsburg.de

<http://www.gss-bensheim.de/08-09/Sport/DSC06786.JPG>

DEVELOPMENT OF INTEGRATION OF SKI SPORT IN SCHOOLS IN ARMENIA

Gagik Sargsyan
Secretary General of
Armenian Ski Federation

ZURICH 2010

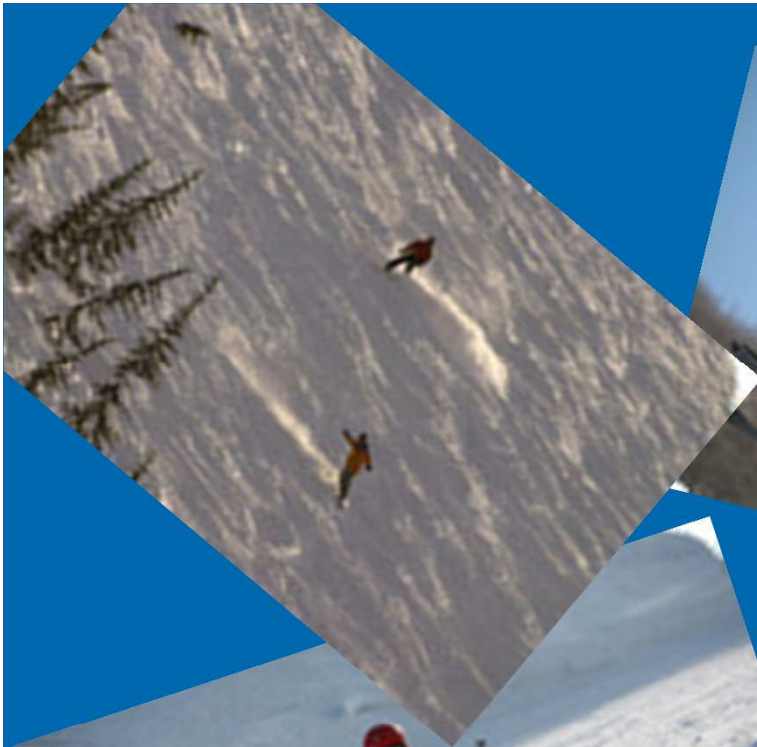


ARMENIA

The Republic of Armenia is situated at the south-eastern border of Georgia in the southern part of Caucasus. It is a small north-eastern part of an extensive high-mountainous area of the Armenian Upland. The capital of Armenia is Yerevan. The duration of winter in snowy areas is 5-6 months. The thickness of snow layer is 30-80sm and reaches 1m. and more in some areas . One of the largest and developed ski resorts in Armenia is Tsakhkadzor



TSAKHKADZOR



WHAT WE HAD

1. The most common sports during the Soviet Union were ski sports
2. During the winter ski sports were included in the physical education program in schools
3. Ski education was an obligatory program for the 2 -10th grade schoolchildren
4. Various events and tournaments were held for schoolchildren
5. The equipment was provided by government
6. Qualified personnel



WHAT WE HAVE NOW

The activities are divided into two directions:

- The work undertaken with the schools of Yerevan (the capital of Armenia);
- The work undertaken with the schools of snowy areas.

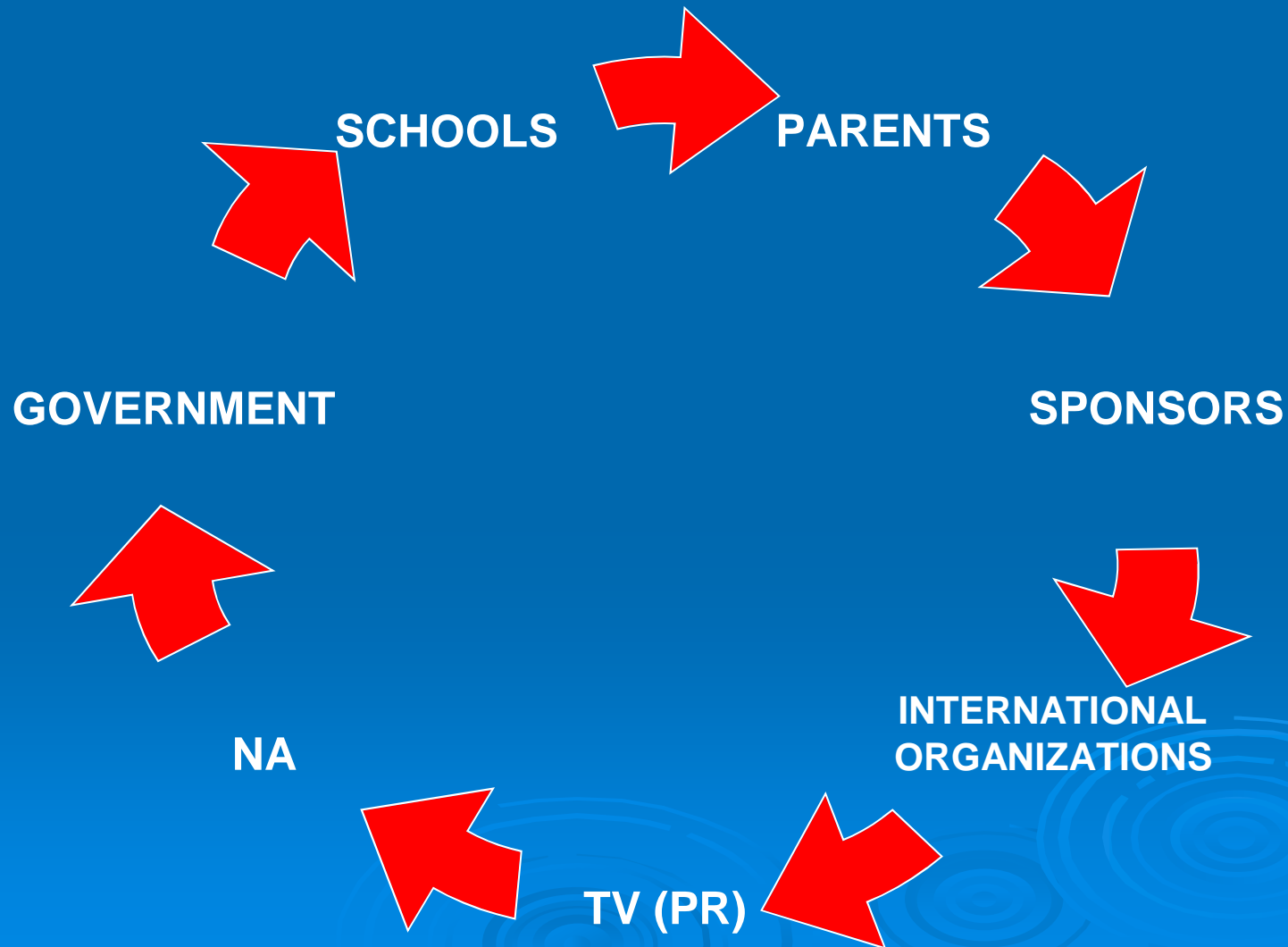


FIRST

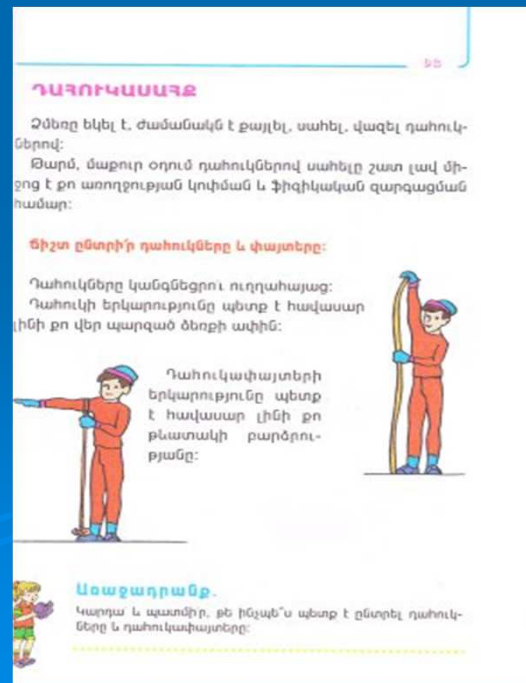
The work undertaken with the schools of Yerevan

1. The relief of Yerevan is rather diverse;
2. The population of Yerevan is 1,103.000people;
3. 45.000 of them are 6-8 age-old children.
4. Duration of the winter is 3-4 months;
5. The thickness of snow layer is 20-40sm.

THE PROGRAM MODEL



1. Theoretical and practical seminars were held for the teachers of physical education in January and February in 2009;
2. Launch of the program in the schools of Yerevan;
3. Cognitive lessons for about 300 pupils of 3-4th grades in ten schools;
4. Schoolbooks for the 2- 3th grades, with relevant electronic version;



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Դահուկները հարմար է տեղափոխել ուսին դրած:




Չերթականությանը բարձրացրու և իջեցրու դահուկների առաջնամասերը այնպես, որ հետնամասերը ձյունից չկտրվեն:




Չերթականությանը բարձրացրու և իջեցրու դահուկների հետնամասերը այնպես, որ առաջնամասերը չկտրվեն ձյունից:

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Չերթականությանը բարձրացրու և իջեցրու ոտքերը դահուկներով այնպես, որ դահուկն ամբողջովին կտրվի ձյունից:




Առաջադրանք.

- Փորձիր կատարել վարժությունները և պատմիր ընկերոջը:
- Տես ինչպե՞ս է նրա մոտ տեսվում:
- Իսկ հիմա քո՞ւ նա ապի, քե՞նք ըն՞դ մո՞տ ինչպե՞ս է տեսվում:

Չիմա կատարիր կրողադիր բայը աջ, ձախ կողմերի վրա:


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Դու, իհարկե, կարող ես դառնում ես սահնակաբեկից իջնել, իսկ հիմա փորձիր դահուկներով:

Դահուկները տեղադիր իրար կողքի, ձեռքերը ու ծնկները մի փոքր ծալիր, մարմինը քեցիր և առաջ և սահիր բլրանկից:

Իսկ հիմա փորձիր բլրանկ բարձրանալ «եղևնամե»։ Դահուկների ծայրամասերը տեղադիր միմյանցից բացված, իսկ հետնամասերը՝ մոտ, ծնկները ծալիր, դահուկափայտերը փոփոխական դիր կրունկներից մի փոքր ետ և տեղաշարժվելու ժամանակ ակտիվ հրվիր նրանցով:



Առաջադրանք.

- Դասու՞մի ինչպե՞ս պետք է սահել դահուկներով:
- Դասու՞մի ինչպե՞ս պետք է դահուկներով բլրանկից իջնել, բարձրանալ:

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Չիմա դահուկների առաջնամասը հերթափոխությանը վեր բարձրացրու և առաջ տար: Փորձիր: Ստացվե՞ց:

Դե, չարժվիր առաջ դրվող քայլերով, սկզբում առանց դահուկափայտերի, հետո դահուկափայտերով: Արդեն ժամանակն է տեղաշարժվելու սահող քայլերով:



Կանգնիր դահուկների վրա, հրվիր ձախ ոտքով առաջ, իսկ աջ ոտքը ծալած ծնկափողով ակտիվ տեղափոխիր առաջ և սահիր աջ ոտքի վրա, ձախ ձեռքի առաջադրումը օգնում է երկար սահիլին: Երբ սահե՞ն սկսում է դանդաղել, հրի՛ր աջ ոտքով:

Ս. ՕՍՏՐՈՎՅԱՆ, Վ. ԱՆՆԱՅԻՆՅԱՆ, Յ. ԴԱՆԻՍՅԱՆ, ՅԻՄ. ՏԵՐԻՊՈՂՅԱՆ, Ա. ԿԱՐՈՒՅՈՒՆՅԱՆ

3 ՏԻԶԻԿԱԿԱՆ ԿՈՒՆՏՈՒՐԱ

-ԴՂ ԴԱՍԱՐԱՆ




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ԴԱԳՈՒԿԱՍԱԶ



Իմացիր, որ առաջին դահուկները տեղեկվել են Չայաստանում: Լրանք իրենց տեսքով նման չեն եղել այսօրվա նեղ դահուկներին, եղել են ավելի լայն և կարծ:

Չայաստան անշխարհ հարուստ է լեռներով, ձորերով: Չձմանը այդ լեռները, ձորերը ծանկուն են սպիտակ ձյունով և դառնում ավելի գեղեցիկ: Չձմանը ըուրը երկիսմանը շատ են սիրում լինել դրսում, տեսնել քրմաքան գեղեցկությունը և խաղալ: Կարծում ենք, դու նույնպես շատ ես սիրում ձմեռը ընկերների հետ սահնակով, դահուկներով, լճուշկներով սահել, խաղալ և զվարճանալ: Լինելով մարտի օրում՝ անմիջապես զգում ես, քե՛ն ինչպե՛ս է բարձրանում տրամադրությունը, լավանում ինքնազգացողությունը, քեզ զգում ես կայստա և առույգ: Դահուկներով և սահնակներով սահիլի վերնքների, վայրէջքների, արգելակումների ժամանակ աշխատում են մարմնի բոլոր մկանները, արասանում է շնչառությունը և սրտի արշափանքը, ինչը կազդուրիչ է և

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առողջարար: Լրանք, ուժեղ սահում են դահուկներով դառնում են առույգ, արի, համարձակ և ընկերասեր:


Իմացիր՝ այն զգալի ակտիվացնում է քո մտածողությունը: Եղանակում է տեսնել առաջադրանքները արագ կկատարես: Չձմեռային մարզամեն են դահուկային սպորտը, զեղասահը, բիսպրոնը, լճիկազգը, տափօղակով հոկեյը և այլն: Եթե ցանկանում ես, կարող ես զբաղվել: Այդ մարզամենից մրցումներ և օլիմպիական խաղեր են անցկացնում:

Դու հավանաբար լսել ես, որ ձմեռանը շատ շատերը գնում են Օտարկանո, որտեղ լավ պայմաններ կան հանգստի և մարզվելու համար: Իսկ դու եղե՞նք ես Օտարկանոյում:

Չիչիր, որ երկրորդ դասարանում սովորել ես, քե՛ն ինչպե՛ս ընտրել դահուկները, դահուկափայտը, հագնել դահուկները, կատարել տեղում դարձումներ, չարժվել սահող քայլերով, եղևնամե և կիսաեղևնամե բարձրանալ բլրանկ:

Եթե այս բոլոր վարժություններն արդեն կարողանում ես կատարել, կեցցես: Եթե նույնիսկ մի բանից չես հասցրել տիրապետել, մի վիստալիր, քանի որ հիմա դու պետք է անողջությանը կրկնես երկրորդ դասարանի մուտք: Որից հետո կարդա և սովորիր նոր վարժությունները, որոնք ավելի քարդ են: Խնդիր ո՞նենք: Լրանք կօգնենք քեզ սովորելու փոփոխական երկնայն բնագոյք, սաստիճանամե, բարձրանալ բլրանկ և արգելակել վայրէջքներին:

Սկզբում սովորիր դահուկները մարզակշիկներին միտա ամրացնել և րանել դահուկափայտերը: Դու հիմա պետք է սովորես փոփոխական երկնայն ընթացքը: Ուշադիր



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Ճաշի ճկարկն և փորձի ճույն ձևով կատարել վարժությունը: Աճրաձեշտ է ձախ ոտքի հետ առաջ տանել աջ ձեռքը, միաժամանակ հրում կատարել աջ



ուղղով և ձախ ձեռքով: Այսպես սափի ձախ ոտքի վրա: Սահելու հետ միաժամանակ հրվիր աջ ձեռքի դառուկափայտով, աստիճանաբար ձախ ձեռքը և աջ ոտքը տար առաջ, այն պահին, երբ դառուկները հավասարվում են, ձախ ոտքով կատարիր ուժեղ հրում: Փորձիր և փորձիր, անպայման կատարվի:

Վիշի փոփոխական երկբայ ընթացքի ժամանակ մարմինը թեթևի առաջ շարժման ուղղությամբ: Չի կարելի ասել ուղիղ ոտքերով: Սկզբում դժվար են ստացվում ձեռքերի և ոտքերի համաձայնեցված շարժումները: Ուստի սկզբում պետք է կատարել փոփոխական երկբայ ընթացքը առանց դառուկափայտերի:



Ստանդ դառուկափայտերի սահապայքին տիրապետելուց հետո կարելի է անցնել դառուկափայտերով փոփոխական երկբայ ընթացքին:

Փորձիր փոփոխական երկբայ ընթացքով անցնել 100 մ տարածություն:

Պու արդեն գիտես բոլորակ բարձրանալու եղանակն և կհասնել ինձնակները: Այժմ կարող և սովորի սանդղառն վերջը: Պրան տիրապետելու համար սկզբում կատարիր կողադիր քայլեր՝ աջ կամ ձախ:

Այնուհետև կանգնիր կողքով վերջին ուղղությամբ և շարժվիր վեր կողային քայլերով: Սկզբում հեճկիր ճակի դառուկին և վերի դառուկը փոխադիր առաջ վեր և հենվիր վերի դառուկին:

Իմացիր վարժությունը (վերջը) պետք է կրկնել մի քանի անգամ:

Ուշադիր ճաշի ճկարկն և պատկերացրու, որ այդ նույն վարժությունը՝ գուրաման արգելակուճը, հերթ են կատարելու: Գուրաման արգելակում կատարելու համար կանգնիր հարթ ձախ վրա և աջ դիրքից մարմինը թեթևի առաջ, ձեռքերը մոտեցրու իրար, դառուկների հեռանաձեռքը ստեղծու (զատի) դեպի կողք:

Գուրամի դիրքը ընդունելուց հետո նույն ժամապարհով պետք է վերադառնալ նշան դրույթում: Կրկին վարժությունը մի քանի անգամ: Ստացվե՞ց, արքե: Այժմ կատարիր բոլորակ վայրէջք:



Բյուրակ լանջի որդաչի հաստվածն անցնելուց հետո կատարիր գուրաման, արգելակում: Այս վարժությամբ պետք է լավ տիրապետես: Վայրէջքների ժամանակ անպայման պետք է արգելակես, որպեսզի չքայտվես ժառին, քարին, ընկերորդ, վնասվածք չստանաս:

Ուշադիր ելիր, այժմ կարող և սովորի լանջից, բյուրակից վայրէջք կատարել՝ իմնական կանգով: Սկզբում կանգնիր հարթ ձախ վրա, դառուկները տեղադիր ի իրար կողքի, ձեռքերը և ձեռքերը մի փոքր ծալիր, մարմինը թեթևի առաջ: Ստացվե՞ց: Իսկ հիմա իմնական կանգով վայրէջք կատարիր և առանց դառուկափայտերի, այնուհետև՝ դառուկափայտերով:

Այժմ ուշադիր ճաշի ճկարկն, պետք է ցածր կեցվածքով վայրէջք կատարել սովորես: Սկզբում հետևյալ վարժությունը կատար



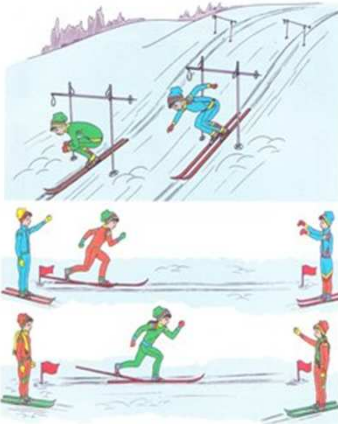
րի կանգնած դիրքից՝ ձեռքերը գրկած, կրճատա՛ս: Սույն կատարի դառուկափայտի ժամանակ: Այժմ կատարիր վայրէջք բոլորակ ցածր կեցվածքով:

Շատ հետաքրքիր է ընկերների հետ շարժախաղեր խաղալ: Սահուղիների աջ և ձախ կողմերի վրա դրոշակներ կամ առաջաճան են դրվում: Անդրաձեշտ է վայրէջք կատարելու վերջին դրոշակները: Չարքում է այն դառուկորդը, որն ախի շատ դրձակներ է հավաքում:



Լանջի սահուղիները վրա դառուկափայտերով դարպասներ են պատրաստում: Անդրաձեշտ է վայրէջքի ժամանակ անցնել դարպասների միջով՝ դարպասին չդիպելով: Չարքում է այն դառուկորդը, ով առաջ է անցնում դարպասներով:

Ընկերներով բաժանվեք երկու հավասար թիմի: 30 մ հեռավորության վրա կանգնած է ջր թիմակից: Արագ անցիր տեսանությունը և փոխանցվաճը հանձնիր ընկերորդ:



Ընկերներով բաժանվեք երկու հավասար թիմի: Սեկնարկից 20 մ հեռավորության վրա գտնվում է «կայարանը»: Առաջադրանքն է՝ ուղևորներին սահնակով արագ տեղափոխել «կայարան»: Չարքում է այն թիմը, որն ախի արագ է տեղափոխում ուղևորներին:

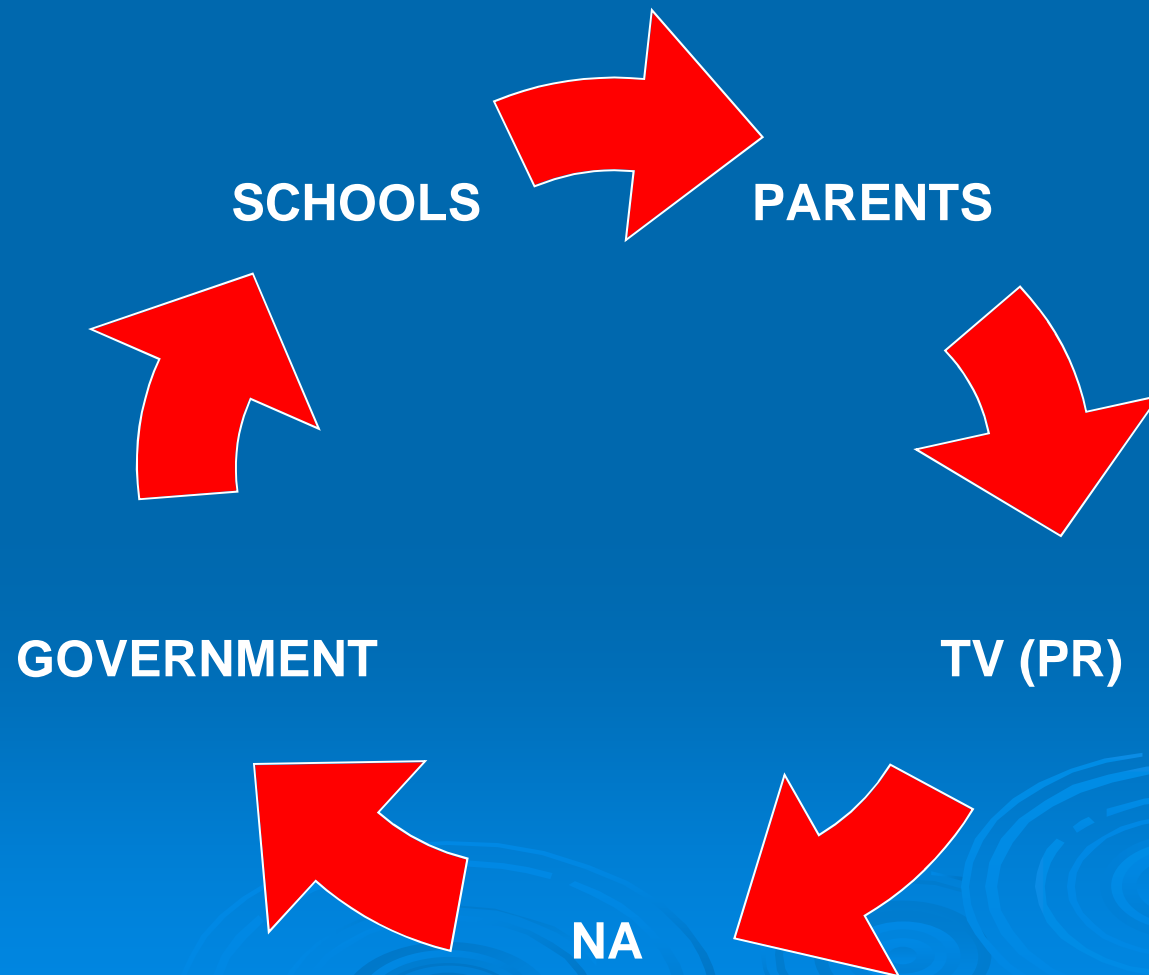


1. The trainings were conducted from December 5 to February 22;
2. The schedule of trainings:
 - every weekend,
 - starting from January 4 to February 1 every Tuesday and Thursday except Weekends;
3. The trainings were free for everyone;
4. February 22 end of the season in Tsakhkadzor



SECOND

INTEGRATION OF SKI SPORTS IN THE SCHOOLS OF SNOWY AREAS



THE SCHOOLS WERE CHOSEN BASED ON THE FOLLOWING PRINCIPLES

1. The quantity of schoolchildren
2. Availability of equipment
3. Availability of appropriate conditions for trainings
4. Availability of specialists



A SOCIOLOGICAL STUDY

1. Pupils
2. Teachers
3. Community administration
4. Parents,



This child gives us a very simple question

*Hey you, up there, what else
are you going to do for us?*



FURTHER ACTIONS

- Obligatory ski education in the schools of snowy areas
- Conduction of permanent seminars, trainings for the teachers and specialists
- Conduction of ski competitions for schoolchildren
- Propagation of ski sports, especially in young families
- Preparing and shooting of films, show programs and other programs about ski sports.
- And the most important part: active support of relevant state representatives in solving the above mentioned problems

NO COMMENT



NO COMMENT



QUESTIONS



THANK YOU FOR YOUR ATTENTION

QUESTIONS

???





Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Federal Office of Sport
Sport Policy

Switzerland: Support of the Public Sector for Youth and Children's Skiing

Lorenz Ursprung, Federal Office of Sport
(lorenz.ursprung@baspo.admin.ch)

Zurich, September 29, 2010

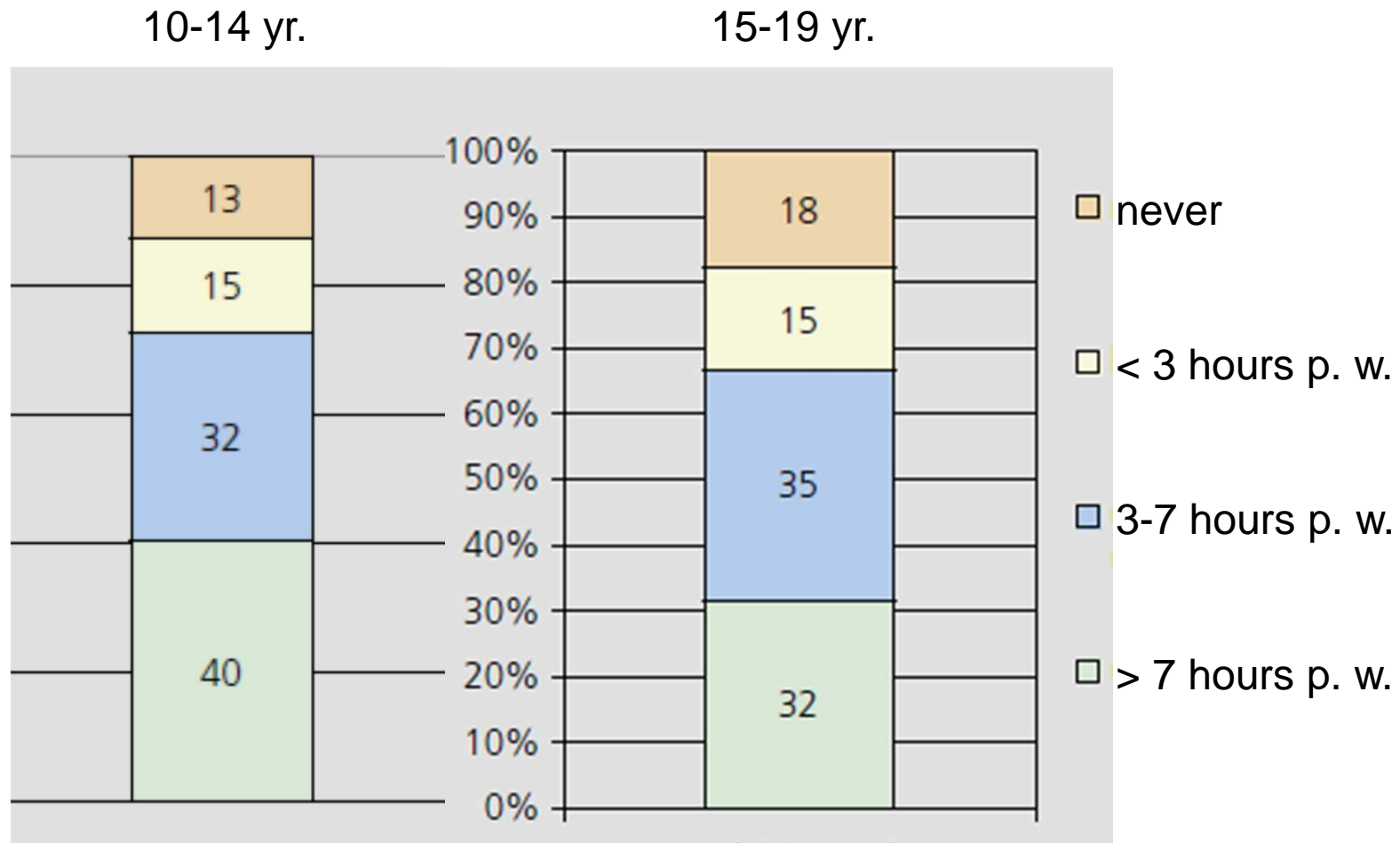


Overview

- Sports Activities in Switzerland
- The Swiss Education System
- Youth + Sports and the support of snow sports



Sports Activities in General



(Sport Switzerland 2008 – Child and Youth Report)



Most Popular Sports Among Children and Youth in Switzerland

	10-14yr.	15-19 yr.
Cycling, mountain biking	58 %	30 % (1)
Swimming	53 %	25 % (3)
Football	52 %	28 % (2)
Downhill skiing	38 %	18 % (6)
Walking, hiking	18 %	8 % (13)
Gymnastics	17 %	9 % (10)
Running, jogging	13 %	19 % (5)
Floor Hockey	12 %	10 % (9)
Snowboard	11 %	22 % (4)

(Sport Switzerland 2008 – Child and Youth Report)

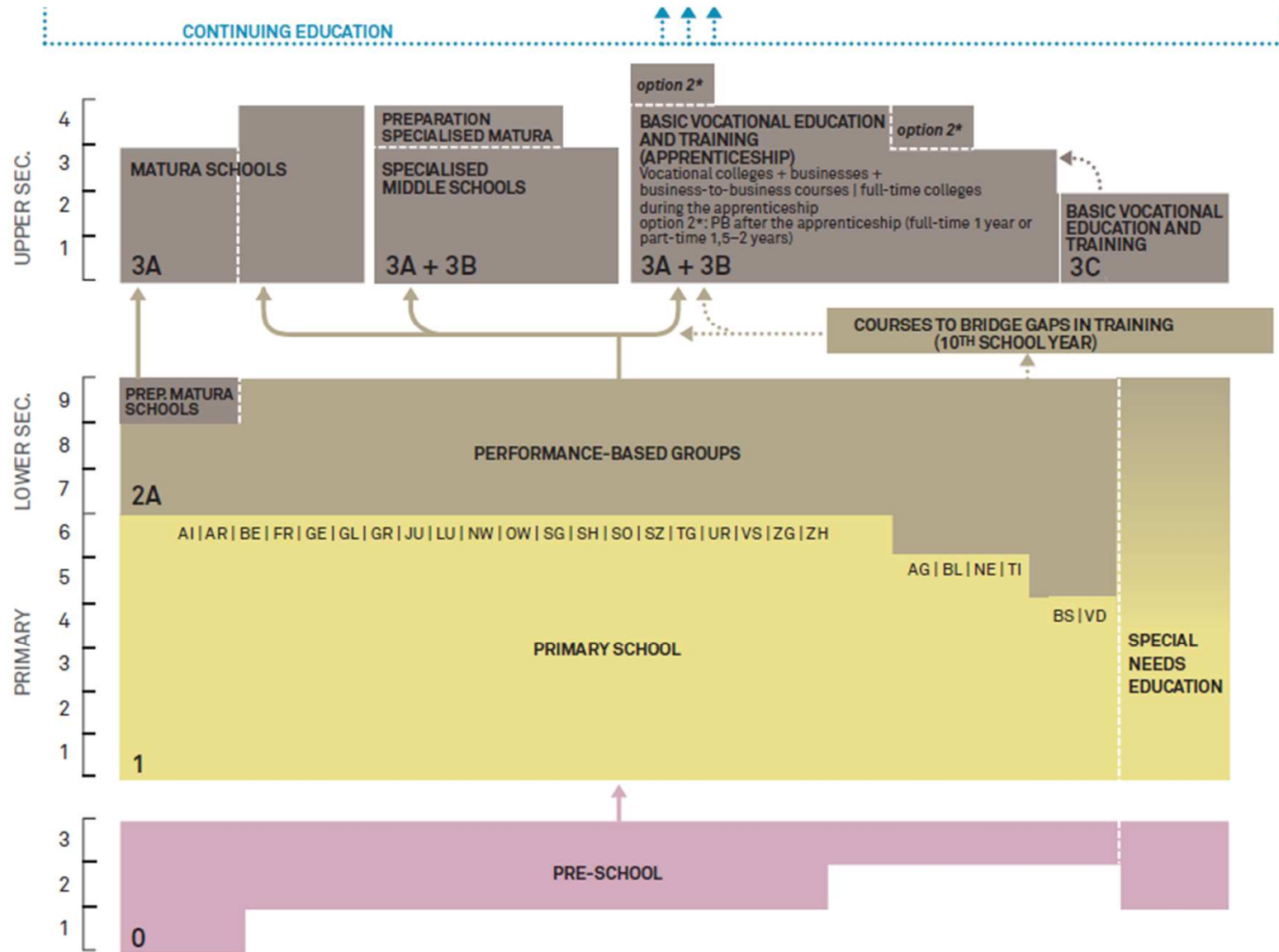


Sports in School

- Physical Education: 3 lessons per week (mandatory)
- Optional school sports
- Daily physical activity programs
- Sports camps (summer and winter)

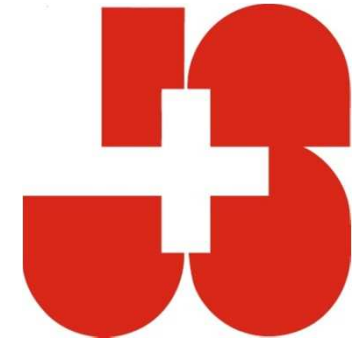


The Swiss Education System





Youth+Sports

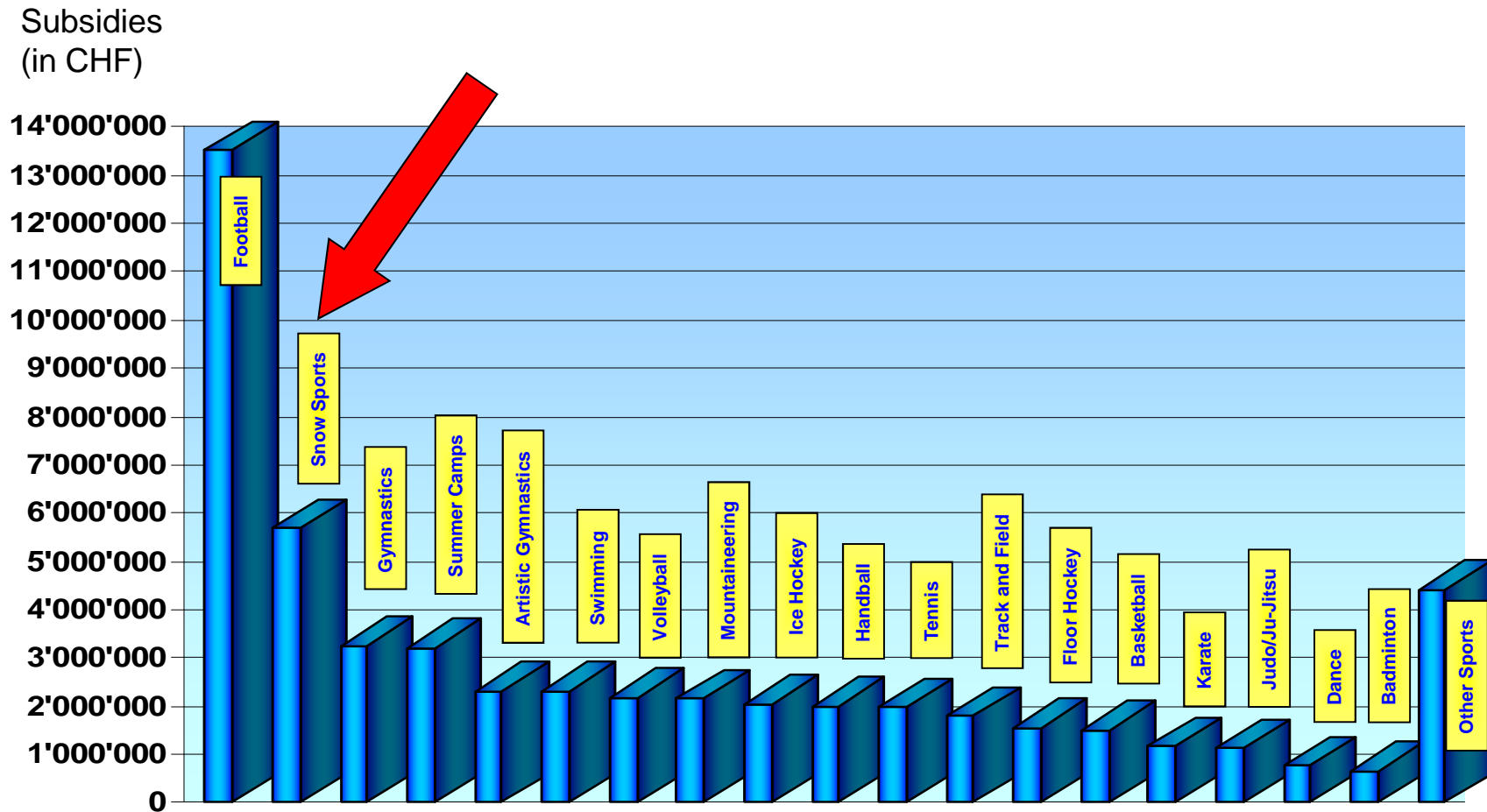


- Largest national sport promotional program
- Established 1972
- Education of experts and instructors in 75 disciplines
- Courses for children and youth, aged 10-20, subsidized by the Confederation
- 55'000 active instructors (>100'000 total)
- 550'000 youth per year (90% of 12-year-olds)
- NEW: Youth+Sports Kids age group 5-10 (offer of 3 disciplines and more in the same course)



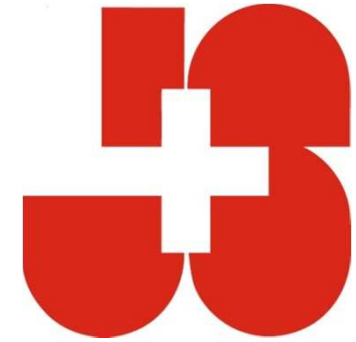


Sports Disciplines in Youth+Sports





Youth+Sports



Why promote snow sports?

- Y+S: Promotion of all sports offers, no particular focus

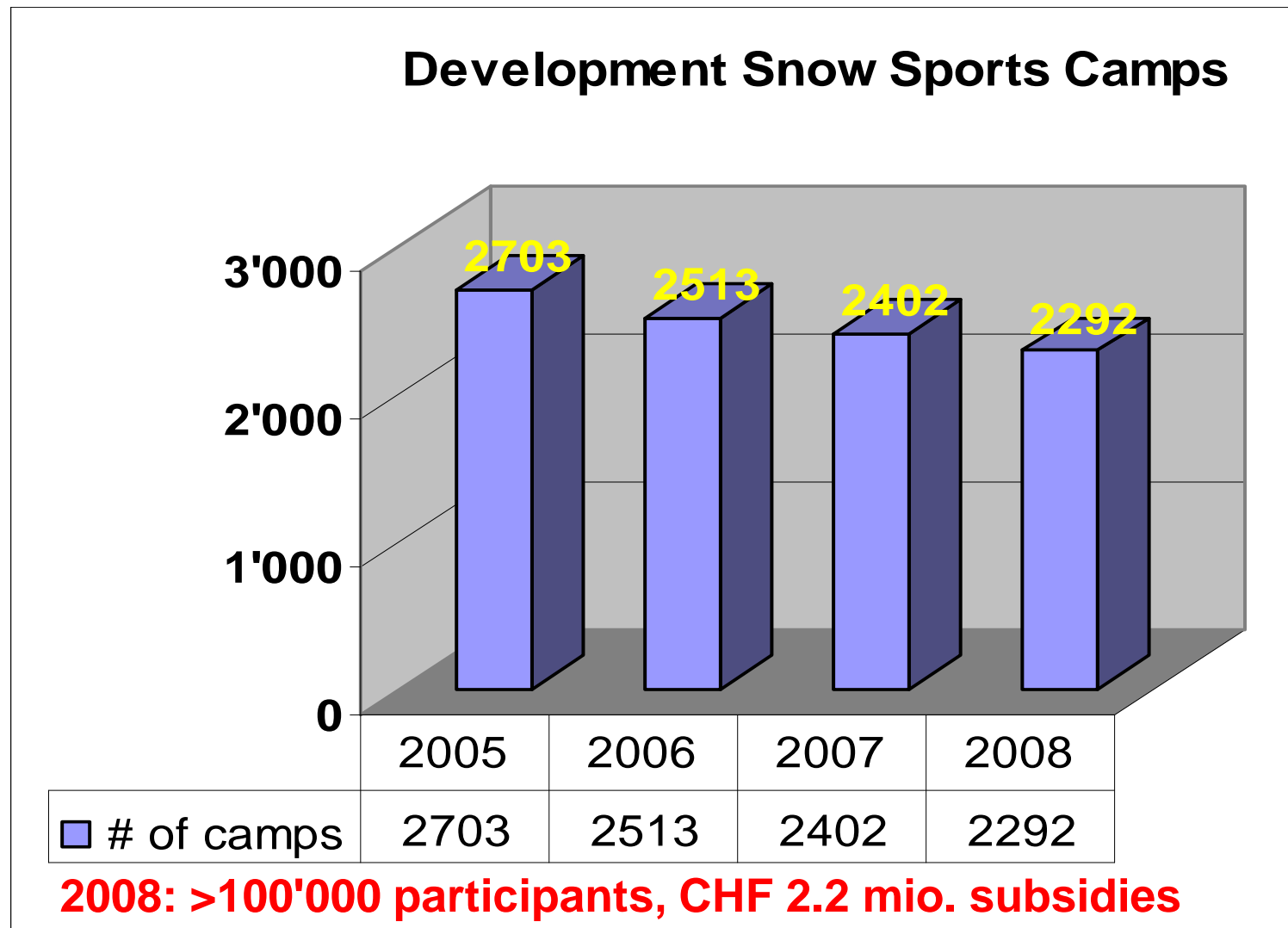
Importance of snow sports

- Pedagogical
- Historical
- National
- Touristic



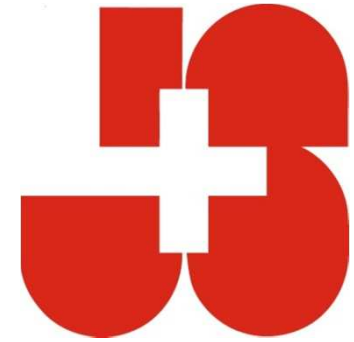


Youth+Sports + Snow Sports





Youth+Sports



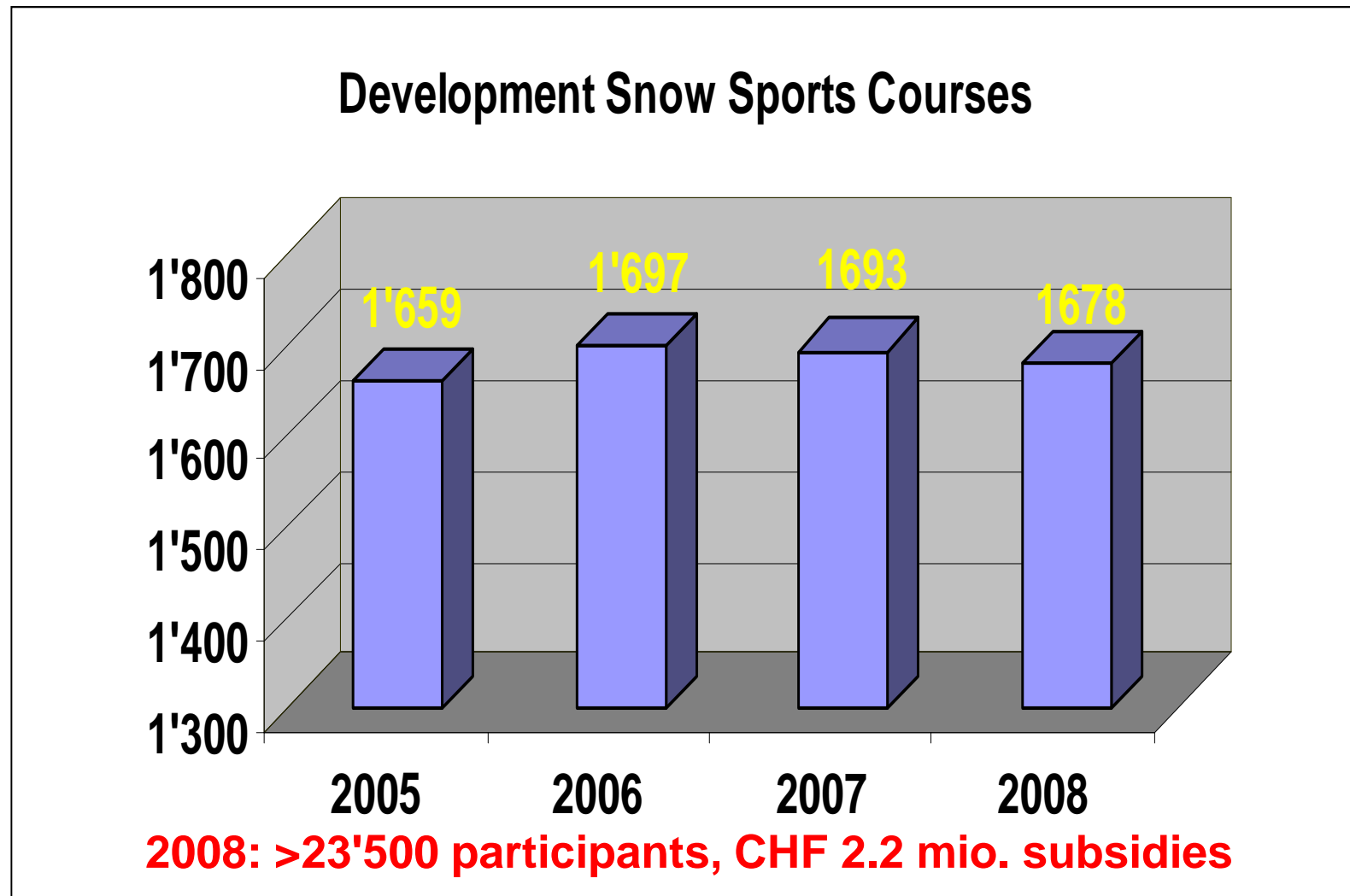
Reasons for Decline of Ski Camps

- Demographical
- Variety of offers
- Security concerns
- Volunteerism
- Costs



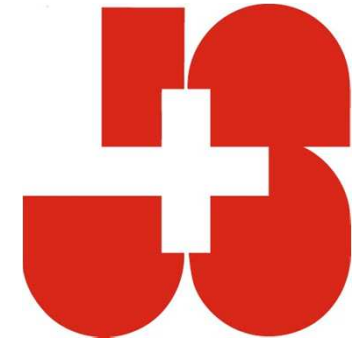


Youth+Sports + Snow Sports





Youth + Sports + Skiing



Education of experts and instructors

- Collaboration with private sector (Swiss Snowsports, Swiss Ski) for manuals
- Active instructors (2009)

Ski	17'600
Snowboard	10'700
Cross country	1'300

- **Most of the instructors in school snow camps have followed a Y+S education**



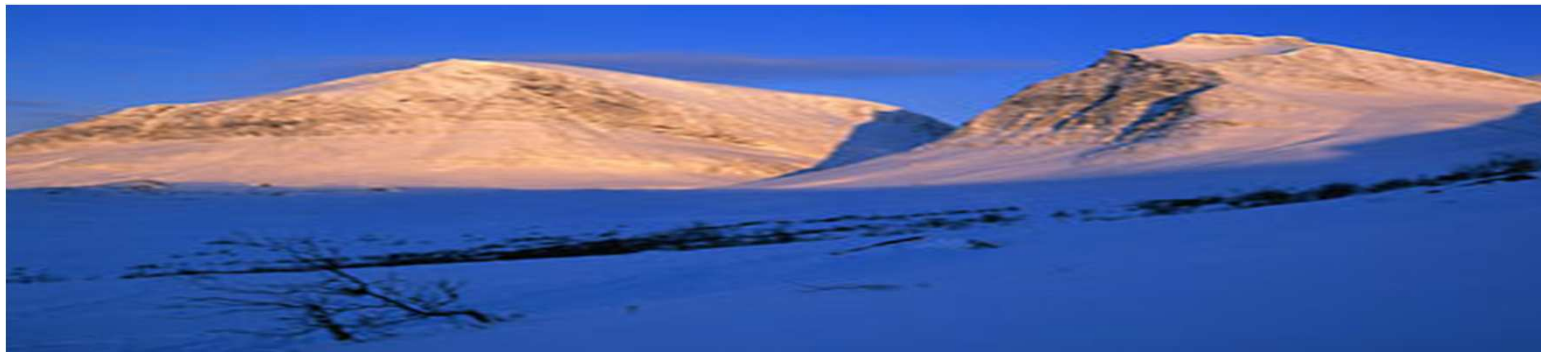


Thank you for your attention!





The best day of my life on skis



Charlotta Bürger Bäckström

Lecturer in outdoor education at The Swedish School of Sport and Health Sciences

President IVSS Sweden

SKISU - Skiing in School and University

Svenska Skifrådet
Charlotta Bürger Bäckström
Charlotta.burger@gih.se





Everyone has the right to succeed

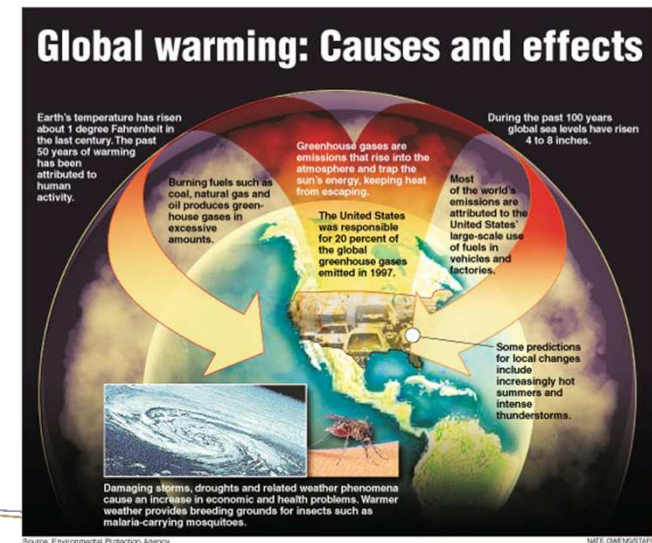
Key elements in the project "All young people on snow", where over 1,200 fourth graders in the larger area of Norrköping had the opportunity to "glide on snow".

Background – All Young People on Snow



Some starting points:

- Climate changes, global warming
- School culture and focus on winter games
- Migration and experiences of snow sports
- Snowsport – only for the most situated?



Why Norrköping?



- The size of the city
- Working cooperation between the organizations with interests in the ski area, The ski slope of Pernilla Wibergs childhood
- Interest from the local business companies and the local government
- The challenge – Will there be snow, or not?



Goal of the project



- To give every young girl and boy in the 4- grades (10 years old) in the city of Norrköping the opportunity to ski during the winter season of 2009 and 2010
- To educate the teachers of the included children in winter sport pedagogy
- To give the teachers tools and knowledge how to work with snow sports in the future



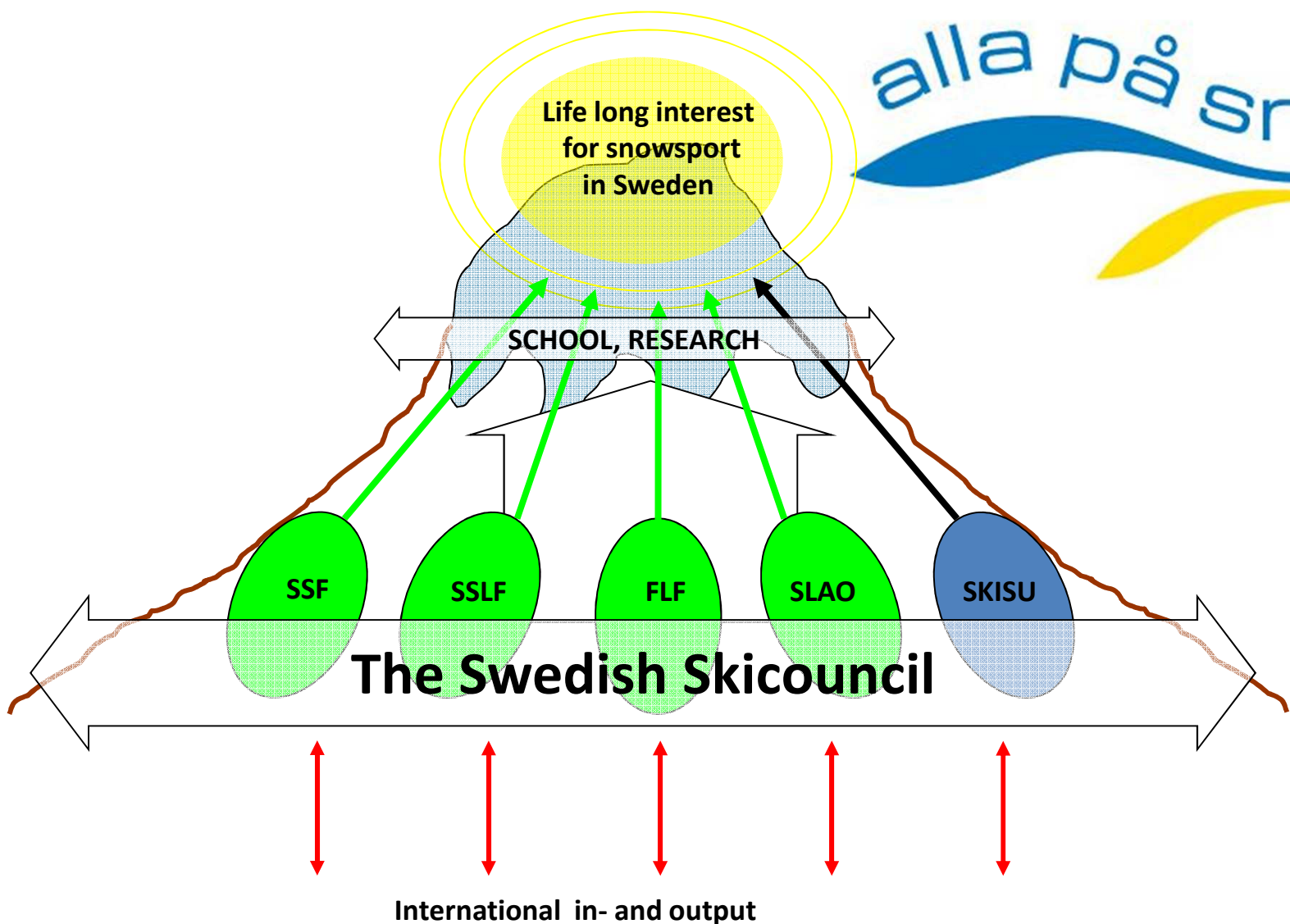
Study's first objective is:

- To describe and analyze a didactic interaction process between five different organizations and local representatives in Norrköping with a common goal to offer all students in years 4, snow sports activities.

The Swedish Ski Council



- The Swedish Ski Association
 - Friluftsförbundet (an Outdoor Life organization in Sweden),
 - SLAO (Swedish Ski lift organization),
 - SKISU (Skiing in schools and universities)
 - Swedish Ski Instructors Association in the Swedish Ski Council
- "All young people on snow" was based on these organizations' participation, but also on local cross country and alpine skiing sports clubs in the larger area of Norrköping.



All co-organizers felt like winners



- The Swedish Ski Council took the initiative to "All young people on snow", which was a major collaborative project with many co-organizers.
 - The project had never been possible with only one organization.

Quantatative results



Beginners	Swedes	534
Beginners	Foreigners	373
Intermediate	Swedes	200
Intermediate	Foreigners	45
Advanced	Swedes	53
Advanced	Foreigners	20
Total		1225

The spread between beginners, intermediate and advanced skiers, distributed by nationality.



Study's second objective is:

- From the basis of the winter exercise children's experiences and documents exploring the relationship between theory and practice from a didactic model for "snow event's good mirror".

"The good mirror of snow sports"



- Encourage the feeling of success to the participating children, before, during and after the project, to strengthen the feeling of great learning, wanting to ski again creating a life long interest in snow sport.

Overall Goal: A Life Long Interest in Snow Sports

Project Goal: All Young People on Snow



Metod: "The good mirror of snow sports"

Several senses
are activated

To succeed in the activity

Good body
control

Positive reactions from
adults and other
children

Many impressions
and new
experiences

Positive self-image,
security, increased
social skills



Are you having fun?

alla på snö 

- **Beginners:**

- *Yes! Great fun! This is the best day of my life (shouting whilst in the ski lift)*
- *Yes!*
- *I've found my own slope!*

- **Intermediate:**

- *Yes!*
- *Yes!*
- *Yes, it's snowing!*

- **Advanced:**

- *Yes!*
- *Yes!*

What is fun?



- **Beginners:**
 - *To twist and break, to break hard!*
 - *To ski, to glide, go sledding.*
- **Intermediates:**
 - *To ski and turn. It's so beautiful, nature is so beautiful.... ski off the slopes.*
- **Advanced:**
 - I'm feeling free. It's hard to describe, it's just fun you know!
 - To ski straight down hill at the end of the slope!
 - To ski with friends. It's fun to try jumps and rails.

What did you learn?



- **Beginners:**
 - *Take the ski lift on my own and to ski down hill.*
 - *I can “walk” with skies on too.*
- **Intermediates:**
 - *To manage the plow and to bend the knees.*
- **Advanced:**
 - *No, nothing new today.*
 - *No, my friend’s brother has taught me.*
 - *No, not so much today. My Mom and Dad have taught me to ski.*
 - *Yes, to ski jumps and ski moguls. I’m better than I thought.*

Are you happy with your achievement?



- **Beginners:**
 - *Yes, I have never skied before.*
 - *Yes!*
- **Intermediates:**
 - *Yes, I'm feeling good!*
 - *Yes, I only fell once!*
- **Advanced:**
 - *Yes, I feel good. I feel that I' am good at this!*
 - *Yes, it was fun to dare to jump!*

Do you feel secure?



- **Beginners:**

- Yes!
- Yes!

- **Intermediates:**

- Yes why? No one is bad, everyone is here to have fun and to be nice to each other.
- Yes, when it's not too steep.

- **Advanced:**

- Yes, but I can't find my teacher and I don't know when we're going to eat.
- It was easy to get to know the slope.

Do you think your classmates feel secure?



- **Beginners:**
 - *I think most do.*
- **Intermediates:**
 - *Yes, those who cannot get help.*
 - *They have fun and feel good, everyone is so nice here.*
- **Advanced:**
 - *Yes, everything is so good today.*
 - *Yes, everyone wears a helmet and gets help.*
 - *Yes, I think so. Those who need help get help.*



Study's third objective is:

- To discuss the conditions considering “gliding” as a basic motor skill compare to (or not) the basic motor skills which are usually referred to in the school's various policy documents, such as walking, jumping, running, rolling, balancing and climbing.

Conclusion of the Study's third objective is:



- Gliding as a motor skill needs to be taught or practiced hence walking which is a natural part in a child's development.
- The observations from the project show that it takes approx 2 hours to learn to glide. In relations to the short time this takes to learn the natural consequence would be to include gliding in the school's curriculum.

Free skiis for every one



And pools



Free transport from the School to the snow



Leader information about the day



Everyone gets help



All set to hit the slopes to glide on snow

alla på snö 



Gliding on a sledg



Helping each other



We glide, fall and laugh together

alla på snö 



Welcome to lunch!



Lunch delivered by the school Yummy!

alla på snö 



Glide on cross country skis



Medals for all!
We did it!

alla på snö 



Svenska Skidrådet
Charlotta Bürger Bäckström
Charlotta.burger@gih.se

The day is already over Sorting our stuff



Everyone has the right to succeed!



Next steps



- Norrköping project “All young people on snow” is now fully integrated and part of ongoing activity plan
- Next step is to execute on the generation plan to further implement the project cross Sweden
- The generation plan includes at least 5 city project implementations

The Goals and Objectives have been fully met.
The project is a success!



NORGES
SKIFORBUND



FÉDÉRATION INTERNATIONALE DE SKI
INTERNATIONAL SKI FEDERATION
INTERNATIONALER SKIVERBAND



Recruitment – all disciplines

Children activities – Telenor Karusellen, Skiing in Schools



Langrenn

Alpint

Hopp

Kombinert

Telemark

Freestyle



All disciplines Children and Youth



Ski clubs - Schools

MANGE, GODE OG GLADE
SKILØPERE





www.barnas.skiklubb.no

14. januar er det World Cup i skiflyving i Vikersund.
Alle barn kommer gratis inn og det er spesialtilbud til foreldrene deres!
Barnas Skiklubb er tilstede og det blir aktiviteter for alle barn, i tillegg til at dere kan se på hopp over 200 meter!
[Mer info finner dere her!](#) Bil med da vell!

Dato:	Sted, hvem var med, hvordan var været?	Kategori	Distanse
27.03.2005	Tørsetmarka i Rindal	Langrenn	7 Km
13.03.2005	Brennabu	Alpint	17,6 Km
12.03.2005	Brennabu	Alpint	14,4 Km
09.03.2005	skidag på skolen	Langrenn	8 Km
27.02.2005	hemsedal vinterferie	Alpint	16,8 Km
26.02.2005	hemsedal vinterferie	Alpint	12 Km
25.02.2005	hemsedal vinterferie	Alpint	8 Km
24.02.2005	hemsedal vinterferie	Langrenn	7 Km
23.02.2005	hemsedal vinterferie	Alpint	13,8 Km
22.02.2005	hemsedal vinterferie	Alpint	13,5 Km
12.02.2005	Jardarrennet	Langrenn	5 Km
26.01.2005	hopping i Rindal	Hopp	1,9 Km
14.12.2004	skitrening	Langrenn	7 Km
06.12.2004	sarsetra med Theodor mm	Langrenn	17 Km
Legg til/Endre skiturer			Totalt 149 Km

Website

- Children's page
- Online distance registration
- Educational page
- Skiing at school
- Archive of examples of activities
- Ski play fields, local ski fields
- **Online distance registration**
- Children's Ski Badge
- Skiing at school
- The club battle
- Prize ceremonies

HER STARTER DU!

På barnas.skiklubb.no finner du:

- ditt eget distansekort på nett
- barnesider med spill og moro
- gøyalt skistoff
- tips til aktiviteter
- ski i skolen



DITT EGET DISTANSEKORT PÅ NETT

Din egen skiside!

På barnas.skiklubb.no lager du din egen skiside, og skriver inn alle dine skiaktiviteter. Da holder du selv oversikten på en enkel måte, og ser hvor flink du har vært!

Barnas Skimerke

Distansekortet er grunnlaget for om du har greid Barnas Skimerke i bronse, sølv eller gull. Når du har nådd et merkekrav, får du en epost-hilsen fra en landslagsutøver!



Merkene bestiller du på idrettsbutikken.no. Her trenger du hjelp av en voksen!

Alle grener er med

Du kan være med uansett hvilken skigren du driver med - langrenn, kombinert, hopp, alpint, telemark og freestyle.

Flest kilometer

På kilometer-statistikken kan du se hvordan barnehagen, skolen eller klubben din ligger an!





NORGES
SKIFORBUND

Skiing at school – The joy of sport at school

Hello all teachers!

NSEA has developed a number of activities that can be used as part of education programs. You can find them all on barnas.skiklubb.no. There are also tips and ideas to activities that are not relying on snowy conditions.

We hope this can be of help when you are going to create fun and excitement for the children!



Sport fun at school

At skoleaktivitet.no you will find a collection of school activities for skiing, orientering, swimming, and golf.



Online Ski Distance Registration

You can create a personal profile where you register all the ski related activities you are doing.



aktivitetsbanken.no

A site with tips and ideas for various sport activities.

The School on Skis competition

Which school is best at skiing?
On barnas.skiklubb.no can you and your school compete with other schools from all over the country. Bring your teacher and friends along! You just register the distance you are doing, no matter which discipline!

You can keep track of how your school is doing on barnas.skiklubb.no. You can also find out who is the best class or group at your school. Maybe you feel like challenging another school?

Now prizes and diplomas to the best schools!

Children's Ski Pin

By using the distance registration it's easy to see if the children qualify for the Children's Ski Pin.

Use the pins to motivate the children. They can be ordered at barnas.skiklubb.no



Organizer equipment

The equipment is free and can be ordered from skoleaktivitet.no

The Skibrødet

The clubs of NSEA are together responsible for The Skibrødet. 30 are from each bread sold did last year give 266.772 NOK to Barnas Skiklubb and NSEA's Selling at School project. You can find more information about this at skoleaktivitet.no under "brødet".



Cooperating with volley ball, orientering, swimming, athletics and golf

- Common website: skolenettet.no
- www.aktivitetsbanken.no
- Courses for teachers

Actions:

- Campaigns towards schools
- Educational material for teachers
- Diet/Skibrødet
- Library of activities for teachers
- Various event items for schools
- Online distance registration
- Children's ski badge
- Ski at school competition
- Prize ceremonies

Hello all teachers!

NCA has developed a number of activities that can be used as part of education programs. You can find them all on barneaskklubben.no. There are also tips and ideas to activities that are not relying on snowy conditions.

We hope this can be of help when you are going to create fun and excitement for the children!



Sport fun at school

At skoleklubben.no you will find a collection of school activities for skiing, orienteering, alpine, swimming and golf.



aktivitet.sbanken.no

Active with tips and ideas for various sport activities.

Online Ski Distance Registration

You can create a personal profile where you register all the ski related activities you are doing.



Organizer equipment

The equipment is free and can be ordered from skoleklubben.no.

The Skibread

Den Skole og NCA are together responsible for The Skibread. 30 pkr from each bread sold did last year give 285 772 NOK to Barneaskklubben and NCA's Skiing at School project. You can find more information about this at skoleklubben.no under "brødet".



The School on skis competition

Which school is best at skiing?

On barneaskklubben.no can you and your school compete with other schools from all over the country. Bring your teacher and friends along! You just register the distances you are doing, no matter which discipline!

You can keep track of how your school is doing on barneaskklubben.no. You can also find out who is the best class or group at your school. Maybe you feel like challenging another school?

Nice prizes and diplomas to the best schools!

Children's Ski Pin

By using the distance registration it's easy to see if the children qualify for the Children's Ski Pin.



Use the pins to motivate the children. They can be ordered at barneaskklubben.no.

Hello there!



You who are an active skier could find barnas.ski.klubb.no very useful.

You will find lots of useful and fun stuff about skiing:

- your own Online Ski Distance Registration
- children's page with games and other fun
- Fun stuff about skiing
- tips for activities
- skiing at school



Online Ski Distance Registration

You can create a personal profile where you register all the ski related activities you are doing.

Telenor Carousel

Many ski clubs will call their local events Telenor Carousel this season. We will make sure you will have lots of fun at this years events. More than 45 000 children at the age 6 - 12 will be part of The Telenor Carousel this winter!

Want to know more?
Check out
barnas.ski.klubb.no



To all you coaches!



aktivtetsbanken.no

Here you will find tips and ideas for activities within many different sport disciplines!

Children's Ski Pin

By using the distance registration it's a easy to see if the children qualify for the Children's Ski Pin.

Use the pins to motivate the children. They can be ordered at barnas.ski.klubb.no

The Club Battle

Use the Online Ski Distance Registration actively! You can register all your ski activities, both training, recreational stuff and competitions.

If you do you are entering the battle to become the nation's best club. Follow how you are going on the statistics page!

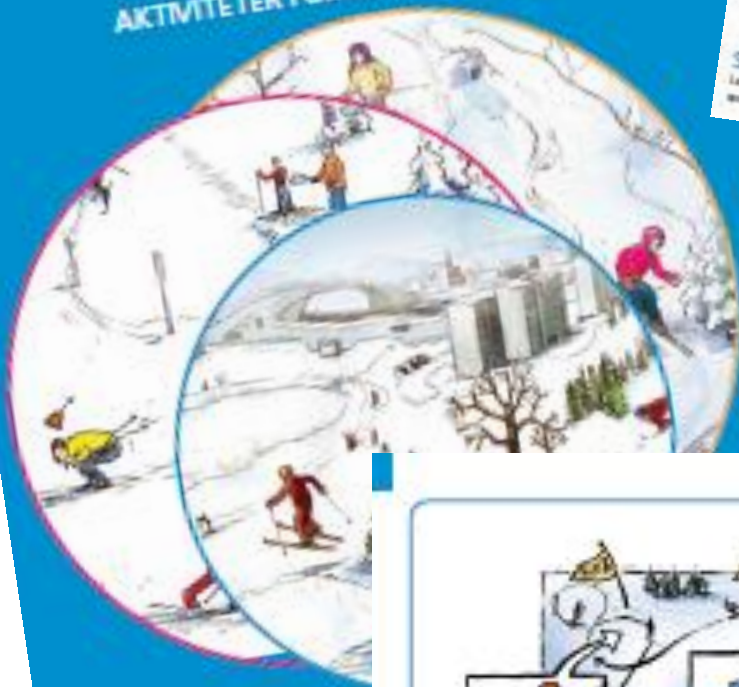
Nice prizes to be won if you are doing well!





Gøy på ski!

AKTIVITETER FOR BARN OG UNGE



STIKKE LØYPER

Her gjelder det å velge løypene du liker best og, og å finne ut av hvordan du skal løpe. Du kan løpe i lag eller alene. Du kan løpe i lag eller alene. Du kan løpe i lag eller alene.

- Du kan løpe i lag eller alene.
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SKOGS- OG TERRENGLØYPER

Her er det viktig å finne ut av hvordan du skal løpe i skogen og på terrenget.



BALANSE-/HINDERLØYPE

Her er det viktig å finne ut av hvordan du skal løpe på balansen og hindrene.



LANGRENNSCROSS

Her er det viktig å finne ut av hvordan du skal løpe i langrennscross.



KOMBICROSS

Her er det viktig å finne ut av hvordan du skal løpe i kombicross.



SKICROSS

Her er det viktig å finne ut av hvordan du skal løpe i skicross.



SKILEIK

Her er det viktig å finne ut av hvordan du skal løpe i skileik.



Norges Fri-idrettsforbund



Norges Orienteringsforbund



Norges Golfforbund

Aktivitetsbanken

FRIDRETT | ORIENTERING | SKI | SVømmING

ØVELSER

TRENINGSSØKTER

TRENINGSPERIODER

MIN TRENINGSSØKT



Velkommen til Aktivitetsbanken.no

Aktivitetsbanken har et mangfold av øvelser som kan være med på å skape inspirasjon og sikre kvaliteten på treningene og i undervisningssammenheng i skolen.

Øvelser i idrettene som bidrar til å bygge opp aktivitetsbanken.no ligger i databasen. I tillegg er det lagt ut øvelser som kan brukes på tvers av idretter, disse ligger under valget "generelle øvelser alle idretter". Ski har valgt at de generelle øvelsene tilknyttet ski og de generelle øvelsene for alle idretter, automatisk kommer opp når en søker på en skigren.

Du kan søke etter øvelser, treningsøkter og treningsperioder.

Øvelser, er en enkelt øvelse.

Klikk på knappen "Øvelser", så får du opp en ny meny. Her velger du den idretten du ønsker, og klikker på "SØK". Da får du opp en liste over øvelser.

Hvis du klikker på overskriften "øvelse" kan du få øvelsene sortert alfabetisk.

Ved å klikke på overskriftene kan du sortere øvelsene etter de kriteriene du ønsker. Du kan stemme og gi kommentarer til hver enkelt øvelse, og du kan sortere øvelsene etter de som har fått best rating.

Du kan også komme med forslag til nye øvelser, disse vil bli publisert så fort de er godkjent.

Treningsøkt, er en samling øvelser som passer sammen. (Det er lagt ut få eksempler, men det kommer flere etter hvert).

Treningsperiode, er flere treningsøkter som er satt sammen til en treningsperiode. (Her vil vi legge ut ferdige forslag til treningsperioder etter hvert).

Lag din egen treningsøkt

Ved å legge øvelser til "min treningsøkt" ender du opp med en samling selvvalgte øvelser.

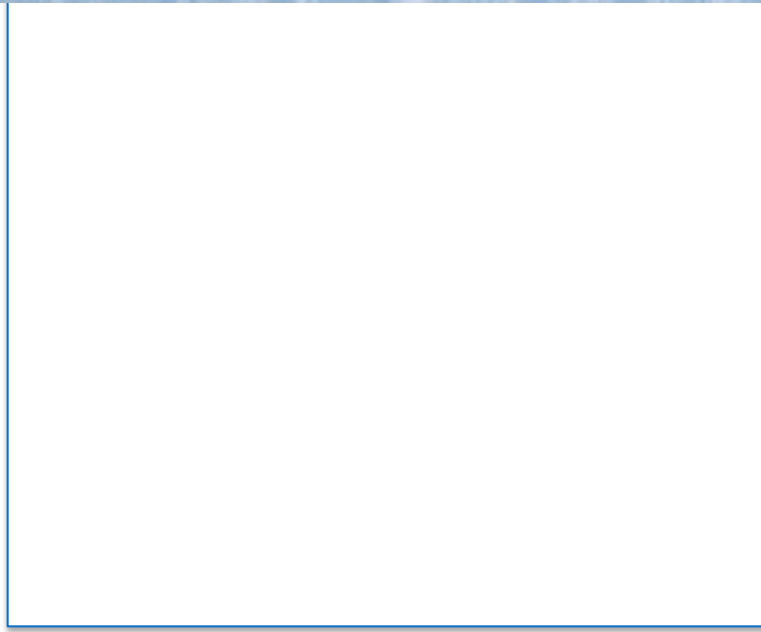
Du kan sortere rekkefølge på øvelsene som du selv ønsker, slik at du raskt har opplegget klart for neste trening.

Du kan skrive ut hele treningsøkten i en utskriftsvennlig versjon.





Cooperation between the disciplines



Ski Cross – Cross Country - for kids



Important;

- Space and place for Ski Cross activities close to the venue. Action and inspired way of competitions on cross country skies.
- Technical challenge for the kids.
- Possible to compete with children in all ages - and also towards top Athletes.
- Funny way of skiing with also makes the kids learn good technique by playing and having fun on skies.

**Det er tøft.
Det er kult.**



Det er langrennscross!

Velkommen

Løypekart

Horgi LangrennsCross 2008



8-10 år —
11-14 år - - -
15-18 år . . .

















Snow Kids Project on World Cup Competitions in Norway



- Co operations between NSA and local Organising Committees.
- Type of activities based on competitions and venues
- Important with dedicated people in the local organising Committee.
- Snow Kids activities as part of official program
- Important that the children are activated in the program, if possible on skies.
- Key factor is to bring the children together with the athletes – meet the heroes
- Promote Skiing for the Children – Bring children to the snow.



LØYPE!



STÅ PÅ!



1/S

SNOWKIDZ

Hv

Hovedside ▶

Alpint ▶

Freestyle ▶

Hopp ▶

Kombinert ▶

Langrenn ▶

Telemark ▶

Skileik ▶

Om Skileik ▶

Fra ide til ferdig anlegg ▶

Liten Skileik ▶

Medium Skileik ▶

Stor Skileik ▶

Skileik på flatmark ▶

Tekniske tegninger ▶

Bildegalleri ▶

Snøproduksjon ▶

Klikk på element for mer informasjon



MEDIUM SKILEIK



Orgeltramp



Kuler og staup



Hoppbakker



Portaløype



Slalåm



Krossløype



Lawo





Hovedside ▶

Alpint ▶

Freestyle ▶

Hopp ▶

Kombinert ▶

Langrenn ▼

Om Langrenn ▶

Start og målområde ▶

Løyper, bredder og profiler ▶

Lys i løyper ▶

Langrennscross ▶

Homologering av løyper ▶

Snøproduksjon ▶

Salting ▶

Preparering/løypekjøring ▶

Arrangement ▶

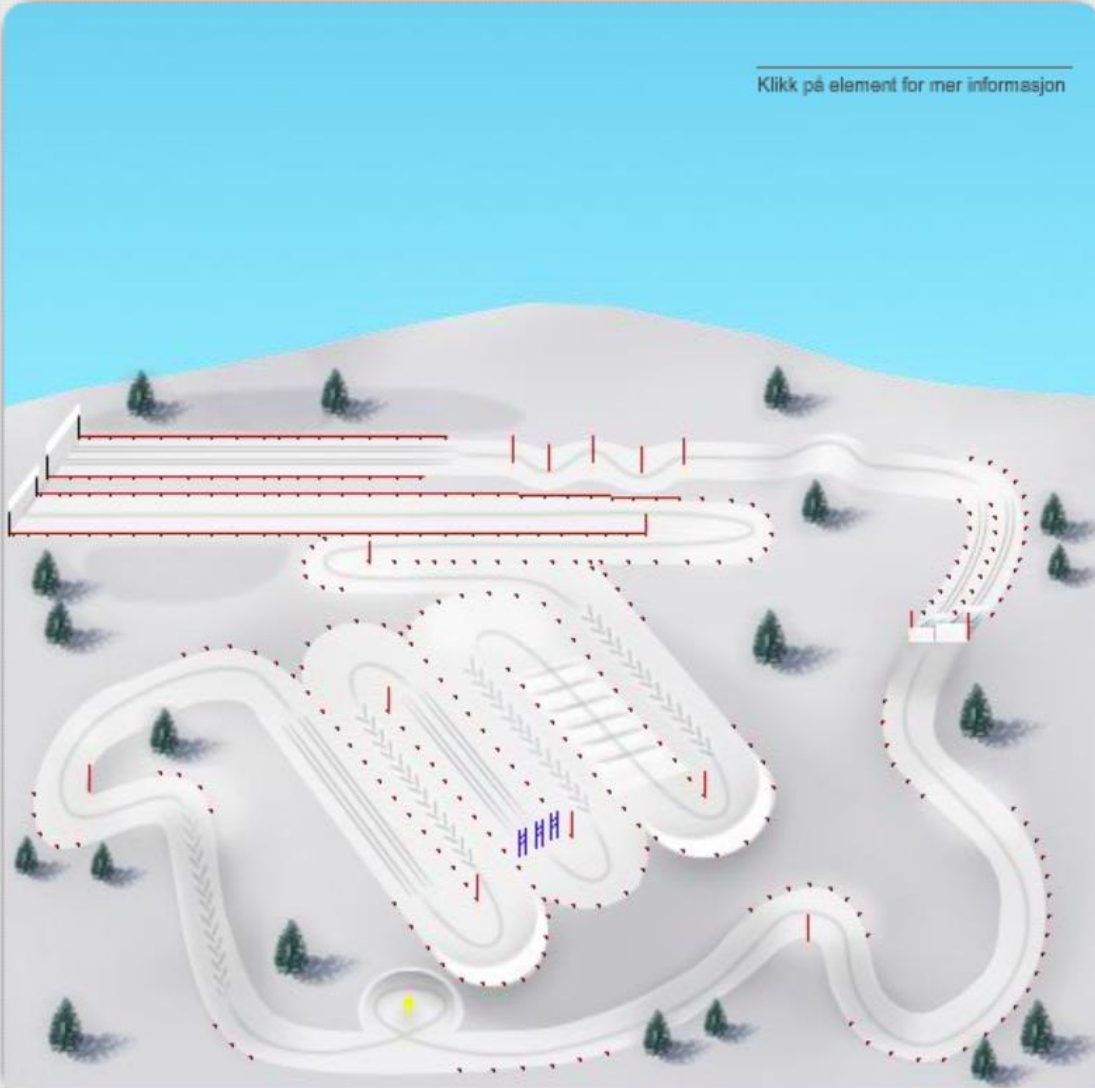
Rulleskiløyper ▶

Bildegalleri ▶

Telemark ▶

Skileik ▶

Snøproduksjon ▶



LANGRENNSCROSS

 Om langrennscross

 Forslag til modeller

 Kuler og staup

 Hopp

 Slalåm

 Magasug

 Baklengsport

 Reiplykkje

 Seriehopp langrennscross

 Orgeltramp langrennscross

 Staurjungel

 Alpin start





Klikk på element for mer informasjon



Alpint ▶

Freestyle ▼

Om Freestyle ▶

Park ▶

Kulebakke ▶

Skicross ▶

Freestylehopp ▶

Big-Jump ▶

Halfpipe ▶

Vannhopp ▶

Arrangement ▶

Bildegalleri ▶

Hopp ▶

Kombinert ▶

Langrenn ▶

Telemark ▶

Skileik ▶

Snøproduksjon ▶

Klikk på element for mer informasjon

SKICROSS

Start/mål

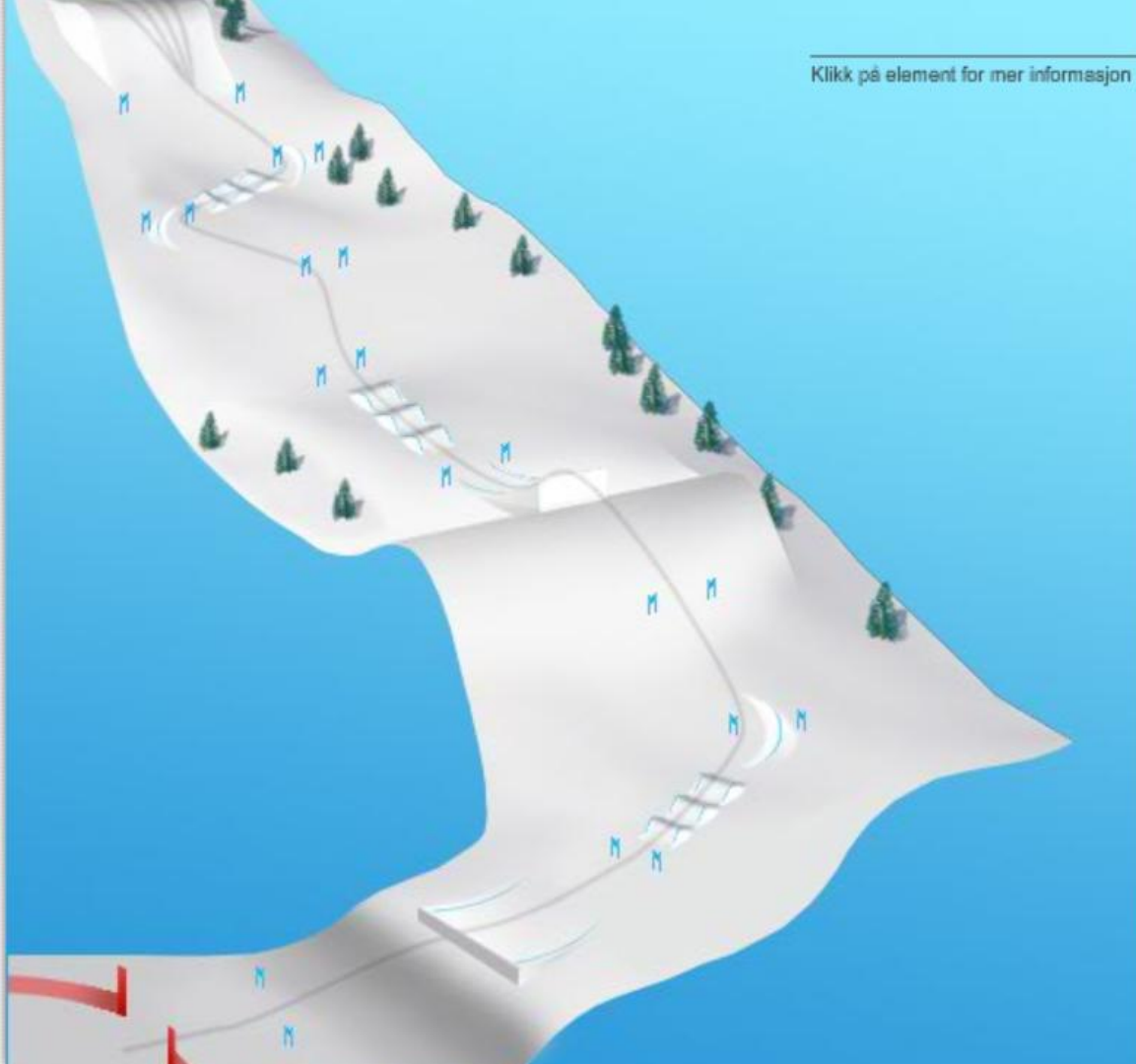
Profil

Oppbygging

Reglement

Preparering

Sikring



- Hovedside ▶
- Alpint ▶
- Freestyle ▶
- Hopp ▶
- Kombinert ▶
- Langrenn ▶
- Telemark ▼
- Om Telemark ▶
- Fjelltelemark ▶
- Klassisk ▶
- Klassisk sprint ▶
- Sprint Parallell ▶
- Storslalåm ▶
- Telemarkcross ▶
- Telemarkløype for barn ▶
- Arrangement ▶
- Bildegalleri ▶

Skileik ▶



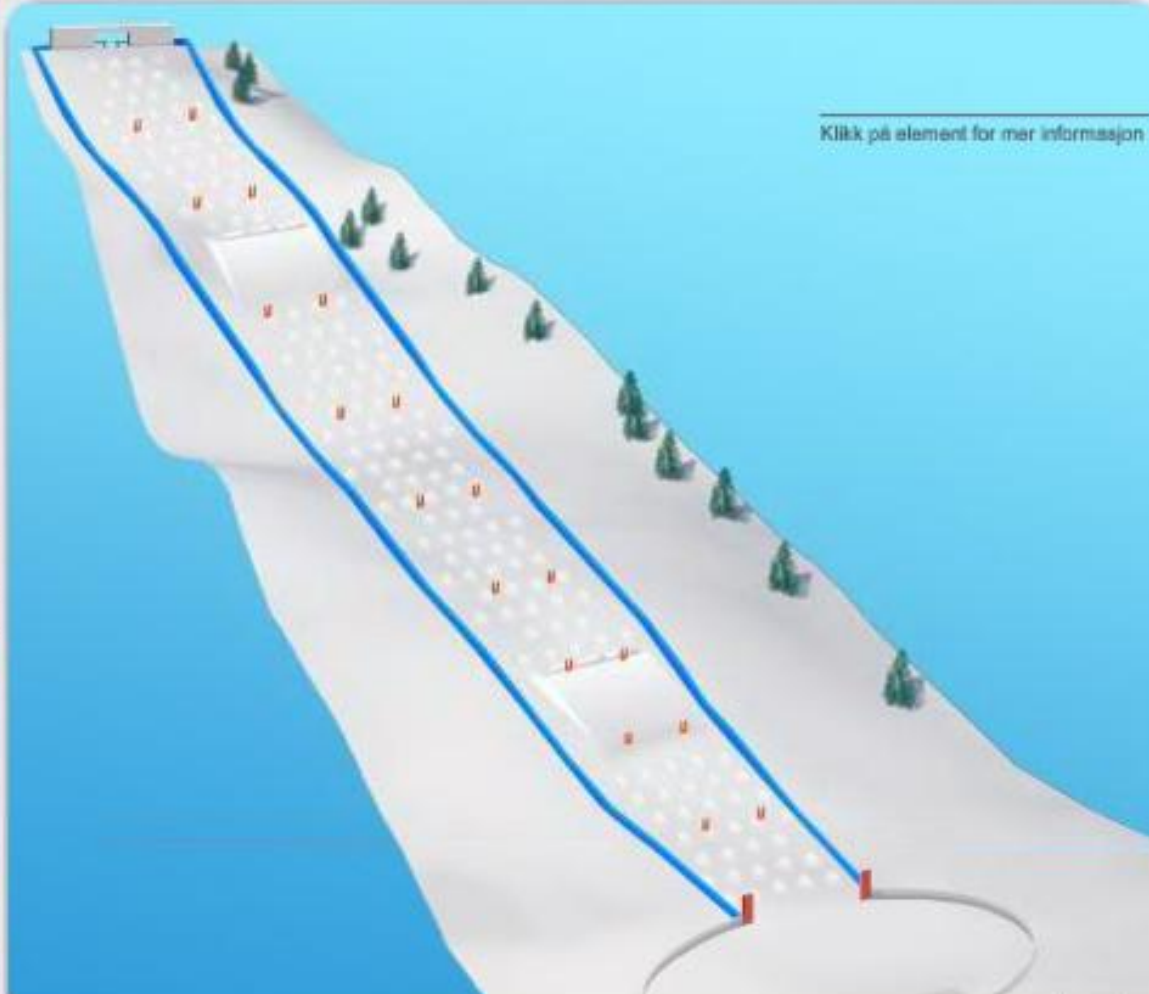
Klikk på element for mer informasjon

TELEMARKCROSS

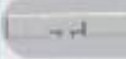




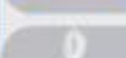
-  Start
-  Mål
-  Bølger/kuler
-  Profil
-  Sikkerhet
-  Reglement



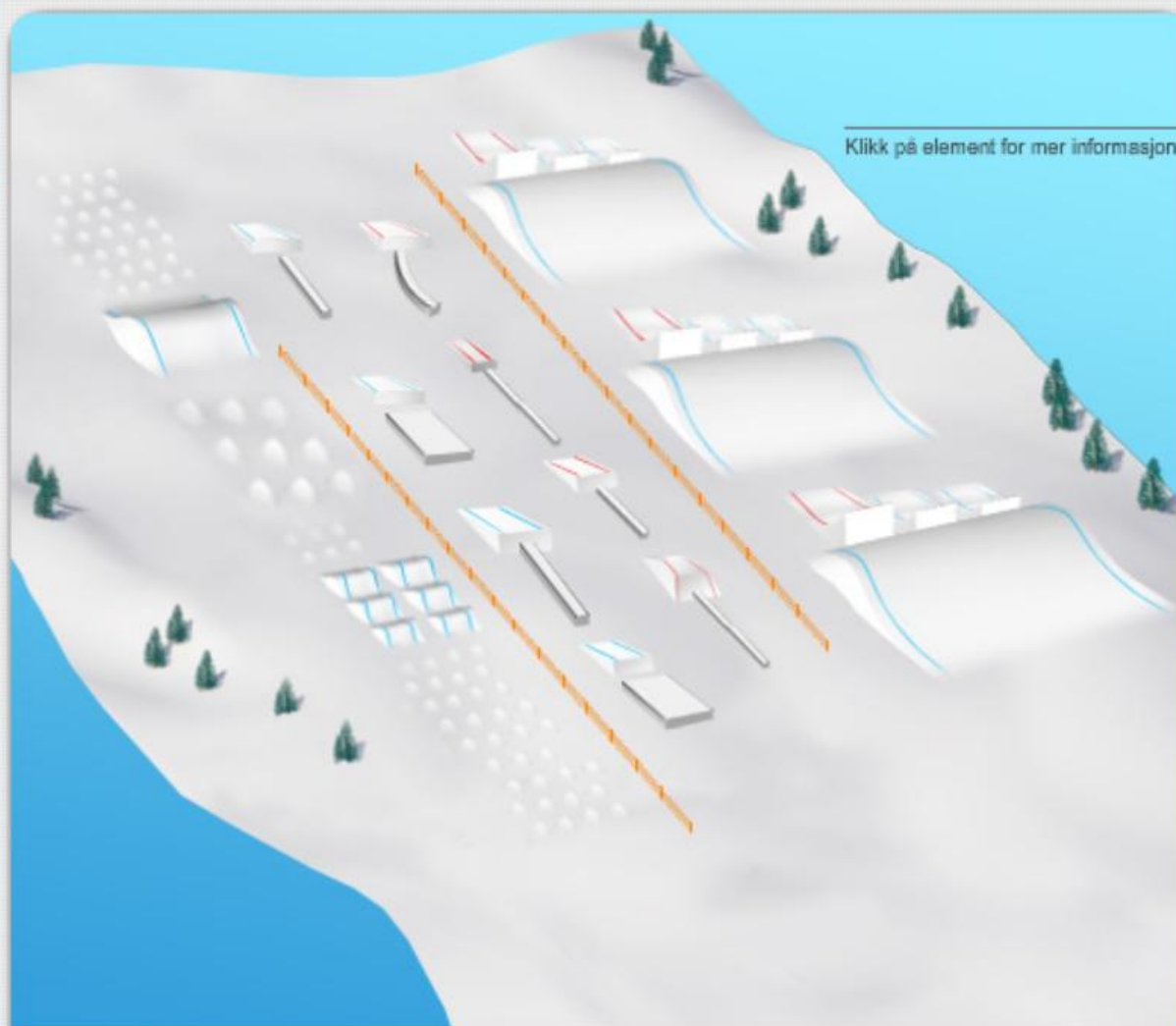
- Hovedside ▶
- Alpint ▶
- Freestyle ▼
- Om Freestyle •
- Park •
- Kulebakke •
- Skicross •
- Freestylehopp •
- Big-Jump •
- Halfpipe •
- Vannhopp •
- Arrangement •
- Bildegalleri •
- Hopp ▶
- Kombinert ▶
- Langrenn ▶
- Telemark ▶
- Skileik ▶



KULEBAKKE

-  Start/mål
-  Profil
-  Oppbygging
-  Reglement
-  Preparering
-  Sikring
-  Kulebakke Parallell





PARK

-  Plassering av parken
-  Kulepark
-  Blå park
-  Rød/sort park
-  Rail
-  Sikkerhet

Hovedside ▶

Alpint ▶

Freestyle ▶

Om Freestyle ▶

Park ▶

Kulebakke ▶

Skicross ▶

Freestylehopp ▶

Big-Jump ▶

Halfpipe ▶

Vannhopp ▶

Arrangement ▶

Bildegalleri ▶

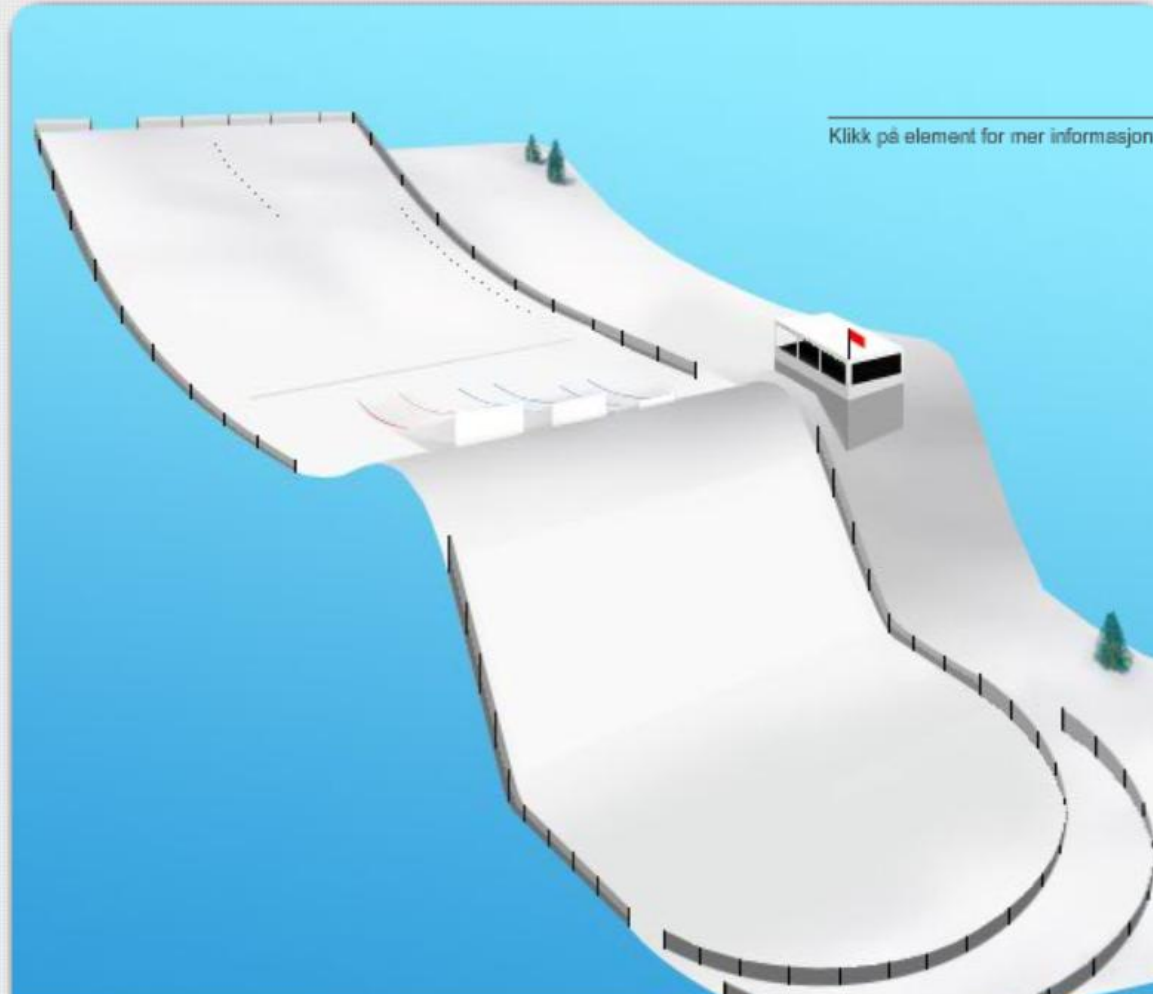
Hopp ▶

Kombinert ▶

Langrenn ▶

Telemark ▶

Skileik ▶



Klikk på element for mer informasjon

BIG-JUMP

 Start/mål

 Profil

 Oppbygging

 Reglement

 Preparering

 Sikring



Forbli pålogget

Glemt

[Registrer deg](#)**Hakadal Jibbegruppe er på Facebook**

Registrer deg på Facebook for å få kontakt med Hakadal Jibbegruppe.

**Hakadal Jibbegruppe**[Vegg](#)[Info](#)[Bilder](#)[Video](#)[Diskusjoner](#)[Arrangementer](#)**Hakadal Jibbegruppe sine album** 16 fotoalbum[Vis kommentarer](#)[1](#) [2](#) [3](#) [4](#) [Neste](#)**Trampotrening**
05.09.10. Foto
T.Nummedal

183 bilder

**Avslutningshelg**
Hemsedal 25 april.
Foto: T.Nummedal

107 bilder

**Avslutningstur**
Hemsedal 24 april.
Foto: T.Nummedal

170 bilder

**Årets siste trening del**
2. Foto: T.Nummedal

125 bilder

**Profilbilder**

3 bilder

Bilder av andre 10 bilder

Telemarkløype for barn

Alle disiplinene som er beskrevet i anleggsweben kan med visse tilpasninger passe for barn.

Her er noen tips til hvordan du kan tilpasse løypene:

- Bruk gjerne flatere bakker
- Tilpass hopp og elementer etter barns ferdigheter
- Bygg helst løyper som holder aktiviteten oppe
- Parallell og cross kan være motiverende aktiviteter med mindre kø og venting
- Variasjon i løyper og underlag utvikler barns skiferdigheter

TELEMARKLØYPE FOR BARN



Parallelstafett – Bærum skiklubb



START

Skiskyting
Etappe 1

Slalom
Etappe 2

Snowboard
Etappe 3

Twintip
Etappe 5

Skøyting/ motbakke
Etappe 4

MÅL

























telenor karusellen



Bli med på karusellen!

"Der er et skikkelig bra tilbud Skiforbundet og Telenor har satt i gang med Telenor Karusellen. Arbeidet i klubbene og på grasrota er det viktigste som gjøres i telenor-omkningen. Der er veldig bra hvis Skiforbundet og Telenor gjennom denne karusellen kan være med på å samle utarbeidet i klubbene. Jeg husker godt fra egen oppvekst hvor viktig det var å ha et miljø som tar seg godt av utøvelsesuten. Ansjen hadde en annen hjemme med en annen med en annen familie som

Join the carousel!



"TK is a really great project that Skiforbundet and Telenor have started. The efforts put in at club and grassroots level is what really matters when it comes to talent development. It is great if Skiforbundet and Telenor through the TK project can encourage the clubs to put in more effort. I remember when I was growing up how important it was to be surrounded by a community that took care of me and helped me develop. The fact that I have succeeded is to a large extent thanks to the fact that I had people backing me up all the way. We who are icons today know that a project like TK gives encouragement at the broad level and that is the best guarantee for success to follow."

*Sporty regards
Aksel Lund Svindal*

Telenor Karusellen

- Event concept for clubs



Articles for the kids:

- Diploma
- Backpack

Articles for the club:

- Start and finish banners
- Start numbers
- DVD – tips for organizers

At least one of the events must be either cross country-cross, ski-cross or nordic combined-cross

A page dedicated to barnas.skiklubb.no

Telenor is covering all costs

60 000 children in Norway

Telenor Karusellen – 60 000 children

- all six disciplines



- *Fabulous, it gave us a push and the motivation to organise the tournament for the kids.*
- *The Telenor-backpack has become a "status symbol" among the kids this year. It makes it visible that they have been skiing. Great!*



- *The DVD provided us with really good ideas, to great benefit for the kids. It ended up being an outdoor day for many, not just a quick trip out skiing.*



- *It´s a superb project that makes the children want to stay outdoors even after the actual race is finished.*

Telenor Karusellen – 60 000 children

- all six disciplines



- *Fabulous project. We really notice how the prizes are motivating the children to get out. A great number of children are showing up. Actually more than 50% of the potential target group in the district.*
- *This is a great project. Another idea could have been using the best competitors in each discipline as role models.*
- *Good stuff. This is definitely helping to recruit new skiers.*
- *Fantastic project. This year we have had more people joining than in a very long time.*

Telenor Karusellen – 60 000 children

- all six disciplines



- *Thank you so much for letting us take part in this project*
- *Extraordinary good equipment handling*
- *An incredibly positive project and an important help to recruit new skiers*
- *A great project that helps to push children's sport in the right direction*
- *For us this is a great setup. It makes it possible to come across as professional organisers, even though we are still amateurs. Thank you very much for the cooperation. We hope we will get accepted next year too!*

telenor

telenor karusellen



BARNAS.SKIKLUB





Spesialtilbud til skiklubber - bestill hoppstyr til barn nå.

Begrenset opplag – "førstemann til mølla" levering
fra medio november.



Bindingen leveres med bla hæl-klosser
NB! Bindingen på bildet er en Riva 3 senior
binding, jr. bindingen ser lik ut.

Åsnes Dragon hoppski

Antall tilgjengelig: 400 par

Skilengde	Antall
160	96
170	96
180	104
190	104

Pris kr 1075 inkl. moms

Garmont G-REX JR. telemarkstøvel

Antall tilgjengelig: 100 par

Str. fra 19 (30) til 23,5 (37)

Pris kr 1125 inkl. moms

Rottfella Riva Z jr. telemark

Antall tilgjengelig: 100

Pris kr 320 inkl. moms

BESTILL HER: www.idrettsbutikken.no









Jumping skis for children

Background:

- *Jumping skis and required jumping equipment are barely available for children who are into the sport. There is hardly any equipment to purchase, and produced items are pretty expensive. In Norway there are 3-4 sports shops that owing to idealistic principles offer equipment for ski jumping.*
 - *There are great many children who want to start ski jumping, but they soon face a challenge when trying to get hold of suitable equipment. This is a problem the Norwegian Ski Federation wants to approach.*
 - *The main objective is to develop quality jumping skis for children, being offered at a marked oriented price.*
 - *A subsidiary goal is to ensure a complete package costing NOK 2000-2500, binding, boots and skis included.*
-



Jumping skis for children

Bindings and boots:

- *We are also working on how to offer affordable and proper solutions on bindings and boots in children sizes.*
 - *Enclosed is a Rottefella Riva Z junior telemark binding, and a Garmont G-REX telemark boot. This combination will be something to recommend for the Åsnes Dragon jumping skis.*
 - *To keep the prices as low as possible, we have established a close dialogue with Rottefella and the Norwegian importer of Garmont, that due to idealistic reasons want contribute to the accessibility of equipment for minor ski jumpers.*
 - *At the present moment we have reasons to believe that packages including Åsnes Dragon jumping skis, Rottefella Riva Z jr. bindings and Garmont G-REX jr. telemark boots, at a total price of Euro 320 (NOK 2500), will be on the market for the 07/08 winter season for Norwegian ski Clubs.*
-

Jumping skis for children

How to buy Garmont G-REX jr. telemark boots:

*Contact the distributor of Garmont in
your home country at:*

www.garmont.com



How to buy Rottefella Riva Z junior telemark binding:

Contact the distributor of Rottefella in your home country at:

www.rottefella.com



For further questions, please contact:

The Norwegian Ski Federation

Sport Director of Ski Jumping: Clas Brede Bråthen

E-mail: clas.brede.brathen@skiforbundet.no

Mobil: (+47)93440623 .

Hovedside ▶

Alpint ▶

Freestyle ▶

Hopp ▶

Om Hopp ▶

K8-K70 ▶

K90-K120 ▶

Spor ▶

Plast ▶

Infrastruktur ▶

Snøprod./ preparering ▶

Arrangement ▶

Anleggsrådgivere ▶

Bildegalleri ▶

Kombinert ▶

Langrenn ▶

Telemark ▶

Skileik ▶

Klikk på element for mer informasjon



K8-K70

 K5-K20

 K25-K40

 K45-K70

 Hoppskolebakken

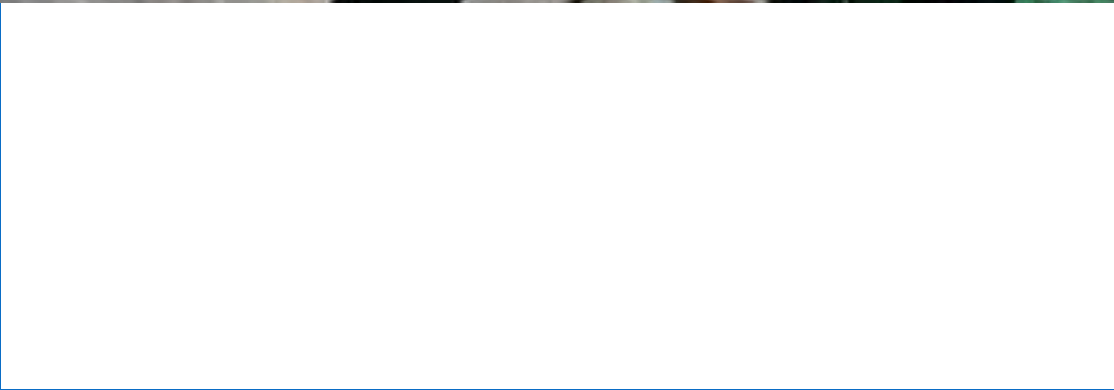
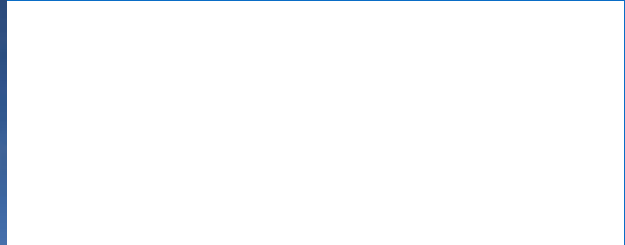
 Sikkerhetskrav













AKTIV TILVUN



Skiforeningen

OSL2011
Holmenkollen



Statoil

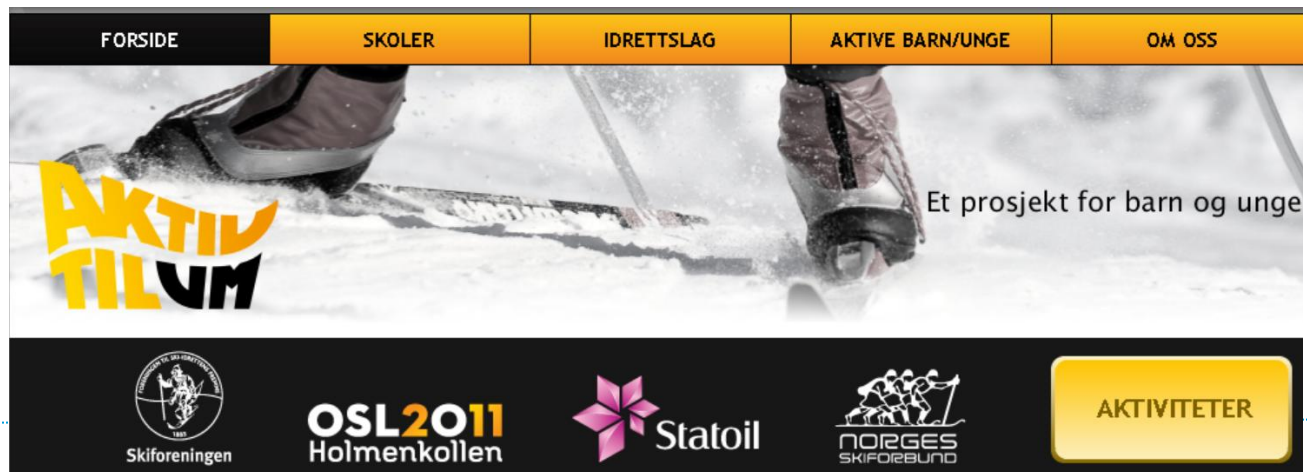




"Beeing Active" to the Nordic World Ski Championship 2011 in Oslo

*Aim: activate **200 000 children** before and during the event*

- *Local and national activities*
- *New activities and activities in ski clubs and schools that we normally do*
- *Total cost: appr. 500 000 Euro*
- *Sponsored by Statoil, Color Line, National Government and our own budget*
- www.aktivtilvm.no



Navigation menu: FORSIDE, SKOLER, IDRETTSLAG, AKTIVE BARN/UNGE, OM OSS

Banner text: Et prosjekt for barn og unge

Logo: AKTIV TIL VM

Footer logos: Skiforeningen, OSLO 2011 Holmenkollen, Statoil, Norges Skiforbund

Button: AKTIVITETER

Children and Youth activities 2010/2011

Ski schools in Oslo

14 schools, (1.kl.)

14 Kindergardens

75% of the pupils have an other culturell background

5 weeks/1 hour

1000 children

Skiing in Schools

Materiel to Schools in Norway

Distance Card on internet

Telenor Karusellen

60 000 children

Skiclubs

Activities in skiclubs

Materiel/Activity

- 1100 skiclubs

- Local skiclubs in Oslo



The Childrens World Championship

"The Childrens Holmenkollen Day" mars 13th 2011

11 000 children in Holmenkollen after the Event

This is the 39 Event since they started

Statoil Tour

Local officeses (10)

Ski Day – families

Local skiclubs

Children and Youth activities 2011

- during the Event

Opening Ceremony

1500 school children

Children Arena in Holmenkollen

Winter Park - Children

"The way up"

Activities for children and the families – on the way up to the arena/Event

School classes from Oslo

2000 school children at the events (2 days)



Youth Relay

*Tv-production (NRK)
Mars 5 (in between)
Regions Team
International Team
-Nordic Countries*

Children Activities in Oslo City

*Skiactivities-Ski Jumping, 11 days with activity
16:00 – 18:30 every day*

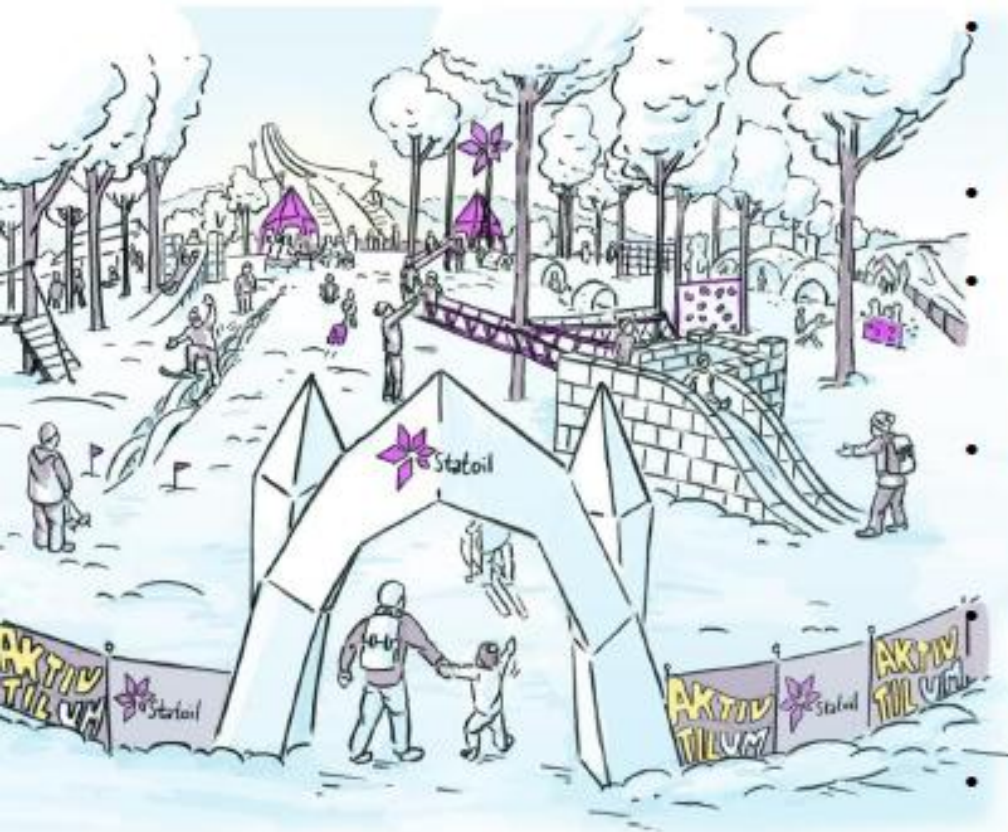
Kapellskogen
Tilleggsområde
Åpen under langrennsøvelser



Vintergledeparken
Hovedområde
Åpen hver dag

- 1 JUDGES TOWER
- 2 RACE OFFICE
- CS SKI JUMP COACHES STAND
- EQ EQUIPMENT CONTROL
- P PARKING TEAMS
- PATH
- ARENA/COURSES
- ACCREDITED AREAS
- SKI LIFT
- ROAD
- TCH TEAM CAPTAINS MEETINGS
- AO ACCREBATION OFFICE

Aktivitet for barn under VM Vintergledeparken/Kapellskogen



- Samarbeid Aktiv til VM og Statoil med hjelp fra GYRO
 - Egen prosjektgruppe etablert
 - Åpent før, under og etter hver øvelse. Hver dag.
 - Blir et innbydende område som synes godt fra hele anlegget
- Bemanningen forsterkes på 28/2 og 2/3 når skoler kommer opp
- Frivillige fra Aktiv til VM er aktivatorer
 - Jobber også i forhold til VM-i marka, om camp på Hemingseter

Forslag til område for aktiviteten







AKTIV TILVUN



Skiforeningen

OSL2011
Holmenkollen



Statoll



NORGES
SKIFORBUND



www.fis-snowkidz.com

FIS YOUTH & CHILDREN SEMINAR

Sarah Lewis
FIS Secretary General



YOUTH OLYMPIC GAMES, SINGAPORE



- Overall assessment very positive
- Organised by young people for young people
- Some youth-specific competition formats, such as street basketball
- Mixed teams of boys and girls, some mixed NOC teams
- Informal protocol, such as medal ceremonies
- Learning sessions popular (education and culture)
- Anti-doping information well received
- Significant use of social media for reporting competitions





YOUTH OLYMPIC GAMES, SINGAPORE

- 3,600 athletes aged 14 to 18 took part in Singapore.
- Accompanied by 1,850 officials in total
- 20,000 volunteers helped make the organisational aspects of the Games a success.
- Over 160 rights-holding broadcasters providing TV coverage, with over 1,900 international media representatives in Singapore.
- Videos on the YOG YouTube channel viewed over 5 million times.
- The Games could also be followed live online on the Singapore 2010 Official Webcasting Platform.



YOUTH OLYMPIC GAMES, SINGAPORE

- The IOC reached out on Facebook, Flickr and Twitter. Over half of the 3.6 million fans across the Olympic Facebook platforms are aged between 13 and 24.
- The Singapore 2010 and YOG pages now have over 100,000 fans.
- The IOC's web site recorded the highest number of views since Vancouver 2010, with over two million page views for August alone, while the official YOG site exceeded one million visits from the opening day on 14 August.



YOUTH OLYMPIC GAMES, INNSBRUCK

- Highly experienced winter sports organisers
- Winter sports are the “DNA” of Austria
- FIS team competition formats well received, with teams of boys and girls and different disciplines in same team
- Qualification systems communicated to NSAs and NOCs
- Specific discipline information will be communicated in committees
- Kitzbühel will arrange media trip to the YOG





Zurich, September 2010

UPDATE - FIS CAMPAIGN BRING CHILDREN TO THE SNOW

FIS SNOWKIDZ AWARD 2010, LET'S GET READY FOR 2012



- 23 applications from 19 National Ski Associations; Top 3: Norway, the USA, Germany, other finalists from Estonia, Finland, Hungary, Italy & Pakistan
- Time to think ahead:
Application forms for Award 2012 to be available @Portoroz 2011 – make sure to leverage season 2010/2011 for award-winning activities!

SNOWKIDZ ON TOUR



- SnowKidz Meeting Points continue during 2010/2011
- New at Cross-Country World Cup: Photo and Video Contest at all World Cup events, top entries on fiscrosscountry.com & special Facebook page for all
- Remember toolkit at www.fis-snowkidz.com
- Don't forget to send your project descriptions for the Wiki at www.bringchildrentothesnow.com

SNOWKIDZ 10 FIS RULES OF CONDUCT

Rule 7 – Climbing and descending on foot

A skier or snowboarder either climbing or descending on foot must keep to the side of the piste.



Rule 8 – Respect for signs and markings

A skier or snowboarder must respect all signs and markings.



FIS WORLD SNOW DAY



WORLD SNOW DAY - What is it?



- „The Biggest Day on Snow, All Year“
- Annual snow festival for children and their families
- Various national activities taking place simultaneously all over the world on a particular day
- Part of the international FIS Campaign ‚Bring Children to the Snow‘

WORLD SNOW DAY – What is it really?



A Day on Snow to:

- **EXPLORE** – chance to discover something new

- **ENJOY** – time to have fun in and on the snow

- **EXPERIENCE** – way to generate great memories and the inspiration to continue

WORLD SNOW DAY – For whom?

- **National Ski Associations:** Opportunity for global ski family to come together to organize theme days on a given day to showcase their activities across all disciplines
- **Ski Industry:** Unique stage to promote products worldwide
- **Ski Resorts:** Excellent platform to focus on activities for children, families and day tourists
- **Ski Schools:** Chance to highlight activities which promote the fun side of safe snow sports learning

WORLD SNOW DAY – Why?

- To reverse the **general decline in youth participation** in snow sports in recent years
- **Children are the future:** FIS and the industry stakeholders must unite to support and encourage the involvement of the younger generations
- World Snow Day serves as a **channel for reaching the younger target groups**
- World Snow Day **helps create a pool of lifetime snow lovers** among children and their families by bringing newcomers to snow whilst offering extra value to those who already participate

WORLD SNOW DAY – Goals

- Promote snowsports and enable children and families to **Explore**, **Enjoy** and **Experience** their fascination through special Event(s)
- Simultaneous activities in many different countries: Engage 30% of FIS Member National Ski Association by Year Three
- Create global momentum for a great future in snow sports: Half a million individual participants globally by year three
- Provide a promotional platform for all stakeholders to communicate about their activities directed at the younger generations
- Unite ski industry stakeholders to strive for a successful future for all!

WORLD SNOW DAY – Timing



- World Snow Day to launch in the winter season 2011/2012
- The inaugural World Snow Day will take place in late January 2012

ROLE OF FIS

- Commitment to developing a World Snow Day program in conjunction with other stakeholders
- Provision of a promotional tool kit (branding, templates)
- International communication campaign with common World Snow Day messaging for partner use (print, web, on site etc.)
- Annual management of a rewards program for activities by different partners:
 - National Ski Association, Ski industry, Ski Resorts, Ski Schools

BENEFITS TO ALL STAKEHOLDERS

- Unique opportunity to unite stakeholders for a common cause
- Benefits through a joint platform at www.world-snow-day.com
- Reaching younger target groups and enhancing youth participation in ski sports
- Striving to strengthen the future of ski tourism
- Positioning snowsports as an excellent health and fitness activity
- Making snowsports more accessible to families and youngsters

BENEFITS – National Ski Associations



- New promotional platform
- Opportunity to initiate new activities by the NSA
- Potential to increase the NSA membership base

NEXT STEPS – National Ski Associations



- Guidelines?
- Explore, Enjoy, Experience
- Metrics, awards

BENEFITS – Ski Industry



- Opportunity to join forces to develop and strengthen a future customer base
- Potential to showcase brands and allow testing of existing and new products
- Chance to meet new customers otherwise unfamiliar with snow sports in a comfortable setting

BENEFITS – Ski Resorts

- Strive to broaden future customer base
- Promote the resort as a family friendly destination
- Tap into a potentially new customer group



BENEFITS – Ski Schools



- Excellent communication platform
- Access to potential future clients
- Opportunity to have a positive experience to start a new world of fun



Let's work together!

‘Be part of the World’s biggest Day on Snow’

8TH FIS YOUTH AND CHILDREN'S SEMINAR, 2010

Ski Sports in Schools



Working Group Alpine

How to convince school authorities about the values of snow sports

1 General

- Create opportunities by reducing bureaucratic hurdles
- Establish snow sports in school sports
- Secure funds for snow sports (incl. private sector)

2 Specific

- Demonstrate benefits for education system
- (self + social competence; lifetime sport, contact to nature)
- Teach the teachers
- Establish mentoring/facilitators system (mentors, friends, role mentors)
- Find cost effective ways
- Start at an early age
- Offer incentives and awards

3 Collaboration

- Strengthen relation between schools and organised sports
- Cooperate with private sector
- Promote and facilitate private initiative



NORDIC – TO DO

1. Establish contact with relevant (governmental/municipal) authority etc for support/involvement of activities, access to school world
 - School curriculum, other activities
2. Availability of educational material (in respective languages)
 - Identify who cover the costs of printing the educational materials, etc.
3. Install adequate facilities/venues for the sport
 - Ski cross track next to school, health tracks
4. Cooperation of different sports for parents platform (overall outdoors)
 - Provide sport equipment to train
 - Sports teacher services provided by the region upon request of a school teacher (AUT example)
5. Activities in summer to gain interest in the sport (rollerski, mini-ski)
6. PR strategies
 - Athlete ambassadors visit schools («heros») / Invite to World Cups etc
7. Involvement of school teachers in associations' committees

PROMOTION

GUIDELINES

ANIMATION

COMPETITION

SNOW CAMPS

TALENTS CLASSES

PARENTS+TEACHERS

PROMOTION

data base activities

social networking

internet

teasers

games

ww.skiforbunedt.no

web-arena

GUIDELINES

providing manuals

promotion of techears in
school

provide technical guidance

give information to the
teacher about ski/
snowboardcross

give information about
protection material

ANIMATION

off snow programs - not
only on snow -

balancing games

tampolintraining

halfpipe skateboarding

slalom skateboarding

inline skating

plastic slopes at school with
rails etc.

COMPETITION

organizing children
competition

childrens activities on same
date like world champs -
meet the heroes

SNOW CAMPS

cooperation skischool and
school

promoting ski and board

TALENTS CLASSES

start pilot project

specialized training

out of regular sports
lessons

bring children out of school
during regular sports
lessons...

PARENTS+TEACHERS

information about safety

attract parents and
teachers to the sport

bring parents to snow

bring teachers to snow