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# Ski Faster! Guide To Racing And High Performance Skiing



## Synopsis

In addition to over 25 years of coaching experience, Lisa Densmore Ballard has competed on a variety of ski racing stages over her lifetime, from World Cup to NCAA Division 1 college racing, and now on the masters circuit where she has garnered almost 100 national titles and 4 world masters championships. *Ski Faster!* reveals her secrets to success on the slopes. *Ski Faster!* contains A to Z on alpine ski racing. For anyone wishing to carve better turns, ski like a pro through gates, or simply gain a better understanding of the sport. Within these pages you'll find:

- The basics of a high performance turn
- Gear advice, technique and tactics for slalom, giant slalom, Super G and downhill
- Insider tips
- Drills to improve your skiing skills
- Physical fitness advice to prepare you for skiing in the off-season
- How to tune and wax skis
- Mental preparation
- How to start and finish faster
- Entertaining anecdotes from Lisa's ski racing career

Plus over 150 photos and illustrations to make it all easier to understand. *Ski Faster!* is the finest, most complete ski racing guide available.

## Book Information

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## Customer Reviews

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• The basics of a high performance turn • Gear advice, technique and tactics for slalom, giant slalom, Super G and downhill • Insider tips • Drills to improve your skiing skills • Physical fitness advice to prepare you for skiing in the off-season • How to tune and wax skis • Mental preparation • How to start and finish faster • Entertaining anecdotes from Lisa's ski racing career Plus over 150 photos and illustrations to make it all easier to understand. Ski Faster! is the finest, most complete ski racing guide available.

My grandson is on his high school ski team. He's found many good pointers to improve his racing technique.

Here's what others are saying about the book (from the back cover): This is a terrific book for skiers of all levels. Lisa has brilliantly, clearly and succinctly revealed and explained so many of the most important factors which contribute to faster skiing, from carving the fastest turn to buying skis. Ski Faster! should be the go-to resource for absolutely anyone interested in learning about skiing in general, but especially those of you who want to start really ripping down the hill. -Mikaela Shiffrin, Olympic Gold Medalist and World Cup Slalom Champion Lisa teaches and communicates about ski racing in ways that help many understand and improve. I have marveled over the many years that I have known Lisa, at her ability to convey her own deep understanding of the sport for those who share our passion. Kudos to Lisa for giving us another "must read"! -Tiger Shaw, CEO, U.S. Ski & Snowboard Association; 2X Olympian Ski racing is an ever-changing, dynamic sport. Lisa has kept up with technique and equipment, and shares a clear understanding in this book. -Bill Skinner, U.S. Ski and Snowboard Association Masters Manager and Park City Masters Coach Ski Faster! lives up to its title, whether you're a first-timer in gates, trying to eke out a few tenths of a second against your buddy, or racing to bring home a medal at the national championships. -Bill Madsen, NASTAR Director This book not only gives you descriptions of skiing techniques, but also the drills to help you make instant gains in your personal skiing. Anyone looking to step it up this winter will be glad they took the time to read Ski Faster! -Mike Morin, Alpine Director, Stratton Mountain School; Former U.S. Ski Team Head Technical Coach

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