

Lesson number five : Snow sports

- 1- **Ski flying** : is a winter sport discipline derived from ski jumping, in which much greater distances can be achieved. It is a form of competitive individual Nordic skiing where athletes descend at very fast speeds along a specially designed takeoff ramp using skis only; jump from the end of it with as much power as they can generate; then glide – or 'fly' – as far as possible down a steeply sloped hill; and ultimately land within a target zone in a stable manner. Points are awarded for distance and stylistic merit by five judges, and events are governed by the International Ski Federation (Fédération Internationale de Ski; FIS).
- 2- **Snowshoe running** : or snowshoeing, is a winter sport practiced with snowshoes, which is governed by World Snowshoe Federation (WSSF) founded in 2010, which until 2015 had its name International Snowshoe Federation (ISSF). The snowshoes running is part of the Special Olympics and Arctic Winter Games programs.
- 5- **Skiboarding** is a type of freestyle skiing using short, usually double-tipped skis, regular ski boots and bindings, and no poles. It is also known as snowblading or skiblading. It is a recreational sport with no governing body or competition.

The first mass produced skiboard was the Austrian Kneissl Bigfoot in 1991. American manufacturers such as Line Skis then began to produce skiboards, and the sport grew in popularity. From 1998 to 2000, skiboarding was part of the winter X Games in the

slopestyle event. After it was dropped there was no longer a profession circuit for the sport, and many competitors switched to freestyle skiing on twin-tip skis.

Today skiboards are available from major brands such as K2, Atomic, Elan, Head, and Salomon.

Skiboards are from about 75 to 135 cm (2 to 4 feet) in length, with a parabolic shape like a snowboard, and a solid wood core. Length and width are a function of rider weight, skiing style, and conditions.