



2023 Interski Report

Written by Stéphanie Perras

Wow, what an experience this year has been at Interski! And it won't stop there, I'm sure!

If someone had told me I was going to make the team or even be part of the selection process just nine months after passing my Level 4, I wouldn't have believed them. Not to mention that in my other life as a respiratory therapist, I was likely experiencing one of the toughest ordeals of my career: the coronavirus pandemic.

So once again, I decided to put all my energy into this challenge, knowing full well that there would be ups and downs. Luckily I have Julie by my side, always pushing me to do better! She was the one who encouraged me to take part in the selection process.

I was mainly worried about my lack of experience, especially compared to the rest of the team. Most of the team members were Level 3 and 4 trainers, which intimidated me a bit. But at the same time, I knew it was an opportunity to gain experience quickly.

And that's exactly what happened. The whole adventure made me a better skier, a better trainer, and, above all, helped me grow as a person.
#alwaysfocusonthefuture

I was very stressed out when I got to the congress. I wasn't sure what to expect from my first experience. Then it was time to attend my first session. Ready or not! Right away, I noticed how welcoming everyone was to Canadians and that people wanted to ski with me. Phew! One less thing to worry about. In the afternoon, it was my turn to deliver the goods. Just before leaving, I told Jeff, "I don't want to teach. The stress is eating me up." Jeff replied, "You do want to, and you can do it!" So, I gathered my courage and set off with my group. Soon, I realized it wasn't so bad after all. All the training I'd done beforehand (including my Zoom meetings with JS, who helped me plan my lessons) had prepared me for the event. And the people who came were there to learn and share. In the end, the week went by very

quickly, and learning about the other countries was very interesting. I had the opportunity to meet some great people who I hope to ski with again soon.

I'm excited to share my experience with you.

I'll start by saying that Finland is a country worth discovering! The people are very welcoming, and the food is very good.

Stéphanie

Country: Sweden

Facilitators: Karolina Carlsdotter, Mattias Dol, Lead Trainer

Session theme: Experiences and Interaction on Snow with the Snowsport Sweden Network

The Swedish session on the importance of creating a network within their organization described how they managed to form a team of demonstrators from the four organizations working within their country. The primary goal of creating the network was to bring the organizations together for social activities, to create contacts, and to help finance the team. The Snowsport Sweden Network was created shortly after the 2019 Interski Congress in response to their inability to form a team due to lack of funds. Over the years, the organization has grown and now employs four full-time staff. They were even able to send a team to the Interski Congress.

The CSIA has operated for several years and already has a well-developed network of partners. However, it's always important to continue developing the network and to maintain good contacts.

Country: Argentina

Facilitators: Carolina Vivo, Matthias Pinna, Dana Toso

Session theme: Proprioceptive System Training

The Argentinian presentation began with a question: Can external elements be used to gain awareness of body movement and posture while skiing? This led to the idea of using proprioceptive training. They define proprioception as awareness of our posture and body in space. Proprioceptive information influences joint stiffness, coordinated motor patterns, and reflex activity to improve joint stability. Why should we do more proprioceptive training? Because it helps us to be more aware of our muscular system and how it behaves in the environment. Inefficient proprioception increases the risk of injury and erratic movement and reduces reaction speed. To work on our proprioception skills, they encouraged the use of elastic bands, like those used in many other sports. Using elastic bands provides direct feedback on correct posture, increases balance and coordination, improves neuromuscular activity and sensorimotor reflexes, and can help with rehabilitation after injury.

This training technique could be easily considered within our organization as elastic bands are fairly affordable. All Members and trainers can benefit from this type of exercise, as long as it's performed over a short period and on suitable terrain (on blue or green runs). I believe working with elastic bands could be beneficial for all Members who want to improve their skiing. This technique allows you to achieve results more quickly and gain awareness of how different muscle groups work, resulting in stronger skiers who are less prone to injury.

Country: Australia

Facilitator: Nicholas Jones

Session theme: APSI Teaching Approach

The Australian approach is very similar to ours. They use the same concepts as we do for the what, why, and how. This approach can be used by everyone. They use a multimodal teaching style to make their content comprehensible for all learners. The only thing I found different in their approach compared to ours is how the lesson structure is presented. They break it down into nine steps. However, these steps essentially describe what we do in our collaborative approach.