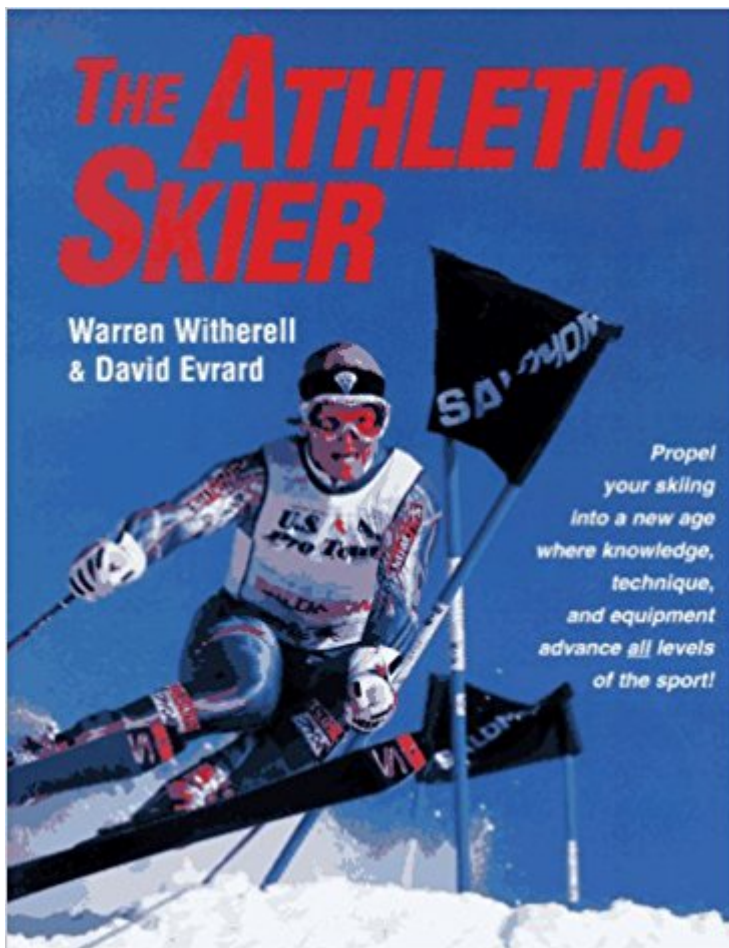




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# The Athletic Skier



## Synopsis

Warren Witherell is a legend in American skiing. Written for skiers from beginners to World Cup racers, "The Athletic Skier" covers the basics of ski and boot design; progresses through teaching and learning skills; reviews new technologies and choices in equipment; and concludes with racing techniques.

## Book Information

Paperback: 288 pages

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Average Customer Review: 4.6 out of 5 stars 15 customer reviews

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## Customer Reviews

With diagrams, photos, and extensive instruction from the experts, The Athletic Skier is designed to improve the skills of skiers concerned with equipment, technique, and training details. The authors conclude that the majority of recreational skiers are skiing far below their potential. Their solution? Start with equipment--make sure boots, skis, and poles fit correctly for maximum balance--and then learn to use that equipment as intended to carve turns. Once skiers feel balanced and can use their edges most effectively, they are ready to become "athletic skiers." The final chapters are devoted to advanced technique, conditioning and practice exercises, and instruction for racers and coaches.

This book is the perfect instructional for hard-core ski enthusiasts. The authors, both former ski racers, provide a detailed analysis of how to become what they call the "athletic skier." More than 50 pages, spread over eight chapters, are dedicated just to boots and bindings and their effect on balance. That kind of detail will probably scare off all but the most dedicated skier; recreational skiers, though, may be able to glean useful tips from chapters focusing on equipment and basic techniques. Most libraries will need more elementary skiing instructionals on their shelves, too, but

this well-written, easy-to-follow book will be popular with anyone who wants to know what it takes to be a slasher on the slopes. Scott Wilkens

Excellent book. Some skier friends have told me this book is old, but i think it still has a lot of fundamental information which is 100% as true today as when it was written in the early '90s.

great book!Although the terminology and writing style is somewhat outdated

This work done over 20 years ago is still valid and important today to the skiing community. Even with, and maybe more important now because of, advances in gear the advice and information contained in The Athletic Skier is proving to be timeless.

As a PSIA Ski Instructor I would recommend folks be very careful about some of the canting information in this book. The book assumes that all bowlegged skiers are overcanted and while this is mostly true it is not absolutely true. Many bowlegged skiers (including myself) are naturally undercanted and the advice presented in this book is incorrect for us. This book seems to be the source for the 'if you are bowlegged, cant on the outside of the ski' common wisdom, and again that is simply not true in all cases. Canting solutions are individual and must not be over generalized. Instead, read the descriptions of what effects over or under canting can have and see which fits you. Then cant as necessary.Also, I would say that this 'used to be' the definitive guide. After reading both this and All Mountain Skier by Mark Elling, I would definately recommend the latter. Ellings book is much more useful for actual practice. There is not much in here that is not better covered in Ellings book. Also, the technical information in Ellings book (on canting for example) is much more accurate.

Every serious skier should have this book and study it. The advice on page 88 is worth the entire price: "Learn to Feel the Ski". It has helped my skiing more that almost all the advice I have heard combined.

"The Athletic Skier" is a fantastic book for "plateaued" intrrmediate skiers to make the jump to expert. It also has an excellent chapter on boot fitting and canting. The book arrived in excellent shape.

Priced well, shipping prompt, product arrived undamaged and intact as promised..

Old school techniques still proving themselves in modern skiing.Covers many topics. I highly recommend the book.The kind of book I want in my skiing library.

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