



NAME: \_\_\_\_\_

TROOP#: \_\_\_\_\_

Snow Sports (Skiing) answer sheet (Part 2)

c. Explain and discuss the following:

1. Five types of Alpine skis. (Pg24,25)

1.

2.

3.

4.

5.

2. Telemark skis. (Pg 46)

3. Snowboards (Pg 77-86)

d. Name the major ski organizations in the United States and explain their functions. (Pg 91)

e. (part1) Explain the importance of strength, endurance, and flexibility in downhill skiing. (Pg 17)

e. (part2) What exercises and activities can you do to get fit for skiing?

g. Explain how to ride three types of lifts. (Pg28)

h. Explain the international trail-marking system. (Pg29) (Identify the three major signs.)