

GLOSSARY OF TERMS

Bar Starts - the jumper sits on a bar before he/she goes down the “inrun,” and is also called the gate

Inrun - starts at the top of the “bar starts’ and ends up on the “takeoff”

Takeoff - the place where the jumper lifts into the air

Knoll - the first part of the landing hill and starts right underneath the take off

P Point/Blue Line - the point on the landing hill where the knoll ends designated by two blue lines running down both sides of the landing hill

K Point/Red Line - the point where the steepest part of the hill ends and the hill begins to flatten out designated by two red lines

Designation of the Hill Size of a Ski Jump - hills are designated by both K Points and Hill Size, which is the furthest distance safe to land

Inrun Position - the position the ski jumper uses to gain speed and from which the jumper takes off

Takeoff Move - the move from the inrun to the flight where force and direction are established

Flight Position - the position that a jumper flies in

Cocking the Ankles - pulling the toes and foot up as if you are flying through the air to keep skis up and stabilize the “V” in the air

The “V” -the V formed by the skis creates a larger surface area for the jumpers to get lift

Telemark - a graceful way to finish the jump that gains points from judges with one foot slightly in front of the other and arms out to the side and forward

EQUIPMENT NEEDED

Skis/Bindings/Boots

Most skiers can rent skis and boots from their club.

Helmet

All skiers must wear a helmet while jumping. FIS approved helmets are required for all sanctioned hills and events.

Flight Suit

Flight suits are sometimes available to rent. The suits are constructed out of a special foam fabric and are designed to create lift in the air and protect a skier if they fall.

Goggles

Ski goggles are not necessary for smaller jumps but can be helpful on larger hills or when it is snowing. Choose a pair of goggles that fit your helmet.

Gloves

Gloves are important in both winter and summer to protect your hands. Choose a pair that is appropriate for the weather.

IMPORTANT WEBSITES

USA Nordic: usanordic.org

US Ski and Snowboard: ussa.org

Women’s Ski Jumping USA: WSJUSA.com

International Federation of Skiing: fis-ski.com

Clubs Across the Country: usanordic.org/clubs

LOCAL CLUB INFORMATION



SKI JUMPING & NORDIC COMBINED

AN OVERVIEW OF BOTH SPORTS



P.O. BOX 683757
PARK CITY, UT 84068

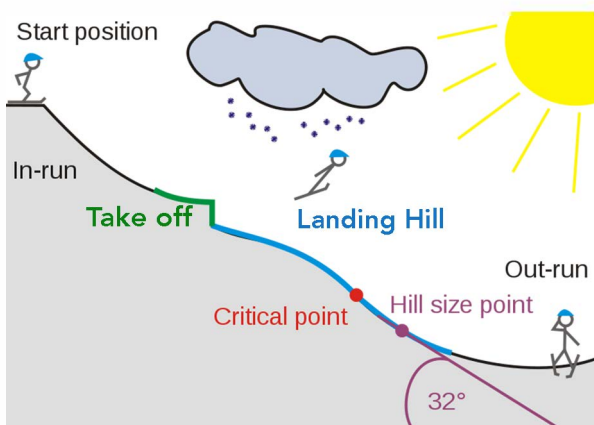
jed@usanordic.org
435-640-6950

WHAT IS SKI JUMPING?

Ski Jumping is a sport in which skiers go down a ramp, jump and attempt to land as far as possible down the landing hill. In addition to the length of the jump, judges give points for style.

Ski Jumps range in size from a 5 meter to a 200 meter. This distance is the length from the takeoff of the jump to where the landing hill starts to flatten out. Olympic size ski jumps include a K-90 and K-120. meter. Ski flying hills go up to 225 meters.

ELEMENTS OF A SKI JUMP



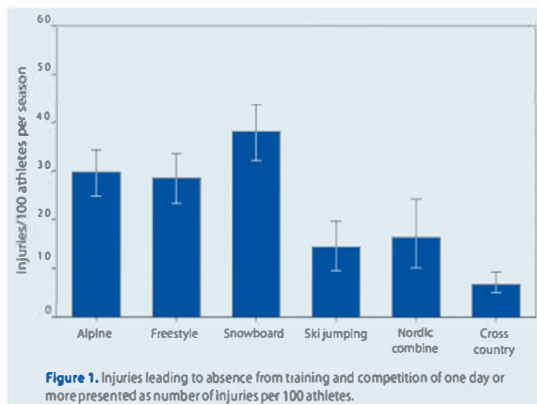
WHAT IS NORDIC COMBINED?

Nordic Combined is a sport which combines the events of Ski Jumping and Cross Country skiing.

Nordic Combined skiers use the same Ski Jumping equipment as Ski Jumpers and the jumping is typically held first, followed by a Cross Country ski race using normal Cross Country ski equipment and the skating technique.

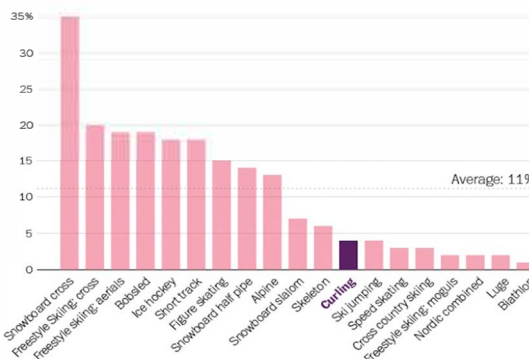
IS SKI JUMPING SAFE?

While injuries are possible in any activity, studies have shown that Ski Jumping is a very safe sport especially relative to other commonly played sports and other skiing disciplines.



Source: <http://www.klokevskade.no/upload/Nyheter/dokumenter/FIS%20brochure%202008-09.pdf>

Winter olympic injury rates, by sport



SOURCE: British Journal of Sports Medicine GRAPHIC: The Washington Post, Published Feb. 18, 2014

SAFETY AND PROGRESSION

Each jumper starts out on the smallest hill with alpine skis, and progresses to the next larger hill when ready.

Each skier progresses at a pace that is right for them with safety as the primary objective and with the input of experienced coaches who understand the importance of foundational skills.



US Ski and Snowboard (formerly US Ski and Snowboard Association or USSA) is the governing body for all ski and snowboard disciplines except for biathlon. The US Ski Team is the skiing branch of US Ski and Snowboard.



USA Nordic is a 501(c)(3) leadership organization for men's Ski Jumping and Nordic Combined. This includes day to day operations and financial support for men's national teams and conducting nationwide sport development and event series for both men and women.



Women's Ski Jumping USA is a 501(c)(3) fundraising and leadership organization for women's ski jumping. In addition, the organization supports the team's development program coaching, travel, training, equipment, and the Fly Girls junior development program.



National Nordic Foundation is a 501(c)(3) organization which was created to support development of Nordic athletes. It Provides grants and funding for athletic projects for Cross Country skiing, Ski Jumping, and Nordic Combined ranging from summer training camps to unfunded world cup athletes.