

26.

jan.
2009

UNIQA

IVSI CONGRESS
Hungary 2009 MátraHU
EN
DE

Congress Letters

SHORTCUTS

weather

today:  -3 – +5 °Cforecast:  +1 – +6 °C

program

7.00–8.00	breakfast
8.30–9.00	workshop lecture Germany (conference room)
9.15–9.45	transfer
10.00–12.00	demo, workshop (Germany, Poland)
12.00–13.00	lunch
13.00–15.00	workshop Germany
15.30–16.00	transfer
16.00–16.30	feed back
16.30–17.00	delegation leader meeting (Conference room)
17.00–18.00	lecture germany, holland (Conference room)
18.30–	hungarian national evening (dinner included)

important numbers

Transfer, Accommodation:

Rita HORVATH:
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SkiPark:

Dániel POLACSKÓ:
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Demo, Workshop, Lecture:

Miklós OZSVÁTH:
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JUBILEE CONGRESS

A nice sunny day awaited the participants at the Skipark in Mátraszentistván arriving for the 40th IVSI congress.

At ten o'clock the fanfares started to play and the participating nations marched in. The biggest applause was not for the instructors but for the ski schools which represented the Hungarian skiers in front of the ski instructors of the world.

After the folk dance presentation of the Vidróczki Group, Katalin Egri, President of the Federation of Hungarian Ski instructors (SMSZ) welcomed the leaders of the international ski instructor organisations, the guests of the ceremony, leaders of the local government, representative of the ministry and expressed her thanks to the owners of the Skipark for the enormous work in the past days to fix the slope.

Norbert Barthle, President of the IVSI emphasized the enthusiasm of the organisers how they organised the jubilee congress of the IVSI in this non-alpine country. Further he outlined that even at the time of the economical crisis, the economy cannot influence all fields of life, almost everything can be compensated with enthusiasm. Besides the big ski resorts such small ones can also organize a congress, as all of them are members of the skiers' big family. One family consists of more generations, that's why the motto: snowsport is lifetime sport! The President of IVSI asked everyone to commemorate Niki Denn, a member of the skiers' family who left us this year.

Erich Mellmer, president of Interski told how happy he was when he got out of the car in the morning and saw how perfect the congress slope was, although it was just two days ago that we had a big rain. He outlined the enthusiasm of the local ski-friends, who are willing to work 24 hours a day to fix a suitable slope. The president expressed his thanks to each organiser that the professional conference could become reality. Erich Mellmer emphasized that IVSI is important for Interski. IVSI is one pillar of Interski and if one pillar gets weak, the whole organisation gets weak.

Regarding skiing he outlined, that without this sport the world would be poorer.

László Márkus brought the greetings of dr István Gyenesei, the minister of local governments, also responsible for sports and he emphasized that 400-500 000 people ski in Hungary regularly, mainly in the neighbouring countries. He expressed his thanks to all the Hungarian and other ski instructors who help our Hungarian fellows to learn skiing and he expressed his hope that this congress will contribute deepening the knowledge of the Hungarian ski instructors.

Tamás Sós, president of the county general assembly congratulated for the ski instructors and all the local leaders for the organizing. The president recalled the motto of the county: "love for the first sight" and he hopes that the guests will feel the same.

András Stuller, mayor of Mátraszentistván told that he often visits the Skipark and sees the happiness on the faces of the beginners. He is sure it can be a great feeling for the participants of the congress to have this kind of experience more often. According to him, this can be an even greater feeling than having a champion student.

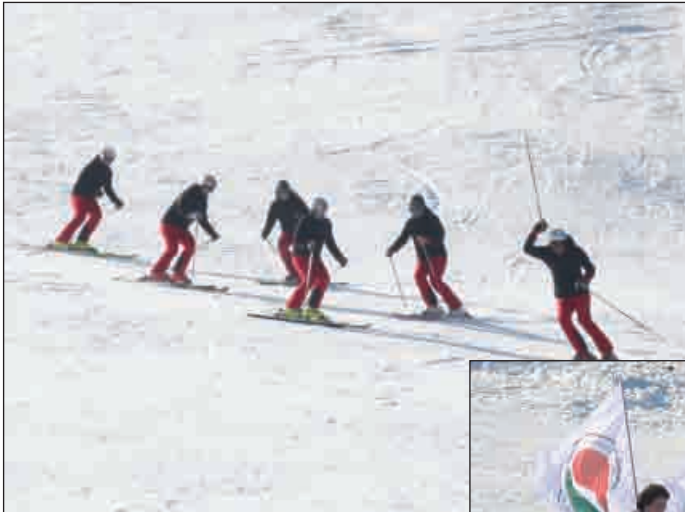
After him, Imre Körösi, the owner of the Skipark wished successful and fruitful week for the participants of the congress.

After these speeches the two presidents skied down with the flags of the SMSZ and the IVSI. Then János Kerese Honorary President of the SMSZ opened the congress, which started with a nice demo presentations.



The hosts offered

four different workshops for the participants of the congress. According to the motto of the congress the workshops were about students of different ages and interests. *Sándor Babos* gave ideas for the development of the muscle tone of small children. *Zoltán Vági* adjusted his exercises to the bigger energy and sense of competition of the teenagers. *Miklós Ozsváth* discussed skitechnical questions with the participants, while *Zoltán Rozmán* held a body contact workshop for snowboarders.



THE WORKSHOP IS THE CONTINUATION OF THE KEY-NOTE LECTURE IN PRACTICE. HERE WE ACHIEVE THE FOLLOWING OBJECTIVES:

At the beginning, there is an overview of the movement and the characteristics of their origin. This is the function of the individual characteristics of movement and, therefore, the close connection between action and function are identified. We use a feature that has its validity along the whole curve - adapted rhythmical movements, and athletic, dynamic and smooth driving. On the other hand, we turn to a special control tool used in the curve - knees and pelvis move sideways in the direction of the center of the curve.

In a next step will be an additional component expanded. We would like to think with the workshop participants about how movements, (and above all edgemovements) change depending on the prevailing situation. It depends both on the external situation, which we find (bumpy course, steep or flat, snow conditions: hard, icy, or powder snow), as well as the skill, the conditional and coordinative abilities, motivation of the skier and his goals.

In practice, only two selected specific movement characteristics define the individual and situational implementation. To achieve the desired effect and thus the result as clearly as possible, we are talking about several senses:

FEEL

First, each participant focuses on him/herself

WATCH

then we want to observe their own runs

DESCRIBE

then to play back the perceived and observed details

At the end we will together think over the effects that the different situations have on our movements. For a summary, the situational contexts are to be identified.

GROUPS FOR WORKSHOPS

The workshop will be held in different groups without translation. We kindly ask the participants to choose the correct groups with the language (english/german). One special group will be organised for the japanese delegation with simultaneous translation into japanese.

INTERSKI GERMANY MADE A METHODOLOGICAL APPROACH TO DESCRIBE

the driving characteristics of the curve in their „Skilehrplan PRAXIS“ (Ski Teaching Plan PRACTICE). These features make the ski instructor to be able to identify the movements representing a good skier. The movements were selected from a variety of possible movements (actions) based on biomechanical and functional considerations.

In the key-note-lecture „Driving characteristics of the curve - concrete, detailed and situational adaptation“, the background and mechanical considerations were presented that have led to these characteristics. It must be noted that movements in turns show up individually and according to different situations, i.e. depending on the skill, condition, coordination and psychology of the skier. Each observable movement shows up differently based on the existing situation, such as terrain and slope condition. The presentation described the characteristics of the movement („action2) in connection with its purpose („function“). No movement is completed without any purpose. Action and function depend on each other, ie. they influence and - in the same time -conflict each other. The characteristics described in the plan are both movements as well as results (track image).

The aim of all movements in snowsports is e.g. overcoming the existing situations (eg ice, kicker, steep slopes, deep snow, etc.) and the demands of their own motives (eg. sportiness, elegance, aesthetics, etc.). Although the technic in the curve remains the same, the observable movements of the siker are always different. The movements are adapted based on the existing situation. This will cause faster or slower, extensive or less extensive or - in their temporal and spatial order -changed movements . These adjustments will be examined in the lecture by video record and animation.



Please confirm your departure in the office!

INFOS

cash point/ATM

Mátraszentimre, Rákóczi út 16.

petrol station

Gyöngyös, Alkotmány út
Parádfürdő, Kossuth út

pharmacy

Mátraszentimre, Deák Ferenc út 13.
Tel.: +36-37-376-410

doctor

Dr. Zorkóczy Ferenc
Tel.: +36-37-376419

hospital

Gyöngyös, Dózsa György út 22.

post office

Mátraszentimre, Deák F. u. 1.
Mon-Fri 8.00-15.30

shop

Fagyöngy ABC
Mátraszentimre, Deák F. út 1.
Tel.: +36-37-376-580
Open: weekdays: 8.00-16.00
saturday, sunday: 8.00-12.00

emergency number

112

NIKI DENN

He was here in Mátra last summer.

He participated in the preparations, but he could not be present anymore at the 40th IVSI congress. We know he is with us, looking down from above.



SKIOUTLET CUP

Of the 10 pupils attending from the Virágvölgy Skischool in Budakeszi in the SkiOutlet Cup 9 medals were won including 4 gold.



SKIOUTLET CUP

While her father held a workshop

about how to teach small children, the five years old *Panka Babos* won the SkiOutlet cup in her category at the children championship.



MÁTRA RALLY

At the opening evening the congress participants

gave evidence of the courage and general experience of the ski instructors at an adventure-excursion.



Önkormányzati Minisztérium
Sport Szakállamtikárság



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