# Warren Smith Ski Academy Handbook Lesson 1 Technique Solution

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The Warren Smith Ski Academy brings together some of the sports top professionals to create a unique coaching team that actually guarantees ski technique solutions. This is achieved by evolving traditional methods of ski coaching and adding two additional layers; ski biomechanics and ski physiology.

# About - Warren Smith Ski Academy

Our team will be able to take you through the full Warren Smith Ski Academy Ski Fitness program and also check your mobility and flexibility and run you through our range tests – this program would take place off-snow to help develop your ski fitness, understanding and awareness for areas you can continue to develop off-snow to have a huge affect on your skiing and give you an understanding ...

#### Fitness check - Warren Smith Ski Academy

Formulated over 20 years by working with thousands of skiers, the Warren Smith Ski Academy team brings GAIT analysis to Skiing Technique enabling the learner to develop their level even before a ski lesson. This pre ski formula makes the skier biomechanically...

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#### Courses - Warren Smith Ski Academy

Warren Smith Warren is one of Britain's leading professional free skiers and an Internationally Qualified Performance Coach and Instructor. He has been a sponsored Volkl freeski athlete for over 10 years and has represents brands such as Scott Sport, Swiss Airlines and Dalbello.

## Warren Smith - Warren Smith Ski Academy

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About the team The Warren Smith Ski Academy pro team are not only internationally qualified coaches and instructors but a group of elite professionals who have been hand picked and trained by Warren Smith to provide the classic Academy product of coaching that combines Ski Technique, Ski Biomechanics and Ski Physiology.

## About the team - Warren Smith Ski Academy

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