

# SKI *balkan* MAGAZINE

March 2018, N° 2

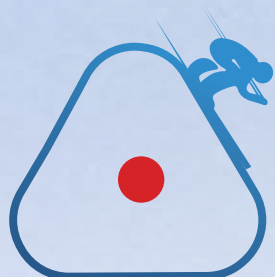
## 2. Scientific SPE BALKAN SKI Conference

Jahorina  
11th-15th March  
2018

Interview: Jurij Franko  
WINNING THE FIRST  
MEDAL AT THE LAST  
ROMANTIC OLYMPICS

Enis Bećirbegović  
THE BOSNIAN  
SKI LEGEND

The technique  
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# 2<sup>nd</sup> Scientific Conference SPE BALKAN SKI at Jahorina

Second International Conference “**Science Practise Education Balkan Ski 2018**” will take place from 11th March to 15th March 2018 at Sarajevo Olympic city - mountain Jahorina, which in the opinion of renowned skiers is one of the most beautiful mountains in the region of Southeast Europe. Olympic Centre Jahorina is now reconstructed with new chairlifts, new wider slopes and required safety conditions. The conference is being organized in partnership with Faculty of Sport and Physical Education – University of Sarajevo, Ski Trainers and Instructors Association in Bosnia and Herzegovina (ATUS in BiH), Ski Instructors Association of Slovenia (ZUTS), Science and Research Centre Koper – Slovenia, Faculty of Physical Education and Sport – University of Niš - Serbia, Olympic Committee of Bosnia and Herzegovina, Ski Federation of Bosnia and Herzegovina, EYOF 2019 Sarajevo and East Sarajevo, and sponsored by some of the well-known and significant organisations and institutions from Slovenia, Bosnia and Herzegovina and Serbia.

As we were reaching the final stage of Conference organisation by the beginning of March already around 100 participants from 10 different countries (from Serbia, Montenegro, Croatia, Macedonia, Slovenia, Austria and Bosnia and Herzegovina to the USA and the Czech Republic) have successfully registered for the conference. Most probably this number will increase for quite a bit more thanks to numerous participants from all local ski schools in Bosnia and Herzegovina. We are very pleased with such a great response and we are confident that the second SPE Balkan Ski Conference will fulfil all the goals set for this event – that is to empower, advocate, develop and promote ski professions as well as consider all scientific and professional aspects in snow sport theory and practice. In addition to all the lectures and workshops, to which our prominent international guest lecturers will surely add great value, practical work on the slopes will also be a very important factor for the full success of the conference. These practical ski workshops, which will be led by experts and members of various demo teams from participating countries will give us fresh insights on how to teach skiing in a fun and effective way. For the success of the conference and its vision it is also very important to develop a network of excellence by bringing together ski experts (i.e. ski instructors, coaches, scientists and other ski professionals from the Balkan region) and making their integration and networking possible. At the conference kick-off event our participants will be greeted and welcomed by one of the best skiers of the Balkan region of all times, the ski legend Bojan Križaj, as well as the ski legend from Sarajevo 1984 Winter Olympics, Jure Franko. Important role will take our Bulgarian colleagues presenting the Interski Pamporovo 2019 Congress. Networking and establishing potential collaborations between ski teachers will play an important role also in the following days of the conference, culminating on Tuesday, March 13th evening, with the Balkan Ski Demo Show at which the national Demo teams of the participating countries from the Balkan region will present themselves together as well as individually.

If we want to find new knowledge, open new worlds and add a new value to the area of common interest – what winter sports for all of us are – we need to ask ourselves where we are and where we are going! We did this a year ago at the Kopaonik conference and we are going to do the same at the conference in Jahorina. The main goals were achieved at the first Conference, that is to combine science, practice and education in the field of winter sports; to increase interest among the wider scientific and professional public and ski communities and to get the attention of other professionals who have a common interest in the field of winter sports.

This and even more! The 1st SPE Balkan Ski Conference achieved unprecedented dimension and set extremely high standards for future conferences thanks to the extraordinary efforts of all those involved in the organization, the quality of the invited lecturers and all the participants. Today we have to follow the criteria that was set. In order to present the goals, role and significance of the SPE Balkan Ski Conference in the world-renowned environments and associations, and to review the established guidelines for further work, the conclusions of the first Conference were also presented at the IVSS board meeting in Hakuba, Japan, and at the Interski general assembly in Pamporovo, Bulgaria. The idea and the content were accepted with enthusiasm and support. Thus, the representatives of the most important bodies of world associations joined us at the SPE Balkan Ski Scientific Committee.

Being aware of the obligations of the first Conference, we have invited many experts from different countries who are the world's best in winter sports, responsible for the development and progress in winter sports, to participate at the Conference this year. The lecturers led by prof. Erich Muller, prof. Pete Alison and prof. Blaž Lešnik will reveal the latest views on the sensitive areas of safety and injury, the secrets of preparing and developing the technique and tactics of the alpine skiing, and, finally, the contemporary possibilities and approaches in the methodology and didactics of teaching how to ski. Snow workshops are to be led by the most trained members of the Demo Teams from the participating countries in the Balkans and will upgrade the theoretical starting points through practical work on snow. Demo show evening is sure to be a special event where even the most demanding supporters of the development in modern skiing will enjoy. In any case, this year we will once again focus on mingling, sharing experiences and critical analysis of the situation and finding the leverage for progress among the participants. The environment where this year's Conference will take place, the only venue for the Winter Olympic Games in the Balkans, is ever more a special assurance for a diverse, interesting and dynamic event.

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(Chairman of Organizing Committee)



Prof. Rado Pišot, Ph.D.  
(Chairman of the Scientific Committee)



# General programme

Venue: Jahorina Mountain, BiH

## Sunday, 11th March 2018

14:00 – 18:00 Registration - Hotel lobby "Lavina"  
 19:00 – 20:00 Keynote Lecture -  
 Erich Miller (AUT) -  
 Conference hall Hotel Lavina  
 21:00 – 22:00 Welcome Cocktail - Hotel "Lavina"

## Monday, 12th March 2018

08:00 – 09:30 Registration - Hotel lobby "Lavina"  
 10:00 – 13:00 Snow Workshops -  
 meeting point in front of  
 "Rajska vrata" restaurant  
 10.00 – 16.00 ELAN SKI TEST  
 13:00 – 14:00 Lunch - Hotel "Lavina" \*\*  
 17:00 – 17:30 Opening Ceremony  
 17:30 – 18:30 Keynote Lecture -  
 Pete Allison (USA) -  
 Conference hall Hotel Lavina  
 18:30 – 18:50 Invited Lecture -  
 Vihren Bachev (BULG)  
 18:50 – 20:10 Session 1 -  
 Conference hall Hotel Lavina  
 20:00 – 22:00 Dinner  
 20:45 – 21:30 SPE BALKAN SKI Boards meeting

## Tuesday, 13th March 2018

10:00 – 13:00 Snow Workshops -  
 meeting point in front of  
 "Rajska vrata" restaurant  
 10.00 – 16.00 FISHER SKI TEST  
 13:00 – 14:00 Lunch - Hotel "Lavina" \*\*  
 17:00 – 18:00 Keynote Lecture -  
 Blaž Lešnik (SLO) -  
 Conference hall Hotel Lavina  
 18:00 – 18:20 Invited Lecture - Ron Kipp (USA)  
 18:20 – 19:00 Session 2 -  
 Conference hall Hotel Lavina  
 19:00 – 20:00 Dinner  
 20:15 – 22:00 Demo Team Show -  
 Ski slope "Poljice" Jahorina

## Thursday, 15th March 2018

08:00 – 10:00  
 Departure

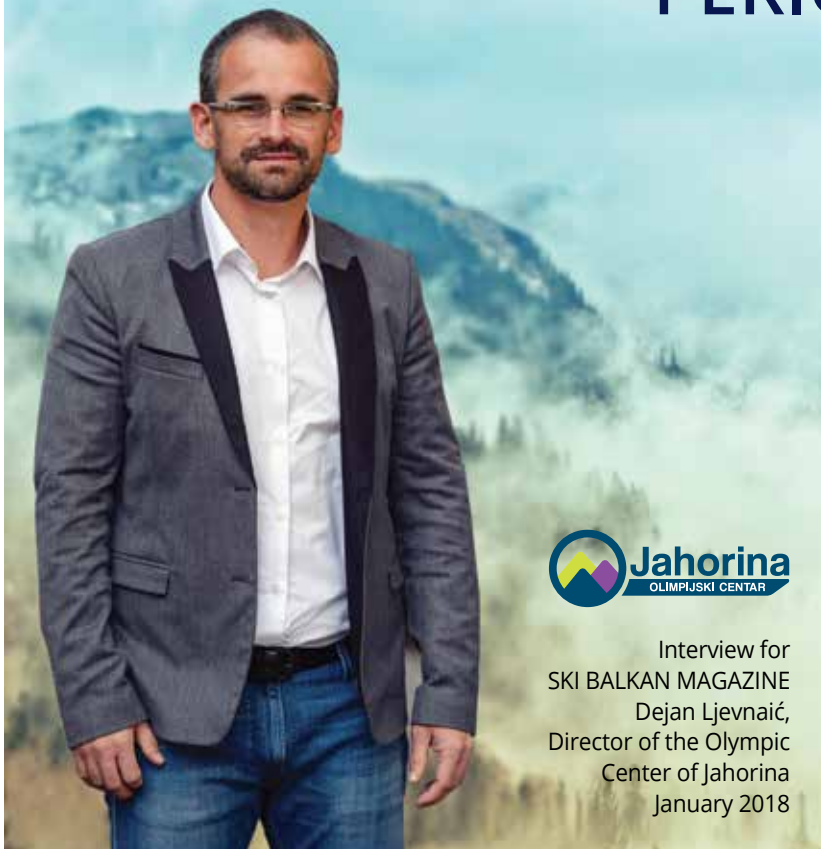
## Wednesday, 14th March 2018

10:00 – 13:00 Snow Workshops - meeting point  
 "Rajska vrata" restaurant, Jahorina  
 10.00 – 16.00 FISHER & HEAD SKI TEST  
 13:00 – 14:00 Lunch - Hotel "Lavina"  
 16:30 – 16:50 INTERSKI Pamporovo (BLG) presentation  
 16:50 – 17:20 Documentary film - Skiing for disabled \*  
 17:20 – 17:40 Invited Lecture - Martin Zvonar (CZ)  
 17:40 – 18:40 Session 3 - Conference hall Hotel Lavina  
 21:00 – 00:00 Gala Dinner Hotel "Lavina"

## Jahorina Olympic Centre



# TOP RESULTS IN TOP SHORT PERIOD ON JAHORINA



Interview for  
SKI BALKAN MAGAZINE  
Dejan Ljevnaić,  
Director of the Olympic  
Center of Jahorina  
January 2018

of sales points from 6 to 12 and modernized and improved all of them thus making the first encounter of the skiers with the ski center more pleasant and without waiting. By building three parking lots and by engaging a serious company for cleaning roads and areas, we have eliminated one of the major problems of the skiers that they encountered when arriving at Jahorina.

And the best and sweetest thing for the end: we have devoted special attention to the youngest ones and built two training sites that include a 100m and 70m conveyor tracks, a tubing track and children's playground with elements for playing on the snow. This is the part that makes me happy as a man and a parent, we have enabled children from the territory of the city of East Sarajevo, which includes six municipalities, to ski for free and so far more than 2.000 children have already used this opportunity and every day we have at least 2 to 3 groups of children skiing. We have organized our Bistrice ski school and arranged the work of all ski schools in order to make the training segment and the first skiing contact of children and all beginners professional, safe and sound, and enable them to bring only the most beautiful memories from Jahorina. Our goal is to develop the love for the mountain of the youngest ones with our rich offer, and encourage them to engage in winter sports. We are going to have a lot of action during the season, and the next event that will take place from 22-25 February 2018 is TOP SKI WEEKEND when we give a discount of 20% on all ski passes that are bought and used in the mentioned term.

## Have you have any problems when setting up a new business mode?

Yes, we have. We have had problems and resistance to the moment when employees, business partners and people from the hospitality premises did not get the confidence in our work. I am aware that our mode of work is strict, precise and with clear goals and that it is not easy to follow and respect it, but only in this way can we achieve results and systematic work. We have had to change the awareness of employees and users, to explain to them that in the ski center they should feel like in another house and that if they make an effort to contribute to the improvement of the Olympic Center, they will only make their lives better. Every day we encounter and suppress the abuse of ski passes, so far we have taken away almost 100 ski passes and have issued twice more warnings, because for various reasons adults are skiing with children's ski passes, illegal ski training

## 1. How did you decide to take over the OC Jahorina and what did you manage to do on the arrangement of the ski resort and the operation of the Olympic Center?

I believe that Jahorina is a destination with great potential, I have seen positive things that Jahorina has and decided to try to use that potential. Now I guarantee that Jahorina is the only destination in the region that has the best price-quality relationship, or that for the least invested funds, users get the service of enviable quality.

When three months ago, my team and I came to the head of the Olympic Center and publicly announced investment plans for the revitalization and improvement of Jahorina as a destination, from this point of view I must say that it was more than brave step but now I can proudly say that not only we have fulfilled everything, but we have done much more than planned.

I'll begin with what is most important to the skiers - the ski tracks. For the first time since 1983, the trails were arranged, namely 6,222 m trails according to FIS standards and built new tracks and connecting roads in the length of 15 km, removed the old installations from the tracks, so that now skiers can ski on the tracks of the overall length of 35km. We have focused on beginners and recreational skiing, so we have widened the tracks alleviating them in critical areas and now skiers who go for skiing for the first time can enjoy going down on the newly renovated tracks. A water reservoir of 95,000 m<sup>3</sup> was built, and it will be also used in the summer season for walking and staying in nature. The windstoppers in the length of 530 m were built at the top of the mountain, which, besides reducing the wind strength at the top of the mountain, will also be construction of an artificial snow-making system are in progress, which will help us to extend the ski season to 130 instead of the 60 days in the past.

From the experience we know that it is most proper to listen to the needs of visitors coming for a holiday on Jahorina, so we have increased the number



of visitors is carried out, etc. We try to eradicate any kind of abuse, both of users and illegal instructors, as well as in the ranks of our employees.

I would like to emphasize that after the results and visible effects of satisfied users, our employees have recognized that we are working exclusively in the interests of the company and the mountain and they represent the biggest support and assistance.

### **In addition to restoring the ski resort itself, what have you done in other business segments?**

I have spent 10 years in the management of different ski centers, I studied the habits of skiers and mountain visitors and concluded that the segment of entertainment and organized events for them is just as important as skiing. First, we devoted ourselves to creating a new visual identity of the company with the aim of giving »New Face of Jahorina«, we have remained faithful to the Olympic

roots, but we have introduced a new freshness and original ideas that turned very good and provoked the enthusiasm of our users. New Year's concert by Željko Joksimović, in front of the Bistrice hotel, with 20.000 visitors, exceeded all expectations. According to the visitors, Jahorina was the best place to spend the most joyful night. This concert was preceded by the unforgettable days of the opening of the ski season and the concerts by Dženan Lončarević and Miroslav Ilić, as well as the Jahorina Night in Belgrade, attended by over 500 guests.

The proof that we have made the right decisions and go in the right directions is the fact that EXIT, one of the best European festivals, recognized us as a serious partner. We are honored that from March 15 to March 18, 2018, we will realize the first EXIT Festival 84 on the snow, right on the Olympic Jahorina. I can happily say that we are expecting great stars of the world scene, as well as many famous DJs.

We have seriously devoted ourselves to the organization of numerous races, such as FIS competitions, test races and trial races for EYOF 2019. The Youth Olympics or EYOF will be held on Jahorina and will host young people from all over the world who will compete in slalom and giant slalom events.

### **3. Have you managed to summarize the results of your work so far?**

For this short time of a month, with perseverance and professional approach to each business segment, my team and I, have achieved incredible results and scored a large number of records. We were the first in the region to started working on 03 December, which Jahorina has not experienced ever before. In December 2017 only, almost 20,000 skiers and boarders were skiing on Jahorina, which is a great shift compared to December 2016 when there were 6,500 skiers on Jahorina, or 3 times less. Last season there were only three days when the number of skiers exceeded 3,000 per day, and this season we already had more than 3 such days in December. As I said, we opened two new kindergartens, contents that were the ski center lacked very much and so far nearly 2,000 beginners have been trained there. This, of course, is reflected in the increase in revenues, which are 15 times higher for December of this year than in December 2016. The attendance of skiers in 2018 is even greater, so far

in January we have had over 35,000 skiers, which is 5 times more than last season.

Although we have not invested in the Bistrice Hotel this year, I have to say that we have improved the work by small improvements and adaptation to the needs of our guests. The number of overnight stays and income has increased by almost 20%, and the primary goal is to increase the average length of stay of the guests in the hotel, and for now we have managed to extend the average stay of the guest for a whole day.



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## Winning the first medal at the last romantic Olympics

The 55-year-old Franko and I talked at his home in Radovljica (in the Gorenjska region) almost exactly on the 34th anniversary of the historic day when he won the medal at the Olympic Games in Sarajevo. He was the first Slovenian and the first Yugoslavian to achieve this honour. Franko – who is originally from Primorska (the Slovenian coastal region) – believes these were the last romantic Olympic Games. He was and still is the crowd favourite with an infectious smile – people cheered at his silver medal (worth gold) with “We love Jure more than burek” – a phrase that later became iconic. Lounging on his couch in his big living room with a piano in the middle of the space and crutches by his side – as he had hip surgery just days before – he opened up about his rich competitive and business career. This was the first time he ever said that there actually was a possibility of winning the race in Sarajevo. When the euphoria started and he had the Olympic medal in his pocket, for a whole hour, no one at the finish line remembered to put a ski jacket on him and that is why he caught pneumonia. The Americans and the Japanese took him in as their own. As Jure stands for “spirit” in Japanese he took on his given name Jurij, and (in Japanese) became a “lily”. He also beat Tomba on the ski slopes, and got the news from Tomba La Bomba himself. And criticizing the last Olympic Games in PyeongChang, that is, those who got them there, he at the same time nostalgically assesses that really the most beautiful thing that could have happened to the people of Sarajevo were in fact the Olympic Games.

**There is no other way of starting this interview than with Sarajevo: firstly, because you achieved your greatest result there by winning the first Yugoslavian medal at the Winter Olympic Games; secondly, because this interview will be published in a magazine intended for the participants of the 2nd SPE Balkan Ski Conference in Sarajevo; and last but not least because we are having this conversation at the high of the Olympic fever and cannot ignore the comparison of the current Korean Olympics with those in Sarajevo 34 years ago. To start with, could you tell us more about that historic February 14th 1984, when you drove a nation of 22 million into frenzy with your surreal run in giant slalom?**

“There is an important pre-story to that medal that I have to mention. Filip Gartner and Tone Vogrinec made a genius move in Sarajevo. While we were waiting for snow and the competition they sent us to Koroška with a government’s plane for a short training trip. This way we were able to get away from the media circus we had been forced to be a part of in Sarajevo. We escaped the centre of attention and were finally able to do some much-needed training in peace. We also had one seemingly insignificant – but for me personally a very important – FIS competition, which I won, but it was not easy. It served as a practice run before Sarajevo. I was able to learn from the mistakes I made there and make sure what not to do at the Olympics.

**What were your expectations standing at the starting line of the giant slalom? Were you conscious of the fact that you could achieve an excellent result or even win a medal? Did you even dream of victory?**



“I never set goals in the manner of what I should achieve in a certain race. I always tried to achieve my best in each and every race. I also did not set any goals before my start at the Olympic giant slalom. I did not think about which place I could achieve. But I did gain plenty of self-confidence after winning that last race in Koroška. It meant a lot – that is something I only realised later.”

**But after the first run – when you placed fourth – you probably started thinking: ‘what if...?’**

**Silver with a gold sparkle**

“Yes, after the first run I could feel I was close to a medal. I knew I had not given my absolute best in my first run and that I played it a bit too safe. The track was hard, it tipped to one side, it had many traps, that is why, there were so many disqualifications. I studied the line for the second run thoroughly, I visualised every part, and I practiced the knowledge on a special turning technique.”

**... and with the best time of the second run you placed just after Max Julen. Could there even have been a better outcome? This first Yugoslavian medal on the Winter Olympic Games was sort of an imperative. Without it, the Games of 1984 would not have been what they later became. That is what made your silver medal worth gold – something we heard many times from several Bosnian and numerous Yugoslavian politicians. They seized the glory for the complete Olympics as if they had won the medal themselves**





**– granted, those involved in the excellent organisation and therewith connected effort they invested were admittedly proud.**

“Yes, I also got excited about the silver medal as if it were gold. Nonetheless, today – with a distance of 34 years – I can actually say that I could have even won that race. This is the first time I am mentioning this. In one of the turns – that I knew as the back of my hand – my ski boot (which was right next to the skis in our days – we even cut our soles to have better contact with the skis) grabbed the snow and my ski slipped. That was the only mistake I made in that second run.”

**And was that the mistake that cost you a lot of time?**

“That was the mistake that cost me my win!”

**Was that something you were burdened with then? At that time, did you know you could have won?**

“Oh heavens no! That medal was victory in my eyes. The feeling was incredible. That was a victory for me, for the organisers, for the whole Yugoslavia, for the team, for Tone Vogrinec, for Filip Gartner. The dream of many years came true – and on home territory. That is why it resonated so much more; it made everything better and crazier.”

**The new time-space unit**

Younger generations who had not lived through those times cannot even imagine the euphoria you caused with winning that medal. That historic day seems like a new time unit, or maybe better, a new space unit that precisely determines and defines a certain space and time: if you ask anybody how they remember the day when we toasted to you and your medal, they will tell you exactly what they were doing that day and where they were. Are you aware of that, or to put it differently, with distance does it not make this phenomenon even more phenomenal? Even today – after 34 years – no one has forgotten

**that magnificent cheer: “We love Jure more than burek” – a rhyme only a Bosnian could come up with.**

“I do not even remember every detail. Everything seems a bit blurry, I was about 30 centimetres above ground that day. All those ceremonies, giving interviews, television appearances, taps on my shoulders, receptions, politicians.”

**But despite it all, you competed in slalom.**

“Yes. But after the medal was won we were all so relieved and inadvertently everything sort of stopped. I have to say that I was also in a great slalom shape, but there was just not enough concentration left to pull off a good run.”

**The Olympic medal turned your life upside down. You said yourself that your life is divided into the life before and the life after the Olympic Games.**

“Yes, even though I explicitly vowed to myself that this would not change me, that this medal will not have a significant effect on me, and alter certain fundamental things.”

**And did it stay that way?**

„Of course, it did not! In fact, everything changed tremendously. People start to see you differently. I started to perceive myself differently as well. I had bigger expectations; I demanded more from me, I set higher goals, and demanded better, more constant results.”

**Funny man always on duty but with an expiration date**

**Did the permanently smiling Jure with his infectious laugh, optimism, and guitar in hand, serve as a resident morale booster? Were you the funny man of the whole national ski team – always on duty – adored by everyone from Triglav to Vardar (as the Yugo-nostalgists would say)? Were you able to play the part given to you after such sudden success? Was it not too much all at once?**

„Naturally there comes a crisis after all of the hype. You become empty, you cannot smile on demand

anymore. Every person has their weak moments. In this case, you cannot just get away from the spotlight as everybody expects that the smile will not fade from ones face. Then another thing happened. If you take a look at the photographs and tapes of that victory frenzy you can see that everybody around me is wearing ski jackets and vests, but I am still wearing the start number. They all forgot about me and nobody remembered to put a jacket around my shoulders. Even I did not think about that. Only my father – who was unable to come to Sarajevo on time because the race was rescheduled – was yelling at his TV at home that someone should put some warm clothes on me! Then I got pneumonia. If it was not for that, things might have turned out differently. I had a very good result in the overall count in giant slalom, I was in second place if I am not mistaken. But pneumonia caused me to miss several races and that is how I lost the chance for a good overall placement in that winter season. I came in fifth at the end. I wonder how





my sports path would have carried on if things were different. This are details, but in sports, such details can make or break you."

**How did the hip injury affect your career that you carried on in America? You just had surgery and you are still on crutches. You did not suffer in pain for three long decades and delay surgery, right?**

„My hip problems had started when I was eighteen. Opinions on whether I should have surgery or not varied and that is why I pushed it away up until now. If I got it earlier, my hip would have probably worn out by now, and I would have had to have another operation."

**Were hip problems to blame that you left the World Cup at first, and then stopped competing on a professional level?**

„In World Cup the trouble was not that I could not compete anymore; the bigger problem was the training process that became too extreme for me. It was not my intention to place 15th or 10th, I wanted more. Without a sufficient number of training sessions on the slopes, I was unable to achieve that technically. The competition was scarce with professionals and I was able to win my first race, and even the World Championship. To be honest, I lost my motivation very quickly. Nonetheless, I went to America to train as a pro and to make some money."

**A video recorder – the reward for the medal**  
For the laymen it is inconceivable that a silver Olympic medal winner has to travel across the Atlantic for work. Today skiing is a lucrative sport, especially competing in the World Cup –



from sponsorships to cash prizes for good placements. It was different in your days. It is a well-known fact that competitors sold their skis and gear after they finished their competitive seasons. If I am not mistaken you even sold your winning skis from Sarajevo for 600 Marks. You did not sell them because you did not deem them valuable memorabilia, but rather to improve your financial situation. To clarify, for the historic silver medal you only received a Hitachi video recorder as a reward?

"Yes, a really good one and it still works today!"

**You stopped skiing in America, but you did not leave the skiing business entirely. Americans love winners and you knew how to market your silver Olympic medal. They quickly took you in as their own.**

"That is true. But I made it clear to them that I do not want to compete and that I would like to work in the field of ski promotion."

**You quickly established yourself there and not long after came the offer to work with the Japanese. Later, you were torn between America and Japan. You met your future wife Simona in Japan and lived there for five years before you returned to America, got married there, had your first child, your son Aiden. And a short while later your daughter Maya was born in Slovenia.**  
"I wanted to go to Japan because I was always drawn to it and interested in their culture, but the Japanese invited me all on their own, before I even got the chance to apply."

**The professionalism with which you started this business venture is seen in the fact that you spent ten hours a day for six months learning Japanese. This is a clear sign that you are a perfectionist from head to toe. This means that you were not just successful in the skiing business. Your knowledge and communication skills helped you get on television – you were also a ski race commentator – in Japanese!**

**A mountain named after Jure**

"Back then, skiing was a big trend in Japan and everybody wanted to ski. I got there right at the peak of that boom and they took me in as their own. I spent a few years in Japan, and a full 25 years between America and Japan. In between I travelled around the world, I spent a month or two in New Zealand where we for example shot high-budget TV shows for the coming years."

**There is even a mountain in New Zealand named after you because you were the first person to ski on it.**

„That is true. They named it Franko's Follie. There were truly many things happening in skiing. We even started broadcasting the main races of the World Cup in Japan, but the interest in ski racing in Japan was never as intense as with other sports, especially football."

**And then you decided on America again?**

„Yes, not so much because of work but mainly because I liked the lifestyle in California. The other work I was also really passionate about was organising gourmet festivals. That is something that has recently become popular in Slovenia. In America – which does not have its own specific cuisine – they have already been popular three decades ago. That is how we got to organise two gigantic festivals with 350 thousand visitors over the weekend, along with three stages with different music and famous musicians such as James Brown and B.B. King."

**You decided to return to Slovenia in 2001, soon after the attack on the World Trade Centre. Did you decide to come home because of the attack?**

"Not exactly, even though there really was a severe psychosis in America, where we were listening with fear 24 hours a day to see where the next attack is going to be. Americans, especially in the West, are very open, approachable, and communicative. After the attack they became closed off, suspicious, they watched anyone with a backpack accusingly, trying to determine whether or not they are carrying a bomb in it. When I went to the airport in Los Angeles it was like a war zone. We used to consider Russia as the symbol of oppression, but now it seemed





a hundred times worse here in the US than in Russia. These attacks fundamentally altered their lifestyles. They scared us with a possibility of chemical poisoning of water and anthrax. 9/11 happened a week before the birth of our son and there was severe panic everywhere – for instance, I went to get the mail with rubber gloves on because they scared us that anthrax was everywhere. Then we went to Slovenia. For a while we spent some time in Slovenia, and some time in California. When the kids started school Simona and I decided to stay in Slovenia permanently.”

**Mamma Mia! What an accomplishment! This meant a new successful chapter in your life: producing. How did you get into the music business? As we all remember so vividly, you only played the guitar during your winning Olympic period.**

“When we moved to Slovenia in 2008, Simona opened her own music school in Radovljica. She wanted to bring the students’ knowledge to a higher level. Remembering the American model where every school prepares a musical in their curriculum I suggested we do a musical as well. That is how The sound of music was created ten years ago. This is how I got into producing. We did several smaller projects, then Mamma Mia, and now Grease.”

**Mamma Mia is still a smash hit in Slovenia. How many replays have there been?**

“The number of plays seems irrelevant compared to the number of viewers of Mamma Mia. This is close to 130 thousand. We have had 120 shows. There is a Serbian and a Croatian version. We even started working in Skopje. Altogether this is well over 400 replays.”

**So producing is now your main job?**

„Yes, and it is a handful. This year we are starting with production in Romania. The premiere will be in June, and then in July in Bulgaria. We are also in talks for production in Moldavia. And people from the West are calling and want to work with us.”

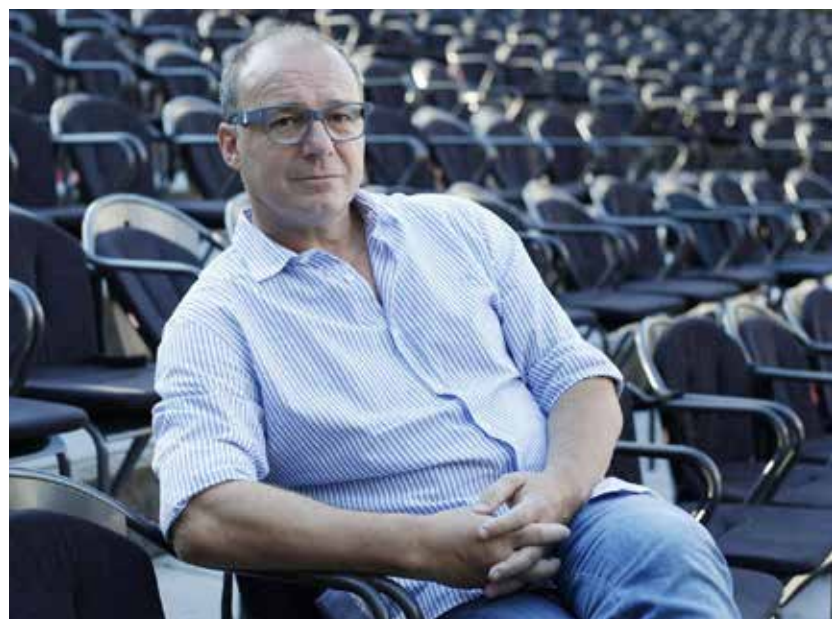
**H for Humanitarianism - with a capital letter! Your rich career is also connected with charity and humanitarianism. How did it all start?**

“This is mostly due to America. When I was there the first time and attended an event of the Special Olympics I was impressed to see how warm, open, and straightforward people with disabilities are. I then visited several similar events and I grew attached to this organisation and its people. I brought that to Japan. There, a co-worker of mine became vice president of the Special Olympics of Japan. He was also the main organiser of the Special Olympics in Nagano in 2005. That is when we also smuggled the torch from Olympus through Slovenia. We landed at the airport and we were welcomed by the Slovenian Special Olympics, and then the Olympic flame went to London. I say “smuggle” because open fire, cigarettes, and similar were prohibited on planes, so we had to fly the Olympic flame with private planes.”

**During the war in Sarajevo the Olympians organised into the organisation HOPE, Humanitarian Olympians for Peace. How was this attention-grabbing action established?**

“Christin Cooper was the initiator – she was also a silver medal winner in giant slalom from Sarajevo just like me. She connected us Olympians from Sarajevo.

We educated people in America on the horrors in Bosnia – I did my part in Japan. Primarily, we wanted to help children, who had been involved in sports. Mrs Cooper was very brave. She went to Sarajevo, right to the front in the middle of the raging war. She tried to get to those kids and bring them financial aids, but they would not allow her through. The Serbian forces took all of it, they only let her deliver some sports equipment. She was truly courageous. She slept on the front, invited us to come, but none of us were as brave as she to accompany her. Kudos to her!”



**Your humanitarian work was also very famous. You took a group of children from socially endangered families in Sarajevo and in both Gorice to see the Olympic Games in Torino.**

"I organised that in 2006 together with the Austrian organisation SOS-Kinderdorf. Yes, there had been several similar humanitarian actions."

**I know that you follow the accomplishments of Slovenian athletes on a regular basis, especially skiers. You do that very emotionally. The achievements of Slovenian men and women can even draw a tear of joy from your eyes in front of the TV screen.**

"Yes, that is true. And it does not happen rarely."

**Did you follow the skiing of Žan Kranjec live when he surprised us with his fourth place at the Olympic giant slalom?**

"Due to the time difference I did not watch the Olympics live – also I put sleep as my priority. That is why I watched the recording of Žan. I expected him to make the top ten, realistically the medal was out of reach. He had some reserve in his first run. But it is true that if you smell the medal in the first run, a lot can happen later. He skied as he should in the second run so congratulations for the excellent fourth place."

**How much do you keep in touch with the former Slovenian ski racers? Do you see each other?**

"No, not really. There have not been many opportunities, and there are not as many of us left."

**How about the foreign skiers?**

"We get together occasionally, when for example someone is celebrating an important birthday. Klammer's parties are rather famous."

**What about Tomba? It was on his request that you helped promote spaghetti on the West Coast? The company Barilla was his great sponsor.**

**He also beat Tomba**

"No, he came after us. It is interesting that I competed with Tomba once without knowing. I even beat him. The Italians invited us to Milano around Christmas. In the vicinity of San Siro there is a smaller ski resort located on a landfill where they held Christmas parallel slalom. I won one of these slaloms. I eliminated a promising junior and ended up in the finals with Paolo De Chiesa. A few years later I was doing an interview in Kranjska Gora for a Japanese TV with Tomba – who was a big star by then. He told me: 'Hey you, do you remember the Christmas parallel slalom in Milano? The year you won?' 'Of course I remember,' I said. 'Do you recall who you competed with in the first round?' he asked. I replied: 'I have no idea.' He said bluntly: 'You skied with me!' So, now I can tell the story of how I beat Tomba!"

**It is simply fitting – considering the reasons mentioned at the start of my first question – that we end this pleasant conversation where we started it – Sarajevo. I remember a very positive and hopeful statement you made**



**saying that the Olympic Games were the most beautiful thing that could have happened to the people of Sarajevo.**

"Back then, they were in the centre of attention according to the highest standards of human ideals because of the Olympics. All the ideals represented by sports and Olympism were concentrated in Sarajevo at that moment. The people of Sarajevo and we as a nation reached the highest possible attention in the best possible light. The war that happened later was a contrast. War is the worst thing people can produce. That is why they hold those Olympics so dearly. The Olympics are a far more pleasant and positive representation of a nation than a war. It is better to remember the positive feelings than the negative. There should be one more Olympics there, to set the memory straight."

**Olympism merely a letter on paper**

**You are probably thinking of the good old Olympics – as it was in Sarajevo – that does not exist anymore.**

"Olympism has acquired completely new commercial dimensions. This is especially visible in this year's Olympics in PyeongChang. The first race of the ski jumpers was completely irregular. Why would you grant the rights for the Olympics to someone who does not have the right conditions for a good, regular implementation of the Games? As these are sports disciplines taking place in the nature and that depend on weather conditions you cannot have a regular program if you do not know in advance that the weather will unfairly shape not only the schedule of the Games but also the results and thereby the medal-winners! Every person with a half a brain knows that a place that has windmills for electricity probably has frequent and strong winds, right? This is nothing surprising, quite the opposite it is expected and logical that races are cancelled and postponed. The fact that they cancelled and postponed four out of five competitions in skiing says it all. It did not happen merely in ski jumping and downhill, they also could not follow through with slalom due to winds. I was there five years ago for a Special Olympics and I am familiar with the temperature leaps and the strong winds. This is a sad testimony to the fact that capital and politics choose venues for Olympic Games. Nobody cares about the spirit of the Olympics and the athletes anymore."

**Everything was different in Sarajevo.**

"Indeed, those were the last romantic Olympics. The Olympic village was one joint location; we were all together in one village. There might have only been one other joint village in Lillehammer, and then never again. In Sarajevo we all lived under one roof, the atmosphere was incredible, and we spent time together, encouraged each other, congratulated each other on our victories, and gave autographs. This was a pleasant experience for athletes because the noble rule then still applied: it is important to participate. Today, this Olympic spirit is no longer present."

**Interviewer: Tine Guzej**

**Photographs: personal archive of Jurij Franko, Egon Kaše**





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# Memories of the 1st scientific conference »SPE BALKAN SKI 2017«

The idea to organize the SPE Balkan Ski Conference emerged about two years ago at the Serbian ski resort Kopaonik. Back then, Rado Pišot and Ljuba Pavlović had an intriguing conversation trying to organize an event joining their professions and skiing, which could motivate and connect experts from the Balkans. And that is how the idea to organize BALKAN SKI conference began to form. The idea was to focus not only on practical presentations and demonstrations of exercises on the snow, but also on the scientific approach to problems related to skiing. This kind of event would be of interest to all ski enthusiasts and could ideally connect all different experts, as well as promote skiing. Target groups were set to be Demo Ski Teams, ski federations, Universities, Research Institutes, ski instructors, coaches, professors and skiers from the Balkan region.

Many enthusiasts from the organizing institutions made an enormous effort and words became true. We were proud and pleased that the very first SPE Balkan Ski Conference already achieved the set of goals. Kopaonik was the right venue for a fantastic opportunity of all participants to exchange their experience, knowledge, contacts and ideas and at the same time develop new networks.

The 1st International Scientific Conference »SPE BALKAN SKI 2017« was held at the Kopaonik Ski Resort and in the conference hall of the Angela Hotel. The Conference was organized by the Faculty of Sport and Physical Education, University of Niš, the Science and Research Center Koper (Slovenia), the Ski Association

Rado Pišot (left) and Ljubomir Pavlović, fathers of SPE BALKAN SKI conference



of Serbia and the Association of Ski Teachers and Coaches of Slovenia (ZUTS). Within the Conference, a total of 29 articles were presented, out of which there were 3 plenary lectures, 3 keynote lectures and 23 scientific research papers. The Conference Proceedings was published in electronic form on the website

of the Faculty of Sport and Physical Education in Niš. After the Conference, the best presentations were invited to be published in scientific journals.

Plenary lectures were given by Prof. Marco Narici, Faculty of Medicine and Health Sciences, University of Nottingham, UK; Prof. Alberto Enrico Minetti, School of Medicine, University of Milan, Italy and Ron Kip, Ski Team Education and Development Manager for the Squaw Valley / Alpine Meadows Race Team, USA. At the plenary and keynote lectures, as well as other presentations on different topics, critical views on science and professions taking part in winter sports were discussed. In addition to the presentation of different articles, four







practical workshops were organized, as well as a practical presentation of techniques and methods for training skiers of different ages and levels. Practical workshops were held by Demo Teams from Slovenia, Montenegro, Bosnia and Herzegovina and Bulgaria. Demo exhibition night with the performances of different demo groups rounded off and concluded the successful Conference.

The total number of participants in the First Scientific Conference »SPE BALKAN SKI 2017« was 168, coming from 12 countries: Serbia, Slovenia, Croatia, Macedonia, Montenegro, BiH, USA, Italy, Great Britain, Bulgaria, Czech Republic, Lithuania.





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## THE BOSNIAN SKI LEGEND

We are proud to host Mr. Enis Bećirbegović as the honourable guest of the 2nd SPE Balkan Ski Conference. The name probably does not ring a bell with the younger generations of ski fanatics as Enis has long retired from swishing between the red and blue gates on white slopes. He also only returns to his hometown Sarajevo for a visit – from America. He comes to see his parents and his older brother – today a renowned paediatrician, once also a professional skier and the coach of Enis. But many older experts in Bosnian skiing claim that Enis Bećirbegović is the best Bosnian skier of all times and that is why he has earned the status of a living legend.

The organisers of this year's second Balkan Ski Conference actually planned a meeting of two legends of Yugoslavian skiing: Enis and Jure Franko – the first Yugoslavian recipient of a medal at the Winter Olympics. Regrettably, Jurij – a name Jure has taken on years ago in Japan (you can read more about this in the longer interview in the magazine you are currently holding) – was unable to accept the invitation to this year's conference due to a hip surgery. He will have to visit these snowy slopes and reminisce when in the giant slalom race on February 14th 1984 he was only beat by the winner Max Julen at Bjelašnica on some other occasion.

**Mr. Enis, there will sadly be no meeting with Jure this time in Sarajevo. I know you wanted this to happen as Jure's silver medal – that caused unforeseen euphoria all over Yugoslavia – also had a great impact on the boom of skiing in Bosnia. Back then this must have affected you too, when you began skiing seriously? Have you ever met Jure Franko?**

„Unfortunately, I have not met Jure yet. This would be a great honour for me. When Jure won the silver medal at Bjelašnica, I was merely seven years old. My peers and I thought it was a great honour that our representative on the Olympics won a medal.“

**Your three years older brother Semin – today a well-known doctor paediatrician remembers that you both started skiing very early on a small hill right in front of your house at Koševsko brdo. He says both of you started with serious trainings right after the Olympics – which were organised with such determination and success by the Republic of Bosnia and Herzegovina and with the help of nearly the whole Yugoslavia. How did the Olympics affect your successful skiing path?**



“Naturally, the Winter Olympics of 1984 were important from several vantage points. I have been in love with skiing for as long as I can remember, but this unforgettable sports manifestation brought the winter sports even closer to me. On the other hand, these Olympic Games also caused a shift in the people's attitude towards

all winter sports, and especially towards skiing. It lifted skiing on a higher level. All of this had a very strong impact on my sports path.“

**Back then, you were merely seven years old. Did you watch – along with practically the whole Yugoslavia – the historic run of Jure Franko when he came in second with the best time of the second run, and was placed after the Swiss Julen?**

„Of course, I followed the competition. The memories have faded a bit, but I clearly remember Jure's second run. I remember Jure and his scissor approach. Oh, how the skiing technique has changed over time!“

**Was it perhaps Jure, born in 1962 and thereby 14 years older than you, who had a defining effect on your sports path? Were you among those euphorically cheering “We love Jure more than burek” after his historic win?**

“Ha, ha. We love Jure more than burek! – this cheer was heard in Sarajevo many many years to follow. To be honest, I do not remember what I said or cheered during his run. I watched the competition on TV together with my family. I just know I stared at the screen and I was very nervous. Jure's success also meant a lot to me and my peers – we all dreamed of being in his place one day.“



**How vivid are the memories of the first years of your competitive skiing career? You competed in all disciplines, the least – if I am not mistaken – in slalom, whereas you were most successful in Super G. Was this your favourite discipline?**

“Yes, it was. Super G was one of my favourites and it was in this discipline that I was most successful. Every person finds the discipline in which they excel. It is interesting that early on in my career my favourite by far was slalom.”

**Unfortunately, we do not have enough room to list all your great achievements from 1992, when you first attended the Olympics until 2005, when you finished your professional path. But could you maybe name a few of your favourite results, and perhaps some that are not your favourites?**

“I hold the season 1998/1999 in my fondest memory. I do not really know which result from that period to expose. If I am not mistaken I won seven FIS competitions in two months that season and also achieved excellent results in the European Cup. The World Championship was also held in Vail that year. I have bad memories of that competition. I had a nasty tumble in my Super G and hurt my arm. And so the season was over for me!”

**We also have to talk about the Olympics. You participated four times!**

“In 1992 in Albertville was the first and last time that I participated under the Yugoslavian flag, in 1994 I was at the Games in Lillehammer, in 1998 in Nagano, and last but not least in 2002 in Salt Lake City.”

**As for your results, you achieved the best by far in Nagano. You came in 21st in downhill, and 22nd in Super G. That was phenomenal in those times as fast disciplines were reserved for large ski nations.**

“Yes, that really was a good result...”

**The Olympics in Lillehammer probably hold a special place in your heart. That was the first time Bosnia ever competed in the Olympic Games under its own flag.**

“It was a special honour for me that I was able to participate in those games and represent our new country. But at the same time I was filled with so many other emotions. I left home heavy hearted because war started in Bosnia. Sarajevo was occupied, my parents and my brother Semin stayed in the city. Those were very hard times for Bosnia, and especially for Sarajevo. It was hard for me, too. Being away from your family at the age of seventeen and at the most trying times. But that is life, and people get used to what they have to. I have a bunch of beautiful memories of Lillehammer, but the sad memories of the events back then in Bosnia are also always present.”

**The story of how you got to know Alberto Tomba is also an interesting one. He had a significant impact on your professional skiing career and on the sports path of the complete Bosnian representative team as well.**



“We met him by coincidence during the Olympics in Lillehammer. Before the competition the Bosnian team trained on the field where Tomba wanted to train. Imagine the great Tomba asking the Bosnian team if he could train with us! Naturally, TV cameras followed Tomba around all the time because they were filming a sports news coverage on him and that is how we ended up in the core of that story. The news coverage was then seen by the director of the humanitarian organisation “Amici senza confini” and after the Olympics he sponsored the Bosnian team together with Tomba, so we could come to Italy for a ski camp.”

**This was clearly a very important period for you as you then stayed in Italy for the next nine years and travelled to competitions around the world from there? You also spent nearly a year in Germany. In the end you decided on America?**

“I moved to the States in 2005 when I also got married. My wife already lived in America, and I decided to carry on with my coaching career in America.”

**How much were you still connected to skiing after you ended your professional skiing career in 2005? Being such an excellent skier and skiing expert, how come you did not carry on with your coaching work like many of your colleagues from ex-Yugoslavia?**

“Yes, that was also my plan. But various circumstances altered my plans. I wanted to work as a coach because I had been in this sport for so many years that I knew it very well. But I could not find a coaching position to my liking. When I was a ski instructor in Park City I studied Economics and Business. That is when I decided to dedicate my time to the University and make a career there. I am currently employed in the financial department in the field of risk modelling for regulatory purposes.”

**How much do you keep in touch with your homeland? Do you like to return to Bosnia and your Sarajevo?**

“I have excellent ties with my native country. I return to Bosnia whenever I can. For now, this means once a year. I come back because of my family. My whole family lives in Sarajevo, no one else lives outside of Bosnia, except for me.”

**Do you follow Bosnian skiing and sport in general? Some people in Bosnia claim that the golden era of Bosnian skiing is over, that the young people do not get the right training, etc. Similar complaints can be heard regarding Bosnian ski tourism: lack of a true strategy, not enough ambition, prices being too high considering the quality of the service, etc. In short, the war is not the only thing to blame for Olympic Sarajevo not being what it could be or what Bosnia – being an Olympic country – deserves.**





tourists is by offering them good marketing together with good infrastructure."

It is important that you like to return to Bosnia and to its Olympic slopes. That is why in the name of all the participants of the 2nd SPE Balkan Ski Conference we are pleased to have you as our guest. The legendary professor Vojislav Tomić, who passed away last year, was an unforgettable sports worker, trainer, and organiser of the 1984 Winter Olympic Games in Sarajevo. He described you with the following words: "Enis (along with Jasmina Dedić) will not be surpassed by anyone in Bosnia and Herzegovina for the next ten years!" "Thank you!"

**Text:** Tine Guzej

**Photo:** personal archive of Enis Bećirbegović

"Due to my work and obligations I do not follow Bosnian skiing like I used to. I am not aware of what is going on with the Olympic centre. Getting things back to normal in Bjelašnica after the war required a lot of time. Developing such a centre also requires enormous financial assets, and not merely for the

infrastructure, but also for marketing. These centres can survive only by focusing on foreign tourists. And the only way to attract those



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# The thriving legacy of 80 years tradition

Last year several generations of ski instructors and trainers – members of the largest professional sports association in Slovenia – celebrated the 80th anniversary since their establishment. Firstly, we have to thank our senior colleagues who imparted the positive attitude towards the snow filled nature to younger generations, and especially the need and desire for snowy adventures. Despite the fact that the development of skiing has been part of many changes through time, we are convinced that the generations of instructors and trainers – each in their own way – did everything possible to make this sport a relevant symbol of recognisability for the Slovene nation and help it to remain so.

Although we fondly remember the so called golden times of Slovene skiing, today we are facing a completely different reality. In these uncertain times that are less inclined to skiing we are still steadfastly striving to put every child as well as adult on skis. We are doing this to the best of our abilities – which are too often restricted by snow conditions, resources, lifestyle, and many other factors. The reasons behind the decreasing number of Slovene skiers are well-known but despite everything we – like our predecessors – aim at introducing the most beautiful sport in the world to every person. We realise that without the right role models – the best and brightest – this is not possible. Besides parents these can be the best ski competitors and ski instructors who encourage children and young people to pursue skiing implementing modern teaching techniques and by providing the right example. In our 80 years of existence we have trained over 20,000 instructors and trainers in various skiing disciplines. There are many among them with over 40 years of professional instructor longevity. We take particular pride in those who put over 16 thousand students on skis. We are known for the best instructors and trainers in the world. Even though many of our older colleagues are unfortunately no longer with us, they leave behind an important contribution to the truly rich Slovene skiing tradition.

It is common knowledge that the Slovenes are skiing fanatics. Using our know-how and top results we acquired the status of an important contributor in the field of developing the skiing methodology techniques, ski gear, dangers in mountains, laws, and other content connected with skiing. In addition to the cooperation with various institutions we have to highlight the strong connection with the Faculty of Sports. It reflects the highest standards of pedagogic work as well as results from studies by the best scientists in the field of skiing. I believe that the latter is becoming our greatest advantage in this time of rapid progress and digitalisation.

We can notably take pride in the work of our demonstrators – not merely alpine, but also snowboarders, cross-country skiers, telemark skiers, freestyle skiers, and lately also demonstrators of



Nordic walking and running. And a total of over 50 members from six demonstrator disciplines would not be able to perform their missions at the highest and most professional level without the support of our indispensable business partners. Collectively, 113 basic organisations with over 3300 active members also require adequate support in the central office. I know that we collaborate well within the most successful sports association in Slovenia. We will do our best to keep it that way. And herewith, I would like to thank everyone who contributed their share to the rich mosaic of ski knowledge of the SIAS of Slovenia. Despite multi-branched activities of the SIAS the essential mission remains the same: training young people, and high-quality ski instructors and trainers. Let us not forget that we carry great responsibility – towards everyone who helped achieve what we are

today, and towards all of those to come and carry on with our work in the future. We should comprehend skiing as we know and can – each person individually and everybody together – collectively as a skiing nation. This is in us and represents something that no one can take away from us.

**Dr. Blaž Lešnik**, Director and Chairman of the Ski Instructors/Trainers Association of Slovenia (SIAS)

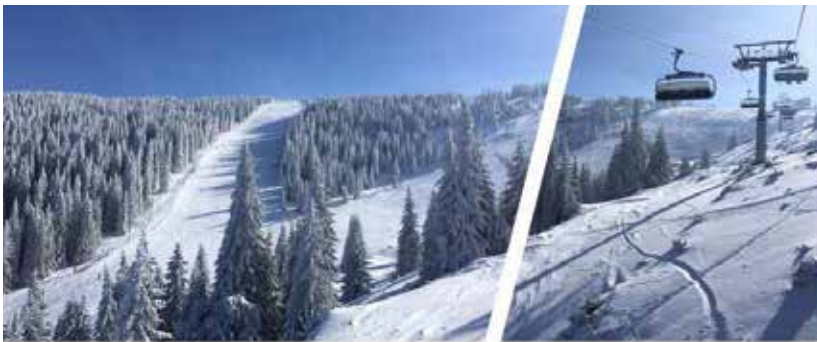




# The Ski Instructors and Trainers Association of Bosnia and Herzegovina (ATUS)

The Ski Instructors and Trainers Association of Bosnia and Herzegovina (ATUS) is the only institution in the country, which is educating and training ski and snowboard instructors.

ATUS is a full member of the International Ski Instructors Association (ISIA), the world body for professional ski instructors, and meets all the requirements to train and educate snow sport instructors. Moreover, the instructor's program of ATUS is also in full compliance with all of ISIA's established norms.







## Montenegrin Association of Snowsport Instructors

**Interski Member** (IVSS member, ISIA member, IVSI member)

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### MONTENEGROINTERSKI - MASI



*Demo Team with President of INTERSKI - Erich Melmer and Prof. Dr. Guček in St. Anton, 2011*

M.A.S.I. Association (Montenegrin Association of Snowsport Instructors) was established on 26 November 1994 in Mojkovac. By the disintegration of Yugoslavia, thirty-three (33) ski instructors from Montenegro had an international license (ISIA). After the disintegration of Yugoslavia, ski instructors from Montenegro were members of the Ski Instructors Association of Slovenia- SIAS (ZUTS) to its foundation, and thus maintained its international continuity and identity. During Interski Congress in Nozawa Onsen (Japan 1995), the Association had applied for admission to the ISIA, IVSI, IVSS and INTERSKI after ten years in role of observers and practical professional experience, with great support and help of the Faculty of Sport in Ljubljana and the Ski Instructors Association of Slovenia - SIAS (ZUTS). We owe great thankfulness to the Slovenian ski professionals for ongoing support in past 30 years, which is still ongoing. We have to express special thanks to Prof. Dr Milan Žvan, Dean of the Faculty of Sport in Ljubljana, and to highlight that without his comprehensive

professional support we would not be able to achieve anything either on national or on international level. In the beginning of 2005, the Association has become regular member of the Congress and General Assembly of IVSS, IVSI and ISIA. Finally, on 31 May 2005, during the General Assembly of INTERNATIONAL INTERSKI in Pyong Chang (South Korea), we have been unanimously accepted as the REGULAR MEMBER of »INTERSKI INTERNATIONAL«. Then, we have got an official name: »MONTENEGRO INTERSKI-MASI«. We have been regularly invited and regularly participate as DEMO TEAM in »Interski Congresses,« as well as, in all other professional events. We organize at least two seminars per year for instructors of Alpine and Nordic skiing and snowboard in cooperation with the Slovenian professionals for the skiing. Our seminars comprise three levels of training for snowsport instructors. The four ski demonstrators will participate at »SPE BALKAN SKI« (Popović Milika-Najo, Milan Vuković, Andesilić Marko, Cetković Savo, and backup in team will be Milinko Popović). The

leader and coach of Demo Team is Prof. Peter Sitar - ZUTS demonstrator, trainer of alpine disciplines, expert assistant for the technique of skiing in team of Ivica Kostelić, lecturer at the Faculty of Philosophy of the University of Maribor, who will also give a lecture at »SPE BALKAN SKI« under topic »RAISING AWARENESS OF ATHLETES SKIING SKILLS AND FREE SKIING AND IN LINEUP«.

Mileta Leković, SG Ass MASI  
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Development of these important qualities for the ski teacher are the reason for the demo team skiing method to be a key approach in the training of the Bulgarian ski teacher. On the second and third levels, the skills in demo team skiing are subjected to examination criteria, and the skills of the ski teachers are assessed in accordance with them.

Demo team skiing - method for developing the coordination of Bulgarian ski teachers. Skiing under someone else's rhythm improves the skiing skills of the ski teachers because:

- It forms correctness of execution of the main ski skills
- Develops the timing of execution
- Creates orientation for distance
- Doses the muscle tension
- Forms anticipation/overtaking actions according to the dynamic environment/



## XXI. INTERSKI CONGRESS, Pamporovo, Bulgaria

For more than 10 years Bulgarian ski instructors worked very hard in order to finally win the hosting of the most important worldwide forum for ski instructors – the INTERSKI CONGRESS. We prepared and presented three applications calls for the Bulgarian ski resort Pamporovo – 2007 in Korea, 2011 in Austria and 2015 in Argentina. At the last congress in Ushuaia the Bulgarian Ski School Association and the ski resort have finally been selected as the host of the Interski Congress in 2019. All three applications calls were guided by the idea not only to promote the Pamporovo ski area as popular resort with the traditional Bulgarian vision but also the Balkan region as a whole.

An important step towards this goal was also made with the ISIA World Championship held in Pamporovo in 2013. Now we turn to you with the request to participate actively in the preparation of the program



for the Congress in 2019, which will be defined at the General Assembly in June 2017. We will appreciate all kinds of proposals that will make our event interesting, useful and memorable for all participants. During the preliminary program we plan to organize morning workshops at three different locations (at the demo slope, the freestyle slope and the cross-country area), interesting lectures in the afternoons and demo shows in the evenings. There will of course also be a lot of time and opportunities for networking.

Our wish is to turn the Interski Congress 2019 into an unforgettable experience for all participants and we are looking forward to your support.

Petar Iankov – Interski Bulgaria  
 Ruska Chalkova – GS Interski Congress 2019

# SERBIAN DEMO TEAM

Serbian Demo team is a team composed of the best ski and snowboard instructors. The formation of the Demo team coincides with the building and the opening of the ski center in Kopaonik during the early '80s. It further opened the need to organize a commercial ski school, namely, the need for trained professional instructors. Serbian Ski Association took on this task and we can say that this established system of seminars aimed at professional training and education has uninterruptedly been sustained till the present day.

At first, ex-competitors and Professors from the Faculty of Physical Education were chosen to be Demonstrators at these seminars.

Back then, Demo team as a special organizational and functional body did not exist, which is why the best high quality available individuals from the above mentioned structures were selected to obtain the status of Demonstrators for the purpose of conducting these Seminars, by means of an unsystematized training process. These Demonstrators did not have any other activities except conducting the Seminar and obtaining the title of an instructor.

In 2004, a large group of ski instructors founded the "Assembly of Ski Instructors of Serbia" (ZUS) which, in 2006, became the official member of ISIA at a congress in Rovinj (The Republic of Croatia).

This Assembly later changed its name into "Association of Ski Instructors of Serbia" (UISS) and it is within the UISS that some serious and more structured work, in terms of training future Demonstrators, started, as well as the improvement of the quality of the Seminar itself and also the very unification of Demonstrators.



**SKIJAŠKI SAVEZ SRBIJE**



The Book of regulations, a training system, as well as the statuses were also introduced. A long cooperation with associates from Slovenia was established with the aim of innovating the Seminar system and the quality of the Demonstrators and it all gave very positive results.

Today, Serbian Demo team is a part of "Interski Srbija" organization which came into existence when two associations, members of the ISIA, that is, IVSS associations, and one association, which was not a member of International Ski Instructors Associations, joined their forces.

Currently, Serbian Demo team has 10 Demonstrators, 10 lecturers and about twenty instructors who actively participate in this whole process of obtaining the status of a Demonstrator.

Up till now, Serbian Demo team has not participated in international manifestations, mainly due to financial reasons, so this will be the first appearance of this team in such a manifestation.

The team will present modern Serbian ski school which is the result of 38 years of experience in practical work of ski schools and Seminars in Serbia.

Even today, Serbian Demo team is involved exclusively in conducting Seminars and acquiring the title. The aim is to spread the activities of the Demo team even further and include cooperation with national sports teams and clubs, as well as with accredited higher education institutions related with sports in Serbia, by means of establishing connection with Serbian Ski Association.

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## Practice & Education – Shaking hands with science.



Pete Allison (PSU, IVSS), Dave Renouf (BASI, IVSS), Andrew Horrell (UoE) and Dave Schuilling (PSIA-AASI)  
PSU – The Pennsylvania State University  
International Association Snowsports at Schools and Universities (IVSS)  
British Association of Snowsports Instructors (BASI)  
The University of Edinburgh (UoE)  
The Professional Ski Instructors of America and the American Association of Snowboard Instructors (PSIA-AASI)

### What is the value of teaching snowsports?

Whilst the skills and attributes needed to teach snowsports to a high and effective level are typically well recognised and valued within the snowsports sector, they are often overlooked in other fields such as higher education, and therefore, not valued in various other career pathways. This problem of recognition of prior learning and transferable skills is not new but has become more important as people increasingly develop portfolio careers. Those involved in teaching snowsports are aware that the skills needed involve aspects of leadership, group management and what are often referred to as 'people skills'. In other words it is about much more than being a 'great skier'.

To this end the presentation will focus on three associated projects which help to address this recognition issue: IVSS, BASI and PSIA-AASI.

IVSS have worked to promote the development of snowsports in educational systems around the world through collaborations, various events and sharing of resources. A summary of IVSS will be given and the future plans for IVSS outlined.

Over the past eight years, the British Association of Snowsports Instructors (BASI) has been undergoing a curriculum review and development process to align their qualifications with the Scottish Credit and Qualifications Framework (SCQF) and therefore the European Qualifications Framework (EQF) and further enhance the quality and consistency of the courses. The alignment process has enabled the skills developed to be expressed to a much wider audience, opening 'doors' outside of the snowsports sector for members. This has created opportunities for accessing higher education, opportunities for recognition of prior learning to enable return to study and wider recognition of the value of snowsports qualifications. In addition the process has enhanced the consistency of qualifications and the memberships understanding of the requirements of every course and the rationale for the standards. Furthermore the process has opened up numerous conversations not only about what is currently covered but also what ought to be included in the future.

PSIA-AASI are currently embarking on a similar process and building on the learning that BASI experienced, in addition to developing snowsport instructor academic pathways. These pathways further solidify and validate the relevant skills transfer in higher education for broader career opportunities. The PSIA-AASI process involves a very different context to BASI and Europe. The presentation will summarise progress so far and the plans for the next 10 years which include research, degree study and a focus on consistency, consolidation and collaboration.

#### Pete Allison: Biography

Pete Allison is an associate professor of values and experiential learning in Health and Human Development (Recreation, Park and Tourism Management and Shavers Creek) at The Pennsylvania State University. He joined Penn State in summer 2016 moving from Scotland. Since 2010 he has led the collaboration with BASI to review and enhance their course curricula and gain recognition using the Scottish Credit and Qualifications Framework. Since 2016 he has been collaborating with PSIA-AASI to develop curriculum, research and study opportunities in snowsports.

Pete's research is on values and experiential learning and particularly focuses on youth development on expeditions and in wilderness settings. He is passionate about youth development through wilderness experiences and has studied and led expeditions for over 25 years. His expeditions have mostly been in Greenland and the Himalaya - including cycling across the Tien Shan Mountains (Kyrgyzstan, China and Pakistan) on a hand powered recumbent bike for a month, cycling from Lhasa (Tibet) to Kathmandu, mountaineering in Ladakh (Northern India), Guiding Kilimanjaro twice and taking young people to Greenland wilderness areas to undertake science work and mountaineering. In recent years Pete has been working on cross cultural education in the middle east with a UNESCO project with Outward Bound Oman. He continues to write in philosophy and research using primarily qualitative methods. Pete is an authority on Kurt Hahn - founder of Outward Bound and several other organisations. He is the Director of The Kurt Hahn Consortium for Values and Experiential Learning. [More information: https://peteallison7.wixsite.com/peteallison](https://peteallison7.wixsite.com/peteallison) <http://hhd.psu.edu/rptm/Kurt-Hahn-Consortium-for-Values-and-Experiential-Learning>





## EVALUATION OF IMPACT OF TECHNICAL KNOWLEDGE ON THE COMPETITIVE SUCCESSFULNESS OF YOUNG CATEGORIES IN ALPINE SKIING

Blaž Lešnik\*, Stojan Puhalič\*\*

\*Faculty of Sport, University of Ljubljana & Ski Instructors and Trainers Association of Slovenia, \*\*Faculty of Education, Department for Sports training, University of Maribor, Slovenia

### Introduction

Alpine skiing is a sport in which the success in competitions depends on various internal and external factors that are related to each other. With the development of skiing disciplines, alpine skiing has reached the level, where top results are very hard to reach. In the process of training, there is a set of different special elements that are more effective for each discipline in alpine skiing. The aim of this study is to explore the relationship between various technical aspects of skiing performance among young alpine-skiers.

### Method

This research interest follows the concept of scientific approach in alpine skiing for children in late childhood and adolescence exploring part of the factors that influence the success in this sport. Factors that have been studied are variables of techniques of alpine skiing in the free and competitive skiing in comparison with the criterion variable (achieved points in a ski Rauch Cup for the season 2013/14). The study included 40 young boys (year of birth in 2000 and 2001; height 158,97 cm, +/- 9,11 cm; weight 50,18 kg, +/- 9,42 kg) - of selected athletes in alpine skiing.

### Results

The analysis of connections between 3 variables of the technique in free skiing ( $r_{FSBL}=0,728^{**}$ ;  $r_{FSFO}=0,762^{**}$ ;  $r_{FSCT}=0,601^{**}$ ) and the 3 variables of the technique in competitive skiing ( $r_{CSBL}=0,613^{**}$ ;  $r_{CSCT}=0,743^{**}$ ;  $r_{CSLS}=0,506^{**}$ ) shows high statistically significant correlation with the criterion variable (success in the Ruch Cup). We have also obtained statistically significant % of explained variance (EV%) of main components in both sets of variables (FSEV%=83,140; CSEV%=72,940 %).

### Discussion

In the study, the influence of technical knowledge of skiing in the free and competitive skiing in comparison to the success of competitive alpine skiing has been explored and it has shown a high degree of integration. Research findings of this study are an important confirmation for systematic integration of the training of skiing techniques into the training process of younger categories in Alpine skiing. Based on the research results, the necessary conditions for devising exercise, the establishment of new criteria for selecting children and prediction of the likelihood of sports results in alpine skiing for the selected sample of children will be suggested with the orientations to the more friendly and athletic-focused approach.

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 Lešnik, B. & Žvan, M. (2003). Comparison of centre of mass trajectories in modern giant slalom techniques. *Kinesiology*, 35 (2), 191-200.  
 Lešnik, B., Sekulič, D., Supej, M., Esco, M. R. & Žvan, M. (2017). Balance, basic anthropometrics and performance in young alpine skiers: longitudinal analysis of the associations during two competitive seasons. *Journal of Human Kinetics*, 57, 7-16.  
 Key words: alpine skiing, competitive performance, training of technique, successfulness, young categories

### 1. Full Name and Date of Birth:

Dr. Blaž Lešnik, born on 4th of May 1968 in Ljubljana

### 2. Education and Degrees

1974 – 1987 Primary and High school: Maribor  
 1989 – 1994 Undergraduate study: University of Ljubljana, Faculty of sport  
 1994 – 1996 Master's degree: University of Ljubljana, Faculty of sport  
 1996 – 1999 Doctoral thesis: University of Ljubljana, Faculty of sport

### 3. Professional Employment

1994 ... Associate Professor at the University of Ljubljana, Alpine skiing department

### 4. Professional Activities

1985 – 1994 Ski instructor/Trainer of alpine skiing at Ski Instructors and Trainers Association of Slovenia (SITAS)  
 1994 - 1996 Member of Alpine demonstration ski team of Slovenia  
 1996 – 2000 Member of University of Ljubljana/ Faculty of sport Alpine ski demo team  
 2000 – 2003 Ski instructors training leader at SITAS  
 2003 – 2007 President of the State Examination Commission at SITAS  
 2007 ... President and Director of Ski Instructors and Trainers Association of Slovenia.

### 5. Awards

2008 Thanksgiving document of the Slovenian Science Foundation



**Univ.-Prof. Dr. Erich Müller**  
**University of Salzburg**  
**Department of Sport Science and Kinesiology**  
**Rifer Schlossallee 49, 5400 Hallein-Rif,**  
**Salzburg, Austria**

**1. Full Name and Date of Birth:**

Mag. Dr. Erich Müller; 22 March 1953

**2. Marital Status:**

Married to Dr. Elfi Müller; 3 children (Florian, Peter, Lisa)

**3. Education and Degrees**

Grammar School Feldkirch: 1963 – 1971; A – level

University of Innsbruck: 1971 – 1976; M.A.; Sport Science, Philosophy;  
English

University of Innsbruck: 1976 – 1980; Ph. D. (Kinesiology; Sport Science)

University of Innsbruck: 1986 University Docent (Dr. habil.)

**4. Professional Employment**

Vice-Rector of the University of Salzburg 2011 –

Full Professorship in Sport Science (Biomechanics –Training Theory)  
since 1993; Head of the Department Sport Science at the University of  
Salzburg 1994 – 2011

Previous: Associate Professor at the University of Innsbruck 1987 – 1993

**5. Further Professional Activities**

President Elect of the European College of Sport Science 2017 - 2019

Member of the Executive board of the European College of Sport  
Science 2015 -

President of the European College of Sport Science (ECSS): 2005 – 2007

Member of the World Council of Biomechanics 2006 – 2018

Director of the Christian Doppler Laboratory “Biomechanics in Skiing”  
in Salzburg

2004 - 2012 / Chair of the 1st, 2nd, 4th, 5th, 6th and 7th World  
Congresses on Science and Skiing in 1996, 2000, 2007, 2010, 2013 and  
2016 in St. Christoph a. A., Austria

Chair of the 8th Annual Congress of the European College of Sport  
Science 2003, Salzburg

General Secretary of the European College of Sport Science 2001 - 2003

Chair of the Steering Group „Science in Skiing“ of the World Commission  
of Sport Science since 1996

Chair of the International Olympic Committee (IOC) Medical Commission  
Symposium “Biomechanics in Ski Jumping” 2001

President of the Austrian Society of Sport Sciences 1995 – 1998

Section Editor of the European Journal of Sport Science (2001-1005)

Member of the editorial board of the following peer review journals: European Journal of Sport Science; Journal  
of Sports Science and Medicine; Kinesiology; Leistungssport; Spectrum der Sportwissenschaft

Member of many national and international sports science and sports medicine associations

Many keynote and invited speeches on international congresses

Director of more than 10 long term research projects funded by research foundations

like FWF, FFF, ÖNB, CDG, etc.

Scientific Consultant of the International Skiing Federation (F.I.S.)

Scientific Consultant of the International Skiing Industry Association (SRS)

**6. Scientific Awards:**

International Prize for Science and Research of the City of Salzburg 2005

Prize for Science and Research of the City of Innsbruck 1990

**Biomechanics, Performance Enhancement and Injury  
Risk Management in Skiing** / Müller Erich, Department of Sport  
Science, University of Salzburg, Salzburg, Austria

**Introduction**

Enhancement of performance and injury risk management are the main  
goals Biomechanics can contribute to in elite Alpine skiing. The areas in which  
biomechanics can be applied in the training process are very diverse. In the first  
and very challenging area movement technique characteristics which essentially  
influence performance are analysed via biomechanical methods. Based on these  
analyses sport specific test batteries have to be developed in order to allow the  
determination of individual, current performance levels and of performance  
progress. The second area tries to improve the quality of the training process  
by developing sport specific training devices and exercises. In the third area  
feedback systems should be provided during the training session in order to  
minimize intervention times.

**Performance Diagnostics**

Biomechanical technique analysis and performance diagnostics are essential  
measures to enhance the quality of training and furthermore the performance  
of the athletes. Three main aspects have to be considered when biomechanical  
methods are used in technique analysis and performance diagnostics: (1) the  
precision of the parameters determined and the accuracy of the measurement  
system, (2) the parameters determined have to be as technique specific  
as possible and (3) the athlete should not be severely interfered by the  
measurement system. The efficiency of the training also depends on the quality  
of performance tests available.

**Specificity in Training**

For the development of specific training exercises the principle of kinematic  
and kinetic correspondence has to be taken into consideration. This principle  
states that the special exercises must be in harmony with those parameters  
of movement which characterise the structure of competition technique.  
A coordinative affinity between training and competition exercises has the  
advantage that it results in favourable training stimuli in the musculature  
relevant to the specific movement. In addition suitable feedback systems can  
significantly contribute to shortening acquisition time according to the principle  
of objectively supplementing rapid and immediate information.

**Individuality in Training**

In the near future training concepts in elite sport will have to consider individuality  
in performance as well as in adaptation to training stimuli. Biomechanics will have  
to focus on intra-individual movement variability to look for optimal movement  
techniques. This needs more emphasis on multiple single-individual designs  
to address issues such as individual signatures of movement coordination and  
optimisation of performance, rather than group designs.





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Ski goggles Bolle and Cébé

# SPORTS GOGGLES IN WINTER SPORTS

Winding on snow – whether it is skiing, snowboarding, telemark skiing, touring or a completely new discipline – is definitely a great sport. It combines moving in the wonderful winter nature, fresh mountain air, physical activity, and last but not least socialising and fun.

But aside from the above listed positive qualities it also brings some danger, especially in the form of sports injuries and mishaps or accidents. Insurance statistics say that there are not as many classical fractures – something that was typical in the past. Now, there is an increasing number of head injuries as a consequence of collisions in unforeseen encounters on the ski slopes. The fact is that the development of new materials and herewith related new forms of skis and snowboards helped us so we can wind more precisely and at higher speed. We used to all ski in similar rhythms and widths of turns, only the speed differed slightly. Every skier could foresee when somebody would turn, and at a moderate speed you could have the activities on the slopes under complete control. Nowadays the speed is considerably higher and the movement is very hard to predict. On the slopes we now meet snow enthusiasts who turn using various techniques – which consequently provides completely different rhythms and widths of winding. Carving has one rhythm, snowboarding another, telemark skiing a third, and then also the “classic” skiers can be found in between. And when these different techniques collide more severe injuries can occur.

In premium brands such as Bolle and Cébé they accepted this fact as a challenge and produced a “protective set” comprised of a sports helmet and ski goggles. The Bolle helmet is made in a manner to maximally absorb the effects of a collision and the vibrations transferred to the skull at impact with another skier or at a tumble to the ground. It also has a padded and adjustable neck part that prevents blows to the neck. The ski goggles Bolle are maximally adapted to the helmet. They provide face protection. The triple padding and adequate coverage of the face prevent injuries to the face and nose. The biggest advantage of the Bolle glasses is preventative – they enable a very wide field of vision, good visibility in bad weather conditions, and thereby offer considerable assistance in avoiding accidents. “The Bolle protective set” cannot prevent an accident on the slope, but it can help with it never happening, that is, it can largely alleviate its consequences.

## CHEAP GOGGLES OR PREMIUM BRANDS

In the summer as well as in the winter – our eyes are the sensors for our reactions to all events around us. If we get cold a bit sooner or later that has

no direct effect on our life – we may catch a cold or not. But if we sense danger or see an obstacle just a few milliseconds too late this can be fatal for us. That is why an investment in glasses that enable maximal protection together with the best quality makes sense. Do not save money on things that could save your life.

### What demands do the technically advanced sports sunglasses have to meet?

#### • EFFECTIVE PROTECTION OF YOUR EYES

Glasses should not only protect your eyes from harmful UV-A and UV-B rays but also from heat infra-red rays. These rays dry the eye out which you feel as pressure in your eyes or your eyes sting. Only premium sports glasses have filters for infra-red heat rays. In addition to the above listed sunglasses should also provide protection from wind, dust, insects, and rain. Therefore, it is very important that sports glasses fit to the face well and cover the eyes completely.

#### • ENSURE OPTIMAL FIELD OF VISION

It is important that the glasses do not limit the field of vision, partly due to traffic safety, and mainly so you do not have to turn your head if you want to see everything around you. Glasses from the BOLLE Active collection are designed without a frame around the lenses which enables the largest field of vision possible. All models also have different lenses, adapted to different weather conditions.

[www.cebe.com](http://www.cebe.com), [www.bolle.com](http://www.bolle.com)

# The technique of ski touring

## The ABCs of Ski Touring

In recent years, skiers on white mountains shredding the slopes on ski touring skis are being divided into four basic disciplines or groups. Simply put, the differences depend mainly on the gear, how much and how fast someone wants to ski, the slope angles, how fast someone wants to move, and several other factors.

Looking from afar a layman could say that the four disciplines are very similar. At least at first glance. In principal, all disciplines require skis – with special climbing skins attached under them. The heel of the ski boot is free to enable walking or skating, and when you want to ski downhill you fixate the heel and go. Today, the differences between skiers are truly enormous, and that is not something visible merely to experts. Ski touring is divided – if we hereby exclude telemark skiing – into: competitive, fast, classic, and freeride (ski touring). Honestly, it is true that three of these four subdisciplines are majorly intertwined. People rarely buy gear from one discipline or to rephrase: the desires for ski experiences are the ones that are actually intertwined. One time we just want to hike on snowy slopes and nothing more; another time we make a quick detour from the ski area to brighten our day, and on a different occasion, we for example go on an exciting multiday long ski tour. That is why we should first take a look at the basic characteristics of these subgroups before we get familiar with some of the technical tricks.

### COMPETITIVE SKI TOURING

Competitive ski touring is truly competitive. We recognise these “tourers” by their ultra-light gear that is not really durable as every gram is unwanted, by their tight-fitting ski jumpsuits, by the speed they achieve when ascending, by the short and narrow skis, and the ski bindings that are almost invisible. The ski boots are also quite special in this discipline as they are only slightly heavier and sturdier than for example the ordinary trekking shoes. If we sum it up – the main point here is true minimalism with the emphasis on seconds. Fast ski touring is intended for those competitively inclined athletes who practice some type of training every day and constantly look onto their sports watch to check how many minutes have passed and how many metres or kilometres they have put behind them. Normally they do not care for experiencing snow or conquering mountain peaks as much as they do care for altitude changes or distances conquered – which is usually followed by heavy self-advertising on Facebook. The ski boots are still very light, as are the skis, but they become a bit wider, the bindings remain very minimal. Every gram counts – and saving grams on the ski touring gear can easily get very expensive for our wallets.

The classic ski touring is something the majority of Slovenes decide on and it is also the closest to the basis called ski touring. Steady ascends and satisfactory fun



when skiing back down. The key point here is to be outside, in the mountains, on fresh air and in the sun – to experience the wintery mountains, to ski on good snow, to breathe and have fun rather than sit at home. Freeride ski touring – the name says it all. Here, the main and only interest for skiers is to find the very best, that is, the purest and freshest powder around. Ascends do not matter here as much, they are rather unwanted. Still the lungs get some fresh air and the untouched terrains around the corner of the ski resort suddenly become easily accessible and provide a number of other positive reasons to go experience them on foot. Absolutely, the predominant goal of freeride ski touring is to find the best, untouched snow. We could say that this is the most popular form of ski touring for all the better skiers. Therefore, buying the standard “avalanche rescue kit” – an avalanche probe, shovel and an avalanche rescue beacon along with the almost standardised upgrade, that is, the backpack with the avalanche airbag (where the special “airbag” helps us stay above surface in the case of an actual avalanche) – will not suffice for the earnest ski tourer. They will immerse themselves in important details on the use of the equipment or techniques that will make things really easy, safe, and fun for them. They will probably also own several pairs of freeride skis – three pairs for example are a minimum to cover all forms of this sort of fun. So what can one ski touring style take after another? What is so specific for each of these ski touring subdisciplines that you will find neither online nor in books?

### HANDLING THOSE CLIMBING SKINS

Climbing skins are self-adhesive tapes used for skis. We can learn from the skilful competitors in competitive ski touring how to take them off while still

standing on skis – with just one hand movement. We only hear the sound of them coming off from the sliding surface – this technique saves time and complications connected with storing them as we just tape them together and shove them into a larger pocket of our clothes. It is definitely worth watching all those ski touring competitors as they are full of such time-saving tricks.





## ON STEEP TERRAIN

When we start to lose our grip on steep terrain while having climbing skins on and we get that annoying feeling that we are about to slip, harder movements, that is, leaning more onto our arms and hands (the weight of the body goes to our hands) will be very helpful. This too can be learned from ski touring contestants who are good at mastering this trick of when to shift the weight to your hands and when only to swing your arms along not to tire out unnecessarily. For this reason, remember when a slope becomes steep or icy you merely need to use more strength in your arms. If a slope is shorter you will get past it quickly and without any extra problems with sliding back down. If the slope is longer than it is better to tread a bit harder, simply to stab those skins more firmly into the surface and in the direction towards the back.

## SOFT MOVEMENT

Another very helpful trick with fast uphill walking is a sort of soft movement of the body. This can also be seen with competitors in ski touring. We shift our body slightly up and down during walking – like a camel. We hold our ski poles with our arms bent (not extended), walk rhythmically and make moderate steps. These are all factors that – after a few hours – will help you in conquering more metres while burning less calories or in needing less minutes for more metres.

## SKATE SKIING

Skate skiing as we know it from the classic cross-country skiing is also worth incorporating into ski touring. With skate skiing we turn our step into more than just a step – we elongate it with skating forward for at least 20 cm; sometimes we can even do half a metre if we skate on our touring skis on a flat surface. This technique is very beneficial for longer tours. In this way, we will get further and be more rested than the others. Moreover, every step is elongated meaning the legs get extended, the calf muscles stretch and thereby we constantly relax our calves.

## FREERIDERS GO SLOWER

Freeride skiers should not jump too quickly or too steeply uphill. This is reserved for competitive or classic ski tourers. Due to the larger gear weight and width of their type of skis it would be wiser for freeriders to select a more gently sloping path – even if this means making a turn or two more – in this way they will be more rested at the end. To repeat: considering the weight of this type of tour gear there is no way to keep up with the “ultra-light” nor “the usual” ski touring colleagues, so do not even race with them. You will show them your strengths while riding downhill. That is when you will have the last laugh and they will have sour smiles on their faces. But you will not notice them as the freeride philosophy lies in getting downhill as fast as possible and while having as much fun as possible.

## TURNING

Turning – once the scariest part of ski touring has now become a minor problem. The wider the skis under your feet the less trouble you have with skiing. You could also say that the problems with skiing are nearly gone. We rarely see someone going downhill on foot rather than on skis. But in the past this used to be a regular sight in

our wintery mountains. Wider, softer skis are certainly helpful when it comes to skiing downhill on soft snow but often the wind, the cold, and crowds in the mountains get in the way of that. In these cases, hard snow then demands harder and more narrow skis.

## HOW TO SKI ON FRESH POWDER?

Speaking of a trick for better turning – may this be the most important one: hold your hands (with ski poles) in front of you as a boxer would. This will give you more stability and compactness. When making a turn one hand should go extendedly forward (in the direction of the turn). This will shift your body in the right direction and the skis will follow – in this way the turns will be made almost all by themselves. Another trick from freeride: when skiing on powder which is bumpy from previous skiers, lift your legs towards yourself and do not push them away and bounce with your body up and down as people like to do. We literally have to bring them towards us. There is no better way of describing this technique. This trick is especially important as we gain in speed. It will “give us wings” even without an energy drink as we “fly” above the holes made by those who skied before us.

## HOW TO TRICK THE PESKY SNOW CRUST?

The most hated snow surface is undoubtedly the so-called crust. It is even worse when we do not know whether the crust will hold our weight or not. Mostly, when we fall it pulls us towards our nose, rarely towards our backside. That is why tumbles in the crust are so unpleasant. When skiing on really thin crust we are always on the lookout to see where the crust is harder and where it is thinner. We check before every set of turns or each individual one whether it is really thin, we test the snow by jumping lightly and pushing down with the heels of our shoes whereby the legs are as parallel as possible. In this way we can break the crust easily and the turn is more stable. No snowploughing, no weight shifting from one foot to another. Do not forget that the crust does not allow mistakes!

## SLIDING SKINS AND THE FIRST AID KIT FOR SKIS

Climbing skins should be impregnated because they glide better and faster as snow does not stick to them. Some people literally wax them with irons, others use special (but more expensive) sprays, or rub them with a special wax right before going on tour or even while on tour. When talking about tricks up our sleeves: hold a bag with the lubes for your skis in your backpack. It will make them glide better (the best wax is that from tubes which is rubbed in by polishing) and prevent snow from sticking to the surface of the skis. Do not forget to pack a smaller piece of grindstone to polish your ski edges in the event if you hit something with them or stumble upon by ice instead of snow, a piece of strong self-adhesive tape, wax or spray for skins, and a tube of glue. Do you now get why it is good to have at least three pairs of skis and why it is not an easy job for a good salesperson when trying to sell you on all the options described above?

Dejan Ogrinec





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Reggio Emilia (RE) Italy





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## Snow and bike = the perfect combination

# FAT BIKE, FATTY OR FATSO

Riding the “fatso” or “fatty” instead of cross country skiing – another fun option, why not! There are many places that are too far away for walking on the snow, but if you ride the bike over the hardened surface you need less time, the heartrate increases, and the feeling of driving in snow is exceptional. The bike certainly is not suitable for every type of snow and you cannot ride in powder as you would walk with snowshoes, but if the surface is similar to that for cross-country skiing, fun is definitely guaranteed.

Riding “fatsos” or fat bikes is something special. Wide tyres with the pressure between 0.5 and 0.8 bars offer an extremely good grip. Once you get used to the wider tyres riding them is the same as with a regular mountain bike, except for the better surface contact – due to the width of the tyres.

Cycling or riding a bike on snow is not a substitute for cross-country skiing, but should rather be seen as a supplement recreational activity. This is primarily a form of transportation and not fitness training.

### WINTER TOURISM

If mountain bikers are very frequent guests in winter resorts during the summertime – riding in bike parks or on proper trails – and all European mountain passes are filled with road cyclists than this must mean that this cycling trend is also becoming more established in the winter time. In North America this form of vacationing and guided trips is a constant and over a decade old practice. And lately, there is even another adventurous tourist cycling form evolving on the snowy parts on the other side of the Atlantic called “bikefishing” – cycling connected with fishing.

### SEEKING VIEWS

When on snow you can reach higher grounds on foot than by bike, but you have to watch out for all the winter perils. It is true that the views and scenes when you are somewhere high are immensely beautiful, but if you choose a lake or a frozen waterfall as your destination when riding a bike on hard surface and combine that with riding it through the woods, there will be just as many beautiful views.

### WHAT ABOUT EQUIPMENT?

A bike – flat pedals are mandatory, so you can use classic winter shoes suitable also for hiking; accompanied by the typical winter bike gear, with a hat under the protective helmet, and with good, warm gloves on your hands. There are many options and definitely cycling should slowly be included in winter “pleasure” auxiliary snow activities. Tours on flat grounds could be organised. From the hotel, apartment suite or cabin, to the frozen lake for example; perhaps to a local sight, or a half-day get-together combined with a good lunch. There are many possibilities, and the number of cyclists who use their sports prop all year long is also on the rise.



# Scientific programme - 2nd SPE BALKAN SKI Conference



11.

11. 3. 2018 Sunday

## Keynote lecture

19:00 – 20:00  
BIOMECHANICS, PERFORMANCE ENHANCEMENT  
AND INJURY RISK MANAGEMENT IN SKIING

**Erich Miller**

University of Salzburg, Austria



12.

12. 3. 2018 Monday

## Keynote lecture

17:30 – 18:30  
WHAT IS THE VALUE OF TEACHING SNOWSPORTS?

**Pete Allison** (PSU, IVSS), Dave Renouf (BASI, IVSS), Andrew Horrell (UoE)  
and Dave Schuilling (PSIA-AASI), USA

## Invited lecture

18:30 – 18:50  
COMPARATIVE ANALYSIS OF AGILITY IN 12-14 YEAR OLD SKIERS AND NON-ACTIVE TRAINING

**Vihren Bachev**, Orlin Groshev, Pavel Yordanov, Boyan Zlatev  
National Sports Academy "Vassil Levski", Department "Theory of Sport" Sofia, Bulgaria

## Session 1

18:50 – 19:00  
PARTIAL DIFFERENCES ANALYSIS IN ALPINE SKIING LEARNING EFFICACY BETWEEN  
THE CLASSIC AND DIRECT METHODICAL PRACTICE

**Siniša Kovač**, Nermin Nurković, Mersad Čuljević\*

University of Sarajevo, Faculty of Sport and Physical Education, Sarajevo, B&H

\*University of Sarajevo, Academy of Performing Arts, Sarajevo, B&H

19:00 – 19:10  
CONNECTION BETWEEN DIFFERENT MOTOR ABILITIES AND POINTS IN THE RAUCH CUP

**Špela Bogataj**, Blaž Lešnik

Faculty of Sport, University of Ljubljana, Slovenia

19:10 – 19:20  
AVERAGE ENERGY CONSUMPTION DURING ONE DAY OF SKI SCHOOL-  
A POSSIBLE WEIGHT LOSS OPPORTUNITY?

**Lana Ružič**, Vjekoslav Cigrovski, Matea Sedlaček

University of Zagreb, Faculty of Kinesiology, Croatia

19:20 – 19:30  
THE VERY FIRST DAY ON SKIS AND FIRST IMPRESSION

**Saša Pišot** and Rado Pišot,

Science and Research Centre of Koper, Institute for Kinesiology department, Slovenia

19:30 – 19:40  
IMPACT OF SPORT COURAGE, WORRY AND FEAR ON SUCCESS OF ALPINE SKI LEARNING

**1Vjekoslav Cigrovski**, 1Mateja Očić, 1Lana Ružič, 1Ivan Bon, 2Igor Božič, 1Ivan Radman,

1 University of Zagreb, Faculty of Kinesiology, Zagreb, Croatia

2 University of Banja Luka, Faculty of Physical Education and Sport, Banja Luka, Bosnia and Herzegovina

19:40 – 19:50  
PULL - PUSH STRATEGY AND SPATIAL-TEMPORAL DIMENSIONS IN THE PROCESS

OF SKILLS ACQUISITION IN ALPINE SKIING

**Rado Pišot** and Saša Pišot,

Science and Research Centre of Koper, Institute for Kinesiology department, Slovenia

19:50 – 20:00  
ANALYSIS OF SKIING AND SNOWBOARDING INJURIES - SCIENCE IN THE SERVICE

OF INJURIES PREVENTION

**Sava Minčić**<sup>1</sup>, Nenad Stojiljković<sup>1</sup>, Ljubomir Pavlović<sup>1</sup>, Saša Pantelić<sup>1</sup>, Goran Sporiš<sup>2</sup>, Tomislav Krističević<sup>2</sup>,

<sup>1</sup> Faculty of Sport and Physical Education, University of Niš, Niš, Serbia

<sup>2</sup> Faculty of Kinesiology, University of Zagreb, Zagreb, Croatia

20:00 – 20:10  
MENTAL TECHNIQUES TO ENHANCE SKIING PERFORMANCE

**Uros Marusic**, <sup>1,2</sup> Armin Paravlic,<sup>1</sup> Rado Pišot,<sup>1</sup>

<sup>1</sup> Institute for Kinesiology Research, Science and Research Centre of Koper, Slovenia

<sup>2</sup> Department of Health Sciences, Alma Mater Europaea – ECM, Maribor, Slovenia



13.

13. 3. 2018 Tuesday

## Keynote lecture

17:00 – 18:00  
EVALUATION OF IMPACT OF TECHNICAL KNOWLEDGE ON THE COMPETITIVE  
SUCCESSFULNESS OF YOUNG CATEGORIES IN ALPINE SKIING

**Blaž Lešnik**<sup>\*</sup>, Stojan Puhalič<sup>\*\*</sup>

<sup>\*</sup>Faculty of Sport, University of Ljubljana & Ski Instructors and Trainers Association of Slovenia,

<sup>\*\*</sup>Faculty of Education, Department for Sports training, University of Maribor, Slovenia



# Scientific programme - 2nd SPE BALKAN SKI Conference

## Invited lecture

- 18:00 – 18:20 SLALOM POLE / GATE LENGTH ALTERS PERFORMANCE, ACCELERATION, AND PERCEPTION IN DEVELOPING ALPINE SKI RACERS  
**Ronald W. Kipp**<sup>1</sup>, John G. Seifert<sup>2</sup>, Jon Nolting<sup>3</sup>, Lester L. Keller<sup>4</sup>  
1 Squaw Valley | Alpine Meadows Ski Team, Olympic Valley, CA, USA  
2 Movement Science Laboratory, Montana State University, Bozeman, MT, USA  
3 Steamboat Spring Winter Sports Club, Steamboat, CO, USA  
4 Mt. Hood Academy, Government Camp, OR, USA

## Session 2

- 18:20 – 18:30 MOTOR IMAGERY AS EFFECTIVE THERAPEUTIC TOOL DURING ACUTE PHASE AFTER TOTAL KNEE ARTHROPLASTY  
**Armin Paravlic**<sup>1</sup>, Uros Marusic<sup>1,2</sup>, Rado Pisot<sup>1</sup>  
1 Institute for Kinesiology Research, Science and Research Centre of Koper, Slovenia  
2 Department of Health Sciences, Alma Mater Europaea – ECM, Maribor, Slovenia
- 18:30 – 18:40 INTENSITY MEASURED BY HEART RATE RESPONSES DURING SKI SCHOOL DAY IN LOW SKILLED SKIERS  
Lana Ružič, Bojan Matković, Vjekoslav Cigrovski  
University of Zagreb, Faculty of Kinesiology, Croatia
- 18:40 – 18:50 MONITORING OF INTENSITY AND CALORIC CONSUMPTION DURING SKIING  
**Saša Pantelić**<sup>1</sup>, Ljubomir Pavlović<sup>1</sup>, Nenad Stojiljković<sup>1</sup>, Milovan Bratić<sup>1</sup>, Goran Sporiš<sup>2</sup>, Tomislav Krističević<sup>2</sup>  
1 Faculty of Sport and Physical Education, University of Niš, Niš, Serbia  
2 Faculty of Kinesiology, University of Zagreb, Zagreb, Croatia
- 18:50 – 19:00 TESTS AND STANDARDS FOR YOUNG ALPINE SKIERS  
**Matej Švegl**, Ljubljana, Slovenia



14. 3. 2018 Wednesday

- 16:30 – 16:50 INTERSKI Pamporovo 2019 (BLG) presentation  
16:50 – 17:20 Documentary film – Skiing for disabled

## Invited lecture

- 17:20 – 17:40 COMPARISON OF SELECTED DYNAMIC PARAMETERS OF DIFFERENT ALPINE SKIING ELEMENTS AT SKIERS OF DIFFERENT PERFORMANCE LEVEL  
**Martin Zvonař**  
Masaryk University, Faculty of sports studies, Brno, Czech Republic

## Session 3

- 17:40 – 17:50 CONTRIBUTION OF AN ACADEMIC RECREATION AND LEISURE STUDIES PROGRAM TO RETHINKING THE ROLE OF THE SKI INSTRUCTOR  
**Jana Hoffmannová**, Luděk Šebek, Rudolf Rozsypal  
Palacký University, Faculty of Physical Culture, Department of Recreation and Leisure Studies, Olomouc, Czech Republic
- 17:50 – 18:00 MODERN SKI TEACHING METHODS PROPER UTILIZATION OF THE SKIS' GEOMETRY FOR QUALITY AND SAFE SKIING  
**Peter Sitar**  
University of Maribor, Slovenia
- 18:00 – 18:10 PREFERENCES AND SATISFACTION OF VISITORS ABOUT ORGANIZATIONAL COMPONENTS OF SKI CENTER  
**Jasmin Hrnjić**<sup>1</sup>, Damir Ahmić<sup>1</sup>, Tarik Šečić<sup>2</sup>, Dinko Voloder Zelić<sup>3</sup>  
1 Faculty of Education, University of Travnik, Travnik, Bosnia and Herzegovina  
2 PI Primary School Dolac, Travnik, Bosnia and Herzegovina  
3 SK Ski team Vlašić, Travnik, Bosnia and Herzegovina
- 18:10 – 18:20 TEACHING, COACHING AND FUN - 15 YEARS OF OSJEK SKI SCHOOL FOR SCHOOL CHILDREN  
**Darko Dumančić**  
Head of department for sport, City of Osijek, Osijek, Croatia
- 18:20 – 18:30 THE IMPORTANCE OF RIGHT TERMINOLOGY IN TEACHING SKIING  
**Robert Ropret**  
University of sport and physical education, Belgrade, Serbia
- 18:30 – 18:40 BEVERAGE BAG  
**Mario Blagojević**  
Malčki d.o.o., Ljubljana, Slovenija



## SCS. Plus - Your experts in manufacturing veneer products

The SCS. Plus company from Serbia, with its head offices in Knjaževac (south-east Serbia), was founded in 1997 as a workshop for manufacturing beech veneer seats and seat backs. Back then it had 20 employees, but good business politics and high-quality products have enabled permanent growth and development of the company. Today the company employs 120 workers and manufactures more than 700 models of pressings.

The production program of the company includes a wide range of seats, seat backs, moulded shells, panels and other pieces of furniture with spotless surface prepared even for further coating.

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The development plan of our company includes permanent market expansion and attracting new clients. Our success lies in the strategy of working for a well-known customer and not having products on stock. The loyalty of our long-term clients as well as carefully planned ways of attracting new ones confirm that we are certainly heading in the right direction in terms of the development of our company. As a relevant confirmation of an excellent business policy and activity, we can emphasize numerous rewards which our company received for quality, innovative business activities and corporate social responsibility.

### OUR GOALS

**The mission** of the company is first of all reflected in satisfying the demands, needs and expectations of our clients through permanent broadening of our production program and through constant improvement of our quality. This is also embodied in our corporate ethics when it comes to business relationships with both our clients and our competition, where we stick to good business habits. We respect the basic human rights of our employees and provide them with occupational safety and a healthy workplace environment, moreover, we constantly invest in their training and their knowledge.

**Our vision** is to protect and improve the reputation of our company so that it could be a widely-recognized partner and also a perfect workplace for educated and motivated employees.



**The main goals** of our company:

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- conquering of new markets;
- increasing production;
- increasing company profit.

**We plan to reach these goals by:**

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## The Ski club „Niš“

The ski club „Niš“, founded in 1981., is nowadays the current champion of Serbia in Alpine skiing and one of the pillars of the development of skiing in Serbia. The club has been the team champion of Serbia in cross-country skiing as well. Founded in the important University center, having professional support from the Faculty of Sports, the Club has rapidly developed and grown into one of the most significant generators of skiing activities on the Balkans.

Since the beginning of the 21. century, the Ski Club „Niš“ has won eight times the first place and twice the first place in Alpine skiing in Serbia. During its existence, the club has been the champion of the state in cross-country skiing. More than its 30 competitors in Alpine skiing and 14 competitors in cross-country skiing have won the state championship title in different age categories. Over 70 members of the Club have been in different national selections, and some of them have been Olympic candidates and participants in the world championships in Alpine skiing.

The basic characteristic of the Ski Club „Niš“ is its acting on the principle of this institution which is not only interested in the results of its members, but also in the development of skiing in all aspects.

The club has been the main organizer of the unique mass manifestation „Let's enjoy the snow“ for a long time. It has also been taking care of the preservation and development of the tourist-recreational complex on Suva planina near Niš. The Club is also the founder

of the Ski association of Southeastern Serbia, and in cooperation with Sports Faculty from Niš it has organized a large number of national and international seminars for ski coaches.

The Ski club „Niš“ is also the organizer of the traditional international Alpine skiing competition FIS Eurobalkan cup, which, every year, both in male and female disciplines, gathers the representatives of about 20 countries in the competing for FIS-points.



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Lahko SUV model pri ljudeh predrami enako eksplozijo čustev kot visokozmogljiv športnik? Odslej lahko. Vrhunske tehnologije, ustvarjene za varnost, informacijsko-razvedrilni sistem, lahka pogonska gred iz ogljikovih vlaken, široka paleta učinkovitih in hkrati izjemnih pogonskih sklopov ter patentiranih dinamičnih rešitev zagotavljajo odlično varnost in zabavo v vožnji. Jamstvo Alfa Romeo 5 Plus pa zagotavlja 5 brezskrbnih let.

*La meccanica delle emozioni*



Povprečna poraba goriva: 7,0 – 4,7 l/100 km. Emisije CO<sub>2</sub>: 162 – 124 g/km. Uradna vrednost emisijske stopnje: Euro 6. Specifične emisije NOx: 0,06317 – 0,03600 g/km. Ogljikov dioksid (CO<sub>2</sub>) je najpomembnejši toplogredni plin, ki povzroča globalno segrevanje. Vrednost specifične emisije trdnih delcev pri dizelskih motorjih: 0,00022 g/km. Emisije onesnaževal zunanega zraka iz prometa pomembno prispevajo k poslabšanju kakovosti zunanega zraka. Prispevajo zlasti k čezmerno povišanim koncentracijam prizemnega ozona, delcev PM<sub>10</sub> in PM<sub>2,5</sub> ter dušikovih oksidov. Cena velja za model Alfa Romeo Stelvio 2.2 Diesel 16v 150 AT8 in vsebuje veljavne popuste. Cena ne vsebuje stroškov nultega servisa, priprave vozila ter prevozne logističnih storitev. \* Mehhanika s strastjo. Slika je simbolična. Avto Triglav d.o.o., Ljubljana, Dunajska cesta 122, SI-1000 Ljubljana. Podrobnejše informacije in pogoji jamstva Alfa Romeo 5 Plus so na voljo na [alfaromeo.si](http://alfaromeo.si).