



How to Alpine Sitting

00:09 Claudia Lösch, Austrian para-alpine skier, English

“To learn sit-skiing basically the first thing you need is courage.” » 00:13

00:14 Anna Schaffelhuber, German para-alpine skier, English

“Not just like to be protected and to stay in calm, it’s just to have some action.”» 00:18

00:28 Christoph Kunz, Swiss para-alpine skier, German

“I had already gone skiing before I had my accident, so I can say that it's very comparable. With the mono ski you're closer to the snow but actually you take the corners like you do it in 'normal' skiing.“ » 00:40

00:44 Gerd Schönfelder, Trainer German para-ski team, German

“In the sitting class, i.e. in the class of the wheel-chair skiers, you've got three main classes: the LW 12 – those are people with both thighs amputated or only limited paralysis and a lot of body stability. Then you've got the ones who are more paralyzed and the ones who are highly paralyzed – they can only move their arms.“ » 01:03

01:04 Claudia Lösch, Austrian para-alpine skier, English

“I’m classified in LW 11. It’s those Skiers, who don’t have frictions in their legs, but do have abdominal muscles, meaning I can do everything with my upper-body, but nothing with my legs.” »01:16

01:23 Christoph Kunz, Swiss para-alpine skier, German

“My ski in terms of other mono skis, is an ordinary race ski, as you see in ski racing. The mount, the frame including the suspension is a fairly standard model, many athletes have the same one but everything that's in the upper area is pretty individual.“ » 01:36

01:40 Claudia Lösch, Austrian para-alpine skier, English

“The devices we use, are very similar to the ones use in motor cross. They also use a different chock receiver, which also makes the terms easier to do, because you don’t get thrown out of the turn. I use a pretty soft chock receiver, because I need it to go in and get out slowly, so that I really can swallow the bumps when they come”. » 02:01

02:06 Christoph Kunz, Swiss para-alpine skier, German

“The shell I'm sitting in, I always say that it's my ski shoe, and the moves I make have to be transported to the ski.“ » 02:12

02:20 Claudia Lösch, Austrian para-alpine skier, English

“The only thing which is clear is that we have to have these items, because if we crash and slide, those are basically brakes and so that we don’t slide like all the way down.” » 02:33

02:37 Anna Schaffelhuber, German para-alpine skier, English

“At the start, I have to take on with them.” » 02:39





02:47 Gerd Schönfelder, Trainer German para-ski team, German

“They have to use the short ski from time to time to get the balance again.” » 02:48

02:54 Christoph Kunz, Swiss para-alpine skier, German

“Many people think you're doing a lot with the arms and you have to have strong arms. But most of the moves are done by the incline, the sidecut of the ski and and the centrifugal force.” » 03:01

03:10 Christoph Kunz, Swiss para-alpine skier, German

“Each discipline in mono skiing has its own challenges. Especially in relation to the ski run when you're going so fast, that requires quite an effort.” » 03:20

03:27 Anna Schaffelhuber, German para-alpine skier, English

“The aerodynamic is really important for us. I am in the wind tunnel, to check something out, what's good, which position is good and especially for downhill it's really important.” » 3:35

03:36 Claudia Lösch, Austrian para-alpine skier, English

“In downhill you need really long skis, like two meters and above, because they are much more stabile going straight ahead in a high speed.” » 03:41

03:43 Christoph Kunz, Swiss para-alpine skier, German

“Super ski is very fast and additionally you have no training for that. You just get one look at it and then you're straight down to business.” » 03:50

03:58 Christoph Kunz, Swiss para-alpine skier, German

“And in the giant slalom and slalom the special thing is that there are 2 runs.” » 04:00

04:02 Anna Schaffelhuber, German para-alpine skier, English

“When I'm at slalom, at the slalom gate they hit the jacket and the brand and then yeah the bars and the gates destroy the brands.” » 04:12

04:13 Claudia Lösch, Austrian para-alpine skier, English

“In slalom, the shorter the better, because it's much more easier to do the turns. Yeah it's kind of complicated to really find a ski that's fits you and fits the rules.” » 04:21

04:31 Gerd Schönfelder, Trainer German para-ski team, German

“Mono skiing is a great sport for people sitting in a wheel-chair. In my opinion, one of the few sports disabled and able-bodied people can do together.” » 04:43

Inserts:

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|------|----------------------------------------------------------------------------------------------|
| 0:02 | Para-alpine Skiing – Sitting Category A video about the sport, rules and equipment |
| 0:30 | Christoph Kunz Swiss para-alpine skier |





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| 0:46 | Gerd Schönfelder Trainer German para-ski team |
| 0:52 | Sitting sport classes LW 10 No sitting balance LW 11 Fair sitting balance LW 12 Good sitting balance |
| 1:05 | Claudia Lösch Austrian para-alpine skier |
| 2:36 | Anna Schaffelhuber German para-alpine skier |
| 3:22 | Max. speed 115 km/h |

Music List

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|-------------|----------------------------------|---------------------|---------------------------------------|
| FROM: | <u>RTV Film & Television</u> | EPISODE #: | <u>“How_to” alpine skiing sitting</u> |
| SUPPLIER: | <u>RTV Film & Television</u> | AIR DATE: | <u></u> |
| EVENT DATE: | <u></u> | TOTAL SHOW DURATION | <u>05:05 min</u> |

| Cue # | TIME | USAGE TYPE* | CD Spine Info | SONG TITLE | COMPOSER | LC Number | PUBLISHER | SOCIETY |
|-------|--------|--------------------------------|---------------|-------------------|------------------------------|-----------|-------------------------|---------|
| 1 | 00'50" | “How_to” alpine skiing sitting | SCD0881 16 | BREATHING TIMES A | Laszlo Bencker, John Epping | LC 07573 | Sonoton Trailer Virtual | GEMA |
| 2 | 00'40" | “How_to” alpine skiing sitting | CAVC023 709 | SOUL RUSH | Richard Thair, Jake Williams | LC 07053 | Cavendish | GEMA |

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