



Co-funded by the
European Union

EWAS
Empowering Women in Alpine Skiing

The Alpine Ski Coaching Essential Guide

(all you ever wanted to know and never dared ask – nor were told)

Federiga Bindi & Manuel Ploner (eds), 2026



How to properly prepare the training slope

#1 - Safety



SAFETY NETS 101 - HOW TO SET THEM RIGHT

Safety in winter sports can be substantially increased through professional preparation of venues. This begins with rigorous slope assessment, including terrain grading, snow depth evaluation, and hazard identification (rocks, lift towers, tree lines), followed by appropriate mitigation measures such as protective netting (A- and B-nets), padding of fixed obstacles, and controlled speed sections.

In this webinar, in collaboration with Eldora Ski Team. Matt Tomasko and Richard Rokos explain how to correctly set B-nets and the procedures to be followed any time the slope is used for training or racing.



How to properly prepare the training slope

#2 - Watering



SKI SLOPE WATERING 101 - Inside the Art of Watering Ski Slopes

Water injection, and surface hardening to guarantee safer race conditions for everyone. However, non-adequately watered slopes amplify injury severity as harder, denser surfaces leave athletes less margin for error.

Also, harder surfaces are cause for back injury, a very common in type of injury among skiers.

In this webinar, in collaboration with the Col Gallina Training Center, Michel Davare and Massimo Longhi explain and show how to correctly water a slope and explain the correct procedures to follow after the slope has been watered.



<https://youtu.be/Zz2HJ9YezQo>

How to properly prepare the skiing equipment

#1 - Bootfitting



Boots are, if possible, even more important than skis. This is why (repeated) bootfitting along the season is as essential as ski tuning. This training module teaches the arts of boot-fitting, an essential knowledge for a coach. why modify the boots? And how?

There is no one fits all solution and understanding the intricacies of boot fitting is essential for a coach to advice one's athletes at best.

In this webinar, learn alongside renowned WC bootfitter Phillip Plank all there is to know!

Bootfitting 101 - Everything you need to know about Bootfitting!



<https://youtu.be/6yDtey6npG4>

How to properly prepare the skiing equipment

#2 – Ski tuning



SKI PREPARATION 101 - The Complete Ski Tuning Guide

Ski preparation is a critical component of performance and safety for athletes, directly influencing speed, control, and consistency on the snow. Properly tuned skis allow athletes to maximize glide while maintaining precise grip in turns, especially under varying snow conditions. Attention to preparation not only enhances competitive results by reducing friction and improving responsiveness, but also minimizes the risk of accidents. In high-level competition, where margins are often measured in hundredths of a second, meticulous ski preparation can be the decisive factor between podium finishes and missed opportunities. Learn in this webinar, alongside Daniele Pesamosca – the Ratte creator - and “Gelo” Angelo Delpanno, how to correctly prep skis for training and racing.



<https://youtu.be/kRws-bQDnsw>

The importance of athletic conditioning

What to do and when



What does it really take to perform at a high level in alpine skiing? In this video, we take you inside the key physical principles behind ski performance. From strength and explosiveness to endurance, reaction ability, and injury prevention, we break down the essential components that shape a competitive skier — and explain how and when they should be trained throughout the year. Whether you're an athlete, coach, or ski enthusiast, this video will give you a clear understanding of how physical preparation supports technique, consistency, and long-term performance on snow. In the webinar Mads Vinther of the Danish Ski Federation teaches all there is to know to program the best conditioning for the racing season.



<https://youtu.be/LqKffeYPr3Q>

The importance of proper nutrition

What to eat and drink - and when



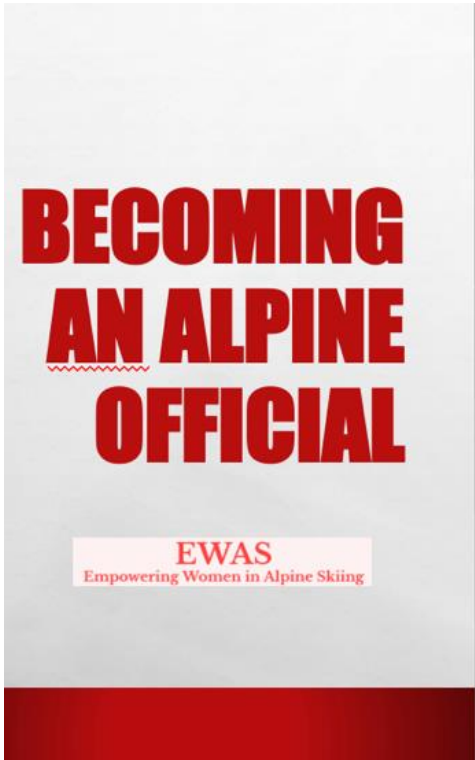
Shall we go for that pizza the night before the race? Or shall we eat a stake like Shawn White?

In this insightful webinar, Dr. Kaja Teraž, Ass. Professor at the Science and Research Centre Koper (SLO) explains the key principles of nutrition for winter sport athletes. She discusses how to optimize performance, recovery, and long-term health through smart nutritional strategies — from energy balance and hydration to managing specific challenges like cold environments and low energy availability.



Want to be part of the sport but spend less time on the snow?

1. Become an Alpine Official (AO)



Alpine Officials are predominantly male, though women are on the rise: this webinar explains which are the different roles and the paths to become one, as it is (almost) never too late! Coaching is not the only way to serve on the hill, becoming an Alpine Official is another powerful way. Officials are recognized in eight specialty areas, reflecting different responsibilities, abilities, and experience: Technical Delegate - TD Referee - RF Chief of Race - CR Chief of Course - CC Chief of Timing and Calculations - TC Race Administrator - RA Jury Advisor - JA (for Start and Finish Referees) Competition Official - CO . In this webinars two senior Alpine Officials – former FIS SG Sarah Lewis and Greek Ski Federation AO Sophie Gritsis explain how to become and AO and thrive.



Want to be part of the sport but spend less time on the snow?

2. Serve in a leadership position



Although women have become increasingly visible as athletes, this visibility has yet to translate into equivalent influence in decision-making. Leadership in sports remains embedded in institutional cultures and networks that have historically been male-dominated. As a result, access to leadership is not just about individual merit or ambition, rather about navigating systems that often reproduce exclusion in subtle and persistent ways. Learn in this webinar from two exceptional women leaders, who came to sports following very different paths: – former FIS SG and Olympian Sarah Lewis, and former President of Croatia and member of the OIC Kolinda Grabar.



<https://youtu.be/nxyQ-rwKB8g>

Want to be part of the sport but spend less time on the snow?

3. Serve in a leadership position



They made it, so can you. With an impressive line-up this webinar discusses women in winter sports governance. With Alessia Mosca (former MEP and Member of the Parliament, author of the Golfo-Mosca law on women quotas on boards), Sasa Pisot (Senior Research Fellow, Assoc. Professor, Institute for Kinesiology Research Science and Research Centre Koper), Sarah Lewis (Olympian, Chair GB Olympians Association, former FIS Secretary General), Sophia Gritsis (Olympic Team Coach and Chef de Mission for the Alpine World Championships) and Federiga Bindi (Professor, University of Rome Tor Vergata and Colorado, EWAS' PI). Moderated by Fabio Franchino (Professor, University of Milan)



<https://youtu.be/203vZIWxWFg>

Snow is precious... but it can end sooner than you think!

How to reduce our footprint on the environment & keep skiing forever

With the support of the Erasmus+ Programme of the European Union

Winter sport & climate change

28th November 2023
University of Colorado - Boulder

Speakers: AUDEN SCHENDLER, GRAHAM WATSON, ROBERT STEIGER, MAVE RUBIANO, GEOFFREY OCHS, JOE NEGUSE, JESS RITNER, GREG DINGLE, MICHELLE RUTTY, MARCA HAGENSTAD, DAVE NEWPORT, MICHAEL GOOSEFF, DANIEL SCOTT

Logos: CEIS TOR VERGATA, Università di Roma Tor Vergata, CU Boulder

in person / hybrid

Sign Up ▶ SCAN ME

Winter Sports & Climate Change is a series of webinars exploring how climate change is rapidly transforming winter sports, particularly alpine skiing. Rising temperatures and increasingly unpredictable weather are shortening snow seasons and threatening the viability of many ski resorts, especially those at lower altitudes. They highlight how the industry is adapting and the importance of policy action, but also what each of us can do reduce our footprint.

Featuring a stellar group of speakers (Auden Schendler - Dr. Robert Steiger - Marca Hagenstad - Jesse Ritner - Geof Ochs - Dr. Michelle Ruty - Mave Rubiano - Sir. Graham Watson - Dave Newport - Dr. Michael Gooseff - Dr. Greg Dingle and Congressman Joe Neguse) these webinars will worry you but also offer solutions to protect the endurance of the sport we love.



https://www.youtube.com/watch?v=SOO1XRPm2mM&list=PLH_wAsV_oG8HllxqL9LiC4ies8bTJlq5ia

Saša Pišot & Federiga Bindi

2024

THE JOY AND SORROW OF SKI COACHING:
WHY WOMEN DO IT
(OR DON'T)



Co-funded by the
European Union

This report reflects the views and issues of the authors only, while the Commission cannot be held responsible for any use, which may be made of the information contained therein.



9 798895 914822



https://www.empoweringwomeninalpineskiing.org/_files/ugd/b53b13_23a1f0b2abc5470fb63fc216da894687.pdf

If you want to know more about why women quit...
..and what we can do about it

Inside the Struggle: Women in Alpine Ski Coaching Speak Out

By Peter Lange Published On: May 7th, 2025



<https://skiracing.com/inside-the-struggle-women-in-alpine-ski-coaching-speak-out/>

EWAS
Empowering Women in Alpine Skiing



Co-funded by the
European Union

About EWAS

Goals

- Understand obstacles for women
- Develop tools to help women coaches (and not only!)

Issues

- Female coaches tend to coach younger group only
- Women have higher drop-out rate
- Women are paid less
- The bulk of the job skills are learned on the job, and <https://www.empoweringwomeninalpineskiing.org/> usually the boys' club attitude kicks in
- No female coaches -> no inspiration for girls to follow on their path

Solution

- Create skills development seminars and tutorials to create camaraderie and improve skills



<https://www.empoweringwomeninalpineskiing.org>

Follow EWAS on social media

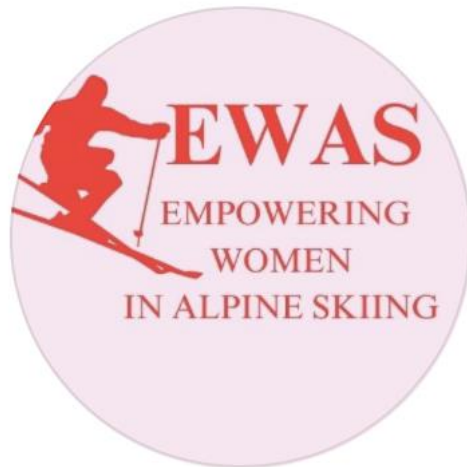
EWAS
Empowering Women in Alpine Skiing

Co-funded by
the European Union

The Project | Partners | Events & Research | Videos & Tutorials | Past projects | Contacts

Building on the results of the *DC4SKI* and *ESKI* projects *EWAS* aims to empower women in Alpine skiing.

Women today are still a minority in coaching or in serving in leadership positions in sports organizations. This is particularly the case in Alpine Skiing, where female coaches and senior administrators are still a rarity, and where girls quit in much greater numbers and much earlier than boys.



Website

<https://www.empoweringwomeninalpineskiing.org>



Insta

https://www.instagram.com/ewas_2023/



YouTube

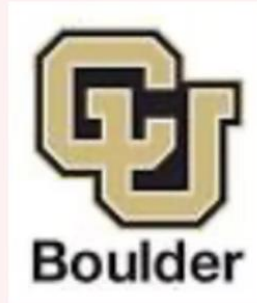
https://www.youtube.com/@EWAS_Ski



Facebook

<https://www.facebook.com/EducationinAlpineSkiing>

EWAS: the partners



<https://www.empoweringwomeninalpineskiing.org/e-ski-partners>

