Abstract

Title: Summer training of downhill skiers using nontraditional sport disciplines

Objectives: The main goal of this diploma thesis is based on the results of a survey to verify whether the selected nontraditional sport disciplines are used in the annual training cycle of downhill skiers. Based on the ascertained information then to process methodical materials of each from nontraditional sport disciplines and characterize them in detail.

Methods: There were used methods of content analysis and synthesis of scientific text. It was mainly book titles and internet resources. To verify the technical issues a quantitative research was used. For collecting the necessary data a method of public inquiry in electronic form with subsequent processing and evaluation was used. The questionnaire contained 15 uniquely formulated questions. The first four questions were of sociodemographic type to obtain further identification of the respondents (gender, age, education, region), the remaining 12 questions were directed to approach the issue of summer training of downhill skiers, its duration and financial cost.

Results: Based on the survey it was found that the competitors have at least one of the nontraditional sport discipline included in their summer training for the winter season. It was mainly in-line alpine slalom in these cases. The duration of a weekly summer training of downhill skiers ranges from 7 to 10 hours and the financial costs of this summer training usually reaches the amount of 50 000, - CZK. It was also found that the main disadvantages of using nontraditional sports disciplines in preparation for the winter season is lack of suitable terrain and methodological materials for these sports. The main advantages are mainly the financial and time availability. Furthermore particular driving techniques were described, corresponding training exercises created and additional instructional videos provided on supplemented DVD.

Keywords: In-line alpine slalom, grass skiing, skiing on plastics, technique, equiment, race track