

Following is a suggested reading list for Alpine members. However, many of these readings also apply to all snowsport disciplines.

Some publications are historical and therefore present descriptions of technique and or teaching methods that no longer represent modern movements or contemporary teaching ideas. Some publications may be out of print and only available from the collections of individuals and organizations. We suggest these reading because they made major contributions to the understanding of the movements of skiing and how the sport is taught. These publications are our professions history and are the base from which our contemporary understanding has developed. Many things about our sport were beautifully described half a century ago and remain valid today. This material represents the international, historical, and psychological roots of what we do, and why it is recommended reading

Title	Author	Publisher	©	For	Available at:
The Complete Encyclopedia of Skiing	Barnes, Bob	Snowline Press			On CD - Link #2 below or Amazon.com
Pianta Su: Ski Like the Best	Bear, Ruedi	Little, Brown	1976		Bookstores.com
Infants, Children and Adolescents: 2nd Edition	Berk, Laura E	Allyn and Bacon	1996	Trainer	
In The Yikes! Zone: A Conversation With Fear	Blakeslee, Mermer				Amazon.com
Ski With The Big Boys	Campbell, Stu	Winchester Press	70's		
The 7 Habits of Highly Successful People	Covey, Steven R			Management	
Skiing and the Art of Carving	Foster, Ellen Post				
The Hidden Skier	Fowler, Corkey & Smith, Christopher				
Inner Skiing	Gallway, Timothy	Random House	70's		Amazon.com
I'm OK, You're OK	Harris, Thomas A., Dr	Avon Books	1969	Trainer	
Skiing Mechanics	Howe, John				
The New Skiing Mechanics	Howe, John				
Facilitation with Ease	Ingrid Bens			Management	
How to Ski the New French Way	Joubert, Georges				
Skiing: An art, A technique	Joubert, Georges				
Teach Yourself to Ski	Joubert, Georges				
The Skier's Edge	LeMaster, Ron	Human Kinetics	1998		Bookstores.com
The Physics of Skiing	Lind, David				
Skiing: A Woman's Guide	Loring, Maggie				Amazon.com
Skiing From The Head Down	Loudis, Leonard, Ed.D. & Lobitz, Charles, Ph.D.				
World Cup Ski Technique	Major, James & Larsson, Olle				
The Centered Skier	McCluggage, Denise				
Bold Tracks	O'Leary, Hal			Adaptive	
A Guide to Alpine Coaching	Reynolds, Tom		1974		
Effective Ski Coaching	Reynolds, Tom		2004		Call: 207-778-3471
Curriculum Development: Theory into Practice	Tanner, Daniel; Tanner, Laurel	Macmillan Publishing Co., Inc	1975	Trainer	
Breakthrough on Skis : How to Get Out of the Intermediate Rut	Tejada-Flores, Lito		1994		Bookstores.com
Breakthrough on the New Skis 3 Ed: Say Goodbye to the Intermediate Blues	Tejada-Flores, Lito		2001		Amazon.com Bookstores.com
Universal Ski Technique	Twardokens, George				
A Ski Instructor's Guide to the Physics and Biomechanics of Skiing	Vagners, Juris	Professional Ski Instructors of America, Inc	1995	Level 3	
Coaching for Performance	Whitmore, John	Arbinger Institute		Management	
How the Racers Ski	Witherall, Warren				Amazon.com
The Athletic Skier	Witherall, Warren; Evrard, David				Amazon.com
Educational Psychology: 6th Edition	Woolfolk, Anita E	Allyn and Bacon	1995	Trainer	

Web Sites to find books:

- 1) <http://www.amazon.com/exec/obidos/ats-query-page/ref=b tn bh bo/102-5643604-2410518>
- 2) <http://www.trifind.com/books/ski.html>
- 3) http://www.psia-rm.org/product_alpine.asp
- 4) <http://www.mindconnection.com/library/health/skis.htm>
- 5) http://www.wannalearn.com/Sports_and_Leisure/Sports/Skiing/
- 6) http://www.funguide.com/books_video/show_all.p
- 7) <http://www.worldar.com/store/snow/>
- 8) <http://isbn.nu/>
- 9) <http://www.bookhq.com/>
- 10) <http://www.allbookstores.com/>