

SKIING – WORD LIST

- **accelerate** = to become faster
- **add** = to put together
- **although** = while
- **ankle** = the part of your body that connects your leg with your foot
- **athlete** = someone who competes in sport
- **balance** = to keep steady and try not to fall
- **bone** = the hard parts of the body which form the skeleton
- **boom** = to increase and become very successful
- **broad** = wide, not narrow
- **bump** = very small hill of snow that you ski over
- **carver** = modern skis that are wider at the front and narrower in the middle - they are also heavier, and you can turn more easily
- **century** = a hundred years
- **combine** = here: to do two things very well
- **competition** = a situation in which you try to be better than the others
- **consist of** = is made up of
- **contest** = competition
- **control gates** = gates that a skier must pass through
- **cover** = here: ski
- **cross country** = across the fields
- **deliver** = to bring to a place
- **depend** = affected or decided by
- **descend** = to go down
- **develop** = grow
- **distance** = here: length of a track
- **downhill** = race in which you ski very fast from the top to the bottom without making many turns
- **edge** = corner of an object
- **enjoy** = like
- **exercise** = something you do to stay healthy and become stronger
- **farthest** = the greatest distance
- **flip** = you jump and turn over in the air so that your feet go over your head
- **foam** = soft kind of rubber with a lot of air in it
- **forwards** = to the front
- **gates** = poles put into the snow that you have to ski through
- **generally** = normally
- **gentle** = not very steep
- **glide** = to move smoothly and easily
- **goggles** = pair of glasses made of glass or plastic with a rubber edge that fit against your skin and protect your eyes
- **height** = how high something is
- **helmet** = a hard cover that keeps your head safe
- **hill** = like a mountain but smaller
- **in addition** = also
- **including** = also
- **injury** = if you are hurt
- **instructions** = rules that someone gives you
- **judge** = calculated, decide
- **leap** = jump
- **leg** = one of the long parts of your body that your feet are joined to
- **length** = how long something is
- **lightweight** = not very heavy
- **luxurious** = very expensive and beautiful
- **mail** = letters and packages that you get
- **marked** = very easy to see
- **miss** = if you don't hit it
- **mixture** = combination
- **move** = here: tricks or figures
- **narrow** = not wide
- **Nordic combined** = race with cross-country skiing and jumping

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- **outer shell** = the part that has contact with the snow and which is made of hard plastic
- **overall** = including everything
- **overtired** = too tired
- **participant** = a person who takes part in a competition
- **penalty round** = an extra round
- **perform** = make, act
- **physical condition** = the shape your body is in
- **piste** = snow-covered slope that people ski on
- **place** = put
- **pole** = a long stick that skiers use
- **popular** = liked by a lot of people
- **prevent** = stop keep away
- **protection** = to be protected or guarded
- **race** = competition to find out who is fastest
- **reach** = get to
- **receive** = get
- **recreation** = an activity that you do for fun, in your free time
- **reduce** = to make smaller
- **relay race** = a race where four team members take part one after the other
- **rescue** = to go and help someone who has hurt themselves or are in danger
- **resort** = a place where people go to spend their holidays
- **run** = race
- **safety** = keeping away from danger
- **safety binding** = connects the shoe with the ski and opens when you fall
- **separate** = divide
- **set up** = put up
- **skiing instructor** = a person who shows you how to ski correctly
- **skill** = if you can do something well
- **slide** = to move down or ski
- **slope** = a part of a mountain that is covered with snow which people can ski on
- **smooth** = here : without any sudden movements
- **snowplough** = to ski very slowly with your legs apart
- **specially** = made only for this event
- **speed** = how fast something is
- **spin** = turn around quickly
- **steady** = in a fixed position, stable
- **steep** = not flat difficult to ski
- **strengthen** = to make stronger or better
- **stride** = to move forward with long steps
- **stunt** = a dangerous action that is done to entertain people
- **target** = a round board with circles on it which you have to shoot at
- **thrust** = to push into the ground
- **tie** = end
- **track** = here: slope
- **trail** = a small path in the open
- **turn** = bend, to make curves in the snow
- **ultraviolet ray** = light that you cannot see but which makes your skin darker when you are in the sun
- **various** = different
- **watch out** = be careful of
- **wind resistant** = it should not let wind through
- **World Championship** = athletes from all over the world get together to find out who is the best