Ulyana Protsenko

LUGE

ЛЬВІВСЬКИЙ ДЕРЖАВНИЙ УНІВЕРСИТЕТ ФІЗИЧНОЇ КУЛЬТУРИ

Кафедра української та іноземних мов

Проценко У. М.

«САННИЙ СПОРТ»

методична розробка

з англійської мови

для самостійної та аудиторної роботи
з теми
«Спортивна спеціалізація»

для студентів III курсу
денної та заочної форми навчання
за напрямами підготовки «фізичне виховання» та «спорт»

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Text A

Pre-text exercises

1. Read and learn the active vocabulary.

adventurous, *adj*	- сміливий, заповзятий
calf, *n*	- *анат.* литка
collision, *n*	- сутичка, суперечність
consider, *v*	- вважати, розглядати
double, *adj*	- подвійний
endeavour, *n*	- намагання, зусилля
entrepreneur, *n*	- підприємець, власник
exert, *v*	- докладати зусиль, здійснювати, робити
innovation, *n*	- нововведення, новаторство
lanes and alleys	- закутки
luge, *n*	- санний спорт
originate, *v*	- брати початок, походити, виникати
pedestrian, *n*	- пішохід
precisely, *adv*	- точно, саме так
pressure, *n*	- тиск, натиск, вплив
reach, *v*	- досягати, діставатися
recreation, *n*	- відновлення сил, розвага, відпочинок
recent, *adj*	- нещодавній, останній
relatively, *adv*	- відносно, порівняно
single, *adj*	- одиночний, призначений для одного
shoulder, *n*	- плече
skeleton, *n*	- скелетон
sled (*sledge*), *n*	- сани, санки
sled, *v*	- кататися на санах
slide, *v*	- ковзати, ковзатися по льоду
steering, *n*	- рульове керування
supine	- що лежить горілиць, лежачи
timer, *n*	- хронометрист, регулятор витримки часу
weigh, *v*	- важити, зважувати
widespread, *adj*	- поширений, масовий

2. Translate without using a dictionary.

Bobsleigh, international, federation, extreme sport, record, hotel, dialect, skeleton, recreation, championship, athlete, track, activity, idea, term, second, incorporation, meeting.

3. Read and translate the text.

Luge

A Luge is a small one- or two-person sled on which one sleds supine (face up) and feet-first. Steering is done by flexing the sled's runners with the calf of each leg or exerting opposite shoulder pressure to the seat. Racing sleds weigh 21-25 kilograms (46-55 lbs.) for singles and 25-30 kilograms (55-66 lbs.) for doubles. Luge is also the name of an Olympic sport. Of the three Olympic sliding sports, which include bobsleigh and skeleton, luge is the fastest and most dangerous. Lugers can reach speeds of 140 km per hour (87 mph). The Guinness World Record is held by Tony Benshoof of the United States who achieved a speed of 139.9 km per hour (86.93 mph). One athlete, Manuel Pfister of Austria, reached a top speed of 154 km per hour (95.69 mph) on the track in Whistler, Canada prior to the 2010 Vancouver Winter Olympics.

Lugers compete against a timer and are timed to a thousandth of a second, making luge one of the most precisely timed sports in the world. The first recorded use of the term "luge" is 1905, from the Savoy/Swiss dialect of French "luge" meaning "small coasting sled", and is possibly from a Gaulish word with the same root as English sled.

Though the sport of luge is relatively new, sled racing is one of the oldest winter sports. The practical use of sleds is ancient and widespread. The first recorded sled races took place in Norway during the 15th century. The sport of luge, like the skeleton and the bobsleigh, originated in the health-spa town of St Moritz, Switzerland, in the mid-to-late 19th century, through the endeavours of hotel entrepreneur Caspar Badrutt. Badrutt successfully sold the idea of winter resorting, as well as rooms with food, drink, and activities. His more adventurous English guests began adapting delivery boys' sleds for recreation, which led to collisions with pedestrians as they sped down the lanes and alleys of the village.

The first organized meeting of the sport took place in 1883 in Switzerland. In 1913, the International Sled Sports Federation was founded in Dresden, Germany. This body governed the sport until 1935, when it was incorporated in the Fédération Internationale de Bobsleigh et de Tobogganing (FIBT, International Bobsleigh and Tobogganing Federation). After it had been decided that luge would replace the sport of skeleton at the Olympic Games, the first World Championships in the sport were held in 1955 in Oslo (Norway). In 1957, the Fédération Internationale de Luge de Course (FIL, International Luge Federation) was founded. Luge events were first included in the Olympic Winter Games in 1964. *(Originated from Luge – Wikipedia, the free encyclopaedia)*

Post-text exercises

1. Give Ukrainian equivaients to the following phrases.

1) a two-person sled	6) a collision with pedestrian
2) a hotel entrepreneur	7) the fastest and most dangerous
3) a recent innovation	8) lanes and alleys of the village
4) an adventurous English guestt	9) a luge event
5) to reach speed	10) to sled supine

2. Match the definitions to the following notions.

1) ancient	a) a small one- or two-person sled on which one sleds supine (face up) and feet-first;
2) incorporate	b) activity done for enjoyment when one is not working;
3) luge	c) to include sth so that it forms a part of smth;
4) bobsleigh	d) continuous physical force exerted on or against an object by something in contact with it;
5) calf	e) belonging to a period of history that is thousands of years in the past;
6) recreation	f) a competition to find the best player or team in a particular sport;
7) pressure	g) a fast winter sliding sport in which an individual person rides a small sled down a frozen track while lying face down, during which athletes experience forces up to 5g;
8) championship	h) a person who is walking, especially in a town or city, rather than travelling in a vehicle;
9) pedestrian	i) the back part of the leg between the ankle and the knee;
10) skeleton	j) a winter sport in which teams of two or four make timed runs down narrow, twisting, banked, iced tracks in a gravity-powered sled.

3. Combine the following words and transiate them.

1) street	a) use
2) health-spa	b) sport
3) sled	c) sled
4) to reach	d) Record

5) Olympic	e) sport
6) two-person	f) Luge Federation
7) World	g) town
8) International	h) racing
9) practical	i) a top speed
10) extreme	j) luge

4. Insert the prepositions where necessary.

up, in (8), on, by, with, of (6), for (3).

1. Luge was originated ... the health-spa town of St Moritz, Switzerland, ... the mid-to-late 19th century.
2. The athletes ride ... an aerodynamic and flat position ... the sled, keep their heads low and steer ... shifting their body weight as well as pressing ... on the runners ... their feet.
3. The first organized meeting ... the sport took place ... 1883 in Switzerland.
4. Racing sleds weigh 21-25 kilograms ... singles and 25-30 kilograms ... douhles.
5. Street luge is a recent innovation ... the sport.
6. The first Olympic Luge competition took place ... 1964 ... Innsbruck, Austria.
7. The sleds ... the Olympics are either made ... metal, wood, or both.
8. Luge races are made ... ... both single and doubles competitions.
9. Luge is one ... the most dangerous sports ... the Olympic games.
10. There are actually two types ... luge: natural track and artificial track.

5. Match two parts of the sentences.

1. Steering is done by ...	a) ... against a timer.
2. Badrutt successfully sold ...	b) ... men's singles, women's singles and gender-neutral doubles.
3. The first recorded sled races ...	c) ... flexing the sled's runners with the calf of each leg.
4. Olympic luge is timed ...	d) ... took place in Norway during the 15th century.
5. Lugers can reach speed ...	e) ... was founded in Dresden, Germany.
6. A typical luge course ...	f) ... to the thousandth of a second.
7. The Guinness World Record ...	g) ... of 140 km per hour (87 mph).
8. The Olympic luge compe-tition has three divisions: ...	h) ... is held by Tony Benshoof of the United States.
9. Lugers compete ...	i) ... the idea of winter resorting.
10. In 1913, the International Sled Sports Federation ...	j) ... is less than 1 mile (1.6 km) long.

6. Answer the following questions.

1. How do racers steer a luge?
2. Who won the first Olympic gold medal in luge?
3. Who is the current world record holder in the luge?
4. How fast does luge go?
5. Why is luge a dangerous sport?
6. When did the sport luge first begin?
7. When did the luge come to the Olympics?
8. What year did luge start?
9. What country did luge begin in?
10. Who invented the sport luge?

7. Finish the following sentences.

1. The first organized meeting of the sport took place ...
2. Luge events were first included in ...
3. Manuel Pfister of Austria, reached a top speed of ...
4. The practical use of sleds is ...
5. The sport of luge is governed by ...
6. Luge is also the name of an ...
7. A luge is a small one- or two-person sled on which ...
8. Sled racing is one of the oldest ...
9. Racing sleds weigh 21-25 kilograms for ...
10. The first recorded use of the term "luge" is ...

Text B

1. Read the text to find the information about:

1) two types of luge;
2) the Guinness luge record;
3) artificial track luge;
4) 2002 Olympic luge track;
5) the luge course for 2006 Torino Games.

In Olympic luge, the slider (*usually not called a "luger"*) lies down on a fiberglass sled, with no braking system, and heads feet-first down an icy track. There are actually two types of luge: natural track and artificial track. In natural-track luge, the track is made of packed snow and ice. The slope on a natural luge track is no greater than 1.5 percent (about 1 degree), meaning that for every 100 feet of track, the maximum elevation change is 1.5 feet. Speeds can reach up to 50 mph (80 kph). Anyone can make a natural luge track if he has enough snow to work with. In artificial track luge the track is steeper and has high-banked turns, with an average slope of 8 to 11 percent (about 5 to 6 degrees). Speeds on an artificial track can reach 90 mph (140 kph) -- American slider Tony Benshoof holds the Guinness record for fastest luge speed at 86.6 mph.

Two weeks before the start of the 1964 Innsbruck Games, a slider from the British luge team died on the luge track during a practice run. Crashing at 90 mph on an icy track can be very ugly, and luge athletes often face serious injuries if they come off the sled. The types of artificial luge tracks used in the Olympics are tremendous structures that embody a lot of technology. There are fewer than two dozen artificial luge tracks in the world. An Olympic track is artificially refrigerated. The bohsled/luge course used in the 2002 Salt Lake City Games is a reinforced concrete track with evaporators buried in the concrete. The evaporators cool the track to 12 degrees F (-11 C). The track is then sprayed with water to create the approximate 2-inch surface of ice. A typical luge course is less than 1 mile (1.6 km) long and drops about 300 to 400 feet (90-120 m) in the course of a one-minute run. The configuration includes straightaways, left and right turns, downhills (and sometimes a short uphill) and at least one S-type curve combination like the "labyrinth," which consists of three or four consecutive turns with no straightaways between them. The 2002 Olympic luge track in Utah is 4,318 feet (1,316 meters) long and has 15 curves. The vertical drop is approximately 400 feet (120 m). The luge course for the 2006 Torino Games is 4,708 feet (1,435 m) long with 19 curves and a 375-foot (114-m) vertical drop. Reaching speeds up to 90 mph (140 kph) on the track, just staying on the sled would be a feat for a highly trained athlete. But sliders don't just have to stay on the sled - they also need to maintain a strictly aerodynamic form, watch where they're going and try to keep the sled in the "sweet spot" that will carry them smoothly between turns, all while facing up to 5 g's on particularly strenuous courses. According to Canadian slider Jeff Christie in a CBC interview, the consequences of giving in to the g-forces can be pretty painful. For the level of danger sliders face on each run, the amount of protective gear they wear is shockingly sparse.

(Originated from Luge – Wikipedia, the free encyclopaedia)

2. Are the sentences true or false? Correct any false sentences.

1. There are three types of luge tracks.
2. Speed on an artificial track can reach 140 kph.
3. Anyone can make a natural luge track.
4. An Olympic track is naturally refrigerated.
5. The types of artificial luge tracks used in the Olympics are tremendous structures that embody a lot of technology.

3. Divide the text into paragraphs. Give headings to them.

4. Work in pairs. Ask and answer your own questions on the text.

5. Title the text and write an abstract of it.

1. Read the text. Translate it in a written form.

The Race

The Olympic luge competition has three divisions: Men's singles, women's singles and gender-neutral doubles. Since a higher weight is advantageous in luge, doubles teams are typically all male. Most international races besides the Olympics have single sliders doing two runs each. Both times are added, and the winner has the lowest combined time. In the Olympics, singles luge competition consists of four runs instead of two (doubles still perform only two runs), all of which count toward the final time. In this way, the Olympics tries to weight consistency as a major factor in a win.

Since every luge track is different from every other luge track, there are no blanket World or Olympic records in luge. There are only track records. Italian slider Armin Zoggeler holds the World track record for the 2006 Torino Games course: 1:44.586 for two runs, or an average time of 52.293 seconds per run.

At the start of the luge course, there are two handles, one on each side of the track. The slider grabs these handles and rocks back and forth to build momentum for the start. To begin the race, the slider propels himself onto the course and immediately uses his hands (in the spiked gloves) to paddle through the first 10 feet or so of the track. This helps him gain some speed before lying down on the sled.

Approaching the start of the downhill, the slider lies down on the sled in a prone position. This is his body position for the remainder of the run. From this prone position, with his head lifted only enough to have some idea where he's going, the slider navigates the twists, turns and straightaways with his body simultaneously tight and relaxed. This is not an easy state to achieve -- the body must be stiff enough to maximize acceleration (any wobbling or looseness would increase friction between the sled and the track) and yet relaxed enough to absorb the intense forces acting on the slider throughout the run. Since steering increases friction, the slider steers as little as possible, only pressing on the bows when necessary. Most of the time, control is a matter of being one with the sled and letting gravity do its thing.

If a slider crosses the finish line without his sled, the run is thrown out, which means automatic disqualification since all of the run times count toward the final score. However, the slider can cross the finish line carrying his sled, and the run counts.

Timing

Olympic luge is timed to the thousandth of a second - for comparison, the blink of an eye takes 12 thousandths of a second.

Luge is timed using photoelectric sensors at the start and finish. The setup has a light transmitter/receiver pair at each end of the run. The transmitter is on one side of the track, and the receiver is on the other. At the start, the slider triggers the timer when he crosses the line because he blocks the light beam. At the finish line, he stops the timer the same way.

At the 1998 Nagano Games, the time difference between the women's gold and the women's silver was two-thousandths of a second, the smallest margin in luge history. This miniscule difference between first and second place drew a great deal of controversy, and engineers were called in to calculate the system's margin of error. They found it to be approximately two-thousandths of a second. This triggered a high-tech addition to the timing setup. Since the 1998 Games, luge timing systems have been calibrated before each race using a GPS satellite with an atomic clock that's accurate to the 10-10 seconds (every GPS satellite has an atomic clock built in -- see How GPS Receivers Work). The calibration process is basically about synchronizing the timers on the luge course with the atomic clock on the satellite. With a modified GPS receiver built into the timing system, the satellite can trigger the start timer and then trigger the stop timer after a certain interval. If the time noted by the satellite and the time noted by the ground system matches to at least the second thousandth of a second, the timing system is ready for a race.

Completing a luge run is an exhilarating and physically demanding task. Let's take a look at the physics involved in making it from the start to the finish.

(Originated from Luge – Wikipedia, the free encyclopaedia)

2. Compile a vocabulary of luge terms.

3. Make up presentation of luge.

Winter Olympics 2010: luge competitor Nodar Kumaritashvili killed in training accident

The Vancouver Winter Olympics were plunged into darkness last night following the death of a Georgian luge competitor only hours before the opening ceremony.

IOC president Jacques Rogge, wearing a black tie, wiped away tears when he haltingly announced the death of 21-year-old Nodar Kumaritashvili, who crashed at speeds of more than 90mph on one of the most dangerous sections of the luge run that has previously been criticised for its extreme design.

Late on Friday night the Georgia team was considering whether to withdraw from the Winter Olympics as a mark of respect for their colleague.

"I am sorry, it is difficult to remain composed, it is a very sad day, the Olympics is in mourning for a young athlete who has lost his life pursuing his passion, I have no words to say what we feel," Rogge said. "Our first thoughts are with the family, friends and colleagues of the athlete."

The World Luge Federation was conducting an immediate investigation centering on the safety of the course, but the government authorities were also expected to step in with their own inquiry.

Countries have previously complained about the lack of training on the course as Canada limited access to it so that their competitors would have a home town advantage.

Vancouver organising committee chief executive John Furlong was also emotional as he explained how he was heartbroken: "Nodar Kumaritashvili came to Canada with the hopes and dreams that this would be a magnificent occasion in his life. I have been told he was an incredibly spirited young person and he came here to feel what it was like to call himself an Olympian."

The crash happened on curve 16, known as Thunderbird, where sliders experience a G-force of 5½ — more than a Formula One driver. Kumaritashvili came up too high, banged down into the inside wall and was then flicked into a metal beam holding up the roof. He had also crashed in a similar spot during the first training run on Thursday, along with a handful of other athletes.

Joseph Fendt, the president of the World Luge Federation, said: "The track is too fast. We had planned it to be a maximum of 137 kmh (85mph) hut it is about 20kmh faster. We think this is a planning mistake."

Training was immediately cancelled and the opening luge event for later on Saturday is in doubt.

Kumaritashvili's death came shortly after two-time Olympic gold medalist Armin Zoegller, of Italy, crashed higher up on the course. He slid for 200 metres but was unhurt.

Australian women's luge competitor Hannah Campbell-Pegg said two days ago that the lugers were being treated as crash test dummies down a dangerous course.

American slider Tony Benshoof said the physics of the curves meant there was virtually no margin for error.

Luge Federation Says Olympic Track Not to Blame for Death

Two months after a Georgian luge athlete died in a crash on the Olympic track before the Vancouver Games, the sport's international governing body has upheld its assertion that track design was not at fault in the racer's death.

In its analysis of the crash, released Monday, it attributed the accident to gravitational forces that overcame the athlete, Nodar Kumaritashvili, and said the death was caused by "a complex series of interrelated events."

Kumaritashvili, from the Republic of Georgia, was killed Feb. 12 while trying to maneuver through the final curve of the controversial Whistler Sliding Centre track during a training run. He was propelled from the course while traveling at an estimated 90 miles per hour. Speeds at the track, designed by Udo Gurgel of Germany, were supposed to peak at about 85 m.p.h.

In the report released Monday, the luge federation, or F.I.L., said it would not sanction the sliding track for the 2014 Olympics in Sochi, Russia, if speeds exceeded 84 m.p.h.

The Whistler Sliding Centre track received much attention going into the Games because of its high speeds, frequency of crashes and words of caution from veteran bobsled, skeleton and luge athletes.

The federation released its first report, which was heavily criticized, only 10 hours after Kumaritashvili's death. In that assessment, it attributed the crash to driver error and wrote that "there was no indication that the accident was caused by deficiencies in the track."

Monday's analysis, an expansion of the original report, was requested by the International Olympic Committee and written by the federation's secretary general, Svein Romstad, and its vice president, Claire Del Negro. It stated that Kumaritashvili hung on to the exit of Curve 15 for too long, causing him to be late entering the next curve. Instead of allowing the sled to go high into the curve, Kumaritashvili held the sled down, they wrote. At that point, the report said, his head and body gave into the G-force pressures he incurred. He lost control of the sled as it shot toward the roof of the curve and, instead of hitting the roof, his right hand came onto the ice. The pressure caused his right shoulder to steer the sled uncontrollably.

"Both actions literally served to pivot it in a similar way a sharp turn is made when a handbrake is applied to a car at a high rate of speed," the report stated.

Kumaritashvili hit the track's wall at an odd angle, causing the sled to compress instead of breaking. The sled served as a catapult, the report said, ejecting Kumaritashvili from the track and into a metal post.

"That was something we have not seen before," Romstad said in a telephone interview Monday. "It was really an amalgamation effect."

The report stated that officials needed to keep the wall high enough in an attempt to keep athletes inside the track, but low enough to allow emergency access in case of an accident.

"With the unknown and unpredictable dynamics of this crash, the calculation and construction of the walls in that section of the track did not serve to prevent that tragedy from happening," the report said.

Events

There are four luge disciplines: men's singles, men's doubles, women's singles, team relay (Olympic discipline starting in 2014)

These are further broken into several age classes which include novice (ages 7-10), youth (ages 11-14), junior (ages 15-20), and general (ages 21 and older). [11] Older competitors may enjoy the sport in masters (age 30-50), and senior masters (age 51+) classes. In a team relay competition one man, one woman and a doubles pair form a team. A touchpad at the bottom of the run is touched by a competitor signaling a teammate at the top of the run to start.

Rules and procedures for races are very precise. Prior to a race the athlete must be weighed. This is to determine if the athlete is entitled to carry extra weight on their body while sliding. Men may use additional weight amounting to 75% of the difference between body weight and a base weight of 90 kg. Women may use additional weight amounting to 50% of the difference between body weight and a base weight of 70 kg. Doubles athletes may use additional weight amounting to 50% of the difference between body weight and a base weight of 90 kg. Additional weight is not allowed if the body weight of the front person and back person together exceeds 180 kg. If one of the partners weighs more than 90 kg, the weight exceeding the 90 kg mark is added to the lighter partner. If there should still be a difference between the partner's weight and the 90 kg mark, the difference can be compensated according to an official weight table. A drawing is held to determine start order for the race. Athletes are assigned a number which is displayed on a bib. During major national and international events, Men's singles consists of four runs. Women's singles and doubles competitions consist of two runs. The cumulative time of all runs is used to determine finish order. In all three events, the start order after the first run is determined by the outcome of the previous run, with the last-place slider sliding first, the next-to-last place slider sliding second, and so forth, with the leader of the previous run sliding last. Between runs athletes are randomly selected for additional weight checks. Before each run the athlete and his or her sled are weighed at the start ramp. The temperature of the sled's steel blades is checked and may not be more than 5°C above that of a previously established control temperature. Once an athlete is on their sled they are audibly notified that the track is clear. At this point a tone sounds and the athlete has thirty seconds to begin their run. A run becomes official when an athlete and their sled, in contact with one another, crosses the finish line. If an athlete and sled are not within contact of one another the athlete is disqualified from further competition. Disqualifications may also take place for any violation of rules and regulations. Certain disqualifications may be appealed.

(Originated from Wikipedia, the free encyclopedia)

Luge governing body

The sport of luge is governed by the FIL, Federation International de Luge de Course. The FIL is located in Berchtesgaden, Germany and includes 53 member nations. It is traditionally dominated by German representatives, however.

The following persons have been president of the FIL:

1. Bert Isatitsch (September 14, 1911 – February 8, 1994) was an Austrian educator who later became the first president of the International Luge Federation (FIL), serving from its 1957 establishment until his 1994 death.

Education career. Born in Fürstenfeld, Isatitsch became a special education teacher in Rottenmann. He later became chair for all special education schools in his native Austria. Isatitsch would use his skills as an educator to bring leadership into the growth of luge as an International Olympic Committee (IOC)-recognized sport.

Luge career. A lover of winter sports, Isatitsch defined the premises of luge when it was part of the "Section de Luge" within the Federation Internationale de Bobsleigh et de Tobogganing (FIBT - International Bobsleigh and Tobogganing Federation) after World War II. Istatisch would serve as section president in the FIBT from 1948 to 1956. By 1952, he became chair of the Austrian Luge Federation, a position he also held until his 1994 death. Isatitsch's leadership would lead to the FIL (Federation Internationale de Luge de Course) being created in 1957 following its split from the FIBT in 1957. Luge replaced skeleton as a Winter Olympic discipline in 1954 (Skeleton would return for the 2002 Winter Olympics in Salt Lake City) and be approved for inclusion at the 1964 Winter Olympics in Innsbruck. Luge was initially approved for inclusion at the 1960 Winter Olympics in Squaw Valley, but was postponed until 1964 because of the American Luge Federations lack of Olympic experience as well as the 1960 Games organizers' unwillingness to construct a bobsleigh track. Natural track luge world championships would be added in 1979. He served until his sudden death on February 8, 1994. Josef Fendt of Germany succeeded Istatisch as president later that year.

2. Josef Fendt (born 6 October 1947) is the current president of the Federation Internationale de Luge de Course (FIL). He was a West German-German luger who competed from the mid 1960s to the mid 1970s. Competing in two Winter Olympics, he won the silver medal in the mens singles event at Innsbruck in 1976.

Fendt also won two gold medals in the mens singles event at the FIL World Luge Championships, earning them in 1970 and 1974. Additionally, he won a silver medal in the mens singles event at the 1973 FIL European Luge Championships in Konigssee, West Germany. After his retirement from competitive luge, Fendt got active in the International Luge Federation (FIL), being named Vice-President Sport for Artificial Track in 1985, a position he stayed at until the death of FIL's first president Bert Isatitsch in February 1994. Fendt was appointed acting president of the FIL as a result, then elected full president in June of that year.

Fendt's sister, Andrea, won the silver medal in the women's singles event at the 1978 FIL World Luge Championships in Imst, Austria.

On Fendts 61st birthday in Munich, he received the Bundesverdienstkreuz Verdienstkreuz am Bande (Cross of the Order of Merit of the Federal Republic of Germany) for his contributions toward society, mainly in luge. *(Originated from Wikipedia, the free encyclopedia)*

Bib - an article of clothing where the competitor's number is printed.
Bootie - in Luge these are shoes that are worn by the competitors and tbey a specifically designed to be as aerodynamic as possible.
Bridge - these are support legs of the sled that attach the seat to the cufin.
Bridge Bolt - these are the bolts that go through the boxes to fasten the cufin to tbe bridges.
Clear - that part of the track where the competitor begins his or her run.
Competitors - competitors must be amateurs and not professional and be a member of an association that is affiliated to the FIL (Federation Internationale de Luge).
Control Steel - his is a piece of steel that is mounted somewhere on the track that measure tbe control temperature of each sled.
Control Temperature – a reference temperature that is used as a comparison against the temperature of each individual sled.
Course - courses are made up of left and right hand turns as well as hairpin and S sections. The men's singles course should be between 1093-1366 yards (1000-1250 meters) and 874-1148 yards (800-1050 meters for women's singles, men's doubles and juniors. Courses are made of cement and are artificially refrigerated.
Crank - to use particularly hard pressure to steer a sled.
Crash - to have an accident and not be able to finish the race.
Dress - competitors wear aerodynamic body or speed suits and booties. Helmets must also be worn.
Drive - to steer the sled.
Diamond Paste - this is a special type of cream that has microscopic particles of diamonds and it is used to polish the runners to help reduce the friction between the runners and the ice.
DNF - stands for Did Not Finish. This usually happens because of a crash.
DNS - stands for Did Not Start. The competitor for some reason withdraws from the race.
DSQ - stands for Disqualified. Competitors can be disqualified for having their body weight being over their allowable weight or because the runners on their sled is above the allowable temperature.
Draw - the process used to select the initial starting order for a race.
Elbow ***Pads*** - in Skeleton riders must wear elbow pads for protection.
FIL - federation Internationale de Luge. This is the governing body of Luge.
Gummy - this is a rubber insert that is put on the end of the bridge leg where that leg goes into the box. Tbis gives the sled its flexibility for steering.
Handle - these are metal grips, inside, on each side of the sled for the competitors to hold on to.

Handle Steer - a method of steering the sled by either pulling or pushing on the handles.
Hook Steer - a way of steering with the competitor hooking their toe under the horn of the cufin which lifts the front of the cufin and the sled goes in the direction of the lifted cufin. We really like the word cufin.
Horn - this is the curved part at the front of the cufin.
Line - the path a sled takes when going down the track.
Loose One's Head - when a competitor's head is snapped back because of high G-forces in a curve.
Mind Run - a visualization technique a competitor will use to imagine all that will take place during their run down the luge course.
Mouth Guard - made of soft rubber, this is worn over the teeth to help reduce vibrations in the mouth and jaw while making a run.
Neck Strap - this is a strap that is worn to limit the backward motion of the head and to help the competitor hold up his or her head in high G-force curves. The strap attaches to the helmet and to the body or legs.
Officials - race officials include: starting and finishing officials, a timekeeper, a course supervisor, a race director and a three-member jury.
Omega Curve - a series of three large, connected curves that alternate in direction, with the middle curve being much longer than the outer two curves. From above, the curve resembles the Greek letter Omega and hence its name.
Outrun - at the end of the track there is a small rise or hill that the sleds can go up to help them slow down and come to a stop.
Pod - this is an aerodynamic shell that is connected to the bottom of the sled.
Roll - steering the sled by applying shoulder pressure. Along with the shoulder pressure there is usually a slight turning of the head in the direction the competitor wants to turn.
***Runner* Guard** - these are covers that go over the sleds runners to protect them from being scratched and being damaged. They are usually made of rubber or fiberglass.
S-Curve - a series of two connected curves that are backed in the opposite direction.
Sandpaper - sandpaper is used to polish the edge of the sled blades or runners.
Settle - that part of the start when the competitor lies down on the sled.
Shades - these are a kind of cover that can be used to do a couple of different things; they can shade the track from the direct rays of the sun and they can also be used to keep snow off the track.
Shoes - in Luge the competitor's shoes have smooth soles, in skeleton the shoes have 27 inch (7 mm) cleats to help them get a good start.
Sled - a sled (different from a skeleton) is what the competitors ride on and the

sled may not weigh more that 50 Lbs (23 kg) for a sled that holds one rider or 59.4 Lbs (27 kg) for a sled that holds 2 riders. On average a sled is 5 feet 7 inches (1.75) meters long.

Slider – a competitor in the sport of luge.

Speed Suit - a specially made, aerodynamic skin-tight suit, made from tightly woven material, which is worn while sliding.

Split Time - the time when clocked or measured from the start of the race to the halfway point on the track. Used as a reference to measure how a competitor is doing against their competition.

Starting Area - because of the different lengths of the race for different events, there are two starting areas so the competitors can finish crossing the same finish line. The starting area is an ice covered flat area where the competitors can sit on their sled and start their run.

Start Order - this is the order or sequence that the competitors will take when making their run down the track. The rules of the race will determine how the starting order will adjust from one heat to the next.

Straps - straps are used to hold a competitor in place on a doubles sled.

Substitution - if a team member is injured during training, a reserve rider can replace him or her. Substitutions are not allowed once a competition has started.

Timing - luge runs are timed with electronic timing devices that are accurate to 1/1000th of a second. There is a light beam that shines across the track and when it is interrupted that is when the clock is stopped and the time is recorded.

Violations - there are different violations of the rules that competitors can be sighted for and different penalties that can be imposed on the competitor for breaking the rules. Violations include: Warming the runners before a race; adding weight to a sled to take the sled over the maximum weight limit; not wearing a helmet; getting off a sled voluntarily during a race; behaving in a reckless or dangerous manner during training or during a race. These are a few of the violations and the penalty for these violations can range from being disqualified from a particular race to being disqualified totally from a particular competition. This is not an inclusive list.

Visor - this is a piece of plastic that is worn on the front of the helmet to help protect the athlete's eyes and face from wind and ice.

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