



## Cross Country Skiing

The sport of skiing over the countryside rather than downhill. The heel of the boot isn't attached to the ski, this allows the skier to raise the heel for an almost normal walking motion.



## Curling

A sport played by two teams of four players. The players slide 40-pound granite *stones* down a sheet of ice toward a target at the other end. Each team tries to get more of its stones closer to the center of the target than the other team.



## Figure Skating

A sport in which individuals, duos or groups perform on figure skates on ice. Skaters perform various jumps, spins, and dance movements.