Editorial

Vesa Linnamo¹

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Professor Vesa Linnamo

Welcome to the Special Issue of the *Journal of Science in Sport and Exercise (SSEJ)* focusing on Winter Sports and in particular Nordic and alpine skiing. The 2022 Winter Olympics are approaching and the research community is assisting athletes and coaches to achieve peak performances in 2022. Conditioning of athletes and sports equipment have improved over the past several decades. Technology for sports monitoring has also come to the forefront as a means to improve performance. This special issue has articles concerning all of these possible ways to improve performance.

This Special Issue includes articles on relevant topics on how to improve performance in elite winter sports. The article by Pellegrini et al. is an excellent overview of how scientific sports measurements in cross-country skiing should be conducted [7]. The article is a co-operation between top level researchers from 12 different countries and can thus be considered a consensus paper. The article by Sandbakk et al. explores evidence based recommendations in preparing for Nordic racing events at high altitude as will be the case at the Beijing Winter Olympic Games 2022 [8]. Heikura et al.

reviews the role of nutrition for ski touring giving an update on how to prepare not just for one race but for a longer tour [3]. An article concerning cross-country skiing by Cancilini et al. examines mechanical energy and kinematics in double poling during World Cup distance races [2]. Biomechanics of sit-skiing in Para Olympic athletes is discussed by Karczewska-Lindinger et al. Related to Nordic skiing [4]. This Special Issue also includes articles on biathlon and ski jumping. The article by Jonsson Kårström et al. focuses on how carrying the rifle influences skiing in Biathlon [5] and a review by Bessone and Schwirtz concerns landing biomechanics and connected injuries in ski jumping [1].

Alpine skiing is represented in this Special Issue by three articles. An article by Steidl-Müller et al. concerns youth and adolescent alpine ski racers core strength flexion and extension ratios [9]. The article by Nunnikhoven et al. also concerns young athletes and examines the influence of ski width on muscle activity, performance, and self-efficacy [6]. Supej and Holmberg's article is a methodological paper dealing with how inertial measurement units (IMUs) can be used for monitoring the performance of alpine skiers [10].

I would like to thank all authors and reviewers for their valuable contribution, not only to this Special Issue, but also for their work for the research and sports community in general. I am grateful for the invitation to be a guest editor and for the support throughout the whole process by the Deputy Editor-in-Chief, Prof. Steven J. Fleck and to the Science in Sport and Exercise editorial staff for their support to bring this Special Issue to fruition. I hope the readers enjoy reading these fine articles and the information will inspire new research in the Winter Sports area.

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✉ Vesa Linnamo
vesa.linnamo@jyu.fi

¹ Faculty of Sport and Health Sciences, University of Jyväskylä, Jyväskylä, Finland

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