



Bump Tips

Point Your Knees The Key To Carving Bumps Starts At The Tip

by Shannon Bahrke

With the popularity of terrain parks, you see a lot of skiers with amazing air sense who actually learned how to turn. Most can wiggle their way down mellow bumps, but as soon as the pitch gets steep or the bumps become funny-shaped, they're on their butts. I never learned how to carve until I got on the U.S. Ski Team and my coach, Liz McIntyre, forced me to do it before she would let me ski any more moguls. She taught me that the key to carving was to point my downhill knee toward the tip of the uphill ski. Start by standing on a groomer with your feet slightly wider than shoulder-width apart. Pressure the downhill ski and point your downhill kneecap towards the tip of your uphill ski. Now, try this while making wide, fast turns. This drill exaggerates the change in pressure on your downhill ski and helps you get a feel for both kneecaps pointing towards the uphill ski tip, eventually leading to a clean carve. As you get the hang of it, decrease the length of your turn and the width of your stance to shoulder-wide until you feel comfortable making very short-radius turns. At this point, you'll be ready to transfer your carving abilities to the moguls. By carving in the bumps, you'll be using the power and rebound of the ski, making it easier to move smoothly and energetically down the fall line.

String 'Em Up

by Shannon Bahrke

Even the greatest skiers get hung up in the moguls, when they hit the bumps in a hunched-over, racing position, they absorb the first bump ok, then each one after that puts them farther and farther back on their heels until they blow up. Their problem, like a lot of ex-racers, is that they don't make the adjustment out of their racer mode and into bumper mode. Racers don't need much absorption – they grind their edges in to stay in control. But in the bumps, you release the edge as fast as you engage it. To do that, you have stand up tall and move your feet closer together to allow the quicker edge transfers. The upright position is the only way you can absorb enough to maintain control in the moguls. Before you try this tip on the snow, put a chair about a foot behind your heels and slowly sink down into it. Now spring out of the chair and land straight upright. That's the range of motion your after. As you take that thought into the bumps, imagine you're a puppet being pulled upright by a string connected to the top of your head. As you absorb each mogul and move toward the sitting position, the string pulls you back into the upright position. By constantly returning to that upright position, you will make your hips move fluidly, and your hands come up in front of you. You'll be forced over the front of your skis as you extend down into every trough.

Shannon Bahrke is the 2003 World Mogul Champion and the 2002 Silver Medallist

Target Your Turns During Flat Training, Use A Gun Sight To Increase Power And Control

Erik Schlopy

One of the most common problems skiers have is upper body over-rotation, when your torso turns too far into the hill, causing the tails of your skis to wash out of the arc of the turn. Since the body follows your focal point, you need to train your eyes to always look down the hill at a target by using the following drill. With your hands shoulder-width apart, grab the middle of your poles and hold them vertically in front of you, forming a column or gun sight. Pick a reference point – a tree or lift tower (your target) – straight down the hill and line it up between your poles. As you start making turns down the fall line, keep your hands up with the target centered between your poles. While your lower body still moves freely beneath you, the drill keeps your shoulders from rotating and robbing power from the end of your turn. Learn to lose that upper body twist, and the pressure on your skis remains more constant, which in turn lets you pull more energy out of the ski while boosting control on all terrain and snow types.

Six-Time National GS Champion Erik Schlopy Was A Bronze Medallist In The World Championship In St. Moritz, Switzerland, in 2003