



Bump Tips

Box The Bumps

By Travis Cabral

You would never see Joe Louis drop his hands in the 10th round, and there's no reason you should drop your gloves in the bumps either. Boxers are more likely to get pummeled when they lower their paws, and skiers who drop their hands can get in all sorts of trouble – they sit back, lose control of their skis, and open themselves up to injury. Avoid getting knocked down, always remember to move your hips, torso, and arms and elbows up and forward, keeping your core centered and balanced. First, plant your pole farther down the hill than you normally would. Each time you plant, imagine punching your fist like a boxer. At full arm extension (which should coincide with the beginning of the next turn), flick your wrist to plant the pole tip on the backside of the bump. This extended pole plant will move you forward and down the hill, and it will also help you stand up between turns for better absorption. Do it and you'll still be standing when the bell rings.

Advice from Travis Cabral, who is 2003 World Cup Mogul Champion, a six-time World Cup Winner, and the 1999 U.S. National Mogul Champion

Double The Bumps...Skip & Rip!

By Travis Cabral

Most good skiers can arc down the same smooth, expert slopes pros do. But it's a different story when the terrain changes to bumpy crud, or big steep fluffy bumps unevenly spaced. Most skiers freeze up, slam on the brakes, and get tossed, while the pros just get faster and smoother. If speed is your shtick, and fat skis or big shaped skis are the only thing in your closet, then navigating terrain changes at speed means finding crud and huge natural snow bump fields, you can "double", the bumps and "Skip & Rip. By skiing at a much faster rate of speed than what might seem comfortable, use the uphill side of one clump of snow or bump as a launching ramp, clear one or more troughs in the air, also turning as you soar to the landing spot on the downhill side of another bump slightly across the fall line. This will allow you to carry your speed through unpredictable terrain so that you gain control more easily. Looking ahead and down the hill is super important. Identify a couple of bumps – or even just large piles of choppy snow – that will work for your next launching pad, while pressing forward and keeping one's core centered and balanced over the skis so you can stay forward in your boots and gather energy and power from your legs. Head straight into the ramped portion of the bump and spot the downhill side of the one you want to land on. As you rise to the crest, give a little pop with your toes and ankles and float to the backside of the next mound. In order to check your speed and land smoothly, make a slight turn in the air so you land on edge, Skid your skis to dump speed as you slop down the backside of the bump. Once you get this technique down and feel comfortable carrying a lot of speed through chop, bumps, crud, big mountain terrain, think about going even bigger – and tripling.

Spot It Before You Launch It!

By Travis Cabral

Even good mogul skiers show poor technique when they go to launch air. As soon as they get off the ground, they immediately look down to see the mogul they're going to land on. It's even worse than staring at your tips as you ski – in the bumps; looking down pushes your weight forward and makes it difficult to land without going over the handle bars. Instead do a little homework before launching. First, stand on top of the run where your jump (or mogul) is and pick a landing zone. Picture yourself going off your jump and landing the air or trick successfully, then put it out of mind. Next, look straight out from the jump and choose an object you can keep your eyes focused on throughout the air. In competitive mogul skiing, this is often the judges' stand, but it could be a rock on the other side of the valley, a chairlift tower, or any stationary object. As you hit your takeoff, focus on that spot as you pop, extend and perform your trick. Don't take your eyes off the object until your feet are about to hit the ground. This will keep you standing straight and help you improve your balance on the landing.