



Moguls Competitive Style

The Sixteen of Bump Skiing

By Stephen Karp

1. Pre-season Training

Good cardiovascular training activities for pre-season include running (particularly downhill trail running), mountain and road biking, along with using any indoor cardiovascular machines that simulates climbing, running, biking such as a stair master, treadmill, etc. Weight training is also critical to your training plan, and should include pull-downs, upright rows, seated bench rows, wrist curls, bicep curls, squats, leg extension, leg curls, calf raises, in three directions, and extensive abdominal core work, including crunches, sit-ups, and later the same with added weight. Some of the best core workouts come from a system known as Pilates, incorporated with Yoga; a weak core (the root to most injuries to the back) will become a thing of the past. Exercises to increase fast-twitch muscle strength, such as polymetric jumps, lateral box jumping, and weight training with low weight and high repetitions. Finally, be sure to include plenty of stretching in your daily training plan, both before and particularly after your work out.

Your diet during the pre-season should be low carbohydrates and high in protein. Keep dairy to a minimum, eating lots of chicken, fish, lean meat, salads, fruits and vegetables. Avoid too many starches, and eat 5 smaller meals per day. Don't forget the importance of hydration – drink plenty of water and your favorite electrolyte replacement drink. Pre-season workout is also a great way to put yourself in check concerning the shape of your body and the desire to keep it good shape. Don't blame it on work or being busy...DO IT!

2. Clothing and Equipment

Traditional alpine boots are typically used for mogul skiing; very soft, lightweight, four buckle boots with a top power strap. Atomic and Lange are both good brands. Socks should be thin to medium. Skis should have a soft tip and tail, with a stiff underfoot area. Ski length can vary. If your mogul skiing is mostly on the ground and you enjoy turns, 162 – 167 mogul ski will fit perfect. If you want to add more flying time to your mogul skiing, keep the skis on the shorter side of the scale. For everyday skiing with some mogul skiing involved, a shorter shaped all mountain ski will work. But for serious training, all day bump rockin skiing. A mogul ski is the only tool in the chest. Almost every ski company produces a competitive bump ski. Sometime these skis are hard to find, online, or just ask a retailer a lot of questions. A few of the skis out there might be Salomon Ten eighty, the Rossignol Exhibition, the Dynastar Assault, and the World Champion Volkl Dragon Slayer. I personally like and ski on the Rossignol Exhibition. Select your bindings according to ski manufacturer recommendations. Your poles should be two to three inches shorter than your all mountain pole length. Yep, that's right you need (2) pairs of poles. Different skis for different terrain, different poles. They should be as lightweight as possible, have hand straps, a smaller basket, and a grippy racing style handgrip. Graphite poles are recommended. Helmets are a personal choice, but certainly should be seriously considered. Your clothing should be lightweight, with a wicking under-layer, There are several companies that make ski suits specifically designed for mogul skiing, including BFA, SMS Clothing, and Fate, a highly recommended company based in Boulder, Colorado. But an outfit for mogul skiing and all mountain everyday sliding should be on the baggier side, free movement. A non-knit hat is wise, to warm, itchy, fog goggles. Baseball hats, well this just isn't baseball. You should be in a helmet with a visor. Finger gloves work best. I have two pair, warmer temps and colder temps. Finger gloves for proper pole technique. Recommended eyewear includes rose, amber, dark, or mirror goggles; sunglasses are not recommended, due to the need for protection from snow spray. This is where I will spend a lot of money. \$150.00 - \$200.00 for goggles is not unheard of, I ski in Spy Optic goggles, from the motor cross world, they produce different models where one lenses works in all light. Mogul skiing is the most physical part of skiing. Look at the weather, what will you be skiing, what will the light be like at the time of the day you are there, and snow conditions, things to consider when drinking your coffee and putting on the uniform of the day.