



Moguls Competitive Style

The Sixteen of Bump Skiing

3. The Competitive Format: Pro vs. World Cup

A Pro competition is judged in a duel format (two competitors skiing on side-by-side courses, red & blue), based on Air, Turns, Line, Speed, and Overall Skiing. A World Cup competition is judged in a single format, similar to competitive ice skating, based on Air, Turns, Line, Speed and overall skiing. Speed is judged differently in the two formats – pro format the winner of the duel run gets the speed point, where as in the World Cup format the single judged competitors are skiing against the clock, the fastest time gets the speed point. Both formats have two mandatory jumps, both with six-foot downhill faces and a 40-45 degree take-off ramp, shooting the skiers up to 90 feet down the course. The pro comp has an upper and lower jump; competitors must take both of them. The World Cup course included three jumps of different sizes side by side at both the upper and lower locations on the course, bumpers may choose the size of jump they'd like to take at both top and bottom airs. The length of both Pro and World Cup is 800 feet long, by 10 yards wide.

4. Fuel

Your in-season diet should be based on medium intake of carbohydrates, and high intake of protein. Once again, keep dairy products and starches to a minimum, and eat lots of lean meats, chicken, salads, bright colored fruits and vegetables, in three or more smaller meals. Fluids are even more important now. Drink lots of water and sports drinks like Gatorade, (watch the sugar intake with those same drinks) and limit caffeine and alcohol. Avoid heavily caffeinated drinks. Carrying a camelback while you are skiing is a good option. Every morning or night before you head out to ski, drink as much water as you possibly can. It is amazing how many everyday problems can be linked to not drinking enough water, DRINK!

5. Pre-Bump Considerations

Stretching before skiing, training or competing in any athletic activity is very important. Find a place where you can focus on your stretching. Pick up a book on Yoga & Pilates and use a couple or all of the stretches. Relaxing one's mind is as important as one's body. Focus is probably the #1 component of mogul or all sports for that matter in one's training. Be sure to stretch the quad muscles, calves, hamstrings, lower and upper torso, hands, wrists, neck and shoulders. Awareness of the impact of light and snow conditions is also important to good skiing, training or competition. Check to see whether the light on your run is sunny, cloudy, shadowy, or impacted by snowfall; this will affect your choice of goggle lens and clothing. Make sure the lift you desire is running that day, and it isn't too long or too slow, both can affect your muscles and body temp. Snow conditions may be hard, soft, frozen crud, or power; choose your skis and your attitude accordingly!

6. Mental Focus and Energy

Never underestimate the importance of proper preparation and the power of mental focus. A positive attitude and attunement to the energy of the mountain, the people you are skiing with while skiing bumps or any sport is critical to your performance and those around you. Often, we are influenced by fear and intimidation due to the lack of knowledge, tools, skill, lack of mileage, lack of confidence, our physical strength, and peer pressure. All of these things can be addressed by a good training program (both mental & Physical), acquiring the tools needed through clinics, lessons, coaching (Model someone who knows what you want, why reinvent the wheel) and setting goals and expectations with a positive, can-do attitude. See the Mogul Logic sections of this handbook for more advice on mental preparation. Once you have all the elements of mental focus and energy in line, (being in the present), you may find yourself addicted to bumps, "one good line" and your hooked!