



Moguls Competitive Style

The Sixteen of Bump Skiing

7. Slope and Lift Selection for Training on Bumps

For mogul training, or any other skiing you might be working on. You will want to choose intermediate to advanced terrain that is medium to steep pitched, fairly wide, and has a single fall line. Good light with minimal shadows on the run is important. The best light on the overall mountain is between 11am and 2:30pm. On your home mountain look for a bump run with natural snow, (not man-made) never groomed, northern exposure, and one that is known for good bumps (ask around). Make sure there is an express lift servicing your run, one that runs everyday and has a short lift line, (more advanced parts of the mountain, bump runs, won't have as many people skiing them) with an approximate riding time of 4-8 minutes. Anything longer may cause you to become chilled and stiff from sweat on the chair, no good! At Copper Mountain, some of the best training bump runs include CDL, Mine Dump, Brenin's, off of the Excelator Lift, Little Burn off of the Timberline Life, and to finish one's day knock out a couple of runs on Far East, Too Much, or Triple Treat off of Alpine Life. For "Skip and Rip, the Resolution lift offer a bounty of sweet steep natural trails, make it happen and turn up the volume!

8. Mogul Etiquette and Safety

Skiing alone is not recommended. The advantages of training in a group are that it's just plain safer and funnier. You can watch one another and give feedback, and you can feed off each other's energy. You can also stage "Bump-offs". Never did it, Bump off next to someone, and watch the energy grow like a weed. It will improve your skiing 2 fold. A group of two or four is best. Now go do it! Remember that as one of the better skiers on the run, you have an increased responsibility for safety. Most skiers and riders on a mogul run will traverse across the run from side to side. Take the time to let these people clear your line. Most people have no clue that your about to ski a straight line through the bumps. (Your the bullet, their the ducks in a shooting gallery). Offer tips when asked, help and give advice to those in need, (and tell them about "Bump Busters"). Follow the "Skier Responsibility Code" at all times and be polite. Never "Buzz The Tower" (skiing to close to other skiers or riders) Be an ambassador for bump skiers.

9. Stance, Balance, Core, and Body Position

Core, Stance: Your core located behind your belly button in the middle of your tummy. We need to keep that spot of your body over your feet and as far forward as between your bottom buckets of your ski boots. To do this gently flex your knees and ankles together then Move your hands and elbows as described below. This will put you in a solid athletic stance. The same stance you'd use for every other sport on the planet, Why then do we sit back while skiing, don't do it! Imagine that your body is a stack of poker chips, push the top few to far forward the entire stack falls over, push a few back, the stack falls backward. The joints of your body sre the poker chips. Your joints must stay stacked by keeping you core centered, if your elbows drop back your whole body drops back, you must own this stance, it is the magic key to skiing the best that you can. Think about other sports, a ready baseball stance ready tennis stance, riding a real Mountain or road bike, ready golf stance, all have the core centered and balanced by keeping the elbows in front of the rib cage.

Hands & Elbows: Think of driving a car, with the dashboard in front of you. Your hands stay at 3:00 & 9:00 on the steering wheel or 14 inches apart, with the elbows bent at 25 degree angles and extended so that the elbows are in front of your rib cage. Your pole straps are cinched tightly on your wrist so that when your make a pole plant the bottom or heel of your hand pushes down on the strap, (insert your hand from under and through the strap, with your hand coming down and over the strap to grip the pole). The pole is held between the thumb and forefinger, using your other three fingers to guide the pole swing. (Do not wrap your entire hand around your poles, it causes one to curl your wrist into the body, then the rebound will be to almost throw one's hand out to the side, moving the shoulder back, putting you in the back seat). Flick the poles directly in front of you with meaning, no limp wrist flipping of the pole. To do this, move the pole by using a firm wrist movement and ankle flex at the same time, keeping the elbows right where they are. Plant (which is only a light touch) the