



Moguls Competitive Style

The Sixteen of Bump Skiing

15. Air

When jumping anything, anywhere, you should apply the “Four point Takeoff and Landing”. Your skis at your feet are two points, and your poles slightly touching the snow are the other two points, creating four points. With your entire body in our Mogul stance, your poles should be planted right at the tips of your skis, and your feet should be matched, about six to eight inches apart, maintaining your energy package. On a pro mogul course, there are two jumps with a six foot downhill face. The takeoff ramp is 40 degrees and 12 feet long, The result – 50-80 feet of down the hill airtime. Same goes for smaller jumps or leaping off some crazy huge cliff or rock garden. You have to keep everything tight with your elbows in front of your rib cage. If the elbows drop you drop!

16. Wrap Up

Don't dismiss the benefits of recovery nutrition after a training session of hard bump skiing all day. Drink plenty of water and sports drinks, eat a balanced meal of carbohydrates, fats, protein. Stretch it out, don't think about it, sit down in front of the TV and Stretch out everything, you'll thank yourself when you take a crazy fall and nothing happens other than a goggles filled with snow. Seek-out mogul coaching, ask questions, and come hang-out with the Bump Busters team anytime you want. The following ski area support bump skiing; Mary Jane @ Winter Park, Copper Mountain, Steamboat, Killington, Telluride, Keystone (North Peak), Breckenridge, Squaw Valley. But all mountains have bumps, if there wasn't grooming machines, every run on every hill would be Bumps. It is nice that they groom runs making it easier to get from bump run to another bump run. Be safe, and have a blast!