

/bumps

1 / Keep your feet together. When carving on groomed trails, a hip-width stance is the most functional. In moguls, though, a narrower stance will produce better results because both of your skis will be on the same consistency of snow. And you'll be less likely to end up out of balance, with one foot in the trough and the other perched on the side of a mogul. **/// Joe Nevin, Bumps For Boomers, Aspen, Colorado**

2 / When picking your line in the bumps, you have two choices: Ski over them or ski around them. If skiing over them makes you feel like you're in rough rapids, think about a slow stream of water. When it encounters a rock, it'll lap up the side but then get redirected around it, not over it. Let your skis do the same. Use the side of each bump to slow them down a bit before you steer your skis around it. **/// Justin Picken, Vail Ski & Snowboard School, Colorado**

3 / Carving doesn't work in the bumps. Practice pivot slips on flat terrain to get the feel for flattening and twisting your skis to change direction. Side-slip a short distance, then, keeping your skis flat, spin 180 degrees. Continue spinning 180s in both directions, moving down the slope, not across it. When you take this into the moguls, keep your skis flat and twist them on top of each bump. **/// David Hansen, Summit at Snoqualmie Learning Center, Washington**

4 / Speed and agility are the keys to being a proficient mogul skier. A great summertime routine for increasing your foot speed should include ladder drills, which build speed, agility and accuracy. These are some of the most important skills when skiing a bump line that continues to throw surprises at you. **/// Mike Hafer, PSIA National Alpine Team, Northstar-at-Tahoe Ski & Snowboard School and North American Ski Training Center, California**

5 / Your pole swing is your first physical trigger in any turn and is especially important in the bumps. Keep your poles firing to keep your turns going. Your upper body is attached through your hand to your ski pole. So if your pole comes forward early in the turn, so will your upper body. In bumps, your feet will go up and down because the terrain goes up and down, but a stabilizing pole plant will keep your head at consistent level. **/// Michael Rogan, SKI Magazine Instruction Director, PSIA National Alpine Team**

Words of Wisdom / No matter how good you are, no matter how long you have been skiing, there is always something new to learn. To find your strength, you must push beyond your comfort zone. **/// Adrianna Kina, Holimont Snowsports School, New York**



6 / Pick up your tempo in the bumps by practicing wedge hops. In a straight, gliding wedge, begin hopping from one ski to the other. By maintaining the wedge, you'll stabilize your upper body, and by bouncing from ski to ski, you'll build flexion movements that help load the ski tip. Before long, the skis will begin to turn, even though your body does not. Continue practicing, gradually allowing the skis to come to parallel, but keep hopping from foot to foot, landing on the outside ski with each hop. Before you know it, you'll have the quick-footed tempo required for solid bump skiing.

/// Matt Boyd, PSIA National Alpine Team, Arc 2 Arc Alpine Training Center, New Hampshire