

# ***PSIA-Rocky Mountain-AASI***

## **Performance Bumps**

### ***Course Description:***

This course will focus on skill development and tactics for exceptional mogul skiing. Coaching will highlight specific feedback on personal performance and demonstrations. **Please note:** When sign-ups warrant more than one group, we will provide a “faster & slower” group option for participants. *Anyone who does not exhibit the skills necessary to ski safely in this clinic will be invited to take another product or receive a refund.*

### ***Course Outcomes:***

- Participants will improve bump skiing technique in a variety of situations.
- Participants will gain understanding and practice in tactical options for a variety of lines in the bumps.
- Participants will get personal feedback on performance.

### ***Sample Activities:***

- Improve short radius turn technique on groomed terrain.
- Ski a variety of lines and develop tactical options. Ski all different lines known to man. Examples: zipper line, round line, medium radius turns in the bumps, three turns on one bump, etc, etc, etc!
- Isolate and develop specific skills to apply in bumps. Example: Drills for flexion/extension; ski easy bumps without poles; learn to take air over a bump; ski ranges in edge engagement for the bumps, (from more slipping to more carving), and any other skill development drills that apply to the group.
- Follow other people’s lines to develop flexibility.
- Play with different speeds and intensities. Challenge faster speeds on easier bump runs, softer approaches on more difficult runs.

### ***Materials Needed:***

- Roster Cards