



ROCKY MOUNTAIN

Title

Performance Bumps

Duration (Hours/CEUs)

2 Days (12 CEU's)

Learning Connection Highlight

Technical Skills & Teaching Skills

Course Description

Dive into the challenge and fun of high-performance bump skiing! Create performance outcomes in intermediate and advanced/expert bumps to improve your and your guests' skiing. This medium- to high intensity clinic focuses on tactics, line selection, and blending the fundamentals to develop touch and regulate magnitude in variable terrain and conditions. We also will explore strategies and ideas to bring these improvements to your teaching and students.

Recommended Preparatory Learning or Prerequisites

- Read PSIA-AASI's "Tactics for All-Mountain Skiing"

Prerequisite Course(s) and Skills

- Level 1 Certified
- Ski linked short turns in blue and easy black bumps.

Learning Outcomes

By the end of this clinic, successful participants will be able to:

- Ski intermediate and advanced bumps with flow, control, and options.
- Ski different lines in the bumps including large radius turns, short and round turns, and fall line/zipper lines.
- Adapt skill blends, ski performance, and tactics to navigate all levels of bumps.
- Discuss strategies for teaching advanced level mogul skiing and engaging students in variable conditions

Learning Experiences

- Practice skiing different sized turns in the bumps
- Exploring tactics and technique adjustments required to skiing over, against, & around bumps
- Share different strategies for teaching students who lose control, lack ski/snow contact, and are fearful or overly aggressive, etc.

Materials/Equipment Needed

None