



ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

Performance Bumps

Duration: 2 days (12 CEUs)

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 Prerequisite Courses:

- Tip it and Rip it.
- Front Side/Back Side.

Prerequisite Skills:

- Ski linked short turns in blue and easy black bumps. *This is not the Intro to Bumps clinic.*
- Adapt turn size, line, and speed on groomed blue and black terrain.
- Comfortable skiing blue and black variable conditions.

Learning Outcomes:

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

- Ski intermediate and advanced bumps with more flow, control, and options.
- Adapt different skill blends, ski performance outcomes, and tactics to intermediate and advanced/expert bumps.
- Collaborate to plan, implement and customize the learning experience to deepen ownership and engagement in the learning process
- Discuss strategies for planning, implementing and customizing the learning experiences of to enhance overall experiences of advanced students
- Discuss strategies for teaching bumps and engaging students in variable conditions.

Potential Learning Experiences:

- Identify technical elements of short radius turns necessary for skiing bumps successfully.
- Apply technical elements the lessons learned on groomed terrain to challenging bumps.
- Explore D.I.R.T. of skills for different tactics (skiing over, against, and around bumps).

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- Share different strategies for teaching students who lose control, lack ski/snow contact, are fearful or overly aggressive, keep falling, etc.