

PSIA-Rocky Mountain-AASI

Teaching Beginner Bumps

Course Description:

This clinic focuses on helping guests learn fundamental movements and tactics specific to basic bump skiing. By exploring skill-developing tasks, progressions and tactics, participants will discover ways to make bumps more fun and less intimidating for guests. Participants will also receive feedback on their own skiing relative to the basic skill development used with guests.

Course Outcomes:

- Training in the basic movement patterns required for learning how to ski bumps.
- Share ideas, progressions, drills and exercises that build skills for beginning bump skiers.
- Develop a variety of tactical options for terrain and conditions.
- Create an understanding of class handling, safety, pacing and psychological requirements for teaching & skiing bumps.
- Develop strategies and tactics to maximize personal success in skiing and teaching bumps.

Sample Activities:

- Explore the importance of a centered stance.
- Explore flexion & extension; develop a more effective range of motion.
- Develop or refine a “quiet upper body” through proper pole usage.
- Develop tactical line choices for different kinds of bumps.
- Develop techniques (varied skill blends) and tactics to slow down or accelerate in bumps.

Materials Needed:

- Class List