

Hosted by The Hartford Ski Spectacular

December 1 – 4, 2015

Clinic Reminders

Clinic Topic: **Knee-friendly Mogul Skiing** – Colleen Farrell cocolikesto@yahoo.com

### Key Points

1. What is knee-friendly mogul skiing
2. Control: Speed and soft edges
3. Balance: Less is more... quite body movements / stance and ideal body position
4. Tactics: Terrain characteristics/anatomy of a mogul, 4 ways to ski a mogul run and which are best suited for being knee friendly
5. Dive into green line bump skiing
6. Exercises and individual feedback
- 7.

### References and References for additional learning

- a. [www.bumpsforboomers.com](http://www.bumpsforboomers.com)
- b. [www.psia-rm.org/](http://www.psia-rm.org/) Under Alpine Ed. Materials
- c. Alpine Technical Manual, Second Edition 2005
- d. Alpine Manual 1996

### Safety Points

1. Don't overload your student with too much information
2. Be aware of your surroundings when practicing bumps
3. Be patient and don't rush your movements
4. Abide by the Skier Responsibility Code at all times