

SKI



TUITION



TURN IN THE RIGHT PLACE

There are many different paths you can take in the bumps. For this article we'll assume you want the path to be slower paced, and the most simple to execute. For this you'll want to think about turning your skis on the top of the bump, and sliding down the hill at the back. This way you'll still and stay in control down the part of the bump that is steepest and, thus, where you'll travel the fastest. This brings us neatly onto our second point.

GET OFF YOUR EDGES

While your edges may be your friend on the piste, they're not going to help in the bumps. Having your skis tilted at an angle (also known as being on your edges) will cause the skis to travel faster in the direction they are pointed. In the moguls this often means faster into that massive bump in front of you. Instead, you need to keep your skis flatter than you normally would. This will result in a more skidded turn, and as a result a slower speed of descent.

KEEP YOUR BODY STILL

In stark contrast to piste and powder skiing, the terrain in the bumps is by definition bumpy. All these bumps are going to try to force you off balance and flailing around. However, you have to fight this and keep your upper body as still as possible. This will have the effect of keeping you more balanced, and as a result more in control. Try keeping your core muscles engaged and using a strong pole plant to assist this.

FORE-AFT BALANCE

It's ok not to be right on the front of your skis in the moguls. Unlike piste skiing, with the ground constantly moving about under you, it's important that you adjust your balance to stay as centred on your skis as possible. While I'm not advocating sitting right back on your skis, the moguls are one of the few places it's ok not to be constantly on the front of your boots. You have to be reactive and adjust to the terrain under you.

As always, have fun!

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→ JON (AKA WESTY) AT ALTITUDE

Jon is one of the few instructors in the world to hold the top qualifications from France, Switzerland and Britain. He can teach on- and off-piste skiing throughout the Alps, and as Ski School Director, Jon helps manage the ski and snowboard school, the Verbier freeride camp, and also the winter and summer kids camps. altitude-verbier.com; +41 277 716 006

For many of us bumps, or moguls, are the ultimate nemesis on the mountain. We've all spent at least one afternoon being beaten up by awkward shaped piles of snow, and limping home defeated. There is a good reason for this though; many of the "rules" we have for good skiing have to be abandoned in the bumps. We spend our lives learning to ski in a particular way, only to find out that this form of skiing maybe what is making life in the bumps so hard. In this article we'll try and help make bumps skiing easier, and hopefully more enjoyable.



ALTITUDE KIDS SKI TIPS

Summer Camps

For those of us, like myself, that didn't go to a summer camp when we were younger, the idea of sending children away during their school holidays can be a slightly odd one. However, since working with Altitude International Summer Camps here in Verbier, Switzerland, I can tell you first-hand that a summer camp can be an amazing experience for your children. While each summer camp is different, I can tell you a little about what we do here at Altitude.

Summer camps in Switzerland roughly fall into two categories for the activities: sports/outdoor

education and languages. The latter involves learning a second language (often English or French). The former is less common, but equally as valuable, and involves learning many outdoor mountain skills, such as map and compass reading, fire building, shelter building and other survival skills.

Also, camps generally split into two formats, either day camps or residential. Day camper, as the name suggests, just come for the day. While residential campers stay for a set time with other campers. With Altitude, the residential campers stay in a chalet altogether in Verbier. These residential camps are fully-catered by in-house chefs, with evening activities

taking place after the day campers have left. Summer camps are a great place to learn new skills, experience new things, and make new friends. But perhaps more importantly they are a place to build other lifelong skills. Being away from home, learning, and meeting people from all over the world can allow your child to become more independent in a safe environment. Secondly, a summer camp experience is a great place to learn and develop the many transferable skills that can't be taught in the classroom. It's not learning a language or how to read a map that are the valuable skills, but realising that with effort and practise they can learn and do anything.



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