



Ski Spectacular Instructor Academy

**Hosted by The Hartford Ski Spectacular
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Clinic Summary Notes

Clinic Topic: Moguls made Easy for 3-T, 4-T and Monoskiers - Geoff Krill geoff@geoffkrill.com

1. Outrigger length is determined by many factors diagnoses, physical ability, acquired skill level and terrain. There is not a set parameter.
2. Outriggers are a compliment to the Alpine Fundamentals of Skiing and can help to enhance the performance level of any of the fundamentals.
3. Flat ski rotary movements are the key to success in the bumps.
4. For 3-T and 4-T skiers, focus on what body parts can influence rotary before relying solely on the outrigger to create steering.
5. Maintaining fore aft pressure is crucial to rotary skill efficiency.
6. Flexion and extension of the arms should not be forgotten and allows the skier to mirror the long leg short leg of an able-bodied skier.
7. The position of the downhill outrigger is in direct correlation to the size of the turn.
8. Watch the following videos on PSIA/AASI's Matrix at www.TheSnowPros.org.
 - a. 3-T Bumps
 - b. Monoski Bumps
 - c. Alpine Pivot Slips
 - d. 4-T short radius turns
9. Always remember that it is the skier behind the outriggers that creates the picture of great skiing. The outriggers play a role but are not the entire answer.