



Ski Spectacular Instructor Academy

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Clinic Summary Notes

Clinic Topic: Moguls made Easy for 3-Track, 4-Track, and Monoskiers – Beth Fox,
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1. Review information for stand-up and sit-down outrigger set up in PSIA's, *Adaptive Alpine Technical Manual*, 2017, Chapter 6 (Introduction to Three and Four Track Skiing, skiing with a slider, and outrigger use) and Chapter 7 (Teaching Progressions for three and four track skiing) and Chapter 10 (Teaching progressions for mono-skiing) then check out Appendix A (Physics and phases of Outrigger Use) pages 209-213.
2. Additional resources from PSIA:
 - a. *Alpine Technical Manual*, 2014, Chapter 7 (Teaching – Developing Technical Content); *Alpine: Adult Alpine teaching Handbook*, Level 6 P156.
 - b. Access PSIA-AASI digital manuals for free at <https://thesnowpros.org/education/digital-manuals-for-every-discipline/> or purchase a digital or hard copy that will allow you easy access to vast amounts of useful information.
3. For all exercises review PSIA's, *Tactics for All Mountain Skiing* by Chris Fellows, 2006. Chapter 2 (Mogul Tactics) available for purchase at <https://www.amazon.com/Tactics-All-Mountain-Skiing-Chris-Fellows/dp/1882409302>.
4. Get out on the slopes and practice! Fundamental mechanics apply in the bumps, too. Have fun by approaching various facets of mogul skiing individually and playing games:
 - a. Make short turns on steeper groomed terrain, change up rhythm and timing.
 - b. How many effective short turns you can make in a specific area; revisit and try again.
 - c. Create a visual "lane" down a portion of the slope and gradually narrow this area to simulate a line you might ski in the bumps.
 - d. Venture forth into tree trails and other undulating terrain to work on balance through engagement of your core and flexion and extension of your legs – and arms if using outriggers – absorb the whoop-de-dooos and extend your legs down into the troughs.
 - e. In the moguls, start on short runs that have small bumps and easy outs in case the situation stymies you.
5. Tactics rule: Look for wider spaced moguls to start; seek "bridges" to ski vs troughs; use turn shape to manage speed; find friendly snow for starters.