

Michael Rogan and Marcus Caston - How to Ski Bumps

“Michael Rogan and Marcus Caston – How to Ski Bumps” is a comprehensive instructional course designed to teach skiers advanced techniques and strategies specifically tailored for navigating moguls or bumps on ski slopes. Led by Michael Rogan and Marcus Caston, renowned experts in skiing and instruction, the course provides in-depth guidance on mastering the complexities of mogul skiing.

Many skiers will describe themselves as “experts,” and then admit, in the same breath, that they “don’t do bumps.” It’s not surprising: Moguls take pride in making you look bad. Whether you’re an occasional bumper looking to smooth and polish your technique, or a total newcomer who has always stuck to the corduroy, SKI Magazine along with PSIA Alpine Team Coach Michael Rogan and pro skier Marcus Caston will give you the confidence and the skills to survive and thrive on terrain where the groomers never go—all while looking good doing it.

More than any other type of terrain, moguls require tactics and techniques that you haven’t had to master for getting down groomed terrain. Our instructors—Professional Ski Instructors of America’s Alpine Team Coach Michael Rogan and pro skier Marcus Caston, will teach you the skills that are specific to skiing bumps well: edging versus skidding, appropriate stance, flexion and extension, how to keep your upper body quiet, and more. We’ll teach you to embrace the bump runs you formerly avoided.

How This Course Works

We know you have a busy schedule, so we’ve designed this course to be taken at your own pace. You’ll learn through a variety of interactive formats, including video instruction, photo descriptions, and more. Each lesson builds on the last, and, while we’ve designed the course to be 11 weeks long, you can take it as quickly or slowly as you want. Plus, once you purchase the course, the lessons are yours forever.

Syllabus:

Intro

- Choosing the right gear
- The mental game

1) Fitness and Prep

- Core exercises
- Leg exercises
- Upper body exercises

2) Proper Stance and Speed

- Overall bumps stance
- Short turns stance

3) Flexion and Extension

- Flexion and extension explained
- Flexion and extension drill

4) Proper Edge Control

- Why edges are bad (sometimes)
- Flat• ski drills
- Edge• control drills

5) The Pole Plant

- How to properly (and improperly) plant your poles
- Pole plant drills

6) Line Selection

- Selecting the right terrain
- How to select a line

Proof Content

 2. Getting Started	 ...	17.4 MB
 3. Fitness Prep for Bumps	 ...	169.9 MB
 4. Proper Stance and Speed	 ...	170.2 MB
 5. Flexion and Extension	 ...	73.4 MB
 6. Edge Control	 ...	283.2 MB
 7. The Pole Plant	 ...	93.2 MB
 8. Line Selection	 ...	120.3 MB
 1. Introduction	 ...	27.2 MB
 #Screenshot.pdf	 ...	25 KB
1 file and 8 folders		954.8 MB