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Sugarloaf Ski Club Coach Don Oakes carves up the slope

Your Butt is Not a Part of Your Lower Body in Skiing

By Don Oakes
Sugarloaf Ski Club Coach
PSIA Level III

Your butt is not part of your lower body in modern skiing. Really, it's not. It may be in golf and tennis, and it definitely is in dancing; but it's not in skiing. In successful skiing your lower body starts where the top of your femur enters the hip socket. (Femur: you know, that big leg bone that connects the knee to the hip)

Why this is important I'll get to in a moment, but first let me make this general statement. Successfully skiing on modern shaped skis comes down to nothing

more than moving from one set of equally tilted edges to the other...without falling over. Now hopefully those edges are sharp enough to dig into the snow surface and when tilted enough on edge what results is a nicely carved turn. If the ski is not tilted enough you'll still get a turn, but just a skidded, sliding, inefficient turn. (Which by the way, in some conditions may be just what the doctor ordered, but that's another article.)

So how do you get enough edge angle throughout the turn so you carve the whole time and not just in

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