

# Making Sense - Steer Your Skis

*Why Sense Making? I strongly believe that 'sense making' is important to learning. When you make sense of something, you can then use it creatively, grow and expand. If you don't make sense of something that you are doing, then you just do "things" because someone told you to.*

## Steer Your Skis



What is steering your skis? It's the same as pointing your skis in whatever direction you want to go. Here are some steering basics. For the newer skier, it's easier to steer a flat ski than an edged ski. Much of the time, we will steer slightly edged skis that skid. Carving is steering a more highly edged ski without any skid. That is a higher level skill. However, we are always steering our skis, even when we are going straight!

So, how do we steer skis? The concept is pretty simple, just point your feet where you want them to go. Obviously this

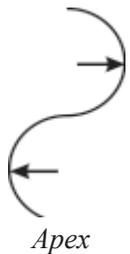
means using our legs and keeping them functional - e.g. the knee is a hinge joint so keep the hips and feet lined up so we don't twist our legs. Balance is always the key - always balancing while we are steering our skis.

Steering starts with our foot soles as we roll them and turn our feet progressively in the direction we want the skis to go. The steering is supported by the whole leg moving with the feet and especially using the glutes, your butt, a very strong muscle, to help guide the skis. Using your glutes keeps your hips/pelvis turning with your feet - feet and hips turn together. Using your glutes is especially necessary in higher speed arcing turns as well as in the bumps. Play with feeling your hips come around with your feet, keeping your legs functional. Play with not doing this and see what a difference it will make in how much power you will have if you use your glutes!



I sometime think of the hips/pelvis/glutes, as

being the joystick of our legs. We turn it with our feet and it provides power. Of courses, we are always balancing on our skis as we steer them. Balance is always!



What is a turn? One thing to keep in mind when we speak of a 'turn' is that a turn is different for our skis, than it is for our body! A turn for our skis goes from edge change to edge change. However, for our body, it goes from apex to apex. Right after the apex, as we start to flex, our body starts to move into the new turn. So, while we are steering our feet, we are also steering our upper body. We guide and direct our upper body along its inside line, just as we guide and direct our skis. Different lines and different timing... More on that in another Making Sense article!