

Howdy Parents,

Edging was the skills focus for the day. In skiing, we typically angulate (to apply edge) with a combination of the hips, knees, and ankles. The hips (and lower back) create the biggest changes in edge angle, while the knees and ankles offer a chance to fine tune the edge angle. The edges are a very powerful tool that allows us to control speed, carve, and enhance our ability to guide our skis in the desired direction.

Curt