

Be sure to initiate the practice of D.A.M.P. at the top of the Gondola or Tram before the beginning of each powder day! D.A.M.P. stands for *dynamic activation movement prep*. This prepares the body for movement, activation or “the turning on” of the nerves and muscles in the body. Proper activation increases range of motion and prepares the body to handle the forces of acceleration and deceleration.

Almost any type of mild movement works as D.A.M.P. Suggestions would include choosing movement patterns that move many body parts at once or movements that stabilize one area of the body while others move. Pick movements that can be done anywhere and at anytime, hence the top of hill. Anything that involves rotation and glute/hamstring activation of the entire body works fine but must be dynamic. A few minutes are all it takes.

*Standing Scorpions* - stand with arms out to side in a T and reach one flexed foot back and behind body (like a scorpion whipping its tail), without moving the upper body or hands/arms too forward. Another example is the *Cross Squat* - stand and step one foot in front of the other and squat down (be sure to squat with knees not beyond your toes - sit stance).

To fully enjoy your experience in Jackson Hole, keeping muscles loose and flexible is the key to faster recovery, longer ski days and prevention of possible injuries. Stretching the upper and lower extremities after a long ski day keeps blood from pooling in a fatigued muscle, and helps regenerate the muscles to perform intense activity again. Most lower back problems, knee tenderness or pain, hamstring pulls and hip discomfort occur to a lack of stretching before and after ski days.

Post workout stretching allows the body to fully relax and prevents muscles from feeling too stiff after the intense conditioning a powder day. While deciding your après ski plan, static stretch (holding a position for about 20 seconds). If you are eating in tonight, sit with your legs spread while reading the rest of this magazine. Cross a foot over a bent knee while sitting yoga style to stretch the hips, while waiting for everyone to get ready to go out!

Whether your plans include return trip to Jackson or another winter destination, the general focus of a winter conditioning program includes the following components: cardiovascular conditioning metabolic training, strength training, power training, balance and stabilization, plyometrics and stretching. Although each winter sport activity differs in movement and required energy and muscle demands, a conditioning program using a variety of exercises can combine the required training for each sport. For example, mixing a snowboard specific movement with a Nordic specific movement, one can increase anaerobic power, while developing muscular endurance.

Lastly, always practice some form of daily balance exercises. This increases stability, therefore improving performance and reducing chance of injury. Single foot balance squats and balance step-ups on unstable surfaces such as wobble boards, balance cushions, or half-dome bosu balls increase the stability of knees and ankles, a very important factor for strong balanced winter activity! We do not want any chance of injury putting a damper on your Jackson Hole vacation!