



Stu Campbell was a writer, instructor, resort executive, Renaissance man and tireless advocate for ski sport. He had a major influence on millions of skiers over a career that spanned five decades and was profound in its depth and diversity.

He authored six books on skiing. He was a consultant to sixteen manufacturers. He was a racer, coach, event organizer, television commentator and widely recognized as a ski instructor. It was as an instructor that he built a career that touched on every facet of ski sport. It was as an instructor that earned him innumerable peer accolades, honors and appointments.

The list is long – PSIA-East Demo Team, Examiner, Technical Committee Chairman, Precourse Team, Demo Team Coach, Examiner Training Team coach and Interski Team. There were many lucky skiers at Stowe in Vermont and Heavenly in California who had one-on-one instruction from Stu.

He reached his largest audience, however, as a tireless writer for SKI magazine. From 1976 he was the instruction editor for SKI reaching millions of readers with direct easy-to-understand and effective technique tips. Today, the name of Stu Campbell remains as one of the most recognized and admired of the contributors to ski instruction.

OUT WITH THE OLD

IN WITH THE NEW PART II

CHANGE THE LEAD SKI OLD BEFORE EACH TURN

LEAVE A TENSE OLD OUTSIDE HALE BEHIND

LEAD WITH A NEW PROGRESSION



7 Powder Mistakes Hardpack Skiers Make

It's a common mistake for hardpack skiers to...
 1. Not using proper stance...
 2. Not using proper edge control...
 3. Not using proper weight distribution...
 4. Not using proper timing...
 5. Not using proper pressure...
 6. Not using proper balance...
 7. Not using proper recovery...

How to Take a Ski Lesson

Sure, the instructor is always right. But if you want to get the most out of your instruction...
 1. Choose a good instructor...
 2. Prepare yourself...
 3. Listen carefully...
 4. Practice what you learn...
 5. Ask questions...
 6. Stay motivated...
 7. Have fun!



Bottom Up!

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The Feet-Together Myth

If God had intended that we skied with welded feet, He would never have made skis in pairs.

It's a common myth that...
 1. Feet should be together...
 2. Feet should be apart...
 3. Feet should be in a certain position...
 4. Feet should be in a certain position...
 5. Feet should be in a certain position...



Curing Your Ills

Are you suffering any of these five skiing ailments? How to recognize, treat them if you can.

1. **Stiffness**...
 2. **Balance**...
 3. **Control**...
 4. **Speed**...
 5. **Relaxation**...

FAULT	SYMPTOMS	CURE
	1. Stiff posture... 2. Poor balance... 3. Lack of control...	1. Relax muscles... 2. Bend knees... 3. Keep feet under hips...
	1. Poor balance... 2. Lack of control... 3. Stiff posture...	1. Bend knees... 2. Keep feet under hips... 3. Relax muscles...
	1. Poor control... 2. Stiff posture... 3. Lack of balance...	1. Relax muscles... 2. Bend knees... 3. Keep feet under hips...
	1. Poor speed... 2. Stiff posture... 3. Lack of control...	1. Relax muscles... 2. Bend knees... 3. Keep feet under hips...
	1. Poor relaxation... 2. Stiff posture... 3. Lack of control...	1. Relax muscles... 2. Bend knees... 3. Keep feet under hips...