

FR – Skiing and your MAP

25 upvotes | 26 February, 2018 | by SteelSharpensSteel

I recently took the family skiing for the first time. Living where I do, you don't typically get to go skiing. It was a grand adventure, but as I started learning how to ski, all I could think about was the parallels to MRP, and boy, were there a lot of them!

“It’s going to suck if you’re out of shape”

Skiing is a physical activity, and you need to be in shape to really enjoy it. Similarly, for your MAP, get to your normal BMI first, then start working hard to lower your BF% and gain muscle. Why do we say that lifting is the first thing you do. Get a gym membership and go work out.

“Don’t go Rambo”

I had never skied before in my life. So I get there, I do a lesson, learn how to pizza, French fry, stop, and turn. Do I think that I'm ready for a black diamond? Hell no. Green slopes all the way, with some blue after I did a day's worth of green slopes. I saw a six year old doing high speed double black diamond runs over and over (turns out he's been skiing since the age of 3, more than a few times with custom equipment – someone has wealthy parents). It is very easy to think [“YEAH I GOT THIS”](#) and do stuff out of order. It's very easy to compare yourself to others and not calibrate for your own situation. Let the people who have been skiing forever do their thing. You do you.

Also, Don't. Go. Rambo. Just don't. Simple baby steps. Make small changes. Don't go beyond where you need to be. Guidelines say one month per level of dread – but remember those are just guidelines. It might take you two months, or three, or even more to get the first level.

“Turn right to go left”

When I first heard how you turn, I thought I was in the Cars movie. [Turn right to go left.](#)

Turns out you need to push off your right foot to go left, and lean to the left. Didn't make a lot of sense at first, but after a while I got the hang of it. A lot of the things here at MRP seem to not make a lot of sense at first. "Wait, you mean I can say no to my wife?!?" Yes, you can say no, and not feel guilty about it. Someone should write a book, I tell ya.

There's a lot of paradoxes here: “Always initiate” vs “Don't reward bad behavior”. Dealing with shit tests vs comfort tests – you have to recognize that these are all tools. Choose the right tool for the right situation. You can use a screwdriver to hammer a nail, but boy, it's going to suck. And ABC - Always Be Calibrating!

“If you lose control, you’re going to get hurt”

Over the course of the day there were a ton of people who were hurt, and being hauled out by the ski patrol and into ambulances. I saw someone wipe out in front of me and scream out in pain as I was going down the mountain. As a beginner, I thought, oh shit. It's important to take this stuff seriously. Athletic stance, check. Center of gravity forward, check. Going too fast? Slow that shit down – go side to side, bigger pizza. Remain in control.

I cannot emphasize how important it is to go slow and remain in control for your own MAP. Don't let the anger phase gain control. Don't do anything stupid (one of my most common forms of advice here). If you lose control, you're going to get hurt, and not just butthurt.

“Proper planning prevents poor performance”

I can't tell you how many hours I spent researching the ski locations, figuring out what we need, getting

the tickets and boots and helmets all figured out – it’s important to have a plan. Same with your work on the sidebar, in the gym, and with your wife. You have to have a plan. Don’t be spreadsheet guy, but have a plan.

I love it when a plan comes together.

“Have fun with it”

Skiing is supposed to be fun. There’s a rush in going down a mountain at high speed, and feeling like a badass doing it. It’s also fun when you game your wife. Let’s rephrase: It SHOULD be fun when you game your wife. Have fun with it. Fun is missing out of so many MAPs. There are a ton of guys who just go and lift and forget to have fun with their wives.

Have fun, enjoy the rush.

Bonus Commentary: I saw a dad yelling at his 4 year old on skis, like really yelling and making a scene. The 4 year old was just a beginner. All I could think about was JBP’s comment that you never should make your kids do something that would make you hate them.

Post below your tips on ski vacations, skiing, and other suggestions for trips to take the family away.

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Comments

drjamesstone • 7 points • 26 February, 2018 03:56 AM

Welcome to a great family activity.

I prefer taking the family back country or cross country. Earn your turns son.

screechhater • 5 points • 26 February, 2018 04:50 AM

Nice analogy for others to follow

Like the pointing out of the BMI

Ideals of speed per LTR is an excellent observation

Not many actually want to to do the work properly, but this post nails the truth

Life in general takes being in shape mentally and physically. Until fully unplugged, it is not clear

FoxShitNasty83 • 5 points • 26 February, 2018 07:25 AM

I remember my snowboard instructor telling me I was too tense and to have a beer and come back. It worked.

He also called me a cunt.... More parallels

simbarlion • 4 points • 26 February, 2018 04:41 AM

I have been fortunate enough to ski all my life, competing in skiing and snowboarding.

If only i was as naturally alpha as i am naturally a skier. Like most things, best learnt from a young age -
Another parallel for you

weakandsensitive • 2 points • 26 February, 2018 03:42 PM

| If only i was as naturally alpha as i am naturally a skier.

L oh fucking L.

Do you not realize that that statement is a direct contradiction of

| I have been fortunate enough to ski all my life

Where do you think you learned to be a "natural" skier? You think that the first time on, you didn't fall on your ass? Nah, you just take the time and effort you put in early on for granted.

simbarlion • 3 points • 27 February, 2018 12:44 AM

k

Persaeus • 5 points • 26 February, 2018 05:54 PM

another parallel is that not all tools/techniques work in all conditions and "there are levels to this shit". in other words, techniques you learn as a n00b will need to be discarded as you grow, techniques which work on piste do not work in powder, and on and on.

| I saw a dad yelling at his 4 year old on skis

so here's my biggest advice. DO NOT teach your own kids how to ski. first, you're likely not a qualified ski instructor. second, and more importantly the parent/child relationship is an impediment to the learning process

which is best removed. in the beginning group lessons/ski school is fine, then move on to small group lessons, and if you can afford it private lessons are the best use of time once you move into the intermediate/advanced levels. same goes for your wife.

I saw a dad yelling at his 4 year old on skis

yeah i've seen that too. truly cringeworthy.

story time. starting taking daughter when she was 5, ski school - nice progression but as will get too . . . self limiting. took son first time at age 4 (daughter 7). so that first day me and my buddy drop off are kids in ski school, and i check back in a few hours later to make sure everyone is doing ok; and he "washed out" of ski school the first day. turns out he was too small at that time to handle the smallest rental skis especially that first day with fresh snow on the ground. he was sitting inside drinking hot chocolate. i came in and the instructor explained what was going on. i can still remember that "don't be disappointed in me" look on his face. i shrugged it off, suggested he come to lunch with "us guys", had lunch, back to lodge and in the pool for awhile, and then we went tubing. seriously, on my death bed i will remember this as one of the best days in my life.

couple days later it had stopped snowing, and they had plenty of groomers. back in ski school and no problem. two seasons later he's running down black diamonds, moguls, jumps.

two more (he's 8) and his sister can no longer keep up with us. she's afraid to turn on the steeps and is scaring the hell out of me. as it's mostly just the three of us skiing and i need to keep us together on the mountain i suggest to him he might want to try snowboarding. this slows him down a few years allowing her to catch up; and she does.

Alphaphux • 3 points • 26 February, 2018 08:33 AM

All i could think of while reading this was Harry out of Dumb and Dumber...

SteelSharpensSteel[S] • 2 points • 26 February, 2018 04:49 PM

No licks of the ski lift were done in the creation of this post.

Westernhagen • 3 points • 26 February, 2018 07:24 PM

Another reason to be in good shape is you'll be carrying all the kid equipment as well as your own between the car (or the lodge) and the slopes. You'll also be lifting kids onto the lift until they are tall enough to get on themselves. Don't expect the kids to have a lot of stamina; take breaks when they're cold and tired or they'll be miserable.

I agree with Persaeus that you don't want to teach them yourself. Ski school and private lessons to begin with. Ideally, if you have two kids of different ability levels, you and your wife can take turns skiing each with one kid on different parts of the mountain.

They go through a phase between beginner and intermediate that will scare the hell out of you. They get used to going down beginner slopes without ever stopping or turning. That's fine on the green. But the habit of not wanting to turn, just zooming straight down, is a Bad Thing when they are on steeper blue slopes. That's when you have to stay right behind them, ready to intervene and slow them down if they start going too fast, or they'll go out of control and wipe out big time.

ImSteveMcQueen • 4 points • 27 February, 2018 02:27 AM

you'll be carrying all the kid equipment as well as your own between the car (or the lodge) and the slopes.

A little leadership makes the day go smoothly. We lead our families, right ?

Buy a \$10 plastic sleigh. Pack 1 backpack full of food and snacks and things you need while on the hill. You wear this while skiing. Pack one medium gym duffle bag with socks, mitts, etc. that people wear skiing.

When you get to the lodge, you park the car in the loading zone. The duffle bag, ski boots and poles go in the sleigh.

The kids carry their skis to the lodge. They put the skis in the racks, all in the same section. Make sure everyone knows where the skis go. This is also the meet up place if the group gets separated.

Mom pulls the sleigh to the lodge. Kids grab the boots and go inside. Mom brings in the duffle and everyone starts changing. You park the car and come back with the backpack and your skis.

Everyone changes and starts skiing. If someone needs something while skiing, you have it in the pack.

Lunch is in the pack. You can eat it on the mountain, in the mid mountain lodge or at the base lodge. No waiting for 20 minutes for a \$20 hamburger. That time is better spent skiing and that money is better spent at dinner.

Hot chocolate is the secret kryptonite to make skiing enjoyable. Someone falls ? Pull out the hot chocolate. Someone gets cold. Same thing. Someone gets tired, same thing. Get a big thermos make it in the morning and keep it in the pack.

You ski until last chair, of course. Do easy runs at the end of the day because that is when people get hurt. 10 minutes before last chair, you get the car and park it in the loading zone. Mom gets the sleigh, the duffle and the footwear and puts it in the sleigh and heads to the car. The kids ski from the top of the mountain straight to the car. At the car they strip out of their ski gear and boots and into a warm car. Lodges are incredibly crowded at the end of the day.

You head home to a good home cooked meal. Kids will sleep all the way home, happy.

drjamesstone • 2 points • 26 February, 2018 07:56 PM

kids should have their own boot bag and carry their kit from about 6 years of age on.

mrpCamper • 2 points • 26 February, 2018 08:00 PM

you'll be carrying all the kid equipment as well as your own between the car (or the lodge) and the slopes.

Too true.

mrpCamper • 2 points • 26 February, 2018 06:06 PM

Great post. Skiing is a great way to get yourself and your family outdoors in the winter and beat those winter blues. Plus, some one on one alone time on the chair lift with your teenager is priceless. The earlier you can start your kids skiing the easier it is. Mine started at age 2. Ski for an hour. get some hot cocoa. Get back out there for a run or two, then pack it in.

Just as OP stated, the point isn't to go balls to the wall. Many people hear that I take my kids skiing several times a year (day trips) and on one several nights trip to better ski locations and assume I must be some awesome skier. In reality, I have never passed the advanced intermediate level as I don't really care to. I have been skiing since childhood but I've spent the past 10 years teaching my 4 children to ski and have been dominating the greens and blues with them. Only now am I able to take all of them on the black diamonds with me.

It is just a beautiful way to take in some great nature, be outside, get some exercise, spend some time with my children and have fun. Not a way to show how close I am to Olympic greatness.

drjamesstone • 1 point • 26 February, 2018 07:55 PM

hard to beat a sunny day on the corduroy with the kids, eh?

ImSteveMcQueen • 2 points • 27 February, 2018 01:01 AM

I am a very good snowboarder. I took my son and daughter (11 and 7) out this weekend. We had a great time. It is amazing how many middle aged men and women aren't active and can't do something as easy as skiing or snowboarding. And even some that do get out skiing and snowboarding are pretty out of shape, but at least they are out.

mrpCamper • 2 points • 27 February, 2018 03:55 PM

Before RP, I would ski often but be huffing and puffing all across the mountain.

ex_addict_bro • 2 points • 27 February, 2018 08:15 PM

Post below your tips on ski vacations, skiing, and other suggestions for trips to take the family away.

Ski is for old people, period.

Snowboarding, on the other hand, ...

Aechzen • 2 points • 28 February, 2018 01:44 PM

Let's call that four year old on the black diamond 'the natural'. Some people just know what to do, but really, they had a learning curve like everybody else. That kids just started earlier than most people.

Fun fact, my wife was one of those three year old skiers, but for the same reason that skiing was easy (she grew up in the mountains) she didn't learn to ride a bike until much later.

I prefer cross country to downhill, but then I'm a dork who likes cardio.