



Powder Techniques and Tips

Did you know that Mike Wiegele Helicopter Skiing Guides are also qualified Ski Instructors? Not only are you safely toured through the mountains and the best powder lines by your guides, but they are also providing continual advice to bring your powder skiing to a greater level. Skiing or boarding in powder can be more strenuous than resort skiing. However, with preparation, training and the right equipment, your day of heliskiing or heliboarding will be the rewarding experience you expect. Tune in monthly for techniques and tips that will make you stronger powder hound. Then, put those skills to practice in the Cariboo and Monashee Mountains of Mike Wiegele Helicopter Skiing.

DECEMBER 2008 : Float Like a Butterfly-the Muhammad Ali Method of Great Skiing

It's impossible to watch footage of Muhammad Ali in his prime and not be impressed with how well he moved in the ring. His footwork became one of his trademarks. That agility and ability to react is something that can be developed and should become part of your preseason preparation.

There are many ways to increase your foot speed and coordination. One of my favorite at home exercises requires as little as a roll of masking tape and a little bit of room. Start by taping two 10 to 12 foot parallel lines about 18 inches apart on the floor. Now add a piece of tape every 18 inches so it looks like a ladder lying on the ground.

Just 10 minutes a few times a week will help you become a better skier in no time. Simply start on one side of the ladder and side step into the first box, one foot at a time, and then out to the other side. Repeat this in the next box, and so on until you reach the top of the ladder. Now do the same exercise in reverse. As your coordination improves you should be doing the steps more quickly. When you master that it's time to mix it up. Use your imagination; do cross-overs in and out of the boxes. Hop with both feet at the same time. Straddle the ladder, step into a box one foot at a time, and then back out. The more you mix it up the more your agility will improve.

Remember to keep your eyes and hands up. If you have to look at your feet your reactions are slower. If you train your arms to stay up at chest height your balance will improve.

These skills are crucial to good skiing, the more you can react to the changes in snow and terrain the better you'll feel on your skis or board. Make it a game, have fun, and as always, we'll see you on the helicopter pad.

Ron Betts-Lead Guide
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