

Mike Wiegele Helicopter Skiing

Ski Tips & Techniques

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After an incredible powder run down Great Escape last week, one guest wondered what he would have to do to get through a run without leg fatigue. He described an intense pre-ski week training program and is generally a better than competent skier.

“ Why not ski a run in front of me?” I suggested. I thought maybe a different perspective might help.

As we made our way down the run I noticed...well the powder was great...but also, my skier never seemed to relax.

This, I thought, was probably the problem. There was no time between turns he relaxed before he allowed his body to come back to neutral. He seemed to be working hard at all times, fighting to control his centre of mass as he moved through each turn.

Instead of trying to manufacture or create the un-weighting of his skis, I suggested relaxing and controlling the transitions between each turn. Let energy build through the turn and move to establish balance, speed control and rhythm.

To get this relaxed feeling try standing up between turns moving slowly and deliberately through the transition from one turn to the next. Start out on easier slopes adding speed and steepness as you become more comfortable and relaxed.

With practice skiers can move through the turn transition relaxing and controlling their turns instead of trying to “create” the ultimate turn.

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