



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.

FEBRUARY 2009 : The Zen of Great Skiing

Great skiing starts with balance, it is surprising how effortless things feel if you are standing on your skis properly. The hard part about balance is maintaining it, especially when you throw in snow conditions, speed and a changing environment.

Skiing is a sport that operates in several planes of balance. You've got fore/aft balance, lateral balance, vertical balance and rotational balance. All of these relate to forces that act on your body when it is in motion on a pair of skis or a snowboard. In a perfect world your body reacts to all these forces appropriately and you maintain optimal balance. Unfortunately that is not always the case and we are forced to make big recovery moves to stay upright.

A great trick for improving balance is to stand on one leg on top of a really thin pillow. Don't forget to alternate legs – and for a real challenge, try closing your eyes. You'll know you've got it when you can brush your teeth with your eyes closed while standing on one leg!

The best tools you have in aiding balance as a skier are your ski poles. If your feet slow down for any reason and your body gets pitched forward, a solid pole plant will stabilize things and bring you back into balance. If you are sitting back, a pole plant can force you to stand over your feet. Terrain getting steeper? A pole plant will keep you from leaning into the hill in a defensive position. There are countless situations where a solid pole plant will aid balance. The key is to keep your pole baskets moving, if your poles stop, so do your feet and your turns start to feel rushed and awkward.

All of the guides here are happy to assist you with your ski technique and are looking forward to seeing you on the heli pad.

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