



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.

JANUARY 2009 : From the Racecourse to the Powder Trees

Last month in our ski tip we talked about the importance of using agility exercises in your preseason training. This was to increase foot speed and reaction time and to strengthen all the stabilizer muscles that keep you in balance and injury free.

I want to build on that with this month's tip and since you are well into your ski season by now, let's keep it outdoor specific.

Most people who have done a sport for any period of time get into ruts; they feel the learning curve has slowed down or stopped altogether. The easy answer is to take a lesson from a qualified ski professional, but let's go one better. If you go to any reputable ski school they will be able to set you up with a race specific lesson. Let them know that you want to focus on drills that require quick feet and agility, slalom drills are best for this. You don't have to have gold medal aspirations to benefit from this kind of a ski lesson. You may never do a ski race in your life but taking a race specific lesson will re-energize your learning and give you new focus in your free skiing. It will also help you get ready for our unbelievable tree skiing.

Investing in one ski lesson can give you things to work on in your skiing for the entire season. Don't be afraid to request a fully qualified ski instructor or coach, the more experience your ski professional has the more specific they can be with your learning needs. All of the guides at Mike Wiegele Helicopter Skiing are highly qualified ski instructors and look forward to improving your ski technique in the powder.

Have a great winter and as always, we look forward to seeing you on the heli-pad.

Ron Betts-Lead Guide
CSIA Level 4, CSGA Level 3, CSCF Level 3

Mike Wiegele in the late 60's Gate Skiing and working on his agility.



Mike Wiegele Gate Skiing



Mike Wiegele transferring his Gate Skiing Agility to freeskiing in the trees.