



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.

JUNE 2009: Preparing the Legs

As any powder skier knows, the beginning of the season is often accompanied with leg soreness. Unfortunately, flying to South America to work on your ski technique may not be possible. Instead, try mimicking ski actions in your work-out.

Here are 3 simple exercises that can be done anywhere by anyone:

The Bunny Hop : This exercise is used to simulate the piston like leg action of skiing. Create a line on the ground using a rope or even better mark a line in the sand on the beach. With you feet close together and with your arms crossed in front of you, hop from one side of the rope to the other. Move down the length of the line and repeat. Try 3 sets.

Walking Lunges: A lunge is a single leg deep knee bend. By adding the walking component, the core, and associated stability muscle, is also used. Find a nice open area at the beach or park. Your goal should be 20 lunges then jog back and start again with the opposite leg. If you're feeling extra keen, try carrying extra weight in each hand.

Squat Hops: The simple squat has an added component with a hop at the end. No weights are used but start slow and concentrate and clean, fluid movement. You will be surprised how tiring this exercise can be. With your feet shoulder width apart and your hands at your side, squat to a position that is comfortable for you. At the end of the squat hop into the air and reach your hands up to the sky. Think explosive movement.

This exercise is aimed at building muscle, speed and power.

Adding these simple exercises to your daily summer routine will help prepare for great winter powder. See you on the mountain!

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