

Mike Wiegele Helicopter Skiing

Ski Tips & Techniques

MARCH 2011 - THE FUN PHILOSOPHY

Isn't the whole idea behind recreational skiing fun and enjoyment? Most of us started skiing and kept skiing because it is just so much fun. The whole point of giving pointers is to make skiing more fun. By continually improving our skiing we can get more enjoyment of our time in the snow. This can take several forms, either you can ski more challenging terrain, ski longer without fatigue or get into snow...maybe powder...that you haven't experienced before.

I really fun this to be the emphasis of the tips I give my ski clients and friends. "How can we improve your skiing to make it more enjoyable?"

Sitting down to write this month's ski tip, I thought back on a couple of simple tips that I use all the time with my ski friends.

1. Get set up.

Before I start any run I stick the tails of my skis into the slope, face down the fall line and get set for my first turns. This sets me up so I can pick my line, get set in good stance and balance and as momentum builds, to prepare for my first turn.

2. First and Last Turns are all that matter.

Instead of focusing all your attention on how you are going to ski every turn perfectly, get set up and concentrate on your first 3 and your last 3 turns. The rest will fall into place.

3. Slow down to speed up

Skiing powder means that your skis are in the powder...which means things happen more slowly. Don't rush your turn. When you rush your turns, you force the process and end up feeling unbalanced. Allow time for momentum and energy to build, feel the resistance of the snow against your boots and lower legs, be subtle but deliberate.

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