

August 2008

www.OFFPISTESKIING.com

08/09 dates
to be confirmed
shortly. Full details to
follow on the
website.

Inspire
Develop
Explore

TOP TEN TIPS!

By popular request we have put together ten top tips for off piste skiing. Read on for these easy-to-remember ideas:

#1 Find that "happy place"

Stand tall & relaxed with weight spread over the whole of the foot. Rock back and forward to feel when tension comes into the body. The "happy place" in the middle is a good place to be.

#2 Balance It Is

Aim to find your balance over the new outside foot as soon as possible in the turn (remember it starts life as the uphill foot and finishes as the downhill foot) and maintain this right to the very end of the turn. The better balanced you are over the turning foot the better everything else will work.

#3 Start the turn like a Tiger

Commit yourself body and soul to each turn, half-hearted efforts will finish in the snow (head-first). The first aim in every turn should be to get the skis and you pointing straight down the hill (yes, straight down the hill).

#4 Finish the turn like a Fairy

From the fall-line through to the end of the turn pressure builds up under the skis as we are resisting the pull of gravity. If we don't try to control/reduce this the skis will try and "escape". Try to "suck up" the pressure by letting ankles/knees/hips flex to absorb.



68° North wins award!

The ski film '68° North' featuring exclusive footage from first descents in Greenland won the 'Best Scottish Film' award at the 2008 Fort William Mountain Film Festival.

This is the 4th film from Simon's Ridestyle Productions company to hit the Film Festival circuit.

More details at:
[Ridestyle Productions](#)

TOP TEN TIPS (CONTINUED...)

#5 **Stretch to start**

A slow, steady stretch at the start of the turn as you find your balance over the new turning ski will help to press the skis into the snow during the "light" phase of the turn, and also helps to flatten the skis, releasing them from the old edges and giving an easy initiation to the new turn.

#6 **Reach to finish**

From the fall-line round, reach out & down with the outside hand/shoulder (exercise, drag the outside pole tip in the snow 3 to 4 feet out to the side of your boot round the second half of the turn). This helps to maintain balance and create some edge.

#7 **Jam Jars**

For maximum speed control use your feet/legs to steer the skis (gradually) across your line of travel. Continue this right round the end of the turn to avoid carrying lots of speed across the hill. (Yes your skis may end up pointing up hill for a bit...).

#8 **Corridors**

Challenge yourself when skiing to stay in a corridor of a chosen width. This will force you to vary the blend of controls and build versatility.

#9 **Smile!**

You're meant to be having fun remember!

#10 **Mind the rocks.**

Or learn how to repair your bases with PTex...



Summer in the
Alps...

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OFFPISTE SKIING

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