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ALTITUDE SKI AND SNOWBOARD SCHOOL
SCHOOL OF SKI & SNOWBOARD

Board skills

SKILLS

#1 STEEP & DEEP

With Andre Sommer of Altitude Verbier

Nothing compares to the feeling of riding fresh, untracked, deep powder on a steep face. These tips will help your performance

Essentials

INTERMEDIATE TO EXPERT

1 Know your route
Riding the steep and deep is much easier when you flow, so be sure to know where you're going so you can relax and have fun. If you aren't sure of the way, take it easy on your first run.

2 Look ahead
Before dropping in, plan your line. That way you can play with the natural shapes of the terrain and the snow, making the run more interesting and creative.

3 Adjust technique
When riding steep terrain it's important to be more active with the back foot. This will enable you to steer and slash the board, which will help you to control your speed and line. For extra control it's

important to transfer weight forward and to be super committed at the start of each turn.

4 Vary your turns
On steep terrain use small, rounded turns to control speed; when the slope is gentler enjoy some big open turns.

5 Be relaxed and aware
Keep legs relaxed so you can adapt to changing snow conditions and terrain, and always keep a look out for hazards such as rocks, slides and sluff.

6 Play safe
Always ride off piste with a transceiver, shovel and probe – and a mate. A helmet and body armour are also recommended. And be smart – if it doesn't feel right, don't do it.



GET SOME ALTITUDE

Andre Sommer has competed on the Freeride World Tour and been ranked in the top 10 in the world. An inspirational coach, he can teach on and off piste as he holds the highest Swiss teaching qualification.

Andre is a director of Altitude Ski and Snowboard School (0041 27 771 6006; www.altitude-verbier.co.uk) in Verbier, Switzerland. Established in 2002, it offers a range of products for skiers and snowboarders of all ages and abilities – freeride and freestyle camps, gap courses, performance coaching, off-piste guiding and private and group lessons.

WORDS: ANDRE SOMMER PHOTOGRAPHY: YVES GARNEAU, HECTOR DAVIES

ALTITUDE

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