[4/7/2015, 15:14] Greg Helluvaskier: Do you have a copy of the PMTS instructors manual?

[4/9/2015, 15:03] Razvan Cojocaru: Just saw this now - got a new phone

[4/9/2015, 15:04] Razvan Cojocaru: Don't have the instructor manual

[4/9/2015, 15:04] Razvan Cojocaru: I will order one

[4/9/2015, 15:10] Greg Helluvaskier: I think it will really help your coaching as well as your skiing. It provides a lot of the 'why' behind what we advocate.

[4/9/2015, 15:10] Greg Helluvaskier: Also helps to give better descriptions and direction to your athletes.

[4/9/2015, 15:29] Razvan Cojocaru: Cool. Definitely getting one

[5/7/2015, 11:25] Razvan Cojocaru: hey - did you see this: https://www.youtube.com/watch?v=gqZNMWG-YMI&feature=em-subs\_digest it should be interesting

[5/7/2015, 11:26] Razvan Cojocaru: it's the Reilly Mcglashan, Jf Beaulieu and Paul Lorenz instructional video teaser

[5/7/2015, 11:51] Greg Helluvaskier: Yes. Reilly and I were chatting about it yesterday.

[5/7/2015, 11:51] Greg Helluvaskier: He said the snow was terrible.

[5/7/2015, 11:51] Greg Helluvaskier: So any on piste isn't good.

[5/7/2015, 11:52] Razvan Cojocaru: ahh - too bad. should be decent though

[5/7/2015, 13:33] Greg Helluvaskier: He said the mogul footage is good, but it was so warm that the snow never set up the whole time they were there.

[5/7/2015, 13:34] Greg Helluvaskier: So there were only a handful of groomer runs each day that were any good.

[5/7/2015, 13:35] Razvan Cojocaru: So they're going to make a DVD or a downloadable video?

[5/7/2015, 13:35] Greg Helluvaskier: Possibly both. Not sure of the format exactly

[5/7/2015, 13:36] Greg Helluvaskier: They are working on videos and starting camps in Europe

[5/7/2015, 13:36] Razvan Cojocaru: I mean as opposed to a free youtube video... yeah, makes sense

[5/7/2015, 13:36] Razvan Cojocaru: cool

[5/7/2015, 13:36] Razvan Cojocaru: it should be very interesting to hear their perspective

[5/7/2015, 13:36] Greg Helluvaskier: Some content will be free.

[5/7/2015, 13:37] Greg Helluvaskier: Not all though I suspect.

[5/7/2015, 13:37] Greg Helluvaskier: Their perspective is much like mine. Different terminology though.

[5/7/2015, 13:37] Greg Helluvaskier: We all talk about the same stuff though.

[5/7/2015, 13:38] Razvan Cojocaru: yeah - to be expected really. JF still gets bogged down in steering and stuff sometimes, but he most lielly means somethig different

[10/15/2015, 10:06] Razvan Cojocaru: So in GS i feel like needing to being more forward than SL. Does that mean I under utilize my boots in SL

[10/15/2015, 10:21] Greg Helluvaskier: I would t think your gs and SL setups would differ that much.

[10/15/2015, 10:21] Greg Helluvaskier: It could mean your mounting point is off on one of the setups

[10/15/2015, 10:21] Greg Helluvaskier: Also that your 155 sl was too short

[10/15/2015, 10:22] Razvan Cojocaru: Related to fkexing the boots to be forward... If i don't flex them in SL does that mean i have to flex them in GS?

[10/15/2015, 10:22] Greg Helluvaskier: For continuity of setup I like having my boots the same.

[10/15/2015, 10:23] Greg Helluvaskier: Don't misunderstand. The boots will flex, but not the get forward, only as you use the ski.

[10/15/2015, 10:25] Razvan Cojocaru: Right. So the difference between SL abd GS you think its in usage not in "getting more forward"?

[10/15/2015, 11:16] Greg Helluvaskier: Definitely more on usage. I tend to be more forward more often in sl.

[10/15/2015, 11:17] Greg Helluvaskier: The sl skis don't react well when the skier comes off the front of the ski. I move in and out of fore aft balance but I always try to get back on the front by the time the ski loads.

[10/15/2015, 11:17] Greg Helluvaskier: With gs there is more time

[10/15/2015, 11:18] Razvan Cojocaru: When you load, do you use the ciffs more or the feet more?

[10/15/2015, 11:18] Razvan Cojocaru: Cuffs

[10/15/2015, 11:22] Greg Helluvaskier: Feet. Never use the cuff

[10/15/2015, 11:22] Greg Helluvaskier: Keep the ankle closed

[10/15/2015, 11:22] Greg Helluvaskier: But don't push the cuff

[10/15/2015, 11:23] Greg Helluvaskier: As the skis come back you close the ankle and flex the cuff by natur of the skis coming back under the body

[10/15/2015, 11:23] Greg Helluvaskier: Then you'll flex the piss out of the cuff on even a 150+ boot

[10/15/2015, 11:24] Greg Helluvaskier: But the momentum in the turn flexes it as opposed to muscular effort from the skier

[10/15/2015, 11:24] Greg Helluvaskier: Does that make sense?

[10/15/2015, 11:24] Razvan Cojocaru: Yeah - i was undecided between usi g the cuff or feet although i remember the more i send the skis out the more i use the feet

[10/15/2015, 11:25] Greg Helluvaskier: It's all feet

[10/15/2015, 11:25] Greg Helluvaskier: If you use the cuff you'll be back by the time you hit the fall line because you'll have pushed yourself aft on the skis.

[10/15/2015, 11:26] Greg Helluvaskier: Relax and send the skis out and away

[10/15/2015, 11:26] Razvan Cojocaru: When we plantar flex under heavy weight, doesnt that interfere with tipping

[10/15/2015, 11:26] Greg Helluvaskier: Keep the ankle closed but don't push on the cuff or the snow

[10/15/2015, 11:27] Greg Helluvaskier: It would if foot topping mattered at that point of the turn, but the lager joints have taken over the creation of angles by then

[10/15/2015, 11:27] Greg Helluvaskier: Upper leg versus lower

[10/15/2015, 11:29] Razvan Cojocaru: True. I described the 3 phases the same but I was a littke confuse on what exactky i use where

[10/15/2015, 11:30] Greg Helluvaskier: I don't think in phases

[10/15/2015, 11:30] Greg Helluvaskier: I think release, transfer, engage

[10/15/2015, 11:30] Greg Helluvaskier: Simpler

[10/15/2015, 11:30] Razvan Cojocaru: Or more than a little confused. I'm new at this kind of skiing need time to sink in

[10/15/2015, 11:31] Razvan Cojocaru: Yes, I hear you. Cscf has only two now: Transition and execution

[10/15/2015, 11:31] Razvan Cojocaru: Il email you the tech manual

[10/15/2015, 11:38] Razvan Cojocaru: You'll see they tie vertical balance to boot flex

[10/15/2015, 11:40] Greg Helluvaskier: I'll check it out tonight

[10/15/2015, 11:40] Razvan Cojocaru: Found the boot section as well - sent it.

[10/15/2015, 11:41] Greg Helluvaskier: Thx

[10/15/2015, 14:41] Razvan Cojocaru: more problem - am I off in thinking that going through a deeply flexed transition, the pulling back will also leverage the tips down through the tongues?

[10/15/2015, 14:43] Razvan Cojocaru: i think i just pull back, close the ankle and glide and extend until the body is in place - i don't do anything else to keep the tips down...

[10/15/2015, 15:47] Greg Helluvaskier: If you pull back hard enough and are light enough in transition ...sure

[10/15/2015, 15:47] Greg Helluvaskier: The skis are so light bough that this manifests as a tail lift

[10/15/2015, 15:47] Greg Helluvaskier: Not tip pressure.

[10/15/2015, 15:47] Greg Helluvaskier: You cannot create pressure up there

[10/15/2015, 15:48] Greg Helluvaskier: Hat is where you manage the expectation of pressure building

[10/15/2015, 15:48] Razvan Cojocaru: Interesting. I was certain that tip pressure is required before apex

[10/15/2015, 15:50] Greg Helluvaskier: Keep the ankle closed. Sure.

[10/15/2015, 15:50] Greg Helluvaskier: But how much pressure are you really creating in the high c?

[10/15/2015, 15:51] Razvan Cojocaru: Not much just enough to keep the tips edges in the snow so they can engage whenever needed

[10/15/2015, 15:51] Greg Helluvaskier: That's the pull back and keeping the ankle closed part

[10/15/2015, 15:52] Razvan Cojocaru: Exactly

[10/15/2015, 15:52] Razvan Cojocaru: The actual mechanism they transmit down is light leverage on the tongues

[10/15/2015, 15:53] Razvan Cojocaru: OR

[10/15/2015, 15:54] Razvan Cojocaru: Just pulling the heels back is enough to press the tips down? With no other leverage point?

[10/15/2015, 15:55] Greg Helluvaskier: The way I think of it is I pull my feet back which closes the ankle

[10/15/2015, 15:55] Greg Helluvaskier: I then do not let the ankle open until I release

[10/15/2015, 15:56] Razvan Cojocaru: Same. Well I also close the ankle specifically, kind of squishing the boot between heel, top of foot and tongue

[10/15/2015, 15:56] Greg Helluvaskier: I try not to create too much tension as it can make you static in the lower c

[10/15/2015, 15:57] Greg Helluvaskier: Just something to watch for

[10/15/2015, 15:57] Razvan Cojocaru: I was about to say that I relax that as the turn progresses

[10/15/2015, 15:57] Greg Helluvaskier: You'll get all locked up and angles will stop building

[10/15/2015, 15:57] Razvan Cojocaru: 😄

[10/15/2015, 15:57] Greg Helluvaskier: So yeah. Relax

[10/15/2015, 15:57] Razvan Cojocaru: There is a conflict between closing the ankle and reaching out with the feet?

[10/15/2015, 15:59] Razvan Cojocaru: Which sounds more like plantar fkexion?

[10/15/2015, 16:00] Greg Helluvaskier: Somewhat

[10/15/2015, 16:02] Razvan Cojocaru: Ok. Yeah it is hard to describe these micro movements

[10/15/2015, 16:02] Razvan Cojocaru: Thanks. It is coming together

[10/15/2015, 16:02] Greg Helluvaskier: I only have an issue if the foot isn't planted

[10/15/2015, 16:03] Greg Helluvaskier: If the foot is planted and the ski is slowing down the hip naturally comes forward on an extended leg

[10/15/2015, 16:08] Razvan Cojocaru: What is the opposite of not planted, so I understand exactly what you mean?

[10/15/2015, 16:10] Greg Helluvaskier: Artificially closing the ankle. Lifting the toes. Leaning away from the stance leg so the ski disengages

[10/15/2015, 16:10] Greg Helluvaskier: Any of that

[10/15/2015, 16:11] Razvan Cojocaru: Right. Ok

[10/15/2015, 16:11] Greg Helluvaskier: The feeling of being locked onto that ski should drive right down through the middle of your foot

[10/15/2015, 16:19] Razvan Cojocaru: Yup. That's the one. Long leg.

[10/15/2015, 17:37] Razvan Cojocaru: Re-reading this it sounds like we never need stiff boots. When do we actually use them to drive /control the skis?

[10/15/2015, 17:38] Razvan Cojocaru: Is that throughout the turn or is there a certain moment when it should be done?

[10/15/2015, 17:38] Razvan Cojocaru: Because the bending of boots at the end is not really voluntary

[10/15/2015, 17:39] Razvan Cojocaru: Or is that need more lateral than forward?

[10/15/2015, 17:44] Razvan Cojocaru: Well I guess we do control the bending at the end and a stiff boot supports more load.

[10/15/2015, 17:56] Greg Helluvaskier: You crush the boot at the bottom of the turn. All that energy is transmitted through the cuff to the ski. Then when you release, the boot needs to rebound back.

[10/15/2015, 17:57] Greg Helluvaskier: A soft boot will flex too far, putting the skier out of balance, transmit less force to the ski, and not rebound back to neutral when the skier releases.

[10/15/2015, 17:57] Razvan Cojocaru: What about "control" it is often stated that stiff boots offer better control

[10/15/2015, 17:58] Razvan Cojocaru: That I throughout the turn, as needed?

[10/15/2015, 17:58] Greg Helluvaskier: I think so because you transmit to the ski immediately. There's no waiting

[10/15/2015, 17:58] Greg Helluvaskier: They are reactive

[10/15/2015, 17:59] Greg Helluvaskier: No lag

[10/15/2015, 17:59] Razvan Cojocaru: Ya - makes complete sense.

[10/15/2015, 18:06] Greg Helluvaskier: That's what we are talking about

[10/15/2015, 18:06] Greg Helluvaskier: Would you want to be on a noodle boot when you're that far forward?

[10/15/2015, 18:20] Razvan Cojocaru: right! i think the confusion comes from "forward" most think "forward" applies to the top of the turn hence many "crushing" thoughts

[10/15/2015, 18:21] Razvan Cojocaru: thanks

[10/15/2015, 19:18] Greg Helluvaskier: No one understands that forward only applies when the ski is loaded

[10/15/2015, 19:18] Greg Helluvaskier: That's why they all profess extending

[10/15/2015, 19:19] Greg Helluvaskier: They do not understand momentum in the turn or how to harness it to load the skis properly

[10/15/2015, 19:20] Razvan Cojocaru: Extending to load the ski ?

[10/15/2015, 19:20] Greg Helluvaskier: Release

[10/15/2015, 19:20] Greg Helluvaskier: Transition

[10/15/2015, 19:20] Greg Helluvaskier: Whatever they call it

[10/15/2015, 19:29] Razvan Cojocaru: i see what you mean - they can't get enough rebound and have to push to release?

[10/15/2015, 21:41] Greg Helluvaskier: They misunderstand pressure and fore aft relationship

[10/15/2015, 21:41] Greg Helluvaskier: They stand up to get forward through the part of the turn where the skier does not need to be forward

[10/15/2015, 21:44] Razvan Cojocaru: Yeah I think i was taught that ... Come up between GS turns?

[10/15/2015, 21:44] Greg Helluvaskier: It's bs

[10/15/2015, 21:46] Razvan Cojocaru: The only reason I am still ok with using this notion is for small kids, to get them moving

[10/15/2015, 21:46] Razvan Cojocaru: When they are stiff

[10/15/2015, 21:47] Greg Helluvaskier: Better to get the moving in the opposite direction. Will give them a better default movement pattern.

[10/15/2015, 21:47] Razvan Cojocaru: But I hear plenty of coaches saying it - up and forward

[10/15/2015, 21:48] Razvan Cojocaru: Yeah - I'll try it when i get a chance.

[10/15/2015, 21:49] Razvan Cojocaru: Well I am now doing differently actually. With wife, I already ask her to relax to transfer weight. I avoid pushing you are right

[10/16/2015, 10:34] Razvan Cojocaru: Its been Bugging me - Small kids though - they don't have fine control at all. I would get them to move first- that's the doctrine here anyhow

[10/16/2015, 10:35] Greg Helluvaskier: Can they all stand up?

[10/16/2015, 10:36] Razvan Cojocaru: On skis you mean? They are generally very stiff and stuck im "positions"

[10/16/2015, 10:36] Greg Helluvaskier: Meaning if you put them in a chair and said come over here... Would they stand up and walk over to you naturally?

[10/16/2015, 10:37] Greg Helluvaskier: (The answer is yes)

[10/16/2015, 10:37] Razvan Cojocaru: Ya .... Bus... Commute

[10/16/2015, 10:38] Greg Helluvaskier: The punch line is, you don't have to teach them that then. As a bi-ped they have been conditioned to move like that

[10/16/2015, 10:38] Greg Helluvaskier: And it doesn't work for skiing.

[10/16/2015, 10:38] Razvan Cojocaru: No what I meant was that vertical movement is the most accesibke

[10/16/2015, 10:39] Razvan Cojocaru: SI first get them moving up down I.e. Fkex/extend

[10/16/2015, 10:39] Greg Helluvaskier: Of course it is, but they already stand up, so your only other choice is to get their feet moving toward their bodies.

[10/16/2015, 10:39] Greg Helluvaskier: I worked this with a 9 year old last year. She was ripping

[10/16/2015, 10:40] Razvan Cojocaru: Yes - the challenge is to get them to flex

[10/16/2015, 10:40] Greg Helluvaskier: That's why you have games

[10/16/2015, 10:40] Greg Helluvaskier: Like touch your boots

[10/16/2015, 10:40] Greg Helluvaskier: Ski under this bamboo pole

[10/16/2015, 10:40] Razvan Cojocaru: Oh interesting

[10/16/2015, 10:41] Razvan Cojocaru: Yeah that's fine by after down comes...up?

[10/16/2015, 10:41] Greg Helluvaskier: Shit like that

[10/16/2015, 10:41] Greg Helluvaskier: After down comes up, but up changes through the turn right?

[10/16/2015, 10:42] Razvan Cojocaru: Interesting I see what you mean. Insist on the down part not the up

[10/16/2015, 10:42] Greg Helluvaskier: So you get them extending out

[10/16/2015, 10:42] Greg Helluvaskier: Instead of up

[10/16/2015, 10:42] Greg Helluvaskier: It will tire the little ones out. They sleep great after a day of flexing.

[10/16/2015, 10:43] Razvan Cojocaru: Yes they would 😄

[10/16/2015, 10:43] Razvan Cojocaru: I do too

[10/16/2015, 10:44] Razvan Cojocaru: Yeah so what I meant was that about vertical movement not to teach extend

[10/16/2015, 10:44] Razvan Cojocaru: I would be ok with up movements when creating vertical movement in stiff kids

[10/16/2015, 10:44] Greg Helluvaskier: So when teaching movement, focus on down and timing. They all stand up already

[10/16/2015, 10:45] Greg Helluvaskier: You don't have to teach them that. In fact you have to break them of it

[10/16/2015, 10:45] Razvan Cojocaru: Yes, you are right the challenge is getting them down from there

[10/16/2015, 10:45] Greg Helluvaskier: Exactly

[10/16/2015, 10:45] Razvan Cojocaru: And bend the knees not the hips

[10/16/2015, 10:46] Greg Helluvaskier: The hips will bend slightly

[10/16/2015, 10:46] Greg Helluvaskier: But that's the right idea

[10/16/2015, 10:46] Razvan Cojocaru: Yeah - initially they all bend at the hip to touch down -

[10/16/2015, 10:46] Greg Helluvaskier: Keep the shoulders and feet lined up

[10/16/2015, 10:47] Greg Helluvaskier: Heir arms won't reach their boots if they only bend at the waist

[10/16/2015, 10:47] Greg Helluvaskier: 😉

[10/16/2015, 10:47] Razvan Cojocaru: They're more flexible than you or I 😀

[10/16/2015, 10:48] Razvan Cojocaru: But yes, ok. It makes sense. Create vertical movement with focus on getting them down and flex-friendly. Ya, makes sense

[10/16/2015, 10:48] Greg Helluvaskier: Trust me. Even if they can touch their toes they can't ski that way

[10/16/2015, 10:49] Razvan Cojocaru: Ahhh you meant that one, yes they would be out of balance I guess

[10/16/2015, 10:50] Razvan Cojocaru: Yes. That's what I usually do. It is very accessible too: There is a lot of stuff to touch down and no external cues "up"

[10/16/2015, 10:50] Razvan Cojocaru: Snow to the side, brushes on course etc

[10/16/2015, 10:51] Greg Helluvaskier: Ski over bumps or rollers in the park

[10/16/2015, 10:51] Greg Helluvaskier: A spine

[10/16/2015, 10:51] Razvan Cojocaru: Ok. Same page now 😁

[10/16/2015, 10:51] Razvan Cojocaru: Ya - rollers are awesome. I am not allowed in the park though - got shit for that

[10/16/2015, 10:52] Razvan Cojocaru: Liability

[10/16/2015, 10:52] Greg Helluvaskier: Why?

[10/16/2015, 10:52] Greg Helluvaskier: Fucking kidding me?

[10/16/2015, 10:52] Razvan Cojocaru: Need some courses. Really

[10/16/2015, 10:53] Greg Helluvaskier: Have the hill crew make a few rollers on your race hill at the bottom.

[10/16/2015, 10:53] Razvan Cojocaru: Ha ha.

[10/16/2015, 10:53] Greg Helluvaskier: Only need three or four. One groomer track wide.

[10/16/2015, 10:53] Razvan Cojocaru: Small club public hill

[10/16/2015, 10:53] Razvan Cojocaru: Groomed to perfection - best grooming in ON

[10/16/2015, 10:54] Razvan Cojocaru: I use bumps when I can - that gets them moving

[10/16/2015, 10:54] Razvan Cojocaru: At the speed camp at a private club they had rollers appear overnight - that's awesome

[10/16/2015, 10:55] Greg Helluvaskier: Well. Use what you have. Even if it is rollers in the trees on the side of the trail.

[10/16/2015, 10:56] Razvan Cojocaru: Nit allowed in the trees

[10/16/2015, 10:56] Greg Helluvaskier: For fucks sake.

[10/16/2015, 10:56] Razvan Cojocaru: Yeah, life pretty much sucks there

[10/16/2015, 10:57] Razvan Cojocaru: All we can do for fun is close half a run put stubbies and rip through them

[10/16/2015, 10:59] Razvan Cojocaru: They have some old farts now in orange jackets 24x7 safety patrol - you get yelled at even if you come off the lift too fast

[10/16/2015, 11:00] Razvan Cojocaru: But on course we flip them the finger of is cscf liability rules

[10/16/2015, 11:04] Greg Helluvaskier: When will you open up there?

[10/16/2015, 11:04] Razvan Cojocaru: nov.27

[10/16/2015, 11:04] Razvan Cojocaru: you?

[10/16/2015, 11:04] Greg Helluvaskier: Probably January

[10/16/2015, 11:04] Greg Helluvaskier: I may have to make the trip up.

[10/16/2015, 11:05] Razvan Cojocaru: oo... yeah... MSLM have the best snow up here - seriously

[10/16/2015, 11:05] Greg Helluvaskier: We have friends we can stay with in Orillia

[10/16/2015, 11:05] Greg Helluvaskier: And Barrie

[10/16/2015, 11:05] Razvan Cojocaru: they open perfectly groomed too, day 1

[10/16/2015, 11:05] Razvan Cojocaru: nice. so you're even closer.

[10/16/2015, 11:05] Greg Helluvaskier: So do we usually... Just a month later sadly.

[10/16/2015, 11:05] Razvan Cojocaru: I'm in Aurora and have a guest room if you need

[10/16/2015, 11:06] Razvan Cojocaru: can't get you any discount sadly - we get none

[10/16/2015, 11:06] Razvan Cojocaru: best bet at MSLM is to get the 8 ticket voucher if you'll be there 4 days

[10/16/2015, 11:07] Razvan Cojocaru: or have frends to share with

[10/16/2015, 11:10] Razvan Cojocaru: with the 8 it comes to 52$ per day versus 66$ - shit that's expensive...

[10/16/2015, 11:11] Greg Helluvaskier: So like $44 usd or so a day

[10/16/2015, 11:11] Razvan Cojocaru: you know what - let me talk to the guys at the club

[10/16/2015, 11:11] Razvan Cojocaru: yeah, right - CDN is peanuts now eh?

[10/16/2015, 11:11] Greg Helluvaskier: I'd be willing to guest coach too.

[10/16/2015, 11:11] Greg Helluvaskier: If more than just you wanted to ski with me

[10/16/2015, 11:11] Razvan Cojocaru: yeah, something like that - let me see

[10/16/2015, 11:13] Razvan Cojocaru: you know what - didn't think but yeah - i'm sure we'll setup something - i'll get some guys hyped up and get some kids - let me see

[10/16/2015, 11:13] Greg Helluvaskier: Cool.

[10/16/2015, 11:13] Razvan Cojocaru: are you a ussa coach ?

[10/16/2015, 11:15] Razvan Cojocaru: trying to think ahead for questions i may get

[10/16/2015, 11:16] Greg Helluvaskier: No current certs

[10/16/2015, 11:16] Greg Helluvaskier: Coached at the collegiate level for a bit

[10/16/2015, 11:16] Greg Helluvaskier: Ran a masters program

[10/16/2015, 11:17] Razvan Cojocaru: what about pmts

[10/16/2015, 11:17] Greg Helluvaskier: And a younger faster stronger skiing clone of the devil himself

[10/16/2015, 11:17] Razvan Cojocaru: :) :) :) yeah, that's right :)

[10/16/2015, 11:18] Greg Helluvaskier: Show them my skiing

[10/16/2015, 11:18] Razvan Cojocaru: yeah - for sure. and i skied with you and they knwo me - not the issue, just crap the club masters may ask

[10/16/2015, 11:19] Greg Helluvaskier: Well. They know how well you ski.

[10/16/2015, 11:19] Razvan Cojocaru: if they organized something it would be better i think for you and us - otherwise we can just get a group and "ski with you"

[10/16/2015, 11:19] Greg Helluvaskier: You have video of us back to back on the same terrain

[10/16/2015, 11:19] Greg Helluvaskier: That's fine.

[10/16/2015, 11:20] Greg Helluvaskier: I don't want to ruffle feathers

[10/16/2015, 11:20] Greg Helluvaskier: Whatever you think is best

[10/16/2015, 11:20] Greg Helluvaskier: I've dealt with overinflated egos in skiing for years

[10/16/2015, 11:20] Greg Helluvaskier: 😉

[10/16/2015, 11:21] Razvan Cojocaru: ok. well, I'll try anyways - our VP does know skiing - old time FIS coach etc - and he's into it.

[10/16/2015, 11:21] Greg Helluvaskier: Oh cool

[10/16/2015, 11:23] Razvan Cojocaru: but anyways - so no worries about tickets at least

[10/16/2015, 11:23] Razvan Cojocaru: how many days will you be here?

[10/16/2015, 11:23] Greg Helluvaskier: Not sure yet, or when. Let's wait until we are a bit closer

[10/16/2015, 11:24] Razvan Cojocaru: ok. i'll familiarize the guy with the idea.

[10/16/2015, 11:24] Razvan Cojocaru: thanks

[10/16/2015, 11:25] Razvan Cojocaru: our season starts with the xmass camp dec 26-30 or 27-31

[10/16/2015, 11:25] Razvan Cojocaru: i mean official training at the club

[10/16/2015, 11:26] Greg Helluvaskier: Ours too

[10/16/2015, 11:26] Greg Helluvaskier: We do early training if we open though

[10/16/2015, 11:26] Razvan Cojocaru: right - or dryland :)

[10/16/2015, 11:26] Greg Helluvaskier: But we are a bit different

[10/16/2015, 11:28] Razvan Cojocaru: just FYI - thiking through this - there is this guy, big time PMTS fan - but quite annoying... he'll probably kill me if I don't tell him - be warned :)

[10/16/2015, 11:30] Greg Helluvaskier: Is he the guy who posted for MA?

[10/16/2015, 11:30] Greg Helluvaskier: From your mountain?

[10/16/2015, 11:30] Razvan Cojocaru: no - a parent that will coach this year

[10/16/2015, 11:30] Razvan Cojocaru: i was just typing about those guys - it's a group of Koreans that I see do PMTS - one of them posted the MA

[10/16/2015, 11:31] Razvan Cojocaru: I think tehy're Koreans -

[10/16/2015, 11:31] Greg Helluvaskier: Isn't Metaphor at your mountain too?

[10/16/2015, 11:31] Razvan Cojocaru: sometimes - he's in a travelling club

[10/16/2015, 11:31] Greg Helluvaskier: Ah

[10/16/2015, 11:31] Greg Helluvaskier: Well, give me a heads up who the problems are and I'll dose out reality as necessary

[10/16/2015, 11:32] Razvan Cojocaru: the parent guy skis weirdly - but he's just the adulating annoying kind... that's all :)

[10/16/2015, 11:33] Razvan Cojocaru: he never gets his legs long - there's someone that needs extending :) :) :)

[10/16/2015, 11:35] Greg Helluvaskier: We can fix that

[10/16/2015, 11:35] Razvan Cojocaru: I can't wait for you to tell him he needs extension :) :) :) :)

[10/16/2015, 11:35] Razvan Cojocaru: THAT Will be a facebook moment

[10/16/2015, 11:36] Greg Helluvaskier: Usually with guys like that I tell them they can't ski and start them from scratch

[10/16/2015, 11:37] Greg Helluvaskier: For the really bull headed ones, you have to break them down

[10/16/2015, 11:37] Greg Helluvaskier: Then build them back up positively

[10/16/2015, 11:37] Greg Helluvaskier: Then they listen and don't question

[10/16/2015, 11:37] Razvan Cojocaru: yeah, take them back to green - that's what i told him, but he's like yeah yeah - i guess you're right

[10/16/2015, 11:39] Razvan Cojocaru: anyways - let me talk to some guys - there's enough other groups like the Korean dudes and other PMTS-ers around that will be most certainly interested.

[10/16/2015, 11:39] Greg Helluvaskier: That's where the camera and drills he cannot do come in handy

[10/16/2015, 11:40] Greg Helluvaskier: Cool. Keep me posted

[10/16/2015, 11:40] Razvan Cojocaru: cheers

[10/17/2015, 23:52] Razvan Cojocaru: interesting comment from that FIS coach about your video:

[10/17/2015, 23:52] Razvan Cojocaru: That’s good skiing, working too hard at the bottom of the turn though. Need to spend more time in the fall line.

[10/18/2015, 09:58] Greg Helluvaskier: Haven't seen it. Which video?

[10/18/2015, 09:58] Greg Helluvaskier: And where's the comment?

[10/18/2015, 09:58] Razvan Cojocaru: Slow SL turns

[10/18/2015, 09:59] Razvan Cojocaru: Email - guy from our club

[10/18/2015, 10:00] Greg Helluvaskier: I think he's underestimating the steepness of that pitch. There area many speed control choices. On steep stuff the name of the game is to get across the fall line.

[10/18/2015, 10:02] Greg Helluvaskier: When I ski in the fall line I've received the exact opposite comment.

[10/18/2015, 10:03] Razvan Cojocaru: He he can't please everyone

[10/18/2015, 10:04] Greg Helluvaskier: Well. Everyone has an ideal turn shape in their mind but it doesn't always work with the terrain and snow conditions available.

[10/18/2015, 10:04] Razvan Cojocaru: Right

[10/18/2015, 10:05] Razvan Cojocaru: Terse... Driving

[10/18/2015, 10:25] Razvan Cojocaru: Ha ha just picked up a 165 Atomic FIS for older son. 600$ at the ski show. That's like what 20$ in your moneys

[10/18/2015, 10:25] Razvan Cojocaru: With the X bindings

[10/18/2015, 10:26] Greg Helluvaskier: $25 USD I think

[10/18/2015, 10:33] Greg Helluvaskier: I picked up a new sl this year for $500 usd

[10/18/2015, 10:34] Razvan Cojocaru: Fischer?

[10/18/2015, 10:34] Greg Helluvaskier: Of course

[10/18/2015, 11:06] Razvan Cojocaru: Atomics feel much like Fischer) very lively

[10/18/2015, 11:06] Greg Helluvaskier: Different edge feel

[10/18/2015, 11:06] Greg Helluvaskier: Atomics feel more railed

[10/18/2015, 11:07] Greg Helluvaskier: Atomics have almost too much edge hold

[10/18/2015, 11:07] Razvan Cojocaru: That can be fixed ;) base bevel

[10/18/2015, 11:08] Razvan Cojocaru: The soul of the ski...

[10/18/2015, 11:08] Greg Helluvaskier: Yeah. I guess most of their racers run a higher base edge bevel at the tip and tail

[10/18/2015, 11:08] Razvan Cojocaru: 1 - 0.5 - 1 is not uncommon

[10/18/2015, 11:09] Greg Helluvaskier: And weird angles are becoming popular

[10/18/2015, 11:09] Greg Helluvaskier: Like .75/.5/.75

[10/18/2015, 11:09] Greg Helluvaskier: With a 4 side

[10/18/2015, 11:10] Razvan Cojocaru: Yeah I have a .75 guide as well - fir undecided people like me 😃

[10/18/2015, 11:10] Razvan Cojocaru: Well I he gets higher he will need a few skis tuned for conditions

[10/18/2015, 11:10] Greg Helluvaskier: I run .5 and 3

[10/18/2015, 11:10] Greg Helluvaskier: Easy

[10/18/2015, 11:11] Greg Helluvaskier: Going to get a Snowglide I think

[10/18/2015, 11:11] Greg Helluvaskier: Like Stas has

[10/18/2015, 11:11] Razvan Cojocaru: Makes sense. I think the Heads I got are there as well

[10/18/2015, 11:11] Greg Helluvaskier: Yeah. We did them at 3

[10/18/2015, 11:12] Razvan Cojocaru: nice machine. Issue with the fine dust though

[10/18/2015, 11:12] Razvan Cojocaru: Need special room

[10/18/2015, 11:13] Greg Helluvaskier: I have one

[10/18/2015, 11:13] Razvan Cojocaru: Then you're set - worth it

[10/18/2015, 11:14] Razvan Cojocaru: Somebody may think you like Fischers

[10/18/2015, 11:14] Razvan Cojocaru: Heh - nice room

[10/18/2015, 11:15] Greg Helluvaskier: Just got a new pair.

[10/18/2015, 11:15] Greg Helluvaskier: Freeride skis

[10/18/2015, 11:15] Greg Helluvaskier: Motive 95ti

[10/18/2015, 11:17] Razvan Cojocaru: Nice - I don't know those

[10/18/2015, 11:17] Greg Helluvaskier: I hear they are nice

[10/18/2015, 11:17] Razvan Cojocaru: Finished the pmts manual - very good stuff

[10/18/2015, 11:17] Greg Helluvaskier: Lots of positive reviews

[10/18/2015, 11:18] Greg Helluvaskier: Yeah that's a hug resource. Explains why

[10/18/2015, 11:19] Razvan Cojocaru: Lots of good stuff, 3 main things though

[10/18/2015, 11:19] Greg Helluvaskier: It reads better if you read it in the context of essentials.

[10/18/2015, 11:20] Greg Helluvaskier: It was written long before essentials

[10/18/2015, 11:20] Razvan Cojocaru: The fore/aft the steering vs phantom and the small muscles - those are really good

[10/18/2015, 11:21] Greg Helluvaskier: IMO the essentials framework is the best he's ever developed. If you don't think in those terms, the manual and book 2 can be overwhelming

[10/18/2015, 11:21] Greg Helluvaskier: There's a lot of information there

[10/18/2015, 11:21] Greg Helluvaskier: Yeah. The way he breaks down the movements in the manual is great

[10/18/2015, 11:21] Razvan Cojocaru: True . I see why you think that even though some learn the words they still don't understand the essence of it

[10/18/2015, 11:22] Greg Helluvaskier: Not so much a "this is what you do" but this is what we do versus what they do and why

[10/18/2015, 11:22] Razvan Cojocaru: Yes - very nice tone in the manual

[10/18/2015, 11:23] Razvan Cojocaru: Unless you do and feel each element you wont truly understand theses

[10/18/2015, 11:23] Greg Helluvaskier: That's the idea

[10/19/2015, 09:45] Razvan Cojocaru: here's what i found: http://harbskisysems.blogspot.ca/2013/01/skiers-carve-on-ice.html

[10/19/2015, 09:46] Razvan Cojocaru: about fore/aft

[10/19/2015, 09:46] Razvan Cojocaru: quote: Once you establish the ankle and hip angles to the inside of the arc, the leg (shin) can lever, rather aggressively toward the inside and front corner of the cuff.

[10/19/2015, 09:47] Razvan Cojocaru: tha't s the "working it" phase not as the end of the re-centering - right?

[10/19/2015, 11:24] Greg Helluvaskier: Correct

[10/19/2015, 11:25] Razvan Cojocaru: right - that was the blur that i still had on the timing of things cool. thanks

[10/19/2015, 11:25] Razvan Cojocaru: you will back off it at the fall line though, right?

[10/19/2015, 11:27] Razvan Cojocaru: or rather shift from cuff to ball of foot or a combination

[10/19/2015, 11:27] Greg Helluvaskier: No

[10/19/2015, 11:28] Greg Helluvaskier: The ankle begins to close at the fall line

[10/19/2015, 11:28] Greg Helluvaskier: If you back off there, you'll be in the back seat meaningfully

[10/19/2015, 11:28] Razvan Cojocaru: right - because you exit on your heels

[10/19/2015, 11:28] Razvan Cojocaru: I NEED SNOW

[10/19/2015, 11:31] Razvan Cojocaru: a couple of runs will clarify all this :)

[10/19/2015, 11:32] Razvan Cojocaru: yeah - backing off was stupid - you don't want to be on/off/on/off throughout the turn

[10/19/2015, 11:33] Greg Helluvaskier: You can't be

[10/19/2015, 11:33] Greg Helluvaskier: It's impossible

[10/19/2015, 11:33] Greg Helluvaskier: Like walking.

[10/19/2015, 11:34] Greg Helluvaskier: You can't open the ankle of the leg you're standing on mid stride.

[10/19/2015, 11:35] Razvan Cojocaru: oh - nice one

[10/19/2015, 11:44] Razvan Cojocaru: so let me describe this to make sure i understand the words/actions

[10/19/2015, 11:44] Razvan Cojocaru: 1. recentering: pullback so the boots are under the hips - float and prepare for pressure

[10/19/2015, 11:44] Razvan Cojocaru: 2. tip and move inside the turn - little pressure just to keep the skis tracking, tips engaging

[10/19/2015, 11:45] Razvan Cojocaru: 3. once inside the turn and angles built, now commit to it: agressive on the shins more or less as needed, depending on soft/hard snow, tight/loose radius etc

[10/19/2015, 11:46] Razvan Cojocaru: 4. fall line - max pressure. may be centered or on the shins - can't adjust fore/aft anymore. can only flex to tip more if something needs adjusting

[10/19/2015, 11:47] Greg Helluvaskier: Seems correct.

[10/19/2015, 11:47] Razvan Cojocaru: 5. exit, shins bend boots just because, but pressure is generally moving to the back of the ski anyways. again, the only option is to flex to absorb, modulate, tighten and allow ankles to start releasing

[10/19/2015, 11:52] Razvan Cojocaru: So the fuzziness was around 3 - when pressure comes. You can adjust fore/aft by placing feet more aft AND you can either just wait, or proactively start to get on the shins more, so pressure starts with forward, right at the top of the fall line.

[10/19/2015, 12:32] Greg Helluvaskier: I think you're focused on a this then that approach.

[10/19/2015, 12:32] Greg Helluvaskier: Not sure that's the best way to frame it.

[10/19/2015, 12:32] Razvan Cojocaru: it is one way to dissect it...

[10/19/2015, 12:32] Greg Helluvaskier: I tend to think of it as one movement and I'm rarely ever thinking about muscular effort to close the ankle except in transition while floating.

[10/19/2015, 12:33] Greg Helluvaskier: The rest of the time it tends to close itself as the skis slow down relative to the body

[10/19/2015, 12:36] Razvan Cojocaru: true - timing is part of tactics which can vary widely from turn to turn.

[10/19/2015, 12:36] Greg Helluvaskier: And in a turn you'll never have time to think about any of this.

[10/19/2015, 12:37] Greg Helluvaskier: You get one shot at affecting being forward and that's when you're light in transition

[10/19/2015, 12:37] Razvan Cojocaru: EXACTLY :) i am trying to reconcile the different statements around fore/aft - these often tend to present a single point of view, but this is an issue only on the forums or blogs - when skiing it's simpler

[10/19/2015, 12:37] Razvan Cojocaru: :)

[10/19/2015, 12:37] Razvan Cojocaru: yes - under pressure, you can't reposition the skis and it's too late to move the body

[10/19/2015, 12:38] Razvan Cojocaru: are you quoting someone or just making up these statements - they sound elaborated. I like them

[10/19/2015, 12:39] Razvan Cojocaru: "You get one shot at affecting being forward and that's when you're light in transition"

[10/19/2015, 12:40] Greg Helluvaskier: That's me

[10/19/2015, 12:40] Razvan Cojocaru: I have to quote that :) it's really good

[10/19/2015, 12:41] Greg Helluvaskier: Lol. No problem

[10/19/2015, 13:16] Greg Helluvaskier: I come up with all kinds of random shit. It's nice to see that my usually uninterpretable stream of drivel makes sense to someone other than me.

[10/19/2015, 16:23] Razvan Cojocaru: lol heh - yeah... you makes total sense...

[10/19/2015, 16:23] Razvan Cojocaru: ...most of the time 😈

[10/19/2015, 16:38] Razvan Cojocaru: I appreciate you taking the time - each of these clarifies something and/or increases my understanding. cheers

[10/19/2015, 19:03] Greg Helluvaskier: No problem. I'm happy to help.

[10/28/2015, 11:29] Razvan Cojocaru: Hey - if you have a few minutes, could you look over these topics and let me know how they sound? It's describing the essentials very quickly and then a comparison with traditional/classic planes of motion?

[10/28/2015, 11:29] Razvan Cojocaru: http://www.effectiveskiing.com/wiki/Topic:Essentials

[10/28/2015, 11:29] Razvan Cojocaru: http://www.effectiveskiing.com/wiki/Topic:Skiing\_-\_a\_philosophy\_of\_movement

[10/28/2015, 11:31] Greg Helluvaskier: I'll take a look this evening

[10/28/2015, 11:31] Razvan Cojocaru: thanks.

[10/28/2015, 11:31] Greg Helluvaskier: Any further thoughts on a weekend that would work to come up and ski?

[10/28/2015, 11:37] Razvan Cojocaru: i think any weekend works in early december. I talked to 3 more guys to bring kids and ski with us and they're interested. We'll take care of your tickets and beers :) didn't want to make it a big group - I don't think the hill will react nicely to that... the club is worried about liabilities and the usual crap so I didn't press on that

[10/28/2015, 11:37] Razvan Cojocaru: Do you want to mention it to some pmts guys on the other forum, I'm sure they'll be interested... to ski with you?

[10/28/2015, 11:39] Razvan Cojocaru: it looks like i'm not going to coach full time this year yay - that will leave more room to work on my skiing - got some differences of opinion and they're not flexible... :)

[10/28/2015, 11:45] Greg Helluvaskier: Better to take the route that the rest of us have... Only teach your kids and work on you own skiing...

[10/28/2015, 11:46] Greg Helluvaskier: Produce results and let them wonder

[10/28/2015, 11:46] Razvan Cojocaru: ya - that's what will likely happen this season... i want to go coach with some guys I know as well and learn some coaching from them - there's a few good ones I know

[10/28/2015, 11:49] Razvan Cojocaru: plus that way i

[10/28/2015, 11:49] Razvan Cojocaru: i'll get to ski steeper ice on the escarpment at the private clubs there :)

[10/28/2015, 11:59] Razvan Cojocaru: so - up here - skiing with a small group is that ok or should we try to make it bigger - what are you thinking?

[10/28/2015, 12:04] Razvan Cojocaru: I think that PMTS parent fan I mentioned could gather up more folks - you could like ski with 'my' group for a day and with another group the other day - I could ask him if you want

[10/28/2015, 12:04] Razvan Cojocaru: most hardcore parents and racers from my club will be there anyhow and will watch... :)

[10/28/2015, 12:17] Greg Helluvaskier: I'm good with either. I do like to keep skill levels similar and preferably on the higher end. There's a lo more that can be done with a skier who is already athletic and strong on their skis.

[10/28/2015, 12:17] Greg Helluvaskier: The pmts fan boys tend to not be that type of skier.

[10/28/2015, 12:40] Greg Helluvaskier: That said I'll ski with any group and I'm happy to take the same crew both days if they want

[10/28/2015, 12:48] Razvan Cojocaru: sorry - been in meeting. yeah - the kids we'll bring are the top of the U16. all good skiers - should be fun to work with them. my oldest will be behind 'cause he missed a full season

[10/28/2015, 12:50] Razvan Cojocaru: i was asking because you said you wanted to start and maybe do some camps so i was wondering if you wanted to try something now - it would be easier for pmts guys to get to moonstone one day you're there than to get them to come to you...

[10/28/2015, 13:08] Greg Helluvaskier: I'm not accredited so I don't want to call it a pmts clinic. If a few guys want to tag along, I'm cool with that, but if it becomes a pmts only thing, you'll find that I have to dumb a lot down to their level of skiing. Most can't even tip their feet.

[10/28/2015, 13:33] Razvan Cojocaru: call this a "trial/demo" then :) after they see, next year you may have a bigger demand from the racing group - which you can work with on a different level. ours is not an incredibly performance-oriented club, we race only division 2

[10/28/2015, 13:34] Razvan Cojocaru: so i got these guys that are interested, the top kids U14-U16 and I told them around 50$ each - so for 4-5 kids that will easily cover both your tickets, beers and more - although that's canadian funny moneys :(

[10/28/2015, 13:34] Razvan Cojocaru: and we'll see how it works

[10/28/2015, 13:35] Razvan Cojocaru: 50$ - that's our usual day training rate, that's why i came up wtih that

[10/28/2015, 13:55] Razvan Cojocaru: the other thing is - in early december there may be other training groups on the hill - if there's no snow on the escarpment, many train at MSLM early season

[10/28/2015, 13:55] Razvan Cojocaru: it depends - there were days where you couldnt' set gates on the hill and last season when there was nobody as they all had snow

[10/28/2015, 14:24] Greg Helluvaskier: Early season we should only be free skiing anyway. There's no need for gates

[10/28/2015, 14:24] Greg Helluvaskier: Brushes at minimum.

[10/28/2015, 14:25] Greg Helluvaskier: Once we know how many and if there's interest both days I'll give you a run down of what we will do. I have a curriculum that I work through that is a crash course in the Essentials.

[10/28/2015, 14:25] Razvan Cojocaru: oh yeah - no i didn't mean for us - I meant the hill was full of gates. we don't get hill space to set anyways

[10/28/2015, 14:26] Greg Helluvaskier: Usually I do one essential a day, but can do two a day for this group so it fits into a weekend.

[10/28/2015, 14:27] Razvan Cojocaru: that sounds interesting. i'll talk to them and get you specifics

[10/28/2015, 14:29] Razvan Cojocaru: heh - one essential a day fits perfectly into a week :)

[10/28/2015, 14:29] Greg Helluvaskier: Includes video

[10/28/2015, 14:30] Greg Helluvaskier: Yes it does

[10/28/2015, 14:30] Greg Helluvaskier: Makes curriculum development very easy

[10/28/2015, 14:32] Greg Helluvaskier: Usually I do tipping, flexing, fore/aft, CA/CB in that order

[10/28/2015, 14:32] Razvan Cojocaru: yes it would. I still tell everyone that the essentials is the best 25$ you can ever spend on skiing

[10/28/2015, 14:32] Greg Helluvaskier: Targeted drills and video in each stage

[10/28/2015, 14:33] Razvan Cojocaru: so here's a question for you. why is ca/cb last. they help balance - so i for instance put them up front, together with tipping...

[10/28/2015, 14:33] Greg Helluvaskier: It is. If you read it and allow it to become your framework for skiing. If you read it through a TTS lens then you don't get the true benefit and brilliance of the simplicity.

[10/28/2015, 14:33] Greg Helluvaskier: Well, depends on the level of racer

[10/28/2015, 14:33] Razvan Cojocaru: ha ha - so please please read those two topics I sent you earlier - that's exactly what i'm trying to do there - contrast the essentials with tts

[10/28/2015, 14:33] Greg Helluvaskier: Most racers balance naturally

[10/28/2015, 14:34] Razvan Cojocaru: oh. ok. makes sense. I was thinking beginners

[10/28/2015, 14:34] Greg Helluvaskier: Beginners would likely not make it past tipping and flexing

[10/28/2015, 14:34] Razvan Cojocaru: exaclty - and likely because of no balancing skills

[10/28/2015, 14:35] Greg Helluvaskier: And low angles

[10/28/2015, 14:35] Greg Helluvaskier: Little need for ca and cb at low angles

[10/28/2015, 14:35] Razvan Cojocaru: well - beg to differ.

[10/28/2015, 14:35] Greg Helluvaskier: So teach tipping and flexing to build angles then add the supporting movements

[10/28/2015, 14:35] Razvan Cojocaru: no need as in skiing, but as in teaching them how to balance, maybe it's good ?

[10/28/2015, 14:36] Greg Helluvaskier: Depends on the group.

[10/28/2015, 14:36] Greg Helluvaskier: If they fall over a lot then we introduce earlier.

[10/28/2015, 14:36] Greg Helluvaskier: Lol

[10/28/2015, 14:36] Razvan Cojocaru: hmm. right.

[10/28/2015, 14:36] Razvan Cojocaru: lol

[10/28/2015, 14:36] Greg Helluvaskier: Usually I find everyone goes to the back seat when introducing flexing.

[10/28/2015, 14:37] Razvan Cojocaru: that and no speed control :) that was my experience last season when I started flexing even a little bit

[10/28/2015, 14:38] Greg Helluvaskier: We will also do a lot with self MA

[10/28/2015, 14:38] Greg Helluvaskier: Yup. That's why coaches don't ever go there.

[10/28/2015, 14:39] Razvan Cojocaru: it took a trip south to ski with you to convince me :)

[10/28/2015, 14:42] Razvan Cojocaru: yeah so about cb - i saw it with my wife. she started from absolute zero last season and kept of course trying to turn wtih teh upper body and I was like no, lean the other way and it worked well. she started feeling some balance on the outside ski, some better ski engagement and was like a big AHA bulb went off

[10/28/2015, 14:44] Razvan Cojocaru: so now she's kind of in between - no serious tipping but not driving with the upper body either, I think she is getting the idea of tipping and balancing.

[10/28/2015, 14:46] Greg Helluvaskier: I'm usually hesitant to do it too soon with racers because they ALL hip dump. Usually they need to be beat over the head with tipping repeatedly before they should even think about the upper body.

[10/28/2015, 14:47] Razvan Cojocaru: that is the truth totally.

[10/28/2015, 14:47] Razvan Cojocaru: you'll see in that comparisong iwth tts - that's exactly the issue that i see with thinking that edging is a result of inclination and angulation, which is classic coahing

[10/28/2015, 14:48] Greg Helluvaskier: And you're not the first person that wasn't convinced until they saw me ski 😉

[10/28/2015, 14:48] Razvan Cojocaru: well - i was trusting you on epic PM as well - but it was different being there

[10/28/2015, 14:49] Greg Helluvaskier: Yeah. It exactly how I used to ski, so I know what has to be undone in order for pmts skiing to take hold.

[10/28/2015, 14:49] Greg Helluvaskier: No one ever understands until they see it

[10/28/2015, 14:49] Greg Helluvaskier: Video doesn't do it justice

[10/28/2015, 14:50] Razvan Cojocaru: still if you ask me though, i think flexing is more primary than tipping. simply cause you can't tip if you don't flex, if you want philosophycal debate :)

[10/28/2015, 14:51] Razvan Cojocaru: well, it's that and also opening one's eyes to recognize flexing in teh video - i see that on the epic debates - sometimes it gets stupid liek "you see that, right" and answer like "no, what"

[10/28/2015, 14:52] Greg Helluvaskier: I actually agree on the importance of flexing.

[10/28/2015, 14:52] Greg Helluvaskier: I actually like to introduce them together because they are so interconnected.

[10/28/2015, 14:53] Greg Helluvaskier: I think I did some of that with your son

[10/28/2015, 14:53] Razvan Cojocaru: yes. exactly. even transfering weight with relaxing the inside will make the skis turn just because the body is off the ski. then add tipping and it gets awesome.

[10/28/2015, 14:54] Greg Helluvaskier: The tricky part comes Because there is flexing AND extending

[10/28/2015, 14:54] Razvan Cojocaru: well - although that gets into an inclination issue, but whatever, on a green run at no speed it woudl work

[10/28/2015, 14:54] Razvan Cojocaru: yes, right - typing at the same time lol

[10/28/2015, 14:54] Greg Helluvaskier: I usually introduce tipping and flexing with static tipping drills

[10/28/2015, 14:55] Greg Helluvaskier: Can't do them with straight legs

[10/28/2015, 14:56] Razvan Cojocaru: aha. you should really checkout my green level tell me what you think - it's along the same lines. they just seem obvious

[10/28/2015, 14:57] Greg Helluvaskier: How long does it take you to make those photo montages?

[10/28/2015, 14:57] Razvan Cojocaru: once you understand the biomechanics i mean

[10/28/2015, 14:57] Razvan Cojocaru: not that much - i don't know like 30 minutes after I figured out how

[10/28/2015, 14:59] Greg Helluvaskier: Hmmmmm. Would you be willing to do one of my skiing if I chose the turn?

[10/28/2015, 14:59] Razvan Cojocaru: sure.

[10/28/2015, 15:00] Razvan Cojocaru: the first thing is to find the turn and do the screenshots with as much quality as possible

[10/28/2015, 15:00] Greg Helluvaskier: I have an old one I made, but it needs an update. It is what I use to showcase the essentials. Sort of like HHs sample turn, but better because it's a race turn.

[10/28/2015, 15:00] Razvan Cojocaru: after that i can do it

[10/28/2015, 15:00] Razvan Cojocaru: HE HE HE

[10/28/2015, 15:01] Razvan Cojocaru: that's my biggest issuewith HH's sample turn. it should be exagerated to point to things - he often says "look at X in fram e3" but i can't see anything :)

[10/28/2015, 15:01] Greg Helluvaskier: Yeah. He should have used Diana as a sample. She's very mechanical.

[10/28/2015, 15:01] Greg Helluvaskier: I'm not always a good example either.

[10/28/2015, 15:02] Greg Helluvaskier: For example, how often do you vividly see the phantom in my turns.

[10/28/2015, 15:02] Greg Helluvaskier: I'd bet rarely

[10/28/2015, 15:02] Razvan Cojocaru: i don't know if i can do an entire good turn, but i found things here and there - a good flex in one, a good CA in one etc

[10/28/2015, 15:03] Razvan Cojocaru: let me see.

[10/28/2015, 15:03] Greg Helluvaskier: If you ski like a pussy on easy terrain it's easy

[10/28/2015, 15:03] Greg Helluvaskier: Harder skiing with balls on steep terrain. 😜

[10/28/2015, 15:03] Razvan Cojocaru: i see it in reilly's and paul's and JF's easily

[10/28/2015, 15:04] Greg Helluvaskier: They just learned it

[10/28/2015, 15:04] Greg Helluvaskier: So it's still there

[10/28/2015, 15:04] Razvan Cojocaru: paul is quite obvious at it

[10/28/2015, 15:04] Greg Helluvaskier: Eventually it will work its way out

[10/28/2015, 15:04] Greg Helluvaskier: As they refine it will be more two footed and muted

[10/28/2015, 15:04] Greg Helluvaskier: Super phantom

[10/28/2015, 15:04] Razvan Cojocaru: well - there's always tell tale signs -

[10/28/2015, 15:05] Razvan Cojocaru: one thing i found for instance, a sign of an active inside tipping is the femur pointing inside the turn - even if it just looks like just shins parallel

[10/28/2015, 15:05] Razvan Cojocaru: but that's clear sign of a strong inversion inside the boot

[10/28/2015, 15:06] Razvan Cojocaru: or that fabled slight bowlegged appearance in transition

[10/28/2015, 15:07] Greg Helluvaskier: Yep. Also watch the release.

[10/28/2015, 15:08] Greg Helluvaskier: Often you can see a full release of the outside ski and balance on the uphill LTE

[10/28/2015, 15:11] Razvan Cojocaru: yeah. so i was reading this the other night thiking what the heck... http://skimoves.me/2014/02/15/ligety-and-shiffrin-how-i-know-what-they-are-doing/

[10/28/2015, 15:11] Razvan Cojocaru: or rather WTF am i reading

[10/28/2015, 15:12] Razvan Cojocaru: you're right - it's hard to pick up in your skiing, looking at the 2015 various turns. ski only comes off every 4 turns and the inside leg doesn't look that active

[10/28/2015, 15:13] Razvan Cojocaru: but in the release they are very parallel, so yeah, quite refined it seems?

[10/28/2015, 15:17] Razvan Cojocaru: i'm still popping all over the place, hard to control heh

[10/28/2015, 15:42] Greg Helluvaskier: I'll read that later.

[10/28/2015, 15:42] Greg Helluvaskier: I'll tell you an inside leg story someday when you're ready. 😜

[10/28/2015, 15:42] Razvan Cojocaru: the guy uses weird words like "pronation flow"

[10/28/2015, 15:57] Greg Helluvaskier: I tend to not read things like that.

[10/28/2015, 15:57] Greg Helluvaskier: I only spend time on trusted sources

[10/28/2015, 15:57] Razvan Cojocaru: yeah - that guys' blog is weird

[10/28/2015, 15:58] Greg Helluvaskier: The rest of the time I spend evaluating skiing of others as well as my own

[10/28/2015, 15:58] Razvan Cojocaru: but he picked up on Ted's switching over to the uphill edge of the uphill ski

[10/28/2015, 15:58] Greg Helluvaskier: Well. Ted has been vocal about that

[10/28/2015, 15:58] Razvan Cojocaru: and created a weird theory from that with steering teh other ski at the same time and stuff

[10/28/2015, 15:58] Greg Helluvaskier: That move to the LTE has been a well taught gs technique for over 10 years.

[10/28/2015, 15:59] Razvan Cojocaru: yeah, von grunigen right?

[10/28/2015, 15:59] Greg Helluvaskier: It started being discussed by tts coaches about two years ago

[10/28/2015, 15:59] Razvan Cojocaru: and the phantom is so obvious especially with the older raers in the 70s and 80s

[10/28/2015, 15:59] Greg Helluvaskier: Not a von grungien

[10/28/2015, 15:59] Razvan Cojocaru: oh yeah - that's the other one, the weighted release - sorry

[10/28/2015, 15:59] Greg Helluvaskier: Opposite

[10/28/2015, 16:00] Greg Helluvaskier: Step off the outside ski to releas it

[10/28/2015, 16:00] Greg Helluvaskier: Most coaches don't fully understand it, but top level coaches have been teaching it for years

[10/28/2015, 16:00] Razvan Cojocaru: the step was a common tech in Warren Witherell's days - not for the same reason though

[10/28/2015, 16:01] Greg Helluvaskier: This is taught as a way to engage the LTE

[10/28/2015, 16:01] Greg Helluvaskier: And then roll into the new turn

[10/28/2015, 16:01] Greg Helluvaskier: Look at my gs release video

[10/28/2015, 16:01] Razvan Cojocaru: yeah - most i talk to don't udnerstand and look at me like i'm weird. but I got talking once to the tech director of the CSCF and he was smiling and noding

[10/28/2015, 16:02] Greg Helluvaskier: Yeah. But you're likely not going to get much trickle down from guys like that

[10/28/2015, 16:02] Greg Helluvaskier: They protect what they know for a reason

[10/28/2015, 16:02] Razvan Cojocaru: nope and that's what pisses me off the most about them. you only learn by word of mouth and it takes fuc\*ing decades to learn stuff

[10/28/2015, 16:03] Greg Helluvaskier: They don't want kids from little MSLM beating Collingwood academy kids at races. That's bad for business

[10/28/2015, 16:04] Greg Helluvaskier: Same can be said for NYSEF in ny

[10/28/2015, 16:04] Greg Helluvaskier: Or USSA in general... Not that there's anything to trickle down from the U.S. Ski team.

[10/28/2015, 16:04] Greg Helluvaskier: The best coaches inthe states teach at academies

[10/28/2015, 16:05] Razvan Cojocaru: ok. yeah, makes sense - they coach for a living

[10/28/2015, 16:05] Razvan Cojocaru: during PD days, if I listen carefully, I will hear them mention things, but just in passing. NOW that i know what to listen for.

[10/28/2015, 16:06] Razvan Cojocaru: all the goodies with maintain the coilign through transition, patience, lightly set the edges, extend/flex all that but it's just from the really top guys and not taught, just sometimes mentioed in passing

[10/28/2015, 16:07] Razvan Cojocaru: on a related note - I just passed half my level 3 (the theory and planning) it was the hardest thing i had to learn and do - holy crap, planning high level athlete training it's not easy.

[10/28/2015, 16:08] Razvan Cojocaru: but no tech. i will take the on snow this year, in April, to see what else I learn - it's 5 days running gates at Mt St Anne - it's gotta be good

[10/28/2015, 16:09] Greg Helluvaskier: That could be fun

[10/28/2015, 16:09] Greg Helluvaskier: I think athlete training is fun to develop. But I imagine they wouldn't like my curriculum. Lol.

[10/28/2015, 16:09] Razvan Cojocaru: yeah, i'm told they'll fail me either way because i'm not coaching for long, but what the heck, i'm going for training and learning

[10/28/2015, 16:10] Razvan Cojocaru: and i'm not doing that well in gates. I came a long way, but far from other guys around here.

[10/28/2015, 16:11] Razvan Cojocaru: most of the planning is just around athletics - i mean most season is no snow :) and some tech only as the season starts and then maintaining athleticism and recovery and peaking and tapering and stuff for U18 FIS athletes

[10/28/2015, 16:14] Razvan Cojocaru: i mean it's uncommon for an idiot that's siing for 5 years to get a level 2 but a level 3 that's probably unheard of :) :) :) a lot of ruffled feathers

[10/28/2015, 16:15] Razvan Cojocaru: level 4 needs practice coaching at the WC level so that's out of the question - but I would try, 'cause i'm crazy that way :) :)

[10/28/2015, 16:20] Greg Helluvaskier: Why not. I would go for it if it's something you want to do.

[10/28/2015, 16:20] Greg Helluvaskier: Other option which would hugely benefit your skiing is pmts cert.

[10/28/2015, 16:20] Greg Helluvaskier: You'd likely get more out of it too

[10/28/2015, 16:20] Razvan Cojocaru: no. the 3 is just 'cause it seems somehow within reach and it would be fun to do

[10/28/2015, 16:21] Greg Helluvaskier: I passed the PSIA L3 skiing when I was 17

[10/28/2015, 16:21] Greg Helluvaskier: Skiing tests are easy

[10/28/2015, 16:21] Razvan Cojocaru: yeah - good racers can. now they changed teh rules to prevent that

[10/28/2015, 16:22] Greg Helluvaskier: I hadn't even had a lesson

[10/28/2015, 16:22] Greg Helluvaskier: I wasn't racing yet

[10/28/2015, 16:22] Razvan Cojocaru: oh - that's rare

[10/28/2015, 16:23] Greg Helluvaskier: Yeah. A couple examiners saw me skiing around and decided to take me out skiing for a few hours.

[10/28/2015, 16:23] Razvan Cojocaru: NICE -

[10/28/2015, 16:23] Greg Helluvaskier: Hey had me do a bunch of stuff just to see what I was capable of

[10/28/2015, 16:23] Greg Helluvaskier: Turns out they were administering the L3 skiing test.

[10/28/2015, 16:24] Greg Helluvaskier: My bro was with me too

[10/28/2015, 16:24] Greg Helluvaskier: He didn't pass, but he was only 12

[10/28/2015, 16:24] Razvan Cojocaru: HE HE HE

[10/28/2015, 16:25] Greg Helluvaskier: I'm not 'normal' though

[10/28/2015, 16:25] Greg Helluvaskier: So I'm told anyway

[10/28/2015, 16:25] Razvan Cojocaru: i was going to say - here even L2 required you do SL and GS gates reasonalby well

[10/28/2015, 16:25] Razvan Cojocaru: was that all free skiing?

[10/28/2015, 16:26] Greg Helluvaskier: Yeah.

[10/28/2015, 16:26] Greg Helluvaskier: East L3 was at the time

[10/28/2015, 16:26] Greg Helluvaskier: I had never been in gates at that point

[10/28/2015, 16:27] Razvan Cojocaru: ok. i have a buddy coach that has a ismilar story here, as a the CSIA L3 at 19 I think

[10/28/2015, 16:27] Razvan Cojocaru: also quite sometime ago

[10/28/2015, 16:27] Greg Helluvaskier: I could have pursued certification

[10/28/2015, 16:27] Razvan Cojocaru: but i mean csia would be easier than ussa

[10/28/2015, 16:28] Greg Helluvaskier: Wasn't really interested though

[10/28/2015, 16:28] Razvan Cojocaru: would save you some hassle now - you'd be grandfathered into 300 ?

[10/28/2015, 16:28] Greg Helluvaskier: My brother is certified by PSIA

[10/28/2015, 16:28] Greg Helluvaskier: Not sure how grandfathering works

[10/28/2015, 16:29] Greg Helluvaskier: He did his L1 hung over

[10/28/2015, 16:30] Razvan Cojocaru: :) I barely passed my L1 in the second season of skiing and the guy made sure to mention that he passed me on account of my efforts not my skiing :)

[10/28/2015, 16:30] Greg Helluvaskier: Haha

[10/28/2015, 16:30] Greg Helluvaskier: You ski well now

[10/28/2015, 16:30] Razvan Cojocaru: he litereally said "as a parent, you'll make a good coach i'm sure"

[10/28/2015, 16:31] Razvan Cojocaru: when my kids were 8 and 10 i think :)

[10/28/2015, 16:32] Razvan Cojocaru: thanks - i credit a few with really helping my skiing and you're one of them

[10/28/2015, 16:32] Razvan Cojocaru: of course, Harb's books were a big help given the cscf lack of tech stuff

[10/28/2015, 16:33] Greg Helluvaskier: Happy to help. It's nice to see a coach who isn't complacent about their own skiing

[10/28/2015, 16:34] Razvan Cojocaru: ... but it's so easy to misunderstand that also, eh? his books are just to start - one really needs a coach's eye, either video MA or clinics or such

[10/28/2015, 16:35] Razvan Cojocaru: i remember spending the better part of a season some years ago trying like a moron to pull my inside LEG back instead of the FOOT...

[10/28/2015, 16:39] Greg Helluvaskier: It's tough to do on your own. I'm the only skier who has effectively done it on my own as far as he's aware. And I'm the exception not the rule.

[10/28/2015, 16:42] Razvan Cojocaru: for me was a huge AHA when i passed my L2 - between his books, I had just figured out tipping I think versus hip dumping and that allowed me to get down a SL course and with what those guys were telling me, that season worked well, two seasons ago.

[10/28/2015, 17:19] Razvan Cojocaru: Hey also I figured I will take my csia 2 this year. If I hangout around skiing after ť the kids grow I think I need that to teach in Canada

[10/28/2015, 17:20] Razvan Cojocaru: Pmts cert sounds interesting but requires commitment and$$ in CO... Maybe after the kids grow

[10/29/2015, 15:27] Razvan Cojocaru: quick question - you may know - if i buy "lifted" boots - do I have to grind the bottom of the sole or the top (where the bindings hold) ?

[10/29/2015, 15:27] Razvan Cojocaru: http://www.ebay.ca/itm/201178606746?\_trksid=p2060353.m1438.l2648&ssPageName=STRK%3AMEBIDX%3AIT

[10/29/2015, 15:28] Razvan Cojocaru: they have a 160 and a 170 and i can get them for 200 canadain, not bad

[10/29/2015, 15:30] Greg Helluvaskier: You'll have to do a lot of work on them. Good boot though.

[10/29/2015, 15:30] Razvan Cojocaru: I have a belt sander... but my hand is not that steady :)

[10/29/2015, 15:31] Razvan Cojocaru: i have the 130/98mm and i like it this is a 160/95mm should be good.

[10/29/2015, 15:39] Greg Helluvaskier: You'd need them professionally done

[10/29/2015, 15:39] Greg Helluvaskier: And aligned of course

[10/29/2015, 15:39] Greg Helluvaskier: 160 is a lot of boot

[10/29/2015, 15:40] Greg Helluvaskier: I have a pair of 160-170 Fischers

[10/29/2015, 15:40] Razvan Cojocaru: i don't know - atomics are mushier than heads

[10/29/2015, 15:40] Razvan Cojocaru: 130 atomic is quite softer than 130 head

[10/29/2015, 15:40] Greg Helluvaskier: They aren't practical for most conditions

[10/29/2015, 15:41] Razvan Cojocaru: and the atomic 130 is screwed up and the head not, so the head is 120 really

[10/29/2015, 15:41] Greg Helluvaskier: I've heard the new carbon cuff boot is business

[10/29/2015, 15:41] Razvan Cojocaru: another great thing they did is the strap - look at it carefuly - there's two straps. i love that

[10/29/2015, 15:41] Razvan Cojocaru: one over the liner and one over plastic - adjusted independently

[10/29/2015, 15:42] Razvan Cojocaru: so you can adjust the "flex hit" even more

[10/29/2015, 15:56] Greg Helluvaskier: My bro has that on his 150ti

[10/29/2015, 15:57] Razvan Cojocaru: they have a 150 for 300$ - should i get that instead?

[10/29/2015, 16:36] Razvan Cojocaru: he - talking about boot setup - they just posted this. not bad https://www.youtube.com/watch?v=Jg-1oaZgy5U

[10/29/2015, 23:25] Greg Helluvaskier: Pretty standard info but not a lot on what to do with it.

[10/29/2015, 23:28] Razvan Cojocaru: yeah - good awareness though - i like the talk on forward versus flex and stuff

[10/29/2015, 23:28] Greg Helluvaskier: Yeah. That's a rare point of view.

[10/29/2015, 23:28] Greg Helluvaskier: It is correct but most don't think that way

[10/29/2015, 23:29] Greg Helluvaskier: Correct fore aft setup is why I, at 145lbs, can ski a 160 flex boot.

[10/29/2015, 23:30] Razvan Cojocaru: and in the part one, for U10-14 it's the first time i see the warning on getting boots too soft

[10/29/2015, 23:30] Razvan Cojocaru: he actually makes a point of that there - i don't know the guy, i think he's on \epic though, i remember distefano somehow

[10/29/2015, 23:30] Greg Helluvaskier: I've only seen it from HH and this guy.

[10/29/2015, 23:31] Greg Helluvaskier: Yeah. I know the name for some reason.

[10/29/2015, 23:31] Razvan Cojocaru: that's what i meant, other than HH this is the only one i saw mention it

[10/29/2015, 23:31] Greg Helluvaskier: I can't place it, but I don't think it's epic.

[10/29/2015, 23:31] Greg Helluvaskier: Is he ontario?

[10/29/2015, 23:32] Razvan Cojocaru: when i told a few coaches that my 13 year old will ski a 90 flex and the 15 year old a 120 they thought i was a martial on crack or something

[10/29/2015, 23:32] Razvan Cojocaru: squire johns in collingwood, they have a shop at most private hills and a big one in cwood

[10/29/2015, 23:33] Greg Helluvaskier: I skied 120 at 15

[10/29/2015, 23:34] Greg Helluvaskier: Went to 130 at 18 and 150 at 19

[10/29/2015, 23:35] Razvan Cojocaru: if Andrei's foot stops growing, i'll get him a nice head 130 next year. but didn't want to spend this year in case he grows

[10/29/2015, 23:35] Razvan Cojocaru: i got a new/olrder atomic CS 110 for 100$

[10/29/2015, 23:35] Greg Helluvaskier: Don't spend big $$ on boots. All my plugs were under $200

[10/29/2015, 23:35] Greg Helluvaskier: Buy what is cheap

[10/29/2015, 23:36] Razvan Cojocaru: yeah, that's my usual :)

[10/29/2015, 23:36] Razvan Cojocaru: the boot i learned to get forward on is a head 125 RS broken, i.e. has no forward flex that i can tell

[10/29/2015, 23:37] Razvan Cojocaru: i can't tell what's wrong with it but it wont' flex. the 130 flexes no problem

[10/29/2015, 23:37] Razvan Cojocaru: but after a couple of days of struggle it taught me what forward is

[10/29/2015, 23:37] Greg Helluvaskier: I'd have to look at it. There was a bad run of those boots.

[10/29/2015, 23:37] Greg Helluvaskier: Is it grey?

[10/29/2015, 23:38] Razvan Cojocaru: yeah. i took it apart and did grind some plastic but nothing

[10/29/2015, 23:38] Greg Helluvaskier: Grinding won't help.

[10/29/2015, 23:38] Greg Helluvaskier: I have a pair

[10/29/2015, 23:38] Greg Helluvaskier: I'm going to try to fix them. If I can, I'll tell you how.

[10/29/2015, 23:39] Razvan Cojocaru: it didn't help, but it's supposed to, they are marked for cutting inside

[10/29/2015, 23:39] Greg Helluvaskier: HH hates them. He says buy new boots.

[10/29/2015, 23:39] Greg Helluvaskier: It's a boot geometry issue. Not a stiffness issue.

[10/29/2015, 23:39] Greg Helluvaskier: Something was wrong with the upper/lower combination

[10/29/2015, 23:39] Razvan Cojocaru: i had sore shins all season, they'd jam all the time especially when a ski chatters on ice - limping 2 days after

[10/29/2015, 23:40] Greg Helluvaskier: Try a gen1 dobermann

[10/29/2015, 23:40] Razvan Cojocaru: yeah. now i use them cpuple days beginning of season to get me forward again :)

[10/29/2015, 23:40] Greg Helluvaskier: Never skied a boot like that one

[10/29/2015, 23:40] Greg Helluvaskier: Those were nasty fuckers

[10/29/2015, 23:41] Razvan Cojocaru: i don't know those

[10/29/2015, 23:42] Greg Helluvaskier: Be glad. My shins bled from those

[10/29/2015, 23:42] Razvan Cojocaru: the one that's stuck i think is a 2009

[10/29/2015, 23:42] Razvan Cojocaru: i have a 2012 which is awesome, also gray, but works great and came with booster straps from factory

[10/29/2015, 23:42] Greg Helluvaskier: Makes sense. I'll pick them up from my dad this fall and see what I can do.

[10/29/2015, 23:43] Razvan Cojocaru: it's ok - i have 60 days on those liners... not really using them now

[10/29/2015, 23:43] Greg Helluvaskier: Swap liners.

[10/29/2015, 23:43] Greg Helluvaskier: I need to break in a set this year I think.

[10/29/2015, 23:44] Greg Helluvaskier: I hate that part

[10/29/2015, 23:44] Razvan Cojocaru: hehe yeah, first few days

[10/29/2015, 23:44] Greg Helluvaskier: Takes a month. I can usually only ski a few runs I them.

[10/29/2015, 23:45] Razvan Cojocaru: i'll get spare liners for the 2012 head 130 instead - i really like the flex in those

[10/29/2015, 23:45] Razvan Cojocaru: oh - didn't have a boot like that yet

[10/29/2015, 23:45] Greg Helluvaskier: My Fischers are rough on the feet.

[10/29/2015, 23:46] Razvan Cojocaru: what last

[10/29/2015, 23:46] Greg Helluvaskier: 94 or something like that

[10/29/2015, 23:46] Greg Helluvaskier: I grind them out

[10/29/2015, 23:46] Razvan Cojocaru: oh. yeah all my boots are 98. i got a 93 which i can't ski and i'll try a 95 next

[10/29/2015, 23:46] Greg Helluvaskier: Grind the 93

[10/29/2015, 23:47] Razvan Cojocaru: i'll skip that 160 and get a 150/95mm

[10/29/2015, 23:47] Greg Helluvaskier: Next time you come down. Stop at my house. I'll grind out your 93s

[10/29/2015, 23:47] Razvan Cojocaru: i don't like it - it's not just the pain, it's too soft an Atomioc 130 STI but it's too soft somehow

[10/29/2015, 23:47] Greg Helluvaskier: I have all the stuff. Only thing I can't do is toe and heel lugs. MSG does those for me

[10/29/2015, 23:48] Greg Helluvaskier: Atomics rti boots were soft. Chris, my brother, crushes his 150 Ti

[10/29/2015, 23:48] Razvan Cojocaru: oh, i remember it's also size 25.0 everything else i have 25.5

[10/29/2015, 23:48] Greg Helluvaskier: They are basically a dobermann copy

[10/29/2015, 23:49] Greg Helluvaskier: I've found four boot designs so far. Nordica, Fischer, Lange and dalbello

[10/29/2015, 23:50] Razvan Cojocaru: that you like?

[10/29/2015, 23:49] Greg Helluvaskier: No. Total

[10/29/2015, 23:49] Greg Helluvaskier: For plus

[10/29/2015, 23:50] Razvan Cojocaru: no heads yet?

[10/29/2015, 23:50] Greg Helluvaskier: Plugs

[10/29/2015, 23:50] Razvan Cojocaru: which one's head like?

[10/29/2015, 23:50] Greg Helluvaskier: Head, atomic, technica = nordica

[10/29/2015, 23:50] Razvan Cojocaru: aha.

[10/29/2015, 23:50] Greg Helluvaskier: Copies

[10/29/2015, 23:50] Greg Helluvaskier: Identical. So much that you can swap out cuffs.

[10/29/2015, 23:50] Greg Helluvaskier: Salomon too

[10/29/2015, 23:51] Razvan Cojocaru: i think HH was saying at some point that the axis on the atomics is different than heads - the heads bend inwards and atomics outwards or something

[10/29/2015, 23:51] Greg Helluvaskier: Rossi = Lange

[10/29/2015, 23:51] Greg Helluvaskier: Head doesn't bend inward

[10/29/2015, 23:51] Razvan Cojocaru: ok - i got it wrong then

[10/29/2015, 23:51] Greg Helluvaskier: They all toe out about 1.5-2 degrees

[10/29/2015, 23:51] Greg Helluvaskier: Except Fischer which is 2.5

[10/29/2015, 23:52] Razvan Cojocaru: you're right - i don't feel a big difference atomic to head

[10/29/2015, 23:52] Greg Helluvaskier: Depending on the boot. They change it

[10/29/2015, 23:52] Greg Helluvaskier: Most unique I've skied is dalbello

[10/29/2015, 23:52] Greg Helluvaskier: Totally different last and design

[10/29/2015, 23:53] Razvan Cojocaru: but you gave me an idea - i'll swap the head upper cuff on an atomic boot see what screwy thing i get

[10/29/2015, 23:53] Razvan Cojocaru: i think you liked them - you were telling me to buy one

[10/29/2015, 23:53] Razvan Cojocaru: the dalbellos

[10/29/2015, 23:53] Greg Helluvaskier: As long as the hardware fits you're good

[10/29/2015, 23:53] Greg Helluvaskier: They are good. The whole axis is offset so they are very edgy

[10/29/2015, 23:53] Greg Helluvaskier: Even more than my Fischers

[10/29/2015, 23:53] Greg Helluvaskier: Tight ankle

[10/29/2015, 23:54] Razvan Cojocaru: the heads don't hold the ankle at all - i taped both behind the liner to get them decent

[10/29/2015, 23:54] Greg Helluvaskier: Nordica did that

[10/29/2015, 23:54] Greg Helluvaskier: Neutered the dobermann

[10/29/2015, 23:55] Razvan Cojocaru: heh

[10/29/2015, 23:55] Greg Helluvaskier: If you need a right ankle pocket get a Rossi/Lange

[10/29/2015, 23:55] Greg Helluvaskier: \*tight

[10/29/2015, 23:55] Razvan Cojocaru: i use the ankle a lot now - starting last season i find myself using the ankle every time

[10/29/2015, 23:55] Greg Helluvaskier: Good. That means you're skiing properly

[10/29/2015, 23:56] Razvan Cojocaru: pulling back, shin forward, everything all ankle

[10/29/2015, 23:56] Greg Helluvaskier: Mine are usually bruised at the beginning of the season

[10/29/2015, 23:56] Greg Helluvaskier: Like purple after the first few days of skiing

[10/29/2015, 23:56] Greg Helluvaskier: Takes weeks to heal

[10/29/2015, 23:57] Greg Helluvaskier: Ankle and sides of my feet

[10/29/2015, 23:57] Razvan Cojocaru: mine are not that bad - my back takes weeks to get in shape though - probably that's why i'm not pushing hard at all

[10/29/2015, 23:57] Greg Helluvaskier: I work out for that stuff.

[10/29/2015, 23:57] Razvan Cojocaru: plus my 98mil boots are gentle i guess compared to 94s

[10/29/2015, 23:57] Greg Helluvaskier: Yeah, but your still hitting the side of the boot

[10/29/2015, 23:58] Greg Helluvaskier: \*you're

[10/29/2015, 23:58] Greg Helluvaskier: I think you could go to a 24 shell

[10/29/2015, 23:58] Greg Helluvaskier: You're not a big guy

[10/29/2015, 23:58] Razvan Cojocaru: yes - i lever the inside of the foot often when inverting - more gentle on the outside , just to feel the snow

[10/29/2015, 23:59] Greg Helluvaskier: I have a few here. Next time you're down I'll throw some in

[10/29/2015, 23:59] Greg Helluvaskier: New

[10/29/2015, 23:59] Razvan Cojocaru: not sure - that STI was 25.0 and there are many pressure spots, not just boot, ankle room as well - ... maybe it's meant to feel like that and i'm a woos

[10/29/2015, 23:59] Greg Helluvaskier: I have like ten pairs of boots in the basement I think

[10/29/2015, 23:59] Greg Helluvaskier: I get pressure points in a 25

[10/30/2015, 00:00] Greg Helluvaskier: A 24 is one big pressure point before I grind it

[10/30/2015, 00:00] Razvan Cojocaru: oh - interesting

[10/30/2015, 00:00] Greg Helluvaskier: I wear a 9.5 us shoe

[10/30/2015, 00:00] Razvan Cojocaru: yeah - i should rey one

[10/30/2015, 00:01] Razvan Cojocaru: that's nuts, i'm an 8

[10/30/2015, 00:00] Greg Helluvaskier: Been thinking of trying a 23 actually.

[10/30/2015, 00:01] Greg Helluvaskier: Downsizing will change your game

[10/30/2015, 00:01] Greg Helluvaskier: Trust me

[10/30/2015, 00:02] Greg Helluvaskier: I went from 26 to 25 to 24... When I hit 24 my world changed

[10/30/2015, 00:02] Razvan Cojocaru: hmm... ok. will try one i'll see if i can get one before i coem there if not i'll try one of yours if you have

[10/30/2015, 00:03] Greg Helluvaskier: I'll throw a set in the car when I come up. I've got untouched dobies and Fischers

[10/30/2015, 00:03] Greg Helluvaskier: Three sets I think

[10/30/2015, 00:04] Razvan Cojocaru: http://www.ebay.com/itm/2008-Head-Raptor-130-RD-Ski-Boots-Size-23-5-/311101303567?hash=item486f152b0f

[10/30/2015, 00:04] Greg Helluvaskier: Not sure really. There's a stack down there and I can't remember what I've set up and what I haven't

[10/30/2015, 00:04] Razvan Cojocaru: awesome

[10/30/2015, 00:04] Greg Helluvaskier: I've had a white 150 saved in my watch list for a year

[10/30/2015, 00:05] Razvan Cojocaru: but it's the screwed up 2008 models

[10/30/2015, 00:05] Razvan Cojocaru: that's what my stuck boot is, an 2008 bought from the same guys

[10/30/2015, 00:05] Greg Helluvaskier: Only reason I have not tried it is I don't want to move my bindings

[10/30/2015, 00:05] Greg Helluvaskier: My setups are all dialed

[10/30/2015, 00:05] Greg Helluvaskier: Right down to where the binding sits on the ski

[10/30/2015, 00:06] Greg Helluvaskier: That's why I stick with Fischer

[10/30/2015, 00:06] Razvan Cojocaru: do you move them much from stock?

[10/30/2015, 00:06] Greg Helluvaskier: Heh. Yes

[10/30/2015, 00:06] Razvan Cojocaru: where?

[10/30/2015, 00:06] Greg Helluvaskier: There's nothing stock about any bit o my setup

[10/30/2015, 00:07] Greg Helluvaskier: I run a zeppa angle that even HH can't figure out

[10/30/2015, 00:07] Greg Helluvaskier: Delta is flat

[10/30/2015, 00:07] Razvan Cojocaru: so i have a new Fischer WC GS Masters 188/25m medium flex - where would you mount the bindings?

[10/30/2015, 00:07] Greg Helluvaskier: Mount point is meaningfully aft

[10/30/2015, 00:07] Razvan Cojocaru: really?

[10/30/2015, 00:07] Greg Helluvaskier: Yeah. Don't share this, but my zeppa is less than 1 degree

[10/30/2015, 00:08] Greg Helluvaskier: That's my net on the boot

[10/30/2015, 00:08] Razvan Cojocaru: zeppa is the boot ramp?

[10/30/2015, 00:08] Razvan Cojocaru: yeah

[10/30/2015, 00:08] Greg Helluvaskier: If I put a digital level inside the boot. Less than 1 degree

[10/30/2015, 00:08] Greg Helluvaskier: Most people ski 5-6

[10/30/2015, 00:08] Greg Helluvaskier: Minimum 3

[10/30/2015, 00:09] Razvan Cojocaru: there usually 3 or more

[10/30/2015, 00:09] Razvan Cojocaru: right

[10/30/2015, 00:09] Greg Helluvaskier: Haralds jaw broke the floor when I showed him

[10/30/2015, 00:09] Greg Helluvaskier: Only thing he can come up with is my long inseam

[10/30/2015, 00:09] Greg Helluvaskier: Long Tibias and femurs

[10/30/2015, 00:10] Razvan Cojocaru: you've done tons of testing then

[10/30/2015, 00:10] Greg Helluvaskier: Yea

[10/30/2015, 00:10] Greg Helluvaskier: Lots. I've tested every angle between 1 and 5 degrees

[10/30/2015, 00:10] Razvan Cojocaru: wow so you

[10/30/2015, 00:10] Greg Helluvaskier: Different Mount points

[10/30/2015, 00:11] Razvan Cojocaru: 're flat on the skis - that's quite uncommon, isnt' ti?

[10/30/2015, 00:11] Greg Helluvaskier: Yes. That's why I said don't tell anyone. Only 5 or so people know.

[10/30/2015, 00:12] Razvan Cojocaru: i haven't played at all with the ramp angles yet

[10/30/2015, 00:12] Razvan Cojocaru: sure

[10/30/2015, 00:11] Greg Helluvaskier: Not uncommon on the WC though

[10/30/2015, 00:12] Greg Helluvaskier: Very flat setups are prevalent

[10/30/2015, 00:13] Razvan Cojocaru: interesting

[10/30/2015, 00:13] Razvan Cojocaru: hey - did you get to read that essentials tts shootout topic?

[10/30/2015, 00:13] Greg Helluvaskier: Access to the front of the ski is nuts. Need pullback though

[10/30/2015, 00:14] Razvan Cojocaru: you have to translate that

[10/30/2015, 00:14] Greg Helluvaskier: Not yet. Didn't get home until 7 tonight then hit the gym and hung out with Kathleen. She's was away on business this week. Also had to watch a friend of ours on 'the price is right' she won the showcase... We DVRd it.

[10/30/2015, 00:15] Razvan Cojocaru: no worries -

[10/30/2015, 00:15] Greg Helluvaskier: I'll catch up sometime this weekend

[10/30/2015, 00:15] Razvan Cojocaru: Access to the front of the ski is nuts. Need pullback though

[10/30/2015, 00:15] Razvan Cojocaru: what do you mean

[10/30/2015, 00:15] Greg Helluvaskier: With my setup

[10/30/2015, 00:16] Greg Helluvaskier: I have a meaningful toe lift

[10/30/2015, 00:17] Greg Helluvaskier: Flattish boot board

[10/30/2015, 00:17] Greg Helluvaskier: And an extra thick tongue

[10/30/2015, 00:17] Greg Helluvaskier: So let's work through that.

[10/30/2015, 00:17] Greg Helluvaskier: Toes up

[10/30/2015, 00:17] Greg Helluvaskier: Zeppa flat

[10/30/2015, 00:17] Greg Helluvaskier: So heel low

[10/30/2015, 00:18] Greg Helluvaskier: Tongue padded to take up space so the shin is extra upright and the ankle open

[10/30/2015, 00:18] Razvan Cojocaru: so you can pull back more

[10/30/2015, 00:18] Greg Helluvaskier: Yup

[10/30/2015, 00:18] Greg Helluvaskier: Bingo

[10/30/2015, 00:18] Razvan Cojocaru: tricky

[10/30/2015, 00:18] Greg Helluvaskier: I can load the piss out of the front of the ski without hardly trying

[10/30/2015, 00:19] Greg Helluvaskier: When I try it's nuts

[10/30/2015, 00:19] Razvan Cojocaru: why is the shin extra upright? how does that help

[10/30/2015, 00:19] Greg Helluvaskier: So I don't end up ankle locked in the boot

[10/30/2015, 00:20] Razvan Cojocaru: aha

[10/30/2015, 00:20] Greg Helluvaskier: The more you drop the heel the more the ankle closes

[10/30/2015, 00:20] Razvan Cojocaru: 'cause it was going contrasry to the delta/heel/toes

[10/30/2015, 00:20] Greg Helluvaskier: So I need to put it back

[10/30/2015, 00:20] Greg Helluvaskier: Yup. They work in unison

[10/30/2015, 00:20] Razvan Cojocaru: very interesting. thanks

[10/30/2015, 00:21] Razvan Cojocaru: i wouldn't have thought in that diection

[10/30/2015, 00:21] Greg Helluvaskier: Goal is to find your natural balanced orientation and tilt the boot to match

[10/30/2015, 00:21] Greg Helluvaskier: No one does 😉😉

[10/30/2015, 00:22] Greg Helluvaskier: If you watch my skiing from 2008 to present, you can observe the boot changes if you're watching for them.

[10/30/2015, 00:22] Razvan Cojocaru: 2008 is your pre=pmts skiing?

[10/30/2015, 00:22] Greg Helluvaskier: Early pmts

[10/30/2015, 00:23] Greg Helluvaskier: Pre was 2006

[10/30/2015, 00:24] Greg Helluvaskier: 2009 and 2010 I hit new levels

[10/30/2015, 00:24] Greg Helluvaskier: Took a solid two seasons

[10/30/2015, 00:24] Razvan Cojocaru: i'll have to go back and watch

[10/30/2015, 00:24] Greg Helluvaskier: Hence HHs reference on the forum last week

[10/30/2015, 00:25] Razvan Cojocaru: diidn't see that - what was it

[10/30/2015, 00:25] Greg Helluvaskier: Top thread. I posted in it today

[10/30/2015, 00:26] Razvan Cojocaru: right

[10/30/2015, 00:26] Greg Helluvaskier: Was probably easier for me than most becaus of my racing background

[10/30/2015, 00:26] Razvan Cojocaru: ok. i get it

[10/30/2015, 00:27] Razvan Cojocaru: racing makes a big difference . i would not be anywhere close to now if it wasn't for coaching/racing and being a little crazy helps

[10/30/2015, 00:27] Greg Helluvaskier: Anyway. The setup thing is important

[10/30/2015, 00:27] Greg Helluvaskier: And where you test it is important too

[10/30/2015, 00:27] Greg Helluvaskier: I only test mine on the steep stuff at HM

[10/30/2015, 00:27] Greg Helluvaskier: My setup sucks on flat terrain

[10/30/2015, 00:28] Razvan Cojocaru: those were nice runs - i realyl enjoyed them - very sustained pitch

[10/30/2015, 00:28] Greg Helluvaskier: I've designed the boots to excel on a pitch

[10/30/2015, 00:29] Greg Helluvaskier: Flats. They are less inspiring.

[10/30/2015, 00:29] Greg Helluvaskier: When I raise the heel they rock on blue groomers

[10/30/2015, 00:29] Razvan Cojocaru: it's more across and canting right?

[10/30/2015, 00:30] Razvan Cojocaru: any special canting or just what you normally need

[10/30/2015, 00:29] Greg Helluvaskier: All fore aft

[10/30/2015, 00:30] Greg Helluvaskier: I run the same lateral canting everywhere

[10/30/2015, 00:30] Greg Helluvaskier: Don't mess with that

[10/30/2015, 00:30] Greg Helluvaskier: Unless you start racing DH

[10/30/2015, 00:30] Razvan Cojocaru: yeah - across, the skis get across much more on steeps so you can stay more flexed and pull back more

[10/30/2015, 00:31] Greg Helluvaskier: Yea. More about staying flexed and being able to get to the front of the ski fast

[10/30/2015, 00:32] Razvan Cojocaru: for speed you cant the other way, more mellow

[10/30/2015, 00:32] Greg Helluvaskier: More neutral

[10/30/2015, 00:32] Greg Helluvaskier: Less edge

[10/30/2015, 00:32] Greg Helluvaskier: But not soft

[10/30/2015, 00:32] Razvan Cojocaru: yeah - you don't want to grab an edge out of nowehre on landing

[10/30/2015, 00:33] Razvan Cojocaru: Lindsey did - took a while to fix

[10/30/2015, 00:33] Razvan Cojocaru: right, neutral

[10/30/2015, 00:33] Greg Helluvaskier: She isn't built to be a ski racer

[10/30/2015, 00:33] Greg Helluvaskier: Too much tibial varus

[10/30/2015, 00:34] Greg Helluvaskier: Fucks up her knees

[10/30/2015, 00:34] Razvan Cojocaru: i actually will have to google that 😳

[10/30/2015, 00:34] Greg Helluvaskier: Hahaha

[10/30/2015, 00:34] Greg Helluvaskier: Varus and valgus

[10/30/2015, 00:34] Greg Helluvaskier: The bones bend

[10/30/2015, 00:34] Greg Helluvaskier: They aren't straight

[10/30/2015, 00:35] Razvan Cojocaru: oh, i see inward, that sucks, yeah, that's what hapened, it collapsed inward on landing

[10/30/2015, 00:35] Greg Helluvaskier: So the load isn't dispersed on the tibial plateau evenly

[10/30/2015, 00:35] Greg Helluvaskier: Yup.

[10/30/2015, 00:35] Greg Helluvaskier: So many skiers have it

[10/30/2015, 00:36] Greg Helluvaskier: Easy to view it as being aligned poorly

[10/30/2015, 00:36] Greg Helluvaskier: But the more you cant the boots out the more hey drive in

[10/30/2015, 00:36] Razvan Cojocaru: and you can't compensate from canting?

[10/30/2015, 00:36] Greg Helluvaskier: Have to do it with a combination of cuff and sole canting

[10/30/2015, 00:37] Greg Helluvaskier: Cuff in, boot out

[10/30/2015, 00:37] Greg Helluvaskier: Leg fights the cuff

[10/30/2015, 00:37] Greg Helluvaskier: Moves with the sole canting

[10/30/2015, 00:37] Greg Helluvaskier: Move the cuff out, it drives back in. Inverse relationship

[10/30/2015, 00:42] Razvan Cojocaru: yeah - tough

[11/2/2015, 11:05] Razvan Cojocaru: Greg - do you have a notion of when you'd come here? Dec 5-6 and 12-13 I think are best, although 19-20 should work as well. The 26-27 will conflict with the Xmass camp for the racers.

[11/2/2015, 11:06] Greg Helluvaskier: 12-13

[11/2/2015, 11:07] Razvan Cojocaru: ok. heh many coaches will be at Blue for the PD day that wekeend - I already have my credits

[11/2/2015, 11:08] Greg Helluvaskier: Oh cool. So we won't be bothered by any know it alls?

[11/2/2015, 11:09] Razvan Cojocaru: yeah - more hill space. Most coaches are cool, but i guess you can find a debate if you talk shop :) call it angulation/separation and they won't argue a thing ;)

[11/2/2015, 11:10] Razvan Cojocaru: the parents are usually worse - they seem to know everything better than the coaches

[11/2/2015, 11:11] Razvan Cojocaru: Here's a story. U12 parent, very pushy. child good skier. crashes in a GS race. parent has photos.

[11/2/2015, 11:11] Razvan Cojocaru: sends email to 4 coaches and the tech director of AOS saying he thinks the bindings were not correclty set and mentions he set them the night before.

[11/2/2015, 11:12] Razvan Cojocaru: 4 coaches think "idiot" but 4 of them reply nicely - kid was on the inside ski, which was very obviious and the bindings worked fine, only came off when she fell.

[11/2/2015, 11:13] Razvan Cojocaru: he replies. not, not for sure look at frame x the bindings came off first. AOS director replies "she was on the inside ski". parent says "oh, ok". after contradicting 4 coaches that said the sme thing...

[11/2/2015, 11:14] Razvan Cojocaru: oh - he also cliped me by being an idiot and messed up a set of edges - first time I took a hammer to a pair of race skis to bang teh edges back into place...

[11/2/2015, 11:14] Razvan Cojocaru: thankfully not many like him

[11/2/2015, 11:30] Razvan Cojocaru: oh - i know - another one. i put up a post last year about turning with the ankles and he replies to me and I think copies the head coach that no, wtf am i talking about, we turn with the knees, the ankles can't move inside the boot.

[11/2/2015, 11:30] Razvan Cojocaru: the head coach stayed aout of it and i replied that probably he has the wrong boots :)

[11/2/2015, 13:22] Greg Helluvaskier: That's why I don't coach.

[11/2/2015, 13:22] Greg Helluvaskier: No filter.

[11/2/2015, 13:22] Razvan Cojocaru: heh. yeah. i just shut up and ignor them

[11/2/2015, 13:22] Greg Helluvaskier: And if I do coach it isn't for the $$

[11/2/2015, 13:23] Greg Helluvaskier: So fire me. lol

[11/2/2015, 13:23] Razvan Cojocaru: and also, the better you get, the less they comment - I see that. Now I generally get more questions than comments...

[11/2/2015, 13:24] Greg Helluvaskier: Few people offer input.

[11/2/2015, 13:24] Razvan Cojocaru: yeah - i just did the math the other day: ski season=15K. coach income: 2K for 16 days of waking up and 6am and carrying gates. gotta be kidding me.

[11/2/2015, 13:25] Greg Helluvaskier: The few that have I've thanked them for their opinion and asked that they kindly take their seats because class was about to begin.

[11/2/2015, 13:25] Razvan Cojocaru: that's right - no input - I used to bug every single one of them in the beginnign: so teach me someting i don't knkow...

[11/2/2015, 13:26] Razvan Cojocaru: :)

[11/2/2015, 13:27] Razvan Cojocaru: we only had one guy that was still teaching me stuff last year, old time FIS racer, showing me lines and stuff, but he's gone this year...

[11/2/2015, 13:27] Greg Helluvaskier: Problem is that what blows these people's minds is the kind of stuff that we look at and say, "yeah. Duh"

[11/2/2015, 13:28] Razvan Cojocaru: well, you for sure... :) i'm still having trouble not becoming a meerkat in every turn

[11/2/2015, 13:28] Razvan Cojocaru: how do you like this https://dl.dropboxusercontent.com/u/14565754/effective/m-tip-3.jpg

[11/2/2015, 13:28] Greg Helluvaskier: Power release

[11/2/2015, 13:29] Greg Helluvaskier: I do

[11/2/2015, 13:29] Greg Helluvaskier: Top of the turn?

[11/2/2015, 13:29] Razvan Cojocaru: yeah

[11/2/2015, 13:29] Razvan Cojocaru: way above the fall line

[11/2/2015, 13:29] Razvan Cojocaru: from what i remember

[11/2/2015, 13:30] Greg Helluvaskier: Would be interesting to see where the lift off place in relation to the release. Meaning same movement or separate

[11/2/2015, 13:31] Razvan Cojocaru: hmm i'll see if i can find the vid

[11/2/2015, 13:36] Razvan Cojocaru: no, can't find it. same place i got these from, but i didn't keep the video for some reason https://dl.dropboxusercontent.com/u/14565754/effective/m-flex-1-dual.jpg

[11/2/2015, 16:13] Razvan Cojocaru: found it - what do you think? https://youtu.be/9vtpw1dHKBk

[11/2/2015, 16:14] Razvan Cojocaru: looks like he bailed just at the end, but the release was ok?

[11/2/2015, 16:19] Razvan Cojocaru: sorry - use this one https://youtu.be/XKTwuCp5o6g

[11/2/2015, 19:24] Greg Helluvaskier: I'll check when I get home

[11/2/2015, 23:02] Greg Helluvaskier: Not bad. Improvement would come from fixing the dropped hips.

[11/2/2015, 23:03] Greg Helluvaskier: Would have a better transfer to the LTE.

[11/2/2015, 23:03] Greg Helluvaskier: He was skiing better when I saw him

[11/2/2015, 23:04] Greg Helluvaskier: Wish I filmed his turns the last day we skied. He killed it on one of the flatter runs we skied

[11/2/2015, 23:05] Razvan Cojocaru: yeah - happy with progress last season. this one will be very interesting

[11/2/2015, 23:06] Greg Helluvaskier: We can work some fore aft stuff with him

[11/4/2015, 23:47] Razvan Cojocaru: he he new skis - picking up a mini-GS Fischer RC Pro 175/18m for coaching GS and fartabout

[11/4/2015, 23:47] Razvan Cojocaru: 350$ like new