

SNOWSPORT INSTRUCTOR

**Welcome to PSIA/AASI-NW
Big Mountain and Lookout Pass**



BIG MOUNTAIN STAFF PHOTO 2006

summer/fall 2006

Inspiring lifelong passion for the mountain experience



Fall Seminar 2006

Sign up now for Fall Seminar!

Saturday, Oct. 14th - Mt. Hood Community College - Gresham, OR

Sunday, Oct. 15th - Shoreline Community College - Seattle, WA

Saturday, Oct. 21st - Gonzaga University - Spokane, WA

You will notice many new Custom Designed Topics. Choosing a topic should be easier than ever this year. Each topic description now includes Clinicians, Session Times and Locations.

You won't want to miss **Deb Armstrong**, former US Ski Team

member, Olympic Gold Medalist and current PSIA Alpine Demo Team member. She will present "Skiing in the 80's and Today, a Technical Comparison" at the Mt. Hood and Seattle seminars. Keep your eye on the website for more updates including the Spokane speaker.

Fall Seminar classes will also be open to non PSIA / AASI-NW members this year. Please feel free to invite a non-member from your school to join you and see why this is our most popular educational event of the year. Non-members will need to register and pay the event fee to

participate. Additional application forms available on-line or through the office.

This is an indoor event that begins at 8:00 a.m. and ends at 3:30 p.m. Lunch will not be served. Participants will receive a 1-year education credit for attending this full day event.

Whether you are a "Fall Seminar Regular", a new Level I needing education credit or perhaps a non-member, there is something for everyone to help kick-start your season. We look forward to seeing you at Fall Seminar!

Fall Seminar Application

APPLICATION
AVAILABLE
ON LINE

Submission deadline: September 29 (Mt Hood & Seattle) and October 6 (Spokane)

Name _____ PSIA-NW # _____

Last First

Address _____

Street/box City State Zip

Daytime Phone# _____ Ski School _____

E-mail Address _____

AM Clinic Topic _____

PM Clinic Topic _____

Alternate Topic AM _____

PM _____

- Alpine Nordic Snowboard Adaptive
- Oct 14th-Mt Hood Community College-Gresham
- Oct 15th-Shoreline Community College-Seattle
- Oct 21st-Gonzaga University-Spokane

Fee : \$50

Visa/MC # _____ Exp Date _____

Signature _____

Please fill out and mail with checks payable to: PSIA-NW, 11206 Des Moines Memorial Drive, Suite 106, Seattle, WA, 98168. Fax Visa/MC to PSIA-NW (206) 241-2885. Deadline for each seminar is 14 days prior. There is a \$10 late fee for registrations received after that date. No cancellations unless injured and unable to participate in an indoor session.

IMPORTANT INFO

Did you sign up for...

In Line Skating and Skiing then we need your shoe size _____

ACE I

This topic is an all day event. You must attend the on snow clinic in early December. Cost for this topic is **\$100**.

Fall Seminar Topics

Autism

An introduction to causes, behaviors and related issues.

Presenter: **Kathleen Priest**

Am/Pm: **Am Only**

Location: **Mt Hood Only**

ADD / ADHD

Mainstreaming with typically developing students. An introduction into behavior management and inclusion tools

Presenter: **Kathleen Priest**

Am/Pm: **Pm Only**

Location: **Mt Hood Only**

Teaching Snowboarding to Groms

Does the thought of a group of 4-6 yr old snowboarders seem like a daunting task. Let us show you how it can be done with success!

Presenter: **JET-NW**

Location: **Am/Pm -Mt Hood**

Location: **Am-Spokane**

Modern Applications of Old School Skiing

Aside from covering the history of why we are—where we are—or how we got to where we are we'll also address how various techniques, drills etc. still apply to today's skiing. Fundamental skiing mechanics have not changed since the beginning of time thus what was applicable in 1972 is still very much so today...with a twist. The twist being the evolution in today's equipment.

Presenter: **Karin Harjo**

Am/Pm: **Am/Pm**

Location: **Mt Hood and Seattle Only**

Taming the Teenage Beast

Get a glimpse into the life of teenagers and how to create a successful learning environment.

Presenter: **JET-NW**

Location: **Am/Pm -Seattle**

Location: **Pm-Spokane**

High Functioning Autism

Autism affects people individually along a broad spectrum. Learn how to work with this challenging and rewarding group of athletes.

Presenter: **John Stevenson/Dr. Steger**

Am/Pm: **Pm Only**

Location: **Seattle/Spokane**

ACE I-Advanced Children's Education

Need a fresh look at teaching children? The ACE program is structured to give you insight into how children develop and learn. In addition to the cognitive, affective, and physical development of children, this two day event focuses on group management skills, lesson planning, and skill development. Material is appropriate to all disciplines. One day is indoor at Fall Seminar, the other will be on snow sometime in early winter in the Seattle area. Cost is \$100 for this topic

Presenter: **JET-NW**

Am/Pm: **Am & Pm (must attend both)**

Location: **Seattle Only**

Liabilities, Language & Procedures

This session will go over legal updates for ski/snowboard schools with focus on lift incidents, training materials, and student/parent information. Great for any director or staff trainers.

Presenter: **Ruth Nielsen-Attorney/Defense Specialist**

Am/Pm: **Pm Only**

Location: **Seattle Only**

In-Line Skating and Skiing

The object is to focus on the similarity of movement patterns in in-line skating and skiing and how we can skate to improve our skiing. We'll start by utilizing some easily transferable skiing tasks (skating) and work towards a progression that will emphasize inside leg steering while skating. K2 is providing skates and wrist guards, include your shoe size on your application. Please **bring your own helmet**, wear appropriate clothing for skating in and provide us with your shoe size on the application.

Presenter: **Dave Beckwith**

Am/Pm: **Am/Pm**

Location: **Seattle Only**

Adaptive Introduction

Explore adaptive techniques and methodology. Time for hands on practice and Q & A

Presenter: **John Stevenson/Alice Busch**

Am/Pm: **Am Only**

Location: **Seattle/Spokane**

The Art of Teaching

Pre-Requisite: Instructors who have taken Teaching I. For all instructors, mentors, training staff or anyone that wants to explore the art of teaching -

Fall Seminar Topics

whether you want to improve your own teaching skills or want ideas on helping others improve their teaching effectiveness. This group will explore methods and practical exercises for establishing rapport; understanding your own learning, teaching and communication styles; and expanding your approach to sharing your passion. We'll leverage these ideas to make areas like movement analysis and progression development actually fun and more productive.

Presenter: **Laurie Stack**
Am/Pm: **Am/Pm**
Location: **Seattle and Spokane Only**

Video Technology for Movement Analysis Strategies

Pre-Requisite: Instructors with at least four (4) seasons of teaching experience, Level II or III certification or have taken Movement Analysis 201. This session will be focused on how to use video and some other Media tools to aid in movement analysis and the transfer of information to your clients. How to organize and structure your video session is a key element for the maximum transfer of information. A large part of this session will also be on general MA tactics and technique.

Presenter: **Nick McDonald**
Am/Pm: **Am/Pm**
Location: **All Locations**

Constructivism and the Snow Sports Educator

Pre-Requisite: Instructors with at least four (4) seasons of teaching experience, or Level II or III certification. Constructivism is a philosophy about learning. Constructivism proposes that learners need to build their own understanding of new ideas, in order to apply this understanding to new situations and new circumstances. Learning something new, or attempting to understand something familiar in greater depth, is not a linear process-and this can pose great challenges to instructors, especially when a class has a wide range of abilities and personalities. In this class we will look at ways to create a successful learning environment where all students can build upon their prior experiences and gain first-hand knowledge with the ultimate goal of helping them construct their own application of this information to new situations and circumstances.

Presenter: **Linda Cowan**
Am/Pm: **Am/Pm**
Location: **All Locations**

Women's Specific Ski Equipment

Why we need it and what's new. Come learn the benefits of women's ski equipment, what's out there and the why women specific boots.

Presenter: **Claudeen Tewell/DeeAnn Sieler**
Am/Pm: **Am/Pm**
Location: **All Locations**

Boot Design and Fit: What's the Effect?

Gain a greater understanding of boot design and which product may provide you with the best fit for your feet. Learn the tips from one of the top fitters for setting up your boots and feet for maximum performance this winter. Learn ways to recognize and assist your guests in fit and stance needs.

Presenter: **Jim Mates**
Am/Pm: **Am/Pm**
Location: **All Locations**

Core Strength for Better Performance

Start preparing for next ski season now! A strong core is key to good skiing. Learn techniques to develop your personal core strength. Focus on movements specific to good skiing and riding, while exploring the anatomy and biomechanics of the snow sport athlete. This class will involve exercise, so please dress appropriately.

Presenter: **Betsy Baker**
Am/Pm: **Am/Pm**
Location: **All Locations**

Importance of Movement Based Teaching

Get a jump on your snowboard teaching while learning the importance of movement based instruction and using terrain based goals for motivation. Develop your understanding of the current industry trends and can use it to your advantage in lessons. Coach to your student's goals and abilities.

Presenter: **Chris Hargrave-Snowboard**
Am/Pm: **Am Only**
Location: **All Locations**

Skill Based Progression Development-Snowboard

The idea behind skill development is we learn new things piece by piece. Before sliding we need to balance on the equipment. Before learning to turn we must learn to engage and release our edge(s), then balance on edge and on and on. At every ability level these skills create the outcome that perform on the

Fall Seminar Topics

snow or in the air. The more efficient you are with these skills, the easier it will be for you to get the outcome you want.

Presenter: **Chris Hargrave-Snowboard**
Am/Pm: **Pm Only**
Location: **All Locations**

Seniors Workshop: Teaching Skill Development

Identify the client, their capabilities and establishing their goals. Determine skill development opportunities and pathways to achieving their goals. Practice building an effective lesson plan.

Presenter: **Ed Kane**
Am/Pm: **Am/Pm**
Location: **All Locations**

Movement Analysis I Alpine

This workshop will teach you how to recognize movement patterns and the cause/effect relationship to performance in skiing.

Presenter: **Divisional Staff**
Am/Pm: **Pm Only**
Location: **All Locations**

Movement Analysis II Alpine

With a focus on upper level skiing, this workshop will improve your observation skills in off-piste and bumps.

Presenter: **Divisional Staff**
Am/Pm: **Am Only**
Location: **All Locations**

Movement Analysis - Nordic XCD Downhill

Movement Analysis for both Telemark movement patterns and how they relate to alpine and track-based Nordic movements. Open to all disciplines.

Presenter: **Divisional Staff**
Am/Pm: **Am/Pm**
Location: **All Locations**

Teaching With a Focus I

Designed for the Level I certified instructor, this session will help the participant develop exercises and progressions related to specific skill improvement in skiers through level 7. Participants will utilize knowledge of ATS principles.

Presenter: **Divisional Staff**
Am/Pm: **Am Only**
Location: **All Locations**

Teaching With a Focus II

Designed for the Level II certified instructor, this session will help the participant begin to identify and describe, with precision and accuracy, skill blends and movement patterns in skiers of all ages and abilities.

Presenter: **Divisional Staff**
Am/Pm: **Pm Only**
Location: **All Locations**

**Topics offered are dependent on sign ups and may be cancelled or modified.

Directions

BY KIRSTEN HUOTTE
PSIA/AASI-NW EDUCATION AND PROGRAMS DIRECTOR

As you are reading this, I will be completing my first full year as the Education and Programs Director. Amazing how time flies when you are having fun. As we gear up for the next, your VP's, Technical Team, office staff, board of directors, divisional staff and I are working hard to take the information you have given us and put it into action. Look for new topics at Fall Seminar, day clinics and Summer Ski Camps. We are also working with staff to make information more easily accessible throughout the season.

Our fiscal year ends June 30th, so we've already had our first events of the 2006-2007 season at Timberline. And it was hot, both in temperature and huge attendance at the Professional Development Series and Summer Ski Camps. If this is any indicator of what's to come, it's going to be fantastic!

This summer at one of the ski camps we added something new; a rafting trip down the Deschutes River after a sunny day on the hill. During one of the mellow float times, I was able to lie back and revel in the sun. I knew the raft trip was going to be fun, but it turned out to be even more so than I had anticipated. The teambuilding that occurred amongst the 'campers' and staff was incredible! It was a good reminder to me and reinforced the importance to have fun while learning and how much one affects the other. The fun we had that afternoon on the rafts carried over throughout the weekend and will carry through this upcoming season. We're excited for you to see the value in our products and hope it inspires you as you go out to play or work.

So, as you sign up for your favorites or if you explore something new with PSIA/AASI-NW this year, we're keeping in mind how important it is to have fun, inspire, be mentors and give you a great learning experience you're going to want to share with everyone.

NW SNOWSPORT INSTRUCTOR

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NELSON HELPIN' OUT
 SUMMER CAMP '06

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TYLER'S GROUP-SUMMER CAMP '06



PHOTOS BY KIRSTEN HUOTTE

New Address or Email?

Send your **Name, New Address, New Phone and New Email** to

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Submission Deadlines

Issue	Deadline
Summer/Fall	July 15
Early Winter	Oct. 1
Winter	Jan. 1
Spring	March 10

Guide for Contributors

The Northwest SnowSport Instructor is published four times a year. This newsletter will accept articles from anyone willing to contribute. The editorial staff reserves the right to edit all submissions. Submit items as attachments via email or contact the editor for other options. Articles should include the author's name and a quick bio. Photos can be submitted via email or as prints. Please contact the editor for any additional information.

All published material becomes the property of PSIA-NW. Articles are accepted for publication on the condition that they may be released for publication in all PSIA National and Divisional publications. Material published in this newsletter is the responsibility of the author and is not necessarily endorsed by PSIA-NW.

From the Communications VP

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Kirsten Huotte-**Ed Program Director**
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Newsletter Ad Rates

Classified Ads: Classifieds are line type ads and will be run in a single section with different headers, i.e. Employment, Equipment for Sale, Get Connected, etc. Classified ads may vary in size and rates will be reflective of the number of words in the ad.

Rates:

20 Words or less \$10
 20-40 Words \$20
 40+ Words \$1 per word

Display Ads: Displays will be available in a variety of sizes and will be boxed or otherwise set off from the surrounding text. There will be a layout fee for display ads that are not submitted in final form.

Rates:

Size	Rate	Layout fee
2x3	\$50	\$10
4x3	\$100	\$20
7x5	\$150	\$40
7x9	\$200	\$50

A 10% discount is available for anyone running the same ad in consecutive multiple issues.

Please make check payable to:

PSIA-NW

11206 Des Moines Memorial Drive
 Suite 106
 Seattle, WA 98168

Cover: Big Mountain Staff Photo

Shaping Up!

BY JOHN EISENHAUER
 PSIA/AASI COMMUNICATIONS VP

We're shaping up. Or at least we should be! It's no accident that we've seen a focus recently on the topic of Conditioning. As Americans, we see the results of poor nutrition and a lack of exercise every day. As Snowsport Instructors, we work frequently with students whose progress is limited by their level of fitness. We have an opportunity to help them improve their physical condition. Do we have the knowledge? And let's face it, our own performance is directly linked to our own conditioning.

As a group, we probably stay more active than the general population, but we can always learn and do more. Take a look at Betsy Baker's Core Strength article in this issue. She will be presenting that topic at Fall Seminar again this year to help you put the concepts into practice. We're also posting a series of articles by Jennifer Lockwood on the website outlining a year-long

approach to conditioning. And for sheer determination and results, nothing much can top Lisa Nichoalds efforts. RJ's report is on page 20.

It's always a pleasure to publish the Certification Pass Lists from the previous season. Every member on that list has a personal story of accomplishment. Trudy Parcher's story is one of transformation through the exam process and challenges us to follow her example. Congratulations also to Gordon Garlock and Jon Heine on their awards!

The 2006-2007 season is shaping up as well. If you're interested in some early preparation, Lane McLaughlin's "3-Step" system is simple and will help you be more effective throughout the season. A strong line up of new topics along with traditional favorites promises a great learning experience at Fall Seminar. We hope you'll take the time to join us. By the way, have we mentioned Symposium? Need more reasons to get in shape? I didn't think so!

Name this place!!!

11, 166 feet tall
 Covers 3600 acres
 Drops 4350 vertical feet
 Moves 23,000 people in an hour
 Averages 400 inches of snowfall
 And on the busiest day there are less than
 2 skiers per acre
 Has 13 dining choices within walking distance of the
 Mountain Village?

BIG SKY Montana and we are going there for
Symposium this year! Oh, Yeah! Start preparing
 now because you don't want to miss this!
April 13th-15th, 2007

details will be in the next newsletter and posted online

President's Report

As Things Change...

BY ED YOUNGLOVE,
PSIA/AASI-NW PRESIDENT

I thought this might be a good time to catch you up on some of the recent "political" developments at both the division and national levels.

In May, the Northwest Board of Directors approved separate requests from the snowsports schools at Big Mountain in Whitefish, Montana, and Lookout Pass on the Idaho/Montana border to change their division affiliations to Northwest. We are excited to have these two schools and many of their instructors join the Northwest division. The division has much to offer these new members. The division is also better by the addition of these two fine schools and their many quality instructors. If you get the opportunity, be sure and welcome them personally. (Sounds like a good excuse for some great skiing.)

At the May meeting, Carol Christofero resigned her position as Executive VP because of pressing personal matters. Carol has been a valuable member of Northwest EXCOM during her years of service. Jack Burns was elected as the new Executive VP. Jack had been the Administrative VP and has done a great job in that role. Jack's election left the Administrative VP position vacant and Mark Schinman was elected to that position. Mark has been greatly involved in the development and upkeep of our division Web site. Lance Young was elected to fill the Member School VP position. Lance

has been the Specialty Schools representative on the Member School Committee and owns a Nordic School. I look forward to working with Jack, Mark and Lance in their new positions during this final year of my presidency. The May board meeting was also an opportunity for board members to meet and to interact with approximately two dozen Northwest school directors and area managers. We reviewed a report recently commissioned by PSIA/AASI reflecting the results of a sample survey of schools across the country. We had an opportunity to listen to what our division's schools and areas' needs are, to brainstorm some ideas for how our division can be more responsive to those needs and thus hopefully be more helpful to the Northwest membership. Several committees of board members are working on synthesizing the results of the several days of meetings into longer-term strategies for the organization.

In June, John Armstrong completed his last term as President of PSIA/AASI. John has been the PSIA/AASI President for the past six years. For the past five years I have had the pleasure of meeting with the national board as part of the president's council. I am currently serving as the chair of the council, and in that capacity attend not only all of the board meetings, but the National Executive Committee meetings as well. These roles have given me additional exposure to both John and the national office staff. We (you and I) have been lucky to have had John as our president. John has dedicated a great deal of time and energy to the organization, particularly during the past six years. John has been

passionate about the organization and its role in serving the members. He has been a constant "visionary." Like most good leaders, he has allowed a very capable staff to do their work, while focusing on the goals and strategies for them to take us there. Several years ago, John took time out from a hectic schedule to attend one of our Northwest board meetings. I still see that meeting as a watershed for many of the important steps that Northwest has taken in the last several years, and for me personally in my role as Northwest president. For example, it was in that meeting that the board decided to do a survey of our membership, school directors and trainers. On behalf of the Northwest division, I would like to thank John publicly for his inspirational leadership.

The new PSIA/AASI President is Ray Allard. Ray was previously the national board representative from the Eastern Division. Ray has been both the national Communications VP and Financial VP. While in Denver for the June board meeting, I had the opportunity to share a golf cart with Ray while I subjected him to my ball whacking. It wouldn't be fair to those who take the game seriously to call mine a golf game. Compared to trying to help me with my game, I am confident Ray will find his role as PSIA/AASI President a cakewalk. Ray is very knowledgeable about the industry and our organization. He is very much a gentleman and I am sure will do a great job as our national president.

I hope to see you at some of our events this season. ●

The McLaughlin Report

Do the 3-Step

BY LANE MCLAUGHLIN
PSIA/AASI-NW TECH VP

Since we're just moving into fall, I'm sure you have plenty of time and energy to think ahead to the upcoming winter and envision taking your game to another level. In fact, it's this time of year that you can go underground, into your own studio, and without prying eyes stealthily prepare to bust some moves this coming season. So, here's a training tip to help you jive to whatever beat is thrown at you in a teaching scenario. Learn the '3 Step'.

Say what - you haven't heard of the 3-step? You need to check this out and it goes a little something like this. Take any given teaching scenario you can think of and quickly think of the top 3 core ideas that jump into your head. Sort them out a bit into an order that seems to flow. 1 leads to 2 leads to 3. Without over-thinking, quickly validate that you've got 3 goodies that are true, relevant and related, and then tell a story on how you're going to move through those steps.

For example, let's say the ski class DJ spins up a little 'I want to improve my mogul skiing today.' Then I could 3-Step through:

First we're going to work on turning our feet, because we won't be able to navigate those bumps if we can't slither our feet through those tight spaces. Once our feet are turning, we'll have to work on flexing and extending our legs like springs to absorb all that wavy terrain.

Finally, if we can manage that, we'll top it off with improving our pole plant. We can swing it for flow, or more of a touch and go, or plant it firmly to anchor the show.

Or, suppose a snowboard crew is playing a mix of 'I want to add some ollies to my life'. Then I could 3-Step it like:

First we're going to work on our range of motion while straight running on a flat board. Once we can stay centered and pump it like a piston, we'll work on popping off the snow. Finally, we'll add some rocking and rolling fore and aft on the board so we can ollie-nollie all night long.

You can take this 1-2-3 teaching strategy for progression development to a snowsport rave and mix it to whatever tunes come up.

The point being, successful teaching and learning can be based on formulating logical progressions. Whether you are working with individuals or groups, for a short period or lengthy duration, you need to size up your assignment and establish a lesson plan that relies on fundamental blocks of information, technique, skills and tactics that can be sequenced in a manner that makes sense to the learner.

If you look back at the two examples I provided, the 1-2-3 is stated in a way that could easily be used to introduce a lesson. Without being too verbose, the 3-Step states

a plan and process, but without dictating the exact drills, time, runs and thousands of other variables that you'll manage during the lesson body. By presenting a high level lesson plan to the group, you can establish buy-in, show that there's going to be a variety of activities that progress toward the goal they stated and gauge their excitement for what's ahead. Being transparent with your approach is a useful step in building trust and credibility with your students.

So why 3? There's no such rule, but I honed this technique myself while chasing the dream of becoming a certified instructor. In preparing for exams, I knew I had to be prepared for any possible teaching assignment and would only have a short time to present my ideas to my peers and examiners. I knew I had to show a logical progression of ideas, teach skill development to individuals rather than using canned progressions or shot gunning a bunch of tasks, and be relevant to the assignment. For me, 3 points stated clearly up front seemed to be the right weight of showing a chain of fundamentals that, if not overly ambitious, could be demonstrated and practiced to some degree of success in a short timeframe.

So do a little homework this fall and sit down and sketch out your 3-Steps for as many teaching scenarios as you can drum up. You'll then be well prepared to take on a variety of challenges this upcoming winter. ●

Snowboard Update

New Snowboard Divisional Staff

BY DUSTIN SEMB
AASI-NW EXAMINER AND DCL
PSIA/AASI-NW SNOWBOARD
COMMITTEE CHAIR

This season brought forth many changes for AASI-NW. First of all, we actually had snow and lots of it. Though I am very happy about the many fresh snow days and the tree lines that opened up for the first time in years, one of the most exciting things for me is the addition of six new divisional staff members and the opportunity for every one of them to contribute at events this season. Over a few great days in the beginning of March, six guys with over 70 years of combined snowboard instruction experience attended the tryout. Mike Hamm, Devin Mettler, Ryan Pinette, Shawn Semb, Ryan Enfield and Don Meyer showed their skills on and off the snow. All were asked to become part of the divisional staff as a Divisional Clinic Leader (DCL) or DCL In Training (DCL-IT). Each of these guys is a great rider, coach and trainer. If you have not ridden with them, I encourage you to do so.

Mike Hamm has been riding for nearly 20 years and teaching for over 10. He has spent most of his snowboarding career based in Spokane at Mt. Spokane, where he started as one of the first snowboard instructors the mountain had and became the Snowsports Manager. Mike is one of the best instructors I have watched in action. I am glad that more of you will have the opportunity to work with Mike now that he is a DCL.

Devin Mettler is fairly new to the NW, coming to us from California where he was an examiner and divisional staff member. In the three seasons he has been here, he has made a good impression. Devin is the Snowsports Manager for Alpentel. With his new position as DCL, we all hope that Devin will make more time to ride and train with us as he is a great training asset that needs to be seen on the snow more often by the AASI-NW membership.

Ryan Pinette is one of the most passionate snowboard instructors you will ever meet. His passion for snowboarding, among other things, has driven him to become a valued recreation leader based out of central Oregon. Ryan's ability to ride and coach has constantly grown since I first met him three years ago. I look forward to his continued growth and contributions to the division as a DCL.

Shawn Semb is my brother. I have watched him go from a never-ever to DCL. Shawn has always been a fast learner. At this tryout he showed us all that he has learned more than how to make snowboarding look fun. He has become a great coach. If you have not ridden with Shawn, just look for the stocky kid who throws 60 foot inverted 540s in the park, jumps through trees, takes nearly impossible lines in the steeps and carves turns that are ridiculous. All the while screaming like a little kid.

Ryan Enfield has progressed faster in the art of snowboarding

and coaching than anyone I have ever seen. Just a few years ago I met Ryan at his Level II exam. Since then it seems he has gained one full season of progress for every week he spends on a board. Ryan has worked summers at Mt. Hood as a digger and coach. His passion and skill in the freestyle aspect of snowboarding and coaching are nearly unmatched in the industry. Ryan will become one of the industry leaders and will make many contributions in his short time as a DCL-IT.

Don Meyer is an amazing guy. A few months before tryouts, he came to a training event with the intention of making the divisional staff in a couple years. What he did over the weeks between that training and the tryout is unknown to me, but it worked. He is now a DCL-IT. Don has been in snowsports instruction longer than most of us have been snowboarding and it shows. He has a wealth of knowledge that shined during the indoor portion of the tryout. I hope everyone gets the opportunity to talk with Don about ALL sides of snowboarding. He has experience in most and knowledge in the rest.

These six newest members of our divisional staff will be active in many aspects of our division. They are all great assets with varying strengths and I hope that every AASI-NW member has the privilege of working with each one of these guys. I feel very lucky to have spent those five days in March with this group. Congratulations and good luck Mike, Devin, Ryan, Shawn, Ryan, and Don!

Instructors of the Year

Gordon Garlock Instructor of the Year

BY ANDREW COLLIN
TIMBERLINE

Gordon Garlock's absolute uncompromising passion for skiing and the teaching of snowsports makes him a standout among the truly worthy for the honor of being named divisional instructor of the year. One in a group of sterling individuals to be named to the first class of "legends" of Timberline Lodge Snowsports Instruction, for many of the Timberline staff, Gordon has become ski instruction on Mt Hood.

Outstanding trainer, coach, mentor and friend, he has probably skied more Mount Hood days than anyone you know. Annually working on his skiing and coaching more than 110 days each year, he has skied a minimum of one day each month for almost 26 years.

As a trainer and coach, his critical eye is dead on — and what he sees he can fix. His knowledge of

gear and its interaction with snow is second to none. He lives and breathes every aspect of our sport.

Many talk the talk, but few have walked where Gordon walks. Gordon is the real deal— a skiing machine who will challenge wind, rain, depth and darkness for the sheer love of sliding and as he likes to say: "Stamping out skiing ignorance wherever it raises its sinister head". He seems to be guided by some weird homing device that seeks out skiers in need. I can recall a time when I had traveled to Mt Hood Meadows to prepare for an upcoming certification exam. The weather was foul and many of the lifts were not running. The lifties were telling people that if they hurry with one run, they could get their money back. I thought I was the only one on the hill. I found a sheltered spot off the Hood River Chair and was working through a hop turn deficiency. I looked up the run to

check my tracks and off through the ice and freezing wind driven rain, I see this guy arcing long radius turns like it was a fresh corduroy sunny spring morning. Gordon was out just to make some turns. He must have worked with me for a few hours and as long as the ground beneath him was reasonably white, all was perfect in his mind.

One could tell Garlock stories until Mt Hood becomes beach front property, but the true measure of this phenomenon is that Gordon has the passion that we all talk about and he leads by example. Countless students, Instructors, ski school directors and mountain administrators have benefited from his good counsel. He is a Ski Industry great and we do ourselves and our profession a great honor, by offering to Gordon the noble show of respect and naming him divisional Instructor of the Year. ●

Jon Heine Instructor of the Year

BY CHRIS BATH & JOHN QUICKSTAD
ULLR

Jon has a quiet way of influencing people and passing along a true enjoyment of winter sports. His approach to teaching very much depends on his students.

The elementary aged students that he teaches are exposed to constant movement with minimal talk. A quick individual comment or a challenge to try something new

makes students stretch their skiing skills and have fun. But when he talks to a fellow instructor about a particular student, it's obvious that he's doing a great deal of thinking about that student's progress. He truly is concerned about everyone's success.

That is also true when he teaches a clinic for instructors. However, in that setting he is more outwardly analytical. His suggestions are always simple and helpful. They

tend to emphasize how a particular movement should feel. Then he couples his brief comments with clear demonstrations. One of Jon's clinics is full of new ways to look at skiing.

But the most obvious expression of Jon's commitment to skiing is the fact that his young son is learning to love the sport as much as his dad. ●

From the Membership

Will the Real "CORE" Please Stand Up?

BY BETSY BAKER
PSIA/AASI-NW DCL

By now you've all heard about "the core" or "core strengthening" programs, right? Hopefully you've already incorporated core strengthening into your fitness routine (if not, you need to be!). But, are you really using your TRUE core? Do you really know what the real core is?

Why is the core such a crucial part of training? Well, imagine standing in a canoe on a lake and trying to step off onto a dock. Now, think of standing on the ground and stepping up onto a step. Which is easier? When you move from an unstable surface (canoe), your muscles have to work harder and are less efficient. The same is true for your body. When your core is stable, then your extremities (arms and legs) can move from that stable base more efficiently, regardless of the activity or sport.

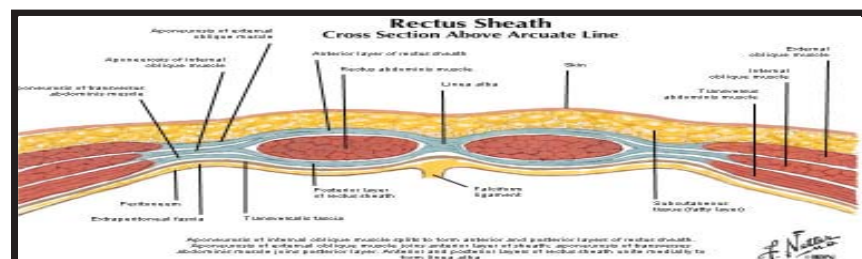
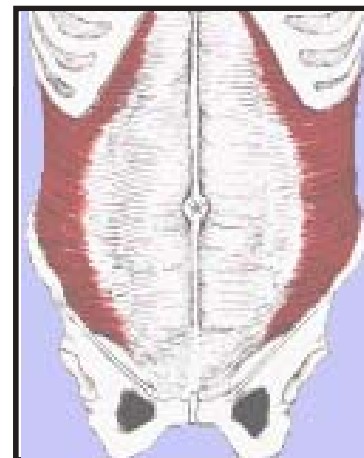
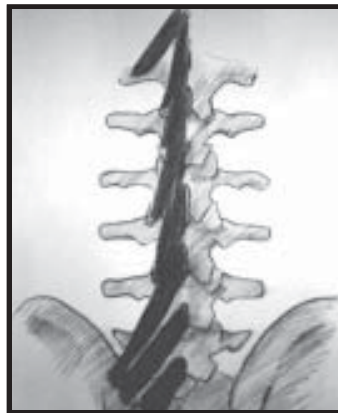
So what is the CORE? From my perspective the true definition of a core is like an apple core. It is the INSIDE of the apple (not just the midsection-the area from the ribs to the butt); as is true with our bodies. Our "inner" core, the most important part for trunk/core stabilization exercise, is inside your body, *deep inside*, closest to the spine and pelvis.

There are three muscle groups that make up the inner core: the Transversus Abdominis muscle, the Multifidus muscles, and the pelvic floor muscles. These are the most important muscles involved in dynamic stabilization of the lumbar spine and trunk. Not to say that the glutes (butt muscles), psoas (hip

flexors) and more superficial abdominals ("six pack"-rectus abdominis and obliques) aren't important, but read on and you'll discover why they can do more damage than good if the inner core isn't developed first.

Let's take the transversus abdominis (TA) first. This is an amazing muscle that is the deepest of all the abdominals. It wraps around the lower abdominal wall, attaching into the pelvis and around back to attach directly into the bones of the spine. Because this muscle runs horizontally around the body, when it contracts, it pulls your abdominal wall inward and provides a lateral pull on both sides of the spine, applying a stabilizing force on the lumbar spine segments. The transversus abdominis helps to control the motion at the spine that is generated by the larger more superficial trunk muscles. (See diagrams - also online at www.psia-nw.org)

Next is the multifidi. The multifidus group is the deepest muscle group in the lower back, attaching from the tailbone upward, segment by segment on each lumbar spine vertebrae. These muscles vary in size, but usually span one to three vertebrae. They are located deep compared to all the other superficial lower back muscles (paraspinals) and when they contract they help to stabilize each segment of the spine on each other in a more vertical fashion. (see picture) So, hopefully by now you are picturing the horizontal stabilization of the TA and the vertical stabilizers of the multifidus. The interaction of the TA and the multifidus creates a decompressive and stabilizing force on the segments of the spine! (See diagram). There are even more intricate details than that for segmental stabilization, but I'll spare you the further biomechanical details.



From the Membership

The last, but definitely not least of the inner core muscle groups is the pelvic floor. If you think of our trunk like a cylinder, like a pop can, the pelvic floor is the bottom. If you don't have good control and stabilization of the bottom of the can, the contents will fall out, right? You don't want that. Not only for the obvious reasons, but also because low tone in these muscles allows the weight of your insides (abdominal and pelvic organs) to drop down,



increasing the stress on your lower back and destabilizing your core.

So, by now you are saying, “okay Betsy, you tell me these are so important, but how do I strengthen these muscles?” “Should I be doing more crunches?” The answer is not a simple yes or no. The difficult part of all this is that you *first* need to learn how to do a small, gentle isometric contraction of all these inner core muscles individually so that you can teach your brain to actually turn these muscles on correctly. Research has shown that these muscles are supposed to be the first muscles in the body to turn on, before you even start to move your arm to grab that hot latte you just got at Starbucks. Your trunk needs to be stable for your arm to efficiently move (or your legs).

After you have learned to correctly recruit these deep muscles to stabilize from your inner core, THEN you can start doing all the fancy core stabilization exercises you read about (mat exercises, ball exercises, crunches, etc). Recent research has shown that even that good old standard, Wall Sits, (remember those burnin’ quads?) is more efficient if your deep core muscles are correctly recruited. In fact, if you recruit even just your pelvic floor muscles while you are doing a wall sit, you can stay in that “sit” position on average 20% longer. But, the crucial part is for you to learn how to integrate your inner core muscles and maintain their activity/contraction while you are doing those other “outer core” strengthening exercises. Eventually, after you practice enough with those inner core muscles, that recruitment will become a new, ingrained motor program for your body and your inner core will become more stable.

If you start by just doing exercises for the outer core muscles, you will be using strong muscles with large leverage that create motion and compression of your spine, but without the deep inner core muscles engaged, that motion will not be controlled at the segments of your spine, and your inner core muscles won't be engaged to help control the compressive forces of those larger, outer muscles. That can cause injury and is one reason why people with low back pain have recurrent pain when they haven't learned to integrate their inner core. Plus, using those deep stabilizing muscles of the trunk and spine will allow the nerves that exit those segments of the spine to work better, sending clearer signals to the muscles they control,

thus allowing those muscles in your arms and legs to be more active and stronger! (a good way to fix and prevent those “overuse injuries”).

So, you can imagine how much more efficient we can be as skiers and riders when we have a more well-trained inner core and a stronger outer core. In the interest of professional accuracy, I will not attempt to explain in print how to accurately recruit these inner core muscles. (It takes a skilled touch to give you accurate feedback if you are doing it correctly). But, many of you who have attended the Fall Seminar and Spring Fling “Core Strengthening for Better Performance” classes have already learned! If you haven't attended these seminars and you are interested in learning more about recruiting these inner core muscles, feel free to contact me betsyskis@msn.com or gbaker@olympicpt.com, or any one of the therapists or exercise staff at Olympic Physical Therapy (www.olympicpt.com), Athletic Engineering (Seattle), or Unlimited Athlete (Renton, Kirkland).

Here's to a strong, injury-free ski and snowboard career! ●

Betsy Baker, PT, CMPT is a Level 3 Certified physical therapist by the North American Institute of Orthopedic Manual Therapy, a Level 3 Certified Alpine Instructor and a Divisional Clinic Leader for PSIA-NW. She is the owner/partner of Olympic Physical Therapy of Everett. Olympic Physical Therapy is proud to be an Official Medical Provider for the US Ski Team and Betsy is one of the official rotating physical therapists for the Alpine, Freestyle, Snowboard and Adaptive teams. Betsy is also a race coach for Team Lyon and a Training Director for Lyon Ski School at Stevens Pass.

From the Membership

Notes from Watching My Wife Disappear

BY RJ NICHOLDS
PSIA-NW TECHNICAL TEAM

For those of you that know me or have skied with me in the last couple years, you know that I have two young girls at home. Carissa is twenty five months and Kirby is nine months as of the time I wrote this article. With these children only 16 months apart, you can imagine what the last three years have done to my wife's body and physical condition.

I am writing this article for two reasons; first, not to tell you about my kids, but to share with you an inspirational story on how my wife recovered from this abuse of her body. And second, because I have NEVER participated in a PSIA event where someone hasn't told me that they are out of shape and need to get going on a fitness program.

Her efforts truly inspired me and I hope this story inspires you too.

In January 2006 we sat down to discuss some goals for the upcoming year, and a primary one for Lisa was to compete in the "Body for Life Challenge". I knew very little about Body for Life except it meant my wife getting in shape, so who was I to argue? Quietly, I thought to myself, "ya...I'll believe it when I see it."

Well, a couple weeks later she was still dragging herself out of bed at 5:00 AM and heading downstairs to our basement to get her work out in. By the time I got up at 6:00 AM, she was already done and headed to the shower. While this was difficult for the first couple weeks, she soon began springing out of bed really looking forward to getting up in the morning.

Two weeks went by and we took

some progress photos. Four weeks went by and we took more progress photos. Every two weeks, we saw a little smaller version of Lisa. Twelve weeks later, I was looking at and living with an entirely different person. Not just physically, but emotionally. Her self confidence jumped enormously and her mind set with the chaos of two little girls running and screaming around the house was much more at ease.

How did she do this?? She followed the Body for Life Challenge to the last detail. This program is a three tiered approach. In order of importance they are: diet, weight training and cardiovascular training.

Diet

Eat six small meals a day with balanced portions of Protein, Carbohydrates and Fat. Your portion sizes should be the following:

Your protein portion should be the size of the palm of your hand. This should be cooked very lean with minimal oils and sugar that will create empty calories. Seasoning is fine as long as sodium, sugar and fat are minimal.

Your carbohydrate should not exceed the size of your fist. This portion should include whole grain rice, a potato or some kind of whole grain pasta. It is important that you choose "whole" foods as opposed to processed foods. We ate a lot of brown rice and sweet potatoes. The only time we ate any bread, it was whole grain bread that crunched in your mouth.

Your vegetable portion can be all you want. Just make sure they are steamed or grilled and you keep the condiments to a minimum. A very light spray of olive oil along with a light seasoning was all we needed.

Weight Training

The reason weight training comes before cardio is the idea that increased muscle mass burns fat. Therefore, if you have more muscle, the more efficient fat burning machine you will be. This is entirely different thinking than I was used to. I always thought that if you want to lose weight, you just have to spend hours doing cardiovascular work. Not true!! As far as the weight training goes, here are some main points.

You do not need to be a member at a gym. A few sets of dumbbells and a bench or Swiss Ball is all you need to get started. Work your body parts systematically. One work out is the upper body which works: chest, back, shoulders, arms (biceps/triceps). The Second work out is legs and abs.

Treat your abs like any other body part. In other words, if you want definition in your mid section, don't do crunches every day until you throw-up! Like any other muscle group, these need to be worked to failure and also have time to recover.

Here is how it works! The Body for Life program uses a "Highpoint Principal" of sets and reps for each body part. For each of the first four sets, you increase the weight while decreasing the number of reps. The fifth and sixth sets are a "compound set" where you drop the weight, do 12 reps of the same exercise and with no rest, immediately do a different exercise for the same muscle group to 12 reps or failure.

For example, let's consider doing the chest as a body part

Set 1 - Dumbbell Chest Press - 12 reps 40 lbs - rest 1 minute

Set 2 - Dumbbell Chest Press - 10 reps - 45 lbs - rest 1 minute

Set 3 - Dumbbell Chest Press - 8

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reps 50 lbs - rest 1 minute
 Set 4 - Dumbbell Chest Press - 6
 reps 55 lbs - rest 1 minute
 Set 5 - Dumbbell Chest Press - 12
 reps 50 lbs - no rest
 Set 6 - Compound Set Push Ups 12
 reps/failure - rest 2 minute
 Move to a new body part and repeat
 the process again

Finally, it is very important that these sessions last no longer than 46 minutes for two reasons. First, too much time spent in the gym can result in over training and doing more damage than good. Second, keeping within the time keeps it short and sweet and easy to get on with the rest of your day.

Cardiovascular Training

During the entire twelve weeks Lisa never spent more than 25 minutes on the treadmill. Cardio can be done on a bike, Stairmaster, elliptical trainer, jump rope or whatever enables you to quickly change the speed and resistance.

In the Body for Life program, their thinking is that if you just go at the same pace for a long time, you will eventually burn muscle. Less muscle mass, reduces fat burning cells, resulting in reduced fat. So their thinking is to do "High Point" interval training in the cardio, similar to the weight lifting. Highpoint interval training is a short series of five minute building exercises that pushes your heart rate to the max level, and back down for short mid level recovery.

The level of intensity works like this. On the low end at Level 1, you have the intensity of sitting on the couch watching TV. Level 2 would be standing, and so on up to level 10 which is all out focused effort. A true level 10 experience is where you can honestly tell yourself you gave it every single ounce of energy you have. A true "high point" comes from your mind, not your muscles. But it does allow you to access deeper into your muscles.

The cardio program works like this:
 Minute 1&2 - Warm up - Level 5
 intensity
 Minute 3 - Level 6
 Minute 4 - Level 7
 Minute 5 - Level 8
 Minute 6 - Level 9
 Minute 7 - Level 6
 Minute 8 - Level 7
 Minute 9 - Level 8
 Minute 10 - Level 9
 Minute 11 - Level 6
 Minute 12 - Level 7
 Minute 13 - Level 8
 Minute 14 - Level 9
 Minute 15 - Level 6
 Minute 16 - Level 7
 Minute 17 - Level 8
 Minute 18 - Level 9
 Minute 19 - Level 10
 Minute 20+ - cool down
 Stretch, shower and get on with the rest of your day.

Program Overview

This is a six day a week program. You eat six "clean" small meals a day. You work out six days a week alternating Upper Body Lifting - Cardio - Legs and Abs -and Cardio. This regimen is alternated every week, so some weeks you lift upper body twice, and on another week, you work legs and abs twice. You also have one "day off" a week where there is no exercise and you can eat anything you want.

Finding that extra hour in a day was not that difficult. Based on the reasoning that your energy level will increase, thus you will need less sleep; it is obvious where you find the time.



Get out of bed One Hour Earlier!!!! I guarantee you will feel better and have more energy throughout the day. You will also kick start your metabolism first thing in the morning and keep burning fat more efficiently throughout the day.

According to Body for Life, "failure to plan is planning to fail." Get a journal, build your plan for the next day and record your actual results. Do this for 12 weeks and you will be off to a healthier, fitter you.

Summary

This is a great program. If it is your objective to get in shape, this is a great place to start. It is truly an educational guide for nutrition and exercise. My wife has helped educate and truly inspired me. My hope is she will inspire you too.

If you are serious, go to your favorite bookstore and pick up Body for Life, by Bill Phillips. You can also go to <http://bodyforlife.com/>

Any questions, please contact me or my wife Lisa. The PSIA office will gladly provide you with our contact information. If you don't believe me, a picture is worth a thousand words.

In closing, a very close friend of mine said to me once, "I have six pack abs.....they're just in the back of the fridge." This program will give you the opportunity to get them in front of the fridge. ●



Adaptive

The Exam Process From an Adaptive Point of View

BY TRUDY PARCHER
ALPINE II, ADAPTIVE II, ADAPTIVE
COMMITTEE MEMBER

I'm not certain anyone likes taking tests. I certainly don't. But this past winter I committed to taking the Level II Adaptive certification and I'm so glad I did.

Of course taking a test isn't so bad - once it's over and you pass. And I can happily say, it's over and I passed. But the outcome isn't about the pin, the recognition of your peers or the increase in pay.



It's about what you gain through the process.

After 30 years of teaching, a person can easily get stale. One tends to rely on the same old things to say and do and teaching can become rote. That's not the case in the adaptive world. Sometimes we fly by the seats of our britches - adapting to the moment, the disability, the person, the weather. Everything! Creativity is key. Studying for the exam opened up my mind to so many new possibilities for adapting!

Through the process I discovered that there is a lot of literature

available and there are some wonderful technicians who love to share their knowledge and expertise. But there are so few local adaptive instructors that someone seeking certification can feel quite alone. The advice, techniques and encouragement I received were invaluable, but when it came right down to it, so much of the study meant just getting out there and doing it.

That of course leads to the students. I couldn't have done it without them! The on-snow interaction each weekend with folks who came to me in wheelchairs, on crutches or with a guide were priceless in my learning. I owe them so much. They were patient students who gave me their trust as we worked together to learn new and better ways to adapt to their individual needs in order to facilitate progress. Whether standing up or sitting down to ski, they were my inspiration and motivation. We based all of our lessons on PSIA alpine standards and tweaked from there. We followed the progression. We were student centered. We set reasonable goals and worked together to attain them. The season was a success for the students and me.



I came away from the exam and the winter so hungry for more. I want to know all I can about different disabilities and conditions, as well as new and old techniques for teaching people with disabilities and able-bodied students. Although preparing for the exam helped to broaden my knowledge base it also encouraged me to continue to learn. I want to be the best I can be, not that instructor who relies on the same old thing, week after week.



If you've reached a point in your teaching career where you feel you could use a kick in the behind, then commit to the exam process. Take clinics, talk to other instructors who work in your area of interest and be a sponge. Then get out on the hill and go to work. By the end of the season and the exam, you'll be more knowledgeable, more interesting and more fun for your students. And isn't that what it's all about?

Summer Race Camp Memories

From Mountain To River

BY JACK BURNS
FIORINI SKI SCHOOL
PSIA / AASI-NW EXECUTIVE VP

Summer Race Camp introduced a new event this year, rafting on the Deschutes River.

About 35 camp attendees and other PSIA members ventured to Maupin, Oregon for an afternoon of rafting in the sun baked canyon through which the Deschutes River flows. Maupin is approximately 45 miles from Government Camp.

After gathering near the City Park, we were bussed to the “put in” site. Once we were fitted with life jackets and heard the obligatory safety lecture, we divided into 5 groups and boarded our craft.

The Fiorini Ski School contingent, 16 strong, including our trusted photographer, Wayne Nagai, divided into 3 boats. This article primarily recounts the antics of those 3 boats. I am sure the others have similar stories to tell.

My boat (Fiorini I) was immediately rechristened “The Pirate Ship.” While Linda Cowan was aboard and tasked with keeping the young pirates in line, ultimately, she failed miserably.

At the beginning of our 3 ½ hour float, paddle splashing and other attempts to wet down those in the other boats took place. Because of the temperature, 98 degrees, no one really minded.

Shortly after our float began, we heard shrieks and screams coming

from Fiorini II. Andrea Keenan, moving like a cat, quickly moved from the back of the craft to a standing position on the bow. Only the guide was quicker in moving to an elevated position. The reason for their angst was described by those aboard as a ten foot long Burmese Python with snapping razor toothed jaws. In reality, it was a pencil thin garden snake found in the bottom of the boat by Takashi Tsukamaki. After the snake was dispatched (means unknown), a semblance of normality returned to the trip.

As the float continued, little rapids lead to bigger rapids and the only injury of day. As Fiorini II dropped into a hole wetting down the craft and crew, Rob Croston head butted Emmy Croston (accidentally he says). While Emmy slowly recovered, her head was still ringing at the end of the trip.

After an hour of floating and learning the balancing skills required to stay aboard our unstable craft, the crew of the Pirate Ship became restless. Plotting evil, our boat slowly and stealthily approached Fiorini II. At close range, Brandon Mobley, Mike Roberts, Jeff Burns and Ryan Christofferson attacked. They leapt aboard Fiorini II and pulled Jeff Cordell into the cold water of the Deschutes River despite the valiant efforts of his crew mates, including Micheal and Justina Blackburn and Kim Nelson, to save him. Meanwhile, Adrienne Burns made a noble effort to stay dry aboard the Pirate Ship. While all the attackers

also ended up in the river, it was a victory for the Pirate Ship.

Flushed with success, the Pirate Ship set its eyes on another target. Floating nearby was Fiorini III captained by Nelson Wingard, an honorary Fiorini. Attacking from the rear, the young crew of the Pirate Ship was able to sneak up on his unwary craft, leap aboard, capture Nelson and return him to the Pirate Ship. Bob Jennings and the rest of the crew of Fiorini III put up a heroic, but unsuccessful, effort to save Nelson. He was ultimately ransomed back to his boat.

As time passed, and the laziness of the float began to over take us, the crew of the Pirate Ship roused itself by planning yet another attack. Lazily sunning herself on Fiorini III was the lovely Kirsten Huotte. In true pirate fashion, it was decided that we needed a charming wench to adorn our craft. Approaching stealthily, the boarding party readied itself for the attack. Unaware, Kirsten continued to lie across the boat soaking up the fading rays of warm sunlight. At the instant of attack, Jeff Burns leapt to gain control of the unsuspecting craft while the other young pirates readied themselves to grab Kirsten. Unfortunately, his leap fell far short. He knifed into the water without a splash, bumped along the bottom of Fiorini III and appeared, sputtering water, on the far side of the boat. The attempted capture was an abysmal failure much to the delight and laughter of Kirsten and her crew.

Continued on page 18

Summer Camp Continued

Continued from page 17



The most exciting moment of the trip came as all the boats neared the biggest rapids and drop off of the trip. After gathering upstream to receive specific instructions for negotiating the next several hundred yards, each of the boats,

with the exception of Fiorini III, made it through this part of the trip unscathed. As Fiorini III dropped approximately 6 feet into a swirling pool of foaming river, the boat filled quickly with water. Because he had failed to follow instructions to brace his feet before entering the rapids, Eric Herzog was swept out of the boat into the fast moving current. The stark look of terror on his face faded only after the guide from one of the other boats perfectly tossed a life line that allowed Eric to be pulled to shore.

After floating to the "take out" point, we were bussed back to the City Park for a great meal of london broil, chicken, mashed

potatoes, fresh corn, salad, fresh fruit and desert. It was a great meal to end a perfect day of skiing and rafting.

The rafting trip was a great addition to the camp schedule. Thanks Kirsten. Creative thinking like this will make future camps and events even better. ●



Certification Pass Lists

Congratulations.....

ADAPTIVE I

Parcher Larry Mt Baker

ADAPTIVE II

Parcher Trudy Mt Baker

ALPINE I

Abbink	Walter	Loup Loup
Adolphson	Matt	Mt. Ashland
Akerman	Erik	Mt. Hood Meadows
Aldrich	Greg	Olympic Ski Bowl
Allen	Timothy	Willamette Pass
Allen	William	Mission Ridge
Alsos	Mick	Fiorini
Altringer	Nicole	Schweitzer
Amsberry	Eric	Skibacs
Anderson	Jm	Mission Ridge
Antetomaso	Matthew	Skibacs
Apker	Kim	Skibacs
Aragon	Lesia	Fiorini
Artigues	Roger	Mt. Hood Meadows
Balkman	Matthew	Ski Masters
Ballingier	Nathan	Mt. Bachelor
Balweg	Shane	Summit Lrng Cntr
Barbee	Peter	Skiforall
Barker	Sharon	Crystal Mtn
Baty	Haldis	Skibacs
Bekken	Lindsay	Schweitzer
Bellamy	Colton	Silver Mtn
Bennett	Jm	Clancy's
Bergstrom	Marge	Lyon
Bergstrom	Tom	Lyon
Bivona	Ellen	Stevens Pass
Blackburn	Michael	Firoini

Bohler	Peter	Mt. Bachelor
Boiko	Scotty	Summit Lrng Cntr
Bonner	Williams	Stevens Pass
Brandal	Inger	Crystal Mtn
Brenner	Alan	Snow Sports NW
Brinkley	Matthew	Mt. Bachelor
Broecking	Jara	Skibacs
Bullock	Treothe	Timberline
Calcaterra	Wayne	Mt. Spokane
Carew	Rebecca	Webbski
Carlton	Phyllis	Mt. Hood Meadows
Carr	Jula	Mt. Bachelor
Carstens	Sue	Ski Masters
Chambes	Diane	Timberline
Cheng	Alex	Summit Lrng Cntr
Chiozza	Carole	Skibacs
Clement	Austin	Lyon
Clement	Beasha	Lyon
Clyde	Kendra	Schweitzer
Coleman	Danny	Lyon
Colmenares	David	Summit Lrng Cntr
Compton	Jonathan	Schweitzer
Comstock	Jari	Loup Loup
Cook	Kathryn	Ski Masters
Cooper	Erik	Hoodoo
Cossano	Jam	Skibacs
Crandall	Carrie	49° North
Curetina	Susan	Skiforall
Dolan	Joseph	Stevens Pass
Dance	Kari	Summit Lrng Cntr
Darbut	Alexander	Mt. Hood Meadows
Davidson	Lorri	Stevens Pass
Davis	Liz	MohanSkn&Brng
Davis	Seamus	Mt. Spokane

Deborzner	Max	Summit Lrng Cntr
Deyo-Malone	Brenda	Silver Mtn
DiBari	Jessica	Mt. Baker
Dieckerhoff	Sue	Ski Masters
Diltz	Chadwick	Webbski
Divis	Jennifer	49° North
Dobbs	Alexa	Skiforall
Dolan	David	Mogul Busters
Droz	Mitchell	Webbski
Earle	Jessica	Mt. Spokane
Erber	John Paul	Skiforall
Etsell	Karen	Summit Lrng Cntr
Eytchison	Brooke	MohanSkn&Brng
Feider	Michael	Bluewood
Feifel	Marc	MohanSkn&Brng
Fery	Frank	Olympic Ski Bowl
Finke	Kevin	Skibacs
Fister	Jaame	Silver Mtn
Fitzgerald	Kara	Schweitzer
Fontana	Katherine	49° North
Forsythe	Amber	Lyon
Forsythe	Michael	Lyon
Fox-Lent	Catherine	Mt. Hood Meadows
Frickel	Jennifer	Mt. Bachelor
Fuller	Jacqueline	Lyon
Fuller	Tara	Lyon
Georgell	Chris	Summit Lrng Cntr
Gibson	Scott	Lyon
Glogosh	Sherrie	MohanSkn&Brng
Goodman	James	MohanSkn&Brng
Gracic	Jak	Summit Lrng Cntr
Graham	Elyse	Mt. Bachelor
Gray	Dayman	Crystal Mtn
Greene	Jama	Stevens Pass

Certification Pass Lists

Grenager	Nancy	Silver Mtn	Mccormick	Bart	Fiorini	Sherman	Nathan	Skiforall
Gross	Laura	Mt.HoodMeadows	Mclaughlin	Bill	Mt.Baker	Shields	John	Summit Lrng Cntr
Grosvenor	Sarah	Timberline	McVarigal	Steve	Skibacs	Showalter	Channing	Webbski
Gustavson	Martha	Mt.Spokane	McVarigal	Tyler	Summit Lrng Cntr	Shultz	Jacob	49° North
Hackett	Thomas	Mt.HoodMeadows	Meece	Daniel	Stevens Pass	Sipes	Nathaniel	Summit Lrng Cntr
Hallquist	Emily	Clancy's	Meehan	Maureen	Stevens Pass	Skaer	Natalie	Mt.Spokane
Hamilton	.be	Mt.Spokane	Merck	Katherine	Schweitzer	Smith	Nolan	Schweitzer
Hammer	Meir	MohanSkn&Brang	Moore	Francis	Skibacs	Smith	Maddy	Summit Lrng Cntr
Harding	Mark	Skibacs	Murphy	Brian	Hoodoo	Smith	Patricia	Mt.Bachelor
Hare	Travis	Summit Lrng Cntr	Mylet	Quentin	Webbski	Smith	Kevin	Olympic
Harris	Marcella	Summit Lrng Cntr	Narayanan	Narasimhan	Mt.HoodMeadows	Snare	Derek	MohanSkn&Brang
Harris	Sam	Summit Lrng Cntr	Nathane	Kim	Ski Klases	Snow	Chris	Skiforall
Hart	Scarlet	Mt.Ashland	Nieghbor	Josh	Ski Masters	Stone	Dan	Crystal Mtn
Hauk	Sheila	Skibacs	Nishimoto	Marissa	Ski Klases	Stuhr	Brian	Mt.HoodMeaodws
Hausken	Zach	Willamette Pass	Norlin	Dustin	Mt.HoodMeadows	Suzuki	Risa	Clancy's
Heaverlo	Jim	Ski Klases	North	Ryan	MohanSkn&Brang	Sweet	Will	Webbski
Helmgren	Karl	Summit Lrng Cntr	Nova	Ian	Summit Lrng Cntr	Tangen	Michael	Skibacs
Hiesche	Constance	Summit Lrng Cntr	Oakley	Molly	Mt.Spokane	Tate	Adam	Mt.HoodMeadows
Houston	John	Olympic Ski Bowl	Ockenfels	Nick	Webbski	Thomas	Ryan	Ski Klases
Howard	Marsha	Silver Mtn	Oliver	Rebekah	Skibacs	Thompson	Anne	Mt.Baker
Hulett	Robert	Mt.Baker	Orstad	Brandon	Edmonds/Shoreline	Tillay	Jan	Bluewood
Hurley	Andree	Stevens Pass	Otey	Megan	Summit Lrng Cntr	Toney	Matthew	Mt.Ashland
Huse	Mike	Mt.Baker	Parrish	Deba	Summit Lrng Cntr	Tong	Matthew	Fiorini
Isacs	Britney	Mt.HoodMeadows	Patmas	Ariana	Mt.HoodMeadows	Torkelson	Amy	Summit Lrng Cntr
Isliiter	Julie	Mogul Busters	Pearson	Lisa	Mt.Spokane	Towry	Ryan	Mt.Spokane
Iverson	Amy	White Pass	Pendergrass	Eble	Clancy's	Treat	Tosha	Mt.Bachelor
Iverson	Kiffani	White Pass	Peterson	Rachael	Willamette Pass	Tsukamaki	Yuka	Fiorini
Jacobs	Eric	Mt.HoodMeadows	Pfeifer	Stephen	Mt.Bachelor	Unruh	David	Webbski
Jewett	Toby	Ski Masters	Pickering	Kirk	Mt.HoodMeadows	Vigil	Isaac	Webbski
Johnson	Cara	Olympic Ski Bowl	Pinette	Ryan	Hoodoo	Wagner	Nate	Schweitzer
Jones	Haley	Summit Lrng Cntr	Pinnick	Island	MohanSkn&Brang	Walker	Colin	Summit Lrng Cntr
Jones	Heather	MohanSkn&Brang	Pinsky	Sam	Summit Lrng Cntr	Walker	Lindsay	Webbski
Jones	Lisa	Summit Lrng Cntr	Postlewait	Steve	Snow Sports NW	Walsh	Brad	Fiorini
Kallhoff	Jan	MohanSkn&Brang	Pottratz	Richard	Timberline	Webb	Carrie	Webbski
Kalowsky	Daniel	Olympic Ski Bowl	Powell-Johnson	Sharon	Silver Mtn	Webb	Matthew	Webbski
Kassman	Greg	Mission Ridge	Pugmire	Eric	Crystal Mtn	Werner	Jane	Mt.Spokane
Katz	Stephen	Mt.HoodMeadows	Ramirez	Richard	Lookout Pass	Westcott	Paul	Crystal Mtn
Kennaday	Brigid	Willamette Pass	Rausch	Don	Lyon	White	Reese	Crystal Mtn
Kennedy	Matthew	Schweitzer	Rehder	Megan	Webbski	Whiteham	Kyle	Willamette Pass
Kim	Shon	Mogul Busters	Retterbush	Eric	Skibacs	Wilson	Richard	Summit Lrng Cntr
Kinne	Evan	Bluewood	Reuland	Kenady	Mt.Bachelor	Winicki	Joshua	Mt.HoodMeadows
Koch	Travis	Summit Lrng Cntr	Rhodes	Greg	Crystal Mtn	Wood	Joseph	Mt.Baker
Koksu	Matt	Skibacs	Riquelme	Richard	Mt.Baker	Yamada	Melodye	Skibacs
Kolstoe	Sonja	Fiorini	Roberts	Andrew	Bluewood			
Kovach	Dan	Skiforall	Roberts	Beverly	49° North			
Krakenberg	Paul	Mt.HoodMeadows	Roberts	Charles	Silver Mtn			
Kreta	Greg	Timberline	Robertson	Michael	Mt.Spokane			
Kroll	Marie	Olympic	Rogers	Jason	Crystal Mtn			
Krueger	Ralph	49° North	Romick	Carey	Olympic Ski Bowl			
Kufta	Corene	Stevens Pass	Rose	Linda	Mt.HoodMeadows			
Kurihara	Justin	Webbski	Rosenthal	Albert	Skibacs			
Larkin	Ben	Mt.Spokane	Rosman	Andrew	Skibacs			
Larson	DJ	Crystal Mtn	Rowe	John	Skiforall			
Lentz	Gretchen	MohanSkn&Brang	Rowland	Steve	Timberline			
Levy	Ulani	Mt.Bachelor	Sakita	Taro	Skiforall			
Littman-Smith	Rebecca	Mt.HoodMeadows	Samuel	AJ	Summit Lrng Cntr			
Longworth	.be	Mt.Spokane	Sasu	Traian	Olympic Ski Bowl			
Lundquist	Wendy	Skibacs	Sause	Charlotte	Mogul Busters			
Lynott	Taylor	Mt.Spokane	Savoie	Danielle	Willamette Pass			
MacDougal	Meryn	Mt.Ashland	Schier	Kelsey	Skibacs			
Maldonado	Wesley	MohanSkn&Brang	Schneider	Stephen	Mt.HoodMeadows			
Maloney	Francis	Mogul Busters	Schoessler	Kari	Fiorini			
Mam	Jan	Stevens Pass	Schoessler	Kyla	Fiorini			
Mam	Jan	Stevens Pass	Schow	Steve	Lyon			
Marck	Kevin	Summit Lrng Cntr	Schumacher	Lynn	Mt.HoodMeadows			
Marzio	Michael	Schweitzer	Sena	Mark	MohanSkn&Brang			
Maurer	Kathryn	Mt.HoodMeadows	Serman	Erma	Fiorini			
May-Farley	Sheila	Summit Lrng Cntr	Shadobal	William	Summit Lrng Cntr			
McAvage	Rebekkah	Mt.Ashland	Shank	Chris	Summit Lrng Cntr			
McClelland	Jacob	Skibacs	Sherman	Kathleen	Fiorini			

ALPINE II

Anderson	Jim	Mission Ridge
Arrouye	Yves	Summit Lrng Cntr
Ashleman	Rick	Mission Ridge
Baker	Gavan	PSIA-RM
Barrett	Richard	Silver Mtn
Blindheim	Victor	Olympic Ski School
Bodenhamer	Michelle	Crystal Mtn
Brenden	Archie	Summit Lrng Cntr
Broecking	.Jtra	Skibacs
Charlebois	Gregg	Summit Lrng Cntr
Drummond	Bill	Cascade Ski School
Durance	Jesse	PSIA-I
Fesler	Paul	Crystal Mtn
Floyd	Vivian	Skibacs
Fox-Lent	Cate	Mt.HoodMeadows
Grainger	Jaysan	Mt.Spokane
Haas	Bill	Skibacs
Higgs	Ben	Silver Mtn
High	Marjorie	Webbski
Isakson	Mark	Lyon
Krakenberg	Paul	Mt.HoodMeadows
Line	Richard	Summit Lrng Cntr
Lineham	Alexander	Crystal Mtn
Martin	Jill	Mt.Baker
McKimson	Michael	Webbski

Certification Pass Lists

Meece Daniel Stevens Pass
 Milley Janna Mt. Hood Ski Bowl
 Moore Joseph Summit Lrng Cntr
 Murphy C. Michael 49° North
 Nordheim Erik Lyon Ski School
 Novak Mike Silver Mtn
 Okito Yasunbu Willamette Pass
 Ozuna Dale Skiforall
 Prekeges Paul Webbski
 Pupava Frantisek Summit Lrng Cntr
 Rhodes Katie Fiorini
 Robbins-Nicholls Patricia PSIA-W
 Roberts Mike Fiorini
 Sakai Shusuke Rokka Ski School
 Sarro Richard Summit Lrng Cntr
 Smith Nolan Schweitzer
 Switzer Michael Ski King
 Tate Adam Mt. Hood Meadows
 Tong Matthew Fiorini
 Walsh Brad Fiorini
 Werderits Thierry Mt. Baker
 Worbasse Steve Stevens Pass
 Zeitz Ken Silver Mtn
 Zenner Carla Mt. Hood Meadows

ALPINE III

Agnew Terry Schweitzer Mtn.
 Angeledes Michael Ski Master
 Baringer David Mt. Hood Meadows
 Clarke Jamie Anthony Lakes
 Collin Andrew Timberline
 Davenport Rich PSIA-W
 Duckett Norman Crystal Mtn
 Edwards Jan Mt. Spokane
 Favre Joseph Mt. Hood Meadows
 Gehring David Edmonds/Shoreline
 Hale Cookie MSSRT
 Hickel Breanne Schweitzer
 Horoszowski Mark Summit Lrng Cntr
 Krontchev Emilian Clancy's Ski School
 Lockwood Jennifer Mt. Hood Meadows
 McVane Matthew Bluewood
 Nelson Greg Ski Masters
 Tipps Havens Ski Masters
 Tyrrell Larry Mt. Baker

SNOWBOARD I

Adkins Laura 49° North
 Anderson Skylar Schweitzer
 Aspen Stefan Ski Klases
 Bachmann Britney Lyon
 Bakkenen Dana Stevens Pass
 Bannister Ethan Fiorini
 Barney Michael 49° North
 Basabe Andy Mt. Baker
 Baugh Christine Summit Lrng Cntr
 Bayless Corey Summit Lrng Cntr
 Berg Isabelle Stevens Pass
 Bergman Chad Crystal Mtn
 Bloomfield Abya Ski Masters
 Bonney Neil Crystal Mtn
 Boro Lorraine Hoodoo
 Brannin Josh Crystal Mtn
 Bray Samuel Stevens Pass
 Briggs Joseph Mt. Baker
 Brossman Michael Timberline
 Brueske Alex Lyon
 Bryant Royal Willamette Pass
 Buckmaster Travis Mt. Hood Meadows
 Burns Mindy Lyon

Canady Derek Skiforall
 Canfield Andrew Mt. Hood Meadows
 Carpenter Jordan Skibacs
 Case Julie Skiforall
 Chang Leticia Summit Lrng Cntr
 Chapman Don Mt. Spokane
 Chase Jan Fiorini
 Cisco Brandon Summit Lrng Cntr
 Clairmont Adam Willamette Pass
 Collins Brian Stevens Pass
 Craven James Mt. Hood Meadows
 Creim Daniel Ski Masters
 Custodio Jonel Fiorini
 Davin Steven Fiorini
 Davis Keith Skibacs
 Degeede Ben Summit Lrng Cntr
 Degulis Garry Willamette Pass
 Dennis Samantha Ullr
 Dewey Tyler Summit Lrng Cntr
 Donahue Jason 49° North
 Donlin Joe Summit Lrng Cntr
 Doron Matt Ski Masters
 Druiner Dan Fiorini
 Dulken Ben Summit Lrng Cntr
 Dunn Ross Mt. Baker
 Elbert David Hoodoo
 Elliott Brian Mt. Hood Meadows
 Ellis Casey Ski Masters
 Elsasser Shane Summit Lrng Cntr
 Ferguson Nick Crystal Mtn
 Finnerty Maggie Mt. Hood Meadows
 Fister Jarne Silver Mtn
 Foster Kim Crystal Mtn
 Fotouhi Gareth Ullr
 Foussat Eric Mt. Bachelor
 Gadbois John Stevens Pass
 Garske Seth Ski Klases
 Gilbert Trevor Crystal Mtn
 Gilmore Ryanne Schweitzer
 Granger Bram Willamette Pass
 Grapentine Eric Timberline
 Grayson Stuart Mt Baker
 Grayson Stuart Mt. Baker
 Grimsson Jhanna Summit Lrng Cntr
 Gupierreg Sarah Willamette Pass
 Hansen Jan Mt. Baker
 Hansen Kyle Summit Lrng Cntr
 Hardy Nick Hoodoo
 Heikell Matt Ullr
 Helmgren Devin Summit Lrng Cntr
 Hieb Ryan Mt. Hood Meadows
 Hoaman Rod Stevens Pass
 Howard Marsha Silver Mtn
 Huestad Ryan Lyon
 Hulse Sara Ullr
 Hyatt Justus Crystal Mtn
 Inaba Yoko Crystal Mtn
 Irwin Diago Willamette Pass
 Jefferson Joe Mt. Baker
 Jensen David Lookout Pass
 Johnson David Willamette Pass
 Johnson Garrett Mt. Hood Meadows
 Jones Gabriel Timberline
 Jones Michael Summit Lrng Cntr
 Jones Zachary Summit Lrng Cntr
 Karabin Barbara Mt. Baker
 Karise Charles Stevens Pass
 Karshner Brett Ullr
 Kenge Hans Hoodoo
 Kenney Tyler Snows Sports NW

Kent Alicia Mt. Baker
 Kiehn Chip Skforall
 Kingbury Winston Crystal Mtn
 Kirk Peter Ski Masters
 Kloster John Skibacs
 Knipschield Kimberlee Summit Lrng Cntr
 Kostler Frank Mt. Bachelor
 Krivchinea Nick Crystal Mtn
 Krueger David 49° North
 Kuifan Sarah Ski Klases
 LaLiberte Marc Olympic
 Lambert Michael Ullr
 Languerni Clinton Mt. Hood Meadows
 Lapointe Ryan Ski Klases
 Lombardo Jake Webbski
 Long Vida Crystal Mtn
 Lynde Xander Fiorini
 MacDonadd Jesse Olympic Ski Bowl
 Manning Joseph Ski Masters
 Marquardt Matt Fiorini
 Mavros Bill Snow Sports NW
 McCarthy Brannon Summit Lrng Cntr
 McCuig Shauna Olympic Ski Bowl
 McDonald Aaron Mt. Baker
 McKimson Spencer Webbski
 McKinney Brian 49° North
 McVahan Greg 49° North
 McWilliams Don Fiorini
 Merrick Alex Mt. Baker
 Messinger Steven Lookout Pass
 Meyer Justin Mt. Hood Meadows
 Miller Zachary Summit Lrng Cntr
 Mitchell Scott Mt. Hood Meadows
 Molzhon Jackie Summit Lrng Cntr
 Moore Rob Loup Loup
 Mara Jan Summit Lrng Cntr
 Myers Ryan Crystal Mtn
 Newman London Summit Lrng Cntr
 Nishimoto Marissa Ski Klases
 Nurmia Zoe Ski Masters
 Oliveira Miles Summit Lrng Cntr
 Otos Chris Olympic Ski Bowl
 Ozment Daniel Summit Lrng Cntr
 Peace James Mohan Skng&Brng
 Phillips Charles Skibacs
 Phillips Jack Mt. Hood Meadows
 Pifer Nicole Summit Lrng Cntr
 Pizzola Crystal Hoodoo
 Potoshnik Mike Skibacs
 Potoshnik Rob Skibacs
 Powell-Johnso Sharon Silver Mtn
 Prindle Hyat Olympic Ski Bowl
 Prindle Thor Olympic Ski Bowl
 Raymond Steven Stevens Pass
 Rehr Jesse Stevens Pass
 Reimer Laura Crystal Mtn
 Renner Christopher Stevens Pass
 Rich Kevin Ullr
 Riebling Kodi Willamette Pass
 Roberts Nick Silver Mtn
 Roberts Seth Mt. Bachelor
 Rogers Kent Mt. Baker
 Rostron Kaylin Mt. Hood Meadows
 Rygh Jodi Mt. Hood Meadows
 Rzegocki David Ski Masters
 Sampson Michael Mohan Skng&Brng
 Sampson Todd Hoodoo
 Sandman David Summit Lrng Cntr
 Santoro Michael Olympic
 Schmidbauer Terry Summit Lrng Cntr

Certification Pass Lists

Schwab	Dennis	Timberline
Semb	Stephanie	Mt. Spokane
Shuartsman	Greg	Summit Lrng Cntr
Smith	Leland	Silver Mtn
Smith	Stacie	Summit Lrng Cntr
Sokolowski	Joshua-Paul	Crystal Mtn
Sooter	Aaron	Skiforall
Steed	Ross	Crystal Mtn
Stevens	Dana	Ski Klasses
Stevenson	Laura	Mt. Baker
Still	Jeff	Lyon
Swanson	Jan	Lookout Pass
Swanson	Kirsten	Lookout Pass
Swanson	Robyn	Lookout Pass
Terry	Bobby	Mt. Baker
Titus	Marshall	Ullr
Ton	Kaitlyn	Webbski
Towry	Scott	Mt. Spokane
VanDamme	James	Skiforall
Vanderberg	Wyatt	Summit Lrng Cntr
Vetter	Sean	Olympic Ski Bowl
Wall	Natalie	Timberline
Wall	Racquel	Timberline
Wallace	Justin	Crystal Mtn
Watts	Ryan	Mt. Hood Meadows
Welch	Brett	Crystal Mtn
Welch	Kyle	Crystal Mtn
Welch	Nick	Crystal Mtn
Welch	Taylor	Crystal Mtn
White	Chris	Hoodoo
Whittier	Kyle	Summit Lrng Cntr
Wilke	Tyler	Olympic Ski Bowl
Williams	Maura	Mt. Hood Meadows
Wong	Junker	Summit Lrng Cntr
Woods	Jonathan	Olympic Ski Bowl
Yacoe	Madeleine	Ullr
Yukubousky	Matt	Ullr

SNOWBOARD II

Aukai	Tom	SkiBacs
Beardsley	Brian	Mt. Hood Meadows
Cole	Bryan	Crystal Mtn
Doering	Will	Silver Mtn
Dunn	Ross	Mt. Baker
Elmore	David	Crystal Mtn
English	Carolyn	Mt. Hood Ski Bowl
Foster	Kim	Crystal Mtn
Kennedy	Matthew	Schweitzer
Leines	Daren	Crystal Mtn
MacDonald	Jesse	Mt. Hood Ski Bowl
Malmberg	Jan	Mt. Hood Meadows
Martinez	Eliseo	Mt. Bachelor
Maurer	Matthew	Mt. Bachelor
McCluskey	Alissa	Crystal Mtn
McKenzie	Kira	Mt. Baker
Medler	Kelly	Mt. Hood Meadows
Milley	Ryan	Mt. Hood Ski Bowl
Myers	Ryan	Crystal Mtn.
Nelson	Greg	Summit Lrng Cntr
Nicholson	Roger	Mahan
Noreen	Dennis	Mogul Busters
Peck	Jesse	49° North
Reed	Gary	Mahan
Sandman	Dave	Mt. Bachelor
Wallace	Justin	Crystal Mtn
Weber	Mike	Mt. Spokane
Worbasse	Steve	Stevens Pass

SNOWBOARD III

Brightwell	Collin	Beaver Creek
Curtis	Sam	Mt. Hood Meadows
Dunn	Jamie	Timberline
Green	Lucas	Mt. Baker
Johnston	Andrew	49° North

Peck	Nate	49° North
Pinker	Sam	Mt. Hood Meadows
Powell	Brandy	Stevens Pass
VanDeventer	Bruce	Ullr

TRACK I

Dilling	Beth	Leavenworth
Dominguez	Ed	Mountaineers
Fallon	Shannon	Leavenworth
Gee	William	Spokane Parks
Heywood	Thom	Sun Mountain
Magnuson	Tammy	Spokane Parks
Stutz	Bob	Spokane Parks

TRACK II

Calhan	Ed	Stevens Pass
Wright	Jeff	Skiforall

TRACK III

Lawrence	Brooke	Methow Valley SS
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XCD I

Arrouye	Yves	Summit Lrng Cntr
Finch	Raymond	Summit Lrng Cntr
Akerman	Erik	Mt. Hood Meadows
Le Doux	Christine	Mt. Hood Meadows
Ozment	Daniel	Summit Lrng Cntr
Robbins	Ginny	Mt. Hood Meadows
Wu	Kelvin	Summit Lrng Cntr

Did we forget anybody? If so,
please contact the
PSIA/AASI-NW office
208-244-8541

Crystal Mountain Resort

Ski School Now Hiring Instructors for the 2006-2007 Season

Seeking full-time professional instructors to provide individual and group skill development sessions to students of all ages and at all skill levels. Teach at least 5 days a week for a varied schedule of up to 32 hours a week or more. Temporary Job: 1st October 2006 to 1st June 2007.

Level III Certified Instructors: 8 positions, requires 3 seasons instruction in skiing, snowboarding or race coaching experience. Possession for or eligibility for PSIA level 3 certification or equivalent is necessary. Experience may be acquired in 2 calendar years. Salary range \$14.20 to \$25.00 per teaching hour. Respond to Job # 1520279

Level II Certified Instructors: 8 positions available. Requires 2 seasons instruction in skiing, snowboarding or race coaching experience. Possession of or eligibility for PSIA level 2 or equivalent is necessary. Experience may be acquired in 1 calendar year. Salary range \$12.00 to \$20.00 per teaching hour. Respond to Job # 1520286

All Positions at Crystal Mountain Washington
Respond by September 10th, 2006
Send resume to:

Crystal Mountain Resort

C/O Employment Security Department
E & T Division Job # _____
PO BOX 9046
OLYMPIA, WA 98507-9046

Employment Opportunities

Coaches Wanted

The most rewarding job you'll ever have.



C-Dog, age 10

I'M LOOKING FOR:

- *PSIA Level 3 Certified Instructors**
- *Past/Current competitive athletes;**
(college level or equivalent in ANY sport)

Work with the most amazing kids you'd ever want to know. They love everything about skiing...all-terrain, all-conditions; race course, terrain park or free-riding, & always at SPEED!



Lilly, age 5

at STEVENS PASS



Dave, age 40

Come work and train with me!

- *Competitive Pay**
- *Season's Pass**
- *Travel**

***Part time: 1-4 days/wk**

Improve skiing, teach racing, change lives.

Interested?

Contact
Dave Lyon



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www.lyonskischool
@msn.com

Employment Opportunities

ENJOYMENT OPPORTUNITIES

Deer Valley is now seeking applicants for Ski Instructors and Supervisors who enjoy working with children and families for the 2006–2007 ski season.

REQUIREMENTS:

Must be an advanced skier capable of skiing beginner through advanced terrain and variable conditions. Must have good communication skills and be able to work weekends and holidays. Must have knowledge of PSIA or ISIA teaching methodology and be able to teach adults and children in both private and group settings. Must be able to lift a minimum of 40 pounds. *Pay is commensurate with certification and experience.*

SEND RESUME TO:


Chris Katzenberger
Ski School Recruiting Manager
P.O. Box 739
Park City, UT 84060
435-645-6635
ckatz@deervalley.com

Online applications accepted at www.deervalley.com



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RESORT**

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WHITEFISH, MONTANA**

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Big Mountain offers 3,000 acres of skiable terrain, 300" of average annual snowfall, and a great team to teach and train with!

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Pay based on certification level and experience.

Classified Ads

Condo Rental

Sun Valley condo booking for '06-'07 season. 1 Bed, 1 bath, sleeps 4. Walk to River Run & Ketchum. Newly remodeled.. \$125/night
tomwwatson@hotmail.com/206 947-0625

Classified Ads

Help Wanted

Mission Ridge Snow Sports Center We are looking for Alpine and Snowboard Instructors for the 2006-07 season. Competitive hourly pay, on-going training opportunities toward certification and improving skills. Contact Mission Ridge at 509-663-6543, ext. 243, or sbrawley@missionridge.com

Classified Ads

Help Wanted

NORDIC WALKING INSTRUCTORS WANTED: LEKI USA is conducting a national search for some very good outdoor education instructors-all ages-to teach and communicate a real passion for the benefits of Nordic walking in North America on behalf of LEKI USA. PSIA certified (minimum requirement Level 2; Alpine, Nordic and Snowboard). Please email a brief resume and one paragraph expressing why you'd be a good match. Email: Suzanne Nottingham at nordicwalker@earthlink.net. (A note to Level 1 instructors. When you pass your Level 2, please contact me.)

On the Web

It's all on-line psia-nw.org

For the latest in PSIA/AASI-NW news, check us out online. Event updates and applications, program updates, past newsletters, articles, book/DVD/video reviews, bookstore, merchandise, links and more. It's all there at psia-nw.org. Here is a sample: Check out psia-nw.org for the rest of the story

Book and DVD Reviews

Park and Pipe - Instructors Guide. This newest PSIA/AASI Manual was published at the beginning of the 2005/2006 season.

Focus on Riding DVD- AASI has produced a new comprehensive DVD that brings together the essential elements required to effectively teach clients how to efficiently ride on their snowboard.

Skiing & Snowboarding Off-Season Conditioning Routine

BY JENNIFER LOCKWOOD

This article will give you additional ideas on how to begin improving your physical conditioning for the 2006 / 2007 season.

Freestyle Camp 2006

BY DON MEYER

A report on summer camp at Timberline with an invitation to go beyond your comfort zone and attend Freestyle events!

Ski Washington Marketing effort

www.skiwashington.com - Check out the new marketing effort from PNSAA (Pacific Northwest Ski Areas Association). Custom Ski & Ride License Plates too. A perfect match for your "Go with a Pro" license plate holders! Link on our home page.

Did you hear?

● The Pacific Northwest Ski Areas Association announced that Oregon is on track for a record-breaking year and Washington had its second best. Analysts are predicting that attendance will pass the 1.83 million visit mark. Oregon's previous record stands at 1.66 million visits in 2001/02.

● Meadows was honored with a marketing award for the successful "3 X 3" (Three-buy-Three) season pass initiative, marketed to the 15 to 22 year old age group this past season. The new initiative was selected as the "Best Program to Increase Overall Frequency of Existing Participants" by the National Ski Areas Association (NSAA). The program increased season pass sales to this age group by more than 67%.

● The 49th North fixed grip quad has arrived. The Sunrise Quad will be the flagship of the resort and will be situated on both United States Forest Service and privately held land owned by the Eminger family.

PSIA/AASI-NW Mission Statement

Provide high quality educational resources and well defined standards to aid our members in improving their teaching skills to better satisfy the needs and expectations of their customer in the enjoyment of downhill and Nordic snow sports.

NORTHWEST SnowSport Instructor

PSIA/AASI-NW

PNSIA-Education Foundation

11206 Des Moines Memorial Drive, Suite #106

Seattle, WA 98168-1741

(206)244-8541

www.psia-nw.org

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