

PSIA/ASI
NORTHWEST

Spring 2011
Issue #3 2010/11 Season
PNIA-EEF

NEW snowsports INSTRUCTOR



Spring Symposium
See you at Mission Ridge

Yoga for Snow Pros
Build Flexibility & Strength

Skiing Absolutes
True, False or Somewhere in Between

SPRING SYMPOSIUM
It seems like a long way off, but it's just around the corner. Starting planning now for the Party of the Season @ Mission Ridge! Check on-line and book lodging now!
April 15-17

Snow Pro Tips
Tips & Tricks from Your Peers



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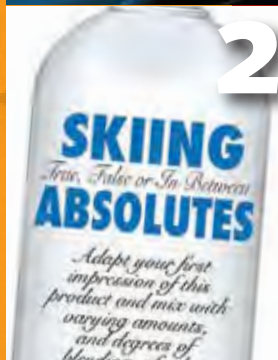
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Brent Steacy enjoying some "my time" before line-up at Mt. Hood Meadows. Photo by Matt Aimonetti.

Upcoming Events & Clinics

Be sure to check the Season Guide in the Fall 2010 issue or the website for more details about these and more clinics and events:

| | |
|-------------------------------|---------------|
| Exams @ Schweitzer | Mar. 19-20 |
| Exams @ Stevens Pass | Mar. 26-27 |
| Exams @ Mt. Bachelor | Apr. 2-3 |
| Exams @ Mt. Hood Meadows | Apr. 9-10 |
| Symposium @ Mission Ridge | Apr. 15-17 |
| Spring Fling @ S.P.U. | Apr. 23 |
| Spring GS Camp @ Mt. Bachelor | Apr. 29-May 1 |
| Technical Team Tryout | Apr. 28-May 1 |

PRESIDENT'S REPORT

by Jack Burns, PSIA-NW President



President's Council Meeting:

On January 30, 2011, I attended the annual President's Council meeting in Denver, Colorado. The Presidents' Council is made of the nine (9) Division Presidents. The meeting began with a joint session with the ASEA Board of Directors. During that

session, we discussed leadership development, branding (use and trademarking of the shield and logo of PSIA), the role of the Divisions versus the role of National, consensus versus majority rule among the Divisions and accountability. The overriding theme of the discussion was, "It's about the members—it is their organization."

It is my sense that this discussion was a prelude to the development of a Divisional Licensing Agreement. There is a current agreement that dates to the late 70's that deals solely with use of the logo and shield. A much broader and more expansive agreement is needed as we move ahead with the new technology that allows all Divisions to share a single data base and use it for a multitude of functions including dues billing, event sign up and clinic leader scheduling.

When the Presidents' Council met separately, we continued the discussion concerning a Divisional Licensing Agreement. Our initial goal was to identify items that were absolutely off the table like areas of responsibility or practice that the Divisions would not cede to National. Because we did not know what was intended to be covered by the agreement, we found it impracticable at this time to guess as to its contents.

Rather, we requested that as the agreement begins to take shape, its various portions be submitted to the Presidents for review so that we could be part of the development process rather than critics of a completed work. We felt that such a process would be more efficient and economical given our experience with the Divisional Services Agreement that dealt with use of and access to the new database and accounting tools.

We had additional discussions concerning leadership development, innovative ways to do new and different things for our membership, online voting, rewarding volunteerism and developing better methods of communication. It was a useful and productive meeting.

Executive Committee Meeting

On February 15, 2011, the Executive Committee met to discuss pending issues and develop the agenda for our Spring Board meeting. Some highlights of the meeting included:

We experimented with Skype as a way of facilitating and enhancing a smaller group meeting. Chris Thompson and Tyler Barnes participated on-line via video conference using Skype. We were able to see them and hear them and they were able to see the eight (8) of us that were in physical attendance at the meeting. At the end of the five hour meeting, everyone seemed pleased with the outcome and process for holding such a meeting. Skype is free. It saved the cost of travel and lodging for 2 members residing several hundred miles from the meeting site and was much more engaging than listening to a voice-only conference call.

The Executive Director gave a PowerPoint presentation on "Where we are going as an organization." In addition to describing changes to the way we will be doing business in the future in order to take advantage of technology, she included some great pictures of the past to highlight the fact that change is natural and we should embrace it, not fear it.

Mary Germeau, our Executive Vice President, presented a draft of final revisions to the Bylaws to bring them current with the way we are doing business and remove ambiguities and archaic language from many provisions. Ed Younglove will continue to receive input concerning the draft which will be submitted to the full Board for their review well before the May Board meeting.

A revised draft of changes to the Policies and Procedures for the Member School Committee was discussed as well. That document is still a work in progress but will likely be concluded in time to be considered at the May meeting.

Chris Thompson was appointed as PSIA-NW interim representative to sit on the PNSA Board. At the May meeting we will seek a Board member to fill the position for a full three year term.

Tyler Barnes, our Communications VP, discussed with us new methods of communication that will allow him and others to communicate with the office computers without physically traveling to the office. This will allow for faster and more efficient communications to handle routine matters as well as issues that need problem solving on an immediate basis. As part of his report, the Executive Committee approved setting up PSIA-NW Store online and accepting Web-Only ads at current rates.

It has been a busy fall and early winter with several issues that I have not reported on here. I have attempted to give you a glimpse of the highlights and avoid the mundane and low lights. If you have any specific questions about what has gone on, what is going on or if you have any suggestions about how we can improve services to the membership, please email me. ❄️

Jack Burns is a 40 plus year member of PSIA, an Alpine Level III certified instructor, as well as a trainer and supervisor for Fiorini Ski School. He can be reached by email at the_lawyer@msn.com

PSIA/AASI NATIONAL BOARD REPORT

Ed Younglove, PSIA/AASI Representative



The national association's board of directors met in Denver the end of January 2011. The board meeting was held in conjunction with the annual SIA tradeshow. The board was joined for a day by the division president's council. Interaction between the two groups helps to ensure direct communication regarding matters of common interest and concern to national and the divisions.

Holding the board meeting at the same time as the trade show enabled board members to interact with our industry partners, including many of our ever increasing number of sponsors. These sponsors provide various valuable hard good benefits to PSIA/AASI members in the form of pro offers (discounts) available from links off the national website (thesnowpros.org—not .com!) and the PSIA/AASI catalogue. The organization is constantly looking to improve our relations with these partners and to increase member benefits from those relationships.

The growing list of sponsors (currently over 40) provides ever increasing opportunities for us to benefit from pro discounts. Sadly, the programs are not free from abuse. At least one sponsor is considering suspending their pro program for a temporary period because of abuses. A few issues ago, we highlighted our code of professional responsibility for PSIA/AASI Northwest members. That code specifically includes the prohibition of abuses such as purchasing merchandise for friends or family when not expressly permitted. Such behavior jeopardizes the continued availability of these programs for all of us.

The board received a report on the 60th Interski held earlier in January in St. Anton, Austria, the location of the first Interski. The international event is sponsored every four years by the International Ski Instructors Association (ISIA). For the first time in many years, the PSIA/AASI Team's alpine, snowboard, Nordic and adaptive members all attended. While some countries seem to view the occasion as a sync ski competition, our team's focus was on the event's educational aspects. Team members attended educational presentations from other countries and also presented our teaching and technical developments.

Our Team's presentations were well received and were among the most attended at the event. Several countries requested our education materials for use in their own programs. Team members are excited to incorporate what they brought back from Interski into clinics at the 50/50. While the real value of Interski is this educational exchange, unfortunately the event was not free from political disputes between many of the attending European nations regarding right to work and other employment issues not germane to its educational purposes. There is a concern that the future of the ISIA itself may be in jeopardy.

Plans for the PSIA/AASI fiftieth birthday party (the 50/50) in Aspen Snowmass on April 4-9, 2011 are well underway. Registrations to date indicate that the event is going to be well attended. It is not only a birthday celebration (party); it is taking the place of the national academy. Present and former national team members will be leading three and five day clinic groups at the event. The national web site (thesnowpros.org) has the details. The 50/50 is just before our spring symposium and you should consider attending both. How could it be a bad thing to end your season with a ski trip to Aspen followed by a few days at Mission Ridge?

Our National education department managers reported that they have traveled to six of the nine divisions to personally present the new Strategic Education Plan (SEP). The plan was presented to the Northwest Division Clinic Leaders and Training Directors at preseason training at Timberline last November. At the national board meeting, the President's Council unanimously endorsed the SEP. The plan presents a unified strategic education direction for the organization.

We have a new IT department manager to help finish development of the organization's new AMS (CRM4M) web based technology. He reported that we are at end of the initial stage of deployment and are on the verge of making it more efficient and user friendly. When completed it should be more specific to the individual member's web access needs and provide enhanced services to the user. We are looking to increase

the ease of web access from all internet devices (mobile phones, etc). When fully functional (within the next year), we should have a revamped web presence enabling us to better communicate with the membership.

As Treasurer, I reported on the financial projections for the remainder of the fiscal year as compared to the budget adopted by the board last June. Due principally to our growing sponsor income, the organization is projecting a stronger financial position than had been budgeted. The organization is growing in almost every respect, including membership. The services provided are also growing in complexity. In turn, these create greater costs. The organization's financial position remains strong and healthy. My full treasurer's report on last year's financials is in the latest issue of 32 Degrees magazine. (Speaking of magazines, if you haven't already, check out the cover of the February issue of SKI magazine!)

The highest award our organization bestows on individuals is the Lifetime Achievement Award. This award has only been conferred on a few individuals during the organization's entire 50 year history. The board unanimously voted to bestow the award on Joe Harlacher from the Northwest division. Joe has been a 50 year member of PSIA. Among his other contributions, Joe was the division's president and a northwest board member for 35 years. During his long career, Joe also served

on various national committees. Perhaps most significantly, Joe was at two of the meetings in the late 1950's where instructors from across the nation met in the first attempts to form a national organization. A strong supporter of a national ski instructor certifying organization, after PSIA was eventually created in 1961, Joe was instrumental in the Northwest division becoming a part of the new organization. In addition to the plaque he will receive, Joe's name will go on a large permanent plaque kept in the national office. ❄️

Ed Younglove is a past PSIA-NW President and current PSIA-NW National Representative. He is a TD for the Crystal Mountain Ski and Snowboard School. Email at edy@ylclaw.com

Photo below courtesy of It Started in the Mountains by Joy Lucas, 1996. Caption reads, "First National Ski Professional Ski Instructors Meeting. Front: Willy Shaeffer. Left to right: Paul Valar, Earl Miller, Bill Lash, Dr. Chuck Hibbard, Ed Heath, Joe Harlacher, Junior Bounous, Alf Engen, Jimmy Johnston, Kerr Sparks, George Engel. May 29, 1958, National Ski Association Annual Convention, Alta, Utah."



PSIA-NW.ORG GOES E-COMMERCE

by Tyler Barnes

PSIA-NW Communications Vice President



With the indispensable and nearly ubiquitous nature of the Internet coupled with safe-and-secure, free, open-source software, PSIA-NW.ORG will begin taking on-line orders for books, accessories and soft goods via an e-commerce component of the website.

Starting out with the bookstore as a primary focus, members can read more about the titles we offer, view the covers, read reviews and get suggestions for related products, which will help educate you on your educational purchase. Just “add to cart” and “check out.”

Naturally we will still take faxed in orders, but if you're at all like me, I take full advantage of letting my fingers do the walking, to take care of mundane tasks like paying the garbage bill (and my PSIA dues) on-line, as well as researching the best price for my daughter's favorite toy or my wife's birthday present on the web. And for that matter, any company that does not have a professional website I tend to be a little suspicious of and often take my business elsewhere.

Shop locally! Sure, the PSIA National Accessories catalogue has some of the same products, but the Northwest bookstore has many more titles and videos. And your PSIA-NW on-line purchase will directly support your region, fellow members and the NW division, so consider “shopping locally” for your manual, handbook or other educational publication purchase.

We will also be offering limited supplies of PSIA-NW official softgoods like ball caps, travel mugs, steel water bottles, ski keepers, replacement certification pins, stickers and few other items to pique your interest and show your colors. Look for more information on-line in the Spring of 2011 as we load up the store with lots of great items expressly for you - members of PSIA-NW. ❄️

Tyler is an instructor and trainer at Mt. Hood Meadows Ski Resort, is a member of the PSIA-NW Technical Team and an Alpine Examiner. He is also the owner of a cross-media company that produced this printed publication and developed the psia-nw.org website. Leveling the playing field one happy customer at a time. Email tyler@509design.com or click over to www.509design.com.

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SUBMISSION DEADLINES

For more info go to
www.psia-nw.org/newsletter

Fall Issue (Sep – Nov),

Ad Reserve by August 1
Articles, Snow Pro Tips by August 15

Winter Issue (Dec – Feb),

Ad Reserve by October 1
Articles, Snow Pro Tips by October 20

Spring Issue (Mar – May),

Ad Reserve by January 1
Articles, Snow Pro Tips by January 20

Summer Issue (Jun – Aug),

Ad Reserve by May 1
Articles, Snow Pro Tips by May 20

CONTRIBUTOR GUIDELINES

The *NW Snowsports Instructor* is published four times per year. This newsletter will accept articles from anyone willing to contribute. The editorial staff reserves the right to edit all submissions including advertising. Articles should include the author's name, mini-bio and portrait image suitable for publishing (if available). Please submit all content, articles and photos as attachments via email or contact the editor for other options. 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.

It's More than a card

CONTRIBUTIONS

INTERSKI 2011: THE SHOW RETURNS TO ST. ANTON

by Juris Vagners

On the 60th anniversary of INTERSKI the show returned to St. Anton, Austria, after a 20 year absence. Since its inception in 1951, held at Zurs, Austria, just over the ridge from St. Anton, this international gathering of instructors from all over the world has grown tremendously as more and more nations join the International Ski Instructors Association (ISIA), who is the sponsor of INTERSKI.

For the United States, the turning point in the evolution of ski teaching was INTERSKI IX in Banff, Canada, (1987) where presentation of a mature American Teaching System (ATS) was the highlight of the event. ATS represented the culmination of many years of development, building on the skills concept that was introduced to the international ski instructor community in 1975 at the INTERSKI X congress in Strebsské Pleso, Czechoslovakia. The Skills Concept still serves as the focal point of the U.S. approach to ski teaching, which was a radical departure from the European view of ski instruction at the time.

For the U.S., INTERSKI serves many useful functions: preparation forces us to make decisions and re-evaluate what we think and do, participation allows us to receive feedback from the international instructor community and relate our ideas to evolution of ski instruction in other skiing nations. Most major breakthroughs in the development of PSIA programs can be traced to INTERSKI participation.

For many years prior to the formation of the European Union, INTERSKI served as the primary platform for the Alpine nations to market their national ski identity. Visible differences in technique served to identify each nation's unique identity and demonstrations were accordingly carefully choreographed. The national identity was further highlighted by uniforms in national colors. Some of this persists to this day, but with the demonstrations now focused on "pure show," at St. Anton it was hard to distinguish one nation from another, particularly if they abandoned national color identity. The differences one saw were really differences of athletic ability of the demonstrators, not "national technique."

But let the reader judge: thanks to the resources of the internet, one can now have access to an incredible amount of information. The PSIA/AASI

website at www.thesnowpros.org has links to INTERSKI presentations on Youtube.com.

INTERSKI 2011 - Professional Ski Instructors of America - American Association of Snowboard Instructors, Dec. 3, 2010:

<https://webportal.thesnowpros.org/Interski/>

A simple search for INTERSKI 2011 on Google will give access to thousands of sites – web pages, Facebook, YouTube and individual blogs. Happy reading and viewing! ❄️



Juris' formal involvement with PSIA started in 1970 and he served as the Chair of the Educational Steering Committee from 1989 to 1994. During this time, he started the PSIA Journal of Professional Ski Instruction, serving as Editor and columnist and participated in writing numerous PSIA

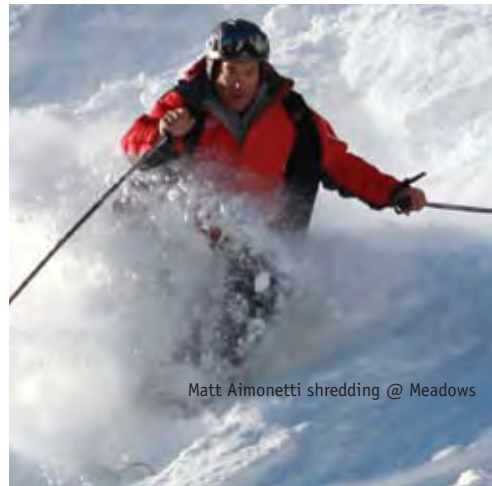
manuals. After retirement from the UW, Juris joined the Mission Ridge Snowsports Center, Wenatchee, WA, as Technical Director, currently serving as Assistant Director for Education and Training. In 2003 Juris was honored with the PSIA Educational Excellence Award in recognition of prolonged and outstanding educational contributions.

FEATURED PHOTOS

Our newsletter would not be so "colorful" without the generous donation of photography by PSIA-NW member photographers. If you have a great photo you'd like to see in print, email to the editor for consideration.

Cover Photo by Matt Aimonetti

Matt is a Level II alpine instructor at Mt. Hood Meadows, Oregon. He also pulls a toboggan for the Mt. Hood Ski Patrol on Mt. Hood. Matt has been skiing for 6 years and works for several major Oregon newspapers shooting sports. He also enjoys shooting weddings and other photography as well. You can check out Matt's photography on-line at www.aimphoto.com and he can be reached by email at aimphoto@gmail.com.



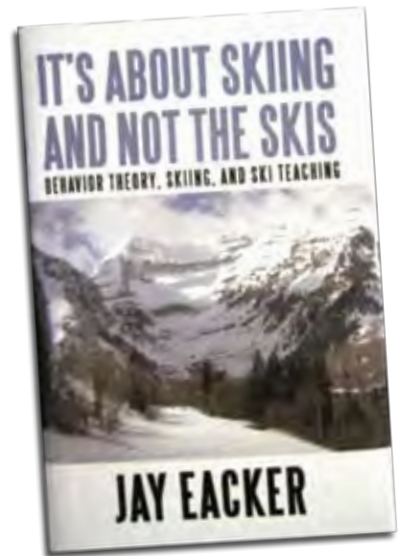
Matt Aimonetti shredding @ Meadows



I've drank the PSIA/AASI KoolAid! Membership has allowed me the opportunity to raise the bar in my own professional education, development and personal riding. After every Divisional event - from Fall Seminar, Immersion, Divisional Academy and Symposium, I am always impressed at how committed and invested the NW Clinicians are in helping me achieve my personal goals as well as challenging me to think (stretching my brain) and motivating me to reach for higher levels. More important is that I have been personally inspired by the staff and clinicians at NW Divisional to continue on my own mission to "learn, teach and inspire." Drink the PSIA/AASI KoolAid, it's really good!

NEW

Published
December 2010



It's about Skiing and not the Skis: Behavior Theory, Skiing, and Ski Teaching
by Jay Eacker, Ph.D.

Available at Amazon.com

YOGA FOR SNOW PROS

BUILD FLEXIBILITY & STRENGTH

by Tara Seymour



Tara demonstrating Upavishta Konasana (wide leg forward stretch)

Now don't just pass over this article because the thought of Yoga terrifies you. Perhaps you think it's just a trend. Is yoga one of those weird cults where they chant? Maybe you have considered trying a class at the gym, but the thought of all those young girls in spandex is slightly intimidating. Perhaps because you have overly tight quadriceps from skiing your whole life, you feel there is no hope. Or maybe you just feel like you're just too old to try something new like yoga.

Well you are wrong. Yoga is for everyone. Yoga is an amazing tool that has many benefits. It can help your slope riding in so many ways such as improvement in alignment, sharpens your mindfulness and increases your range of motion. Yoga is for all ages, sizes and levels. Through yoga, you may be able to draw awareness to your limitations and move beyond. So, come join me in a little moment of bliss. I began my Yoga journey twelve years ago. Since then, I have discovered its benefits. It keeps me in shape, increases my flexibility, bolsters my strength and improves my balance. Yoga to me is the fountain of youth.

Maybe by now I've caught your attention and you might wonder, "How does this relate to skiing or riding?" Alignment, flexibility, balance and strength of the mind and of the body is how. Alignment is defined as the positioning of the skeletal structure to its fullest potential while maintaining muscular balance and distribution of energy. Anatomically speaking, proper skeletal alignment is something that we should all strive for. Proper alignment results in efficient movement. As instructors, we are constantly trying to achieve proper alignment with our own skiing and riding. We're also constantly trying to improve our student's alignment. As in skiing, proper alignment in yoga is key to efficient movement and success. In both skiing and yoga, participants continually trying to push their limitations while maintaining alignment and balance. Skiing is a sport where we tend to develop tight areas of the body. We can develop tight hip flexors due to improper alignment. To minimize knee injury it is important to maintain flexibility in the hip flexors and quadri-

cep muscles. By keeping balance in the leg muscle strength, we increase our joint strength. By having over developed quads or hamstrings, we put ourselves at increase risk. Through the yoga poses discussed below, I hope to show you how to maintain and improve this muscular balance, thus reducing the risk of injury. Now there is a lot more to Yoga than just stretching. It also has a component of mindfulness. Mindfulness you say? What is that? Well, it's like that perfect day, when you get to the mountain, the sun is shining and it has dumped two feet overnight. It is 20 degrees and you are not there to work. You get to the top and you hit your favorite run. You begin to feel light, happy, and aware of all your surroundings. Nothing else matters. The lists, thoughts, emotions and responsibilities all fade to nothing. You are doing what you love in that moment and that is pure joy. Yoga seeks to find that in all that we do. Allowing those thoughts to melt away and taking the time to connect to your true self.

One way we do this is through breath work. The power of the breath is amazing. It is a lot like the wind. It is always there, but maybe not seen or recognized. Taking a few moments to focus your intentions on your breath at the start of each day, or at the beginning of your yoga, can center you. We tend to create busy minds. By bringing awareness to the present moment, just like that perfect ski day, we are able to quiet the monkey mind and feel bliss or joy. Breath work can be great in an exam or tryout situation. Perhaps you are tense or feeling a lot of pressure to perform. You may be lacking focus or confidence. Try taking several deep breaths to calm your nerves and focus all your attention on your breath for

several seconds. See how this helps you relax and be in the moment. This may change your tension to intention. With all your intention being focused you will be able to perform your best. Here are a few yoga stretches that any and all snow sports enthusiasts can do at home. Some of these poses are to help release tightness while others are geared towards increasing proprioceptor awareness or balance. Still, others are for strength. These can be done on a yoga mat or your carpet at home. There should never be any pain in any poses. If you experience pain, please stop and modify or move on to the next pose.

Upavishta Konasana (wide leg forward stretch)
Sit up tall on your mat and open your legs into a V. Deep breath in and exhale forward fold. You can prop your torso up using your hands or elbows. To make it harder, grab you feet on the outside edges or the big toes. This stretch helps out the hamstrings muscle group, the adductors and the low back. The low back can become very tight in skiing. Especially if our skeletal alignment is off. Hold this 3 to 4 minutes.



Malasana (wide leg squat)
Try keeping your feet facing as forward as possible. You can use a blanket under the heels of the feet to modify. This helps relieve compression of the ankle joint. Draw the pelvis towards the floor and the spine towards the sky. Lift up through the crown of your head, while grounding with gravity through into the pelvis. Squats are great for men and woman. They open up the deep hip rotators and strengthen the spinal muscles. Squats can be held between 3-5 minutes.

Tara demonstrating Malasana (wide leg squat)



Virasana (heros posture - above)

This pose is easy for many. Those with tight quads will find it challenging, yet rewarding. If your hips do not reach the ground, use a block or a blanket to put under the pelvis. Keep core muscles engaged! Try not to round the low back. If this is an easy pose for you, lay back in-between your feet, and rest your spine on your mat. This pose is restorative, and can be held for 5 minutes or more. Repeat 3-5 times.



Baddha Konasana (butterfly pose - above)

Gently place the soles of your feet together and let gravity pull your knees towards the floor. You may modify by placing a block under the tailbone to lift the rear pelvis off your mat a bit. To challenge yourself, take a deep breath in and exhale into a forward fold. Be sure to go only as far as you can with a straight back. This helps to release the adductor muscle group. We use the adductors in lateral movements on the snow. This pose can be held 5- 8 minutes if there is no pain in the knees.

Navasana (boat pose - below)

Balancing on your SITS bones, begin to raise up both or one legs to eye level. Your knees can be bent to modify or you can hold behind your knees with your hands to modify. For the full poses, simply create a V with body and hold for 5 breaths. Release and repeat 5 times. This pose targets your core strength. Core strength is necessary in many tasks like short radius turns, hop turns, jump entry turns and skating.



Trianga Mukhaikapada Paschimottasana

(above). This can be done with a block or blanket under the hip with the outstretched leg. By lifting the pelvis on that side you will level it out and feel more even. Use a mat or a blanket so the foot that is turned under does not hurt by digging into the floor. The out stretched leg is lengthening the hamstrings, while the leg that is bent back get a quad stretch. Forward fold over the out stretched legs make this harder. You can reach for the forward foot to bind. The back foot should be facing straight back. Make sure to hold 3 to 4 minutes then switch sides.



Crescent Lunge (above)

From standing, step one foot back into a lunge position. Begin by lowering your pelvis towards the ground. To increase your balance and strength, reach the arms and shoulders toward the sky. This helps to open the hip flexors of the back leg. It also helps strengthen the lumbar muscles and the front leg muscles as well.



Fig.1: Tara demonstrating Urdva Mukha Svanasana (up dog/cobra).

Urdva Mukha Svanasana (Fig.1:up dog/cobra)

Come to laying flat on your belly. Begin by pressing all 10 toes into the floor. Bring the hands directly under the shoulders. Roll the shoulders up and back, and gently press your torso up. You may be able to lift off the floor completely. Or, just the chest and belly might come off. Wherever you are, breath five breathes while in the pose. Release down to your belly and repeat two more times. This pose opens the front side of the body and strengthens the lower back.



Ustrasana (camel pose - above)

Begin by standing on your knees. Knees are hip distance apart. You can add extra padding under them. Begin by grounding the shins into the floor. Lift up through the heart area, and place your hands on your hips. Next, press the hips forward. Then, if you want more, reach back and grab your heels with your hands. This is a back opener. It lengthens out the core muscles in the belly and those tight hip flexors. Hold for five breaths, repeat three times.



Natrajasana (dancer - above)

For those individuals challenged by balance, this pose can be conducted facing a wall. Stand several feet back from the wall. Find your balance on the standing leg. Root down into the standing foot and toes, as you reach back with the opposite hand and grab the opposite foot or ankle. Begin to lean forward, pushing the foot into the hand, creating a bow shape. This is a back opener and a strong balancing pose. It will help open up the

(continued on next page)



Fig.2: Tara demonstrating Utkatasana (chair pose).

(continued from previous page)

quadriceps. For those using the wall, place your fingertips on the wall to aid in balance as you lean forward.

Utkatasana (Fig.2: chair pose)

Come to standing at the front of your mat. Inhale. Reach your arms straight up toward the sky. Begin to pull shoulder blades down the spine while keeping arms up. Begin to sink low like you are about to sit in a chair. Tuck the tail bone under and engage your core by pulling the belly button back towards your spine. This is a difficult pose and can be repeated three times. It strengthens the lower spine and core muscle group. This pose assists in proper skiing alignment because the hips have to be over the ankles. This pose can be done at the wall, then gradually wean yourself off of it as you become stronger. Balance and stance are key components of this posture.

After you have completed the poses that feel good for you and your body, take a moment and rest on your back in total relaxation. A few minutes is enough; ten is ideal. Take this quiet time to scan your body and feel any changes. Try to let go of any tension you may be holding onto. Check in with places like your jaw and your neck. Gently begin to melt into your mat and let the thoughts that come into your mind be whisked away like the

clouds in the sky. Try to be present in the moment. This is ideal for skiing because it can help calm the mind and focus the thoughts. Yoga helps to teach us to live each moment to the fullest. Yoga aids in alignment, balance, flexibility and strength. With dedication and commitment, snow sports riders of all levels can improve their abilities through yoga. All of the simple poses listed above can be performed safely at home. It is my belief that Yoga and Snowsports have a lot of lateral learning. My goal is to help educate through more body awareness. This can be a great way to start. Enjoy these poses and there may be more to come. Photography and modeling by Angeline Rhett and Tara Seymour. Photos taken at Life Love Yoga in Sisters, Oregon. ❄️



Tara is a PSIA-NW Alpine Clinician and Training Director at Mt. Bachelor Ski Resort in Bend, Oregon. She has been an instructor at Mt. Bachelor and member of PSIA for 16 years. She is also a Registered Yoga Teacher (RYT) of 200 hours. Email tarrabheth@aol.com

Post comments @ [psia-nw.org](https://www.psisia-nw.org)

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SYMPOSIUM FAQs

How much does the event cost?

The two-day event is \$165. The one-day event is \$85, inclusive of Symposium 2011 souvenir.

Can I attend just one day?

Yes, but we encourage you to join in for two days, although one day is just fine too!

Where is Mission Ridge?

Mission Ridge Ski & Snowboard Resort is located an easy 20 minute drive south of Wenatchee at 7500 Mission Ridge Road, Wenatchee, WA. See: www.MissionRidge.com for more details.

Are lift tickets included in the Registration and Event Fee?

No, but they are discounted for PSIA members: \$31 for members and \$35 for family.

How many continuing Education Credits do I receive for attending Symposium?

One credit for each day. Remember, you can only accumulate 2 years of Education Credits.

What is the Awards Banquet?

Join us for dinner with your Northwest snowsports instructor friends and family while joining in the celebration and presentation of 2010/11 PSIA-NW Service Awards.

Can I attend just the Awards Presentation & Dance Party?

Yes, but the Awards Presentation occurs during dinner. The cost is \$10 in advance or \$15 at the door.

Where can I stay?

Lodging discounts are available at The Coast Wenatchee Center Hotel. When making your reservation by phone call (509) 662-1234 and state you are with the PSIA group for the appropriate rate. The discounted rate is \$101/night single/double plus tax starting on Thursday 4/14 through Sunday 4/17. Hotel website is: www.wenatcheecenter.com

GO WITH A PRO @ SYMPOSIUM

If you are a new member who has taken a Level I Exam in 2010 or 2011, and have not attended a "Go With A Pro" clinic you are in luck! We have a GWAP clinic available at the Symposium venue on Saturday April 16th for Alpine, Snowboard and Telemark disciplines. You will need to complete a separate event application and turn it in on-time, 2 weeks prior to the event. Surf over to PSIA-NW.ORG for details.



SPRING SYMPOSIUM

April 15-17, 2011 at Mission Ridge

Whoohoo! You made it through the season and are ready to celebrate with the rest of the division in saying, "Job well done!" We're ready to put the icing on the cake with this "end of the season bash" that has been a Northwest tradition for over 45 years! This two day event (three if you participate in free clinic Friday) showcases our talented clinicians in a myriad of clinic choices, ranging from everything under the sun, pun intended.

There are clinic topics for most disciplines and all ages! Come be a part of the celebration and experience Spring Symposium Northwest style.

This year we are heading to the sunshine again at sunny Mission Ridge to celebrate the big La Niña year we will have all enjoyed. Mission Ridge is extending their season just for us and are gearing up for the big party!



Mission Ridge Ski & Snowboard Resort
7500 Mission Ridge Road, Wenatchee, WA
www.missionridge.com

REGISTRATION TIMES & LOCATIONS

Thursday Evening, April 14th

6:00 – 8:00 pm,
Wenatchee Coast Hotel Lobby
201 N Wenatchee Ave
Wenatchee, Washington 98801

Friday Morning, April 15th

8:00 – 9:30 am
Hampton Lodge @ Mission Ridge

Friday Evening, April 15th

7:00 – 9:00 pm
Chateau Faire Le Pont Winery
1 Vineyard Way, Wenatchee, WA 98801

Saturday Morning, April 16th

7:30 – 9:00 am
Hampton Lodge @ Mission Ridge

Sunday Morning April 17th

8:00 – 9:00 am
Hampton Lodge @ Mission Ridge

DAILY SCHEDULE

Friday - April 15

10:00 am – 2:30 pm
Free Ski or Ride with Clinicians*
Hampton Lodge @ Mission Ridge.
Meet between the lodge and Chair 1

7:00 – 9:00pm
No-host Welcome Party
Chateau Faire Le Pont Winery
1 Vineyard Way, Wenatchee, WA 98801
www.fairelepoint.com

*Must be registered for event and signed up to attend the Friday on-snow session, participant names will be collected

Saturday, April 16th

8:45 am Classes begin forming
Hampton Lodge @ Mission Ridge
Meet between the lodge and Chair 1

9:00 am Classes head out on the hill

Lunch break as needed

3:00 pm Class Complete, return to base area

6:00 pm No-host cocktails
Wenatchee Convention Center,
Orchard Ballroom @ The Coast Hotel

7:00 pm – 9:00 pm
Awards Banquet
Wenatchee Convention Center
Orchard Ballroom @ The Coast Hotel

7:30 pm
Presentation of awards and pins to our 20, 30, 40 and 50 year members

Sunday, April 17th

8:45 am Classes begin forming
Hampton Lodge @ Mission Ridge
Meet between the lodge and Chair 1

9:00 am Classes head out on the hill

Lunch break as needed

3:00 pm Class Complete, return to base area

Thanks for a great weekend. See you next year!

SYMPOSIUM CLINIC TOPIC DESCRIPTIONS

ALPINE CLINIC TOPICS

All Mountain Skiing – Challenge your skiing with a mountain tour de jour. Learn tactics and technique to ski a variety of terrain in the mountain environment.

Beyond Level III – You’ve been a Level III for a while, by now you’ve heard it all and seen a lot more. What’s left you say? Come and find out. Your goals are different, you’ve got the pin, not interested in any tryout but still have the desire and passion to continue to learn, teach and inspire.

Challenge Your Concepts – This clinic will focus on developing awareness of sensations, thoughts and visual cues to aid in the development of more efficient movements that can be applied on any condition or terrain. Expand your concepts of skiing by looking at equipment, mental challenges and physical movements.

Children’s Real vs. Ideal Movements – Add to you bag of tricks and explore, learn and share experiences about how to play in a kid’s world of real vs. ideal movements.

Drills for Skills – Come ‘drill down’ to see how the various use of drills effectively develops movement patterns. You’ll spend time applying the drills and their tactical application in varying terrain and conditions to better enhance your edging, rotary, and pressure movements and increase balance.

How to be Offensive – Bring the mountain to its knees; don’t be the passenger, be the driver. Take command of your skiing, be it from wedge turns to that ‘sick’ line through the bumps or the trees. Don’t keep saying “move down the hill,” learn and feel what it’s all about.

Legends – Ski with a legend for a fun day designed for skiers of all ages. Listen as they remind us of how far we have come and let them show you a thing or two as well!

Freestyle – Come and explore the park, learn what a park rat is, how you would approach various feature, what they are called, etc. Don’t be intimidated by the topic, this is the time to try it on for size. The group(s) may be a mix of skiers and snowboarders, depending on sign ups.

Shake and Bake – It’s all about the blending of the skills. This clinic will work to improve your skiing performance and understanding of the application of the skills concepts, efficient movements and the blending therein. Skill blending is a great prep for your Level II or Level III skiing exam.

Hey Girly – Taught by top female clinicians. It’s fun to ski with the girls and not always worry about keeping up with the boys. Come work on your personal skill development while enjoying the pacing and camaraderie found when skiing with this women’s only group.

Smoothing out the Bumps – For skiers who have limited experience with the bumps or are accomplished bump skiers wishing to hone their skills with an aggressive group of skiers. Appropriate group splits will be made at the event. Clinics will focus on the technique and tactics of skiing bumps on terrain appropriate to the group’s level.

Tactics for the Senior Skier – Low impact alternatives when working with the senior client for skiing a wide variety of terrain. This clinic will focus on various strategies and tactics for this demographic to ski more with less fatigue.

Teaching With a Focus – Focused teaching is where you want to be and your client needs you to be. This clinic will help the participant identify and describe, with precision and accuracy using the Teaching Cycle, skill blends and movement patterns in skiers of all ages and abilities in varied skiing tasks, snow conditions and terrain options.

Tip to Tail – Your tracks will tell the tale. This clinic will explore the art of carving in a safe and fun atmosphere. Learn to ski clean, efficient turns, tip to tail while exploring the hill.

The Balance Enigma – So you thought you were in balance ... what is balance, when are you in balance, how do you enhance balance, how do you identify balance? This and many other questions will be addressed as you work through different drills to feel where and when you are in balance and what to do when you aren’t.

The ‘Eyes’ Have It – Don’t cast your ballot or be satisfied with only the effect. Make your vote count for identifying the root cause. In this movement analysis clinic you will learn to differentiate between cause and effect by developing your eye to unveil the cause.

ADAPTIVE CLINIC TOPICS

Tactics for Coaching the Adaptive Athlete – Learn how race drills can promote stronger skills in the adaptive skier. Saturday only.

SNOWBOARD CLINIC TOPICS

All Mountain Riding – Challenge your riding with an upper mountain tour de jour. Learn tactics and technique to ride a variety of terrain in the mountain environment.

Freestyle – Come and explore the park, learn what a park rat is, how you would approach various feature, what they are called, etc. Don’t be intimidated by the topic, this is the time to try it on for size. The group(s) may be a mix of skiers and snowboarders, depending on sign ups.

Hey Girly – Taught by top female clinicians. It’s fun to ride with the girls and not always worry about embarrassing the boys because you outride them. Come work on your personal skill development while enjoying the pacing and camaraderie found when riding with this girl’s only group.

Trench it Out – Get your corduroy carving legs ready and come rip it up. This clinic will explore the art of carving in a safe and fun atmosphere. Learn to ride clean, efficient turns while exploring the conditions of the day.

TELEMARK CLINIC TOPICS

Freeheel Fest – Take the latest movement patterns from the national level and work to develop your skills to maximize your efficiency. Expect an all mountain clinic with the objective of maximizing your versatility with modern equipment in the conditions of the day. Saturday only.

Tele For All – An introduction to telemark with a twist. It will emphasize a progression that takes full advantage of the skills already honed in efficient alpine skiing to enjoy the telemark experience. Take the latest movement patterns from the national level and work to develop your skills to maximize your efficiency. For new and cross-over tele’ers. Sunday only.

FAMILY INFORMATION

Tour the Hill – Join us for a tour of Sun Valley and a lot of fun. We’ll cruise around the hill and familiarize you with the runs you’re comfortable on. For ages 13 and up; must be able to navigate easy blue terrain.

Mission Ridge Snow Sports School – To contact the Mission Snow Sports School or daycare please dial 509.888.9436 or go online at www.missionridge.com

Please choose your FIRST AND SECOND CHOICE topics for each day you are attending (this side). Then complete the Event Application (reverse side) and fax it to the PSIA-NW office. You may also download these forms on the homepage of the PSIA-NW.ORG website. Completed applications must be received no later than April 1 to avoid a late fee.

YOUR NAME _____

FRIDAY – Your **FREE** ski and ride day (lift tickets additional). Groups in less formal settings with a variety of clinicians available! You must be registered for Symposium to attend and sign up in advance to take advantage of this free day!

| Saturday, April 16th - Clinic Topics run 9-3 | Sunday, April 17th - Clinic Topics run 9-3 |
|--|--|
| <i>Select your Saturday topics from the list below (Please mark your 1st and 2nd choice)</i> | <i>Select your Sunday topics from the list below (Please mark your 1st and 2nd choice)</i> |
| Adaptive Clinic Topics for Saturday | |
| <input type="checkbox"/> Tactics for Coaching the Adaptive Athlete | |
| Alpine Clinic Topics for Saturday | Alpine Clinic Topics for Sunday |
| <input type="checkbox"/> All Mountain Skiing | <input type="checkbox"/> All Mountain Skiing |
| <input type="checkbox"/> Beyond Level III | <input type="checkbox"/> Beyond Level III |
| <input type="checkbox"/> Challenge Your Concepts | <input type="checkbox"/> Challenge Your Concepts |
| <input type="checkbox"/> Children's Real vs. Ideal Movements | <input type="checkbox"/> Children's Real vs. Ideal Movements |
| <input type="checkbox"/> Drills for Skills | <input type="checkbox"/> Drills for Skills |
| <input type="checkbox"/> How to be Offensive | <input type="checkbox"/> How to be Offensive |
| <input type="checkbox"/> Legends | <input type="checkbox"/> Legends |
| <input type="checkbox"/> Low-Fly or High-Fly Freestyle | <input type="checkbox"/> Low-Fly or High-Fly Freestyle |
| <input type="checkbox"/> Shake and Bake | <input type="checkbox"/> Shake and Bake |
| <input type="checkbox"/> Hey Girly | <input type="checkbox"/> Hey Girly |
| <input type="checkbox"/> Smoothing out the Bumps | <input type="checkbox"/> Smoothing out the Bumps |
| <input type="checkbox"/> Tactics for the Senior Skier | <input type="checkbox"/> Tactics for the Senior Skier |
| <input type="checkbox"/> Teaching with a Focus | <input type="checkbox"/> Teaching with a Focus |
| <input type="checkbox"/> Tip to Tail | <input type="checkbox"/> Tip to Tail |
| <input type="checkbox"/> The Balance Enigma | <input type="checkbox"/> The Balance Enigma |
| <input type="checkbox"/> The 'Eyes' Have It | <input type="checkbox"/> The 'Eyes' Have It |
| Snowboard Clinic Topics for Saturday | Snowboard Clinic Topics for Sunday |
| <input type="checkbox"/> All Mountain Riding | <input type="checkbox"/> All Mountain Riding |
| <input type="checkbox"/> Freestyle | <input type="checkbox"/> Freestyle |
| <input type="checkbox"/> Ride like a Girl | <input type="checkbox"/> Ride like a Girl |
| <input type="checkbox"/> Trench it Out | <input type="checkbox"/> Trench it Out |
| Telemark Clinic Topics for Saturday | Telemark Clinic Topics for Sunday |
| <input type="checkbox"/> Freeheel Fest | <input type="checkbox"/> Tele for All |
| Track Clinic Topics for Saturday | Track Clinic Topics for Sunday |
| <input type="checkbox"/> Classic Skills and Movement Patterns | <input type="checkbox"/> Classic Improvement |
| <input type="checkbox"/> Skate Improvement | <input type="checkbox"/> Skate Skills and Movement Patterns |
| Family Clinic Saturday | Family Clinic Sunday |
| <input type="checkbox"/> Tour the Hill (13 years and up) | <input type="checkbox"/> Tour the Hill (13 years and up) |



2011 Spring Symposium Event Application

Participant Information

update my records with this info

Alpine Snowboard Telemark Track Adaptive

| | | | |
|-----------------------|-------------------------|---------------------|-----|
| Name | Member # | Discipline | |
| Email Address | Snowsports School | Certification Level | |
| Mailing Address | City | State | Zip |
| Primary Contact Tel # | Secondary Contact Tel # | | |

Fee and Event Details

Event Options

- FREE FRIDAY** **\$FREE**
Slide with clinicians on Friday. If you wish to attend you must be registered for Symposium Sat or Sun Clinic. (Lift tickets not included)
- TWO-DAY INSTRUCTOR PACKAGE \$165**
Includes Registration Fee, 2 Clinic Days and Souvenir. (Lift tickets & Banquet not included)
- ONE-DAY INSTRUCTOR PACKAGE \$85**
Includes Registration Fee, 1 Clinic Day and Souvenir. (Lift tickets & Banquet not included)

CHOOSE CLINIC TOPICS ON REVERSE SIDE

- FAMILY CLINIC \$60 PER PERSON PER DAY**
Must be able to navigate easy blue terrain (No lift tickets or Banquet)

Family Member Name Alpine Snowboard

Family Member Name Alpine Snowboard

Family Member Name Alpine Snowboard

Banquet and Souvenirs

Additional Options

- SAT. AWARDS BANQUET & DANCE \$42**
Dinner, Dessert and non-alcoholic beverage
 Beef Chicken Vegetarian
- SAT. AWARDS & DANCE ONLY \$10**
No Dinner. Just awards/dance. \$10 advance purchase or \$15 at the door.
- ADDITIONAL SOUVENIRS \$20/EA**
One souvenir is included in your registration. Additional souvenirs may be purchased at the event, but are limited to stock on-hand.

LIFT TICKETS \$31/DAY
Lift Tickets must be purchased at the Resort. PSIA/AASI Members who are attending this event pay \$31 per day for discount tickets. Only family member(s) listed on the roster below will qualify for discounted lift tickets @ \$35/day.

Family Member Name

Family Member Name

Family Member Name

Payment Details

Event Fees

SUB-TOTAL \$ _____
LATE FEE \$25 (if after APRIL 1, 2011)
TOTAL \$ _____

TO AVOID A LATE FEE, registration is required BY APRIL 1, 2011. If space is available, you will be assessed a \$25 late fee. If you are injured and are unable to attend your event, we will deduct \$10 per day cancellation fee from your refund. REFUNDS REQUIRE A NOTE FROM YOUR MEDICAL PROVIDER.

MAIL WITH CHECK TO:
PSIA-NW

11206 Des Moines Mem. Dr., #106 Seattle, WA 98168

FAX WITH CREDIT CARD PAYMENT TO:
206.241.2885

QUESTIONS? CALL OR EMAIL:
206.244.8541
office@psia-nw.org

LIABILITY RELEASE FORM (release must be signed to attend):

Recognizing that skiing/boarding can be a hazardous sport, I hereby RELEASE AND FOREVER DISCHARGE PSIA-NW, PNSIA-EF, the host area and agents and employees and contractors of each from liability for any and all injuries of whatever nature arising during or in connection with the conduction of the event for which this application is made. Applicant hereby relinquishes and assigns to PSIA-NW and PNSIA-EF all rights to the use of Applicant's name and likeness or pictorial representation in photographs, motion pictures or other representations concerning Applicant's participation in said Event.

Participant Signature _____ Date _____

Credit Card Payments

| | | |
|---|-----------|---------------------|
| CREDIT CARD NUMBER (PLEASE PRINT CLEARLY) | EXP. DATE | X YOUR SIGNATURE |
|---|-----------|---------------------|

EARLY LATERAL PRESSURING FOR EFFICIENT TURNS

A Senior Moment by Ed Kane

A key ingredient to efficient turns in Senior skiers, and all skiers for that matter, is to direct balance to the outside ski. Typically this is achieved by a subtle lateral movements to facilitate and complement engagement of the inside edge of the ski which helps it to describe an arc in the snow. I will discuss the relationship between lateral weighting and efficient edging in a future article. Here we are focused on developing balance over the new turning ski using early pressuring.

Shifting of the weight in a lateral direction is accomplished through very small movements of the hip aligning over the foot to be balanced over next. We do this every day when walking while we are balancing over the right foot as the left one is swinging forward for the next step. Thus if the right ski is to be weighted then the hip must move toward the right foot. As the turn develops, the hip can move back toward the left to help manage the pressure applied to the ski and remain in balance. Efficient lateral pressure control is thus the result of carefully controlling the location of the hips relative to the skis throughout the turn. As pointed out above we do this quite easily when walking but have to develop a new awareness and set of movements when skiing.

Following are some exercises that can help your Senior (and non-Senior) students accomplish efficient lateral weight shifts from turn to turn. Regardless of the skill level these should be practiced on relatively gentle terrain the first time. As these movements are mastered and confidence is acquired, they can be practiced on more demanding terrain and conditions to continue to provide a challenge which will help build on the previously developed skill sets blending.

In addition, they should be practiced in areas where the conditions are reasonably consistent so that the student can make multiple attempts and learn through trial and error through the feedback that they gain with each attempt. Of course your guidance in terms of verbal input is also very helpful, especially if given while they are in the process of trying. It should be noted that some of these exercises are very similar to those recommended to improve balance in the previous article "Balance is the Key to Efficient Skiing."

Straight run, Step Ski to Ski: (photos below). On a gentle slope, straight run, lift one ski and glide for about 2 ski lengths, set it back on the



snow, step to the other ski for a 2 ski length glide and repeat several times. Note how hips shift slightly over the weighted ski.

Skating: Skate down or across a gentle slope. Note how hips shift over gliding ski (photo montage below).



Then from an angled glide lift the inside (downhill) ski, stand on the uphill edge of the outside (uphill) ski, move the hips toward the fall line and turn across it to a stop keeping the inside ski parallel to the snow surface.

From a shallow traverse step to the uphill ski and turn across the fall line. Continue with a reverse fan progression until approaching a traverse that is nearly perpendicular to the slope.

Step Entry Turns: Linked turns lifting the inside ski at initiation, keeping it elevated and parallel to the snow through the turn.

Early weight shift turns: Linked turns initiated by moving the weight to the new outside ski prior to the initiation of the new turn.

Early Step entry turns: Linked turns finishing the turn on the inside (uphill) ski with the outside (downhill) ski elevated and initiating the turn while keeping the lifted ski parallel to the snow. (main photo top. Please note that the transition is not pictured). Linked turns incorporating early movement to the new turning ski prior to turn initiation. ❄️

Linked Wedge Christies: Ski a series of Wedge Christies focusing on placing more weight on the outside ski as the skis are steered into the fall line from the parallel stance and concentrating on balancing over the turning ski as the inside ski is steered parallel with the outside ski.

Outside Ski Fan Progression: From a slight traverse, lift the inside (uphill) ski and turn on the inside edge of the outside (downhill) ski to a stop (photo montage below).



Continue with a fan progression until approaching a glide straight down a gentle slope (J-turn). (photo montage below).



Ed Kane is a Snoqualmie Region Board Representative, past PSIA-NW President and is currently the Training Director for Ullr Ski School.

Post comments @ psia-nw.org

Editor's Note: The recently revised PSIA-NW Alpine Certification Guide has a new Resources Section which contains many of the tasks Ed has mentioned which are applicable to both Ed's Senior focus as well as good skiing for all ages. Additionally, many of these tasks have components of, or are iterations of, certification skiing and versatility tasks. We use tasks in exams so candidates can display their mastery of skill blends for assessment relative to the PSIA National Standards.

SNOW PRO TIPS



LOAD & RELEASE VS. GET LOW & POP

Snowboard Tip by Chris Hargrave

Jumping is a common mistake made in ollies and popping off the flats or features. This is to say that too much two legged pop (simultaneous) can cause imbalanced airs. Riders should work toward finding a balance point where the board is leveraged properly with control to load, hold, and release the energy from the tail to pop accurately. The equation should be more leverage to create good load and release to control trajectory than jumping the core up. Following are a couple of great drills to help you create good balance when leveraging the tail to pop.

Drill 1 “Tail Check”

Stand in the flats buckled in. Get low and slide the board under the body so that tail begins to load like a press. Now check that the lower part of your rear leg is tipped toward your tail. This will look like the knee is over the outside edge of the back foot and feel like pressure is built up over the outside edge of your foot. From this position slowly extend your rear leg to completion. You should feel your board bend dramatically at the tail. As you’re extending (slowly) make sure that you are tipping your lead shoulder down toward the nose of your board to maintain good posture and readiness to release the tail back to a stable landing. You should be able to find a balance point where the back leg is straight and the board is bent so hard it feels like it will break or slip out from under you. Once you can control this then you will have much greater control over the tail when popping.

Drill 2 “Straight Back leg Power slide”

Try this one at slow speed on easy terrain until you feel good about it. Start on a gentle pitch in a low stance with your base flat. Slide the board under body until the tail begins to load. Now drive the back leg through to full extension (before you do this step check where your lower leg is tipped). You should be able to load up and skid on the tail of your board feeling the tail edge scraping and dragging as you slide straight ahead in a high tail press.

Remember your shoulder posture, if you tip the lead shoulder up trying to lift the nose up higher it

can hurt your hip and can cause you to fall forward over the nose or if you actually extend the back leg it will cause the board to pop out from under you, yikes! Master this so that you can hold that load tail and release it when you want to with out feeling like you’re getting tossed forward over the handle bars. Remember that this press is created by the accurate leveraging and extension of the rear leg not a lift or a hop.

Once you have had some time with these drills and have developed strong balance and control over that tail take it back to the jumps. On jumps remember that you wont need to leverage the tail as hard or for as long. However, the leveraging feel and the angle of the lower leg prior to take off will give you a dramatic increase in pop performance. Enjoy the slushy goodness of spring and be safe where your helmet and other protection pieces. ❄️



Chris Hargrave is a AASI-NW examiner and DCL. While he will always consider Timberline home, he now is the snowboard programs manager at Northstar at Tahoe running the Burton Snowboard Academy. During summers he is a trainer and coach for High Cascade Snowboard Camp. You can email him at ctrides@msn.com.

Post comments @ [psia-nw.org](https://www.psia-nw.org)



HIPS TOWARD YOUR TIPS

Alpine Tip by Jeremy Riss

Asking students to flex their ankles is something that most instructors and clinicians work on with their students regularly. I’ve seen many methods used by instructors to get this to happen such as asking students to press their shins into the fronts of their boots or pull the balls of their feet up towards the top of the boot in order flex their ankle.

What I often see from students as they attempt to flex their ankles is over flexing their knee and hip. The result is their ankles flex for a moment then extend because their hips move behind their feet and the weight of their body pulls the ankle open. Then they attempt to counteract this by flexing

their hip more putting their chest farther forward. This is why you often see people either flexing their ankles for a moment having them open again at the bottom of the turn or skiing in a stance that is over flexed at the knee and hip.

Try getting your students to flex their ankles by moving their hips down and forward towards the tips of the skis. The whole body will move slightly forward and the ankle will flex but you won’t see a large flexing movement of the knee and hip. Let people know that this smaller range of motion with the hips staying over the feet is what they should aim for and that anytime the ankles are flexing the hips and body should be moving forward instead of back.

This works well for more skidded turns where the skis are not tipping on a high edge angle. For these skidded turns a large range of motion is not needed unless you are absorbing bumps. When skiing more carved oriented turns where the skis tip on a higher edge angle, a greater range of motion is necessary but that larger range of motion comes from the legs flexing and extending independently of each other where one leg is doing the opposite of the other.

The outside leg should stay long while the inside leg shortens and flexes more to allow the body to move farther inside the path of the skis. As you transition to the new turn the old outside leg starts to flex and the old inside/new outside leg extends to get long again. Your goal in this type of skiing would be to resist letting both legs flex at the same time except for just a moment through turn transition while one leg is getting shorter and the other is getting longer.

For most of our students using a smaller range of motion with the hips moving forward to flex their ankles instead of back will make them much more successful. ❄️



Jeremy Riss is a member of the PSIA-NW Technical Team and is the Ski & Snowboard School Manager at Mt. Hood Meadows Ski Resort. Email him at Jeremy.Riss@skihood.com

Post comments @ [psia-nw.org](https://www.psia-nw.org)



TAKING IT SLOW AND EASY

Alpine Tip by Scott Weimer

How many times have you heard the phrase “Skiing slow is hard?” And it’s true. Skiing or riding slowly “well” is even harder. How often do you ski at a snail’s pace? How often do you slow down while practicing a task or drill? Everyone and anyone can ski fast; it’s just the matter of trying to figure out how or where to stop, right? DIRT – Duration, Intensity, Rate and Timing become the factor when trying to do something at a slower rate of speed. So how does DIRT come into play?

Spending the day training with the NW Technical Team, our focus was on turns being initiated from active movement of our ankles, knees and hips moving into the direction of the new turn, across the ski to engage the edges to draw the skis down the hill and into the fall line. This required a modified approach to high-speed DIRT. The goal was to predominantly make the movements with our lower legs with minimal, accurate movement of the center of mass allowing earlier engagement of the edges at the top of the turn by using lower leg movements flexing our ankles and keeping front cuff pressure.

We started out with completing a turn and traversing across the hill, transferring our weight from the downhill ski to the uphill ski. Then by rolling the uphill ski onto edge to start the new turn, we were creating an early edge. By keeping the center of mass moving more in the direction of the skis while not letting the hips open too much, minimal ski lead after the edge change would result indicating a better balanced position. As I experimented more with developing this movement, I found that I had to make sure I was being just as active in steering my inside foot as much as I was steering my outside foot to create equal edge angle. If I didn’t keep my inside leg and foot actively steering to match my outside leg, I would find my inside ski starting to creep forward, which developed into too narrow of a stance to remain in balance. I was starting to realize that whenever that happened, I had a tendency to start the movement with my upper body and not my lower legs, which made for an out of balance experience.

As the morning progressed and the movements started to feel more natural and the feeling of balance was becoming stronger, I started to feel the skis work as they are designed to. I was able to create a high edge angle and was balanced over the top of my skis throughout the entire turn. I decided to take it to the next step by slowing my speed down more and exercising the task on a flatter slope. Once my momentum slowed down,

I found that I had to focus more on being very patient with the movements of moving across the hill. Without having the momentum and forces moving across the hill to help remain in balance, I had to make sure I wasn’t rushing the movements and get ahead of my feet. The challenge becomes more, by not wanting to start my movements with the upper body and torso. By slowing it down I became even more tuned into the accuracy I needed when making good balanced movements.

We’ve all been training and practicing things that we’ve been taught by others to make us better skiers or riders. The question is, “Have you taken the time to slow down and try doing the same thing at a slower speed?” Speed can be a person’s best friend when it comes to maintaining balance when skiing or riding. What happens to us when we slow things down and try to complete a task at slower speeds?

Maintaining balance can sometimes become more difficult to achieve while performing the task at slower speeds. The snow can sometimes become unforgiving at slower speeds, too. As your movements are slower and more accurate and the forces we are used to feeling seem weaker or non-existent and you may even feel you have become heavier on the snow, your mind has a longer time to process what is happening, and your muscles are being energized and put to use in a longer duration of time. I have always strived to become better balanced in my skiing and any other activity. Balance is what keeps us on our feet. Take the opportunities while teaching your students/athletes and practice the same task you are teaching at the same speed of the student, whether it is doing wedge turns or short swing turns. Put yourself in the back of the line of the group and ski at their pace in the lesson.

Take the time to achieve the drills or tasks by practicing them at a slower speed. Build your balance and skills while practicing. Build your balance and confidence by achieving the same goal at slower speeds. This will help with performing any drills or tasks that may be required to accomplish in exams for showing good demos for your clients. This is a great way to become more versatile with your skiing or riding.

DIRT – Duration, Intensity, Rate and Timing become the factor when trying to do something at a slower rate of speed. ❄️



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DRIVE THE THIGH

Telemark Tip by Stuart Craig

Good skiing is all about managing – and manipulating – the forces that act upon you. But in Telemark skiing, which is inherently two-footed, keeping that pesky rear foot engaged against pressure can be a bit of a challenge.

One useful tip is to “drive” the thigh of the rear leg, especially in more radiused turns. Try this: make a series of “shmedium” radius turns, and as pressure builds under your skis, imagine you’re trying to drive the rear leg, thigh first, ahead of the lead leg while simultaneously not letting the knee of the rear leg pass the back of the knee of the front leg.

The feeling should be one of tension in both the front (quads) and back (hamstring and glutes) of the rear leg. This “driving” idea does a bunch of beneficial things: it keeps your rear leg ahead of your hip, which keeps your feet from spreading apart fore and aft, thus allowing you to better stay over and against the pressure of the turn.

It also automatically gives much better ankle involvement from the rear leg, and lets you keep more “foot” on that rear ski – both of which translate to more precision in all skills. And the earlier and more progressively you can get that tension into your movements, the cleaner the turn, and the more control you have. ❄️



Stuart is the Director of Telemark and XC skiing for Snow Performance and is a Level III Telemark, Level III Track & Level II Alpine certified. He can be reached at stuart.craig@hilleberg.com

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You don’t have to be an Examiner or Clinician to share a great teaching or skiing/riding tip. Everyone is welcome to share what works for you! Send a 250-350 word teaching or skiing/riding tip to: tips@psia-nw.org



Men making smiles (as usual)



FUN IS WHERE YOU FIND IT

Perspective by Kevin Smith

The day started innocent enough. Then, the rain started coming down as the lifts started turning. The fog was next. At the top of the park, I'm greeted by the always cheerful kid on the crew as he waives me in. My answer? "It's lame out here."

Without hesitation, and with the smile still on his face, he answered back: "You're just a grumpy old man."

Now, it's true I'm many years his senior. And the grumpy part? Yeah, that too. I paused at the top of the park, by myself, as his words buzzed in my head. By myself? Huh? As I surveyed the lines from my vantage, I realized the park was almost empty. I virtually had the place to myself. On a weekend.

Running that first safety lap, I could easily see the jumps and hits marked well in blue dye by the park crew. The snow wasn't sticky. Damp, for sure, but the speed was fine. Actually, it wasn't too bad. I turned up the volume in my helmet a bit as I slid right up to the chair. The typically park queue and mondo weekend lift line were non-existent. As the chair lifted me up, I realized there wasn't anywhere else I'd rather be. The smile started to form. As I kicked off from the chair, I recalled a slogan we coined on a summer job I held in college. "Fun is where you find it." Bombing down the chutes, misty rain beading off my goggles, I slid up to the park and the smiling kid on the crew. "This" I beamed, "is an awesome day!"

"Fun" is a matter of attitude. The snow, the fog, the rain and the mountain were the same. But, thanks to the smiling young man who so kindly put it all in perspective just one run ago, my attitude was not just different, but better. And, yes, it was an awesome day. ❄️



Kevin Smith is Alpine Level II and Snowboard Level I certified and teaches for Olympic Ski School at Stevens Pass, WA. Check out his blog at <http://www.freestyle-ride.blogspot.com/>

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THINK LIKE A KID

Children's Tip by Dr. Neil R. Cohen

Some of the most rewarding and challenging lessons I teach have been with the children's programs. It does require extra effort, (paperwork, constantly counting and checking your group so as not to lose a kid, and visiting with their parents) but I think it's well worth it. I've been instructing in the children's area for ten years now and would like to share some things I learned.

Before the lesson you should be mentally prepared to be with children. Their needs, feelings, and learning styles are very different from adults. It helps if you think like a child. I know I'm often accused of this.

Keep in mind you will never have a bad lesson, just the opportunity for you to improve your teaching style.

Speak with other instructors about your great and not so great experiences. They will share the same with you and you will pick up a few helpful pointers

Be aware of the weather and snow conditions. Preferably check out runs you intend to use before class by either taking a run yourself or asking other instructors who have done so.

Be aware of children's anatomy and physiology. As a child matures, so does their musculoskeletal system. This will allow them to do the more advanced skills we are teaching. Therefore, a four year old doing a 'Power Wedge' down the hill and smiling from ear to ear is not really a bad thing. Also older and bigger children don't always ski better than younger and smaller ones.

Be prepared to visit with the kids before class begins so they become comfortable with you. You are big and they are small. You scare some of them. Talk with and about them, their school, pets, siblings, etc. Ask them silly questions to get them to laugh. I like to ask how old they are and then I tell them I'm that age also. You should see the looks they give me. Also ask if they are driving a car yet. At this point they will be warming up to you and now it is the time to ask them about their skiing experiences. Here is where you will get a sense of their openness and desire for adventure.

Make sure their bodily functions are satisfied (food/water/restroom). As we all know, when you're up on the hill and seconds count the restroom is only minutes away.

On to the Snow

Before leaving the kids area, make sure the equipment fits and is appropriate. It seems a slight discomfort such as tight boots will worsen as soon as you are away from the lodge. Most kids don't need poles, they get in the way. You need yours, especially to stop a child from advancing to the chair before it's time. You'll find your arms alone are too short for this task. Really. Don't laugh.

Our most important goal is safety first, then how to control speed and then how to turn. Actually they all seem to be related if you think about it. A skier/rider in control is generally safe. Be prepared to review the responsibility code with your children. Not all at once, just when they seem appropriate to the task at hand.

I think the most important first skill to teach children is not to be afraid of moving ever so slowly on their skis. This is done just outside the lodge in a quiet area. At this point, our students should be comfortable with starting, stopping, and beginning turns in the 'Fun Zone' just outside the lodge. In short, they can control their skis and are ready for the beginner chairlift.

I notice most kids tend to look down at their skis while skiing instead of where they are going. It's a trust thing. They just don't trust the skis to either stay on or go where they want. This tends to put them in the "back seat," lose control and fall. I will ski backward in front of them while talking to them so they have to lean forward, look at me, and see where they are going.

When I feel confident my children can start and stop safely on a very slight slope, I begin to work on balance. Without balance, the skills of edging, rotation, and pressure are impossible to master. The standard feel your boots on your shins might work for adults but kids are more visual/feeling than cognitive at this age. You can show them what a quiet upper body looks like but in reality how many times have you noticed them going down hill waving their arms all around.

To teach balance I ask my students to face uphill and make a reverse wedge to stay stopped. Some may think they can't do this but it really is a natural stance. As you look at them, you will notice they are standing in the perfect skier stance. They are feeling their boots on their shins, their arms are in front of them, and they are balanced over their skis. Now ask them to close the V a bit and start sliding backwards. Not too fast. Let them know they can stop anytime by opening the V. They will test this theory and soon discover it is rather easy. You have tricked them into the correct balance. Remember to pick a wide open area and stay with them. Don't let them all go at once. I prefer to teach new skills on the beginner hill.

Compare new ski skills to skills they already possess. Most children have either roller bladed or roller skated. Take your class to a flatter spot on the beginner hill and ask them to make believe they have blades or skates on instead of skis. Show them how to skate on the snow with these magical blades or skates while going in a straight line and then making a turn. They will soon pick up on similar movements using their skis, which is similar to skates or blades, to initiate movement and turns. This will be the beginning of the skidding parallel turn for them and will also incorporate the beginning of edging, rotation and pressure. I also like to make believe I'm walking down a gentle, sloping street with big shoes on while making turns. This will also accomplish the same task.

By now, you have covered many tasks and it's time to play. Since my students can now ski forward and backward. I show them an easy, on the snow 360. Surprisingly, most children can now do this. It may not be pretty at first but it improves with every run. The most important thing is the children are BERPing.

Finally, the lesson may be close to the end. Give them bragging rights by taking them on a little bit harder but short slope so they can say they did it. You know you have succeeded when you take them back to the ski corral, they take off their skis, lie down in the snow, and just smile. They'll be asleep in the car before it leaves the access road. Your job is done. But they will be back for more because of you.

Well, there are some of the things I've learned but there's more. So stay tuned. No pun intended. ❄️



Post comments @psia-nw.org

Neil has been instructing at Mt. Hood Meadows for ten years. When not on the mountain, Neil is a Chiropractic Physician at his clinic in Dundee, Oregon for the past 34 years and is a member of the faculty at Chemeketa Community College, McMinnville Campus in the Health Sciences area.

Neil's daughter, Sasha, is also a ski instructor beginning her second year.



KID SPACE CONNECTION

Children's Tip by Michael Birch-Jones

We all have great memories of those unique lessons where we seem to have magically connected with our young clients over just a few short hours. How did we do it? With kids especially, I have learned that these first 3 basic steps can make all the difference: Get down to their level, Match their tone, Get them talking.

Getting down to their level. Kid pros know that to gain trust, children need to see your eyes at their level. Take a knee when meeting them; simple as that. Show you genuinely care by sitting down in the snow, pulling up your shades and spending a little quality time getting to know them.

Match their tone. Be sensitive to their energy level during introductions. I have to be careful not to overwhelm young students with my enthusiasm. This is part of your assessment and developing trust phase in the children's teaching cycle during "play." Kids are often shy when meeting a stranger, so initially match your volume and pace with theirs and once they're more comfortable, add more energy to your meeting. High fives are great unless your new student is hiding behind the closest familiar leg. Draw them out gradually.

Get them talking. You probably have a host of ideas on how you like to do this. Sometimes I'll start by making a game out of learning my name. Asking "Do you know any other Michaels?" often leads to stories about the bully at school or their favorite uncle. And if not, I make a big thing about feeling special for being the first Michael they know. I've had great success with bringing up pets or their favorite thing to do on a weekend. If kids are talking to you their level of comfort is growing, which is a barometer on how they are feeling. Never discount their feelings and always be yourself. Kids are naturally authentic so they can spot a phony a mile away.

Check in with them throughout the lesson if you feel you may be losing them. Remember to get down at their level, without talking down to them and reconnect during the "adventure" phase. Be sensitive to their mood and get them talking. Stop teaching long enough to listen and assess their needs. All your efforts will be rewarded when at the end of the lesson the child can't wait to tell their parent(s) about what they did with their new best friend on snow! ❄️



Post comments @psia-nw.org

Michael Birch-Jones is a PSIA-NW Alpine Clinician and has taught both kids and adults for over 25 years in Canada, Europe, New Zealand and the US. He now calls Mt. Hood Meadows home. Email him at birchjones@hotmail.com.



SING IT LOUD

Children's Tip by Holly Tencer

A sound or song can be inspiring, motivating, help set a rhythm, change a turn shape, or make you stop over analyzing the movements you are working on. In multi-week kids lessons I use a song to help create group rapport and cheer the kids up if the energy is lagging. It gives them something to share with other kids or their parents that is unique to our group.

We start out the season by finding a tune that everyone in the group knows, then we make up our own ski specific words to go along. It gives the kids a chance to work together and be creative, and everyone can contribute. This year we are working on making a new verse to our song each weekend. On a rainy day in January—I was amazed when I started singing the song on the chairlift, how the kids chimed in and how much it invigorated the group.

Our song for this year, (based on the tune of the "bear song", see issue #2 winter 2010) starts out:

We are the kids, from Cooper Spur, we ski so fast, you'll see a blur!

We ski all day, and then all night, you can try and catch us, with all your might...

Before a race, we find a tree, 'cuz just in case, you might have to pee!

And if we're cold, we find a bear, to snuggle with, oh way out there...

A song can be a great way to bring your group together and have a little fun – you can sing it on the chairlift, skiing down the hill, riding on the chair, etc. But, you don't have to take my word for it – give it a try next time you're with a group of kids and see what happens! ❄️



Holly Tencer is a Level III Alpine instructor, member of the training staff at Mt. Hood Meadows Ski and Snowboard School, and coaches for the Cooper Spur Race team. Email her at: hollytencer@gmail.com

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I WANT YOU

TO SEND IN YOUR KIDS TIP

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SKIING ABSOLUTES

True, False or Somewhere In Between

BY RUSS PETERSON

Sometimes in skiing we can limit ourselves and miss the big picture if we think in absolutes. To illustrate this, please answer the following true or false questions.

True or False

1. **With the “new” shaped skis, instructors no longer need to teach rotary skills and can focus only on balance, edge, and pressure control movements. T or F**
2. **In a proper ski stance, your feet should be shoulder width apart. T or F**
3. **“Good” skiing is all about carving. T or F**
4. **The most efficient way to ski the bumps is with skidded turns. T or F**
5. **The most efficient way to ski the bumps is with carved turns. T or F**
6. **Great skiers almost never skid. T or F**
7. **Rotary can lead to better edge control. T or F**
8. **You should always use an extension movement to initiate a turn. T or F**

Please read on before you compare your answers with my answers, which appear later in this article.

If you are like me, when you read through these questions you were saying things to yourself like: sometimes, or in what situation? I need some context. I'd have to see the student. Or what's the desired outcome? It depends! Well, that is just the point. What some skiers think of as absolutes, or black and white, really aren't. It just depends on the desired outcome, the body type, snow condition and/or the terrain and tactical choices.

To further explore this yourself, answer each of the above questions, but this time in an essay format. When you do so, challenge your first, gut response of true or false, black or white. This is where we learn and truly explore and develop our

understanding and depth of knowledge of skiing and skill blends for different terrain and for different goals or outcomes, tactics, abilities etc.

Okay, if you are too busy right now (or just want me to give you the answers) you can skip writing the essay answer part (for now) and move on to the answers that I came up with for each of these questions. But I encourage you to come back later and see if you come up with some similar answers or better yet, some different answers that make sense to you. Then share them with a peer or mentor and get their opinion and perspective (or if you like, share them with me). The answers to follow are my personal answers.

As I took the time to write out and explain the why, how, and when in my answers, it was very enlightening. My primary goal with this article is to share the idea that things are not always as black and white as they may appear at first glance, and hopefully get you to think of more than one correct answer depending on different variables, as well as improve your depth of knowledge and understanding in the process. I have not hit every possibility, or covered every scenario with these answers. Although I have gone into some technical detail, I did not go into what I would call great or complete technical detail. My challenge to you the reader is to fill in the scenarios and/or go into greater technical detail on any of the areas that you felt were not covered as completely as you would have liked.

Last chance to stop yourself before reading my answers and write your own.

My Essay Answers

1. **With the “new” shaped skis, instructors no longer need to teach rotary skills and can focus only on balance, edge, and pressure control movements.** False.

I recall this very debate going around, gosh, it's probably been 10-12 plus years now. For a while rotary became the forgotten skill, but I think that is getting better. As we all know ski racers are very edge/pressure oriented. The simple truth is, even racers use and develop their rotary skills. Just watch a race training video where racers from all over the world are working on pivot slips. Think about a beginner skier and what will happen if they do not develop rotary skills. When the beginner skier just tips the skis and locks in the edges and then rides the ensuing arc, the skis go faster and faster down the hill. Even assuming they

are in balance, over both edges with fairly equal pressure on both skis and even if they have their shin in the front of the boot, without helping the student develop rotary movements (preferably of the feet and legs turning in the hip socket) to steer and guide the skis, they are not really in control of the path they take down the hill. Not until they develop effective rotary movements will they have the ability to maintain speed control, and avoid objects and others, not to mention feel safe and build confidence. Rotary is a critical skill to be able to follow “Your Responsibility Code.” Does this sound familiar, “ski/ride in control and have the ability to avoid objects and others?” This is just one reason that rotary is right behind balance in its level of importance and priority for skill development. So, yes, we do still need to teach effective rotary movements, period. Granted, when we teach carving and arcing we need to minimize rotational twisting of the skis but, even then, rotational movements play a roll. We will talk more on this later.

2. **In a proper ski stance your feet should be shoulder width apart.** False (it depends).

While yes shoulder with stance is a great place to start and for many situations, stance width will vary from person to person depending on body type and physical alignment, etc. Other factors and situations will also affect stance width such as: terrain, snow conditions and even tactics and desired outcomes. Depending on when, where, and what I am skiing I may intentionally ski with a wider or narrower stance, sometimes in the same day, and/or even on the same run. If I am in heavy crud or bumps I may narrow my stance to allow both skis to work together more and to minimize drag or deflection on one ski that could cause a loss of balance. Then, as I pop out onto a groomer and want to lay down some fast “phat” arcs I will likely widen my stance to allow for more angulation and higher edge development as well as enhance balance and alignment to the outside ski.

The most important part of stance width is whether or not it is functional. It should allow for efficient dynamic balance (balance in motion), and should not be too narrow or too wide to effect or inhibit efficient edging, pressuring and rotary movements. If your stance is too wide, it becomes difficult, if not impossible, to stand on corresponding edges with equal edge angles and/or to release both edges and rotate both skis simultaneously. If the stance is too narrow it will be equally difficult to develop higher edge angle while maintaining pressure to the outside ski. An excessively narrow stance will also inhibit the ability to turn the legs without having the hips also turn, which creates

a whole new set of less efficient movements. The result of the hips coming around minimizes the ability to turn the legs in and out of counter, compromises balance, and the ability to fluidly move into the next turn.

3. "Good" skiing is all about carving.

False (it depends)

Yeah sure, carving is great. Rippen' down the mountain leaving laser arcs and/or trenches in the snow is awesome, but not always! When it comes to steep and narrow chutes, collapsible snow, bumps, and surf in the powder, often great skiers will skid as much, if not more, than they carve. Skidding or "buttering" a turn can be fun and the better tactical choice in many situations. Just think how hard it would be to spin around switch or throw 'em sideways to do a hockey stop if the only skills we developed were carving skills. If you really need a black and white answer on what "Good Skiing Is", then try this on for size: good skiing is all about balance, stance and alignment over a moving platform or base of support. As an example, picture a big mountain skier ripping at 40 mph. plus doing big surfing powder turns. The reason they can do this is they are staying aligned over, and moving with, their base of support. The concept of "Good Skiing" is all about balance, stance and alignment over a moving platform or base of support is applicable whether carving or skidding.

4. The most efficient way to ski the bumps is with skidded turns.

True & False (it depends)

5. The most efficient way to ski the bumps is with carved turns.

True & False (it depends)

Okay so I cheated on 4 & 5. First, I am answering both questions with one answer. Second, I marked both True & False. That's because, like many of these questions, both answers are correct depending on the situation. (Which is why False is the most correct answer for 4 & 5.) Whether it is more efficient to skid or carve in the bumps really does depend on a ton of variables, including: the steepness of the run, the size and shape of the bumps, snow conditions, the skill and confidence level of the skier and many other factors. These factors all play into why this question could (and should be) answered differently from one skier to the next and from one ski day, and even ski run, to the next. For example if the skier is new to the bumps, has less skills and or confidence, then by all means skidding turns through the bumps is going to be the best way to maintain speed control, build confidence and skills, and remain balanced. The same holds true for a very skilled skier, on a very steep and narrow run, or in very tight steep sided bumps, or on a steep icy bump run. Carving in these situations may not be the best option. Speed control will be difficult. The arc of a carved turn will carry the skier farther across the hill resulting in a wider corridor and higher speeds. This wider corridor will also make it very difficult to not stuff a ski tip in bumps with tight deep troughs.

Plus, as the skier carves across the hill, the higher speed and bumpy ride can throw a skier out of balance, whereas more skidded and pivoted turns can brush speed and allow for a narrower corridor down the fall line. Yes, the skier could chose to make a carved turn in a narrow corridor but that will result in unchecked acceleration on a steep run that may not be sustainable even for the best skiers.

So what about carving in the bumps? Yes, carving can also be very effective depending on the skill and confidence level of the skier and the conditions at hand. Large round bumps can be a blast to carve in and around especially when there is room to carve a round turn far enough across the hill to get some speed control and there are no steep walls on the sides of the bumps to smash your ski tips into. Even narrow and tighter bumps can be carved efficiently and effectively as long as the slope is not too steep and the skier has the skills and confidence to deal with the speed of carving a narrower path more directly in the fall line.

I like to develop the versatility to ski a variety of turns in the bumps. Some turns are more skidded/pivoted, others are more carved. Probably my favorite and arguably the best turn in the bumps is a combination of somewhat skidded/pivoted, and somewhat carved turns. At Alta we called this a "soft carve" (also very effective in powder). Here in the NW some people like to say "scarving" to describe a more skidded carved turn.

To develop this versatility I usually start with pivot turns with very flat edges. This develops a balanced stance over the feet and the ability to turn the feet and legs in the hip socket under a stable upper body. This allows the skier to direct and face the upper body down the hill in a narrower corridor, and develop flat/low edge angle smeary turns that make it easy to maintain balance, speed control and turning rhythm, and as a result builds confidence. Once we develop this solid base to work from, adding more edging as needed, or desired, for shaping the turn, increasing speed, etc. becomes very easy.

The most efficient way to ski the bumps really comes down to: Tactical choices to best fit the situation at hand and having mastery over skidded/pivoted turns, carved turns, and the combination thereof. This gives us the most options to deal with all the situations that come our way in the bumps.

6. Great skiers almost never skid.

False (it depends)

I think we pretty well covered this question in the answers #3, #4 & #5 above. Great skiers have the ability to skid, to carve and to do anything in between at will because they are in balance, their stance and alignment are over their feet and/or directed over a moving platform/base of support. AKA "line of action."

7. Rotary can lead to better edge control.

True
Wow, what do you know, finally a true answer! This answer can seem counter-intuitive. At first blush one might say if you rotate your body or your legs you will twist the ski and cause it to skid. So it is easy to see and even justify an answer of false from that perspective alone. But here is why I say the correct answer is true. Yes, you can roll your ankles from side to side without rotational movements in the legs to affect edging, and you can also tip or incline the whole body or parts of body and legs to affect edging. However, subtly rotating the legs while slightly rolling at the ankles forward and diagonally in the same direction is arguably one of the most effective ways to guide the skis to the edges while at the same time applying pressure to the tips of the skis. As the ski tips engage, this continued subtle rotation of the legs, combined with tipping movements, allows us to direct, shape and enhance our edging movements and dictate the turn outcome in a

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way that edging without these subtle rotational movements would not be able to accomplish. Most notable is the ability to engage the edges along the whole ski while guiding and shaping and/or tightening the arc of the turn. Using subtle rotary to continue to enhance the edging movements allows the skier to guide the skis through the carve and better dictate the turn shape. Even a pure carved turn, benefits from these subtle rotational movements of the femurs in the hip sockets to allow the skis to shape the arc of the turn. Perhaps a simpler way to say it is: the difference between tipping the skis on edge without rotation is more of a lateral move. While rolling the skis onto edge with a slight rotation is more of a diagonal movement.

8. You should always use an extension movement to initiate a turn. False (it depends)

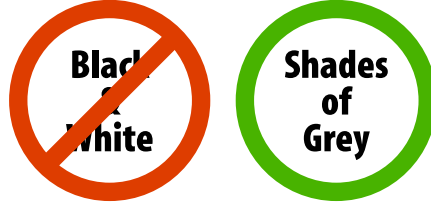
You know what they say, “never say never”... well in this case never say always. Why? Because it depends. First it depends on how, when, and what you define as the turn initiation. For arguments sake, lets say we agree that the definition of turn initiation is the exact moment that the skis start to flatten to change edges. Okay, so think about an open parallel turn. A common description goes something like this: “Extend to flatten and release the edges as we move into the turn.” Perfect.

We do use extension movements to initiate a turn. But wait, maybe we better look at a different situation. What about this thing called a retraction turn? In a retraction turn the feet and legs are pulled up, or forced up by terrain and the skis cross under the body and change edges as the body continues to move forward down the hill and then the legs extend out into the new turn. In this situation extension movements are occurring after initiation. Go figure. So far we have one example of extension movements being used to initiate the turn and a second example of flexing/retraction movements to initiate the turn. Could there be a third way?

I’m going out on a bit of a limb here ... my thinking is that at higher speeds, dynamic carved turns and variable conditions, it’s kind of like the chicken and the egg thing. You know they are both there but which one came first? It is hard to say. I think in many situations it is more of a combination of cross under and cross over that is occurring at what we/I earlier defined as turn initiation. Instead of looking at turn initiation as a specific moment in time, look at it as a phase that we move through. In the turn transition as the longer outside leg shortens and the shorter inside leg lengthens we are flexing and extending at the same time. Therefore I would say that in many situations we do and should use flexing and extending movements together to initiate a turn. It’s kind of like the epitome of skill blending.

So we have 3 different answers for this question. All are correct depending on different situations. Speed, desired outcomes and tactics as well as Duration, Intensity, Rate, and Timing (DIRT) will all dictate which is the most appropriate for the situation.

The Shades of Grey



I know that some of this can be confusing to some people, if it is don’t worry, it just means you are learning and expanding your depth of knowledge and understanding. My hope in writing this article is that it will provoke thought and broaden understandings that skiing is situational and different tactics and skill blends are appropriate for different skiers, situations, terrain and conditions, and for different desired outcomes.

Authors Note: I wrote this before reading Rick Lyons’ recent article on The Feedback Model, but as I read through this again, I could not help but notice the overlap especially around the importance of communicating with our clients to understand their goals and desired outcomes. Communicating and understanding goals and “Desired Outcomes” defines the correct “Movements” which dictates “Tool/Snow Interaction” to achieve the “Desired Outcome.” If you have not read Rick’s article I encourage you to do so. ❄️



Russ is an instructor and trainer at Stevens Pass and coaches for Fiorini Ski School, and is a PSIA-NW Alpine Clinician. He is an experienced Real Estate Professional and an entrepreneur growing a part time chocolate business. Email him at russ@petersonrealtyteam.com

Post comments @ psia-nw.org

BRIDGING THE GAP

By John Stevenson

OK let’s admit it, if you aren’t involved in an adaptive program you probably have at most a passing interest or curiosity about disabled skiing and snowboarding customers. At the same time if you are an adaptive instructor that only knows adaptive instruction you have little experience in teaching to the “typical” developing customer. Traveling around the Pacific Northwest pre-and-

post January and February lesson times, I occasionally run across a few instructors that hold a unique spot in the teaching cosmic universe: the intersection of PSIA and an Adaptive background. When you find yourself on the chair or in a clinic with these folks, take a minute to pick their brain. Ask them about either adaptive, or non-adaptive instruction tips and tricks. I can guarantee you they will have a unique perspective on both.

Take it one step further ... on March 20th Outdoors for All is proud to host training called “Bridging the Gap.” This clinic was offered at Ski Spectacular at Breckenridge, CO in December 2010. Outdoors for All has been given the opportunity to offer the training in the Northwest.

“Bridging the Gap” is designed to de-mystify how race drills can promote stronger skills in the adaptive skier.

The clinic topics will include:

- » Processing the information (indoor)
- » Efficient movement patterns as visual tools (indoor)
- » Hands on with mono ski, three track and Visual impairment (on hill)
- » Drills for skills (on hill)
- » Setting a race course (on hill)
- » Personal feedback in a race course (on hill)

Presenters include:

- » Ben Roberts (current PSIA National Education Manager and past coach for the US Paralympics Ski Team)
- » Carl Burnett (recent 12 year member of the US Paralympics ski team –sit)
- » Shawn Smith (28 year member and past coach of the PSIA National Demo Team)
- » Spencer Havens (VA rehab Doc and team doc in Dec 08 for the US Paralympics Ski Team)
- » Yours Truly (Level III Alpine, Adaptive examiner, TD with Outdoors for All foundation)

While this is NOT a PSIA-NW event, through cooperation with PSIA-NW, a PSIA and USSA educational credit is available. To sign up for this unique training opportunity go to: www.outdoorsforall.org or contact me directly. ❄️



John is an instructor for Outdoors for All at Snoqualmie Pass, WA, is a PSIA-NW Adaptive Clinician and Adaptive Examiner. Email him at johnstevenson@outdoorsforall.org.

Post comments @ psia-nw.org

FREESTYLE CAMP

SCHOLARSHIP

By Steve Monroe

My experiences regarding my process to receive a 2009-2010 PNSIA-EF Scholarship started 3 seasons ago. When I first heard of the PSIA-NW Freestyle Camp it was the end of the year, and I was searching for a way to extend my season. As it usually is for most full-time instructors, money was tight, so instead of paying to go to the Camp, my girlfriend and I decided to take a weekend trip to a new resort. Last season, my Summer profession got in the way. I was booked doing standup comedy for the Freestyle weekend.

After attaining my Level 2 Certification at the end of last year, I was very excited to start my 3rd season of instructing but that quickly changed. On December 14, 2009, I shattered my collarbone while unsuccessfully performing a backside 360 at my home resort, Crystal Mountain. Two weeks later, I was told I needed to have surgery to install a graphite alloy plate with 7 screws into my collarbone to stabilize the break (special thanks to Dr. Belfie and the Virginia-Mason Sports Medicine Team). Monday, January 4th, surgery day, the long countdown to getting back on my board begins. For a small example of the level of my addiction to sliding on snow, Tuesday, January 19th, with my arm in a sling and my coat sleeve tucked in, I took

the chairlifts to our middle mountain runs and spent 40 minutes in heaven making turns. Five weeks after surgery, still tucked and slung, I hiked the King and came down making more turns. Finally, after 3 full months of watching the snow fall and my friends ride daily, I was given my release from the doctor to return to work. I worked hard and took as many lessons as I could but once again, money was tight. I had heard so many great things from instructors I know who had attended the Freestyle event the previous year and I didn't want it to pass me by again.

Then, I heard about the PSIA Scholarship opportunity. I immediately became very excited to still create a positive finish to my season of being broken. I went online to research and I read that I needed to have my scholarship application paperwork into the PSIA office 30 days prior to the event date. I check the calendar... today is exactly 30 days. I make a call to the PSIA office, "Yes, Steve you can still be eligible for scholarship if you get your paperwork in today." I scurry around the office, download forms, fill them out, seek out my resort's Snowsports school directors, I faxed everything in and waited.

After I learned I had been granted scholarship, I tried to create a small Crystal Mountain rally. I was able to talk my girlfriend and four others into taking the Camp with me. We added to the other Crystal Mountaineers and our group was 10 strong for the camp.

Freestyle Camp Organization

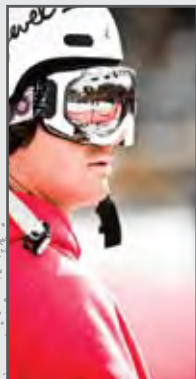
From the first time I met Chris Hargrave and Shawn Semb, they had a plan. Have FUN!! They asked us to think about what our goals were for the camp. My goals were simple, find out why I crashed so hard and most importantly, learn how not to do it again and keep myself and my students safe in the future. They quickly asked us to put ourselves into two groups, Beginners and Intermediate.

Over the next three days, we were led through the boxes, airs, small hits, medium jumps, tabletops, hips, grabs, intro to flips, and pipe skills. The road we took to get to each of these tricks was taken in small steps. I did not truly realize the level of thought and planning that it takes to progress a random group of students with varying skill levels through these types of upper level skills and tricks until after the Camp had ended. By the end of the camp, not only did I see growth in all my fellow students, I can prove it by showing you the smiles on their faces in pictures and video. We not only became a better Freestyle riders, but also a more versatile instructor. I wish I had attended 3 years ago, I know I will be at the Freestyle Camp again. Not only can I pinpoint exact reasons of how I set myself up to fail on that December morning, I learned the right way and I am now spinning and landing clean, frontside 540s! Hope to see you at the next Freestyle Camp! ❄️

Steve Monroe Level II Snowboard Instructor and teaches at Crystal Mountain.

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Further details can be found at wssf.com/pro-fusion.



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