

NW snowsports instructor

WINTER 2017

**Celebrating Mission Ridge's
50th Anniversary at Symposium!**



Learn, Teach, Inspire™

**Getting to Know
Kathleen Priest**
Adaptive Q&A - page 8

**The Great Ones
Keep Inspiring**
In Memorium - page 12

Symposium Event Low Down
Get the Details - page 19

Becoming a Better Learner
Switching Hats from
Teacher to Student - page 29



Get in touch with a different kind of remote.



**Introducing the new Volkswagen Golf Alltrack with 4MOTION® all-wheel drive.
Soon to be everywhere.**

When it comes to the moments we remember, how many take place in your living room? If you're still trying to recall, perhaps it's time to reacquaint yourself with a world beyond Wi-Fi, where the stunning beauty of a vista in front of you is not virtual reality but reality reality. The Golf Alltrack comes with 4MOTION all-wheel drive, Off-Road Mode*, and enough turbocharged power to motivate you off the couch. Because happiness favors the spontaneous.



Volkswagen

vw.com

*Optional accessories shown. Always ensure that your vehicle is equipped with appropriate tires and equipment and always adjust your speed and driving style to the road, terrain, traffic, and weather conditions. See Owner's Manual for further details and important limitations. ©2017 Volkswagen of America, Inc.

features

contributions

- 4** President's Report
by Molly Fitch, President

- Dot Com Report
by Tyler Barnes, Communications VP

- 5** Symposium Fundraiser
by Mary Germeau, Executive VP

- The Adventure Continues
by Kim Petram, Education VP

- 8** Dear NW
by Nick Herrin

- 10** The Power of an Earlier Turn
by Wil Kirkland

- 18** Specialist Accreditation Schedule

- 24** 2017 Exam Schedule

- 28** Pro Tip: Using the Feedback Model to Create Effective Stepping Stones
by Gary Richardson

- 29** Pro Tip: Becoming a Better Learner
by Brian Feucht

- 30** Pro Tip: Just What is Your Center of Mass?
by Marc Schanfarber



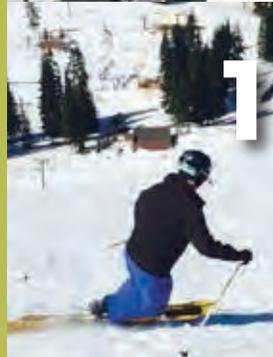
08

GETT'N TO KNOW YA,
NW
by Burrell Jull



12

THE GREAT ONES KEEP
INSPIRING
by Russ Peterson



16

60/40 APEX TO APEX IN
TELEMARK SKIING
by Shannon Patterson



19

SYMPOSIUM 2017
Event Details



ON THE COVER

PSIA-NW Technical Team Head Coach Rick Lyons on a trip to Island Lake Cat Skiing in Fernie, BC.

Photo courtesy of Island Lake Cat Skiing

PRESIDENT'S REPORT

by Molly Fitch, President



Greetings PSIA-NW Members! I hope you are taking every opportunity to enjoy this great season. Every new season I find myself deeply grateful for the beauty of the mountains. My love for teaching a sport that allows me to be surrounded by the mountain experience along with family, friends, peers and clients that share this enjoyment is deeply gratifying.

Whether you are teaching a child who is new to the mountains or someone more experienced, we have the unique opportunity to share our joy and to contribute to an amazing community of dedicated members. Our community of snowsport professionals is the foundation of PSIA-AASI. You are an inspiration to me; we are a powerful and life-enriching community. This season, and forward, I hope you find many reasons for continued engagement, growth, and learning.

dustry, is inspiring. As one of the 9 Divisions, we have the opportunity to become better by leveraging the strengths of all Divisions, allowing us to serve our membership as we grow and evolve to meet the needs of the future.

Again, I want to thank Bill King for his pursuit of bringing the group of leaders together for the Leadership Summit and his time and work as the Chair of the Presidents council. Thank you Bill for your time, vision and leadership! You have been instrumental in setting up the group of Presidents to move forward together and do great work.

A full report from the Leadership Summit is available from PSIA-AASI at <http://bit.ly/2k4EKLZ>.

My main takeaways from the Summit were:

1. Enhance the relationship with the schools to collaborate on opportunities for professional development and education of instructors
2. Improve, increase and customize communication programs and resources between PSIA-AASI members, member schools, and industry partners.
3. Complete the transition in consolidation, consistency and cooperation regarding education and certification.

Always feel free to reach out to me if you have questions or concerns. Enjoy the 2017 winter season, and I hope to see you on the slopes. ❄️

Molly Fitch is coming up on forty years as member of PSIA, she is an Alpine Level III certified instructor for the Summit at Snoqualmie Snowsports School. She can be reached by e-mail at mollyfitch@comcast.net

DOT COM REPORT

by Tyler Barnes, Communications VP



It's been a great season so far in the Northwest and I hope you've had some great lessons, learning opportunities and some fun times skiing and riding with your friends, family and students. I have been so honored to serve as your Communications V.P. over the last several years and

will continue to serve for the next two seasons.

When I was initially elected to this role, my goal was to enhance our communications via the website and the NW Snowsports Instructor newsletter. Back in 2009 we went from a black and white printed newsletter to a full color version at nearly the same cost, in part because I had the back-

ground and skills to help produce a full color version of this publication. Since that time, I have been acting as the interim editor taking over at that time for Jodi Taggart. The Editor is the person in charge of organizing the content and actually doing the layout and production of the printed journal. This is a time consuming endeavor, so the person taking the job must love what they do and have the necessary time to devote to the production of the journal three times per year, given the hours required to create this member benefit.



In the summer of 2016 I reached out to a very capable individual who is familiar with our organization, is a member of PSIA-NW, has the unique skills to be both a designer and layout expert, as well as has the willingness to take on the job. This person, who you

may well know already, is PSIA-NW Alpine DCL Natalie Grummer (above).

I am very familiar with Natalie's skill set up close from her contributions to the development of the "Skills Concept for Teaching," which we have not fully named yet and you may have seen referred to as EUA. She was instrumental in creating the visual graphics for this exciting new tool for instructors. Equally, I have had the opportunity to observe her skills as a presenter working side-by-side with her at the Tech Series Fall Training event held in Wenatchee in November of this past year, as well as interviewing her for the Divisional Clinic Leader position and for the PSIA-NW Technical Team during the past tryout. (By the way, this is a Technical Team tryout year and details can be found on the website.)

Interestingly, Natalie also studied architecture as I did, she is very creative and can handle multiple aspects of producing a quality publication from using the entire Adobe Creative Suite (Illustrator, Photoshop and InDesign), which are all tools we use to produce this publication. Incidentally, Natalie is also an accomplished photographer. Given her skill set as a creative individual, combined with her knowledge of our organization and the events we run, made her a natural choice for the position.

This is Natalie's first issue as Editor. No doubt she will bring her own flavor to our Division's quarterly publication. I hope this will be a multi-season relationship so we can enjoy her contributions for seasons to come.

Finally, if you plan to attend Divisional Academy this season, I'm sure I will see you as you'll be skiing and riding at my home mountain – Mt. Hood Meadows. The conditions are really good and the snow coverage is the best it's been in 10 or more years. Also, I'm excited to see some of you



In our fall 2016 issue, I mentioned a few projects. Since that last update, along with Kirsten Huotte, Executive Director and Bill King (our immediate past president), I attended a Leadership Summit with PSIA-AASI National and Divisional leaders which took place in November in Frisco, Colorado. The multi-day event was a great example of the power of collaboration and Divisional leadership coming together. The tone of the Summit was one of possibilities, which was clearly set by the tremendous amount of energy and enthusiasm our CEO Nick Herrin brings to his leadership role. His positivity, combined with his knowledge of our in-

at Spring Symposium this year at Mission Ridge, where we'll be celebrating 50 years of skiing at riding there! And if you are taking an exam, maybe I'll see you there too, especially with four days of alpine exams at Stevens Pass this season! Plus, you can let me know in person regarding your preferences in receiving this publication, or you can email me or you can go here <http://www.psia-nw.org/poll/> to share your opinions. ❄️

Tyler Barnes is the PSIA-NW Technical Team Assistant Coach, an Alpine examiner as well as an instructor and trainer at Mt. Hood Meadows Ski Resort. He is an entrepreneur and creator of the SNOWPRO PORTAL™
Email him: tyler@elev8brand.com

2017 SCHOLARSHIP FUNDRAISER TO BE HELD AT MISSION RIDGE IN APRIL

by *Mary Germeau, Fundraiser Chair*



It is very hard to believe that the season is moving so fast. In fact, now is the perfect time for me to ask every PSIA member, instructor and friend to please donate items to this year's Symposium Silent Auction and Raffle.

The money earned here benefits the PNSIA Education Foundation. This season the annual gathering will be held at Mission Ridge, the 7-9th of April, and we want to see as many members as possible in attendance.

If you have helped by donating before, I will contact you by email. If you are new to this activity, please email me at maryolympic@hotmail.com or call me at 206-718-1197 and I will fill you in on the way to donate.

At Symposium, everyone seems to have a lot of fun buying their ten or more Raffle Tickets, hoping for a big surprise gift in the drawing. Raffle Ticket are sold at the Friday morning and Saturday morning registration times and at the Thursday and Friday night social times. It is really cool to buy raffle tickets; just ask anyone!! There are 50 or more items in the raffle and the winning tickets are pulled Saturday afternoon. Winners are listed next to their prize on a large poster at the Awards Banquet where the prizes can be picked up. If you aren't attending the Awards Banquet, your prize will be available for pick-up Sunday morning at the hill.

Our Silent Auction happens the hour before the Awards Banquet. You may bid on the items during the social before the banquet begins even if you have decided not to attend the banquet. All of the donated items are laid out on tables with bid sheets, (Often we have as many as 60 items to bid on). Often, there are many ski/snowboard related items, art items, clothing, handmade items, other sports items, wine baskets and on and on. It is really fun to try to get in the best bid for something you really want and get it at a great price.

One must remember, however that neither part of the fundraiser works without the generous donations from our organization members and other friends. I am happy to take donated items over to the event with me, or have you bring them with you and get them to me on Thursday, Friday or Saturday before the banquet.

I look forward to hearing from you soon. My thanks in advance for all those who help support this activity. ❄️

Mary Germeau is co-owner and operator of Olympic Ski School at Stevens Pass. You can reach her by email at maryolympic@hotmail.com

MAKE A DONATION



@ [PSIA-NW.ORG/DONATE](https://www.psia-nw.org/donate)

We typically seek donations at dues renewal time or during Spring Symposium, but you can donate any time! Call the office with a credit card over the phone, send a check by mail or go on-line to [PSIA-NW.ORG/donate](https://www.psia-nw.org/donate).

All donation to the PNSIA Education Foundation are 100% tax deductible - check with your tax consultant on how to apply this to your taxes.

PNSIA Education Foundation
EIN# 23-7130806

The platform for snowsports professionals. Launch a site in 60 seconds flat.



Tyler Barnes is the creator of the SNOWPRO PORTAL™

Individual Pro Site \$49/year*

You're a pro on the hill and it shows. Now look like one on-line too. Create a turnkey individual instructor website complete with you need to be an effective on-line snowsports professional. Use code "PSIANW50"

Schools Starter Plan is just \$399/year

Does your school need a on-line resource to train new and returning instructors? Or a place to post your training calendar or take season schedule submissions on-line? A single place to communicate with your staff? Look no further – SNOWPRO PORTAL™ is a turnkey platform for your snowsports school.

Trusted by these and more resorts:



Start a **FREE 14-day trial** now



[snowproportal.com](https://www.snowproportal.com)

(*) denotes coupon code savings. Coupon quantities are limited.

THE ADVENTURE CONTINUES

by Kim Petram, Education V.P.



Hello instructors, and what an adventure we've had thus far! We have had a spectacular start to this season here in the NW - the snow is deep, schools are fully operational and likely functioning at peak volumes.

By now, newly hired staff have quite a few lesson experiences under their belt and returning staff are well into a long season. This is the perfect time to make sure that all new staff have been introduced to the division and encouraged to seek membership. Their long term future and engagement as a professional instructor starts now.

As our season started ramping up in October, some school trainers have been going through Level 1 accredited assessments. As you have been reading from Mike Phillips, our Certification VP, the rigor needed of this accreditation has expanded to meet the revised PSIA-AASI National Standards. A point to take into consideration is to ponder when a candidate is ready for the Level 1 exam given an exam is not an educational event, but simply an assessment. The new instructor is asked to absorb, learn and practice a tremendous amount of information, the most important of which is to ensure the safety of each of their students.

Membership facilitates and provides opportunity and guidance towards being part of a professional organization. Providing the gift of time to allow new instructors to assimilate and be immersed in the educational opportunities afforded by membership sets the right tone for developing lifelong learners.

Did you know, only 31% of all hired instructors (as of last season based on rosters returned) have membership in this organization? The only way instructor staff can be exposed most fully to all that this division has to offer is via the vehicle of membership. The mission of our organization is to provide high quality educational resources and well defined standards to aid members in improving their teaching skills to better satisfy the needs and expectations of their customer in the enjoyment of snowsports.

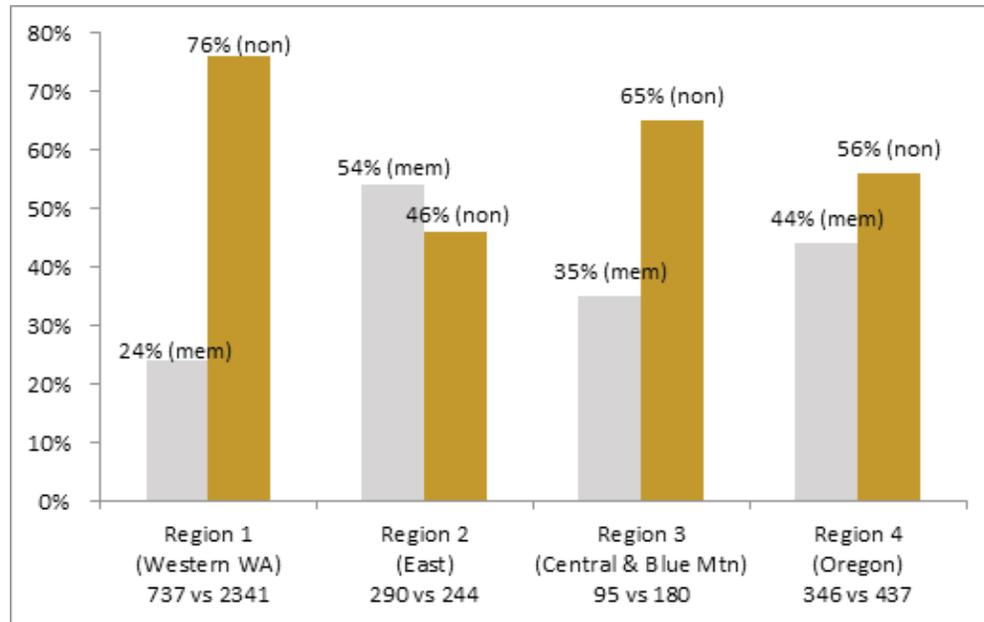
This opportunity starts at the registered level of membership and is available to the 69% of our peers who do not belong to our organization. Given we are an educational organization providing support to snow sport educators – the resources are available to us to access educational opportunities via the important pathway of membership.



Each year, the Division compiles data from Member School's Rosters to evaluate the composition of the membership both regionally and as a whole.

◀ Left, Total numbers of Rostered Instructors within the Division (in gold), broken into non-member instructors (in orange), compared to members (gray) teaching in schools across the Division.

▼ Below, Members to non-Members divided regionally across the Division.



As we embark on the new year full of opportunity and adventure, my hope is that you all have fantastic and successful teaching encounters. Check out the calendar of educational opportunities available this season, it's deeply packed with prospects for fun and learning.

Be sure to check out our season ending finale, sure to be a show stopper at the historic Sun Valley resort. Symposium is our time to come together to ski and ride with friends old and new, partake in fun educational clinics and celebrate the season by honoring those awarded with special recognition. I hope to see you there! Best, Kim. ❄️

Kim Petram is the Education Vice President, Alpine Examiner and Children's Committee Chairperson. Email: kim@petram.org



\$2 per order donation to PNSIA Education Foundation

Get 250 pro quality business cards with personalization options, PSIA-AASI & NW logos and FREE SHIPPING for just \$49

NW snowsports winstructor

Professional Snowsports Instructors of America-
Northwest, Pacific Northwest Snowsports
Instructors Association – Education Foundation
338 N. Wenatchee Avenue, Wenatchee,
Washington 98801

PSIA-NW Member Services

Email: info@psia-nw.org

Phone: (206) 244-8541 Fax: (206) 241-2885

Web: www.psia-nw.org

Kirsten Huotte, Executive Director
kirsten@psia-nw.org

SEND SUBMISSIONS TO

Kirsten Huotte, Executive Director
kirsten@psia-nw.org

SUBMISSION DEADLINES

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

Fall Issue (Sep - Nov)

Ads & Articles by August 1

Winter Issue (Dec - Feb)

Ads & Articles by November 1

Spring Issue (Mar - May)

Ad & Articles by February 1

CONTRIBUTOR GUIDELINES

NW Snowsports Instructor is published three times per year. We 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. Please submit all content, articles and original high quality photos/graphics 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.

PSIA-NW EXECUTIVE COMMITTEE

Molly Fitch, President
mollyfitch@comcast.net

Mary Germeau, Executive V.P.
maryolympic@hotmail.com

Mark Schinman, Secretary & Second V.P.
mark@schinman.com

Diana Suzuki, Financial V.P.
diana.suzuki@astronics.com

Tyler Barnes, Communications V.P.
tyler@psia-nwtechteam.org

Kim Petram, Education V.P.
kim@petram.org

Mike Phillips, Certification V.P.
1wintershope@gmail.com

David Burton, Member School V.P.
david@skimasters.net

John May, NW National Representative
john@creekstonedesigns.com

dear NW



PSIA-AASI CEO Nick Herrin

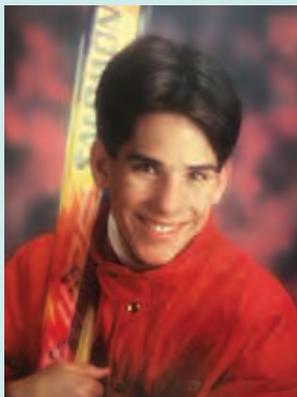
Why I love the Northwest

I owe a lot to PSIA-AASI, and when I look back on my professional career, every opportunity has somehow been connected to this organization.

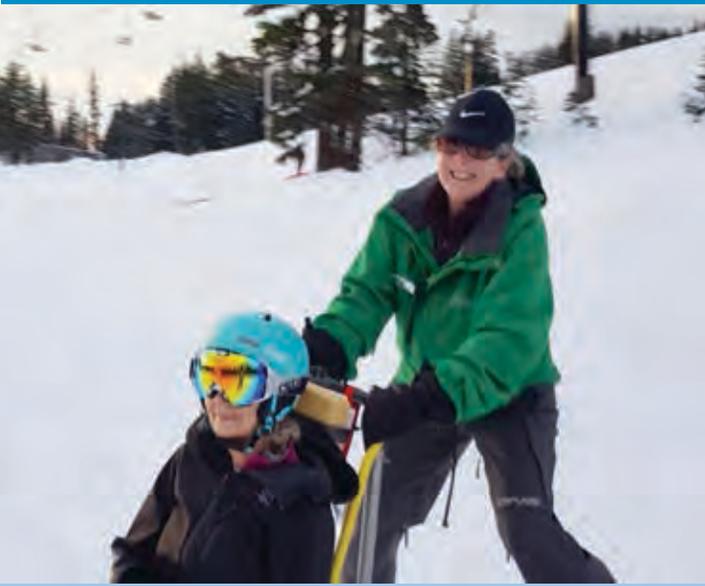
I feel very lucky for the strong educational base that the NW Division and their trainers provided for me, and the reason I love the Northwest Division is because of the leaders that believe in supporting people in their educational and professional growth paths. I have to admit there were times that the last thing I wanted to do was go to a clinic or take a written test- anyone in John Mohan's Ski School will remember those times! But, if it wasn't for the support and the little pushes at such a critical time in my life I am not sure if I would have been prepared for future opportunities.

At the heart of the NW Division, one of the best things it does (even in the rain) is inspire people to want to be part of this incredible industry.

Cheers,
Nick



Editor's Note: Did you know? Our new CEO Nick (shown here in his High School glamor shot) got his start right here in the Northwest. In 1994, when he was just 14 years old, he began instructing at Ski Acres Ski Area (now Summit Central) in John Mohan's Ski School in Snoqualmie, Washington. From there, he headed off to College in Montana, where he taught at Big Sky, then on to Telluride as well as Crested Butte, all while serving three terms on the PSIA-AASI National Alpine Team. His years of experience in the industry and passion for Snow Sports Education have now lead him to help support the association's education outreach and represent PSIA-AASI at the highest level.



▲ Adaptive Instructor Kathleen Preist and her young client skiing at her home mountain of Mt. Hood Meadows

GETT'N TO KNOW YA, NW

By Burrell Jull

This is the 2nd installment in my series of interviews aimed at getting to know our membership around the Northwest.

Despite incimate weather and crazy road conditions preventing me from meeting in person (multiple times), I was able to dialogue via email. It was my honor to get to know veteren instructor, Kathleen Preist. Kathleen is adaptive trainer at her home area of Mt. Hood Meadows. She is also an Adaptive Examiner and Clinic Leader who has made many significant contributions to Adaptive Snow Sports Instruction both locally and at the National Level. Please enjoy this inspiring and informative back-and-forth Q&A with Kathleen.

How, where and when did you get your start teaching?

Twenty-three years ago. My older brother was directing the school at Summit, which is at the very bottom of Timberline on the edge of Government Camp. He called me and said, "I need instructors to come and teach. Bring your kids." He was my mentor. A lot of what I know about teaching came from him.

What has kept you in the industry?

The people. The people I teach and get to teach with.

What's your most memorable skiing experience?

Skiing with my family at Summit. We had to improvise a piece of equipment to get my son out skiing. It was a great day for everybody.

What drew you to the world of adaptive instruction?

My son. He was born with an undiagnosed spinal cord injury. He was basically a quad. Very, very smart. Physically he just needed some help. I wanted all my kids to experience something I loved growing up. Adaptive was the only way to get him on the snow. So we set our minds to figuring it out.

Are you seeing an expansion of the client base in the Northwest?

I see it ebbing and flowing. We share a lot of the same clients. We can have folks at Meadows that will then head down to Bachelor and ride with Or-

And what excites you most about your role in the Division?

SHARING MY KNOWLEGE A LOVE FOR SKIING, SEEING THE PASSION THAT SEASONED INSTRUCTORS HAVE FOR ADAPTIVE INSTRUCTION, AND THE 'AHA!' MOMENTS THAT NEWER INSTRUCTORS HAVE WHEN THEY SAY, "OH, THIS IS JUST LIKE SKIING!"

- Kathleen

gon Adaptive Sports. Sometimes they go up to the Seattle area to ski. The adaptive clients tend to move around.

Do wars change the client base?

Yes. Adaptive instruction came from our involvement in war. The Vietnam War resulted in mostly loss of limbs and spinal cord injuries. The recent wars resulted in more traumatic brain injuries.

What are the alpine PSIA Adaptive classifications?

For alpine it's - Sit Ski (mono or bi), Three Track (1 ski with 2 outriggers) and Four Track (2 skis with two outriggers), and Vision-Intellect Impaired (previously known as Cognitive-Visual). The equipment options are limited for snowboard. So it's basically standing on and riding a board and Vision-Intellect Impaired.

What's the difference between mono and bi Sit Skiing?

A mono sit ski is a seat mounted on a single ski. A bi ski is a seat mounted on a 2 skis. A bi ski has a wider platform and is therefore more stable. There are more add on equipment options with a bi ski making it easier to accommodate more disabilities.

So the folks we see charging hard at high rates of speed are in a mono ski?

Most likely. There's this guy who sit skis at Meadows. He's an amazing skier. I've seen him bank it off the skiers right of Ridge Run. Launch the lip into 4 Bowl and disappear into the distance. Truly Amazing!

WITH KATHLEEN PRIEST

▼ Below, a student experiencing skiing for the first time on Sit Ski adaptive equipment. Photo by Melodie Buell.



On the alpine/snowboard side we have been focusing on the five fundamentals of skiing. Do the technical approaches differ in the adaptive world?

No. The laws physics and gravity don't change just because somebody is on a different piece of equipment. Good sliding is good sliding. The difference comes from the client's physical ability. If one has a spinal cord injury and is in a sit ski they may have to generate movements from other parts of the body to get the desired outcome. Often people think that it's a totally different universe but it's not. It's just different equipment. Like snowboards are different from skis. It's all skiing.

What specific traits are needed to successfully teach intellectually or physically impaired students?

The instructor is greatly aided by a solid understanding and some experience teaching skiing. One needs to know how to teach and then be able to tweak it fit the student. Also, a deep understand-

▼ Below, Adaptive instructor Melodie Buell and her Student are all smiles as they ski together. Photo by Amy Neff.



ing of what the different disabilities are and how the equipment can create an atmosphere of success. And finally, an ability to recognize and engage in the intimate environment that teaching an adaptive lesson will present. A teaching heart. I can remember details of every single adaptive lesson I've given over the years. The connection to the student is tremendously deep. Very student centered.

What are the differences in the knowledge base of an adaptive and an alpine/snowboard exam candidate?

The major difference is an understanding of the equipment - when different pieces of equipment are needed for certain types skiers, and a solid working knowledge of how to use it. I will say this: over the past few years we have wanted to see a stronger technical understanding of alpine skiing. Lots of folks kind of hop over the basics of skiing and dive right into the adaptive variables.

What resources would you recommend if adaptive training is not available at one's home mountain?

We offer clinics at Fall Seminar and Symposium. We can also come to your ski area if enough participants are generated. And If you want to travel, the Ski Spectacular which takes place in early Winter in Colorado is week-long training that draws hundreds of people.

Thank you, Kathleen, for taking the time to answer my questions and provide insight for all our PSIA-NW Members into the world of Adaptive Snowsports Instruction. Most of all, thank you for all you are doing to help bring the love and passion of skiing and snowboarding to as many people as possible!

Burrell Jull is an Alpine DCL and trainer at the Mt. Baker Ski School in Washington. Email him at burrelljull@gmail.com



Have you ever thought that about the power of early turn shape? Or that focusing on early turn shape could also help our sport as a whole? Even those who have never even seen snow often hear horror stories of broken wrists in our sport. Most often due to an edge catch causing a hard fall forward, resulting in hand and arm fracture risk. What if we, as instructors, could help ourselves and our students by eliminating the stigma, reducing wrist breakage of our students, all while speeding up their progression? Sounds like win-win to me!

To start working on this scenario, one of the things I focus on the most when running clinics is the idea of improving turn shape from the very start. While the reasons vary slightly, based upon the level of the rider, I believe the ability to shape turns is just as important for a Level III exam candidate riding bumps, as it is for your first time student of any age.

For the first time student (or learner), one of the most terrifying aspects is the prospect of catching the downhill edge and “slamming” into the snow. Teaching them from the very beginning how to best utilize the sidecut of the board and to keep their momentum moving towards the nose, you can show how they can reduce, or even eliminate, the dreaded edge catch. This is a very easy way to gain buy-in from students who otherwise are not inclined to listen (think teenage boys). Coupled with this, you can also reduce the amount of time needed to spend on, at times tiring, tasks or drills before moving to linked turns, creating a more fun and impactful lesson, while at the same time helping their snowboarding immensely in the long run. That’s a win-win.

When working with the upper level rider, or even possibly when working on your own riding as you train toward your certification, it is easy to become overloaded with information. With information overload, a rider can have difficulty incorporating everything into their riding all at the same time. Knowing all about flexion/extension, fore/aft, torsional twist, upper and lower body separation... so on and so on. A student may have received the information, however these concepts aren’t easily applied correctly without proper turn shape first. Without proper turn shape, there is not really a “turn” to create movement throughout one direction change to the next. Hence, why my focus lies here first. Below is a progression to try with yourself or with a class:

- Start in a straight run and engage your toeside edge by applying a slight pressure on it and hold the turn to a stop. Next try it on the heel edge, again engaging it with a slight pressure to the heel side.
- Then start a few degrees off a straight run on your heel edge, change to your toeside and ride that turn to a stop. Repeat starting on toeside and completing a heelside turn.
- Keep adjusting your starting trajectory a little more across the hill until you are starting from traverse, changing edges, and staying in that turn all the way to a stop.

This is really where the breakthroughs will come. Engaging the new edge early in the turn (before the fall line), to really shape the top half of the turn is what most riders are lacking when it comes to turn shape. Failing to engage early leads to a number of issues, including the uncomfortable heelside chatter.

THE POWER OF AN EARLIER TURN

By Wil Kirkland



▲ Being in a more balanced stance will better allow for accurate initiation into the turn

▼ Below, working through the phases of the turn, with particular emphasis on moving from the Initiation phase to the Control phase.



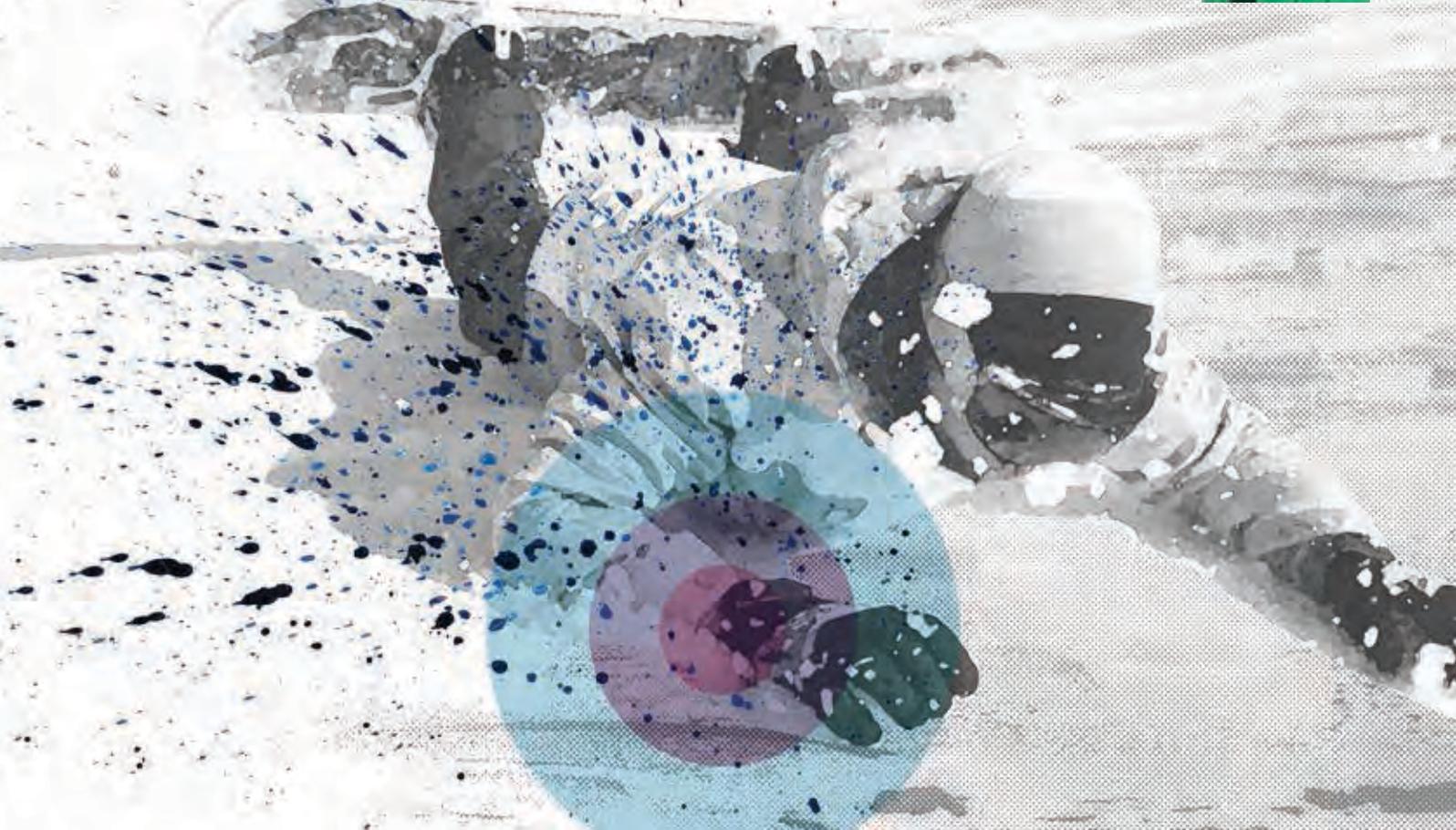
When your group is comfortable with this task, slowly dial up the terrain, and see where that good turn shape is lost. As the terrain gets more intimidating, you will see riders start to rush the top half of the turn. Pivoting instead of smooth engagement of the new edge. The goal is the ability to apply solid turn shape in any terrain.

Think this is all about snowboarding? This concept of early engagement and developing turn shape works for everybody! In fact, I was first introduced to this as a snowboarder attending a clinic for skiers.

What struck me was the simplicity, effectiveness, and application across disciplines, and ability levels. It works across a range from most flexed or most extended at edge change. It works for your beginners on the easiest terrain. It works for your clinics on an icy blue run after dark. And it works for you on the steeps, fresh snow or groomers, anywhere and everywhere.

In my opinion, turn shape is truly the ultimate clinic topic, mostly due to its broad reaching application as well as a general misunderstanding of it. Within this one clinic topic, you can improve anyone as a rider. You will give riders the ability to control their speed through turn shape, ride more efficiently, help eliminate heelside chatter, and reduce the frequency of edge catches. You also can improve them as trainers and instructors by encouraging a turn shape focus for their lessons and clinics. I have found those instructors with a stronger grasp of turn shape have an easier time understanding and explaining concepts such as fore-aft, flexion-extension, offset, and more.

Wil Kirkland is a Snowboard DCL. Email him at thedailyshred@gmail.com





THE GREAT ONES KEEP INSPIRING EVEN AFTER THEY ARE GONE

Our organization has lost many great instructors over the years, from natural causes and accidents both on and off the snow. Last year we lost another great instructor whom I learned so much from in my high school years and even now. 40 year member Rob Stimmel and his wife Maria perished in a plane crash in Florida. I know they are greatly missed by many, and will never be forgotten.

By Russ Peterson

Back in high school when I was in the 10th grade in the Northshore Ski School's "expert" class, I was fortunate enough to have Rob as my instructor. Some might not know that even though Northshore (later Mohan) Ski School was based at Ski Acres (now the Summit at Snoqualmie), back in 1979-1980, at least 2 of the 8 week lessons were held at Stevens Pass. It was a great chance to explore another mountain! While there, Rob taught me how to "ski the fall line" on Seventh Heaven and later on, he taught me how to throw a "helicopter" when I was an assistant instructor in 11th grade. I had so much fun skiing with Rob. He was such a nice guy and so much fun to be around. I will miss seeing him at events and doing the occasional clinic with him as my student (a total role reversal). I am not sure which of us took more pride in the turn of the table that had. Me coaching one of my favorite coaches! It was probably Rob because I was feeling a little awkward and embarrassed to be teaching one of my first mentors.

Several years ago I was fortunate enough to do a member ski school clinic for Rob. I was working on rail road track turns to help improve the carving skills of a group of Rob's instructors. I had the group practicing railroad track turns at one point I ask them all to stop half way down the run and I would show them a higher speed and intensity version of what they were working on. I demonstrated my best "pure" carved turns at speed, showing clean snaking arced turns, lots of lengthening and shortening of the legs under a quite stable upper body. I remember Rob being inspired by the clean arcing turns that I was showing him and the group. A couple years later at a symposium Rob told me that it had really inspired him and that he had been working on it and was getting much better at it. Rob was so gracious. He showed genuine enthusiasm to be learning from, and inspired by, one of his past students.



Above: Author Russ Peterson, Ernie Sylva and Marty O'Connor at Symposium at Big Sky in 2007

This should be what we all aspire towards. To do such a good job of teaching and inspiring our students that they begin to teach us.

After I heard of Rob's passing, I thought about my limited time with him and what I learned from him. In that reflection, I realized Rob did not teach me how to create "upper body lower body separation", or to "turn my legs more than my body". Rob had a simple goal. We are going to learn to ski the "fall Line on Seventh Heaven on Cloud Nine." Not one turn then wait and traversing before turning again, but linked turns straight down the steep bumps of Cloud Nine! To reach our simple goal did Rob teach me to start out downhill and the ability to turn my feet and legs more than my body, to ski into and out of counter, to maintain a quite an stable upper body, complete turns for speed control, etc.

Of course he did, but what he did so well and what I am relearning from him now... is he kept the goal simple and inspirational. At 16 years of age I did not care about learning to ski into and out of counter. I wanted to rip down the steep bumps in the fall line like my instructor! I wanted to Ski fluid turns through the powder without "turtling"! Turtling is defined as ending up on my back, cratered into the snow with legs and arms flailing. Been there, done that, and prefer to avoid it! With these types of simple and inspirational goals I would do anything he asked me to do to get there!

It has been about 38 years ago that Rob taught me to ski the fall line, I remember that clearly with joy and pride. The details of the specific body movements and skills that Rob taught me... I don't really recall those, but I will never forget the goal, and the first time I skied linked turns in the fall line down Cloud Nine on Seventh Heaven with Rob Stimmel cheering me on! Thanks Rob for teaching me that and so much more.

What really drove home to me during this reflection, was that Rob's goals were centered on how to have more FUN! Whether it was how to ski the fall line in the steeps or to spin a 360 (old school helicopter) the goals were to learn something that was going to make skiing more fun first and foremost! Sure that meant we needed to learn more efficient skill blends to reach the goal but the skill blend development was not the true goal. Learning so that we could have MORE FUN was the real goal! Thank you Rob for helping me to remember that.

Another great mentor and friend that we lost way too soon was Marty O'Connor. Marty had an uncanny way of showing empathy, understanding and encouragement to those fortunate enough to learn from him. Marty, also like Rob, knew how to focus on fun. Marty could make what most would consider bad conditions awesome! I remember skiing with Marty at 49 Degrees North many years ago in wet, heavy, rain soaked snow during a Divisional Academy. Marty not only got us having fun, he challenged us to ski the wet, heavy, off-piste snow. By the second day, under Marty's tutelage, our group had dubbed ourselves "The Masters of Mung". Marty challenged us to make changes and to tackle the difficult conditions, and he did so in large part by building an extremely fun, safe, enthusiastic, and collaborative group environment while we skied hard and tried on the different moves he taught us. There are so many things I learned from Marty and I quote him all the time when I am teaching. Many who have skied with me have heard me describe the "Learning Continuum" and I almost always include how I got this wisdom from my friend and mentor Marty O'Connor.

Marty and Rob are still teaching through me, and through many of you too, I am sure. So much of



Above: 40 Year Member Rob Stimmel on one of his many skiing adventures

Continued on next page >>

NW ONLY MEMBER BENEFITS

PSIA AASI
N O R T H W E S T

In addition to the PSIA-AASI national offers be sure to check out all the **exclusive NW only member benefits** on the PSIA-NW.ORG website.

Go to the Membership Menu then choose Member Benefits or this URL:
<http://www.psia-nw.org/membership/member-benefits/>

Below is an abbreviated list of vendors and suppliers who offer special deals to PSIA-NW members.

DaKine, Decked, Filson, Helly-Hansen, Hoveland, Ibex, K2 Skis and Snowboards, Outdoor Research, Pistil, Ski Trainer, Snowpro Portal, Skins, Smith, Sweetspot, Ticla, Xevo plus Lift Ticket Discounts, Educational Materials, PSIA-AASI Logo Business Cards and more!



Above: Rob Stimmel (Left) and Marty O'Connor (Right) in Sun Valley at Symposium in 2010

◀ ◀ Continued from previous page

what we learned from our mentors we pass on. We might put our own spin to it and adapt it to a given student and/or situation, in part because they showed us how. There is no doubt their teaching and inspiration lives on through us.

I am proud to belong to this association and I am thankful for all of the great people whom I have come to know as a result. I feel humbled and proud that there are now some people that would call me their mentor and/or inspiration. I would like to take this opportunity to give a big thank you to the many special people that helped mentor and inspire me over the years. I apologize this list will not include everyone, there just would not be room.

Thank you, John Mohan, Rob Stimmel and Gordy Ball, my time with you at Northshore Ski School got me hooked on teaching and the comradery of being part of a ski school. Lane McLaughlin, Howard Suzuki, and Richard Castellow, at Shoreline Snowsports, you inspired me to become a student again, to improve and to pursue certification. The old rat pack crew at Stevens Pass-- you know who you are! All the PSIA-NW Staff with specific thanks to Lane, Nick, Roger, Calvin, Marty, Mr.T., Dave,

Dave, Steve, Rick, Linda, Brad, John, Tyler and many more.

PSIA-NW, you all have inspired me and taught me. Thank YOU!

As Kirsten would say: "Learn, Teach and Inspire"

Inspired by the memory of Rob Stimmel and Marty O'Connor - Two of the great ones.

Russ Peterson is an Alpine DCL and trainer at the Steven's Pass Ski School in Washington. Email him at Russ@PetersonRealtyTeam.com





- March 18 @ Crystal
- March 19 @ Mt. Spokane
- March 25 @ Whitefish
- March 25 @ Alpentel
- March 26 @ Schweitzer
- April 2 @ Steven's Pass
- April 2 @ Mt. Bachelor
- April 8 @ Mission Ridge
- April 22 @ Mt. Baker
- April 22 @ Mt. Hood Meadows

Are you new?

Welcome aboard!

If you have taken your Level I exam this season or last season, you are entitled to attend a New Pro? Let's Go! clinic. This welcome to the organization is all about having fun, learning about the organization you have joined and to go skiing or riding for the day. It's one of the coolest new benefits that the organization offers and it's all for just \$25! Essentially you have the opportunity to spend the day with one of our Divisional Clinic Leaders who will help show you the way to maximizing your member benefits. This clinic is designed specifically for instructors who took a Level I exam this season or last season and will fulfill the education requirement for 1 season. Slide into a clinic for a day of fun, skiing and/or riding with fellow instructors.



For more information check out
www.psia-nw.org

ROUND TURN SHAPES USING SKI LEAD IN TELEMAR SKIING



60 / 40

APEX TO APEX

Lead Change is an integral part of Telemark Skiing. It allows us create stability and balance, while enjoying the large range of motion that a free heel allows.

Shared with the Alpine world are skills related to rotary, pressure and edging. Unique to Telemark is we define Lead Change as a skill itself. A proficient Telemark skier can separate lead change from the other three skills. That skier has control of the duration, intensity, rate and timing of the Lead Change. Obtaining a desired ski/snow interaction is an orchestrated blending of this skill with the other three. Varying the Lead Change allows the skier to access and enhance rotary, pressure and edging differently for alternate outcomes.

A common theme in proficient and efficient skiing is to manipulate the ski in ways that allow its design to affect direction changes. When executed well, the skier seems to defy gravity, spending almost as much time in the top of the turn as the bottom. For the ski itself to create change direction, the edge must be pressed into the snow and traveling primarily along its length. A little pressure bias toward the tip of the ski at initiation can help tighten up the turn radius.

More often seen is the top half of a turn gets rushed. Skiers will often lighten the over all pressure at transition and/or then pivot the ski quickly while it is in this flatter orientation to the snow surface. The ski is now partially sideways to its direction of travel, thus negating (to various degrees) the opportunity for ski design to create turn shape. With this turn entry, there is often a corresponding pressure spike as the edges bite at the bottom of the turn.

A fuller, rounder turn shape can be developed by focusing on Lead Change. One that enhances pressure movement along the length of the skis and meters out rotary movement slowly and consistently along the entire arc. The trigger phrase that I use when working on this is '60/40: Apex to

By Shannon Patterson

Below: National Telemark Team Member Greg Dixon approaching transition where he will start to move trailing ski and COM forward.



Apex'. 60/40 is a focus on foot-to-foot pressure. Instead of thinking about a 'turn' followed by another 'turn'. Apex to Apex means focusing on skiing through the transitions with a specific focus.

First is to address the timing and duration of the lead change. The goal is to have the feet pass by each other at or just before the apex of each turn. The maximum spread between the feet should occur just before the skis go flat into the transition. For many skiers this means a significantly slower lead change movement through the initiation phase. This alone will increase awareness of fore-aft balance. A quick lead change sometimes covers up less than ideal balance. A skier trying to gain leverage against this imbalance seeks to always have a lead and trailing foot (a tele stance) and avoid spending time in the movement between stances. Once a better fore-aft balance is developed, then a forward movement of the COM becomes possible.

Second is to further boost these enhancements with a 60/40 foot to foot pressure focus. Thinking Apex to Apex, the skier wants to allow 60% of the pressure to move to the outside foot as the skis come through the apex (also where the feet are passing each other). The 60% pressure then remains on that foot even as it becomes the inside foot of the new turn. As the feet pass each other at the apex, the extra bit of pressure is allowed to shift over to the outside foot. The 60% of pressure on the front foot creates a mini-platform. As the skis go flat in the transition and the new lead change begins, the center of mass (COM) and rear foot move forward at a rate faster than the overall. They are moving up to (ie faster than) the 60% weighted foot/mini-platform. The COM is moving forward in relation to the base of support. Pressure is moved along the length of the ski, toward the tip. The snow pushing back on the tip creates a bend in the ski. This in turn creates a change in direction of travel as it moves across the snow. When the skier allows the ski to perform like this, more time is spent in the top of the turn and the overall shape is fuller and rounder.

Once the feet pass each other, skiers often 'settle' into a tele squat and ride out the turn. With a quick lead change, that is a lot of time 'hanging out'. With the turn entry above, there is less time and space to 'hang out'. A better focus is to use the belly and finish of the turn to prepare for the next one. In this space from apex to transition, as the lead change develops to maximum fore-aft split, the stability of having lead and trailing foot can be used to optimize balance. The end result is this will create a balanced platform from which to move forward into the top of the next turn.

This is not the 'one' lead change. This particular lead change lends itself well to arcing it on moderate terrain. With mastery, maybe it could be taken to more difficult terrain. By experiment-ing with lead change and foot-to-foot pressure, the skier can continue to develop skill sets in order to be more versatile. Change up the lead change to create different interactions with the snow and outcomes.

Below: (and previous page) Author Shannon Patterson having just come through the apex, where the feet passed each other and 60% of pressure is directed over the outside foot.



A FULLER, ROUNDER TURN SHAPE CAN BE DEVELOPED BY FOCUSING ON LEAD CHANGE. ONE THAT ENHANCES PRESSURE MOVEMENT ALONG THE LENGTH OF THE SKIS AND METERS OUT ROTARY MOVEMENT SLOWLY AND CONSISTENTLY ALONG THE ENTIRE ARC.

Shannon Patterson is a Telemark DCL and Trainer at the Gravity School at Mt. Bachelor Ski Area in Oregon. Email him at shannonpark@yahoo.com



CHILDREN'S, FREESTYLE + SENIOR SPECIALISTS

By popular demand, we have opted to move several of the specialist events a little later in the season to better accommodate member's schedules.

Children's Specialist 1&2

The Children's Specialist program is a certificate based program that follows the concepts and curriculum of the National Children's Specialist Standards.

CS1: Alyeska - February 23-24

CS1: Stevens Pass - March 11-12

CS1: Schweitzer - March 25-26

CS2: Stevens - April 1-2

CS1: Meadows - April 22-23

CS2: Bachelor - April 22-23

Senior Specialist 1&2

The Senior Specialist program consists of the Senior Specialist 1 and Senior Specialist 2 educational courses. The Senior Specialist Standard is derived upon existing National Standards including Alpine, Children and Snowboard.

SS1: Schweitzer - March 11-12

SS2: Stevens - April 1-2

Freestyle Specialist 1&2

The Freestyle Specialist Program is designed to educate instructors on the essential safety and performance aspects of freestyle riding and teaching, help set goals, evaluate participant's current level of understanding and skill and to foster opportunities for members to share knowledge and best practices from resorts and schools throughout the Northwest.

FS1: TBD - April 22-23

FS2: TBD - April 22-23

Each Specialist event has a pre-event workbook that must be completed ahead of the on-snow session. Check the website for more details. ❄️

SAVE THE EXAM FOR LATER, GO FOR THE SPECIALIST NOW

If you have your Level 1 Certification right now you can take any of the Specialist 1 programs. These are fantastic educational events that are much less stressful and possibly way more enjoyable than an exam. Plus you will learn some "real world" methods and techniques to improve your lesson content for children, freestyle and seniors. Not to mention too that many schools offer a pay increase if you have a Specialist credential.

If you have a Level 2 certification in any discipline and a Specialist 1 you may proceed to taking the Specialist 2 in that same program. Maybe you are looking to up your game in your children's lessons or improve your freestyle technique and teaching. Great idea! Sign up to attend a Specialist 2 event and take your teaching to the next level.

The Specialist programs are two day events and offer a wealth of knowledge on the specific program. Each event also provide two season's of education credit to keep your certification and membership current. We've heard members participating in these events for the education credits but come away with a new understanding of what makes a great lesson specific to these areas of specialty.

So make the most of your membership and take a specialist program before your next exam, as you will learn something new, which will also prepare you to be even more successful at that next certification you may be pursuing. ❄️

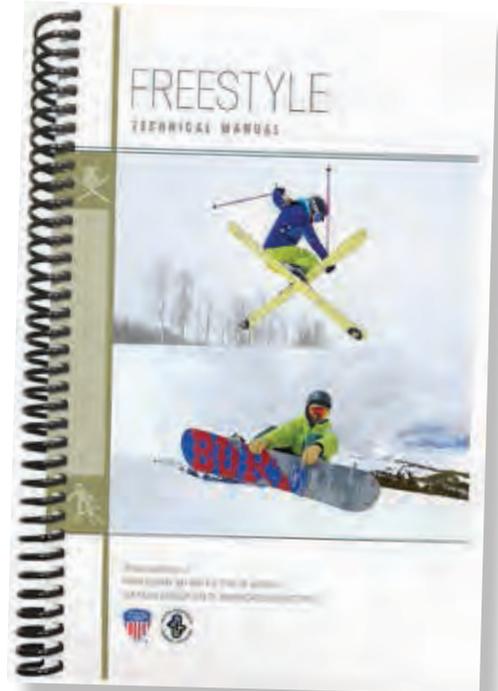
NEW MANUALS AND HANDBOOKS NOW AVAILABLE

Two new Manuals are hot off the presses and ready for purchase in both print and digital. The Adaptive Manual and resources are digitally available for download, go to <http://www.psia-nw.org/certification/adaptive/adaptive-certification-downloads/>

The NEW 2016 Freestyle Technical Manual can be purchased for \$34.95 (Print) or Bundled Print & Digital for \$39.95 and is available at both the PSIA-NW online store or at thesnowpros.org

There are a ton of great resources to improve your teaching. The PSIA-NW on-line bookstore is open 24/7 where you can peruse the various manuals and handbooks published by PSIA-AASI and others. From technical manuals to teaching handbooks you'll find something to meet your needs.

Just head over to PSIA-NW.ORG/SHOP to browse and buy. You can also call the office and place your order over the phone with a credit card. The choice is yours! ❄️



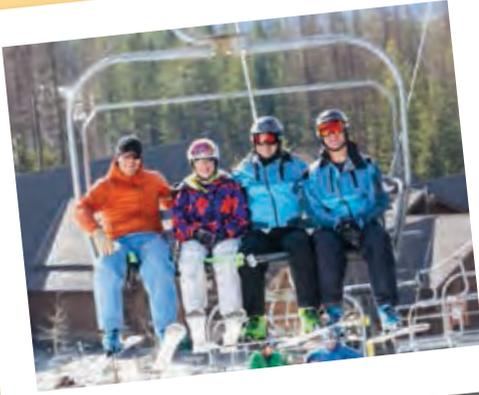
**Download
this here!**



Friday: Ski & Ride all day. Friday evening: No Host Reception

Saturday: Ski & Ride all day. Dinner & Awards Banquet from 7-9pm. After-party 9pm - ?

Sunday: Ski & Ride all day. Head home with memories of a good time had by all!



Symposium 2017

April 14-16 @ Mission Ridge, WA

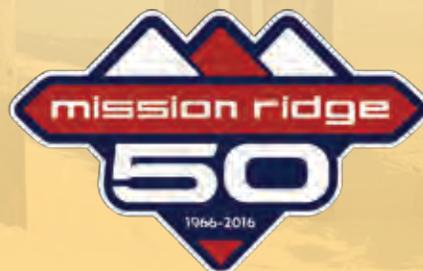
End of the Season Celebration with some of your closest friends and snowsports family

Yahoo!!! Another season is coming to an end and it's time to celebrate with the rest of the Division in saying, "that's a wrap" and let's put a bow on this. We're ready to put the icing on the cake with this end of the season bash that has been a Northwest tradition for almost 50 years!

This two-day educational extravaganza (three if you participate in the for fun clinic offered Friday) showcases Northwest and other talented clinicians in a myriad of topic choices, ranging from everything under the sun, pun intended. And it's also the best time to honor our long time members and award recipients and the Awards Banquet, details follow on the next pages.

This year we are headed to the beautiful sunshine and great conditions at Mission Ridge to celebrate the season. With current snow pack in the area at 112%, it should be an epic time enjoying all the corn snow.

Look forward to seeing you there.



For more information check out
www.psia-nw.org

SPRING SYMPOSIUM LOW DOWN

SYMPOSIUM AT A GLANCE

When:
April 14-16, 2017

Where:
Mission Ridge, Washington

Clinic Cost:
Early Bird Registration before April 1st, 2017 - \$200 (for 2+ days total) including Friday (must pre-register for Friday session), or \$100 (for just Saturday or just Sunday)

Awards Banquet:
The scrumptious buffet will come with house baked rolls, classic Caesar salad with house made dressing, baked beans and garlic mashed potatoes and a decadent dessert and regular and decaf coffee and red wine. Dinner options will be Best Smoked Brisket (ever) or Alaskan Salmon. Cost \$40

Souvenir:
Included in event fee. Additional souvenirs \$15.

AWARDS BANQUET, SILENT AUCTION AND RAFFLE

The Awards Banquet honoring our 20-30-40-50-60 year members and those receiving NW service awards – this will be one to be remembered. The Silent Auction will be held during the cocktail hour. All details are on-line.

You will have the opportunity to participate in the raffle at any of the registration times, come support the Education Foundation and win something fun.

You have something you would like to donate to the Auction or Raffle? Please contact Mary Germeau maryolympic@hotmail.com.

EVENT SOCIAL CHECK-IN

Thursday evening, April 13th from 6 – 7pm
Location is to be determined. Check the website.

Friday morning, April 14th from 8:30 – 9:30am
in the Mission Ridge Fireside Room

Friday evening, April 14th from 5:30 – 7pm
Chateau Faire le Pont Winery
1 Vineyard Way, Wenatchee, WA 98801
509-667-9463 fairelepont.com

Saturday morning, April 15th from 8-9am
in the Mission Ridge Fireside Room

Sunday morning, April 16th from 8:30 – 9am
in the Mission Ridge Fireside Room

EVENT SCHEDULE

Friday, April 14th
10am – 2:30pm – Free Ski or Ride with Clinicians. Meet in the Hampton Lodge. Must be registered for event and signed up to attend the Friday session, participant names will be collected.

Saturday, April 15th
8:45 am – Classes begin forming – Hampton-Lodge. Meet outside on-snow.

9am – 2:30 pm – Classes disburse on the hill

6pm – 7pm – Silent Auction – Wenatchee Center
1312 Maple Street, Wenatchee, WA 98801

7pm – 9pm – Awards Banquet – Presentation of awards and recognition of our 20, 30, 40, 50 and 60 year members

Sunday, April 16th
8:45 am Classes begin forming – Hampton Lodge. Meet outside the lodge.

9:00 am – 2:30 pm – Classes disburse on the hill

LODGING INFORMATION

Since we are in Wenatchee where lodging options run the gambit, we have left it open to pick where you would like to be, everything in Wenatchee is just a few minutes away from all the activities planned.

For lodging options, please visit: <http://wenatchee.org/list/ql/lodging-travel-15>

LIFT TICKETS

Tickets for Participants and Family may be purchased at the ticket window daily at a reduced rate of \$35.

FAMILY INFORMATION

Sharing the Love – Your family knows how much the organization means to you ... but they don't totally get it. While you're working away, let us show them what it's about. We will take them on a tour of the mountain while sharing the organization with them. They'll get some tips and tricks along the way too. We know it's a family affair, maybe there will be some new instructors in your family after the clinic. For ages 13 and up; must be able to navigate easy blue terrain. Available Saturday and/or Sunday.

Mission Ridge SnowSports School will be taking advanced reservations for lessons and childcare – For lesson information or to make a reservation please email them at lessons@missionrige.com or phone them at 509-888-9436. To make a reservation for childcare please email them at childcare@missionridge.com. Please be sure to sign up at least a week ahead of time, as no on-site sign ups will be accepted.



PSIA-AASI NORTHWEST

OFFICE USE ONLY



Spring Celebration @ Mission Ridge Event Application

Participant Information

update my records with this info info accurate on file

NOTE: choose discipline for this event only (NOT your certifications)

Alpine Snowboard Telemark Adaptive Nordic

Name	Member #		
Email Address	Snowsports School	Your certification Level(s) - i.e. A3, SB3, etc	
Mailing Address	City	State	Zip
Primary Contact Tel #	Secondary Contact Tel #		

Fee and Event Details

CHOOSE CLINIC TOPICS ON NEXT PAGE

- FREE FRIDAY** **\$FREE**
Members can slide with clinicians on Friday. If you wish to attend you must be registered for Symposium Sat or Sun Clinic.
- TWO-DAY INSTRUCTOR PACKAGE \$200 (EARLY)**
Includes Early Registration Fee, 2 Clinic Days and Souvenir. (Banquet not included)
- ONE-DAY INSTRUCTOR PACKAGE \$100 (EARLY)**
Includes Early Registration Fee, 1 Clinic Day and Souvenir. (Banquet not included)
- FULL-PRICE REGISTRATION (AFTER APRIL 1)**
1 Day - \$120; 2-Day \$220
Includes Registration Fee, 1 or 2 Clinic Day and Souvenir. (Banquet not included)
- FAMILY CLINIC \$70 PER PERSON PER DAY**
Sat. or Sun. Must be able to navigate easy blue terrain. Does NOT include Lift Ticker or Banquet.

Family Member Name Alpine Snowboard

Family Member Name Alpine Snowboard

Family Member Name Alpine Snowboard

Banquet and Souvenirs

ADDITIONAL OPTIONS

SATURDAY AWARDS BANQUET **\$40 x _____**

- Dinner Buffet

All entrees come with house baked rolls, classic Caesar salad with house made dressing, baked beans and garlic mashed potatoes and a decadent dessert. Regular and decaf coffee and red wine will be served. Dinner options will be Best Smoked Brisket (ever) or Alaskan Salmon.

Please indicate dinner option above by no later than April 7, 2017.

ADDITIONAL SOUVENIRS **\$15 x _____**

One souvenir is included in your registration. Additional souvenirs may be purchased at the event, but are limited to stock on-hand.

EARLY RATE REGISTRATION CLOSES APRIL 1, 2017.

If space is available, you can still register at the Full Rate pricing until April 7th, 2017. Registration closes on the 7th of April. **No on-site registration will be accepted.**

Totals

EVENT FEES

Total Event Fees, Banquet Fees, and additional Souvenirs:

EVENT FEES \$ _____

BANQUET \$ _____

FAMILY CLINIC \$ _____

ADDTL SOUVENIRS \$ _____

TOTAL \$ _____

LIFT TICKETS are not included - Reduced rate tickets for participants and family are available at the ticket window. Just mention you are with the PSIA-AASI Event.

How to Pay?

ONLINE REGISTRATION OPTION

Go to your Division website and look for the link to signup on-line for this event

SEND BY MAIL - PAY BY CHECK OR CREDIT CARD

Mail completed application to the office

SEND BY FAX - PAY BY CREDIT CARD

Fax completed application to the office

QUESTIONS? CALL OR EMAIL:

Northwest: (206) 244-8541 or info@psia-nw.org

LIABILITY RELEASE FORM (you must sign this release before attending this event):

Recognizing that skiing/boarding can be a hazardous sport, I hereby RELEASE AND FOREVER DISCHARGE PSIA-NW, PNSIA-EF, ASEA, the host area and their agents and employees and contractors from liability for any and all injuries of whatever nature arising during or in connection with the conduct 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

PLEASE READ LATE FEE AND CANCELLATION POLICY ABOVE IN PAYMENT DETAILS BOX.

CREDIT CARD NUMBER (PLEASE PRINT CLEARLY)

CREDIT CARD TYPE Visa MC AMEX DIS

3 or 4 Digit
CVC Code

EXP. DATE
(MM/YY)

X

YOUR SIGNATURE



NAME _____

FRIDAY – Yes, I will be attending the fun time to be had on Friday the 14th of April, my choice for where is below.

- On Trail
- On and Off Trail

This day is FREE with your registration for Saturday and/or Sunday (tickets not included).

Saturday, April 15th - Clinic Topics	Sunday, April 16th - Clinic Topics
<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 Topic for Saturday	Adaptive Clinic Topic for Saturday
	<input type="checkbox"/> Mainstreaming Tactics
Alpine Clinic Topics for Saturday	Alpine Clinic Topics for Sunday
<input type="checkbox"/> Drillin' for Skillin'	<input type="checkbox"/> Drillin' for Skillin'
<input type="checkbox"/> Getting Your Groove Back	<input type="checkbox"/> Freestyle
<input type="checkbox"/> Girls Just Wanna Have Fun	<input type="checkbox"/> Getting Your Groove Back
<input type="checkbox"/> How to be Offensive	<input type="checkbox"/> Girls Just Wanna Have Fun
<input type="checkbox"/> It's All About That (Soft) Bump	<input type="checkbox"/> How to be Offensive
<input type="checkbox"/> Kids? Who Need 'Em?	<input type="checkbox"/> It's All About That Bump
<input type="checkbox"/> Legend – WaitForIt – Ary	<input type="checkbox"/> Kids? Who Needs 'Em?
<input type="checkbox"/> Playing the Fundamental Game	<input type="checkbox"/> Legend – WaitForIt – Ary
<input type="checkbox"/> Seeing IS Believing	<input type="checkbox"/> Playing the Fundamental Game
<input type="checkbox"/> Senior Tact	<input type="checkbox"/> Seeing IS Believing
<input type="checkbox"/> Shake and Bake	<input type="checkbox"/> Senior Tact
<input type="checkbox"/> The Rat-Pack	<input type="checkbox"/> Shake and Bake
<input type="checkbox"/> Tip It to Rip It	<input type="checkbox"/> The Rat-Pack
<input type="checkbox"/> Tip It to Rip It	<input type="checkbox"/> Tip It to Rip It
Snowboard Clinic Topics for Saturday	Snowboard Clinic Topics for Sunday
<input type="checkbox"/> The Rat-Pack	<input type="checkbox"/> The Rat-Pack
	<input type="checkbox"/> Freestyle
Telemark Clinic Topics for Saturday	Telemark Clinic Topics for Sunday
<input type="checkbox"/> Freeheel Fest	<input type="checkbox"/> The Rat-Pack
Family Clinic Saturday	Family Clinic Sunday
<input type="checkbox"/> Sharing the Love (13 and up)	<input type="checkbox"/> Sharing the Love (13 and up)

CLINIC TOPIC DESCRIPTIONS

Below are the topic descriptions by discipline. Be sure to turn in your completed application with your topic choices for each day.

ADAPTIVE

Mainstreaming Tactics – Explore managing students with challenges in an on-snow class situation. What are red flags that may indicate there is an issue and how to develop methodologies to handle challenges within this dynamic group setting. **Sunday only.**

ALPINE

Drillin' for Skillin' – Come drill down on 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 with balance all around.

Freestyle – Come and explore the park, learn what a park rat is, how you would approach various features, 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. **Sunday only.**

Getting Your Groove Back – Big season, lots of snow; with it a lot of lessons taught. After all the hours, weeks and months of it being about the client, are you ready to dust off some cobwebs, have it be all about you and work on getting your groove back? Travel around the hill having fun with a tip snuck in here and there. The grooves your skis leave on the snow will be deep as you bring it all together, making some of your best turns of the season.

Girls Just Wanna Have Fun – It's always fun to ski with the girls and not worry about slowing down to wait for the boys to catch up. Come work on your personal skill development while enjoying the pacing and camaraderie found when skiing with this women's only group.

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.

It's All About That (Soft) Bump – For skiers who have limited experience with the bumps or are accomplished and wish to play in what Mission Ridge has to offer, this clinic will be fun. You'll work on various tactics and techniques on making "that bump" work for you, not against you. Appropriate group splits will be made when going out in the morning as well terrain choices.

Kids? Who Needs 'Em? – We all do! Add to your knowledge bank while exploring, learning and sharing experiences about how to play with a kids point of view.

Legend Wait-For-It Ary – Legendary. You never need to wait around to ski with these legendary guys and gals. Looking for a great day of reminiscing, learning a thing or two about our past and enjoying the camaraderie this clinic always creates? Better not wait to sign-up – Mission Ridge is steeped in stuff only legends are made of.

Playing the Fundamental Game – Have you heard the reference, the five fundamentals? Wanting to learn more about them and their relationship with the skills and putting it all together? Then this fun session is for you – the fundamentals will be reviewed and explained in a simple fashion while you ski through them all over Mission Ridge.

Seeing IS Believing – In this movement analysis clinic you will learn to differentiate between cause and effect by developing your eye to unveil the cause. Guided by a seasoned veteran of the craft, you and your group will practice the keys to accurate and objective analysis, while having fun and taking in the sights Mission Ridge brings.

Senior Tact – It's always about tact and tactics with all of our clients and maybe even more so with the senior. This clinic will look at building relationships, strategies and tactics for working with the senior; such as low impact alternatives better allowing the senior to ski a wider variety of terrain with less fatigue. Isn't that what we all want- more gain, less pain?

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.

The Rat-Pack – Come explore the mountain, take in the view and all the terrain she has to offer on a mountain tour de jour. Learn tactics and technique to ski a variety of terrain in the mountain environment while rat-packing around, in control of course.

Tip It to Rip It – Just sayin', what else would you want to do at Mission Ridge in the Springtime with all that great corduroy? This clinic will explore the art and excitement of carving in a safe and rip roaring fun atmosphere. Ski clean, efficient, turns, tip to tail while exploring the hill and leaving trenches all over.

SNOWBOARD

Freestyle – Come find out what the park is all about or push your skills to the next level. Groups will be split based on ability and comfort levels. Group(s) may be a mix of skiers and snowboarders, depending on sign ups. **Sunday only.**

The Rat-Pack – Come explore the mountain, take in the view and all the terrain she has to offer on a mountain tour de jour. Learn tactics and technique to ride a variety of terrain in the mountain environment while rat-packing around, in control of course.

TELEMARK

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.**

The Rat-Pack – In this clinic, you will ski lots and gain confidence, practice, and coaching in a variety of conditions and tactics. **Sunday only.**

FAMILY INFORMATION

Sharing the Love – Your family knows how much the organization means to you, but maybe they think you're a little over the top? While you're working away, let us show them what it's about. We will take them on a tour of the mountain while sharing the organization with them. They'll get some tips and tricks along the way, too. We know it's always better if it's a family affair, maybe there will be some new instructors in your family after the clinic. For ages 13 and up; **must be able to navigate easy blue terrain. Available Saturday and/or Sunday.**

Mission Ridge SnowSports School – For lesson information or to make a reservation please call 509-888-9436 or you may also visit their website at missionridge.com or email them at lessons@missionridge.com.

Mission Ridge Childcare – For childcare information or to make a reservation please call (509)663-6543 ext 444 or you may also visit their website at missionridge.com or email them at childcare@missionridge.com.

See you there!



2017 EXAM INFO + SCHEDULE

WRITTEN EXAMS FOR ALPINE, SNOWBOARD AND TELEMARX ARE AVAILABLE ONLINE

The online professional knowledge written exam is available for Alpine, Snowboard and Telemark.

No Snowsports Directors Signature is required for the online portion of the exam, so you may register online if you wish.

After your registration has been processed, you will receive a separate email with a link to your exam (this is not automatic – we have to send it to you from the office). Save the link until you are ready to take the exam. The passing score is 75%

The 2016-2017 cost to take the online exam is \$20 per certification exam.

The online exam consists of 50 randomly selected multiple-choice questions, and will have a time limit of 50 minutes.

Remember: members who wish to pursue Alpine, Snowboard or Telemark certification Level 2 or Level 3 will be required to successfully complete the Written Exam 30 days PRIOR TO registering for any on-snow exam modules.

ON-SNOW SKIING, RIDING AND TEACHING EXAMS

ALPINE

Level 2 and 3

Alyeska - March 20-21
Schweitzer – March 25-26
Stevens – April 1-2
Stevens - April 3-4
Bachelor – April 8-9

SNOWBOARD

Level 2

Alyeska - March 20-21
Schweitzer – March 25-26
Stevens – April 1-2
Bachelor – April 8-9

Level 3

Alyeska - March 20-21
Stevens – April 1-2

TELEMARX

Level 2 and 3

Stevens – April 1-2

NORDIC

Level 2 and 3

Stevens Pass Nordic
Center – March 4-5

ADAPTIVE

Cog/VI - Alyeska - March 19
Cog/VI - Stevens - April 1
Mono/Bi – Stevens – April 2
Cog/VI - Bachelor - April 8
3 Track/4 Track – Bachelor – April 9
Snowboard Cog/VI -
Mission Ridge - April 14

EXCERPTS FROM PSIA-AASI NATIONAL STANDARDS

The following is an excerpt from the PSIA-AASI Certification Standards.

Terminology used throughout the National Standards are consistent with the Alpine Technical Manual (2014) and the Snowboard Technical Manual (2014), as well as Core Concepts for Snowsports Instructors and the Snowboard Instructor's Guide.

These standards provide a training focus, and represent a minimum competency for each level of certification. These standards are based upon concepts of the “levels of understanding” that define the stages of learning in terms of comprehension. Just as certification is a measure of understanding, levels of certification represent stages of understanding.

Candidates will be held to the knowledge and performance standards of the level at which they are testing as well as the criteria for all preceding levels.

Each of the nine PSIA-AASI Divisions across the country adhere to the same National Standards, however each Division handles the exam process slightly differently depending on the needs of their specific region and membership. However, despite the process differences the goal of the end result is the same namely adequately testing candidates against the PSIA-AASI National Standards.

The best way to find out about the PSIA-NW exam process is to download the certification guide for your specific discipline. Just go to the PSIA-NW website and look in the Certification menu, then choose the discipline for which you are looking for information. Many of the certification guides have been updated recently to address process changes, like those changes found in the Level 1 exam process.

Trainers at your school who are participating in the the PSIA-NW Tech Series program will likely be the most knowledgeable about the current certification processes. You can also reach out to PSIA-NW Divisional Clinic Leaders whose contact details are also on the website.



SpringGS Camp

**April 21st - 23rd
@ Mt Bachelor, OR**

Race Experience is NOT required.

Spring at Mt. Bachelor, video and review, great coaching and friends – where else do you want to be in late April?

Come see why Mt. Bachelor is known for its 300 days of sunshine, high speed groomers and when combined with gates, makes for an awesome GS camp! This three day event features coaches from the PSIA-NW Technical Team who will help you improve your skiing on and off the course.

Thank you Mt. Bachelor for your support. All alpine abilities welcome.

Early Registration: \$300

Tickets: Fully Supported by host area

Credits: 2-season credit for event

Early registration deadline is April 15, 2017.
Space fills fast and event may close.



For more information check out
www.psia-nw.org/gscamp

SERVICE AWARDS

It's time to make your final nominations for the 2016-17 PSIA-NW Service Awards. There are surely instructors at your school that are deserving of recognition, and it's likely you know individuals who have received one of these Awards at a past Symposium.

But who are the people behind these awards? Here are the instructors, and a glimpse into their stories, who've inspired us and been bestowed the honor of having an award established in their names. Each lead by example and exemplified what it means to Learn, Teach and Inspire.

These awards are presented to the recipients annually at the Spring Symposium Awards Banquet, honoring them for their service to snowsports and the organization.



KEN SYVERSON INSTRUCTOR OF THE YEAR AWARD

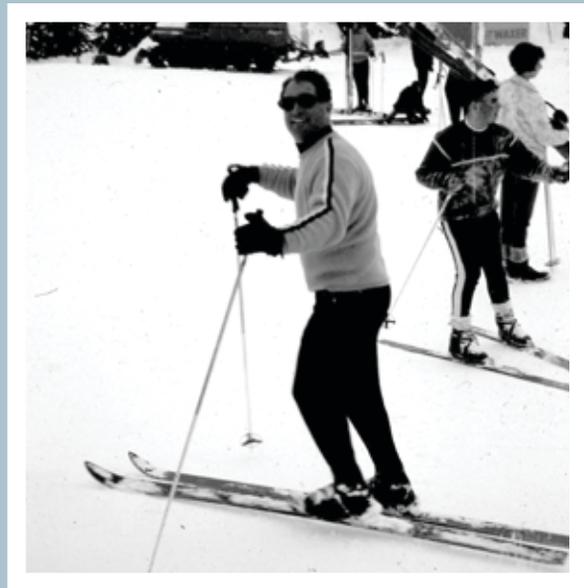
This award recognizes someone who has been a member for at least 5 years, who is actively involved in teaching snowsports to the public and who demonstrates a positive role model. They must exceed the normal criteria for teaching excellence and must demonstrate a prolonged history of service to the public as well as service to their school and PSIA Northwest as evidenced by mentorship or other active involvement.

Ken held PNSIA cert number 1. He became the first ski school director at Paradise in 1936 and was known as one of the best ski instructors in the Northwest. He was the PNSA Certification Chairman from 1947-48, when ski instructors and race coaches were a part of the same organization (PNSA). He was one of the first examiners in the region and taught up to about 1962." He passed away in November 1972.

ART AUDETT OUTSTANDING SERVICE AWARD

Designed to honor a member who has had a sustained history of distinguished service of lasting benefit to PSIA Northwest, their ski school or the local community or have performed an exceptional act worthy of special recognition.

Art Audett was hired as the ski school director at Lookout Pass back in the 1940's. Part of his legacy there was the creation of the Lookout Pass Free Ski School, which is still in operation today as a 501.c.3 providing lessons to those in and around the Idaho/Montana border. He traveled west after Lookout and was the director for the Stevens Pass Alpine Club, at the time named the Green Hornets. After leaving Stevens Pass, Art took the job as the director of skiing at Crystal Mountain.



Do you know someone deserving one of these awards? To make a nomination, please see details about the PSIA-NW Service Awards, and their criteria on the PSIA-NW.ORG website in the Membership menu, then choose Awards Information menu item. Or follow the QR Code link below.

Service Award nominations are due March 15th!





JEAN LYON SERVICE TO YOUTH AWARD

This award recognizes an instructor or coach who has demonstrated exceptional dedication to excellence in teaching snowsports or coaching racing to children and youth. In keeping with the spirit that Jean brought to teaching, coaching and racing, nominations should emphasize a high level of teaching expertise, work that has enhanced children's snowsports education and/or outreach activities that have provided opportunities for youth to experience and become lifetime participants in snowsports.

Jean Lyon was a vibrant, athletic-looking woman who could, as many of her students and fellow instructors said "Ski the pants off them." As a young woman from Princeton, BC Canada, Jean raced competitively and qualified for the Olympics twice, and she was a Canadian Ski Alliance (now CSIA) full cert. When she moved to Washington in the 1960's, Jean started Lyon Ski School and began the Stevens Pass Buddy Werner team, the first children's Mighty Mite (ages 6-12yrs) race program in the Pacific Northwest. As a PSIA certified instructor Jean was one of the first women examiners in the country. In the Northwest she started the first women's clinics. She served as a Divisional Clinic leader and Examiner until she retired shortly before her death. For the 30+ years Jean Lyon was a PSIA-NW member, she remained a respected leader, favored divisional clinician and dedicated instructor. Her ski school maintained 100% membership in the organization for the term of her directorship. She lead by example and taught children in the same direct honest manner with which she raised her own kids and in doing so helped hundreds of youth to achieve success as racers, skiers and leaders in the industry. Jean passed away November 29, 1994 at the age of 65.

LARRY LINNANE SKIING LEGENDS AWARD

This award recognizes those senior members in good standing who give a lifelong commitment to the development and/or history of snowsports including instructing, service on the board of directors, writing technical or feature articles for publications.

Larry spent most of his life in or around the mountains. He started skiing in 1934, skied Snoqualmie Pass, then went to Paradise on Mt. Rainier. Larry was Certified in the second Certification Exam in 1940 and carried National Certification Number 4. In 1942 Max was stationed at Mt. Baker as a Plane Spotter and that was the start of Ski Klases Incorporated, which he directed until retiring in 1990. Larry inspired students and instructors, a true pioneer of NW ski instruction, and a father figure to many. Larry continued skiing into his late eighties and was still riding the ski bus to Stevens Pass on Wednesdays singing, entertaining and enjoying the mountain just months before he passed away at age 93.



ROOKIE OF THE YEAR AWARD

This award recognizes a member who has demonstrated superior ability, aptitude and inspiration to snowsports education in their first season as an instructor. It's a great way to recognize a rising superstar.

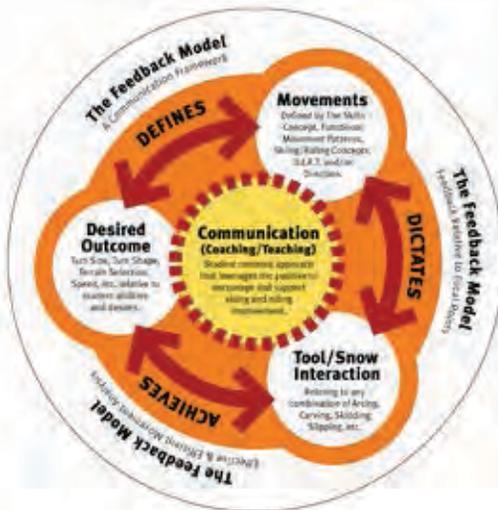
USING THE FEEDBACK MODEL TO CREATE EFFECTIVE STEPPING STONES

by Gary Richardson

I use the Feedback Model as effective tool in my lessons and clinics to achieve desired **outcomes**. I've emphasized the plural in my first sentence to bring attention to the fact that the Feedback Model, as I use it, is cycled several times to reach the overall desired outcomes.

The PSIA-NW Feedback Model

Many times in my experience and with my staff, an overall goal or "desired outcome" for a lesson can be very broad and extensive. For example, many guests have stated they would like to be proficient in skiing blue runs. The goal is an acceptable and desirable outcome, but becomes challenging to assign specific movement patterns and snow/ski interactions until one establishes an appropriate performance outcome and associated stepping stones to the goal of being proficient on blue terrain.



▲ PSIA-NW Feedback Model

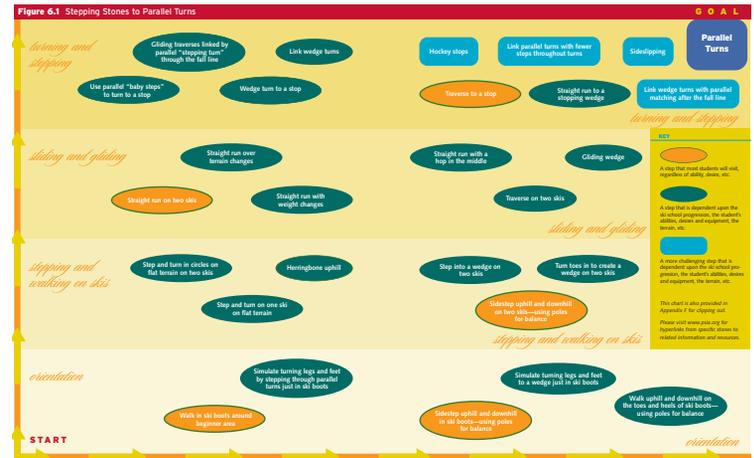
Once appropriate performance goal and stepping stones are established based on current skills sets, conditions of the day, and terrain selections, one can begin to apply the Feedback Model in an effective manner. Below I've outlined an example of a typical guest's goal and a series of appropriate stepping stone series to reach the goal and how I would apply the Feedback Model:

Stepping Stone	Desired Outcome	Snow-Ski Interaction	Key Body Movements
Traversing	Traverse across hill on blue terrain	Skis maintain the same width apart	Ankles, knees, hip & spine slightly flexed while upper body countered equivalent to ski lead
Forward Side Slip	Forward side slip in corridor	Skis maintain same width and edges release at the same time	Open the uphill knee slightly and flex the downhill knee, moving forward and laterally
Garlands	Turn ski into the fall line across the hill	Turn both skis when flat	Turn feet and legs progressively
Full Turn	Rounded turn to a stop	Skis are parallel throughout each turn	Maintain boot-cuff contact throughout the turn

▲ Gary's Stepping Stones to Desired Outcome framework

Guest's Desired Outcome: Ski blue terrain without stopping or traversing
Performance Outcome: Linked open parallel turns
Current Skill Set: Intermediate skier; can link turns on green terrain; matches skis after the fall
Line Conditions: Packed powder, groomed trails; sunny with no wind and temperature near freezing

Now, by using the framework grid above, I am able to fill in the Stepping Stones I will use to help my guest reach their goals.



▲ PSIA Stepping Stones

How this is useful

By establishing discreet desired outcomes or stepping stones, one can effectively coach to the overall desired outcome. (Note: it is important to establish a performance outcome that is associated with goal). These steps now have a coachable outcome that can be achieved at the pace of the student ability and this approach can be more easily communicated to the student with precise and accurate language and demonstrations. Also based on the skill of the student additional steps can be added or subtracted to meet the goal.



Gary Richardson is a PSIA Alpine Level III Instructor and Trainer at Crystal Mountain Resort in Washington. Email him at Gary.Richardson@fireglass.com

BECOMING A BETTER LEARNER

by *Brian Feucht*

I cherish the times when I get to switch hats from being the teacher to the student. Even though being a great teacher and a great student share many parallels, it is important to recognize they are different activities. Just like good teaching, good learning takes practice and focused effort. Here are some tips to improve your learning skills and to make the most of your clinics.



▲ Above (and Right): The author learning at Jennifer Simpson's Fall Camp in Loveland, CO in November 2016

- Show up to your clinic with something you are working on. Share it and find a way to tie it into the clinic topic internally. Not only does this allow you to spend more time practicing, it also helps your coach or clinician tailor the lesson to be a more personalized experience. Doing this has improved my personal happiness with clinics more than any other single technique.

- Even if a task doesn't fit your mental model, work on it in earnest. Mental models are abstract and should be open to both invalidation and validation; by challenging them you can expand and revise your vision of what is good riding. The cliché about doing the same thing over and over again is true, if you want to make changes, you need to do something different. Worst case you end up adding versatility which is something we all should be seeking.

- We all are familiar with the different models (some listed at the end of the article) of learning and know which works best for ourselves. Rather than boxing yourself into a specific learning style, challenge yourself to learn using your weakest style. If you are visual style learner, switch your drill to force using a kinesthetic or auditory pathway. This can be a trick to force your brain into learning mode and decrease time to master a new skill. You may find that the reason that a style hasn't worked for you is because you haven't practiced using it. As an added bonus, it will help build empathy and understanding when you switch hats back to teacher.

- Verbalize what you are learning with your coach and peers. Explaining a concept forces you to organize an idea into more concrete terms in order to communicate it with others. This task alone improves the learning process. Sharing allows your coach to provide guidance and affirmation you are headed in the right direction. Including your peers helps them to acquire and digest information too. And remember being an active listener when others are sharing is part of being a team member and helps work those other learning styles we don't primarily use.

- Do not stop because you are tired. Studies suggest a neutral to positive correlation between learning and fatigue. By quitting when you are pooped out, you likely are missing out on some of the best opportunities to develop new motor skills. Instead of hitting après, modify practice to address safety concerns and seek more mileage.

- Continue practicing when you have had a breakthrough or you start experiencing success. Be like a musician and don't stop practicing until you get a song perfect. Even when perfect, continue practicing by adding complexity and personal style to a task. If you feel like you have mastered a task, move to more difficult terrain or add a second task to the mix. If you can't complete a task while juggling down a bump line, you haven't reached mastery yet.

We all have ideas and beliefs on what constitutes good skiing. These come together to form an image in our mind how we'd like to ski a specific run called a mental model. This mental model is also the basis of how we receive and comprehend information.



Without actively trying to improve your learning skills, you risk floundering opportunities to improve your own skiing. Create self awareness of when your approach, attitude, and attention are limiting your ability change your mental model and ultimately skiing. Challenge not only your skills, but also what you believe is good skiing. When fatigue and confusion set in, continue to work through it; you will find the extra effort will be rewarded with faster ski improvement and more enjoyable clinics. ❄️



Brian is an Alpine Level II Certified Instructor, Children's Specialist 1 (CS1), and a USSA Level 100 Certified Coach who teaches with Mt Hood Meadows and Multnomah Athletic Club. Email him at brian@brianfeucht.com

Editor's note: Check out Brian's additional info on leveraging the VAK Learning model in the sidebar on page 31. Which learning preference do you most identify with?

JUST WHAT IS OUR CENTER OF MASS?

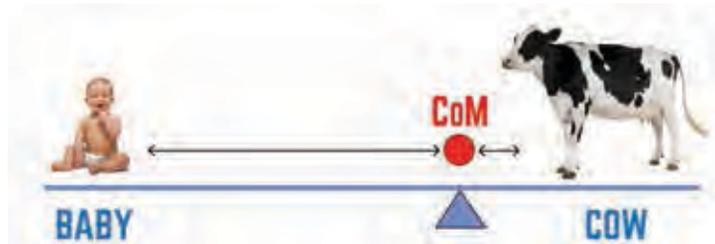
by Marc Schanfarber

The term Center of Mass gets tossed around like a bouncing superball when ski instructors get together and start talking about skiing. But, do we all really understand what it means, how to identify it, and why we care? A definition of Center of Mass: the point at which the entire mass of a body may be considered concentrated for some purpose.

Where is it? If we were made up of two round weights with a string between them and both weights were the same, the Center of Mass, or CoM, would be halfway between the weights.



Or an example of objects with different weights:



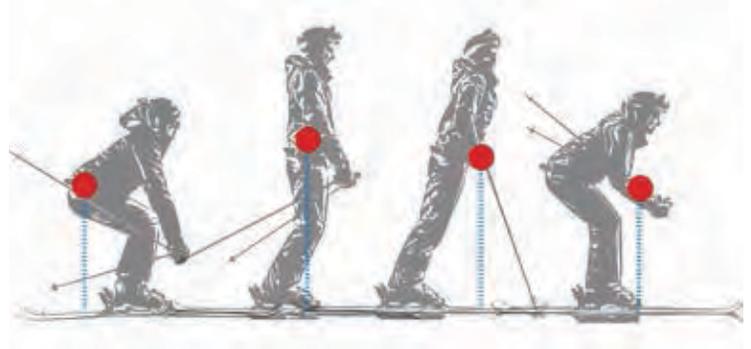
Our body isn't made of simple weights, but is a continuous and connected mass, with certain parts weighing more than others. In general, our CoM is somewhere in our midsection, but depending on our own personal shape or configuration, it can be slightly different.

So why do we care about this in skiing? When we slide on snow, we want to maintain a state of balance as we slide. The surface changes continuously, sometimes very abruptly, and we need to deal with these changes by moving our CoM to adapt to the changes. Our equipment has a balance point, or sweet spot, where we can easily manipulate it - we can easily tip it, twist or pivot it, or bend it.



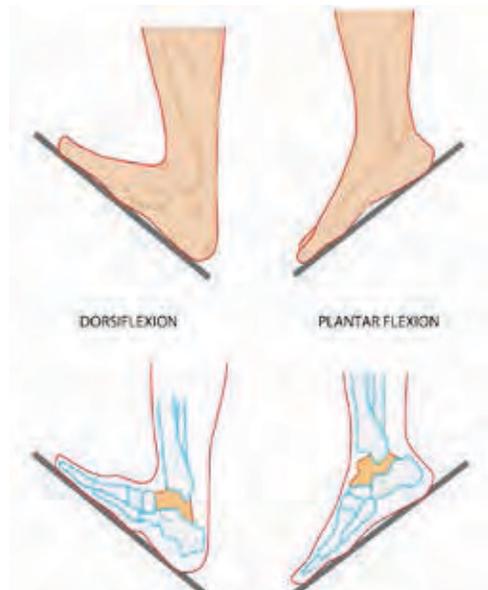
Regardless of what we'd like the ski to do, we want to stay over this balance point. Keeping our CoM balanced over this sweet spot allows us to move the skis as we need.

Managing the location of our CoM to our equipment is one of the key fundamentals of skiing. The wording is "manage the relationship of our CoM to our base of support to direct pressure to the outside ski". The base of support is where our skis touch the snow.



So how do we actually manage this relationship? The relationship is always present. It is where the CoM is positioned relative to the base of support. How we move our body, our joints, our limbs, can all change where our CoM is located at any point in time. To manage the relationship between these two entities, we can utilize our joints, and more specifically, our ankles.

Our ankle is a very versatile joint, able to move in a lot of ways. All of this potential movement is key to how we manage the location of our CoM relative to our equipment. We can move the ankle joint through dorsiflexion and plantarflexion, where we flex the ankle joint and our foot moves up and down. We can also invert our foot, or evert our foot, which allows us to create angles between the ski and the snow.



We can move forward, backward, side-to-side, and up and down as a result, and this allows us to move the location of our CoM. Managing the relationship mentioned above is done by utilizing our ankles - but also by utilizing our knees, hips, and spine - to position our body relative to our skis so we can control what is happening to the skis most easily. These other joints can allow us to move our bodies so that the CoM can stay over the balance point. Knees bend, hips bend, our spine can curve, these all allow us to move our overall body mass in any direction we choose.

If we allow the balance point of our equipment to move ahead of our CoM, or allow our CoM to move too far ahead of our equipment, we will lose the ability to easily manipulate the equipment, instead having to rely on large, more abrupt movements that can take us out of balance. We may regain our balance, but with each large, abrupt movement, there is a corresponding equal and opposite large, abrupt reaction. So, we can end up going from one large, inefficient movement to another. If we use the joints of our body - starting at the ankles as the base, then add in the knees, hips, and spine - we can move our body parts so the location of our CoM allows us to be balanced over our skis and to use them most efficiently and effectively.

To answer the last question posed at the beginning - why we care about this - it comes down to efficiency. If we are inefficient in our movements, we have to do more work. More work means more aches and soreness, getting tired more quickly, and increasing the potential for injury. By using the parts of our body that allow us to move our CoM and keep it over the balance point of the skis as the surface changes, we are able to stay in balance as we slide. Staying in balance allows us to do less work. We care because if we can slide and do less work, we should have a lot more fun and enjoy more time on snow instead of working harder than we need to be. ❄️



Marc Schanfarber is an Alpine DCL as well as a PSIA Level III Alpine and Telemark Instructor and Trainer at 49 Degrees North in Washington. He holds both Children's Specialist 2 and Senior Specialist 1 Accreditations. Email him at schanfm@yahoo.com

GOT A COOL TIP TO SHARE?

Great! Like you, we are always looking for cool tips and tricks to help make our students even more successful. If you have a tip to share simply email to info@psia-nw.org - And don't worry about making it look super cool because that's what we do, but if you do have supporting photos - even taken with your smart phone - please include them too as original, unaltered attachments. Thank you!



I WANT YOU
TO SEND IN
YOUR SNOW PRO TIP

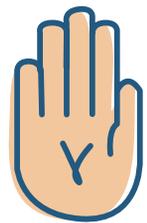
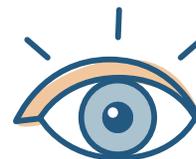
SIDEBAR: DO YOU KNOW YOUR LEARNING STYLE?

I'm sure you have noticed you can say something to a group of people and some will pick it up right away, while others will need you to repeat or show them what you are talking about.

As you are aware, everyone learns in a different way. People will utilize a preferred way of learning, which usually is a mixed and balanced combination of styles. Of course, these preferences are dependent on the individual as well as the task at hand. By understanding how your students learn best, and by extension, how you learn, you can make some adjustments in the way you present and share information in your lessons.

VAK Learning Styles

A common and widely used model is Fleming's (2001) Visual Auditory Kinesthetic (VAK) model, which characterizes three types of learning styles based on how people prefer to receive information. Most people possess a dominant learning style, but frequently blend and balance all three. Information enters your brain in three main ways- sight, hearing and touch. Which one you use most is called your Learning Style.



Visual: "The watcher" Seeing demos or peers execute a task. Visual learners make up 65% of the population. If you're a visual learner, information comes in best through your eyes in the form of pictures, charts and words. You enjoy watching demonstrations, creating mental pictures and tend to remember things that are written down.

Auditory: "The listener" Hearing a task or outcome be described verbally. Auditory learners make up 30% of the population. If you're an auditory learner, information comes in best through your ears, from spoken explanations, presentations or audio books. You retain information by hearing and speaking, often prefer to be told how to do things, and can easily summarize key ideas out loud to help with remembering.

Kinesthetic: "The doer" Executing a task or feeling feedback from nerves and spacial awareness of the body. Kinesthetic learners make up just 5% of the population. If you are a kinesthetic learner, information comes in through feeling and doing, anything hands-on or project-based. You would rather demonstrate how to do something than explain it and need to practice something new multiple times to feel you've got it.

Learn, Teach, Inspire™

2017 SPRING HIGHLIGHTS

SEE A COMPLETE LIST OF EVENTS, DAY CLINICS & EXAMS ON-LINE



SPRING SYMPOSIUM

MISSION - APR 14-16

SPRING FLING

SEATTLE - APR 22

SPRING GS CAMP

BACHELOR - APR 21-23

FREESTYLE CAMP

TBD - APR 28-30

TECHNICAL TEAM TRYOUT

TBD - APRIL 28-30

EXAM DATES & LOCATIONS

STEVENS PASS NORDIC - MAR 4-5 (N)

ALYESKA - MAR 19 (AD COV-VI)

ALYESKA - MAR 20-21 (A)

ALYESKA - MAR 23-24 (SB)

SCHWEITZER - MAR 25-26 (A,SB)

STEVENS - APR 1-2 (A,AD,SB,T)

STEVENS - APR 3-5 (A)

BACHELOR - APR 8-9 (A, AD, SB)

MISSION - APR 14 (AD-SB, COG-VI)

For all exams details please check the PSIA-NW.ORG website for the most current information. AD=Adaptive, A=Alpine, N=Nordic, SB=Snowboard, T=Telemark

SPECIALIST PROGRAMS

CHILDREN'S SPECIALIST

CS1: ALYESKA - FEB 23-24

CS1: STEVENS - MAR 11-12

CS1: SCHWEITZER - MAR 25-26

CS1: MEADOWS - APR 22-23

CS2: STEVENS - APR 1-2

CS2: BACHELOR - APR 22-23

SENIOR SPECIALIST

SS2: SCHWEITZER - MAR 11-12

SS2: STEVENS - APR 1-2

FREESTYLE SPECIALIST

FS1: TBD - APR 22-23

FS2: TBD - APR 22-23

SPRING SYMPOSIUM

Start planning for the end of the season party with members from all over the Division!
Come help celebrate Mission Ridge Ski & Board Resort's 50th Season.
See you at Mission April 14-16!

