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NORTHWEST

Spring 2012
Issue #3 2011/12 Season
PNSIA-EF

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**teaching with
a purpose**

by Linda Cowan

**road trip: the why
would you not tour?**

by Ray Thomas

rocker vs. camber

by Greg Nelson

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TEACHING WITH A PURPOSE

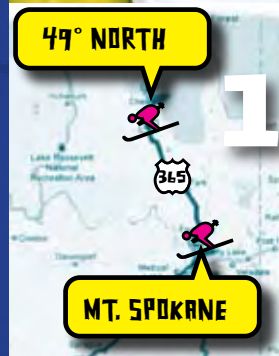
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SUPPORT

Divisional Academy photos and event support by Nick Barth and Mike Buzzelle.



ON THE COVER

It was a total blast at Divisional Academy 2012 at Whitefish Mountain Resort – what a mountain! Just ask anyone who was there! Photo by Nick Barth

NATIONAL REPORT

Ed Younglove, NW National Representative & ASEA Treasurer



Your national board of directors met the end of January in Denver for our regular winter business meeting. The board also hosted a two day facilitation session with the Division Presidents and Chief Executives from each of the nine divisions. In recent years, we have held the board meet-

ing in conjunction with the Ski Industry Association (SIA) trade show. We did so again this year, but I was unable to attend the show because of time constraints due to a pretty full agenda. Despite the full agenda, this is an abbreviated report as I think the real developments from the meeting are yet to come and will be the subject of later reports.

Technology is making our world, and our professional community, smaller. One effect of this has been to put some strain on our historical relationships. As a result of the leadership facilitation, we will be looking at possible alternatives to the current organizational structure with an eye to improving organizational relationships and advantages to the membership. We will also be looking at the roles and responsibilities of the national organization and the divisions. This is not a new topic but it is certainly one that deserves periodic review, particularly in light of our "shrinking world."

We received our annual audit from our independent accounting firm. The audit was another "clean" one. We were advised that the organization is in complete compliance with the new and fairly rigorous Internal Revenue Service requirements for non-profit organizations. The one recommendation was that while the organization has done a good job of operating without a substantial cash loss for the last few years, non-cash items, such as the depreciation of assets, are eroding member equity and leaving us with insufficient liquid reserves. In prior reports, in both this newsletter and in 32 Degrees, I have reported that the dues increase for next year is intended to address that issue.

The national organization is looking at several issues involving membership levels, the timing of dues billings, etc. all with the goal of working with the divisions to provide options to members that will make maintaining membership easier.

National Demonstration Team tryouts are this spring and we are using a new process that will

hopefully be friendlier for those trying out and which will also give the evaluators more feedback upon which to base their decisions. We have a number of highly qualified candidates from the northwest. We all wish them the best of luck. In that vein, the board awarded Educational Excellence awards to past National Teams Manager Dave "Razor" Merriam and the current National Teams Manager, Katie (Fry) Ertl for their sustained outstanding service to the organization.

I have had a little time to review the results of the recent national membership satisfaction survey. Thank you to all of you who took the time to participate. Direct feedback from the membership is invaluable in helping us make decisions as we move into the future. I am pleased to report that the results were positive. The greatest satisfaction was registered for educational events, pro deals (hard good benefits) and education materials. We can also use the survey results to target some areas where satisfaction could be improved. My hope is that overall we can use the survey results to help us continue to improve membership services.

It has been my honor to serve as your representative to the national board and as your national treasurer. Writing this in the middle of the season, I have to admit that sometimes it gets pretty crazy, but I really feel lucky to work with such an outstanding group of people as those that serve on both the division and the national boards. Thank you for the opportunity. ❄️

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

SCHOLARSHIPS AND FUNDRAISERS

by Mary Germeau, PSIA-NW Executive V.P.



The PSIA-NW scholarship program has been pleased to be able to award scholarships to members of our organization who are using these funds to attend educational events this year. We are excited that the funds that the organization raises through the generosity of the membership, is being well used. Those funds need to be reloaded each year so that more members can be served. Our scholarship program has been in full swing for over 10 years, and is growing in popularity.

However, the funds are spent each year and need to be replaced.

In order to replenish the funds, our organization holds an annual fundraiser at Symposium. This year our raffle/silent auction will take place at the Saturday night banquet in Bend, Oregon. We are looking for contributions for both raffle and silent auction items. In the past, the members of the Board of Directors, Technical Team, Ski School Directors, interested members and great friends of our members have made the donations for the event. The money that we earn for Scholarships comes from you, the members, who attend the event and purchase raffle tickets and/or bid on our Silent Auction Items the night of the Banquet.

Winner's names are drawn on Saturday afternoon, and the names are placed on a big list on a wall in the banquet/cocktail area on Saturday evening. Prizes are laid out for pickup early in the evening. Winners need not attend the banquet to win a prize. Bidding for the silent auction items takes place before and during the banquet, winners are announced at the end of the program. In years past we have been earning between three and four thousand dollars for our fund each year. All of these monies are available for scholarships.

I am about to send out my annual appeal to the above named group of great contributors. These people have been very generous each year, but we are looking for some new members to offer items for both the raffle and auction. The items donated can be anything, not just snowsports gear. Everyone is excited to win some nice item when they purchase raffle tickets. If you would like to donate to the event, please contact me. You can either drop the item off with me or give it to me when you arrive at Symposium. Remember, without the donated items, we have nothing to raffle and therefore no money for scholarships.

Some suggestions of items to be donated could be: ski or snowboard items such as goggles, poles, clothing, gloves, sunglasses, personal services such as something your business could give, or you could do, personal items such as clothing, purses, pictures, electronic equipment, homemade hand-crafts (scarves, blankets, art work). Anything you can think of is welcome.

I know that this does not look like the usual report from the Executive Vice President, but it is no less important. I'm waiting to hear from you. ❄️

Mary Germeau is co-owner and operator of Olympic Ski School at Stevens Pass. You can reach her by email at maryolympic@hotmail.com or 425-822-8864.

CERTIFICATION REPORT

by Chris Thompson, PSIA-NW Certification V.P.



I began this report a couple of months ago, however, life got in the way. These past few weeks have been a time of reflection – one thing stands out as I look at my skiing career, is that I have been involved in the exam program for 37 years! During that time I have seen dramatic, mostly positive, changes in the process. This season is no exception.

Your divisional clinic leaders and examiners have worked hard during the past few seasons to enhance and improve the overall exam process. We continue to upgrade the exams which continue to meet National Standards while ensuring, within the time constraints and need of our division, allows for the exam module format.

Exam oriented training heightens your awareness and improves your overall teaching ability and on snow performance, no matter the discipline. No doubt, the exam process can be intimidating if you allow it to be. Training for an exam should reflect where you are in your personal goals of becoming a better skier/rider, teacher or coach. The process itself is much the same, regardless of the tools you choose.

During the skiing/riding exam module you will be asked to execute specific tasks that are designed to test your skill blend. Pass or fail, the examiners are charged to write goal sheets to help you understand what is working, as well as what areas need improvement. For some, training for the skiing/riding module seems to be the least challenging whereas the teaching/professional knowledge module can be more demanding.

Changes in the teaching/professional knowledge module of the exam have been made to enable the examinee to better demonstrate their overall ability and knowledge. Typically, there are two teaching elements – a longer, more structured teaching

segment and a shorter more movement analysis/quick tip oriented segment. A couple of thoughts to keep in mind as we head into exam season:

- ✳ **Treat your teaching module as if you have been given a clinic goal by your director and this is the last run of the day. You have one run and approximately one-half hour to work with your peers to either improve their skiing (Level III) or share with them (Level II), how you would teach a given topic or task.**
- ✳ **Be cautious of how your present static demonstrations – be sure you present a picture statically that is consistent with what you would do in motion.**
- ✳ **Keep your teaching/presentation short, simple and to the point - guided discovery is usually not suitable for the time constraints of an exam format.**
- ✳ **Use your time and terrain wisely – move the group, ideally using the whole run when and where appropriate.**
- ✳ **Teach to and work with your exam group, not the examiners.**
- ✳ **During the skiing/riding module, listen to and watch the examiners carefully, as they describe and demonstrate the tasks, taking into account turn shape and speed.**
- ✳ **Don't be afraid to ask questions to ensure that you and the examiners are on the same page.**

Certification is similar to earning a college degree. It stipulates that you have achieved a minimum standard of education and skill. It is the license to continue the learning process, to become a better, stronger teacher or coach.

Make it a great time. Hope to see you at an exam, a PSIA-NW event or Symposium this Spring. ✳

Chris Thompson is the PSIA-NW Certification Vice President, an Alpine Examiner, Founder and past Head Coach of the PSIA-NW Technical Team. Email him at mistert@nctv.com

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SPRING BOARD MEETING IN SEATTLE

The Board of Directors will be meeting in Seattle on May 19, 2012. Contact your regional board representative or Member Services for details. Members may attend but must notify Member Services before April 1, 2012 to be added to the attendance list.



COMMUNICATIONS

PLATFORMS

by Tyler Barnes, PSIA-NW Communications V.P.



As your organization looks at ways to be more efficient and cost effective the role of the PSIA-NW.ORG website is becoming more and more important.

If you need detailed information about specific events, an exam schedule or how to

get in touch with member services, you should always look to the website as your primary resource for current and up-to-date information. However, if you can't find what you are looking for there, by all means, please call Member Services as they are eager to answer your calls and help you find what you are looking for.

On-line Voting

Another cost-saving measure we are exploring is fax-in and on-line voting. Faxed in ballots and on-line voting, in the case of regional board elections or general membership elections, would save thousands of dollars each year in printing, postage and labor. Not to mention the convenience to members of not having to wait for their ballot, and then mail the ballot back to the office. Yes, mail in ballots would still be available for those who prefer this voting method. The Board will be reviewing a proposal at the Spring 2012 Board meeting regarding on-line voting.

Certification Task Videos

In case you haven't noticed, all the Alpine Certification task demonstration videos are available for viewing on the PSIA-NW.ORG website as well. Just head over to the homepage, then click the "video" link in the main navigation. From there you can choose the specific task video you want to watch. The task videos are each on their own page and divided up by certification level. Alternatively you can watch an entire certification level's task videos on a single page. As the snowboard and telemark updated task videos become available they too will be uploaded to the website.

You will begin to see many more videos uploaded to the site including a "day in the life" of an exam, which we hope will aid in educating members in the Level II and III exam formats, since these are quite a bit different than the Level I exam format. In order to accomplish this in a cost-effective manner we are leveraging Youtube's free video hosting services at no-cost to the organization.

Award Nominations

At the annual Spring Symposium event we honor outstanding snowsports instructors via the various PSIA-NW Service Awards. These awards include the Ken Syverson Instructor of the Year Award, the Rookie of the Year Award, the Art Audett Outstanding Service Award, the Jean Lyon Service to Youth Award and the Larry Linnane Skiing Legends Award. Each of these awards are described on the PSIA-NW.ORG website and members can easily nominate recipients from the website. At the time of writing this, the awards nominations deadline has passed, however it's not too early to nominate someone for next year's awards.

PSIA & AASI National Website

Once you are logged in at the national website, THESNOWPROS.ORG, as you probably know, you can pay your membership dues, watch videos on the Movement Matrix, shop the Accessories Catalog and link to special offers by supporting suppliers like Subaru, Patagonia, Ortovox, GoPro, Duofold and various ski and snowboard manufacturers.

Members can also view and text search current and back issue of 32 Degrees plus view "web extras" that include pro tips and articles that did not appear in the printed issue of 32 Degrees.

Another great service is the ability to view your current educational credits, view your instructor profile which can be linked to your Facebook, Twitter or LinkedIn accounts, and join in the conversation in the Member Community which connects you with any and all PSIA and AASI members across the country. This is a great way to share information with your extended snow pro family.

As the opportunities to do more with web-based communications grow you will see PSIA-NW adopt and embrace new communications methods that are tailored to your communication preferences, and save you and the NW Division money. And again, if you have a question, please do not hesitate to pick up the phone and call Member Services at 206-244-8541 where you will be greeted by either Cami, Vicki or Kirsten. ❄️

Tyler is an instructor at Mt. Hood Meadows Ski Resort, is a member of the PSIA-NW Technical Team and an Alpine Examiner. He is also the owner of a cross-media company that produced this printed publication and developed the psia-nw website. Email him at tyler@popstardigital.com

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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

The *NW Snowsports Instructor* is published three times per year. This newsletter will accept articles from anyone willing to contribute. The editorial staff reserves the right to edit all submissions including advertising. Articles should include the author's name, mini-bio and portrait image suitable for publishing (if available). Please submit all content, articles and photos as attachments via email or contact the editor for other options. All published material becomes the property of PSIA-NW. Articles are accepted for publication on the condition that they may be released for publication in all PSIA National and Divisional publications. Material published in this newsletter is the responsibility of the author and is not necessarily endorsed by PSIA-NW.

THE LEGENDS SYMPOSIUM

BOGUS BASIN

as remembered by Kathy Hand

Reading about the stolen bus in the Winter 2011-2012 Issue of the NW Snowsports Instructor newsletter brought many things back to me. What memories! I was the organization's Administrative V.P. at the time and was helping Joy Lucas with Symposium. Notice I was helping Joy Lucas, theoretically I was her boss. She gave me the charter flight to fill up with instructors, among other things. It was advertised in our newsletter and I remember making calls to ski school directors to fill the seats. If we didn't fill all of the seats we lost money. Just like a ski school bus you must fill the seats. For this work I was given a free ride on the plane and I was the chaperone.

Finally, the Alaska Airlines plane was all full and we had to turn away late requests. It was early days for charters and the airlines ran their charters after midnight. We all met at the airport an hour before the flight. It was exciting to see everyone and the noise was loud with everyone spying someone and running over to them with hugs and excited talk. We were asked to make a pile of our baggage. As it was a charter it didn't go through any weight scales; we just piled it up and circled it as we waited. Then someone said, "Look at all of the baggage we have! I hope the plane can get off the ground."

It was before the days of paid baggage. Most people had two bags, one for town clothes and dance stuff and another for their ski clothes. Additionally there was the bag or carrier for the ski boots and poles and some people even had two pairs of skis. We looked at the mound of luggage and became very quiet. I checked everyone in and gave the information to the airline. Then in an orderly way we went to the gate and loaded the plane. Every seat was filled and the plane taxied to the end of the runway. As the plane labored down the runway you could hear a pin drop – not a sound was made on the plane. The engines roared and the end of the runway was getting closer. Would we make it off the ground? At the last second the plane left the earth and the whole plane broke into cheers and clapping. We had made it!

The flight attendants broke out the Champaign and we all proceeded to consume. It was free on the flight. I do not remember if they served soft drinks, I just remember all of the attendants with bottles of Champaign in their hands pouring – all the way to Boise. We were a happy group when we

landed and the attendants told us we had broken the Alaska Airlines record for drinking. Again we cheered. We had drunk over a bottle of Champaign for each person on board. I am sorry I do not remember the exact number. I think it was 119 bottles and we had around 100 on the plane. We each paid around \$100 for the round trip flight and ground transportation.

It is a small airport and yellow school busses were there to meet us. I then checked everyone off the list that was on a bus and sent them on to the hotel. Ken and I were on the last bus and there we all sat. What was going on? I found out our bus driver was helping load the mountain of luggage into the last school bus. It seemed to be taking forever, it was early morning and we all talked about needing to be on the mountain in five or less hours, but none of us got off to help. I was sitting up front when a group of instructors started on a friend of theirs. "You can drive a bus, take us to the hotel. We can get checked in by the time the luggage gets there."

The answer was, "No, no."

"Well, you do have your bus driver's license don't you?"

"Oh, yes, right here," was the answer.

"Well take us," he was badgered. I remember saying you cannot do that and everyone around jumped all over me. I sat there with eyes the size of dinner plates watching this come down right in front of me. They were told, "I can't do that there are no keys." That was a mistake as there were keys. Our friend, whose name I always make sure I forget to protect the innocent, finally gave in and off we went. I asked, "Do you know where we are to go?" Yes was the answer and I sat in stunned silence.

When we arrived at the hotel everyone charged out of the bus to be first in the registration line. When I finally walked off the bus it was to see Joy surrounded by a group of instructors. She said to me, "What were you doing, stealing a bus?" My reply was I didn't steal the bus and therein started my telling the whole story to her. The lawyer instructors in our group made sure none of us were there to answer questions and they worked with Joy to smooth everything over and keep us all out of jail.

In the early symposium days, we always had free beer on the mountain to drink at lunch and after the day finished. It was stuck in the snow and after a great day of skiing everyone was glad to drink it. Rainier provided the beer for our Washington Symposiums and when we were in Oregon it was Blitz Wienhardt beer. I remember writing a thank

you letter saying thanks for putting the Blitz on everyone's lips. What were we going to do for the Idaho Symposium?

Tim McKee was on our board and also Rainier Brewery's Advertising Manager. He told us he would get us a 1,000 cans of beer. The only catch was we needed to get it to Boise. This fell in my lap naturally.

One of our friends and fellow instructors, Ed Stebor had a pickup truck. He wasn't going to Symposium as it was his off year, but he would help out. There were no rooms left at the hotel so he said he would put his camper on the back of the truck and hitch up a trailer to carry the beer. We said we would pay for the gas and I told him he and his wife could shower in our room. He lives in the Silverdale area so he needed to take time off work to pick up the beer and then take it across state. This turned out to be more than he anticipated with snow conditions. At the opening dance I remember a pyramid of beer cans in the hotel ballroom entry. What a decoration for our opening! Everyone had fun that night. The remainder of the beer was taken to the mountain. Tradition continued, thanks to Rainier, Tim McKee and the Stebors.

In reviewing how much fun we had in Boise, Joy Lucas and I decided that we better wait a long time before asking if we could go back there. Thus was born the stories of the Legends. ❄️



Kathy Hand served on the PSIA-NW Board of Directors for 34 years before retiring. She was Administrative VP, Executive VP, and took on other responsibilities as well as worked the National Ski Congress setting up delegation visits, dinners, event agendas, etc. She served on the PSIA National Board bringing in the Subaru deal, and many chairmanships like teaching Parliamentary procedures. She is a fifty year member.

**If you have a
"Remember when..."
item, please email it to
info@psia-nw.org. We'd
love to hear from you!**

TEACHING WITH A PURPOSE

The classroom: Stevens Pass, WA. Photo by Linda Cowan

Text and photos by Linda Cowan



The state of education in our nation is a hot topic. As a result, the amount of research and study on the practices that lead to student learning are reaching unprecedented levels. The Center for Educational Leadership works in partnerships with school districts across the nation employing current research from University of Washington's College of Education to maximize learning for all students. Core elements of high quality instruction are a primary focus of their work. There are several dimensions, but two of the key elements for effective instruction are purpose and teaching point.

The purpose of this snowsports tip is to share the importance of having a clear purpose and teaching point every time we step in front of a group of students (or athletes if you're a coach.)

Purpose is defined as being the "why or because" of our teaching, and the teaching point is the 'what or how' we achieve that purpose. Let me give an example of how I would start my teaching segment with a clear teaching point and purpose once my students have warmed up.

Follow me through this familiar scenario: After watching my students skate to the lift line, for our first run together, I can't help but notice their hips continuously falling behind their feet. Now, I begin thinking through what I want to teach and why.

"Class, everyone gather around, we have some important learning to do today! Effective skiers have continuous shin cuff contact because it allows them to balance on a moving surface."

My teaching point (TP) in this teaching segment is to have continuous shin cuff contact, and the purpose for this movement is to stay balanced on a moving surface. By having a clear purpose for my teaching, now, every decision I make during this teaching cycle is intentional and meaningful and centered around this purpose.

"OK group, I am going to model for you what shin cuff contact looks like. What do you notice? Where are my hips? Where are my shoulders?"

I like to have my students quickly turn and talk with a neighbor so everyone is engaged in what I want them to see and eventually do. Cognitive engagement moves students towards physical success, and when I've heard several comments that show me understanding, I continue teaching. This is also checking for understanding, but holds higher accountability than "Does everyone understand?" which is a question most students are reluctant to respond with a "no."

"Now I want to model for you what skiing backwards slowly in a wedge looks like and feels like on my shins. Remember shin

cuff contact helps me to balance on a moving surface (TP). Once I can feel my shins against the front of my boots, I'm going to turn around and try to produce the same sensation on my shins while moving forward."

While moving through the teaching cycle, we know that students need to understand the teaching point for themselves, so I continue to weave in my teaching point verbally throughout my lesson as I model and share feedback with each student. The reason? If my supervisor slides up to my class, he or she should be able to ask any child (or adult) in my lesson, "What are you learning right now?" And my students need to be able to answer, "We are working on constant shin cuff contact because it helps us balance." If my students are not able to articulate what we are doing and why, is my teaching truly effective? If I don't hold my students accountable for understanding, how can they apply this learning to another environment on their own?

Providing effective instruction has many benefits for both students and instructors. For instructors, always having a clear teaching point and purpose, keeps our lessons meaningful and focused. For our students, this helps them to clearly see and understand what we are doing, and why and supports their owning the information for themselves, which should always be our end goal as teachers. ❄️



The Teaching Cycle courtesy of ASEA and taken from the Alpine Technical Manual, 2nd Edition



Linda Cowan is a member of the PSIA-NW Technical Team, is an Alpine Examiner, coaches for Stevens Pass Alpine Club at Stevens Pass and is a 5th grade teacher at Woodmoor Elementary School, in Bothell, WA. Email: lindacowan@mac.com

GRR - DOES IT WORK OR IS IT JUST THE SOUND OF FRUSTRATION?

by David Berkey

When I first heard about the Gradual Release of Responsibility, a.k.a. "GRR," I wasn't on snow, yet there was snow around us, albeit not much. This year, the fog and wind in November at Timberline forced us indoors, with groups all clamoring for space to be heard - Grrrrrrr! Fortunately, the group presentation by Linda Cowan was in the cafeteria, behind glass, and we could hear everything. Linda's topic was GRR. What I discovered was a tool to potentially assist instructors, new and experienced alike, to become better instructors. It's not complicated. Most instructors utilize some form of this model in one way or another. I've been experimenting with this model in my clinics and classes. All I can say is, "It works!"

After talking to others about Linda's presentation, I found a lot of skepticism. On our drive back to Seattle, my fellow Training Directors (TDs) discussed if there were any merits to this system. I was in the "pro camp," while another pointed out his doubts as to its value to the customer. He pointed out that if he pays for a clinic or lesson, he would prefer not hearing from his peer group. He would want input from the paid professional. That was a good point, but I pointed out that it's up to the professional to guide the discussions, so all students could benefit from easily measured, specific actions. By each student participating, each better owned the information provided.

No sale. He thought that GRR would produce more Grrrrrrrrrr, or frustration for the student. Still, I wanted to experiment. I needed to find out for myself. As it turned out, I demonstrated GRR's usefulness in our Level I clinics. Read on and you'll see how.

First, what is GRR?

As I mentioned already this acronym stands for Gradual Release of Responsibility. It was developed, as I remember Linda's story, by a swim coach. He found that by using GRR, he could offer more targeted, personalized instruction at a cognitive level, which provided for greater understanding by his swimmers. They actually helped or taught each other, with guided feedback from the coach, whereby he could constantly check for understanding, providing correction where necessary. This model is such a hot button in education that the Northshore School District located on the "east side" with its district office in Bothell, WA has adopted it. Being an educator in that district is why Linda is so familiar with the concept and a great resource, should you want to understand more. Fortunately, her home turf at Stevens Pass is my turf too, so we get her guidance more frequently, if needed.

As you can see by Figure 1 on the following page, and which can be found on the PSIA-NW website, it illustrates that the teacher and student are in what we call a dance. The teacher takes the lead and shows, or

demonstrates, as in "I do it," then he/she involves the students in a "we do it" together, as in student and teacher dancing together, to check for understanding and provide individual feedback. The instructor then gives the reigns to the students in a "you do it" (teacher watches/guides), with students dancing and guiding each other, increasing their level of understanding by them paying attention to specific desired movements or outcomes.

Finally, students move to a "you do it alone" mode, becoming independent, dancing by themselves. Students end up with better ownership of what was taught. As instructors, we set them free, as hopefully better skiers. But, do our clients truly have ownership of the knowledge we have imparted? I have found that by applying GRR, my students are more self-aware, with a better understanding of body movements and the cause and effect of those movements. They seem to value what they're taught and want more lessons. They want to learn.

(continued on next page)



The students: All smiles!
Photo by Linda Cowan

(continued from previous page)

So how does it work?

I can best explain this by some examples. How else do teachers best explain their actions?

Example 1: Earlier this season, we started clinics for our Level 1 candidates. Some are quite young and one in particular was frustrating one of the TDs. He just wasn't paying attention, standing still and listening. Remember the doubt expressed in the car when returning from Timberline? This was one of those TDs, and he was irritated with this candidate's lack of attention. (Grrrrrr!) I asked if I could try something. With his blessing, I paired everyone up, asking everyone to pay attention to their partner's movements. The task we had demonstrated was an edged traverse. I again explained the points to look for, but asked them to only observe the outcome: to see if their partner's tracks were evenly spaced, both being parallel and if the tracks showed signs of slipping or edged skis. I asked them to work with each other, then asked them to comment on what they observed in front of the group. OMG! They had to pay attention. In addition, both of us TDs could check their individual levels of understanding and keep them from not straying from the defined outcome. Rather than correct overall skiing, I wanted them to concentrate only on those body movements that affected the creation of the desired tracks in the snow. As we were also working on body alignment and balance and how it affects good skiing, we could guide them toward the cause and effect of correct body alignment to a traverse. After half a run working with the pairs, I asked them to take on a bit more responsibility and work on each other to a meeting point down the hill, trying to perfect each other's tracks. At this point, both of us TDs were to back off and observe what they did, only stepping in when there was a question

or obvious lack of understanding. Sometimes, we had to remind them of the goal: 2 parallel, edged tracks across the snow while in a balanced, correct stance. In the end, we did some free skiing, keeping to the theme of stance and balance. As for input from us TDs, we kept it to a minimum, encouraging them to be aware of their stance while skiing and answering questions. The results: 1) the disruptive student became engaged, taking the Grrrrrr out of the experience, 2) each student had a more cognitive experience about a simple traverse, and 3) it provided us with another class management tool. In the end, they better understood how a poorly accomplished traverse reflected a lack of alignment skills, which affected their free skiing.

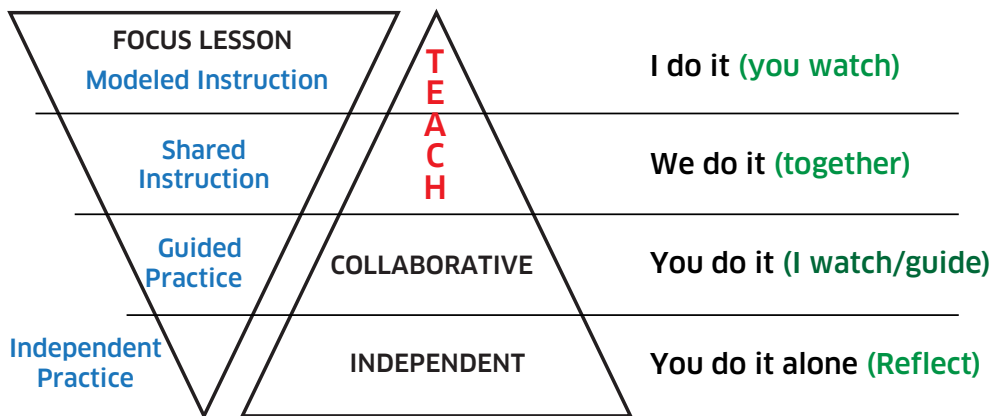
Example 2: If GRR worked in a large clinic, why not in a class situation? My classes range from skiing easy blues to greens on one day to skiing the mountain on bumps and off-piste the next. My approach has been the same in applying GRR. I start each lesson with a goal and skill for students to try and accomplish. This skill may be taught throughout several lessons, but I break down the skill into bite size chunks, so we can concentrate on a specific body part or movement, which the students can easily observe. At first, I demonstrate and explain, like we all do, using the "I do" stage of GRR. Then, I pair the students up, switching partners throughout the lesson, moving into the "We do together" stage. If it's an odd number, I even pair one of the students with me. I become one of them when reporting observations. I use myself as the example of what I expect them to be observing. I instruct each set of partners to watch each other, reporting back what they observe, sharing those observations with the class. That way, I can make corrections as necessary. As they start to work more independently in the "You do together" stage, I invite the class to

chime in to help with the corrections. I try to be more the observer. At first they were tentative. But after several attempts, I was blown away by what students observed and understood. I was amazed how quickly pupils started to understand the cause and effect of body movements to ski performance. It was just so cool! Normally, this level of understanding has been owned by the top performers in the class. Now, it was everyone in the class, and I knew to what level they owned the knowledge. The other advantage is that all the students become engaged in the process. They have to pay attention, to understand, in order to teach another person. Students want to live up to expectations, and I set those expectations by defining what to observe and their responsibility to their partner. All I can say is they have responded to this approach. Remember the skepticism about utilizing such a model I discussed previously in this article? Professional vs. peer group input during a class? To confirm that GRR was working to their benefit, I asked my classes if they'd rather me just teach, not have them help each other, or continue having them help teach each other? I received a resounding affirmation of preference: being included in the teaching/learning process made the class more fun. They really liked the GRR format.

I am wondering if anyone else has been trying GRR in their classes or clinics. If not, I urge you to try it. To me, this tool has brought more focus to each lesson and understanding from the pupil. GRR has also permitted me more time to check for understanding on an individual level, being able to customize the lesson for each pupil. Bottom line, I'm sold. It has been a great tool for me and taken some of the Grrrrrr out of instructing, especially when dealing with larger groups. Thank you Linda for bringing this model to our attention. It's a great tool. ❄️

The Gradual Release Model

TEACHER RESPONSIBILITY



STUDENT RESPONSIBILITY

Figure 1: The Gradual Release Model - © Douglas Fisher, Ph. D, Professor of Language and Literacy Education, San Diego State University



David Berkey is a Level III Alpine, Level I Snowboard Instructor and TD for Olympic Ski School, at Stevens Pass, Wa. Email: david@scubaskier.com

If you'd like to learn more about the Gradual Release of Responsibility from Linda Cowan then look for this topic at Spring Fling or Fall Seminar where she goes into more detail about this amazing teaching tool.

SPRING SYMPOSIUM

April 13-15th, 2012 at 

SYMPOSIUM FAQs

How much does the event cost?

The two-day event is \$170. The one-day event is \$85, inclusive of Symposium souvenir.

Can I attend just one day?

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

Where is Mt. Bachelor?

Mt. Bachelor Resort is located about 20 miles west of Bend, Oregon in Central Oregon. See: www.mtbachelor.com for more details.

Are lift tickets included in the Registration and Event Fee?

No, but they are discounted for PSIA Symposium attendees and family at \$39/day.

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

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

What is the Awards Banquet?

Join us for dinner with your Northwest snowsports instructor friends and family while joining in the celebration and presentation of 2011/2012 PSIA-NW Service Awards.

Where can I stay?

Our base camp will be at Seventh Mountain Resort. They are holding a room block for us outlined below. To make a reservation please phone 888-784-4386, make sure to note you are with the PSIA and AASI Spring Symposium. Sunday's lodging is open as most participants checkout Sunday morning. If you are interested in staying over Sunday night, please let reservations know that as well.

Guest rooms (w/ Two Beds) – \$89.00, Guest rooms (w/ One Bed) – \$89.00, 2 Bedroom Loft Condo (w/Two Beds) – \$229.00, 1 Bedroom Premium Condo (w/ One Bed) – \$99.00, 1 Bedroom Premium Condo (w/ Two Beds) – \$99.00, 2 Bedroom Premium Jr. Loft Condo – \$229.00, 3 Bedroom Standard Condo (w/Three Beds) – \$239.00.

Be sure to check the PSIA-NW website for more details.

Yahoo!!! Another season wrapped up and what a time it's been, now you are ready to celebrate with the rest of the division in saying, "that's a wrap." We're ready to put the icing on the cake with this end of the season bash that has been a Northwest tradition for over 45 years! This two day event, three if you participate in the free clinic Friday, showcases our talented clinicians in a myriad of clinic choices, ranging from anything and everything under the sun, pun definitely intended.

This year we are heading to the sunshine again at sunny Mt. Bachelor, Oregon to celebrate the big La Niña year we will have all enjoyed.

Be sure to head of to the PSIA-NW.ORG website for more details

REGISTRATION TIMES & LOCATIONS

Thursday Evening, April 12th

5:00 – 7:00 pm,
Seventh Mountain Resort
Conference Center Building Fireside Lobby
18575 SW Century Drive
Bend, Oregon 97702

Friday Morning, April 13th

8:00 – 9:30 am
West Village Lodge downstairs
Mt. Bachelor

Friday Evening, April 13th

6:30 – 8:30 pm
Cascade Lakes Brewing Company Lodge
1441 SW Chandler Ave
Bend, OR 97702
www.cascadelakes.com

Saturday Morning, April 14th

7:30 – 9:00 am
West Village Lodge downstairs
Mt. Bachelor

Sunday Morning April 15th

8:00 – 9:00 am
West Village Lodge downstairs
Mt. Bachelor

DAILY SCHEDULE

Friday - April 13th

10:00 am – 2:30 pm
Free Ski or Ride with Clinicians*
Meet near the bottom of the Pine Martin chair,
Bachelor West Village

6:30-8:30pm
No-host Welcome Party, Cascade Lakes Brewing
Company Lodge, 1441 SW Chandler Ave,
Bend, OR 97702 | www.cascadelakes.com

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

Saturday, April 14th

8:45 am Classes begin forming – Mt. Bachelor
Resort, West Village. Meet out front by the yurt,
near the base of the Pine Martin Chair

9:00 am Classes head out on the hill

Lunch break as needed

3:00 pm Class Complete, return to base area

6:00 pm No-host cocktails – Seventh Mountain
Resort, Three Sisters Ballroom

7:00 pm – 9:00 pm
Awards Banquet – Seventh Mountain Resort,
Three Sisters Ballroom. Presentation of awards
and pins to our 20, 30, 40 and 50 year members.

Sunday, April 15th

8:45 am Classes begin forming, Mt. Bachelor
Resort, West Village. Meet out front by the yurt,
near the base of the Pine Martin Chair

9:00 am Classes head out on the hill

Lunch break as needed

3:00 pm Class Complete, return to base area

Thanks for a great weekend. See you next year!



SYMPOSIUM CLINIC TOPIC DESCRIPTIONS

ALPINE CLINIC TOPICS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

ADAPTIVE CLINIC TOPICS

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

SNOWBOARD CLINIC TOPICS

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

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

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

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

TELEMARK CLINIC TOPICS

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

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

TRACK CLINIC TOPICS

Classic Skills and Movement Patterns (Sat. only), Skate Improvement (Sat. only), Classic Improvement (Sun. only), Skate Skills and Movement Patterns (Sun. only).

FAMILY INFORMATION

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

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

Return this sheet along with your registration form!

NAME _____

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

Saturday, April 14th - Clinic Topics run 9-3

*Select your Saturday topics from the list below
(Please mark your 1st and 2nd choice)*

Adaptive Clinic Topics for Saturday

Tactics for Coaching the Adaptive Athlete

Alpine Clinic Topics for Saturday

- All Mountain Skiing
- Beyond Level III
- Challenge Your Concepts
- Children's Real vs. Ideal Movements
- Drills for Skills
- How to be Offensive
- Legends
- Low-Fly or High-Fly Freestyle
- Shake and Bake
- Hey Girly
- Smoothing out the Bumps
- Tactics for the Senior Skier
- Teaching with a Focus
- Tip to Tail
- The Balance Enigma
- The 'Eyes' Have It

Snowboard Clinic Topics for Saturday

- All Mountain Riding
- Freestyle
- Ride like a Girl
- Trench it Out

Telemark Clinic Topics for Saturday

Freeheel Fest

Track Clinic Topics for Saturday

- Classic Skills and Movement Patterns
- Skate Improvement

Family Clinic Saturday

Tour the Hill (13 and up)

Sunday, April 15th - Clinic Topics run 9-3

*Select your Sunday topics from the list below
(Please mark your 1st and 2nd choice)*

Alpine Clinic Topics for Sunday

- All Mountain Skiing
- Beyond Level III
- Challenge Your Concepts
- Children's Real vs. Ideal Movements
- Drills for Skills
- How to be Offensive
- Legends
- Low-Fly or High-Fly Freestyle
- Shake and Bake
- Hey Girly
- Smoothing out the Bumps
- Tactics for the Senior Skier
- Teaching with a Focus
- Tip to Tail
- The Balance Enigma
- The 'Eyes' Have It

Snowboard Clinic Topics for Sunday

- All Mountain Riding
- Freestyle
- Ride like a Girl
- Trench it Out

Telemark Clinic Topics for Sunday

Tele for All

Track Clinic Topics for Sunday

- Classic Improvement
- Skate Skills and Movement Patterns

Family Clinic Sunday

Tour the Hill (13 and up)



2012 Spring Symposium Event Application

start here

Participant Information

update my records with this info

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

Event Options

- FREE FRIDAY** **\$FREE**
Slide with clinicians on Friday. If you wish to attend you must be registered for Symposium Sat or Sun Clinic. (Lift tickets not included)
- TWO-DAY INSTRUCTOR PACKAGE \$170**
Includes Registration Fee, 2 Clinic Days and Souvenir. (Lift tickets & Banquet not included)
- ONE-DAY INSTRUCTOR PACKAGE \$85**
Includes Registration Fee, 1 Clinic Day and Souvenir. (Lift tickets & Banquet not included)

CHOOSE CLINIC TOPICS ON REVERSE SIDE

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

Family Member Name Alpine Snowboard

Family Member Name Alpine Snowboard

Family Member Name Alpine Snowboard

Banquet and Souvenirs

Additional Options

- SAT. AWARDS BANQUET \$40 x _____**
Dinner, Dessert and coffee or tea with choice of French Cut Chicken Breast OR Grilled Top Sirloin OR Grilled Vegetable Stuffed Pepper OR child 12 and under meal of Chicken Nuggets & Fries
- Beef Chicken Vegetarian Child (\$12)

- ADDITIONAL SOUVENIRS \$20 x _____**
One souvenir is included in your registration. Additional souvenirs may be purchased at the event, but are limited to stock on-hand.

- LIFT TICKETS \$39/DAY**
Lift tickets must be purchased at the resort. Participants and family who are skiing/riding this weekend pay \$39 per day for tickets.

Family Member Name

Family Member Name

Family Member Name

Payment Details

Event Fees

SUB-TOTAL \$ _____
LATE FEE \$25 (if after APRIL 1, 2012)
TOTAL \$ _____

TO AVOID A LATE FEE, registration is required BY APRIL 1, 2012. If space is available, you will be assessed a \$25 late fee. If you are injured and are unable to attend your event, we will deduct a \$25 administration fee from your refund. REFUNDS REQUIRE A NOTE FROM YOUR MEDICAL PROVIDER.

MAIL WITH CHECK TO:
PSIA-NW

338 N. WENATCHEE AVE, WENATCHEE, WA 98801

FAX WITH CREDIT CARD PAYMENT TO:
206.241.2885

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

LIABILITY RELEASE FORM (you must sign this release before attending any PSIA-NW 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 agents and employees and contractors of each from liability for any and all injuries of whatever nature arising during or in connection with the conduction of the event for which this application is made. Applicant hereby relinquishes and assigns to PSIA-NW and PNSIA-EF all rights to the use of Applicant's name and likeness or pictorial representation in photographs, motion pictures or other representations concerning Applicant's participation in said Event.

[v11/12]

Participant Signature _____ Date _____

sign here

Credit Card Payments

CREDIT CARD NUMBER (PLEASE PRINT CLEARLY)

EXP. DATE

YOUR SIGNATURE

GO WITH A PRO CLINICS AT SYMPOSIUM



If you are a new member who has taken a Level I Exam this season or last season, and have not attended a “Go With A Pro” clinic you are in luck! We have a GWAP clinic available at the Symposium venue on Saturday April 16th for **Alpine, Snowboard, Telemark and Track disciplines**. You will need to complete a separate event application and turn it in on-time, 2 weeks prior to the event.

It's not all about talk, or books, or dues – it's about having fun and sharing the passion for the mountain experience. Participants can expect to share the day with fellow instructors, possibly from other schools, while skiing or riding with a clinician who shares some information about the organization, the educational opportunities and to help them “Learn, Teach and Inspire” as a snowsport education pro.

Valid ONLY for instructors who took their Level I this season or last season. Please Note: If you sign up for this event and do not show up, a \$25 cancellation fee will apply.

1-day clinic, 1-year educational credit, Cost: no additional charge as the event fee is included as part of the Level I Exam!

STRETCH, STRENGTHEN & BALANCE AT SYMPOSIUM

Come learn a few yoga poses to aid in your performance on the snow and increase your flexibility. PSIA-NW Alpine DCL and Yoga Instructor Tara Seymour will help you stretch, move and challenge your balance through a simple Vinyasa class. All levels are welcome. No experience necessary.

However, if you come you will be asked to participate. Meet in the West Village Lodge Little Ripper Room. 8:00-8:45 am. Bring a yoga mat if you have one. Cost: Complimentary.

SUMMER SKIING ... IN AMERICA

by Garth McPhie

So there I was, trying to figure out how I can ski during the summer, and not travel overseas. What I found was summer skiing – in America. Mt. Hood, Oregon is the premier destination for easily accessible lift access summer skiing, where the US Men and Women Ski Teams and Canadian Ski Teams spend part of their summer months training. You can even participate in PSIA clinics in June and July, or just go ski with your family and friends in the public lane. So down I went, flew to Seattle, WA, borrowed a friend's 1985 Chevy van, and made my way to Government Camp, Oregon which is the town below Timberline Lodge. I was set for the next two weeks, living in the van with all my ski gear, ready to continue to improve my skiing and coaching skills, during the summer.

I awoke at 5:00 am, in the van, bursting with excitement and anxiety like when I was four years old, scrambling to gather my gear for the day. Remember that feeling? It was day one of a three day PSIA-NW Summer Ski Camp, coached by the PSIA-NW Technical Team. During the summer, the skiing is best in the morning, early in the morning. We were to begin the upload at 6:30 am. As I put my skis on at the bottom, on carpet, I was thinking to myself “I put my skis on HERE?” Sure enough, at the top of the chair there was snow on the off-loading ramp. From here you ski down a hundred feet or so to the next chair which takes you to the top of the Palmer Glacier. Once on this chair, the bluebird skies allowed for a clear view of Mt. Hood as well as panoramic views of the surrounding valleys and forests. Now the fun begins. All the participants gather with the coaches, and within minutes groups are formed. It is always great to see some familiar faces and meet even more new ones. I was in a group with four other skiers of diverse backgrounds, soon to become great friends.

Our coach got us started with a group focus: ski round turns, guiding both skis all they way through the entire arc. Our task was a Basic Parallel turn on easy blue terrain. We had the opportunity to practice this task with our focus before getting anywhere near a course. Some of the feedback we heard was about using the right amount of counter. Most of us were coached on not using too much counter, in other words we were using either too much counter or too much counter too early in the turn. Another bit of coaching was in regards to the inside ski leading or tip lead. Many of us were developing too much tip lead, so the focus was on reducing the amount or distance that the inside ski tip slid ahead of the outside ski tip. This was working toward the desired outcomes of maintaining balance in the middle of the outside ski, allowing for continual turning of the feet and legs under a quiet and stable upper body.



Summer Camp action! Photo by Wayne Nagai

And then the race course was set, starting with a fairly open course which is easier, on the same easy blue terrain. In these early courses, we were still able to focus more on our movements and technique. Each run was video taped, so immediately after the morning of skiing, we went through the Movement Analysis process. As the camp continued, and the courses became more difficult, the coaching became much more tactically focused in addition to technical. Finally, on the third day, the course was set in a lane which is on quite a bit steeper terrain. This was the ultimate test of our progress over the course of the camp. It was interesting to note that the comfort level in the group had definitely increased over the 3 days. As a group we were more comfortable on the final course on steep terrain than we were in the first course on flat terrain. And of course, the Movement Analysis continued.

What an experience, skiing in the summer!! Think racing isn't for you? There are other, non-race, PSIA clinics offered at Mt. Hood during the summer including the Professional Development Series (PDS). You would rather be fishing, mountain biking, climbing, rafting, and hiking? Well you can, the clinics are done by noon. What could be better than skiing in the morning, and summer activities in the afternoon? Nothing wrong with a nap either. Did I mention that it is between 70-80 degrees in the afternoons at Mt. Hood? I am already looking forward to summer skiing next year – right here in America. ❄️



Garth McPhie is a member of the PSIA-NW Technical Team, is an Alpine Examiner-in-Training and is the Mountain Learning Center Director at Alyeska Resort in Alaska. Email him at gmcphie@alyeskaresort.com

For more information about Summer Ski Camp or PDS on July 13-15 check the Season Guide or PSIA-NW.ORG

ROAD TRIP: THE WHY WOULD YOU NOT TOUR?

by Ray Thomas

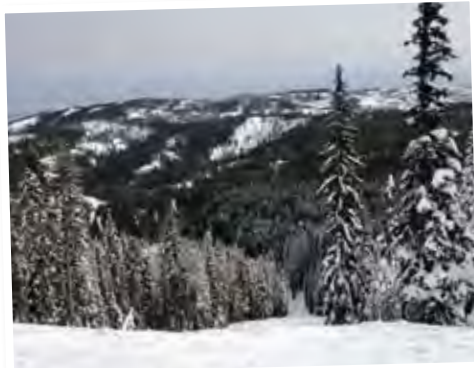
Why go from Seattle to White Pass, to Bluewood, to 49° North, to Mt. Spokane, and to Mission Ridge? The more appropriate question for all of us west-siders is, “Why not?”

With this route, none of these areas are more than four hours apart. Think of it as a ski cruise with wonderful people, great food, beautiful scenery, and great skiing at each “port of call”. Between destinations, you’ll see some of the most beautiful landscapes in the world—eastern Washington. Compared to most cruise ship cabins, the rooms, even at the cheaper motels I stayed in, are spacious and don’t bob! If you use your PSIA member benefits carefully, you can keep lift ticket cost to near zero.

Not convinced this should be your next road trip? Read on! We left Seattle for Packwood about 5 pm and arrived about 9pm. There were lots of vacancies in town. But call months ahead, if you want to be on the mountain. They often sell out for the whole season.

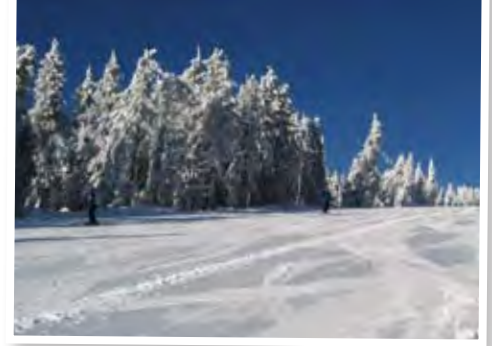
White Pass is about a twenty minute drive from Packwood. An early breakfast on the mountain lets you savour the mountain and lodge coming to life under the gaze of Mt. Rainier. The sun was brilliant and only a small cloud cap briefly topped Rainier. The surrounding hills stand out as a back-country skier paradise. The new lifts double the terrain and even though we arrived the second day after a storm, there were plenty of stashes in the

trees and off the sides of packed powder groomers. Before leaving the mountain, be sure to stop by Davey’s Yurt below the base of chair 4. Maybe the great beer on tap explains why everyone is so friendly or maybe it’s just White Pass.



Fresh pow at Bluewood. Photo by Ray Thomas

Off to Dayton, but leave time for the sites along the way to Yakima, the Tri-Cities, and Walla Walla. Early March or later leaves lots of daylight. There are plenty of wine tasting opps. Wow! Are the sunsets always this fantastic in Eastern Washington? You can’t miss the Laht Neppur (Drink to Life) Brewing Co. and Cellars in Waitsburg. There’s a sign at the main intersection, “Warning: Brew Pub Ahead.” I’d recommend the Toe Tinger Stout, but it will be gone by the time you get there. The brewmeister lost his award winning recipe. But he’ll have something great for you, too, to take along



Corduroy too at 49° North. Photo courtesy 49° North.

a 34 oz. mason jar or a 32 oz. growler. The Waldon House Inn is a great B&B with large hot tub and free lift tickets with suite or room. There are a couple of motels in Dayton. It’s about 30 minutes to Bluewood. Get there early to get your request in for the breakfast burrito. It’s a local favorite and you’ll need the extra time to eat it all before the lifts open. Check out the ski school for Doug. After the pm line up he gave Brenda his blessing to show me some of her favorite stashes. In the morning she had pointed out her favorite runs to me on the map after holding the door for me. It wasn’t hard to guess she was a ski instructor. We could all take lessons on the customer service model from her. Take a hike to intersect the proposed new chair line. It’s worth it especially if it’s been snowing all morning! Bluewood is another great area for back-country enthusiasts, but don’t get lost. It’s only four miles to Oregon!

The Palouse is always fascinating to me. Winter wheat sprouting under a few inches of snow makes the fields a patchwork of green lawns and white blankets as the sun melts the south facing slopes. Pillow after pillow of patchwork beauty stretches out before you. Scoot through Spokane where you can hit a Costco just before leaving town. You don’t have a co-pilot with a

No wonder Phil and Steve Mahre skied here at White Pass. Photo courtesy Creative Commons.

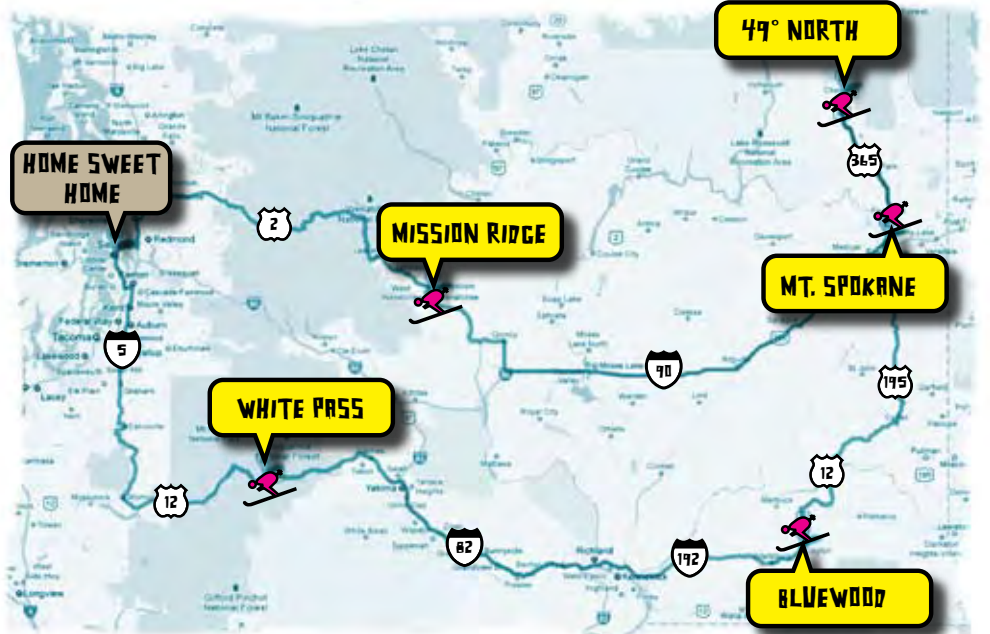


Learning Objectives for Road Trip:

1. **Locate five northwest resorts**
2. **Describe some key characteristics of each area and surrounding geography**
3. **Describe behaviors that contribute to the Customer Service Model**
4. **Describe two important safety measures for skiing/riding trees and side country**

smart phone to find the cheapest gas? You may find basing in north Spokane an option. We drove the hour to Chewelah through the tail end of the weekend storm. I do have to recommend the Norlig Motel. Friendly owner, operators Paul and Andrea Tredeau offer Adrea's fresh muffins with the complimentary breakfast and discount vouchers for 49° North for non-PSIA members in your group. Wonderful folks are on staff and in the ski school. When I told the mountain host I wanted to ski trees, steeps and deep, he said, "Let me call Rose." Chair 5 was closed for winds, but Rose led me through trees off Chair 4 over and over and over! Of course, that increasing, untouched powder off Chair 5 beckoned us back for yet another day. Rose invited us to check out the Prime Timers group which meets on Tuesdays at 49° since we'd decided to stay the extra day. They started signing in early and are enthusiastic skiers and boarders who clearly enjoy sharing the love of the sport and stories.

I was introduced to Sherry, also a mountain host for the day, who had taught and patrolled in the Northwest. She was heading out so a couple of Prime Timers and I joined her. She accessed my skiing across the top of the mountain and decided we should just head out to Roller Coaster. Since it's the farthest out, it gave up untracked run after run. The rollers on the hill proved it was rightly named. Slight line adjustments proved to create delightful explorations of the powder and terrain. Of course, then we were off to some glades and trees. Sherry invited us to join the Prime Timers for their après ski in the bar. Two dollars for great apples and conversation! Some of the 49° North Prime Timers also belong to the Mt. Spokane Prime Timers. They said we absolutely had to hit Mt. Spokane tomorrow, Wednesday, since it is closed Monday and Tuesday and the snow had



been coming down since Sunday. Also Wednesdays are Mt. Spokane Prime Timers' day.

Mt. Spokane has condos near the mountain, but it's only 30 minutes from several inexpensive motels on the north side of Spokane. True to plan, we arrived with two days of snow on the hill and more coming down. The Prime Timer's came to the rescue, but that's another story! Brad turned out to be a previous ski patroller, instructor, part-time ski shop salesman, retired firefighter, and proud participant in many heliski adventures. He knew the best tree runs with snow coming down and the best lines off the top as the weather cleared. At lunch a group headed out for some side country and I couldn't pass that up. Rob, leading the group, cautioned us to pick a partner and never lose sight of each other. As we started off the back side and into a wide glade, Mike and his partner made four turns, cut left into the trees, and I didn't see them until the bottom.

I headed down the gut of the meadow with a "V" of trees ahead and nothing but untracked ahead of me and the others to my right. As we hit the trees, I imagined the God of Powder had lined them up just for me. I howled with joy, encouraged by the group. To paraphrase Ben Franklin, "Because there's powder, I know there's a God who loves us and wants us to be happy." As we got to the trail back, Mike was being helped out of a creek by his partner. He must have thanked Brad three times on the hike out. Brad had insisted we stick with our partners and Mike knew he would have been in serious trouble with his. I'll remember those turns and friends forever. Thanks Mt. Spokane and Prime Timers.

The last leg of our cruise through eastern Washington was the trek on Highway 2 from Spokane to Wenatchee. Truly awesome! Snow on the Columbia plateau is phenomenal as the sun sets in late winter. Stop by Grand Coulee, if time allows. Our wheeled cruise through eastern Washington was a spectacular palette of vistas, valleys, gorges, and canyons. Wenatchee has plenty of motels,



The snow is always light at Mission Ridge! Photo credit Donni Vognild courtesy of Mission Ridge.

B&B's and restaurants and it's a short drive to Mission Ridge. Of course, (are your picking up the plan yet?) Mission had been closed Tuesday and Wednesday, and the snow had been piling up. Being early once again paid off. Although I waited 45 minutes in line for the lifts to open, I was 27th out of at least 150 lined up. The locals love their mountain and flock there on a day like this. I followed a group of four that looked serious and I was not disappointed. A powder morning at Mission can turn into an afternoon of spring skiing. The sun came out by noon. The mountain and surrounding terrain were gorgeous. As we were greeted at the beginning of our trip, Mt. Rainier also bid us farewell. And so we ended our ski cruise of eastern Washington.

Why would you? Five great areas, six days of fantastic skiing and riding, gorgeous scenery, wonderful people – Why not! ❄️



What a view! Photo courtesy Mt. Spokane.



Ray is a PSIA Level III Alpine instructor with Summit Learning Center. He has skied over 60 different ski areas in North America. He doesn't claim to have invented the road trip, but is committed to perfecting it. Email rayt@u.washington.edu

SNOW PRO TIPS



BEND IT TO SEND IT

Alpine tip by Garth McPhie

Ever felt like you've got it dialed on the piste but get bounced around off piste? Maybe lose balance, can't control your speed? I know, I've been there. It is important to change things up a bit as the terrain changes under foot, between the piste and off piste.

Technique: Bend the outside ski to shape a turn instead of tipping the skis and waiting for them to come around. Keep the feet more underneath the body and not too far out to the side. This keeps the edge angles smaller and makes it easier to maintain balance over the outside ski, and keeps it easier to guide the skis.

Tactically: Let the skis be real greasy, smeary. Allow the skis to travel more down the hill versus across the hill. Use the friction of the edges, in addition to turn shape, to aid in speed control.

Commit: It is common when the terrain gets bumpier and steeper to attempt to cling to the mountain with our edges. This results in the skis accelerating ahead of the skier, leaving them as a passenger who gets bumped around and out of balance and control. By letting go with the edges, and committing to traveling down the hill with the feet and skis, we actually descend more slowly due to the ski/snow friction.

Here is a simple progression to make this happen:

1. Let's make a series of medium to short turns balancing only on the outside ski. Change which ski you are balancing on (outside ski) in the transition between turns. Use this exercise to focus on and practice bending the outside ski. While performing this exercise be sure to switch skis deliberately and controlled, not because you have to put it down so you don't fall over.

2. Now add an outside pole drag while performing the next series of turns. This will aid in keeping the upper body balancing over the outside ski. Both of these exercises will ensure that we are standing on the outside ski/leg, more than the inside ski/leg. It is important here to do these exercises enough times to train the body more than the mind. 10 turns of each is not enough. Two, maybe three runs or more is a good start.

3. With both skis back on the snow, make a series of turns applying this refined balance over the outside ski. Make sure to continue to balance with the upper body over the outside ski and keeping the feet more under the body allowing for smaller

edge angles of the skis. Again, this will ensure that we are standing on and directing balance to the outside ski and leg more than the inside ski/leg.

4. To emphasize this further, add a sideslip to the end of each turn. Make a turn as prescribed in the previous exercise, and release the edges at the fall line or after to allow the skis to slip sideways down the hill for several feet before beginning the next turn. Be sure to continue to balance over the outside/downhill ski while the edges remain released and at smaller angles.

While performing the above exercise, it is important to maintain a disciplined upper body. Force your upper body, your sternum, to face down the hill, enough to allow the skis to slip sideways in somewhat of a corridor. In order to accomplish this, it is important to be able to efficiently and accurately turn you're your feet and legs under and more than the upper body. By practicing this exercise, it will allow us to continue to move down the hill, not across the hill. And equally important, allow us to stay balanced over the middle of the outside ski.

5. Now take this same exercise into terrain this is bumpier, steeper, or both. Resist the temptation and instinct to cling to the slope with the edges. Commit to continue to move over the outside ski to allow the skis to move down the hill more than they are moving across the hill.

6. Finally let's eliminate the sideslip between turns, and add more shape back to the turn. To accomplish this, go back to bending and balancing on the outside ski at turn transition. Keep the feet under the body to keep the edge angles of the skis smaller. Allow the skis to be greasy and smeary and descending down the hill.

Now the fun part, let's go ski it, off piste and in the steeps. Use the bend we are creating in the ski to shape the turn. Keep the skis and feet under the body. Allow the skis to be greasy on the snow, letting friction as well as turn shape aid in speed control. Commit to letting go with the edges and move down the hill for a more controlled descent.

Though the movements and movement patterns are more similar than they are different on the piste and off piste, it is important to change things up a bit as the terrain changes under foot. Now bend it, to send it! ❄️



Garth McPhie is a member of the PSIA-NW Technical Team, is an Alpine Examiner-in-Training and is the Mountain Learning Center Director at Alyeska Resort in Alaska. Email him at gmcphie@alyeskaresort.com



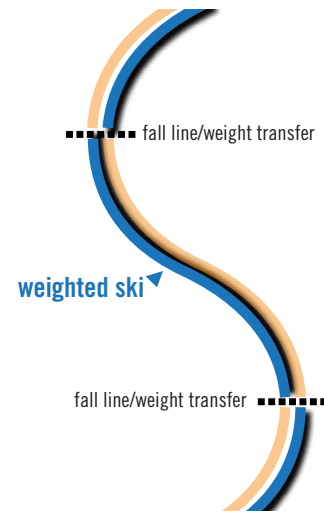
WHITE PASS TURNS

Alpine tip by Jeremy Riss

In high end carved skiing a fluid transition from one turn to the next is something we all strive for. One thing that is required to make this happen is for the body to cross over the skis without allowing the skis to rotate down the hill as the body moves across. Essentially we want the body to cross over the skis causing the skis to roll off their old edges and onto their new edges with edge and pressure movements.

White Pass Turns are ideal for creating these movements. If you are unfamiliar with this turn here is a quick rundown. As you are skiing from the fall line pick your inside ski up off the snow. Continue through the turn transition and keep that same ski off the snow until the fall line. Once in the fall line with your skis at the apex of the turn now smoothly transfer weight to the outside ski while picking up the inside ski once again.

Looking at the drawing to the right, make turns only on the ski on the blue line while lifting the ski that follows the orange line off the snow. Practicing this drill will force you to move your body across your skis in a fluid motion causing edge and pressure to initiate the new turn rather than pivoting or rotating the skis to an edge.



The key to timing the weight transfer from ski to ski correctly is to always transition to the new outside ski in the fall line or apex of the turn; your skis will typically be pointing straight down the hill. Once you are able to ski this drill effectively then attempt to feel the same fluid movement of your body crossing over the skis in your carved medium radius turns keeping both skis on the snow. ❄️



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EXERCISES TO ENHANCE PERFORMANCE

Fitness Tip: text, photos and demonstrations by Jenn Lockwood

Dorsiflexion at the ankle and leg rotation are the topics of this issues fitness tips! Brad Jacobson, shared with us how we activate the tibialis anterior to dorsiflex the ankle, helping to maintain equal angles at the ankles and shin to cuff contact when we ski, during our January training. Here is my favorite way to condition this muscle for the skiing – TOE TAPS. Our goal will be for muscle endurance of the tibialis anterior.



Toe taps: Feet hip width apart, place the right foot ahead of the left, bend your knees and place both hands above your right knee (keeping the right foot anchored to the floor). Lift your right ball of foot up toward shin as high as you can (keeping your heel on the ground) and then tap your right foot to

the floor, repeat – lifting your right ball of foot as high as you can and tapping it as fast as you can. Continue for 30-90 seconds, switch feet.

At Winter Blast, our group worked with National Team member, Matt Boyd on off-piste terrain. Our groups common deficiency on the steeps off-piste was to square our hips with our ski tips through the finish of our turns. Our focus to correct this inefficient movement was to relearn how to stabilize the hips (upper body) to facilitate tipping and steering of our legs from apex through finish of the turn – allowing us to better shape and manage pressure through the finish of the turn and allow our body to move over our equipment into the next turn initiation.

For a great article going over leg rotation refer to *Help Your Legs Assert Their Independence* by Robin Barnes in the Winter 2011, 32 Degrees, pages 74-79. Below are listed a few of my favorite exercises for strengthening muscles that facilitate leg rotation.

Leg Rotations with paper plates and/or Fitter Discs: Standing in your athletic stance (feet hip to shoulder width apart) w/fitter discs placed under feet and standing in front of a mirror – perform



the exercises that Robin describes on page 75. Tip: focus on stabilizing your hips (part of your upper body) and/or even rotating them in the opposite direction of your feet. These exercises will target the strengthening of the internal and external rotators of the legs with goal to facilitate the femurs turning in the hips socket while the hips are stabilized.

Charlie Chaplain Pose



Rotate legs/femur to the right and left with opposing rotation at the hip and femur. Leg rotation may be limited due to tight hip & gluteal muscles – refer to *Stretch Your Performance through Hip Flexibility* by Robin Barnes in the Winter 2011, 32 Degrees, page 79.



Sidelying clam shell with or without resistance:

Lie completely on your side positioning the hips flexed at 60°, and the heels in alignment with the back. Slowly raise the top knee as high as possible while keeping both feet together, and keeping the back from moving with the knee. Lower the knee back down ¾ of the way so that there is constant tension. Place your hand on the muscle of the butt, and focus on creating the contraction at the point of contact while performing the exercise. For added challenge you can add a resistance band around your thighs.



Monster Walk (Hip Abduction w/superband):

Begin in an athletic stance, rotate your legs outward and forward in large strides for 20 steps. Stay low. Repeat the movement moving backwards for 20 steps.



Resistance Band Rotation:

Assume a half-squat position and wrap a resistance band around your legs above the knees. Keeping your left leg stable and your hips and shoulders pointed forward, move your right knee back and forth. Switch legs. Go to the PEAK Fitness NW youtube page to see a demonstration of each of these exercises: www.youtube.com/PEAKfitnessNW. ❄️



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CAMBER

VS

by Greg Nelson

ROCKER

This has been a large topic of debate over the past few seasons in the snowboarding world and everyone seems to have a differing opinion on which is better. This article will shed some light on the benefits of each for you and your students and help you decide which type of board is going to fit best for your riding style. I will be sharing with you what I've learned and experienced over the past 12 years of coaching snowboarding and give you some insight on how I help my students choose the right gear.

Ideally we would all have a different set up for each type of condition we're riding. Unfortunately that's just not financially feasible for most of us so we need to narrow it down to our personal riding style and how we want our board to feel.

We will be exploring three different board shapes in this article, only looking at the most common of board designs that are in the market right now. These shapes are camber, reverse camber, and rocker with dual camber. The easiest way to think of these is that camber looks like a sad face, reverse camber (or rocker) looks like a happy face, and the rocker/camber combo looks like a mustache, each one having its own set of benefits and limitations.



Let's start with the benefits and limitations of traditional camber.

This is our tried and true technology. When you step onto this style of board you generally feel pretty stable. This is because your contact points are at the nose and tail of the board and it gives you a larger platform to stand on. Think of it like standing on a balance board (photo 1). If your feet are close together it can be very hard to stay balanced, but when you move your stance wider you feel much more stable. It's very easy to load the nose or tail of the board without losing balance, sometimes making it easy to move too far forward or backwards and losing a centered and balanced stance.



If you're into boardercross, banked slalom or GS this is probably the right board shape for you. Other than being more stable there are some other great benefits to camber, and also some downsides. On the icy hard pack days the average rider may find using a cambered board can be more effective. That extra stability can help give you the edge you need to keep from sliding out and falling. This is because of a reduced ability to pivot the board underneath of you, which might not be ideal when riding the steeps on a "pow" day or trying to perform maneuvers in the terrain park. The ability to pivot the board can be an essential step to a new student's success in learning their first skidded turns.

Because of the shape of these boards the nose is going to constantly want to dive down into the snow forcing you to need a bigger board to ride some of our heavier Northwest "pow" days. When forced to ride a board that is too big we tend to lose some of our ability to move. When riding steep tree lines I always want to have confidence that I'm able to move in and out of every situation.



Now let's move on to reverse camber commonly referred to as rocker.

While it's not necessarily new technology it has certainly made a giant comeback over the past few years. This is probably the least stable board design out there but it can also have some tremendous benefits in certain situations. I would not recommend this board shape for icy hard pack

conditions, but when there's two to three feet of fresh snow this is among the best board shapes you could be riding and could be even more beneficial for kids.

Have you ever taken out a ten year old on a deep snow day only to find that you have to throw them over your shoulder and carry them down the hill because it's just too deep? Well this board shape allows even kids to get out and have fun on those days. The nose of the board wants to shoot up and out of the snow making it ideal for these conditions. Not to mention the added ability to easily pivot the board and make fore/aft movements, giving the average snowboarder a better riding experience when the snow is deep.

On that same subject, children don't have the fully developed muscles that an adult does, making it very difficult for them to make some of the essential movements on a traditional cambered board. When we put them on a "rocker" snowboard, we've made it much easier for them to experience some of the movements that are key to good snowboarding; specifically those fore/aft and pivoting movements which are essential to riding steeps, bumps, park and halfpipe. This design can more easily allow a child to blend movements as it has a much looser feel on the snow and doesn't feel like it's glued to the ground below you. The earlier we can get a snowboarder to learn and experience good movements in riding, the more successful they are going to be in the long run.



Last but not least, the camber rocker combo boards.

While there are many versions out there I'm going to focus on just one of them for this part of the article. This is the camber rocker, aka; dual camber, C2, mustache shape. These boards are reverse camber dominant but have camber underneath each foot. This one is my personal favorites, giving me that loose, pivot feeling of the rocker board, yet is still quite stable, much like the traditional cambered boards. This is my "anywhere – anytime board" – it is the most versatile of all the options, although it can still be a bit unstable when conditions are icy because of the centered point of contact. Being a very versatile board containing the benefits of camber and rocker, this board



The versatility of the combo. Photo by Terry Ratzlaff

shape handles itself well in powder, steeps, park and groomers.

One of the greatest benefits of this design I've found personally, and for my students, is that it forces the rider to stay more centered in their stance. Too much movement fore/aft and you're likely to lose your balance and nose dive or fall backwards. Students are going to have an increased likelihood of discovering how much they should move when there is less room for error. Given that, I would never suggest putting your students in a situation where they are likely to fall and get hurt. Make sure the equipment you choose is right for them.

Conclusion

While there are many different board shapes out there beyond what are in this article, it is up to you as a coach to figure out which one is right for your individual students. Hopefully the short descriptions in the article will give you a general framework for each of these board designs to help guide you in the right direction. I would strongly suggest trading boards with friends at the hill or checking out one of your local demo days and testing out some of the options so that you as an instructor can get a feel for each of these designs and be able to give a good recommendation to your students.

And remember that just because a board doesn't feel good to you doesn't mean that it's not a good board for someone else. We each have our own riding style, body shape and preferences when it comes to snowboarding and it should be our goal to help our students discover these things for themselves and support them moving forward. ❄️



Greg Nelson is the Assistant Director and Training Manager at Summit Learning Center at The Summit at Snoqualmie. He is a Snowboard Level III, Freestyle Specialist 3 and Children's Specialist 1 instructor. Email him at gnelson@summit90.com

MY MOM IS SO COOL

by Kristy Aserlind

My mom is the coolest, youngest 84-year-old I know. She still has a season pass (and a locker) at Bridger Bowl, MT – and can routinely out-ski her younger (and, dare I say it, male,) ski companions. She even still drives herself to the mountain from her Yellowstone River-side cabin in neighboring Livingston, MT. Her long-time friend from her Midwest ski patrol days, Mary, is 90: still skiing and competes in triathlon races. While these two are remarkable individuals for all kinds of reasons, their participation in active sports is becoming less of a rarity.

You've heard the statistics over and over: the population bulge known as the Baby Boomers (born 1946-1964) is getting older. Although industry-wide quantitative data is hard to come by, it is generally accepted knowledge that more seniors are participating in skiing, at increasingly older ages. According to the latest U.S. Census, the number of older adults will increase by 15 million over the next 10 years. Since the beginning of the 20th century (a mere 112 years ago,) the percentage of Americans older than 65 has tripled. Not the number of Americans, mind you – the percentage.

So, the chances are pretty good that you, as a ski instructor, will, at some point, be teaching an older client or two. And we all know (but may prefer not to think about) that the chance of us getting older ourselves ... is 100 percent. We can only hope that we'll still be enjoying skiing as that natural process occurs. Those are two compelling reasons right there to go through our PSIA-NW Senior Specialist training.

Officially, "the purpose of the Senior Specialist program is to provide educational training for instructors of all ages and various abilities to gain the tools and knowledge necessary to provide high quality teaching and performance enhancement outcomes for the senior taking ski lessons," (PSIA-NW Senior Specialist Manual, page 4). In other words, you don't have to be a senior yourself, or be a Level II or III – to participate in the Senior Specialist program.

Also from the manual: "the PSIA-NW Senior Specialist Program currently consists of the Foundations, Senior Specialist 1 and Senior Specialist 2 educational courses. This is a certificate program which is based on an educational framework with an assessment component." Basically, this means that it's not an exam process, per se—but you will be assessed on your preparation, participation, and level of understanding mastered in the course. Or, put another way – "Do your homework!" – yes, there is a workbook that needs to be completed beforehand – and this doesn't mean

during the car ride up to the mountain, the day of the event.

The natural question is, "Are there senior-specific movements that are different than what we're teaching our non-seniors?" The answer is, "No – efficient skiing is efficient skiing, no matter who is doing it." In addition to reinforcing and adding to our understanding of "what" we teach clients, the Senior Specialist training illuminates particular considerations in "how" we teach the senior skier. Not to give too much away – but such concepts as: the Learning Partnership, the CAP (cognitive, affective and physical) Model, and Visual/Auditory/Kinetic processes – and how these apply to seniors, as opposed to younger skiers.

So, check out the PSIA-NW Senior Specialist Program, and invest in your future as an instructor, and a lifelong snowsports enthusiast. It's definitely worth your while. ❄️



Kristy Aserlind is an Alpine Level III certified instructor and TD teaching at Mt. Hood Meadows Ski Resort. She was awarded a scholarship to attend the Senior Specialist Program in 2012.

Apply for a scholarship!

Need some help paying for an educational event, exam or manual? The Pacific Northwest Snowsports Instructors Association - Education Foundation (PNSIA-EF) is just the place to find some financial support for your professional development.

One of the requirements of receiving a scholarship is a submitted article telling other members about your experience like the article by Kristy Aserlind.

For more information head over to the PSIA-NW.ORG website, navigate to the Membership Menu, then choose Scholarship Application.

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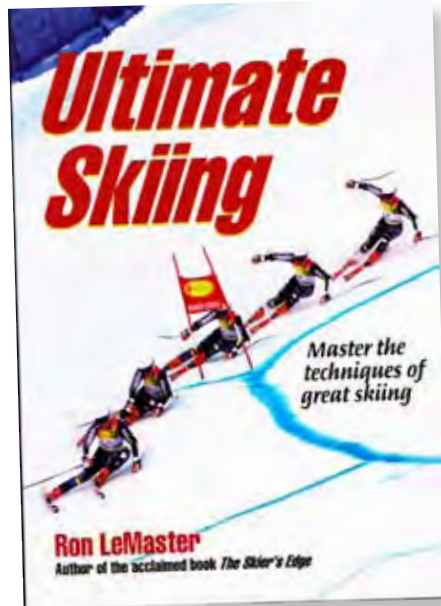
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ULTIMATE SKIING

Book review by Ed Kane

This is Ron LeMaster's rewrite of his earlier book *The Skier's Edge* and is published by Human Kinetics in 2010. It is available from PSIA-NW for \$20 (plus tax and shipping). It's a soft bound, 209 page, profusely illustrated book. This version was written to incorporate considerations brought to the sport by the innovations in shaped skis and advances in equipment technology. Although it is intended to be directed toward the general public for self-learning of skiing improvement it has a great deal of information that is useful to the instructor community, not so much for the drills and/or technique suggestions but rather from the analysis, illustrations and discussion of efficient skiing and the movements that skilled skiers use in mastering the sport. As a result, this book would be recommended for instructors that are working toward Level II or III certification or are looking for material to help them enhance their understanding of teaching at the higher student skill levels.

Ron was the featured speaker at the Fall Seminar this season and I found his talk not only entertaining but also very informative. His ability to describe the technical aspects of high performance skiing was impressive, entertaining and even more so his ability to describe some of these complex concepts in simple English was simply great. That talk inspired me to buy and review the book. It has three major sections: Fundamentals-Skiing From the Snow Up; Techniques-Controlling Your Interaction with the Snow; Matching Tactics and Techniques to Real-World Skiing.

In the first section, he discusses the forces that act on both the skis and the skier all of which impact our ability to control where we want to go while riding on the skis. This is followed by a clear discussion of the interactions between the

skis and the snow as these are affected by the ski design, body movements, changes in direction and speed. It is concluded with an interesting discussion of turning and the demands put on the equipment and the skier in various turning situations. The included diagrams and descriptions are very useful in clarifying the concepts that are being discussed.

The second section contains a majority of the content of the book. It starts with a review of the effects of alignment and stance in the various situations we encounter as we ski in various terrain and conditions. He covers use of all of the joints and how they affect the turns and continuity between them. He then moves to an interesting discussion of fore and aft movements and follows this with the impact of up and down movements. Next he covers turning the skis, edging them and finally the effects of lateral balance on turn efficiency. This section is concluded with a fairly in depth discussion on boots, appropriate stiffness, proper fitting and alignment both fore and aft as well as laterally. On the whole, I felt that the discussion of boot selection/fitting was very valuable in that it was quite complete, well thought out and clearly presented.

The book is concluded with brief discussions of the tactics to be considered for skiing in ice, moguls, off-piste and steeps. Each of these sub-sections is quite brief and very concise and have some excellent thoughts that would be valuable in planning for classes that wish to ski these conditions more comfortably. ❄️



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



by Rado Pišot, Ron Kipp, & Matej Supej

A unique blend of pedagogy and biomechanics. "Skiing is a game" reveals why certain teaching strategies work and explains the necessary biomechanics to effectively teach any age.

"Skiing is a game: Pedagogical and biomechanical foundations of learning to ski"
Available at Amazon.com.
For more info go to www.skiingisagame.com

Ultimate Skiing by Ron LeMaster can be purchased directly from the PSIA-NW Bookstore.

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Photo credit Ron LeMaster

RACING VS. RECREATIONAL SKIING

text by Scott Weimer, photos by Ron LeMaster

It seems in the sport of skiing we tend to show more ski racing vs. recreational skiers when it comes to learning the efficient and inefficient movements in skiing. Why do we tend to compare ski racers to recreational skiers in the videos?

First of all, we have to ask ourselves – how did the racers we see learn how to ski? There may be some racers that were taught by their parents. But most racers you see today probably took a lesson from an instructor, who provided the base skills and development, that helped the athletes grow to become who they are today. Some of our younger and inspired student athletes who are in lessons today are being taught the basic skills that they will use as they become older.

What is the value of watching racing athletes on video? Ski racers strive to be in balance in three



Photo credit Ron LeMaster

planes, at a higher intensity level. Frontal Plane (Coronal) – from the front to see the lateral movements, Sagittal Plane – from the side to see the fore-aft balance, Horizontal/Rotational (Transverse) Plane – from the top where we can see rotational movements. See page 17 of Ron LeMaster’s book Ultimate Skiing.

Some photos and videos that are shown give us great opportunities to see an entire turn broken down into many segments or seconds. This helps us understand what movements the body has to make while in motion to maintain balance from turn to turn. Don’t get me wrong, there are great videos and photos of great recreational skiers as well that I have watched.

As an instructor it is important to become familiar and have understanding of the biomechanics of skiers. The similarities between ski racers and recreational skiers include the need to control our skis. For this, racers assume postures/positions/actions (a.k.a. technique) that align them with the greatest biomechanical advantage possible. Since racers encounter greater external forces they must be even more precise with their actions. As instructors, we strive to control our skis in different snow conditions and maybe at slower speeds. Either way we strive to remain in balance while controlling our skis.

United States Ski and Snowboard Association (USSA) is the parent organization of the US Ski Team, US Snowboarding and US Freeskiing. USSA oversees the athletic pipelines for development in these sports and has a vision to make the USA the best in the world in Olympic skiing and snowboarding.

USSA has also developed and deploying a program called SkillsQuest. SkillsQuest is a cornerstone program of the Alpine Training System (ATS) – not to be confused with the PSIA ATS (American Teaching System) – which is designed to assist coaches, and to motivate and reward athletes in working toward and improving their abilities in the key areas of emphasis of the ATS. As its name implies, it represents a quest, or journey, toward success in ski racing, by focusing on skills, the critical components that make up a high performing ski racer. It includes activities and competencies for

skiing skills, technique and tactics, conditioning, equipment preparation, performance psychology and racer management. The SkillsQuest program is developed for athletes ages six and up.

If you look at some or most of the tasks/exercises that are being used in the SkillsQuest, you will find that many of them are comparable or identical to what we use in our own lesson content.

Are we teaching our students or ourselves to become racers? The answer is probably, “No.” – we are teaching our students/athletes to learn and enhance their skills and to become more efficient on their equipment. There are many great instructors and coaches that work together in helping develop better skiers and athletes.

As instructors, it is important that we learn and gain more knowledge and understanding. The importance of the understanding and integrating the biomechanics, physics of a turn and the mechanics of the ski. The more knowledge that we can gain, the more benefit to our students and athletes. ❄️



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Check out these related resources to find more resources for expanding your knowledge of as a snowsports instructor:

USSA Skills Quest
<http://alpine.uskiteam.com/alpine/skills-quest>

USSA
<http://ussa.org/>

And don’t forget that the Movement Matrix from THE SNOWPROS.ORG website is still FREE with your PSIA / AASI membership

DCL TRYOUT APPLICATION DEADLINE - APRIL 5

Don’t forget, if you are trying out to be a Divisional Clinic Leader the application deadline is April 5, 2012 at 4pm. See PSIA-NW.ORG for more details.

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