



ISSUE 3

# Snowsport Instructor

Early Winter 2002



PNSIA-EF



Inspiring lifelong passion for the mountain experience

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NORTHWEST *SnowSport Instructor*

**Professional Ski Instructors of America  
- Northwest Division PNSIA  
Education Foundation**

11206 DesMoines Mem. Dr. #106  
Seattle, WA 98168-1741

Phone (206) 244-8541  
FAX (206) 241-2885  
E-Mail: office@psia-nw.org  
Website: www.psia-nw.org

**Editor** Jodi Taggart

**Guide for Contributors**

The Northwest SnowSport Instructor is published five times a year. This newsletter will accept articles from anyone willing to contribute. The editorial staff reserves the right to edit all submissions. Submit typed, single-spaced paper and, if available, on IBM compatible disks saved as a text file. Pictures must be prints or color copies.

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.

**Submission Deadlines**

<b>Issue</b>	<b>Deadline</b>
Summer	June 15
Fall	Aug. 1
Early Winter	Oct. 1
Winter	Jan. 1
Spring	March 10

**Send all submissions to:**

Jodi Taggart  
c/o PSIA-NW  
11206 Des Moines Mem. Dr. #106  
Seattle, WA 98168-1741  
Phone (206) 244-8541 (MSG)  
office@psia-nw.org

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

**Rates:**

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

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

**Rates:**

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

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

*Please make check payable to:*

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 Suite 106  
 Seattle, WA 98168

**Cover: Picture yourself here very soon.** DeeAnn and Nelson rippin' it up!

# women's college 2003 Crystal mtn.

They say women shop in groups. Well in the Pacific Northwest we would rather ski and snowboard in groups. So this year we are getting together for another weekend just for the girls. Don't get us wrong guys, we still like you, but this weekend is just for us.

Join a few of this divisions diva clinicians for a weekend devoted to just us women. Participate in topics that relate directly to the female anatomy and physiology. Enjoy the camaraderie of other women who share a desire to excel in the snowsports industry.

This fastidious gathering will be at Crystal Mtn. on March 22nd and 23rd. There will be both skiing and snowboarding groups (assuming we have enough signups). So get your friends and send your applications in right away. You deserve this and you know it!!!



Are you looking for a particular clinic offering? Not a problem.  
 You name it we can do it.

**Customize  
 A Clinic**

This program works similar to a member ski school clinic.  
 Put together your group, 6 people minimum.  
 Select your clinic topic. Select your date and time.  
 Call the office. Collect the money (\$40 per person)  
 Send in the money (with clinic registrations)  
 Voila! Enjoy your clinic. All disciplines available

If you want, you can even choose your clinician.  
 (subject to availability)

Remember... It's all about you!

# Education IS CERTIFIABLE!

by Chris Kastner  
Certification VP PSIA-NW  
PSIA National Alpine Team

Last year I brought some very controversial proposals to our Fall Board Meeting in Hood River. The proposals were drafted to add prerequisite educational clinics for each level of skiing and teaching modules. You may recall the ballots that were sent out to you explaining the proposals and asking you to vote for or against each of them. And though I was disappointed in the outcome, I applaud all of you who took the opportunity to learn about the issues and express your concerns. I thought this would be a good time for me to explain how and why myself and the other members of the ETC developed these proposals, and what the division has gained from having such debate over these issues.

“Inspiring lifelong passion for the mountain experience” is why I believe we all teach snow sports. You grew up learning how to ski/snowboard or even learned as an adult, and you long to share with others what your life has been like with our sports as part of it. This is our mission statement of AASI and PSIA. Our organization was set up to provide its membership educational opportunities that foster the development and refinement of teaching skills. As a result we are able to expand our ability to express our passion better. Certification is the validation of the level of understanding in which we have acquired through the educational process. But, certification has often taken away that passion for so many. It has been my goal to restore that passion in some way

to the certification process and though my ideas have created controversy, it has begun to stir that passion once again.

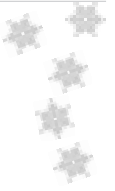
To stand in the shoes of an examiner is not an easy task. We feel a responsibility to make sure that our exam process is fair, user friendly, gives candidates many opportunities in the time allowed, and that feedback given to each participant is constructive and accurate. We have worked very hard at changing formats in or-

...worked very hard at changing formats in order to give candidates the opportunity to focus on one area so that their training can be specific...

der to give candidates the opportunity to focus on one area so that their training can be specific to one module. There is the opportunity for candidates to take a module over in the same year and to pass one module at a time without concern for having to take that module again in the future. Feedback from candidates has been very positive, constructive and has helped us in providing a quality experience in an otherwise stressful setting. We continue to train our examiner staff and review our exam process to make certain that exams are as objective as they can be and if they are not, we continue to make revisions based on their feedback.

But, as hard as we work to improve the staff and our process, we can do nothing for those who come to the exam unprepared. It is frustrating to hear people say that they are going to the exam for the experience or for the educational credit and maybe I just might get “lucky”. It is also frustrating to receive letters explaining that AASI/ PSIA does nothing for them, or how they are not willing to remain a member because they are frustrated with the certification process. Certification is not a process. Education is and it has been feedback like this that prompted the construction of those proposals. The intent has been to develop an educational framework while moving through levels of certification. It was to provide an assurance that all members have at least some exposure to our educational system. When you think about it, a new member joins AASI/PSIA and the first initial contact they have with our organization is taking a level I exam. The next step is usually the level II exam. We value our organization as an educational body, but yet the first two events new members participate in is certification. A member could potentially stay involved in the certification process and never have to go to an educational event.

I have been quoted as the Certification Vice President that I would love to see the number of exam candidates decrease. I believe that much can be gained if the attention from our membership was directed more towards education rather than certification. Having said this however, I believe that certification can still be a vital part of the educational process if you truly believe in our mission



statement and believe in why you teach snow sports. Remember, "Inspiring a lifelong passion for the mountain experience"? And I have been trying to find the appropriate way of saying it.

I figured it out last spring when I attended a lecture at National Academy presented by Mermer Blakeslee, former member of the PSIA National Alpine Team, friend and author of many books including *In The Yikes! Zone*. Her lecture was about learning, the things that inhibit learning and how to overcome them. She spoke in her presentation about the "fear of failure". Ever had that feeling? How about in an exam? Why? Because certification puts so much value to how much you know. You get a pin. You might get a raise, manufacturer discounts, and the respect of your peers. Mermer spoke about the need to desensitize failure, and how by risking failure you gain the cour-

age to learn. She spoke about the need to value learning over knowing and how by doing so, failing becomes the goal.

In an exam you are taking the risk that you will fail which is a very uneasy feeling to have. But what if failure was the goal? What if you went to an exam to find out what more you had to learn, rather than what you already knew, even if you passed? Many people who pass the exam never stick around to find out where their sights should be for future growth. The value of taking exams, could be the value of knowing what you don't know. I am fortunate to have been selected to the current National Alpine Team. It took me 3 tries before I was selected (to put that into perspective, tryouts happen every 4 years, that is 12 years in human years), but I received concrete feedback that gave me direction and helped me to develop new goals. I

truly, gained more from the process of learning than from the results and I was eventually able to reach my goal.

Exams play an important role in keeping professional standards high. It can also reflect a desire to have knowledge tested and to be given a focus for future growth. Where else in our educational system do you get feedback that is personal, accurate and as direct as in an exam? Perhaps the idea of adding educational events as a prerequisite to certification speaks to the need to change our perception of what can be gained from the certification. Risk Failure and put the value of learning ahead of the value of knowing.

Success is the ability to move from failure to failure without Loss of enthusiasm.

Winston Churchill □

## Divisional Academy 2003 Mt. Bachelor

The ultimate event for professional development in snow sports. Three days with the same group and clinician will undoubtedly increase your knowledge and skill level in any discipline. Three days to discuss, explore, challenge and enhance our snow sports being. There is no better venue to truly indulge your senses than Divisional Academy.

We will be gathering at Mt. Bachelor for this year for the event. Did you know that Central Oregon gets 300 days of sunshine a year? Find out for yourself, March 14th-16th, on the slopes of Mt. Bachelor, Oregon!

This event has a limit to the number of participants in order to keep the group sizes small and the

quality high. Sign up early or risk the chance of having to wait until next year.





# Basic Biomechanics

by Jim Bison  
PSIA-NW Tech Team

**B**iomechanics definition: The field of study that applies the principles of mechanics to the analysis of biological structures. Primarily, biomechanics studies the motion of living systems and the internal and external forces that cause or influence the movements.

I know what you're thinking.....Can you really use the word "basic" with "biomechanics"? Isn't that an oxymoron? How can a rocket science like biomechanics ever be "basic"? Well I think over the years in ski teaching, biomechanics has gotten a bad rap. All that stuff about vector angles and such, and all we want to do is help folks ski better! Well truth is, a little knowledge of biomechanics can go a long way towards being able to determine the root cause rather than just a symptom of our own or our student's "inefficient" movements. There is great information in the Alpine Technical Manual (see pages 62 & 63 Appendix D) and in the Core Concepts manual (see pages 17 – 20 Anatomy 101) It's imperative that you read this information, understanding of it will greatly enhance your ability to apply biomechanics to skiing.

Let's take this statement (taken from the PSIA-RM website) "A balanced, neutral stance is a prerequisite to applying other skills." OK, sounds familiar? We've all heard that balance and stance is the most important thing, but why? Why is it a prerequisite to all other skill movements? Why can't I carve a clean turn while being over flexed? Why can't I ride steep terrain from the back seat? The answer lies in our old friend biomechanics. Our skeleton is designed in such a way that we can

"align our bones" in order to hold ourselves upright with a minimal use of muscular effort. This frees up our muscles for other uses, such a lifting a glass or petting the dog. If we walked around bent over at the waist, ankles straight, knees flexed, our muscles would tire very quickly. Same thing in snowsports.

Take for example the beginner student; at first they are fighting for balance, trying to find an aligned stance in an effort to remain upright. Your goal as their coach is to help them find a neutral, balanced stance by directing their attention to specific joints that they need to flex or extend in order to "line up" their skeletal structure! And when your students find their neutral stance they will say ahh...this is easy, now what? And you say, "now you can learn to turn in order to control your speed so you don't run into the lodge!" Basically, if the bones aren't holding you up then your muscles are, and if your muscles are busy just holding you up, how can you expect them to make the small precise movements needed for tipping and turning the skis/board? Well you can't, and the result is large gross movements used to edge and turn resulting in those dreaded "inefficient" movements that we all know are out there. That's why a neutral stance is a prerequisite to applying other skills.

So how does one find a neutral stance? Take a look at the diagram with the stick man to see all the ways the joints can flex in combination together. See the neutral stance? (#2) Can you see how the skeleton could be in alignment even though all you see is a stick man? It's pretty much common sense in a straight run, but what happens when you start turning, adding all these other external forces like inertia and centrip-

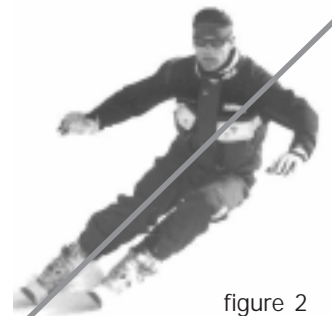


figure 2

etal force? This is where things could get tricky if you let them. Whenever we are in motion there exists a "line of action". This "line of action" is one that we set up with our bodies to balance against external forces. While standing, the line of action runs vertically from the arch of our foot through the hips, shoulders and head. See it in the stick man? This is because the only force that we experience when standing still is gravity, which pulls straight down on us. Now at the apex of the turn (in the shaping phase) where forces are pulling us to the outside, we need to align our skeleton in order to balance against (or move with) this pull. This line of action will run from the outside foot, through the outside leg and hip at which point it crosses over to the inside half of the body.. Since centrifugal force is pulling us to the outside of the turn we need to align our skeleton over this force, which puts us and our line of action at an incline. (See figure 2) You can set up a strong line of action or a weak line of action depending on how you align your skeleton. Whenever joints are constantly over flexed, there is a weak line of action. Whenever there is a constant twisting or contorting within the torso, there is a weak line of action. And when there is a weak line of action the muscles are used mainly to hold oneself upright and cannot be used to: #1. Move the ankles from side to side to finely edge the skis. #2. Rotate the femur in the hip socket to finely turn the skis and

#3. Flex and extend the ankles, knees and hips and spine to smoothly glide over uneven terrain.

So you see, it is pretty basic. By finding a neutral stance while straight running, we have a starting point, from there we can set up a strong line of action while turning. If we can find this strong line of action on both sides in each turn then we're halfway there. Bottom line is this: dysfunctional skeletal alignment overuses muscles, which creates tension throughout the body and simply "locks you up". Conversely, functional skeletal alignment allows for muscular efficiency, freedom of motion and just plain more fun!

## Fore-Aft Balancing Moves

**A = Ankle**  
**K = Knee**  
**H = Hip**  
**S = Shoulder**  
**E = Elbow**

Flex (bend) any of these joints to move the balance point forward; extend (straighten) to move back.  
 Flex any of these joints to move the balance point back; extend to move forward.

Flexing or extending all joints in proportion makes the skier taller or shorter, without changing fore-aft balance.

In addition to the joints illustrated, the spine and neck are also important fore-aft balance adjusters. In good skiing, most movements begin low, in the feet and ankles, and work their way up the body. Note that stiff alpine ski boots significantly restrict the ankles' range of motion, so skiers must learn a new set of compensating movements in other joints of the body.

**1** **2**

Skier 1 is flexing all joints proportionally, remaining in balance while in a deep crouch. Skier 2 is extending all joints evenly, remaining centered in a tall stance.

**3** **4**

Skier 3 has little ankle flex, and compensates by flexing forward at the waist and reaching with the arms to remain in balance. Skier 4 is the opposite, overly flexed at the ankles, very upright in the upper body. These stances are typical of skiers with boots that are too upright (3) or with too much forward lean (4).

**5** **6**

These skiers are both out-of-balance due to knees too extended (5) or too flexed (6), and no complementary movements of the other main joints (ankles, hips, or arms).

**7** **8** **9** **10**

Note how joints must flex in different combinations for skiers, with stiff boots and restricted ankle motion, vs. non-skiers. A non-skier standing upright and in balance (7) extends all joints, while a skier (8), whose ankles are set at an angle, must compensate by flexing other joints for balance.

When a non-skier crouches low (9), the ankles bend and the heels raise, bringing everything forward, allowing the back to remain somewhat upright. The skier (10), with restricted ankle flex and no heel lift, must bend farther forward at the waist and reach with the arms to compensate. *These new movements are ski-specific skills that must be learned!*

© 2000 by Bob Barnes

This graphic from the psia-r m website. Reprinted with permission from PSIA-RM and Robert Barnes, Copper Mtn.

# President's Corner

by Ed Younglove  
PSIA-NW President

**A**t the recent PSIA-NW Board Meeting held in Kent, the PSIA-NW Board of Directors concluded its business in a record 3 hours. A result of this was a considerable savings in board meeting expenses. Yet, the board transacted considerable business. Program Vice Presidents reported on their various programs, including the upgrading of the PSIA-NW office computers, ahead of schedule and under budget. The board took action on several proposals, including a recommendation to PSIA National that while we approve of their proposed name change to substitute "Snowsports Instructors" for "Ski Instructor," we oppose substitution of the word "Association" for the words "of America." We also voted to make a similar change to the corporate name of our organization.

Both organizations, national and northwest, will continue to use the names and acronyms PSIA and AASI.

So what's the significance of a short meeting (aside from the obvious savings) and of the name changes?

In a sense the name changes were a mere formality. In fact, several years ago our organization changed all the references in our corporate documents from "Ski Instructors" to "Snowsports Instructors," except in the corporate name itself. Now the change will be complete. However, it is also an important statement, reflecting the diversity of our membership. It is an open name, not a closed one. It says we are open to the ever expanding range of snowsports enjoyed in the mountain environment. The passion we want to inspire for the mountain experience is not limited to doing so on skis. I think that it is important that our name say that about us.

In my opinion, the ease with which the board moved through its business is a reflection of the maturity of the organization. We have processes and committees in place which make the board's activities much more efficient. We certainly cannot, however, expect to conduct all our meetings in such short periods of time. We are a large board, and we reflect a diversity in views on most issues that come before us. Many of us are passionate about our beliefs concerning the role and direction the organization should go. This creates potential for conflict and bad feelings. However, as in any mature organization there is mutual respect for the opinions and passions of others, and a desire to work through issues to a solution. Decisions are reached only after all views are considered. Board meetings are open to the membership. We meet the third weekends in May and September each year. Drop by. □

## Symposium **2003** Schweitzer Mtn.

We are in this sport because we like to have fun. Symposium is in the event schedule because we like to have fun with friends. Not to say that other events don't accomplish the same result, but Symposium is well...Symposium.

To make things even better, Symposium is at Schweitzer Mtn., north Idaho's premier winter resort.

Gather this spring with great people to further enhance your snow sport knowledge. This event always hosts a wide variety of clinic topics to satisfy all appetites. Once off the snow the entertainment continues. There is a banquet and dance on Saturday night that is sure to keep those legs movin'.

This is the event where all the awards are presented to the recipients. You never know when you

will be the next lucky snow sport instructor to be recognized for all your hard work. Stay tuned for further details but mark your calendar now!





## PSIA-NW BOARD Approves Rookie of the Year Award

by Art Hathaway  
Recognition and Awards Chair

**A**t the suggestion of board member Jack Burns and backed by the enthusiastic support of the full Northwest Board of Directors, a PSIA-NW Rookie of the Year Award was established at the 2002 spring board meeting.

The award is available to outstanding, first year, snowsport instructors of member ski schools in all four disciplines: alpine, snowboard, nordic and adaptive. Selection is to be by majority vote of ski school members or, when appropriate, selection by the ski school director.

In order to be eligible for the award, the nominee must: 1) Be an active and current member of PSIA-NW on the date the award is presented 2) Be in their first year of teaching. 3) Exhibit a caring attitude toward their students and enthusiasm for snowsports that ensures students have a safe, fun and memorable experience. 4) Demonstrate technical knowledge, teaching ability and skiing/riding skills that exceed normal expectations for a first year instructor.

The procedures for the award are designed to encourage grass roots participation by the membership.

The Northwest Divisional Office will be sending Rookie of the Year Award Certificates to member ski schools for use in recognizing members of their staff. Hopefully, most ski schools have some kind of annual award and recognition banquet or ceremony each season, seasoned with just the right amount of seriousness and humor.

The final step in the process, is for member ski schools to nominate their rookies in each of the four disciplines for the PSIA-NW Rookie of the Year Award to be presented at Spring Symposium. When making Divisional nominations, please use the one page nomination form and mail in time for the March 1st deadline. I know how busy ski school directors are, so I encourage them to volunteer someone to be in charge of recognitions and awards for their ski school. Should you have any questions about this new award or need assistance, please contact the PSIA-NW Office, your board member, or any member of the Recognition and Awards Committee.

In addition to a beautiful plaque, recipients of the PSIA-NW Rookie of the Year Award will be offered a free clinic of their choice, compliments of the ETC Committee.

## Ahoy PSIA-NW Skiing Legends!

**I** know that all you Skiing Legends are straight out traveling the world and having a jolly good time while the rest of us look on with envy. I also anticipate that most of you have already scheduled your activities for the next six months or more, but I would appreciate your taking a few minutes to get in touch with this "old ski bum" and let me know who you think should be nominated to join your fun group.

The records show that 27 distinguished individuals were inducted into the Legends to date and three are deceased. I have been working with a long list of names that Joy Lucas gave me several years ago, but would really appreciate input from current Legends so that I do not overlook people who are deserving of recognition. Otherwise, you may someday have to live with one of my many mistakes, and that would not be good!

You can mail me at: 816 Chestnut Street, Cheney, WA 99004-1267; or call me at: 509-235-8509. I had a former boss who ended his letters with, "Thank you in advance for your kind assistance."

Sincerely,  
Art Hathaway, Recognition and Awards Chair

### New Address? or New Email?

Be sure to inform the PSIA-NW office if you move. The post office may not forward our mailings. Send us your Name, New Address, New Phone and New Email. Notification can be made either by mail or email.

# First Call for Spring 2003 Awards Nominations

by Art Hathaway  
Recognition and Awards Chair

Now that a chill is in the air and new snow on the mountains, it is time to start thinking about, as well as doing something about, nominating deserving instructors for one of the many PSIA-NW awards that recognizes their dedication and high achievement. The Recognition and Awards Committee is soliciting nominations for the following awards:

## Ken Syverson Instructor of the Year

The nominee must meet the following criteria: 1) Is a current member of PSIA-NW in good standing. 2) Is actively teaching snowsports in a member ski school. 3) Serves as an exemplary role model. 4) Excels in technical knowledge, teaching ability and skiing/riding skills. 5) Has an established history of outstanding performance as a snowsports instructor.

## Jean Lyon Service to Youth

The nominee must meet the following criteria: 1) Is a current member of PSIA-NW in good standing. 2) Is actively teaching or coaching children in a member ski school. 3) Is recognized as an inspirational role model as well as an exceptionally talented snowsport instructor and coach of children and youths of all ages. 4) Has an established history of outstanding performance in working with children's programs.

## Art Audet Outstanding Service Award

1) This award may be presented to any PSIA-NW member in good standing for distinguished service, or 2) Service of significant and lasting benefit to their ski school, PSIA-NW, PSIA, their community, the common good of mankind, or 3) For an exceptional one time act, or acts, worthy of special recognition. Note: nominations for the Outstanding Service Award remain open at all times and the award may be given to the same person more than once.

## Larry Linnane Legends Award

This award may be presented to any senior member of PSIA-NW who has made a significant, life long contribution to the development and/or history of skiing, including but not limited to: ski instructing, ski school operations, the development and administration of programs to meet special needs, divisional clinician or examiner, member of the divisional or national technical team, providing service to or serving on the PSIA-NW or PSIA Board of Directors or committees, writing and publishing numerous technical or feature articles on snowsports, etc..

## Rookie of the Year

This award is available to first year instructors in alpine, snowboard, nordic and adaptive who meet the following criteria: 1) An active and current member of PSIA-NW on

the date the award is presented. 2) In their first year of teaching an assigned class. 3) Exhibits a caring attitude toward their students and enthusiasm for snowsports that ensures students have a safe, fun and memorable experience. 4) Demonstrates technical knowledge, teaching ability and skiing/riding skills that exceed normal expectations for a first year instructor.

Please use the one page nominating form and mail to the PSIA-NW Office by March 1, 2003.



# AWARD NOMINATION FORM

Instructor of the Year  Outstanding Service  Service to Youth  Skiing Legends  
 Rookie of the Year

I wish to nominate the following person for the award which I checked above.

Name: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Ski School or Affiliation: \_\_\_\_\_ # of Years Teaching \_\_\_\_\_

\*Justification: (please attach additional pages if necessary) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Nominated by: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone #: \_\_\_\_\_

\*Please base your justification on the Awards Criteria. Use no more than two pages please and include no more than two letters of recommendations if desired. Mail to: PSIA-NW, 11206 Des Moines Mem. Dr. #106, Seattle, WA 98168-1741. Attn: Awards Committee Chair. or send it via email to office@psia-nw. For more information on the awards check our website at www.psia-nw.org

## IN MEMORIAM

We regret to inform the members of PSIA-NW that in 2002 Ski Classes, Inc., lost two of our instructors and good friends.

### **GEORGE FRANKLIN, 1932-2002**

A long time employee of Fredrick & Nelson in the sport section, but his main passion was teaching skiing. A Minnesota native, he started with Ski Professionals at Ski Acres and then Technical Director for Night Owl, and when they folded he joined our school at Stevens in 1977 until he retired in 2000. George was noted for his smooth demonstrations.

### **CHARLES ANDERSON, 1926-2002**

Retired from Boeing, Aeronautical Engineer and European Sales. A long time ski instructor at the Summit and Crystal Mtn., he joined our staff in 1995 and passed away two weeks before the end of our ski season. Chuck was noted for his patience and TLC.

I had lunch with them every Wednesday and Thursday during our ski season and fully enjoyed their company and tall tales. May they rest in peace. Larry Linnane

## “The Power of Positive Thinking” or “as fate would have it”

by Larry Murdoch

Sometimes fate just steps in and sends you a gift. Such was my fate during a day clinic at Anthony Lakes last season.

I got in my car in Bend and started driving toward Anthony at 11 am on Friday, February 22. As I left town it started to snow. It snowed for the next 18 hours of driving. 9 hours there, 9 hours back.

I arrived at Gary Lee's house, the ski school director, later that evening, tired and hungry. After a great meal and a great night's sleep we met up with a couple of other instructors at 6:30 a.m., and started the drive to Anthony. The rain was coming down in sheets.

Following behind Gary and his crew I kept saying to myself; “Come on snow. Come on snow!” Within 2 miles of the area it started to snow and by the time we had climbed the next 2 miles there was about 10 inches of good cold snow on the ground and still dumping.

In the ski school cabin I was just placing my cold boots in front of the heater when everything went black. NO POWER! I asked some folks when they thought the power would come back on and they giggled, “Could be an hour, and could be all day.”

We decided to have breakfast, gas cooking, and wait for a few more folks to show up. At 8:30 it was time for a decision. I decided to start the session power or not. The original clinic had 7 people signed up. Grabbing my ski boots I ran through an alignment and boot fit mini-clinic hoping for power. Now my thoughts were; “Come on power. Come on power!” Now I had the entire lodge as an audience.

45 minutes later I tore into an Efficient-Inefficient session. Soon we were all suited up and out on the hill running through a beginning lesson progression utilizing the Alignment, Balance and Efficient-Inefficient indoor session we had just completed. It was now 10:30 and having just completed our beginners' progression I look at my watch and still no lifts! I am still chanting to myself; “Come on power. Come on power!”

It is still dumping and around the corner comes a 12-passenger snow cat. Oh, by the way, by this time my clinic group had grown to 12 people and having picked up some more instructors during our indoor work. The mountain is by this time officially closed for the day and sitting in the cat are the driver and a patrolman both volunteering their time to take us cat skiing. I suddenly realized that fate had worked its winter magic and we were all going powder skiing, on our own mountain, for the rest of the day.

The lodge staff had made box lunches for us and we all climbed into the heated, bucket seat, carpeted luxury of this machine with the stereo cranking. 5 hours later we all left the mountain with a memory and stories that we will not soon forget... Fresh tracks on every run, the whole place to ourselves and the whole mountain skied out.

Climbing back into my car to leave, (still dumping), I couldn't help but think about the great day we had all had. The day and the people kept me smiling on that long drive home. As I write this in the fall of a new season, I look forward to this year's many travels and explorations of fate.

*This season PSIA-NW will be conducting an outreach program of Day Clinics that will include smaller areas like Anthony Lakes, among others, as it's venues. Be sure to sign up for one in your area. Look for information about this program in your newsletter.* □

Larry Murdoch Photo

Unfortunately this photo is unavailable.

Sorry



# NOBI KANO, “A SKIING LEGEND”

**O**n April 6, 2002, Nobu Kano was inducted into The Legends, a very elite group of individuals, all who have been honored for their lifelong commitment and inspirational leadership in promoting the love and teaching of skiing. The Professional Ski Instructors Association (PSIA-NW) defines a “legend” as anyone who has contributed to the sport of skiing and snow sport activities for many years, and one who has shared their enthusiasm and love of skiing with others. Nobu truly qualifies in all categories of being a “legend”.

Nobu was born in the Kent valley on September 19, 1914, and was sent to Japan for his early education. While in Japan he became interested in winter sports. He fashioned his first pair of ice skates by attaching a flat, sharp carpenter’s tool to his getas, an elevated, flat wooden board worn on the feet secured by thongs, similar to the rubber flip-flops of today. When he returned to the United States in the early 1930’s his interest in skiing became an obsession. He became acquainted with Ed Link, a young, accomplished skier. Ed gave lessons to a few Japanese Americans (JA) who were also interested in skiing, and this group formed the nucleus of the first Rokka Ski Club. By 1938, Nobu was a Class A racer. At that time racing was rather

restricted, and in order to enter a race a competitor had to have a recognized ski club as a sponsor. Ed Link helped Nobu get the sponsorships so he could enter these races.

When World War II was declared, Nobu wanted to join the 10<sup>th</sup> Mountain Division as many of his skiing buddies were already in the group. The 10<sup>th</sup> Mountain Division was comprised of soldiers, who were expert skiers, and trained to do combat in the mountains of Europe. In order to be considered for this elite military organization, a soldier had to have three recommendations, and Nobu is proud to say that his came from the Pacific Northwest Ski Association (PNASA), National Ski Association (NSA), and the National Ski Patrol (NSP). In 1942 he joined the illustrious 10<sup>th</sup> Mountain Division, and after basic training was sent to Camp Hale in Colorado. Nobu’s assignment was to teach the officers and

nurses to ski. He was the only Japanese American ski instructor in the division.

After WWII ended, and as many of the JAs returned to the Seattle area from their incarceration, Nobu promoted skiing as a winter activity that people should try. Nobu gave informal instructions to beginners as they tested their abilities on the snow. To become a more proficient instructor he studied with the PNSIA and passed the examination for Certified Ski Instructor in 1951, becoming the 73<sup>rd</sup> instructor in the Pacific Northwest division. He was the first Japanese American awarded this certification in the country. In 1950 he was instrumental in restarting the Rokka Ski Club, and about the same time the Rokka Ski School became a reality. Nobu arranged with his old friend, Webb Moffett, for Rokka Ski School to operate at the Snoqualmie Sum

Continued on page 22





# Board of Directors Meeting

September 21, 2002

Responding to a finding by the STRATCOM committee that there is usually less business at the fall meeting, President Ed Younglove set the September meeting's agenda to be accomplished in one day. Tasks and committee work are assigned at the spring meeting, so much work is done during the summer in preparation for the upcoming season. The purpose for the fall meeting is to report on the progress of committees, approve the budget and complete any unfinished business. The agenda was completed on time.

Following are the highlights of the meeting. The complete minutes will be posted on our web site. Copies of the minutes are also available from the office on request.

[REDACTED]  
Jack Burns and the office computer upgrade committee did a great job of acquiring equipment both ahead of schedule and \$1000 under budget. Joyce Foster was hired as the new office employee. Minutes of BOD meetings are being placed on our web site and summaries included in the newsletter.

[REDACTED]  
Symposium (Schweitzer) will include a raffle. All funds earned will go into the Scholarship Fund. Mary Germeau (Stevens Pass Region) is in charge of contributions. Please contact her at me\_germ@hotmail.com to make a contribution or assist.

[REDACTED]  
Chris Kastner (Cert. VP) showed a trailer of the skiing task video . The video will be out soon and distributed to schools. Chris was given the task by National of re-writing our National Standards to reflect current changes in the industry. He pointed out that the direction National is headed is similar to our existing exam criteria.

[REDACTED]  
Roger Taggart (Tech. VP) reported that summer race camps were well attended with the exception of the 5-day camp, which will not be offered next summer. Ski School Clinic Leader Training will now be offered in conjunction with all TD

events. The Technical Team, Chris Kastner, and examiners are creating a new set of certification test questions.

[REDACTED]  
Larry Murdoch (Ed.VP) stated that the new membership guide will be out by November. The guide will include examples of recommended study and curriculum. The Outreach Program will include areas either geographically remote and/or have not hosted a major event. The event calendar will also be sent to the membership.

[REDACTED]  
For additional information, attend your Regional Meeting. □

# To Run For The: Board of Directors

by Carol Christofero, Executive V.P.

To run for a board position, you must submit a timely announcement of candidacy. An election is held only if a position is contested (i.e. there are two or more candidates for the position). Unfortunately, often there is only one candidate for many of the board seats up for election. The following are the board positions up for election this spring and the name of the position incumbent, if any, standing for re-election:

<p>Snoqualmie 5 ..... open  Snoqualmie 6 ..... Wayne Nagai  Snoqualmie 7 ..... Bob McDonald  Stevens Pass 1 ..... open  Stevens Pass 4 ..... Greg Starup  Crystal Mtn 3 ..... Gordon Arwine  Mt. Hood 2 ..... Chris Wilson  Bend 2 ..... Andy Laird  South Central 1 ..... Gary Carter</p>	<p>In addition, there will be an election for one Member School position this year. Region II is up for re-election this spring. This is 3 year term.</p> <p>Region I – represents The Summit, Stevens Pass, Crystal Mountain, and Mt. Baker, expires 2005 (Ken Hand)  Region II – represents Mt. Hood and Bend, expires 2003 (Frank Jacobson)  Region III – represents Blue Mountain, Spokane, North and South Central, expires 2004 (Sally Brawly)  Region IV – represents Nordic, Snowboard and Adaptive, expires 2004 (Lance Young)</p>
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<p>Announcement of Candidacy  PSIA/AASI -NW Board of Directors  please return no later than 4:00 pm, January 6th, 2003</p>	<p>Submit to: PSIA-NW  11206 Des Moines Mem Dr. Suite 106  Seattle, WA 98168  Fax: 206-241-2885 Email: office@psia-nw.org</p>
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Name \_\_\_\_\_ Region \_\_\_\_\_ Position# \_\_\_\_\_

Ski School \_\_\_\_\_ PSIA-NW# \_\_\_\_\_

Off the snow occupation \_\_\_\_\_

PSIA-NW Involvement \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Reasons for wanting to serve on the Board of Directors \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Attach additional pages if necessary\*)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Day Phone \_\_\_\_\_

\*Thank you for your interest in running for the Board of Directors. Please keep your announcement of candidacy concise and accurate.

# 2002-2003 Calendar of Events

Day	Date	Alpine Events	Location
Fri	12/13/2002	Exam Orientation Clinic **	Crystal Mountain
Sat-Sun	12/14-15/02	Exam Modules, Level II & III	Crystal Mountain
Sat-Sun	12/14-15/02	Advanced Childrens Endorsement	Timberline
Sat-Sun	12/14-15/02	Advanced Childrens Endorsement	Stevens Pass
Tue	1/7/2003	Prof. Development Series (indoor) 7-9pm	Seattle, Portland
Mon	1/13/2003	Prof. Development Series (on snow - indoor)	Mt. Bachelor - Bend
Thur	1/9/2003	Prof. Development Series (on snow)	Summit West
Sat	1/11/2003	Prof. Development Series (on snow)	Summit West, Stevens Pass, Mt Hood
Fri	1/10/2003	Beat the Bumps Workshop Bumps 1 and 2	Stevens Pass, Schweitzer
Wed	1/15/2003	Checkpoint - Skiing or Teach/Tech	Stevens Pass, Bachelor
Thur	1/16/2003	Senior Tour - Indoor Program introduction	Bellevue High School
Fri	1/17/2003	Explore Efficient Movement Patterns *EMP*	Summit Central
Wed	1/22/2003	Movement Analysis Workshop	Stevens Pass
Thur	1/23/2003	Senior Tour - On Snow Identify Personal Goals	Summit Central
Thur	1/23/2003	Freestyle Clinic - Intro to Pipe and Park	Stevens Pass
Mon	1/27/2003	Day Clinic - Teaching Workshop I 101	Summit Central
Wed	1/29/2003	Day Clinic - Teaching Workshop II 201	Mt Hood Meadows
Thur	1/30/2003	Senior Tour - Indoor Video Review Goals	Bellevue High School
Fri	1/31/03	Day Clinic - Teaching Workshop II 201	Willamette Pass
Fri	1/31/2003	Day Clinic - Teaching Workshop III 301	Summit Central
Sat-Sun	2/1-2/03	Advanced Childrens Endorsement	Summit Central
Sun	2/2/2003	Day Clinic - Ski Improvement-Giant Slalom	Stevens Pass
Thur	2/6/2003	Senior Tour - On Snow Efficient Movement	Summit Central
Thur	2/6/2003	Day Clinic - Intro to Slalom Racing	White Pass
Fri	2/7/2003	Explore Off-Piste and Steeps	Alpental
Sat	2/8/2003	Day Clinic - Off-Piste	Mt Baker
Mon	2/10/2003	Checkpoint - Skiing or Teach/Tech	Schweitzer - Mt. Hood Meadows
Tue	2/11/2003	Day Clinic - Bumps 1	Alpental
Thur	2/13/2003	Senior Tour - Indoor Video Identify Changes	Bellevue High School
Thur	2/20/2003	Senior Tour - On Snow Identify Performance Progress	Summit Central
Sun	2/23/2003	Movement Analysis Workshop	Mt Hood Meadows
Sun	2/23/2003	Day Clinic - Steeps Off-Piste @ 40 degrees	Crystal Mountain
Sun	2/23/2003	Day Clinic - Ski Improvement-Giant Slalom	Mt. Bachelor
Mon	2/24/2003	Checkpoint - Skiing or Teach/Tech	Mt Hood Meadows
Sun	3/2/2003	Checkpoint - Skiing or Teach/Tech	Stevens Pass
Wed	3/5/2003	Day Clinic - Ski Improvement-Giant Slalom	Schweitzer
Fri-Sun	3/14-16/03	Divisional Academy	Mt. Bachelor
Sun	3/16/2003	Checkpoint - Skiing or Teach/Tech	Crystal Mountain
Fri	3/21/2003	Exam Orientation Clinic **	Schweitzer
Sat-Sun	3/22-23/03	Exam Modules, Level II & III	Schweitzer
Sat-Sun	3/22-23/03	Women's College	Crystal Mountain
Sun	3/23/2003	Checkpoint - Skiing or Teach/Tech	Mt Hood Meadows
Fri	3/28/2003	Exam Orientation Clinic **	Stevens Pass
Sat-Sun	3/29-30/03	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/29-30/03	Advanced Childrens Endorsement	White Pass
Sun	3/30/2003	Checkpoint - Skiing or Teach/Tech	Mt Bachelor

# 2002-2003 Calendar of Events

Day	Date	Alpine Events continued	Location
Fri-Sun	4/4-6/03	Symposium	Schweitzer
Fri-Sun	4/5-6/03	ACE @ Symposium	Schweitzer
Fri	4/11/2003	Exam Orientation Clinic **	Crystal Mountain
Sat-Sun	4/12-13/03	Exam Modules, Level II & III	Crystal Mountain
Fri	4/18/2003	Exam Orientation Clinic **	Mt Hood Meadows
Sat-Sun	4/19-20/03	Exam Modules, Level II & III	Mt Hood Meadows
Fri	4/25/2003	Exam Orientation Clinic **	Mt Bachelor
Sat-Sun	4/26-27/03	Exam Modules, Level II & III	Mt Bachelor
Fri-Sun	5/16-18/03	GS Race Camp	Mt Bachelor
Sat-Sun	5/31-6/1/03	Ski School Clinic Leader Training	Timberline
Fri-Sun	7/11-13/03	Professional Development Series Camp	Timberline
Fri-Sun	7/18-20/03	GS Race Camp	Timberline
Fri-Sun	7/25-27/03	Mixed Race Camp (Alpine)	Timberline

\*Five Week Series

\*\*No Educational Credit for current Level III Instructors

Day	Date	Nordic Events	Location
Sat-Sun	12/7-8/02	Fall College	Mt Spokane
Sat-Sun	12/14-15/02	Advanced Childrens Endorsement (Telemark)	Timberline
Sat-Sun	12/14-15/02	Advanced Childrens Endorsement (Telemark)	Stevens Pass
Sat	1/25/03	Nordic TD Training	Summit XC Center
Mon	2/3/03	XCD DCL Training	TBA
Sun	2/9/03	Nordic Pre Exam Clinic	Summit XC Center
Sun	2/23/03	Nordic Pre Exam Clinic	Mt. Bachelor
Sat	3/1/2003	XCD Pre-Exam Clinic	Sun Mtn
Sat	3/1/03	XCD Pre Exam Clinic	Mt. Bachelor
Sun	3/2/03	Track Exam Level II & III	Sun Mtn.
Fri-Sun	3/14-16/03	Divisional Academy (Telemark)	Mt Bachelor
Sat	3/22/2003	Track II-III Exam	Summit XC Center
Sun	3/23/2003	XCD Pre-Exam Clinic	Summit XC Center
Fri-Sat	4/4-6/03	Symposium - Nordic	Schweitzer
Sat-Sun	4/12-13/03	XCD Exam II-III	Mt. Bachelor

Day	Date	Adaptive Events	Location
Sat-Sun	12/14-15/02	Divisional Staff and examiners training	Crystal Mountain
Sat	2/1/2003	Adaptive Orientation Clinic/Checkpoint	Summit West
Sun	2/2/2003	Adaptive Level I Exam	Summit West
Fri	4/11/2003	Adaptive Pre-Exam Orientation Clinic	Crystal Mountain
Sat-Sun	4/12-13/03	Adaptive Level I and II exam	Crystal Mountain
Fri	4/18/2003	Adaptive Pre-Exam Orientation Clinic	Mt Hood Meadows
Sat-Sun	4/19-20/03	Adaptive Level I Exam	Mt Hood Meadows

# 2002-2003 Calendar of Events

Day	Date	Snowboard Events	Location
Sat-Sun	12/14-15/02	Advanced Childrens Endorsement Snowboard	Summit Central
Tue	1/7/03	Professional Development Series (indoor) 7-9pm	Seattle -Spokane - Portland
Thur	1/9/03	Professional Development Series (on snow)	Summit West
Sat	1/11/03	Professional Development Series (on snow)	Stevens Pass, Summit West, Mt Hood
Mon	1/13/03	Professional Development Series (on snow-indoor)	Mt. Bachelor - Bend
Wed	1/15/03	Checkpoint - Riding or Teach/Tech	Stevens - Bachelor
Wed	1/22/03	Movement Analysis Workshop	Stevens Pass
Thur	1/23/03	Freestyle Clinic Intro to Pipe and Park	Stevens Pass
Mon	1/27/03	Day Clinic - Teaching Workshop I 101	Summit Central
Fri	1/29/03	Day Clinic - Teaching Workshop III 301	Summit Central
Sat-Sun	2/1-2/03	Advanced Childrens Endorsement Snowboard	Mt. Spokane
Thur	2/6/03	Day Clinic - Teaching Workshop II 201	White Pass
Mon	2/10/03	Checkpoint - Riding or Teach/Tech	Schweitzer - Mt. Hood Meadows
Sun	2/22/03	Freestyle Clinic Intro to Pipe and Park	Timberline or Mt. Hood Meadows
Mon	2/23/03	Freestyle Clinic Pipe and Park II	Stevens Pass
Mon	2/23/03	Movement Analysis Workshop	Mt Hood Meadows
Mon	2/24/03	Checkpoint - Mock Exam - Riding or Teach/Tech	Mt Hood Meadows
Wed-Thur	2/26-27/03	Freestyle Clinic Intro to Pipe and Park	49 Degrees North
Sun	3/2/03	Checkpoint - Riding or Teach/Tech	Stevens Pass
Fri-Sun	3/14-16/03	Divisional Academy	Mt. Bachelor
Sun	3/16/03	Checkpoint - Riding or Teach/Tech	Crystal Mountain
Fri	3/21/03	Exam Orientation Clinic **	Schweitzer
Sat-Sun	3/22-23/03	Exam Modules, Level II & III	Schweitzer
Sat-Sun	3/22-23/03	Women's College	Crystal Mountain
Sun	3/23/03	Checkpoint - Mock Exam - Riding or Teach/Tech	Mt Hood Meadows
Fri	3/28/03	Exam Orientation Clinic **	Stevens Pass
Sat-Sun	3/29-30/03	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/29-30/03	Advanced Childrens Endorsement Snowboard	Mt. Hood Meadows
Sun	3/30/03	Checkpoint -- Riding or Teach/Tech	Mt Bachelor
Fri-Sun	4/4-6/03	Symposium	Schweitzer
Sat-Sun	4/5-6/03	ACE @ Symposium	Schweitzer
Fri	4/25/03	Exam Orientation Clinic **	Mt Bachelor
Sat-Sun	4/26-27/03	Exam Modules, Level II & III	Mt Bachelor
Fri-Sun	5/9-11/03	Freestyle Camp	Timberline
Fri-Sun	5/16-18/03	GS Race Camp	Mt Bachelor
Sat-Sun	5/31-6/1/03	Ski School Clinic Leader Training	Timberline
Fri-Sun	7/4-6/03	Professional Development Series Camp	Timberline

Day	Date	TD DCL Training Events	Location
Fri-Sun	11/15-17/02	Ski, SB, XCD, Adaptive Div Staff/TD Training	Timberline
Fri-Sun	11/15-17/02	Clinic Instructor Training - Skiing and Snowboard	Timberline
Fri-Sun	3/7-9/03	Div Staff/TD Training/SS Clinic Leaders (All Disciplines)	Stevens Pass
Sat-Sun	3/22-23/03	TD Training (Alpine/Snowboard Exam Shadow)	Schweitzer
Sat-Sun	3/29-30/03	TD Training (Alpine/Snowboard Exam Shadow)	Stevens Pass
Fri-Sun	4/4-6/03	TD Training @ Symposium	Mission Ridge
Sat-Sun	4/12-13/03	TD Training (Alpine Exam Shadow)	Crystal Mountain
Sat-Sun	4/19-20/03	TD Training (Alpine Exam Shadow)	Mt Hood Meadows
Sat-Sun	4/26-27/03	TD Training (Alpine/Snowboard Exam Shadow)	Mt Bachelor
Fri-Sun	5/2-4/03	Tech Team Training	Mt Bachelor
Fri-Sun	5/9-11/03	Summer TD/Staff Training/SS Clinic Leaders	Mt Bachelor

SS Clinic Leaders=  
Ski School Clinic Leader  
Training



# PSIA-NW AASI Book Store 2002-03

The books, manuals, pins, shirts, etc. listed below are available from the PSIA-NW office. **Washington residents must add 8.8% sales tax.** Please make checks payable to **PSIA-NW**. Payment must accompany order. Please use the enclosed order form when ordering books or merchandise. You may order by mail, phone, fax, e-mail or in person.

<b>Books/Manuals</b>	<b>Member Price</b>	<b>Postage/ Handling</b>
PSIA Core Concepts For Snowsports Instructors .....	24.50	3.00
PSIA Alpine Technical Manual <b>NEW</b> .....	19.50	3.00
PSIA Alpine Technical Video <b>NEW</b> .....	22.50	3.00
PSIA Core Concepts For Snowsports Instructors - Alpine Technical Manual (combined price) .....	39.50	4.00
PSIA ATS: Alpine Skiing Manual (ATS III) .....	19.95	3.00
PSIA ATS: Alpine Study Guides: Level I, II or III .....	12.50 each	3.00
PSIA ATS: Alpine Handbook (III) .....	14.50	3.00
PSIA ATS: Alpine References Video .....	19.95	3.00
PSIA Alpine Professional Development Portfolio .....	9.50	3.00
PSIA Alpine Movement Assessment Pocket Guide .....	4.50	3.00
PSIA - AASI Children's Instruction Handbook .....	14.50	3.00
AASI Snowboard Manual .....	19.95	3.00
AASI Snowboard Video .....	19.95	3.00
PSIA Nordic Telemark Skiing – A Classic Comes of Age – Video .....	19.95	3.00
PSIA ATS: Nordic Handbook (4" x 6") .....	14.00	3.00
PSIA ATS: Nordic Skiing (1995) .....	19.95	3.00
PSIA Adaptive Manual .....	19.95	3.00
PSIA Introduction to Teaching, Wagnon .....	3.00	3.00
PSIA ATS (Strategies for Teaching) .....	4.00	3.00
PSIA Teaching Concepts (ATM III) Alpine .....	4.00	3.00
PSIA Children's Development .....	4.00	3.00
PSIA Children's Instruction Manual .....	19.95	3.00
PSIA Alpine Entry Level Guide for Children's Instructors .....	9.50	3.00
Captain Zombo Ski Teaching Guide, John Alderson .....	9.50	3.00
PSIA-NW Teaching Skiing to Children Both Young & Old, Lucas .....	2.00	3.00
PSIA-NW Guide for Teaching Kids to Ski, Sutherland .....	2.00	3.00
PSIA-NW Alpine Certification Guide .....	5.00	3.00
PSIA-NW Nordic Certification Guide .....	5.00	3.00
PSIA-NW Snowboard Certification Guide .....	5.00	3.00
PSIA-NW Adaptive Certification Guide .....	5.00	3.00
PSIA-NW Teaching Manual, Ed Kane .....	1.50	3.00
PSIA-NW Racing and Gate Running, Ed Kane .....	2.00	3.00
The Vail & Beaver Creek Alpine Handbook <b>NEW</b> .....	17.00	3.00
The Vail & Beaver Creek Snowboard Handbook <b>NEW</b> .....	17.00	3.00
It Started in the Mountains, A History of Pacific NW Ski Instructors, Joy Lucas .....	22.50	4.00
Skiing: The Nuts and Bolts, LeMaster .....	12.00	3.00
Ski Instructors Guide to Physics & Biomechanics of Skiing, Vagners .....	12.00	3.00
Skiing: An Art...A Technique .....	7.50	3.00
Teaching People Skiing & Boarding, John Mohan .....	10.00	3.00
Mastering the Mountain, Walt Snellman .....	4.00	3.00
Conditioning Skills, Ellen Post Foster .....	12.00	3.00
Skiing and the Art of Carving, Ellen Post Foster .....	13.50	3.00
Skiing and the Art of Carving, the film (60 min), Ellen Post Foster .....	23.50	3.00
Race Skills, Ellen Post Foster .....	12.00	3.00
Technical Skills for Alpine Skiing, Ellen Post Foster .....	12.00	3.00
Breakthrough on the New Skis, Lito Tejada-Flores <b>NEW</b> .....	16.00	3.00

NOTE: Please add \$3.00 for postage and handling on first book and \$1.00 for each additional book.

# PSIA-NW AASI Book Store 2002-03

## Merchandise

Merchandise	Price	Handling
AASI Logo Pins: Level I / Level II / Level III	10.00	2.00
PSIA Shield Pins: Level I / Level II / Level III	8.00	2.00
PSIA Lapel Pins, small	1.50	2.00
PSIA & AASI Embroidered Patch	4.00	1.50
AASI Decal (2 1/2" Round)	3.00	1.00
PSIA 3" Gold Decal	2.00	1.00
PSIA Decal, 1 7/8" x 2"	3.00	1.00
PSIA Bumper Sticker/Window Decal	4.00	1.50
PSIA-NW Skiing Tasks: Level I/II/III, 1998 (23 min)	15.00	2.00
ATS: Nordic Skiing Sequences Video	15.00	3.00

## Online Merchandise Program

This year's PSIA/AASI Merchandise program is online at [www.psia-nw.org](http://www.psia-nw.org). Check out the new selection of fleece, vests, shirts, etc. embroidered with your choice of logos. Group orders are also available.

## Video Tape Rentals

A \$25.00 refundable deposit is required to rent videos. Rental fee is \$5.00 per day. Please include 8.8% sales tax on rentals. Add \$3.00 for postage and handling. **Please note there is no charge for mailing days if tapes are returned promptly.**

### Alpine

A Copper Mountain Day (23 min)  
 Alpine Ski School (72 min)  
 Aspen World Cup - 1981 (25 min)  
 Breakthrough on Skis, Tejada-Flores  
 Breakthrough on Skis II - Bumps & Powder, Tejada-Flores  
 Breakthrough on Skis III - The New Skis  
 Interski '91: Alpine Demonstrations (95 min)  
 Interski '91: Alpine Technical Comparatives (19 min)  
 Interski: Sexton, Italy 1983 (30 min)  
 Legends of American Skiing - 1849-1940 (78 min)  
 Marker Gold Sarajeva - 1984 (18 min)  
 Mark of Champions (30 min)  
 Movement Patterns in Children's Skiing - with study guide (20 min)  
 Movement Analysis, Allan Tencer  
 National Ski Areas Safety Awareness - 5989 (10 min)  
 PSIA ATS: Volume I (32 min)  
 PSIA ATS: Volume II (38 min)  
 PSIA Alpine References  
 PSIA National Children's Symposium, Copper Mountain 1989 (4 hrs)  
 PSIA Images (12 min)  
 PSIA Centerline National Standards, Ellen Post, Tim Petrick, Jerry Warren (20 min)  
 Skiing Tactics for Balance - CSIA (15 min)

### Nordic

ATS: Nordic Skiing Sequences (15 min)  
 Cross Country Ski School (68 min)  
 Sybervision - Cross Country Skiing  
 Free Heels, Nils Larsen (15 min)  
 Interski '91: Nordic Demonstrations (93 min)  
 Interski '91: Nordic Technical Comparisons (19 min)  
 Cross Country Skiing - A Better Way, Bill Koch (12 min)  
 Cross Country Skiing - Skating Techniques with Bill Koch (48 min)

Skiing and the Art of Carving/The Film, Foster & Schonberger (60 min)  
 Shape It Up, Aspen Skiing Co.  
 Skiing With Style - The Parallel Turn (60 min)  
 Skiing With Style - Mastering the Mountain (60 min)  
 Ski Sense & Safety, NSAA (20 min)  
 Ski the Mahre Way (55 min)  
 Sports Attitudes, Don Greene  
 Swix World Class Ski Tuning, Warren Miller Ent. Prod. (30 min)  
 Sybervision - Black Diamond Skiing, Ryman, Husted  
 Sybervision - Downhill Skiing, Husted, Ryman, Killy (60 min)  
 Sybervision - Fundamentals of Downhill Skiing, Ryman, Husted (60 min)  
 Teaching Children to Ski, EPSIA-Educational Foundation (30 min)  
 Theory Into Practice: Effective Ski Instruction, Kevin Taylor (40 min)  
 NSAA The Other Curriculum (23 min)  
 The Teaching Model, Steve Still / The Skiing Model Part I, Mike Porter  
 The Teaching Model, Steve Still / The Skiing Model Part II, Mike Porter  
 USSCA Downhill/Tactic/Technique, Mahre Twins (58 min)  
 Warren Miller's Learn to Ski Better 2 - NEW

### Snowboard

Snowboard Images - 1995 (11 min)  
 AASI Snowboard Video - 1998 (25 min)  
 Snowboard Learning Progression Ed Kane  
 Warren Miller's Learn to Ride - NEW

# IMPORTANT!!

## Snowboard Calendar Addition

● Fri 12/13/2002 Exam Orientation Clinic \*\*  
 ● Sat-Sun 12/14-15/02 Exam Modules, Level II & III

● Crystal Mountain  
 ● Crystal Mountain



□ Nelson sailing in the Gorge

□ Dill on a crab boat□



### Photo Scrapbook

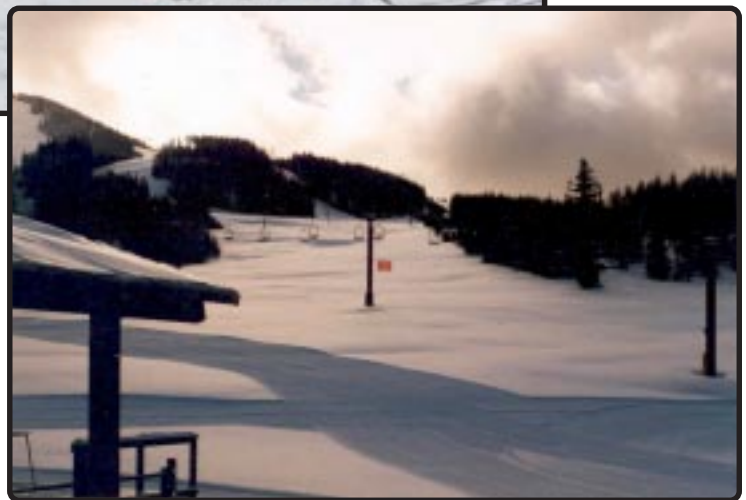


□ Russ vs. the tree

□ 49° North on a perfect morning □



□ No, no go away



A moment devoted to thinking about snow. A small required of those responsible for another great season.



mit Ski Area, and later negotiated to build a small ski hut for the Rokka instructors.

In 1963 Crystal Mountain announced there would be lots available for organizations to build a lodge or ski chalet, and Nobi was asked whether the Rokka Ski Club would be interested in building a lodge. Today the Rokka Lodge, which sleeps twenty-two, stands as evidence of a real community effort. Nobi's old friend, Ed Link, then General Manager of Crystal Mt., made arrangements for Rokka to open a Ski School at that site.

About 1985 there was an influx of Japanese businesses to the Seattle area, and Nobi realized the need for providing ski instructions in Japanese for interested family members. Now Rokka Ski School is the only bi-lingual ski school in the US providing ski and snow boarding classes in both Japanese and English.

In addition to his commitment to Rokka Ski Club and School, Nobi started a free instructional program for housewives, as well as the Candy Cane Ski School for pre-schoolers. Many of the students at Candy Cane

were children of ski instructors, and the teachers of the tiny tots were often times the older children of the instructors.

Over the years Nobi has attended four World Interski Conventions where instructors from all over the world meet to discuss the most effective ways of teaching people how to ski. He has been involved with

skiing for more than seventy years, and over fifty years with the PSIA. At 88 years old, Nobi is still a smooth and beautiful skier. He has been an inspiration and role model for all of us who have tried to follow in his footsteps. We will always be thankful for all he has done to promote the love of skiing in our community, and feel he is truly a skiing legend. □

## CLASSIFIEDS

### HELP WANTED

**SEEKING** dedicated, qualified **snowboard and ski instructors** to join our school operations at Stevens Pass. Eight week program during January and February. Friday afternoons, evenings, Saturday and/or Sunday. **Ski Klasses Incorporated** 425-774-3259

**SKIBACS Ski and Snowboard School** will be filling positions for part time instructors at operations at The Summit at Snoqualmie and Crystal Mountain. Friendly, supportive atmosphere and competitive pay. Interested instructors please contact SKIBACS at 206-227-6201 for more information.

## CLASSIFIEDS

### for rent

#### SKI MEADOWS - HANG OUT IN HOOD RIVER

Wake up to Mount Adams and the mighty Columbia River in this 2 bdrm/2bath, loft with a gas fireplace in Hood River. Walking distance to downtown. Kitchen comes fully equipped. Maximum occupancy: 6 - 1Qbd - 1 Dbl Futon - 1 Dbl sofa sleeper

Winter Rates

\$110.00/night weekday

\$125.00/weekend.

\$625.00/week

Three day weekend getaway special \$325.00

[gorgeretreat@hotmail.com](mailto:gorgeretreat@hotmail.com)

206-781-1301





# PSIA-NW Event Application



PSIA-NW / PNSIA-EF / AASI  
11206 Des Moines Memorial Dr., Suite 106  
Seattle, WA 98168

Phone: (206) 244-8541 Fax: (206) 241-2885 E-mail: office@psia-nw.org

Please fill out all applicable lines for your event

PSIA-NW Membership # \_\_\_\_\_ Cert Level \_\_\_\_\_

Ski/Snowboard School: \_\_\_\_\_



Name: \_\_\_\_\_  
last first

Address: \_\_\_\_\_  
street/box city state zip

Check here if address has changed

Daytime Phone: (\_\_\_\_) \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_

Discipline:  Alpine  Snowboard  Nordic  Adaptive

## EDUCATION EVENTS

Fill out this box for: Fall Seminar, Day Clinics, Night Clinics, Women's College, Professional Development Series, Exam Checkpoints-Mock Exam, Level II-III Written Exams, Advanced Children's Endorsement, GS Camp, Divisional Academy, Exam Orientation Clinics, Senior Tour, Freestyle Clinic, Ski School Clinic Leader Training, PDS Camp, and Summer Race Camps.

Event Name: \_\_\_\_\_

Event Date: \_\_\_\_\_

Location: \_\_\_\_\_

Unless otherwise stated, all events check in at the Day Lodge. Day Clinics begin at 9:00 am and Night Clinics at 7:00 pm.

All written exams will begin at 3:30 pm except the PDS Series, which is scheduled for 7:00 pm.

## CERTIFICATION EXAMS

Exam Level:  Level I  Level II  Level III

Exam Date: \_\_\_\_\_

(Applications are due 14 days prior to events)

- Skiing or Riding Module - Saturday
- Teaching/Technical Module - Saturday
- Skiing or Riding Module - Sunday
- Teaching/ Technical Module - Sunday

The day of the module you are assigned may be determined by exam sign-ups.

Exam Location: \_\_\_\_\_

Written Exam Passed?  yes

Date of Exam \_\_\_\_\_

Proctor/Ski School where taken \_\_\_\_\_

Training Director's Signature (required for exams)

### LIABILITY RELEASE FORM (you must sign this release before attending any PSIA-NW event):

Recognizing that skiing/boardings can be a hazardous sport, I hereby release PSIA-NW, the host area and agents and employees 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.

Signature \_\_\_\_\_ Date \_\_\_\_\_

TO AVOID A LATE FEE, registration is required 14 days prior to an event. If space is available, you will be assessed a \$10 late fee for a day or night event and a \$20 late fee for a two-day event. If you are injured and are unable to attend your event, we will deduct \$10 for a one-day event and \$20 for a two or more day event from your refund. REFUNDS REQUIRE A NOTE FROM YOUR MEDICAL PROVIDER.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Fee Paid: \$ \_\_\_\_\_  Cash/Check  Visa/MC

Visa/MC # \_\_\_\_\_

Expiration \_\_\_\_\_ / \_\_\_\_\_ Signature \_\_\_\_\_



# Snowboarding is Here to Stay!



You might say “duh” to this headline but some people are still a little wary of us folks. So as they continue to get used to the idea, we will continue to expand our knowledge of this great sport. In fact this year we are introducing a variety of new snowboard specific clinic topics.



## Freestyle Clinics

These clinics fill a much needed gap in the snowboard community. Anyone who teaches knows that kids just want to jump. Actually that goes for most snowboarders of any age. Well here is your chance to learn and explore the freestyle life. Use the clinics as a progressive learning environment to get you more confident and comfortable in the park and pipe. Then take this new found life and share it with your guests. No more excuses, this is so much fun and you really can learn to “huck” safely. You are not too old, too scared, too conservative, too busy or too late. Get out there now!

## Snowboard ACE

This program is very similar to the ACE. However, the goal is to entice more snowboarders to explore kids instruction as it directly relates to snowboarding. Teaching kids to snowboard is no easy task and the more information we can share the better the results for everyone.

This is a two day accreditation that explores how kids learn, think and move. Combine this knowledge with a little pint size entertainment and you have a successful day on the slopes.

## Movement Analysis

Just as it sound, this topic will explore what to look for in movements and how to describe them. This is a two part clinic, first the introductory day and later the advanced day. This clinic is a must for everyone. Our entire instructing/coaching careers are based on our ability to see and describe movements. Your students will thank you for attending these clinics. They might not say it outright, but you will see it in their continued enthusiasm for snowboarding.

•••••  
• Check the calendar of events or  
• website for exact dates and loca-  
• tions of all clinics.  
•••••

NORTHWEST *SnowSport Instructor*  
PSIA-NW/AASI  
PNSIA-Education Foundation



*time dated material*