



ISSUE 4

Snowsport Instructor

Winter 2003



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

Issue	Deadline
Summer	June 15
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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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4x3	\$100	\$20
7x5	\$150	\$40
7x9	\$200	\$50

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Cover: Photo by D. Taggart



In Defense of Skiing Backwards

By Brick Loomis

IT'S FUN! THE KIDS LOVE IT! I can remember the traumatic incident, like it was yesterday. Trying to defend my reasons for teaching my classes how to ski backwards. The incident occurred half way through the season last year. I had taught my class how to ski backwards, teaching them the nuances of speed control, shifting weight, subtle edge changes to accomplish turns, and stopping. My class and I were having a "hoot of a time," (for you crusty old level three instructors, that means we were having a great deal of fun) when a crusty old level three instructor skied next to me with his class. He looked at me, with disdain and disgust, and ask in a very condemning fashion, "why are you teaching your class to ski backwards?" Well, my dentures almost fell out of my mouth at his comment, because I am of the school that you "praise in public and admonish in private." I had just been definitely admonished in front of both our classes and other skiers on the slopes. I was shocked as my heart sank into my boots. I searched my mind, stumbling for some kind of answer to justify my actions. He then commented that he had not seen that move in any of the manuals. This sent my heart even lower. I feebly muttered "it's fun and the kids love it." He shook his head in disgust and skied off with his class. Now, this could have been the end of the incident and I could have turned my class around, never to ski backwards again, and ski off into ski instruction obscurity.

But I was not one to stop something that my students truly enjoyed. So, I took it upon myself to dissect the ben-

efits of skiing backwards, so that all ski instructors, regardless of level, so inclined could confidently and with pride teach their classes to ski backwards. I wanted to ensure that instructors throughout the lands, never again have to worry about breaking some great and unwritten level three commandment of ski instruction, "Thou Shalt Not Teach Your Students to Ski Backwards!" And, thus never again feel the pangs of inadequacy that I felt that fateful day on the slopes. Is that melodramatic enough for you?



1. Bottom line up front! Its fun, the students love doing it, and teaching it has an instructional and safety value built into it.
2. I have found that new students get quite scared if they get on a reverse slope and start sliding backwards out of control. The "wide eyed terror" as they feel themselves sliding off into the abyss, never to be seen again, is quite apparent and very traumatic for them. Not to mention the safety issues concerned with losing a student sliding backward into an unsafe situation. This experience sets the students' confidence back quite a bit. So, to avert a possible bad situation, along with showing them the basic wedge going forward, at the earliest opportunity, I also teach them the reverse wedge and how to stop if they find themselves sliding backwards. Now they can stop going forwards, and if caught on a reverse slope, they now know how to stop themselves going backwards. This quickly builds their confidence and increases the students' ability to learn and enhances safety on the slopes. By teaching the students, early on, how to

Continued on page 20

Parts To Whole

Exam Preparation

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

One of the most confusing things about exams is how to prepare for them. Here are two simple suggestions that will help you better prepare yourself, one for the teaching module and one for the riding and skiing modules.

Whole to parts of skiing and riding

As you know, the tasks (the whole) for each level have individual criteria (the parts) that must be shown in order to accomplish each task. When training, it is very easy to get in the habit of focusing on each task and trying to correct all the individual criteria at once. This can be very difficult because there is too much to focus on at one time. It is often shown during exams particularly on a second or third try, when a candidate passes one task one time and is unable to complete the same task the next. The reason that this may happen is not usually because each examiner sees things differently, but it is commonly because the candidate has not mastered each of the parts in their skiing.

Parts to whole

A better training method would be to focus on a particular criteria (parts) and work that into your overall skiing (the true whole). For example, focus on level shoulders wedging, skiing the steeps, side slipping, even in other tasks in which level shoulders, as a criteria, does not exist. By

mastering efficient movement patterns, your skiing will become better and you will be better prepared for the riding and skiing modules. Once you have changed your focus, you will find that training to complete the tasks successfully will be much easier.

Whole to parts of teaching

One of the best ways to prepare for the teaching module is to teach. Teaching 8 multi-week classes, unfortunately, does not give you the feedback, nor the experience you need to be successful in the teaching and professional knowledge module. Teach to the folks who can really help guide you with information that will help you to become a better teacher, your peers and your trainers. In an exam you are expected to stand in front of a group of your peers and examiners and be able to communicate a well thought out lesson plan. For Level II, you should be able to clinic the group on a given subject or by observing a skier or rider on the hill, develop and deliver a lesson plan to address a skill deficiency. For Level III you should be prepared to improve your exam group's skill deficiencies. You will be given at least two

chances to teach for up to 30 minutes each time. Many times candidates will want to give us everything they know in 5 minutes or less, (the whole) very confusing to guests and why it doesn't pass.

Parts to whole

What is much more effective, not only the in an exam, but also for your students to easily understand is to focus on one particular movement pattern (a part) that you would like to change and spend as much time as you are allowed to work on it. Think of your time as a portion of an all day lesson versus trying to squeeze an all day lesson into 15 minutes. And please, please, please take as many opportunities to teach in front of your peers and trainers.

These two suggestions are not only great ideas for those preparing for exams, but better yet, are ideas that will help you train to become a better instructor. Remember this as you prepare for your exams, you will be much more successful if you train to become a better skier/snowboarder and instructor. You will not necessarily become a better instructor if you train to pass your exams. Enjoy the process. ❄️

PS. The exams this year, including the written, will reflect our new Core Concepts Manual and for the alpine exam will incorporate ideas from the new Alpine Technical Manual. For other information regarding exams for any discipline, refer to our website, psia-nw.org. You will find all of our certification guides and they are available for you to download.

How to **Stomp** Yer Teaching Segment

By Roark Congdon

PSIA/AASI-NW DCL, Examiner

1. RELAX!
2. SMILE!
3. MOVE! Free run for purposes of MA, if you are going to reach dynamic skidding for instance, take a run or a half a run, and watch your group do some of the desired tasks, (if it's a real lesson, watch your student) as examiners, we don't like to stand around. Real students are often on their first fun of the day, give them a chance to WARM UP!*
4. WHAT! What are we going to do today is X.*
5. WHY! The reason we are going to work on X is Y. e.g. The reason we are going to ride switch today is it's fun, cool, and sometimes when we huck we land backwards and we need to be able to ride away like rock stars!*
6. HOW! How are we going to do this is by.....We will start our in this position, the ANKLES will be in this position, the KNEES will be in this position, and the HIPS will be in this position. At this point in the turn (TIMING) we will take BODY PART X and do Y (push, pull, flex, extend, shove, relax, turn, twist, tweak or straighten) this much or this hard (INTENSITY) for this long (DURATION) at which point we will take body part X, Y or Z and (more TID bits until the process of the turn is explained fully).*
7. DO! Give your students a demo and DO what you said you would do, show what you said. If you feel you botched your demo, that's cool tell your group or, alas, your examiner, you did not feel comfortable with your demonstration, or the terrain you chose and do it over. A side note, tell your students where to meet, as you will be well below them when it is their turn to ride. Try to do this before you ride away, as opposed to when you are riding away. * Mileage is key here so use a lot of the run. You can't learn anything in a hundred yards.
8. FEEDBACK! Watch your students, give them individual feedback. It is OK to give the same comments and tips to more than one student. Remember, when giving feedback, be positive, negative, positive, our ego's are fragile, if you belittle them they won't be back!*
9. PROGRESSION! If this process is REPEATED say three times, lots of riding, been ENTERTAINING and the exercises presented use skill that build upon each other, you have most likely presented a logical progression.**
10. WRAP IT UP! *Summarize, in the theater it is called denouement (pronounced den me you wah) in the original Star Trek it was the part at the end of the show when Dr. McCoy mocked Spock and Kirk said, "Ahead, warp factor one Mr. Sulu."
11. WAIT 'TIL THE END OF THE DAY TO PICK UP YOUR SHINY PIN OR GIGANTIC TIP!

*Check for understanding "Does this make sense?"

**Bonus points are given in exam situations for creative and unconventional teaching, your pin will be just a bit shinier, your tip will be a bit larger, and everybody's day will be better.



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.



Turning Point

“...Oh, you’re a ski-bum...”

by Stan Aunan
PSIA/AASI-NW Tech Team, DCL

Riding the chair with Calvin Yamamoto is always an adventure. Whether the ride will feature a pleasant conversation about current elements of life, swapping stories, or answering the third degree is difficult to tell until the event is underway. I remember one such ride, way back before I worried about the difference.

We swung through the biting crispness of a clear Mission Ridge morning on Chair 3. Puffs of breath hung in the frigid stillness over the Skookum cut-off while we took the moments in silence. I was simply appreciating being there, but the questions started before Tillicum passed beneath us.

“How are things going?” Calvin asked.

“Oh, pretty good. I really like working here.” I answered.

“How about school, are you going back in the spring?”

“Yeah, school’s all right. My parents like to see me going to school.”

“Are you planning to come back next year?”

“I think so.”

The older, (and shorter) man continued in the vein typical to elders

when the less experienced are their captive audience.

“Do you see yourself doing this for long?”

After the open expanse of Tok-e-Tie the trees closed in along the chairline. Here was that “what are you going to do with your life?” discussion invading my sacred-time-of-alooftness the slopes had always provided.

“Uh...well that’s hard to say. There’s a lot of pressure from my folks to get to a four-year school. Nobody seems to think this is a real job. My girlfriends’ parents always say “...Oh, you’re a ski-bum...” when they find out what I do...”

“We have a dedicated staff here and work hard at making it that way. If we put time into training people we would like to see them stay around for awhile and give back to the program.”

“Ok.” I didn’t have much more to say, so Calvin continued as we crossed the Kiwa flats

“If you want to do this you simply have to make the decision and commit. Once you do, this job can be whatever you decide. If you stay half-decided it is certain you won’t make it. A lot of people will give you advice, but you’re the only one who really knows what you want.”

Again I remember being mostly quiet at this point.

Between the first Wayhut cat-track and the top, Calvin gave me the short version of how he fell in love with ski teaching. We unloaded, took a left and skied Tillicum. At the bottom I sensed the run had been different, full of thought. I never did have another thoughtless run. At first it seemed something had been stolen from me, but the feeling didn’t last. In it’s passing a deeper, more enriching enjoyment of skiing was revealed; the awareness necessary to survive as a ski teaching professional had begun to develop.

When our rides together became less frequent I began to understand Calvin’s intensity as his way of caring; about ski teaching, his family, friends and teammates, that this had been an important part of the message all-along. In this careless world each ride with Calvin is a special event with positive outcomes, regardless of the context. More than fifteen years of ski teaching and coaching have passed since that fateful ride. All of them have been with the spirit of that message riding shotgun, and I still know what I really want to do. Thanks Yog. ❄️



Video Reviews

by Ed Kane

Two new videos are in the office. One is a local production featuring the members of the PSIA-NW Tech Team and the second is one designed to compliment the Core Concepts and Alpine Technical Manuals. Both are very well done and address different aspects of the teaching elements that will improve our understanding of the profession. The first contains clearly defined examples of the skiing tasks for the Level II and Level III exams. The second illustrates the hi-lights of both of the above mentioned PSIA manuals.

PSIA-NW Skiing Tasks

This video was produced by Chris Kastner and Nick McDonald using members of the PSIA-NW Tech Team as demonstrators. As Chris points out during the introduction of the tape, this gives the viewer a chance to see different personal styles and in performing the tasks. The footage also gives the viewer a chance to observe movements that force the need for an occasional recovery. The latter are important so that the observer can use this footage not only for an understanding the expected standards but also for identifying the inefficient movements that led to the necessity of the resulting recovery.

On the whole, this video is one of the best I've reviewed in recent years and it provides a solid foundation of what is expected at each level of validation. The video is split into 3 sections: An introduction; Level I Tasks; Level II Tasks; and Level III Tasks. Each task is demonstrated by a blend several skiers during an introduction of the general description of the task and parameters that are expected. The skiing sequences continue as a verbal and written description of the several criteria that are defined for successful performance. This offers a unique opportunity to review both the criteria and see it demonstrated at the same time. The reinforcement is very effective. In addition, the skiing sequences are shot from various perspectives giving the viewer an opportunity to see them performed from below, passing by and from

above the demonstrator. The amount of footage devoted to each task is sufficient to gain a clear impression of the efficient movement patterns necessary to meet the criteria at each level.

The contents are as follows: Level I Tasks – Hockey Stop; Open Parallel Turns; Side Slip; Skating on Flat Terrain; Straight Run Over Shallow Terrain, Paddle Turn out to Stop; Traverse; Wedge Change-ups; Wedge Christie Turns; & Wedge Turns. Level II Tasks - Short Radius Turns; Medium Radius Turns; Bumps; Rhythm Changes; Straight Run Hop Ski to Ski; Skate on Flat; Wedge Christie; Short Swing; Jump Entry Turns; One Ski Turns: Level III Tasks – Short Radius Turns; Medium Radius Turns; Bumps; Variable Conditions; Medium Radius Turns in Bumps; 2 Footed Hop Turns; Skating; Ski on One Ski; Braking & Gliding Turns.

It would be highly recommended that each candidate for the skiing module review this video several times during their training to improve their movement pool so that they can perform these tasks with a high degree

of consistency. Each member ski school should have a copy in their library and additional copies are available from the office. I personally will put one of these in my library to be used as a training tool over the next several years.

continued on back page

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 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!!!

**March
22nd-23rd**

Symposium **2003** Schweitzer Mtn.

It's that time of year again to make travel and destination plans for Symposium.

Start making all those plans for family and friends to attend this annual event that showcases our education and a ski/snowboard area in our division.

This year it is Schweitzer and the charm and challenge it has to offer for the skier and the snowboarder.

Ski or ride with clinicians on Friday. Your favorite topics are scheduled for Saturday and Sunday.

We will be offering again this year the spouse and kids clinics for your family members.

There will be learning, racing, banquets, dancing and awards for all.

If the season and weather are right, you have the choice of mountain time, golf, in-line skating, running or biking in the Schweitzer area.

The Lakeview Day Lodge will be our base of operations for registration, the awards banquet and the dance.

A block of rooms is being held at the Selkirk Lodge (formerly Green Gables). Call 800-831-8810 for lodging reservations. The room block is under PSIA-NW.

Schweitzer has generously offered \$21 lift tickets for participants and their families.

As always the price is right and the fun opportunities abound. Sign up soon!

**April
4th-6th**

SCHWEITZER / SANDPOINT, IDAHO ACCOMODATIONS

Selkirk Lodge, White Pines Lodge and
Condos
(at Schweitzer Mountain Resort)
800-831-8810

LaQuinta Inn
800-282-0660
208-283-9581

Central Reservations for:
Edgewater Resort Motor Inn,
Sand Point Quality Inn
800-635-2534

Monarch West Lodge
800-543-8193
208-263-1222

Lakeside Inn
800-543-8126
208-263-3717

Super 8 Motel Central Reservations
800-800-8000

K-2 Inn at Sandpoint
208-263-3441

Coeur d'Alene Inn
208-765-3200

Coeur d'Alene Resort
208-765-4000

Coit House Bed & Breakfast
208-265-4035

Symposium **2003** Schweitzer Mtn.

ALPINE

Skiing 201 – a clinic designed to improve the instructor's skiing performance in levels 4-7, including related tasks and personal free skiing. The goal of this course is to provide the instructor with an accurate assessment of their current ability and establish a plan for improvement.

Skiing 301 – a clinic designed to improve the instructor's skiing performance in levels 7-9, including related tasks and personal free skiing. This course will provide the instructor with an accurate assessment of their current skiing ability and establish a plan for improvement.

Professional Knowledge 201 – a clinic designed for the Level I certified instructor, anyone with one to three years teaching experience and those seeking Level II certification. This clinic will help the participant become more familiar with describing and identifying skill blends and movement patterns in skiers through level 7. Participants will utilize a knowledge of ATS principles in a peer group environment.

Professional Knowledge 301 – a clinic designed for the Level II certified instructor, anyone with three or more years teaching experience and those seeking Level III certification. This clinic will help the participant begin to identify and describe, with precision and accuracy, skill blends and movement patterns in skiers of all ages and abilities in varied skiing tasks, snow conditions and terrain options.

ACE I – Advanced Children's Educator – a two-day educational event that culminates with an endorsement. The program's goal is to further educate and recognize great children's instructors. The endorsement is recognized in nearly every division of PSIA. It is important to note that this is not an exam. (Alpine and Snowboard offerings)

Above Timberline Off-Piste Skiing – challenge your skiing to an upper mountain off-piste tour.

Legends – a fun day designed for experienced skiers of all ages. Come ski with Al Voltz and Gordon West.

Bumps I – this clinic is for skiers who have had limited experience with skiing the bumps. The terrain choice will be lesser Black diamond and more difficult Blue Square slopes. It will focus on the technique and tactics of skiing bumps on these types of terrain. Participants should be prepared to spend the majority of the clinic skiing moguls.

Bumps II – this clinic is for participants who are somewhat accomplished at bump skiing that want to hone their skills with an aggressive group of skiers. The terrain to be utilized will include Black Diamond slopes. It will focus on the technique and tactics necessary to develop your versatility and adaptability in skiing moguls with more confidence.

Pipe and Park – Just as it sounds this clinic will explore the Terrain Park and Half-Pipe at Schweitzer. There will be an Intro clinic and an Intermediate level as well. Sign-up for this one right away!

Women's Clinic – taught by top female clinicians, this clinic is designed to address equipment issues, motivation and ski improvement for women instructors.

Clinic Instructor Training – this clinic is designed to prepare those who are or will be teaching clinics in their school.

Improve Skiing Through Giant Slalom – good giant slalom skiing requires the skier to make clean, carved turns and have the ability to accurately adjust the turn size and shape to stay on line. This clinic will help you learn to be more precise in your technique and tactics both in the gates and in your free-skiing.

Steeps – Just as it sounds! This clinic will explore the steeps in a safe and fun atmosphere. Learn what it takes to negotiate the steeper pitches of the mountain while exploring the conditions of the day. Develop the ability to approach steeper and more challenging terrain with efficient movement patterns and emotional confidence.

Symposium **2003** Schweitzer Mtn.

SNOWBOARD

Beginning Snowboard 1 - it's time to give it a try. You have hesitated to go out and figure it out on your own, now let one of our most experienced instructor/trainers give you what you've been waiting for.

I Can Turn, What Now? - Designed for beginning riders who have a grasp of the basics.

Adding Freestyle Tricks to Your Teaching. - Add flair to your teaching with fun free style tricks.

Free Riding in the 21st Century (Cert Level II and up) - Explore the cutting edge of all-mountain riding with this fast paced clinic

The Art of the Carve - Learn to make elegant carved turns that will leave other snow-riders drooling in your dust.

ACE 1 - Snowboard Specific (see Alpine Description)

NORDIC

Beginning XCD for Skiers & Boarders - An entry level clinic for skiers & boarders wanting to cross over.

Pushing the Tele Envelope - So you've got your turns down, but you want more. Come play all over the mountain in this session, and we'll check out any and every condition and terrain we can squeeze in, discussing strategies and tactics for each.

Track: More Glide, Less Effort in Classic and The Skate Debate. - We'll spend half our time on classic gear, and half on skate equipment, and we'll play with how to squeeze maximum efficiency out of each. In both, the secret is ... well, come find out!

Track: Teaching Efficient Movements in Skate and Stride. - We'll look at how efficient, natural movements make teaching cross country at my level a breeze. Bring both your stride and skate gear, as we'll divide the clinic time between the two disciplines.

Pipe and Park - Just as it sounds this clinic will explore the Terrain Park and Half-Pipe at Schweitzer. There will be an Intro clinic and an Intermediate level as well. Alpine and Snowboard offerings. Sign-up for this one right away!

Beginning Snowboard 2 - yesterday you learned how, now it's time to REALLY start having some fun. Develop and hone your technique with this fun and individually tailored clinic.

Designing Logical Snowboard Progressions - Building progressions is simple with the right formulas. We will practice with practical on-hill application and help YOU become the coach everyone wants to learn from.

Cruising the Groomers and Easy off Piste. - Explore Schweitzer's diverse terrain in a moderately paced clinic.

Bigger, Badder, Faster - It's a full-on, all-mountain assault.

Pipe & Park - Explore the Terrain Park and Half Pipe at Schweitzer. Intro & Intermediate.

XCD: Round 'em, Don't Pound 'em: Exploring Efficient Turning. - Many free heelers push their skis around a turn, simply because they can. While effective, this is not always efficient. We'll explore the smoothly sensual world of guiding, not pushing!

XCD: Teaching Efficient Movements in XCD. - How do you get someone to move naturally on their free heel gear, so their turns are round and consistent? It's not nearly as difficult as you might think, and in this session, we'll cover it in depth.

ADAPTIVE

Learn to Mono Ski and the Bi Ski - Think you got balance. Come check out something new, it's a blast.

Tips for Coaching- Students with autism, ADD, ADHD or mild retardation.

Symposium **2003** Schweitzer Mtn. Event Application Sandpoint, Idaho April 4 - 5 - 6, 2003

Download this application
from our website!
www.psia-nw.org

Name _____ PSIA -NW # _____ Cert Level _____
Address _____ City _____ St _____ Zip _____
Day ☎ # _____ E-mail address _____ Ski/Snowboard School _____

SIGN-UP FOR CLINIC TOPICS ON REVERSE SIDE

Two-Day Instructor Package (No Lifts or Banquet) \$110.00 per person \$ _____
(Includes Registration Fee, 2 Days Clinics and Souvenir)

One-Day Instructor Package (No Lifts or Banquet) \$70.00 per person \$ _____
(Includes Registration Fee, 1 Day Clinics and Souvenir)

Spouse and Family Clinics _____ \$25.00 per person/per day \$ _____
Name/Day Name/Day

(Please make arrangements with Schweitzer Ski and Snowboard School regarding lessons for those 12 years old and under)

Symposium Banquet & Dance \$23.00 per person \$ _____

Dance only \$6.00 \$6.00 per person \$ _____

Extra Souvenirs \$10.00 each \$ _____

Add a \$20.00 late fee after March 26, 2003 \$ _____

Total Amount Enclosed \$ _____

Visa/MC # _____ Exp. Date _____ Signature _____

Please list family members who will be purchasing lift tickets:

Mail application with check payable to PSIA-NW, 11206 Des Moines Memorial Dr., Suite 106, Seattle, WA 98168. Must arrive **no later than March 26, 2003**. A late fee of \$20.00 will be added after that date. Late applications will be accepted on space available only. A \$20.00 fee is charged on all cancellations. **No refunds** unless injured (a doctor's statement is required). No "walk-ins" or phone reservations will be accepted. If you have any questions, call (206) 244-8541 or e-mail to office@psia-nw.org.

Release form: Recognizing that skiing/snowboarding 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 of the event for which this application is made.

Signature _____ Date _____

Symposium **2003** Schweitzer Mtn.

Saturday, April 5

Sunday, April 6

On Hill Topics

On Hill Topics

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

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

ALPINE

- Improve Skiing through Giant Slalom
- Bumps I
- Bumps II
- Women's Clinic
- Beginning Pipe and Park
- Legends
- Steeps
- ACE I (Advanced Children's Educator) Day 1
- Clinic Instructor Training
- Skiing 201 (Ski improvement pre-level II)
- Skiing 301 (Ski improvement pre-level III)
- Professional Knowledge 201 (pre-level II)
- Professional Knowledge 301 (pre-level III)

ALPINE

- Off-Piste Skiing
- Bumps I
- Bumps II
- Women's Clinic
- Intermediate Pipe and Park
- Legends
- Steeps
- ACE I (Advanced Children's Educator) Day 2
- Clinic Instructor Training
- Skiing 201 (Ski improvement pre-level II)
- Skiing 301 (Ski improvement pre-level III)
- Professional Knowledge 201 (pre-level II)
- Professional Knowledge 301 (pre-level III)

SNOWBOARD

- Beginning Snowboard Never rode before
- I can turn. Now what?
- Adding freestyle tricks to your teaching (Cert Level I and up)
- Free Riding in the 21st Century (Cert Level 2 and up)
- The Art of the Carve
- ACE I (Advanced Children's Educator) Day 1
- Intro to Pipe & Park

SNOWBOARD

- Beginning Snowboard Day 2 – Rode Yesterday
- Designing Logical Snowboard Progressions
- Cruising the Groomers and Easy Off Piste
- Bigger, Badder, Faster (Cert Level 2 and up)
- ACE I (Advanced Children's Educator) Day 2
- Intermediate Pipe & Park

NORDIC

- Beginning Tele for Skiers & Borders
- Track: More Glide, Less Effort in Classic and The Skate Debate
- XCD: Round 'em, Don't Pound 'em: Exploring Efficient Turning

NORDIC

- Track: Teaching Efficient Movements in Skate and Stride
- XCD: Teaching Efficient Movements in XCD
- Pushing the Tele Envelope

ADAPTIVE

- Learn to Mono Ski and Bi Ski
- Tips for Coaching Students w/Autism, ADD, ADHD or Mild Retardation

ADAPTIVE

- Learn to Mono Ski and Bi Ski
- Tips for Coaching Students w/Autism, ADD, ADHD or Mild Retardation

† **FRIDAY** – Your ski and ride day. We will be offering clinic groups in less formal settings with a variety of clinicians available.

† **FRIDAY** – Adaptive Level I Pre-Exam Clinic (\$40.00 fee)

† **SATURDAY** - Ski School GS Race – Fastest Ski / Fastest Snowboard (2:00-4:00 pm). Sign up at the Registration Table.

† **SATURDAY and SUNDAY** - Spouse and Family Clinics \$25 per person/ per day.

† **SATURDAY** – Adaptive Exams

Mono & Bi Ski – Level II & III.

Cognitive and or Visual Impairment Level I & II (\$90 per Module)

† All participants are responsible for equipment for cross-over disciplines.

Symposium **2003** Schweitzer Mtn.

Schedule

Friday, April 4

9:30 am Symposium Clinician Training (Optional)– meet at the Mountain side of the Selkirk Lodge
Ski with Clinicians
TD Training

Level I Adaptive Pre-exam Orientation Clinic. Shadowing by Level II (Adaptive and non Adaptive) and above instructors will be on a space available basis. This would be a good Adaptive overview.

7:00 – 10:00 pm No-host Welcome Party, Tapps Lounge

Saturday, April 5

8:30 am – 12:30 pm Adaptive Exam – Mono Ski and or Bi Ski Level I and II, (must have Level I Alpine).

9:15 am Symposium classes form – Schweitzer – meet at the mountain side of the Selkirk Lodge

9:30 am – 1:30 pm Classes
Family Clinics - group skiing for teens and spouses

2:00 pm – 4:00 pm Ski School GS Race – Fastest Ski / Fastest Snowboard

1:30 pm – 5:30 pm Adaptive Exam – Cognitive and or visual impairment Level I and II.

3:00 pm Alpine/Snowboard Level II and III Written Exams – Selkirk Lodge Lobby

6:30 pm – 7:30 pm No-host cocktails – Tapps Lounge – upstairs in the Lakeview Day Lodge

7:30 pm Dinner –Caribou Room

9:00 pm - midnight Dance – Tapps Lounge upstairs in the Lakeview Day Lodge

Sunday, April 6

9:15 am Symposium classes form – Schweitzer – meet at the mountain side of the Selkirk Lodge

9:30 am – 1:30 pm Classes
Family Clinics - group skiing for teens and spouses

Registration Times	Day	Time	Location
	Thursday, April 3	8:00 – 10:00 pm	Lobby of Selkirk Lodge
	Friday, April 4	8:00 – 10:00 am	Lakeview Day Lodge
	Friday, April 4	7:00 – 10:00 pm	Lakeview Day Lodge
	Saturday, April 5	7:00 – 9:30 am	Lakeview Day Lodge
	Sunday, April 6	8:00 – 9:30 am	Lakeview Day Lodge

Board of Directors Election

The following PSIA-NW members have submitted applications to serve on the PSIA-NW/AASI Board of Directors. There will be elections for Snoqualmie #5, Bend #2 and South Central #1. Watch for your ballots in early March.

Snoqualmie Region

Position 5 John Winterscheid
Robert Garnett
Position 6 Wayne Nagai
Position 7 Bob McDonald

Stevens Pass

Position 1 Angus Harris
Position 4 Greg Starup

Crystal Mt.

Position 3 Gordon Arwine

Mt. Hood

Position 2 Chris Wilson

Bend

Position 2 Andy Laird (incumbent)
Larry Murdoch

South Central

Position 1 Gary Carter (incumbent)
John Nelson

Spokane

Position 2 Art Hathaway (incumbent)

Name: John Winterscheid

Region: Snoqualmie

Position #: 5

Ski School: Ski Masters

Discipline: Alpine Level III

Off the snow occupation: Computer Consultant

PSIA-NW Involvement: Training Director at Ski Masters

Reasons for wanting to serve: PSIA-NW has given me so much in the way of skiing improvement and teaching that I would like to give some of my time to help the organization.

Name: Robert Garnett

Region: Snoqualmie

Position #: 5

Ski School: Fiorini's Ski School

Discipline: Alpine Level I

Off the snow occupation: Consultant

PSIA-NW Involvement: None, other than having taken clinics, camps and examinations over 10 years.

Reasons for wanting to serve: Give something back to a great organization.

Name: Andrew J. Laird

Region: Bend

Position #: 2

Ski School: Willamette Pass

Discipline: Alpine III

Years Teaching: 12

Off the snow occupation: Owner of Laird Lighting, Ltd./Commercial Lighting Sales.

PSIA-NW Involvement: Member of PSIA for 12 years. Level III Instructor.

Reasons for wanting to serve: One of the reasons for wanting to serve on the Board of Directors is our region is comprised mostly of part time instructors, and most instructors teach because they love the sport and love to teach people to ski. They are not doing it for the money. This is the reason I want to support these hard working instructors and to be a voice for them in PSIA-NW.

Owning my own business will allow me some extra free time to travel to ski schools in this region to visit with the Instructors, ski their runs and hear about their concerns. I hope to take their input and put it to work for them as a Board member.

I feel that our Instructors need the support that PSIA-NW can bring to them, and they deserve someone available to communicate with on a regular basis.

Name: Larry Murdoch

Region: Bend

Position #: 2

Ski School: Mt. Bachelor

Off the snow occupation: Construction Project Manager

PSIA-NW Involvement: Education VP, Tech Team Member, Examiner and DCL, all current. Level III Alpine, ACE Certified. USSCA Level II coach. Former Board of Directors member.

Reasons for wanting to serve: To continue my involvement with PSIA/AASI and to serve the membership of Central and Southern Oregon Instructors. My involvement with the division will continue for many years and I would like to have the opportunity to vote on your behalf when it comes to membership interests and issues.

Name: Gary Lee Carter

Region: South Central

Position #: 1

Ski School: White Pass Ski School

Discipline: Alpine Level III

Years Teaching: 37

Off the snow occupation: Auto Body Repair

PSIA-NW Involvement: Current BOD member, past Examiner and DCL.

Reasons for wanting to serve: I want to continue to represent my fellow instructors at White Pass Ski School as a member of the board. I have the time and commitment.

Name: John B. Nelson

Region: South Central

Position #: 1

Ski School: White Pass

Discipline: Alpine Level III

Years Teaching: 28

Off the snow occupation: Operations and Contract Manager for Wood's Logging Supply, Inc. A Logging and Construction Supply Firm.

PSIA-NW Involvement: Training Director White Pass Learning Center

Reasons for wanting to serve: I've been skiing all my life and teaching since I was 15. I passed my level Certification in 1979. I have seen the growth and changes in both the ski industry and PSIA-NW; with this experience I feel I will be able to help the instructors in my region and PSIA-NW with a fresh approach. I firmly believe in what PSIA-NW and the ski industry are doing and with my commitment I would like to be a part of that. ❄️

Second Call for Spring 2003 Awards Nominations

by Art Hathaway
Recognition and Awards Chair

It is time to nominate 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 tal-

ented 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 instruct-

ing, 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 submit 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

2002-2003 *Calendar of Events*

Day	Date	Alpine Events	Location
Mon	2/10/2003	Exam Checkpoint-Skiing or Teach/Tech	Schweitzer-Mt. Hood Meadows
Tue	2/11/2003	Day Clinic-Bumps 1	Alpentel
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
Sat	2/22/2003	Day Clinic-Teaching Workshop II 201	Bluewood
Sat	2/22/2003	Day Clinic-Teaching Workshop III 301	49° North
Sun	2/23/2003	Movement Analysis Workshop II	Mt. Hood Meadows
Sun	2/23/2003	Day Clinic-Steeps Off-Piste @ 40 Degrees	Crystal Mtn.
Sun	2/23/2003	Day Clinic-Ski Improvement-Giant Slalom	Mt. Bachelor
Mon	2/24/2003	Exam Checkpoint-Skiing or Teach/Tech	Mt. Hood Meadows
Sun	3/2/2003	Exam Checkpoint-Skiing or Teach/Tech	Stevens Pass
Wed	3/5/2003	Day Clinic-Ski Improvement-Giant Slalom	Schweitzer
Fri-Sun	3/14-16/2003	Divisional Academy	Mt. Bachelor
Sun	3/16/2003	Exam Checkpoint-Skiing or Teach/Tech	Crystal Mtn.
Fri	3/21/2003	Exam Orientation Clinic**	Schweitzer
Sat-Sun	3/22-23/2003	"Exam Modules, Level II & III"	Schweitzer
Sat-Sun	3/22-23/2003	Women's College	Crystal Mtn.
Sun	3/23/2003	Exam Checkpoint-Skiing or Teach/Tech	Mt. Hood Meadows
Fri	3/28/2003	Exam Orientation Clinic**	Stevens Pass
Sat-Sun	3/29-30/2003	"Exam Modules, Level II & III"	Stevens Pass
Sat-Sun	3/29-30/2003	Advanced Childrens Endorsement	White Pass
Sun	3/30/2003	Exam Checkpoint-Skiing or Teach/Tech	Mt. Bachelor
Fri-Sun	4/4-6/2003	Symposium	Schweitzer
Sat-Sun	4/5-6/2003	ACE @ Symposium	Schweitzer
Fri	4/11/2003	Exam Orientation Clinic**	Crystal Mtn.
Sat-Sun	4/12-13/2003	"Exam Modules, Level II & III"	Crystal Mtn.
Fri	4/18/2003	Exam Orientation Clinic**	Mt. Hood Meadows
Sat-Sun	4/19-20/2003	"Exam Modules, Level II & III"	Mt. Hood Meadows
Fri	4/25/2003	Exam Orientation Clinic**	Mt. Bachelor
Sat-Sun	4/26-27/2003	"Exam Modules, Level II & III"	Mt. Bachelor
Fri-Sun	5/16-18/2003	GS Race Camp	Mt. Bachelor
Sat-Sun	5/31-6/1/2003	Ski School Clinic Leader Training	Timberline
Fri-Sun	7/11-13/2003	Professional Development Series Camp	Timberline
Fri-Sun	7/18-20/2003	GS Race Camp	Timberline
Fri-Sun	7/25-27/2003	Mixed Race Camp (Alpine)	Timberline

* Five Week Series

** No Educational credit for current level III Instructors

Day	Date	Adaptive Events	Location
Fri	4/11/2003	Adaptive Pre-Exam Orientation Clinic	Crystal Mtn.
Sat-Sun	4/12-13/2003	Adaptive Level I and II Exam	Crystal Mtn.
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

Day	Date	Nordic Events	Location
Sun	2/23/2003	Track Pre Exam Clinic	Mt. Bachelor
Sat	3/1/2003	Track Pre Exam Clinic	Sun Mtn.
Sat	3/1/2003	XCD Pre Exam Clinic	Mt. Bachelor
Sun	3/2/2003	Track Exam Level II & III	Sun Mtn.
Fri-Sun	3/14-16/2003	Divisional Academy (Telemark)	Mt. Bachelor
Sun	3/23/2003	XCD Pre Exam Clinic	Summit XC Center
Fri-Sun	4/4-6/2003	Symposium-Nordic	Schweitzer
Sat-Sun	4/12-13/20/03	XCD Exam II-III	Mt. Bachelor

2002-2003 Calendar of Events

Day	Date	Snowboard Events	Location
Mon	2/10/2003	Exam Checkpoint-Riding or Teach/Tech	Schweitzer-Mt. Hood Meadows
Sun	2/23/2003	Freestyle Clinic Pipe and Park II	Stevens Pass
Sun	2/23/2003	Movement Analysis Workshop	Mt. Hood Meadows
Mon	2/24/2003	Exam Checkpoint-Riding or Teach/Tech	Mt. Hood Meadows
Sun	3/2/2003	Checkpoint- Riding or Teach/Tech	Stevens Pass
Fri-Sun	3/14-16/2003	Divisional Academy	Mt. Bachelor
Sun	3/16/2003	Exam Checkpoint-Riding or Teach/Tech	Crystal Mtn.
Fri	3/21/2003	Exam Orientation Clinic**	Schweitzer
Sat-Sun	3/22-23/2003	Exam Modules, Level II & III	Schweitzer
Sat-Sun	3/22-23/2003	Women's College	Crystal Mtn.
Sun	3/23/2003	Exam Checkpoint-Riding or Teach/Tech	Mt. Hood Meadows
Fri	3/28/2003	Exam Orientation Clinic**	Stevens Pass
Sat-Sun	3/29-30/2003	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/29-30/2003	Advanced Childrens Endorsement Snowboard	Mt. Hood Meadows
Sun	3/30/2003	Exam Checkpoint-Riding or Teach/Tech	Mt. Bachelor
Fri-Sun	4/4-6/2003	Symposium	Schweitzer
Sat-Sun	4/5-6/2003	ACE @ Symposium	Schweitzer
Fri	4/25/2003	Exam Orientation Clinic**	Mt. Bachelor
Sat-Sun	4/26-27/2003	Exam Modules, Level II & III	Mt. Bachelor
Fri-Sun	5/9-11/2003	Freestyle Camp	Timberline
Fri-Sun	5/16-18/2003	GS Race Camp	Mt. Bachelor
Sat-Sun	5/31-6/1/2003	Ski School Clinic Leader Training	Timberline
Fri-Sun	7/11-13/2003	Professional Development Series Camp	Timberline

Day	Date	TD DCL Training Events	Location
Fri-Sun	3/7-9/2003	Divisional Staff/TD Training (All Disciplines)	Stevens Pass
Sat-Sun	3/22-23/2003	TD Training (Alpine/Snowboard Exam Shadow)	Schweitzer
Sat-Sun	3/29-30/2003	TD Training (Alpine/Snowboard Exam Shadow)	Stevens Pass
Fri-Sun	4/4-6/2003	TD Training @ Symposium	Schweitzer
Sat-Sun	4/12-13/2003	TD Training (Alpine Exam Shadow)	Crystal Mtn
Sat-Sun	4/19-20/2003	TD Training (Alpine Exam Shadow)	Mt. Hood Meadows
Sat-Sun	4/26-27/2003	TD Training (Alpine/Snowboard Exam Shadow)	Mt. Bachelor
Fri-Sun	5/2-4/2003	Tech Team Training	Mt. Bachelor
Fri-Sun	5/9-11/2003	Summer TD/Staff Training	Mt. Bachelor

Day	Date	Written Exams (Levels II & III)	Location
Mon	2/10/2003	Exam Checkpoint	Schweitzer, Mt. Hood Meadows
Mon	2/24/2003	Exam Checkpoint	Mt. Hood Meadows
Sun	3/2/2003	Exam Checkpoint	Stevens Pass
Sun	3/16/2003	Exam Checkpoint	Crystal Mtn.
Sun	3/23/2003	Exam Checkpoint	Mt. Hood Meadows
Sun	3/30/2003	Exam Checkpoint	Mt. Bachelor
Sat	4/5/2003	@ Symposium	Schweitzer

All written exams will start at 3:30 pm. The written exam fee is \$15. The written exam must be completed at least two weeks prior to the on snow modules. Please use an event application to register.

Day	Date	Regional & National Events	Location
Sat-Sun	4/19-24/2003	National Academy	Snowbird, UT
Fri-Sun	6/6-8/2003	National EXCOM & Board of Directors Meeting	Lakewood, CO
Sat-Sun	5/17-18/2003	PSIA-NW Sring Board of Directors Meeting	TBA

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.

PSIA-NW AASI Book Store 2002-03

The books, manuals, pins, shirts, etc. listed below are available from the PSIA-NW office and on the website. Check the website for a complete listing of available titles and an order form. Some titles also available through the merchandise program. Payment must accompany order. Please make checks payable to **PSIA-NW. Washington residents must add 8.8% sales tax.** Please use the enclosed order form when ordering books or merchandise. You may order by mail, phone, fax, e-mail or in person.

Books/Manuals	Member Price	Postage/ Handling
PSIA Core Concepts For Snowsports Instructors (merchandise program)	24.50	3.00
PSIA Alpine Technical Manual NEW (merchandise program)	19.50	3.00
PSIA Alpine Technical Video NEW	22.50	3.00
PSIA Core Concepts For Snowsports Instructors - Alpine Technical Manual (combined price)	39.50	4.00
PSIAATS: Alpine Skiing Manual (ATS III)	19.95	3.00
PSIAATS: Alpine Study Guides: Level I, II or III.....	12.50 each	3.00
PSIAATS: Alpine Handbook (III)	14.50	3.00
PSIAATS: 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 (merchandise program).....	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
PSIAATS: Nordic Handbook (4" x 6")	14.00	3.00
PSIAATS: 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 Zembo 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 Tasks Video: Level I/II/III 2002 (71min) NEW	20.00	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 NEW	17.00	3.00
The Vail & Beaver Creek Snowboard Handbook NEW	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 NEW	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
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. 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)
 PSIAATS: Volume I (32 min)
 PSIAATS: 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)

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)

PSIA-NW Alpine Certification Tasks (71 min) **NEW**
 Skiing Tactics for Balance – CSIA (15 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)
 Warren Miller's Learn to Ride - **NEW**

Continued from page 3

ski backwards and control their speed is truly a "win-win" situation, by building their confidence and keeping all of your students, other classes, and skiers safe.

3. By examining the mechanics of skiing backwards, I have also found that it puts the skier, at any ability level, in a perfect stance, body position, and weight placement for skiing forwards. This is how it works. Once your students are comfortable skiing backwards and controlling their speed, have them "stop and freeze!" Then, examine with them by pointing out your and their form, body position, weight placement, etc. You will find in most cases that your students will have a better grasp of balance, weight, and subtle edge control movements, without getting into those long-winded, eye-blurring, mind-numbing, and seldom understood level three instructors doctoral dissertations. (Sounds a lot like ski instructor level class warfare. HA!) My rules for ski instruction are the KISS (keep it simple skier), KIFI (keep it fun instructor), and the KISI (keep it safe instructor) principles.

4. Regardless of your students' ability and level, skiing backwards pays big dividends because it is fun; it loosens your students up, and is a wonderful change of pace. Once they get the hang of it, you can integrate skating backwards, backwards wedge turns, and backwards wedge stops. If your student are more advanced it becomes even more fun, by teaching them backwards parallel turns and stops.

5. As your students' level of backwards skiing expertise increases; you can now take them to the next level of the adventure, with 360 turns and then aerial 720 turns. Now the sky is the limit, because you took the time to show them the simple maneuvers and techniques of skiing backwards and integrating it into the total skiing experience.

All this leads to more fun and faster learning because, confidence is built, and safety is enhanced. Skiing backwards is a wonderful change of pace for you and your students. It allows them to enhance their skiing experience by being allowed to show off under your watchful eye, and their skiing will improve without them even knowing it! What a bonus! Yahooo! Let the backwards skiing begin! ❄️

CLASSIFIEDS for SALE

SKI TEACHING IN SPANISH OR PORTUGUESE

Translations to teach children or adults. Handbooks, manuals or cassette tapes with text. Go to www.skiteaching.com

Enor Martinez, 3508 Virginia Way, Salt Lake City, Utah 84109

(801) 466-9039

PSIA-NW MEMBERSHIP BENEFITS 2002-03 SEASON LIFT DISCOUNT INFORMATION

by Kathy Hand
Membership Benefits Committee Chair

Again this year we are able to offer you discounted lift tickets due to the generosity of the many ski areas participating in this program. The PSIA-NW/AASI Board of Directors is pleased to reproduce the list and send it to all of you as a membership benefit.

Each area has its own rules regarding where you check in to receive this benefit, what documentation you must have with you, and the type of ticket and the amount of discount available on the ticket. All areas require that you are a current member of PSIA (national).

This program was evaluated last year by the participating ski areas with no instructor abuses reported, but you must remember that one person can ruin a good thing for us all. We will again ask the participating ski areas to evaluate the program and submit the names of any instructors who have abused or misused the program. All incidents will be reviewed by the Ethics Committee for further action.

We are interested in continuing the discount lift ticket program because we feel that it is beneficial to both the area and the instructor. We must maintain a good professional approach to insure that this program will not only continue to be available for instructors, but also that the number of participating areas will increase.

Some of the ethics involved when purchasing a discounted lift ticket are:

1. Follow all of the area rules.
2. Be polite.
3. Never buy a ticket with your card for someone else.
4. Never resell or give away your discounted ticket.
5. Never teach guests for free or for money away from your home area. Guide your friends/relatives to the host area's resident ski school.
6. Never talk poorly of an area that has provided you a benefit. If you can't think of something good to say, then say nothing at all.

Please remember not all areas give us the same benefits. Check your list carefully before going to an area so you have all of the necessary documentation and are not disappointed. Of course don't forget to thank them too.

PSIA-NW MEMBERSHIP BENEFITS
2002-03 SEASON
LIFT DISCOUNT INFORMATION

SKI AREAS	COST	DOCUMENTS
OREGON		
HOODOO SKI AREA	50% OFF	1> CURRENT PSIA CARD 2> OUTSIDE TICKET WINDOW – NORTH LODGE
MT. ASHLAND SKI AND SNOWBOARD RESORT	COMP SKIING	1> CURRENT PSIA CARD 2> SEASON PASS 3> LETTER FROM DIRECTOR CONFIRMING EMPLOYMENT
MT HOOD MEADOWS MT HOOD SKI BOWL	\$10 OFF SHIFT TICKET PRICE \$19 DAYS \$14 NIGHTS	1> CURRENT PSIA CARD 2> GO TO SKIBOWL TICKET OFFICE FOR “JUNIOR PRICED TICKET”
SKI ANTHONY LAKES	COMP	1> CURRENT PSIA CARD 2> CURRENT STAFF ID (EMPLOYEE ID) FROM SKI AREA WHERE WORKING
TIMBERLINE	\$20.00	1> NOT VALID IN SUMMER 2> CURRENT PSIA CARD 3> AVAILABLE 7 DAYS A WEEK
WILLAMETTE PASS	COMP	1> PNSAA EXCHANGE LETTER
WASHINGTON		
CRYSTAL MOUNTAIN NO CHARGE 7 DAYS/WEEK		1> FULL-TIME INSTRUCTORS EMPLOYED BY A SKI AREA 2> LETTER TO VALIDATE EMPLOYMENT 3> CURRENT PSIA CARD
49° NORTH	50% OFF	1> CONTACT SS DIRECTOR 2> CURRENT PSIA CARD
MISSION RIDGE	\$22 TICKET	1> ORIGINAL LETTER FROM DIRECTOR/SUPERVISOR 2> CURRENT PSIA CARD
MOUNT BAKER	\$16 MON-FRI \$26 Weekends & HOLIDAYS	1> CURRENT PSIA CARD 2> SEASON PASS/LETTER FROM TEACHING AREA 3> EFFECTIVE AFTER 12/1/02
SKI BLUEWOOD	1/2 PRICE	1> TICKET WINDOW 2> CURRENT PSIA CARD
STEVENS PASS	20% DISCOUNT	1> SHOW SEASONS PASS 2> CURRENT PSIA CARD
THE SUMMIT AT SNOQUALMIE	\$21	1> CURRENT PSIA CARD 2> CURRENT SEASON PASS FROM SKI AREA WHERE TEACHING 3> PHOTO I D. (IF NOT ON PASS) 4> GO TO ANY TICKET BOOTH
WHITE PASS	\$17 MID-WEEK/ \$22 WEEKEND	1> LEVEL 2 & 3 ONLY 2> CURRENT PSIA CARD
IDAHO		
BALD MOUNTAIN	½ PRICE	1> CURRENT PSIA CARD 2> TICKET WINDOW
BOGUS BASIN	\$18 TICKET	1> GO TO SKI SCHOOL OFFICE 2> CURRENT DATED LETTER FROM YOUR SKI SCHOOL DIRECTOR 3> CURRENT PSIA CARD 4> NOT VALID DURING HOLIDAY PERIODS
BRUNDAGE MOUNTAIN CO.	\$5 OFF or Free	1> CURRENT PSIA CARD 2> SEASON PASS 3> LETTER FROM DIRECTOR STATING FULL-TIME INSTRUCTOR STATUS

SCHWEITZER MOUNTAIN RESORT NO CHARGE 1>
2>
3>
4>
SILVER MOUNTAIN ½ PRICE TICKET 1>
2>
SUN VALLEY RESORT \$20 DOLLARS OFF 1>
REGULAR \$65 TICKET 2>
3>
4>
5>

ALASKA DIVISION

ALYESKA RESORT DISCOUNT 1>
2>
3>
EAGLE CREST FIRST 2 DAYS FREE 1>
- ADD'L DAYS 50% OFF 2>

ROCKY MOUNTAIN DIVISION

ANGEL FIRE RESORT LEVEL III COMP 1>
LEVEL II 50% DISCOUNT 1>
ARAPAHOE BASIN \$28 2>
ASPEN, SNOWMASS, BUTTERMILK, ASPEN MTN \$29 2>
SKI PURGATORY \$10 OFF REGULAR PRICE 1>
@ DURANGO MOUNTAIN RESORT 2>
STEAMBOAT SKI & RESORT \$39 DAILY RATE 1>
2>
3>
4>
TAOS SKI VALLEY DISC 1>
2>
3>
VAIL & BEAVER CREEK \$49 1>
2>
3>
4>
TELLURIDE COMP 12/2-19/02, 1/6-2/3/03 1>
2>
WINTER PARK RESORT 12/21/02-3/30/03 - \$41 1>
3/31-4/20/03 - \$28 2>

WESTERN DIVISION

MAMMOTH/JUNE SKI AREAS 25% DISCOUNT 1>
2>
3>
MT ROSE \$24 1>
2>
3>
SUGAR BOWL DISC 1>
2>
3>
4>
5>
SQUAW VALLEY USA \$44 1>
2>
3>
4>

GO TO TICKET WINDOW
INSTRUCTORS EMPLOYED BY A SKI AREA
LETTER FROM HR DEPT. VALIDATING EMPLOYMENT
CURRENT PSIA CARD
GO TO TICKET OFFICE AT BASE OF SILVER MOUNTAIN
SHOW PSIA CARD AND PHOTO I.D.
LEVELS 2 & 3 ONLY
CURRENT PSIA CARD
LETTER FROM DIRECTOR
EXCLUDES DATES: 12/24-1/2, 2/16-2/19
RECEIVE AT TICKET WINDOW

PURCHASE TICKET AT TICKET WINDOWS
CURRENT PSIA CARD
PHOTO ID
CURRENT PSIA CARD
GO TO SKI SCHOOL WINDOW
CURRENT PSIA CARD
GO TO TICKET WINDOW OR SKI SCHOOL
CURRENT PSIA CARD AND PHOTO I.D.
1> ANY TICKET WINDOW
CURRENT PSIA CARD & PHOTO I.D.
CURRENT PSIA CARD
LETTER FROM DIRECTOR
GO TO SKI SCHOOL
SEASON PASS/LETTER OF INTRO. FROM SKI AREA
CURRENT PSIA CARD
PHOTO I.D.
GO TO SKI SCHOOL TICKET OFFICE
CURRENT PSIA CARD OR A LETTER OF INTRODUCTION
FROM RESORT AT WHICH YOU ARE EMPLOYED
NOT VALID 12/27-31/02, 2/15-17/03 OR 3/10-12/03
GO TO ANY TICKET WINDOW
CURRENT PSIA CARD
MUST BE CERTIFIED
ONE PASS PER DAY, PER PERSON
CURRENT PSIA CARD
LETTER FROM EMPLOYER
CURRENT PSIA CARD
MUST BE AN ACTIVE PSIA MEMBER SKI SCHOOL
EMPLOYEE

LETTER FROM DIRECTOR
CURRENT PSIA CARD/PHOTO I.D.
GO TO ANY TICKET COUNTER
GO TO MAIN LODGE GUEST SERVICES
CURRENT PSIA CARD
IF LEVEL III – SEE SS DIRECTOR SEAN JOHNSON
CURRENT PSIA CARD
LETTER FROM SS DIRECTOR
AREA PASS
GO TO SPECIAL TICKETS WINDOW
CALL DAY BEFORE (530) 426-6770 MIKE IMAN
GO TO SPECIAL TICKETS OR SKI SCHOOL
SHOW MEMBERSHIP CARD
NO SATURDAYS
EXCLUDES HOLIDAYS 12/25-1/4, MARTIN LUTHER KING,
PRESIDENT'S WEEK AND EASTER WEEKEND ❄️



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

FOR OFFICE USE

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: (____) _____

Email Address: _____

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/boarding 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

fee must accompany application

Visa/MC # _____

Expiration ____/____/____ Signature _____

Video Reviews

by Ed Kane

PSIA Alpine Technical Video

continued from page 7

As stated above, this video is intended to compliment the two most recent manuals published by the PSIA. Specifically it covers the more recent interpretations of the skills concepts and emphasizes more of the blending of the skills rather than each one individually. In addition it gives a graphic interpretation of the use of the Stepping Stones to skier development which helps understand the stepping stone approach.

The skills concepts are graphically illustrated by both lower level and more dynamic skiing tasks. Each skill movement pool is illustrated by a number of skiing tasks that emphasize the ones that best facilitate each. Each is titled with an action. "Stay in Balance" is demonstrated by showing: adjust stance width; flex & extend ankles, knees, hips and spine; use forward & aft movements; change the amount of lean relative to the hill; move head & arms; and increase & decrease muscular tension. "Edge Skis" is demonstrated by showing: feet and ankles; lower legs & knees; lower spine; whole body. "Apply Rotary Movements" is shown through: leg rotation; whole body rotation. "Control Pressure"

movements are shown through: fore and aft; foot to foot; flexion & extension; side to side.

The Stepping Stones offer the instructor many valid pathways to parallel turns for the lower level students. These can be used to design the all important beginner lesson. Two examples are illustrated. One is the parallel based progression that may be more appropriate in areas where the learning terrain is reasonably moderate and where shorter skis (140 cm to 160 cm) are predominant. This approach would use stepping turns to aid the learners accomplish the movement pools necessary to turn both skis at the same time into the new turn. (The key here being very small steps to encourage the student to compliment the direction change with a movement of the body in the direction of the new turn.) The second is the more conventional wedge based progression which would be more appropriate where the terrain is more varied, the beginning area more crowded and the predominant ski length is longer (160 cm to 180 cm). This approach would use the wedge as the basis for controlling speed through making turns and the wedge stop for approaching the lift lines. Par-

allel would be approached by the wedge christie, again encouraging appropriate movements of the body in the direction of the new turn. Both approaches are nicely illustrated giving the viewer a more graphic understanding of this less structured approach that leaves the instructor with more latitude to appropriate shape the lesson for each customer's needs.

The final sequences show a variety of skiing from packed runs to powder and steeps to "inspire the lifelong passion for the mountain experience". ❄

Who is this well dressed gentleman?



Send your guesses to
nickmcdonald@youguesseditright.com

NORTHWEST *SnowSport Instructor*

PSIA-NW/AASI

PNSIA-Education Foundation

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