

Snowsport Instructor

Winter 2004



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Inspiring lifelong passion for the mountain experience



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PSIA-NW Mission Statement

Provide high quality educational resources and well defined standards to aid our members in improving their teaching skills to better satisfy the needs and expectations of their customer in the enjoyment of downhill and Nordic snow sports.

NORTHWEST *SnowSport Instructor*

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

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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
Fall	Aug. 1
Early Winter	Oct. 1
Winter	Jan. 1
Spring	March 10

Send all submissions to:

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office@psia-nw.org

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Newsletter Ad Rates

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 submitted in final form.

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:

PSIA-NW

11206 Des Moines Memorial Drive
 Suite 106
 Seattle, WA 98168

Cover: skier: Dave Wheeler
 photo by: J. Taggart
 location: Schweitzer Mtn, ID

Opportunity Knocks

John Eisenhauer, Communications VP

At the core, our organization should be about opportunity. Opportunity to improve our teaching, riding and skiing skills. Opportunity to interact with others who share our passion for snow sports. Ultimately we are searching for the opportunity to be inspired and in turn "Inspire lifelong passion for the mountain experience".

It's one thing to provide opportunities, but whether or not our members can and do take advantage of those opportunities is another. This is where the whole subject gets interesting and there's no one or simple answer. Looking for the answers has and continues to be a main focus of your board and officers.

It should come as no surprise that the world of snow sports is experiencing considerable change. Just take a look at the 1992 events calendar we reprinted in the Early Winter 2003 issue. Compare that with our current year's offerings and you get a pretty clear picture of some of those changes.

The "one size fits all" approach no longer meets the needs of a diverse organization. Our current offerings are tailored to specific disciplines, topics, styles and age

groups. These are distributed around our division in an attempt to make it as easy as possible to take advantage of these opportunities.

We recognize this still might not be enough for some of our members, particularly those working in the outlying areas. This is the second season we've offered Outreach Clinics in many of those areas. PSIA/AASI-NW pays the clinician fees and educational credit is available for the standard \$10 per person charge as well.

Last season Anthony Lakes, Bluewood, Hoodoo, Mt. Baker and Willamette Pass took advantage of this program. Mt. Ashland has already had one this year and there is still time to schedule others.

We also recognize that money can be tight, especially for our new members. So far this year 118 full-time students have taken advantage of the student discount dues offer.

We hope you'll join us for Symposium in Sun Valley or one of our other scheduled events. Perhaps you'll choose to stay at home and let us come to you. Either way, when Opportunity Knocks, we hope there'll be a line at the door.

Women's College 2004 Mission Ridge

Join a few of this division's 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 festive gathering will include both skiing and snowboarding groups (assuming we have enough signups.) So get your friends together and send in your applications right away. You deserve this and you know it.

MARCH 20-21, 2004

Switch it Up!

by Dustin Semb

Whether a skier or snowboarder, 180s are a great thing to have in your bag of tricks. Aside from a snowboard exam demo they are a stylistic trick that can help with balance, edge control, pressure control and rotation movements. The 180 is essentially the same on a snowboard as on skis; you get some air, rotate around a given axis, land balanced and ride away.

To start learning 180s, find a moderate slope and start changing the leading tip (flip around backwards) of your tool of choice. To do this quickly, pull your feet to your hips as fast as you can, unweighting the tool. To help the rotation speed up, look in the direction that you are spinning. As your board/skis lighten up, pivot around the axis that is straight down from your head to the center of your stance. (1 & 2).



Everyone has a natural direction of rotation so try this both ways clockwise and counterclockwise, to see which direction is natural for you. Completing a full 180° will allow you to ride away cleanly and help to prevent catching an edge. After doing a 180 you will need to be comfortable riding switch (backwards) for a short distance. Continue to do this last exercise until you're stoked about doing it at a moderate speed and can be in control while riding switch for a short distance.

Now to add air to your spin... once you know your natural direction of spin find a safe location on the hill to traverse. If you spin clockwise, start your traverse on the left side of the run, if you spin counterclockwise start on the right. As you traverse, look for small bumps in the run that you can use to catch a little air. In the afternoon most blue runs are full of them. We will use these bumps to spin off. Pick a bump and approach it low. When you reach it spring into the air. Now that you are airborne it is the same as the last exercise. Pull your feet to your hips, look over your shoulder and spin 180° rotating so that you look uphill during the spin. Now comes the tricky part, landing backwards. The concept of landing switch is the same as forward. Land flexed with a slight lean down hill. This is where a lot of practice at switching direction without air will payoff. Sounds easy, right? With practice it is.

Now to the park or other larger features. It is pretty much the same as on the little bumps. Start low and spring into the air for the spin, stomp the landing, ride to the bottom and celebrate your new trick. There are, however, two big differences when spinning off of a jump. First, you're going to go big so

timing and landing play a little larger part in the trick. Start small and work your way to the big hits. Second, you will be traveling in the fall line so you are no longer jumping from a set edge. When going up the ramp you want to have a nearly flat board/skis. As you reach the lip you can edge the tool very slightly to help with the takeoff. Be careful not to edge too much or you will start turning on the ramp and that's bad. Different people jump from different edges for various types of rotation, but for now just go for what feels natural. The landing is the same, only faster. Try to ride a long way switch after the landing because it shows that you actually have an idea of what you are doing, even you aren't sure yourself.

As you get more comfortable, start adding a grab, change the direction of rotation, throw ally-oops in the pipe, start switch so you can throw a half-cab, go bigger and add more spin (a 360 is just two 180's, just ask the milk maid). The options are endless.

For a more in-depth progression with personal feedback ask for or go to a freestyle clinic. Oh, and go to the AASI-NW freestyle camp in the spring.

Divisional Academy 2004 Mission Ridge

The ultimate event for professional development in snowsports. Three days with the same group and clinician will undoubtedly enhance your knowledge and skill level. Three days to fully explore, discuss and challenge your snowsports being. There is no better venue to truly indulge the senses than Divisional Academy. There are a limited number of spots for 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.

March 12-14, 2004

Sun Valley

by Larry Murdoch, Communication VP

Symposium
2 0 0 4

It's been 4 years and it's time to return to the beautiful hills and mountains of Sun Valley. Make those plans to get there via planes, trains and automobiles! Pack your tents, sleeping bags, and cooking pots to camp out in the parking lots. Make those phone calls to sleep on the floor of your second cousins ex-girlfriend. Make those reservations at your favorite Bed and Breakfast, Pensi'on or Hotel.

Do whatever it takes to get you there with a place to stay and get you back home again.

Do It Soon!

Symposium at Sun Valley always proves to be a great time for partying, playing and socializing with your ski and snowboard buddies. This year is shaping up to be one for the books with tons of snowfall, Ski and Snowboard friendly terrain, and the inclusion of our brethren from potentially four PSIA/AASI Divisions.

It is again time to eat, drink and be merry! With a whole lot of mountain time thrown in.

Other Divisions are coming to play!

We will have guest clinicians from, Northern Intermountain, Northern Rocky Mtn and Alaska divisions for you to ski and ride with as well as a huge staff of our own folks. The topics are as varied and fun as ever with some new stuff added in.

Family Focus

For the families we will again be offering the family member sessions as well as Sun Valley offering a 50% reduction on the Sun Valley Snowkids ski and snowboard programs for kids 12 and under.

Back in Time

Do you remember the movie "Sun Valley Serenade"? We are encouraging all to dress in your **retro ski gear** for the welcome function on Friday night. So pull out those Knickers and in-the-boot stretch pants (if you dare) and strut your stuff. There will be prizes for the best authentic skiwear. Your outfit must be circa 1970's or earlier.

The Raffle

Again this year we will be having the raffle with more great items donated. If you can donate to the raffle please contact the PSIA-NW office and they will arrange for Mary Germeau our auction co-coordinator to contact you. Remember all donations are tax deductible and all proceeds go to the PNSIA Education Foundation Scholarships.

The Banquet

There is always great food with some great stories and this year will be no different. Nick McDonald will again MC the clinician roast and the raffle. Art Hathaway will be presenting the annual awards and we hope to have presenters from the other divisions as well. I will again have the hook ready for those of long wind or too much drink.

All Symposium information follows on the next couple of pages of this newsletter.



Sun Valley

S	y	m	p	o	s	i	u	m
2	0	0	4					

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.

Off-Piste Skiing – challenge your skiing and riding with 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.

Senior Tour Series (2 Day session) - Improve Your Personal Skiing Skills. Day 1. Identify and work toward your personal skiing goals such as skill improvement, steeps, bumps, off piste or the Skiing Modules for Level II or III with Video feedback. Day 2. Apply the video feedback toward achieving your personal goal. These sessions will be paced appropriately for the skills, stamina and desires of each group.

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 Parks and Half-Pipe at Sun Valley. 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.

The Fast and the Furious – Just as it sounds! This clinic will explore speed in a safe and fun atmosphere. Learn what it takes to negotiate those higher Speeds of Sun Valley while exploring the conditions of the day. Develop the ability to approach steeper and more challenging terrain with efficient movement patterns and emotional confidence.

ACE I – This is a two day topic. You are required to have the Children’s Instruction Handbook. This book is necessary to complete the workbook. The ACE I clinic covers such topics as the CAP Model, Maslow, children’s movement patterns, and structuring children’s lessons. The clinic will involve both indoor and on snow sessions.

Creative Teaching – ACE I is a prerequisite for taking this clinic. The one-day clinic will help give you the skills to make your classes more creative. A knowledge of children’s development and a good understanding of skill/movement pattern development is helpful prior to coming to this clinic. You will learn how to develop and choose games, tasks, themes, etc.

Free Ride for Children – ACE I is a prerequisite for taking this clinic. This one-day clinic will prepare you for teaching children the basics of park and pipe. A knowledge of children’s development and a good understanding of skill/movement pattern development is helpful prior to taking this clinic. Come ready to play and have some fun!!

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.

Riding 201 - a slower paced day to work on technique. Whether you are preparing for Cert. 2 or just want to build confidence and ride more terrain, this clinic will deepen your understanding of the sport.

Riding 301 - more in depth study of snowboarding technique, biomechanics, movement and performance concepts. A “must do” for the level 3 candidate.

Pipe and Park – Just as it sounds this clinic will explore the Terrain Park and Half-Pipe at Sun Valley. There will be an Intro clinic and an Intermediate level as well. 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.

Beginning Tele for Skiers – An entry-level Tele clinic for Alpine skiers or snowboarders wanting to cross-over.

Improve Tele Skills – A Telemark clinic for advanced Telemarkers.

Advanced Tele Skills – Just as it sounds. Take what you know to the next skill level.

Teaching students with ADD/ADHD, Mild MR and Autism

Adaptive Snowboard

FLY TO SUN VALLEY!

Horizon Airlines is again offering Special Discounts to PSIA/AASI-NW members and families on fares to Sun Valley for Symposium! Fly anytime between April 4th and April 14th, 2004 and take advantage of these savings!

SYMPOSIUM DEALS!

Sun Valley has generously offered Symposium participants and their families \$32 per day lift tickets. Rates are good April 4th-13th. They are also offering discounted rates at the Lodge and Sun Valley Inn as well as other Sun Valley properties.

Go to psia-nw.org for details

Sun Valley

Symposium
2004

Registration/Check-In Times

Wednesday, April 7

7:00 pm– 10:00 pm Sun Valley Lodge – Sage Room

Thursday, April 8

8:00 am– 10:00 am River Run Day Lodge

7:00 pm– 10:00 pm Sun Valley Lodge – Sage Room

Friday, April 9

7:00 am– 10:00 am River Run Day Lodge

7:00 pm – 10:00 pm Sun Valley Inn

Convention Center – Limelight Room

Saturday, April 10

7:00 am– 10:00 am River Run Day Lodge

Sunday, April 11

8:00 am– 9:30 am River Run Day Lodge

Schedule of Events

Friday, April 9

9:30 am Symposium Clinician Training (Optional)– River Run Day Lodge
Ski with Clinicians
TD Training

7:00 – 10:00 pm No-host Welcome Party, Sun Valley Inn Convention Center **Retro Ski Gear!**

Saturday, April 10

9:15 am Symposium classes form – River Run Day 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

2:30 pm – 4:00 pm Introduction to Guiding the Visually Impaired – Alpine (No Charge)

3:00 pm Alpine/Snowboard Level II and III Written Exams – Sun Valley Lodge Sage Room

6:30 pm – 7:30 pm No-host cocktails – Sun Valley Inn Convention Center

7:30 pm Dinner – Sun Valley Inn Convention Center

9:00 pm - midnight Dance – Sun Valley Inn Convention Center

Sunday, April 11

9:15 am Symposium classes form – River Run Day Lodge

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

Sun Valley

Symposium
2 0 0 4

April 8-9-10-11, 2004



Name _____ PSIA-NW/NIM # _____ Cert Level _____
Address _____ City _____ St _____ Zip _____
Day# _____ Ski School _____
e-mail _____

Two-Day Instructor Package (No Lifts or Banquet) \$115.00 per person \$ _____
(Includes Registration Fee, 2 Days Lessons and Souvenir)

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

Family Clinic \$25.00 per person/per clinic \$ _____
(Name of family members who will attend: _____, _____, _____)
Alpine _____ Snowboard _____

Symposium Banquet/Dance \$37.00 per person \$ _____

Symposium Dance Only \$ 6.00 per person \$ _____

Extra Souvenirs \$10.00 each \$ _____

Add a \$20.00 late fee after March 26, 2004 \$ _____

Total Amount Enclosed \$ _____

Visa/MC # _____

Exp . Date _____ Signature _____

Please list family members who will be purchasing lift tickets*:

*only participants in Symposium and their families qualify for discounted lifts - \$32 per day.

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, 2004**. 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.

Release form: Recognizing that skiing 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 _____

Flip this page over to choose your CLINIC TOPICS

Return this sheet along with your registration fee!

NAME _____

Saturday, April 10 - On Hill Topics

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

Alpine

- Skiing 201
- Skiing 301
- Professional Knowledge 201
- Professional Knowledge 301
- Clinic Instructor Training
- Off-Piste Skiing
- The Fast & the Furious
- Park & Pipe
- Legends
- Senior Tour Series
- Bumps I
- Bumps II
- Teaching Children
- Ski Boards
- Women's Clinic

Children

- ACE I
- Creative Teaching
- Free Ride for Children

Nordic

- Beginning Tele for skiers & boarders
- Improve Tele Skills
- Advanced Tele Skills

Snowboard

- Beginning Snowboard I
- Riding 201
- Riding 301
- Designing Logical Progressions
- Park & Pipe

Adaptive

- Teaching Students with ADD/ADHD
mild MR and Autism
- Adaptive –Snowboard
- Family Clinic for spouses and teens
*(\$25 fee)

*No one under 13 years old for Family Clinic

Sunday, April 11 - On Hill Topics

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

Alpine

- Skiing 201
- Skiing 301
- Professional Knowledge 201
- Professional Knowledge 301
- Clinic Instructor Training
- Off-Piste Skiing
- The Fast & the Furious
- Park and Pipe
- Legends
- Senior Tour Series
- Bumps I
- Bumps II
- Teaching Children
- Ski Boards
- Women's Clinic

Children

- ACE I (2nd day)
- Creative Teaching
- Free Ride for Children

Nordic

- Beginning Tele for skiers & boarders
- Improve Tele Skills
- Advanced Tele Skills

Snowboard

- Beginning Snowboard II
- Riding 201
- Riding 301
- Designing Logical Progressions
- Park & Pipe

Adaptive

- Teaching Students with ADD/ADHD
mild MR and Autism
- Adaptive –Snowboard
- Family Clinic for spouses and teens
*(\$25 fee)

2003-2004 Board of Directors Election

The following PSIA/AASI-NW members have submitted applications to serve on the PSIA/AASI Board of Directors. All listed are incumbents and no one chose to run against them. They will be reelected at the spring board meeting in May.

Snoqualmie Region

Bill King Position 4
Rob Croston Position 5
Chris Saario Position 6

Stevens Pass Region

Mark Schinman Position 1
(2 year term)
Lane McLaughlin Position 2
Mary Germeau Position 5

Crystal Mountain Region

Ed Younglove Position 2

Mt. Hood Region

Jeff Cordell Position 3

North Central Region

Sally Brawley Position 1

Financial VP Elected

Diana Suzuki was recently elected as Financial Vice President of PSIA/AASI-NW. Diana is a Alpine Level III instructor with Clancy's Ski School at Stevens Pass.

Diana has over 30 years in finance and administration. Diana says she is anxious to give something back to PSIA for the benefits she has reaped.

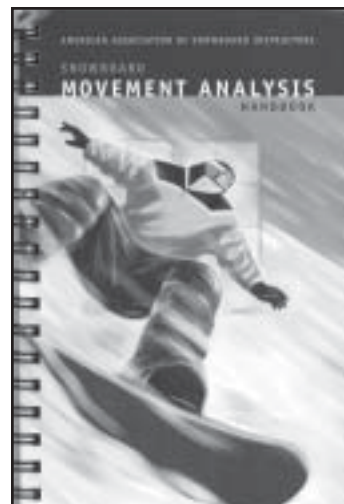
Welcome to the board of directors Diana!

Video Book Reviews

by Ed Kane

Snowboard Movement Analysis Handbook

Hot off the presses from the AASI is the latest in technical publications for the Snowboard instructors. This new comb bound handbook is obviously designed to accompany the instructor to the mountain classroom. It was the latest project of the new technical task force approach to drafting and publishing current material in a timely manner. The project was spearheaded by Lane Clegg with the help of the current AASI Snowboard Team which includes Chad Frost and Earl Saline. This handbook is 146 compact (4" by 6") pages of well illustrated material that is designed to help the Snowboard instructor become more proficient at movement analysis and more effective lessons. It consists of 3 Chapters each of which deals with the fundamentals of the process of watching students, determining movements that need changing and approaches for changing these root cause movements to more productive value added movements. It is available from the office or directly from the PSIA website.



more detail in the 1998 AASI Snowboard Manual. The greatest value of this new material is to summarize the earlier concepts and to provide some new ideas on observing efficient movement patterns relative to suggested standards. Some clever geometric concepts are used to help guide the instructor's evaluations. As a credit to NW innovation, the subsection on feedback and teaching quotes the CAGE model (identified by our own John Mohan) as an effective methodology for providing feedback.

The first chapter explains the fine art of movement analysis. A great deal of the chapter is spent reviewing information on efficient stances, suggestions for efficient observation and tools for diagnosis and providing feedback (aka teaching). This material covers the fundamentals of good stance, how to recognize and evaluate it and some ideas for observing students to get different points of view. The purpose is to enable the instructor to better recognize root cause movements which if corrected will lead to skill enhancement and more enjoyment of riding in the mountain environment of preference. It consists of a reasonably good summary of the movement and performance concepts covered in

The second chapter lays out the process of determining what to use for the focus of desired changes and how they might be presented efficiently during the lesson. The discussion is relatively wide ranging in that it covers the elements from equipment to the state of mind of the student and how this may be influenced by the task, terrain or snow conditions. Suggestions are given for effectively providing meaningful feedback while maintaining a supportive learning environment.

The last chapter relates outcomes (turn shapes and types) to movement patterns (concepts). This approach allows the reader an opportunity to tie all of

Continued on page 16

2003-2004 PSIA-NW Calendar

Day	Date	Alpine Events	Location
Sat-Sun	2/14-15/04	Advanced Childrens Endorsement	Summit West
Sat	2/21/04	Day Clinic	49° North
Sun	2/22/04	Movement Analysis Workshop II	Mt. Hood Meadows
Sun	2/22/04	Day Clinic-Steeps and Off-Piste	Crystal Mtn.
Sun	2/22/04	Day Clinic - Giant Slalom	Mt. Bachelor
Mon	2/23/04	Day Clinic - Giant Slalom	Mt. Hood Meadows
Wed	2/25/2004	Senior Tour - "Improve your Personal Skiing" (on snow)	Mt Spokane
Sun	2/29/04	Exam Checkpoint-Skiing or Teach/Tech	Stevens Pass
Wed	3/3/04	Intro to Pipe and Park	Schweitzer
Fri-Sun	3/5-7/04	DCL Tryouts	Stevens Pass
Fri-Sun	3/12-14/04	Divisional Academy	Mission Ridge
Sun	3/14/04	Exam Checkpoint-Skiing or Teach/Tech	Crystal Mtn.
Thur-Sun	3/18-21/04	Tech Team Tryouts	Schweitzer
Fri	3/19/04	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/20-21/04	Exam Modules, Level II & III	Schweitzer
Sat-Sun	3/20-21/04	Women's College	Mission Ridge
Sun	3/21/04	Exam Checkpoint-Skiing or Teach/Tech	Mt. Hood Meadows
Fri	3/26/04	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/27-28/04	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/27-28/04	Advanced Childrens Endorsement	Crystal Mtn. / Mt. Hood Meadows
Sun	3/28/04	Exam Checkpoint-Skiing or Teach/Tech	Mt. Bachelor
Fri	4/2/04	Exam Orientation Clinic***	Crystal Mtn.
Sat-Sun	4/3-4/04	Exam Modules, Level II & III	Crystal Mtn.
Fri-Sun	4/9-11/04	Symposium	Sun Valley
Fri	4/16/04	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/17-18/04	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/23/04	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/24-25/04	Exam Modules, Level II & III	Mt. Bachelor
Fri-Sun	5/14-16/04	GS Race Camp	Mt. Bachelor
Sat-Sun	5/29-30/04	Ski School Clinic Leader Training	Timberline
Fri-Sun	7/9-11/04	Professional Development Series Camp	Timberline
Fri-Sun	7/16-18/04	GS Race Camp	Timberline
Fri-Sun	7/23-25/04	Mixed Race Camp	Timberline

*** No Educational credit for current level III Instructors

Day	Date	Snowboard Events	Location
Mon	2/23/04	Exam Checkpoint-Riding or Teach/Tech	Mt. Hood Meadows
Sun	2/29/04	Checkpoint- Riding or Teach/Tech	Stevens Pass
Sun	2/29/04	Freestyle Fundamentals Accreditation Clinic	Mt Hood Meadows
Fri-Sun	3/12-14/04	Divisional Academy	Mission Ridge
Sun	3/14/04	Exam Checkpoint-Riding or Teach/Tech	Crystal Mtn.
Fri	3/19/04	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/20-21/04	Exam Modules, Level II & III	Schweitzer
Fri	3/19/04	Freestyle Accreditation Orientation Clinic	Mt Hood Meadows
Sat-Sun	3/20-21/04	Freestyle Accreditation	Mt. Hood Meadows
Sat-Sun	3/20-21/04	Women's College	Mission Ridge
Sun	3/21/04	Exam Checkpoint-Riding or Teach/Tech	Mt. Hood Meadows
Fri	3/26/04	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/27-28/04	Exam Modules, Level II & III	Stevens Pass

Sat-Sun	3/27-28/04	Advanced Childrens Endorsement Snowboard
Sun	3/28/04	Exam Checkpoint-Riding or Teach/Tech
Fri	4/2/04	Freestyle Accreditation Orientation Clinic
Sat-Sun	4/3-4/04	Freestyle Accreditation
Fri-Sun	4/9-11/04	Symposium
Fri	4/16/04	Exam Orientation Clinic***
Sat-Sun	4/17-18/04	Exam Modules, Level II & III
Fri	4/23/04	Exam Orientation Clinic***
Sat-Sun	4/24-25/04	Exam Modules, Level II & III
Fri-Sun	5/7-9/04	Freestyle Camp
Fri	5/14/04	Freestyle Accreditation Orientation Clinic
Sat-Sun	5/15-16/04	Freestyle Accreditation
Sat-Sun	5/29-30/04	Ski School Clinic Leader Training
Fri-Sun	7/9-11/04	Professional Development Series Camp

Day Date XCD/Nordic Events

Sat	2/21/04	XCD Pre Exam Clinic
Sun	2/22/04	Track Pre Exam Clinic
Sun	2/22/04	Track Pre Exam Clinic
Sat	2/28/04	XCD Pre Exam Clinic
Sat	3/6/04	Track Pre Exam Clinic
Sun	3/7/04	Track Exam Level II & III
Fri	3/12/04	XCD Pre Exam Clinic
Fri-Sun	3/12-14/04	Divisional Academy (XCD)
Sat-Sun	3/13-14/04	XCD Exam II-III
Fri-Sun	3/26-28/04	Nordic Symposium (Track and XCD)

Day Date Adaptive Events

Fri	4/2/04	Adaptive Pre-Exam Orientation Clinic
Sat-Sun	4/3-4/04	Adaptive Level I and II Exam
Fri-Sun	4/9-11/04	Symposium-Adaptive
Fri	4/16/04	Adaptive Pre-Exam Orientation Clinic
Sat-Sun	4/17-18/04	Adaptive Level I and II Exam

Day Date TD DCL Training Events Location

Fri-Sun	3/5-7/04	Divisional Staff/ACE Clinician/TD Training (All Disciplines)	Stevens Pass
Sat-Sun	3/20-21/04	TD Training (Alpine/Snowboard Exam Shadow)	Schweitzer
Sat-Sun	3/27-28/04	TD Training (Alpine/Snowboard Exam Shadow)	Stevens Pass
Sat-Sun	4/3-4/04	TD Training (Alpine Exam Shadow)	Crystal Mtn
Fri-Sun	4/9-11/04	TD Training @ Symposium	Sun Valley
Sat-Sun	4/17-18/04	TD Training (Alpine/Snowboard Exam Shadow)	Mt. Hood Meadows
Sat-Sun	4/24-25/04	TD Training (Alpine/Snowboard Exam Shadow)	Mt. Bachelor
Fri-Sun	5/7-9/04	Summer TD/Divisional Staff/ACE Clinician Training (Alpine)	Mt. Bachelor
Fri-Sun	5/21-23/04	Summer TD/Divisional Staff Training (Snowboard)	Timberline

Day Date Written Exams (for Levels II & III) Location

Sun	2/29/04	Exam Checkpoint	Stevens Pass
Sun	3/14/04	Exam Checkpoint	Crystal Mtn.
Sun	3/21/04	Exam Checkpoint	Mt. Hood Meadows
Sun	3/28/04	Exam Checkpoint	Mt. Bachelor
Sat	4/10/04	@ Symposium	Sun Valley

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

Mon-Sun	4/19-25/04	National Academy
Mon-Tue	4/26-5/4/04	National Team Selection
Sat-Sun	5/15-16/04	PSIA-NW Spring Board of Directors Meeting
Sun-Wed	5/23-26/04	NSAA Convention
Wed	5/24/04	AASI/PSIA National Board of Directors Meeting

Location

Snowbird, UT
Snowbird, UT
TBA
Savannah, GA
Savannah, GA

PSIA/AASI EVENT FEES

EVENT	FEE	EVENT	FEE
Exam Checkpoint _____	40	PDS (5 week program) _____	165
Exam Orientation Clinic _____	50	Clinic Instructor Trng _____	150
Pre-Exam Clinic _____	50	Women's College _____	140
Alpine/Snowboard II-III Exam ____	90 per module	Divisional Academy _____	225
Nordic II-III Exam _____	90 per day	3-Day Freestyle Camp _____	110
Level II-III Written Exam _____	15	3-Day PDS Camp (on snow) _____	180
Day Clinic _____	40	3-Day Summer Camps _____	220
Freestyle Clinic _____	40	TD Fee _____	110
Member Ski School Clinics		Advanced Children's Endorsement	100
Day (6 hrs)=190.00 + 10 Each participant credit		Fall Seminar _____	50
1/2 Day (3 hrs)=120.00 + 10 Each participant credit		Senior Tour Series _____	120

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CLASSIFIEDS

Whistler – Time Share – For Sale
Whiski Jack at Lake Placid Lodge
Week 17–Red week–RCI member
2 bed/bath–Grand view of the
mountain/lifts on Creekside.
Next to shopping/lodge. Walk to
lifts.
Carol Christofero:503-697-1011
Email CCHRIS4@juno.com
Nancy Dunis 503-699-3053
\$9,000 US

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Contact the PSIA-NW office for your copy!!
Snowboard Certification Task Video available-Levels I-III-\$20 plus S/H





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 conduct 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 _____

Alpine DCL Tryouts

March 5-7, 2004 Stevens Pass

- *Must be Level III member in good standing
 - *Must have an excellent working knowledge of the current manuals, trends, and certification standards
 - *Must have fabulous communication skills
 - *Must be able to ski well above the Level III standards
 - *Must be Level I A.C.E. accredited
- Please call the PSIA-NW office to request an application packet.

PSIA-NW Tech Team Tryouts

March 18-21, 2004 Schweitzer Mtn.

- *Must be a Level III Alpine member in good standing for at least 2 years.
- *Must be at least 21 years of age
- *Must be Level I ACE accredited
- *Must have a passion for knowledge and fun

Schedule of events

March 18th: Personal Interviews begin at 6:00pm

March 19th-21st: On snow evaluation

Please call the PSIA-NW office to request an application packet.

Nugget for Teaching Kids



Bubbles. Each child has her own bubble, which she is encapsulated in. The bubble cannot touch anyone else's bubble, or else it will pop. They work on control and learn respect for one another bubbles.

Book Review Continued from page 11

the previous material together into the relationships between the performance concepts and the movement concepts that heavily influence the outcomes of the former. All aspects are briefly reviewed including the CAP model that helps relate the student to his/her performance outcome. The chapter is concluded with a more in depth review of the relationships between equipment, how it fits and can be adjusted to change the performance displayed on the slope.

Following these chapters is an appendix which contains a collection of information designed as a handy reference to specific problems observed by the instructor. This is intended as a set of guidelines that can be used in both lesson planning and in conducting the lesson (once the reader becomes relatively familiar with its con-

tent). The appendix is arranged in a table format under several major headings. The columns of the table consist of the Problem (Observation), potential Causes (Evaluation/Diagnosis) and Fixes (Intervention). The major headings are: Board Performance; Center of Mass; Upper Body; Lower Body; Freestyle – Park; and Freestyle – Halfpipe.

On the whole, this handbook should be quite valuable in providing lessons of greater value to the guests that our Snowboard instructors serve. My one disappointment, though small, was that the work didn't summarize the Efficient and Inefficient Movement Patterns/Outcomes that have proved so valuable to the Alpine community. Perhaps this will be the subject of a future project for the Snowboard Task Force.

NORTHWEST *SnowSport Instructor*

PSIA-NW/AASI

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