

# NW Snowsport Instructor

Early Winter 2004



Inspiring lifelong passion for the mountain experience



ISSUE 3

PNSIA-EF



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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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### Submission Deadlines

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

### 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 items as attachments via email or contact the editor for other options. Articles should include the author's name and a quick bio. Photos can be submitted via email or as prints. Please contact the editor for any additional information.

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# A Work in Progress

by John Eisenhauer  
 Communications VP

Our division is a work in progress. October 1st was the first day “on the job” for Amy Zahm, our new full time Education and Programs Director. She brings with her a long career of divisional and national involvement. Welcome back to the Pacific Northwest, Amy. It’s great to have you onboard!

Progress always requires a lot of work. In evaluating the need for this position, the Board has spent a great deal of time over the past two years looking at how the division does business. Were we effectively “Providing high quality educational resources” to our members as we state in our Mission Statement?

Our internal look said, the quality is high, but we could be more effective in developing topics to meet current needs and managing the program overall. Taking a look at last year’s survey, you ranked the quality of recent clinics second overall, but the value of those clinics and the clinic topics themselves were ranked lower. Your comments took that a step further as you reinforced the desire for improvements in many areas.

Following up on the survey comments, the Board divided into four focus groups at the Spring Board meeting in May. Each of these groups, Communication, Educational Programs, Certification Programs and Administration looked at the comments from the survey in their respective areas. They identified key issues in each area and then the Board as a whole ranked those issues. From those rankings, tasks

were developed to address those issues. Work on these tasks was initiated over the summer and is still ongoing.

The Educational Programs group identified the need for topics that focused on teaching skills as well as other new topics. They also identified the need to do a better job of teaching to the topics. Molly Fitch, our Education VP and Amy Zahm, along with assistance from Lane McLaughlin, our new Technical (training) VP, the Tech team and others will work throughout this season to identify what is working. They plan to weed out what’s ineffective, identify new topics, then develop and train staff on the new content. Topic descriptions will be published and the evaluation process will be improved (including on-line evaluation forms) to hold us more accountable to our members.

This is just one example of the comprehensive way we are looking at all of our services. Much of the work on these tasks will be done by Board members themselves for now. Our transition plan over the next couple of years will gradually shift this work load to an Education Steering Team structure supported by various Task Forces. All of this will be managed by the Education and Programs Director. I think you can see why we’re excited by the opportunities that this position will bring to our members.

The progress and work to this point are significant. But, it’s the work that’s ahead of us that will have the most value to our members.

# You Now Know at Least 25 Things About Pipe & Park

By Lane McLaughlin  
PSIA-NW Tech Team

So the Pipe & Park scene has probably stormed your local resort to some degree. You may have anywhere from one little rail, to a cobbled together half-pipe, all the way to a mind-blowing X-Games style park. Regardless of how epic a park may be, it can be fun just to be involved in the park culture at your mountain and to hang, ride, and teach with others who love to get playful with all the crazy features. If you feel as though the whole park thing is just another world and you haven't found a way to break in, let's get you started with a simple lingo lesson that'll pump you up with at least 25 things you can easily remember and take to the park.

**A TML:** PSIA/AASI's model to recognize/remember the four phases of any jib feature (be it a jump, rail, or half-pipe): Approach, Take-Off, Maneuver, and Landing. Hopefully you can blend your movements and tactics in each of these phases to stomp your landings.

**B AFL:** Say it like 'baffle'. Stands for Big Air, Flat Landing. It's what gets people hurt in the park; most typically occurs when a jibber out-hucks the landing zone of a jump.

**C oping:** The corner part of the half-pipe that transitions from the deck (what you can walk up) to the vert (where you drop into and boost out of).

**D rop Next:** What you call out to other park riders to respectfully say you're taking the next turn on a park feature. Followed up by "Dropping" as you actually take your drop.

**E asy Style It:** One of the points of Burton's Smart Style initiative. It's the motto to remind you to start small and work your way up with your jib skills and the level of challenge you assume in the park.

**F lat Bottom:** The section of the half-pipe that's between each wall and transition. It's where the pipe rider sets line, speed, and edge angle before taking the next hit.

**G rom:** The little (young) jibbers in the park. Ones that are especially skilled can be labeled super groms. Look out for them – they're not always aware of the safest places to stop. Not cool to yell at them – take the time to 'xplain to them the finer parts of safety and park etiquette.

**H uck:** To "go big" with little regard for personal safety; to catch mind-blowing air. Describes the quality of the air-time, not the quality of the moves or the landing. Those who huck are

huckers. A group of huckers hucking form a huckfest.

**I nvert:** While in the air, get ting your feet above your head. Jibbers go inverted by rotating in a variety of directions: forward/backward flips, sideways for Lincoln Loops, and diagonally (combination of axis) for Rodeo and Misty flips.



**J ib:** Any style type of move or trick can be considered a jib. The freestyle park is also known as a jib park; those who jib are jibbers; time spent jibbing is a jib session.

**K nuckle:** The feature of a jump where the flat deck rolls over and transitions to the steeper landing zone. The jibber wants to "clear the knuckle" rather than "knuckle it" to get to the "pillow" of the landing zone and stomp the landing.

**L ip:** The last bit of snow on a jump's take-off ramp. The shape and angle of the lip has an affect on the amount of pop and/or kick the jibber gets at take-off. The more vertical the lip raises up the more "woo" it has.



**Mad:** A description of the degree of skill and style a jibber has. If they own a wide variety of tricks and an admirable, defining, or unique style it could be said that they have “mad skills”, “mad tricks” and “mad style”.

**Natural:** Skiers spin to the left or the right whereas snowboarders spin frontside or backside. So, for a skier who routinely spins to the left, this would be considered their natural spin and to spin to the right would be unnatural. Skiers get more points in competitions when they spin unnatural, so of course they lie to the judges about which side it is.

**Ollie:** To lever off the tail of your board/skis followed by releasing that energy to pop yourself up into the air and potentially over an obstacle or up onto a feature. Levering off the tail(s) is an Ollie whereas levering off the nose (tips) is a Nollie.

**Park Ranger:** These are the dudes that keep your parks in shape and hopefully help all jibbers have a good time by promoting safety, fun, and respectful behavior. Respect them (and teach your groms to respect them) while they close a feature for maintenance – it’s usually a sign that the feature has become unsafe or they are going to tune it up so it rides better anyway. Provide them feedback if you feel that a particular feature has become unsafe or is not riding well or is interrupting the flow of the park – they use rider feedback to tune the park.

**Quarter Pipe:** A terrain park feature that transitions the jibber from the slope to a verti-

cal wall of snow. At the top of the vert or in the air above the vert, the jibber is able to throw down their style trick before coming back down the vert and riding out the landing on the same slope they rode in on.

**Rainbow:** The name of a rail or funbox that uniformly arcs up from the snow surface and back down to the snow surface (follows the shape of a rainbow).

**Smart Style:** A pipe & park safety initiative from Burton that’s been heartily adopted by National Skier Areas Association (NSAA). You should see signage all around your freestyle terrain and can help promote the initiative to your jib students. Look Before You Leap, Easy Style It, Respect Gets Respect are the three elements of Smart Style that embody just about every facet of common sense, safety, risk awareness, and etiquette you can think of. Check out <http://www.nsa.org/nsaa/safety/smart-style/> for the details and images you can download and use.

**Transfer:** Utilizing the take-off from one feature and landing on another. In golf, playing into the wrong fairway is bad, but luckily in the park transferring features is cool – as long as you don’t bogart someone else’s line in the process.

**Urban Jibs:** When you take your rail grinding skills beyond the resort, perhaps sliding the rail at the condo unit, jibbing the picnic table in the park, or gap jumping from one rooftop to another, you’ve gone urban.

**Vert:** So think of how a half-pipe is shaped like the letter ‘U’ – the vertical parts of the ‘U’ are referred to as the vert. Unlike the letter ‘U’, a good half-pipe has much more transition and a relatively short vert – more like a good soup bowl perhaps but I guess that’s all relative. Quarter-pipes also have a transition to vert and sometimes that vert is the side of something – like a water tower, a wall, a tree, the side of a cabin.



**Wedge:** Not your snowplow kind of wedge but instead the shape of some jumps’ take-off ramps. Sometimes a wedge shaped ramp will be built, set back from a knoll, allowing the jibber to air over the flat and land on the pillow (down the backside of the knoll). Also referred to as a cheese wedge.

**X-Games:** A premiere extreme sports competition hosted by ESPN. Annual summer and winter versions are held with Winter X hosting new-school events like slopestyle, skier/boarder cross, and half-pipe.

**Y:** whY hasn’t someone come up with something freestyle for Y; the loneliest letter in the new school alphabet.

**Zaugg:** The company that makes some of the top snow cutting equipment for pipe, park, and tubing features.

# Designing a Training Plan for an Exam

By Terry McLeod  
PSIA-NW Tech Team, Schweitzer MLC Director

I often hear people talk about “training for exam”, but have you ever considered applying the methods that elite athletes in other sports use in their preparation? I don’t mean a strict regimen of self-discipline, grueling workouts, and suffering, I just mean having a clear understanding of how, when, and what needs to be trained. The following is a description of how to put together a season long exam preparation plan that will help focus and clarify your training process. This is similar to topics that were presented at Fall Seminar, so it may either refresh what you heard there, or make you realize what you missed.

The two main concepts that I’ll borrow from athletic training are periodization and system specific training. We’ll mainly focus on what we mean by system specific training. For example, in cycling (which is my background) some of the physical “systems” we train include endurance, power, and anaerobic threshold. If I only went on long rides I would have great endurance, but would quickly get dropped from the pack when things got hard, and wouldn’t have any sprint at the end. If I only did sprints I might be blazing fast but never make it to the end of the race. If I chose to focus on my anaerobic threshold and capacity I may actually do pretty well, but couldn’t reach my full potential for longer races or in top end sprints.

For certification our **three main systems** could be skiing, teaching, and professional knowledge, and each of these have sub-systems within them

to be trained. In **skiing** we recognize that all four skills must be well developed in order to be able to vary the blend and arrive at different outcomes (tasks). We can easily point out the problem of a student who has a strong rotary movement that turns the skis but overpowers a weak edging skill to tip and hold them up on edge. It’s also useful to practice the exam tasks so that you’re familiar and coordinated with the blend of skills that each requires. But, our skiing will still be incomplete unless we work on that hard to define area of versatility or “real skiing” sometimes referred to as “touch”. This means going down different runs at different speeds using different tactics and making it all look easy.

As we train for the **teaching** portion we often spend a lot of time honing in on our progressions to be sure that one step builds on another and that we’re appropriately addressing important student needs. While this is important, if we neglect to deliver information in ways that address different learning styles we won’t connect well with all of our class. It’s also easy to overlook the importance of practicing teaching to our peers in order to be comfortable presenting to them and also to insure that our pacing is right so that we accomplish what we need to in the timeframes given.

Some of the training needs in the **professional knowledge** section include accurate movement analysis, good assessment of what will best

meet the students needs, and the ability to be coherent when involved in group discussions.

So if these are the basic things we need to train, how do we go about **organizing our plan**? The first step is making an honest assessment of our strengths and weaknesses. You can start by listing what first comes to mind, but then be certain to specifically analyze each of the three areas above so that your list is balanced across all the test material. Then you need to look at your available time, money, and energy. Of these three things, time may be the most important as you build your program. Do you have one day every week that you can devote to on snow training? One evening each week that you know you can focus on indoor reading, videos, classes, etc? If you have the time, then do you have the dollars to spend on frequent divisional clinics, the Professional Development Series, or private coaching? Often overlooked is the question of how much energy you’re willing to devote to the cause. Another way of asking this is, how much are you willing to sacrifice? Certainly we recognize that professional athletes and Olympians give up many things in their quest to be the best in their field. Generally speaking, the more single minded your focus, the more likely success will be. However, the next certification level probably isn’t worth sacrificing your marriage, savings account, career, friendships, etc., so you need to figure out where your personal balance point is. It’s a good

*Continued on page 22*

## Senior Moment #2

by Ed Kane

# Teaching Tips for All Age Guests

This is the second in a series of short articles devoted to providing information that may be useful to you in your classes, regardless of their age. It is my intention to make this column open to contributions from our membership. If you have some valued tip that you have found to be very effective, please send it to me at the PSIA-NW office so that it can be included in future publications of this series.

**Lateral Weighting – A key element for efficient turns.** A key ingredient to efficient turns is to move a majority of weight to the outside turning ski during the performance of the turn. This lateral movement facilitates and compliments engagement of the inside edge of the ski which helps it to scribe an arc in the snow. (More on efficient edging in the next article.) Movement of the weight in a lateral direction is accomplished through very small movements of the hip in the direction of the weight application. Thus if the right ski is to be weighted then the hip must move slightly in that direction. We do this every day when walking while we are balancing over the right foot as the left one moves forward for the next step. As the turn develops, the hip will move back toward the left side to help control the amount of pressure applied to the ski. Efficient lateral weight control is thus the result of carefully controlling the location of the hips relative to the skis throughout the turn. We accomplish this quite habitually when walking but have to develop a new awareness and set of movements when skiing.

Following are some exercises that can help your students accomplish efficient lateral weight shifts from turn to turn. Regardless of the skill level these should be practiced on

relatively gentle terrain the first time. As these are mastered and confidence is acquired, they can be done on more demanding terrain and conditions to continue to provide a challenge and build on the previously developed skill sets. In addition, they should be practiced in areas where the conditions are reasonably consistent so that the student can make multiple attempts and learn through trial and error through the feedback that they gain with each attempt. Of course your guidance in terms of verbal input is also very helpful especially if given while they are in the process of trying. (It might be noted that some of these are very similar to those recommended to improve balance in the previous installment.)

- ⟨ Straight run on one ski, stepping to the other and back after about a two ski length glide on each ski.
- ⟨ Straight run on one ski for about two ski lengths and turn on the inside edge of that ski to a stop with the inside ski parallel to the slope.
- ⟨ Linked turns lifting the inside ski at the initiation, keeping it elevated and parallel to the snow through the turn.
- ⟨ Linked turns initiated by moving the weight to the new outside ski prior to the initiation of the new turn.
- ⟨ Finish the turn on the inside ski with the outside ski elevated and parallel to the snow and initiate the next turn on that ski keeping the elevated ski off the snow.
- ⟨ Linked turns incorporating early movement to the new turning ski prior to turn initiation.

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## MARK YOUR CALENDAR

March 11-13, 2005 Divisional Academy-Schweitzer  
March 17-18, 2005 Women's College-Mission Ridge  
April 1-3, 2005 Symposium-Mt. Bachelor

These are popular events that fill up quickly-applications are due two weeks prior to any event.  
A complete calendar is located on page 24 of this newsletter.

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**Need a little help  
with \$\$\$\$ to attend  
an event?**

PSIA/AASI-NW has a scholarship fund designed to help offset the fees for educational events. You must be a current member of PSIA/AASI-NW (meaning you are up to date with your member dues) and submit a timely application for the scholarships. More details will be available on the website and in future newsletter issues.

# Carve that Inside Ski: It's all about Pressure Control

RJ Nichoalds

OK, we all own them, but do we really know how to use them? Parabolic, shaped, hourglass, big side cut skis, however you want to refer to them, they are here. The question is, are you using them the way they are designed?? Lets take a look at the differences in the technique applied to current shaped skis as opposed to longer straight skis. Specifically, let's explore the difference in Pressure Control.

Before we get started, let's define **Pressure Control** in two different ways. **Fore/Aft** and **Lateral/Side to Side**.

**Fore/Aft Pressure Control** consists of whether the weight is on the front of the ski, the tail of the ski, or evenly distributed from the middle of the ski. **Lateral Pressure Control** consists of how the weight is distributed between the two skis, typically expressed in percentages of 100/0, 70/30, 50/50, 30/70, 0/100 etc.

When skiing on longer straight skis we learned to control our **Fore/Aft Pressure** by loading up the front of the ski to initiate the turn, and leverage the tail of the ski at the finish of the turn. We also learned to apply **Lateral Pressure** by directing 100% of our weight to the outside ski. Along with these moves, active rotary was required to "guide" the ski throughout the turn. This method worked great in its time, but the new skis are allowing us to get more out of the ski with smaller movements.

Today's larger side cut skis are softer, although torsionally stiffer, giving us better end results without the huge upper body leveraging movements. So, all we have to do is pressure the middle to forward part of the ski, slightly tip it on an edge and the ski will start a turn by its-self. Once the ski starts to turn, all we have to do is move our body in the direction of travel to keep up with the ski and stay in balance.

First, lets apply **Fore/Aft Pressure Control** to the newer shaped skis. If we look at a ski from the side, we can see that the binding is mounted so the toe piece to the ball of the foot is approximately the middle of the ski. So, it makes sense that if we align our torso so gravity pulls our mass to that zone, we will be distributing the pressure over the entire ski. How do we do this?? "*Flex and extend your ankles, knees, hips, and spine to balance over the whole foot as you control pressure on the skis so you can flow with the terrain.*" (*Efficient Body Movement in Skiing, Oct 1999*) Sound familiar?? In other words, skeletally align your body to stand in your boots so you feel constant pressure on your shin and the entire bottom of your foot.

Second, let's apply **Lateral Pressure Control** to the newer shaped skis. Because of centrifugal force, it makes sense to apply more pressure to the outside ski, right?? But, what if we do this by leaning our upper body so far to the inside of a turn that gravity is no longer applying pressure to your feet?? It might work great as long as the

snow is so perfect that we never lose and edge. But, what happens if we hit a patch of ice?? The ground can be pretty hard, right? So, the key is to find the appropriate balance of pressure between your two feet that is appropriate to the terrain. How do we do this??

Direct your balance to the outside ski in a turn.

1. The outside ski bends more than the inside ski in a turn.
2. The shoulders stay level to the horizon or they level out through the turn.
3. The inside half of the body leads the outside half through the turn.
4. The inside leg is flexed more than the outside leg in a turn.

(*Efficient Body Movement in Skiing, Oct 1999*)

One of the most important factors is what to do with our inside ski to make it carve parallel to the outside ski? If we use a slightly wider stance, the inside ski can also carve parallel to the outside giving us additional edge hold. It can also provide additional support under our body in the event we lose the edge of the outside ski. This is done by learning the feel of carving the outside edge of the inside ski.

Now that I have you sufficiently confused, here are some on-snow exercises to play with to get the feeling of getting that inside ski to carve. For these exercises remember one thing: SKIDDING IS BAD.





## Traverse 1

**Task:** Glide across the hill with your skis shoulder length apart, leaving two “clean lines” in the snow.

**Feel:** Experiment with moving one foot in front of the other until you feel slightly more pressure on the downhill ski than the uphill ski, and the uphill ski is carving. Pay attention to make sure your lower legs are parallel and not “A” framed.

**Result:** You should end up with the uphill ski slightly ahead of the downhill ski carving BOTH skis.

## Traverse 2

**Task:** Start with your skis directed at a 45-degree angle down the hill. Glide across the hill with the objective to see how high you can finish across the hill. Again, leaving two “clean lines” in the snow.

**Feel:** Experiment with directing your ankles and knees up the hill to create the appropriate edge angles on your skis. Your hips and upper body should remain aligned over your skis to remain in balance instead of leaning up the hill.

**Result:** You should start to feel the beginnings of a pure carve turn with BOTH skis.

## Slow Pure Carve Fall Line Turns on Flat Terrain

**Task:** Start with your skis pointed directly down the fall line on a relatively flat slope. Make a carved turn in one direction leaving two “clean lines” in the snow similar to the above-mentioned traverses. Change direction linking two consecutive turns, and repeat. Keep going until you run out of terrain, or are traveling too fast.

**Feel:** Feel the pressure increase on your new outside ski and lighten on the inside ski. Experiment with the ski lead and edge angle to control the pressure on the inside ski so it carves parallel to the outside ski.

**Result:** You are now making pure carved fall line turns.

## Slow Pure Carve Medium Radius Turns on Moderate to Flat Terrain

**Task:** Start with your skis on their uphill edges, directed at a 45-degree angle down the hill, similar to the description in Traverse 2. Once you are gliding across the hill, move to your new edge angles by tipping your ankles and knees towards the belly of the new turn. In order to achieve this, you will also need to move your new inside ski ahead of the outside ski directing more pressure to the new outside ski. Be careful not to move that inside ski so far forward that it stops tracking on the snow.

**Feel:** As you move to your new edges, feel the pressure move from your downhill ski, to your new outside ski. Feel the pressure move from the ball of the foot on the downhill ski, to the pinky toe on the same foot, which now becomes the inside ski.

**Result:** You are now making a medium radius carved turn.

Now that we have the feel of both skis carving at slower speeds on flat and moderate terrain, continue to experiment with higher speeds and steeper terrain. As you begin to get the feel at slower speeds, incorporate these feelings everywhere on the mountain. If you start to lose it, as terrain gets more difficult, slow it back down. I promise, if you can perfect these exercises at slower speeds, your higher end skiing will improve exponentially.

# The Voice of the Alpiner

by Scott Kaden  
President of PNSAA

*Editors Note: Often, ski area expansion is contentious and controversial. Scott Kaden, President of the Pacific Northwest Ski Areas Association, describes how snowsport instructors involvement might help lead to a better public policy making process.*

Land use decisions linked with ski area operations are complex – involving environmental laws, lots of science, and the art of trying to fully understand and implement the intent of federal and state land management directives and longstanding treaty rights.

Unfortunately, when ski area rehabilitation and expansion plans are considered, the collective voice of alpine skiers and snowboarders is barely audible. Deliberations generally include the proponent of the ski area project (i.e., ski area management), the agency responsible for ski area permit administration, and the well-financed, environmental pressure groups (who are generally,

but not always, in opposition to ski area rehabilitation and expansion projects). The positive attributes of winter recreation are rarely given the full consideration they deserve because the wintertime users of our public lands are not fully engaged in the decision making process.

The Northwest Snowsports Advocates (NWSA) organization was formed to help amplify the voice of the alpiner. The group's chief mission is to serve as a conduit of news and information related to rehabilitation and expansion of Northwest ski areas. Steve Coxen, President of the Northwest Ski Club Council, unveiled the NWSA project last fall. Coxen noted how key user groups had been largely left out of some land use decisions; Coxen explained how NWSA hopes to disseminate accurate information about the region's various ski area expansion projects – doing so primarily via the website [www.nwskiers.org/nwsa](http://www.nwskiers.org/nwsa). Later, in *The Oregonian* newspaper re-

port, Coxen explained “We’re not saying that all expansion is good expansion ... It’s my belief that continual (environmental) improvement and responsible development can improve the environment in those areas, but unless you have good dialogue that talks about the environment in a rational manner, then you’re not going to get there.” Coxen hopes that skiers and snowboarders decide to participate in the ongoing planning and approval processes, which will largely determine the ultimate complexion of our region’s ski areas.

With genuine involvement of winter- and summer-based user groups, the ski area operators expect the policy making process will better reflect the gamut of environmental, social, and economic concerns. For more information on the numerous ski area projects that are currently in process, visit [www.nwskiers.org/nwsa](http://www.nwskiers.org/nwsa).

Here are the most significant improvements that will debut in the Pacific Northwest in 2004-2005

12,500 sq ft Campbell Lodge (Crystal Mountain)

Detachable quad chairlift (Vista Express at Mt. Hood Meadows Ski Resort)

Fixed-Grip quad chairlift (Chair 6 replacment at Mt. Baker Ski Area)

Extension (uphill) of Chair #2 and nine new alpine runs (49<sup>0</sup> North Mountain Resort)

Additional conveyor belt lift at Summit Central; reconfigured and lengthened conveyor belt at Summit West

Three new trails at Schweitzer Mtn Resort and significant thinning of “Little Blue”

Expansion (30%) of usable space at Mission Ridge’s Snow Sports Center

Significant grading of Over Easy Trail one of the longest, top-to-bottom green, instructional trails (Hoodoo Ski Area)

## Stephen Henrikson Recognized As 2004 Ken Syverson Instructor of the Year

Pictured left to right:  
Sarah Richardson  
Diane Luce  
Greg Luce  
Terri Leggert  
Stephen Henrikson



The members of the Timberline and Mt. Hood Meadows Ski and Snowboard Schools combined to nominate Stephen Henrikson as 2004 instructor of the year. The following is what they had to say about "Henne".

Henne is the consummate ski pro who cherishes every minute on skis and truly revels in the arc of a turn. An amazingly skilled practitioner, he has become the doctor of downhill. His assessments of movements are rich with insight, and his prescription for what ails your turn, if precisely followed, will get one up and carving in no time. As a snowsports instructor for more than 30 years, he has skied with everyone from General Alexander Haig to the blue-jeaned, borrowed-gear, grade school kid. Henne is a miracle of knowledge and athleticism, and if you are a willing listener or prisoner on a chairlift, he can explain the origin of the term "Christy" or provide an oral dissertation on the rainforest of the Welches area.

There are few people in the history of snowsports on Mt. Hood who have done so much for so many. Henne is personally responsible for generations of alpine and Nordic skiers and instructors, and has done more than his share to assure that the future of snowports in the Pacific Northwest will flourish. Whether skating tight backward circles to entertain instructors at line up or cleaning the caked-on snow off of a beginner's boots at lesson time, Henne is admired and respected by all who ski with him and adored by those who work with him.

Andy Collins  
Timberline

Video/Book Reviews  
By Ed Kane

### AASI-NW Snowboard Certification Riding Tasks Video

This 68 minute video was available at the middle of the season last year. The format is the same as that of the Alpine video that was released a year or so earlier. It provides the viewer with both visual images of each task as well as the written objective of the task and the evaluation criteria that are used to determine demonstrated skill level expected for each level of certification. Several demonstrators provide a variety of styles and opportunities to clearly see the efficiency of the movements that characterize successful performance of the task. A variety of angles is also used which provides ample opportunity to view the movements and the outcome at the board. The combination yields a very clear picture of efficient performance for each task.

The video version contains all the tasks for Level I, Level II and Level III. This version, while being complete, is somewhat cumbersome when looking for one or a few specific tasks. A more convenient format is also available in the form of a DVD which enables the viewer to

select the specific task of interest rather than having to scroll through them all to find the one of interest. Both are available from the office. Either version will be of great value to both those preparing instructors for the Riding Module and for the candidates themselves.

The contents for each level are as follows:

Level I – Skating, Fade Turns, Garlands, Basic Skidded Turns, Dynamic Skidded Turns, Switch Riding, Basic Carved Turns, Ollie Airs, Boardwalk, 180 Rolls, Falling Leaf.

Level II – Basic Skidded Turns, Dynamic Skidded Turns, Dynamic Skidded Turns off-Piste, Carved Turns off-Piste, Bumps, Dynamic Switch Riding, Halfpipe, Frontside 180s, Leapers, Straight Air with Ollie.

Level III – Dynamic Skidded Turns, Dynamic Carving off-Piste, Halfpipe, Bumps, 180 Combos, Dynamic Switch off-Piste, Carved Dynamic Turns on Groomed Terrain.

# Amy Zahm

## Our New Education and Programs Director

by Ed Younglove, PSIA-NW President

At the Fall board meeting, the board confirmed the hiring of Amy Zahm as the first-ever PSIA-NW Education and Programs Director. This is not only a new full-time staff position, it is the fulfillment of a two-year board project. However, let me encourage everyone not to view this as the end of a long process, but as the exciting beginning of a new era for our organization. For years, our volunteer Education, Technical and Certification VPs have struggled to create and implement ever better programs, focused all the while on our educational mission. We now have a full-time position dedicated to that mission and better able to assist them, both in the creative process and in carrying out some of those ideas which we just couldn't ever seem to get the time to do or to do as well as we wanted. To say I'm excited about the prospects for this position now that Amy has been hired is an understatement. I also couldn't be more proud of your board of directors for their foresight, courage and dedication in taking this step.

The proposal to hire a new Education and Programs Director was adopted unanimously by the board last spring after over a year and a half of study and development by the entire board. The proposal was the result of the work of many individuals; however, the contributions of Ed Kane in coordinating the development of the position are particularly noteworthy. Jack Burns, Administrative VP, helped in recruitment by advertising the position. The detailed proposal designated a selection team to screen the appli-



cations, to interview candidates, and to select an individual for the position, subject to the board's approval at the Fall meeting. The selection team consisted of Barb Darrow, Chris Kastner, Lane McLaughlin, Molly Fitch and me. We were aided greatly by the time and effort that had been put into detailing the proposal. The team wishes to acknowledge that the work of all of these individuals laid the groundwork for a very successful selection process.

We received applications from 12 individuals. The team was impressed with the quality of the applications received. We were really pleased to have the opportunity to select from such a talented group of individuals. Many of the applicants have contributed greatly to the organization in the past and we are confident they will continue to do so in the future. After reviewing the applications, each team member individually rated the applications (résumés) using the scale developed in the proposal. The result was that

four individuals emerged as candidates whom the team wanted to interview for the final selection.

The selection team conducted personal interviews with each of the four candidates on August 18, 2004. Prior to the interviews, the team developed a set of core competency questions to be asked each candidate. In addition, each member of the panel participated in asking follow-up questions dependent on the candidates' responses. An equal amount of time was spent with each candidate and the candidates were permitted to ask questions of the selection team. A five-point rating scale as specified in the proposal was developed, including rating criteria. We spent approximately 1 hour and 15 minutes with each candidate. In my opinion, both the candidates and the selection team came to the interviews well prepared. I wish to personally thank all those involved in this process for their time, effort and dedication.

The selection team met immediately after concluding the interviews. Each member of the team voted (in a secret ballot) for their top choice. This process resulted in one individual being the clear choice of the selection team. This result was confirmed by the continued discussion of the team. The team unanimously selected Amy for the board's consideration. The board unanimously approved Amy's selection on September 18, 2004. Amy has entered into a formal employment agreement with the organization. Her employment began October 1, 2004.

*"Amy" Continued on page 32*

# PSIA-NW AASI Book Store 2004-05

The books, manuals, pins, videos, DVD's & merchandise 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 are 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 add \$3.00 for postage and handling on the first book and \$1.00 for each additional book. You may order by mail, phone, fax, e-mail or in person.

<b>Books/Manuals</b>	<b>Member Price</b>	<b>Postage/ Handling</b>
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PSIA Nordic Technical Manual <b>NEW</b>	22.00	3.00
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 PSIA National Children's Symposium, Copper Mountain 1989 (4 hrs)  
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 PSIA Centerline National Standards, Ellen Post, Tim Petrick, Jerry Warren (20 min)  
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 Skiing With Style - Mastering the Mountain (60 min)  
 Ski Sense & Safety, NSAA (20 min)  
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 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  
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 Warren Miller's Learn to Ski Better 2 - **NEW**

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ATS: Nordic Skiing Sequences (15 min)  
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 Interski '91: Nordic Technical Comparisons (19 min)  
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## 2004-05 BOARD OF DIRECTORS ELECTION

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

Snoqualmie 1	Jack Burns
Snoqualmie 2	Molly Fitch
Snoqualmie 3	Ed Kane
Stevens Pass 3	John Weston
Crystal Mtn 1	John Eisenhauer
Crystal Mtn 3	Chris Kastner (1 year term)
Mt. Hood 1	Carol Christofero
Bend 1	Ken Klecker
Mt Baker 1	Karen Moldstad
Blue Mtn 1	Kay Stoneberg

In addition, there will be two elections for Member School positions this year. Region I is up for re-election this spring. This is a three year term. Region II is vacated and the position is open for a 1 year term.

Region I – represents The Summit, Stevens Pass, Crystal Mountain, and Mt. Baker, expires 2005 (Ken Hand)  
Region II – represents Mt. Hood and Bend, expires 2006 (vacant)

### PSIA/AASI-NW PNSIA EDUCATION FOUNDATION

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#### ANNOUNCEMENT OF CANDIDACY

PSIA/AASI-NW Board of Directors

Please return no later than 4:00pm, December 30, 2004

Name \_\_\_\_\_ Region \_\_\_\_\_ Position \_\_\_\_\_

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

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

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

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

(Attach additional pages if necessary\*)

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

Address \_\_\_\_\_

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

e-mail address \_\_\_\_\_

\*Thank you for your interest in running for the Board of Directors.

Please keep your announcement of candidacy concise and accurate

# If it's Monday it Must be Chamonix

A European Winter Experience

by Ed Kane

In February of this year I joined a group of Ski Journalists from the Western US on a trip to the Chamonix area for a week plus of skiing and exposure to the winter season in European Alps. It was my first ski trip to Europe after hearing from many of my friends and skiing acquaintances that such a trip was a "must do." This last winter was a moderate snow year in the Alps and, in addition, the week we were to go coincided with the European winter holiday. Bad timing? Possibly, but that's not the way it turned out.



We stayed in the Chamonix valley and managed to ski in 3 countries: France, Italy and Switzerland. Not bad for a week on the snow. The first night, we met in the hotel to get acquainted with the area, the guides and the skiing possibilities. Our group had 2 guides that stayed with us for all but 1 day on the snow. Our itinerary was dependent in part on the weather and the preferences of the group. The highlight for some of the group was a planned trip in the back country down the fabled Vallee Blanc. That trip was scheduled for Wednesday and is best done in good visibility and

stable weather since it is mainly an open glacier run around crevassed areas. We were told that we would ski three of the areas in the Chamonix valley before going to Italy and Switzerland.

The first day on the snow was at an area named La Tour. While being exceptionally picturesque, it was generally an intermediate area. It became apparent later in the week that this area was preferred by the guides to give them an opportunity to size up the skiing ability of the individuals in the group. This attention to individual capabilities was not totally motivated by considerations of safety. It was primarily motivated by a desire to make sure that everyone in the group would thoroughly enjoy the skiing experience. It seems

that the "service model" is a universally accepted concept. A highlight of the development of this particular area, in my mind, was the integration



of environmental needs with those of the ski area. This area was host to two large reservoirs that supplied both water and power for the local needs. In addition, it was our first exposure to the typical European ski day which



included a formal lunch stop with time to relax before hitting the slope again. Needless to say, the food made the stop worthwhile. Each lodge on the mountain was amply equipped with a large open outdoor area where the lunch crowd could enjoy the scenery and the sun.

The next day was spent at an area called Les Grands Montets, a more challenging area with runs alongside and through glaciated areas. The first run of the morning was down a steep open slope that provided a dream run on the packed powder slope. We could only imagine what it would be like after a fresh snowfall. The backdrop of this area was absolutely spectacular and we were able to look up the route of the Vallee Blanc. Those who had elected to take this trip on the next



day drooled with anticipation. It was large expanses of open slopes with very little in the way of obstacles other than an occasional crevasse here and there. On this day we skied over 15,000 ft. before lunch and still had several hours of fun left after lunch.

On the third day, we accompanied the group who were going to make the run down the Vallee Blanc to the staging area at the top of the Auille Du Midi via cable car. The top of the gondola is at about 14,000 ft. and is somewhat below the top of Mont Blanc which dominates the skyline. From there one could walk up several flights

poles in hand, down a knife ridge to the bench where they would start skiing to the bottom of the glacier. Midway to their destination they stopped for lunch at a mid-mountain hut. This trip was obviously designed to cater to all the senses. Once this group started down the walkway, the rest of us went back down the cable car, crossed to the other side of the valley and spent the rest of the day skiing the LeBrevent and LeFlegere areas. The slopes here were advanced to intermediate and again offered fantastic views including a large number of folks paragliding from the restaurant where we had lunch.

spent the morning sampling the terrain offered by the area under the watchful eye of our guide who made sure that we rarely skied the same run more than once. The more adventurous of the group chose to take a guided run down the back country to the bottom. When we met at lunch we found out that those of us who chose the groomed slopes made the better choice. Lunch was a real treat, hosted by the proprietor of the mid-mountain restaurant. It was served with a great dose of Italian hospitality and flair.

Friday was the day to travel to Verbier in Switzerland. That night there was a reasonably heavy snowfall so that when we left in the morning the roads were snow covered. We could look forward to at least a dusting of new snow over the packed powder base. After crossing the pass into Switzerland, it was apparent that we had moved into wine country. The hill sides were terraced and were covered with grape vine stalks poking up through the snow. We stopped for a break along the way at what was a Swiss version of a Subway/Mini-Mart. Interesting to see how much influence the American way of doing business is copied across the world.



Thursday we boarded a bus, left the fogged-in Chamonix valley and traveled through the Mont Blanc tunnel to sunny Italy and the Courmayeur ski area. The crowd here was typical of what we experienced in France. Shoulder to shoulder at the tram from the valley floor and no lines to speak of once we were on the mountain.

of stairs to the observation platform. This walk made it obvious that we had come up 11,000 ft from the valley floor (after charging up to the first landing, I had to rest step the rest of the way to the observation platform). The view was phenomenal and we could see into Italy, France and Switzerland from the spot where we stood. One of the guides took 8 of our group on the tour. The first 300 to 400 feet was worth the price of admission. The team was roped together so that they could negotiate the steep, icy walkway, with their skis &

Each of these areas has a huge amount of area over which to disperse the guests during the day. We



We had to climb quite a distance from the valley on a very windy road to reach the base of the ski area at Verbier. (Some of the members of the group chose to ride the gondola down to the valley floor when we left rather than ride the bus.) Here again we boarded the gondola up

*continued on next page*

to the area of the main runs where we met our new Swiss guide for a day of Swiss skiing. This area is absolutely huge and we were only able to cover about 20% of it in a day of vagarious downhill sliding. Off hand one should expect to spend several days here if the ambition was to sample all that it had to offer. Again, the weather broke just before we arrived and we were forced to ski in good visibility on the new snow that they had gotten overnight. Sigh!!! Lunch at Verbier surpassed all that we had before. It was really hard to go back out on the slopes despite the great conditions and well dispersed crowds.

Saturday was spent in Chamonix where we participated in a guided tour of the town learning much of its history and charm. It seems that the development of this area as a mountain climbing and skiing center was due in large part to British tourists that

came into the area in the 19<sup>th</sup> century looking for adventure. The day was capped by a farewell banquet in the true French fashion consisting of a number of elegantly prepared courses. The experience left me with a strong respect for the value of the Service Model and how it affects guests at our ski areas. During the entire time, I felt as if we were valued guests and all of the people with whom we had contact made us feel

at home. They were all engaged in making our visit one that we would pleasantly remember. I could readily understand why my skiing associates had kept recommending that I take the time to share in their previous experience. This impression was due in large part to the guides with whom we spent so much time, the hotel personnel, the lift operators and the food service people all of whom acted as if they cared about leaving us with a positive experience.



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# Fall Board of Directors Meeting Report

by Mike Peters, Spokane Region

The Fall Board of Directors meeting took place in Kent for the one-day session on September 18<sup>th</sup>. Of special significance was the unanimous appointment of Amy Zahm, as our new Education and Programs Director. Amy was determined to be the most qualified by the Education Programs Director Selection Team through a very extensive selection process. President Ed Younglove gave a summary of her qualifications and her outstanding performance in the interviews. In accordance with Proposal D, a vote was taken to approve the hiring of Amy. Amy officially started October 1.

Last July, Ed Younglove and Ken Klecker met with Scott Kaden, President of the Pacific Northwest Ski Areas Association (PNSAA). This meeting was to initiate contact and develop ties between PSIA-NW and ski area operators. As a result, Scott made a presentation at our meeting.

The PNSAA meets three times a year to discuss ways to promote snow sports, to discuss area expansion progress, and review the economy of the ski industry. Currently, there are 28 ski areas that make up the PNSAA. In the Northwest, skier visits are strong. The areas of 49° North, Crystal Mt., Mt. Baker, Schweitzer, Summit West & Central and Mt. Hood Meadows have made area improvements. Also, the Forest Service has made progress in its decisions using the Master Plans of 49° North, Crystal Mt., and Mt. Ashland. Amy Zahm will

be attending their next meeting in October as our representative. For more information regarding progress on ski area Master Plans, go to [www.nwskiers.org/nwsa](http://www.nwskiers.org/nwsa).

In her report to the Board, Education V.P. Molly Fitch, noted that the guest speaker for Fall Seminar will be Bruce Scarpola. He will present a highly motivating session titled "Improving your Performance in Psych-K". Bruce's presentation will be held in both the a.m. and p.m. sessions at all three locations.

Technical V.P. Lane McLaughlin added to his report that the Fall Seminars will offer a free session to non-members. This session will be an orientation to PSIA. He indicated a change to the TD program. There will be a series of indoor workshops replacing the TD Congress at Fall Seminar.

A proposal to reduce the size of the Board (from 28 to 14 members) was presented. This was to be accomplished by realigning the regions of PSIA-NW (from 10 to 7) in addition to reducing the Executive Committee (from 10 to 6 members).

This proposal was a spin-off from last year's Focus Group assignment to develop such a proposal and in response to last season's member survey. There was a lengthy discussion regarding the pros and cons of this proposal. (Author's note: as with any issue of this magnitude, there was considerable background work to prepare this proposal by a committee of three Board members. The proposal was accompanied by a 9-page document of research information.)

The most immediate advantage to a Board size reduction was budget savings by reducing the expenses of Board meetings. It was also surmised that a lot of the Board's work could be accomplished without being a member of the Board.

Of concern, would be the potential loss of considerable talent currently on the Board (attorneys, accountants, computer experts, ski school directors, educators). Also, the board has become more efficient, using our current resources effectively. It should be noted that current Board members contribute considerable time and talent to the Board's business. The transition plan for the Education & Program Director includes developing functioning committees. Board size would be a consideration in conjunction with this task. Also, the E & PD needs to be given time to work through her job before any drastic changes are made to the Board.

By policy, Board size is to be reviewed every five years. The proposal was postponed indefinitely.

Executive V.P. Carol Christofero gave a presentation on Board member visitations to their region ski schools. As in other years, this service is highly recommended to keep our membership informed of Board activities.

On a lighter note, a proposal to give recipients of the Rookie of the Year Award (all 4 disciplines) a 1 year Divisional (gift) membership in the organization was passed.

## Nuggets

### High 5

This is a great game to play when you are ready to take your intermediate class to steeper terrain where it is necessary to traverse the slope between turns in hopes of linking a few. So often one in every crowd seems to insist on looking down the hill in fright and before you know it they are out of control in a high speed wedge heading straight for the lodge parking lot.

Start by pairing up each student with someone of like ability. Each partner starts on opposite sides of the slope traversing toward each other and they give each other a big high 5 while maintaining speed and turn shape they can make a turn at the same time on opposite sides of the run and traverse across the hill again meeting mid way to give another high 5. This gets them traversing in a parallel manner on both uphill edges needed on steeper slopes and teaches them speed control as they time their turns and meet halfway through their traverses. As they master this they will be able to increase speed and flow and have as much fun going across the hill as they did in the fall line on low angle slopes.



We are pleased to present your

## PSIA-NW / AASI-NW Member Merchandise program for 2004-2005!

The full selection and convenience of secure on-line shopping is right at your fingertips. Access our link at [www.psia-nw.org](http://www.psia-nw.org) Just click "Merchandise" on the home page or go directly to the site at [www.go-us.safeshopper.com](http://www.go-us.safeshopper.com)

### PROGRAM FEATURES:

- Name brands like Cutter & Buck, Carhartt and more at value pricing.
- Bonded Shearling Fleece, camp shirts, poli-dry T's, sweats, technical gear and more.
- Your choice of PSIA-NW or AASI logos.
- Most apparel items can also be ordered without a logo.

Add a book to your shopping cart and save on shipping! PSIA-Core Concepts, the AASI Snowboard Manual and the Alpine Technical Manual are all available through the Merchandise Program as well. Other titles to come.

Ordering is easy! You choose the style, color and logo. Or if you prefer, order without a logo. We know there are times when you just want a comfortable T-shirt or polo without making a statement. Whether you're buying for yourself or choosing a gift for family or friends, your Member Merchandise Program is a great source for quality clothing and accessories.

Items are custom made and delivered directly to your door. For your convenience, samples are on display at the office. Customer service representatives at GO USA will also be happy to assist you with any questions about size or availability.

Group orders are available to areas and schools with special products and discounted pricing. Contact GO USA directly at 1-800-274-6872. Their access to suppliers and computer embroidery technology offers the best in custom ordering and service.

Your purchase promotes and supports PSIA-NW/AASI.  
We hope all of you will take advantage of this fantastic program!

# PSIA-NW / AASI Member Merchandise Program



### Ladies or Mens Palm Tree Camp Shirt

Extremely soft fabric for pure comfort; subtle palm tree tonal design. 100% rayon; open collar, French front placket, front and back darts; coconut shell buttons.

Ladies sizes: XS-XL Plus sizes: 1X, 2X  
Mens sizes: S-2XL

Colors: Khaki, Dusty Yellow, Dusty Blue Celery

\$31.95...XS-XL \$34.95...1X,2X,2XL



### Camouflage Cap

100% cotton washed twill, 6-panel construction, unstructured, low profile; twill sweatband, sewn eyelets, self-fabric overlapping Velcro closure.

\$9.95



### R-Tek™ Stretch Fleece Beanie

Keeps you looking good and staying warm with a 95/5 polyester/spandex fleece blend. The anti-pill finish offers long-lasting wear and a touch of spandex helps retain its shape.

Colors:  
Black, Red, Navy, Royal, Orange, Maroon,  
Lt. Pink, Dk. Green, Stone

\$14.95



### Pullover Hooded Sweatshirt

Full European cut for casual comfortable fit. A 2 x 1 fashion rib with Lycra gives an easy stretch.

10-ounce 80/20 cotton/poly fleece; double-lined hood, with matching drawcord, double needle stitching throughout, banded bottom, set-in sleeves.

Colors:  
Gold, Indigo Blue, Red, Black, White, Sand

\$21.95...S-XL \$24.95...2XL



### Ladies North End Fleece Vest

Ladies' full zipper unlined fitted fleece vest with shaped side panels and flatlock stitching detail. Imported.

100% Spun Polyester 380gm Anti-Pill Fleece

Colors: Black, Red, Sky Blue, Navy, Celery

\$27.50...S-XL \$30.50...2XL

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“Training” continued from page 6

idea to involve other people in the process of assessing these things. Your coach or TD can provide some insight into strengths and weaknesses, while family members or close friends can help you be realistic with the time, money and energy you can put into it. Also as you go through this evaluation, you may realize that the training plan needs to cover more than one season to accomplish your goal. Or, if you were already thinking that you were on a two or three year plan, you may realize that you’re capable of pulling it off in less time. Either way, it helps to clarify the process you’re undertaking.

Ok, so now we’ve looked at what will be tested and we’ve determined our personal abilities and commitments. Now let’s look at what **tools** we can use to help us along the way. Write down who you know and what their contribution could be. Your ski school trainer, gym trainer, ski buddies, and your personal coach/mentor are obvious choices, but what about college professors, business people or even the car salesman? People outside the industry can have valuable insights on things like learning/teaching styles, group dynamics, presentation skills and methods, and positive self-talk. Also, research what Divisional events are available and where they will be and when. Is your ski school planning a member school clinic for the coming season? What books or videos do you own or can you borrow? Will you need to buy some new ones?

Now we’re ready to **put it all together**. First, get a calendar or make one so that you have the entire time period between now and when

you’re event is. Then write everything relevant down that has already been scheduled. This obviously includes clinic and exam dates, but don’t forget things like when you need to have prerequisites done (written tests, dues paid) and the deadline for getting your TD’s signature and the registration form in. Less obvious but equally important are non-skiing dates: little Johnny’s Christmas program, business trips, family vacations, etc. Some of these may conflict with on-snow dates, but they can also contribute to your overall stress load and ability to focus on training. This brings up the concept of **periodization** that I mentioned earlier.

Athletes and their trainers know that the best training isn’t accomplished by a long steady slog of effort up to the goal. They try to plan training with specific periods of stress, followed by adequate time for recovery. It’s important to remember that this means all accumulated stress (physical, mental, and emotional) from all different sources, training specific and otherwise. In cycling there’s a certain order that is necessary for good development, and to some degree that’s also true for skiing. Definitely for the skiing portion of your training you will want to solidify fundamental movements before training complex and difficult tasks. For teaching you will need to know your progressions before you try to polish your presentations and pacing. And if you don’t have a reasonable level of professional knowledge you won’t have the judgment necessary to build good progression in the first place. Since everyone has different needs, abilities, and constraints each plan will look different, but here are some things to keep in mind. Like I just mentioned, make sure you start

with important foundation skills. Consider the benefits of grouping your training of one system into a specific time frame (i.e. spending a straight month focused mainly on teaching skills), versus mixing your training time between systems. If you’re particularly weak in one area it may be wise to devote a lot of time to it early on, but be sure to plan when and how you will add in the other areas. This is closely related to how long it will take you to really “own” or master a new skill or thought concept. Particularly with teaching methods and technical understanding it’s very valuable to have real classes to be able to try out and use what you’re learning. Also be sure to build in recovery time. Some athletes use what’s called micro-cycles and macro-cycles. A micro-cycle for a bike racer is typically one week where each day or two is devoted to training a different physiological system. A macro-cycle could be 8-10 weeks, after which a week or 10 days are taken “off”, with greatly reduced training loads. If you’re on snow 4-5 days a week this same time format may work for you, but if you’re a weekend warrior you’ll need to vary it to fit your needs. This may mean four or five focused weekends followed by a “free” weekend where you remove yourself from the pressure of “preparing” and just ski around like a kid again. Remember to take time away from book work and tech talks during your off time as well. By building in rest periods your desire and energy for training will stay high the whole season, which allows you to train harder when it’s work time. This is exactly why athletes do it; better rest means better training (harder *and* smarter).

So now we know what's going to be tested, what we bring to the table, what tools and resources are available to assist us, when we're working on what, plus we know when we have breaks in the process. This means we're done with the planning stage and ready to start the actual training. We've gone to a lot of work and the season hasn't even started yet. Is it worth it? To answer that, let's skip to the end of the process and look at what happens after you get your scorecard. Naturally the plan is for success, but unfortunately a well thought out and executed training plan doesn't guarantee a passing grade. It does make it easier to see where you went right and where you didn't do so well. Whatever the result, take some time to write down what you learned and what your next step is. Most athletes keep a training log or journal to help them in this process of looking back which is also the first step in moving forward with future plans. Weeks or months later as you review this log or look back on the training plan, some things will seem so obvious as to why they did or didn't work as you hoped. Whether you pass or not you'll definitely be a better all around instructor.

This process can be as long and complicated as you want to make it and most sports stars have one or more people that they pay to help them in this planning. Whether you choose to follow this outline step by step or if you just borrow one or two elements from it, the goal is to make your training more efficient and productive. So get out your pens and paper, start making lists and filling in dates so that you know exactly when and where the best training of the season will be because you planned it that way.

# ELECTION RESULTS

Board of Directors - 2004

by Carol Christofero, Exc. VP

The Annual Election for the Board of Directors, PSIA/AASI-NW was held this Spring 2004

## Congratulations

The following Directors have been reelected on the Board at the May 2004 Spring Board Meeting.

Snoqualmie Region - Bill King, Rob Croston, and Chris Saario.

Stevens Pass Region - Mark Schinman, Lane McLaughlin and Mary Germeau.

Crystal Mountain Region - Ed Younglove.

Mt. Hood Region - Jeff Cordell.

North Central Region - Sally Brawley.

Spokane Region - Mike Peters.

Gordon Arwine from Crystal Mountain has resigned his board position to move on to retirement in both his professional and ski life. Gordon has been a respected and admired member of the board for many years and we want to extend our thanks to him for his work. President Ed Younglove appointed Chris Kastner to fill Gordon's remaining board time. Board President Ed Younglove also filled a vacancy in the Snoqualmie area by appointing Molly Fitch.

The Board of Directors encourages any member interested in running for a board position to contact their Board Member, the office or the Exc. VP. Holding a position on the Board is a way to gain knowledge and information about your regional organization and the national organization. The Board is a place where a member can make a real contribution to the direction of our local organization and the national organization. The Board needs input from all different venues of the industry.

Many of the Board Members, including myself, started out as a new Board Member never having held such a position in any other organization. The existing members of the Board along with office support made it very educational and friendly to join the Board along with beginning to understand the workings, protocol and participation of a Board Member.

# 2004-2005 PSIA/AASI-NW Proposed Calendar

Day	Date	Alpine Events	Location
Sat	10/23/04	Fall Seminar	Oregon @ Mt. Hood CC
Sun	10/24/04	Fall Seminar	Seattle @ Shoreline CC
Sat	11/6/04	Fall Seminar	Spokane @ Gonzaga Univ.
Fri	12/10/04	Exam Orientation Clinic***	Crystal Mtn.
Sat-Sun	12/11-12/04	Exam Modules, Level II & III	Crystal Mtn.
Sat-Sun	12/11-12/04	Advanced Childrens Endorsement (2 day)	Mt Bachelor
Sat	12/4/04	Advanced Childrens Endorsement (1 day)****	Timberline
Sat	12/11/04	Advanced Childrens Endorsement (1 day)****	Snoqualmie
Sun	12/12/04	Advanced Childrens Endorsement (1 day)****	Crystal Mtn., Schweitzer
Tue	1/11/05	Prof. Development Series (indoor) 7-9 pm*	Seattle
Thur	1/13/05	Prof. Development Series (on snow)*	Summit West
Mon	1/17/05	Prof. Development Series (on snow-indoor)*	Mt. Bachelor-Bend
Tue	1/18/05	Senior Tour - Teaching Skill Development (on snow)**	Summit Central, Mt Hood
Tue	1/25/05	Senior Tour - Teaching Skill Development (indoor)**	Bellevue High/TBA
Thurs	1/20/05	Senior Tour - Polishing Your Skills (on snow)**	Summit Central, Mt Hood
Thurs	1/27/2005	Senior Tour - Polishing Your Skills (indoor)**	Bellevue High/TBA
Wed-Thur	1/19-20/05	Freestyle Camp Intro to Pipe and Park & Intermediate	Stevens Pass
Wed	1/26/05	Day Clinic - Senior Tour - "Improve your Personal Skiing" (on snow)	Summit West
Fri	1/28/05	Beat the Bumps Workshop	Stevens Pass, Schweitzer
Mon	1/31/05	Day Clinic - Efficient Movement Patterns	Summit Central
Sat	2/5/05	Day Clinic-Ski Improvement-Giant Slalom	Stevens Pass
Mon	2/7/05	Exam Checkpoint-Skiing or Teach/Tech	Schweitzer/Mt.Hood Meadows
Mon	2/7/05	Explore Off-Piste and Steeps	Alpental
Wed	2/9/05	Day Clinic - Senior Tour - "Improve your Personal Skiing" (on snow)	Timberline
Thur	2/10/05	Day Clinic - Intro to Salom Racing	White Pass
Fri	2/11/05	Day Clinic-Bumps I	Alpental
Wed	2/23/05	Day Clinic - Senior Tour - "Improve your Personal Skiing" (on snow)	Mt Spokane
Sat	2/26/05	Day Clinic	49° North
Sun	2/27/05	Movement Anaylsis Workshop II	Mt. Hood Meadows
Sun	2/27/05	Day Clinic-Steeps and Off-Piste	Crystal Mtn.
Sun	2/27/05	Exam Checkpoint-Skiing or Teach/Tech	Stevens Pass
Sun	3/6/05	Exam Checkpoint-Skiing or Teach/Tech	Crystal Mtn.
Fri-Sun	3/11-13/05	Divisional Academy	Schweitzer
Thurs-Fri	3/17-18/05	Women's College	Mission Ridge
Fri	3/18/05	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/19-20/2005	Exam Modules, Level II & III	Schweitzer
Sun	3/20/05	Exam Checkpoint-Skiing or Teach/Tech	Mt. Hood Meadows
Fri	3/25/05	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/26-27/05	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	TBA	Advanced Childrens Endorsement	TBA
Sun	3/27/05	Exam Checkpoint-Skiing or Teach/Tech	Mt. Bachelor
Fri-Sun	4/1-3/05	Symposium	Mt Bachelor
Fri	4/8/05	Exam Orientation Clinic***	Crystal Mtn.
Sat-Sun	4/9-10/05	Exam Modules, Level II & III	Crystal Mtn.
Fri	4/15/05	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/16-17/05	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/22/05	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/23-24/05	Exam Modules, Level II & III	Mt. Bachelor
Fri-Sun	5/13-15/05	GS Race Camp	Mt. Bachelor
Fri-Sun	7/8-10/05	Professional Development Series Camp	Timberline



Fri-Sun 7/15-17/05 GS Race Camp  
 Fri-Sun 7/22-24/05 Mixed Race Camp

Timberline  
 Timberline

\* Five Week Series

\*\*Six Week Series (one week on-snow/next week indoor - all sessions are night clinics)

\*\*\* No Educational credit for current level III Instructors

\*\*\*\*Must have attended the indoor ACE at Fall Seminar

Day	Date	Snowboard Events	Location
Sat	10/23/04	Fall Seminar	Oregon @ Mt. Hood CC
Sun	10/24/04	Fall Seminar	Seattle @ Shoreline CC
Sat	11/6/04	Fall Seminar	Spokane @ Gonzaga Univ.
Sat-Sun	TBA	Advanced Childrens Endorsement	TBA
Wed	1/19/05	Movement Analysis, Current Fundamental Movements	Summit Central, Mt Hood Meadows
Thur	1/20/05	Freestyle Fundamentals Accreditation Clinic	Stevens Pass, Mt Bachelor
Mon	1/24/05	Movement Analysis, Current Fundamental Movements	Summit Central, Schweitzer
Sat-Sun	TBA	Advanced Childrens Endorsement	TBA
Thur	2/3/05	Movement Analysis, Current Fundamental Movements	White Pass
Mon	2/7/05	Exam Checkpoint-Riding or Teach/Tech	Schweitzer-Mt. Hood Meadows
Sun	2/27/05	Checkpoint- Riding or Teach/Tech	Stevens Pass
Sun	3/6/05	Exam Checkpoint-Riding or Teach/Tech	Crystal Mtn.
Fri-Sun	3/11-13/05	Divisional Academy	Schweitzer
Thurs-Fri	3/17-18/05	Women's College	Mission Ridge
Fri	3/18/05	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/19-20/05	Exam Modules, Level II & III	Schweitzer
Fri	3/18/05	Freestyle Accrediation Orientation Clinic	Mt Hood Meadows
Sat-Sun	3/19-20/05	Freestyle Accrediation	Mt. Hood Meadows
Sun	3/20/05	Exam Checkpoint-Riding or Teach/Tech	Mt. Hood Meadows
Fri	3/25/05	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/26-27/05	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	TBA	Advanced Childrens Endorsement Snowboard	TBA
Sun	3/27/05	Exam Checkpoint-Riding or Teach/Tech	Mt. Bachelor
Fri-Sun	4/1-3/05	Symposium	Mt. Bachelor
Fri	4/8/05	Freestyle Accrediation Orientation Clinic	Stevens Pass
Sat-Sun	4/9-10/05	Freestyle Accrediation	Stevens Pass
Fri	4/15/05	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/16-17/05	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/22/05	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/23-24/05	Exam Modules, Level II & III	Mt. Bachelor
Fri-Sun	5/6-8/05	Freestyle Camp	Timberline
Fri	5/13/05	Freestyle Accrediation Orientation Clinic	Mt. Bachelor
Sat-Sun	5/14-15/05	Freestyle Accrediation	Mt. Bachelor
Fri-Sun	7/8-10/05	Professional Development Series Camp	Timberline

Day	Date	XCD/Nordic Events	Location
Sat	10/23/04	Fall Seminar	Oregon @ Mt. Hood CC
Sun	10/24/04	Fall Seminar	Seattle @ Shoreline CC
Sat	11/6/04	Fall Seminar	Spokane @ Gonzaga Univ.
Sat-Sun	11/20-11/21/04	XCD Divisional Staff/Buzz Lightyear Training	Timberline
Fri	12/3/04	XCD & Track Divisional Staff Training TENTATIVE	White Pass
Sat-Sun	12/4-5/04	Fall College (Track and XCD)	White Pass
Sun	1/9/05	Day Clinic - XCD Rhythm is Fundamental (RIF)	Stevens Pass
Sun	2/13/05	Day Clinic - XCD Go ATML It on the Mountain	Stevens Pass
Sun	1/23/05	Track TD Training	Summit XC Center

Sun	2/27/05	Track Pre Exam Clinic	Summit XC Center
Sat or Sun	3/05 or 3/06/05	XCD Pre Exam Clinic *	Location TBA
Sat	3/12/05	Track Pre Exam Clinic	Sun Mountain Lodge
Sun	3/13/05	Track Exam Level II & III	Sun Mountain Lodge
Fri-Sun	3/11-13/05	Divisional Academy (XCD)	Crystal Mtn.
Fri	3/25/05	XCD Pre Exam Clinic	Mt. Hood Meadows
Sat-Sun	3/26-3/27/05	XCD Exam II-III	Mt. Hood Meadows
Fri	4/1/05	XCD & Track Divisional Staff Training TENTATIVE	Mt. Bachelor
Fri-Sun	4/01-03/05	Alpine & Nordic Symposium (Track and XCD)	Mt. Bachelor

\* The Pre Exam Clinic scheduled for the weekend on March 5 is a flexible thing. We need 5 people to run the exam, and we can do it at any area. If you're interested, contact either the office, or Stuart Craig, or your TD, and we can work with you to make it happen on either the 5th or the 6th.

## Day Date Adaptive Events

Sat/Sun	3/19-20/05	Adaptive exam level I and II
Fri-Sun	4/1-3/05	Symposium-Adaptive
Sat/Sun	4/9-10/05	Adaptive exam level I and II
Sat/Sun	4/16-17/05	Adaptive exam level I and II

## Location

Schweitzer  
Mt. Bachelor  
Crystal Mountain  
Mt. Hood Meadows

## Day Date TD DCL Training Events

Sat	9/25/04	TD Training Series
Wed	10/13/04	TD Training Series
Wed	10/20/04	TD Training Series
Fri	11/19/04	Examiner Training
Sat-Sun	11/20-21/04	TD/DCL Fall Training (conditions permitting)
Fri	12/3/04	Divisional Staff Training - Adaptive
Wed	12/15/04	TD Training Series
Tue	1/11/05	TD Training Series
Wed	1/26/05	TD Training Series
Wed	2/9/05	TD Training Series
Thurs	2/10/05	TD Training Series
Fri	3/4/05	Examiner Training
Fri-Sun	3/4-6/05	TD/DCL Winter Training
Sat-Sun	3/19-20/05	Exam Shadow (Alpine & Snowboard)
Sat-Sun	3/26-27/05	Exam Shadow (Alpine & Snowboard)
Sat-Sun	4/2-3/05	TD/DCL Training @ Symposium
Sat-Sun	4/9-10/05	Exam Shadow (Alpine)
Sat-Sun	4/16-17/05	Exam Shadow (Alpine & Snowboard)
Sat-Sun	4/23-24/05	Exam Shadow (Alpine & Snowboard)
Sat-Sun	5/7-8/05	TD/DCL Spring Training (Alpine)
Fri-Sun	5/20-22/05	TD/DCL Spring Training (Snowboard)

## Location

Hood River, Seattle  
Spokane, Portland, Seattle  
Spokane  
Timberline  
Timberline  
Mt Baker  
Schweitzer  
Alpental, Mt Hood Meadows  
Alpental, Mt Hood Meadows  
Mt Spokane  
Alpental, Mt Hood Meadows  
Stevens Pass  
Stevens Pass  
Schweitzer  
Stevens Pass  
Mt Bachelor  
Crystal Mtn  
Mt Hood Meadows  
Mt Bachelor  
Timberline  
Timberline

## Day Date Regional & National Events

Fri-Sat	10/1-2/04	Division Executives Meeting
Fri-Sat	10/8-9/04	National President's Council
Fri-Sun	10/8-10/04	AASI/PSIA National Board of Directors Meeting
Fri-Fri	10/22-29/04	National Team Training
Thurs-Sun	10/28-31/04	Examiners College
Fri-Sun	11/5-7/04	Ski Fever Ski and Snowboard Show
Fri-Sun	11/12-14/04	Washington Snowsports Expo
Mon-Sun	4/25-5/1/05	National Academy
Thurs-Sun	5/19-22/05	NSAA Convention
Sat-Sun	5/21-22/05	PSIA-NW Spring Board of Directors Meeting
Sat-Sun	6/11-12/05	AASI/PSIA National Board of Directors Meeting

## Location

Lakewood, CO  
Lakewood, CO  
Lakewood, CO  
Copper Mtn.  
Copper Mtn.  
Portland Expo Center  
Qwest Field Event Center  
Snowbird, UT  
Scottsdale, AZ  
TBA  
Golden, CO

# Professional Development Series

Are you looking for ways to challenge yourself and improve your skills as a snowsports instructor? Are you searching for comprehensive training that can help you reach your personal and professional goals? Are you training for certification? If you answered yes to any of these questions, then PSIA/AASI's Professional Development Series (PDS) may be just what you're looking for.

Beginning in January, the PDS is a five-week training program that utilizes both indoor and on-snow clinics designed to increase understanding and facilitate application of the core concepts utilized by professional ski and snowboard instructors around the country. Each session will help you gain a greater understanding of fundamental movement patterns, guiding you in ways to recognize them in your students, find more effective ways to teach them to your students and learn to integrate them more completely into your own skiing or riding. Lectures will cover a broad range of topics, from teaching skills to biomechanics, giving you tools to enhance your lessons and allow you to more easily connect with students.

The PDS is geared toward instructors who wish to supplement their existing ski school training programs. Clinics will center on giving each participant the tools they need to be more effective teachers and skiers.

For those looking to certification, this program makes an excellent addition to any training program. While ten sessions over five weeks is certainly not enough training to adequately prepare an exam candidate, the PDS will enhance your training and provide you with the feedback necessary to determine your progress relative to the existing certification standards.

This season, the PDS will be offered in the Bend and Seattle areas (Mondays in Bend, Tuesdays and Thursdays in Seattle)

On-snow sessions will be held at Mt. Bachelor and The Summit, with indoor sessions meeting in Bend and Seattle (specific indoor locations TBA).

**Seattle Program begins indoors Tuesday, January 11 at 7pm, followed by an on-snow session Thursday, January 13 at 6:30 pm**

**Bend-both sessions will begin on Monday, January 17, on-snow 9 am with an indoor session to follow**

Sign up today and don't miss this great opportunity to enhance your skills, reach your goals and have some fun!!

Random...

It's possible to lead a cow upstairs but not downstairs.  
Mozart wrote the nursery rhyme 'twinkle, twinkle, little star' at the age of five.  
It takes about 142.18 licks to reach the center of a tootsie pop.

# What is the PSIA-NW Board Doing for You???

by RJ Nichoalds  
PSIA NW Tech Team Member

It is Saturday morning September 18, 2004 at 8:00 AM. Where am I??? Sitting in a chair in the back of a conference room at the Best Western Hotel in Kent, WA, listening to the assembly of one of the two annual PSIA-NW Board Meetings. Why am I here??? That is the same question I am asking myself.

As a member of the NW Tech Team, we are required (strongly encouraged) to attend at least one of the two annual Board Meetings. Since I missed the Spring meeting, I figured I better get to this one. Believe me, there are several other things I would rather be doing on a Saturday morning.

After all the officer's reports, several proposals were brought before the board. Some I wasn't terribly concerned with, others I found quite interesting. One proposal in particular inspired me to write this article.

Jack Burns the Administrative VP, by the direction of the Board President Ed Younglove, put a proposal before the board to reduce the physical size of our board in half to 14 members. This also included realigning and reducing the regions from 10 to 7. The argument I thought was pretty sound. This proposal was designed to do the following:

- Bring our board size in alignment with other divisions as it relates to board size per region's membership.
- To have a more responsive efficient Board
- This would shift some of the Board workload to Amy Zahm, the newly hired Education Program Director
- Be responsive to the membership survey
- Ultimately, show an annual cost savings in excess of \$8,000

□ This proposal also suggested it be done in one full swoop, starting fresh with a newly elected Board.

I am thinking, "This is great!! Let's clean up this board and get some fresh ideas, eliminating a lot of self serving individuals who have held these board seats forever."

So, now this board is faced with eliminating their positions as board members and changing the alignment of the regions within the NW Division. The floor was then open to discussion. I am thinking, "What's to discuss??" (Remember, I am just an observer and have no "official" say in these meetings.) Well, here are some excerpts from the Board Meeting Minutes, *in italic type*, that helped change my mind – **followed by my thoughts at the time, in bold print.**

□ *First, in downsizing the Board we need to be aware of maintaining expertise. Financial, insurance and legal talents (that) are important to this board.* – **Good point!**

□ *We need to do a better job of calling on people who will share their talents.* – **Oh crap, I am going to be recruited for more volunteer work.**

□ *The perceptions used to formulate the idea of reducing the board are a bit erroneous. Using the combination that we have 28 and other divisions have 12, we are the only division that is represented by concession schools that aren't represented by resident schools. You don't have the consistency of the representation by membership to one voice that you would have at a mountain – you have multiple voices across the mountain.* – **Another good point.**

□ *One to two percent of the budget is not critical when it comes to giving membership access to the board and organization, even if it is only a perceptive access.* – **Good point!! Is the \$\$ savings really enough to justify the changes??**

□ *We are mandated by policy to revisit this issue every five years.* – **It needed to happen to satisfy the bylaws of the organization. Good for Ed & Jack to spear head this unpopular task.**

□ *Unless we couple this with a direct benefit to the membership, they will not see anything. If we would say that the \$8000 reduction in expense could go toward reducing dues. We need something tangible to show them. A free clinic is also a good idea.* – **Good point! What is going to be given back to the membership with this savings? Hmmmm, \$2.58 reduction in annual dues?? It would cost more to reprint the membership renewal forms.**

□ *We need to reach out more to membership and get them involved. Invite members to come to a board meeting to see what's going on.* – **You are all invited...the whole membership.**

After hearing this discussion, I decided that I think our board is doing a pretty good job representing our entire division. We are one of the most diverse divisions because of our concession ski school programs and our board should reflect that diversity.

More importantly, I was thinking along the lines of a little self preservation. "If the board gets smaller, I get volunteered for more administrative tasks. My heart is on the snow, not in the board room." With the board remaining the size it is, I will have more time to do what I want to do; ski and run clinics.

So, maybe you are thinking you should check out the PSIA-NW Board and what they do. Well, check out our website ([www.psia-nw.org](http://www.psia-nw.org)). To find out which board members are up for reelection this year, check out page 15 in this newsletter. Get your plan together and run against them. I for one will NOT be running for a board seat this year. I am quite happy stopping in once or twice a year making sure that the board is on track. For the most part, I think they are.

## PSIA-NW MEMBERSHIP BENEFITS 2004-05 SEASON LIFT DISCOUNT INFORMATION

<b>SKI AREAS</b>	<b>COST</b>	<b>DOCUMENTS</b>
<b>OREGON</b>		
MTHOOD MEADOWS	\$10 OFF LIFT TICKET PRICE	1>CURRENT PSIA CARD 2>VALID DEC-MARCH (NO EARLY OR LATE SEASON)
SKI ANTHONY LAKES	COMP	1>CURRENT PSIA CARD 2>CURRENT EMPLOYEE ID FROM SKI AREA WHERE WORKING
<b>WASHINGTON</b>		
49° NORTH	50% OFF	1>CONTACT TICKET OFFICE 2>CURRENT PSIA CARD
MISSION RIDGE	\$22 TICKET	1>ORIGINAL LETTER FROM DIRECTOR/SUPERVISOR 2>CURRENT PSIA CARD
MOUNT BAKER	\$17 Mon-Fri \$27 Weekends & Holidays	1>CURRENT PSIA CARD 2>SEASON PASS/LETTER FROM TEACHING AREA 3>EFFECTIVE AFTER 12/1/04
SKI BLUEWOOD	1/2 PRICE	1>TICKET WINDOW 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
<b>IDAHO</b>		
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	1>CURRENT PSIA CARD 2>SEASON PASS 3>LETTER FROM DIRECTOR STATING FULL-TIME INSTRUCTOR STATUS
SUN VALLEY RESORT	\$20 DOLLARS OFF REGULAR \$67 TICKET	1>LEVELS 2 & 3 ONLY 2>CURRENT PSIA CARD 3>LETTER FROM DIRECTOR 4>EXCLUDES DATES: 12/24-1/3, 2/19-2/27, 2005 5>RECEIVE AT TICKET WINDOW
<b>ALASKA DIVISION</b>		
ALYESKA RESORT	DISCOUNT	1>PURCHASE TICKET AT TICKET WINDOWS 2>CURRENT PSIA CARD 3>PHOTO ID
<b>ROCKY MOUNTAIN DIVISION</b>		
ARAPAHOE BASIN	\$28	1>GO TO TICKET WINDOW OR SKI SCHOOL 2>CURRENT PSIA CARD AND PHOTO I.D.
ASPEN, HIGHLANDS, SNOWMASS, BUTTERMILK, ASPEN MTN	\$39	1>ANY TICKET WINDOW 2>CURRENT PSIA CARD & PHOTO I.D.
COPPER MOUNTAIN	EARLY/LATE \$35 HIGH SEASON \$57	1>GO TO ANY GUEST SERVICE OR TICKET WINDOW 2>CURRENT PSIA CARD 3>PRICES SUBJECT TO CHANGE
TELLURIDE	\$25 LIFT TICKET 11/24/04-4/3/05	1>CURRENT PSIA CARD 2>LETTER FROM EMPLOYER
<b>WESTERN DIVISION</b>		
HEAVENLY SKI RESORT	\$32 EARLY SEASON \$42 MAIN SEASON \$32 LATE SEASON	1>GO TO SPECIAL TICKETS OFFICE 2>CURRENT PSIA CARD 3>SEASON'S PASS

This is a partial list. Please check the website for a complete updated list.

# ACE Clinician

## Application and Selection Process

The Northwest Division is looking for people interested in working in the Advanced Childrens Educator Program. Referred to most often as the ACE program, this popular divisional event needs more staff to accomodate the overwhelming demand for clinics. If you are interested please read on and get your application in soon. If you have any questions about the program talk to an ACE clinician in your area or contact the PSIA/AASI-NW office.

Goal: Add members to a strong staff of ACE trainers

### Requirements:

- Actively involved in children's snow sport education
- Level III certified Alpine, Snowboard or Nordic
- Certification in 2 disciplines (recommended)
- Actively involved as a ski school trainer with experience training age specific topics
- Have completed the ACE program in any division of PSIA
- Capable of committing to two training days per year and four days of work

### Applications are due by January 25, 2005

You will receive a response by February 15, 2005

Send completed application packets (only complete packets will be processed) to:

PSIA-NW, Attn: ACE Staff, 11206 Des Moines Memorial Dr. Suite 106, Seattle, WA 98168

### Application Packets must include:

- Professional resume (1 page max)
- Cover letter (1 page max)
- Two letters of recommendation
  1. One from you school Director letting us know you will be made available and documenting your experience as a clinician
  2. One from an active Divisional Staff Member or ACE clinician

One article suitable for publication in the PSIA-NW Newsletter regarding an age specific topic  
Check for \$80 (this amount will be returned if you are not selected to participate in the on-snow portion)

From the applicants, a group of cadet ACE clinicians will be invited to train with the ACE clinicians at first on-snow training. After the training you will be put on one of two programs.

1. You will be given feedback on areas that need to be improved and asked to come to the next training event. Failure to qualify at the second training session will terminate the application process.
2. You will be invited to shadow ACE clinics. All applicants will shadow at least two clinics before leading a clinic on their own

### Requirements of all ACE clinicians

- Actively participate in a children's snow sport education program
- Be available for two ACE clinics per year (4 days)
- Participate in at least two trainings per year
- Purchase the current uniform pieces (not to exceed \$250 annually). Current clinicians may wear a current DCL, Tech Team or ACE uniform when conducting an educational event.
- Submit at least one article per year for publication
- Conduct clinics following guidelines and meet or exceed the standards



# PSIA-NW Event Application

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



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

Please fill out all applicable lines for your event

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

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

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

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

Check here if address has changed

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

Email Address: \_\_\_\_\_

Discipline:  Alpine  Snowboard  Nordic  Adaptive

FOR OFFICE USE

## 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

feemust accompany application

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

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



“AmyZahm”

Continued from page 14

Many of you know Amy, but for those who don't, please let me introduce our Education and Programs Director. I probably can't adequately convey how impressed I was by Amy's interview. I have known Amy for some years now. I worked with Amy for a brief while at Crystal. Of course, I already knew about her experience in the division. Amy had been our Education VP. She also had been a member of the Northwest Tech Team, and a PSIA-NW Examiner. I also knew Amy has had a great deal of experience at the national level. For example, she was a member of the National Junior Education Team (JETS). Amy had also been the National Children's Chair and she was instrumental in the development of the national guidelines for the Advanced Children's Educator accreditation program (ACE). Check some

of your children's manuals and you're likely to find Amy as an author or contributor.

Prior to the interview, I did not know how much insight Amy has into effectively working with people, solving problems, and approaching the planning, organization and implementation of projects. Her “humanistic qualities” really impressed me. Particularly since this is the implementation of this position, I think that these latter qualities are even more important than the obvious technical abilities she brings to the position. I told the selection team I was “blown away” by Amy's interview, and I meant it. A lot of time was put into developing this position and into seeing that “the right person” was selected to fill it. In my opinion, Amy is clearly “the right person” to be our first-ever Education and Programs Director. Welcome back, Amy.

## New Address or Email!!

Be sure to inform the PSIA-NW office if you move. The postal service will not forward our mailings.

Send your

**Name**

**New Address**

**New Phone and**

**New Email**

to the PSIA-NW office.

Notification may be done via mail or email.

PSIA-NW

11206 Des Moines Mem Dr

Suite #106

Seattle, WA 98168-1741

206-244-8541

office @psia-nw.org

Calendar of  
Events p.24

## Attention all Training Directors!

Check out the new link on the website-  
“TD NEWS”

Everything relevant to the latest in TD  
information is posted here.

Events, applications and more!

NORTHWEST *SnowSport Instructor*

**PSIA-NW/AASI**

**PNSIA-Education Foundation**

11206 Des Moines Memorial Drive, Suite #106

Seattle, WA 98168-1741

(206)244-8541

www.psia-nw.org

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MATERIAL**