

ISSUE 1
PNSIA-EF

N **SNOWSPORT** INSTRUCTOR



summer / fall 2005



Inspiring lifelong passion for the mountain experience

Event Line Up

Fall Seminar 2005

Sign Up Now

We are already preparing the menu of events for the new season. Look for the full calendar of events in the next newsletter and on the website. The first event coming our way will be the Fall Seminars. Sign up now!

Oct. 22nd at Mt. Hood Community College in Gresham

Oct. 23rd at Shoreline Community College in Seattle/Shoreline

Nov. 5th at Gonzaga University in Spokane

Be sure to mark these dates on your calendar and you'll be rewarded with some lively topics and a great kick-off to your season.

This is an indoor event that begins at 8:00 a.m. and ends at 3:30 p.m.

This year we will be offering topics for all disciplines in Movement Analysis, Teaching Skills and Children's training.

We are currently in contact with a variety of potential presenters. Keep your eye on the website for more updates.

Participants will receive a 1-year education credit for attending this full day seminar.

Lunch will not be served at any of the venues, so please plan to brown bag your lunch or get a quick bite at nearby eateries.

Be sure to submit your application before the October 11th deadline for Seattle & Portland, and October 24th for the Spokane deadline.

We encourage you to take advantage of the Snowboard and Nordic presentations. These are open to all disciplines. Be sure to identify on your application form whether you are Alpine, Nordic or Snowboard specific.

Be sure to note the time your topic is offered. Some are AM or PM only.

TOPICS

Topics offered are dependent on sign-ups and may be cancelled or modified. We will do everything to make sure the sessions go.

Advanced Skills in Teaching (am/pm)

A Differentiated Instruction Approach - Presented by Linda Cowan

Open to Instructors with at least five (5) seasons of teaching experience, or Level II and III certifications.

Differentiated Instruction is an approach to teaching and learning where students are given multiple options for taking in information and making sense of concepts. Differentiated instruction is founded on the belief that instructional approaches should vary and be adapted in relation to individual and diverse student groups. 'DI' helps instructors create multiple pathways so that students of different abilities, interests, or learning needs equally maximize their learning and individual success.

This method asks instructors to do more than one thing at a time in a logical, progressive format. Instructors would need to come to this class with a fairly good working knowledge and handle on the skills concepts and the ability to attach appropriate drills/tasks to build foundational skills.

Adaptive Session I: Autism / ADD / ADHD an overview (am) (Seattle, Mt Hood only)

An introduction to causes, behavior and related issues

Adaptive Session II: ADD / ADHD - Mainstreaming with typically developing students (pm)(Seattle, Mt Hood only)

An introduction into behavior management and inclusion tools

Biomechanics For Efficient Skiing Movements (am/pm)

This workshop is an interactive body awareness and movement seminar. Dress in clothing that you would wear to a stretching session and bring your ski boots. You will learn the elements of proper posture, and how when the body is balanced the basic movements of skiing become very effective with very little effort or strain on the back or knees. Expect a stretching, moving, guided tour of skiing movements with lots of individual feedback, body awareness and Q&A.

Boot design and Fitting (am/pm)

Gain a greater understanding of boot design and which product may provide you with the best fit for your feet. Learn the tips from the top fitters for setting up your boots and feet for maximum performance this winter. Learn ways to recognize and assist your guests in fit and stance needs.

Event Line Up

Children's Topic: Advanced Children's Education: (ACE) The ACE program is structured to give you insight into how children develop and learn. In addition to the cognitive, affective, and physical development of children, this two day event focuses on group management skills, lesson planning, and skill development. Material is appropriate to all disciplines: nordic, alpine, and snowboard.

Too busy to give up a whole winter weekend for ACE? This new format may be just right for you. Take the indoor session at fall seminar and then just one day on snow to complete your ACE program. The indoor session at Fall Seminar is an all day class – do not sign up for a pm class. On snow dates are:

12/4/05–Timberline, 12/10/05–Crystal Mtn and Schweitzer, 12/18/05 –The Summit.

Prerequisites: participants must be at least a cert Level 1. Participants must complete the workbook prior to the indoor session. The workbook will be mailed to you when you register for the course. **Required Text:** PSIA-Children's Instruction Handbook - \$14.50. Book may be purchased from the PSIA-NW office (phone) (206) 244-8541, fax (206) 241-2885, (email) office@psia-nw.org 8.8% sales tax for WA residents and \$3.00 shipping.

Cost for ACE: \$100

Core Strength for Better Performance (am/pm)

Start preparing for next ski season now! A strong core is key to good skiing. Learn techniques to develop your personal core strength. Focus on movements specific to good skiing and riding, while exploring the anatomy and biomechanics of the snowsport athlete. This class will involve exercise, so please dress appropriately.

Creative Skill Building (am/pm)

Join the ACE staff for a fun, active skill-building session. Use a variety of soccer and basketball crossover activities to explore skill building, teaching and learning styles and creative games for skill development. Sessions will be geared toward teaching kids. Wear good shoes and clothing that allows you to move freely.

Equipment Tuning and Maintenance (am/pm)

Learn what it takes to get the most out of your equipment. Whether you chose to tune your own or take it to a shop, learn what it takes to do it and what to look for in a great tune.

Grow the Sport (pm only)

Our industry is focusing on how to build lifelong participants, are you? Discover how to create lessons that make learning to ride fun and easy for your students and

you. Learning to ride does NOT have to be about suffering thru those first couple of days. Find out how (and why) snowboard progressions have changed so quickly over the past couple years. We will also check out how to address some of the common challenges of teaching so your students will learn quicker and you both will enjoy the experience much more. (This is NOT just for the beginning instructor.)

Intro to Freeride (am/pm)

Understanding risks, benefits, and progressions in the Terrain Park. Whether you are riding or skiing, this clinic will help you prepare yourself and your students for more exciting, safe and successful adventures in the Terrain Park.

Movement Analysis I Alpine (pm only)

This workshop will teach you how to recognize movement patterns and the cause/effect relationship to performance in skiing.

Movement Analysis II Alpine (am only)

With a focus on upper level skiing, this workshop will improve your observation skills in off-piste and bumps.

Movement Analysis - Nordic Track (am only)

Covering both Skate and Classic techniques, this session is designed to show both how to watch and analyze the movements as well as how to compare them to similar movements in alpine and XCD.

Movement Analysis - Nordic XCD Downhill, aka Telemark (pm only)

Movement Analysis for both Telemark movement patterns and how they relate to alpine and track-based Nordic movements. Open to all disciplines.

Seniors Workshop (am/pm)

Teaching Skill Development

Establishing the learning partnership with your guests and determining their goals

Determining their needs and shaping their goals

Practice in building an effective lesson plan

7 Habits of Highly Effective Ski Instructors, Coaches, TD's, Exam Candidates (am/pm)

This class will explore different ways to look at Goal Setting, Lesson Planning, Time Management, Interpersonal Communications Skills, and what motivates you and your athletes/students or trainers

From the Communication VP

Just like riding a bike

How many times have we heard that phrase? Perhaps you've even used it yourself. Usually it comes up when people are returning to snowsports after some time off. College, jobs, kids, money, exile to Iowa. It's reassuring to know that they're not starting completely from scratch and there's hope they can pick up where they left off.

Funny, that's what it may seem like to us as snowsport instructors after this last season in the Northwest. While most of us escaped exile to Iowa, just having mountains here didn't guarantee any type of consistent snowfall. So, we find ourselves picking back up where we left off as individuals, an industry and an organization.

PHOTO BY: DAVID SWORD



“As an organization, we've reaffirmed our commitments to our Education programs...”

We're not starting from scratch. As an organization, we left off with a solid start on plans to address the feedback you gave us in the 2003-2004 survey. Amy Zahm, our first Education Program Director, was able to lay some solid groundwork for that position even as events were cancelled and event revenue needed to support her position disappeared. As an industry, resorts in the Northwest had just come off a record, or near record year for customer visits. Long range master plans had finally made it through years of regulatory process and were inching toward realization. As individuals, our drive to constantly improve and have more fun while doing it is pretty well ingrained. New equipment design has us all convinced that possibilities are just about limitless.

So, where are we going from here? As an industry, I suspect our customers are just as eager to get back to their favorite activities and resorts as we are. Offers to honor season passes at affiliated resorts or for discounts locally should bolster customer loyalty. As an organization, we've reaffirmed our commitment to our Education programs and we are in the process of hiring a new Education Program Director. See Ed Younglove's [President's Report](#) in this issue for more information on this and our response to last season. Check out [The McLaughlin Report](#) for an update on our renewed efforts on the training side. Board member Mary Germeau reports on the successful Symposium Raffle / Auction to raise money for our Scholarship program.

This issue also marks some changes to the newsletter after a pause. (We cancelled the Spring '05 issue and have combined the normal Summer and Fall issues in response to last season's financial constraints.) The new "Event Line-up" puts event listings front & center. As you can see, preparations for Fall Seminar are well under way. For your convenience, you can also sign up on the website. We are debuting a new article - the Training Director's Column. This is a chance for TD's to share their training ideas. Our thanks to Board Member (& TD) Mike Peters for the idea and for the first column to get the ball rolling.

The two Turning Point articles from Team members Nelson Wingard and RJ Nichoalds address what it takes to get back on your bike and ride. "Just like riding a bike" can imply that we're satisfied with what we've done. More than just picking up where they left off, their striving to go beyond a set-back, set goals with renewed energy and work toward them with purpose gives us an example both as individuals and as an organization to move forward. ■

NW SNOWSPORT INSTRUCTOR

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SKIER: GREG DIXON, MT. BACHELOR



PHOTO BY MARTY ANDREWS, SCHWEITZER

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Submission Deadlines

Issue	Deadline
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.

All published material becomes the property of PSIA-NW. Articles are accepted for publication on the condition that they may be released for publication in all PSIA National and Divisional publications. Material published in this newsletter is the responsibility of the author and is not necessarily endorsed by PSIA-NW.

President's Report

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

Rates:

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

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

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2x3	\$50	\$10
4x3	\$100	\$20
7x5	\$150	\$40
7x9	\$200	\$50

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**Cover: Steve Hendrickson
 with group at Timberline**

Last Season

An important look at how the 04/05 season played out

BY ED YOUNGLOVE
 PSIA-NW PRESIDENT

Whew, am I glad last season is behind us. With rather few exceptions, the weather devastated most of last season for northwest resorts and snowsports schools. What did it mean for us, PSIA-NW, a dues based membership organization?

Our organization has two principal income sources, membership dues and event fees. Our major expenses are administrative costs (e.g. staff salaries, rent, etc) and event costs (e.g. clinic leader compensation). Because we held fewer events, event fees were down, but so were event costs. The overall effect of the reduced volume, however, was a substantially reduced amount of net event income. The other major factor was our fixed expenses like our monthly office rent and administrative staff salaries. Last season we told you how PSIA-NW has the lowest membership dues of any division in the nation. A consequence of this is that our dues income is insufficient to cover our major fixed expenses. That's a problem when we don't have event income to supplement the dues income.

Your Board of Directors and Officers worked together to go lean, without trying to get mean to get us through the season. We had to make some tough choices. We

tried through email and other media to keep you informed, but the situation was so fluid it seemed to change from day to day. We just didn't have the means to keep you abreast of everything as it happened. We tried to keep you up to date with the website and we hope to improve our membership email list for future use. Now that the dust has settled (it certainly wasn't snow) we can see more clearly what transpired.

We hung on as long as feasible before substantially cutting down on events and training. The toughest decisions were about laying off staff. Most of you already know this story from earlier communications, but starting in January we laid off one of our full-time staff in the office and reduced another's hours by one half. At the same time we reduced our new Education Program Director position from full time to half time. At the end of February we further reduced the Ed Program Director to one-quarter time and we eventually had to lay her off the end of March. We considered but decided against further staff cut backs. We felt it was important that members have the ability to get whatever information and assistance we could give through the office and we particularly wanted to be able to continue to provide services regarding the events we were able to hold (or hoped to hold) and also to service those areas in the division which were not as affected by the weather. Membership services never

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President's Report continued

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suffered in my opinion. All the staff were incredibly understanding regarding these decisions. They deserve our appreciation for their loyalty. If you have any contact with Cheryl, Becky or Amy, the staff affected by the layoffs, please tell them how much we value their loyalty and hard work. The net effect of all this was that we still had to expend a substantial amount of our reserve funds, but I guess that is what they were for.

Some members have expressed the feeling that we shouldn't have to pay dues for this upcoming season because of the limited opportunity to ski/ride or to work last season. Part of the problem is that, as pointed out earlier, many of our expenses go on regardless of the amount of snow. Last season we had a lease obligation to pay rent on our office space and we had employment compensation obligations to employees and without them no one would have been in the office to answer your questions or to do the work of the division, including holding events where there was snow, etc. Even more to the point, for this upcoming season (which is what these dues are for) we need the dues income this summer to pay for the expenses of the upcoming season. There is no reason to believe that we won't have a normal season during which we will provide the "normal" high quality services you expect and are entitled to.

Some members apparently feel that we should have waived the educational delinquency (waiver) fee because of the more limited opportunity to attend events. In

truth, I think we offered ample opportunity for people to maintain their educational credits, including some new creative events such as the *Spring Fling*. Most people who needed to get credits, were able to. If we were to waive this fee, we would have to make up this loss of revenue (the educational event fee or alternative delinquency fee) somewhere else. Should the rest of the membership who were able to keep their credits current pay for those who didn't? Should we dig deeper into our already depleted reserves, jeopardizing the quality of future services and our fiscal health? The board considered this issue and decided against amnesty and its fiscal consequences. I believe this to have been a tough but reasonable and fiscally responsible decision. Just one of many last season.

While we offered many program events, they were a moving target all year. We moved *Divisional Academy* to Canada in a last ditch effort to save the event. I believe those who attended had a great time at Sun Peaks and were glad we did. For awhile, we had considered moving *Symposium* out of division. We eventually decided to hold it at Mt. Bachelor. It was fairly well attended and the skiing was awesome. Because we couldn't hold some of our on snow events, we created the *Spring Fling* indoor training. It was such a success, members indicated they hoped we will consider holding it as a regular event. (What's that about necessity being the mother of invention?) We managed to hold DCL and TD training, mostly early season. We were able to hold the Mt. Bachelor exam for those hardy soles who worked hard to prepare for exams

despite the limited preparation opportunities.

Amy Zahm will not be will not be back next season as our Education Program Coordinator. When we were forced to lay Amy off she had to concentrate on her massage therapy business. While I am sorry we will be losing Amy's services, we are all happy to see her business do so well. Despite the lack of events, Amy was able to leave us with a well organized blueprint for the position and for division events. We all agree this will prove invaluable in the future. On behalf of the division, I would like to thank Amy for all her hard work and for her perseverance in the face of the adverse year. She served us well as our first ever staff Education Program Director.

As I write this, we are in the process of screening and interviewing candidates for the position. Once again, we were blessed with a pool of well qualified applicants. I am excited that we will be able to maintain the excellent quality of personnel in this position. We hope to hire a new Education Program Director this summer so he/she can start before fall when so much of the season planning takes place. Check the website for current information. Check out the next newsletter for a profile of the new Director. I continue to believe that this position will allow us to take the quality of our already great events to a new level and to hopefully increase both our membership base and our current member participation.

I hope you all have a great summer and that we are skiing early and long next season. ■

The McLaughlin Report

Strong Tech Sector Helps Market Rebound!

A roadmap to this seasons Tech programs

BY LANE MCLAUGHLIN
PSIA-NW TECH VP

So, that's my prediction for 2006, a healthy and vibrant Tech sector leads a charge and turns a slumping market into a bullish run and big gains for the year. But before you run out to your stock broker and gobble up a bunch of options on high flying internet companies, you better hear me out because I'm actually talking about our snowsports community and the role I see the Tech Team, Divisional Clinic Leaders (DCLs), and Training Directors (TDs) playing in helping us rebound from a rough 2005.

I don't know if I've heard anybody talk about skiing in the last 8 months without prefacing whatever they say with a reference to how lousy last season was. In our land of prodigious precip', Northwesterners just don't know how to live on the starvation diet of snow we were fed last year. Last season has left us weak and hungry and hung-over. But just when everybody is ready to sell short, I'll go with the contrarians and buy long. I believe we're going to have a rebound season, hopefully in snow but more predictably in participation, leadership, and productivity in our Technical program.

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 snowsports.

Last season's Tech training program started strong with effort to address feedback from the membership survey and its measurement of what we're doing well and not so well with regards to our divisional mission statement. It's the desire of the Tech staff to answer the call and move forward on the following objectives:

Provide membership value

What was clear to me in the surveys was that a member's evaluation of membership value and clinic value seemed directly tied to the quality of experience they had with DCLs. Members either raved about experiences with clinic leaders who could really deliver an assigned topic in a fun and memorable way and how the price to access these talented folk is a steal, or members had critique that spoke to just the opposite.

Since your value of membership and participation so tightly hinges on your evaluation of our staff, and that our people are essentially the product, it is our mission to develop a unified staff that is motivated to grow personally and professionally in the process of delivering you a consistent, quality, and inspiring product. The staff realizes that being a clinician is not a status symbol but rather an assignment and opportunity to meet more of you and help with the progress our community is able to make within the industry. They have come up with their own training objectives to

help address your feedback and essentially raise the standard for their own participation.

Development of teaching curriculum

The mission states pretty clearly that we're here to help you with your teaching skills but it is also evident that the majority of our curriculum and clinic activities focus on skiing and riding skills. To me that's not surprising in that it's much easier to have a clinic session about skiing and riding be experiential, experimental, and downright epic because participants get to do it, can measure their progress, and leave with new goals.

However, I don't know that we've come up with a similar paradigm on the teaching side – we have plenty of information about teaching and learning theories, best practices, progression development, meeting humanistic needs, and all the ingredients of great teaching but perhaps not an experiential format for people to experiment with the tools and get an understanding of their own abilities and a roadmap for improvement. Most of our teaching on teaching comes through modeling rather than practicing, and some of the learning obstacles come through fear and the lack of risk-taking. Your Tech Team and a PSIA National Task Force are trying to fill this gap and bring you a better balance in curriculum, products, clinics, and activities to train teaching skills.

Educational information linked to certification standards, and visa versa.

As the mission statement indicates, the organization exists to provide

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e McLaughlin Report continued

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members with educational products and opportunities and a set of defined standards (i.e., certification) to guide their development. Since your Tech Team, DCLs, and TDs create and present to you these educational components, it's definitely our goal that the learning and the feedback you get along the way is consistent with and connectable to the certification standards that measure your professional progress. The fact that your TD or clinician may not be an examiner should not be an obstacle to your training toward and meeting national standards.

The worst-case scenario for us is to hear of examples when members perceive the information and experiences between the Education and Certification events as disconnected and not complementing one another. It's your Tech staff's goal to

make sure your education leads you toward meeting well defined standards and that the pursuit of achieving standards is meaningful and educational to you. To tighten the link between these two programs, your Tech staff spent their training time last year improving how we use the PSIA National Standards as a tool to develop goals, assess performance, and make feedback more meaningful to you. As an example of progress, the Alpine Exam scorecards are being modified to better convey how we measure your strengths and weaknesses in terms of skills rather than tasks.

Jump back in

So, if you're stuck in a general malaise from 'Black Season', we want you to step away from the ledge and jump back into the game. I've only touched on some of the highlights where your Tech crew is most

committed and have excluded many other areas of hard work improving curriculum, event quality, communications, and the overall membership experience.

Come sign up and enjoy group therapy to blast away the blues from a well-intended but short-lived season. This season will include tryouts for Alpine and Snowboard DCL staffs, ACE staff, and Alpine Tech Team – it's a season where the Tech sector is going to be pushing hard to earn their role as your educational and certification leaders. You get the final say on how we're doing, so check your calendar, plug into your community, and provide us feedback on where to go next and we'll team up to enjoy a rebound season.

Timberline training snow, rain or shine! Nov. 19th and 20th. Updates on line, check TD News. ■

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Clean Up Messy Movements

A creative indoor activity to explore inefficient movement, observation, description, analysis, and exercise development

BY MIKE PETERS

One of the challenges for Training Directors and School Directors is to plan relevant pre-season dry land training sessions. Although your staff is probably excited to get together and learn the 'latest and greatest', off-snow sessions need to be fun and motivating while providing content that enhances their lessons and skiing skills.

Dry land clinics can provide opportunities to develop exercises that can be retained and built on through out the season. The benefits of this approach are consistency of instructional techniques and a baseline source of information. This process also supplements your school's progression by providing valid connections between steps. Additionally, instructors who actively participate in the formation of exercises used in the school develop a sense of ownership and pride.

For you objective aficionados the lesson plan is as follows:

Materials- tape, large pieces of paper, felt pens

Task- Create simple exercises to correct inefficient movements

Objective- improve skills of observation, description, analysis, and exercise development

Procedures:

1. Divide staff into small groups
2. Each group picks a 'messy movement' (examples below) and gives it a funny name.
3. On their papers, complete the sentences:
Where in the turn might the messy movement be observed?
The effect of (messy movement name) _____ is _____.
4. Create a simple exercise to correct the messy movement.
5. Each group presents their exercise to rest of staff.

Now, after the laughs and rewards for the cleverest names, there will undoubtedly be a fair length of time before those on-snow clinics or lessons. All these great exercises need to be saved and made available for later use. So the subsequently (very important) procedures follow.

Hang the papers created from the dry land in the instructor room (hopefully you have one). Instructors now have readily available resources for their lessons. Attach blank sticky notes to the papers. Instructors add their comments and/or improvements to each as they have a chance to try the exercises. On-snow clinics can now review and revise the original exercises. Post the revisions and on it goes!

Not only have you created a successful 'bag of tricks', these can also be subjects for those evening tech-talks and are great resources for your new hires. Keep all the materials and you have next season's dry land kick off.

The final step is to compile your own list of messy movements. Have fun.

Messy Movement Examples:

weak center of mass	lack of flexion/extension
lower legs not parallel	little or no cuff pressure
body leaning into the hill	lack of leg steering
no release of edges	stiff inside leg

Now here's a quiz. Can you match these messy movements (from the 49° North staff) to their inefficient pseudonyms?

Storkin'	Wimpin'
Jelly Belly	Rigid Roger
Rigid Roger's twin	Skooter Skiing
Hangers	Fuzzies
A-Framin'	Perpendicularity

Training directors are welcome to submit training or clinic ideas for the column. Please send to the PSIA office (office@psia-nw.org). ■

A Road Well Worth Traveling

BY RJ NICHOLDS
PSIA-NW TECH TEAM

It was winter 1988, and I just came off a season living in Sun Valley where I spent most of my time on a pair of Elan 215 Super G's. On the occasional day I wanted to make a medium radius turn, I broke out my Race Room K-2, 812's, in a 208 with a 26.5 Sticker on them. We skied two speeds over there: "On" and "Off". Hey, I was in Sun Valley. Speed control was not an option.

That spring, my TD signed my exam form and I headed off to Mission Ridge to take my Associate Exam. I have been teaching since 1982 and was skiing strong....this should be easy, right?? Well, I came to learn something different.

When I met up with my exam group, I was the only one that was not part of the Wenatchee Valley Community College program. For starters, it was difficult being the only outsider in the group. Second, they started on a technical discussion that was way over my head.

My examining core included, Bud Davis, Gordy Ball, Sarah Richardson, and even John Mohan joined for a session. When things got going we started talking about Exam Figures: running gates, Uphill Christies, Linked Hockey Stops etc... I had no idea what these people were talking about. All I ever read was the ATM. Exam Figures were not part of that book.

Come Sunday, I somehow managed to pass my Teaching & Skiing, but was so far away from my Technical it

was embarrassing. I stormed out of there mad as He#% and drove like a maniac back to Seattle swearing off the PSIA for good. As I crested the top of Stevens Pass, I seriously begin to doubt whether I would ever teach again. I just wanted to go skiing.

Next winter rolled around and ski school got started up again. Fortunately, I succumbed to the peer pressure and got back involved. Just about that time Roger Taggart was getting involved in the exam process too and

Fortunately, I succumbed to the peer pressure and got back involved.

was leading the charge in our ski school. We started doing clinics that included movement analysis, teaching and some pretty serious technical discussions. After a while, I looked back at the comments on my exam results and realized they were right on.

It was now about two years past my experience at Mission Ridge, and Symposium was at Whistler. (For the Symposium selection committee, WE NEED TO DO THAT AGAIN!!!) Enough with my editorial! Since we were headed to Whistler, I decided to attend this event. I had two great clinics. One with a French Canadian named Martin, and another with the legendary "DI". Dennis Ireland was a DCL at the time, and you can still find him haunting the grounds of

Wiggi Creek in Bend, as well as the skies of Alaska Airlines.

During my clinic with DI, he asked me how long I have been a Full Cert?? I fumbled and said "...uh...uh...I just registered again this year so I could come to Whistler". I guess this was my true turning point, where I realized I might have something to offer. I thought I had better get back in the exam process and get busy. Later that Spring I signed up for my Associate exam and headed to Bend, Oregon. Believe it or not, I passed, with some relatively positive feedback in the areas where I failed miserably before.

Now that I have made it through two Level III Exams, One DCL try-out, and two Tech Team Tryouts, I have picked up a few good lessons along the way. First, if you are going make advances in life, you need to put yourself in a place to be judged. Second, if you are going to put yourself in a place to be judged, you better be ready for people to offer you feedback. Third, take whatever feedback that is given to you, and process it before you respond in a defensive manner. You may not always like the feedback, but I am sure there is something worth considering.

Involvement with the PSIA has done great things for me in my life. My success on the slopes has transferred to success in my personal and business life. This is a great organization where I have received a great deal of benefits over the years. The tough part, is finding ways to give enough back. I encourage all of you to get involved and do the same. ■

Turning Point

Goals vs Dreams

BY NELSON WINGARD
PSIA-NW TECH TEAM

The difference between a goal and a dream is that dreams don't have deadlines. My goal was to make the PSIA National Alpine Team by the time I turned 33. Stupid as it may sound, that was the time frame I gave myself. That was the plan, go to Snowbird in April, try out and then either keep developing as a Professional Ski Instructor on the National Alpine Team or join up with the Air Force and learn to fly jets (32 is max age to sign up for the Reserves). I say was the plan because it was at the tryout that the plan changed.

The tryout was a turning point in my life; however it wasn't the selection that defined the event, but rather the selection process. Five days of skiing and working with some of the greatest minds and athletes this nation has to offer provided insight into my skills and talents as a ski professional. During the tryout, I felt comfortable with my knowledge and ability to convey/teach at that level and it had significant effects on great skiers. I now had to recognize all the little changes and gains in knowledge and skills that I had achieved over the years. If I might, I would like to throw out a few...

From Jim Stevens in Mammoth—Both shins on both boot cuffs and tune matters

From David Tewell—Tip the ski before it changes directions

From Gav—Control pressure, don't try and create it

From Rach—Flex the spine forward and lateral in your short turns

From Lench—Compassion is the key to teaching

From Chris—A ski can do that?

From Karin H—Understanding of Counter (sorta)

From Sean Bold—Get to the freshie (new outside ski) earlier by starting earlier

From Mr. T—Suppleness

From Chad & a SB—Change edges only when moving with the board (ouch)

From Bob Barnes—Don't let being a Pro stop you from having a really good time

From PJ—Make all snow look like good snow

From RT—Ski racing is just good skiing around sticks

From Tad—A quiet torso is different than a static body

From John E—Listen to the sound of the turn

From DL—A skis limitless ability to entertain & the tip is way, way up there

From Amy Z—Know your students

From Calvin—Take time to get to know your students

From Ben Jackson—Just get inside the turn and decide from there

From Chris T—You are better, but you still have a whole lot to learn

During the tryout, I was considering the question, "What does it mean; to be accepted on the national team or to not be chosen?" Does it mean I am a skiing icon and have nothing left to learn or conversely I suck and should quit. Sounds like a stupid thought, but in the pressure of the situation, that's how I felt. Finally, I realized that if not selected, it certainly didn't mean that I sucked and had start shopping for a sport for little, fat guys. It simply meant that my knowledge and abilities didn't fit with this group at this time and I should go back to Crystal Mountain and keep learning. To quit would be to devalue prior learning's. I could never do that.

Conversely, being selected I would have new doors and opportunities to grow and develop while adding benefit to the membership of PSIA/AASI. It definitely didn't mean that my learning was complete (I'm no Yogi, Yoda.) Since making the team, this has been clearly marked by new learnings and misconceptions.

From Giant's Ridge, MN—3 degrees is damn cold, but a nice day there.

From Killington, VT—We (NW) don't have hard snow. EVER.

From Karen Harjo—I still don't understand Counter.

From Jason—Stay on the gas (keep the outside leg long in the GS turn)

From KH and NM—Duration, Intensity, Rate, & Timing are key

From the Ed. Advisory Council—It is all about the membership

From Copper Mt—You can't get to PIA from HR in 1hr and make your flight

Also from Copper—It's all about you, the member

From Chris Thompson—You still have a lot to learn

So, the turning point came when I realized that even though the goal that I set was to make the team in 2004, regardless of the outcome, I would still want to pursue the goal of making the team in 2008. To realize my dream now, I need to continue to learn and set short term goals that will continue personal development.

If I had not been selected, I would have continued as a Snowsport Instructor in the Northwest. It is what I do and what I love, and to some degree, what I am. I hope to do this Full Time for the rest of my life.

PS. Floyd Conrade. No, to answer your question, but I did get engaged! ■

The Latest and Greatest

BY ED KANE

Newly available from the PSIA are 3 new pocket sized guides. These are available through the office or directly from the PSIA. They are: Visual Cues to Ideal vs Real Children's Skiing and Snowboarding (\$12.50 + postage); Visual Cues to Effective and Ineffective Skiing (\$5.50 + postage); and Stepping Stones Pocket Guide (\$9.50 + postage). Each of these is printed on plasticized paper or is encased in heat sealed plastic so that they can easily be carried in any pocket in any weather. The largest of these is 3½ x 5½ inches in size and are constructed so that they can be easily accessed even during a lesson while riding on the chair.

Visual Cues to Effective and Ineffective Skiing

This is the expanded second edition of the earlier heat sealed plastic pocket guide. This version has been enhanced with new material and has been updated to include the latest guidance from the National Team. The guide is riveted in the upper corner so that the pages can be rotated to review the material. One side contains the effective cues and the other the ineffective cues. At the top of each page is a description of the cue accompanied with a picture that illustrates the words. Beneath this statement is a list of visual characteristics that indicate either effective or ineffective movements. Each of the fundamental movements is contained on one page. These include: Balance and Stance; Edging Movements; Rotary Movements; Pressure Control Movements; and Directional Movements. This handy field guide should prove quite useful to any experienced instructor or trainer.

Stepping Stones Pocket Guide

The Stepping Stones concept was introduced in the last Alpine Technical Manual from the PSIA. This guide has been summarized in a one page fold-out format. When completely folded it measures about 2 ½ by 3 ½ inches. It is folded into a clever Velcro snapped cover. The contents are quite complete and include: the Stepping Stones to Parallel Turns; and the Beyond Parallel Stepping Stones. In addition there is quite a bit of useful information which includes: guidelines on Learning Styles; an overview of Key Movements; the Elements of a Turn; Skills Concept/Movement Patterns; some hints on skiing Beyond Parallel; a check list of things that are very useful to consider before each lesson; and "Your Responsibility Code". This handy little guide would be especially helpful to instructors with limited experience and should provide a valuable aid for those responsible for instructor training.

Visual Cues to Ideal vs Real Children's Skiing and Snowboarding

This fold-out formatted booklet is cleverly arranged to contain skiing movements on one side and snowboarding movements on the other side. The page by page format is a description of the ideal and/or real movements on one side of the fold out page and pictures depicting the description on the other. Each is divided into the fundamental movements of Alpine: Balance/Stance; Edging; Rotary; Pressure Control; and Directional; and of Snowboard: Reference Alignment; Pivot; Tilt; Twist; and Pressure Distribution. For each movement there is a Definition, Goal, a list of Ideal Cues, a list of Tips to enhance this performance, a list of Real Cues, and a list of potential reasons for the exhibited performance. The words in combination with the pictures provide a good fundamental package from which to start movement analysis for each student. Needless to say, this guide will not cover every observation but provides an excellent starting point. It should be especially useful for instructors who have been teaching for a few years and for trainers/clinicians.



Freestyle Accreditation

“Hey mom can I go to the park and slide some rails with Jimmy?”

Freestyle accreditation at Mt Bachelor

BY AMY OHRAN, N8 EDGELL AND LARRY SMITH

The Scene

On March 8th and 9th the first PSIA-NW Alpine Freestyle Accreditation was held in the parks and pipe on Mt. Bachelor. The education/accreditation program is designed to educate instructors on the safety and performance aspects of freestyle riding and coaching as well as to assess and validate their current level of understanding and skill.

The Cast

Led by Lane McLaughlin, the group was a vast blend of snowsport professionals; a director and assistant director, a snowboard school manager (on skis), an accounting manager/snowboard coach (on skis), an event coordinator, a tele clinician and several Mt. B frontline staff. The age range was 22-56, all with the common goal of getting JIB-NASTIC! Oh, and also to become skilled in freestyle concepts and terrain park usage.

The Playground

Our time was spent evenly between the halfpipe, the kid's park, the intermediate park, the full size slopestyle arena, and natural terrain features. The rails seemed to have a magnetic quality, drawing the group into spontaneous rail sessions. What do check turns and

hockey stops have to do with grinding a box or rail? Well, almost nothing!!

That crisp edge set we worked so long to achieve is now a menace on the rail, but the body alignment is very similar. Flattening the ski is how you slide the rail. One breakthrough of the event was Beth Ramsey (snowboard/office princess on skis) throwing down an entire rail in style. Either that, or Jason throwing down a 25' box rail on his chin, chest and one knee, also in style.

The Style

Jodi and Tara couldn't get enough of rolling from deck to deck in the super pipe. Chris impressed us with his “spanning the decades variety,” dishing out spicy moves from old and new school. Amy loved everything over 20', with a special fondness for the knuckle. Unnatural Nate (snowboard manager on skis) was master of rotation in *any* direction. Larry (our

senior jibber) liked the repair shop (de-tuning his edges), the binding tech (tighten those bad boys up), and the deck of the pipe (on his bum). Greg patented the “surface mute off the cat-track”, easily done in teles. Nick, our youngest most elastic member, threw some circles around the rest of us. Not that we can't spin switch 7's over the biggest table tops on the hill.

The Reviews

From a management standpoint, the concepts in the accreditation provide user friendly models for assessing riders, developing skill and encouraging responsible terrain park usage. As freeriding continues to grow and add momentum to our industry, we have a responsibility to educate ourselves and our students. All of us at Mt. Bachelor will remember the two days of the event as two of the most memorable days spent on a pair of skis. ■



Symposium 2005 at Mt. Bachelor

Untapped Talent Revealed

A play by play of the Symposium Auction

BY MARY GERMEAU, BOD

It has been said that when the "Nick" is away, the mice will play. In this case, our very talented and amusing regular host for the raffle/auction, Nick McDonald was away in Alaska and some relatively unknown talent filled in for him during the auction portion of our annual fundraiser for the PSIA-NW Scholarship Fund. More on these talented newcomers a little later on.

As is traditional, many members of the PSIA-NW Board, ski school directors and other PSIA-NW members generously donated items to the raffle and auction which was held Saturday night at the Symposium dinner in Bend Oregon. Many members had enthusiastically purchased numbers of raffle tickets on Thursday, Friday and Saturday so that they would be eligible for a chance to win items such as sunglasses from Rick Lyon, Sally Brawley and Wayne Nagai, retro ski outfits fresh from Ed Kane's storage closet, boot dryers from Rob Croston, a pashmina shawl from Molly Fitch, retro skis from John Weston, scarves from Chris Saario and Pam Humble, Amtrak Companion Tickets from John Eisenhower, a "ski things" basket from Kay Stoneberg and the gang at Anthony Lakes, a spotlight from Mark Schinman, a quilt from John Winterscheid, ski stuff from Karen Moldstad and green fees from David Sword.

The excitement and anticipation began to build as the auction portion

of the evening neared. Who knew that Lane McLaughlin could have a second career as a ski salesman until he hawked a pair of Salomon Pilot Skis with bindings to Gary Terusaki? The skis were generously donated by Kelly Jett, a rep from the Salomon Ski Company. This is the third year in a row that Salomon has donated skis and bindings to our fundraiser. Ed Younglove is our PSIA-NW president, but also a budding salesman as he kept Rob Croston bidding higher on a golf green fees and carts for four at Fairwood Golf and Country Club in Renton. This is the second year that Takashi Tsukamaki has been able to facilitate this donation. We have yet to hear the scores from this match, but I am sure that fun will be had by all of Rob's friends in the foursome.

One of the newer members of our Tech Team made a name for himself as he auctioned off an Estate Planning Package donated by Ed Younglove's law firm. Rick Lyon demonstrated great salesmanship, creativity and a gift for moving the bid up as he sold the package to Debra Brown. Debra seemed pleased to be able to up date her will and health directives as we all should, myself included, but I did not have the winning bid.

Linda Cowan and Marty O'Conner were a comedy team who not only modeled, but aggressively sold a matched pair of sunglasses (each with four interchangeable lenses) to Mr. and Mrs. T. (Thompson, for those who question my short hand) We all know that Linda is short and Marty is tall, but who knew that they were also funny and ready for open mike night at the comedy club. I know that Chris and Judy are styling

in their very cool glasses this summer. These two pair of glasses were donated by board member Wayne Nagai. He also donated two more pair of glasses to the raffle.

P.J. Jones did the auctioneer honors for a great children's ski basket donated by Ronne and Sharon Linnane, directors of Ski Classes Ski School at Stevens Pass. The backpack filled with children's gear was purchased by young Jordan Petram who did all the bidding, including raising his own bid. I hope that he is enjoying the items. Last, but not least, Rob Croston, member of the BOD, led the bidding on a two-hour ski lesson with Chris Kastner. This included two lift tickets at Crystal Mountain. Rob came into his own and the auctioning of this item could have gone on all night. Finally, Chris's services were purchased by David Sword and his wife Claire. I know that they have plans to have a great time with Chris.

At the close of the banquet, our fundraiser had netted over \$2400.00 for the PSIA-NW Scholarship Fund. This money is available for Scholarships for all PSIA-NW members. In order to apply for a scholarship, a member can download the two-page application from the website. This includes a form to be filled out by the candidate's ski school director and another form to be filled out by the candidate, him/herself. These need to be sent to Barb in the office at least one month before the class, clinic or event the member would like to attend. Money will be granted on a need and merit basis. The scholarship is for tuition only. Lifts, travel and lodging must be paid by the member. ■

2004/2005 Pass Lists

Congratulations to the following.....

Level I Alpine

Last	First	School
Albin	Stephanie	49° North
Anderson	Curtis	Mt. Hood Mdws
Andrews	Martin	Schweitzer
Ausman	Greg	Hoodoo Ski Schl
Bowe	Robin	Mission Ridge
Brewer	Chad	Mt. Bachelor
Brewster	David	49° North
Chatburn	Ron	49° North
Clarke	Jamie	Anthony Lakes
Couch	Courtney	Mt. Spokane
Crawford	Kelsey	Mt. Baker
Danner	Bryce	Hoodoo Ski Schl
Divis	Annette	49° North
Dodge	Jonathan	49° North
Duncan	Chris	Mt. Hood Mdws
Eifert	Jeffrey	Mission Ridge
Evans	Scott Erin	Silver Mountain
Gallagher	Janette	Mt. Hood Mdws
Gerlach	Craig	Mt. Bachelor
Girolamo	Robert	Mt. Bachelor
Graafstra	Erik	Mission Ridge
Green	Eric	Timberline
Grutzner	Susanne	Schweitzer
Haflett	Katherine	49° North
Heuett	Richard	Steves Pass
Heuett	Tim	Chief Kitsap
Hidden	Jared	
Hoffman	Dennis	Silver Mtn.
Hughes	Linda	Mt. Hood Mdws
Hughes	Joshua	49° North
Hunt	Jessica	49° North
Jones	Danny	49° North
Kaczmarek	Greg	49° North
Leblanc	Ernest	Silver Mtn.
Leo	Greg	Mt. Hood Mdws
Lestitian	Jeff	Mt Baker
Lindell	Sarah	Mission Ridge
Lucas	Emily	49° North
Manix	John	Mt. Hood Mdws
Martin	Jillian	Mt. Baker
Martinez	Rachel	Chief Kitsap
McIntosh	Diane	Mt. Bachelor
McPherson Jr	George	Timberline
Morgan	Sproul	Mt. Bachelor
Morris	Raymond	Mt. Hood Mdws
O'Brien	Eric	Silver Mtn.
Oleson	Jennifer	Clancy's
Olson	Julie	Silver Mtn.
Peck	Daniel	49° North
Peets	Kyle	Mt. Ashland
Peterson	Jessica	
Pfiffner	Richard	Mt. Ashland
Pierson	Jodie	Mt. Spokane
Poe	Chris	Mt. Bachelor

Poor	Jarad	Mt. Baker
Ruuhela	Matt	Mt. Bachelor
Sparrow	Ben	Hoodoo Ski Schl
Stanaway	Tate	Mt. Hood Mdws
Swerdlow	Sam	Hoodoo Ski Schl
Tapia	David	Mt. Bachelor
Towry	Scott	Mt. Spokane
VanNess	Chris	Mt Ashland
Westman	Julie	Timberline
Wilkins	Jill	Mt. Hood Mdws
Wolfe	Robert	Mt. Hood Mdws
Wong	Debi	Silver Mountain

McDowell	Jared	49° North
McKelvey	Morgan	Mt. Ashland
Medler	Kelly	Mt. Hood Mdws
Minella	Sarah	Mt. Bachelor
Misplon	Andrew	Hoodoo
Olivera	Joy	Mt. Bachelor
Peck	Jesse	49° North
Pendergast	Matthew	Silver Mtn
Pendergast	Gavin	Silver Mtn
Petty	Heather	Mt. HoodMdws
Poe	Chris	Mt. Bachelor
Porter	Chris	Mt. Hood Mdws
Primmer	Serena	Silver Mountain
Roberts	Nicholas	Mt. Ashland
Schoonover	Justin	Mt. Bachelor
Tift	Sean	Mission Ridge
Treanor	Mandy	Anthony Lakes
Unger	Anthony	Mt. Ashland
Wallace	John	Mt. Bachelor
Wallace	John	Mt. Bachelor
Walton	Courtney	Mt. Bachelor
Watts	Jason	Mt. Hood Mdws
Wolff	Charlie	Mt. Hood Mdws
Youngsma	Darren	Mt. Hood Mdws

Level II Alpine

Chapman	Steve	Mt. Bachelor
Clarke	Jaime	Anthony Lakes
Cooke	Paul	Ski Master
Heffron	Patrick	Timberline
Meredith	Meg	Mt. Hood Mdws
Miller	Andrew	Mt. Ashland
Mosier	Jeff	Anthony lakes
Peterson	Jessica	EdmndsShoreline
Poe	Ryan	
Porter	Lara	Timberline
Taylor	Perry	Mt. Baker
Thykeson	Jessica	Schweitzer
Yearsley	Sheylan	Mt. Hood Mdws

Level III Alpine

Bodovinitz	Steve	Crystal Mtn
Grove	Andrew	Ski Masters
Hartzell	Ted	Mt. Hood Mdws
Katz	Daniel	Ski Bluewood
Matthiesen	Jimmy	Lyon
May	John	Mt. HoodMdws

Level I Snowboard

Last	First	School
Bassie	Erin	Mt. Hood Mdws
Bigelow	Deborah	Mt. Ashland
Campbell	Evan	Mt. Ashland
Cecil	Jim	Mt. Hood Mdws
Clapick	Justin	Mt. Bachelor
Cueno	Katherine	Mt. Bachelor
Dake	Krista	Mt. Hood Mdws
Divis	Cameron	49° North
Gits	Todd	Skiforall
Hansen	Elli	Silver Mtn.
Hanson	Erik	Timberline
Jones	Casey	Mt. Hood Mdws
Jones	Nikolai	49° North
Koreis	TJ	Olympia
Koreis	Allen	Olympia
Lammers	Laura	Schweitzer Mtn.
Logan	April	Silver Mountain
Mack	Megan	Mt. Bachelor

Level II Snowboard

Burnell	Daniel	Mt. Bachelor
Burrell	Neal	Mt. Bachelor
Busack	Travis	Mt. Bachelor
Johnson	Shane	Mt. Bachelor
Johnston	Andrew	Mt. Bachelor
Wilmes	Richard	Mt. Bachelor

Level I Track

Last	First	School
Gaddness	John	Spokane Parks and Rec
Speer	Anna	Methow Valley

Level I XCD

Last	First	School
Chapman	Steve	Mt. Bachelor
Cook	Josh	Mt. Bachelor
Evans	Mike	Mt. Bachelor
McKenzie	Kyle	Mt. Bachelor
Ruuhela	Matt	
Seymour	Tara	Mt. Bachelor
Smith	Larry	Mt. Bachelor
Sproul	Morgan	Mt. Bachelor

Congratulations on your hard work paying off! It was no easy season to find time or snow to train!

Senior Tour

Thanks!

“Henney” makes a good thing happen at Timberline

Please extend our thanks to Molly Fitch for permitting the PSIA-NW clinic at Timberline to take place on Wednesday, February 9, 2005. It was one of the best clinics that I have attended and a beautiful day on the mountain.

Stephan Henrikson was our clinic leader and he shared many of his “teaching tricks” with us. His approach was calm, reassuring and positive. Every demo was perfect and very clear to see what we were trying to accomplish. One exercise flowed into the next for a smooth progression during the day that was really lots of fun. Each person was given personal comments, feedback and exercises to fit their needs throughout the day. It was wonderful!!!

With the limited or total lack of snow this winter, our day at Timberline will long be remembered as a bright spot in our “no snow” season. We are still hoping for a late season and skiing in March and April.

Thanks again for the excellent clinic and happy memories.
Glenda and Maria Schuh ■

2005 Senior Tour Event Recap

Despite the fact that 2005 was pretty much a non-ski/ride year in the NW I got quite a bit of valuable feedback relative to the Senior Tour and desired curriculum content. The predominant comment from the Fall Seminar sessions was that the indoor sessions should be devoted to teaching seniors of all abilities. As a result, I have begun to compile useful information that will be presented at this coming season’s sessions. It is my hope to try to make these sessions as interactive as possible so that those attending should bring some of their experiences to share with the rest of the attendees. In addition, one two day on snow session was given at the symposium at Bachelor. It was a great group of enthusiastic folks that really enjoyed the company, the area and the snow conditions. The feedback from that session was that approaches to “Adventure Skiing

for Seniors” would be an additional good topic for future on-snow sessions.

Based on feedback received after both the indoor and on-snow sessions, it appears that the focus for the coming year should be shifted a bit to include some additional coverage of teaching skills with an emphasis on the needs of senior students. As a result of these inputs the on snow curriculum will consist of 4 choices of skiing and teaching improvement. These will include: Work on the Basics; Approach to Adventure Skiing; Polishing Exam Skiing Tasks; and Approaches to Teaching Seniors of all Abilities.

The same number of opportunities will be offered in the 2005/2006 season but the content will be expanded to include more on Teaching Skill Development. The emphasis will be on the basics that



HENNEY WITH HIS GROUP AT
TIMBERLINE IN FEBRUARY

Senior Tour Events

are important to all age levels with some specific information on the needs of “seniors” (**who are defined as anyone who has passed the bullet proof age or state of mind**). Since there appears to be a demand for more Teaching Skill specific information, I committed last year to develop a series of short articles for the Newsletter. The series has been titled “Senior Moments”. A couple

of these have been published which contained tips and advice to aid the teaching effectiveness of our membership. I am hoping that these writings will encourage our membership to contribute their knowledge which I will include depending on space available and value of content. Hopefully, this will increase the involvement of our membership in the educational process.

The proposed 2006 Senior Tour events and the potential locations are posted online and are available through the office.. The program is very flexible and can accommodate special events such as Member Ski School events and events at other locations than the ones identified below if the interest is sufficient to support the hiring of a clinician. These special events can be scheduled through the office or by contacting your Board Representative in your region.

In Memoriam

Liv Bodil Nurman

Liv Bodil Nurman of Leavenworth, one of the true pioneers of cross-country skiing in the nation, died peacefully in her home the morning of June 23, 2005,

She was an active member of the Pacific Northwest Ski Instructors Association (now PSIA-NW) and the Professional Ski Instructors of America. She developed the first cross-country ski instructor certification program in this Division as well as other PSIA Divisions. She was Vice President of the PSIA Nordic Program and wrote the original teaching manual. In 1982, the Pacific Northwest Ski Instructor Association honored her as the “Ski Instructor of the Year.”

Liv’s life was wrapped up in skiing. She taught for Jack Nagel at Crystal Mountain, Bob Hall, at Stevens Pass, and co-directed the first cross-country ski school in the Northwest – Ski Free Ski Touring.

Born May 1, 1942 in Baerum, Norway, where she grew up and later graduated from the University of Oslo in 1962 with a degree in Physical Education.

The Rudolph Steiner School of Oslo helped her develop the wide spectrum of abilities in the arts, analytical subjects and her holistic view of life.

Her early hobbies included playing the piano, accordion, violin, singing and all types of gymnastics. Liv had a positive, joyous outlook and never let any physical or psychological obstacle curtail her love of life.

Liv, at age 20, worked her way to Chicago on a freighter bringing her most prized possession – her old wooden skis and bamboo poles. She taught skiing at Yosemite and for several years taught at Alpine Meadows near Lake Tahoe. She also was a stewardess for World Airlines and flew all over the world.

While at Alpine Meadows, Liv met Juris Vagners and they married on December 27, 1967 in Baerum, Norway and moved to Seattle, Washington where Liv taught high school math and science. At the same time Liv coached the UW women’s ski team.

In 1979, after a divorce, Liv, and her two children, Maris and Tonje, moved to Leavenworth, WA. where she taught cross-country skiing for the rest of her life. Liv opened her own ski and sports shop, the Leavenworth Mountain Sports. Countless people in Wenatchee and the Upper Valley knew Liv as a resource for information, ski equipment and lessons through her cross-country ski school.

Liv vacationed in Norway each summer and assisted her parents in running the University of Oslo International Summer School, a program designed to teach skills in the mountains. In later years she became the director of the program. Liv’s great passion was the mountains and she was happiest when hiking, backpacking, skiing or riding her horse in the high country.

During her years in Leavenworth Liv, always the intrepid entrepreneur, owned and managed the CASA MIA Mexican Restaurant and for the past 14 years she ran Leirvangen Bed and Breakfast in her home in the Icicle Valley. Leirvangen B&B became a focal point with many people returning year after year to enjoy Liv’s Norwegian hospitality and friendship.

Liv will be greatly missed by her daughter, son-in-law and granddaughter, Tonje, Steve and Arija Williams of Denver, Colorado; her son and daughter-in-law, Maris and Patricia Vagners of Tirol, Austria; her grandson, Taylor Marean of Seattle, Washington; and, from Norway, her mother Randi Norman; her two sisters and brothers-in-law: Helle and Sverre Moeller; and, Tove and Eivind Amble and their children. Finn Norman, her very special father, preceded Liv in death in 2004

If I Can Do It: A Tale So Strange It Has To Be True

BY MICHAEL PATMAS, MD
MOUNT HOOD MEADOWS
(Editor's Note-A timeless article about perseverance)

The Tulips are popping up and everywhere you look, the signs of spring are unmistakable. For many of us, spring means exams and all that goes along with them. Some of us will savor the exhilaration of success, others will taste disappointment. I know both feelings well. You see, I have had the distinction of failing the level 3 skiing module three times, but not in 2003. At the age of 51, with infirmities aplenty, I passed. What follows is one instructor's bizarre path to level 3 alpine certification. Every bit of it is true. I couldn't make up so story a strange. But I offer this to my ski teaching colleagues as encouragement. For those of you who were not successful this season, my tale should give you hope. But beyond simple wishful thinking, I have also included some tips that you may not have heard or read before. I will share some insights and what worked for me. After all, not many folks have been in as many level 3 skiing exams as I have.

What makes my story so strange? Well, consider that I never heard the click of boots into bindings until the age of 22. My first day on skis was on my birthday. Goaded by friends into trying it, I put my faith in their hands. Upon disembarking from the gondola at Squaw Valley, they abandoned me, laughing. It took me nearly all afternoon to get down. I fell 35 times as I tried to figure out for myself how to ski. I can still remember the epithets from those trying to avoid my out-of-control, flailing vectors. But there was something exciting about making it down to the base area. My "friends"

were cheering for me and I rather enjoyed myself despite having snow in some pretty strange places.

My next exposure came a year later when I tried night skiing at Slide Mountain. A "Washoe Zephyr" was blowing in and only the rope tow was operating. Without experience, the predicable occurred. I fell halfway up and rather than letting go, hung on for the ride. Upon my arrival at the bottom, the operator was shutting down the lift to the protest of an angry mob. It seemed some "fool" had been dragged up on the rope and as a precaution, they were closing the lift. One run, so much for that season.

For the next few years, I skied a day or two without the benefit of lessons. Finally, at the age of 26, in my first year of medical school, I needed a mid-week break from studies and we had one afternoon a week free. Introduction to Alpine Skiing 101 with a Dr. George Twardokens caught my eye. Now, at that time, I had no idea I was about to ski 13 times with a legend. That season was the start of my quest to become a good skier.

For the next fifteen years or so, I traveled the skiing doctor circuit, attending medical conferences at nearly every major American ski resort. I learned the hard way not to adjust your own bindings, but spiral fractures of the fibula heal quickly. Eventually, I had the means to take lessons and I did so everywhere. But, I had yet to experience powder skiing. I was like a traveling high pressure system. It seemed everywhere I went I was in between storms. I wanted to ski powder and eventually I had to go where all

hounds end up, to Snowbird. There, one instructor so inspired me, that she changed my life. The next season, at the age of 40, I became an instructor myself. Level one came quite easily. Level two followed a few years later. I was really well prepared and passed strongly. A few years later, Level 3 became my goal, but a torn anterior cruciate ligament broke my knee and my heart. A long rehabilitation, from reconstructive surgery followed. Eventually, at 49 years of age, I took level 3. I passed the teaching module the first time, but failed the skiing module badly. I only passed one task. Disappointed but undaunted, I tried again and again, only to fail again and again. I took some solace in the fact that I was making progress each time. My friends and coaches told me not to give up. After all, I was halfway there. I couldn't spend the rest of my life as a level "two and a half".

2003 was going to be my best season ever. I had it all planned. 50 days on skis, plenty of clinics and enough time to train. I was not going to fail this time. Then it happened. One January 20th, in a freak fall, I felt it tear again. I felt my season and my plans evaporate before my eyes. The MRI was conclusive; I had torn my ACL graft. But there was something different about it this time. It didn't hurt as much and there was no swelling. The doctor told me to take a few weeks off, dig out my trusty old brace and *cautiously* see what it feels like. To my surprise, I felt alright. My knee felt weak and a little unstable but my season wasn't over. As the weeks went by, it began to feel even better. In March I attended our divisional academy thinking that would be the salvaging highlight of my season. After three days, I had a



From the Membership

crazy idea. Maybe, somehow I could still ski well enough to take the exam? If I failed again, I could always have surgery after.

Against all odds, I went for it. April 19, 2003 was a beautiful day, sunny and warm. I skied pretty well I thought, but was prepared for the inevitable FQ (“failed to qualify”). Needless to say, when they handed me the pin, it was all I could do not to cry.

But sharing my story isn’t just about being encouraging. I also have some tips that might help you out. Many fine articles have been written about exam preparation in this newsletter and you should avail yourselves of

them. But here are some insights from someone who has taken more level 3 exams than most.

The Teaching Module

I was successful the first time out and here’s what helped me. Think COD. There’s nothing fishy about it. I’m talking about Content, Organization and Delivery. Content means basing your teaching segment on the visual cues to efficient and inefficient movements. Using a cause and effect approach, analyze the person’s fundamental movement patterns in the domains of balance, edging, rotary, pressure and directional movement of center of mass. Select one movement to work on and use a

coherent progression that begins with a more global intervention and becomes refined as the progression is developed. Make sure you understand and communicate using the terms and concepts of the efficient and inefficient visual cues.

Next is Organization. I like to break my teaching into segments. Try dividing your lesson into 3 or 4 parts. Introduce the lesson at the top of the run, set the demo and ski it a quarter to a third of the way down. Provide feedback, add to the progression, set the demo and ski it another quarter or third of the way down. Give some more feedback and then blend the progression into actual skiing. Take all the way to the

CONTINUED ON NEXT PAGE

In Memoriam

John E. Hoefling

John’s life-long passion for skiing began as a child getting to school during northern Wisconsin winters. He met his wife on the ski slopes of Mt. Hood; owned/directed Western Ski Pros Ski School, at one time encompassing three Mt. Hood ski areas; volunteer patrolman; ski instructor certification examiner; co-founder Oregon Snowsports Industries Association; ski shop co-owner; “Oregon Skiing” TV host and endless journalism credits editing, publishing and contributing to numerous local and regional ski publications. Honored as Mt. Hood’s 2004 “King Winter” for his immeasurable contributions to skiing. Graduate of Gresham High School, John’s love of Hawaii developed from a Navy stint spent in Honolulu, followed by Lewis & Clark College. His career encompassed years of data processing and association management, and founder/owner of Fast Print & Copy Center.

Dedication to community included Portland Auxiliary Police Reserve Captain, and serving on the board of dozen of neighborhood associations and business organizations.

John’s sudden and unexpected passing on March 7 leaves behind his wife, June; daughter, Vicki, and son-in-law, Ron Anderson; and countless friends across the country. Remembrances to the U.S. National Ski Hall of Fame.

David Mahre

David R. Mahre, long time White Pass Ski Area Manager, passed away on July 23, 2005. His love of skiing and steady hand influenced an entire generation of skiers and ski racers, many from his own family. Twin sons Phil and Steve enjoyed unprecedented success on the World Cup racing Circuit. Son Paul, also a US Ski Team alumni, currently works at 49 Degrees North. Daughters Chris, Jackie and Ruth attained success at the National level before heading off to college. Daughter Roberta raced at the divisional level and remains active as a PSIA member, currently in Minnesota. Son Dave Jr. displayed his on-snow talents via innate jumping abilities in the late 1960’s and early 1970’s, effortlessly landing many of today’s aerial maneuvers from natural snow drifts. He later moved those airborne skills to piloting stunt planes, cropdusters and corporate jets. David’s surviving family includes 6 siblings, 9 children and their families. Father, Husband, Mentor and Ski Industry Pioneer - we celebrate his life and mourn his passing.

om the Membership

“IF I CAN DO IT”

CONT. FROM PAGE 21

chair. Finally, end the segment by giving positive feedback, summarizing and checking for understanding. Examiners like a well organized lesson with a coherent structure that culminates in real skiing.

Lastly, consider Delivery. *How* you present the information may be as critical as what you present. Who wants to take a lesson from someone who is dull, uncertain apologetic? In this setting, think of yourself as a performer. You are on stage and this is your show. Hey, it's not a funeral! Have some fun. Be lively, energetic and upbeat. Have a sense of humor! Remember names and use them. Don't forget to end the teaching segment with a bang because final impressions count! Remember to “stick the landing”

The Skiing Module

Now here's where I must be an expert by now. I realize now there was huge value in having to take this exam four times. I now have a pretty good “feel” for how these exams are done and what the examiners are looking for. Obviously, you've got to be able to ski at the level 3 standards. That is well described elsewhere in *The Professional Skier* and *Divisional materials*. My insights are a little different. I found myself thinking *Mind, Body and Soul*.

First, considers the mental aspects. Remember that the level 3 exam is a lot like running a marathon. It will play games with your head. Leading up to the exam, you will experience a range of emotions running from excitement to dread. At times you'll feel confident, at others like a lemming. Find someone you can share these feelings with. Someone you can trust who will support you emotionally. On exam day, you'll likely have ups and downs. Stay on task. Focus on the examiners and ski exactly like they do. Be confident, but not cocky. Support one another but avoid making judgments about what will pass and what won't. Believe me, you never know. I've observed that they seem to save the toughest tasks for the afternoon. It's like the 18 mile mark in a marathon. Here's where you can breakdown mentally. So come out after lunch fired up. Do whatever you have to do to psych yourself up for the afternoon. Come out smokin' and determined to ski aggressively and finish the day skiing strongly.

Next, is the physical component. Level 3 is physically very demanding. You need to be in top physical condition, so take some time to really train. Not just for the tasks, but for strength, flexibility and endurance. You can never be too fit, too strong or too rich. If you are gasping for breath, don't make it obvious! Take a tip from marathon runners. Make sure you stay hydrated and nour-

ished. Nutritionally sound snacks like a high protein power bar can make a big difference in endurance in an otherwise long and demanding day during which you will definitely challenge your body.

Finally, consider the soul. There is something glorious about skiing that is uplifting. Sharing this incredible sport with your friends, family and students is one of life's great joys. Be yourself and let your love of skiing, teaching, people and nature show. Imagine doing these exams year after year. It must get pretty routine for the examiners. They see all kinds of strange behavior. People can get a little weird. If you end up on the chair with an examiner, ask questions if you have them. But, try to relax and have a bit of conversation having nothing to do with the exam. Try to have some fun. It will make their day a little easier too!

Parting Shots

Some folks pass their first time. If you do, that's great. But some don't. If you have the opportunity to take the exam more than once, realize that in a way, you are very lucky. You're getting multiple chances to see how exams are done and you'll be improving your chances of success next time. In the end, it is the ride not the destination that matters most. Above all, don't get discouraged. If I can do it, so can you.. ■

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. Applications are due 30 days prior to the event. Check out the website for details and an application.

Employment Opportunities

CLASSIFIEDS

HELP WANTED

Big Mountain in Whitefish, MT is seeking experienced, certified instructors. Situated in the Northern Rocky Mountains, we offer 3,000 acres of skiable terrain, and a great team to teach and train with at our **Snowsports Center!** Contact: 406-862-2906 or snowclass@bigmtn.com

Children's Supervisor position for the 2005-06 season.

The **Tahoe Donner Ski School** has an opening for their Snowflakes Supervisor. This is an exempt, seasonal position with a starting salary of \$3,000 per month. Employment starts November 1, 2005.

The Snowflakes Supervisor is responsible for the children's ski school program (ages 3-6) including the overall development and daily operation of the program, orientation, staff hiring and training, and scheduling.

If interested, send resume to Bob Bush, c/o Tahoe Donner Ski & Snowboard School, 11509 Northwoods Blvd., Truckee, CA 96161

Exciting **Mt. Ashland** is looking for certified Alpine, Snowboard, and Telemark instructors. Mt. Ashland is a fun place to work with great terrain. Contact Chris VanNess at (541) 482-2897 or visit our website: www.mtashland.com

Crystal Mountain Resort Ski School Now Hiring Instructors of the 2005-2006 Season

Seeking full-time professional instructors to provide individual and group skill development sessions to students of all ages and at all skill levels. Teach at least 5 days a week for a varied schedule of up to 32 hours a week or more.

Temporary Job: 1st October 2005 to 1st June 2006.

Level III Certified Instructors: 8 positions, requires 3 seasons instruction in skiing, snowboarding or race coaching experience. Possession for or eligibility for PSIA level 3 certification or equivalent is necessary. Experience may be acquired in 2 calendar years. Salary range \$21.84 to \$25.00 per teaching hour.

Respond to Job #1338933

Level II Certified Instructors: 8 positions available. Requires 2 seasons instruction in skiing, snowboarding or race coaching experience. Possession of or eligibility for PSIA level 2 or equivalent is necessary. Experience may be acquired in 1 calendar year.

Salary range \$12.00 to \$20.00 per teaching hour.

Respond to Job #1339031

All Positions at Crystal Mountain Washington

Respond by September 10th, 2005

Send resume to:

Crystal Mountain Resort

C/O Employment Security Department

E & T Division Job # _____

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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, 11206 Des Moines Mem Dr., Suite #106, Seattle, WA 98168-1741, 206-244-3541, office@psia-nw.org

the Web

It's all on-line psia-nw.org

For the latest in PSIA-NW/AASI news, check us out online. Event updates and applications, program updates, articles, book/DVD/video reviews, bookstore, merchandise and more. It's all there at psia-nw.org. Here is just a sample: Check out psia-nw.org for rest of the story.

Book Review

Read Ed Kane's review of Pathways to Superior Snowboard Lessons, the "Tiny Bubbles" Approach by Randy Price. This can be ordered directly from the PSIA National website for \$9.50 plus postage.

Learning to Skate with Dan Clausen

BY STEVE HINDMAN

With no snow at home, I spent February of 2005 working and teaching with Nordic Team Member Dan Clausen at his home in Minocqua Winter Park in the cross-country skiing paradise that is Wisconsin. (go to psia-nw.org for the rest of the story)

Sampling Southern Powder

BY ED KANE

The first week of January this year I joined the Western Ski Writers (NASJA) on a trip to some of the Tahoe ski areas. I'd always wanted to ski the sunshine and packed powder of these areas so that when this trip was scheduled, it was easy to make the decision to go. (go to psia-nw.org for the rest of the story)

Archives

Find articles from past newsletters quickly and easily. Articles and news are categorized according to discipline.

Did you hear?

- **Quiksilver** is buying a majority stake in Rossignol
- **The two partners** who comprised Harbor Resorts, MIG and Harbor Properties, have dissolved their partnership. As a result, Schweitzer Mountain Resort is now wholly owned by MIG
- **Stevens Pass** is in the process of constructing a new station at the top of the 7th Heaven chairlift. This new station will create a more efficient operating base for Ski Patrol and Lift Operations, while providing for easier unloading of the 7th Heaven chairlift. The new offload ramp will be easier to negotiate and maintain, leading to less damage to equipment and less congestion on Cowboy Mountain.



PHOTO BY:
MARTY ANDREWS
SCHWEITZER

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

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