

ISSUE 3  
05/06 Season  
PNSIA-EF

# NW SNOWSPORT INSTRUCTOR



PHOTO BY KIRSTEN HUOTTE

winter 2006



T-2 Chalet

PHOTOS BY TOM RIEHLE



New Quad!



Inspiring lifelong passion for the mountain experience

## Event Line Up

# 2006 Mission Ridge Symposium Lodging 'SHOW YOUR SPIRIT'

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

Start gathering your friends and family for the 48th annual Symposium that showcases our education programs and a great resort in our division. This year it will be held at Mission Ridge with all the charm and challenge it has to offer skiers and snowboarders alike.

Ski or ride with clinicians on Friday and then join the clinic of your choice on Saturday and Sunday.

We will be offering the spouse and kids clinics again this year for your family members. (Ages 13 and up) Mission Ridge will be offering discounted lift tickets for all participants this year.

The Red Lion will be our base of operations for registration, the awards banquet and the dance.

There will be learning, racing, banquets, dancing and awards for all. As always the price is right and the fun opportunities abound. Sign up soon!

## Lodging Packages for Symposium

A block of rooms is being held at the Red Lion hotel for a discounted rate until February 28<sup>th</sup>. Call 1-509-663-0711

## Need more lodging ideas?

Check out  
[www.destinationcascades.com](http://www.destinationcascades.com)  
[www.psia-nw.org](http://www.psia-nw.org)

## Mother Nature is back in the Northwest!

BY KIRSTEN HUOTTE  
PSIA/AASI-NW  
EDUCATION AND PROGRAMS  
DIRECTOR

**Winter has returned** and it looks like it is here to stay. Last year must have just come along to remind us how much we love to be on the snow, not watching the Outdoor Life Network to remember what snow looks like!

It seems this early season has just flown by. Early snow and area openings brought sliding on the snow much sooner than normal. DIVISIONAL ACADEMY is less than a month away! Have you signed up? We're going to be at White Pass this year with all the normal festivities. After Academy, SYMPOSIUM at Mission Ridge! Sunshine, new quad, friends and family – it can't get much better! For those of you who haven't been to Symposium yet, I looked up this definition to better describe the event. Symposium by definition is a convivial meeting for drinking,

music and intellectual discussion among friends! When you add awesome clinics on the snow it sounds exactly like our Symposium.

Speaking of Symposium, we're bringing back 'SPIRIT', or more to the point you are. It's a tradition for groups of instructors from schools to come to Symposium together. We're encouraging you to get together with your school, friends or family and wear something to acknowledge your 'posse'. That doesn't mean you have to wear a uniform, it could be a cap, hoodie, Hawaiian shirts (Clancy's), etc. We're also asking you to think of a table decoration for the banquet. Inspire us with your creativity! Please contact me to arrange a table. Come 'show your spirit' at Symposium.

Application forms for Symposium and the regular event/exam forms are in this issue. But, have you ever inadvertently misplaced your newsletter with the event calendar

and application? Do you know how easy it is to find the events and applications on the website? Your 'webmaster', Mark Schinman, and Communications VP, John Eisenhower, have made it very easy for you. Just open up [www.psia-nw.org](http://www.psia-nw.org) and click on event application on your left hand side – how easy and fast is that? You don't have to cut a page out of your newsletter anymore! And of course, your friendly office staff (Barb, Cheryl and Becky) is always there to help you out!

Thanks to all of you who have attended our events so far and to those of you gearing up for the next. Check the website for more information on these events and others coming down the pipe!

Without you, there is no us! See you all on the snow!

# Event Line Up

## 2006 Mission Ridge Symposium Application

### 'SHOW YOUR SPIRIT'

Get all this info on-line!

Name \_\_\_\_\_ PSIA-NW # \_\_\_\_\_ Cert Level \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_  
 Day# \_\_\_\_\_ Ski School \_\_\_\_\_  
 e-mail \_\_\_\_\_

Ski with Clinicians on Friday, box must be checked if you wish to attend \$Free ..... \$ \_\_FREE\_\_  
 (Must be registered for Symposium to be eligible to attend)

Two-Day Instructor Package (No Lifts or Banquet) \$120.00 per person ..... \$ \_\_\_\_\_  
 (Includes Registration Fee, 2 Days Lessons and Souvenir)

One-Day Instructor Package (No Lifts or Banquet) \$75.00 per person ..... \$ \_\_\_\_\_  
 (Includes Registration Fee, 1 Day Lesson and Souvenir)

Family Clinic \$30.00 per person/per clinic ... \$ \_\_\_\_\_  
 (Name of family members who will attend: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_)  
 Alpine \_\_\_\_\_ Snowboard \_\_\_\_\_

Symposium Banquet/Dance \$25.00 per person ..... \$ \_\_\_\_\_

Symposium Dance Only \$ FREE ..... \$ \_\_FREE\_\_

Extra Souvenirs \$10.00 each ..... \$ \_\_\_\_\_

Add a \$20.00 late fee after March 17, 2006 ..... \$ \_\_\_\_\_

**Total Amount Enclosed ..... \$ \_\_\_\_\_**

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

Exp . Date \_\_\_\_\_ Signature \_\_\_\_\_

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

\_\_\_\_\_

\*only participants in Symposium and their families qualify for discounted lifts. \$22 per day PSIA/AASI-NW members, \$25 family lift

Fax applications with credit card payment to 206-241-1885 or mail application with check payable to PSIA-NW, 11206 Des Moines Memorial Dr., Suite 106, Seattle, WA 98168. Must arrive **no later than March 17, 2006** A late fee of \$20.00 will be added after that date. Late applications will be accepted on space available only. A \$20.00 fee is charged on all cancellations. **No refunds** unless injured (a doctor's statement is required). "Walk-ins" will be accepted on space available only. If you have any questions, call (206) 244-8541.

**Release From Liability:** Recognizing that skiing/snowboarding can be a hazardous sport, I hereby release PSIA-NW, the host area and agents and employees of each **from liability for any and all injuries** of whatever nature arising during or in connection with the conduction of the event for which this application is made.  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

## Event Line Up

# 2006 Mission Ridge Symposium Application

## 'SHOW YOUR SPIRIT'

Return this sheet along with your registration fee!

NAME \_\_\_\_\_

### Saturday, April 1 - On Hill Topics

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

#### Alpine

- Seeing is Believing (9:30-3:30)
- Have Your Way with Wayne
- Skiing Skills Concepts 201
- Skiing Skills Concepts 301
- Teaching with a Focus 201
- Teaching with a Focus 301
- Challenge Your Concepts
- All Mountain Skiing (9:30-3:30)
- Bumps
- Park and Pipe
- Ski with the Girls
- Clean and Carved
- Ski Boards with Andre Hirss
- Legends-Voltz and West
- Senior Tour-Achieving Your Skiing Goals (2 days)
- GS Gate Training (Sat only)

#### Children

- ACE I (Day 1 of 2)
- Creative Teaching

#### Snowboard

- Beginning Snowboard (Sat only)
- Low-fly Freestyle
- Ride with an AASI National Teamer (9:30-3:30)
- All Mountain Riding

#### Adaptive

- Teaching Students with ADD/ADHD

#### Family Clinic

- Tour the Hill for spouses and teens (13 and up)

### Sunday, April 2 - On Hill Topics

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

#### Alpine

- Seeing is Believing (9:30-3:30)
- Have Your Way with Wayne
- Skiing Skills Concepts 201
- Skiing Skills Concepts 301
- Teaching with a Focus 201
- Teaching with a Focus 301
- Challenge Your Concepts
- All Mountain Skiing (9:30-3:30)
- Bumps
- Park and Pipe
- Ski with the Girls
- Clean and Carved
- Ski Boards with Andre Hirss
- Legends-Voltz and West
- Senior Tour-Achieving Your Skiing Goals (2 days)

#### Children

- ACE I (Day 2 of 2)
- Creative Teaching

#### Snowboard

- Low-fly Freestyle
- Ride with an AASI National Teamer (9:30-3:30)
- All Mountain Riding

#### Adaptive

- Teaching Three and Four Track

#### Family Clinic

- Tour the Hill for spouses and teens (13 and up)

\* **FRIDAY**-Your Free ski and ride day. We will be offering clinic groups in less formal settings with a variety of clinicians available, including Wayne Wong! You must be registered for Symposium to attend and sign up in advance to take advantage of this free day!

\***SATURDAY**-Ski/Snowboard School GS Race- (2:00-3:00 pm) Sign up at the Registration Table.

\***SATURDAY and SUNDAY**-Spouse and Family Clinics \$30 per person/day

\*All participants are responsible for equipment for cross-over disciplines.





## Event Line Up

# 2006 Mission Ridge Symposium Schedule

## 'SHOW YOUR SPIRIT'

### Friday, March 31<sup>st</sup>

9:30 am Free Ski or Ride with Clinicians\* – Mission Ridge, Chair 1 base area

7:00 – 10:00 pm No-host Welcome Party, Red Lion

### Saturday, April 1<sup>st</sup>

9:15 am Symposium classes form – Mission Ridge, Chair 1 base area

9:30 am – 1:30 pm Classes depart the base area for the day

Tour of the mountain family clinics - group skiing for teens and spouses

3:00 pm Alpine/Snowboard Level II and III Written Exams – Mission Ridge Lodge

6:00 pm – 7:00 pm No-host cocktails – Red Lion

7:00 pm Dinner – Red Lion

9:00 pm Dance – Red Lion (Set your clocks ahead tonight)

### Sunday, April 2<sup>nd</sup>

9:15 am Symposium classes form – Mission Ridge, Chair 1 base area

9:30 am – 1:30 pm Classes depart the base area for the day

Tour of the mountain family clinics - group skiing for teens and spouses

### Registration Times

Thursday, March 30<sup>th</sup> 7:00 – 9:00 pm, Red Lion

Friday, March 31<sup>st</sup> 8:00 – 10:00 am, Mission Ridge Lodge

Friday, March 31<sup>st</sup> 7:00 – 10:00 pm, Red Lion

Saturday, April 1<sup>st</sup> 7:00 – 9:15 am, Mission Ridge Lodge

Sunday, April 2<sup>nd</sup> 8:00 – 9:15 am, Mission Ridge Lodge

\*Must be registered for Symposium and sign up to attend the Friday session.

Remember to set your clocks AHEAD Saturday night-you don't want your group to leave without you!

## 2006 Mission Ridge Symposium Topics

## 'SHOW YOUR SPIRIT'

### ALPINE

**Seeing is Believing** – This clinic is all day 9:30-3:30. Video analysis of your skiing will be used to improve your skill level, awareness of your movement patterns and what to develop in your skiing.

**Have Your Way with Wayne** – Not Nagai! Come rip around the hill with freestyle legend, Wayne Wong!

Enough said? Sign up quickly to save your space! He will also be available for a 2pm session, first come, first serve. Meet at the bottom of Chair 1 for the 2pm session. *For Wayne's bio go to the website!*

**Skiing the Skills Concepts 201** – A clinic designed to improve the instructor's skiing performance in levels 4-7, and understanding the application of the skills concepts. The goal of this course is to provide the instructor with an accurate assessment of their current ability and establish a plan for improvement.

**Skiing the Skills Concepts 301** – A clinic designed to improve the instructor's skiing performance in levels 7-9 and understanding the application of the skills concepts. This course will provide the instructor with an accurate assessment of their current skiing ability and establish a plan for improvement.

## Event Line Up

**Teaching with a Focus 201** – A clinic designed for the Level I certified instructor. This clinic will help the participant develop exercises and progressions related to specific skill improvement in skiers through level 7. Participants will utilize knowledge of ATS principles in a peer group environment to effect skill blending and movement pattern changes.

**Teaching with a Focus 301** – A clinic designed for the Level II certified instructor. This clinic will help the participant begin to identify and describe, with precision and accuracy, skill blends and movement patterns in skiers of all ages and abilities in varied skiing tasks, snow conditions and terrain options.

**Challenge Your Concepts** – This clinic will focus on developing awareness of sensations, thoughts and visual cues to aid in the development of more efficient movements that can be applied on any condition or terrain. Expand your concepts of skiing by looking at equipment, mental challenges and physical movements.

**All Mountain Skiing** – Challenge your skiing with a mountain tour de jour. Learn tactics and technique to ski a variety of terrain in the mountain environment. This will be an all day clinic, 9:30-3:30.

**Bumps** – This clinic is for skiers who have had limited experience with skiing the bumps or are accomplished bump skiers wishing to hone their skills with an aggressive group of skiers. Appropriate group splits will be made at the event. Clinics will focus on the technique and tactics of skiing bumps on terrain appropriate to the group's level.

**Park and Pipe** – Rock and roll in the terrain park and half-pipe. There will be an intro clinic for those with little or no free ride experience and an intermediate level for those wishing to push the envelope.

**Ski with the Girls** – Taught by top female clinicians, this is designed to address equipment issues, motivation and ski improvement for women instructors and of course heaps of fun! Sorry, no boys allowed.

**Clean and Carved** – Just as it sounds! This clinic will explore speed and the art of carving in a safe and fun atmosphere. Learn to ski clean, efficient turns while exploring the conditions of the day. Develop the ability to approach steeper and more challenging terrain with efficient movement patterns and confidence.

**Ski Boards** – Andre Hirss will help you discover the ease of turning on ski boards. Improve your stance, balance and refine foot steering, learn how ski boards can be used for parallel progression and how they can help movements in upper level skiing. This clinic will emphasize discovery through movement. Ski boards will be provided for you.

**Legends** – Come ski with Al Voltz and Gordon West for a fun day designed for experienced skiers of all ages. Let them show you a thing or two!

**Senior Tour: Achieving Your Personal Skiing Goals** (2 Day session) – Tour the mountain while improving your skiing and teaching skills; design the content to fit your needs. Polish your basic skiing skills to achieve more comfort in all conditions and terrain or consistently apply the skills needed to perform the exam skiing tasks. There will also be opportunities to get some tips on teaching adults and seniors. If desired, video, with feedback, will be available on 1 or both days. Just let your clinician know and help him/her design a weekend of fun, learning and adventure for you.

**GS Gate Training** – Come and get a look at the world of giant slalom! In this clinic you will learn how to set courses and choose tactics while running the course and improving your overall skiing. Saturday only.

## Event Line Up

### CHILDRENS CLINICS

**ACE I** – This is a two-day clinic and the class runs from 9:30-3:30. You are required to have the Children's Instruction Handbook, which is necessary to complete the workbook. The ACE I clinic covers such topics as the CAP Model, Maslow, children's movement patterns, and structuring children's lessons and of course the main topic – FUN.

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

### SNOWBOARD

**Beginning Snowboard** - It's time to give it a try. You have hesitated to go out and figure it out on your own, now let one of our most experienced staff give you what you've been waiting for, no need to bring the Charmin! Rental equipment is available at the Mission Ridge rental shop.

**Low-Fly Freestyle** – For those of you wanting to venture into the pipe and park, this clinic will provide a great introduction to the skills and movements necessary to be successful in this fun and challenging environment.

**Ride with a National Teamer** – Just as it sounds! Come rip at Mission with an AASI National Team Member. This will be an all day clinic, 9:30-3:30.

**All Mountain Riding** – Challenge your riding with an upper mountain tour de jour. Learn tactics and technique to ride a variety of terrain in the mountain environment.

### ADAPTIVE

**Teaching Students with ADD/ADHD** – Explore techniques and strategies for working effectively with these bright and often challenging kids. Learn ways to highlight their strengths develop their skills and create a great learning experience for everyone. Saturday only.

**Teaching Three and Four Track** – Join us for a fast paced clinic using stand up hand held outriggers and learning progressions that will benefit students with issues of, but not limited to; balance, stamina, hemiplegia and leg amputation. Sunday only.

### FAMILY CLINIC

**Tour the Hill** – Join us for a tour of Mission Ridge. We'll cruise around the hill and get you familiar with the runs that suit you best. Then once you have mastered the hill you will meet up again with the other members of your family and show them a thing or two! For ages 13 and up.

**Mission Ridge Ski and Snowboard School** – Need lessons for ages 12 and under? Please contact the ski and snowboard school for rates for the Symposium group 509.663.6543. Childcare is also available and reservations are strongly recommended, please call 509.663.6543 x248. [www.missionridge.com](http://www.missionridge.com)

### 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.

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PHOTO BY J. TAGGART

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NORTHWEST  
SnowSport Instructor

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America - Northwest Division  
PNSIA Education Foundation**

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**Submission Deadlines**

Issue	Deadline
Early Winter	Oct. 1
Winter	Jan. 1
Spring	March 10
Summer	July 15

**Guide for Contributors**

The Northwest SnowSport Instructor is published four 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.



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Kirsten Huotte-**Ed Program Director**Barb Darrow ----- **Office Manager****Newsletter Ad Rates**

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

**Rates:**

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

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

**Rates:**

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

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

*Please make check payable to:*

**PSIA-NW**

11206 Des Moines Memorial Drive

Suite 106

Seattle, WA 98168

**Cover: Mission Ridge Snow Sports****Center! Photos by Kirsten Huotte****T-2 Chalet and Quad photos by****Tom Riehle**

# “Commications”

BY JOHN EISENHAUER  
PSIA/AASI-NW  
COMMUNICATIONS VP

**One of the** first things I did as Communications VP was to distribute a survey. That’s what we do when we’re trying to get feedback isn’t it? Members could mail or fax their survey to the office where they were carefully filed in a box. If I recall, we even had that box out on the registration table at a major event in case anyone wanted to turn in their survey in person.

It wasn’t until quite awhile after we’d actually tallied up all the responses that we noticed the box was labeled, “Commications Survey”. I don’t think “commications” is a word. If it is, I’m not sure I want to know what it means. I do know that I still laugh about the irony of misspelling the title of the survey right out there for all to see.

So, why didn’t anyone notice earlier? A couple of reasons come to mind. One is that no one was looking for it. Big long word, lots of letters, starts with a “C” - that’ll do. Another might be that we took for granted that we’d gotten it right - besides, the box was full of surveys, so you couldn’t miss it. You know, someone probably did notice it, but in fact, decided not to say anything. Too bad.

This is kind of a silly example, but in a nut shell, it summarizes some of what happens when we try to “communicate”. If we do things

the same way every time, people quit looking. That’s why we’re working to keep the newsletter and website fresh, up-to-date and interesting enough to grab your attention. If we assume something is common knowledge, perhaps because we’ve covered it previously, what about the person who missed it the first time around? What about a new member who wasn’t even there the first time around? What if there’s been a change to a long standing event or policy? Have we actually communicated this or have we just convinced ourselves that we have?

The test comes when we get feedback from you. No, I don’t mean just from surveys. I mean when you point out mistakes or when you let us know how we might do something better. For instance, we’ve always included an Event & Exam Fee Schedule in the Early Winter “Events” newsletter issue. We simply forgot this year. Sorry, but it’s in this one thanks to your feedback.

This “check for understanding” can also be internal. We often ask ourselves, what are we trying to say? Have we said it clearly? Have we looked at it with fresh eyes recently?

I can’t say the answer to these questions is always “yes”, but I can say that communication requires a sense of partnership. From what I’ve seen and heard, that sense is alive and well at PSIA/AASI - NW.

Enjoy this issue and the rest of

## President's Report

# Sharing Our Passion

ED YOUNGLOVE  
PSIA/AASI-NW PRESIDENT

**I can't ski.** Of course, my friends say, "Yeah, we know. We've been telling you that for years." But I'm not talking about how well I can ski. It's the knee, of course. Right one this year—again. It came with the early November snow followed by Thanksgiving surgery. After spending last season on the flats, like everyone else, I was particularly looking forward to this season and therefore particularly disappointed by the injury.

I'm not your "glass is half full" kind of guy and writing this the day after New Year's, I'm having difficulty seeing the bright side of things. My goal of being back on skis right

after the first of the year isn't going to happen. Although I can't ski, I really wanted to be on the mountain. So I started (New Years weekend) working weekends in the Crystal Mountain base area. Being back on the hill, I realized it was more than the skiing itself that I was missing.

"Inspiring a lifelong passion for the mountain experience." That's what we instructors do. It's also, I realized, what my students do for me. I'm pretty sure that any of us who have been instructing for a few years have realized that teaching not only gives us the opportunity to enjoy the mountains and the sport ourselves, it also gives us the fun of helping others have the experience. I still smile when I think of the class of five beginners visiting from Japan a

couple years ago. None spoke English—the one who supposedly did, didn't really. We all laughed through the entire lesson. I don't actually know if any of them took up skiing when they returned to Japan. I hope so.

I think it rekindles my own passion when I see the spark ignite in someone experiencing sliding on snow the first time, or getting to the top of the mountain for the first time, or making their first parallel turn, or any of the other firsts we all experience in the mountains. I can't wait to get back to teaching. I hope you have a great ski season and I hope you get the joy of igniting some passions for sliding in the mountains this season. ■

## Technical Team Update

BY NICK MCDONALD  
PSIA-NW TECHNICAL TEAM  
HEAD COACH

**If you didn't** know, the PSIA-NW Technical Team is in the midst of its 25<sup>th</sup> Anniversary. Developed by Chris Thompson, the "Tech Team" came to life in the 1980/81 season. Initially its purpose was to provide a training ground for Northwest divisional staff members aspiring to the PSIA National Demonstration team and to higher education in general.

Since Chris put the team together it has grown into an effective tool for the division and in many ways mimics the national team at a divisional level. Some Tech Team members still aspire to and make the national team, most recently

Nelson Wingard. However making the national team is no longer the primary focus and Tech Team members realize the impact and importance our division receives from them as a working group.

Each year the Tech Team has a work session in the fall. Over the years this work session has conceived events such as Summer Race Camp, Divisional Academy and Fall Seminar. The initial exam task videos, education program topic outlines and many other useful tools for the division have also been crafted at the work sessions. The Education, Technical and Certification programs use the Technical Team to spearhead and develop program improvements.

The Technical Team fall work session is the venue the Team uses to start the ball rolling on many projects.

At this fall's work session the topics covered included a recap of the PSIA National Team training at Copper Mountain, a report on our division's "state of the union" by Kirsten Huotte (Education and Programs Director), development of a movement analysis model and a training agenda for the team members.

The existing Technical Team is focused on continuing its charter to be an effective research and development group for the division as well as being some of the top ■

## TD Column

# The Perfect Turn or..... Fun?

BY MARK SCHINMAN, CLANCY'S SKI AND SNOWBOARD SCHOOL TRAINING DIRECTOR

**Wow, what a** question!!! Do we teach the perfect turn ..... or fun? As a training director at Clancy's Ski and Snowboard School, just what do I train our instructors to do in a class situation? Do I want our instructors to teach the perfect turn? Or do I want them to insure that everyone in their class has fun?????

Well, the PSIA vision statement is "Inspiring a lifelong passion for the mountain experience". To create that passion for the mountain experience, our clients must enjoy themselves, they must have fun. That isn't to say we don't teach them a little bit about balance and edging and turning, but it's definitely more important that we create an environment where **EVERY-ONE** in all of our classes enjoys the experience, **HAS FUN**.

Let me share a story. Several years ago I had a class of 12-14 year old boys and girls. It was the most advanced class on Saturday morning and there were about 7 excited young folk full of energy. My job was to be with them for two hours every Saturday morning for 8 consecutive weeks and to teach them something. My plan the first day was to go by the book-play, drill, adventure and summary. We started with a couple warm up runs (play) and I did a little movement analysis while they were playing. Then I moved to the drill

phase..... wrong. It became apparently obvious that the drill phase didn't work; they just wanted to rage down the mountain.

Sometimes I'm kind of a flexible person, especially when it's real obvious what I'm doing is not leading to success. We rocked, we raged, we went non stop went up and down the mountain not worrying about much other than finding another run. Of the play, drill, adventure and summary, we got two of them really right. We played and we adventured that first day of class.

...improving  
Johnny's  
counteranticipatory  
bankulation.

Being a good instructor desperately wanting to teach something, I went home and wondered, how do I teach these kids anything? They don't want drills. They want to rage down the mountain. They just want to have fun. They are kids. So I hit the manuals. I went through all the manuals and wrote down everything I could do while sliding 25 miles per hour. Those kids wouldn't go any slower. My plan became play and adventure and sneak in a drill or a tip, like move the knee this way or that way or sneak in a little fun drill that you could do going 25 miles per hour.

Week two was great, we rocked and ripped. We never went down the same run twice. We had fun just sliding and we never went under that magic 25mph. I managed to sneak in leapers (those were too slow and boring for them) and worked a little on balance and hand positions. Week three and four more of the same, we talked for 30 seconds one time about how to move their knees.

We were having fun, and I was scared. I was scared some parent would ask me what I was teaching. Week five after class it happened.

This dad with a serious look on his face sauntered up to me, I saw him coming and I was just waiting for him to ask me if I was working on improving Johnny's counteranticipatory bankulation. I was prepared to tell him no, I was working on his counteranticipatory angulation. That was the new thing.

And to my surprise, dad said, "I don't know what your doing because Johnny won't say what you are teaching him, but Johnny is skiing definitely better and wants to go to class. He has never wanted to go to class before. Good job!"

Wow, dad blew my socks off. .... I was a success! Yes, it's all about fun. That is how I believe you "Inspire a lifelong passion for the mountain experience" and as a TD, that is what I work on with instructors over and over again. Every chance I get, we talk about being safe, **HAVING FUN**, and if we can do those two things, then the students can learn something. ■

## Certification Update

# Alpine Exam Format Changes

BY CHRIS KASTNER  
PSIA/AASI-NW CERTIFICATION VP

**This year we** are introducing a significant improvement in how we examine our current skiing tasks which will better represent our national standards and provide you with better feedback for your skiing. We will begin to evaluate skill usage much more in-depth than in the past to better clarify any missing pieces that may be found throughout your skiing. Our past exam format would pass or fail your skiing tasks, short, medium, long radius turns and bumps, etc. which were evaluated using 3 to 4 criteria points. This also drove the way we trained which was to train to each task's criteria. Though the criteria for each of the tasks were fairly specific, it was difficult to explain how other skills affected the outcome. The message usually heard by candidates was that they failed a specific task; what sometimes was not heard was the actual skill(s) they needed to focus on in order to pass a task.

Each skill is present in all of our tasks and they cannot simply be separated out. For instance, rotary movements are present in short radius and in longer radius turns as are edging, pressure and balancing movements. The difference is in the timing and duration of the skills and how they are blended to reach the desired radius turn. A deficiency in a skill, such as controlling rotary movements, that shows up in one task will likely show up in the other tasks, though maybe not as evident or pronounced. By having this understanding about your skiing, you can spend your time training to improve those skills necessary to become a better overall skier.

In order to maintain continuity in our exams, we will be using the skiing tasks as before, but they will only be used as the conduit to evaluate your ability within specific skill areas. Your feedback will be directly related to these skills. You will be told in which tasks these movements showed up the most, but your pass or fail will be within skill groupings and not each of the tasks. You will need to be able to show an effective use of movements in every skill grouping in order to pass the exam.

The following on page 13 is a look at the specific skill areas broken down into what we will be looking at in all certification levels

Hopefully you have noticed the resemblance to the efficient movements. This creates a better connection between what we are looking for in your skiing and the same movement analysis tool that can be used to identify missing components in your client's skiing or your fellow candidate's skiing as you assess and develop a lesson plan for your teaching/ professional knowledge portion of the exam.

The general characteristics as well as a description of the tasks for each level can be found in the exam guide that can be downloaded from the psia-nw.org website. You should notice the criteria have been eliminated and are replaced by the document on page 13.

You can also find changes to the teaching and professional knowledge exam feedback forms in the exam guide. They also have been changed to better represent the national standards and are better designed to give you clearer and more accurate feedback. The process in the exam has not changed.

Through these changes, we have developed a better evaluation system to guide your educational focus to a better understanding of your skiing and better tools that you will use with your guests.

Good luck to everyone this exam season and hope that you are already enjoying this great season! ■

**Did you know?** Any DCL can proctor your written Level II or III exam for you! Set up a convenient time and place at least two weeks prior to your on-snow modules. It's like having an "easy" button for your exam.



## Certification Update

### Alpine Exam Format Changes Continued

#### Balancing Movements And Stance

Skier is in balance when they can affect any of the skills throughout each turn

Entire body is involved in balancing

Flexion and extension originates in the ankles and is supported by knees, hips and spine

The inside leg shortens as the outside leg lengthens and the skis bend from the middle

The upper body remains more vertical than the lower body and the shoulders stay level to the horizon or they level out through the turn

The inside hand, shoulder, and hip lead the turn, resulting in a countered relationship

Hands are in front of the body to aid balance

Vision is directed forward and looking in the intended direction of travel

Pole swings smoothly in the direction of travel

#### Edging Movements

Skier uses edging to direct the skis to control turn radius, shape and speed

Edges are released and re-engaged in one smooth movement

Center of mass extends into direction of the new turn to change edges

Both skis tip the same amount early in the turn

Ankles, knees, and hips roll forward and laterally to move into the new turn

The shins make forward and lateral contact with the boot cuffs

Tension of the inside leg helps maintain alignment

#### Rotary Movements

Skier turns part of the body and combines with other skills to change direction efficiently

Turning movements originate in the feet and legs and they turn more than the upper body

Legs turn underneath a strong/stable torso to guide skis through the turn

Both skis turn together throughout parallel turn, with femurs turning in the hip sockets

Skis are tipped and turned appropriately to create a smooth, C-shaped arc

Rotary movements are matched in timing and intensity by tipping the skis

Rotary movements are progressive unless needed to recover balance

#### Pressure Control Movements

Provides the element of touch that promotes a smooth ride

Joints work together to apply and release pressure effectively for skis to flow evenly and smoothly over the terrain

Skis bend progressively through the turn, with entire ski length engaged

Continues to move forward with the skis throughout the turn

Flexion and extension of legs changes in response to the terrain and pitch of the slope

Pressure adjustments are made throughout the turn along the ski and from foot to foot

The pole touch or pole plant complements the turn

The upper body remains quiet and disciplined

#### Important Exam Information!!!!

You know that spot on the application that says... Training Director's Signature (required for exam)...

Make sure it has **your Training Director's Signature** on it before you send it in! Thanks

# Calendar of Events

## 2005-2006 PSIA/AASI-NW Calendar

Day	Date	Alpine Event	Location
Fri-Sun	3/10-12/06	Divisional Academy	White Pass
Fri	3/17/06	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/18-19/06	Exam Modules, Level II & III	Schweitzer
Sun	3/19/06	Exam Checkpoint-Skiing or Teach/Tech	Mt. Hood Meadows
Fri	3/24/06	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/25-26/06	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/25-26/06	Advanced Childrens Endorsement	Stevens Pass
Sun	3/26/06	Exam Checkpoint-Skiing or Teach/Tech	Mt. Bachelor
Fri-Sun	3/31-4/2/06	Spring Symposium	Mission Ridge
Fri	4/7/06	Freestyle Fundamentals Accred. Clinic-Foundations	Stevens Pass
Fri	4/7/06	Exam Orientation Clinic***	Crystal Mtn.
Sat-Sun	4/8-9/06	Freestyle Accreditation	Stevens Pass
Sat-Sun	4/8-9/06	Exam Modules, Level II & III	Crystal Mtn.
Fri	4/14/06	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/15-16/06	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/21/06	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/22-23/06	Exam Modules, Level II & III	Mt. Bachelor
Sat	4/29/06	Spring Fling	Portland
Sun	4/30/06	Spring Fling	Seattle
Fri-Sun	5/5-7/06	Freestyle Camp	Timberline
Fri-Sun	5/5-7/06	Pipe & Park Clinician Camp Alp/Snbd (Level III's & DCLs)	Timberline
Fri	5/12/06	Freestyle Fundamentals Accred. Clinic-Foundations	Mt. Bachelor
Fri-Sun	5/12-14/06	GS Race Camp	Mt. Bachelor
Sat-Sun	5/13-14/06	Freestyle Accreditation	Mt. Bachelor
Sat	6/3/06	Spring Fling	Spokane @ Gonzaga Univ.
Fri-Sun	7/7-9/06	Professional Development Series Camp	Timberline
Fri-Sun	7/14-16/06	Summer Ski Camp	Timberline
Fri-Sun	7/21-23/06	Summer Ski Camp	Timberline

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

Day	Date	Snowboard Event	Location.
Fri-Sun	3/10-12/06	Divisional Academy	White Pass
Fri	3/17/06	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/18-19/06	Exam Modules, Level II & III	Schweitzer
Fri	3/17/06	Freestyle Fundamentals Accred. Clinic-Foundations	Mt Hood Meadows
Sat-Sun	3/18-19/06	Freestyle Accreditation	Mt. Hood Meadows
Sun	3/19/06	Exam Checkpoint-Riding or Teach/Tech	Mt. Hood Meadows
Fri	3/24/06	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/25-26/06	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/25-26/06	Advanced Childrens Endorsement Snowboard	Stevens Pass
Sun	3/26/06	Exam Checkpoint-Riding or Teach/Tech	Mt. Bachelor
Fri-Sun	3/31-4/2/06	Spring Symposium	Mission Ridge
Fri	4/7/06	Freestyle Fundamentals Accred. Clinic-Foundations	Stevens Pass
Sat-Sun	4/8-9/06	Freestyle Accreditation	Stevens Pass
Fri	4/14/06	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/15-16/06	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/21/06	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/22-23/06	Exam Modules, Level II & III	Mt. Bachelor
Sat	4/29/06	Spring Fling	Portland
Sun	4/30/06	Spring Fling	Seattle

## Calendar of Events

Fri-Sun	5/5-7/06	Freestyle Camp	Timberline
Fri-Sun	5/5-7/06	Pipe & Park Clinician Camp Alp/Snbd (Level III's & DCLs)	Timberline
Fri	5/12/06	Freestyle Fundamentals Accred. Clinic-Foundations	Mt. Bachelor
Sat-Sun	5/13-14/06	Freestyle Accreditation	Mt. Bachelor
Sat	6/3/06	Spring Fling	Spokane @ Gonzaga Univ.
Fri-Sun	7/7-9/06	Free Ride/Freestyle Camp	Timberline
Fri-Sun	7/14-16/06	Free Ride/Freestyle Camp	Timberline
Fri-Sun	7/21-23/06	Free Ride/Freestyle Camp	Timberline
<b>Day</b>	<b>Date</b>	<b>XCD/Nordic Event</b>	<b>Location</b>
Sat	3/11/06	Track Pre Exam Clinic	Summit XC Center
Sun	3/12/06	Track Exam Level II & III	Summit XC Center
Fri	3/24/06	XCD Pre Exam Clinic	Crystal Mtn
Sat-Sun	3/25-26/06	XCD Exam II-III	Crystal Mtn
Sat-Sun	4/1-2/06	Nordic Symposium (Track and XCD)	White Pass
Sat	4/29/06	Spring Fling	Portland
Sun	4/30/06	Spring Fling	Seattle
Sat	6/3/06	Spring Fling	Spokane @ Gonzaga Univ.
<b>Day</b>	<b>Date</b>	<b>Adaptive Event</b>	<b>Location</b>
Sat/Sun	3/18-19/06	Adaptive Exam Level I and II	Schweitzer
Fri-Sun	3/31-4/2/06	Symposium-Adaptive	Mission Ridge
Sat/Sun	4/8-9/06	Adaptive Exam Level I and II	Crystal Mountain
Sat/Sun	4/15-16/06	Adaptive Exam Level I and II	Mt. Hood Meadows
<b>Day</b>	<b>Date</b>	<b>Written Exams (for Levels II &amp; III)</b>	<b>Location</b>
Sun	3/19/06	Exam Checkpoint	Mt. Hood Meadows
Sun	3/26/06	Exam Checkpoint	Mt. Bachelor
Sat	4/1/06	@ Symposium	Mission Ridge

All written exams will start at 3:30 pm; the written exam is \$15 and must be completed at least two weeks prior to the on snow exam modules.

## Divisional Academy '06 at White Pass

**Don't miss the** premium event of the season. This year Divisional Academy moves to White Pass. Come spend three days with past and present members of the Northwest Technical Team and the division's top Snowboard Clinicians as they help you hone your skiing and riding skills.

Explore the varied terrain at White Pass, hang out with friends and colleagues and take time to focus on you, you, you. Three days in the same group, with the same clinician gives you time to delve deeply into all levels of your performance.

Whether you are preparing for an exam or simply want to be all you can be, this event can help you push your limits. Groups are available for all levels of instructor, from hard core to sensible, risk-takers and the more cautious. We offer the best challenge based on individual needs and goals.

Each day will be packed with plenty of on-snow time. Divisional Academy also features top-notch video

analysis of each and every participant. A Friday night social hour and Saturday night banquet round out the event, giving you a chance to mingle with other Academy participants and staff. Come alone or bring a group, but sign up soon, as space is limited. Join us Friday, Saturday and Sunday, March 10-12 at White Pass.

### LODGING

#### Slopeside

Village Inn Condominiums, 509 672-3131  
Summit House Condominiums,  
253 272-1841 [www.whitepasscondo.com](http://www.whitepasscondo.com)

#### Packwood 20 miles west of summit

Cowlitz River Lodge 888 305-2185  
Crest Trail Lodge 800 477-5339  
Hotel Packwood 360 494-5431  
Inn of Packwood 877 496-9666  
Mountain View Lodge 360 494-5555  
Moon Mountain Rentals 360 494-4949  
Tatoosh Meadows/TMC Rentals 800 294-2311

#### Silver Beach 9 miles east of summit

Silver Beach Resort 509 672-2500

## Event Information

# PSIA/AASI-NW Event Application

FOR OFFICE USE

11206 Des Moines Memorial Dr., Suite 106 Seattle, WA 98168  
 Phone: (206) 244-8541 Fax: (206) 241-2885 e-mail: office@psia-nw.org

PSIA-NW Membership # \_\_\_\_\_ Cert Level \_\_\_\_\_ Ski/Snowboard School: \_\_\_\_\_

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

Address: \_\_\_\_\_  
 Last First

Street/box City State Zip

Day Phone: (\_\_\_\_) \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Discipline:  Alpine  Snowboard  Nordic  Adaptive

Event/Exam Name: \_\_\_\_\_

Exam Level:  Level II  Level III

Event/Exam Date: \_\_\_\_\_

Skiing/Riding Module-Sat Teaching/Tech Module-Sat

(Applications are due 14 days prior to events)

Skiing/Riding Module-Sun Teaching/Tech Module-Sun

Event/Exam Location: \_\_\_\_\_

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

Written Exam Passed?  yes Date & Location \_\_\_\_\_

Training Director's Signature (required for exam) \_\_\_\_\_

**Release From Liability:** Recognizing that skiing/snowboarding can be a hazardous sport, I hereby release PSIA-NW, the host area and agents and employees of each **from liability for any and all injuries** of whatever nature arising during or in connection with the conduction of the event for which this application is made.

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

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

Fee must accompany application to be processed-\$10/day late fee will be assessed if application is received less than 14 days prior to event. Refunds require a note from your medical provider.

VISA/MC# \_\_\_\_\_ Expiration \_\_\_\_\_ / \_\_\_\_\_ Signature \_\_\_\_\_

## Event Fees

3-Day Freestyle Camp	\$180	Nordic II-III	\$90 per day
Advanced Children's Educator (ACE)	\$100	Park and Pipe Clinician Camp	\$100
Alpine Tryout Camp (3days)	\$250	Pre Exam Clinic	\$50
Alpine/Snowboard II-III Exam	\$90 per module	Senior Tour Day Clinic	\$40
Arc-n-Park	\$225	Senior Tour Series	\$150
Certification Training (former PDS)	\$185	Snowboard Tryout Camp (2 days)	\$150
Clinic Instructor Training	\$50 per day	Spring Fling	\$40
Day Clinic	\$40	Symposium (2 days)	\$120
Divisional Academy	\$275	TD Fee	\$110
Divisional Clinic Leader Tryout	\$120	Tech Team Tryout	\$195
Exam Checkpoint (Mock exam)	\$40	Winter Blast (2 day)	\$300
Exam Orientation Clinic	\$50	Winter Blast (4 day)	\$550
Fall Seminar	\$50		
Freestyle Accreditation FS-1	\$50	Member Ski School Clinics	
Freestyle Accreditation FS-2 & 3 (3 days)	\$150	Day (6hrs)	\$190 + \$10 for each participant Credit
Freestyle Clinic	\$40	1/2 Day (3hrs)	\$120 + \$10 for each participant Credit
Level II-III Written Exam	\$15		



## The McLaughlin Report

# The ABC's and 123's To Park & Pipe Coaching

BY LANE MCLAUGHLIN  
PSIA/AASI-NW TECHNICAL VP

**Can we officially** say that the new-school style of freestyle skiing/snowboarding has gone beyond the “fad” phase? With humility and compassion, I recognize the “we” is PSIA (primarily) and AASI (to a lesser degree) and historically we've been slow to adopt change. Along with being slow to embrace snowboarding, abandon our stretch-pants and address the influence of shaped skis, our organization has most recently been slow to establish a leadership position in developing and providing freestyle terrain park education.

Luckily slow does not mean dead. And more than ever, opportunities are popping up for our involvement as educators of safe, fun and productive learning practices to enjoy the terrain park experience. Resorts are increasing their commitment to developing “Learning Parks”, where the shape and size of features are accommodating to skiers/riders of all ages and abilities and that allow us to introduce the joy of jumping, sliding, grinding and spinning. With the right terrain, your challenge boils down to understanding fundamental performance concepts so you can create a progressive approach to taking on the right amount of challenge for each individual.

Perhaps you still think the whole terrain park “thang” is a bunch of hooy, and if so, feel free to page forward to a more relevant article, but if you want some fast-track advice to becoming a friend of the trend, then let me give you some basics – perhaps the **ABC's** and **123's** of becoming an effective park

coach.

## ABC Recon Your Resort's Goodies

All parks are not created equal and instructors teaching in resort parks are not all treated equally. You need to do some recon and find out first hand what your resort offers for freestyle terrain, features, and more importantly, what your resort/school policies are for teaching clients in the park. There seems to be a wide spectrum out there, from intro terrain gardens and generous accommodations for teaching/teachers, to x-game-mega-hucker-only features with a go-away-psia policy for ‘infecting’ the park with the ‘act of teaching’.

Since the park is a place with a vibe, energy and flow unique from other areas of the mountain, it is your responsibility to go check it out and be prepared ahead of class time on how you are going to effectively lead and coach people in that environment. How are you going to fit in with the flow while still being able to introduce concepts, observe performance and keep your group cohesive? Where are the features that accommodate the skill level of your clients? How will you utilize these features?

It's also important to strike a good relationship with your resort and the terrain park crew so that both teams can “help me help you”. You need them to shape, space, and size up features appropriate for learning progressions while they need your help to educate resort guests on how to use the park. Perhaps any

lingering reluctance by resorts to allow us to teach in the park is rooted in a lack of our demonstration that we're park ready, which can be remedied by the following steps.

## ABC Grab A Copy of the Park and Pipe Instructor's Guide

Read it, learn it, live it. Based on the collaboration and consensus from ski and snowboard coaches from across the country who have spent time coaching in the park, you have more than enough tried and true information, progressions, and tactics in this guide to give you a foundation for teaching the park experience. You should be able to make a better case to your resort or school director that you have the right stuff for teaching in the park if you can demonstrate that you, and thousands of coaches like you, can utilize the principles within Smart Style, the ATML model, and their connection with Alpine (PSIA) and Snowboard (AASI) performance concepts.

## ABC Participate in Park and Pipe Education

Since our sport is experiential, I'm sure that it'll take more than information from a manual and the osmosis process to give you the confidence to coach others on their park skills. The Park and Pipe Instructor's Guide comes to life during Park and Pipe clinics you may be having within your school, and definitely at a variety of events on

continued on page 18

# The McLaughlin Report continued

continued from page 17

the PSIA/AASI-NW calendar. From day clinics, to camps, to elective sessions at Symposium, there are a wide variety of opportunities to come out with the skills you've got (that means as you are; as-is; from newbie to huckster) and improve those skills and associate with other members interested in promoting park education.

Once you've completed your **ABC's**, you'll have some sense of whether or not the jib culture is your bag baby. If the hook is set and you want to be reeled in completely, then you should turn your attention to the **123's** and participate in the Freestyle Accreditation program. Here's where you can validate your skills and put a little somethin'-somethin' in your back pocket that tells your boss, clients and posse that you've got skills.

# 123

## Foundations of Freestyle Accreditation (FS-1)

This is a one-day clinic session that establishes the fundamental concepts in skiing, riding and teaching park features. You'll apply your knowledge and skills to jumps, rails, half-pipe and flatland jibs. Assessing student readiness and making the connection between performance and learning outside the park and within the park are covered too. Participants will also get feedback relevant to achieving the next levels of accreditation.

# 123

## Progressive Freestyle Accreditation (FS-2)

This is a two-day clinic session

(assuming the participant has already attended and earned FS-1 Accreditation) where each participant will be evaluated on their ability to ski/ride a required set of park features and meet the performance criteria. Activities also include coaching your peers through selected park situations. Like an exam, the accreditation is earned by demonstrating required skills, but through a more collaborative and coaching oriented process than is experienced in a more formal exam setting. You'll see that the breadth and depth of understanding does require you to come to the event with relevant teaching experience in the park and therefore you'll need your **ABC's** before your **123's**, but you could achieve this within your season.

# 123

## Advanced Freestyle Accreditation (FS-3)

This is a two-day clinic session, and actually the same session as the Progressive Freestyle Accreditation (FS-2). Participants will all ride and teach together on the same features and it's the level of skill each participant demonstrates that determines whether they meet or exceed the FS-2 or FS-3 criteria.

The freestyle education and accreditation events are open to all disciplines. Bring your board, skis, or telemark gear and you'll mix and mingle with other like-minded trendsetters. More information about freestyle education and accreditation can be found at [www.psia-nw.org](http://www.psia-nw.org), or check with your Training Director or the PSIA/AASI-NW office to get the info you need to get involved. ■

# Financial VP Report

## Membership can help you buy a car?

BY DIANA SUZUKI  
PSIA/AASI-NW FINANCIAL VP

**Hi there Snow Sport Fans.** Thanks for taking a few minutes to read some important financial facts about your PSIA/AASI-NW Division.

Did you know Subaru of America provides PSIA/ AASI-NW two new Subarus each year for use in conducting divisional business? (No, it's not cumulative. We have to give two back as well.) This is a huge financial benefit to the division. It allows divisional staff to travel and meet with the membership, manage events and keep the division's costs down to gas and maintenance.

The Subaru program is managed at PSIA National headquarters and each division is provided cars depending on their membership size and territory.

Did you know as a member of PSIA you can save money on a Subaru through the Subaru VIP program on their web site? ([www.psia.org](http://www.psia.org)) Membership in your division as well as PSIA provides many discounts that more than cover the amount paid for dues each year. Take advantage of these savings in 2006 and use the money you save to attend one of the many great events offered by your division!

See you on the slopes. ■

When was the last time you checked out member benefits on [www.psia-nw.org](http://www.psia-nw.org)?

## Outreach Clinic

# Mt Ashland – Not that Far (from California)

BY RICK LYONS

PSIA-NW TECHNICAL TEAM

**I recently had** the opportunity to go to Mt. Ashland, Oregon and work with the Learning Center Staff, what a great experience! As stated on the Mt. Ashland website “The Mt. Ashland Ski Area is nestled in the magnificent Siskiyou Mountains, the alpine gateway to the Pacific Northwest. Mount Ashland is conveniently located halfway between San Francisco and Portland; just 8 miles off Interstate 5. Mount Ashland receives over 300 inches of annual snowfall; plenty of snow for powder hounds and plenty of sun all winter long. Mount Ashland has 23 trails in addition to chute skiing in a glacial cirque called the ‘bowl’. The mountain, the people, and the quaint City of Ashland make a winning combination.” I was not mislead.

I arrived in Ashland the evening before and was greeted with a breathtaking picture postcard as I drove through the downtown area. Ashland is known for The Oregon Shakespeare Festival but it should also be known for its “Festival of Lights.” The town was lit with over 1 million lights on all the downtown buildings and trees.

Mt. Ashland was not officially open yet, but I was informed by Rick Saul (Mt Ashland Marketing Director & former PSIA-NW Tech Team Member) that the Patrol was doing some training and we would be able to ride one of the lifts so we could get some turns in. Rick took me to breakfast where we met

with Kim Clark (Mt. Ashland Director of Operations) and Chris Van Ness (Mt. Ashland Learning Center Manager). Over the week prior to my arrival Mt. Ashland had received over 30 inches of that fluffy white stuff and no one had skied it. After finishing a hearty breakfast in Ashland, we headed up to the mountain and arrived in a quiet winter wonderland. The sun was out, the sky was mostly clear and the temperature was a perfect powder 20 degrees! There was no wind and everything had a blanket of snow on it. We met with other Learning Center Staff, booted up and went out to see what we could find.

### Mountain Stats

Summit Elevation 7533 ft  
Vertical 1150 ft  
Skiable Acres 200  
Avg. Annual Snowfall 300 inches

The patrol was preparing to run the Windsor chair in order to transport loads of bamboo, which needed to be deployed for all those unmarked obstacles. Only about 15 of the chairs on the lift were equipped with seat pads, so our timing would determine how cold our backsides would be during the ride up. During the lift ride you could see nothing but uncut powder, there were a few hardcore skimmers working their way up to get the first turns but there was plenty of room for all. We got to

the top and Chris recommended the first run, Bottom, and we dove in. The snow was perfect, 20 plus inches of cold snow that was nothing like typical Cascade snow. You could make turns and not have to be skiing a cliff to keep your speed up. We skied non-stop to the bottom of Bottom and upon arrival I looked around and saw nothing but ear to ear grins! We continued skiing and every run was fresh tracks, wow our own personal lift, new snow and local guides what more could you ask for, well maybe some bamboo for those unmarked obstacles!

Mt. Ashland is PSIA/AASI-NW’s southern most member school and being so far south they actually had more snow than the rest of us last season.

So if you are ever in the neighborhood and want to ride at a nice community ski area with sweet terrain and super nice folks, bring your current PSIA/AASI-NW card, season pass from your area and a letter from your director and Mt. Ashland will comp you a ticket. You might even find a local guide for some fun steep terrain. If you would like further information on Mt Ashland go to their web site [www.mtashland.com](http://www.mtashland.com) or you can contact Chris Van Ness at [cvanness@mtashland.com](mailto:cvanness@mtashland.com), Rick Saul at [rsaul@mtasland.com](mailto:rsaul@mtasland.com) or Kim Clark at [kclark@mtashland.com](mailto:kclark@mtashland.com).

Mt Ashland is not California but you can see it from there. ■

## From the Membership

# Excellence in Teaching = An Environment for Success

BY LINDA COWAN  
PSIA-NW TECHNICAL TEAM

**What kinds of** teaching environments foster learning? How do we challenge our student's abilities, while inspiring them to build personal ownership for their learning? And how do we do all of this with both respect and grace? The goal of this article is to identify and share what qualities are exhibited in excellent teachers today.

Three factors that determine how each of us teach are:

1. Our personality, background and attitudes;
2. Our own experiences as students & athletes ourselves;
3. What we learn as students of teaching.

Understanding that we bring the above factors with us when we teach is important information. In many ways, our own personal knowledge and past experiences help us greatly as teachers-and since teaching is a very personal profession-our own personality can make us very effective as teachers. The third factor, and often the weakest, is our current study of the craft of teaching and that is where this article will focus its attention.

Teachers who are truly accomplished, have at their command, a small repertoire of very powerful structures that help them organize their content, time, space, students and themselves so that learning can happen. The following is a compilation of 10 characteristics and environments identified with highly successful teachers.

### 1. HAVE HIGH EXPECTATIONS:

They have and articulate high expectations of all students and do not offer an impoverished curriculum to particular groups of students. They create a sense that there are no limits to possible achievement.

### 2. VALUE STUDENTS:

They respect students as individuals and value their experiences and backgrounds. They nurture positive relationships based on a sense of common purpose.

### 3. BUILD ON STUDENTS' STRENGTHS:

They take time to find out students' particular gifts and strengths. They build on these strengths to help all students identify and achieve their goals.

### 4. ENGAGE AND MOTIVATE:

They recognize that students self-concept and motivation profoundly affect learning. They use strategies that engage student's interests and build their confidence. They harness the emotional dimension in a positive way for learning.

### 5. USE AN ARRAY OF TEACHING STRATEGIES\*\*:

They focus on gathering evidence of student achievement of curriculum goals, and they use an array of strategies\*\* to assess what students know and can do.

## Part 1

### 6. NEGOTIATE ELEMENTS OF LEARNING:

They give students a say in what they learn, how they learn and how they demonstrate their learning.

### 7. ALLOW STUDENTS TO CHALLENGE THEIR ABILITIES:

They create a learning environment where students feel safe to challenge their skills and abilities.

### 8. PROVIDE REGULAR AND INFORMATIVE FEEDBACK:

They use informal feedback as an integral part of practice so students understand their achievements and areas needing improvement.

### 9. FOSTER INDEPENDENT LEARNING:

They help students set goals and support increasing independence in student learning.

### 10. EXPLORE THE UNKNOWN:

They foster a sense of excitement and adventure in learning.

Excellence in teaching is first defined with the relationships and bridges that we build with our students. Teaching and learning is a very personal craft that requires trust and respect of both teacher and student and therefore connecting with our students is an essential foundation for learning to occur. In Part II we will look at what research has identified as 'Best Practice' teaching strategies\*\* and how these strategies profoundly affect learning. ■



## From the Membership

# Skill development

BY DUSTIN SEMB  
SNOWBOARD DCL/EXAMINER

**The idea behind** skill development is that we learn new things piece by piece. Before sliding we need to balance on the equipment. Before learning to turn we must learn to engage and release our edge(s), then balance on edge. Next we learn to steer the tool, while edging and balancing. Now we are turning.

As we learn new maneuvers, we go through a cycle of skills (balance, edging, steering and combining them). When teaching new stuff, we create a logical progression or use one we have seen that addresses skill development in order to successfully perform the new maneuver. Start with something simple and take small steps building the skills needed to achieve the goal.

The steps should make sense and head directly towards what the end outcome is. Skill development is how we learn to ride, therefore we should be teaching by it. Some examples of skill developing “tasks” are listed here. These are just some ideas. Feel free to alter them or create your own.

After determining the way your student is utilizing the skills they have, you may want to enhance or alter the movements used in those skills. The ideas given are some tools, “tasks” to work on certain movements while focusing on one or more aspects of these skills. At every ability level these skills create the outcome that perform on the snow or in the air. The more efficient you are with these skills, the easier it will be for you to get the outcome you want. In other words start small if you want to go big.

**Are you a Level I?** If you passed your Level I last year, be sure to attend an event this year in order to stay current with your educational credits!

### ABILITY LEVEL

Wedge Christie Parallel at fall line <b>Ski</b>	Nearly linked skidded turns <b>Snowboard</b>
Where is the balance point of student? Do you want to work on it? If so..	
<ul style="list-style-type: none"> <li>o Take away poles.</li> <li>o Adjust pressure from one ski to the other (outside to inside, visa versa).</li> <li>o Unbuckle boots.</li> <li>o Wiggle toes.</li> <li>o Running.</li> <li>o Tall, small.</li> <li>o Switch wedge turns.</li> </ul>	<ul style="list-style-type: none"> <li>~ Bumpy terrain.</li> <li>~ Loosen ankle strap.</li> <li>~ Switch.</li> <li>~ Butters, nollies, ollies.</li> <li>~ Tall, small.</li> <li>~ Snow skate.</li> </ul>
How are they edging? Do you want to work on it? If so...	
<ul style="list-style-type: none"> <li>o Push and extend.</li> <li>o Fall line hip shifting.</li> <li>o Traversing</li> <li>o Garlands</li> <li>o Paddle turns.</li> <li>o Hockey stops.</li> <li>o Sideslipping.</li> <li>o Sideslip to edge set, or traverse.</li> </ul>	<ul style="list-style-type: none"> <li>~ Garlands.</li> <li>~ Side cut turns.</li> <li>~ Sideslip to edge set, or traverse.</li> <li>~ Torsion games: fall line steering (front foot), J turns, fence posts, etc.</li> <li>~ Static balance.</li> <li>~ Switch of all the above.</li> </ul>
How are they steering? Do you want to work on it? If so...	
<ul style="list-style-type: none"> <li>o Pivots.</li> <li>o Hockey skids.</li> <li>o Small bumps.</li> <li>o Gates.</li> <li>o Toe-to-boot turns.</li> <li>o Straight line pivot slips.</li> </ul>	<ul style="list-style-type: none"> <li>~ Flat land 180, 360, 540.</li> <li>~ Pivots.</li> <li>~ Board slide on snow.</li> <li>~ Small bumps.</li> <li>~ Easy trees.</li> <li>~ Big toe, little toe.</li> </ul>

## Book Reviews

# New Nordic Books Available

BY ED KANE

**Two new Nordic** books have been added to our booklist this year. One is from the PSIA and the other is authored by one of our members. The spiral bound Nordic Technical Manual is the compliment to the Alpine and Snowboard Manuals that were completed in the last couple of years. These manuals are intended to provide the foundation of concepts needed to effectively teach each discipline and provide tools that can be applied over the long term as equipment changes. The other book was recently completed by Steve Hindman and is intended to be a comprehensive guide to Cross Country Skiing. It includes information on all the aspects of this discipline including Track, Backcountry and Downhill skiing.

### **Cross-Country Skiing: Building Skills for Fun and Fitness** Author, Steve Hindman

**This book was** released just a few weeks ago by the publisher, The Mountaineers Books. It is a nicely illustrated paperback book of 260 pages which can be purchased from the publisher for \$19.95. A limited number of copies will be available from the office. Steve's considerable experience in the Nordic discipline is readily apparent from the contents. Format-wise, the book reads somewhat like a poor mans guide to traveling Europe. It covers a great deal of all the aspects of the sport without getting into significant depth on any one aspect. As such it provides a very good overview of all the aspects of Nordic skiing from Track to Backcountry and Telemarking. It is certainly not a "how to do it" manual, but is instead a guidebook intended to make potential participants comfortable with trying the different opportunities.

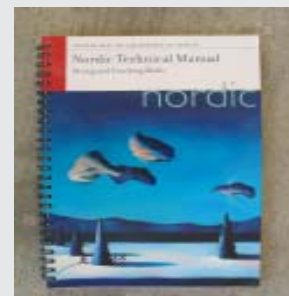
One unique aspect of the book is that Steve relies on numerous sidebars to expand the material that is in the body of the text. A majority of these are recounting of personal experiences of the contributor. This adds somewhat of a personal touch by many

experts in a way that is easy to read and absorb. The sidebars tend to add quite a bit of character to the contents.

It starts with some introductory material designed to entice the reader to get involved whether for fitness or fun or both. The remaining contents cover an overview of the fundamentals including: the Learning Process; an outline of Skills that will need developing; some insight into the hardware for each aspect; and some of the considerations to be made when selecting the appropriate clothing. This is followed by some tips for: getting kids involved; waxing for grip and glide; and some practical tips on how to pack, what to bring on every trip, etc. The middle third of the book contains information on the track disciplines including: prepared areas for flat-land skiing; skating basics; classic striding basics; more advanced aspects of skate skiing; and some considerations of racing and training for fitness. The remainder is devoted to descriptions of the challenges of backcountry skiing and the unique aspects of downhill skiing using a variety of turns including the Telemark.

Overall, this little book is quite a complete reference source for those interested in all aspects of the Nordic discipline. It is a source book that will help direct the reader toward the pursuit that would be of the greatest personal interest, will give them some insight into the fundamental considerations for that pursuit and will direct them toward where they can get help to enhance their skills. On the whole, it would be of more interest to the general public with some value to the instructor community. The latter group would find value as a comprehensive overview with some specific tips that will be applicable for use with their guests. ■

**Nordic Technical  
Manual Review**  
Find it on the web at  
[www.psia-nw.org](http://www.psia-nw.org)



## From the Membership

# When You Least Expect It

BY BRAD JOHNSON  
HEAD TRAINING DIRECTOR  
SNOW SPORTS NORTHWEST

**A funny thing** happened on the way to ski season last year. A wake up call if you will. A vivid reminder of the effects we all have on our students and beyond.

It all started simply enough. It was my eight year old daughter Ashley's first soccer game of the season in September. She had switched to a different team that season, so she didn't know all of her new team mates yet. I knew hardly any of them, and I certainly didn't know any of the parents. We arrived at her assigned field early and I started warming her up with a few passes and practice kicks. As other players showed up, they all joined in with the warm up drills. Eventually, the coach showed up, and took over. So far, so good.

After the game (I see why they don't keep score at that level, it wasn't pretty), the coach came over and asked if I'd ever played soccer. Ya, but it was only for a couple years back in elementary school. Then she asked if I would be willing to come and help with their goalies at practice. Well, I really don't know the game all that well but I've had a little experience working with kids (25+ years teaching skiing), so I thought "Couldn't hurt". I agreed, and spent the next couple days thinking about what I saw at the game and what I could do with their goalies.

The next practice rolled around a few days later, and I showed up

with my daughter, ready to make goal keeping machines out of these girls. I greeted the coach, told her I was at her disposal, and just to let me know what she wants me to do. Then I got out of the way while she and the assistant coach started running drills with the girls. 10 minutes. 20 minutes. 30 minutes. I was starting to think the coach had forgotten I was there. Then about 35 minutes into the practice, the coach yells out, "Brad, I want you to work with 'Megan' on ball handling skills".

Every team has a 'Megan'. Every class has a 'Megan'. There always seems to be that one person (male or female) that's a little slower, a little larger, and a little, shall we say, 'less focused' than the rest. That was my assignment. Not something I'd prepared for in the least. I thought my job was going to be goalies. Well, not today. Today my job was to help Megan control the ball (no small task considering she didn't seem to like running much).

I looked over at Megan, and she was looking between me and the coach with that terrified "Who the heck are you?" look in her eyes. Seeing this, I was reminded that the coach hadn't bothered to introduce me, and virtually none of the girls knew who I was, Megan included. Nobody learns anything in the Terror Zone, so we needed to diffuse this situation immediately. I walked over to meet her, got down on my knees so I was just a little below eye-to-eye and said "Hi Megan, my name is Brad, and I'm Ashley's dad. I've been watching

you and your team play, and I think I might have some ideas that could make things a little easier and more fun for you. Would you like me to show you?"

At least she didn't look terrified any more. Still apprehensive, but that's normal. And I thought I could use her heightened sense of awareness from her apprehension to help communicate some new ideas to her. So we started working on some very basic things. Some physical, but mostly mental. The magic for Megan was when we changed her focus from the players to the ball. The details are not really important. What was important was that she had mentally shifted gears. Over the next 10-15 minutes that we worked together, there was improvement. SIGNIFICANT improvement. So much so that the coach noticed, her mother noticed, and most importantly, she noticed. We've all seen this in our classes on the snow. You have a student that seems anchored on a plateau, and then some magic combination of words and events flips a switch, and suddenly they breakout to a new level. It's not perfection, but it's a quantum leap of progress, and it's a ginormous motivator for both student and instructor. So was the case with Megan. The rest of the practice she was back with the team, controlling the ball, making tackles and steals, and generally surprising her teammates and the coach.

After practice, I was walking back to the parking lot with the coach.

continued on page 24

## From the Membership

### continued from page 23

Megan came running (RUNNING! Megan doesn't run when she doesn't have to) up to me and said "I used to hate practice, but today was FUN!!!" Then she RAN off to catch up with a couple of her teammates.

This was of course very personally satisfying for me, as it would be for any instructor or coach. But this by no means is the end of, or the point of this story. As we continued to walk, the coach turned to me and said, "That's the happiest I've seen Megan in a couple years. She's had it pretty rough. Did you know that her mom has terminal cancer?"

WOW! I certainly didn't see that one coming. What do you say when someone drops a bomb like that? After being dumbfounded for a few steps, all I could say was, "I didn't know. I'm really sorry to hear that".

Over the next few weeks, Megan continued to make steady progress. Her skills were slowly improving and she was definitely contributing to the team. But more importantly, she was happy and having fun. I would still work with her on occasion. Just little tips here and there to fine tune her new skills. Megan's mom was at almost every practice. She usually sat in a folding chair with blankets wrapped around her, cheering Megan and the rest of the girls on from the side lines. One day, about four or five weeks into the season, I was carrying the folding chair back to the parking lot for Megan's mother. We were chatting while strolling toward the

car as Megan ran ahead with her teammates. Her mom casually said "You know, you're her favorite coach. She's happier now because of what you've done for her. And that makes me happy too."

I could see in her eyes that she really meant what she had said. In her condition, she was looking for any happiness she could bring to her daughter. I assured her that I was not a coach, just a helper, but I was pleased to help Megan and the rest of the girls in any way I could.

The season eventually concluded in mid November, just enough time for me to frantically switch to skiing mode and spool up for instructor clinics (or at least as much as possible given the dismal snow cover in the in the Northwest last season). There was a post season pizza party for the team that was held at Megan's house. It was a nice opportunity for all the girls and parents to get together. The girls all got personalized trophies, and the parents got an opportunity to visit in a warm, dry environment instead of on the cold damp sidelines of a soccer field.

That was the last time I saw Megan's mother.

Last spring, we got word that Megan's mom had lost her long battle with cancer. And I later learned that Megan's uncle, her mother's brother, had passed away within 24 hours of her mother from the same form of cancer. Although neither passing was unexpected, I can only imagine how difficult this must have been for Megan.

### **The Rest of the Story**

Fast forward to September 2005. I was asked to help with the soccer team again this year. On my first day back at practice, I was very pleased to see that Megan was back. She was a little rusty, not quite as fast, and not quite as focused as she was at the end of last season, but she was back. After what Megan had gone through, I didn't know if she would feel like or want to play soccer again. But she was back. Her father told me that she wanted to come back. She wanted to keep playing with the team she had become a part of.

Why, you may ask, am I compelled to share this story? It's quite simple really. We, as coaches, teachers, and instructors, have all helped others to achieve new levels of performance at one point or another. Our motivations for doing so may vary, but I would be willing to bet that we all share a common satisfaction when a student gets that "I get it!" smile. What most of us don't see (at least as snow sports instructors) are the farther reaching effects we may have. We send our students home at the end of a lesson, and we don't see them for a week. We don't see them excitedly telling their parents or their friends about the steep run or the bumps they rode, or that their instructor is teaching them this really cool new trick. We don't see the parents' reaction of pride and pleasure in the accomplishment of their child. We don't hear the parents sharing their kid's accomplishments with their friends and neighbors. We rarely ever hear that the accomplishments we helped our students to achieve, or the personal

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**continued on next page**



## In Remembrance

### continued from page 24

interest we took in our students has given them added self confidence and self esteem.

But I was fortunate. I got the chance to see how a little personal interaction ripples beyond just the student. I saw that we can have huge affects on circumstances we may know nothing about. And I again confirmed that some of life's most vivid lessons come when you least expect them.

The point? - I share this story to serve as a reminder for all of us to consider how many lives we may touch when we teach. Take a moment to think about your interactions with your students. Look at it from their perspective. We all know that unintentional but thoughtless comments or actions can have devastating effects on students. Those can and often do find there way back to us through students' behavior or phone calls from parents. But we need to remember there is a flip side to that coin we should never take for granted. We have the opportunity every time we teach to have tremendous positive influences that can extend far beyond the student and the snow. We may not see all the effects, but we need to trust that they can and do exist. And every once in a while, if we're a little lucky, we may catch a glimpse of the ripple effect...the bigger picture. The picture that shows how our connection with students affects their world. For me, this picture is the ultimate inspiration to provide each and every student with the best experience possible during our time together.

## Glen W. Ryan

**Glen inspired** a lifelong passion for the mountain experience as a ski instructor for over 40 years. He began instructing in 1962 and obtained full certification and became Director the Mt. Spokane Ski School in 1963. The following season, Glen directed the Bon Marche Ski School on Mt. Spokane and was technical director for the Convair Ski School at Jackass Ski Bowl in Idaho.

He next taught skiing at Schweitzer Basin for four years before returning to Mt. Spokane as a supervisor. In 1980, Glen joined the 49<sup>o</sup> North Ski School where he worked as an instructor, lead supervisor, technical director and Level I examiner until January 2002 when multiple Myeloma forced him to retire from the sport that he loved.

Always striving to improve and learn to go faster, Glen took classes at St. Moritz/Pontresina, Switzerland, and the Budessportheim and St. Christoph-Arlberg National Ski Schools in Austria.

He was a member of both PSIA-NW and PSIA-NRM. Glen was a role model for older instructors as well as a mentor for young instructors and his friendly smile and helping hand will be sorely missed.

Having participated in combat on a Navy destroyer in the Pacific Theater during WWII, Glen received full military honors at his funeral service on November 14, 2005.

### Otto Lang 1908 - 2006

"A True Pioneer"

More on Otto's life in the Fall '05 TPS. A full memorial to follow in the Spring Newsletter.

## Martin Fopp

**Martin Fopp, born** in Davos, Switzerland on May 26, 1910, passed away September 6, 2005.

Martin was the younger son of Anna and Jakob Fopp. He was a machinist by trade and was trained in Neuchatel, Switzerland. After fulfilling his Swiss military obligations, Martin traveled to the United States in 1940 where he taught skiing and raced competitively. It was at such a race in Salt Lake City that he met his wife to be, Shirley McDonald and they were married three years later in 1944.

Martin and Shirley were married for 57 years and they had two children, Jerianne and Marty. His son, daughter-in-law and grandson survive him. Outside his family, Martin's life centered around his love of skiing and cars. He began winning local and Swiss skiing titles in the early 1930's. Later, Martin won numerous competitions including the U.S. National Title in 1942. Before leaving for the States, he passed his Swiss Ski Instructor Certification and was selected for the Swiss National Team. Before settling in Tacoma in 1953, Martin taught / directed ski schools at Timberline, Jackson Hole, Big Bromley and Alta.

Martin taught skiing for over 50 years and with this wife co-founded Cascade Ski School. He was the thirteenth certified instructor in the Northwest. There is so much more that could be said, but Martin was a role model for many. His family and friends will miss him dearly.

By his wishes, there were no services or ceremony. Please send remembrances / donations to: Fransican Hospice, 2901 Bridgeport Way W., University Place, WA 98466

# Nutrition & Skiing Performance

BY RON KIPP, PSIA-I ALPINE  
EDUCATION MANAGER

**There are many** sports nutrition products on the shelves today. While all of them try to present themselves as science-based, only a handful of the companies that make these products actually do scientific research. PacificHealth Labs (Accelerade<sup>®</sup>) has not only done its share of scientific research, but is the only brand to have shown physiological benefits and performance increases with skiers.

## Summary of the ski research

It has long been known that intense exercise causes microscopic muscle damage. This damage is part of what makes skiers tired and consequently sore the following day.

Muscle damage was reduced by half in intermediate to expert recreational skiers drinking Accelerade, a carb-protein sports drink, compared to a matched group of skiers drinking the same amount of water disguised as an ergogenic sports drink. Neither group knew what they were drinking.

Muscle damage was measured from pre- and post-skiing blood samples. Myoglobin and creatine kinase, both indicators of muscle damage, were shown to be twice as high in the group of skiers that drank only water. This coincided with self-reports in which the skiers drinking Accelerade indicated less perceived exertion using Borg's RPE scale during three hours of skiing.

Research with alpine ski racers has also reported reduced perceived exertion in athletes consuming a carb-protein supplement. Consuming Accel Gels<sup>®</sup> while training, ski racers reported a significant reduction in Rate of Perceived Exertion on the Borg 10-point scale as compared to members of a control group.

In another study, ski racers using Accel Gels were able to finish over two and a half times as many slalom runs as skiers drinking plain water. This would suggest that there was an increase in neuro-muscular efficiency resulting in better coordination and proprioception, while fatigue was

lessened. This is amazing, because the Accel Gel group actually did a greater amount of skiing since they weren't skiing out of the courses, hooking tips, straddling, or falling. ■

## References

*Sports Nutrition and Exercise Metabolism*, 15(5). 2005.  
10<sup>th</sup> Annual Congress, European College of Sport Science, PP9-3, 2005.  
10<sup>th</sup> Annual Congress, European College of Sport Science, PP9-4, 2005.  
*Bacharach et al., in press, 2006.*

## Professional Offer from Accelerade<sup>®</sup> to PSIA members:

Scientific research has shown that Accelerade<sup>®</sup> helps skiers perform better. Accelerade<sup>®</sup> is offering PSIA members a special pro deal: **Receive 25% off all orders with free shipping.**

Go to: [www.accelerade.com](http://www.accelerade.com)  
Enter Discount Code - PSIA01  
Consumers will be asked for discount code during checkout at which point a new total will be shown before order is finalized.

# BOD Election Results

## PSIA/AASI – NW

BY CAROL CHRISTOFERO  
PSIA/AASI-NW EXECUTIVE VP

**As Chairperson of** the Election Committee, I want to WELCOME new board members: Jim Field - Bend (working at Mt. Ashland), Rick Brown - Spokane (working at 49<sup>th</sup> North) and Mary Livingston-Weston - Stevens Pass. These new members will be taking over their regional positions at the Spring Board meeting.

Congratulations to the incumbents: Chris Kastner - Crystal Mountain, Chris Wilson - Mt. Hood, Gary Carter - North Central, John Winterscheid - Snoqualmie, Mark Schinman - Stevens Pass and Wayne Nagai - Snoqualmie. These seasoned board members have been elected to serve another term. Thank you for all your hard work, time and input. You are the ones that make this organization run so efficiently. ■

## Book Review

# New Kids Teaching Aid Books

AUTHOR, JEFF KENNEDY

REVIEW BY ED KANE

**New in the office** are two pocket sized, spiral bound books published by Kidology LLC. These two books are \$17 each (plus postage & handling) and should be a real asset to our instructors who teach kids. However, the outline of the elements and the thought process described for incorporating games in our students' learning experience will also be of value to those teaching the rest of our client age spectrum. These books are a rather unique and innovative approach to teaching that was pioneered by the Junior Education Team (JET) and, more currently, by Advanced Children's Educator (ACE) teams. The author is a member of the Central Division ACE Team. The most notable attribute of these little books is the straight forward easy to understand language and the concise descriptions.

**The Skiing Games** book is a compact 105 pages filled with a wealth of information on all the important considerations relative to working with our guests. It begins with a very concise but complete description of the basic movement patterns for efficient skiing. Contrasts between "Real" and "Ideal"

movements are given in table format. This is followed by a section identifying the elements of a Game Toolkit which amounts to a description of the thought process that can be used to organize the following lists of games. The toolkit includes information on identifying the students, their needs and how to approach them at their level. It also introduces a series of Icons that are used to help categorize the games into their most effective application. The Icons cover the Movement Pools, Age Groups, Skill Development and most suitable Terrain Type. The game references are color coded for the most suitable skill levels: beginner; intermediate; and advanced. Each game is listed in table format identifying the focus, the description and the variations. Each table also contains a legend of Icons that indicate applicability of this game. The games are followed by a group of Indexes that summarize the games best used for each: Age Group; Movement Pool; Skill Development; and Terrain Type.

**The Snowboard Games** book is also a compact spiral bound format 123 pages in length. The format is basically the same as described above for the Skiing Games book. It begins with a very concise but complete description of the basic movement patterns for efficient riding including: Balance over the Whole Board; Balance on the Turning Edge; Release and Engage with the Legs; Turn the Feet to help Guide the Board; and Discipline the Upper Body. Contrasts between "Real" and "Ideal" movements are also given in table format. The remainder of the book is arranged in a manner similar to that described above. Interestingly, some of the games are similar to or the same as those described in the skiing book. (This could lead one to ask "are we more similar than different?")

**Do You Teach Children?**



Each with more than 100 games indexed by ability level, age group, movement pool, terrain type and skill development - these books are a must-have for your library!

Visit our website  
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## On the Web

### It's all on-line [psia-nw.org](http://psia-nw.org)

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#### **Nordic Technical Manual**—Skiing and Teaching Skills

BY ED KANE

**This 108 page** manual was developed by the Nordic Demo Team and replicates the format of its' predecessors.

#### **B.E.R.P vs F.A.R.T.** Puts the fun in teaching

BY DAVID BERKEY

ALPINE III, SNOWBOARD I

EDMONDS SHORELINE SNOWSPORTS

**Imagine using these** acronyms in a class of young adults. How about preteens? Now, you can glimpse what our 1<sup>st</sup> on-snow clinics were like this year. Fun and informative.

#### **Going for an Exam?**

**Check out the** website for the New Certification Guide that has all the information you need to prepare. The Study Guides are also available as pdf files. Another "easy" button for your exam prep

#### **New Address or Email!**

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, 206-244-8541, [office@psia-nw.org](mailto:office@psia-nw.org)

#### **Mt. Hood Ski Schools Reunion** - March 18, 2006.

[www.roni320.com/SkiReunion.html](http://www.roni320.com/SkiReunion.html)

## Did you hear?

#### ● **Terrain Park Design School At Schweitzer**

Think you can do a better job of designing a terrain park? Here's a chance to learn the real deal – this spring **Schweitzer Mountain** will begin its college-accredited Terrain Park Management School. Credits will accrue to the North Idaho College Resort Management Degree program. Students will build their own separate terrain park on the mountain.

#### ● **Silver Star \$5 Friday's are back**

\$5 Fridays are back at Silver Star for Friday Night Skiing with \$5 lift tickets, \$5 dinner special in Town Hall Eatery and \$10 regular ski and snowboard rentals. Excludes high performance rentals. Join us for fireworks at 7:15pm. Silver Star is in Canada eh!

#### ● **Websites for Kids**

[snowlinkjr.com](http://snowlinkjr.com)  
[verbnow.com](http://verbnow.com)

#### ● **SPRING FLING**

Seattle, Mt Hood and Spokane  
Check the event schedule for dates

### PSIA/AASI-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**

**PSIA/AASI-NW**

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