

# PSIA AASI

N O R T H W E S T

nw snowsports I N S T R U C T O R



Inspiring lifelong passion for the mountain experience

## Early Winter 2008

ISSUE 2 08/09 SEASON PNSIA-EF



## Alpine & Tele Tryout Camp

JANUARY 22ND-24TH

\$250



Looking for a challenge? Interested in pushing the envelope of your skills or understanding more of what is involved in the Technical Team Tryout or the Divisional Staff Tryout? This camp at Mission Ridge will take you through drills, video, varied terrain and indoor discussions to assess skills, provide valuable hands-on coaching and feedback, and end with goals for continued growth. Great prep for the upcoming tryouts or some fun training! Requirement: Level III alpine or tele certified.

### Lodging information

[www.wenatcheevalley.org/lodging.html](http://www.wenatcheevalley.org/lodging.html)

RV parking available at Mission Ridge

Travel time from Wenatchee to Mission Ridge is

approx. 15-20 minutes

Scholarships available

Lift tickets \$26/day

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## Winter Blast

FEBRUARY 2ND-3RD

\$310



Come find out why this is our premiere National Demonstration Team event. Who's the national team you say? Our national team is comprised of the best of the best from throughout the country. They are full time professionals in the field who are excited to come and share their passion for skiing with you. Challenge your skiing with various team members at Crystal Mountain. You'll be treated to breakfast each morning, an après ski with clinicians Monday afternoon and lunch with the group on Tuesday. See what all the hype is about! Small class sizes. Alpine specific.

### Lodging information

[www.staycrystal.com](http://www.staycrystal.com)

RV Hook-ups and parking available  
at Crystal Mountain

Lift tickets complimentary with registration  
(if needed)

Scholarships available

Confirmed clinicians: Rob Sogard & Jeb Boyd

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## Divisional Academy

MARCH 13TH-15TH

\$300



This spectacular three day event showcases current and past Northwest Technical Team Members and other Divisional Staff stars at your disposal for personal improvement. They will slide with you at Mission Ridge for three days of fun and learning, including video and review, a great banquet at Chateau Faire le Pont Saturday evening and a DVD of your skiing/riding experience. Amazement in your development and the fun you had is all you will be able to think of when you hear Divisional Academy from now on. Sign up quick, this event sells out. Alpine and snowboard.

### Lodging information

[www.wenatcheevalley.org/lodging.html](http://www.wenatcheevalley.org/lodging.html)

RV parking available at Mission Ridge

Travel time from Wenatchee to Mission Ridge is

approx. 15-20 minutes

Scholarships available

Lift tickets \$26/day

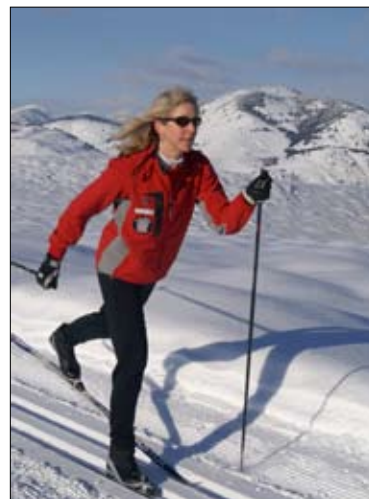
## Nordic Symposium

MARCH 21ST-22ND

\$120

**WhitePass**  
WASHINGTON

Our perennial favorite, White Pass, will be hosting the Nordic Symposium. Friday will be a Staff/TD/Level III Training day, and Saturday and Sunday, as usual, will be full of turns, track and of course, clinics! Saturday afternoon, right after the day's "festivities," we'll have our annual Nordic Meeting in the bar at White Pass. Don't pass up this opportunity to get your voice heard in our Nordic "wilderness"! Track and Telemark. Scholarships available.



## Symposium

APRIL 3RD-5TH

\$150

**MISSION RIDGE**



Cost \$150 – two days plus 'free clinic' Friday with registration  
Lift tickets - \$26/day  
Scholarships available  
Souvenir

Full Symposium details will be available online and in the Winter Newsletter!

### Lodging information

Lodging and festivities based out of:  
The Coast Wenatchee Center Hotel | Central Reservations  
phone 800.663.1144 – To receive group discount please mention you are with the Professional Ski Instructors Group.

Daily rate is \$99.

RV parking available at Mission Ridge

Travel time from Wenatchee to Mission Ridge is approx. 15-20 minutes

Daycare available at the resort, reservations required childcare@missionridge.com or call (509) 663-6543 Ext. 444

**PSIA AASI**  
NORTHWEST

**SEASON  
GUIDE**

2008-2009

Check out the new Season Guide. You can find it online at [www.psia-nw.org](http://www.psia-nw.org) on the home page under "What's New". Event Descriptions, Season Calendar, NW Resource Guide and Event Application Form in one handy place!



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NORTHWEST  
SnowSports Instructor

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PNSIA Education Foundation**

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#### Submission Deadlines

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

#### Guide for Contributors

The Northwest SnowSports 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.

## Officers of the Board

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## Advertising Rates

**Classified Ads:** Classifieds are line type ads that may vary in size. Rates will be reflective of the number of words in the ad.

### Rates:

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

**Display Ads:** Display ads will be available in a variety of sizes and will be boxed or otherwise set off from the surrounding text.

**Rates: All text including logo must fit within the dimensions**

Size	Rate
2.5w x 3h	\$50
3.5w x 4.5h (1/4 page)	\$100
7.5w x 4.5h (1/2 page)	\$150
7.5w x 9.5h (full page)	\$200

There is a 10% discount available for running the same ad in consecutive multiple issues.

**Website Ads:** Newsletter Classified and Display ads will be posted at no additional charge on [www.psia-nw.org](http://www.psia-nw.org)

Postings will run by mutual agreement or until the newsletter following the issue containing the print ads is published.

Payments are made to:

PSIA -NW  
11206 DesMoines Mem. Dr #106  
Seattle, WA 98168

**Cover: Powder at Schweitzer '07,**  
photo by Marty Andrews

## Highball!

by John Eisenhower, Communications VP

The railroad equivalent of “here we go”, Highball is the signal for a train to go full speed ahead. More often verbal these days, Highball is the conductor’s radio transmission to the engineer to proceed. After all the crazy economic news, most of us could probably use more than a few of the other kind of “highballs” just to stay sane. But regardless, here we go into what we hope will be another great year on the slopes.

I think the entire Snowsports Industry, along with the rest of the economy is holding their breath and hoping that their customer base is looking forward to some recreation and relief just as much as we are. Hopefully the arrival of another winter season and the chance to jump back into what we love will be just “what the doctor ordered” to perk us all up.

There is some good news though. While not exempt, our part of the country is still in relatively good economic shape and we are blessed with fantastic local skiing and riding. Our Pacific Northwest Resorts have continued to add lifts and base area improvements. For a full report, check out the PNSAA '08/'09 update on page 12. Snowsport enthusiasts who choose to stay closer to home this year will be rewarded.

Whether we’re looking at our own trips to our home mountain or the trips we might take to attend PSIA-NW events, there’s more timely news. The price of gas has dropped dramatically down to less than half it’s summer time high. In fact, it’s down to levels we haven’t seen since 2006. While we all need to watch our expenses, this will really help everyone still keep active and stay within our budgets.

Speaking of budgets, here’s a newsletter update for the rest of the year. The Winter issue will come out as usual in about mid-February. The Spring issue normally follows in late May / early June. It provides both the chance to report back on

results from the season, i.e. exam pass lists and Service Award recipients, etc. as well as a look forward with Summer events and any proposed changes for the next season. All good stuff, but not as critical as the Fall, Early Winter and Winter issues that we depend on for our major events and midseason news. I’m still deciding how best to deal with the Spring issue.

Your responses to the Newsletter Survey in the last issue were very interesting. (The full survey results are posted on the website) First of all, 92% of you do have internet access. However, that leaves 8% who don’t. Many of you were very comfortable receiving and reading the newsletter on line. Overall however, you expressed a preference to receive and read the printed version and interestingly, by the largest margin of all the questions, you identified the printed newsletter to be “An important member benefit”.

Comments ranged from support for reducing costs, “being willing to try web only versions” and “please offer a choice” to concerns that “we risk losing communication”, “don’t like sitting at the computer to read” and “please consider your decision carefully”.

Well, we are. Clearly we need to find a way to continue to communicate with our members who don’t have internet access. For those that do, we need to make sure you’re notified when web only newsletters are posted on the website.

For now, the Spring issue will be web only, but I will continue to look at ways we can include everyone and stay within our current budget. Please feel free to send me any feedback and ideas you might still have on this important topic and I will have more for you on this in the next newsletter.

Enjoy this issue, check out the Season Guide and have a great season. Highball!

## Fall Board Meeting Update

by Jack Burns, President

As I write this report, the 2008-09 season is already underway. The Tech Team held its fall training October 4th and 5th.. Fall Seminars were held in Spokane October 11th, Portland October 18th and Seattle October 19th.. With Timberline on snow training November 15th and 16th just completed, let me bring you up to date on some of the recent happenings that affect the NW Division.

### Transition Committee Update

At its Fall meeting, the Board approved a job description for the "Executive Director" position that will be filled when Barb retires in 2010. As part of that proposal, the Board also adopted a time line for amending our bylaws to accommodate the new position and developing a process for searching out, interviewing and selecting a qualified applicant for the position. The first part of that process, amending the bylaws, is well under way.

### Budget

As indicated in my last report, preparing a balanced budget for the coming season was a major challenge. Inflation, increased fuel prices and a failure to increase fees or dues for several years

resulted in the various program managers having a difficult time putting together a balanced budget. Rising expenses had simply outpaced our flat revenue streams. By making small adjustments to event fees, and carefully estimating expenses, the Board was able to adopt a balanced budget. To help address the problems that made this year's task so difficult, a \$5.00 Northwest dues increase was approved to take effect with the June 2009 billing.

The Board's goal is to maintain current member benefits and services in a cost effective manner. In the next few months you should see a more focused and timely newsletter as well as improvements and additions to our educational offerings. An improved division website is currently being developed. You can also increase your member benefits by better utilizing the offerings already in place. Tremendous savings are available on equipment and gear through the National Accessories Catalog. Don't forget the discounts and pro form deals available from many of our local ski shops, on the hill manufacturer representatives and on the ASEA website. Tremendous savings are available on lift tickets at some of the finest ski resorts in the county just by presenting your membership card.

Finally, if you are in the market for a car, significant savings are available through our national partnership with Subaru. It is easy to recover the cost of membership with only 1 or 2 purchases.

### Certification Unity

ASEA has appointed a Task Force to develop a proposal that would result in a National Level III certification exam. The national exam would standardize the exam process and content across all nine (9) Divisions. Chris Kastner, our past Certification VP, is a member of that Task Force. The Task Force met this summer and with much give and take came to a consensus, albeit incomplete, on the process for such an exam. The Task Force will be asking the ASEA Board in June for funding to complete the development of a proposal, both as to process and on snow content. I will keep you informed as the proposal develops.

### Board Elections

As reported in the most recent newsletter, in addition to many incumbents seeking reelection to the Board, there are a number of open seats to be filled, including the newly created seat in the Whitefish Region. As I have urged in the past, take a chance; get involved; run for a Board seat. ❄



Pictures from  
Divisional  
Academy '07  
Mission Ridge





# Leveling the Playing Field

by Lane McLaughlin, Technical VP

I happen to work in the computer software industry and what baffles most people trying to keep up with the technology world is the slew of acronyms, product names and version numbers. I wonder if sometimes in our snowsport clinic culture we're almost playing the same "name" game and in turn confusing ourselves when we go to select the curriculum that's right for each of us and where we are in our professional development. Is it clear to each of us what an ACE II is, or the FS-1 Foundations of Freestyle, or the Level I Senior Specialist Accreditation? Is it clear whether an accreditation is a workshop with some required preparation and activities leading to a merit badge at the end or a test with pass/fail consequences?

Luckily, the Northwest division has very dedicated clinicians and subject matter experts that continue to create new curriculum and product offerings for the membership. In the last ten years or so there's been a steady addition of specialty education and accreditations in the area of Children's, Freestyle and Senior Education. These topics helped diversify a curriculum that had formerly been criticized as focusing too narrowly on general ski/snowboard technique and a narrow demographic. Our organization has since become more responsive to the needs and demands of the industry and these specialty areas have resonated with our membership. However, along with diversity comes the chance for inconsistency, potential confusion and even missed expectations.

Each of these specialty areas has implemented an accreditation; a chance to earn a "new pin" and an achievement that is recorded with the PSIA-NW office and maintained as part of your professional profile. However, to earn an accreditation does require meeting criteria, and depending on the accreditation you choose, the degree of difficulty in

these requirements can vary greatly. It's important for your satisfaction that we state the criteria more clearly and for you to inquire about these requirements so that you know exactly what to expect when you take on these accreditations. Hopefully I can briefly highlight some basic facts here that we can elaborate on via our Season Guide, newsletter articles and additional information at [www.psia-nw.org](http://www.psia-nw.org)

## Children's Accreditation

There are currently two Advanced Children's Education (ACE) accreditations, ACE I and ACE II. Each of these accreditations are multi-day workshops. There is not a test as part of these accreditations. However, the workshops rely on participants to do some preparation work in personal workbooks in advance of the workshops which is reviewed by the clinician and helps them in determining how to individualize the curriculum and mentor each participant. So, failing to do one's 'homework' can be an obstacle to completing the course and earning the accreditation. *Editors Note: See pg 23 in the Summer/Fall '08 newsletter and page 13 in this issue for related articles on ACE I & II.*

## Freestyle Accreditation

There are currently three Freestyle accreditations: Foundations, Progressive and Advanced. The Foundations level is the easy entry, easy earn. No freestyle experience is necessary and through a one day process everyone can learn and master what's required to earn their Foundations of Freestyle (FS-1). The Progressive (FS-2) and Advanced (FS-3) levels however do require some pretty solid freestyle riding and coaching skills. Participants will be tested to effectively execute certain required freestyle riding elements and to coach their peers in freestyle activities. The clinicians will provide coaching and guidance throughout the process and will also assess each participant. A determination will be made at the end of the event whether an individual has maintained their Foundations or earned a higher level Progressive or Advanced accreditation.

## Senior Accreditation

There are currently two Senior accreditations: Foundations and Level 1. Similar to the freestyle Foundations or an ACE I, the Senior Specialist Foundations is the starting point and participants are definitely coached and not tested. The Level 1 however does have some performance criteria that participants are expected to meet to earn the accreditation. *Editors Note: see pg 12 in the Summer/Fall '08 newsletter for more on Senior Accreditation.*

So, admittedly it can get a bit confusing keeping tabs on the nuances of each of these events and to what degree experience and skill do or do not determine whether you will earn your accreditation after completing the event. We have tried to create some consistency among the programs and from that effort we created the Senior Foundations this year. The goal is to make sure there is always an entry level accreditation that draws people in for the education and does not test them other than the requirement to do any prep work and engage and participate in the clinic activities. Then, perhaps more difficult levels of accreditation may follow that include some degree of testing to validate the skills that go along with being recognized as an accredited instructor. Each program has the leeway to create the level of challenge that makes sense for the particular curriculum and what membership desires for a rewarding challenge.

Hopefully in the end we don't get too wrapped or worried about what level we all are in 'this and that', when it's really one big playing field we all enjoy. Hopefully it's about our education, our participation and our joy of bringing fresh ideas to the snowsport public that makes these accreditations valuable to us all. And by all means, let us know where you're finding value and/or frustration in our curriculum and we'll keep working to innovate and improve. ❄️

## National Report

by Ed Younglove, PSIA/AASI Representative

The national board met in October in conjunction with the meeting of the division President's Council. Here is a brief report on some of the highlights from the meeting. I am pleased to announce that our past PSIA/AASI Representative John Weston was unanimously granted lifetime status for his years of contributions to the organization at both the division and national level.

**Financial and Governance:** The board reviewed its financials with a new audit company. Even though we experienced a net loss for the year we had a positive net cash flow and the organization has healthy reserves. The auditors recommended certain changes in our practices some of which related to the new IRS reporting form for non-profit organizations. The form 990 is like your personal 1040 tax return. There are new and stricter reporting requirements

in the form particularly regarding transparency in governance. The organization's Governance Task Force is completing a legal compliance review with its lawyers to assure compliance with the new form as well as with Colorado law. The task force also developed a conflicts of interest policy and is reviewing bylaw provisions regarding the selection and accountability of board members.

**Children:** The new children's manual is done and should be available to members before Thanksgiving. The Children's Task Force met in early October. The group, made up of 2 representatives from each division, met for 2 days during which they agreed on a national model for a Child Specialist accreditation. (National is trying to help the divisions standardize the various accreditations.) The participants agreed to work together to develop a consistent professional

development track and across division reciprocity for the Child Specialist accreditations. A task force will also work on the inclusion of child specific material for the web based Matrix education tool. (Other changes and updates to the Matrix are coming this November.)

**National Staff:** We have several new staff in the national office. Unfortunately for the organization, Kim Seevers, the National Education Director announced her resignation shortly before the board meeting to return home to the east coast. Kim is an amazingly creative individual and was a great attribute to the organization. A search is on for a replacement. No easy shoes to fill.

**Website:** New and exciting changes are coming to the national website (psia.org). The new site should be up and running shortly before Christmas. Check it out. ❄

## Symposium Awards

by Wayne Nagai, Awards and Recognition Committee

It's that time of the year when we all are busy with our ski school activities and events. As the season progresses I would encourage all of you to look around your school and think about nominating someone for the awards that PSIA-NW has to offer. These awards are presented at our Spring Symposium and it is gratifying to see the faces of the recipient as the awards are presented. I believe we all have that special person that would fit the criteria for one of our awards and what better way to honor these hard working folks.

The criteria for each award can be found on our web site. Please think about nominating someone for each of these awards as it is disappointing when we cannot present all of the awards every year. Even worse is the fact that someone out there deserves this recognition and we can't honor them without your help! ❄

### Rookie of the Year

What a great way to recognize a rising super star!

### The Ken Syverson Instructor of the Year

Don't you have someone that shares your passion for the sport and inspires others?

### The Art Audett Outstanding Service

We all give our all but there must be someone that stands out!

### The Jean Lyon Service to Youth

Look around and send in your choice!

### The Larry Linnane Skiing Legends

Let's not forget those that have demonstrated their commitment for this sport over the years!



# Handle With Care

by Jesse Murphy

“My friends told me the first day is going to be painful.....”

How many times have you heard a similar comment from a student in a first time snowboard class? Some days I wonder why anyone would want to learn to snowboard when I consider all the second hand horror stories I hear about learning to board.

First time snowboarders are the most important clients we have. So what can we do to make sure that when they tell their friends about learning to snowboard the conversation is about how much fun it is, and that they could walk the next day too!

We’ve all learned the mantra of Safety, Fun and Learning. But what do we define as safety? How about no slams at all? I think we can all agree that would be great, but what can we do to achieve lessons free of pain?

A good place to start is with your clients equipment. Many times, first time snowboarders experience pain from improperly adjusted equipment. Pain and discomfort can lead to fatigue and could prevent a student from being able to perform movements. Do your client’s boots fit correctly allowing comfort in the needed range of motion? Are the bindings adjusted to eliminate uncomfortable pressure? Take the time to teach your students how to tie their boots. Advise them how to adjust their gear to work its best and keep them comfortable.

The next thing we can do to ensure a safe and rewarding learning process is to structure our lessons in a way that prevents pushing too fast. By formulating a progression that builds on the skills and physical ability your client already

has we can do much to prevent pain and injury. Try to think of ways you can teach complex movement patterns by breaking them down into individual tasks. Start with the basics and ensure that your student has mastered the task before moving on to the next step in your progression. Be creative. Come up with tasks that allow a student to learn a movement without putting them in a situation where a hard fall could result. Can you teach someone how to glide straight down a slope without actually going down a slope? How about fade turns without moving?

Lets look at that task in more detail. In doing a fade turn, a rider must use movements to maintain balance over the snowboard and turn the snowboard. It is a fairly basic task, but there is still a lot going on. The act of sliding on a snowboard down a slope causes fear to varying degrees in first time students. Trying to learn new movements when a student is concerned about survival is very difficult. Many students fall because they are overwhelmed. Instead of attempting to teach a movement pattern on the move, let’s build upon our students ability to stand in place. If we first teach our student to balance on the snowboard and then how to remain balanced and pressure an edge in place we can ensure they have developed the skills to do a fade turn before we add the hill. In doing this we are truly using a building block approach. Now think about how you can take this approach to teaching higher level tasks. Remember to always start with something your student has mastered and then take it one step further in a way that doesn’t expose them to a slam.

The next thing we can do to help prevent injury is to have a reasonable pace to our lessons. Would you be able to snowboard for two hours straight at the absolute limits of your ability? Is this what we are asking of our students? Be sure to take breaks throughout your lesson. A short walk to get some water or hot chocolate gives your client a chance to relax muscles that have been working really hard. Relaxing muscles periodically and keeping your client hydrated can help prevent the fatigue that is another major cause of pain and can lead to hard falls.

We also need to “know when to say when”. It is easy for us to go too far with a lesson. No matter how well we’ve done at helping our students combat fatigue, first time riders are going to be pretty darn worn out by the end of the lesson. This is no time to go for the next step up in terrain difficulty or to introduce a new task. Instead use this time for practice and coaching your student. Fine tune all the new skills they learned in the first part of the lesson. Have fun. Talk about all they have accomplished. Encourage them. Or even get off the snowboards a bit early and show them the trail map. Review the responsibility code. Explain some of the cool stuff you plan to teach them during their next lesson.

Lets all take safety, fun and learning to heart this season and strive to send our clients home with big smiles and no bruises. ❄️

*Jesse Murphy is the Snowboard Manager and Training Director for the Crystal Mountain Snowsports Center. He is an AASI Level III, originally from Snowbowl, MT. In the off season Jesse teaches motorcycle safety classes in Seattle.*

## Board of Directors-Call for Candidates

by Mary Germeau, PSIA-NW Executive VP

PSIA/AASI-NW members are encouraged to get involved and run for any position on the Board of Directors in their region that is up for election.

In order to run, you need to complete and submit an Announcement of Candidacy to the PSIA-NW office prior to 4:00 p.m. on December 31, 2008. Use the form below or obtain one from the PSIA-NW office or website.

Positions are for three year terms and require attendance at two board meetings a year plus other events and committee work. Do you want more information on running or serving? Email or call Mary Germeau, Executive VP at me\_germ@hotmail.com or 425.822.8864. Also, any member of the office staff or Board member can be of assistance.

The following positions are up for election in early 2009. If the incumbent has indicated an intention to run again, their name is shown. All of the listed positions are open for candidates.

Spokane	1 (one year term)	OPEN
Spokane	2	Rick Brown
Snoqualmie	5	John Winterscheid
Snoqualmie	6	Wayne Nagai
Stevens Pass	1	Mark Schinman
Stevens Pass	4	Mary Livingston-Weston
Mt. Hood	2	OPEN
Bend	1 (2 yr term)	OPEN
Bend	2	OPEN
South Central	1	Gary Carter
Whitefish	1	OPEN

All candidates (including incumbents) must submit an Announcement of Candidacy in order to be considered an eligible candidate.

### ANNOUNCEMENT OF CANDIDACY

(Must be returned no later than 4:00 p.m., December 31, 2008)

Name \_\_\_\_\_ Region \_\_\_\_\_ Position \_\_\_\_\_  
Snowsports School \_\_\_\_\_ PSIA-NW # \_\_\_\_\_  
Off the snow occupation \_\_\_\_\_  
PSIA-NW Involvement \_\_\_\_\_

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

(Attach additional pages if necessary)

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Address \_\_\_\_\_  
Home Phone \_\_\_\_\_ Day Phone \_\_\_\_\_ E-mail address \_\_\_\_\_

# Education Foundation Donors List

Thank you for your support

Rebecca Andrews	Richard Hill	George Roach
Donald Ball	Libby Hillis	Chad Rosenstine
Chris Bath	Marsha Howard	Shusuke Sakai
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Jonathan Bettin	Jeff Johnson	Glenda Schuh
Al Bishop	Barbara Jones	James F. Smith
Judy Black	Edward Kane	Richard Smith
Corina Bruelhart Niederberger	John Katkish	Laurie Stack
Hans Burandt	Bill Kawahara	Diana Stark
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Jay Eacker	Lylian Merkley	
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Andrew Grove	Valerie Otter	
Bart Haggin	Henry Parker	
Joe Harlacher	Brad Peterson	
Karl Haugen	David Poor	
Maryanne Hill	Leigh Rabel	
	Rebecca Reitingier	

**"Thank you for sponsoring our education, certification and training events for the 07-08 season"**

**49 Degrees North  
Crystal Mountain  
Mission Ridge  
Mt. Bachelor  
Mt. Hood Meadows  
Stevens Pass  
Summit at Snoqualmie  
Timberline**

## Ski Area Improvements for 2008-2009

by Scott Kaden, PNSAA

**Hood River, OR** – New chairlift installations, base area enhancements, and ski trail projects enjoy top billing for 2008 construction projects at Pacific Northwest ski areas. Equally important, ski area operators are making tactical improvements to guest service programs, existing ski lifts, parking facilities, and access roads. More notable projects are listed below. For additional details on these ski area improvements, call the PNSAA office or the mountain directly.

**WASHINGTON** The staff at **49° North** spent the summer designing new alpine trails and gladed descents in the terrain west of Chair 4 on Angel Peak. The resort will construct these trails and glades during the next three summers in combination with construction of additional surface parking in the nordic parking lot. With the installation of a new drain field, **Crystal Mountain** completed its renovation of the Summit House Restaurant. Washington's highest, full-service restaurant, the Summit House now features a menu of fresh Northwest cuisine. Improving access to the ski area

and overall parking capacity was the focus of **Mission Ridge Ski & Board Resort's** improvements. Later this month, the \$11 million rehabilitation and upgrade of Mission Ridge Road will be complete. Using fill material from this two-year road project, **Mission Ridge** created 95 new parking lot spaces. The resort also announced an initiative to extend Ski LINK transit privileges free of charge to all **Mission Ridge** season pass holders. **Mt. Baker Ski Area** upgraded Chair 1 to a fixed-grip,

**"Ski Area Improvements" continued next page**



# NW Area Update

## **“Ski Area Improvements”** continued from previous page

quad chairlift – nearly doubling Chair 1’s uphill lift capacity. With the replacement of Chair 1, **Mt. Baker** has accomplished its strategic goal of ‘quading’ all of the ski area’s chairlifts. **Mt. Spokane Ski & Snowboard Park** completed an extensive remodel of Lodge 2’s kitchen and concessions area to improve and streamline the food buying and dining experience. **Mt. Spokane** purchased a Prinoth BR350 grooming vehicle, which will allow the ski area to prepare the slopes faster and with considerable fuel savings. The Mount Spokane State Park Road has been widened, straightened, and repaved to improve ski area access. In partnership with Resort Technology Partners (RTP), **Stevens Pass Resort** will launch the first resort-wide use of the new RTP-SKIDATA integrated ticketing, RFID access control, and point-of-sale system for guest services. **Stevens Pass Resort** will feature hands-free lift access for their guests and direct lift access for Advantage Card and season pass holders. **The Summit at Snoqualmie** purchased a \$4.5 million, high-speed, quad chairlift to replace the popular Silver Fir triple chairlift. The new Silver Fir Express will shorten the lift ride time to approximately 4 minutes while increasing the chairlift’s uphill capacity to 2,400 guests per hour. **The Summit at Snoqualmie** has completed several other projects to enhance the guest experience: a new parking lot near the Silver Fir Express, completion of the Alpentel Road repaving project, a new women’s restroom at Summit Central, a plaza extension at Summit Central, rental equipment replacement at Alpentel and Summit Central, and new drive motors for Reggie’s and Easy Street chairlifts.

**OREGON Cooper Spur Ski Area** constructed a new ticket office – separating its ticketing and equipment rental operations – and remodeled its restroom facilities. **Mt. Bachelor** has added 150 acres of skiable terrain (below Cow’s Face) by connecting and enhancing the east and west ‘catch lines’. The resort also invested in its lift network (i.e., \$500,000 in proactive lift maintenance and repair) and improved access to the ski area (i.e., construction of a new Park-N-Ride facility in nearby Bend, purchase of an additional Park-N-Ride Super Shuttle Bus, and development of a new heated walkway at Sunrise Lodge). **Mt Bachelor** also purchased three Prinoth BR350 snow cats to enhance its snow grooming operation and a \$505,000 snow blower to improve snow removal in parking lots and on roadways. **Mt. Hood Meadows Ski Resort** constructed a new medical clinic and ski patrol headquarters building in the resort’s base area, which will double the space of its existing medical clinic and help accommodate a growing ski patrol department. Nearly 200 acres of advanced, off-piste terrain was made accessible (lift-served by the resort’s Hood River Express Chairlift). The resort replaced its Fun Zone

rope tow with a 280-foot, fully enclosed, SunKid Wonder Carpet conveyor. **Mt. Hood Meadows** also remodeled the North and South lodges – creating more attractive restrooms on the second floor of the North Lodge and modernizing the South Lodge’s Schuss Grill. **Mt Hood Meadows** also purchased three Prinoth BR350 snow cats and replaced one-third of its rental skis and snowboards. **Mt. Hood Skibowl Winter Resort** purchased two new snow cats, one of which is a Prinoth BR350 Sherpa. This winch-equipped snow cat will groom the steeps in Upper Bowl and elsewhere. The resort also doubled the restroom capacity of **Skibowl West’s** Starlight Lodge and added a ticket window to the outside ticket sales facility. **Skibowl West’s** retail shop has been relocated to the lodge space below the Beer Stube. This new retail space also will accommodate the resort’s season pass and group sales functions. **Mt. Hood Skibowl** also graded its snow tubing facility and added several new lanes to enhance the tube riding experience. This year, the resort’s horse-drawn sleigh rides will operate out of nearby **Collins Lake Resort**. **Timberline Ski Area** has refined the eight, new Still Creek Basin trails (opened last winter), offering skiers and riders improved signage, trail enhancements, and more milling space at the lower terminal of the Jeff Flood Express Chairlift. **Timberline** also improved its beginner hill, which has been outfitted with a Magic Carpet Ski Lifts® conveyor.

**IDAHO Lookout Pass Ski & Recreation Area** constructed a 1,600-square foot addition to the ski area’s rental shop building. **Lookout Pass** also added one acre to its guest parking facility. To facilitate opening the ski season Thanksgiving weekend or earlier, **Schweitzer Mountain Resort** invested \$5 million in snowmaking equipment and utility company infrastructure. Snowmaking coverage will blanket Midway Run with snow from the top of the Basin Express Quad down to the village. A fleet of fully automated TechnoAlpin M18A fan guns will be moved between 23 different snowmaking water hydrants allowing for trail coverage of 300 feet in width. The hydrants will be supplied with water via a gravity feed system originating at a water storage pond near the top of the mountain.

For additional information on these ski area improvements, feel free to contact the PNSAA office at (541) 386-9600. The full PNSAA Press Release including Alaska is posted at [www.pnsaa.org](http://www.pnsaa.org). ❄

*The Pacific Northwest Ski Areas Association is a non-profit trade association, which represents the interests of ski and snowboard facilities located in Washington, Oregon, Alaska, Idaho, California, and Montana. The Association’s member ski areas – most of which operate on public land – collectively host an estimated 5.3 million visits annually. For additional information on Pacific Northwest skiing and snowboarding, contact the PNSAA office at (541) 386-9600, or visit [www.pnsaa.org](http://www.pnsaa.org) to link to the website of your favorite mountain*

# How Flexible is Your Brain?

by Amy Ohran, JET-NW Member

As you condition yourself and train for the upcoming season, take an inventory of the toning and flexibility of the following: quads, hamstrings, core muscles and brain. The test below is a good tool to measure your mental flexibility.

## Giraffe test

1. How do you put a giraffe into a refrigerator?

Stop and think about it and decide on your answer before you look down.

The correct answer is: Open the refrigerator, put in the giraffe, and close the door. This question tests whether you tend to do simple things in an overly complicated way.

2. How do you put an elephant into a refrigerator?

Did you say, open the refrigerator, put in the elephant, and close the refrigerator? Wrong answer.

Correct answer: open the refrigerator, take out the giraffe, put in the elephant and close the door. This tests your ability to truly consider the tools you are working with and to think through the repercussions of your previous actions.

3. The Lion King is hosting an animal conference. All the animals attend...except one. Which animal does not attend?

Correct Answer: The elephant. The elephant is in the refrigerator. You just put him in there. ? This tests your memory and ability to consider the larger picture. Okay, even if you did not answer the first three questions correctly, you still have one more chance to show your true abilities.

4. There is a river you must cross but it is used by crocodiles, and you do not have a boat. How do you manage it?

Correct answer: You jump into the river and swim across. Have you not been listening? All the crocodiles are attending the animal meeting.

According to Anderson Consulting Worldwide, around 90% of the professionals they tested got all questions wrong, but many preschoolers got several correct answers. As adults, we have a tendency to see an object, an idea, a person or a way of accomplishing a task *one way* and always see it *that way*.

It's possible to fall into the same trap as an instructor. We can get so entrenched in our routines and perceptions that we aren't

able to shift our thinking depending on the situation at hand. Do you want to be more creative and effective in your teaching? The hallmark of creative people is their **mental flexibility**. If your mind needs a stretch, check out the **Advanced Children's Educator 2**.

The **ACE 2** builds upon the content of the ACE 1, integrating additional resources and models. In the clinic you will build and address a more in-depth student profile and focus on a larger range of skill development and movement analysis specific to children.

	ACE 1	ACE 2
<b>Who we Teach</b>	CAP Model	+8 Multiple Intelligences
<b>Student Profile</b>		+Piaget & Kohlberg
<b>What we Teach</b>	Skill Introduction	+Skill Refinement &
<b>Skills</b>	& Development	Challenge
<b>How we teach</b>	Play, Drill, Adventure	+Explorer, Artist,
<b>Teaching Cycle</b>	Summary	Judge & Warrior

## Comments on the ACE 2 from participants:

"Very practical and concrete applications to teaching children--we practiced all the ideas given on each other. Since the clinic participants had all been teaching kids for a long time, and had already had ACE 1 training, all provided new insights and out of the box ideas for teaching kids. Definitely one of the most fun clinics I've ever taken (it's fun to put yourself back into a kid's boots!!)"

"Excellent review of learning styles and stages of development--we all need these reminders on a regular basis! Good extension of the basics learned in ACE 1. I think that every instructor teaching kids should do both ACE 1 and 2." --Lori Brizee

"The best part of the ACE 2 was the emphasis on creative development and not getting stuck using stale ideas, or teaching 'rote' concepts. We were encouraged to let go of the old stand-bys and develop content on the spot based on what and who is right in front of us. There is something for everyone in this clinic!" - Kim Haynes

Similar in design to ACE 1, the ACE 2 is a two day event with a combination of indoor and outdoor sessions. For a preview of some of the content, you can download the ACE 2 workbook from [www.psia-nw.org](http://www.psia-nw.org)>Alpine>Children>ACE 2 Workbook.





## Separation Anxiety?

by Rick Brown, Snowboard DCL

For those not familiar with the term “Upper & Lower Body Separation”, it may conjure up a scene from your favorite horror movie. Rest assured that when your TD, favorite DCL or an examiner asks you to show “separation” of your upper and lower body, it won’t involve a misguided use of power tools, a rusty machete or serious blood loss. At least we hope not. Save those props for your Halloween haunted house.

First of all, let’s define upper/lower body separation. Imagine you are standing on your snowboard in an aligned stance with your knees, hips and shoulders over your feet and in line with your board (photos 1 & 3). Now rotate your spine so that your upper body (chest) is facing toward the tip or tail with your shoulders perpendicular to the board (photo 2). You have just separated your upper and lower body, hopefully without permanent damage.

You might wonder, “Where in the heck am I gonna use that?” One prominent place where you can see upper/lower body separation in action is the terrain park or on other freestyle elements outside of the park. When a rider approaches a jump, rail or box with the intention of spinning, you might see them “pre-wind” to generate more rotational force as they start their spin. By rotating the upper body opposite the intended direction of the spin and keeping the lower body aligned with the direction of travel, a rider can create more rotation at take-off. The lower body would then follow the upper as the spin develops.

Sometimes the separation occurs during the maneuver rather than at the very beginning or just before the maneuver. For instance, in a backside boardslide or a frontside shifty, the upper body remains

aligned with the direction of travel while the lower body rotates under the upper to complete the maneuver. Photo 1 shows the approach for a backside boardslide. Notice how the upper body is aligned with the lower. Photo 2 shows the maneuver portion of the boardslide. The upper body remains in the same basic position relative to the direction of travel while the lower body has rotated to a position perpendicular to the direction of travel. The frontside shifty is very similar, but is an aerial maneuver usually performed off of a jump. Photo 3 shows how the body position would look if the upper body stayed aligned with the lower. Photo 4 shows upper/lower body separation in a frontside boardslide.

For many, the next question will be, “What if I don’t ride the park?” The short answer is: upper/lower body separation can and should be used all over the mountain. In all-mountain riding, the separation generally occurs in a similar fashion to the boardslide or shifty examples above. In a series of short radius turns, the upper body generally remains aligned with the fall line and the lower body rotates under a quiet, stable upper body. In steep terrain or tight trees, a rider may use the same tactics. In a strong, efficient rider you would likely see upper/lower separation in medium radius turns too, even larger radius turns, but in a less dynamic, less aggressive and less pronounced form.

Why separate? What makes upper/lower body separation more effective



1



2



3



4

or efficient? It’s all about thinking ahead. Not just mentally preparing for our next movement or turn, but preparing physically as well. It’s what we call an anticipatory

movement. The movement is made in anticipation of another movement or series of movements. Think about it like this. If, at the finish of a heelside turn, your lead shoulder and hip were already aligned over or just downhill of your toeside edge, how easy would it be to initiate your next turn? How little movement and effort would it require? We could simply move our feet and legs to create a new turn. Now let’s take a step back. What if you didn’t have to make a noticeable movement with your hips or upper body to be in that position at the finish of the turn? By maintaining a reasonably consistent position with the upper body relative to the general direction of travel and actively moving the lower body beneath it, all of a sudden we are more prepared to move into the next turn, every time. We have anticipated our next movement and we have prepared physically to make that movement earlier and with less effort. How can that be bad? What are you waiting for? Go Ski and Snowboard School Director at 49 Degrees North and is a Spokane Region Board Representative.





**Winter Park Resort's Ski & Ride School is currently accepting applications for Adult and Kids Ski & Snowboard Instructors**

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Winter Park Resort is located in beautiful Grand County, Colorado, averages snow totals of 365" per season, hosts a base area of 9,000 feet and is home to the mogul capital of the U.S.A...Mary Jane,  
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Symposium '07  
Big Sky  
Not sure which clinic topic



## Did You Hear?

- Symposium 2010 is going to be at SUN VALLEY!

- Many of the areas are providing tickets to those who need them for Northwest events. Check the website or season guide for more details.

Oops! We made a mistake.  
Corrections from the Summer/Fall issue.

- Christine Garner, Methow Valley, passed the Level I Track Exam.

- Curtis Yanasak and Steven Monroe, Crystal Mtn. Snowsports School were listed as passing the Alpine Level I exam rather than the Snowboard Level I exam.

- Senior Programs. The article misstated that "The Foundations level has no prerequisites..." As with all of the accreditation programs, a Level I certification (in any discipline) is required to take the initial course.

## 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 customers in the enjoyment of downhill and Nordic snow sports.

## Northwest SnowSports Instructor

PSIA/AASI-NW

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