

PSIA/AASI

NORTHWEST

Winter 2009

Issue #2 2009/10 Season
PNSIA-EF

NW snowsports instructor

**bend it to
control it**

Develop Strength & Balance
for Performance Riding

**it's counter to
be square**

Square. Counter. What
Does It All Mean?

**SHOW
pro tips**

Here's Some for
Your Bag of Tricks



2009-10 season guide

Winter Blast,
Divisional Academy,
Spring Symposium,
Specialist Programs, Certification
Clinics, Exam Schedule, Go With A Pro,
Day Clinics and more...

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Bend It to Control It

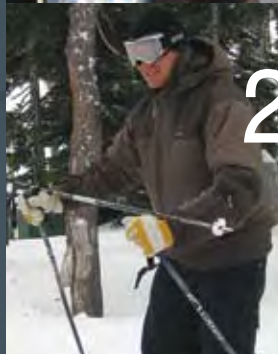
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FRONT: PSIA-NW TECHNICAL TEAM MEMBER RICK LYONS AND A MT. HOOD MEADOWS TRAINING DIRECTOR KRISTY ASERLIND MAKING TRACKS. PHOTO CREDIT RANDY BOVERMAN.
BACK: BRIAN BEARDSLEY, MT. HOOD MEADOWS TRAINING DIRECTOR AND ONE OF SKI MAGAZINE'S TOP 100 INSTRUCTORS, INSPIRING THE PASSION. PHOTO COURTESY MT. HOOD MEADOWS SKI RESORT AND RANDY BOVERMAN.

State of the Union

Pro Deals Make This Format Possible

by Tyler Barnes

PSIA-NW Communications Vice President

We had some great feedback (both positive and negative) from you regarding the new format of the PSIA-NW quarterly newsletter: *NW Snowsports Instructor*. Regarding some of that feedback, there were rumors that the Board of Directors was lavishly spending money on this publication. I assure you that all members of your Board of Directors are extremely sensitive regarding their fiduciary responsibilities, and this new full-color format was made possible through my industry contacts at no additional cost to the Division as compared to the previous black-and-white version - it's like a "pro deal" for printing.

With this new format we have seen a spark in interest from Northwest members who want to contribute to the newsletter via articles, pro tips, photography, advertising and more. One response to this heightened interest is a new section called "Snow Pro Tips" where members who have teaching or skiing/riding tips can share them. A common request at clinics and training events, by both new and veteran instructors, is "adding to my bag of tricks." So, open up that bag - take some out to share or put some in to use in your next lesson.

For those that are ambitious and have an idea for an article but don't know how to get started or have questions about some technical concepts, we have launched a volunteer Technical Support Team consisting of Alpine and Snowboard DCLs or Technical Team members who will work with you to develop your concepts into a featured article. Who knows, you might become famous.

Finally, it is my plan to have all these articles posted on the new website, in a Blog-type format, where you can post your comments, ask a question and "continue the discussion on-line" just like on PBS. Look for this new feature January 2010. ❄️



Tyler is an instructor and trainer at Mt. Hood Meadows Ski Resort, is a member of the PSIA-NW Technical Team, and an Alpine Examiner. He is also the owner of 509 INC, a print-and-web design company. No job too big or too small, just shoot an email off to tyler@509design.com

Featured Photographers

In this issue Randy Boverman's cover and back cover photos capture the essence of skiing and snowboarding fresh powder. Matt Aimonetti and Wayne Nagai also have several featured photos in this issue as well as on the website. Special thanks goes to Jordan Petram for the Divisional Staff photos. If you have a great photo you'd like to see in print, be sure to email the highest quality version you have with your photo credit details.

Wayne Nagai

Wayne is a Level II Alpine Trainer and Supervisor at Fiorini Ski School at Summit West, Snoqualmie Pass. He is also a Snoqualmie Region Representative for the PSIA-NW Board of Directors and Awards & Recognition Committee Chair. You can view his photography work on-line at waynen.zenfolio.com or contact him by email at waynetheguy@earthlink.net.

Matt Aimonetti

Matt is a Level II alpine instructor at Mt. Hood Meadows, Oregon. He also pulls a toboggan for the Mt. Hood Ski Patrol on Mt. Hood. Matt has been skiing for 6 years and works for several major Oregon newspapers shooting sports. He also enjoys shooting weddings and other photography as well. You can check out Matt's photography on-line at www.aim1photo.com and he can be reached by email at aim1photo@gmail.com.

Randy Boverman

Randy has been shooting snowsports professionally for over 20 years, and is a well established Fashion and People photographer with a studio in Portland, Oregon. A member of the North American Snowsports Journalist Association, the American Media Photographers Association, and Editorial Photographers, his work can be viewed at www.randyboverman.com, and you can reach him by email at randy@randyboverman.com.

A self-portrait on-location.
Photo credit Randy Boverman.



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General Submission Deadlines

Download the Ad Rate & Specifications Guide from www.psia-nw.org website.

Fall Issue (Sep – Nov)

Published mid-September
Ad Reserve 8/1 Content 8/15

Winter Issue (Dec – Feb)

Published late-November
Ad Reserve 10/1 Content 10/20

Spring Issue (Mar – May)

Published mid-February
Ad Reserve 1/1 Content 1/20

Summer Issue (Jun – Aug)

Published mid-June
Ad Reserve 5/1 Content 5/20

Guidelines for Contributors

The *NW Snowsports Instructor* is published four times per year. This newsletter will accept articles from anyone willing to contribute. The editorial staff reserves the right to edit all submissions including advertising. Articles should include the author's name, mini-bio and portrait image suitable for publishing (if available). Please submit all content, articles and photos as attachments via email or contact the editor for other options. 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.

National Report

by Ed Younglove, National Board Member
and PSIA-NW National Representative

I recently reported to the PSIA-NW Board of Directors that the national Educational Advisory Council, a committee of the American Snowsports Education Association (ASEA) which is the parent organization of PSIA and AASI, adopted four primary goals (or strategies) for the future.

All four goals are related to the organization's products, programs and services:

1. increasing ease of member access
2. defining success measures for evaluation purposes
3. development of a quality assurance system to uphold our high standards
4. implementation of a leadership development program to ensure a broad pool of volunteers that will generate exciting ideas and energy to create new products, programs and services

I have been thinking about what you and I, as individual members, can do to further to address the last two goals. A few answers seemed pretty clear to me.

Get Involved

First and foremost, we (meaning you and I) can get involved. It's your organization and much of what we do involves volunteer efforts by our membership. We have a great group of volunteers who are generous with their time, but, of course, we are always looking for more. There are many opportunities to get involved at various levels in the organization.

One of the more visible opportunities is to become involved in the organization's governance. For example, the Northwest division has far and away the largest board of directors of any of the nine divisions. In fact, our board is at least two or three times larger than any other division board and five times larger than many. So many board seats translates into many opportunities to serve on the board.

Northwest board members are elected for three-year terms by the instructors in their geographic region. The number of positions in a region is proportionate to the number of members in that region. The geographic

boundaries of the northwest regions generally coincide with resort locations like Snoqualmie Pass, Stevens Pass, Mt. Hood, etc. Most board seats are typically filled in uncontested elections, meaning only one candidate is running for the position. Often, there are no candidates for vacant board seats.

The northwest board is blessed with a qualified talent pool and members bring a variety of useful skills and qualities to the board. Currently the board has members with high-level technology skills, business skills, legal and accounting skills, management and personnel skills, etc. Keep in mind even if you choose not run for a board seat yourself, voting for the candidates is just as important. Regional Board Members represent you and the needs of your particular region.

Being a Board Member is not the only opportunity to get involved. If you are not ready to make a long-term, high-level commitment as an elected Board Member, there are various committees and projects that could easily benefit from your particular skills and your willingness to contribute in an area that is of importance to you.

Provide Us Feedback

Quality assurance is an important and lofty goal, and each of us can contribute to the organization's quality assurance efforts in a number of simple and easy ways. One of the best things I felt the organization did while I was your division president was to take a satisfaction survey of our members. The information and insight the board gained from this survey drove many important division initiatives for some time.

It is my hope that the Internet and our new association management software capabilities will greatly enhance our abilities to get direct feedback from members regarding the quality of the organization's products and services. Remember we don't have to wait for the new system to provide us that tool or for another

member wide survey, as there are many opportunities to provide the organization with feedback about the quality of our programs and products right now.

Want to be heard about how you think the organization is meeting your needs?

**Your feedback
is the most
important aspect
of any quality
assurance
program.**

Take a moment or two to tell us. You don't need an evaluation form however it is very helpful when you do take the time to fill them out, especially with any additional written comments about your evaluation. A note or an email will suffice. Your feedback is the most important aspect of any quality assurance program. Quality assurance

shouldn't be something someone else does for us; it is something we should do for ourselves. It's your organization, so next opportunity let us know how you think we are doing and how we could do better.

Speaking of product quality: how do you like the color format of the newsletter? "Awesome," is my vote. Our newly elected Communications Vice President, Tyler Barnes, through his expertise and industry contacts, was able to produce this full color format within the same budget as the black-and-white version. Let us know what you think of the change. **We want to know.** Our summer issue is the on-line issue, saving money in printing and mailing. Are you as excited to read it online as in hand? **We want to know.** Is the office helpful? In the last survey this is where our members were most satisfied. Is it still the case? **We want to know.** We hired a full time Education and Programs Director a few years ago to help with the consistency and quality of our events. Do you agree with me that it has greatly improved our events, or not? **We want to know.**

Be a part of our efforts to develop a pool of volunteer leaders and help us assure the quality of our products and services. Vote, or better yet, run in the next board election to represent members in your region. Submit an event evaluation form next time you attend an event. Leadership development and quality assurance are both areas where you can significantly make a difference with just a small amount of effort. ❄️

Ed Younglove is a past PSIA-NW President, current PSIA-NW National Representative and Alpine DCL. He teaches at Crystal Mountain for the Crystal Mountain Ski and Snowboard School. He can be reached by email at edy@ylclaw.com.



**It's your
organization and
much of what we do
involves volunteer
efforts by our
membership.**

State of the Union

Board of Directors: 2nd Call for Candidates

by Mary Germeau
PSIA-NW Executive Vice President



Any PSIA-NW member is eligible to get involved in the division by running 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, 2009. 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 per year plus other events and committee work, as needed. Do you want more information about running or serving? Email or call Mary Germeau, Executive Vice President at maryolympic@hotmail.com or call 425.822.8864. Also, any member of the office staff or Board member can be of assistance in answering your questions about serving on the Board of Directors.

The following positions are up for election in early 2010. If the incumbent has indicated an intention to run again, their name is shown. All of the listed positions are open for candidates.

Region	Position	Incumbent
Spokane	1	George Bailey
Snoqualmie	4	Bill King
Snoqualmie	7	Rob Croston
Snoqualmie	8	Takashi Tsukamaki
Stevens Pass	4	Mary Germeau
Crystal Mt.	2	Ed Younglove
Mt. Hood	3	Steve Henrikson
Bend	1	OPEN, 1-year term
North Central	1	Sally Brawley
Whitefish	1	OPEN, 2-year term

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

Efficient and Effective Office Staff

by Diana Suzuki
PSIA-NW Financial Vice President



This fiscal year (July 1, 2009 - June 30, 2010) continues to keep the PSIA-NW staff very busy. While most instructors consider the season starting when the local mountain opens, the fiscal season for PSIA-NW began back in June.

Fall Seminar started the season for most of us in October and final-planning continues at "full steam ahead" to support the many upcoming events in 2010. By the time you are reading this Fall Training for the Divisional Staff and Training Directors at Timberline Lodge on Mt. Hood is complete, with December and January events coming up quickly. Be sure to mark your calendar and sign up early for your favorite events!

To support over 3,000 Northwest members we have 3 full-time staff members and 1 part-time seasonal person to help during the busy winter season. Despite having such a large group to service we have an efficient (and friendly) staff that are always there when you need them. They care about our members and this level of care shows in every answered phone call, every email reply as well as the execution of every event you attend.

To Barb, Joan, and Nicole: Thank you for making the interaction with the office pleasant and orchestrating events that are fun and educational experiences - you rock!

In addition to efficient business-as-usual, the office staff has been working on a big project to convert our membership data to a new membership system purchased by the American Snowsports Education Association (ASEA) the parent organization of PSIA and AASI. PSIA-NW, along with the other member Divisions, is now using the new database and looks forward to providing better functionality to our membership as these opportunities come online. Stay tuned for more announcements in the near future on using the new membership system. ❄

ANNOUNCEMENT OF CANDIDACY

Must be submitted by mail, fax or email to the PSIA-NW Office no later than 4:00 p.m., December 31, 2009.

Name _____ Region _____ Position _____
Snowsports School _____ PSIA Member # _____
Off the snow occupation (if any) _____
PSIA-NW Involvement _____

Reason(s) for wanting to serve on the Board of Directors _____

Signature _____ Date _____
Address _____
Home Phone _____ Other Phone _____ E-mail address _____

This is the minimum required to announce candidacy. You will be given the opportunity to send more information about yourself for the election by your region members.

The Eyes Have It by Andy Collin

Think, for a minute, about all the sports you've played throughout your life. Parents, coaches and teammates all were telling you to, "Keep your eye on the ball" or "Look the ball into your glove." Socially, we've been told to keep our eyes on the prize or, more simply still, someone on the street might yell, "Hey blockhead, why don't you look where you're going". Pay attention to what you're doing; pay attention to the goal and the task at hand and all will work out just fine. But what does that all really mean relative to snowsports?

As snow pros, there are all kinds of things we must attend to while our senses are bombarded with feedback. The pitch, the surface of the snow, the weather, our oversized boots and de-tuned skis can all conspire against us if we are not vigilant. As all the data is picked up, processed and sent through our brains, it is our vision that truly commands our attention and it is our vision that can mislead us into making inappropriate choices.

While we may choose to think of our turn from apex to apex, top to bottom or never-ending arcs, we must also consider the fluid nature of a turn and learn to move our eyes in continuous arcs down the hill in order to better direct the rest of our body. We must learn to manage our vision the way we learn to manage our gear and skills. If we neglect the potential of our vision, we will certainly become bogged down in mediocrity and be banished to the purgatory of an endless ability plateau.

The best of us use our vision to great advantage, while the more challenged among us allow our vision to distract them from our desired outcome. We look at the trees rather than the spaces between the trees, at the ruts rather than our chosen line through the bumps or at the tips of our skis rather than focusing on the next turn. We must use our vision to help navigate the tree line, avoid the misstep in the bumps and to better identify our choices in terms of where we'd like to go.

The education of our vision is critical to our success as snow pros. We need to use our vision to facilitate the directional movement of our eyes and we must think about eyes as body parts, essential in aiding us in improving our application of the basic skiing and riding skills. When we think of our eyes as body parts, it makes perfect sense to direct our vision into the turn. Skiing and snowboarding are whole-body sports and body parts must move in concert to better achieve our desired outcome.

In tech talk, however, we often neglect our eyes and vision when discussing body parts. We tend to focus on the ankle or feet, tibia/fibula, knees, femurs, or hips and so on up the chain. Elbows, femurs, navels and knee caps all require dynamic positioning through a turn but it is the eyes, our

vision, that directs the power we use to initiate our turns, directs our movements and must be our first and foremost consideration once one's desired outcome is established. Our vision must lead it all.

Ask people, "What moves first into the new turn?" Here are a variety of replies: Downhill ski tip, inside hand, feet and ankles. Each of these choices may lead to a respectable turn. When we move our eyes first and direct our vision toward the intended direction of travel, anticipation and targeting become a possibility. With a trajectory now established, the rest of our body parts have a clear understanding of the direction they need to travel.

We must not allow ourselves, as with any body part, to isolate our eye movement and, in staccato fashion, simply reposition our vision. The movement of the eyes must be as fluid as the movement of any other body part we move into and through a turn. Our vision must be constantly adjusting, assisting in choices we make.

So where do we look? How can we educate ourselves and improve our vision to better serve our desired outcome? Identifying the desired outcome is always a good place to start. If the desired outcome is a carved and rounded medium radius turn, this is also how to choose to move the eyes. I want the tracing of my vision in the snow to lay down a track for my skis to follow.

For me, I like to look a touch beneath the arc I have not yet laid down and about three to five ski lengths ahead of where I am at any given time. I find that when sighting carved and rounded medium radius turns, three to five ski lengths will, most often, give me enough time to respond to any inconsistency in my chosen path and still allow me time to anticipate the movements necessary to achieve my desired outcome. I like to actually see what I will be encountering and create a micro-movement plan for embracing or avoiding what is along my trajectory. Reacting in the moment and visualizing further into the future is, for me, another choice for a different desired outcome. As choices affect speed, turn shape, turn size, etc., change the distance to look into the future as well. What will not change is that all movements must be filtered through the

desired outcome and no movements should get ahead of our vision.

Next time you're on the slopes, make a few turns, then ask yourself a few vision questions like: Where are you looking? What do you see? Are you visually focused on avoiding obstacles or something else? Once you begin to understand your conventional use of vision you can then begin to make subtle changes. Consider creating a focus. Start simple with something you already know: Eyes up to assist balancing movements. This allows the body to move more freely with greater range of motion. Your vision can now be directed into the future and not confined in the present.

Once you begin to understand the advantage of directing your sight, consider how best to move your eyes to aid your desired outcome. Think of steering your vision in keeping with the concept of a whole body sport. Direct your eyes to keep pace with all other bodily movements. Keep in mind this is an experimental process and there is no set plan for directing vision into and through a turn, but I am confident that once dialed-in, this directional movement will provide new found control and fluidity to every turn.

We can argue, until Mt. Hood becomes beach front property, about which body part immediately follows the eyes into a turn, and we could possibly all be correct. But unless the athlete has impaired vision, it is sight that first engages the turn. I might argue still, that the coach working with the vision-impaired student would do well to have that athlete steer his or her face in concert with turn shape to better achieve the desired outcome.

I want to emphasize that skiing with eyes open should not be new to any of us. Steering vision first into a turn and using this activity as a directional movement, while considering the eyes as moveable body parts, is a concept not to be ignored.

My friends say I need to talk less and ski more, so for them, I've created the short form: Look where you want to go! ❄️

Andy Collin is a Training Director for Timberline Lodge, is PSIA Alpine Level III certified and teaches at Timberline Lodge and Mt. Hood Meadows Ski Resort on Mt. Hood, Oregon. He is also involved in creating summer on-snow programs for alpine instructors who work for the five PSIA member snowsports schools on Mt Hood. Email him at acollin@aol.com.



bend it to control it

Develop Strength & Balance for Performance Riding

by Chris Hargrave

One of the greatest challenges in snowboarding is the ability to bend the nose and tail at will in dynamic sliding environments. Skillful controlled riding should be supported by the ability to bend the nose, center, and tail of the board to varying degrees as desired by the rider and demanded by terrain and speed. As riders grow in experience all kinds of compensatory habits are created to cover up inabilities or weaknesses in the fore/aft or foot-to-foot range of motion.

While watching riders in tough terrain full of transitions and undulations it becomes clear that reactive and recovery riding is a dominant trend. Working toward proactive and accurate management of the nose, center, and tail flex of the board through the independent action of the joints of the legs is critical to unlocking new lines and greater control.

Think about how many times you've been loaded up and tossed in the moguls, kicked toward your tail off a quick transitioned jump, felt that skid in a carved turn, pivoted more than you might

like in your short turns, or felt awkward trying to ollie at speed. Each of these symptoms can be caused by inaccurate application or control of the foot-to-foot range.

Why is it so hard to bend and pressure the nose when sliding? No time spent developing strength and balance over the movements that bend and press the nose (see figure 1).



Figure 1 - Foot-to-foot movements get to the nose.

Why do riders spend so much time battling the tail load? Progressing in riding without developing strength in fore movements will lead to fear and apprehension as the terrain gets more intense and will cause movement restrictions.

What is the key to working the board through and from the center? Strengthening and developing the entire range of motion through the extremes to create freedom and understanding of what the moves feel like and how to control them.

Riders spend hours in clinics trying to analyze these challenges in riding and try tweaking a little thing here or there. If the range has not been developed then riders are only ready, from

a strength and muscle memory perspective, to achieve small bits of success and slightly better feelings. Tweaking riding problems in dynamic sliding environments without the foundations to support the changes can often be an unsuccessful approach to treating the symptoms.

Treating the cause is the answer and it's so simple that it's easy to miss. Riders must do the hard work to build a foundation of support to enable strong movements in dynamic terrain settings. How much time do riders spend focused on building their balance, strength, agility, and stamina in the foot-to-foot range? Answering this question is easy just take moment to watch the overall picture and style of a few riders on any mountain. It's common to see choppy-jerky-awkward movements in riders who haven't built up the range and smooth-fluid-sweet style in those who have.

When most riders start out they are focused on going, shredding, killing it, having fun freely cruising and flowing turns top to bottom. What that really means is we learn to turn first at any cost then build our ability to create accurate-smooth-style movements while turning much later in the process. Once a rider is given the keys to the mountain (skidding, traversing, and linked turns) they are off exploring and that's a great thing. However when riders truly want to progress sometimes the best thing to do is go back to basics and build awareness and control of movements through all their ranges of motion.

The Playground.
Chicken or Chargin'?



Figure 3 - Chris demonstrates the Tripod sans snow.

Building strength in the ranges of motion and very specifically in the foot-to-foot range is so critical to dynamic growth. So often riders come to exams with a very limited ability to work the foot-to-foot range and they struggle with many of the key skills and demos that we look for. Dynamic skidded turns, bumps, ollies, pipe, switch, steeps almost every demo truly requires a skilled understanding of the foot-to-foot range. Students struggle with pressuring the nose of the board. They must think that instructors only know these words, "Put more weight over the front foot!"

Static or limited foot-to-foot movements really start to show when riders get into tough terrain environments. Often falling toward the tail when hitting a jump or rail, kicking the tail of the board around in a violent wafting manner in turning, getting tossed in the moguls, or struggling to make that first toe side turn. Snowboards are designed to load and release energy so riders must spend time building the foot-to-foot range or they'll get bucked by the changes in terrain!

Challenging terrain environments demand specific and skillfully timed pressure control movements of the lead and rear leg both independent (nose and tail pressure) and simultaneously (center pressure). As important as it is to know how to make the movements, riders need to know how it feels when the board reacts to the movements. From bending the nose and tail so far that the board pops out and the rider falls to controlling balance up to a high blocked position to a gentle pressed position to a slightly loaded feel to a center pressure feel. Each stage of development unlocks new understandings of how to balance, manipulate, and recover from the de-cambering and rebounding or popping action of the board.

One of the best ways to accomplish this type of strengthening and growth starts with static foot-to-foot work. Riders then progress to low speed/intensity work, later to higher speeds and more dynamic environments. The framework for growth in this article will deal with four static drills to introduce riders to the potential flex of the board and their ability to create and control the action.



Figure 2 - Chris nose pressing.

The Nose and Tail Press (see Fig. 2)

Static: Start in a low stance. Slide the board under the body by extending of one leg and flexing the other. Keep the body upright and tip shoulders toward the extended leg. Sink lower into your stance to create a stronger pressed position. Tip the knee of the pressing leg toward the pressing end of the board. Seek feel pressure over the outside edge of the pressing foot. Sit lower moving the core toward the pressing foot and the board will begin to bend. This skill will help riders understand balance and recovery control with independent leg action over the nose and tail.

Low intensity sliding: Take this move to the most gentle slope where speed control is not an issue. Start directly in the fall line in a low center stance. Practice sliding to the tail and nose and holding in the low seated stance. As strength is developed in the press work toward popping off the nose or tail and return to center as the press is released. Remember it's never a lift, it's always an extension of the lead leg and flexing of the rear leg. There should be no strain or stretch through the hip flexors.

Beyond: The next steps for this skill are to add speed and change the terrain aspect. Work them on moderate slopes. Work them while traversing across the hill. When traversing the tail or nose press point will shift to the up hill edge and will turn into a skidded feeling.

The Nose & Tail Bleed or Tripod (see Fig. 3)

Static: Rotate the shoulders and face the tail of the board. Slide the board under the body. Focus on a straight lead leg. Bend at the waist and bow toward the tail of the board. Place both hands on the ground. Extend the rear leg completely to force the tail to pop out. The nose of the board should point straight up at the sky. Balance on the tail and both hands in a 3 point stance. After holding the position for a few seconds tip the

board toward the toe-side edge and set it down gently. Push up and try the other end of the board. Work with this until the tail or nose easily pops with enough energy to get to come up off the ground before it stabs into the snow. Try to feel the board bend and load extremely hard as the bent leg straightens. This skill will help riders understand the complete foot-to-foot range and the limitations/load points of their board raising awareness of just how far they can really bend it.

Low intensity sliding: On a gentle slope try starting switch and regular sliding directly in the fall line. For the bleeding version (sliding) we always tip to the uphill end of the board. Once in the tripod position be prepared to allow the hands to drag and the board to continue sliding down the fall line. To get back up bend the pressing leg to load the sliding end of the board. Use a strong push with the arms to upright.

Beyond: Add speed and pitch to create a greater challenge. This trick leads right into hand plants.

The Nose & Tail Check and Block (see Fig. 4)

The tail check is all about a strong focus on pressing the board with a completely extended rear leg and a bent front leg. It's easy to get a feel for this on a balance board or skate board. On a snowboard, start in a low stance loaded slightly over the nose. Rock/shift the core over the center of the board toward the tail. Extend both legs like jumping way out over the tail. Quickly start to bend the lead leg and tip the lower half of the lead leg toward the nose of the board. Stay focused on fully extending the rear leg. Work toward feeling like the lead leg and the nose of the board are getting really close together. Feel lots of pressure toward the outside cuff of the lead boot. Hold the extension as much as possible until feeling the tail bend, with enough force that it creates some bounce.

(continued on next page)





Figure 4 - The Tail Block.

(continued from previous page)

The first few times riders will likely get pulled right down to a flat base in falling action from the tail. Keep at it until able to stand with a fully extended rear leg and hold a full press for a few seconds. The tail check is the first step to learning a good tail block. The block is a stronger version of the check. Jump harder into the tail check position and bend that lead leg so much that it's possible to reach the nose of the board with the lead hand and later both hands for a strong grip. This skill will help riders truly feel and control the limits of the flex of the nose and tail with a complete separation of the legs in a static position.

Low intensity sliding: Find a gentle fall line transition like a small jump ramp or even better the bottom of a quarter pipe. Start out very close to the bottom of the transition to keep the speed slow and avoid generating enough speed to go over the top. Start with the tail check and work it into a full-on grabbed block. Drop in at the transition in a low stance loaded slightly to the uphill foot. Ride up the transition and time the rock and extension to the up-transition foot when a little deceleration is felt. To get up into the press requires a strong active move and it will feel like trying to jump to the top of the transition to make it work. Once the check and/or grabbed block is held, bounce a little on the board and pop back into the transition to slide away.

Beyond: Next steps with these include taking them to different types of transitions and working them from traverses. The last couple wall hits in the half pipe are a great place or side walls along traverse tracks. Remember to work toward a clean apex and feel some deceleration before attempting the trick.

The Ollie and Nollie (see Fig. 5)

Start in a low stance. Tip the lower half of the lead leg toward the nose of the board. Slide the board under the body to load the tail (like the tail press). Try to feel the outside edge of the rear foot load up with pressure. Make sure the rear knee is tipped toward the tail (this will help lever

the tail harder). Extend the rear leg. Keep the line of the shoulders slightly tipped toward the nose of the board. Release the tail of the board by retracting the legs and pulling the knees up toward chest. In the air the board will move back to center under the core. Extend legs and stomp board down. Absorb impact by bending ankles knees and hips. This skill will help riders feel full and blended pressuring and flexing action of the board, create independent leg movements of the front and rear legs, and create a stronger sense of upper and lower body separation.

Low intensity sliding: Head to the gentle slope. Practice both the ollie and nollie directly in the fall line. If the speed is making this hard the slope is too steep. As the ollie and nollie feel more comfortable see how many can be done in a sequence. Go for 3-5 and work up.

Beyond: Performing this trick on steeper slopes, across fall line, and over or off of transitions and little bumps is the next step. In general it's time to put this trick to the test in all sorts of scenarios. The sequence of the ollie is so similar to the fluid independent mechanics of turning. This movement pattern will help control trajectory and set up or anticipate pressure changes. The keys to the kingdom reside in this movement, oh yeah baby!

Each of these drills will give the rider greater balance over the nose and tail of the board and independent strength from one leg to the other. The ultimate goal is to have so much strength in a static setting with each leg that the rider can then put these drills into action while sliding. Once the extremes of the range are under control the rider will have the strength and ability to start working toward smaller and more subtle adjustments in high level riding. Sometimes the best lessons are learned by straying far from the path only to learn that one must return to it grasshopper.

Strengthening this range of motion is the path to fully enjoying all that the board can do, greater balance and ability to maneuver, stomped tricks in the pipe and park, and access to unique

and often overlooked lines on the mountain. Riders and instructors should spend a lifetime developing and mastering control over the flex of the snowboard. So many fun, playful, and creative tricks stem from this range. So many high level riding skills and tactics depend on accurate control of this range. For any rider working toward better snowboarding, better teaching progressions, and success in exams this season is a great time to start milking this range for all it's worth. Remember almost every maneuver and type of terrain demands bending action from the board. Riders can choose to bend their board or the mountain will surely bend it for them and when they least expect or want it.

A final thought...

You're shredding it up at your favorite mountain (Stevens Pass). All the easy pow has been shredded, destroyed, pummeled, and annihilated ... argh! The last stash of pow is trapped between a mogul field, a nasty scraped off tree run, and a gnarly chewed up chute. To enter the field you have to gap off a tight little transition, that was formed up on a downed tree, over a little pile of rocks. The only question you have to answer is how skilled are you at working the board from nose to tail and working the board through all those tight spots. Put time and energy every day into strengthening this range and you and your students will, I promise, taste the sweet glory that is the secret stash shred. The local heroes will only be bummed for a little while that new shrelpers have learned how to access their world, then they'll be cheering and leading the way to new terrain and new tricks all over the hill. At least, that's the dream... ❄️

Chris Hargrave is a AASI-NW examiner and DCL. While he will always consider Timberline home, he now is the snowboard programs manager at Northstar at Tahoe running the Burton Snowboard Academy. During summers he is a trainer and coach for High Cascade Snowboard Camp. You can email him at ctrides@msn.com.



Figure 5 - The Ollie

Have the Most Student Centered Interactions

An Introduction to NLP and Communication by Heather Roberts

As teachers and coaches we all know how essential effective communication is for a student centered interaction. Did you know that only 5%-7% of communication is through words? 22%-25% is tone and the rest is physiology?

Last year I participated in an Neuro-Linguistic Programming (NLP) Practitioner Training Seminar (22 days over 7 months, and one long weekend a month) that helped me change how I communicate and connect. The first weekend we learned about rapport - I thought, "Hey, I know about rapport from teaching skiing." While I knew some key elements, and some comes naturally, there was so much about rapport that I wasn't even aware of!

Think of an interaction with someone who understood something you were telling them. How did you know they understood? Since what is being said (words) counts for less than ten percent of the communication, what cues let you know they understood? Have you ever had someone tell you they understand but you can see by their physiology they don't have a clue what you're saying? What is it in their physiology and their body language that lets you know? What are you unconsciously communicating? The answers to these questions help you to calibrate (read physiology) to know whether or not you are "in rapport."

To be in rapport means to be able to step into, and experience the other person's model of the world. In class, we learned various techniques matching tone of voice, body language, posture, and gait. We did exercises in matching and were given feedback until we matched the other person more closely. It is amazing what you can learn about someone by matching them; you truly can see how they perceive the world, and even get into their beliefs. This happens because when you do things the way they do, you start to get the same results. This in itself is very useful information in helping your student, athlete, or client affect the change necessary for their desired outcomes. For example when you ski like someone else you can learn their beliefs about skiing because you begin to get the same results they do. It gives you credibility and the ability to relate on a deeper level. Test it: start with at least 3 people. Person 1 does

something (ski, snowboard, walk, or talk) while Person 2 matches Person 1, and Person 3 gives feedback to Person 2 until Person 2 adequately matches Person 1. Person 2 can test what was learned about Person 1 by discussing the results with Person 1.

Exercises in rapport can be very rewarding. If you take a moment to really get into someone else's world you can learn so much just because everybody believes a little differently than you do. Think about how much more effectively you will be able to reach a desired outcome when your physiology and body language communicate you truly understand who the other person is and what they want. This is truly a deeper level of student centered teaching.

Most of us unconsciously get into rapport and find a connection. When you are not in rapport the communication is awkward or cumbersome the connection is lost and with regard to teaching - chances are there isn't very much learning occurring because there isn't very much direct information-transfer between you and your student. If you can connect simply by matching, once there is a connection you will be able to get more information, then you can get in rapport.

There was a full weekend alone devoted to ways to be in, break, and regain rapport. I now know how to adjust subtly for a deeper more effective communication. There

is so much information; lots of books, seminars, trainings and if you want to learn more check out nlpchoices.com. NLP is a great way to expand rapport skills, making it possible to teach and communicate more effectively on many levels. ❄



Heather Roberts is a PSIA-NW Alpine DCL, Stevens Pass Ski & Snowboard School Instructor and Team Lyon coach both at Stevens Pass, as well as a Personal Trainer & Owner of F/X Training. She can be reached at heather@trainforeffect.com.

It's More than a Card



I joined PSIA when I was 15, and was instantly hooked! From the start I couldn't get enough of the clinics, and love the fact that there are so many training opportunities available. I value the expert advice that's provided by Tech Team members and DCL's. In addition to the excellent training opportunities, maybe the best part of PSIA is the great people I get to spend time skiing with. Some of my best skiing days ever have been "Rat Packing" around the mountain with fellow PSIA members.

TAKE A BREAK! YOU'VE EARNED IT.

Whether free-riding at a neighboring resort for the day or two states away for a mini-vacation, be sure to take advantage of being a Pro with special ticket pricing. Like all "Pro Deals" these are for your personal use only (not for friends or family) and are a privilege - not a right! Also, be respectful and courteous at the host resort. Here are some of the NW discounts offered to PSIA/AASI Members:

Schweitzer, ID	50% off
Silver Mountain, ID	50% off
Whitefish Resort, MT	50% off
Hoodoo, OR	50% off
Timberline, OR	\$25 Ticket
49° North, WA	50% off
Mission Ridge, WA	\$30 Ticket
Stevens Pass, WA	20% off

For a complete list of ticket discounts and rules at participating resorts in Alaska, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Washington, and Canada checkout the PSIA-NW website.

SNOW PRO TIPS

From Our Quiver to Yours by Russ Peterson

From Our Quiver to Yours (a.k.a. Snow Pro Tips) will be an ongoing section devoted to sharing tips, tricks, tasks and drills found to be successful in improving skiing and riding. The initial goal of this column was to share tips and tricks from the Divisional Staff's quiver bag and pass them on to everyone, but you don't have to be an Examiner or DCL to share a great tip – everyone is welcome.

With each issue of *NW Snowsports Instructor* we hope to share tasks and drills that can be simply explained on paper, yet have been found to be very successful teaching tools, with the idea we all can add a variety of different tips to our own

"quiver" or bag of tricks. By sharing tips with fellow members you may discover a new idea, or a new way of presenting an existing concept, or ways to use tried and true drill as a focus of an alternative outcome. Over time we will have created a resource of helpful tasks and drills that we all can easily refer to and draw from. We also plan to post all of these tips and tricks on the website in the near future, which will be very helpful if you've lost that back issue, or forgotten what issue that super cool tip was in.

So for the first submission to the Snow Pro Tips column, I thought I would kick things off with a static activity that helps illustrate and provide the sensations I try to convey to my students. Remember, when using static demos it can be hard to accurately convey your message clearly. In fact sometimes static-demos can leave students con-

fused and you misunderstood, so make sure the static demo is very valuable and relevant, and use the "check for understanding" part of the Teaching Cycle as needed.

I use the "WWHD" acronym- not "What would He do?" but "What, Why, How, Do" which provides a consistent structure for the information I am sharing. The order of the WWHD is not as critical as the headings because at times it makes sense to change it up. To make the acronym even longer, I sometimes add another 'W' for "when" the drills might be helpful. Like any good teacher you might adapt or change the teaching style for a given situation like use 'Explore' for more "Doing."

So without further adieu ...



Ankle Awareness

Alpine tip by Russ Peterson

Let's say you have been trying to get a student to move their center of mass forward and diagonally to start the new turn but they have been unsuccessful. Until they build awareness of their ankles, and actually flex their ankles, they will not be able to move forward at the beginning of the turn.

If you are unsure about this, then stand up now! While standing tall, with ankles open (extended) try moving your hips forward and diagonally as you increase pressure toward the front of your feet. Yes if you hold your ankle joint perfectly still you can move the hips forward but this causes an arching of the lower back and your weight to move more toward your heels. Try it again, now, with your ankles open (extended) begin to increase the flex in the knees, hips and spine (like you are doing a squat) – once again you should feel more pressure towards your heels the farther down you go. OK, now finally try it as if you were wearing a ski boot, with equal and complimentary flex in the ankles, knees, hips and spine. You should be able to move your center of mass forward by flexing your ankles and simultaneously extending your knees and hips. Developing this awareness of the importance of the ankle joint is crucial to good skiing.

Here is a static on-snow drill I use when trying to develop ankle awareness in many of my students across many ability levels.

When: Students with locked, stiff, open ankle

joints and/or hips are behind the feet.

Why:

1. Movements isolated to ankle
2. Develop kinesthetic awareness of ankle joint
3. Illustrate ankle influences fore/aft balance

What: Find and explore the range of movement in the ankles, how the ankles affect balance, and the importance the ankle plays in the ability to move into the turn.

How/Do: While perpendicular to a shallow slope, with skis hip-width apart, standing with only a slight flex in the ankles, knees, hips and spine, close and open (flex/extend) the ankles while holding all other joints still. Isolate the ankle, and explore its range of motion. Insure correctness of the drill: movements in the waist, hips and knees are not allowed, but very common. Reiterate the importance of isolating movement to the ankle joint only. Spend an adequate amount of time so your students can actually begin to develop kinetic awareness. Key points: ankle closed moves hips generally in front of the feet. As the ankle opens, hips tend to move behind the feet. Outcome: ankles play a key role in for and aft balance.

Explore (aka lateral learning): Once students have developed better movement and awareness in the ankles you can now explore how this new movement and enhanced awareness can help with efficient balancing (where the quadriceps are not getting over worked), rounder turns (instead of abrupt direction changes typical of turning movements originating in the upper body), engaging their tips and edges earlier in the turn (instead

of pivoting their skis to an edge), and general flowing over-and-with terrain (instead of getting bucked and tossed around off-piste or the need to make frequent and gross re-balancing movements).



Chair Lift Counter Rotation

Alpine tip by Russ Peterson

When: Turning movements originating in upper body or whole body, or when upper body turns across the hill or up hill at end of turn.

What: Develop turning movements in feet and legs. Turn legs more than the body to develop counter and illustrate the importance of turning the legs more than the body. If you start gliding straight down the hill and want to turn to the left, do you turn your body, or turn your feet and legs? It is much more efficient and effective to turn your feet and legs. I prefer this activity to describe counter rotation instead of the age-old "point your body down the hill" causing most students to turn their upper body, instead of their feet and legs.

How/Do: While riding the chair lift, imagine the direction you are traveling is down hill. Now turn your feet and legs to point skis as far to the left as possible. Note the tension in the muscles while continuing to hold the point of the skis while keeping the body facing forward. Now relax. Your skis will naturally turn back aligning with the direction you are facing. By originating turn-

ing movements in the feet and legs and turning the legs more than the body will create a cleaner start to the new turn.

Now try whole body rotation (use caution as we don't want anyone falling out of the chair). Turn the whole body, pointing their skis and body to the left about 45 degrees. Feel the lack of tension in the muscles? Now relax. Nothing happens! The skis remain facing the same direction. Point out that by originating turning movements in the whole body and/or allowing the body to completely follow the skis will not help you to start the next turn. Be sure to repeat the first task, to reinforce the correct application and development of counter-rotation.

Why: To understand and feel the movement of turning the feet and legs independently of the rest of the body. Feel muscular tension in the legs as well as the abdomen and torso as the legs turn against the body and develop a counter-rotated relationship. This will promote better rotary/leg steering, turning movements that originate in the feet and legs, and stronger "inside half" It will also help develop easier turn entry.

Explore: Once the students have practiced the activity statically, explore using the same movements while skiing a variety of turn sizes and on different terrain, etc. ❄️

Russ Peterson is a PSIA-NW DCL, spent one season teaching fulltime at the Alf Engen Ski School in Alta Utah and is currently an instructor and trainer with the Stevens Pass Ski & Snowboard School at Stevens Pass, WA. Email him at russ@petersonrealtyteam.com.



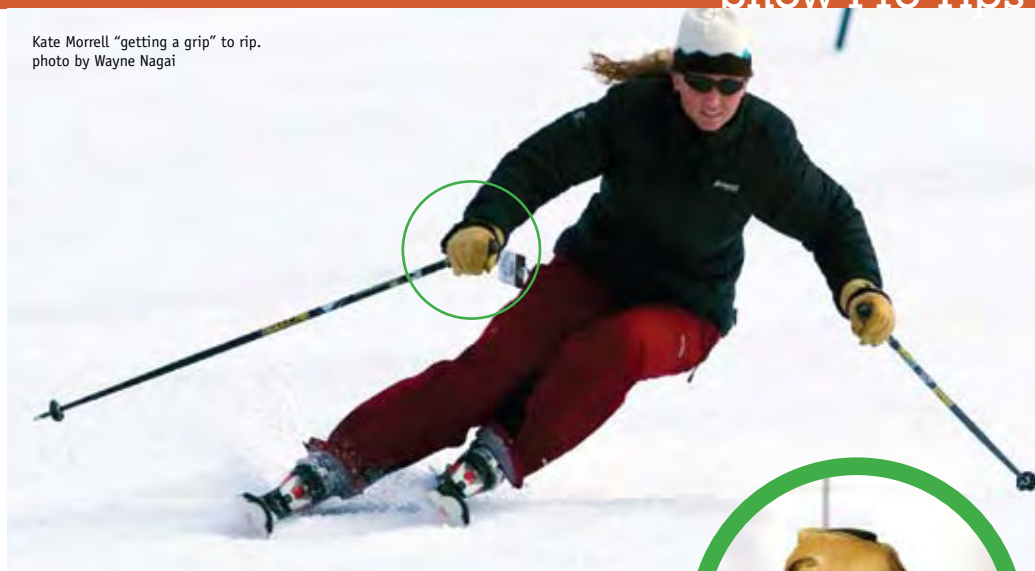
When It Comes to Your Pole - Get a Grip

Alpine tip by Kate Morrell

I have noticed over the years that there are quite a few loose gripped pole flickers out there. I love you all, but you need to take a look at what this is doing to your skiing. It's not all your fault. I know it was taught, "Hold your pole loose with the bottom three fingers relaxed and barely touching the grip. That's it, now flick it out there!" (see Fig.2)

This was taught to promote flow, and a less mechanical "look" to skiing. What it also did, however, was diminish one of the most important

Kate Morrell "getting a grip" to rip.
photo by Wayne Nagai



reasons why we swing the pole. The pole swing is used to help move our center of mass into the new turn. If we grip the pole loosely and let go of the pole grip, the pole tip is on an undisciplined arc. Just use some simple physics: even though the 5-ounce tip of the pole is moving out front, the 100+ pound plus center of mass is left behind. Do you see where I am going with this?

You may think your center of mass is moving forward when really it is only your pole tip moving forward. Simple proof: hold your pole with a loose grip and flick it out to the point you'd want to plant it for a medium radius turn. Did you center of mass move? Maybe, but probably not very much. Now grip the pole some what firmly (not a death-grip) using all your fingers and swing the pole to the same target touch point (see Fig.1). You will notice that in order to reach the target, ankles flex, and center of mass moves forward.

When skiing, gripping the pole forces the center of mass to move with the pole swing and helps provide a functional tension in the framework of the arms, across your chest and in the core muscles stabilizing your torso which is important by the way.

So Kate's catchy ski tip is, "Wanna rip? Get a Grip!" In closing, I have to ask myself, "If promoting a loose grip created this mess, what kind of mess am I going to create?" Stay tuned and we can talk about it on the slopes. ❄️



Kate Morrell is a 2-term member of the PSIA-NW Technical Team and coaches the Buddy Warner Team for the White Pass Ski Club at White Pass, WA. Email her at kmorrell@hevanet.com.



Fig 1. Good grip.
Elements of a "good grip" include all four fingers firmly grasping the handle, angle of the pole shaft is only slightly less than vertical as you target the pole touch.

Fig 2. Bad grip. Visual cues of a "bad grip" include loose finger grasp, releasing of the lower 3 fingers to target the pole touch area as pole tip swings higher than necessary with shaft of pole well out of vertical.



WIFSAR Lesson Planning

Snowboard tip by Brett Urbach

Lesson plans make sure you and your students get some value out of their lesson times. My wife, Jennifer, a 6th grade special education teacher does an assessment test. Based on the test results she determines a path for her and her kids to follow. As far as us snow sport instructors it's a little different, but not much. I run through a few items in each lesson, which for me is a tried and true lesson plan approach.

W is for Warm-ups. Mentally, when the students show up I try to develop some rapport. Introductions, why they are here, goals for the day, what other sports they play; basically

(continued on next page)

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anything that can give me some clues regarding what cross over skills they might have. Physical warm-ups include a stretching, gear checks, generic visualizations of lesson content, then a free-form warm up run, keeping it slow and safe to warm up; usually on an easy run, with a meeting point as the goal not a skill, so they can ride without the pressure of “performing.” Naturally I am closely watching to assess the skills they posses.

I is for Inventory. And determine the student’s true ability level. Drawing from the Y- model, I look at how they use basic skills in movement patterns as well as what genetic and learned abilities they have.

F is for Focus. Now choose an attainable goal based on the warm-up runs. Come to a mutual agreement on the lesson focus. The initial goal during the introduction might have been a park lesson, but after the warm-up, they’re not ready for the park. What do you do? I try to be accommodating, and focus on improved alignment as this will enhance their abilities once they’re in the park.

S is for Shaping. Start by doing what the students can do, regardless of the lesson level they signed up for. Have them make a series of heel side rounded C turns to feel there is no need to rush an edge change. Next, link a S turns. Share the difference between heel-and toe-side turns. Now focus on round and smooth toe-side C shaped turns toe side only. Then make some symmetrical S turns. Variety and repetition develops shaping skills.

A is for Application. Allow the student time to use their skills in a series of movements that reinforce the focus with guided practice time.

R is for Review. At the top of our last run, review where you started and where you ended up. They feel good all the way back to the lesson meeting area. Before your good-byes, briefly summarize again where you started and where you are going, and what’s next: review, preview, and most importantly ... Thank you.

Using the WIFSAR lesson plan can be an easy with a little practice. Always have fun, be creative, and inspire lifelong passion for the mountain experience. ❄️



Brett Urbach is a AASI-NW Snowboard DCL and Alpine Level II certified. He teaches at Whitefish Mountain Resort, MT. Email him at b9j9@aboutmontana.net.



First Turn Tip: The Mechanics of Twist

Snowboard tip by Chris Hargrave

Making first turns is an amazing challenge for learning riders and this little thought has always made it easier for me. Build a clear connection with your students so that they understand that the lower half of the legs (knees down) is where most of the action happens. Calling them joysticks makes people get it. Torsionally twisting the board means controlling the lower legs and feet in an independent manner.

For toe-side initiation focus on moving the lower leg:

- Bend the lead ankle more than the rear, this twists the board and shifts the core forward.
- The lead joystick should tip into the tongue of the boot and be held there until reaching the fall line.
- At the fall line (the control phase) ask the rider to hold a straight run for a few feet then gently tip the rear joystick into the tongue of the boot to help finish the turn.
- Remember stay focused on flexing the ankle rather than pointing the toes down (extending the ankle).
- Ask riders to extend their hips just a little as they finish this turn.

For heel-side initiation get focused on moving the feet:

- Focus on lifting the lead toes up toward the lead shin while keeping the rear foot/ankle in its starting position.
- Bend lead knee and hip just a little in combination this coupled with the first step will twist the board and move the core forward.
- Should feel like sinking down onto the lead heel.
- Notice here that I didn’t say tip the lead joystick toward the heel-side edge. That would cause them to rotate their lead leg and the hips and extend their ankles (which actually flattens the board initially).
- Have riders hold the lead foot up until they reach the fall line.
- Ask them to ride straight for a few feet then start to lift the toes of the rear foot with the lead to start the finish.
- Have them sit just a little into the finish of this turn to support balance.

I love this focus with students as it really clears up the “what to do” questions and it will feel and work so much easier than most other approaches to twisted steering. ❄️

Chris Hargrave is an AASI-NW DCL and examiner. Read his feature article “Bend It to Control It” in this issue.



Distribute Weight for Added Stability

Telemark tip by Greg Dixon

After a full decade of teaching telemark skiing I have seen common problems that seem to affect even the most advanced telemark skiers. One of the more common issues that I often keep my eyes out for is how telemark skiers effect pressure distribution over their skis throughout the turn. More often than not, it is noticeable that the inside ski remains too light to produce a functionally strong stance. Due to our freeheel nature, it is important that we distribute our weight equally between two feet, thus improving on the lack of stability that freeheel equipment provides when traveling downhill. If the inside ski is light then the stability that we are searching for is compromised, and our trip down the slope can become more challenging then enjoyable.

So what can we do to create a more stable telemark stance as we flow over the snow? A good place to start is to focus on how you flex into your telemark stance. Pay attention to your trailing foot. How much of your foot is on the binding plate versus off of it? Work towards pressuring the ball of your foot down to the boards. Use the cuff of your boot as a lever and drive it right down towards the bellow of your boot. The more of the sole of your boot that contacts the binding plate the better you can bend the ski.

Focus on the inside ski being the dominate ski. Most skiers tend to always drive and press into the outside ski. Too much pressure on the outside will leave the inside light. So relax the joints of your outside leg, at the same time step up the amount of engagement of the inside leg. As you move towards the initiation of your new turn align the center of mass a little more over that inside foot than you’re used to. Engage the inside edge of your new inside ski early and stay over it through the whole turn.

A good mode of thought is that the ski on the inside of the turn should track and react like the outside. Keep your inside trailing foot alert and your inside ski active. The added stability and flow down the hill is well worth the effort. ❄️



Greg Dixon is a PSIA-NW Telemark Examiner and DCL. He teaches for Mt. Bachelor Snowsports School, in Central Oregon. Email him at dixongregory@hotmail.com.



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PHOTOS

Brian Beardsley, Mt. Hood Meadows Training Director and one of Ski Magazine's Top 100 Instructors, inspiring the passion. Photo by Randy Boverman

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1. Tyler Barnes in the Steep and Deep by John Laptad
2. Michael Drake, Mike Rogan and Andrew Rockenfield at Winter Blast by Kirsten Huotie
3. Rebecca Uusitalo and Brenda Nash at Mission Ridge by Rick Lyons
4. Stephanie Semb "freestyling" by Matt Aimonetti
5. Katie Rhodes at Summer Ski Camp by Wayne Nagai
6. Greg Luce the consummate pro by Matt Aimonetti



Learn, Teach & Inspire

Welcome to the 2009-10 Season in the Northwest

What a fantastic kick off already, be it sliding on the snow field at Timberline in July, getting minds warmed up for the season at Fall Seminar or taking part in some of the earliest openings at area resorts in decades. The season is here.

With the great snow fall comes another full line up of events for the season. In this season guide the events have been placed in groupings similar to past editions and hopefully are easy to navigate, find and learn about the one-day events, multi-day events, certification events, etc. This compact and user-friendly format will make it easy to keep as a reference all season long, plus the newsletter looks pretty nice sitting on the coffee table. An icon (★) is used to denote events where area resorts are able to support the event by providing lift tickets for non-pass holders, look for it throughout the season guide.

Through this and many other member benefits, it will be exciting to watch the clinic sign ups and attendance. These various clinic topics help map out individual roads, pathways or trails on which to continue

on in the educational and professional instructor saga, be in a one day brush up for the mid-winter blues (blue skies that is), the multi-day event to better drill down on movements, or an exam as a validation of your level development. Maybe one of each?

Regardless of the topic, the goal when attending any event on the calendar is that you will learn something new or hear it said a different way, come away with a renewed excitement for teaching and are inspired to continue to develop as an instructor. In this we are reminded, as snowsport professionals, we are inspiring a lifelong passion for the mountain experience. See you on the hill.

p.s. Remember this and more is always available online at psia-nw.org.



Kirsten Huotte
PSIA-NW Education and Programs Director

Kirsten on the hill.
photo by Nick Barth

One-Day Events

fall seminar

October 17, 24 & 25, 2009
Indoor Season-Opener Event

A "not to miss" kickoff to the season, Fall Seminar, is the place to be to learn about it for the first time or to hear it again in preparing for the season. This indoor, all day (8:00-3:30) seminar offers many topics for the new instructor or the seasoned pro.

Each year a guest speaker is brought in for a large group presentation to help inspire you. Offered in three locations around the Northwest, more information is available online. All disciplines welcome as well as non-PSIA-NW members.

1-day event, 1-year credit, cost: \$65

spring Fling

April 24, 2010 in Seattle Metro Area
April 25, 2010 in Portland Metro Area

Tailored after its bigger cousin, Fall Seminar, Spring Fling is designed for your end of season wrap up to solidify topics you have been working on during the season or to give you ideas/information to ponder over the summer.

Either way, you won't be disappointed. This indoor session runs from 9-2 with an 8:30am registration time. Topics and more information will be posted online at www.psia-nw.org. Offered in Seattle and greater Portland area. All disciplines welcome as well as non-PSIA-NW members.

1-day Event, 1-year credit, cost: \$55

One-day Clinics

Dates, Disciplines & Locations Vary
See Calendar

Choose from a myriad of topics at various locations throughout the division. These one-day offerings are created to help provide you with a brush up in an area of your choosing, and an opportunity to take a clinic near your home. For instance, if the bumps keep beating you, take a one-day "beat the bumps" clinic to dial-in your bump skiing and provide you some tools with which to teach your students.

More topic descriptions can be found on-line at the psia-nw.org website.

Discipline specific - see calendar.

1-day Events, 1-year credit, cost: \$60



EVENT SUPPORT

PSIA-NW is grateful for the generous support of our certification and educational programs by the host resorts. Events denoted with a ★ indicate that lift tickets are provided to non-pass holders by the host area. Thank you!

Multi-Day Events

Fall College

December 12-13, 2009 - Methow Valley

Ready for lots of skiing and general trackster fun after being shut out by Mother Nature last season? The clinic topics are broad enough to accommodate your goals and desires: ski improvement concepts and teaching concepts, in both Classic and Skate. And you're welcome to attend either one day or both. We will also be offering the Level I exam for Track on Saturday. A great event to kick off the start of a great season. Track specific.

2-day event, 2-year credit, Cost: \$120

Immersion

January 1-4, 2010 at Mission Ridge

You Looking at You – Ready to delve into your skiing? Gain greater insight on your movements and the patterns you've developed? Dig deeper in your understanding of you, how you learn and process information and apply it to your skiing? If so, this coaching intense session is for you. The program begins Friday afternoon indoors in Wenatchee, Saturday-Monday on snow and continued indoor evening sessions. Supported by Mission Ridge. More information available at www.psia-nw.org. Alpine specific.

**3-day + 1-evening event
2-year credit, Cost: \$300**

Tryout Camp

January 21-23, 2010 at Mission Ridge

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! Supported by Mission Ridge. Level III Certified Alpine or Telemark members.

3-day event, 2-year credit, Cost: \$275

Winter Blast

February 1-2, 2010 at Stevens Pass

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 of skiing with you.

Challenge your skiing with various team members at Stevens Pass. 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 guaranteed. Special thanks to PSIA-AASI for their support in making this event possible in part by a grant from the PSIA-AASI Education Foundation. Also supported by Stevens Pass. Alpine specific.

2-day event, 2-year credit, cost: \$310

Divisional Academy

March 12-14, 2010 at 49° North

This is a spectacular three day event lead by current and past Northwest Technical Team Members and other talented staff who will be at your disposal for personal improvement. You will group up with others who have similar goals while you work and play for the next three days.

This year we will be sliding with you at 49° North for a long weekend of "Learning, Teaching and Inspiring." Complete with video review, a great banquet dinner Saturday evening and a DVD of your skiing/riding experiences. Divisional Academy will forever remind you of the fun you had and the improvements you made during your three days of focussed performance. Thank you 49° North for supporting this event. Alpine and Snowboard specific.

3-day Event, 2-year credit, cost: \$300

Spring Symposium

April 9-11, 2010 at Sun Valley

Whoohoo!!! You made it through the season and are ready to celebrate with the rest of the division in saying, "Job well done!" We're ready to put the icing on the cake with this end of the season bash that has been a Northwest tradition for over 45 years! This two day event (three if you participate in free-ski Friday) showcases our talented staff in a myriad of clinic choices, ranging from everything under the sun, pun intended.

This year we are traveling to Sun Valley, Idaho to join our Intermountain cousins for the party. More event information posted at the psia-nw.org website. Clinic topics for ALL disciplines.

2-day Event, 2-year credit, cost: \$160

2008 Divisional Academy @ Whistler photo by Nick Barth



event calendar

	ADAPTIVE	TRACK	TELEMARK	SNOWBOARD	ALPINE	DAY	DATE	EVENT	LOCATION
DEC		✓				Sat-Sun	12-13	Track Fall College	Methow Valley
				✓	✓	Fri	18	Exam Orientation Clinic (Level II only)	Mission Ridge
					✓	Sat-Sun	19-20	Senior Specialist 1	Mission Ridge
					✓	Sat-Sun	19-20	Children's Specialist 1 & 2	Mission Ridge
				✓	✓	Sat-Sun	19-20	Exam Modules (Level II only)	Mission Ridge
					✓	Sun	20	Senior Specialist Foundations	Mission Ridge
JANUARY					✓	Fri-Mon	1-4	Immersion - You Looking at You	Mission Ridge
		✓			✓	Thu-Sat	21-23	Tryout Camp (Alpine and Telemark)	Mission Ridge
					✓	Mon	25	Drills for Skills Teaching Beginner Zone Skiers	Summit Central, Mt. Bachelor, Lookout Pass
			✓		✓	Mon	25	Certification Training Series (indoor)	Bothell, WA
					✓	Tue	26	Adventure Skiing for Seniors Tips & Tricks: Get Seniors Exploring	Timberline
					✓	Fri	29	Senior Specialist Foundations	Summit Central
				✓	✓	Sat	30	Certification Training Series (on-snow)	Snoqualmie, Stevens Pass
					✓	Mon-Tue	1-2	Winter Blast - National Team Clinicians	Stevens Pass
				✓	✓	Thu	4	Freestyle Flair	Summit Central
					✓	Fri	5	Adventure Skiing for Seniors Tips & Tricks: Get Seniors Exploring	Crystal Mountain
FEBRUARY					✓	Fri	5	Smoothing Out the Bumps: Making Bump Skiing Look Easy	Alpentel, Mt. Spokane
					✓	Fri	5	Explore Off-Piste and Steeps	Mt. Hood Meadows, Schweitzer
				✓	✓	Sat	6	Certification Training Series (on-snow) multi-week course	Snoqualmie, Stevens Pass
				✓	✓	Mon	8	Certification Training Series (indoor)	Bothell, WA
				✓	✓	Fri	12	Exam Checkpoint Written Exam at 3:30 (\$20)	Schweitzer
				✓	✓	Sat-Mon	13-15	Certification Training Series (on-snow)	Stevens Pass
					✓	Sat-Sun	20-21	Senior Specialist 1	Stevens Pass
					✓	Sat	20	Senior Specialist Foundations	Silver Mountain
		✓		✓	✓	Sat or Sun	20, 21	The Next Step: Avalanche Awareness (one-day course offered both days)	Mission Ridge
				✓	✓	Sun	21	Steeps and Off-Piste	Crystal Mountain
					✓	Mon	22	Certification Training Series (indoor) Written Exam at 3:30 (\$20)	Bothell, WA
					✓	Mon	22	Drills for Skills Teaching Intermediate Zone Skiers	Stevens Pass, Timberline, Whitefish
				✓	✓	Tue	23	Explore Off-Piste and Steeps	Alpentel
				✓	✓	Fri	26	Exam Checkpoint Written Exam at 3:30 (\$20)	Stevens Pass, Mt. Bachelor
					✓	Fri	26	Adventure Skiing for Seniors Tips & Tricks: Get Seniors Exploring	Mt. Spokane
				✓	✓	Sun	28	Exam Checkpoint Written Exam at 3:30 (\$20)	Mt. Hood Meadows
				✓		Sun	28	Freestyle Flair	Mt. Bachelor
	✓					Sun	28	Track Pre-Exam Clinic	Sun Mountain

event calendar

	ADAPTIVE	TRACK	TELEMARK	SNOWBOARD	ALPINE	DAY	DATE	EVENT	LOCATION
MARCH				✓		Mon	1	Drills for Skills Teaching Advanced Zone Skiers	Crystal Mountain, Whitefish, Mt. Bachelor
	✓					Sat	6	Track Pre-Exam Clinic	Summit XC Center
	✓					Sun	7	Track Exam - Level II & III	Summit XC Center
				✓		Tue-Fri	9-12	Rider Rally	Copper Mountain, CO
				✓	✓	Fri-Sun	12-14	Divisional Academy	49° North
				✓	✓	Fri	19	Exam Orientation Clinic	Schweitzer
				✓	✓	Sat-Sun	20-21	Exam Modules - Level II & III	Schweitzer
			✓	✓	✓	Sat-Sun	20-21	Children's Specialist 2	Schweitzer
			✓			Sat	20	Telemark Level I Exam	Summit Central, Mt. Bachelor
					✓	Sat	20	Senior Specialist 1	Schweitzer
			✓			Sun	21	Tele All Mountain	Crystal Mountain
				✓	✓	Fri	26	Exam Orientation Clinic	Stevens Pass
			✓	✓	✓	Fri	26	Freestyle Specialist Foundations	Stevens Pass
			✓			Sat	27	Telemark Level I Exam	Mt. Hood Meadows, Schweitzer
				✓	✓	Sat-Sun	27-28	Exam Modules - Level II & III	Stevens Pass
			✓	✓	✓	Sat-Sun	27-28	Freestyle Specialist - Progressive & Advanced	Stevens Pass
			✓			Sun	28	The Rest & Best of the Mountain	Stevens Pass
APRIL/MAY				✓	✓	Fri	2	Exam Orientation Clinic	Mt. Bachelor
				✓	✓	Sat-Sun	3-4	Exam Modules - Level II & III	Mt. Bachelor
	✓	✓	✓	✓	✓	Fri-Sun	9-11	Spring Symposium	Sun Valley
				✓	✓	Fri	16	Exam Orientation Clinic	Mt. Hood Meadows
					✓	Sat-Fri	17-23	National Academy	Snowbird, UT
	✓		✓	✓	✓	Sat-Sun	17-18	Exam Modules Level II & III (Adaptive Level I & II only)	Mt. Hood Meadows
			✓	✓	✓	Sat-Sun	17-18	Children's Specialist 1	Mt. Hood Meadows
					✓	Sat-Sun	17-18	Senior Specialist 1	Mt. Hood Meadows
					✓	Fri-Sun	23-25	Spring GS Race Camp	Mt. Bachelor
					✓	Fri-Sun	23-25	Technical Team Tryout	Mt. Bachelor
			✓	✓	✓	Fri-Sun	23-25	Freestyle Camp	Oregon Location (TBA)
	✓	✓	✓	✓	✓	Sat	24	Spring Fling	Seattle Metro (TBA)
	✓	✓	✓	✓	✓	Sun	25	Spring Fling	Mt. Hood CC
JULY			✓	✓	✓	Fri-Sun	Apr30-May 2	Divisional Staff Selection (Alpine, Snowboard & Telemark)	Oregon Location (TBA)
					✓	Fri-Sun	9-11	Summer Ski Camp #1 - Improve Your Skiing via Gate Training (race experience not req'd)	Timberline
					✓	Fri-Sun	9-11	Professional Development Series Camp	Timberline
					✓	Fri-Sun	16-18	Summer Ski Camp #2 - Improve Your Skiing via Gate Training (race experience not req'd)	Timberline

getting more information

Be sure to look online at psia-nw.org for more detailed event information like one-day event descriptions, lodging deals for multi-day events, certification guides and more.

SPECIALIST PROGRAMS

Children's Specialist

Multiple Dates and Locations

Children's Specialist 1 (CS-1) is a two day children's education clinic introducing many ideas and theories on the way children grow, think and learn and how you can tap into these resources to help you gain more information as an instructor and specifically learn how to work with the children specific client. Children's Specialist 2 (CS-2) is also a two day program and is designed to take your knowledge and understanding of children to the next level. Come explore multiple developmental and cognitive theories, develop creativity, children's learning preferences and motivations and continue to learn more about how children move and how that applies to teaching, aka playing, on the snow. All disciplines welcome. Please visit the website for more information and pre-requisites.

Children's Specialist 1 or 2

2-day event, 2-year credit, Cost: \$125

Freestyle Specialist

Multiple Dates and Locations

Foundations (FS-1) is accomplished by attending and understanding the curriculum of a one day accreditation clinic focused on coaching park, rails, and pipe riding. The Progressive (FS-2) and Advanced (FS-3) are attained through a higher rigor two day process. By meeting the needed program education requirements, candidates will be given feedback of their performance shown for the appropriate level of coaching and riding. Alpine and snowboard. Please visit the website for more information and pre-requisites.

Freestyle Foundations

1- day event, 1-year credit, Cost: \$65

Freestyle Progressive 2 or Advanced 3

2-day event, 2-year credit, Cost: \$125

Senior Specialist

Multiple Dates and Locations

The Senior Foundations clinic is intended to acquaint the participants with the objectives and material that formulate the core of this training, the senior client. This day clinic will introduce you to the senior client and provide you some basics for working with them. If you want more, PSIA-NW also has the Senior Specialist 1 program that is intended to develop and expand your knowledge and skills gained in the Foundations course by advancing the applications and theory for teaching seniors in the Beginning to Advanced Zones. Alpine specific. Please visit the website for more information and pre-requisites.

Senior Foundations

1- day event, 1-year credit, Cost: \$65

Senior Specialist 1

2-day event, 2-year credit, Cost: \$125

CERTIFICATION

Certification training ★

Exactly what it says; come work on your skills as an instructor. This multi-day course will help prepare you for your upcoming exams (be it this year or five years down the road) and give you tools for success as an instructor. You'll improve your skiing/riding and teaching through video review and indoor training sessions. Receive a DVD at the end of the series and written feedback to help in your goal setting. Alpine and/or snowboard. Please visit the psia-nw.org website for more information.

2-year credit, Cost: \$300

Exam Checkpoint

Scheduled roughly a month before an exam, this checkpoint has a mock exam feel, it will cover both skiing or riding skill assessment and teaching and give feedback relative to where you are on your pathway for your upcoming exam. Also sign up for this clinic if you are considering re-instating. Alpine or snowboard.

1-day event, 1-year credit, Cost: \$60

Exam Orientation ★

Always scheduled the Friday before an exam, this clinic is structured to put you at ease before the exam weekend. Go out with an examiner, get acquainted with layout of the hill, get an idea of how your day will be structured during the actual exam and ask any questions you are still wondering about. Get comfortable with the exam process. Alpine or snowboard.

1-day event, 1-year credit, Cost: \$60

Exam Modules ★

Skiing or riding one day and/or teaching the other day. The exam is split up into two modules/components – take the entire exam in one weekend or season or split it up and spread it out. Alpine and/or snowboard.

1-day per module, 1-year credit

Cost: \$115 per module

Written Exams

Level II and III written exams - See Calendar for times and locations.

Cost: \$20

Track Pre-Exam Clinic

This pre-exam clinic is a must attend in order to get ready for the Track exam. Scheduled two weeks before and the day before each exam.

1-day event, 1-year credit, Cost: \$60

Track Exam

Skiing and teaching are assessed in a day long process. Level II or Level III. Pre-exam clinic attendance a must before taking the exam.

1-day event, 1-year credit, Cost: \$115

Telemark Exam ★

Skiing and teaching over the course of two days. Level II and Level III. Pre-exam clinic is optional but encouraged for preparation for the exam.

2-day exam, 2-year credit, Cost: \$230

Camps

Spring GS ★ Camp

April 23-25, 2010 at Mt. Bachelor
Spring at Mt. Bachelor, a run all to ourselves, video and review, great coaching and friends – where else do you want to be in late April? Come see why Mt. Bachelor is known for its 300 days of sunshine, high speed groomers when combined with gates, makes for an awesome GS camp! Thank you Mt. Bachelor for your support. All alpine abilities welcome.

3-day event, 2-year credit, Cost: \$250

Freestyle Camp

April 23-25, 2010
How often do you get three days of training specific to the park and the pipe? The coaches will ease you into the playground and open up the doors to what it is “kids these days” are doing. Video plus video review. Great way to better your own skills as well as increasing your freestyle teaching bag of tricks. All disciplines welcome and helmets recommended.

3-day event, 2-year credit, Cost: \$230

Staff Selections

Technical ★ Team Tryout

April 23-25, 2010 at Mt. Bachelor
Innovators and top snowsports professionals make up the Technical Team. The team is involved in pioneering new events, helping guide certification among other endeavors. If you'd like to be a part of this innovative group, please tryout. Details about the tryout will be in the next issue and available on-line.

3-day event, 2-year credit, Cost: \$210

Divisional ★ Staff Tryout

April 30-May 2, 2010 - Oregon (TBA)
Thought about becoming part of the Divisional Staff? This year we have a total staff selection for new and returning staff. Take the opportunity to get involved. Details about the tryout will be in the next issue and available on-line.

3-day event, 2-year credit, Cost: \$200

Summer Skiing

Summer Ski Camp

July, 9-11 or 16-18, 2010
at Timberline Lodge

Pristine blue skies, mountain air, amazing views and a snowfield. Experience all this and be skiing in the middle of the summer. Another of our premiere events with the Technical Team and other talented coaches, this three day camp full of tips, tricks and tactics will get you comfortable in the gates, whether your goal is to navigate with confidence or rip with speed. Video, review, social time and a DVD of the event is yours to be had. Come enjoy what all your friends are envious of, skiing in the summer at Timberline. Alpine specific – lift tickets must be pre-paid.

3-day event, 2-year credit, Cost: \$275

Professional Development Series

July 9-11, 2010 at Timberline Lodge
Do you like to keep your skills fresh and challenged in the 'off season'? Do you like the idea of skiing from 8am-2pm with the rest of your day free to golf, bike, swim, shop, hike, windsurf or just relax? In this series you'll receive video and review, personal coaching and on-hill training, a small group size full of professional knowledge and of course skiing, in the summer, on a glacier. Alpine specific.

3-day event, 2-year credit, Cost: \$225

Event Fees

Clinics (1-day)	\$60
Certification Training (multi-week)	\$300
Divisional Academy (3 days)	\$300
Fall Seminar (1-day)	\$65
Freestyle Camp (3 days)	\$230
Immersion (3 days)	\$300
Spring Fling (1 day)	\$55
Spring GS Camp (2 days)	\$250
Spring Symposium (2 days)	\$160
Summer Professional Develop Series (3 days)	\$225
Summer Ski Camp (3 days)	\$275
Track Fall College (per day)	\$60
Track Symposium (2 days)	\$120
Tryout Camp (3 days)	\$275
Winter Blast w/National Team (2 days)	\$310

Exam Fees

Alpine & Snowboard Exams	
Level II or III Written Exam	\$20
Level II or III Exam Checkpoint	\$60
Level II or III Exam Orientation	\$60
Level II or III Exam Module (per day)	\$115

Telemark Pre-Exam Clinic	\$60
Telemark Level II or III Exam	\$230
Track Level II & III (one day event)	\$115

Specialist Programs

Children's Specialist 1 or 2 (2 days)	\$125
Freestyle Specialist Foundations (1 day)	\$65
Freestyle Specialist 2 or 3 (2 days)	\$125
Senior Specialist Foundations (1 day)	\$65
Senior Specialist 1 (2 days)	\$125

Divisional Staff Tryouts

Technical Team Tryout (3 days)	\$210
Divisional Staff Tryout (3 days)	\$200

About Lift Tickets

Where an event is supported by the host area it is denoted in the event description. Many resorts are able to fully support our educational event offerings, while some are not. Details can be found on the psia-nw.org website regarding specific individual event lift ticket information.

Scholarships

Need some help paying for an educational event, exam or manual? The Pacific Northwest Snowsports Instructors Association - Education Foundation (PNSIA-EF) is just the place to find some financial support for your professional development.

To apply for a scholarship, please follow these simple steps:

1. Be a member in good standing meaning dues are paid and ed credits are up-to-date.
2. Be prepared to write a short article summarizing the event you attended.
3. Fill out the scholarship application form and get the necessary letters of recommendation.
4. Submit your Event Application 30-days prior to the event you wish to attend.

For a complete list of details including an application go to the psia-nw.org website, then choose "Member Benefits" from the menu.

It's More than a Card



photo by matt cinnotti

"I learned to ski and snowboard in 2007 and fell in love with the mountain environment and the people who live, work and play there. I began teaching soon afterward, but I was still very green when I became a member that season. My new PSIA and AASI friends not only worked with me to develop my skiing/riding, they also mentored me, helped me to overcome my fears, got me addicted to freestyle, and taught me to love the mountains even more than I already did. Skiing and snowboarding may be two of mans greatest discoveries, but it's the people involved in those sports who make it truly amazing! It's been an great three years and I'm looking forward to many, many more!"

go with a pro clinics



This clinic is designed specifically for instructors who took a Level I exam. They can slide into a clinic with a Divisional Clinic Leader (DCL), aka PSIA or AASI Pro for a day of fun, skiing and riding.

It's not all about talk, or books, or dues – it's about having fun and sharing the passion for the mountain experience. Participants can expect to share the day with fellow instructors, possibly from other schools, while skiing or riding with a clinician who shares some information about the organization, the educational opportunities and to help them "Learn, Teach and Inspire" as a snowsport education pro.

Valid ONLY for instructors who took their Level I during the 2008-09 or 2009-10 season. Please Note: If you sign up for this event and do not show up, a \$25 cancellation fee will apply.

TRACK	TELEMARK	SNOWBOARD	ALPINE	DATE	LOCATION
✓				Dec 13	@ Fall College
			✓	Mar 20	Mt. Ashland, Bluewood
		✓		Mar 20	Mt. Spokane
		✓	✓	Mar 21	Schweitzer
		✓	✓	Mar 27	Stevens Pass
		✓	✓	Mar 28	Alpental, Crystal Mtn
		✓	✓	Apr 3	Mt. Bachelor
✓	✓	✓	✓	Apr 10	Symposium @ Sun Valley
		✓	✓	Apr 17	Mt. Baker, Timberline
	✓			Apr 17	Mt. Hood Meadows
		✓	✓	Apr 18	Mt. Hood Meadows

1-day clinic, 1-year educational credit, Cost: no additional charge as the event fee is included as part of the Level I Exam!

signing up for events

To ensure events happen as scheduled and avoid late fees, please carefully plan and decide what event you wish to attend, then register at least 14 days prior to the event. This allows the office staff ample time to organize the event, meet its staffing requirements and make the event the best it can be for those attending!

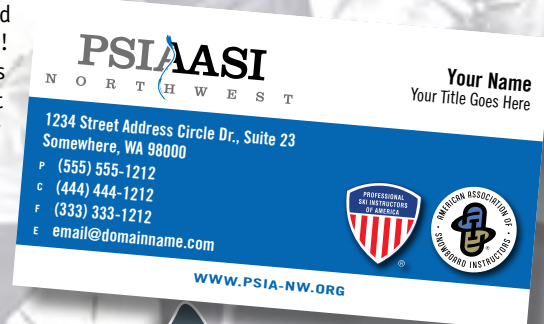
TO AVOID A LATE FEE, SIGN UP EARLY. Registration less than 14 days prior, is on space-available basis, and assessed a \$10 late fee per day or per module.

CANCELLATIONS. More than 4 weeks prior: Full Refund; 2 to 4 weeks prior: Refund less \$25 administrative fee; Less than 2 weeks prior: No Refund except noted as follows. If you are unable to attend an event due to injury or medical reason, providing a signed note from your medical provider, your money will be refunded LESS a \$25 administrative fee.

Event and Exam Applications may be downloaded from the psia-nw.org website. Once completed, you may fax or email the application to the office for processing. Before the event, you will receive a confirmation email with details specific to your event.

Look like a pro, too!

Professional Business Cards ordered directly from the psia-nw.org website! Get professional, affordable business cards customized with your name and contact info. Heavy-duty paper designed for our outdoor teaching environment.



It is April and the Senior Program at Anthony Lakes is on the grow. The foundation for this program began with three instructors, Bill Peal, George Roach, and John Spencer, taking the Senior Specialist training at Spring Symposium 2008 at Mt. Bachelor. Since then the program has been slowly taking roots with recruitment activities promoting the concept of a special offering for our adult skiers fifty and over. Networking with ski clubs, friends, and the skiing public has provided a strong client base for the program. We have built an email and address database for announcements of special event offerings designed for seniors. We have stressed the desired outcome of getting more seniors skiing for improved health via winter activities, building fitness and strength via a fun sport and the camaraderie and circle of friends to connect with at Anthony Lakes.

It is not all work and no play. Ski trips provide opportunities for social contact and building a circle of friends inside and outside of skiing. The Star Bottle Ski Club traveled to Big Sky, Montana, for fun on the slopes of Lone Peak to learn to apply some of the techniques of modern skiing led by Bill and John. In 2010 we have a trip planned to Sun Peaks, Canada which is sure to be a big hit with our group.

Our first official activity at Anthony Lakes was to conduct a free clinic to introduce and initiate the senior program. At this time our three Senior Specialist instructors were introduced, and the program objectives and operating structure was explained. The participants were divided into ability groups and we took to the mountain for fresh powder skiing with ten inches of new snow on a 20 degree day.

When asked what he saw as the strength of the senior program at Anthony Lakes, Ed Shaul replied, "I am excited about our new senior skiing program as it allows for certified instructors, specifically trained in issues challenging today's skiing seniors, help me enjoy the sport with greater safety. Skiing with fellow seniors provides me with social contact and keeps me more physically active. The senior-specific instruction has been great in improving my understanding of new ski technology and age-specific techniques."

Bill Peal led the more aggressive skiers most of whom wanted to learn something new or tune up their powder skiing. Many runs had great powder adjacent to the groomers so it was an ideal situation for introducing technique for skiing the fluffy stuff.

"Wow, this is fun!" was the unanimous comment from the group. Marie Whitaker added, "This program



Growing a Senior Program at Anthony Lakes

Photos and text by Bill Peal

has tremendous value to get seniors together and teach them ways to prevent injuries while learning techniques enabling us to ski longer with more runs and less fatigue."

A very important consideration to the development of your senior program is highlighted in the Senior Specialist Manual which is part of the Senior Specialist Program available from PSIA-NW. It is the **Tailoring the Learning Process** (Section 3) one must pay particular attention to in order to be successful when working with senior skiers. The 3 basic principles are:

1. Use low impact drills and exercises that encourage stacking of the body over the feet to reduce the amount of muscular stress required to maintain balance and accomplish the goals.
2. Encourage continuous fluid movements throughout the performance of all drills, exercises or runs.
3. Pace the class so the lesson will be an enjoyable social experience while providing real value added changes by the end of the lesson without taxing the stamina and endurance of the clients.

"Hey, this really is easier!" is a typical comment we hear when we follow this learning process. It is my experience that seniors really light-up when you show them how to be more efficient in their movement patterns and consume less energy, which equates to more runs and more fun.

The senior skiing program is being designed with several factors in mind. People are staying active longer than ever before. Information in our new Senior Specialist Manual points out that "skiers between age 45 and 74 increased from about 1.1 million in 2002 to 1.3 million in 2003 alone." Seniors are coming to the mountain and getting little or no direct, specific

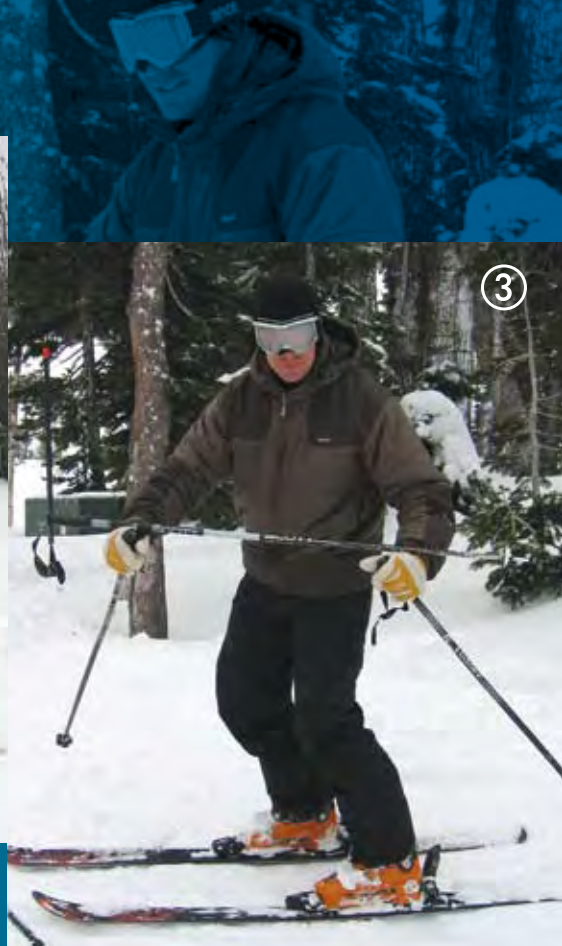
attention. A larger group of seniors is looking for programs that cater to their needs like an indoor place to socialize and boot-up before heading outside. If we provide this needed attention, more senior clients will choose skiing as their preferred activity and recreational outlet. Senior groups forming at resorts all over the world are finding new friends and new challenges. Anthony Lakes is eager to help pioneer this new movement.

In the coming years, as instructors, we are likely to have more senior students whether we operate a program for seniors or not. The new PSIA-NW Senior Specialist training will give you information and tactics that will help you be able to better meet the needs of this growing population of guests at our resorts. As many of the ski schools within our region consider the implementation of a program for Seniors it is good to know that the Senior Specialist Program is available. The training it provides is a tremendous resource answering the questions that are sure to arise.

Take the opportunity to connect with other instructors at the Senior Specialist training program to exchange ideas, share personal experiences and develop the "this works for me" exchange that is sure to enhance your lessons and programs at your home mountain. If you have ideas or questions or want to get more details about the successes at Anthony Lakes, please contact me. ❄️

Bill Peal is a Level II alpine instructor and trainer at Anthony Lakes Resort, in North Eastern Oregon. He also teaches cross-country skiing and leads snow shoeing trips combining his love of snowsports and photography. He has been teaching for 10 years at Anthony Lakes following 30 years at Pendleton High School as an Agri-Science instructor. When not skiing he is taking photos or teaching digital photography at the Pendleton Center for the Arts. He can be reached by email at bpeal@mac.com.





IT'S COUNTER TO BE SQUARE

Written by John May Technical Review by Rick Lyons Photos by Tyler Barnes

A memorial service was held this summer on the slopes of Mt. Hood for our beloved friend, Counter. Although a body has not yet been found it's widely accepted that the cause of death was due to overuse and misunderstanding. Counter is survived by its next of kin, Squared.

Leading up to the disappearance of Counter many ski patrons had witnessed its abuses and mistreatments. There was an eye-witness account of a counter overdosing at Mt. Hood Meadows where a skier was hell-bent on keeping his upper body facing down the hill at all times. The worst atrocity was in a medium radius turn on North Canyon (an easy blue run) where he insisted on keeping hips, shoulders and hands pointed directly downhill through the finishing phase of the turn. After further investigation this abuse of counter was cited as the reason why the skier always ended up back on the inside ski with excessive tip lead only causing gross rebalancing and re-aligning movements to start the next turn.

Other reports indicate that Counter was so despised that it was banished from local shops and community bookstores. Local banker, Tip N. Side was so disgusted with Counter that he chose to "square up" at the finish of his turns so that hips and shoulders faced completely across the run in

every turn. Tip N. Side said, "I have no use for counter! If I just face across the hill every turn, I can slow down by bracing against my downhill ski and skidding sideways. Yeah, it tires me out and makes it really tough to move into the next turn, but at least when I fall I'll be up the hill rather than down."

When asked if he would ever consider adding some counter, Tip N. Side responded, "Are you kidding me? That just gets me all twisted up and swings the tails around the tips! I'm sticking with rotating my hips around so I can set up a skidded brace for safety." On a side note, banker Tip N. Side is also the president of the local WHTPF (We Hate Turning in Powder Foundation) and is organizing the NNBC (No New Bumps Coalition).

In another sighting, patrons at Stevens Pass saw Counter being dragged all over the mountain in various turns, shapes and conditions. We had a chance to catch up with someone who spoke with Counter in the final days and she said "Oh that poor Counter, it was just so misunderstood. Last week at lunch I found Counter curled up crying in the corner." When I asked what was wrong, Counter just said "I can't take it anymore, these skiers are over using me because they think if a little is good then a lot must be better. I tried to remind them that humans are designed for fore/

aft movement, but oh no, they insist on twisting their spines in to a Möbius strip every turn. You know, they just end up over pressuring the outside ski through the finish and can't flow into their next turn." Our eye witness felt that Counter was so distraught, that it's no surprise people are reporting it's disappearance.

With all these reports of abuses, overuses, no uses and excuses Counter seemed to have left this world due to confusion and over application.

However, conspiracy theorists have asserted that in the week leading up to Counter's disappearance there had been visits to the Functional Movements Plastic Surgery Program at the I.T.T. Institute. It's even alleged that Counter had reconstructive surgery and put away the one-piece Scot Schmidt Steep Tech ensemble in an attempt to blend in on the hill. Even though a body has not been found, authorities cite Counter's lack of presence in efficient and effective skiing as grounds for declaration of death.

Not convinced, a local Movement Analysts Team searched for Counter on the slopes by interviewing many efficient skiers. They began noticing skiers achieving incredible performance by aligning their bodies to their tip lead, and when asked flat out, "Where's Counter?" The skiers would re-

spond "Oh I stopped trying to create counter and started squaring up to my ski tips." Confused and suspect, these analysts asked for an explanation.

Here's the transcript...

Movement Analysts (MA): Square to your tips? Don't you mean square to your skis? I thought that was bad.

Efficient Skier (ES): Apparently you are misunderstanding me. Instead of aligning your hands, shoulders, hips and torso to the direction your skis are pointing or facing, simply align them to the natural amount of tip lead that is created through the finish of a turn.

MA: Hold up! This isn't new, we just interviewed that banker Tip N. Side and he tries to do this every turn.

ES: He takes it too far. That banker loves to skid and brace off his downhill ski through the finish. I'll bet he told you that old nugget about falling up the hill is better than falling down the hill. He over rotates his hips and shoulders at the finish of every turn, rather than keeping his body aligned to the small amount of natural offset or tip-lead that occurs through the finish of the turn.

MA: Tip-lead Alignment? What does that do for you?

ES: It keeps you in the most optimal alignment to

do what you want when you want. First it creates a far better stacked position to manage pressure. I used to hear Counter always complaining about the inability to manage pressure at faster speeds because the body faced a different direction than the feet creating a very compromised structure. Second it allows us to access our feet and legs more readily. We don't have to make a rebalancing movement through transition just so we can start the next turn. A key indicator for me is sensing my inside foot under my inside hip, instead of in front of it. Or as some folks say - keeping the inside hip over the inside foot. Bottom line: Keep your hips over your feet relative to the line of action and you will be stacked to use your tools the way you want.

MA: Stacked is good, but hips over inside ski ankle seems like you'll have too much weight on the inside ski

ES: Ah gothcha! I said keep the inside foot under the hip, not lean inside or put your weight on your inside ski. You are still directing balance to the outside ski and managing pressure through both skis, but by keeping your inside foot under your inside hip, relative to the line of action, will allow you to use your new outside ski earlier in the turn. In fact, great skiers can start engaging the new outside ski before it even technically becomes the outside ski.

MA: Huh?

ES: C'mon, I saw you guys at the PSIA-NW Summer Ski Camp, as well as at Timberline clinicing with Mike Rogan this summer, and then again at Fall Seminar listening to keynote speaker and former US Ski Team Coach Greg Needell. If you can begin to slightly edge and pressure the new outside ski while it is still the inside ski, during the finishing phase, then you will be able to start engaging the ski earlier and get better ski performance. In fact you not only get earlier engagement but also balance, speed control, and the Level III standard known as "carving immediately." But, you can't get any of it if you are not in a stacked and aligned position. Aligning to the natural offset of your ski tips and keeping your hips over your feet keeps you in the position to do whatever you want, whenever you want.

MA: I'm getting it now. You don't face across the hill because the hips come around too far and you create a downhill brace. So if we just face downhill all the time then we should be in the money because, if little is good as you're describing then more must be better.

ES: Whoa, pump the brakes! Just like "over squaring" doesn't help neither will "over countering." Think of it as the sweet spot. Not enough counter you get over-rotated and braced, but too much

(continued on next page)

Over Countered? Under Countered? Ideal Counter? What are the visual cues?

Fall Line

① Under Countered

Outside hip rotated, inside hip behind or even with the outside hip, upper torso faces across hill, whole body tends to tip into the hill



Performance Outcomes

Upper body rotates at turn initiation, rebalancing movement required to start next turn, legs stops turning and/or become braced against the outside ski through finish of turn.

② Ideal Counter

Shoulders, hands, hips match ski offset, inside hip ahead of outside hip, both hips over both feet and aligned to the line of action



Performance Outcomes

Skier in balance throughout turn, no rebalancing movements required, skier flows from turn to turn, upper body appears quiet due to minimal re-aligning movements.

③ Over Countered

Upper body faces more directly down the fall line by rotation of the spine, inside hip behind inside foot, excessive ski lead or divergence



Performance Outcomes

Rebalancing movement required to initiate next turn, skis typically pivot to an edge as edges are released and/or skid through top third of the turn.

(continued from previous page)

counter and the inside foot typically moves excessively ahead of the inside hip putting you on the tail of the inside ski. "Over countering" can happen in two forms 1.) is a twisting of the spine where the shoulders and chest face down hill, but the pelvis and hips still face across the hill or 2.) all portions of the upper body including the pelvis face directly down hill but are stacked over the heels rather than the front of the arch. In either case the skier will have to make a rebalancing move before flowing into the next turn.

MA: That seems to make sense. We want to align our hands, shoulders, torso, hips, etc. to the minimal amount of tip lead that naturally occurs through the finish phase. So it's a continually stacked alignment to keep us in position to get the most ski performance. Thanks for sharing with us! Tomorrow's headline will read, "No more use for counter rotation."

ES: What? No, no, no. The misuse of counter-rotation is dead. We still want to keep turning the feet and legs more than the upper body but in a manner that maintains continual stacking with hips over feet relative to the line of action.

MA: But, but, but...

ES: But nothing. For example if you are making a turn shorter than the design of your skis or maybe skiing the bumps, trees, chutes or a close set gate, then you'll definitely be turning the feet and legs under a stable body to take the skis through the intended path. Some call this skiing in and out of counter which is a functional outcome of great movements rather than a position or a look you create. However, even in these shorter turns we still find improved performance and control from aligning to the tips and stacking.

MA: Even with short radius turns?

ES: Yes, even with short radius turns.

MA: Hmm ... so too much counter or too little counter inhibits efficient skiing. The ideal position is to stay aligned to your ski tips or correctly

"squared." Correctly meaning hands, shoulders, torso and hips aligned to the natural tip lead that occurs through the finishing phase or square to the tips. From this alignment you have the most options to use the tool the way you want, when you want. So just the right amount of counter is ideal, but I don't know if you heard, Counter is dead.

ES: Due to a non-disclosure agreement, Counter has asked us to not mention its name since moving into the Abused Concept Protection Program but since the cat is out of the bag, then we can confidently say that Counter is alive and well in efficient skiing. Simply said countering or aligning your upper body (pelvis included) to the natural offset of your skis (aka "tip lead") will enable you to do want you want, when you want.

Final Thoughts

Alignment of the upper body to the tip lead is not a new concept. It is the fundamental basis for turning feet and legs under a quiet and stable upper body. A quiet upper body can be statically illustrated indoors simply by standing up then pointing your feet to the left or right by rotating the femur in the hip socket, without rotating your hips. The axis of rotation should run between the arch and ball of your foot, not the heel. You will notice there is no twisting of spine and there is a natural offset or tip-lead created by these movements. Now slowly rotate your hips and torso to align with a straight, imaginary line drawn between your big toes. You are now "square to your ski tips" or "optimally aligned." Granted this is a static example, and when you add forces generated in a turn, tipping of the lower legs to edge/de-edge the skis, there will be additional movements necessary.

Keeping the upper body aligned to this minimal offset results in little if any rotation of the upper body. This minimal movement can be described as "quiet" and "stable." Beyond looks, this alignment is incredibly functional, because it allows immediate access to the skis with no rebalancing movement needed to enter the next turn.

Stance influences tip-lead. An ideal stance width is skier dependent and based on characteristics of a person's body structure (wide hips, narrow hips, height, etc.) but here are some key guidelines.

The stance should be wide enough to enable a full range of edging from both skis by tipping of the lower legs but be narrow enough so it is unnecessary to move the center of mass excessively laterally to be able to extend or flex either leg. Typically matching the width of your stance to width of your hips is a good starting point. It's much more effective to balance from a consistent stance compared to one that is changing during a turn. So once your stance is established, the goal is to keep it consistent throughout a turn.

One of the key points with "aligning to the tip lead," is to maintain a functional relationship between the inside hip and inside foot. A common mistake is to have more tip lead than hip lead. If the hip is not aligned with the foot the tendency is for the skier to be back as he tries to engage the new outside ski. The relationship of the hip and foot needs to be balanced with the line of action, which is the combined forces acting through and into the bottom of the skis. The line of action changes dramatically with speed, turn radius, snow surface and terrain.

To achieve this alignment, the inside hip, torso, shoulder and arm should remain higher than, and ahead of, the outside hip, torso, shoulder, and arm. One should be able to draw parallel lines across the ski tips, feet, hips, shoulders and arms. These parallel lines help address the confusion of how much counter is too much vs. too little, because it provides a tangible orientation of the upper body to the skis. How much further you turn your legs than your torso is directly related to the desired turn outcome.

In the photos and diagrams shown the skiers are statically depicting a desired medium radius turn outcome so the legs are turned slightly more than the torso. If the desired turn were shorter, the legs would turn further across the torso and the resulting tip lead would match. ❄️

Static Activity

Standing perpendicular to the fall line on a slight hill, find your default stance. Be sure the inside foot is directly below the inside hip, so you can feel boot cuff contact, where the inside ankle is flexed more than the outside ankle, and the inside hip is higher than the outside hip. Now, have a partner lay a pole on the snow matching the ski tip offset created by your stance. Balance a second pole across your arms. Align the pole across your arms so that it is parallel to the pole on the snow. This gives a visual reference to help you anchor kinesthetic awareness of optimal counter (see numeric key previous page).

John May is an instructor and trainer at Mt. Hood Meadows Ski Resort, a PSIA-NW Alpine DCL, and owns Creekstone Design a full-service design+build remodeling company in Portland, Oregon. He can be reached by email at jimaymn@hotmail.com.





YEAR TWO OF LEARN A SNOW SPORT MONTH SET FOR JANUARY 2010

What is Winter Feels Good?

Winter Feels Good is a nationwide public awareness campaign developed by SnowSports Industries America to educate the public about the health, fitness and social benefits of snow sports and how children and adults can become involved. Now entering its third year, Winter Feels Good serves as a resource to government organizations, educators, youth organizations, and individuals on the different aspects of learning and enjoying winter sports as part of a healthy lifestyle.

How Snow Sports Contribute To Better Health

With child and adult obesity rates soaring to epidemic levels across the U.S., incorporating physical activity into daily life has become a health imperative. Snow sports keeps children and adults active year round. Activities such as cross-country skiing and snowshoeing burn more calories than walking or running at the same speed, while alpine skiing and snowboarding can burn as much as 600 calories per hour. These sports are social, family-oriented, and manufacturers have decreased the learning curve by designing equipment and apparel that facilitates a great experience for first-time participants.

Winter Feels Good Programs & Initiatives

WinterTrails® Day – A national day of free snowshoeing and cross country skiing at nearly 100 venues across North America on Jan 7, 2006, www.wintertrails.org

Snowsports Physical Education Curriculum – A guide developed by Winter Feels Good for physical education teachers on how to introduce snowsports in physical education classes

President's Challenge – Winter Feels Good works with the Presi-

dent's Council on Physical Fitness and Sports to motivate children and families to earn President's Challenge awards through participation in snow sports. www.presidentschallenge.gov

Online Resources For Getting Started in Snow-Sports – winterfeelsgood.com is a wealth of information on how to improve or begin a health and fitness program using snow sports, including training, nutrition, dressing properly, learning programs, and a listing of discount programs for children.

Partners and Affiliate Organizations: Professional Ski Instructors of America and the American Association of Snowboard Instructors, American Alliance for Health, American Hiking Association, American Heart Association, Cross Country Ski Areas Association, National Ski Areas Association Outdoor Industry Association/Foundation, PE4Life, President's Council On Physical Fitness & Sports, U.S. House Ski and Snowboard Caucus, United States Ski and Snowboard Association, WinterKids and others. ❄️

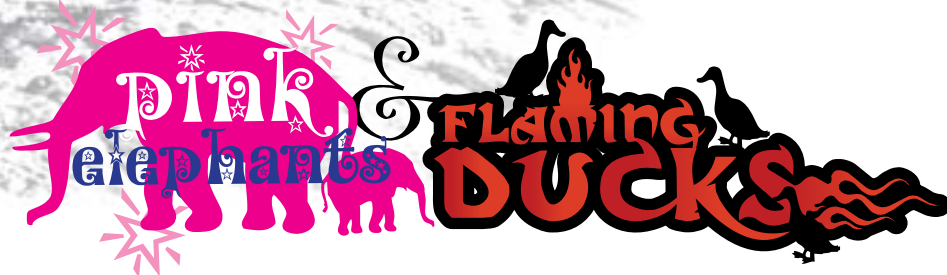
Organizers of Learn a Snow Sport Month are preparing for the second year of the program scheduled for January 2010. Twenty-two states participated in 2009 and more are expected for year two. Learn a Snow Sport Month positions January as an ideal time to take lessons from a pro. Resorts are offering learning programs that make it easy for consumers to learn a sport and entice current snow sport enthusiasts to pick up additional skills. The concept is similar to what the golf and tennis industries are also doing to attract new or returning customers.

In its first year effort, Learn a Snow Sport Month attracted 20,000 children and adults. Learning programs are offered for alpine skiing, snowboarding, cross country skiing and snowshoeing, the latter through the annual Winter Trails program. Using the website www.learnasnowsport.org all programs will be easy for consumers to review by going to a splash page on the Winter Feels Good website (www.winterfeelsgood.com). Some learning programs are free while some require a reasonable fee. The "fee" is determined by the resort or Nordic center offering the learning experience. New postings will be available by November 1.

Major industry media outlets are running full page color ads to promote the program in both or either of their December and January issues as well as websites. The message "Bring a Friend" is intended to encourage current enthusiasts to introduce friends to snow sports. A new blog, Facebook and Twitter pages have been added to more effectively communicate the program to consumers.

Learn a Snow Sport Month is organized by national, regional and local associations representing resorts, retailers, reps, suppliers and the trade media in the snow sports industry. ❄️

For more information please contact Mary Jo Tarallo by email mjtarallo@snowsports.org or by phone (202) 462-2913.



In case you hadn't noticed, the Pink Elephants and Flaming Ducks section of the newsletter is dedicated to teaching children. Tips, tricks, best-known-practices, concepts and how-to's are all part of the content program. Kids are a big part of most snowsports schools and with more tricks up your sleeve the more fun you and your students will have.



Let Their Hands Do the Talking!

Children's Tip by Greg Braun

Watch the hands to see what the feet are trying to do. If you have a kid whose arms are all twisted about, it's a pretty good indicator that their feet and hands are still "connected." If that is the case, have them move their hands in a way that will facilitate turning of the feet.

Sometimes the twisting of the hands as kids try to get their feet to turn the skis indicates a poor fit of the boot. The boot may be too large or buckled too loosely causing their foot to be turning in the boot which has little effect on the skis.

Careful suggestions for improving fit by temporarily replacing the boots with a more appropriate size, etc. could lead to increased performance. However, be sensitive in the questions you ask regarding their equipment. The boots may be a prized possession, hand-me-downs or purchased second hand. ❄️



Greg Braun is an 8th grade science teacher at Poulsbo Middle School, and is a training director at Summit Learning Center, Snoqualmie Pass. Email him at: glbraun@comcast.net.

Move Right If You're Wearing Blue

An Indoor - Outdoor Game

Just like it sounds. While standing in a circle, tell your class, "Move right if you are ... wearing blue or in 4th grade or your birthday is this month." Be creative! Move two spots to the left if you, "Haven't moved yet or your eyes are green or you like snow."

Kids will end up on multiple layers, passing in front of each other or behind and trading spots in the circular line. This game ensures kids don't have to "win" as there is no beginning or end to the circle. This is a great warm up activity for indoors or outdoors as it gets kids moving and interacting with each other.

Pipe Insulation and Colored Tape

Creative Props

You can fix anything with a little duct tape right? So get creative and make an easy prop for less than \$3. A six-foot section of 1" pipe insulation wrapped like candy cane stripes in colored duct tape is a magic wand, an elephant trunk, a horn, a tail, or an obstacle if stuck in the snow. These can be made to any length too so each student has something to hold which is "way cool" and reduces potential incidents of wildly swinging ski poles. Oh yeah, and it encourages good hand placement for better balance.

Maslow Has It All Figured Out

by Nelson Wingard

Children have the same basic needs as adults. However, kid's emotions more quickly overwhelm their cognitive abilities, resulting in one of thousands of forms of crying. Spend some time with all the levels of Maslow's mountain to discover the many reasons kids cry. It is crucial to your success as an instructor not to become frustrated, but instead react with compassion and care. That student is crying for a reason and it has nothing to do with making your life more difficult. They have a need that must be met in order for them to have a fun, safe and education mountain experience. Guess what? All of this applies to older students and even significant others as well.

In case you missed this whole article, it was printed in the Summer 2004 Issue. Hey! Guess what? You can read past and present issues of the NW Snowsports Instructor on-line at www.psia-nw.org. There are a ton of great articles for getting ideas about teaching kids and more! ❄️

Nelson Wingard is the Steamboat Ski & Snowboard School Director, former PSIA National Team member, former PSIA-NW Technical Team Member, and recent proud father of Lily in winter 2009.

"A three year old child is a being who gets almost as much fun out of a fifty-six dollar set of swings as it does out of finding a small green worm."

—Bill Vaughan

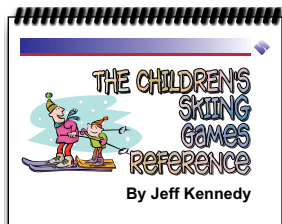
Don't Fall in Love With Ideas

If you fall in love with an idea, you won't see the merits of alternative approaches and will probably miss an opportunity or two. One of life's great pleasures is letting go of a previously cherished idea. Then you're free to look for new ones.



a whack to the Side of the Head

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So, what's your favorite part about skiing? "Hot cocoa and riding the chairlift!" Duh! Ask any 4-year old! photo by Traci Hamilton

Advanced Children's Accreditation Now Children's Specialist by Kim Petram

Senior, are highly-focused on education, not certification. As always, active participation and engagement in the two-day process is critical. This will be easy to do as the events are zero-stress (unlike exams) and are so much fun!

Children's Specialist 1 (CS1) is designed to cover curriculum for the beginning to intermediate zone. Participants must have their Level I in order to take this two day clinic. The understanding and application of general children's theory content will be explored including the Teaching Model, theories of Piaget, Maslow and Gardner as well as physical, cognitive and affective attributes. Despite the focus on beginning and intermediate zone students participants will still explore the entire mountain environment and be expected to show movement patterns appropriate to skill blending at this level of student.

Children's Specialist 2 (CS2) is designed to concentrate on the student in skill zones intermediate to advanced. Participants must have their Level II as well have attended the CS1 (or ACE 1) in order to take this two-day clinic. Curriculum is more rigorous with a deeper exploration into the learning partnership, theories of childhood development, physical growth and attributes, and sensory applications. Participants will explore the whole mountain environment and be expected to show movement patterns appropriate to advanced zone skiing or riding.

Workbooks and a supplemental packet of information is available for both CS1 and CS2 and can be found on the PSIA-NW website by choosing either the alpine or snowboard icon and then selecting "children" on the drop down menu. As well, participants must have access to the Children's Instruction Manual, Second Edition, 2008. Additional suggested supplemental materials are noted in each workbook.

For successful completion of CS1 participants must diligently complete the CS1 workbook prior to the clinic date with an understanding that CS1 is educational based and the clinician will be working with participants in areas requiring clarification. CS1 participants will receive personal written feedback to help guide future growth in children's specific education.

For successful completion of CS2 participants must complete the CS2 workbook and have it

turned in to the PSIA-NW office two weeks before the clinic date. Workbook details include a significant writing project that must be included. As well, participants will be asked during the two-day clinic event questions related directly to basic children's theory or content with the goal of participant's showing the ability to apply knowledge in practical settings. Because of the increased rigor and expectations, participants will need to meet all program requirements to be successful in the CS2. Participants will receive written feedback detailing areas of success and areas for further growth and development.

While the content is deep and expectations are high for participants to be successful becoming a Children's Specialist, the goal remains to provide an educationally sound event that not only gives participants a higher level of applied knowledge for their profession but is fun and exciting as well. How many of us can approach, analyze and then successfully make it down a black diamond bump run all while considering what it means to be an explorer, an artist, a judge and a warrior? Each of these roles fits a certain personality at certain times; I wonder what role you would choose? Try CS2 and you just may find out! You may not want to "hop like a bunny" but can you come up with three other ways to balance over your outside ski using the language of a six year old? Try CS1 and you will!

As most of us are involved at some level with the sliding and gliding education of children in our snowsport schools maintaining an updated and practical awareness of critical teaching components is not only useful but smart. You always want to be one step ahead of those eight year olds! Please join your CS1 and CS2 clinicians this season at specialist event offerings available throughout the coming months.

For questions or clarifications you are welcome to contact Kim Petram at Kim@petram.org or the PSIA-NW office directly. ❄️



Kim Petram is a PSIA-NW Divisional Staff Member, PSIA-NW Children's Committee Chairperson, and is a Training Director for Fiorini Ski School at Snoqualmie Pass, WA.

All of the specialty programs including Children, Freestyle and Senior, are highly-focused on education, not certification.

The other day my eight year old asked me, "Do you think ten should be afraid of seven?" When asked why he said, "It would be wise, because seven eight nine." If you think this is funny then you have an imagination that can relate to Concrete Operational thinkers – that's pre-teen in Core Concepts speak.

PSIA-NW has been at the forefront in program development and growth highlighting how to best teach and understand children. Over a decade ago, the Junior Education Team (JET) was started as a means of addressing the training criteria that was developing for children's snow sport instructors. The ACE program (Advanced Children's Educator) evolved from this to offer educational events geared around curriculum highlighting mastery of theory and content pertaining to children's development and needs as related to teaching skiing and riding.

Well, as Bob Dylan taught us, "The times, they are a changin'." With growth comes evolution and the children's program is now evolving to the next phase: Children's Specialist. To participate in a children's specialist program PSIA-NW instructors will need to be aware of the curriculum's criteria and obligations. All of the specialty programs including Children, Freestyle and

Teaching is Great Exam Training

by Jeremy Riss

I often hear the comment from instructors that they don't have time to train for exams because they are too busy teaching lessons. Going out and clinicing with your coach is a crucial part of training but so is experience teaching lessons of all ages and abilities. Some of the biggest breakthroughs I have had in my teaching and skiing have happened while I was teaching lessons.

Whatever feedback you are getting from your coach during clinics, applying that feedback during low speed maneuvers all day while you are teaching students is ideal. This will allow you to dial in the change you are trying to make at slow speeds and will be a benefit to your students since the accuracy of your demos will improve.

The movements you are trying to change in your dynamic skiing are generally the same movements you want to change in lower speed maneuvers. At the beginning of last season I was really focused on trying to get my outside leg to soften through the second half of the turn in order to flatten my outside ski and move smoothly into the next turn. I was able to make some progress on this in my dynamic skiing but I struggle with the timing right consistently. It wasn't until I practiced it over and over again in slow speed

wedge turns that I could really make the movement consistent every time.

There are different dynamics in play while you are doing a teaching segment in an exam vs. teaching a real lesson, but the same fundamentals apply in both and you are likely to have the same strong areas in your regular teaching that you do during exam teaching. You need to make safety a priority, use the teaching cycle, stay focused on building one skill at a time, work on each step until your students are successful at it, keep your descriptions simple and to the point, give accurate demonstration, and keep the atmosphere productive and fun for those you are teaching. Take the feedback that you get from your trainers during your mock-exam teaching segments and try to improve on those same things when you are teaching lessons.

Even if you are teaching kids the things that will make you successful in exam teaching will also get those kids making turns and heading off to the chair lift. One common error I see during exam teaching is people moving from one focus to another before students have mastered the original focus. I often see the same thing when people are teaching first-time 4 year-olds. They will work with the kids on side stepping to climb up the hill but not all the kids will be able to do it right away. The instructor will move all the kids to the next step of riding up the magic car-

pet even if they weren't able to do the first step successfully. The lesson suffers because the kids that can't side step up the hill have to rely on the instructor to pull them up the hill every time. The same thing happens in exams where candidates move to the next step in their progression even if the group did not perform the first step accurately.

To make the best use of all your time when preparing for exams, get accurate feedback from your coach and use every opportunity, especially when you are teaching everyday lessons, to apply that feedback and improve. Remember the ultimate goal in training for certification is to improve your ability to instruct your students.

Focusing on the areas in your teaching and skiing you need to improve on while you are working will make you a better instructor for your students

and help prepare you for your exam. ❄️



Jeremy Riss is the Ski & Snowboard School Manager at Mt. Hood Meadows Ski Resort, Oregon and is a PSIA-NW Alpine DCL. You can reach him by email at Jeremy.Riss@skihood.com.

GOES WHERE YOUR INSURANCE DOESN'T.



You ski, ride, and teach on the whole mountain, but you never know where your insurance policy may not go. Get extra coverage through the Sports Insurance supplementary accident and professional liability program. This policy is designed specifically for PSIA and AASI members who are certified level I and above. \$185 may help get to those places your current insurance might miss. For more information, visit the Members Only section at www.TheSnowPros.org





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than a Card**



David Lawrence
member since 1999

"I learned to cross country ski ten years ago, and PSIA has been there for me right from the beginning. Although I've only been a member for ten years, I think of myself as a "lifer." PSIA has given me access to technique, to gear, to knowledge and to other ski areas. But the greatest thing PSIA has given me access to are incredible friends and mentors. That's what the whole association is all about, the people you meet along the way! I try to go to as many events as I can, even outside my main discipline because I know the more events and clinics I attend, the more great people I get to meet."

dates to remember

Multi-Day Events

Track Fall College	Dec 12-13
Immersion	Jan 1-4
Tryout Camp	Jan 21-23
Winter Blast w/National Team	Feb 1-2
Divisional Academy	Mar 12-14
Spring Symposium @ Sun Valley	Apr 9-11
Spring GS Camp	Apr 23-25
Freestyle Camp	Apr 23-25
Summer Ski Camp #1	Jul 9-11
Summer Ski Camp #2	Jul 16-18

Specialist Programs

Senior Foundations & 1	Dec 19-20
Children's 1&2	Dec 19-20
Senior Foundations	Jan 29
Senior Foundations & 1	Feb 20-21
Children's 2	Mar 20-21
Freestyle Foundations	Mar 26
Freestyle Progressive & Advanced	Mar 27-28
Children's 1	Apr 17-18
Senior 1	Apr 17-18

Scheduled Alpine & Snowboard Exams

Mission Ridge (LII only)	Dec 19-20
Schweitzer	Mar 20-21
Stevens Pass	Mar 27-28
Mt. Bachelor	Apr 3-4
Mt. Hood Meadows	Apr 17-18

SEE PAGE 18-19 FOR COMPLETE CALENDAR

Go With A Pro

Track Fall College	Dec 13
Mt. Ashland, Bluewood	Mar 20
Mt. Spokane	Mar 20
Schweitzer	Mar 21
Stevens Pass	Mar 27
Alpental, Crystal Mountain	Mar 28
Mt. Bachelor	Apr 3
Sun Valley @ Symposium	Apr 10
Mt. Baker, Timberline	Apr 17
Mt. Hood Meadows	Apr 17&18

SEE PAGE 22 FOR GO WITH A PRO DETAILS