





PARTICIPANT INFO

Full Name	Email Address	Cell Phone #

PLEASE SELECT A LOCATION BELOW

<input type="checkbox"/> Spokane 10/19  <small>Lunch Options: Turkey/Provolone on a Croissant or Roast Beef/Cheddar on Whole Wheat. Both served with lettuce, tomato, chips, pasta salad, brownie and water.</small> COST \$16	<input type="checkbox"/> Portland 10/26  <small>Lunch Options: Turkey, Roast Beef or Veggie Sandwich with lettuce and cheese served with whole fruit, a bag of chips, a cookie and water.</small> COST \$14	<input type="checkbox"/> Seattle 10/27  <small>Lunch Options: Smoked Turkey and Brie Croissant, Parmesan Beef Sandwich or Portobello Rustico. Each lunch includes a bag of chips, pasta salad, a large cookie and bottled water.</small> COST \$17.50	<input type="checkbox"/> Anchorage 11/16  <small>Lunch Options: Turkey Bacon Avocado/Provolone, Roast Beef/Cheddar, or Veggie/Provolone. Each sandwich is served on a French Roll with lettuce, tomato and comes with chips, house salad and bottled water.</small> COST \$15.50
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PLEASE CHOOSE YOUR MORNING AND AFTERNOON TOPICS

The morning begins at 8:45am with the keynote speaker.
Course placement is based on your selections and space available. Some sessions may not be offered due to lack of signups.

<p>Morning Topic (10:00am - 12:00pm)</p> <p>_____</p> <p>First Choice</p> <p>_____</p> <p>Second Choice</p>	<p>Afternoon Topic (1:00pm - 3:00pm)</p> <p>_____</p> <p>First Choice</p> <p>_____</p> <p>Second Choice</p>
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PAYMENT DETAILS - PRICES ARE PER PERSON

☐ \$85 early rate
☐ \$100 full rate
☐ \$ _____ Lunch Option (see pricing above)
 Choice : ☐ TURKEY ☐ BEEF ☐ VEGGIE

 \$ _____ Your Total

EARLY RATE DETAILS

Early rate ends on the dates listed below. After that, full rate applies.

Spokane.....October 14th
 Portland.....October 18th
 Seattle.....October 18th
 Anchorage.....November 8th

LIABILITY RELEASE (you must sign this release before attending any PSIA-NW event):

Recognizing that skiing/boarding can be a hazardous sport, I hereby RELEASE AND FOREVER DISCHARGE PSIA-NW, PNSIA-EF, ASEA, the host area and their agents and employees and contractors from liability for any and all injuries of whatever nature arising during or in connection with the conduct of the event for which this application is made. Applicant hereby relinquishes and assigns to PSIA-NW and PNSIA-EF all rights to the use of Applicant's name and likeness or pictorial representation in photographs, motion pictures or other representations concerning Applicant's participation in said Event. I agree and approve PSIA-NW and PNSIA-EF to electronically communicate with me.

Participant Signature _____ Date _____

CREDIT CARD PAYMENT - No refunds for cancellations one week from event.

CREDIT CARD NUMBER (PLEASE PRINT CLEARLY) CREDIT CARD TYPE <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> AMEX <input type="checkbox"/> DISC	3 or 4 Digit CVC Code	EXP. DATE (MM/YY)	X YOUR SIGNATURE
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Morning Topic Options

Adults vs. Kids: How to Better Engage Adult Learners (AM)

Adults learn differently than children. In order to more actively and easily engage your adult students, join us for a session on tips and tricks to create a learning environment best suited for grown-ups. Participants will leave the session with a handful of tools to apply directly to their lessons.

Children's Movement Analysis (AM)

Come and join us to watch video of kids skiing. They will be doing a variety of tasks and drills showing varied levels of ability and development. We will discuss what is reasonable to expect from the movements of their bodies and the outcomes at the ski. Be prepared to participate, have fun and challenge yourself in this hands-on movement analysis session!

Diving into the New People Skills (AM)

The new Teaching Snowsports manual is out and with it, the introduction to people skills; why are they important and what do they have to do with skiing? In this session, we will introduce the people fundamentals in a fun and interactive format that will keep you on your toes. By the end of the session, you will walk away knowing how to improve your own people skills and provide better lessons to your students. People skills are a critical part of being able to successfully create a learning partnership. Come learn how to make them a part of your everyday mindset.

Equipment Set-up and the Fundamentals (AM)

The PSIA Alpine Manual updated and reframed the skills concepts, and with it, framed the five fundamentals of good skiing. During this session, we'll review these fundamentals, in a context and focus on how our boot and binding set up, our "foundation", affects our successful execution of the skills. How we move to achieve our desired outcomes, keys off what our boot and ski set up may allow given our differing anatomies. Are your boots enhancing....or limiting your movements? This is not an individual boot fitting session, but is oriented towards understanding the issues that develop with too much...or too little...of the basic boot and binding set up parameters.

Fundamental Drills (AM)

Grow your "bag of tricks" as an instructor and apply the five fundamentals to improve your skills – the ability to edge, pressure and rotate the ski or board. Learn drills and/or exercises you can perform at home, stationary and on the slopes that will help you and your clients develop the correct body movements to positively affect your sliding skills.

3 things you will learn and experience during this session:

1. Improved understanding of the **skills concept & fundamental mechanics** of skiing
2. **How the body moves**, specific to skill and fundamental, to effect ski performance
3. "Bag of tricks" for **at home, stationary & on the slopes**

You will collaborate on matching skill and fundamental with specific body parts and movements that will ideally affect ski performance. Begin developing efficient movement patterns at home to maximize on snow ski performance enhancement.

Secret Sauce, What Makes Great Instructors So Great? (AM)

Maybe there really is no secret sauce, but in this session, we'll look at a bunch of ingredients that could be part of the formula. We'll go beyond simply making a list, and you'll leave with some concrete ways to take your teaching to the next level (and maybe pass an exam in the process).

Slow is Smooth, and Smooth is Fast (AM)

When we move our body parts while skiing and boarding, a term often used as a desired outcome is that it is smooth; to limit interruption or exaggerated movements. This smoothness can come from going slowly versus hurrying or rushing. So, slow is smooth, and smooth is fast.

This session will be about exploring DIRT (Duration, Intensity, Rate, and Timing) and how this applies to various situations and experiment with how moving slowly, yet smoothly, is actually faster to get to an end result.

Afternoon Topic Options

Advanced Teaching (PM)

Designed for experienced instructors who want to add more focus to their teaching. This session will improve your skills for teaching scenarios such as higher-level students, shorter lesson timeframes, exams or tryouts, students with specific goals in mind, and leading instructor clinics. To get the most from this clinic you should already have a working knowledge of the Skills Concept and the Skiing Fundamentals.

Enhance Your Snowsport Performance (PM)

Come and EXPERIENCE a snowsport conditioning workout designed for snowsports instructors, of all ages and fitness levels, that will enhance your on-snow performance. LEARN by DOING: develop and improve the movements necessary for efficient skiing or riding when OFF the snow, so you maximize your training ON the snow. This session will help you have better proprioceptive awareness, balance in motion, enhanced coordination and minimized risk of injury.

Let's get Technical! (PM)

Let's expand our understanding of the physics behind the how's and why's of PSIA's 5 Fundamentals of Good Skiing in a discussion using evidence-based tools of video, body, ski and boot sensor data, mixed in with a few classroom demonstrations! Perhaps you've heard about some of the 'sensor' data tests that are going on around the industry, with folks hooking up sensors to record what's going on with our skis, boots and body as we ski? You'll get a bit of an overview of some of that activity as we geek out on relating it to the technical fun behind how ski and teach (see the article in the Fall PSIA-NW Magazine for a sneak peek)!

Putting the Movement back in MA (PM)

This isn't your typical MA session. Come ready to move! We will review clips of ski film and run through the observation and evaluation phases in collaborative pods. As you work with your pod and share with the larger group, you will be up and connecting movements with your observations. We will explore what movements are actually occurring and how they impact ski snow performance. This will help further develop attendees understanding of cause and effect and what is going on in their own as well as their students' bodies as they ski. Come grow your MA skills in a fun filled, interactive session.

Senior's Movement Analysis and More (PM)

As our clients and fellow instructors move into their retirement years how will we keep them skiing on the mountain? Whether you are grappling with this question for yourself or your clients come and join us. We will look at a variety of video clips of seniors and instructors skiing and talk about low impact approaches to longevity on the mountain. Be prepared to participate!

Start the Season with a Focus (PM)

Our season is busy! Do you find yourself in March realizing you missed events or wishing you had started a training program four weeks ago? This session will be dedicated for setting goals and mapping out your season. We will take time to set individual goals, then talk about the different events and resources available to help you meet those goals. Whether you are getting ready for a certification exam, or want to set a clear path for growth over the season, this session is a "carve-out" of time from your busy schedule to sit down and create a plan. Through a combination of sharing resources, group discussion and individual work time, this session will prepare you to start the season on target to meet your goals.

To Everything (turn, turn, turn), There is a Season (turn, turn, turn) (PM)

Explore how we move from turn to turn, focusing on the change of edges as when one turn ends and the next one begins. How we accomplish this can lead to how we slide through the turn to the next. Cause and effect discussions about how we make this happen.