



# 2017 NORDIC FALL COLLEGE

9<sup>th</sup> and 10<sup>th</sup> of December

## learn + teach = inspire<sup>™</sup>

Name		Member #	Daytime Phone					
Street		City	St Zip					
E-mail ad	ldress	Sch	School					
	Friday	Divisional Staff   Trainers (9 am – 4 pm)	For lodging phone Sun Mountain at					
	Saturday	Level I Exam (9:00 am – 3:00 pm)	- <b>800.572.0493</b> , mention you are with					
	Saturday Saturday	<ul> <li>Morning Session (9:00 am - 11:30 am)</li> <li>Life Coaching for Ski Instruction <u>indoor</u></li> <li>Latest News from National <u>skate</u></li> <li>The Modern Double Pole <u>skate</u></li> <li>Tips for Teaching Skiing <u>classic</u></li> <li>Afternoon Session (12:30 pm - 3:00 pm)</li> </ul>	PSIA and they are offering rooms starting at only \$91/night plus tax. Fall College will run either on snow or indoors, depending on what Mother Nature brings. We look forward to seeing you there.					
		<ul> <li>Life Coaching for Ski Instruction <u>indoor</u></li> <li>Latest News from National <u>skate</u></li> <li>The Modern Double Pole <u>classic</u></li> <li>Tips for Teaching Skiing <u>skate</u></li> </ul>	New this year, we are offering a <b>banquet</b> , we hope you will come participate with us in roasting and toasting our staff and hearing about what is going on in the division					
		<ul><li>Pan Seared Salmon</li><li>London Broil</li></ul>	what is going on in the division.					
	Sunday Sunday	<ul> <li>Morning Session (9:00 am to 11:30 am)</li> <li>Great-Good-Poor Drills <u>skate</u></li> <li>The Keys to Teaching V2 <u>skate</u></li> <li>Personal Ski Improvement <u>classic</u></li> <li>Ripping it Up on Altai Hoks</li> <li>Afternoon Session (12:30 pm – 3:00 pm)</li> <li>Great-Good-Poor Drills <u>classic</u></li> <li>Hill Climbing Made Easy <u>skate</u></li> <li>Personal Ski Improvement <u>skate</u></li> </ul>	Payment Details         Early Rate \$80/day Register by Nov 24 <sup>th</sup> Full Rate \$95/day Register after Nov 24 <sup>th</sup> Banquet \$38/plate         □ Pan Seared Salmon         □ London Broil         Total Due (Clinic+Banquet) \$					
LIABILITY RELEASE FORM (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 communicate with me electronically.

Signature

Date

To take advantage of EARLY RATE registration, signups are required by the 24th of November. After November 24th FULL RATE per day is \$95.

Visa/MC/Amex/Disc/check # \_\_\_\_

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Expiration	 	CVC	_ Signature

## Professional Snowsports Instructors of America – Northwest

338 N. Wenatchee Avenue Wenatchee, Washington 98801 USA 206.244.8541 (P) 206.241.2885 (F) info@psia-nw.org www.psia-nw.org

## **Banquet Options**

Plated dinner option comes with a caesar salad, bread and cheesecake, along with coffee or tea.

## Pan Seared Salmon

Served with peach beurre blanc sauce, rice pilaf, seasonal vegetables **London Broil** 

Served with brandy demi-glace, garlic mashed potatoes, seasonal vegetables

## **Topic Descriptions**

## **Great-Good-Poor Drills – Skate or Classic**

What makes for a great drill? What makes a poor drill or exercise? How do we know? In this session we explore the concept of letting the drill do the teaching and feedback: a great drill is one that leaves only one interpretation, one solution. A poor drill is one that allows for many outcomes, most of which are not where we want to go with our clientele. This will be a brain storming, collective learning and lesson plan building type of activity.

## Hill Climbing Made Easy – Skate

So you want to find out a few tips and tricks to making skating uphill easier or a bit more efficient? Come work on your technique and have fun pulling those hills with ease.

## The Keys to Teaching V2 – Skate

Teaching it, is it easier said than done or done than said? Make sure you are using simple and clear language when working with clients on this important skating technique.

## Latest News Out of National Fall Conference – Skate

Come find out what the national team has been working on in the Nordic world. David Lawrence will have just come back from Colorado where leaders were working on collaboration, consistency and cooperation.

## Life Coaching for Ski Instruction – Indoor all day course

This clinic will focus exclusively on the non-skiing part of teaching skiing. During the day we'll explore what you can do with your clients to create trust and rapport and to build meaningful relationships. We'll look at ways to uncover their motivations and the values as they apply to skiing, and how to work with the desires, beliefs and attitudes they bring to each ski lesson. Bring a beginner's mind and be ready to allow everyone to be right, and everyone to be wrong!

## The Modern Double Pole Plant – Skate or Classic

Does it sound easy but you have found it more difficult than it looks? Wonder if you are using the most current technique? Come find out and have fun working on the double pole plant.

## Personal Ski Improvement – Classic or Skate

Just like it says, during this session we will work on your own personal improvement, what you're doing right, when and where, what could change to be more efficient in your stride or pole use, etc.

## **Ripping It Up on Altai Hoks**

Yep, that's right skishoes. Hoks are a wide, short ski with a permanently attached climbing skin under foot. Climb like a snowshoe and glide downhill with slow and easy control. Use one long pole for balance and control. Hoks are so much fun in un-groomed snow. Give them a try!

## Tips for Teaching Skiing – Classic or Skate

Come learn and see various tips to help you as you work on your stride, your kick, your pole plants or all of the above. It could be the little thing to take you to the next level.

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