PSIA AASI NORTHWEST

INTERSKI VAIL 2027

# FALL SEMINAR 2026

It's that time of the season again; Fall Seminar! Our keynote will be around Interski and the PSIA-AASI teams preparation for hosting Interski at Vail. Last time Interski was held in the United States was in 1968. Come learn what it is about, how the team is preparing to host and how you can participate even if you are not there in person.

Look forward to "seeing" you there on Saturday the 7th of November.

# Fall Seminar- Fall 2026 (Virtual via Zoom)

## Date

7th November (Saturday)

## Schedule – All Times Pacific

| Start | End | Topic |
|---|---|---|
| 9:00am | 10:00am | Keynote – Interski 2027 |
| 10:00am | 10:15am | Break |
| 10:15am | 11:45am | Morning Sessions |
| 11:45am | 12:00pm | Break |
| 12:00pm | 12:45pm | Lunch Session – Region Updates |
| 12:45pm | 1:00pm | Break |
| 1:00pm | 2:30pm | Afternoon Sessions |

# Slack Help Link

Join us on the PSIA-AASI NW Slack if you have technical issues. (You do not have to join slack or use it; this is just a tool if you would like to utilize it to communicate with us with any issues you are having)

We will leave have the slack channel open all day – once you click on the link, look for the #fallseminar channel. We look forward to talking with you – will have the slack link when we send out the zoom links.

# Zoom Links

Zoom session links will be sent out a **day or two BEFORE** Fall Seminar. We do that to allow everyone to get registered and can send everything out at once. If you do not see an email by Friday at noon on the 6th, please text us with your name to 206.244.8541.

# How to Find Your Session Topics

You registered so early (nice work!) and can't remember what you registered for? Log into thesnowpros.org and go to Your Profile, then My Events, find Fall Seminar, and click on VIEW, you will then find the sessions you registered for. Please go to the session you are registered for; we have some sessions that are full and changing could put the class over session. Any questions, text/slack us.

# Keynote: 9:00-10:00 AM

## Interski 2027 –

# Morning Topic Options: 10:15- 11:45 AM

## AI Powered Kids Lessons (AM)

**Brian Feucht –**
Explore and practice using AI tools to create fun, playful & experiential kids lessons.

## Breaking Down the Fundamentals; Ski to Ski Pressure (AM)

**Justin Olson –**
We often get told to direct pressure to the outside ski but can often get confused when using jargon or short. This will be a discussion and dry land practice on the difference of balancing on the outside ski, receiving pressure and applying pressure to the outside ski to create efficient and effective skiing.

## Co-Teaching with Aps (AM)

**Ron Shepard –**
It is increasingly likely your student is going to show up with the Carv app installed, or Edgin providing feedback about their turns. In this session, we'll look at how tech apps can augment your lesson.

## Feedback Aversion (AM)

**Magdalen Shale –**
Resistance to feedback is common and has many root causes. This training identifies and addresses barriers, clearing a pathway for growth and improvement.

## Inclination & Angulation; Clearing up the Confusion (AM)

**Chris Madison –**
Inclination and angulation are perhaps the two most confusing terms for instructors. In this talk, we'll take a deep look at the edging skill and how skiers blend inclination and angulation together to affect ski grip, turn shape, and to enact tactical decisions on the slope.

## Mobility Training for Snowsports (AM)

**Jenn Lockwood –**
Mobility is more than a warm-up: it's the range of motion and control your body needs to move with your skis or board instead of fighting against them. This session is hands-on, come ready to move. Clear room for a yoga mat and grab a tennis ball if you have one.
The goal is simple: stay active, recover from a day on the slopes, and restore muscle flexibility, joint mobility, and movement quality throughout the season and, you'll leave with a 10-minute routine you can use daily, on snow or off.

## Practical Tools for Movement Analysis (AM)

**Erika Weber –**
During this session, we will explore how to structure MA training around technical themes in a way that deepens understanding, sharpens observation skills, and helps you connect what you see in a skier to what they actually need. We'll also look at how to make video analysis more meaningful through creating a learning environment

where people feel comfortable exploring ideas, working through mistakes, and taking ownership of their development.
The goal is to leave with practical tools and a simple framework you can put to work right away.
Whether you're part of a formal MA program, working with a small group, or simply looking to sharpen your own technical eye, this session offers something you can use.

### Snowboard Freestyle Movement Analysis (AM)

**Goose Grosjean –**
We will watch videos of candidates attempting activities ranging from Level 1 to Level 3 snowboard freestyle tasks. We will learn how to quickly spot areas for improvement as well as cause-and-effect relationships in the freestyle environments. All while considering whether teaching movement or a coaching moment would better support riders' development.

### Technical Truths (AM)

**Katie Feucht –**
Put your technical skiing understanding and ability to describe how the ankles, knees, hips and spine work independently and also coordinate to produce specific ski performance outcomes from the beginner through advanced zone.

### XC Movement Analysis (AM)

**Mike Browder –**
Basics of MA using the PSIA XC Technical Model.

## Lunch Alignment Update: 12:00- 12:45 PM

### Nationwide Update –

Join us for an update on where things are in the alignment initiative across all regions.

## Afternoon Topic Options: 1:00- 2:30 PM

### Breaking Down the Fundamentals; Understanding Rotation (PM)

**Justin Olson –**
Like many skiers, Justin spent years hearing cues like 'turn your legs more than your upper body' and 'keep your upper body facing down the hill' — without them ever really clicking. In this session, we'll take a deeper look at what's actually happening with rotation in skiing, and explore some fresh coaching phrases that are more effective at helping skiers manage the relationship between their skis and their body.

### Developing Your Own Movement Analysis Ethos (PM)

**Jason Curnow –**
Sorting through the noise of so many MA models and strategies to identify the common cause/effect threads to develop your own on-demand process that's quick, accurate and effective.

### Exploring Fore/Aft Balance (PM)

**Alex Danilevsky –**
Adaptation of the technical presentation from the last year trainers' meeting to explore what does fore/aft balance mean and when/where in the turn, what does it mean to direct pressure to the outside ski, what does counter mean and how does it relate to the turn type.

## Feedback Aversion (PM)

**Magdalen Shale –**
Resistance to feedback is common and has many root causes. This training identifies and addresses barriers, clearing a pathway for growth and improvement.

## Let's Stop Calling it Balance (PM)

**Ron Shepard –**
When we're not skiing – when we are doing just about anything else, saying we "lost our balance" are "off-balance" or got "out of balance" likely meant we fell, or nearly fell. As instructors, we have a pretty consistent picture in our heads about what a "balanced stance" looks like – so anything other than that seems to nicely fit into "out of balance"- but what if balance isn't so tidy? What if what we call "off balance" is tactical and useful? In this session, Ron Shepard and the group will look critically upon our blanket application of balance and see if we can de-villify alternate tactics.

## Looking Back at the 2025-26 World Cup Season (PM)

**Mike Browder –**
What are the stories, sagas, and tidbits of last year? Who were the hots, and not so hots, and what was some of the human drama of the Olympic season? An entertaining look at last year's competition season.

## Playful Pedagogy: Harnessing the Power of Play (PM)

**Chris Madison –**
In this talk we will be covering how to incorporate play into our lessons. We will discuss what defines play, how we are biologically driven for play, and how we can leverage this innate drive and capacity to make our lessons more engaging and effective.

## Problem Solving Snowboarding Plateaus (PM)

**Goose Grosjean –**
We will look at several different performance levels where snowboard students get stuck. We will examine physical and mental strategies to help teach or coach people past these plateaus.

## Train the Planes You Ski In: 3-Dimensional Conditioning (PM)

**Jenn Lockwood –**
Ski turns load your joints in planes most gym programs ignore. This session trains your body the way it actually moves on snow: closed kinetic chain, multi-directional work for your ankles, knees, hips, and core. Come ready to move, we'll be doing the exercises together, not just talking about them. You'll leave with a clearer feel for how your joints work independently and together, the sensations to look for when they're doing it right, and a simple bodyweight routine to run 2-3 times a week, plus a printable reference sheet to take home. No equipment needed, just space for a yoga mat.
Builds on the morning's Technical Truths session but stands on its own if you're joining fresh.

## Tune it Up: Basic Edge & Base Maintenance (PM)

**Brian Feucht –**
Basics of at home ski and snowboard care with a focus on keeping our edges sharp and bases waxed.