

PSIA/ASI
NORTHWEST

FALL 2014
Issue #1 2014/15 Season
PNSIA-EF

NW snowsports instructor

Season Guide Inside!

Specialist Programs, Multi-day Events, Exams
page 14

When to Align It & When to Muscle It

page 22

The Cone of Learning

page 28



The Season Opener: Fall Seminar

Spokane, Portland, Seattle
October 18, 25 & 26 - page 10

DUES: DID YOU FORGET? IT'S NOT TOO LATE!

To renew your membership by phone
call (206) 244-8541 or to renew
online go to PSIA-NW.ORG



Who's Who: The 2014 Exam Pass List
Member "Contribs", Snow Pro Tips and more!

Built to take you to the places you have never been.



Remember fun? The all-new 2015 Outback® brings it all back. Symmetrical All-Wheel Drive with X-MODE™ has the capability to take you almost anywhere. At 33 mpg*, it's the most fuel-efficient midsize crossover in America! It's what your adventurous side has been waiting for. **Love. It's what makes a Subaru, a Subaru.**



Subaru is a proud sponsor of the Professional Ski Instructors of America / American Association of Snowboard Instructors. Learn more at subaru.com/partners.

Subaru, SUBARU BOXER, and Outback are registered trademarks. *EPA-estimated hwy fuel economy for 2015 Subaru Outback 2.5i models. Actual mileage may vary. †Based on EPA-estimated hwy fuel economy for 2015 model vehicles within the IHS Automotive, Polk Non-Luxury Midsize CUV segment.

contents

FEATURES

CONTRIBUTIONS

- 4 President's Report**
by Bill King, President
- National Report**
by John May, PSIA-NW National Representative
- 5 Dot Com Report**
by Tyler Barnes, Communications V.P.
- 6 Call for Candidates 2015**
by Mary Germeau, Executive V.P.
- 7 Decade Hopping**
by Kim Petram, Education V.P.
- 8 Short Radius Turn Study**
by Chris Thompson, Certification V.P.
- 9 Service Award Recipients,
Welcome New DCLs**
- 13 Getting Immersed**
by Garth McPhie
- 14 Welcome to the 2014/15 Northwest Season**
by Kirsten Huotte, Executive Director
- 24 Alpine & Snowboard Snow Pro Tips**
by Terry McLeod, Raelene Olson Smith,
Shawn Semb & Mike Hamm
- 26 2014 Exam Pass List: Congratulations!**
Pass an exam last season? You're famous!
- 27 20, 30, 40, 50 & 60-Year Members**
Salute these long-time members
- 30 Track Fall College**
Early Season Event Details



10

FALL SEMINAR
with Keynote by Eric Ward



14

**2014-2015
SEASON GUIDE**
Complete Event Information



22

**WHEN TO ALIGN
IT & WHEN TO
MUSCLE IT**
by Annie Garske



28

**THE CONE OF
LEARNING**
by Tara Seymour



ON THE COVER

Technical Team Member Brad Jacobson tippin' and rippin' on some sweet groomers at Mt. Bachelor, Oregon. Here's to a great season!

Photo by Brian Becker
www.BrianBeckerPhotography.com

PRESIDENT'S REPORT

by Bill King, PSIA-NW President



"We are the products of our past, be we don't have to be prisoners of it" – Rick Warren.

Over the last year we have come a long way. We have a new national representative, John May, asking the right questions and not content to settle on stock answers.

Coupling this with the recent bylaw changes at National that again give us direct control of our representative's appointment, and NW's former representative Ed Younglove, now the chair of the Board at the national level, give us the foundation of trust we need to move forward.

With many of the national governance issues behind us, we need to explore, expand and continue to develop new tools to improve our ability as instructors to serve our client base. We need that as our focus as we move forward.

Since, we as members are the first line of what works, could work, or doesn't work, it is up to us to provide the feedback to our Training Directors (TD), Technical Team and Divisional Clinic Leaders (DCL). I am not implying those individuals

don't know the latest and best but only that the latest and best is always in the past tense. Everything can get better; your individual feedback goes a long way in making that happen. Each Division is in a unique position to provide input to the national platform. This applies to both the teaching and the execution. The point is we are all on a path of continuous improvement and only by openly sharing can we provide the best product. It starts with you.

Winters can always be unpredictable. With environmental changes it is even more uncertain. Planning ahead before the first snowfall as to programs and clinics you plan to participate in, helps us with our end of providing you with the best learning opportunity possible. Education credits can be difficult to accomplish at the last minute. Work with your individual schools during the pre season to get the process laid out. Then have fun.

The Fall Seminar is an excellent beginning and great way to get your educational credits. There you see, hear and learn new things to help you develop your approach to the season. Again this is two-way street. Your participation helps all. Much of what I have learned by attending sessions is from the participants as well as instructors.

Finally I want to add a note on the passing of Gary Carter. Gary was a Board member for the South Central region and taught at White Pass for much of my time on the Board. Gary did not take his role lightly. He held the belief the member was always first. He questioned votes and at times strongly voiced an opinion on all board issues, not because he was against a particular motion, but rather to ensure that ideas and counter points were raised and fairly discussed as in the end the member would be the beneficiary. I learned early from Gary that it never was about me but only the member. Gary I will miss you.

Again it is your Division, we need your input. I encourage you to contact me and provide your ideas or please also feel free to contact any Board Member or members of the Technical Team, DCLs or your TD. I extend the offer to attend your board meetings and or Executive Committee meetings. We need only notice, at least two weeks prior, so we can accommodate you. In addition if you have particular interest, volunteer to participate. We can always use new minds. We will gladly accept support for our committee activities. So have a great winter. ❄️

Bill King is a twenty plus year member of PSIA, Alpine Level II certified instructor for Ski Masters School. He can be reached at 206 369-6988 or by e-mail: euroking@aol.com

NATIONAL REPORT

by John May, PSIA-NW National Representative



Hello PSIA-NW Members! I am honored to be serving as your new National Representative. I hope to serve you well and maintain the presence and contributions our past reps have achieved.

Speaking of which there is some big news regarding

NW involvement at National: Firstly, your former NW PSIA Representative, Ed Younglove (also one of your previous Crystal Mountain Region Representatives), is now the new PSIA-AASI Chairman of the Board. Secondly, Bill King, your current PSIA-NW President is the new National President's Council Chair. Congratulations to Ed and Bill.

Here's what's going on at National

- * NW Board signed their customized Affiliation Agreement with National, achieving a goal set 2 years ago of better defining roles and responsibilities between the divisions and National. There are 3 remaining divisions that the President is working with to reach this goal as well.
- * The 3 year, \$600,000.00 grant received by National for educational use has reached its end.
- * The deferred dues increase from 4 years ago is going to taking effect next season in the form of a \$3.00 increase

Also on the table is a proposal to raise dues an additional \$5, for the following reasons:

1. **Rising expenses;** Keeping up with inflation; Legal fees related to facilitating of Affiliation Agreement(s); IT upgrade costs
2. **Investments;** On line learning offerings; Increased marketing of PSIA to the public; Savings for upcoming office building maintenance

Feedback: Your NW Board has reviewed the initial proposal and has asked for more specific information to be able provide the National with its requested feedback.

The big picture: Dues increases always drive good discussion and debate, along with most other topics the National board must consider. In order to be more efficient and productive the National board has established the following five priorities to guide our actions and decision making:

1. PSIA-AASI Certifications are recognized as the industry's premier standard of competence

PSIA AASI
N O R T H W E S T

ON-LINE
STORE



**PINS, MANUALS & DVDS
at PSIA-NW.ORG/shop**

SHOP NOW

2. There is growth in public awareness of the value of PSIA-AASI members
3. Members have skills and resources that enhance their success as professional instructors
4. Members enjoy and benefit from participation in professional community
5. Divisions benefit from available resources and economies of scale that enhance their operations

Going forward the National board will focus on the context of achieving these top "Five Ends" rather than deep operational issues that the staff is hired to address. The board is still accountable to the budget and the dues so we need to have a good understanding of them, but our discussions, decisions and actions will be more in the context of measuring and achieving these "Five Ends".

In summary, we have a great NW presence at National level, there is \$3 dues increase, there is also a consideration of an additional \$5 dues increase and National's actions will be focused on achieving 5 specific "Ends".

For more on the "Ends" that guide the board and "Limitations" governing the staff please visit the following links:

PSIA-AASI Governance Information page:
<http://bit.ly/1wdjkbY>

An Introduction to PSIA-AASI's "Policy Governance" Structure (PDF):
<http://bit.ly/1uF4hXg>

Excited and focused! – John ❁

John May is an Alpine examiner, Technical Team member, and an instructor and trainer at Mt. Hood Meadows Ski Resort in Oregon. He owns and manages Creekstone Designs, a residential design/build remodeling company in Portland, Oregon.
 Email him: john@creekstonedesigns.com

DOT COM REPORT

by Tyler Barnes, Communications VP



As your Communications V.P. it is my duty to work with the other V.P.s and our Executive Director to provide both strategic and tactical guidance for all of our organizations's communications. If you think about what this really entails, its actually quite a lot ...from the PSIA-NW web-

site, to HTML email messages, to The NW Snowsports Instructor publication and actually quite a few other "behind the scenes" aspects. Thankfully your organization, PSIA-NW, has a full time Executive Director, namely Kirsten Huotte, who manages our communications on a day-to-day basis. You have entrusted me to continue my supportive involvement in these areas and I am honored to do so, while providing a valuable and reliable resource to the Northwest board, staff and members.

As we embark on the 2014-2015 season it is my hope that we "reach you" with the information you want in a timely and effective manner. We plan to send out monthly "updates" via email with event details, breaking news items, etc. and we will post these to Facebook and Twitter, too. While email is still one of the most preferred communications methods for most "on-line" communications, Facebook and Twitter are also very popular. So rather than trying to make you conform to how we communicate, we are trying to reach you how you like to communicate. That said, be sure to "like us" on Facebook at www.facebook.com/psianw and "follow us" on Twitter at www.twitter.com/psia_nw.

Also, in my column in the Spring 2014 issue of this publication I shared with you some statistics on our communications in a variety of platforms and asked, "Should we keep printing and mailing a this publication?" I heard from four people

- yes four people - 2 via email and 2 in-person. Clearly those who read the newsletter and who took the time to contact me - thank you to those 4 members, however that is a .01% response rate. With this publication being the most expensive line item in the communications budget, that question is still on the table - please let me know your thoughts. ❁

Tyler Barnes is the PSIA-NW Technical Team Assistant Coach, an Alpine examiner as well as an instructor and trainer at Mt. Hood Meadows Ski Resort. He is an entrepreneur, co-owner of Elev8, a "New Media Collaborative Agency" in Hood River as well as the creator of the Snowportal.com.
 Email him: tyler@elev8brand.com

PSIA AASI

N O R T H W E S T

In addition to the PSIA-AASI offers be sure to check out all the **exclusive NW member benefits** on the PSIA-NW.ORG website.

Go to the Membership Menu then choose Member Benefits.

**DaKine, Decked,
 Helly-Hansen, Ibex, K2,
 Outdoor Research, Pistil,
 Ski Trainer, Skins, Smith,
 Sweetspot, Ticia plus
 Lift Ticket Discounts,
 Educational Materials,
 Business Cards and more!**

Special thanks to these PNSIA-EF 2014/15 Donors

The Pacific Northwest Snowsports Instructors Association Education Foundation (PNSIA-EF) is a charitable not-for-profit organization 501(c)(3) designation which provides support to PSIA-NW in many ways including Scholarships for needy members. Thank you to the following members for making donations.

More than \$100: Patrick Bettin, Thomas Chasse, Ron Wingerson, Ed and Julie Younglove (in memory of Willie Grindstaff).

Up to \$99: John Allen, Richard Barrett, Jean Christ, Tim Clark, Linda Cowan, Joan Elvin, Charles Friedel, David Gehring, Kirsten Huotte, Brad Jacobson, Jeff Johnson, Philip Knight, Mark Little, John Mack, AB McClaran, Neil McCleary, Nick McDonald, Kim Petram and Kay Stoneberg.

Up to \$25: Russell Arsenault, Tyler Barnes, Catherine Bath, Mary Bath-Balogh, Michael Birch-Jones, Larry Carpenter, Andrew Constantine, Walter Cook, Shel Davis, Hugh

Dunklee, Brian Feucht, Eddie Fisher, Andrew Grove, Russell Hart, Karl Haugen, Jackie Kabrell, Ed Kane, Jerry Lucas, John May, Jean Messner, Donald Meyer, Lana Miller, Douglas Morten, Bob Mosteller, Janet Nelson-Shofstall, Deborah Norum, Cary Oshima, Michael Peters, Leigh Rabel, Chad Rosentine, Nancy Slye, Hye Snyder, Nicholas Spika, Tex Steere, David Stephenson, Dorothy Storkersen and Joe Turner.

CALL FOR CANDIDATES 2015

by Mary Germeau, PSIA-NW Executive V.P.



BOARD OF DIRECTORS

PSIA-NW members are encouraged to get involved in and run for any position on the Board of Directors that is up for election in their region. In order to run, one needs to meet the candidacy requirements and complete and submit an Announcement of Candidacy to the PSIA-NW office via Fax, e-mail or "snail" mail to be received on or before 4:00 PM, December 31st, 2014. Candidacy requirements are that a person be a Cert Level II or III or a Cert Level I with two years of membership. This person must also be working in or have a nexus with the region in which he/she wants to run for a directorship. Every candidate for a board director position must submit an Announcement of Candidacy each time he/she runs for office.

Positions are for three-year terms and require attendance at two board meetings per year plus other events and committee work, as needed. As usual, one third of our Directors come up for election in the spring each year. The statements for re-election submitted with the Announcement of Candidacy will be published in their entirety on the website. Any qualified member can run for any position in his/her Region. If you want to serve on the board, please think about being a candidate.

Region	Position	Incumbent
Snoqualmie	5	John Winterscheid
Snoqualmie	6	Open
Stevens Pass	1	Mark Schinman
Stevens Pass	3	Russ Peterson
Crystal Mt.	2	Sean Bold **
Spokane	2	Rick Brown
Mt. Hood	2	John May
Mt. Hood	3	Richard Mario **
Bend	1	Open
Bend	2	Donna Sanders
N. Central	1	John Weston **
S. Central	1	John Nelson
Whitefish	1	Mike Davies

Many incumbents choose to run again, but the positions are open to all who are interested in running for a director position.

REGIONAL DIRECTORS

Regional Directorships are also up for election each year on a rotating basis. A person wishing to run for one of these positions must be a Certified Level II or Level III and a School Director in the Region in which he/she wants to run. There are currently 4 regions in PSIA-NW. Two Regional Directorships are up for election this year. These are the Director for Region 2 (Eastern Washington, Northern Idaho, Western Montana) the current Director for this position is Rick Brown and, the Director for Region 3 (Central Washington), the current Director for this position is Jodi Taggart. A Position as a Regional Director is a three year term. Those considering running for the position must be current directors of a snowsport school in good standing from region 2 or region 3. There are only four (4) of these positions. The Snowsport School Directors in the Region elect the Representative for their Region by electronic or Mail-in ballot.

GENERAL INFORMATION FOR ALL CANDIDATES

All Candidates for either type of Directorship (including incumbents) must submit an Announcement of Candidacy in order to be considered an eligible candidate. This announcement should contain the following information: Full Name, Region, Position, Snowsports School, title or Position at the school for BOD and snowsports school for Regional Director, off-snow occupation, if any, PSIA-NW involvement, reasons for wanting to serve, and your contact details. Candidates may download an Announcement of Candidacy forms from the PSIA-NW.org website at this web address: www.psia-nw.org/who-we-are/board-of-directors/candidates/. The Announcement will work for both type of positions—just check the correct box. There will also be a "fill-in" Candidacy form available on the website.

This Announcement of Candidacy will be used in communications for the General Election so that the members in the region for which the candidate is running may read a statement about them and their reason for wanting to serve. Regional Representatives are elected by ballot by the members in the region in which they wish to serve. For more information about additional requirements contact your Regional Board Representative or the PSIA-NW office. ❄️

Mary Germeau is co-owner and operator of Olympic Ski School at Stevens Pass. You can reach her by email at maryolympic@hotmail.com

SUBMIT YOUR ANNOUNCEMENT OF CANDIDACY ONLINE. DETAILS ON THE WEBSITE.

GET INVOLVED!

NW snowsports instructor

Professional Snowsports Instructors of America-Northwest, Pacific Northwest Snowsports Instructors Association – Education Foundation
338 N. Wenatchee Avenue,
Wenatchee, Washington 98801

PSIA-NW Member Services

Email: info@psia-nw.org, Phone: (206) 244-8541, Fax: (206) 241-2885
Web: www.psia-nw.org
Kirsten Huotte, Executive Director
kirsten@psia-nw.org

SEND SUBMISSIONS TO

Kirsten Huotte, Executive Director
kirsten@psia-nw.org

SUBMISSION DEADLINES

For more info go to psia-nw.org/newsletter

Fall Issue (Sep – Nov)

Ads & Articles by August 1

Winter Issue (Dec – Feb)

Ads & Articles by November 1

Spring Issue (Mar – May)

Ad & Articles by February 1

CONTRIBUTOR GUIDELINES

The NW Snowsports Instructor is published three 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.

PSIA-NW EXECUTIVE COMMITTEE

Bill King President

euroking@aol.com

Mary Germeau Executive V.P.

maryolympic@hotmail.com

Mark Schinman Secretary & Second V.P.

mark@schinman.com

Diana Suzuki Financial V.P.

diana.suzuki@astronics.com

Tyler Barnes Communications V.P.

tyler@psia-nwtechtteam.org

Kim Petram Education V.P.

kim@petram.org

Chris Thompson Certification V.P.

mistert@nctv.com

David Burton Member School V.P.

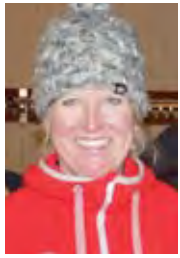
david@skimasters.net

John May NW National Representative

john@creekstonedesigns.com

DECADE HOPPING

by Kim Petram, Education V.P.



Hello instructors. In the past few articles, I've been discussing generalized pedagogical concepts surrounding education. This has included how we move our students away from dependence on us as teachers to independent learners and have also discussed ideas

as to what counts as evidence of understanding from our students. I noted that by asking deeper level questions, we hold the learner to a higher level of cognitive accountability to the information we're asking them to own for themselves. I've mentioned that the divisional training staff has been receiving coaching towards effective delivery of instruction; as well as using effective questioning to ensure deeper level understanding and learning.

As you may be aware, your Board of Directors is hard at work editing and revising the divisional By-Laws. I have been addressing how I would like the By-Laws to incorporate standards and governance language from an educational standpoint. I started from the current language, which in part states, "The Education Vice President shall be responsible for providing the membership with current teaching methodology and education standards." A very broad yet not very deep standard; all-encompassing yet vague. I ponder on the "how" of this duty.

You may recall a concept from Facebook "Throw-back Thursdays". Well, I'm jumping on the bandwagon and calling this article "Detour Decade". Bear with me, I have a point to all this rambling. Thus far, I've been circling around teaching concepts in a tighter and tighter fashion with each newsletter publication, and I've hinted repeatedly at some support strategies that are coming for the member instructor and trainers. As we work towards these support strategies, creating educationally based and supportive training relationships with each other, I have to comment on one more point first. I am tightening the circle. With this, I direct you to Core Concepts.

Core Concepts for Snowsports Instructors (CC) was published in 2001. Relevance you ask? Complete relevance. While the younger instructor may not be fully aware of this manual, the more seasoned of us all likely have a rag-tag copy in our bookshelf. It came out shortly before the Alpine Technical Manual (ATM) – a manual that some would say, "eclipsed" CC. It's a good read, dare say it, a mandatory read for anyone interested in best educational practices. Regardless of what you think of CC now, at the time it was a needed guide. While dated, it still has relevant

information that we use today. From 2001 – yes. What CC talks about are the soft skills in our sport, "relationships, experiences and learning". How to ensure meaningful relationships, unforgettable experiences which leads to successful learning. And, discipline neutral. Maybe not so 'soft' after all.

Now, get ready for another decade hop: American Teaching System, Alpine Skiing, published in 1992. Relevance, among many things, was that it was a gateway manual to CC. We can go back even farther, but I'm stopping my Detour Decade here. Among the core philosophy and principles was this: good teaching is student centered, outcome based and experiential. Ask your favorite current divisional staff member what experiential means to them – go ahead. They'll be ready with an answer. Ask yourself this, how do I make sure that my lessons are student centered, outcome based and experiential? What practices do I use to ensure this each and every time? Are these concepts considered "throw-away" concepts? i.e., "heard 'em before, I think it's on a certification written exam, I think my TD has brought it up."

Do you stick to preconceived models or do you change and adapt based on what is happening in front of you or based on the effective questioning strategies that you used when checking for understanding. The manuals that we have at our disposal assist with these concepts; dated as some may seem. These are core, fundamental concepts that help us be the professional instructors that we are, or are striving to become.

Why this "Detour Decade" history tour? Because in order for the Education Vice President to be responsible for providing the membership with current teaching methodology, we must all be aware of the precedents that have led us to 2014. There is nothing new! We refine and enhance and learn from our experiences. We add, contribute, learn and grow but the essential components of what make us good teachers has been laid out for us by our predecessors. Please consider this as we start our new season.

I give you all a challenge for the year: can you purposefully attempt to employ student centered, outcome based, experiential lessons this season? I'm thinking about these tools and it's helping framework the promised advances in creating educationally based training relationships, a support network that can help all of us together ponder questions such as above, if we choose. Your trainer is available to help you with these concepts as am I or anyone on the technical team or divisional staff.

I'll leave you with my refraining plea. As we quickly approach our new season, remember that every fall the calendar of all educational training events comes out. These events are designed to help you be a better teacher, trainer

and learner. I asked you in my previous article to consider what you would like to learn more about next season. Remember, these events fill quickly and planning out your training goals, purposes, funds and schedule early is completely best practice. Don't be caught off guard by a full event, consider your upcoming season's training goals now. As always, I am available by email or phone anytime. ❄️

Kim Petram is the Education V.P., a PSIA-NW Technical Team Member, PSIA-NW Alpine Examiner, Clinic Leader and Children's Committee Chairperson. Email: kim@petram.org



NEARLY \$5,000 IN SCHOLARSHIP FUNDS AVAILABLE IN 2014/15 SEASON

The PNSIA-EF Scholarship Program will again be available for the 2014-15 season where we have nearly \$5,000 to approve for scholarships for events or books and manuals available from PSIA-NW.

The \$5000 amount is due to a great showing at our annual fundraiser at Symposium. Please let all the instructors in your schools know that their applications must be completed and received in the office by December 15, 2014.

We are hoping to help a lot of people attend a PSIA-NW event this 2014-2015 season. Any questions about the scholarship process, please contact the office, scholarship committee member Mary Weston or board member Mary Germeau.

Get all the details about the scholarship application process on the PSIA-NW website. Look in the Membership menu, then choose Scholarship Application.

Scholarship Application Deadline is December 15

SHORT RADIUS TURN STUDY

by Chris Thompson, Certification V.P.



In April 2014, Terry McLeod and I got together to shoot some video and study short radius turns on groomed, steep terrain, firm snow as we would ski them in a Level III exam. We shot these sequences on Stiles Run at Schweitzer, though on different sections of the

run, they were similar steepness. These two photo montages were pulled out of a series of turns skied at a full packer width – the larger size of short radius turn parameters. The run had been groomed overnight so we had the benefit of groomer tracks to visually set up the width parameters and some great snow.

Although these images aren't identical they show very similar movements, and these movements are within a range that results in very similar ski/snow interaction. This is also what we expect to see in exam situations, or anywhere else that we're skiing a specific task. The intent isn't to train so that we are perfectly choreographed "movers", but rather to own, and to be able to recognize, movement patterns that create predictable and desired results that may span the various performance zones (i.e. beginner through advanced).

The Feedback Model encourages us to watch and study ski snow interaction, body movements (stance) and desired outcome. We have defined the desired outcome so let's study the ski snow interaction and stance (movements). In defining stance (movements) we are looking for a balanced relationship of the Center of Mass (COM) to the skis or the base of support. The boots dictate the ankle flex while allowing a minimum of additional flex, while the knees flex proportionately to the ankles. The upper body is also flexed starting at about the hip sockets progressing up through the lower spine and into the neck. Legs remain relatively parallel to each other, hands are carried in a range at or above the waist, and wider than the body with lower arms and elbows ahead of the torso. In either sequence look for the similarities.

Photo 1: open stance, skis relatively flat on the snow due to terrain and turn phase. Pressure is being transferred to the inside edge of the new outside ski. The whole body is inclining as the COM is moving across the skis to allow switching of the edges. There is minimal ski lead, and this ski lead changes progressively (not abruptly) as we move through transition while maintaining



a similar relationship through the body, which is referred to as anticipation.

Photo 2 - 3: the legs are lengthening as the path of the body is traveling "inside" the path of the skis, resulting in the skis being tipped more on edge as they approach the apex of the turn. The knee joint is opening (extending) to increase pressure on the forebody of the new outside ski while maintaining balance over the whole foot. The outside ski is becoming more "loaded" as the forces of the turn develop and therefore is starting to bend along the full length of the ski. The inside half of the body is starting to lead the outside half as the inside leg shortens, tips and steers the inside ski, clearing the way for the outside leg to work the outside ski.

Photo 4 - 6: as the forces on the outside ski increase, the body starts to become more angulat-

ed through a combination of "tilting" the upper body opposite the "tilt" of the skis while aligning/rotating the upper body (pelvis rotating on the femoral head) toward the new turn. We see flexion through the lower spine to direct and regulate pressure on the inside edge of the outside ski while maintaining sufficient pressure on the inside ski with active steering of the inside leg to maintain a parallel relationship.

Note in both skiers there is more continuous movement of the body to the inside of the skis relative to the turn and continued flexion through ankles, knees and hip/spine to manage pressure along the length of the skis. Key movement patterns are the overall flexion with resulting "counter rotation" which is the lead of the inside half of the body – the upper body adjusts to the direction of travel of the skis relative to the amount of ski lead that forms due to the shape



of the turn, steepness of terrain and the intended direction of travel.

Photo 7 - 9: through these 3 photos, the skis are traveling more across the fall line and the upper body is facing more to the inside of the next turn, referred to as anticipation. Again, note that the amount of lead in the uphill shoulder is about the same as the amount of ski lead. There is a parallel relationship of the feet, knees, hips and shoulders. The amount of daylight between the legs is maintained throughout the turns indicating that legs retain a parallel relationship enabling the skis to be parallel throughout the turn. The pole swing is continuous through the duration of the turn, directed toward the inside of the ensuing turn. Due to the steep terrain, the pole touches the snow in conjunction with the exit/entry phase of the next turn and is directed more towards the new turn (not towards the tip of the skis).

Watch video on PSIA-NW.ORG: And as an added bonus we have placed the video used to create these photo montages on the website – just head over to psia-nw.org/srt - where you can see a few of variations of these short radius turns performed by Chris and Terry.

Some key areas to focus your attention; starting at the upper body, look for:

- * Upper body facing the intended direction of travel.
- * A firm grip on the pole with whole hand which controls pole swing, while the pole basket tends to follow arc of the turn.
- * The path of the COM to the inside of the turn especially before the fall line corresponding with lengthening of the outside leg.
- * Flexion of ankles, knees, hips and spine change in response to the forces of the turn, especially after the apex and into transition.
- * The tip and tail of the skis travel in a round arc based on the desired turn size.
- * Skis bending more from the middle, especially evident in the fall line.

Think about it this way, we can use ski rotation to turn, unless the situation arises, where we don't need to "turn" the skis. If you compare skiing to riding a bicycle or motorcycle – when you pull out of the driveway, traveling at slow speeds it is necessary to turn the front wheel a reasonable amount. But when traveling at higher speeds, tipping the bicycle or motorcycle and adjusting your COM to the point of contact is a more efficient (and safer) way change directions.❄

Chris Thompson is the PSIA-NW Certification Vice President, an Alpine Examiner, Founder and past Head Coach of the PSIA-NW Technical Team. Email him at mistert@nctv.com

2014 SERVICE AWARD RECIPIENTS

At the Spring Symposium Awards Banquet held in Wenatchee, WA in April 2014 the following individuals received service awards and recognition.



Bobby Geiger (right)



Fred Payne



Charlie Strasser (left)



Joe Turner

Larry Linnane Skiing Legends Award recipient: Bobby Geiger.

Art Audett Outstanding Service Award recipient: Fred Payne.

Ken Syverson Instructor of the Year Award recipient: Charlie Strasser.

Jean Lyon Service to Youth Award recipient: Joe Turner

SERVICE AWARD NOMINATIONS

It's never too early to be thinking about the 2015 Service Award nominations. There are surely instructors at your school that are deserving of recognition, and its likely your own school's awards have been given. Consider a PSIA-NW Service Award for an especially deserving individual.

For more details about the PSIA-NW Service Awards, their criteria and how to nominate someone, please see the PSIA-NW.ORG website in the Membership menu, then choose Awards Information menu item. Service award nominations are typically due in early March but check the website for nomination deadlines.

NEW DCLS JOIN THE RANKS



Every two years the entire Divisional Clinic Leaders (DCLs) squad must tryout to maintain their positions. In May of 2014, the alpine and snowboard group participated in a tryout at Mt. Bachelor. Everyone who tried out should be congratulated for their effort and performance. There were many great people who made the commitment to tryout and we are pleased to announce the following new members to join the 2014-2016 DCL staff. New alpine clinicians pictured top from left to right: Jamie Clarke, Natalie Grummer, Jenn Lockwood, Burell Jull, Andy Rubesch and Regina Eilertson. New snowboard clinicians pictured bottom left are Wil Kirkland (left) and Kyle Skutch (right) and photo bottom right is Shawn Semb. Several of these clinic leaders will be presenting at Fall Seminar, which will be a great opportunity to meet some new (but familiar) faces. Not pictured: Greg Dixon, telemark examiner and DCL who is now an Alpine DCL, too.

For a complete list of all current DCLs, Examiners, Technical Team Members and Board Members go to the PSIA-NW.ORG website and click on the Who We Are menu. Photos and contact details are listed there for your convenience.

Technical Team News



Tyler Barnes was appointed to Technical Team Assistant Coach. Rick Lyons is the Head Coach.

This is a Technical Team tryout year. Application deadline is April 1, 2015 at 4pm. Check the website for application requirements and more details later this winter.

FALL SEMINAR 2014



KEYNOTE SPEAKER

Eric Ward

Creator of The Foot Foundation, Alpine Level 3 Certified Instructor and Trainer at the Ski and Snowboard Schools of Aspen, Colorado

Eric Ward is the owner of The Foot Foundation and developed a patented pronation measuring system SBS. He has been measuring pronation and testing balance since 2000, teaching and coaching skiing for over 27 years. He has his PSIA Alpine Level III, USSCA Level II, has been a PSIA-RM trainer for the past 15 years and a trainer with Ski and Snowboard Schools of Aspen for 16 years.

www.footfoundation.com

www.sportsbalancesystem.com

Winning with Beginners Every Time

One of the industry's biggest challenges is beginner retention; numbers suggest up to 80% do not come back. In the most straightforward terms, skiing is balance in motion. It is what we sell and it is something you don't need to be a boot guru to understand. What do boots, retention and balance have in common? Using a simple understanding of foot biomechanics can help beginners succeed on the first day, every time.

We will review a balance testing protocol that will provide you with tools to help drive simple, logical conversations, which you can have with your students. Specifically about how feet work outside the boots, so when the boots go on, you are half way there. Pronation and supination will be brought to life in a dynamic way, along with compelling statistics, so that when you are on snow you can help beginners understand what they are feeling. Not only will you learn what and why there are specific challenges with beginners, you'll also see there are simple solutions and tools at your disposal.

SPOKANE METRO

OCTOBER 18

GONZAGA UNIVERSITY

PORTLAND METRO

OCTOBER 25

LEWIS AND CLARK COLLEGE

SEATTLE METRO

OCTOBER 26

SEATTLE PACIFIC UNIVERSITY

DAILY SCHEDULE

8AM	REFRESHMENTS
8:30AM	MORNING COURSE
10:30AM	BREAK
10:45AM	KEYNOTE SPEAKER
NOON	LUNCH HOUR
1:00PM	AFTERNOON COURSE
3:00PM	ADJOURN FOR THE DAY

Fall Seminar will be offered in three locations, making this season-opener event more accessible for everyone to attend. Whether you are a Fall Seminar regular or a new participant, it is our goal to help you kick off your season with the latest and greatest information.

We are continuing to offer Fall Seminar to non-members. Please feel free to invite a non-member from your school to join you or someone who is interested in teaching this season and see why Fall Seminar is such a great pre-season educational event. Like regular members, non-members will need to register and pay the event fee to participate.

Conveniently sign up on-line by going to the PSIA-NW.ORG website. Additional "paper" applications are available for download or by contacting the PSIA-NW office at 206.244.8541. There is also an application on the following pages of this newsletter, too. When completing the application please choose from the morning and afternoon topic choices and indicate your choices on the application.

\$70 on or before October 12, 2014

\$85 on or after October 13, 2014

All venues have lunch options – see event application for details.

MORNING COURSE OFFERINGS

Bringing "Awesome Stance" to Life – Tyler Barnes. "Awesome Stance", athletic stance, functional stance - whatever you want to call it - got some play from the Spring 2013 issue of the NW Snowsports Instructor Newsletter. Reading an article about something as fundamental as "stance" is good. Having the author demonstrate it in person is better. Having everyone in the session doing it is the best. We'll go over the elements of "Awesome Stance" and how to apply it in real world lessons and your own skiing. Bring your ski boots with you if you want!

Mainstreaming Adaptive Tactics – Lane, Priest, Maas. Explore managing students with challenges in a class situation. Learn what are the red flags that may indicate there is an issue and how to develop methodologies to handle challenges within a group setting.

Make Lessons Memorable – Leveraging Tools for More Effective Retention – Natalie Grummer. Learning is a lifelong adventure with few good at leveraging how we are wired to learn, which is key to acquiring new information and skills quickly and effectively. By learning how to learn, long-term retention increases and makes new information more permanent. Rooted in brain science, psychology and social science, this course will introduce some practical techniques and identify those that are ineffective. Fill your bag of tricks and add strategies markedly improving student achievement, while digging into the learning side of snowsports education. This course might strike a familiar chord as you recognize something about yourself, leave ready to apply these discoveries, and guide your students in "learning to learn" more effectively.

Movement Analysis: 101 – John May. Getting ready to start teaching the upcoming season? Feel like you can do some movement analysis but not feeling as confident as you would like? Maybe you are newer to teaching or preparing for an exam and want to make sure you can answer "What do you see in their skiing?", then this topic might be just for you. We will go through the basics of movement analysis, review a few different ways of doing it and then practice applying movement analysis on real skiers.

Feedback Model Applied – Brad Walsh. What makes good movement analysis? How about targeted feedback on movements that relies on a shared goal and ski behavior that proves it? Often we try to acquire a skill of movement analysis when in reality augmenting our technical understanding and sharing an understanding with our client is the fastest road to effective movement analysis. We'll review video of several types of skiers and/or snowboarders and practice running our feedback through the framework of the feedback model and experience how much easier movement analysis is when we have a clear understanding of the desired outcomes. Pairs with the afternoon: "Emphasizing the Art: Leveraging the Positive in Feedback"

Promoting a Growth Mindset – Linda Cowan. Based on the research from the book *Mindset* by Carol Dweck, we will explore how a growth mindset instructor thinks: skills required can be learned, learning comes from productive effort, learning takes time and learning involves mistakes and failures. We will look into how instructors with a growth mindset ask questions that help students reflect on their effort and of-

fer growth-promoting support and feedback, fostering independent thinking.

Teaching Kids; Challenge or Reward? – Michael Birch-Jones. Are you the kids pro that gets it right ALMOST always? Or are kids a challenge to you most of the time? What's up with that mystery? Or maybe you have been successfully teaching kids for a while now but feeling like you are stuck in a rut? Join us for this session and find out what the "must haves" are to lay the foundation for an awesome kids lesson and where is the wiggle room for such luxuries as creativity and other fun stuff!

The Art & Science of Constructing Effective Progressions – Michael Drake. What is a progression? Why do we do them? What is an exercise vs. a progression? Where do they begin, and where do they end? How and why is flexibility important? This session explores this very important teaching element of what separates a master teacher from the merely ordinary. Bring your ideas, and expect an interactive session as we deconstruct ... and then reconstruct, the elements of effective, powerful progressions!

We Got the Beat: Lesson planning at Fortissimo Level – Andy Rubesch. Do you ever find yourself walking into a lesson and immediately going blank? Nothing, brain tank on low, resorting to "let's head up the chair!" In this session we will focus on how to strategically and simply define learning objectives and develop lesson planning techniques that can be used in a variety of situations; including on the spot strategies and advanced planning tools. We will establish definitions, learn how to determine then prioritize the most important objectives and practice applications in real life situations. Oh, and bring your inner drum spirit, it will be utilized.

Who Needs Snow to be a Great Skier? – Jenn Lockwood. Learn how to develop and improve the fundamental movements necessary for efficient skiing when OFF the snow, so that, you can maximize your training time ON the snow. In this workshop you will learn and experience: 1) the importance of cognitive development in learning ski specific movements while on dry land; 2) the benefits of ski specific conditioning components in becoming a proficient skier with better proprioceptive awareness, balance in motion, enhanced coordination and minimized risk of injury; 3) a time efficient (30 minutes), effective, FUN ski specific fitness challenge you can repeat at home and DELIVERS MAXIMUM RESULTS with minimal equipment! You will leave this workshop with the knowledge that becoming a great skier isn't just about the snow! Come prepared to PLAY, with workout clothes and athletic shoes.

AFTERNOON COURSE OFFERINGS

Adaptive balance in the "boot" – Lane, Priest, Maas. What is considered the boot for a bi-ski? With a few slides and lot of hands on, explore what affects the balance of an adaptive student. How does: loss of hearing, vision, limb(s) or physical conditions such as MS, Parkinson's or ALS, change your balance? We will have adaptive sliding devices to show how to adjust for different types of balance issues. Be prepared to help your fellow instructors "boot up" for balance or learn what is considered booting up, i.e. what is the boot for bi-ski?

Contemporary Teaching – John May. Sometimes the lessons we give are amazing and sometimes they seem to miss the mark. In fact, some clinics we attended were "a-ha" breakthrough experiences and other ones seem to not have that connection or learning experience we were hoping for. In this topic we are going to decode the mystery of what makes for great teaching. We will start with how to determine what is "good, better, best teaching" and the review what are some contemporary teaching moves we can make to improve the learning experience for our students.

Developing Skill Excellence – Michael Drake. Learn to develop peak skills in yourself and those you coach. This session focuses on developments and new understandings in the "process" of skill (of any activity) development....no, it's not about 'BERP', but on the how's and why's of methods that set high achievers apart.

Emphasizing the Art: Leveraging the Positive in Feedback – Brad Walsh. Speaking more globally, everyone has their own "desired outcome" with regard to skiing that might not be so specific as "skiing rhythmic turns in moguls". These types of desired outcomes become visible in the "art" of a person's skiing – the way they paint the hill that is recognizable from afar. These skills that people have can usually be built on, giving the instructor a course to chart and the student a sense of purpose and progress. Come put into practice taking what is inherent in our students and what they are working on.

Make Lessons Memorable – Leveraging Tools for More Effective Retention – Natalie Grummer. Learning is a lifelong adventure with few good at leveraging how we are wired to learn, which is key to acquiring new information and skills quickly and effectively. By learning how to learn, long-term retention increases and makes new information more permanent. Rooted in brain science, psychology and social science, this course will introduce some practical techniques and identify those that are ineffective. Fill your bag of tricks and add strategies markedly improving student achievement, while digging into the learning side of snowsports education. This course might strike a familiar chord as you recognize something about yourself, leave ready to apply these discoveries, and guide your students in "learning to learn" more effectively.

Myth Busters of Biomechanics – Eric Ward. Following up after the keynote, continue the conversation about the foot. What the world thinks, and what really happens inside the boot, we'll delve into ideas such as, fore-aft balance from the bottom up, pronation, supination, cuff alignment, sole planing, proprioception and a whole lot more. Bring your boots with you to test out the myth.

Student Management – Linda Cowan. Instructing is a dynamic profession which continually balances relationships and learning. In this session, we'll explore gems management found within the areas of getting student's attention, teaching and transitions.

Teaching Kids: Motivation ... yours and theirs! – Michael Birch-Jones. Everything seems to go well for you with your kids lesson, until you hit the wall, right about the same time they do. Is it motivation, participation, collaboration or some other "tion" word you can think of? In this session we will explore the pros and cons of different facets of motivation and how it changes from one class to the next. Come prepared to discuss learning preferences, the science behind mo-

tivation and how you can enhance your and your class's experience with useful tools.

Touch Zone Reloaded – Tyler Barnes. There has been some discussion about pole usage and its importance in "good skiing". An article was published in the Summer 2009 issue of the NW Snowsports Instructor newsletter, and since then I have had several seasons to revise and improve the message about effective and essential pole use. In this session we will look at some video footage of modern pole use (competition and non-competition skiing) then review and discuss the assertions made in the Touch Zone article. The outcome of this session should be real-world application of effective pole use in your own skiing and teaching.

We Got the Beat: Lesson Planning at Fortissimo Level – Andy Rubesch. Do you ever find yourself walking into a lesson and immediately going blank? Nothing, brain tank on low, resorting to "let's head up the chair!" In this session we will focus on how to strategically and simply define learning objectives and develop lesson planning techniques that can be used in a variety of situations; including on the spot strategies and advanced planning tools. We will establish definitions, learn how to determine then prioritize the most important objectives and practice applications in real life situations. Oh, and bring your inner drum spirit, it will be utilized.

Who Needs Snow to be a Great Skier? – Jenn Lockwood. Learn how to develop and improve the fundamental movements necessary for efficient skiing when OFF the snow, so that, you can maximize your training time ON the snow. In this workshop you will learn and experience: 1) the importance of cognitive development in learning ski specific movements while on dry land; 2) the benefits of ski specific conditioning components in becoming a proficient skier with better proprioceptive awareness, balance in motion, enhanced coordination and minimized risk of injury; 3) a time efficient (30 minutes), effective, FUN ski specific fitness challenge you can repeat at home and DELIVERS MAXIMUM RESULTS with minimal equipment! You will leave this workshop with the knowledge that becoming a great skier isn't just about the snow! Come prepared to PLAY, with workout clothes and athletic shoes.

Snowsports School Management Track Sessions - Seattle Only

Liability Issues in the Snowsports Environment – Brian Rosser. (Seattle only). Brian Rosser of Safehold Special Risk, a Wells Fargo company, will be presenting liability topics specific to ski school directors and supervisors along with helpful hints on avoiding common pitfalls.

Director/Manager/Supervisor Strategies – Terry McLeod. (Seattle only). Come join other School Directors and Supervisors in a moderated discussion around successful recruiting and retention strategies. A huge part of retention is about creating an environment that people like. We'll spend time sharing success stories and hearing ideas about effective supervising tactics so that you will come away with different strategies and ideas that you can apply immediately to your school.

Fall Seminar 2014 Event Application

Name	Email Address	Cert Level	Member #
Address		City	State
Zip			
Primary Contact Tel #	Secondary Contact Tel #	Snowsports School	

PLEASE CHECK ONE LOCATION



Spokane Metro

October 18, 2014

Gonzaga University

Lunch Options: turkey/sharp cheddar, or Roast beef/cheddar, or hummus avocado veggie wrap. All come with potato salad, brownie, water.....\$14.50



Portland Metro

October 25, 2014

Lewis and Clark College

Lunch Options: turkey, or roast beef or veggie deli. All come with chips, whole fruit and drink.....\$11.00



Seattle Metro

October 26, 2014

Seattle Pacific University

Lunch Option: turkey breast/cheddar/kaiser roll, or roast beef/cheddar/ciabatta, or roasted veggie club/ciabatta. All come with potato salad, brownie, water.....\$15.50

PLEASE CHOOSE YOUR MORNING AND AFTERNOON TOPICS

Morning Topic (8:30 - 10:30am)

First Choice

Second Choice

Afternoon Topic (1:00 - 3:00 pm)

First Choice

Second Choice

Course placement is based on your selections and space available. Some sessions may not be offered due to minimum number of signups.

PAYMENT DETAILS - PRICES ARE PER PERSON

☐ \$70 on or before October 12, 2014

☐ \$85 on or after October 13, 2014

☐ \$ _____ Lunch Option (see price above)

Choice: ☐ Turkey ☐ Roast Beef ☐ Veggie

\$ _____ Your Total

MAIL WITH CHECK OR CREDIT CARD INFO TO PSIA-NW:
338 N. Wenatchee Avenue, Wenatchee, WA 98801
FAX WITH CREDIT CARD INFO TO:
206.241.2885
EMAIL US: INFO@PSIA-NW.ORG

Applications received after deadline will be accepted pending space availability only. No refunds or cancellations unless injured and unable to participate in an indoor session per doctor's note; a \$25 processing fee will be applied to approved refunds.

**SAVE TIME!
REGISTER
ON-LINE @
PSIA-NW.ORG**

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

Recognizing that skiing/snowboarding can be a hazardous sport, I hereby RELEASE AND FOREVER DISCHARGE PSIA-NW, PNSIA-EF, 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.

Participant Signature _____ Date _____

sign
here

Credit Card Payments

PLEASE READ LATE FEE AND CANCELLATION POLICY ABOVE IN PAYMENT DETAILS BOX.

CREDIT CARD NUMBER (PLEASE PRINT CLEARLY)

CREDIT CARD TYPE ☐ Visa ☐ MC ☐ AMEX ☐ DIS

3 or 4 Digit
CVC Code

EXP. DATE
(MM/YY)

X

YOUR SIGNATURE

GETTING IMMERSED

by Garth McPhie

You may have heard of this PSIA-NW educational event being discussed by fellow instructors, or by other clinic participants, or perhaps even exam candidates. What is this "Immersion" all about? Is it for me? Let's start with a brief history of this "Immersion."

PSIA-NW has offered this event for six seasons now, and has been offering it twice per season for five seasons as the interest by the membership grew. Prior to the NW offering this product, representatives from the Technical Team and the then Education and Programs Director attended a similar event offered by the Aspen Academy in Aspen, Colorado. Based on their experiences these representatives created a PSIA-NW version called Immersion.



Just as it is described, Immersion is all about you. This is an event that helps you discover how you learn, how you ski and your beliefs about skiing. Throughout this journey, your coaches guide you through this discovery process, what are your goals, what is your intent, what are your beliefs and perhaps even challenging and refining them. What are you feeling in your movements, and what do you feel the ski doing as it interacts with the snow? I think **YOU** are getting the gist. Immersion begins with an indoor evening session prior to the first day on snow, that sets the tone. The "immersion" process is explained for the following days, as well as some technical and movement foci.

Preview of Day 1 on-snow: we focus on movements along the length of the ski (sagittal plane), and flexion and extension movements to aid in the ability to keep the center of mass over and along the foot, between the toe and heel pieces of the bindings. We went through an indoor stationary exercise to begin to feel these sensations of moving along the length of the foot relative to the movement of the center of mass. After the indoor session, most participants joined together for a social dinner to catch up with old friends and develop new friendships.

Some major takeaways for me regarding the focus established in this initial indoor session was that we need to move along and around the foot, and that there is, and needs to be, changes in where we are standing on the foot. We are essentially NOT trying to stay balanced or remain over a single fixed point on/in the foot. This can aid in our ability to remain "balanced" along the foot and ski so that we may utilize the ski as designed as effectively as possible. And it is the changes in our kinesthetic awareness and sensations on the bottom of the foot that signal to us when we are and are NOT where we need to be. So we need to continue to move our body parts, via the joints, through coordinated flexion and extension to achieve this outcome.

Day 1 on-snow: We met at the lodge at Mission Ridge, who graciously provide lift tickets for all participants. The entire group skied together to get things started toward the focus initiated the evening before: balancing along the length of the foot, and along the length of the ski. On a flat slope, we were led through a stationary exercise to explore further the sensations of moving to stay balanced over and along our feet while a partner pushed and pulled on our skis, feeling which muscles needed to be active and tensioned to allow us to stay balanced between the toe and heel pieces of our bindings.

Next we added the full range of extension and flexion movements to this push pull stationary exercise, and applying this range of movement to aid in our ability to stay balanced over the feet, and along the length of the feet. And in essence, along the length of the ski. With the coaches set up at the side of the run, we set off to begin lapping the designated run, applying the focus created of utilizing the muscles emphasized to allow us to be active in staying balanced along the length of the feet and along the length of the ski.

On the upper portion of the run, we skied along a cat track in a straight run, applying the fore aft and extension and flexion movements. On the lower portion of the run, in a low speed/low performance basic parallel turn, we continued to apply this range of movements. Individually we repeated lap after lap, while checking in with the coaches for feedback on the movements and outcomes of the task, our kinesthetic awareness was coming into tune.

Day 1 Evening: Here we were given the opportunity to view video taken throughout the day, connecting the visual image to the kinesthetic sensations we had been feeling while performing the designated tasks. After which we were introduced to the technical and movement focus for Day 2: balancing movements foot to foot, ski to ski (frontal plane). Then on to our group dinner.

Day 2 on-snow: We again began with the whole group, being led and shown the traversing exercises we would be skiing through for most of the day. Our traverse was described as a straight traverse, traversing across the hill in a straight line towards a virtual target at the far side of the run; in contrast to the traverse where one is primarily utilizing the sidecut of the ski. While performing these traverses, we could look back at our tracks to verify whether or not we had indeed traversed in a straight line. We began by traversing on both feet, and then coordinating this traverse while again exploring our complete range of extension and flexion movements, feeling the sensations along the length of both feet. As we progressed, our traversing tasks evolved to stepping foot-to-foot, balancing on the downhill foot/ski, and balancing on the uphill foot/ski. In essence, working through the ability to balance along the length of the feet/skis while changing which foot/ski we are balancing on.

The 1st Immersion is Jan. 2-5, 2015

Day 2 evening: we gathered for another evening indoor session, connecting the video images once again to the sensations and ski performances we had been moving through and feeling throughout the days tasks and skiing. And of course gathered for our social group dinner. I could continue on day by day, session by session, task by task, sensation by sensation, takeaway by takeaway; but instead I believe an emphasis on the program and process, as well as the outcomes, will better convey the effectiveness of Immersion.

From the get go, the focus and engagement initiated at the evening indoor sessions distinctly narrowed the movements and outcomes to attainable bites each day. Then, on snow, the tasks supported these clear desired outcomes, of both movements and ski/snow interaction. By continuing to refine these outcomes per task with repeated practice and improvement before progressing on to another task, with appropriately paced and directed feedback, the awareness awakened is astonishing. Both to feel and to see. This format of training is used by national teams worldwide to develop elite athletes. As PSIA-NW members, we have this effective opportunity available to us. Hope to see YOU at Immersion! ❄️



Garth McPhie is a PSIA-NW Technical Team Member, Alpine Examiner and the Mountain Learning Center Director at Alyeska Resort, AK. Email him at: gmcphie@alyeskaresort.com

GROWING THE SPORT



by **Kirsten Huotte**
PSIA-NW Executive
Director

"Growing the sport. Model for growth. Learn to Ski and Snowboard Month (LSSM). Bring a Friend Challenge." Maybe you have heard one of these phrases at your area resort

or in the school locker room. If you haven't, you soon will. What is this all about?

"Conversion and retention." – sound familiar? The baby boomers are aging and there is concern about the backfill – meaning more will be leaving winter sports than will be coming in.

What does that have to do with you? The "Growing the Sport" idea is bigger than the area resorts, and it is going to take an "all hands on deck" approach to help drive this initiative.

We, as instructors, have a great opportunity for impact in converting first timers into lifers. Aside from teaching them a new sport, we get to know them, we find out what things they enjoy, maybe even things they are afraid of, we share the love of the mountain environment; we have the opportunity to establish a relationship. Consider that instructors spend more personal contact time with guests than any other department.

Successful building of the relationship is the conversion, bringing them back for the next lesson, bringing their friend back with them, building that chain of events, that build to life changing - that's the retention. Isn't that why we are all here? Someone in our past built that relationship with us, they converted us and in that conversion look what they have given us.

PSIA-NW wants to help you in helping your school and your area. We want to provide relevant topical content at events, share our love of the sport, inspire you to continue in your journey

as an instructor, and excite you for the end of the day training with your posse – just one more run.

The season is here and with the idea of growing the sport, we have shaped our season. Look through our topics, come hear our keynote Eric Ward at the Fall Seminar event, look for a day clinic or multi-day event to get your feet moving and your mind refreshed. Or look towards the end of the season with the final boom – Spring Symposium at Whitefish Mountain Resort in Montana! Find what inspires you and tell us about it.

With this brief overview of the season included in the following pages, with all the details on the website, we know you will find what it is that dries you. Complement your journey as a snowsports educator and engage that "new timer" to convert them into a believer.

See you on the hill, getting your groove on, growing the sport by showing that new to the hill person how fun winter is sliding on snow.

Kirsten

Learn, Teach, Inspire ©

Note About Lift Tickets



PSIA-NW is grateful for the generous support of our certification and educational programs by the host resorts. Events denoted with a ① indicate that lift tickets are provided to non-pass holders by the host area. 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.

Fall Seminar

OCTOBER

18

OCTOBER

25

OCTOBER

26

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 keynote 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 members. See pages 10-12 for details.

1-day event, 1-year credit, cost: \$70

Spring Fling

APRIL

25

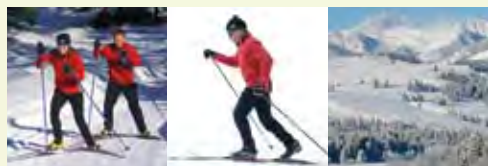
SEATTLE METRO AREA
SEATTLE PACIFIC
UNIVERSITY

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.

Eitherway, 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 on-line at the psia-nw.org website. Offered in the Seattle area. All disciplines welcome as well as non-PSIA members.

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



Track Fall College

DECEMBER

13-14

SUN MOUNTAIN LODGE

SUN MOUNTAIN

Ready for lots of skiing and general trackster fun as usual? You'll be exploring the Methow Valley trails again this year led by the top track gurus in the Northwest. What more could you ask for? 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. Track specific. More information as well as the event application can be found on-line at the psia-nw.org website.

2-day event, 2-year credit, Cost: \$130 or 1-day event, 1 year credit, Cost: \$65



ABC's of Exploration

JANUARY

14-16



ALYESKA RESORT

This is a chance of a lifetime. Take a trip to Girdwood, Alaska and participate in a 3-day event that will rival anything in the lower 48. Skiing in Alaska is very civilized. We'll get started at 10am, then ski until around 4 or so, then head over to the slope-side après ski scene for a little R&R Alaska-style. You'll be challenged in the outback or enjoy awesome groomers while improving your skiing with small group sizes.

Enjoy slope-side accommodations with ski-in and ski-out lodging at Alyeska Resort. Check on-line at the PSIA-NW.ORG website for lodging deals. Alpine specific.

3-day event, 2 year credit, Cost: \$350



Immersion

JANUARY

2-5

FEBRUARY

4-6

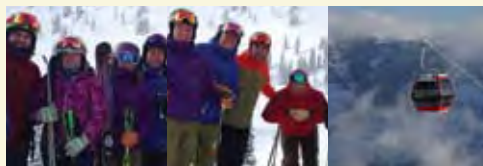


MISSION RIDGE

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-intensive session is for you. Led by PSIA-NW Technical Team members and some guest clinicians, the program begins indoors in Wenatchee the evening before the first on-snow day. The on-snow days include indoor evening sessions as well. Supported by Mission Ridge. Full 3-day Immersion or 2-day condensed version. Alpine specific.

First event is a 3-days on-snow + evening event, 2-year credit, Cost: \$325

Second event is a 2-day on-snow + evening event, 2-year credit, Cost: \$225



Winter Blast

FEBRUARY

9-10



CRYSTAL MOUNTAIN

Come find out why this is our premiere National Demonstration Team event. "What's the National Team?" you ask. 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 share their passion of skiing with you. Improve your skiing with PSIA National Alpine Team Members at Crystal Mountain. You'll be treated to breakfast each morning, an après ski with clinicians Monday afternoon and lunch with the group on Tuesday. See what all the hype is about! Small class sizes guaranteed. Supported by Crystal Mountain. Alpine specific.

2-day event, 2-year credit, cost: \$335



Divisional Academy

MARCH

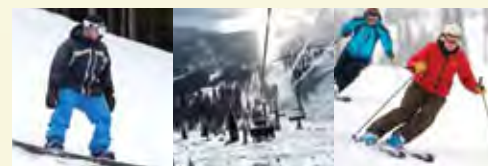
13-15



CRYSTAL MOUNTAIN

Divisional Academy is a spectacular three-day event led by current and past Northwest Technical Team Members and other talented Divisional 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. Open to any member in good standing. Thank you Crystal Mountain for supporting this event with complimentary lift tickets. Alpine and Snowboard specific.

3-day event, 2-year credit, cost: \$335



Spring Symposium

APRIL

10-12



WHITEFISH

MOUNTAIN RESORT

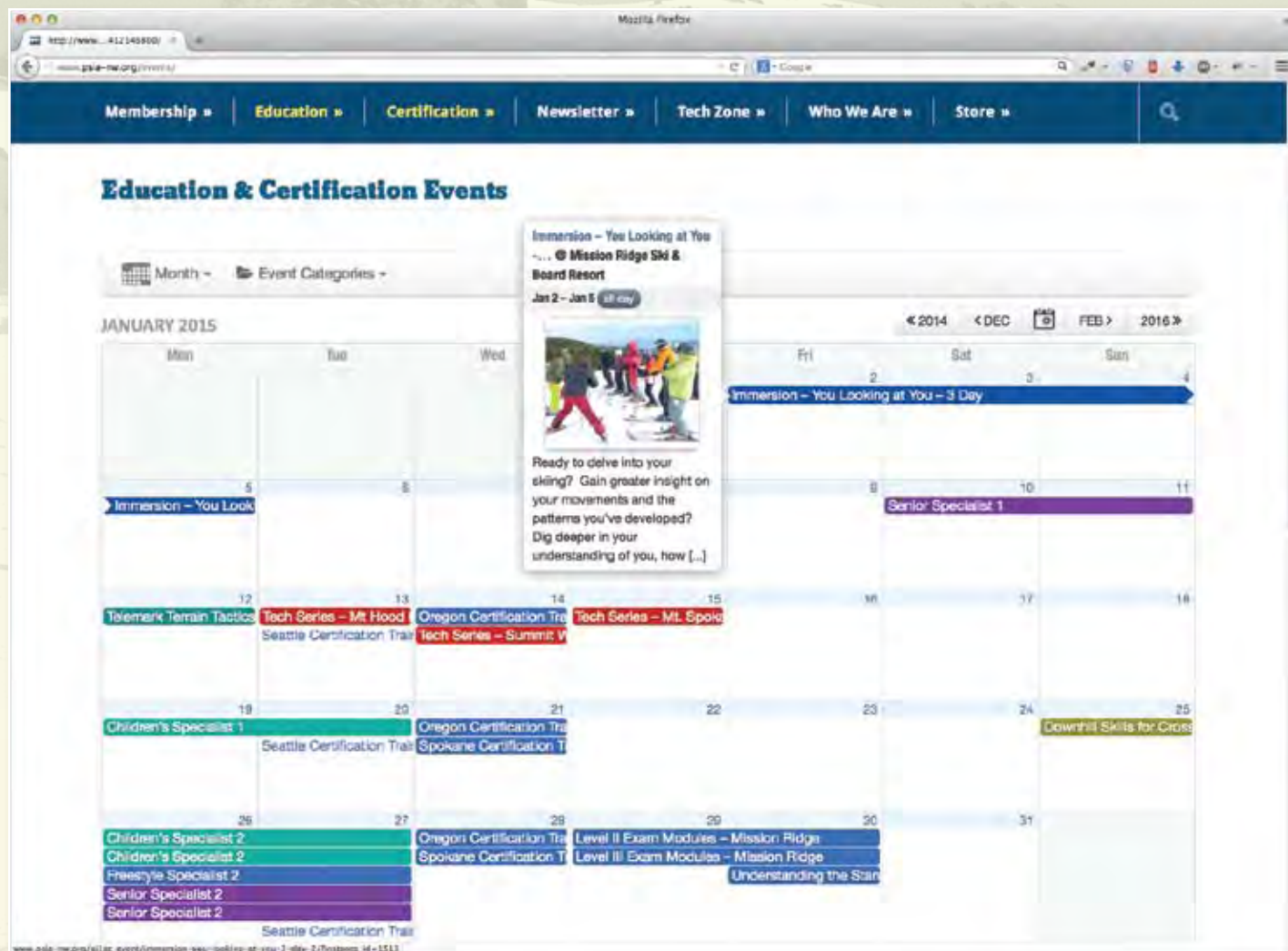
Start planing now for an awesome time Montana style! With another season wrapped up it will be time to celebrate with the rest of the division in saying, "that's a wrap." We're ready to ski and ride into summer with this end-of-the-season bash that has been a Northwest tradition for almost 50 years! This two-day event (three if you participate in Free Clinic Friday) showcases our talented clinicians in a myriad of clinic choices, ranging from everything under the sun, pun intended.

Symposium clinic participants will receive complimentary lift ticket - yes, that's right! Thank you Whitefish Mountain Resort! For lodging information go to skiwhitefish.com.

2-day event, 2-year credit, cost: \$190

1-day event option, 1-year credit, cost \$95

GO HERE: WWW.PSIA-NW.ORG/EVENTS



BE SURE TO LOOK ON-LINE FOR MORE DETAILED EVENT INFORMATION LIKE ONE-DAY EVENT DESCRIPTIONS, LODGING DEALS FOR MULTI-DAY EVENTS, CERTIFICATION GUIDES AND MORE.

HOW TO SIGN UP FOR EVENTS

All the events listed in this Season Guide have the full details available at PSIA-NW.ORG/EVENTS. From an event detail page you can get the full event description, click to sign up on-line or download a printable/fax-able event application. It's so easy.

Printed applications may be faxed or emailed to the office for processing (please do NOT email credit card information to the office). Before the event, you will receive a confirmation email with details specific to your event.

Event must have a minimum number of sign ups to occur. The best way to insure an event will happen is to sign up early - tell your friends and get a group together that all plan to attend. If a minimum number of sign ups have not been submitted the event may not run - this includes exams.

TO AVOID A LATE FEE, SIGN UP EARLY. Registration less than 14 days prior, is on space-available basis, and assessed a \$15 late fee for one-day events and \$40 late fee for two-day events.

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.

SPECIALIST PROGRAMS

Specialist programs have prerequisites. Please see the psia-nw.org website for details. The dates shown next to the Specialist category state that a specialist event is happening on those dates. Check the on-line event calendar for specific details.

Children's Specialist



Freestyle Specialist



Senior Specialist



DECEMBER

5-6



The premise of the Children's Specialist Standard is based upon the concepts of "levels of understanding" levels that define stages of learning within degrees of understanding. Participants will be held to the knowledge and performance standards of the level at which they are participating as well as the criteria for all preceding levels.

DECEMBER

7-8



Children's Specialist 1 (CS1)

To participate in the CS1 two day clinic the participant must hold a Level I certification or higher, have access to the Children's Instruction Manual, Second Edition, 2008 and possess a willingness to fully engage and participate in the two day event. Children's Specialist Foundations is a pre-requisite to taking CS1 unless the participant can provide 20 documented teaching hours of the child client. The CS1 packet of information and workbook are available by accessing the PSIA-NW website and downloading the material located on the Children's page. The expectation is that the workbook is diligently completed, to the best of the participant's ability, before the clinic.

DECEMBER

13-14



JANUARY

19-20



JANUARY

26-27



Children's Specialist 2 (CS2)

To participate in the CS2 two day clinic the participant must hold a Level II certification or higher, have access to the Children's Instruction

Manual, Second Edition, 2008, and possess a willingness to fully engage, teach and participate in the two day event. A minimum one full season separation between participating in the CS1 and pursuing CS2 is required.

Children's Specialist 1 or 2: 2-day event, 2-year credit, Cost: \$150

DECEMBER

5-6



DECEMBER

7-8



DECEMBER

13-14



JANUARY

26-27



Freestyle Specialist 1 (FS1)

A two day course available to any Level I or higher PSIA-AASI member who has successfully completed the Foundations course or has 20 documented (email from director or trainer) hours of teaching the freestyle client. FS1 explores the fundamentals identified in the Foundations course with specific focus on the beginning to intermediate park rider. An additional component of the program is completion of the FS1 workbook. A FS1 certificate is awarded based upon the degree of participation and understanding including the knowledge and comprehension and application and analysis of course material and completion of the workbook.

Freestyle Specialist 2 and 3 (FS2/3)

The Freestyle Specialist 2 and 3 currently is run together. This is a certificate base course and participants will be assessed through completion of the workbook,

active participation and coaching during the session and their riding at the appropriate performance level. The completed workbook must be received by PSIA-NW no later than two weeks before the event being signed up for. Successful completion of the Freestyle Specialist 1 is a pre-requisite for the Freestyle Specialist 2 and successful completion of the Freestyle Specialist 2 is a pre-requisite for taking the Freestyle Specialist 3.

Freestyle Specialist 2 or 3: 2-day event, 2-year credit, Cost: \$150

NOTE: ALL SPECIALIST PROGRAMS HAVE A WORKBOOK COMPONENT THAT MUST BE COMPLETED AND SUBMITTED TO THE OFFICE 14 DAYS BEFORE THE ON-SNOW PORTION

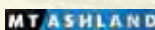
DECEMBER

7-8



JANUARY

10-11



JANUARY

26-27



Senior Specialist 1 (SS1)

A two day course available to any Level I or higher PSIA member who has successfully completed the Senior Specialist Foundations course or has 20 documented (letter from director or supervisor) hours of teaching the adult learner. There is a mandatory workbook that can be found on the Senior Specialist downloads page.

Senior Specialist 2 (SS2)

A two day course available to any Level II* or higher PSIA member who has successfully completed the SS1 course one season or more prior to the SS2. The SS2 includes a teaching component and a rigorous curriculum focusing on the beginning through advanced skier applying concepts, tactics and theory specific to coaching the senior learner. This includes a

deeper exploration into the cognitive and affective attributes of a senior as well as identification of movement pattern techniques for the advanced level skier.

Senior Specialist 1 or 2: 2-day event, 2-year credit, Cost: \$150

WHAT IS SPECIALIST TRAINING?

So are you stuck in a rut? Lessons seem to repeat over and over? Creativity low? Looking for better ways to get that kid out of a wedge, or ways to relate to the "Baby Boomers" that are retiring and coming to your resort? Is your freestyle coaching feedback, "Hit it harder, bro!" ... well is it?

Boost your teaching with one of these multi-day educational events giving you the Specialist Training you need. This is not your general clinic; these events require your undivided attention, some prerequisites and in return you will earn in-depth details and methodologies for teaching in these specialized areas: Children, Freestyle or Seniors.

CERTIFICATION

Exam Modules

EXAM DATES & LOCATIONS

MISSION RIDGE - JAN 29-30 (A,S)

STEVENS PASS NORDIC - MAR 8 (N)

SCHWEITZER - MAR 21-22 (A,S)

STEVENS PASS - MAR 28-29 (A,S)

MT BACHELOR - APR 4-5 (A,S)

MEADOWS - APR 18-19 (A,S,T)

6 exam dates this season with the first exam modules in January. Note that the Level III Snowboard exam is offered at Stevens Pass & Mt Hood Meadows only. Check on-line for details. For Adaptive exams please check the website for more information.

(A=Alpine, N=Nordic, S=Snowboard, T=Telemark)

Important Exam Reminder

Written exams must be completed with a passing score no later than 4 weeks prior to the on-snow modules. Exam and Event Registration less than 14 days prior, **WILL ONLY BE ACCEPTED IF SPACE IS AVAILABLE**, and includes a \$15 late fee for one-day events and \$40 late fee for two-day events. Avoid late fees and sign up on time!

\$2 per order donation to PNSIA Education Foundation



Get 250 pro quality business cards with personalization options, PSIA-AASI & NW logos and FREE SHIPPING for just \$49

Details at PSIA-NW.ORG - Membership menu, then Member Benefits.



Certification Training

JANUARY

13

JANUARY

14

JANUARY

21

CENTRAL OREGON, SEATTLE, SPOKANE

Combination of indoors and on-snow sessions with start dates as noted to the left. The indoor component is an essential tool for helping you prepare for your Level II or Level III exams. Indoor session covers movement analysis, technical knowledge plus a whole lot more. On-snow sessions build on the indoor content.

Multi-day event with indoor and on-snow sessions, 1-year credit, cost: varies by area - please see website

for details about locations and start dates.

NEW!

Alpine, Snowboard & Telemark Written Exams are Now On-line!

ANYTIME, ANYWHERE!

New this season and the best option of them all: take your written exam on-line anytime that is convenient for you. Get the details on the PSIA-NW.ORG website. Sign up on-line and take the exam from the convenience of your own home. Preregistration is required for scheduled written exams, like all other events. On-line exams can be taken at anytime. All written exams must be completed with a passing score no less than 30 days prior to the on-snow exam module you intend to take. **Cost: \$20 per exam.**

Alpine & Snowboard Exam Checkpoints

MULTIPLE DATES AND LOCATIONS

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. Alpine, snowboard or telemark. Open to Level I or II members only.

1-day event, 1-year credit, Cost: \$70

Alpine & Snowboard Exam Orientations

THE FRIDAY OF EXAM WEEKEND: SEE DATES TO THE LEFT. Typically 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. Open to Level I or Level II only. Alpine/Snowboard specific

1-day event, 1-year credit, Cost: \$70

Alpine & Snowboard Exam Modules

MULTIPLE DATES AND LOCATIONS: SEE DATES TO THE LEFT. Level II & III skiing or riding module one day and/or teaching/professional knowledge 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 specific exam modules. Please refer to the Alpine and/or Snowboard Certification Guide(s) for pre-requisites to taking these exams. Note the Snowboard Level III exam is offered at Stevens Pass and Mt. Bachelor only.

1-day per module, 1-year credit, Cost: \$115 per module

Track Pre-Exam Clinic

MARCH

7



STEVENS PASS
NORDIC CENTER

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 Track exam.

1-day event, 1-year credit, Cost: \$70

Track Exam LII & LIII

MARCH

8



STEVENS PASS
NORDIC CENTER

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

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

Telemark Exam LII & LIII

APRIL

18-19



MT HOOD MEADOWS

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

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

Spring GS Camp

APRIL

24-26



MT BACHELOR

Spring at Mt. Bachelor, 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 and, 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: \$280

Freestyle Camp

APRIL

24-26

VENUE TBA

How often do you get three days of training specific to the park and 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. Ski and Snowboard specific and helmets recommended.

3-day event, 2-year credit, Cost: \$240

Technical Team Tryout

MAY

1-3

VENUE TBA

Members of the PSIA-NW Technical Team are part of the Divisional Staff. Members of the team are considered as being some of the top snowsports professionals in

the Northwest and beyond. If you have the passion and desire to be among the top snowsports leaders in the NW, then please come to the tryout and apply for the position. It is both challenging and rewarding. Check the website for application details.

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

Summer Professional Development Camp

JULY

10-12



TIMBERLINE

Are you looking to keep your skills fresh and challenged in the ‘off season?’ Do you like the idea of skiing in the summer sun at 8,000’ from 8am-2pm with the rest of your day free to golf, bike, swim, shop, hike, windsurf or just relax?

Then the professional development camp is what you are looking for! Build on what you worked on during the season, add goals for the upcoming season and have fun skiing, in the summer. Alpine-specific, lift tickets must be pre-paid.

3-day event, 2-year credit, Cost: \$285

Summer Ski Camp

JULY

17-19



TIMBERLINE

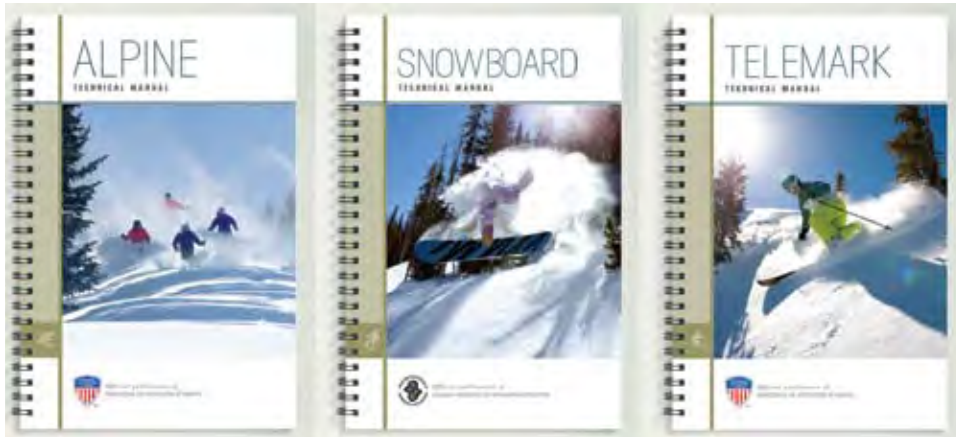
Endless winter? Kind of! Pristine blue skies, mountain air, amazing view, a snowfield and skiing in July and just a bit warmer than January. Attend one of our premiere events to improve your skiing. Introduce or reintroduce yourself to the

world of GS or just have some summer skiing fun. No race experience required. 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: \$330

NEW ALPINE, SNOWBOARD AND TELEMARKE MANUALS ARE HERE!

Order your new manuals on the PSIA-NW online store at PSIA-NW.ORG/SHOP



MEMBERSHIP DUES WERE DUE JUNE 30

2014-2015 PSIA-NW and National Membership Dues were due June 30, 2014. Annual membership dues billing occurs in April with payments due June 30 to avoid a late fee.

This newsletter issue is sent to all current and non-renewed members. If you did not renew your membership in June it's NOT too late. You can still pay your dues on-line or call Member Services at (206) 244-8541 to maintain your current membership status and continue to receive all member benefits.

Starting in April 2014 an email was sent each month, and a reminder letter and invoice was sent in May 2014 if you had not already paid. If you have been procrastinating you can still renew your membership by "check in the mail" or by credit card by fax or over the phone or on-line at PSIA-NW.ORG.

For more information about paying your 2014-2015 member dues contact the office or renew on-line.

NOTE TO NEW MEMBERS ABOUT DUES

If you are a new member who joined after February 15, 2014 then your membership dues are considered complimentary for the 2014/2015 season, but you still must maintain your continuing education credit to "stay current".

The New Pro? Let's Go! clinic will provide you the continuing education credit you need and is complimentary as part of your Level I exam fee (that's a \$65 value), if you took the Level I exam this season or last season.

WELCOME ABOARD

by Kirsten Huotte, Executive Director



I'd like to take this opportunity to welcome all of our new members to the organization. If you are a new member this is probably one of the first or second newsletters you have received from PSIA-NW. You should have received 32 Degrees and an official accessories catalog just a

few weeks ago, which is sent by the National organization. 32 Degrees has lot's of great articles and information about being a snow pro, as does this publication.

This is just the beginning of your journey as a ski and snowboard professional. There are so many great resources for improving your craft and many exclusive benefits available only to snow pros like you.

Keep in mind that you also must maintain your current level of certification by taking a continuing education clinic or event for credit – this educational course is offered by PSIA-NW. Your first continuing education credit will most likely be a "New Pro - Let's Go" clinic. This clinic is included as part of your Level I Exam, but you need to sign-up and attend this clinic. If you are new "this season" you do not need to take a continuing education credit until next season, since the Level I exam itself you participated in counts towards continuing education credits.

If you were new "last season" and also took your Level I exam "last season", your continuing education credit requirement is coming due this season. But good news – there is a "New Pro? Let's Go!" clinic at a location hopefully near you. This clinic is designed specifically for new instructors who took a Level I exam. You can slide into a clinic with a Divisional Clinic Leader (DCL), aka PSIA or AASI Pro for a day of fun, skiing and riding. What's great about this clinic is your opportunity meet instructors just like you from other areas – plus it's a lot of fun!

This clinic is certainly 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.

The "New Pro – Let's Go!" clinic is valid ONLY for new instructors who took their Level I during this

season or last season. Please Note: If you sign up for this event and do not show up, a \$25 cancellation fee will apply. Some resorts support this event with lift tickets and as support information becomes available it will be posted online at the PSIA-NW.ORG website.



NEW PRO? LET'S GO!

The "New Pro? Let's Go!" clinic is designed specifically for instructors who took a Level I exam. If you are not sure if you are eligible for this clinic please contact the PSIA-NW office by phone or email and we can confirm your eligibility and get you signed up.

This clinic is valid ONLY for instructors who took their Level I during this season or last season. Please Note: If you sign up for this event and do not show up, a \$25 cancellation fee will apply.

Some resorts support this event with lift tickets and as support information becomes available it will be posted online at psia-nw.org

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

ADAPTIVE	TRACK	TELEMARK	SNOWBOARD	ALPINE	DATE / LOCATION
✓					Dec 13 @ Sun Mountain
✓					Dec 21 @ Mt Spokane
			✓	✓	Mar 15 @ Bluewood
			✓	✓	Mar 21 @ Schweitzer
			✓	✓	Mar 22 @ Alpental
			✓	✓	Mar 28 @ Stevens Pass
			✓	✓	Apr 4 @ Mt. Bachelor
				✓	Apr 4 @ Crystal Mountain
✓		✓	✓	✓	Apr 11 @ Symposium at Whitefish Mtn Resort
			✓		Apr 19 @ Mt. Baker & Mt Hood Meadows
				✓	Apr 26 @ Mt. Hood Meadows

Tech Series Calendar for TDs & DCLs

If you are a Divisional Clinic Leader (DCL), or a Training Director (TD) for your snow sports school who has completed the TD application process, including paying the seasonal TD event fee then you are eligible to attend any of the Tech Series events to fulfill your requirement as a TD. While only two days per season are required, you may attend as many as you wish (AND WE HOPE YOU DO!), however you must sign up in advance to avoid a late fee. All Divisional Staff (DCLs) are eligible to attend any Tech Series event, however an application for the Tech Series event must also be faxed to the office on-time to both attend the event, and avoid a late fee charge of \$25. For a complete list and Tech Series Application please log onto the PSIA-NW website and head over to the Tech Zone area for your TD information and event applications.

TECH SERIES CALENDAR

DATE	EVENT / LOCATION
Oct 18	Fall Seminar @ Spokane
Oct 25	Fall Seminar @ Portland
Oct 26	Fall Seminar @ Seattle
Nov 14	Alpine & Snowboard Examiner & DCL Training @ Timberline
Nov 14-16	Tech Series Fall Training @ Timberline
Nov 15-16	Clinic Leader Training † @ Timberline
Dec 13	Track TD, DCL, Examiner Training @ Sun Mountain
Jan 13	Tech Series @ Meadows
Jan 14	Tech Series @ Summit West (night)
Jan 15	Tech Series @ Mt Spokane (night)

(†) Clinic Leader Training is for Level II or III staff trainers who are not officially TDs - see Tech Series Event application for costs and details. (*) TDs who wish to shadow exams must have attended two days of TD Training in the current season to be eligible to participate; space is limited and determined on a first-come, first-filled basis.

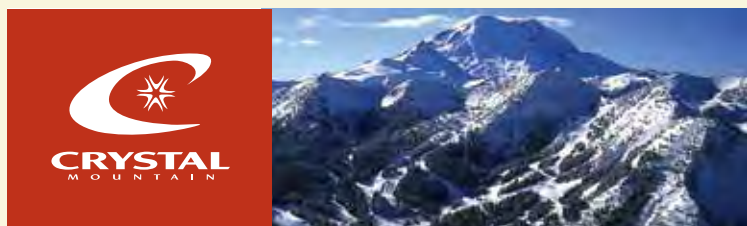
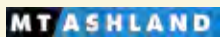
TECH SERIES CALENDAR

DATE	EVENT / LOCATION
Feb 10	Tech Series @ Meadows
Feb 11	Tech Series @ Summit West (night)
Feb 12	Tech Series @ Mt Spokane (night)
Mar 6	Alpine & Snowboard Examiner & DCL Training @ Stevens Pass
Mar 6-8	Tech Series Winter Training @ Stevens Pass
Mar 7-8	Clinic Leader Training † @ Stevens Pass
Mar 21-22	Exam Shadow* @ Schweitzer
Mar 28-29	Exam Shadow* @ Stevens Pass
Apr 4-5	Exam Shadow* @ Bachelor
Apr 11-12	Tech Series Spring Training @ Symposium /Whitefish
Apr 18-19	Exam Shadow* @ Meadows

HEY, ARE YOU A TD OR DCL AND PLAN TO ATTEND FALL SEMINAR?

Then please take note: This is the first event of the Tech Series. TDs must submit their seasonal TD Application and pay the TD Season Fee to attend Fall Seminar. TDs and DCLs must also then complete a Tech Series Event Application for this event. For TD, DCL and Tech Series information go to: WWW.PSIA-NW.ORG/Tech-Zone

Many thanks to these resorts for their support of the 2013-14 season. Without their help and in-kind contributions, our job(s) would be a lot harder! We can't thank you enough!



Come work and play at Crystal Mountain Resort in beautiful Washington

We have 2600' vertical feet of steep un-interrupted fallline for a total for 3100' vertical with snowfall averages over 500" per year. It looks like we are on tap for another big one this year.

We have a very busy and thriving program. We offer Private and Group lessons for adults and children, a very successful 6 consecutive week program, and one of the top Junior Free Ride programs in the country.

We have a first class training program to compliment our progressive and cutting edge school. Our training staff is comprised of PSIA-NW Examiners, Clinicians and many other experienced staff to meet your training goals. Each instructor receives 16 hours of paid training per season, plus weekly special interest and certification clinics.

If you are interested in pushing your limits of teaching, riding and personal growth, then look no further, we want you! We are currently hiring for all departments within the Crystal Mountain Learning and Adventure Center. Pay rate will be based on experience.

PSIA certified instructors are preferred, but we hire a handful of new instructors each year as well.

Please send all job inquiries to: lessons@skicrystal.com or fill out an application on line at www.Crystalmountainresort.com - click on the employment icon at the top of the home page and look for the Snow Sports Instructor job description.

WHEN TO ALIGN IT ...&...

WHEN TO MUSCLE IT

by Annie Garske

Do you keep hearing about canting or boot grinding to improve boot cuff alignment? Have you tried these yourself in hopes of quicker rotation, a smooth turn transition, or overall better ski performance? And did it work? As a physical therapist and a skier I love to “geek out” on movement, anatomy, injuries, and training principles.

I’ve noticed a disconnect between skier’s reliance on equipment alignment tactics and changing innate ski performance. I tend to hear much more about the heavy reliance on changing static alignment and far less about what people are physically practicing to change their ski performance. Hearing of those who are working to change their physical movement it is rare to hear of this work being completed off the slopes. So to skip forward to the answer: When to align it (meaning your lower extremity) and when to muscle it really depends. Both tactics may play a part, but in many cases, better ski performance may only need the “muscle” side of things. Rarely will it be alignment alone, and here is why:

To start, what does a boot alignment provide? The basic terms stance or alignment refer to the position of the body that allows the bones and muscles to be stacked over one’s base of support: the knee aligned over the ankle and the hip over

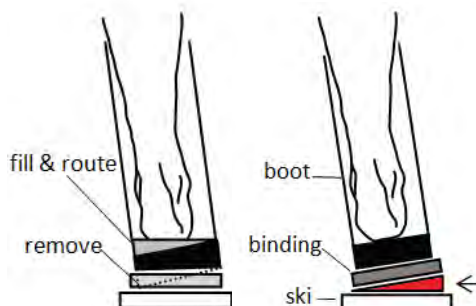


Trunk rotation stability test - FMS

the knee (Alpine Technical manual). Canting is the process of making lateral adjustments to the boot, binding or the foot, to reach optimal alignment or positioning a neutral flat foot for optimal lower extremity alignment. Alignment fixes the bones and starts the skier from a good platform. Knock-kneed skiers provide a typical example for canting, and would need to make an adjustment towards the medial or inside portion of the boot/binding to build up the surface enough that the knee will align over the ankle.



Boot Cuff alignment



Traditional canting methods are important, and better movements can increase your performance too.

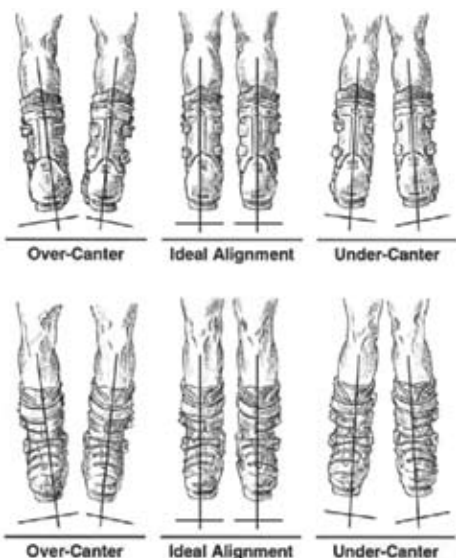
This adjustment provides better static alignment, but does not address the dynamic alignment of the lower extremity throughout a movement. Ability to control the lower extremity during movement is maintained in the muscles that rotate the hip. The hip can create a knock-kneed position if either too stiff or too weak. The hip is the steering wheel for the entire lower extremity. Weakness in the hip, external rotators, and/or hip abductors will cause the knee to collapse inward, creating a knock-knee position.

This concept is no different than when applied to runners in my practice. Providing an orthotic to

neutralize a runner’s foot position may improve how the foot hits the ground, but ultimately will not improve how they run.

Like a runner’s orthotic, a boot alignment will provide a great static platform for alignment, but will not change how the muscle functions around a skier’s stance or the habitual movement learned. Regardless of alignment, an individual can still create a valgus knee position (or, as we think of it in skiing, an “A-frame” position) unless the motor pattern of the hip is retrained. So won’t skiing in a better alignment fix my movement patterns? The answer is no. And to prove it, allow me to digress ...

Have you experienced the moment of complete exasperation once the tenth clinician or ski instructor buddy has told you just what you need to change in your skiing – that thing you have been working on for the past three seasons and still can’t get? Even when you completely understand it, see it, know what to do about it, and still can’t change it?



Canting: the basic of what to look for.



While training for my Level II exam years ago, I was lucky enough to have many great current and past DCL members and training directors to tap into. Every time the answer was the same: I needed to create stronger, more effective rotation from my hip. My answer: I KNOW!!!! I was strong, had been training all summer and fall prior to the season beginning, I had done plenty of training on the hill in terms of practice of skills, and I understood my goal and continued to struggle. I began a journey of constantly examining my alignment and movement, and continually referring to my background in physical therapy, skiing, equipment, and exercise to help correct the problem.

Have you asked yourself, “Can I move that way? Can I stabilize that way? Am I strong enough to perform the movement? Do I have enough motion to create the movement? Does your hip rotate in its socket? Can you twist enough through your trunk to move into a countered stance?” If these questions are not being asked, significant changes in movement and over all ski performance will not affect technique. Whether or not a skier is physically fit enough will not eradicate habitual patterns of movement or allow for change in motor patterning. Begin to ask these questions, that ski will turn on a dime!

Now that you’ve asked these questions, what process will you use to answer them? Determining which specific movements an individual lacks is key to better ski performance. How do you determine specifically what is lacking for you versus the next guy who can create rotation without even thinking about it? It is an overwhelming question of where to start, especially for those who don’t have backgrounds in physiology or physical training.

The Functional Movement Systems (FMS) approach determines lack of mobility and/or stability through a pattern of movements that are

different from strength, endurance, and agility. Developed by Gray Cook, PT, and from his book *Athletic Body in Balance*, the FMS is used for high-performance athletes as a baseline measurement to determine a person’s ability to move as a unit through 7 screening tests. Moreover, the FMS approach determines risk of injury as well as individualized training principles that are not sport specific, but movement specific.

Chris Fellows, former PSIA national team member, founder of North American Ski Training Center, authored *Total Skiing* which begins with the utilization of the Functional Movement System, and is a great resource for developing a more individualized training program for skill development. Fellows’ method cites the FMS approach as the foundation of movement for his performance pyramid. He speaks to the need for basic functional movement as the foundation. “The block of functional movement serves as the foundation on which the blocks of fitness, technique, and tactics are built.” He writes, “Without the integrity of the functional movement block the blocks for fitness, techniques, and tactics will soon break down due to fatigue or injury.”



The Performance Pyramid

Total Skiing outlines a self-assessment that helps determine categories for movement impairments, as well as outlines a training program for a category of skiing types, providing an excellent resource to skiers. The difficulty of the assessment lies in the skier’s ability to score themselves without another set of eyes to help determine lack of movement. We ultra-competitive types may struggle to keep from cheating or self-correcting while performing the screening. Seek out an FMS-certified physical therapist to score, evaluate, and interpret results, as well as determine a personalized plan for improvement taking into account ski performance goals.

Another benefit of training movement patterns is the opportunity for a skier to develop mastery of a specific movement. This is when habitual movement patterns can be retrained. Studies examining motor learning and fMRI studies, which track blood flow changes to the brain, show that skiers must repeat a new motor pattern movement correctly at least 30 times in a row for 30 days in a row to change how the brain processes the motor pattern. Getting 30 repetitions of just



Dynamic mobility squat test of trunk, pelvis, hips, knees, ankles - FMS

the right turn shape in a row and 30 days on the hill in a row doesn’t work in my world. How much better if we could develop movement based exercises that allow us to perform the movement off the hill for better translation to movement on the hill? If we could develop movement based exercises that allow us to perform the movement off the hill, our movement would be better translated on the hill. Functional movement, individualized training programs, and a bit of creativity can address those movements we just can’t seem to change.

Let’s return to the original question: When to Align it and When to Muscle it? For many of us, the answer might very well be both. Without a good base, including a good boot fit and lower extremity alignment, skiers have little to work with. Without established movements, including mobility and stability, changing ski performance is problematic. Pattern development is central to technical mastery of movement. “Instead of focusing on technique or equipment alone,” Chris Fellows notes, “this type of customized training addresses total athletic performance. By adapting the exercises to your performance needs, you will be able to practice your skiing both on and off the slopes.” (Fellows)

Changing the alignment of a boot will only fix half your problem. We have great resources for boot fitters in our community. Seek out Chris Fellows’ book or seek out a professional who can help you make the change. FMS trained physical therapists in your area can be found at the FMS website. ❄️



Annie Garske is a Level III alpine instructor at Mission Ridge and an FMS certified physical therapist in the Seattle area. Please contact Annie directly at a.h.garske@gmail.com or MTI Physical Therapy in Fremont for more information regarding FMS

training and/or boot alignment strategies.

Bibliography: Alpine Technical Manual, PSIA, 2nd Edition; Fellows, Chris. *Total Skiing* 2011; Cook, Gray, *Athletic Body in Balance*, May 2003; Functional Movement Systems, www.functionalmovement.com



TID DIRT

Teaching tip by Terry McLeod

If you're a snowboarder you may have learned TID-bits, and if you're a skier you might say DIRT, but regardless of discipline these acronyms can make your movement analysis and feedback more accurate and meaningful for your students. Here are some insights that I've had recently regarding TID DIRT.

First, to be sure we're on the same page: TID stands for Timing, Intensity, and Duration of movements, and DIRT is Duration, Intensity, Rate, and Timing of movements. Obviously there's some overlap, and I prefer to have one of the D's stand for Direction which I believe is very helpful.

Let's start with Timing. The simplest way to think of this is, "what phase of the turn am I talking about". When do you want the edge to be engaged? When should the greatest amount of flexion or extension occur? When does the pole plant happen? It can also refer to a movement relative to something else like, "After you pass the mogul extend your legs." Or, "Before the slalom gate your skis should be on edge." Or, "Match your skis after you cross the fall line." In short, feedback regarding timing will tell people when to do something, but it won't describe any other characteristics about it – how fast, how hard, should it be subtle or powerful. So let's move on.

Duration, Intensity, and Rate are all pretty similar in my book, or at least directly related. If it's a long duration it probably has a slow rate and low intensity. Fast rate will likely be for a short duration and be fairly intense, etc. I tend to use these words somewhat interchangeably depending on what seems to connect best with my students. Here are other words/phrases that I mix in to convey the same point: powerful, subtle/soft, the pace of your movement, quick/quickly, be very progressive, make it last longer (through the turn). These words describe the qualities and characteristics of a movement; not necessarily meaning good/bad, but expressing how the edging move should be applied, or what the rotary movement will look like.

The second "D" for Direction is another word that helps me clarify what exactly I'd like to have happen. When I explain to someone when to extend (timing) and how powerfully to do it (Duration, Intensity, Rate), I want to make sure that they direct it "down the hill" or "into the turn" (Direction). Do I want them to move their hips towards the tip of the snowboard, towards the toes on their front foot, or towards the heel of their front foot? Would I like the pole to swing in a straight line or more circular following the path of the skis? How is the direction of movement different in a long turn from a short, choppy turn? This qualifier can be super helpful to fine tune "good" movements that are present but still need some adjustment to get the best performance.

I've found that combining these three main descriptors (considering Duration, Intensity, and Rate as one) helps me give clearer and more effective feedback, and also be more specific in my movement analysis so that I don't get trapped into vague comments like "good pressure" or "you need more edging." Regardless of what acronym you make out of it, I think you'll find that referencing these words will help your students better understand how to take their skiing/riding to the next level. ❄️



Terry McLeod is a PSIA-NW Technical Team Member, Alpine Examiner and Snowsports School Director at Schweitzer Mountain Resort. Email him at: tmcleod@schweitzer.com



SING IT FOR SAFETY

Safety tip by Raelene Olson Smith

Teaching The Responsibility Code in a class with teens or children can be challenging. The safety points are important for everyone on the hill to know, but hard to remember and teach in a fun and engaging way. These songs may not be students' favorites, but will help both instructors and students remember and apply the Code. Teens may be too cool to sing, but would probably totally enjoy creating chants and/or raps to entertain each other.

Know The Code – C.A.S.L.R.O.K.
(Tune: Do-Re-Mi or ABC Song)

C-control at every second
A-avoid all things in front
S-stop where you can be seen
L-look up before you start.

R-runaway gear is bad
O-observe and read all signs
K-know how to ride the lifts
And a safe slider is smart, smart, smart.
Know the Code!
Know The Code-C.A.S.L.R.O.K.

This is a repeat after me song (echo)
(Tune: The Bear Song)
Control yourself (echo), try not to spill (echo)
Avoid all things (echo), out on the hill (echo)
Altogether: Control yourself, try not to spill.
Avoid all things out on the hill.

Stop to the side, (echo), so you are seen. (echo)
Looking as you leave, (echo) should be routine. (echo).
Altogether: Stop to the side, so you are seen. Looking as you leave, should be routine.

Leash on your board, (echo) brakes on your skis. (echo).
Retain your gear, (echo) be careful please. (echo).
Then the above altogether.

Observe and read, (echo) signs that you see. (echo).
Know how to ride, (echo) all lifts safely. (echo).
Then the above altogether.

So have some fun, (echo) out on the hill (echo)
Just play it smart, (echo) be responsible. (echo)
Know the Code! Then the above altogether.

Respect Freestyle - (Chant with Rhythm)

Make yourself a plan man, what 'cha gonna do?
Look before you leap, have a spotter or two.
Ee...ea...sy does it, work your way up.
So, respect yourself, respect your friend,
One at a time, safely to the end.
Respect gets respect.

Your class has learned the hill skills to be cruising the mountain, but students still need corrections and reminders to achieve efficient movement patterns. Singing about Ideal vs. Real movements can help to keep class light and amusing. As eyes roll because the class thinks their teacher is crazy, hopefully the important information actually sinks in! ❄️



Raelene Olson Smith is an alpine instructor at Mt. Hood Meadows. Email her rolsonsmith@gmail.com

Editors Note: Raelene sent in quite a few more awesome songs that we didn't have room to print in this publication,

however I'm sure she'd be happy to share them with anyone who is interested! Just send her an email at the email address above or use this link to download them: <http://bit.ly/1tXkdpV>





DEVELOPING NO SCARE RAIL SKILLS

Snowboard tip by Shawn Semb

If you're like me and think rails are more terrifying than facing Godzilla one-on-one, or you just want to round off some new tricks on rails, here are some great steps with low consequences.

All you will need is a skate deck with no wheels. (Or a folded towel since both can be used for either discipline.) Grab your skate deck and place it on the floor, wood or linoleum work the best, stand on the skate deck as if you were snowboarding or skiing. Pick a direction with a reference you can use throughout your living room session, such as a picture on the wall or line on the floors. Start sliding the skate deck around, you don't need to ollie it, just try and slide/swivel it underneath you on the floor.

As you feel more comfortable align yourself with your reference spot and start to quickly slide the skate deck into a trick you may want to attempt, such as a frontside boardslide or a lip slide or skiers. You will quickly discover you will have to somewhat un-weight yourself. Try standing quickly while at the same time moving the skate deck into position. It's normal to first think we need to retract our legs to do this, but by retracting in this situation we are aligning our knees, hips and upper body together. However, what we need to do is counter and twist our upper and lower body. We don't want to retract because we want extension, getting tall. Now its time to explore what sweet tricks you can do in your living room session.

We usually spend so much time riding in perfect alignment that it makes it uncomfortable and hard to get out of alignment, which in turn makes riding rails harder than it needs to be. To be successful at rails you need to get comfortable getting out of alignment and un-weighting in different ways than we do on a daily basis. For this trick tip remember that out of alignment is being aligned for our desired tricks not just in reference to the fall line or direction of the turn. Use this trick tip to get comfortable countering and twisting your body. Time to grab that skate deck and see what you can do! ❄️



Shawn Semb is a Snowboard DCL and teaches at Mt Spokane. Email him: techburry@gmail.com



FUN TIP TO HELP CORRECT ALIGNMENT

Snowboard tip by Mike Hamm

We all know that being aligned with our snowboard is very important. This helps us make the transition from edge to edge efficiently without any large unnecessary movements. While this is a major part of snowboarding it is also a very boring part to try and correct in a lesson.

We have all seen the usual ways to correct this problem. Hands over the tip and tail of the board, hold on to your pants and various other ways that make your students look and feel foolish. These don't always work for a couple of reasons; 1) your student doesn't understand they are out of alignment and 2) they can still make movements in the shoulders and hips that cause this problem while holding pants and hands out.

So I have come up with something that is a little more fun for them (and for you) to help resolve this problem while teaching them some new things at the same time. Lets look at freestyle; many of your students want to learn some park features. I like to use a simple ride on box to help resolve that alignment. When we are on snow we have the ability to lock the board on edge, this allows for the rider to be able to rotate the upper body with little reaction out of the board. Therefore we can twist that upper body and still go straight on our board. But what happens when you take that edge away?

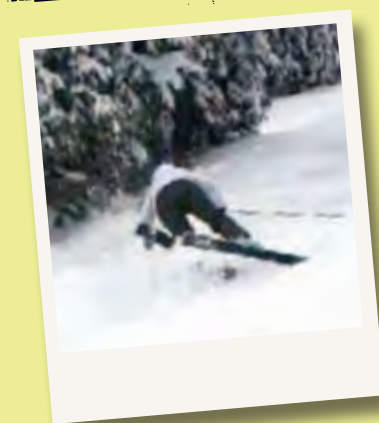
Without the ability to engage that edge to the snow when we twist that upper body the board will rotate with the shoulders. For example riding a box 50/50. We have all seen it where the student rides on to the box and then slowly rotates to heel edge, to the board slipping away from them. So by teaching them to riding a box in alignment for a 50/50 you are teaching them to be aligned throughout (potentially) every level of their riding. This will help improve their turns, their ability to make a smooth transition, straight airs and also 50/50's.

So remember sometimes freestyle can be scary to your students but it can also be a great teaching tool to help them fix some very common and boring issues. ❄️



Mike Hamm is a Snowboard Examiner, DCL and teaches at Mt. Spokane. Email him: zepp187@hotmail.com

dear NW



You've seen the Dear Subaru ads, right? "Love, it's what makes a Subaru a Subaru". Well, dorky as it sounds, that's how I feel about my NW Division. Love, it's what makes skiing in the "NW", skiing.

Above is my favorite picture of me skiing.

Yes, I have plenty of those professional shots, where the mountain photographer is ever so strategically placed so that you look like the next Julia Mancuso coming over the ridge line; that perfect second where by luck or chance both edges are tipped up at the same high angles and life looks pretty darn sunny right about then.

However, for me, that's not real skiing.

Skiing is not static, it's dynamic and full of chances. I fall. I fall a lot. I also try very hard to be the best I can be and I work diligently at it. When I fall, it reminds me that sometimes, you just have to go for it. Sometimes the message is that there is still work to do – that I could be better and that there are great friends, coaches and clinicians available to help me get to the next level, that they respond to the call.

I love how lucky I am to be a member of the NW division and know that these pros are here for me and all of us. I love that about our division – the talent responds to the call.

And, (other than the person that took this shot) won't laugh at me for taking chances.

Know who this person is? See bottom of page 29 for details.

CONGRATULATIONS!

The following 417 snowsports professionals successfully passed an exam last season. Remember if you are a new Level I member you are entitled to attend a "New Pro? Let's Go!" clinic, so if you did not attend one this season, it's not too late! Check the Season Guide for details about how you can attend one of these clinics.

49 DEGREES NORTH: Taylor Brown (A1), Chloe Linton (S1), Brandy Reynecke (S1), Robin Znetko (A1).

ALYESKA: Brooke Bohus (A1), Jenna Bowen (A1), Suzanne Duke (A1), Kjerstine Fischer (S1), Greg Goldsmith (A1), Amanda Goss (A1), James Gustafson (A1), Megumi Inokuma (A1), Chayce Larson (A1), Jean Larson-Rein (A1), Jill Missal (A1), Scott Patridge (A1), Doug Younce (S1).

ANTHONY LAKES: Jordan Alexander (S1), Jenna Andersen (S1), Shane Dillavou (A2), Cooper Huntington (S1), Wyatt Lee (S1), Shelby Martin (S1), Michael Ogburn (S1), Samuel Silveira (S1), Maia Turner (S1).

CLANCY'S: Craig Garric (A2), Courtney Gavin (S2), Brian Keaton (A1), John Silva (S2), Gordy Wahl (A1), George Ward (A1), Mary White (A2).

CRYSTAL MOUNTAIN: Patrick Amo (A1) Dan Bott (S1), Grant Davis (S2), Maire Folan (A1), Patrick Jackson (S1), Caroline Kikawa (A1), Jesse LaFontaine (A1), Alexa Lindauer (A1), Claire McGuire (S1), Emily Moberg (A1), Mark Music (A3), Mark Pace (A1), John Penxa (A3), Elizabeth Rudkin (A1), Stephanie Schmitt (A3), Catherine Steitzer (A2), Richard Taylor (A2), Norma Treat (S1), Anthony Weidner (A1), Alex White (A1), Liz Wolff (A1), Curtis Yanasak (S3).

FIORINI: Mackenzie Corning (A1), Kelly Elsenbaumer (A1), Jane Fields (A1), Tim Fields (A1), Chuck Kinsey (A2), Brandon Mobley (A3), Colin Wagoner (A1,A2), Judith Yaaqoubi (A1), Fernando Zandona (A1), Madeleine Zeiler (A1), Doug Zeiler (A2), Leslye Zipperer (A1).

HOODOO: Taylor Anderson (S2), Daniel Martin (A1), Yoon Shin (A1).

HUSKY WINTER SPORTS: Robert Ardissono (A1), Gabriel Brenner (S1), Phoebe Coleman (A1), Kenza Coubrough (A1), Brennan Enright (A1), Payam Farahani (A1), Margaux Gottlieb (A2), Scout Heck (S1), Griffin Hoins (A1), Caitlyn Hughes (A1), Kevin Iverson (A2), Rachelle Johnson (S1), Seth Johnson (A2), Aaron Kahn (S1), Eric Keenan (A1), Carol Nishikawa (A1), Nathan Page (A1), Kovas Palunas (A1), Victoria Peterson (A1), Menno Sennesael (A1), Austin Steele (S1), Ben Stilin (A2), Brian Worrasangasilpa (S1), Hannah Zmuda (A1).

LOOKOUT PASS: Joe Brown (A2), Josh Christopherson (A1,A2), Zack Horrell (S1), David Lawrence (A1), Tom Melhuse (A1), Kelly Ryan (S1), Karen Trebitz (S1), Kate Valerio (S1), Jake Waterdown (S1).

LYON SKI SCHOOL: Jon Bakken (A2), Grace Garwin (A1), Tucker Kaas (A1), Konstantin Mushkatin (A1), Victor Mushkatin (A1).

MISSION RIDGE: Carmen Bagdon (A1), Seth Garske (A2), Anne Garske (A3), Randall Jobs (A1), Sydney Kaech (S1), Evan Nordin (S1), Garrett Oatey (S1,A1), Matt Olson (A1), Carson Ruud (A3), Rani Sampson (A1), Kirby Ursic (S1), Michael Ursic (S1).

MOHAN: Kelsey Anderson (A1), Maria Langlais (A1), Kathryn Leaty (A1), Andrew Ojima (S1).

MOGUL BUSTERS: Wendy Clark (A1), Jay Fayloga (A1), Matthew Ferguson (A1), Kevin Ziemann (A1).

MOUNTAINEERS: Christa Heller (CC1).

MT BACHELOR: Jeremy Austin (TM1), Mark Bill (TM1), Mike Boyd (A1,TM1), Robert Brydges (A3), Owen Burrell (S1), Devon Cooke (S1), Brett Crandall (H1), Joshua Danos (A2), Matt Eitel (H1,A1), Kent Golding (A2), Dana Hergert (A1), David King (S1), Nicholas Kladny (S1), Ben Knopf (S1), Catherine Leavitt (A1), Keith Nicolson (H1), Eamon O'Leary (A1), Eamon O'Leary (TM1), Shannon Patterson (A2), Stephen Pfeifer (A3), JT Ramsey (S2), Thad Rice (A1), Thad Rice (A2), Adam Sather (A1), Stephani Sexton (A1), Kevin Tanski (TM1), Michael Vargas-Williams (S1), Jillian Webster (A1), David Weil (H1,A1), Allison Wibby (TM1), Josh Zwonitzer (A1).

MT BAKER: Stuart Beckman (S1), Nathan Hannah (A1), Kenneth Hutson (TM1), Sarina Lariviere (A3), Matt MacLeod (A1), Graham Messe (A1), Hope Thompson (A1), Thierry Werderits (CC1).

MT HOOD MEADOWS: Caitlin Allawatt (A1), Tom Bride (A1), Brian Broderick (A1,A2), Jeff Caron (A1), John Desmarteau (S1), Ryan Foley (S1), Dane Frisbie (A3), Andres Guerrero (A1), Stephen Habetz (A1), Wesley Hazlehurst (S1), Iso Houben (A1,S1), Kelly Howle (S3), Dane Kingsley (S1), Mark Kunde (A2), Randy Lemke (A1), Jonathan Liu (S1), Richard Mario (A3), Christa Miller-Shelley (A1,S1), Christina Myer (S1), Pat Pearson-Henry (A2), Sergei Pilipetskii (A1), Coby Pruder (A1), Brooks Russell (A1), Bruce Schmidt (A1), Noah Schwartz (A1), Eric Sletmoe (H2), Stephen Staiger (S1), Wendy Stearns (A1), Nik Stopsack (S1), Eugene Strobeck (S1), Tracy Thomsen (S3), Allison Wibby (A1).

MT SPOKANE: Alyssa Brant (S1), Calen Busch (A1), Sidney Goranson (A1), Brooke Hunt (S1), Chris Hurren (S1), Peter Kohlstedt (S1), Caleb Mulford (A1, S1), Matthew Peterson (A1), Richard Reynolds (S1), David Uhlenkott (S1).

OLYMPIC: Ellen Butzel (A2), Steve Dona (A1), Piper Evarts (A1), Samantha Hall (A1), Kelsey Jaap (A1), Charlotte Offin (A1), David Rowlett (A1).

OLYMPIC SKIBOWL: Shy Russ (S1).

OUTDOORS FOR ALL: Melodie Buell (H2), Sarah Draves (A1), Kristen Durance (A1), Mark O'Neill (A1), Sara Ramsay (H2), Sven Shoultz (A1), Neli Stewart (H2), Nestor Voronka (A2).

ROKKA: Dane Burns (A1), Fumiharu Komatsu (A1).

SCHWEITZER: Finan Andersen (A1), Dylan Dufenhorst (A1), Brian Flener (A1), Kathryn Grabel (A2), Chris Hartmann (A2), Cooper Herby (A1), Shawna Kennaly (A2), Natalie Miller (A2), Megan Murray (A1), Noah Price (A1), Jade Stevens (A2).

SILVER MOUNTAIN: Max Faller (A2), Stan McGhee (A1), Codi Spraker (A3), Jake Waterdown (S2), Kathlene Withycombe (A1).

SKI BLUEWOOD: Jim Eiseman (A1), Sarabeth Henderson (A1), Daniel Kelly (A1), Lewis Krueger (A1), Sam Meyer (A1), Steven Schauer (A1).

SKI MASTERS: Meredith Betts (A1), Raviv Cohen (A1), Matthew Haltiner (A1), Kimberly Kwock (A1), Ryan McDonald (A3), Greg McKeag (A2), Tudor Muntianu (A1), Bernard Ryan (A1), Jordan Tursi (A1), Landon Webber (A1).

SKIBACS: Antonio Graglia (A1), Glen McKenzie (A1), Christine McManigal (A1), Ian Rasquinha (A1).

SPOKANE NORDIC: Virginia de Leon (CC1), Allen Dykes (CC1), Karen Momany (CC1), George Momany (CC1), Jamie Redman (CC1), Drew Schlieder (CC1), Brad Thiessen (CC1), Jonathan Wisor (CC1).

SPOKANE SKI RACING ASSOC.: Stefan Burandt (A1), Natalie Ellison (A1), McKinley Guenzel (A1), Joe Hamilton (A1), Alisia Schrankel (A1), Stephen Thoen (A1), Andy Walker (A1).

STEVENS PASS: Henry Adolphi (A1), Lindsey Baer (TM1), Todd Beckett (A1), Eryn Byrd-Peterson (A1), Dylan Byrd-Peterson (A1), Angelique Carl (A1), Ben Christy (S1), Michael Crandall (TM1), Sean Davidson (S1), Ashley Davidson (A2), Michael Forsythe (A2), Katie Golden (S1), Tom Hock (S1), Shayla Hudkins (A1), Van Hurst (A1).

David Johnson (A2), Avery Kerson (A1, TM1), Jason Link (A1), Stephan MacCullum (A1), Jon Mann (TM1), Tim Merriam (TM1), Melinda Moree (A1), Tre Nabstedt (S1), Tre Nichoalds (S1), Jonathan Roatch (A1), Jeannette VanDuine (A1), Kaleb Wallace (S1), Mike Wandler (A1), Marlena Yamamoto (A1).

SUMMIT LEARNING CENTER:

Jason Bates (S1), Janet Bell (A2), Byron Bishop (A1), Nathan Bruce (S1), Richard Byrne (A1), John Carroll (A1), Connor Cawthorn (A1), Cameron Chen (A1), Kris Christensen (H1), Tom Clark (S1), Robert Clauss (A1), Ben Courts (S1), Peter Crosier (A1), Claire Cyra (A1), Kristen Durance (H1), Thomas Fowler (A1, S1), Terry Glaze (A1), Joseph Grande (A1), Paul Grigsby (A1), Melissa Jones (A2), Monica King (A1), Jason Ko (A1), Emilia Kostiukevych (A1), Andrew Kwong (A1), Andrea Letcher (A1), Erik Lindberg (A1), Rebecca Lux (S1, A1), Chris Madison (TM1), Anthony Mariscano (S1), Don Martin (A1), Alecia McConnell (H1), Mike Mein (H1), Robert Moran (A1), Hilary Morris (A1), Justin Ngo (A1), Julian Ngo (A1), Sean Norris (S1), Candice Nuez (S1), Harrison O'Connell (S1), Michael Ottinger (A1), Sara Ramsay (H1), Christopher Rickard (A2), James Rowe (A1), Sarah Schuh (A1), Robert Seana (A1), Gary Shao (A1), Kathleen Sheehan (A1), Hogan Shin (A3), Lauren Soloway (A1), Bill Teplicky (A1), Ieng Uth (S1), Trevor Velzeboer (A1), Roger Walland (A1), Roger Walland (A2), Dean Weller (S1), Connor Wood (A1), Trey Zehmer (A1).

TIMBERLINE: Miles Bennett (A1), Susan Bishop (A1), Jeff Bryan (A1), Peter Shimkus (A1).

WEBBSKI: Tony Angelis (A1), Doru Nica (A1), Miles Paddock (A1), Aurora Paz (A1), Leon Preston (A1), Claire Spragins (A1).

WHITE PASS: Matt Busby (A2), Dan Fitzgerald (A1), Clayton Schut (A1).

WHITEFISH: Elizabeth Alexander (A3), Urban Bear Don't Walk (H1, S1), Joe Brenneman (A1), Ashley Buls (S1), Tom Bundy (A1), Jeff Carlson (H1), Cheri Carlson (H1), Richard Cohen (H1), Clayton Colby (H1, A1), Laura Elsner (S1), Andrew Fisher (A1), Rick Guenther (A1), Caitlin Hendrick (A1), Skye Hustad (A1), Riley Johnson (A1), Carrie Johnson (H1), Mike Johnson (A3), Kyle Langley (A1), Mike Langohr (A1), Justin Leavens (A1), Joshua Lucas (A1, S2), Meghan McElrone (A1), Page Mieritz (A1), Danielle Morris (A1), Nicky Ouellet (A1), Michelle Pace (S1), James Paetsch (A1), Chris Pilossoph (H1), Dixie Riddle (S1), Adam Rivers (S1), Kate Rotnfuss (A1), Zach Rutt (A1), Meg Sedgwick (A1), Jake Topp (S1), Susan Wheeler (A1), Zac Zimmerman (S1).

WILLAMETTE PASS: Lynne Hyland (A2).

OUT OF DIVISION: Nick Caruso (A2 - Deer Valley), Abbie Johnston (A2 - Snowbird).

HAPPY ANNIVERSARY

The following members have reached an anniversary milestone. Be sure to congratulate these long-time members on their years of service to snowsports education!

60 year members:

Gordon Arwine

50 year members:

Hollis Barnett, Bill Kawahara, Bill Lenihan, Patti Polinsky, Michael Sweeney, Betty Voltz.

40 year members:

Manon Burke, John Eisenhauer, Dan Keiley, Tom Latta, Carolyn Mackey, Matthew Marinos, John Nelson, Larry Parcher, Dean Petrich, Tanya Pilichowski-Graham, Don Portman, Robert Preston, Thomas Smith, Jack Sullivan, Ronald Vierra, Rick Walker, Laurence Ziebell.

30 year members:

Roger Bailey, Jeffrey Barth, Kraig Batty, Joe Black, Shannon Clay-Gillette, Dan Corbitt, Gary Coyle, Dan Cushman, Charles Depner, Donald Detwiler, Mary Germeau, Jon Heine, Gary Henrich, Richard Hill, Lawrence Keister, Eloise Opp, Kim Petram, Karl Riebeling, Nils-Erik Riise, Geir Rosvik, Robert Schwab, Pat Smith, Shawn Smith, Terri Smith, Louise Sportelli, Reed Stager, Stephanie Subak, Joe Turner, Ulrich Tutsch, Steven Urdahl, Colleen Wilkinson.

20 year members:

Chris Barchet, Robert Barkman, Brian Beardsley, Pat Billings, Mike Bode, Derek Brewer, Kim Buchan, Ernest Colussy, Sharon Davey, Michael Drake, Jay Eacker, Steven Eckley, Doug Gallucci, Jennifer Geller, Justinian Georgiev, Thomas Glasenapp, Peter Gschwender, Brandon Hayes-Lattin, Chuck Holcomb, Frank Jacobson, Scott Jamieson, Terry Jensen, Deborah Ladd, Nicholas Lang, Faye Mattingley, Paul Miner, Randall Nelson, Duncan Newell, Rick Nichols, Philip Panagos, Gregory Phillips, Gordon Rice, Jeremy Riss, Andy Rubesch, Bryan Ryerse, Marc Schanfarber, Tara Seymour, Scott Sherman, Christopher Smith, Signe Tencer, William Wilson.

Please note: Pins and certificates of 20+ year members will be mailed to the above people, or presented in-person at the Spring Symposium Awards Banquet. Pin photos graciously shared by their owners from previous seasons. Thank you for sharing them!



Jack Burns' 50-year pin



Mignon Whitcher's 40-year pin



Wid Payne's 30-year pin



Tyler Barnes' 20-year pin

PARK CITY
MOUNTAIN RESORT

TEACHING the way it was MEANT TO BE.

Park City Mountain Resort is looking for certified ski & snowboard instructors and supervisors for the 2014-2015 season!

Interested certified instructors should visit
parkcitymountain.com/jobs
for more information.

Apply online or submit a resume to:
Dave Lundberg
Ski & Snowboard School Senior Manager
Park City Mountain Resort
PO Box 39, Park City, UT 84060
435-658-5559
davel@pcmr.com



Is your teaching stuck in the cone of shame? Then it's time to excel into The Cone of Learning!

By Tara Seymour



The purpose of this article is to introduce you to a several different ways that people convert knowledge to understanding. By integrating "Dale's Cone of Experience" into your snow sports lesson, you will be able to provide a better product to the student. Through "Dale's Cone of Experience", it will become clear that methods of learning such as reading, listening, and even watching, are far less effective than active participation. Another way to look at it is that there are two ways of learning; passive learning verses active learning (See The Cone of Learning below).

The Cone of Learning (or experience) was developed by Edgar Dale in 1946. It has been used as an educational aid in teaching and teaching concepts ever since. I believe that this cone can be integrated into our snow sports teaching model. This educational aid can be very useful for us as teachers. Through this integration, we can adjust our teaching methods to ensure the students are retaining as much information as possible. From the first time rider to a group of advanced instructors, this educational aid can assist at all levels. The Cone of Learning can be divided into two

segments. The Passive Learner and the Active learner (see below). Passive learning is what we think of when we consider the education in our schools. This typically involves sitting at a desk, listening and reading. This also may involve some visual observation or watching. According to the Cone of Learning, fifty percent of passive learning is gone after two weeks and knowledge retention is even less. Active Learning is when students are involved in the learning process. Students who are included in discussions, give feedback, ask questions, and converse with fellow students are all examples of Active Learning. Presentations and participation in the subject matter are other examples. Up to 90% of active learning may be retained after two weeks. The disparities in retention percentages between these two methods are considerable and should be recognized by all educators.

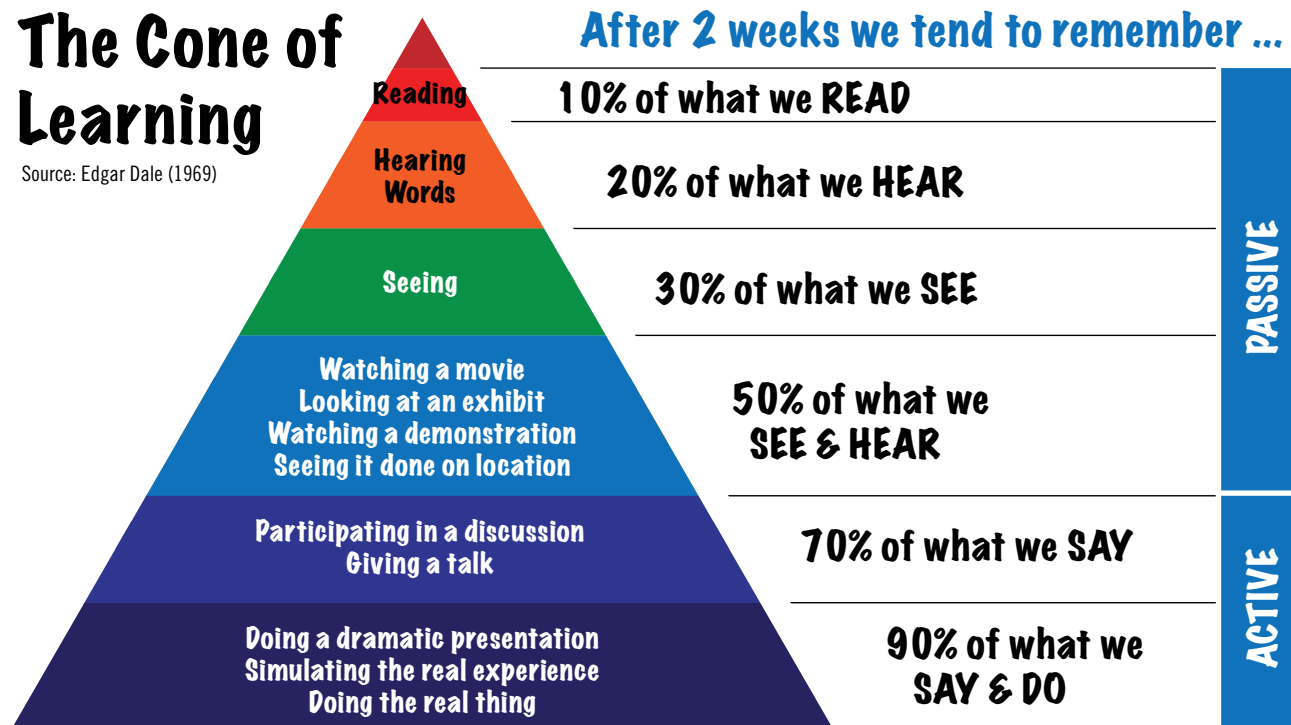
Kim Petram, PSIA Education VP, gave a great lecture last fall on Kinesthetic Learning and how, we as humans are all kinesthetic learners. The more our senses are involved in the learning process, the greater our propensity is to learn and retain.

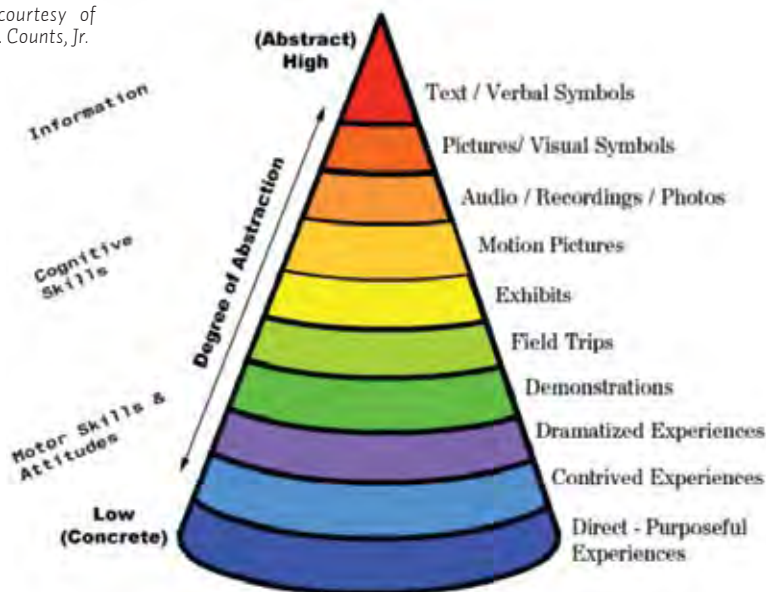
When we actually experience what we are being taught, our body will convert this experience to muscle memory. As teachers of an active sport, it is important that we connect with our students in this sensitive yet effective manner. Exaggerating tasks is a prime example of this. Another great example is having our students feel specific muscles contracting. Incorporating Kinesthetic Learning into Active Learning is necessary for our students to excel.

It is valuable to remember that passive learning, like reading and listening, is still important and necessary experiences within the cone. An effective instructor should be able to incorporate them into the PSIA teaching model. An example is preparing for PSIA exams or taking one of our specialist programs. By nature, these activities require independent learning and review that can only be done through individual passive learning. It is through active learning that what was passively learned can be reinforced. Participating in a workbook or writing an exam increases your retention by 70%. When we are asked to model or teach what we learned within small groups, our

The Cone of Learning

Source: Edgar Dale (1969)





understanding increases to 80%. Going out and working with your peers or creating mock exam scenario brings us up to 90%. This is the path to full retention.

Another way to use the Cone of Learning, is to consider moving from the top of the cone down to the bottom, or from abstract ideas to more concrete. In the top portion of the cone, we take in information or knowledge. In the middle section, we develop and experience cognitive skills. In the lower section, we exhibit motor skills and attitudes about the subject matter. All of the pieces are an integral part of learning.

We can correlate Dale's Cone of Learning into our PSIA teaching cycle (see page 11 of the Children's Instruction Manual, 2nd Edition). One can take an abstract idea and bring it into a concrete part of their life. We introduce the learning segment, usually through listening. We add in demonstrations or watching. Then we add in some practice or guided discovery along the way. Here we draw in the senses by using our motor skills. Finally, the student will feel ownership of accomplishment.

A key component to always keep in mind is how do we check for understanding within groups? This is a piece I feel gets misinterpreted or often skipped over. Many educators' tendency is to check for understanding with closed questions, or questions that end in a yes or no answer. How do we really confirm if they have absorbed the information, or traveled down the cone?

Here are a few methods I use to demonstrate distinguished teaching. Chair rides are a great place to ask students open ended questions. I also like to pair them into smaller groups to collaboratively discuss the topic. Then have one person in the group share the concept with whole group. As the teacher, I can verify through observing the group discussions if my methods are being synthesized or not. I can then determine which path to take; do we need to go back and review, or can

we move on. Are these concepts still abstract to the student or have they become concrete?

In conclusion, be sure to incorporate passive and active learning into your lesson. Concrete ideas are better than abstract. Move down the cone and you'll see success in your students. Check for understanding in a way that evaluates your own methods. Ask open ended questions starting with: How, What or Why? Here are a few ideas to help you adopt this information in an active method at your own mountain:

- * Discuss this article with other instructors within your snow sports school.
- * Lead a clinic on these concepts at your home mountain.
- * Create a handout and have the instructors share out loud.
- * Give an indoor presentation on the information

As instructors, we have the opportunity to teach our students using effective methods. We can do this by facilitating the topics in a way that they build upon real-life experiences. "Dale's Cone of Learning" is a tool for you. The following are some basic questions that can you can use to ask yourself during a lesson or clinic:

- * How many senses is the student using during the activity?
- * How far away from real-life is the experience?
- * How many levels of the cone are incorporated into the lesson?
- * Is the material being used enhancing the student's learning? ❄️



Tara Seymour is an Alpine DCL and trainer at Mt Bachelor Resort in Bend, Oregon. Email her: tarrahbeth@aol.com



Dear NW skier
from page 25
is Kim Petram!

Promote yourself with a snowpro website for \$4/month and in 60 seconds flat.

Yes, seriously. You're a pro on the hill and it shows. Now look like one on-line too. Create a turnkey individual instructor website complete with your personal bio, lesson booking form that emails booking requests to you and your school, password protected client pages, embedded video support, share local knowledge with clients plus weather, conditions and more.



Instructor Pro Price
\$49/year*

Individuals - use signup code "PSIANW50" to get a full year for \$49 and save another \$20 on your Pro Business Card order!



PSIA-NW member Tyler Barnes is the creator of the SnowPro Portal. Check out his site @ tylerbarnes.snowproportal.com

Schools need a central location to share information quickly and easily.

That's where your SnowPro Portal site comes in. Sign up and create a turnkey snow sports school website complete with all the tools you need to keep your staff up-to-date as well as sell program lessons to customers. The sky is the limit on what you can do!



Schools Pro Price
\$299/year*

Schools - use signup code "SCHOOL25" to save 25% on your annual plan. Or email tyler@snowproportal.com for more info.

**Demo an Individual or School site or
setup your own FREE 10-day trial now**



Built by snow pros, for snow pros.

snowproportal.com

(*) denotes coupon code savings. Coupon quantities are limited.

TRACK FALL

COLLEGE 2014

Ready for lots of skiing and general trackster fun as usual? You'll be exploring the Methow Valley trails again this year led by the top track gurus in the Northwest. What more could you ask for? 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. Track specific. More information as well as the event application can be found on-line at the psia-nw.org website. We have Skate (S) and Classic (C) sessions plus an evening session on waxing.

LODGING INFO

Sun Mountain Lodge will offer special room rates for PSIA-NW members at \$89. Those reservations can be made by calling the reservation line at 800-572-0493 and mentioning. Be sure to check the website for more details.

SUN MOUNTAIN LODGE

Friday December 12th

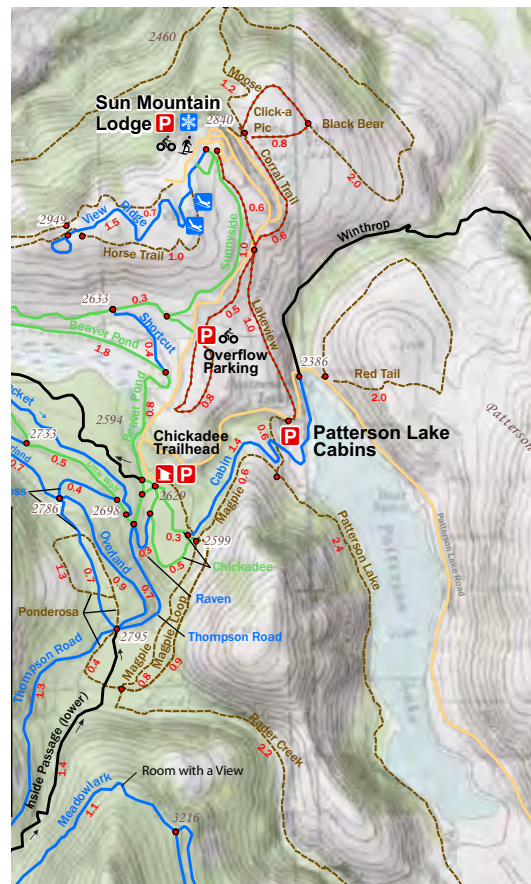
- * DCL, Examiner and TD training

Saturday December 13

- * Level 1 exam
- * Effective Movement Analysis: how do your students move, why do they move that way, and what are you going to do about it? (C)
- * The Art of Teaching: becoming a master teacher. (C)
- * The New Cross Country Model: the foundation for great lessons. (C)
- * Effective Movement Analysis: how do your students move, why do they move that way, and what are you going to do about it? (S)
- * The Art of Teaching: becoming a master teacher. (S)
- * The New Cross Country Model: the foundation for great lessons. (S)
- * Ski prep, waxing and the latest trends in track gear. (Evening)

Sunday, December 14th

- * Skating games and fun exercises (S)
- * Classic games and fun exercises (C)
- * Cornering, Turning and Transitioning: how to ski like a bullet! (S)
- * Tour and learn – improve your skiing while cruising the trails with a clinician.



Pro Pricing for your ski and snowboard gear

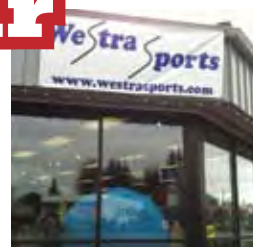
Are you a current member of PSIA-NW and actively teaching?

WESTRA SPORTS is a ski and snowboard shop in Everett, WA owned and operated by long time ski instructors and ex-ski racers. Come in or call for PRO Pricing. Have your current PSIA Card available.



(425) 212-9539

12 SW Everett Mall Way - Everett, WA 98204 | www.westrasports.com



"I love working for a company that treats you like family.
There is a sense of camaraderie you can't find anywhere else."

Philip Linford, Deer Valley ski instructor for 18 seasons



TEACH AT A TOP-RATED RESORT. LEARN A NEW DEFINITION OF FAMILY.

Now hiring ski instructors.

Share your passion for skiing at a resort that's not only one of the best in the world, it feels a lot like home (last year, over 1,000 staff members celebrated their fifth season or more at Deer Valley). Compelling wage and benefits package. Progressive ski programs with small class sizes. PSIA-accredited ski school. Apply now at deervalley.com/jobs.



**DEER VALLEY
RESORT**

800-882-2002

2014/2015 EVENT HIGHLIGHTS

SEE THE COMPLETE LIST OF EVENTS, DAY CLINICS, EXAMS ON-LINE + MORE INSIDE

200+ event days

68 exam modules

14+ specialists



TRACK FALL COLLEGE SUN MOUNTAIN - DEC 13-14

IMMERSION MISSION RIDGE - JAN 2-5 & FEB 4-6

ABC's OF EXPLORATION ALYESKA RESORT - JAN 14-16

WINTER BLAST CRYSTAL MOUNTAIN - FEB 9-10

DIVISIONAL ACADEMY CRYSTAL MOUNTAIN - MAR 13-15

SPRING SYMPOSIUM WHITEFISH - APR 10-12

EXAM DATES & LOCATIONS

MISSION RIDGE - JAN 29-30 (A,S)
STEVENS PASS NORDIC - MAR 8 (N)
SCHWEITZER - MAR 21-22 (A,S)
STEVENS PASS - MAR 28-29 (A,S)
MT BACHELOR - APR 4-5 (A,S)
MEADOWS - APR 18-19 (A,S,T)

6 exam dates this season with the first exam modules in January. Note that the Level III Snowboard exam is offered at Stevens Pass & Mt Hood Meadows only. Check on-line for details.

(A=Alpine, N=Nordic, S=Snowboard, T=Telemark)

For Adaptive exams please check the PSIA-NW website for more information.

CHILDREN'S & FREESTYLE CS1 & FS1: STEVENS PASS - DEC 5-6

CHILDREN'S & SENIOR CS1 & SS1: SNOQUALMIE - DEC 7-8

CHILDREN'S, FREESTYLE & SENIOR CS1, FS1, SS1: MEADOWS - DEC 13-14

SENIOR SS1: MT ASHLAND - JAN 10-11

CHILDREN'S CS1: STEVENS PASS - JAN 19-20

DID YOU FORGET TO PAY YOUR DUES? IT'S NOT TOO LATE!

This newsletter issue is sent to all current and non-renewed members. If you did not renew your membership in June it's not too late. You can still pay your dues on-line or call Member Services at (206) 244-8541 to maintain your current membership status and continue to receive all member benefits.