

**PSIAAASI**  
NORTHWEST

Fall 2012  
Issue #1 2012/13 Season  
PNSIA-EF

# snOWsports instructor

## Welcome to the 2012-2013 Season Season Guide Inside

Event Details through July 2013



## Fall Seminar 2012 The Season Opener

October 13, 20 & 21  
Spokane, Portland, Seattle

## It's About the Journey

Recreational Skier to DCL Tryout  
by Jenn Lockwood

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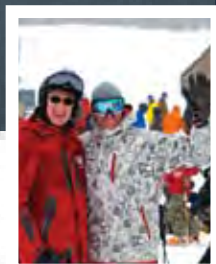
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### IT'S ABOUT THE JOURNEY: RECREATIONAL SKIER TO DCL TRYOUT

by Jenn Lockwood



### ON THE COVER

Gordy Ball and John May at Spring Symposium  
2012 at Mt. Bachelor. If this season's event is going  
to be anything like last season's you will want to  
start planning now the multi-divisional event at  
Big Sky, Montana on April 12-14, 2013!

Photo by Wayne Nagai

## PRESIDENT'S REPORT

by Jack Burns, PSIA-NW President



Off the snow, it has been a busy year. ASEA governance and structure issues have consumed an inordinate amount of time and continue to do so as we work with ASEA and the eight other Divisions to better define our relationships. Additionally,

as we transition to our new divisional governance with an Executive Director, we are looking at all the ways we do business and govern ourselves to insure that we are correctly positioned for the future challenges we face.

### Division/ASEA Update

In January 2012, there was a facilitated meeting of the Board of Directors of ASEA (PSIA/AASI National), the Division Presidents and the Executives from all 9 Divisions and ASEA. The purpose was to discuss issues of governance, trust and communication. The significant outcome to that meeting was an agreement to have the 9 Division Presidents and the Chairman of the Board of ASEA draft an Affiliation Agreement to define the respective roles of the Divisions and ASEA.

This outcome resulted from the recognition that there was no binding agreement between the Divisions and ASEA creating a national association. As a consequence of that realization, two significant conclusions emerged. First, the Divisions and ASEA are 10 separate and independent business entities. Second, there is no national association comprised of ASEA and the 9 Divisions. The goal of drafting an Affiliation Agreement is an attempt to formalize the relationship and define the glue that holds us together.

The Presidents have met by phone regularly since January to discuss our common goals and differences. While we have a first working draft of an Affiliation Agreement, it is only a draft and the hard work of finding common ground is before us.

The needs and resources of the 9 Divisions vary dramatically. From Alaska with less than two hundred members to East with more than 10,000, the differences in demographics and resources make it hard to find one solution that fits the needs of all. Consequently, our effort has been directed at creating a general agreement that contains elements common to all, leaving it to the Divisions to craft necessary operational agreements with the other Divisions and ASEA. With respect to other Divisional agreements with ASEA, several of the Divisions, including the

Northwest Division, think of ASEA as a service center that would perform certain functions for all the Divisions pursuant to an Affiliation Agreement and provide separate services, presumably for a fee, to the Divisions that need additional help and support.

The recognition that the Divisions and ASEA are separate businesses leads to the conclusion that the Divisions have no real voice in how ASEA operates and how it represents you. Similarly, ASEA has no voice in how the Divisions operate, the benefits they provide or how they represent their members. ASEA collects dues from its members and in exchange provides services and benefits to them. These are dues separate and apart from the dues paid to the Northwest Division. While that may be apparent because the dues are billed as separate line items on the joint billing you receive, many perceive the organizations as one. Notably, the Divisions do not pay dues to ASEA and are not members of ASEA.

While all members of ASEA are also members of one or more of the Divisions, many Divisions and some of you have been asking why you must be members of both. As your President, I am concerned that the requirement of joint compelled membership is hurting our ability to retain members and grow. Many young members simply cannot afford the burden of dues to both organizations. Others, including long time Northwest members in the twilight years of their careers, do not perceive a benefit from ASEA membership and do not renew with the Division because they must join ASEA as well.

As we struggle to find solutions to some of these questions and develop an Affiliation Agreement, related service agreements and Division to Division Agreements, I think in the next several months we will have a better idea of what our separate organizations will look like in the future and how the Divisions and ASEA will function going forward.

Kirsten and I are meeting in mid October with the East Division Executive Committee and Board and representatives of the Rocky Mountain and Intermountain Divisions to develop strategies that will allow us to function independently and meet the specific needs of our individual members while still preserving the benefits of ASEA recognition and reciprocity among the Divisions. Operational issues involving the database, dues billing, timing of dues billing and late fees are challenging the notion that a national, one size fits all, set of operational and administrative rules can meet the separate needs of the diverse Divisions. Additionally, a meeting has been scheduled in October at Copper Mountain for the Divisions and ASEA to assess how far we have come in meeting the goals we set at our meeting in January and how we can keep moving forward.

Hopefully I will be able to tell you in my next report that substantial progress has been made in developing a strategy for the future.

### Online Voting

At its May meeting, the Board of Directors approved the concept of online voting. Procedures are being developed to streamline, simplify and reduce the cost of the cumbersome mail process we have used for years. Bylaw changes are being drafted with the intent that they be adopted at the fall Board meeting. The first use of online voting would follow almost immediately with respect to the pending proposal to Amend and Re-state the Articles of Incorporation.

### Amended Articles of Incorporation

As you may recall, last summer there was a lengthy article on the website about a proposal to amend and restate the Articles of Incorporation. At the fall meeting of school directors in Seattle, concerns were raised about some of the proposed changes. As we listened to the concerns, they seemed reasonable. More importantly, the changes needed to address those concerns did not adversely impact the reasons for the amendments, i.e., an attempt to bring the Articles up to date by eliminating several sections that no longer reflected the way we operate and do business and a desire to simplify the process of keeping the Articles and Bylaws current. In order to incorporate the changes that addressed the concerns, it was decided to withdraw the pending proposal and submit it again after revisions had been made. The proposed revisions are now posted on [psia-nw.org](http://psia-nw.org) for your review and will be submitted to the membership for an online vote once the process for doing so has been fully developed and implemented.

### Board Structure Review

At the May Board meeting, I established an organizational review committee chaired by Mark Schinman, Secretary and Second Vice-President. The work tasked covers a wide range of subjects. Mark divided the work into three focus areas and set up three subcommittees to accomplish the work. The three focus areas are:

**Group 1: Executive Committee.** Eliminate some officer positions? Do we need an Educational VP and Certification VP? Do we need a Secretary and Second Vice President? The position has no permanent duties. Re-title Officers? Review duties.

**Group 2: Remove PSIA Representative Conflict.** How best do you remove the conflict the PSIA representative has with responsibilities to both organizations when decisions may conflict? Should the PSIA Representative be on the Board and/or Executive Committee? Should the rep, be on the Board, but a nonvoting member? What are other possible solutions or is there really a problem?



**Group # 3 - Review Board Size.** Are 30 members too many? What size should the Board be? If the Board is smaller, how do you provide representation for geographically remote areas? Review Proportionality. Review Designation of Regions.

Each subcommittee was asked to identify issues within the focus areas, develop alternative solutions, explore advantages and disadvantages, including any budget impacts, and then develop a recommendation. Those recommendations will be reported at the fall Board meeting.

I am confident that we are on the right course governance wise. Hopefully, as winter approaches, we can shift our focus to accomplishing our mission, praying for a good snow year, lots of students, great educational events and professional success. ❄️

*Jack Burns is a 40 plus year member of PSIA, an Alpine Level III certified instructor, as well as a trainer and supervisor for Fiorini Ski School. He can be reached by email at the\_lawyer@msn.com*

## NATIONAL REPORT

**by Ed Younglove, PSIA-NWN National Representative and ASEA Treasurer**



This is my first opportunity to report since the June meeting of the National Board of Directors in Golden, Colorado. The June meeting is the organization's regular business meeting. At this meeting, along with other business, the officers are elected; the organization's financials are reviewed; and a budget for the upcoming year is adopted.

All of the organization's officers were up for election at this year's meeting. The officers' terms are for two years. The incumbent officers were unanimously re-elected: Eric Shekleton, President (Northern Rocky Mountain division), John Pepler, Executive VP (Central division), Peter Donohue, Secretary (Rocky Mountain division) and Ed Younglove, Treasurer (Northwest division). The national board has a strategic role, unlike many of our division boards, which tend to be operational in nature. The board sets goals for the organization's staff and adopts a budget for the staff to achieve those goals. The board also accounts for the organization's performance against those goals and the budget.

My role as National Treasurer at the June meeting involves reporting on the financial condition of the organization, including performance against the budget to that point in the year, and proposing a budget for the upcoming year. Our perfor-

mance for the year ending June 30, 2012 was better than we had budgeted the June before. We were 6% over budgeted income while expenses were only up 2%. As a result we had a positive operating budget (the income for the year exceeded the regular operating expenses).

However, we continue to experience an inability both to meet long term obligations and to offset non-cash obligations such as depreciation, etc. Thanks to a generous grant and the increase in dues, this year's budget does propose a positive cash balance (which includes long term obligations) for the first time in quite awhile. As a result, the small dues increase scheduled for next July has been deferred and a scheduled increase in the late fee penalty was set aside. The board continues to balance reasonable membership dues with providing the highest quality services and education materials. This is something that the membership has the right to expect. Dues income continues to be only about one-half of our total income. The board adopted an investment policy to safe-keep the organization's cash reserves while at the same time generating a reasonable investment return.

The current national board members share a common vision and purpose for the organization true to its roots as a "national" organization. The organization was created fifty years ago to fulfill a dream for a national organization that could help unify "an American teaching system" and that could establish national standards for the certification of instructors that would be recognized across the country (and the world). A national organization could promote skiing to the public and more importantly promote the benefits of instruction from a qualified instructor. The public would know who was a qualified instructor from their membership in the organization and by their certification from the organization. Such an organization could foster strong relations with ski industry partners like ski areas and schools, and manufacturers and retailers. What was once a dream is now reality.

As originally envisioned, establishing and maintaining national certification standards for the different disciplines is one of the primary functions of the national organization. The board adopted adaptive snowboard as a new national certification and approved the first adaptive snowboard national standards. There are now eight national standards. Revisions to the national standards for the three alpine certifications were also approved. In October, the national organization is hosting a National Standards training event for all the divisions. The goal of the event is to develop consistency of understanding and application of all PSIA-AASI national standards. The event should also provide a quality assurance foundation for division-initiated examiner exchanges.

Instructor education continues to be our other primary mission. As part of the Strategic Education Plan (SEP), the national organization is working on the development of education and credentialing policies applicable across all divisions. An all discipline test bank is scheduled for completion this fall. An Adaptive Snowboard Guide is available for free at the national website thesnowpros.org. Hopefully, by now you have had the opportunity to take advantage of the Matrix education/training tool on the national site. It's free to all members! Education materials need to be regularly updated to keep abreast with industry developments and we are working on new technical manuals for Alpine, Snowboard, Adaptive, Nordic, and Telemark for release next year.

We are working hard to maintain our existing strong relationships with our industry sponsors and to develop new ones in order to increase the variety of hard good benefits available to you through your membership e.g. equipment and clothing discounts, etc. We continue to be the leader in the marketing of snowsports instruction to the public through such initiatives as Learn to Ski and Snowboard Month; by providing the media with print and photo materials; and through our highly visible national team members.

One of our most important initiatives continues to be on the technological front. The board is committed to the continued development of the divisions' "back office" support and the national website as a priority for the organization. We are continuing to strive for ease of use and seamlessness for both the divisions and the members. Better communication between the national organization and the divisions; among the divisions; and between all the organizations and the membership is one of the most important attributes of this technology. A new national website is scheduled for unveiling in September. Improved functionality will include: one-time email log in; enhanced site navigation; easier event registration; new profile pages; improved on-line shopping; an updated membership renewal process; and easier community access.

Our national membership continues to grow. The last count I heard for the 2011-12 season was 31,716 members. It wasn't too long ago that we were hoping membership would reach the 30,000 member mark. This growth, the better than anticipated membership renewal rate so far this year, and the positive feedback in the membership survey we did last fall, are all good indications that we are doing a pretty good job of meeting the needs of the membership. I certainly hope that is the case for you. Direct member communication and feedback becomes easier and timelier as we continue to evolve the Internet capabilities. This is critically important because understanding what you find helpful in your professional development

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and what benefits are of the most value to you, is invaluable in the development of our goals and objectives for the future.

Finally, you are likely to hear that the divisions and national are in discussions concerning our business model. That is true. There are a great many ideas for change being considered. My knowledge of the people involved is that they are all looking for ways to better serve you, the member. I am confident that whatever model(s) and practices are agreed upon will reflect that objective and will in turn allow us to continue to improve the level of service that the organizations provide. ❄️

*Ed Younglove is a past PSIA-NW President, current NW National Representative and ASEA Treasurer. He is also an Alpine DCL & TD for Crystal Mountain. Email him at [edy@ylclaw.com](mailto:edy@ylclaw.com)*

## CERTIFICATION

### REPORT

by Chris Thompson, PSIA-NW Certification V.P.



The National Alpine and Snowboard Teams Tryouts were held at Snowbird April 23 – 26, 2012. I had the opportunity to be one of the selectors, along with Kirsten Huotte and Nick McDonald, as well as past team members and representatives

from the other divisions. The Alpine tryouts were directed by Rob Sogard, Alpine Team Head Coach in assisted by Earl Saline, ASEA Education Manager. Eleven of the 40 individuals who tried out for the Alpine Team were selected; they joined 3 freestyle team members to complete the 2012 – 2016 Alpine Team.

Why do I bring this up? Because I was so impressed at the level of dedication and work these individuals did just to make it to the tryouts let alone to make the Team itself! Truly, it is a culmination of years of hard work. Kate Morrell, Brad Jacobson, Terry McLeod, Rick Lyons, Jeremy Riss and Dave Lyon, represented the NW at the Alpine tryout very well and are great examples of the hard work and dedication I am talking about. Congratulations to all and especially to Dave Lyon who retained his slot on the Alpine Team for another term. Dave Lawrence, also from the NW retains a slot on the National Nordic Team. Also former NW members Chris Hargrave and Ryan Christofferson were selected to the National Snowboard and Alpine Freestyle Teams respectively.

The Alpine tryout was conducted not unlike the Northwest exam process, although there were

distinct differences. It was over 4 days instead of 2, there were indoor presentations, and an interview component. We skied through a series of skiing tasks on a variety of terrain and novel conditions – there was no practice time. The selectors explained the task and in only one case was there a demonstration. The skiers were graded on their ability to perform the task as explained and judged on their overall skill blend.

There were movement analysis segments wherein the candidates would analyze the individual following them on a given run. They would tell the examiners what they saw and what changes they would make without going into detailed exercise. Each candidate had an opportunity to teach twice. Due to time constraints, they were limited to a run or section of a run and/or time. One of the teachings was based on their core belief in skiing and lasted for 30 minutes. The second was much shorter and based upon group needs.

Sound familiar? Of course, however, due to the part-time nature of the NW instructor demographics we have opted to continue with 3 exam modules – written, skiing, and teaching. The last two modules are completed in one-day each versus spreading them over multiple days. This allows us to ski through all of our tasks in one day. We have a teaching day wherein both Level II and III aspirants teach a long segment – nominally 30 minutes – and a shorter more movement analysis segment for 5 – 10 minutes.

This spring I asked the NW staff members – both examiners and divisional clinic leaders – to share their thoughts regarding the current exam process and provide suggestions for change or modification. Most agreed the skiing module is on track with the on-and-off-piste tasks. They agreed it is better for both examiners to stay together to witness the teaching segments. The primary recommendation was to ensure the examinees had sufficient teaching time, to allow at least 30 minutes or one good run and have a shorter time for the movement analysis or exercise oriented element. This was also discussed with a number of TDs who were in attendance during the exams.

The NW National Team tryout candidates proved the more you work to a goal, the better you will become. Our exam is structured to enable you to do the best you can, so the more time and effort you put forth, the better instructor/coach you will become. Unlike an exam, during a tryout only a select number move forward. While in an exam, everyone has the opportunity to pass! ❄️

*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](mailto:mistert@nctv.com)*

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### SUBMISSION DEADLINES

For more info go to [psia-nw.org/newsletter](http://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.

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## CALL FOR CANDIDATES 2013

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 4:00pm, Friday, December 28, 2012. Candidacy requirements require that a person be a Certified Level II or III or a Certified 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.

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 reelection submitted with the Announcement of Candidacy will be noted in the Newsletter and published in their entirety on the website.

Positions to be elected this winter by members for seating at the completion of the 2013 Spring Board meeting are:

Region	Pos	Incumbent
Snoqualmie	4	Bill King
Snoqualmie	7	Jordan Petram *
Snoqualmie	8	Takashi Tsukamaki
Stevens Pass	4	Mary Germeau
Crystal	2	Ed Younglove
Spokane	1	George Bailey
Mt. Hood	3	OPEN
North Central	1	Sally Brawley

\* Special Notes: Jordan Petram was appointed to fill Rob Croston's resignation of Snoqualmie Position 7. Mt. Hood Position 3 is open

### 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 Snowsports School Director in the Region in which he/she wants to run. There are currently 4 regions in PSIA-NW. One Regional Directorships is up for election this

year, this is the Director for Region 4 (Mt. Hood, Bend areas). The current Director for this position is Gordon Garlock. 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. There are only four (4) of these positions which are elected on a rotating basis. 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 Board of Directors 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/](http://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.

This announcement of candidacy will be used in communications in 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 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](mailto:maryolympic@hotmail.com)

### SURVEY SAYS...

by Tyler Barnes, PSIA-NW Communications V.P.



Last Fall, ASEA (the National Organization) conducted a member satisfaction survey of which Ed Younglove reported on briefly in the Spring 2012 issue of this publication. PSIA-NW has not conducted a holistic NW-only survey since 2004.

With the advent of on-line surveys the ability to conduct and analyze surveys has become easier and less costly, and since we are a not-for-profit organization keeping an eye on expenses is very important. We intend to leverage on-line surveys

that are now available at reduced cost and ease of implementation to regularly solicit your input via an annual or biennial survey. This is truly your opportunity to provide your organization direct feedback which will help us serve you better. For example, if a member survey returns analysis that says, "We prefer sliced oranges over sliced apples" then the organization would be alerted that members prefer oranges, and we could then adopt a change to reflect these results. So whether it's oranges or dues or events, please let us know your opinions - they do matter. Look for the survey in your "inbox" soon. Surveys will also be "downloadable" if you prefer to complete them off-line.

### On-line Event Evaluations

Another survey of sorts is an event evaluation that members typically complete at the end of the day, either for an event or an exam. In the past these have been available on paper only. While it is always best for you to provide feedback immediately following an event or exam, when the day is fresh in your mind, sometimes this is not possible or convenient. In the past Member Services has typically followed up with an email and an attached PDF that required you to complete and either fax or email it back to the office. This was both a little inconvenient and not anonymous, and members were typically confined to area available on the form (i.e. half a sheet of paper). We have addressed this issue by offering an on-line event evaluation form that is both more convenient and anonymous.

We tested the form and submission process for the Summer Race Camp and Summer Professional Development Series events this summer. Post-event, Member Services followed up with an email to participants and a link to the on-line event evaluation form. Event participants then took two-minutes (or less) to click the link and complete the form, anonymously - there is an option to include your contact info if you wish. This event is a perfect example of one that does not yield itself to completion of event evaluations on-site, post-event since participants tend to disburse at various times and locations from the hill, unlike an exam for example.

I am happy to report a 55% conversion rate - which means just over half the participants completed an event evaluation on-line. And I suspect those that completed the survey found it much easier - hah ... maybe we should conduct a survey of the survey! Please keep an eye out for the membership survey and if you are participating in an event or exam, please take the time to provide us feedback via an event evaluation. ❄️

Tyler is an instructor at Mt. Hood Meadows Ski Resort, is a member of the PSIA-NW Technical Team and an Alpine Examiner. He produced this publication and developed the psia-nw website. Email him at: [tyler@popstardigital.com](mailto:tyler@popstardigital.com)



## NEW INSTRUCTOR GUIDE – COMING THIS SEASON!

by Kim Petram, Children's & Senior Committee  
Chairperson & Technical Team Member



In 2010, the National PSIA-AASI Education Department was requested to develop a strategic education plan (SEP) addressing the association's education and credentialing programs. During the 2010 November Tech Series Training at Timberline, Earl

Saline, National Education Manager, shared with the gathered TD's and Divisional Staff an outline of this strategic plan. There are four key purposes and five key objectives of the plan, and highlights of the 24 page plan documentation include the following from the core purposes and objectives:

*"... the ability to increase the ease and access to all products, programs, and services; develop and communicate clear paths to success in our educational system and to provide members with technically sound information, tools, and resources in a timely manner in the appropriate formats."*

This article will explain the genesis of the New Instructor Guide available for trial this season.

Since November of 2010 there have been countless phone conferences between representatives of all nine divisions as well as national representatives working towards tangible ways to meet the goals and objectives of the SEP. The group determined early on that addressing the Level I exam process would be a solid way to start and subsequently two meetings have been held in Denver, Colorado in October of 2011 and June of 2012 both attended by a task force of the larger SEP group to focus on the Level I exam. Of note, the task force agreed to work within the spirit of consensus meaning, "It may not be exactly what I wanted, but I can live with it and I will support it." Task force members took the information agreed upon back to their respective divisional representatives for review and feedback adapting and revising as all divisional leadership worked towards consensus.

The task force shared, reviewed, and discussed Level I examination commonalities and differences between all divisions, division specific educational and examination resources, common guidelines for following the national Level I standard and common testing methodologies. Over time, the SEP task force worked towards refining the Level I components into an integrated

system linking a common workbook, a common assessment framework, policies and procedures related to meeting Level I standards and a common online/printable question set for validation and interactive learning.

While this entire system is not yet in place, it is very close with the workbook completed and ready for a trial evaluation over this upcoming 2012-2013 season. It is anticipated that after piloted information from the 2012-2013 winter season is reviewed and refined then the Level I changes and guidelines will be implemented for the 2013-2014 winter season. The Level I workbook is being called The New Instructor Guide as it became clear over time that the workbook was

**... the New Instructor Guide includes material that is non-discipline specific, that is, common information that any snowsport instructor needs to know...**

not only a useful tool for a member preparing for their Level I exam but also a very useful tool for any new instructor looking for fundamental instructional guidance. The New Instructor Guide can be used as a document that any new instructor could utilize in learning about their sport in the most basic way and provide a roadmap of how to learn more.

This New Instructor Guide includes material that is non-discipline specific, that is, common information that any snowsport instructor needs to know regardless of their unique discipline. The *The New Instructor Guide* is intended to be an on-line resource as it will be a living and breathing document that can be updated or tweaked to meet division specific purposes. The end of the New Instructor Guide has discipline specific information – i.e., for alpine, the common national standard information specifically related to alpine-centric movement patterns will be noted. One will be able to download the New Instructor Guide and then subsequently download their discipline specific material.

Because the New Instructor Guide is on-line, references are imbedded into the document. For example, in the chapter on "how we teach", there is a link that the member can simply click and they will be sent to the national e-learning module page that shows a four minute video demonstrating "what it means to be an instructor".

The New Instructor Guide is broken into 8 core chapters: 1) Introduction 2) Who we are 3) Who are our customers 4) Keeping us safe 5) How we learn 6) How we teach 7) Practicing the profession and 8) Resources by discipline. Here is a sneak peak at the introductory message:

*"Welcome to teaching snowsports! This New Instructor Guide will introduce you to the profession of teaching snowsports. This guide will help you in your training as a new instructor and as you train toward the Professional Ski Instructors of America-American Association of Snowboard Instructors (PSIA-AASI) Level I certification. This New Instructor Guide introduces you to PSIA-AASI models and concepts, used across all of the different snowsports that instructors teach. The intent of this guide is not to replace the manuals and resources that PSIA-AASI produces, rather it is to introduce these to you and guide you to more in-depth information about these topic areas. This Guide will not be the only resource you will need as you train. This guide also provides you a way to track your personal progress in becoming a professional snowsports instructor and, if you decide, as you train towards your PSIA-AASI Level I certification."*

As noted, at the end of each chapter is a section with additional resources containing links to learning tools that are available on-line as well as in manual format. Additionally, each chapter end contains a list of core study questions related to that particular chapter theme. Of note, the study questions may not relate just to the verbiage in the New Instructor Guide chapter, the questions are designed to challenge the reader to access and review other resource material to aide them further in their learning.

Hopefully, your interest is piqued and you will be looking for this New Instructor Guide when it becomes available this fall. Your TD, divisional staff members and the NW office staff will all be able to provide guidance in how this manual can be obtained as well as incorporated in your specific training programs. This guide hopefully will be integrated as another good resource for new instructor education, as a resource for the Level I candidate and for all staff who are looking to further their own education or help others in furthering theirs. Detailed information and TD orientation to this newest resource will be presented and shared later this fall. ❄️

Kim Petram is a PSIA-NW Technical Team Member, PSIA-NW Alpine Clinic Leader and Children's Committee Chairperson. Email: [kim@petram.org](mailto:kim@petram.org)



# I'M A MEMBER BECAUSE ... WHY ARE YOU?

by Tyler Barnes  
PSIA-NW Technical Team Member

If you look over on page 21 you'll see my name under the 20-year member heading. Wow, has it been that long? Apparently so, but not as long as Dick Lyon, Leigh Rabel or Loren Shrock who are celebrating 50-year memberships this season.

## What does \$9.25 per month get you?

Back when I started teaching in high school I did not understand the value of membership other than the "pro deals" which I actually still enjoy. Back then it was a way for me to ski for free and catch the ski bus to the mountain. And back when I started teaching I did not join the organization right away because I did not know it existed and did not see the value - I was 15 at the time: think about what 15 year-olds value and you'll get the idea. There were plenty of cute instructors at my ski school ... PSIA, what's that?

It wasn't until I returned from a season in Zermatt, Switzerland, where there was more than 900 vertical feet of terrain and about 500 instructors on the hill at any given time, did I begin to pursue certification and join the organization. Since then the value of my membership has shifted from one aspect to another and today I see the value in a more holistic way. However depending on your personal needs and reasons for being a member, the membership value is different.

## 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.

So, what does \$9.25 per month get you?

- \* Access to an amazing talent pool that would cost hundreds of dollars elsewhere
- \* Access to great educational opportunities like Specialist Training and multi-day events
- \* Pro Deals from 40+ vendors



- \* Free or Discounted Lift Tickets Nationwide with my member card
- \* Complimentary Lift Access while participating in exams and most events
- \* Increased pay and access to a wider variety of lessons at your snowsports school
- \* Access to the Movement Matrix on the National website
- \* Access educational materials published by PSIA/AASI
- \* Subscriptions to professional journals like 32 Degrees and NW Snowsports Instructor
- \* Nationally and Internationally recognized certifications
- \* And more!

I hope to have my name on the 50-year list in about 30 more years! \*

Tyler is an instructor at Mt. Hood Meadows Ski Resort, is a member of the PSIA-NW Technical Team and an Alpine Examiner. He produced this publication and developed the psia-nw website. Email him at: tyler@popstardigital.com

# It's More than a card



"I began teaching skiing and joined PSIA nearly 20 years ago as a means to ski more and get paid to do it. It is now no longer about the money, and I came to appreciate that I was in a continual trajectory of learning. I have been surrounded by inspirational people that have taught me many skiing and life lessons and now I am passing much of that onto other instructors as a trainer and clinician. It really brings a smile to my face to have another instructor come up to me enthusiastically sharing a great story of success with a child or an "impossible student" and relate it back to a clinic I had given. In addition, I also came to realize that the camaraderie between other instructors is incredible because skiing is not only a downhill sport, you get to spend some real quality time with your friends and colleagues on the chair talking about life, skiing or just telling jokes." - Eric



"Belonging to PSIA has been tremendously beneficial to me both professionally and personally. Being a part of a strong national organization has offered me opportunities to learn from the best in the business in improving my teaching and skiing skills. This connectivity has allowed me to keep on top of the latest instructional techniques and pass these on to my students; watching them learn and grow is tremendously rewarding! Strong friendships have developed over the years as we instructors and students learn and have fun together in the snow ... thank you PSIA-NW!" - Ed

# FALL SEMINAR 2012

## KEYNOTE SPEAKER



### Paul Baugher

**Ski Patrol Director, Crystal Mountain Resort,  
Director of NW Avalanche Institute**

Paul has been the ski patrol director at Crystal Mountain Resort in Washington State since 1987 and risk manager for Boyne Western operations which includes Snoqualmie/Alpental, WA, Cypress, B.C., and Brighton, UT. Paul also directs the Northwest Avalanche Institute a group that consults on avalanche matters for a variety of clients including Burlington Northern railroad, guide services, the military, SAR groups, and land use agencies. Paul's work also includes consulting with ski areas across the U.S. and Canada on ski safety and risk management issues.

Additionally, he is a co-owner and guide with International Mountain Guides (IMG) an AMGA accredited climbing guide service headquartered in Ashford, WA. Paul is the steering committee chairman of the National Avalanche School and a member of the board of the National Avalanche Foundation. Since the 80's, Paul has worked as a snow safety director, ski patrolman, and heli-ski guide in winter and as a mountaineering guide and climbing ranger at Mt. Rainier National Park in the summer. He is a former vice president of the American Avalanche Association. Paul received a BA in Economics from the University of Puget Sound in 1978.

### **Keynote Address: "Shop of Horrors – A Peek Behind the Curtain of Ski Area Risk Management"**

You are a snowsports industry professional who, during work and play, encounters the many dangers lurking in the ski area environment. Whether you are with clients, or on your own, you rely on a lot of assumptions about ski and snowboard area safety as it pertains to snow control and maintenance. We will go behind the scenes to look at our efforts and ability (or lack thereof) to battle the mountain environment.

You will experience the fun, fear, and the importance of being lucky when dealing with inbounds avalanches, crazy skiers and riders, and the challenges of "sidecountry." When finished you will have a new perspective on snowsport safety and really appreciate the true costs of deep snow

## SPOKANE METRO

**OCTOBER 13, 2011**

GONZAGA UNIVERSITY

## PORTLAND METRO

**OCTOBER 20, 2011**

UNIVERSITY OF PORTLAND

*Note this is a new Portland venue*

## SEATTLE METRO

**OCTOBER 21, 2011**

SEATTLE PACIFIC UNIVERSITY

### DAILY SCHEDULE

8AM	REFRESHMENTS
8:30AM	MORNING COURSE
10:30AM	BREAK
10:45AM	KEYNOTE SPEAKER
12:15PM	LUNCH
1PM-3PM	AFTERNOON COURSE

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. Additional applications are available for download at [www.psia-nw.org](http://www.psia-nw.org) or by contacting the PSIA-NW office at 206.244.8541. There is also an application on the following pages of this newsletter. When completing the application on the following pages please choose from the morning and afternoon topic choices and indicate your choices on the application.

**\$70 before October 5, 2012**

**\$85 after October 5, 2012**

*All venues have a lunch option this year – see event application for details.*

## MORNING COURSE OFFERINGS

### **Intro to Adaptive – Lynnard Maas, Kathleen Priest, John Stevenson.**

Introducing the different types of adaptive skiing, the disabilities involved; introduction of adaptive equipment for each category; defining the parallels with regular alpine skiing using by incorporating B.E.R.P.

### **Primary Success Principles for Personal and Professional Development – RJ Nichoalds.**

This interactive workshop will challenge your objectives, motivations, attitudes, and an overall success strategy towards personal growth in the pursuit of your next level of certification. Material for this class comes from some of the greatest personal development gurus of all time including, Stephen Covey, Jim Rohn, Brian Tracy, Napoleon Hill, Og Mandino, W. Clement Stone and many more.

### **The Myth of Learning Styles – Kim Petram.**

This session will explore the commonly held beliefs about doers, watchers, feelers, thinkers and visual, auditory and kinesthetic modes of learning styles and then toss it all out (for a few hours) for an examination of the real process of learning. The session will look at how skill acquisition and the cognitive and physical domains of learning in sports performance all relate and can help us to understand the process of how our students really learn to slide.

### **Gradual Release of Responsibility – Linda Cowan.**

The Gradual Release of Responsibility is a teaching model that allows you to clearly structure your teaching. Gradual Release works effectively in tandem with our own PSIA-AASI Teaching Model and can be applied when working with students of all ages and abilities. In this class, we'll define the Gradual Release model and focus on its effectiveness.

### **Maximize Your Training – John May.**

One of the great benefits of being an instructor is improvement in your skiing. In this session we will work on how to get the most out of the training for you and your ski school. We will see different training options, approaches and resources. In addition we will address the various approaches and programs to best fit your training needs. By the end of this session you will have the resources and tools to maximize you and your ski school's training.

### **CORRELATIONS™ 2 - Betsy Baker-Bold.**

Must have completed CORRELATIONS 1. For those who have attended Correlations 1, this class will take those concepts and apply it with activities that build upon and can help create success with National Standard movements. Plan on wearing comfortable clothing that you can get a little sweaty in! (maximum 15 participants)

### **Oh My Aching Back! Collin Bywaters.**

Low back pain is the leading cause of loss of work in the United States, don't become a statistic! This



lecture will present the anatomy and kinesiology of the back, the demands placed upon it during skiing as well as common back injuries and how to best prevent them. This presentation will explore both the form and function of the spine as well as muscular implications with respects to alpine skiing. Topics will include: spinal anatomy, kinesiology, common causes of pain and pathology, muscular implications, skiing specific demands and injury prevention strategies.

**Freestyle Clinic – Brad Jacobson.** For those who may not be serious huckers but are interested in learning more about what draws our students to freestyle, how using freestyle movements and terrain parks can motivate students and take their skiing to the next level. We'll cover teaching tools, park features, tricks, freestyle terminology and learn more about how freestyle and "normal" skiing can complement each other.

**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.

**Advanced Teaching – Terry McLeod and Jeremy Riss.** Designed for experienced instructors who want to add more focus to their teaching. This session will improve your skills for teaching scenarios such as higher level students, shorter lesson time-frames, exams or tryouts, students with specific goals in mind, and leading instructor clinics. To get the most from this clinic you should already have a working knowledge of the Skills Concept and the Visual Cues to Efficient Skiing.

**Coaching on Both Hemispheres – Dave Rowe.** While we don't have a simple solution to get you to Chile, we do have some ideas on how to use both hemispheres of your brain to enhance your coaching style, amp up the fun factor and deliver memorable lessons. Whether you're just getting into teaching, thinking about certification or even anticipating an upcoming tryout, this session will emphasize creativity throughout a number of core concepts including the Feedback Model, Group Handling, Tryout Scenarios, Learning Styles and Task Skiing/Riding.

**Shred Gear 101 – Rick Brown.** The tech and the science of snowboarding equipment. What's the latest and greatest technology? In this session we will discuss some of the recent trends in equipment, and how these different technologies affect performance, as well as how we teach our students. Come prepared for a fun, informative, round table discussion where we can all share our experiences with different gear. Snowboard specific.

## AFTERNOON COURSE OFFERINGS

### **Building Your Own Personal Success Plan using S.M.A.R.T Goal Setting Workshop – RJ Nicholds.**

The only difference between a Dream and a Goal is that Goals have a well documented plan. In this workshop, you will be challenged to develop your personal action plan around the S.M.A.R.T. Goal Setting technique. You will build your own plan that is Specific, Measurable, Attainable, Realistic, and has a Timeline attached to it. Come prepared to think about what you want to accomplish personally and professionally and be ready to hit the street running the following day with an action plan in place.

### **CORELATIONS™ 1 – Betsy Baker-Bold.**

Come to this class and learn the relationship of your TRUE core, and how that "correlates" (pun intended!) to your strength, your balance, and your performance, on snow and in life! This class will show you how to stack your body and use your spine to be more efficient and improve your skiing, and utilize the techniques to be a better instructor for your clients! (maximum 15 participants).

**Equipment Trends – Dave Rowe.** This session will help you identify equipment perfectly suited for you! We will also explore the history and evolution of equipment design, how different designs affect technique and how technique influences our coaching methods. We will also touch on essential alignment and tuning issues to bring these concepts to life.

### **Phases of a Lesson – Terry McLeod and Jeremy Riss.**

Explore a different way to organize your lessons. This is not a new form of the ATS Teaching Model/Cycle, but rather a format that helps you organize your time and pacing. These phases can be used sequentially and in order so that the lesson builds to a peak and then eases back down. We will learn the phases and then brainstorm activities for different lesson levels so that you leave with some specific tools for practical application this winter.

### **Play: What's Your Style? – Michael Drake**

Learn how to integrate different styles into your lesson planning. Play, we all like it, we all know it makes learning easier. Did you know that there are different 'play' styles? Not everyone has the same preferences. This session reviews some of the 'science' behind play, describes the different play styles, and goes over some sample examples of how to structure and vary some of these styles into your lesson planning.

### **Seeing the Difference – John May.**

Join us for a fun and interesting look at the differences between good skiing and great skiing. In this highly interactive session we will use side by side video analysis to identify the subtle and not so subtle differences between these types of skiers. Video will include moguls, powder, on/off

piste, world class race training, National Team members and maybe a local face or two that you may recognize. As a group we will discover and see how, when and why great skiers are able to do what they want, when they want. This is a perfect session for those interested in improving their movement analysis, want to get motivated by some inspirational skiing and/or are looking for tips to identify key movements in both you and your client's skiing.

### **Sliding on Snow is Sliding on Snow – Lynnard Maas, Kathleen Priest, John Stevenson.**

Building on the parallels by developing lesson progressions for each adaptive category from flat land to intermediate / expert level while comparing to standard alpine two track progressions.

### **Snowboard MA v2.0 – Rick Brown.**

Movement analysis beyond the basics. This session will focus on movement analysis for a variety of riding, from all mountain to freestyle. Be prepared to break down movements, examine cause and effect relationships, and discuss effective ways to perform MA in the real world. Snowboard specific.

### **Take Your Coaching/Teaching from Good to Great – Brad Jacobson.**

Identify the characteristics of our best teachers and coaches – the one's that really inspired us. What made, or makes, them so great? How do they inspire us and keep us coming back? How do we emulate that and work it into our teaching? During this session we will discuss all this in the end better understand personal goals, and vision to be the best teacher you can, for yourself, and your guests.

### **The Myth of Learning Styles – Kim Petram.**

This session will explore the commonly held beliefs about doers, watchers, feelers, thinkers and visual, auditory and kinesthetic modes of learning styles and then toss it all out (for a few hours) for an examination of the real process of learning. The session will look at how skill acquisition and the cognitive and physical domains of learning in sports performance all relate and can help us to understand the process of how our students really learn to slide.

### **Understanding & Training for the Unique Demands of Alpine Skiing Regardless of Age & Ability – Collin Bywaters.**

Think you're too old to train? Think again! This presentation will address issues faced by the aging instructor. Think you're not a good enough skier to benefit from training? Think again! Maybe obtaining your next level of certification has more to do with your training or lack of training. This lecture will explore research into the muscular demands of alpine skiing and how this should impact your training. Topics covered will range from musculoskeletal anatomy, adaptation, and injury prevention strategies.

## Fall Seminar 2012 Event Application

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

PLEASE CHECK ONE LOCATION		
<input type="checkbox"/> <b>Spokane Metro</b> October 13, 2012 Gonzaga University  Lunch Option: Turkey w/ Sharp Cheddar on a Kaiser Roll, or Roast Beef w/ Cheddar on a Ciabatta Roll, or Roasted Veggie Club on a Ciabatta Roll. All lunches are served with potato salad, brownie and bottled water.....\$14.50	<input type="checkbox"/> <b>Portland Metro</b> October 20, 2012 University of Portland  Lunch Option: Choice of Turkey, Roast Beef or Veggie sandwich served with chips, whole fruit, cookie and a soft drink.....\$10.50	<input type="checkbox"/> <b>Seattle Metro</b> October 21, 2012 Seattle Pacific University  Lunch Option: Turkey w/ Sharp Cheddar on a Kaiser Roll, or Roast Beef w/ Cheddar on a Ciabatta Roll, or Roasted Veggie Club on a Ciabatta Roll. All lunches are served with potato salad, brownie and bottled water.....\$15.50

PLEASE CHOOSE YOUR MORNING AND AFTERNOON TOPICS	
<b>Morning Topic</b> (8:30 - 10:30am)  First Choice _____  Second Choice _____  <b>Course placement is based on your selections and space available. Early registrants are most likely to receive their first topic choices.</b>	<b>Afternoon Topic</b> (1:00 - 3:00 pm)  First Choice _____  Second Choice _____  <b>Course placement is based on your selections and space available. Early registrants are most likely to receive their first topic choices.</b>

PAYMENT DETAILS - PRICES ARE PER PERSON
<input type="checkbox"/> \$70 before October 5, 2012 <input type="checkbox"/> \$85 October 6, 2012 and later <input type="checkbox"/> \$ _____ Lunch Option (see price above) . Choice: <input type="checkbox"/> Turkey <input type="checkbox"/> Roast Beef <input type="checkbox"/> Veggie \$ _____ Your Total  CREDIT CARD NUMBER (PLEASE PRINT CLEARLY) _____ EXP. DATE _____ X _____ YOUR SIGNATURE

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 10/5 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.

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

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

[v09/12]

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_





## IS YOUR REALITY REAL?

by Tami Lyon, Lyon Ski School

You have big plans and goals for yourself, things you'd like to do and accomplish. How do you turn those plans and goals from dream to reality? The first step is to get REAL with yourself.

We all like to fantasize about being famous or winning a million dollars, or being the next Lindsey Vonn, Johnny Spillane or Shaun White. Dreams are great! They are part of the goal setting and accomplishing process. They are the starting-off point from which we make a plan. Sometimes, when our journey gets hard, dreams and fantasies are what keep us trying. But dreams and fantasies are not reality. Problems arise when we confuse our dreams and the "real" steps we've taken toward our goals. To be successful, you must dream big and be grounded in reality.

How do you know if you are grounded in reality or drifting in fantasy? You are probably dreaming if: (1) The "winning" portion of the plan is easy to imagine and see in detail. You can see exactly the placement of your Level III pin on your coat. (2) The steps or process taken to achieve the plan are a bit cloudy and indistinct. Is your certification preparation plan the sum total of "I'm going to freeski more and get fit." (3) Obstacles and mistakes are minimized or not expected at all. It's always the fault of the wax or tune, snow conditions, examiner's eyesight; never the party the night before or the Pop Tarts and Top Ramen dinner. (4) "Life" after the fantasy is generalized. "I don't know exactly what I'll do different for my snowsports school with my new endorsement, but boy it will be GREAT!"

Reality is based on experience. Actions that you take, lessons you learn, pain you feel. Reality is rarely easy. If you are lucky enough to have already moved close to your dream without feeling tired, hunger, pain, frustration, discomfort ... just wait, it will come. How do you get started turning your dreams into reality? It's simple; ask yourself some real-life questions. For instance a profes-

sional snowsports instructor with certification goals might ask themselves the following ...

- \* **How many servings of fruit and vegetables did I eat yesterday? How many were rich in antioxidants?**
- \* **Identify the macronutrient in each of the following foods: pears, oatmeal, romaine lettuce, hamburger, beans, tomato, rice, cherries and salmon.**
- \* **Have I had fast food or alcohol more than once this month?**
- \* **How many minutes did I spend on the exercise ball, Bosu or balance board today?**
- \* **Have I done at least 120 minutes of cardiovascular training this week?**
- \* **How much have I increased my leg strength by (1%, 5%, 10%) since last summer?**
- \* **How many nights did I spend 10 or more minutes visualizing myself skiing/riding correctly?**
- \* **Who were the most recent equipment testers in SKI Magazine? Which equipment won Gold Medal award classifications?**
- \* **What are the latest updates to the Movement Matrix? When did I last log-in?**
- \* **When did I attend my last divisional or national clinic?**
- \* **If my idol or mentor were asked these same questions today what do I think their answers would be?**

Each of us has the ability to develop the physical skills and mental toughness to rise to the top and achieve our goals ... even our dreams. The question is whether or not you are willing to put in the REAL work to get there. ❄️



Tami Lyon is an instructor and trainer at Lyon Ski School at Stevens Pass, WA. Email her: [lyonskischool@msn.com](mailto:lyonskischool@msn.com)

## THANK YOU TO THESE NW RESORTS!

Many thanks to these host resorts for their support of the 2011-2012 season. Last season they provided meeting space and support through complimentary lift tickets for participants. Without their help and in-kind contributions, our job(s) would be a lot harder! We can't thank you enough!



## SPECIAL THANKS TO THESE PNSIA-EF 2012/13 DONORS

The Pacific Northwest Snowsports Instructors Association Education Foundation 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. Thanks to the following members for making donations: Mary Balogh, Richard Barrett, Catherine Bath, Jim Bechtold, Lee Belmont, Magnus Bernhardt, Christopher Bettin, Patrick Bettin, Ellen Bierman, Albert Bishop, Jon Brownlee, Sean Cassidy, Thomas Chasse, Jean Christ, Kim Clark, Nancy Cohen-Vardy, Walter Cook, John Derrig, Pete Dieckerhoff, Sue Dieckerhoff, Alexa Dobbs, Joseph Draper, Hugh Dunklee, Joan Elvin-McAree, Tom Evans, Michael Farleigh, James Farmer, Eddie Fisher, William Fowler, Timothy Ganstrom, Willie Grindstaff, Andrew Grove, Matthew Grummer, Natalie Grummer, Russell Hart, Karl Haugen, Angella Heiber, Lawrence Hokanson, Sonja Hokanson, Ronald Hostetler, Kirsten Huotte, Kris Ilgenfritz, Bill Kawahara, Phillip Knight, Frank Koster, John Larson, Bob Lee, Jerry Leitch, Sheila Leitch, Tyler Lingwall, Mark Little, Mike Ludden, James MacCready, John Manix, Richard Mario, Katherine Markey, Harley Mattson, AB McClaran, Anne Meixner, Jean Messner, Lana Miller, Ed Nebendahl, Joe Nelson, Janet Nelson-Shofstall, Ronald Nicholds, Rebecca Norlander, Nathaniel Osborne, Nanci Peterson-Vivian, Gene Pierson, Hristina Popova, Chad Rosenstine, Garrin Royer, Shusuke Sakai, Glenda Schuh, Tex Steere, Neli Stewart, James Takara, Kevin Tanski, Kirill Tatarinov, Margo Thomas, Joe Turner, Gary Vena, Richard Vuori, Tami Wakasugi, Colin Walker, Brad Walsh, Dan Watanabe, James Wilcox, Ron Wingerson, Charlie Wolff, Christopher Wong and Ed Younglove

# Welcome to the 2012-2013 Season in the Northwest

by Kirsten Huotte  
PSIA-NW Executive Director



It always seems to come as a surprise that summer is over and fall is suddenly here, which for all of us means winter is excitedly right around the corner. And, with that of course, brings the snowsport season and all its promise. Hopefully our upcoming winter is just as good, or better, than what last year brought us.

So, what plans do you have for learning-teaching-inspiring? Last spring I had the opportunity to participate in the national tryouts as an

interviewer. What does that mean? I had a wonderful opportunity to sit down and talk with people from all over the nation, learn a little bit about them, hear their goals, understand what or who has inspired them and be amazed at the stories. It was fascinating to learn about their journeys, some were newer to it and others quite seasoned.

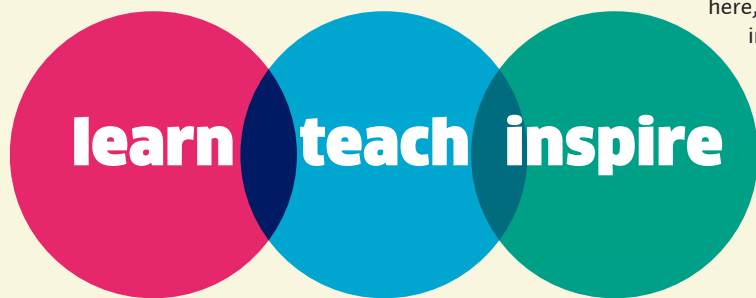
One of the interesting take-aways for me was they understood the journey really doesn't have an end point, it just keeps going. Watching the interaction indoors and on snow was inspiring and renewed in me my journey, what I need to be thinking about, working on and doing. Maybe even in understanding what is my journey – what things do I want out of it and what things will I get that will surprise me?

Reflecting on the journey, we realize you are here, in part, to continue in your growth and development as an educator, and that is why we are here and is our goal too. We've added new topics on the education event calendar, kept some of your favorites and

have increased our specialist program offerings. We want your continuing education to be fun, motivational and full of information – something you are looking forward to, both this season and many after.

Actively participating in the education functions and full range of activities will continue to place you as the driver in your journey and one you'll reap the biggest rewards from. One of the biggest member benefits is having the opportunity to learn and train with clinic leaders whom people would pay top dollar to book for a private; all for a fraction of the cost. In this atmosphere of learning we know too you will continue to hone your skiing and riding skills to be the best you can be!

As you look through this fall newsletter issue and its season guide, get ready for the next part of your journey and look forward to hearing about others. See you on the hill.  
**Learn, Teach, Inspire.**



## SINGLE DAY EVENTS

### Fall Seminar

OCTOBER 13, 20 & 21, 2012  
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 27, 2013 IN 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.

Either way, you won't be disappointed. This indoor session runs from 9-2 with an 8:30am registration time. Topics and more information will be posted on-line at the [psia-nw.org](http://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**

### One-Day Clinics

DATES, DISCIPLINES & LOCATIONS VARY  
SEE CALENDAR AT [PSIA-NW.ORG](http://PSIA-NW.ORG)

Choose from a myriad of topics at various locations throughout the division. These one-day offerings are created to help provide you with a brush up in an area of your choosing, and an opportunity to take a clinic near your home or further from it if you so choose. For instance, if the bumps keep beating you, take a one-day “beat the bumps” clinic to dial-in your bump skiing and provide you some tools with which to teach your students. Grab another instructor, sign up and spend a fun day on yourself. Most topic descriptions can be found on-line at the [psia-nw.org](http://psia-nw.org) website.

**1-day events, 1-year credit, cost: \$65**



# MULTI DAY EVENTS



## Nordic Fall College

DECEMBER 8-9, 2012 AT METHOW VALLEY

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](http://psia-nw.org) website.

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

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



## Immersion

DECEMBER 28-31, 2012 (3+ DAY)

FEBRUARY 6-8, 2013 (2+ DAY)

BOTH EVENTS AT MISSION RIDGE

You Looking at You – Ready to delve into your skiing? Gain greater insight on *your* movements and the patterns you've developed? Dig deeper in *your* understanding of *you*, how *you* learn and process information and apply it to *your* skiing? If so, this coaching-intense session is for you. 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: \$300**

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



## Winter Blast

FEBRUARY 4-5, 2013 AT 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 Stevens Pass. You'll be treated to breakfast each morning, an après ski with clinicians Monday afternoon and lunch with the group on Tuesday. See what all the hype is about! Small class sizes guaranteed. Special thanks to ASEA for their support in making this event possible in part by a grant from the PSIA-AASI Education Foundation. Also supported by Crystal Mountain. Alpine specific.

**2-day event, 2-year credit, cost: \$325**



## Divisional Academy

MARCH 15-17, 2013 AT MISSION RIDGE

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, alpine-and snowboard-specific clinic content. Thank you Mission Ridge for supporting this event. Alpine and Snowboard specific.

**3-day event, 2-year credit, cost: \$325**



## Spring Symposium

APRIL 12-14 2013 AT BIG SKY, MONTANA

Yahoo!!! Another season wrapped up and what a time it's been, now you are ready to celebrate with the rest of the division in saying, "that's a wrap." We're ready to put the icing on the cake with this end-of-the-season bash that has been a Northwest tradition for over 46 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.

**2-day event, 2-year credit, cost: \$180**

**1-day event option, 1-year credit, cost \$90**

# 2012-2013 event calendar

	ADAPTIVE	TRACK	TELEMARK	SNOWBOARD	ALPINE	DAY	DATE	EVENT	LOCATION
OCT	✓	✓	✓	✓	✓	Sat	Oct 13	Fall Seminar - Spokane Metro	Gonzaga University
	✓	✓	✓	✓	✓	Sat	20	Fall Seminar - Portland Metro	University of Portland
	✓	✓	✓	✓	✓	Sun	21	Fall Seminar - Seattle Metro	Seattle Pacific University
DEC			✓	✓	✓	Sat-Sun	Dec 1-2	Specialist Events: CS1, CS2, SS1, SS2, FS1	Snoqualmie - TBA
		✓				Sat-Sun	8-9	Nordic Fall College	Methow Valley
				✓		Fri-Mon	28-31	<b>Immersion (3 days on-snow)</b>	<b>Mission Ridge</b>
JANUARY	✓		✓	✓	✓	Fri	Jan 18	Skiing and Snowboarding with People with Visual Impairments	Alpental
					✓	Fri	18	Tactics and Technique	Crystal Mountain, Lookout, Mt Bachelor
				✓	✓	Thu-Fri	24-25	Exam Modules - Alpine Level II & III, Snowboard II	Mission Ridge
			✓	✓	✓	Mon-Tue	28-29	Specialist Events: CS1, CS2, SS1, SS2, FS2, FS3	Mt. Hood Meadows
			✓	✓		Tue	29	Teaching is Doing	Stevens Pass, Timberline
	✓		✓	✓	✓	Wed	30	Bi Ski Tethering Techniques (4pm-10pm)	Summit West
FEBRUARY				✓	✓	Fri	Feb 1	What's Missing	Lookout
					✓	Fri	1	Smoothing Out the Bumps: Making it Look Easy	Alpental, Mt. Spokane
					✓	Mon-Tue	4-5	<b>Winter Blast - National Team Clinicians</b>	<b>Crystal Mountain</b>
					✓	Wed-Fri	6-8	<b>Immersion (2 days on-snow)</b>	<b>Mission Ridge</b>
					✓	Thu	7	Doing is Learning	Summit Central
				✓		Thu	7	Harness the Gnarness	Summit Central
					✓	Fri	8	Steeps & Off-Piste	Alpental, Mt. Hood Meadows, Schweitzer
				✓	✓	Fri	15	Exam Checkpoint Level I & II Members Only	Schweitzer
				✓	✓	Fri	15	Written Exam Level II & III at 3:30 Pre-registration is required	Schweitzer
				✓		Fri	22	Foot to Foot: More than Ollies	Stevens Pass
				✓	✓	Fri	22	Working it Out: Finding the Cause in Effect	Crystal Mountain, Mt. Bachelor
				✓	✓	Fri	22	Exam Checkpoint Level I & II Members Only	Stevens Pass
				✓	✓	Fri	22	Written Exam Level II & III at 3:30 Pre-registration is required	Stevens Pass
				✓	✓	Sun	24	Steeps & Off-Piste	Crystal Mountain
		✓				Sun	24	Track Pre-Exam Clinic	Sun Mountain
					✓	Mon	25	Doing is Learning	Stevens Pass, Timberline, Whitefish
				✓	✓	Tue	26	Explore Steeps & Off-Piste	Alpental



## EVENT APPLICATION DETAILS

Download Event and Exam Applications from the [psia-nw.org](http://psia-nw.org) website, or if available, register on-line. Printed applications may be faxed or emailed to the office for processing. Before the event, you will receive a confirmation email with details specific to your event. 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.



# 2012-2013 event calendar

	ADAPTIVE	TRACK	TELEMARK	SNOWBOARD	ALPINE	DAY	DATE	EVENT	LOCATION
MARCH			✓	✓	✓	Fri	Mar 1	Exam Checkpoint Level I & II Members Only	Mt. Bachelor
			✓	✓	✓	Fri	1	Written Exam Level II & III at 3:30 Pre-registration is required	Mt. Bachelor
		✓				Sat	2	Track Pre-Exam Clinic	Stevens Pass
			✓	✓	✓	Sat-Sun	2-3	Specialist Events: CS1, CS2, SS1, SS2, FS1	Schweitzer
		✓				Sun	3	Track Exam - Level II & III	Stevens Pass
	✓			✓	✓	Sun	3	Exam Checkpoint Level I & II Members Only	Mt. Hood Meadows
	✓			✓	✓	Sun	3	Written Exam Level II & III at 3:30 Pre-registration is required	Mt. Hood Meadows
				✓	✓	Fri-Sun	15-17	<b>Divisional Academy</b>	<b>Mission Ridge</b>
					✓	Sat	16	Drill for Skills	Crystal Mountain, Timberline
				✓		Sat	16	Big Mountain Freestyle	Crystal Mountain
					✓	Sun	17	Drill for Skills	Stevens Pass
		✓				Sun	17	Telemark All Mountain	Crystal Mountain
				✓	✓	Fri	22	Exam Orientation Clinic Level I & II Members Only	Schweitzer
				✓	✓	Sat-Sun	23-24	Exam Modules - Alpine Level II & III, Snowboard Level II only	Schweitzer
	✓					Sat-Sun	23-24	Adaptive Exam Modules - Level I & II	Mt. Hood Meadows
				✓		Sat	23	Ranges of Motion (ROMs)	Mt. Bachelor, Summit Central
		✓				Sun	24	Tele the Rest & Best of the Mountain	Stevens Pass
				✓	✓	Fri	29	Exam Orientation Clinic Level I & II Members Only	Stevens Pass
				✓	✓	Sat-Sun	30-31	Exam Modules - Alpine & Snowboard, Level II & III	Stevens Pass
APRIL				✓	✓	Fri	Apr 5	Exam Orientation Clinic Level I & II Members Only	Mt. Bachelor
			✓	✓	✓	Sat-Sun	6-7	Exam Modules - Alpine, Snowboard & Telemark, Level II & III	Mt. Bachelor
	✓		✓	✓	✓	Fri-Sun	12-14	<b>Spring Symposium</b>	<b>Big Sky Montana</b>
				✓	✓	Sat-Sun	20-21	Exam Modules - Alpine Level II & III, Snowboard Level II only	Mt. Hood Meadows
			✓	✓	✓	Sat-Sun	20-21	Specialist Events: CS1, CS2, SS1, SS2, FS2, FS3	Mt. Hood Meadows
					✓	Fri-Sun	26-28	Spring GS Camp	Mt. Bachelor
				✓	✓	Fri-Sun	26-28	Freestyle Camp	TBA
	✓	✓	✓	✓	✓	Sat	27	Spring Fling	Seattle Pacific University
					✓	Fri-Sun	May 3-5	Technical Team Tryouts	TBA
					✓	Fri-Sun	July 12-14	Professional Development Series Camp	Timberline
					✓	Fri-Sun	July 12-14	Summer Ski Camp - Improve Your Skiing via Gate Training (race experience not req'd)	Timberline

**BE SURE TO LOOK ON-LINE AT [PSIA-NW.ORG](http://PSIA-NW.ORG) FOR MORE DETAILED EVENT INFORMATION LIKE ONE-DAY EVENT DESCRIPTIONS, LODGING DEALS FOR MULTI-DAY EVENTS, CERTIFICATION GUIDES AND MORE.**

# SPECIALIST PROGRAMS

Specialist programs have prerequisites. Please see the [psia-nw.org](http://psia-nw.org) website for details.

## Children's Specialist

MULTIPLE DATES AND LOCATIONS



photo © Vince Ready

Children's Specialist Foundations is a one-day educational clinics designed for the snowsport instructor ready to begin the journey into understanding how and why children learn, play and grow the way they do. Children's Specialist 1 is a two-day children's education clinic introducing many ideas and theories on the way children grow, think and learn. Children's Specialist 2 is also a two day educational course designed to take instructor knowledge and understanding of children to the next level.

PSIA-NW children's educational curriculum follows the Children's National Standard for education, a certificate-based program.

### Children's Foundations

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

### Children's Specialist 1 or 2

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

## Freestyle Specialist

MULTIPLE DATES AND LOCATIONS

photo © Matt Aimonetti



Freestyle Foundations is accomplished by attending and understanding the curriculum of a one-day clinic focused on coaching park, rails,

and pipe riding. The Freestyle Specialist 2 & 3 certificates are attained through a higher rigor, two-day process. By meeting the needed program education requirements, candidates will be given feedback about their performance shown for the appropriate level of coaching and riding. Alpine and snowboard. Please visit the website for more information.

**Freestyle Foundations: 1- day event, 1-year credit, Cost: \$65.**

**Freestyle Specialist 2 or 3: 2-day event, 2-year credit, Cost: \$125**

## Senior Specialist

MULTIPLE DATES AND LOCATIONS



photo © Ed Kane

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

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

**Senior Specialist 1 or 2: 2-day event, 2-year credit, Cost: \$125**

## CAMPS Spring GS Camp

APRIL 26-28 AT 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: \$275**

## Freestyle Camp

APRIL 26-28, 2012: 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**

## TRYOUTS Technical Team Tryout

MAY 3-5, 2013 – VENUE TBA

You are among the best snowsports educators in the Northwest and at this selection event you will be able demonstrate your talent, desire, passion, knowledge and skills to your peers, staff selectors and program managers. Deadline for applications is the 5th of April 2012 at 4pm. Details available on-line.

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

## SUMMER SKIING Summer Ski Camp

JULY 12-14, 2013 AT TIMBERLINE



photo © Matt Aimonetti

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 with Technical Team members and talented guest clinicians to improve your skiing using gates. 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: \$300**



# Summer Professional Development Series

JULY 12-14, 2013 AT TIMBERLINE



photo © Matt Aimonetti

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! During your time you'll build on what you worked on during the season, add goals for the upcoming season and have fun skiing, in the summer, on a snowfield. Alpine-specific, lift tickets must be pre-paid.

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

## CERTIFICATION Certification Training

MULTIPLE DATES AND LOCATIONS

So you are interested in some specific training, exam-focused. You want to open up your certification guide and manuals and dig deep into them. You're looking for technical conversations to help you better understand and implement the teaching cycle, blending of skills, knowing what the national standards mean by "levels of understanding."

Get the details on-line about this event offering. The geographic regions are: Central Oregon, Seattle, Eastern Washington. Remember, certification is a journey and education is the road, path and trail we meander as we go. Learn, Teach, Inspire.

**multi-day course, 2-year credit, Cost: varies**

## LII & LIII Exam Checkpoint

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: \$65**

## LII & LIII Exam Orientation

THE FRIDAY OF EXAM WEEKEND: SEE BELOW

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: \$65**



## LII & LIII Exam Modules

MISSION RIDGE - JANUARY 24-25

SCHWEITZER - MARCH 23-24

STEVENS PASS - MARCH 30-31

MT BACHELOR - APRIL 6-7

MT HOOD MEADOWS - APRIL 20-21

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**

## LII & LIII Written Exams

MULTIPLE DATES AND LOCATIONS

Level II and III written exams - See Calendar on page 16-17 or at [psia-nw.org](http://psia-nw.org) for times and locations and/or speak with your School Director or Training Director to see if one will be offered at your school. Preregistration is required for scheduled written exams, like all other events.

**Cost: \$20**

## Track Pre-Exam Clinic

FEBRUARY 24, 2013 AT SUN MOUNTAIN

MARCH 1, 2013 AT STEVENS PASS

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: \$65**

## LII & LIII Track Exam

MARCH 3, 2013 AT STEVENS 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**

## LII & LIII Telemark Exam

APRIL 6-7, 2013 AT MT BACHELOR

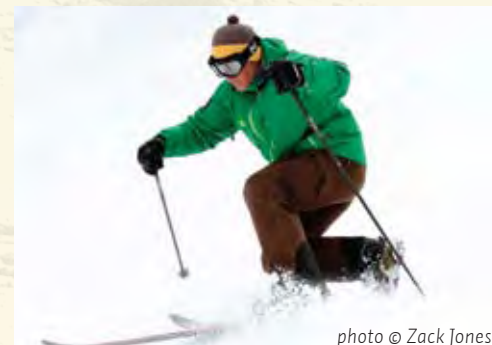


photo © Zack Jones

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

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



## NEW PRO? LET'S GO!

The “New Pro? Let’s Go!” clinic is designed specifically for instructors who took a Level I exam. They can slide into a clinic with a Divisional Clinic Leader (DCL), aka PSIA or AASI Pro for a day of fun, skiing and riding.

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

Valid ONLY for instructors who took their Level I during 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](http://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 8 @ Nordic Fall College, Methow Valley
			✓	✓	Mar 16 @ Mt. Ashland
				✓	Mar 17 @ Alpental, Anthony Lakes, Schweitzer
			✓		Mar 17 @ Schweitzer & Summit Central
			✓	✓	Mar 30 @ Stevens Pass
			✓	✓	Apr 7 @ Crystal Mountain & Mt. Bachelor
✓	✓	✓	✓	✓	Apr 13 @ Symposium at Big Sky Montana
			✓	✓	Apr 20 @ Mt. Baker
			✓	✓	Apr 27 @ Mt. Hood Meadows

## Event Fees

### GENERAL EVENTS

Clinics (1-day)	\$65
Divisional Academy (3 days)	\$325
Fall Seminar (1-day)	\$70
Freestyle Camp (3 days)	\$240
Immersion (3 days)	\$300
Immersion (2 days)	\$225
Spring Fling (1 day)	\$65
Spring GS Camp (2 days)	\$275
Spring Symposium (2 days)	\$180
Professional Develop Series (3 days)	\$275
Summer Ski Camp (3 days)	\$300
Track Fall College (per day)	\$65
Track Symposium (2 days)	\$130
Winter Blast w/National Team (2 days)	\$325

### EXAMS

Alpine & Snowboard	
Level II or III Written Exam	\$20
Level II or III Exam Checkpoint	\$65
Level II or III Exam Orientation	\$65
Level II or III Exam Module (per day)	\$115
Telemark Level II or III Exam	\$230
Track Pre-Exam Clinic	\$65
Track Level II & III (one day event)	\$115

### SPECIALIST PROGRAMS


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

### TRYOUTS

Technical Team Tryout (3 days)	\$210
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## 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  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](http://psia-nw.org) website regarding specific individual event lift ticket information.

## Signing Up for Events

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

### TO AVOID A LATE FEE, SIGN UP ON TIME.

Registration less than 14 days prior is on space-available basis, and assessed a \$15 late fee for one-day events or a \$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.

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

## Scholarship Info

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

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

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

For a complete list of details including an application go to the [psia-nw.org](http://psia-nw.org) website, then choose “Member Benefits” from the menu.



# 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, 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 13	Fall Seminar @ Spokane
Oct 20	Fall Seminar @ Portland
Oct 21	Fall Seminar @ Seattle
Nov 9	Alpine & Snowboard Examiner & DCL Training @ Timberline
Nov 10-11	Tech Series Fall Training @ Timberline
Nov 10-11	Clinic Leader Training † @ Timberline
Dec 7	Track TD, DCL, Examiner Training & DCL Assessment @ Methow Valley
Jan 15	Tech Series @ Meadows
Jan 16	Tech Series @ Mt. Spokane & Alpental (both at night)

## TECH SERIES CALENDAR

DATE	EVENT / LOCATION
Feb 12	Tech Series @ Meadows
Feb 13	Tech Series @ Mt. Spokane & Alpental (bot at night)
Mar 8	Alpine & Snowboard Examiner & DCL Training @ Stevens Pass
Mar 8-10	Tech Series Winter Training @ Stevens Pass
Mar 9-10	Clinic Leader Training † @ Stevens Pass
Mar 23-24	Exam Shadow* @ Schweitzer
Mar 30-31	Exam Shadow* @ Stevens Pass
Apr 6-7	Exam Shadow* @ Bachelor
Apr 13-14	Tech Series Spring Training @ Symposium /Big Sky
Apr 20-21	Exam Shadow* @ Meadows

(†) 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.

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

Then please take note: This is the first event of the 2012-2013 Tech Series. TDs must submit their 2012-2013 TD Season 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](http://WWW.PSIA-NW.ORG/Tech-Zone)



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Tom Pettigrew  
Director of Skier Services  
Park City Mountain Resort

PO Box 39  
Park City, UT 84060  
435.647.5404 • [Tomp@pcski.com](mailto:Tomp@pcski.com)



Sometimes the best training is just having fun, especially at Stevens Pass!

## IT'S ABOUT THE JOURNEY: RECREATIONAL SKIER TO DCL TRYOUTS

photos and text by Jenn Lockwood

**M**y journey as a skier began at the age of three when my father taught me how to ski at Spouts Springs and Mission Ridge. Throughout my childhood I skied maybe two to five days a year; in high school I was lucky to ski, as my high school basketball team was very competitive, annually attending the state championships – which we won my sophomore year, going 27-0 on the season!

I've always loved winter and skiing; when my high school athletics took me to Wenatchee Valley College in '89 on a softball scholarship, I learned about their ski program. I enrolled in the program and was excited to be able to spend more time skiing and playing softball. However, I became intimidated at orientation, being surrounded by others who had spent their winters skiing versus me only skiing a few days a season. So, before my journey began, I left the program. Funny how things turn out; friends I knew then, briefly, have come full circle so skiing and PSIA has brought us together.

It wasn't until after college that I got back into skiing. When I moved to Portland I didn't know anyone but I had fallen back in love with skiing and spent my weekends skiing and snowboarding. In 2001, I was introduced to my husband's fraternity brother, Chad Haugen, who taught skiing at Mt. Hood Meadows. I had never thought about teaching skiing – what a perfect match with my Personal Training career! I joined the staff at Mt. Hood Meadows the following season to fill my time while Dan was race coaching or volunteer patrolling.

What I'm getting at here is, that until age 32, I was a recreational skier who had never taken a lesson in my life! Looking back over the last nine years I've seen Mt. Hood Meadows grow an amazing community of instructors, clinicians, DCL and Tech Team members. That process began before I came along and probably started in the mid-90's when a large number of our core group all began working at Mt. Hood Meadows. They drew me in – I didn't know anything about PSIA and/or what the certification process was like. In two seasons I received my Level II. Getting my Level III took two more seasons and considerably more training: I increased my fitness, added dryland movement analysis sessions, attended Saturday and Sunday evening clinics at Mt. Hood Meadows,

and changed my work schedule to four-tens so that I could ski three days a week.

My "journey" toward 2012 DCL tryouts began in 2006 after receiving my Level III certification. I knew this would be a long-term plan as Dan and I were starting our family. During the three years of having our two boys I had my eyes on 2012 tryouts and made sure that I kept my feet on the snow, taught lessons, led and taught clinics and attended any and all educational events I could make. Lucky for me, TD training every spring has been at Stevens Pass, a short 30-minute drive from my family cabin.

My "journey" began with a passion, namely skiing and recently moved toward the goal of becoming a Divisional Clinic Leader at the 2012 Tryouts. As with any goal, you must have a plan of action. My plan began with an "end date" of DCL Tryout 2012, with many action steps that included: improve my overall fitness and nutrition, improve my teaching and movement analysis, by attending Portland movement analysis 1x/week between October and April, improve my skiing fundamentals through attendance at clinics, TD trainings, Winter Blast, Divisional Academy, Symposium, Fall Training, etc. and asking for "help" from a large group of individuals! Oh, and at the same time, continue to develop and grow my Personal Training business while raising two active boys! Whew!

There have been many rewards along the way. Friendships have developed over the last ten years – but the friendship and camaraderie that I have experienced over this last season has been amazing. I have trained with many people – however this season in particular I spent a great deal of time with Holly Tencer, Brad Walsh, Ellen Bierman and Jenna Krevosky. It is my belief that without this team of individuals, and many more people who helped along the way) none of us would have made it as far as we did. It is challenging to learn alone – you learn so much more when you

*Dancing into the wee-hours with your training partners, Holly Tencer and Tara Seymour, is good training too! ↓*



can share your experiences, thoughts and feelings while developing a deeper understanding.

An example: following March TD Training, six of us drove home from Stevens Pass (five hours) and discussed our three days of clinics: topic by topic, drill by drill, skill focus, etc. I gained so much over that weekend and that drive alone. Along with all of us improving our skiing and teaching, we also learned the importance of coaching, which I believe includes the balance of learning and having fun! You have to keep it fun... from doing synchronized somersaults in the powder with Brad, to free skiing without a focus, and dancing until the wee hours with friends.

Challenges: "Don't be afraid to fail. Don't waste energy trying to cover up failure. Learn from your failures and go on to the next challenge. It's OK to fail. If you're not failing, you're not growing." John May and Charlie Wolff provided weekly challenges over the last two years during Portland Movement Analysis sessions. These evenings provide Levels 1, 2, 3 and beyond an opportunity to improve their teaching in front of mentors and their peers. There is no doubt that without these evenings and the teamwork of all that were involved each night I would not have performed as well in my teaching segments. This program grew because John May and Charlie Wolff wanted to improve their teaching and presentation skills; in building this program, they have also helped the growth of numerous instructors and the Mt. Hood resorts' community as a whole. So, if you do not have this at your school build it and they will come. It's true.

Learning from a variety of mentors had its own rewards. A significant portion of my training included working with Scott Weimer, who is so great in sharing his journey complete with the ups and downs, successes and struggles. Scott was so open in communicating what helped him achieve his success: training, reading and writing down what you have learned and what you want to teach – put it in your own words. Like so many members of the current PSIA-NW Divisional Clinic Leaders and Technical Team members, he took time to send texts, emails and phone calls to provide coaching. Do you want the same? All you have to do is ask! If you want something you have to go for it; you have to ask for it. My fitness mentor, Todd Durkin, would say "PRIDE" – Personal Responsibility In Daily Effort. You must take responsibility in your actions towards goal achievement.

Terry McLeod's important message was that, unlike certification, tryouts are for a few spots on the team; remember, you are competing. I struggled with this at first because I feel it is our job, as instructors, TDs, clinicians, etc. to encourage a learning environment; a team environment – in that if we help others become better we, in turn, become better, too. In hindsight, the lesson learned was that you have to remember at the time of tryouts that it is about you going after





↑ Don't be afraid – push yourself! Andrew Rockenfield and Tara Seymour scoping “Wild Katz”.

your goal and keeping that goal in sight. Remember, you can't control the weather, snow conditions, your group, the energy and/or the tasks assigned or terrain to ski. However, you can control how you respond to these things – how you perform under these circumstances. Ultimately, as a clinician you will experience excellent as well as poor conditions; lively and unenergized groups; two participants and/or 20, so you have to be able to create a learning environment, teach and perform, ski well through demonstration at all times. This goes, as well, for refining the fundamental movements of skiing – balance, edging, pressure control and rotary movement. With these movements you can ski anywhere, any time, and respond to all conditions. Whether in tryouts or preparing for certification, with ownership/confidence in your teaching and skiing, you can perform anywhere, any time, under any conditions.

I've trained a lot with Rick Lyons aka “Scary Rick” – it's a long story. Rick is an amazing coach who exceeds expectations in his effort to help our divisions instructors become better – whether on the snow, in a dryland workshop, a movement analysis class or over a beer – he is ready to help make you better. His best lesson came when I had the amazing opportunity to ski with Rick and Terry while they trained with Dave Lyon a few weeks before National Team Tryouts. It was so great to watch my mentors train with Dave and see that they do feel the same pressures, concerns, nerves, etc. as we do when it comes to certification exams and/or tryouts. The only difference was in their questions – they questioned more on what might be asked of the candidates and drills they might be asked to perform and what the selectors might be looking for. The questions I hear more from our certification candidates and for tryouts are more focused on skills, movements, the teaching cycle, etc. We are all at different points in the learning curve. It helped me be more confident amongst those with more experience – as skiers/riders, teachers, examiners, veteran DCL members – that everyone has felt and/or feels the similar pressures that come with performing in front of your peers. Ultimately, the evaluators are truly rooting for you to succeed!

The power of visualization may have been my downfall. If you spoke to me at anytime preparing for these tryouts I would tell you that I had areas to improve in my skiing but I was confident that I could make those changes and that my concern was in my teaching and movement anal-

ysis. I'm a doer, so my greatest gains in skiing (remember I never took a lesson until I was an instructor and 32 years old), I learned by watching others – so putting things into words to teach has been a challenge. I knew I needed to do some visualization – seeing myself perform successfully, repeatedly, prior to tryouts. I was fortunate to work with my life coach, Dawn Montefusco, to overcome my nerves on the teaching side of the tryouts.

It wasn't that I was overconfident or cocky regarding my skiing – I knew I had made positive changes in my skiing, others had seen changes, and I had done everything to make changes in my skiing. I've been a competitor all my life (remember, I played on a team that went 27-0 – which isn't an easy accomplishment!) I was not worried about being in the “hot seat” on my skiing – I like that pressure – lead-off hitter for my college softball team! So, my focus in my visualization was in calming my nerves to teach in front of my peers, and mentors, with confidence. I didn't spend a long time on this – actually, we worked on this two days prior to tryouts and the improvement in my confidence and nerves was amazing, and led to the feedback I received on my teaching, “above the bar.” What I left out of the visualization practice was seeing myself ski tasks with precision.

So what went “wrong?” Bottom line: I just had a few bad days of skiing. And from Day One to Day Two, I focused on the wrong things between days. After Day One I should have reflected on what went well for me, what I should continue to do, where did I struggle, and what do I need to do to improve my performance in this area. Again, the only thing I can control during tryouts is my performance! Be in the moment and stay focused on your goal! Side note: in case no one has told you, do NOT tune your skis three days before tryouts or an exam.

In the end nothing went “wrong!” My journey will be a little longer than expected. And like Michael Birch-Jones and I discussed an hour before the announcement, it is NOT about the destination – it is about the journey along the way. I learned so much this season about skiing, friendship, teaching, coaching, setting goals; I taught people a new sport and taught veterans of the sport a few new things, and along the way I inspired some folks! More thanks to MB-J and Tara Seymour for the reminders of what is important in life – my family, Dan, and my boys. The inspira-

Events like Winter Blast are a great place to learn ... Tara Seymour and Matt Boyd (National Team) on 7th Heaven! ↓



tion I hope to provide, first and foremost for my boys, is that you can do anything you want (at any age) when you set a goal, form a plan, follow a plan, surround yourself with great people, and have fun. Second, I hope I provide inspiration to the women with and/or without children that you can juggle many things – it just takes organization. It will always be hard to find a balance – my

**SIDE NOTE: IN CASE NO ONE HAS TOLD YOU, DO NOT TUNE YOUR SKIS THREE DAYS BEFORE TRYOUTS OR AN EXAM.**

boys missed me at times this season but they are getting tons of me this summer – hard to balance all of life on a day-to-day basis – the goal is to find balance over the long haul.

Initial disappointment is a normal reaction in not achieving my goal this season. However, over two months' reflection I am so proud of my effort and growth over the past season. “Out of failure grows success.” It is so easy to point fingers and/or say this or that wasn't “fair” and/or perfect in the certification or tryout process. My mentor, Todd Durkin (trainer to Drew Brees, Aaron Rodgers) just sent me an email on competing: “Greatness is not in the finish time, the score, or the highest grade ... greatness is rather in the focus, the flow, and the effort expended to compete ... to have the courage to “lay it all out” and go for it.” Again, ultimately, I am only in control of my journey and you in yours.

Recreational skier turned passionate ski instructor followed a nine year amazing, focused path, developed incredible friendships, experienced great adventures (Winter Blast, Divisional Academy and Symposium 2012) and become a better skier, teacher, personal trainer and mother. “Life itself is a race, marked by a start, and a finish. It is what we learn during the race and how we apply it that determines whether our participation has had particular value. If we learn from each success, and each failure, and improve ourselves through this process, then at the end, we will have fulfilled our potential and performed well.”

My journey continues, I will achieve my goal of being selected to represent PSIA-NW in the future, and my journey will NOT end at that destination. It will continue as I learn, teach and inspire! Join me on the journey! ❄️



Jennifer Lockwood is an Alpine Level III instructor and TD at Mt. Hood Meadows Ski Resort, Oregon and a fitness trainer at Peak Fitness NW. Email her at: [jenn@peakfitnessnw.com](mailto:jenn@peakfitnessnw.com)



## THE ANSWER IS “ANKLES”

Snowboard tip by Jesse Murphy

There is a joke amongst my training groups that if you get asked a question that you don't understand just say “ankles”, and you'll have a good chance of being right. Of course ankles aren't the only answer in snowboarding, but ankle movements are an important part of just about everything we do on a snowboard. Even that cool kid slouch has a lot to do with soft flex of the ankle.

One of the coolest things about ankle movements is that they get the rest of our body to move the “right” ways. It's like the orchestra conductor leading all the different instruments. What ends up happening when you move your ankle is the other joints of your body, especially knees, hips, and spine, must also move a little bit to keep you from falling over.

In snowboarding we say the snowboard can do four things; Tilt, Twist, Pivot, and Pressure. We take these four actions and mix them in different ways to do all the fun stuff we do with snowboards, like big slashers in the pow. And it is because of these four actions that the ankles are so important. We can cause all four of the “board performances” by moving the ankles! So, if we can understand how to move the ankles to manipulate the board we can do anything, and the rest of our body will be doing pretty much what it's supposed to.

Before we go on, now would be a good time to define how the ankle moves. In snowboarding we think of the ankle as a hinge joint to simplify the movements. The fundamental movements of a hinge joint are flexion and extension, flexion is lifting your toes up toward your body and extension would be pointing your toes down, away from your body. If you are speaking to a physical therapist and want to sound smart you'd call flexion of the ankle dorsiflexion and extension of the ankle plantar flexion.

Depending on the students I'm working with I'll use a different teaching style based on their prior knowledge of ankles and the board. When I work with instructors or students that have a foundation of snowboard knowledge or skill I'll often use exploration. This allows us to find answers in our riding that don't always have to be the same which can be more powerful experiences. This is especially true with riders who can get down the mountain already.

As an example let's look at how Twist is caused by ankle movements. We can use both ankles, or just one ankle to cause the board to twist and we can use either flexion or extension to cause the

board to twist toward the toe edge. Part of the exploration is to see what happens when flexion or extension is used. When extension is used that also tends to extend the knee and hip making that leg longer. When our legs are longer it is usually more difficult to maintain balance so we'll probably want to use ankle flexion to twist the board because that will cause our leg to be shorter. Next we'll explore how Twist is affected by how many ankles you use. By Twisting the board statically standing on a flat surface we can see that using both ankles to Twist the board causes more Twist than just one ankle can do. It also makes Twist easier because we are now using twice as many muscles.

To continue our exploration we'll ride a comfortable slope and use flexion of both ankles to Twist the board when we want to change from one turn to the next. We will see that every time we Twist the board with our ankles our legs get a little shorter during the Twist. The sensations we feel can be different as riders will key in on any one of several outcomes. One rider may comment on how solid the edge felt at the finish and start of the turns. Another rider may talk about how the turns began much more quickly. Someone else may find that the first half of a turn felt much more balanced. All of these things and more can be learned from focus on the ankles. You may have noticed by now that the result of this activity was to cause a rider to perform a cross under movement to transition from one turn to the next. As we all know this is a difficult concept to teach and learn. We have accomplished it by focusing on specific movements of the ankles without a bunch of tech talk.

Bringing it all together we've illustrated how ankles can be the answer to unlocking new levels of riding in ourselves and our students. In the example of using the ankles to Twist the board we found how one movement pattern of the ankles can enable riders to perform and be successful with outcomes based on challenging concepts. This has allowed us to make the learning experiential. You can take the same approach with any of the other board performances by focusing on how the ankles move to get the performance you want. So maybe in the end the joke is right on, ankles are the answer. ❄️



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## HOW IT WORKS

Snowboard tip by Greg Nelson

One of my core beliefs in snowboarding and one of the first things I teach to my instructors in clinics is how to gain an understanding of how a snowboard works. Once we understand why a snowboard was designed the way it was and how it works, we can then start to build a foundation for good snowboarding.

I typically start this off by teaching instructors about their edges and what sidecut is. The easiest way to think of it is by standing on a flat snow surface and holding your snowboard by the bindings and placing one edge in the snow. You can then push your snowboard on the edge in the snow and if you walk with it eventually it will turn around in a full circle and end up back where you started. This will give your instructors and students the knowledge needed to start understanding the movements needed to efficiently and effectively start sliding on their board.

Now that they have gained an understanding of how the board was designed to turn you can start teaching them how to move their body create the same effect. The goal being that they need to flex and move their joints starting with the ankles in order to place the board on edge by moving laterally across the board, without making any unnecessary movements from the upper body. The key to success here is by starting on a flat surface without the snowboard on and showing them how to move to their toe edge and heel edge.

Once they have learned the proper movements we then put the board on and practice the same edge to edge movements. As soon as they understand how to balance on each edge, this is when we start sliding. Start with a straight glide and just focus on flexing in the ankles, knees and hips. After the straight glide we then start to practice fade turns using the same movements that were learned on flat ground to move over each edge. Remember that choosing the right terrain is essential to good snowboarding. If students are falling constantly than the terrain is probably too steep for their comfort level. Students should easily be able to learn both heel edge and toe edge fade turns using this method. This will help set the foundation for everything else we teach them moving forward. ❄️



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## BLUE ANGELS

Alpine tip by Holly Tencer

I can still remember the clinic when I learned about releasing the inside edge of the new inside ski at turn initiation. It was Jackson Hole, the clinician was Renny Burke, we were on the *Après Vous* chairlift on a snowy afternoon. I felt something that I had never felt before when skiing and always try to re-create this same feeling since that moment. It made a huge difference in my skiing and I have been teaching this to all levels of students ever since. The feeling of confidence I have when I know my skis will go where I want them to, especially in soft snow or crud, is hard to beat.

Releasing the inside edge of the new inside ski at initiation is a key element of a successful ski turn and we see this from wedge turns all the way through to open parallel and in the Level III 1 ski skiing task. You can't release the inside edge of the new inside ski if you have not moved your center of mass across your skis; it will hold you back and create a stem or step that you will see as a sequential movement. How many times have you seen a student making a wedge or wedge Christie who can't steer his or her skis to the fall line or from apex to finish? They are caught on their inside edge and unable to flatten the skis so they can't complete the turn. Intermediate and advanced skiers will often start the turn with a stem (wedge entry) or parallel step to the outside ski. They are transferring their weight to the new outside ski but haven't released the edge of the inside ski, so it can't tip, turn, or steer with the outside ski. If you've ever seen anyone cross their tips when skiing this is usually a direct result of not releasing the inside ski.

So how do you teach this? My favorite analogy to explain this is to use the example of the Blue Angels fighter pilots (from Seattle). When they fly in formation—think of the lead plane and plane immediately to the right and behind the leader. If they want to turn right—the second plane (on the right flank) has to turn first. If the lead guy turns first—he crashes into the plane beside him—just like crossing your tips!

When I teach this to students at more intermediate levels I often work with them on side slips so that they can isolate the feeling of the downhill edge releasing. They learn how to roll their foot from the big toe side (edge engaged) to the little

toe side (to flatten the ski and release the edge). We try it statically and then work into garlands so they can feel the edge release and the ski start to seek the fall line. Then we work that back into a whole turn and see if we can maintain that feeling. With more advanced skiers—we would do a traverse on the downhill ski only, then a garland on that ski—to isolate the release and moving the body down the hill and across the ski while we are releasing that edge. Then we'd work it back into a whole turn with both feet on the ground—focusing on releasing the edge and moving to the new edges early in the next turn.

This has been a key concept in skiing and ski improvement for me and I have seen it help many students over the years. It's a common element from our beginner skiers all the way through the most advanced levels. In my own personal skiing, it's given me the confidence to tackle all sorts of different snow conditions and be successful. ❄️



Holly Tencer is an Alpine DCL, staff trainer at Mt. Hood MEadows and is a coach for Cooper Spur Ski Team on Mt. Hood. Email her at [hollytencer@gmail.com](mailto:hollytencer@gmail.com)



## SKATE FOR EXTENSION

Alpine tip by John Keil

One area I always teach in my clinics is moving through an extension along the ski through the turn. Sometimes our students experience a stagnation of their progressive extension movement forward along the edges or a limitation in range of motion through the turn. I believe that the ability to continue to move forward along the length of the skis through the turn is important, and the ability to do that in a controlled, progressive manner is even more important as skis evolve to include rocker and different stiffness in the tip.

Depending upon the level of overall functional skiing or athletic ability, I make adjustments to the finite progression.

Skating is one of my favorite drills for building this repeated extension movement. When it is done in a manner like the picture described in prior task descriptions from the certification guide, skating emphasizes the range of motion and builds the sensation of extending forward with a lengthening of the leg.

For skiers who demonstrate skating sufficiently but are struggling to perform the movement in more difficult or variable terrain, I search for a sufficiently gentle bump run. Starting with an athletic stance, I have the skier(s) slowly traverse through the bumps, focusing on extending the legs and bringing the hips forward over the next trough before the feet travel down into the trough. Remember they need to keep their hips centered over the feet and moving forward.

For some skiers whose forward movement still stalls-out, I have them ski open parallel turns. Before performing the turns, I have them position themselves like at the transition of the turn and show them the position I want them to move toward. It may be necessary to physically position them into that alignment, to get them to get the emphasized sensation to feel while turning. Then I have them take that movement into the open parallel turns, focusing first on the movement through the transition then blending progressively farther into the turning phase.

Finally, for all skiers, I choose an appropriate and progressive escalation of the terrain to execute the movement in gradually more progressive blend through the turn, continuing to focus on the sensations they developed in the lower-level task/drill.

I use these drills myself every pre-season to begin to get back into the flow of things, and progressively blend it further and further throughout the turn. And of course, it's always fun to take it out onto the off-piste or the high-speed turns! Keep 'em sliding! ❄️



John Keil is the Training Director and instructor at Lyon Ski School at Stevens Pass. John is Alpine Level III certified and holds a Children's Specialist 1. John also works as a sales rep assistant and area rep in the Seattle area for Atomic skis. Email him at [keilj@seattleu.edu](mailto:keilj@seattleu.edu)

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# CONGRATULATIONS! 2012 EXAM PASS LIST

The following 560 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 2012/13 Season Guide for details about how you can attend one of these clinics.

**49 Degrees North:** Mark Beattie (A1, TM3), Charles Edens (S1), Michael Hardt (A1), Patrick Malone (A1), Forrest Miller (S1), Mason Miller (S1), McKenzie Miller (S1), Dorothy Nutter (S1), Noah Pasino (A1).

**Anthony Lakes:** Tanner Denne (S1), Ian Norby (S1), Megan Sherer (S1), Clancy's, Cameron Blas (A1), Brian Feucht (A2), Brian Gavin (A1), Courtney Gavin (S1), Tina Hanrahan (A1), Justin Hauck (S1), Angela Krisinger (A1), Katie Smith (A2).

**Crystal Mountain:** Amanda Barg (A2), Raymond Bolanos (A1), Michael Bourgeois (S1), Edward Cooke (S1), Jonathan Danforth (A1), Rebecca Finger (A1), Meagan Harris (A1), Sarah Lindell (A1), Daniel Molnar (S1), Riley Nielsen (A1), Keith Poe (A1), Jennifer Prince (S1), Stephanie Schmitt (A1), LeAnn Shaw (A1), Nicholas Spika (A1), Gabrielle Wahto (A1), Ryan Walton (A1), Karen Wheeler (A1), Abigail Wynne-Wilson (A1).

**Elsewhere:** Lillian Lee (A1), Alena Lewis (A2), Ken Mattson (H2), Steve Strunk (A3), Madeline Yacoe (A3).

**Fiorini:** David Broderson (A1), Felix Haimerl (A1), Kyle Jennings (A1), Scott LeBas (A1), JoAnn Marshall (A1), Deann Miller (A2), Jake Mundt (A1), Nathaniel Petram (A2), Nicole Roed (A1), Patrick Supplee (A1).

**Hoodoo:** Shanye M. Bachmeier (S1), Jonathan Benson (A1), Brett Crandall (A1, H1), Amy Epp (A1), Kyle Graham (S1), Keenan O'Hern (A1), Richard Penuelas (S1), Matt Sample (S1).

**Husky Winter:** Sports, Elliot Baglini (A1, A2), Michael Bolton (S2), Allison Burdick (A1), Michael Ferrin (S1), Michael Ho (S1), Rachelle Johnson (A1), Sean Kinard (A1), Kara Parker (A1), Kenna Pearson (A2), Max Prendergast (A1, S1), Dennis Pruzan (A1, S2), Nick Winkelbauer (A1).

**Lookout Pass:** Duncan Brain (S1), Cathleen Britschgi (A1, S1), Joe Brown (A1), Andrea Good (A1, S1), Jeffrey Good (A1, A2), Patricia Johnson (A1), Fallon Jolley (A1), John Rubert (A1), Robert Van Hemel (A1), Richie Withycombe (A2).

**Loup Loup:** William Boosman (A1), Charles Curtis (A1), Eric Hendrickson (S1), Stacie Matthews (A1), Thomas McCoy (A1), Andrew Myhra (A1), Ruth Payne (S1), Holly Williams (S1).

**Lyon:** William Boston (A1), Derek Friedrich (A1), Adam Gibbons (A1), Susannah Hall (A1), Hailey Hunt (A1), Jenna Hyppa (A1), Mac Lyon (A2), Tami Lyon (A3), Jeff Moormeier (A1), Jeff Nelson (A2), Nola Peshkin (A1), Jacob Salvador (A1), Karen Vasatka (A1).

**Mission Ridge:** Bret Black (A1), Peter Bowe (A1), Garrett Cole (A1, S1), Doug Eisert (A2), Kasey Fisher (A1), Lisa Foster (A1), Juliet Glomb (A1), Duane Groth (S1), Anna Hirz (A2), Meghan Johnson (A1), Dale Lybbert (A3), Cary Melton (S1), Austin Peart (S1), Nicholas Segalini (A1), Nicole Shermer (A1), Cathleen Yedinak (A1), Amanada Zimmer (A1).

**Mogul Busters:** Anthony V. Barbera (S1), Peter Barsetti (A1), Lisa Chin (A1), Sue Fine (A1), Matthew Haisch (A1), David JC Johnson (A1), Brittney Marble (A1), Carter Masterson (A1), James O'Connor (A1), David Rosenthal (A1), Peter W. Sherman (A1), Elizabeth Sherman (A1), Peter Sherman (A1), Chris Wall (A1), Kaycee Ziemann (A1).

**Mohan Skiing and Boarding:** Maria Cepa (A1), Brad Duvall (S1), Brian Jardine (A1), Elizaveta Kadochnikova (S1), Alex Martin (S1), Valentina Rodriguez (A1).

**Mt Ashland:** Heather Saiz (S1), Kevin Baker (A1), Warren Carlson (A1), Sean Crosby (A1), Jill Lovrin (A1), Nicholas Pabst (A1), Amy Post (A3).

**Mt. Bachelor:** Zebadiah Backstrom (S1), Melodie Buell (A1, A2, H1), Daniel Butters (A1), Andy Cecil (A1), Dagmar Eriksson (CC1), Ingrid Granlin (CC2), Keenan Hall (A1), Thomas Hallberg (A1), Anders Hatlestad (A1, S1), Ellen Incelli (S1), Zach Jones (S1), Tracy Kenna (A1), Eric Lilley (A1, A2), Viktoria Low (A1, S1), Laurel Nelson (A1, S1), Rob Norberg (A1), Shannon Patterson (TM3), Nicole Pressprich (A1), John Ramsey (S1), Barbara Risberg Cole (A1), Richard Sabler (A1), Benjamin Shirley (S1), William Terrall (A2, S1), Dan Ventura (S2).

**Mt. Baker:** Jay Allyn (A1), Mark Bender (A1), Tyler Brooks (A1), Eric Chabot (S1), Charles Eberle (A1), Robert Gaudett (S1), Hunter Hassig (A1), Taylor Hulse (S1), Zach Johnson (A1), Ben Kleiber (A1), Kira McKenzie (S3), Melissa Miller (A1), Jeff Mosier (A3), Reilly Ringwald (S1), Brad Thomsett (S1), Richard Weisberg (A1).

**Mt. Hood Meadows:** Devon Andrade (A1), Sasha Varma Arora (S1), Alan Ashbaugh (A1), Chris Barns (A2), Sean Bascom (S2), Melia Boroughs (A1), Kaitlin Brotemarkle (S2), Deverton Cochrane (A1), Alexandria Cohen (A1), Brianna Davey (A1), Scott Davey (A1, A2), Greg DeHaven (A3), James Eisenhower (A1), Richard Grimes (S1), Douglas Harvey (A1), Lynn Hickox (A1), Kelly Howle (S2), Scott James (S1), Rachel Jones (A1), Michael Kapsimalis (S1), Erik Knutson (A1), Andrew Lafrenz (A1), Michael Maier (A1), Ann McMichael (A1),

Nicole Murphy (S1), Justin Olsen (A1), Kyung Park (S1), Pat Pearson-Henry (A1), Brandon Pitzer (A2), Christopher Savage (H1), Eric Skutch (S1), Tracy Thomsen (S2), Sean Tormey (S2), Jennifer Van Atta (A1), Shawn Whalen (S1, S2).

**Mt. Spokane:** Allie Anderson (CC1), Jessica Berge (A1), Chad Bradley (CC1), Douglas Burke (A1), Andrew Fuzak (A2), Scott M. Hackney (A1), Brandon LeBaron (CC1), Jonnie Lewis (A1), Robert Madsen (A1), Carl A. Nelson (A1), Talan J. Warden (A1), David Williams (A1), Garry Zimmerman (A2).

**Olympic:** Leon Averbukh (S1), Carolyn Condon (A1, S1), Jay Entenmann (S1), Emalee Harper (S1), Joe Harper (S1), Manuel Ibanez (A1), Micah Lund (A1), Kathleen MacCleod (A1), Deb Patrick (A1), Robert Suydam (A1), Morgan Thomas (A1).

**Oregon Adaptive:** Jeremy Fox (A2).

**Outdoors For All:** Richard Bender (A1), Kris Christensen (A1), Kathy Furtado (CC1), Connor Inslee (H2), Sarah Lober (CC1), Lynard Maas (H2), Alecia McConnell (A1), Michael H. Meins (A1), D. Morgan Miller (CC1), Magdalena Pertoldova (CC1), Anthony Reynolds (CC1), John Romanschi (A1), Neli Stewart (A2, H2), Nester Voronka (H2).

**ROKKA:** Mari Fujino (A1), Munehiro Fukuda (A2), Hideki Ohyama (A1), Dale Watanabe (A1).

**Schweitzer:** Krister Allen (CC1, TM1), Michael F. Bannon (CC1), Liliana Barbieri (CC1), Megan Buescher (A1), Manuela Eiring (CC1), Kara Fitzgerald (A2), Lawrence E. Keister (CC1), Shawna Kennaly (A1), Mary Knowles (A3), Daniel Lundquist (CC1), Douglas Lynch (A1), Katherine Mansur (A2), Grace Martz (A2), Galen May (A1), Natalie Miller (A1), Jeffrey Miller (CC1), Korah Quinn (A1, TM1), Debra Rawuka (CC1, TM1), Jean-Pierre Schrambach (A1), Robert Stiger (CC1), Tina Sundquist (CC1).

**Silver Mountain:** Brendan Courrier (S1), Barbara Pederson (S1), Codi Spraker (A2).

**Ski Bluewood:** Erica Aamodt (A1), Clark Bartlett (A1), Derek D. DeSiga (S1), Shane Dillavou (A1), Didier Hepker (A1), Kenneth Jones (S1), Quentin Mylet (A1), Alex Naylor (A1), Diane Nicholson (A1), Ian Norby (S1), Don Reed (A1), Jim Roe (A1), Levi Tipps (A1).

**Ski Bowl:** Quentin Davis (A2), Cole Mustion (S1), Adam Yost (S1).

**Ski Masters:** Ian R. Bugbee (S1), Megan Caffey (A2), John Eliason (A3), Mehri Kaufman (A1), Savannah Kaufman (A1), Leo Kosenkranius (S1), Rui Maximo (S1), Kristen Moored (A1), Doug Pinski (A3), Dean S. Ragsdale (A1), Filipp Shpomer (A1), Robert Welch (A1).



**Skibacs:** Anne Bingham (A1), Benjamin Chapple (S1), Nathanael Chapple (A1, S3), Chris Colleran (A3), Jill Eriean (A1), Takeo Kuraishi (A1), Derrick Maestas (S2), Jared McCutchen (S1), Marcus Mosley (S1), Drew Thompson (S1).

**Snowsports Northwest:** Brendan Collins (A1), Melissa Jones (A1), Joseph Smith (S1), Christine Taylor (A1).

**Stevens Pass:** Haley Bolin (S1), Ryan Davidson (S1), Hannah DeBello (S1), Conor Harkins (S1), Lily Harris (S1), Scott Hawkinson (S1), Scott Heller (A3), Owen S. Kilfoyle (S1), Keenen M. Lucas (S1), Tim Merriam (A3), Brandon Orstad (A3), Bryan Sands (S1), Jon P. Bakken (A1), Cody Lander (A1), Lawrence A. Lintz (A1), Alecia McConnell (A1), Ryan J. McDonald (A1, A2), Ruby Mineer (A1), Gary Nelson (A1), Karli Reinbold (A1), Alex Roberts (A1), Kent Shoemaker (A1), Tyson Shoemaker (A1), Ryan Woods (A1).

**Summit Learning Center:** Jim Bachaud (A1), Yun Bai (A1), Magda Balise (A1), Michael Balise (A1), Rick Bayley (S1), Karen Behm (A1), Rob Bell (A2), Katie Beltrone (A1), Doren Berg (A1), Emily Bissonnette (S1), Elizabeth Blackburn (A1), Zohra Boudrissa (S1), Jimmy Brokaw (A2), Brian Burt (A1), Karen Busick (A1), Pedro Chou (S1), Tom Clark (A1), John Coldewey (A1), Ben Courts (A1), Ryan Cresswell (A1), Steven Davin (S1), Mike Day (A1), Deborah Donahoe (A1), Jillian Donahoe (S1), Spencer Douglas (A1), David Douglas (A1), Greg Ellis (A1), Nancy England (A1), Kelsie Farnam (A1), Allison Fleck (S1), Curtis Fox (A1), Justin Fox (S1), Sharon Gregg (CC2), Tyler Griffin (S1), Matthew Grummer (A2), Jonathan Harper (S1), Ross Hartwich (A1), Nicholas Harvey (A1), Alan Haynie (CC2), Ellie Hedreen (A1), Laurie Hillyard (A1), Cory Hirsekorn (S1), Eric Houghton (A1), Kyle Howard (A1), Frank Huster (A1), Alice Jaakola (A1), Debby Johnston (CC2), Tim Kagi (A1), Karl Kawahara (CC2), Liam Keenan (A1), Patrick Keenan (A1), Sean Kitagawa (S1), Lis Larsen (A1), Rex Lau (A1), Regina Layton (A2), Brian Leahy (S1), Brian Leu (S1), Jamie Madden (A1), Chris Madison (A2), Mike Malveaux (S1), Wilson Manuel (S1), Hans Martinez Contreras (S1), Joshua May (S1), Ira McBee (A1), Ryan McDonald (A1), Barbie McQuay (A1), Zachary Meissner (A1), Tiffany Misner (A1), Brandon Mobley (S1), Jenna Moog (S1), Doug Moore (S1), Kelly Moran (A1), Asheley Nelson (A1), Maclean Newman (A1), Allen Nicholson (A1), Ian Nicholson (A1), Austin Peart (S1), Elizabeth Perkins (A1), Eva Perry (A1), Teresa Platt (A1), John Preuss (S1), Leroy Radford (A1), Alexandr Raevskiy (A1), Heather Reynolds (A1), Lena Roy (A1, S1), Santiago Saavedra (S1), Corinne Saenz (A1), Melissa Salathe (S1), Dennis Saunders (A1), Tyler Sayvetz (A1), Gary Schmidt (A1), Vadim Shoymerman (A1), Marita Solberg (A1), Alex Spencer (A1), Sten Sorby (A1), Celeste Stokes (A1), Priscilla Stultz (S1), Anja Thompson (A1), Amanda Titus (A1), Ron Traficante (A1), Sam Tran (A1), Gina Usher (S1), Russ Vandenberg (A1), Angela

Wilson (A1), Craig Wilson (A1), Shaun Wolden (A2), Dylan Wollett (A1, S1), Greg Woodman (A2), Alexandre Zolotovitski (A1), Zlata Zolotovitski (A1).

**Timberline:** Peter Bexelius (A2), CJ Breitfeller (A1), Tyler Carr (S2), Austin DeSimone (A1), Amber Dudley (A1), Robin Goss (A1), Meiling Huang (S1), Shera Kim (S1), Frances Langston (A1), Eric Millard (S1), Giordano Pena (S1), Paul Randall (Aq), Bradley Rehak (A1), Jeff Stevens (S1), Katie Turner (A1).

**ULLR:** Briana Cunningham (A1), Paul Draghicescu (A1), Elizabeth Hofius (S1), Stephen Pollard (A2), Daniel Ten Broek (S2).

**Webbski:** Kevin Fujii (A1), Elizabeth Rosenfeld (A1), Kellie Swanson (A1), Brett Youtsey (A1), Adam Youtsey (A1), White Pass, Kyler Calderon (S1), Steven Cardenas (S1), Sophia Ferguson (A1), Wesley Martin (A1), Anson Morgan (S1), Melvin L. Suddeth (A1), Douglas Taylor (S1), Alvin Voigt (A1), Shirley Voigt (A1).

**Whitefish:** Kimberly Buls (A3), Dustin Byers (A1), Joseph Fetherolf (A1), Wendy Gates (A1), Michael Gustafson (S1), Lauren Kientz (A1), Christian Lapage (A1), Joshua Lucas (S1), Taylor Mineau (A1), Danielle Morris (A1), Andrew Siblingrud (A1, S1), Austin Troiano (A1), Brian Yaeger (A1), Willamette, Ethan Keeney (S1), Josh Krute (S1), Paden Little (S1), Doug Little (S1), Robert Smith-Gillespie (A3), Ronald Wilson (A1).

## DIVISIONAL CLINIC LEADERS 2012-2014

In May 2012 at Stevens Pass the biennial divisional clinic leader selection took place. The following individuals were offered positions for the 2012-2014 seasons:

**Alpine:** Betsy Baker-Bold, Michael Birch-Jones, Sean Bold, Jeff Cordell, Sam Cordie, Michael Drake, André Heiber, Gavin Kerr-Hunter, Janet Nelson-Shofstal, Ron (RJ) Nichoalds, Marty O'Connor, Russ Peterson, Mike Phillips, Rick Roberts, David Rowe, Tara Seymour, Holly Tencer, David Tewell, Brad Walsh, Charlie Wolff and Ed Younglove. *Special welcome to Rick Roberts, Holly Tencer, Brad Walsh and Ed Younglove who joined the ranks for the 2012-2014 seasons.*

**Snowboard:** Brooke Bolin, Rick Brown, Roark Congdon, Steve Frink, Mike Hamm, Hilary Mosich, Steve Muise, Jesse Murphy, Greg Nelson, Nate Peck, Ryan Pinette and Brett Urbach. *Special welcome to Jesse Murphy and Greg Nelson who joined the ranks for the 2012-2014 seasons.*

**Telemark:** Roger Bailey, Catherine Crim, Greg Dixon and Petra Hilleberg.

**Track:** Bret Alumbaugh, Phil Armingier, Roger Bailey, David Lawrence, Don Portman and Tim Ray.

## NATIONAL TEAMS

## SELECTION

In April 2012 PSIA/AASI National held tryouts for four-year terms on the National Teams. Seven members from the NW attended including Brad Jacobson, Jeremy Riss, Kate Morrell, David Lawrence, Dave Lyon, Rick Lyons, and Terry McLeod.

Dave Lyon was selected to the National Alpine Team for a third term. David Lawrence was selected as a member of the National Nordic Team for a 2nd term. And former NW members Ryan Christopherson was selected to the National Alpine Freestyle Team, and Chris Hargrave was selected to the National Snowboard Team. Congratulations to these top snow pros.



Dave Lyon



David Lawrence

## PSIA-NW TECHNICAL TEAM TRYOUT: SPRING 2013

The Technical Team's primary focus is on continuing its charter to be an effective research and development group for the division. As well, members of the team are considered as being some of the top snowsports professionals in the Northwest, while some aspire to tryout for the National Team.

The PSIA-NW Technical Team Tryout is in the Spring of 2013. If you'd like to be a part of this dedicated group and are prepared to contribute your time and resources on and off the snow to help guide the direction of the division's educational products, then please apply. Details are forth-coming. Minimum Prerequisites include: Alpine Level III Certified for 2 seasons, Certified Level I in another discipline or have a Children's Specialist 1, Freestyle Specialist 1 or Senior Specialist 1 and be able to work a minimum of 20 days per season at Divisional events. Check the website for more information later this season.

## SENIOR MOMENT: EDGING MOVEMENTS FOR EFFICIENT SKIING

by Ed Kane

Effective edging movements are accomplished by the lateral movements of the body parts that can move sideways. These include the feet, legs and hips, all of which can move diagonally and to the side. This lateral movement will change the angle of the skis relative to the snow. Such movement will result in more or less edge engagement depending on the range of motion possible for each body part. The fine adjustments can be made through movement of the feet. Larger adjustments are made through movements of the legs and hips. The specific outcome desired is a result of moving all 3 together in a controlled manner.

In making turns the skier should strive for progressive and simultaneous adjustments in the edge angle of both skis' edges and these should release and re-engage in one fluid movement. Key in accomplishing this is to maintain progressive shin contact forward and laterally against the boot cuff as the skis are moved from one set of edges to the other. An additional consideration is to maintain a functional balanced stance over the skis: the ankles are flexed to maintain contact with the boot tongue; the knees are flexed to keep pressure over the whole foot; the shoulders are forward of the hips; and the hands are wider than the elbows with the elbows slightly ahead of the body.



Figure 1. ↑

To effectively control the edge angle of the skis while making turns down the hill, the skier should maintain a dynamically balanced stance over the skis as they travel over the snow. Generally this is characterized by maintaining the functional balanced stance described above to respond to changes in terrain and snow conditions. This stance is constantly adjusted for each turn in response to the turn shape, speed and desired outcome in terms of the intended line the skis should complete. Thus when we watch skiers that are in



Figure 2. ↑

balance and have good control we will note that they have consistent ankle flex and their body seems to move with the skis.



Figure 4. ↑

Following are some exercises that can help your students accomplish efficient control of the edge angle from turn to turn. Regardless of the skill level, these should be practiced on relatively gentle terrain the first time. As these are mastered and confidence is acquired, they can be done on more demanding terrain and conditions to continue to provide a challenge and build on the previously developed skill sets. In addition, they should be practiced in areas where the conditions are reasonably consistent so that the student can make multiple attempts and learn by trial and error through the feedback that they gain with each attempt. For each of these, it is helpful to encourage movements that not only lead to edge control but also those that will enable a balance stance as they practice.

Note in the following figures the dynamically balanced stance achieved by keeping the uphill hip, shoulder and arms forward to match the ski tip lead, by maintaining forward and lateral contact with the boot cuffs and by centering the weight over the whole foot.

- » Step up and down the hill while maintaining the dynamically balanced stance described in the box above.
- » From a dynamically balanced stance plant the poles at arm's length above and below

the skis. Sidestep up to the upper pole, release the edges by moving the knees and hips slightly downhill and slip toward the lower pole before re-edging to stop at the lower pole.

- » From a dynamically balanced stance move the knees and hips slightly downhill to start slipping and re-engage the edges to stop. (See Fig. 1)
- » From a dynamically balanced stance move the knees and hips slightly forward and downhill to start a forward sideslip and re-engage the edges to stop. (See Fig. 2.)

- » Practice linked falling leaf slips by moving the knees and hips slightly forward to slip forward and move them slightly back to slip backward. Practice linking several of these to perfect the ability to move the body to control the direction and rate of the skid.
- » Traverse while making several steps up the hill and then following with several steps down the hill noting the movements required to hold the traverse line.
- » From a forward sideslip initiate a turn into a forward sideslip in the opposite direction, Fig 4. Repeat linking several forward sideslips in each direction.
- » Link several skidded turns and focus on gradually increasing the lateral movement of the knees and hips as the belly of the turn is approached to reduce the length of the skid. ❄️



Ed Kane is a Snoqualmie Region Board Representative, past PSIA-NW President and is currently the Training Director for Ullr Ski School.



## 2012 SERVICE AWARD RECIPIENTS

At the Spring Symposium Awards presentation and dinner at the Seventh Mountain Resort in Bend the following individuals received service awards and recognition.

### Larry Linnane Skiing Legends Award recipients Wayne Nagai and Hans Reifer



Wayne Nagai



Hans Reifer (left)

This award recognizes those senior members in good standing who give a lifelong commitment to the development and/or history of snowsports including instructing, service on the board of directors, writing technical or feature articles for publications, etc.



Dennis Burkhardt

### Jean Lyon Service to Youth Award recipient Dennis Burkhardt

Recognition of an instructor with exceptional dedication excellence in teaching children and youth snowsports or to race.



Michael Peterson (right)

### Art Audett Outstanding Service Award recipient Michael Peterson

Designed to honor our members who have a sustained history of distinguished service of lasting benefit to PSIA Northwest, their ski school or the local community or have performed an exceptional act worthy of special recognition.



Jon Matsushita (right)

### Ken Syverson Instructor of the Year Award recipient Jon Matsushita

This award goes to someone who is actively involved in teaching skiing to the public and demonstrates a positive role model. He must exceed the normal criteria for teaching excellence and must demonstrate a prolonged history of service to the public, his ski school and PSIA Northwest.

## SERVICE AWARD NOMINATIONS

It's time to be thinking about the 2013 Service Award nominations. For more details about the Service Awards, their criteria and how to nominate someone, please see the PSIA-NW.ORG website. Service award nominations are typically due in early March—check the website for nomination deadlines.

# 20, 30, 40 & 50 Year Membership Anniversaries

## IN RECOGNITION OF YOUR YEARS OF SERVICE

The following members have hit a milestone in their teaching careers and membership with the organization during this upcoming season. We are honored to teach side-by-side with these long-time snow pros and are proud of their commitment to snowsports education back then and today! I'm sure you recognize a few of these names.

These members will be recognized at the Spring Symposium in Big Sky and receive a certificate honoring their years of service. Members will also receive a special pin that signifies their years of membership. Members who do not plan to attend the Big Sky Symposium will receive their certificate and pin via mail.

So without further ado, here is a list of these special people. Be sure to acknowledge their yours of service when you see them!

### 20 Year Members

Mike Annett, Shawn Ansari, Russell Arsenault, Ellie Austin, Scott Baker, Tyler Barnes, Leanne Beane, Albert Bishop, Sandra Brock, Anne Brown, Patrick Bullard, Amy Bullard, Pierre Bustanoby, Katie Carpenter, Sandy Chancey, Eric Dash, Becki Davis-Moore, Timothy Dowling, Hugh Dunklee, Hal Ellis, Paul Emmans, Larry Fale, Kevin Farrell, Mia Fisher, Craig Fisher, Cindy Frausto, Jeff Frazza, Mary Fritz, Andrew Grove, Scott Guettinger, Randy Hall, Scott Hanson, Lonnie Hitchcock, Dan Hogan, Holly Holton, Larry Hoyer, Clare Huleen, Brent Husband, Robert Jaap, Nancy Jenkins, Dale Johnston, John Judy, John Kimes, David King, Nancy Kitano, Jay Klemp, Aaron Lefohn, Vincent Lembra, Jon Lewchuk, Barbara Lierson, Greg Luce, Rick Lyons, Jon Malmberg, Susan Marietta, Stacie Martin, Maxine McIntyre, Gene Myers, Roger Nicholson, Gail O'Neill, David Ozuna, Sam Pambrun, Fred Payne, Victor Perry, Sanford Peterson, Russell Peterson, Mike Powell, William Ralkowski, Regina Reed, David Rowe, Bryan Sanderson, Stuart Saslow, Eleonor Schneider, Kenneth Shank, Chad Sheets, Ward Smith, Lea Stenerson, Tony Toppiano, Bill Victory, Tami Wakasugi, Larri Werner, Douglas Wilke, Chris Wilson, Melody Younglove and Cristi Zacherle.

### 30 Year Members

Brad Anderson, Martin Bower, Daniel Burnell, Paul Clarke, Bobby Geiger, Robert Graham, Jill Haase, Art Hartwig, Steve Hindman, Katrina Holt, Gary Kath, Robert Larsen, Ralph Lettau, Wes McKnight, Kay Mead, Esther Norton, Ken Odegaard, Thomas Radke, Debra Rawuka, Sarah Richardson, Samir Rustagi, Bruce Saario, David Sandstrom, Laurie Stack, Skip Stanaway, George Struthers, Anne Superfisky, Frank Taylor, Gordon Turner and Patrick Winsor.

### 40 Year Members

Warren Saito, Diana Suzuki, Jack Showalter, Craig Wallace, Paul Sunderland, John Morgan, Bo Ostberg and Dave Yadon.

### 50 Year Members

Dick Lyon, Leigh Rabel and Loren Shrock.



Past 20-and-30-year pin photos provided by Kristy Aserlind →



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## NORDIC FALL COLLEGE 2012

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](http://psia-nw.org) website.

## LODGING INFO

Sun Mountain Lodge will offer special room rates starting at \$89 per night plus tax. Those reservations can be made by calling the reservation line at 800-572-0493 and mentioning the PSIA-NW Nordic Fall College.

 **SUN MOUNTAIN LODGE**

## WEEKEND SCHEDULE

**Friday, December 7th 9am – 3pm**

- » DCL and TD training, DCL tryouts

**Saturday, December 8th 9am – 3pm**

- » Level 1 exam

**Saturday, December 8th 9am – 11:30am**

- » Teaching basic lessons – classic
- » The five most effective ways to teach advanced classic
- » Kids, seniors and special needs – ways to successful lessons

**Saturday, December 8th 12:30 – 3 pm**

- » Teaching basic lessons – Skate
- » The five most effective ways to teach advanced skating
- » Turning, stopping and control on track skis

**Saturday, December 8th 4:00 – 5:00pm**

- » Ski prep, waxing and the latest

trends in track gear

**Sunday, December 9th 9 - 11:30am**

- » The five most effective ways to teach advanced classic
- » The five most effective ways to teach advanced skating
- » Turning, stopping and control on track skis

**Sunday, December 9th 12:30 – 3pm**

- » Tour and learn – improve your skiing while cruising the trails with a clinician.

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Photo: Christa B. Johnson

# 2012-2013 SEASON HIGHLIGHTS

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

## events



photo © Wayne Nagai

**NORDIC FALL COLLEGE**  
METHOW VALLEY - DEC 8-9

**IMMERSION: (3-DAY)**  
MISSION RIDGE - DEC 28-31

**WINTER BLAST**  
CRYSTAL MOUNTAIN - FEB 4-5

**IMMERSION: (2-DAY)**  
MISSION RIDGE - FEB 6-8

**DIVISIONAL ACADEMY**  
MISSION RIDGE - MAR 15-17

## exams



photo © Wayne Nagai

**ALPINE & SNOWBOARD**  
**LEVEL II & III MODULES**

MISSION RIDGE - JAN 24-25

SCHWEITZER - MAR 23-24

STEVENS PASS - MAR 30-31

MT BACHELOR - APR 6-7

MT HOOD MEADOWS - APR 20-21  
5 exam dates this season with the first exam modules in January. Note that the Level III Snowboard exam is offered at Stevens Pass & Mt. Bachelor only.

For Adaptive, Nordic and Telemark exams, please see inside on page 16-17 for dates and locations.

## specialists



photo © Matt Aimonetti

**CHILDREN'S, FREESTYLE**  
**& SENIOR SPECIALISTS**  
SUMMIT AT SNOQUALMIE - DEC 1-2

**CHILDREN'S, FREESTYLE**  
**& SENIOR SPECIALISTS**  
MT HOOD MEADOWS - JAN 28-29

**CHILDREN'S, FREESTYLE**  
**& SENIOR SPECIALISTS**  
SCHWEITZER - MAR 2-3

Check the website for specific Specialist offerings on these dates

## Spring Symposium at Big Sky, Montana April 12-14, 2013

*This year we will again be joining PSIA-Intermountain for the 47th Annual Spring Symposium this year at Big Sky, Montana. It seems like a long way off but it's not ... take advantage of early season deals to slide for free! Looking forward to sliding with friends from Intermountain in April.*

**TO DO LIST: DO PURCHASE...** the Frequent Sky Card to slide "FREE" while we are at Big Sky Montana before September 30th by phoning (406) 995-5749

**TO DO LIST: PURCHASE...** lodging and mention you are with PSIA/AASI for the great rates (not the frequent sky card discount) by phoning (800) 548-4486. Complete rate list on the PSIA-NW website on the Symposium Event Page.

