

NW snowsports instructor



Spring Symposium
page 12

Steal like an artist
page 16

**You say tibialis anterior...
I say anterior tibialis!**
page 18



**OUTDOOR
RESEARCH**

TRULY WATERPROOF DOWN INSULATION.

INNOVATION THAT WORKS.

THE FLOODLIGHT JACKET™

At Outdoor Research®, we're committed to making our products better, not just new or different. That's why we wrapped high-loft 800+ fill goose down in our Floodlight Jacket™ with waterproof, breathable Pertex® Shield+ fabric and constructed the baffles with bonded— not stitched—seams. This design ensures water never touches the down, meaning in even the coldest, wettest alpine conditions, you'll always stay warm and dry. Innovation That Works is one of five Outdoor Research Core Beliefs. To learn about the others, visit outdoorresearch.com.



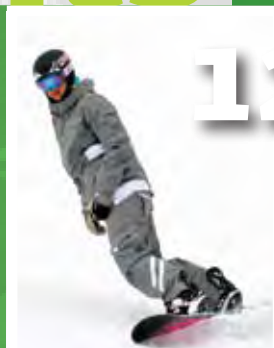
IS A PROUD SUPPORTER OF PSIA-NW

contents

FEATURES

CONTRIBUTIONS

- 4 We Are All In This Together**
by Bill King, President
- 5 The Latest Details from National**
by Ed Younglove, NW National
Representative & ASEA Treasurer
- 6 Evidence of Understanding**
by Kim Petram, Education V.P.
- 7 Exam Season is Upon Us**
by Chris Thompson, Certification V.P.
- 8 Compare Adjacent Alternatives**
by Tyler Barnes, Communications V.P.
- 9 Welcome Aboard**
by Kirsten Huotte, Executive Director
- 10 Wedges and Wedge Turns**
by Juris Vagners
Vagners' Early PSIA Influence
- 13 Symposium Event Application**
Application Deadline is April 4
- 20 Snow Pro Tips**
by Tara Seymour, Tyler Barnes, Jim Rogowski
and Mike Phillips



12

**SYMPOSIUM @
MISSION RIDGE**
Info & Application



16

**STEAL LIKE AN
ARTIST**
by Michael Drake



18

**YOU SAY TIBIALIS
ANTERIOR... I
SAY ANTERIOR
TIBIALIS!**
by Chris Madison



ON THE COVER

Bomber Bowl at Mission Ridge. Be sure to touch
the wing for good luck at Spring Symposium in
April!

Photo by Wayne Nagai

WE ARE ALL IN THIS TOGETHER

by Bill King, PSIA-NW President



Just a quick update. As of February 1, 2014 we again have control of who represents us at ASEA (PSIA/AASI) in Denver via the election and placement of our National Representative. We also have the right to remove that person if we choose.

Thus far, the first time since 2008, we have clear control, with the other eight divisions, of our destiny.

The next issue is to regain, on all sides, the trust lost over the last five to six years. This trust is needed if we are to continue to grow. We are all in this together with a common goal: providing a consistent and understandable product to our clients on a continuing basis. We are in this together and each Division's differences are our collective strength.

The next steps: We need now to concentrate on providing you, the instructor, the tools necessary to achieve this goal. We need to look at providing you the opportunities at a reasonable cost. Unfortunately reasonable seems to be a moving target. Costs of doing business keep going up yet remuneration stays static.

One thing that helps is our scholarship program. We continually raise funds at our Spring Symposium event held in April to cover some costs of continuing education for individuals. We ask that you think of your needs early, as the application needs to be submitted by December to ensure there is a fair distribution of funds.

Certification is a process, it costs, no question about it. The key is to focus on the path. In going down the path, you continually improve your skills and contribute to the skills of others. At the end of the exam is the pin, but the pin is only a symbol of your accomplishments. You have gained skills with or without the pin. Your client base wins by your ability to transfer that skill to them. Focusing on the path and not the pin will do two things: increase your abilities and your value to your clients and school. And ultimately you will gain skills in the pursuit of the pin.

Other points: The Affiliation Agreement is nearing completion and will be presented at the next Board meeting. The rewrite of our bylaws is in full swing. We are updating them to reflect where we are now and to make them easier to understand. Basically we are taking twenty plus years

of amendments and partial rewrites and making them a single unified document.

The last point I wish to make is this is your organization. It will continue to improve only if you as members provide input. How should we be focusing our resources? What can we or should be doing better and how? While what we see as a problem and what we think is the proper solution to the problem, rarely is. However, when your solution is coupled with the ideas of others, then collectively you find an answer. So, we need to hear from you. Guests are welcome at ExCom and the Board meetings.

The Spring Symposium and/or the Spring Board Meeting are opportunities to convey your ideas with your PSIA-NW Board Representatives. Use your Representatives, give them your ideas and they will present them to the Board.

Looking forward to hearing from you and thank you for your support. ❄️

Bill King is a twenty plus year member of PSIA and is an Alpine Level II certified instructor for Ski Masters Ski & Snowboard School. Contact him at (206) 369-6988 or e-mail me at euroking@aol.com

FUNDRAISING IS INTEGRAL

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



April is just around the corner and therefore so is our annual Spring Symposium fundraising activity to fund our member scholarship program. We all have fun buying "at least" 10 tickets or more, during the symposium registrations on Thursday, Friday and Saturday. Just think you might be the lucky person to get some of Nick McDonald's special salmon if one of your tickets is pulled at just the right time.

Of course, we need the support of all of our membership to make this a successful event. In the past, schools, board members, divisional staff, friends of PSIA-NW, snowsport product representatives, instructors, school directors, resorts, and interested merchants have all contributed items for the raffle and the silent auction. The scholarship committee reaches out each year to as many people as possible to donate items to the cause. We have procurement forms for tax purposes, and would be glad to send one to any person or group making a contribution. We have been fortunate in the past that many groups and individuals contribute each year; that is a

big help, but we need new people and groups to volunteer also. If you or your group can make a contribution, contact me, Mary Germeau, at maryolympic@hotmail.com or 425-822-8864 or 206-718-1197 and I will be happy to guide you through the process of donation. Chris Saario is also a member of the committee and can also help you at chrissaario@gmail.com or 425-392-8067 or 425-444-0553.

The donations for the silent auction items are a big part of the fundraiser. If you have something special to contribute let us know please. Some of the simplest items can bring big money if it is a "have to have item" such as Nick's salmon, or a big ticket items like the special basket, tickets to larger resorts, ski or boarding equipment, or a special glass item from Charlton Glass. The scholarship fundraiser also accepts checks made out to PNSIA-EF towards the funds for scholarships next year.

Just as a reminder to all who are thinking of applying for a scholarship next year, remember that all of the completed applications need to be in the PSIA-NW office by December 15th. If you want to take an educational event, but are not sure which one, you may list several. If you are awarded the scholarship, decide at that time which one you want the money to go to. Also remember, we are only awarding 20% of the scholarships each year to those wanting support on their exams. I look forward to hearing from you. ❄️

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

DID YOU KNOW?

The Pacific Northwest Snowsports Instructor Association - Education Foundation (PNSIA-EF), is a not-for-profit 501(c)(3) charitable organization, so your contributions are tax deductible. The donations from benefits held at events like Symposium help fund the Education Foundation that allocates funds to be spent on scholarships and special projects relative to:

- » Scholarship funds for continuing education at PSIA-NW events
- » Development of instructor educational programs like Immersion
- » Research and development in snowsports teaching
- » Development of advanced training programs

THE LATEST DETAILS FROM NATIONAL

by Ed Younglove, PSIA-NW National Representative and ASEA Treasurer



The winter meeting of the PSIA/AASI National Board of Directors was held in Denver the first weekend in February – Super Bowl Weekend. How fun was it watch the Seahawks win while I was in Denver? Really fun! During the meeting, the board split its time between concluding implementation of a new “policy governance” model and the board’s regular business.

Policy Governance

Like many non-profit boards the PSIA/AASI Board of Directors has striven to get free from detailed operational matters in order to let the professional staff perform those tasks, subject to board oversight, allowing the board to focus on the organization’s goals that benefit you, the member. The board is excited to have adopted a new “policy governance” model that affords the board the freedom to do just that.

Last fall, after having studied the policy governance model and having engaged in some training, the board completed the adoption of policies regulating the “Means” that staff may use to implement the board’s strategic objectives for the organization. At this meeting the board developed a set of outcomes (“Ends”) it wants the organization to achieve. These Ends start with broad over-arching directions and outcomes and become increasingly specific to the point where the board feels comfortable allowing for the staff’s reasonable interpretation of what the board wants to accomplish. Before the June meeting, the board will review the staff’s interpretations.

As part of final implementation of the policy governance model, the board also passed a first reading of amendments to its bylaws. The bylaw changes restructure the board’s committees to better reflect the new policy governance model and increase individual board members involvement in the organization’s governance.

Business Session

The board reviewed the progress made in reaching relationship agreements with the divisions, and particularly with Northwest, our division. Several Northwest Division leaders had met with the National Chair Eric Sheckleton and myself two weeks prior to the board meeting. We had a good discussion about the resolution of several issues

that we had previously been unable to resolve. It was a great discussion of the organizations’ respective needs and concerns and I believe it should shortly lead to a balanced agreement that clearly spells out the parties’ rights and responsibilities to each other. It is always good to know what you can expect from your “partners” and reciprocally what they can expect from you.

As National Treasurer

I reported on the organization’s financial status through the first half of our fiscal year (FY 14: July 1, 2013 to June 30, 2014). In addition, I provided the board with rough projections of how we might expect to finish the year compared to the budget we had adopted last June. There had been several developments since adoption of the FY 14 budget that have had a dramatic impact on the budget line items.

The most significant was the “out sourcing” of the organizations Information Technology (IT). That decision had an impact, one way or the other, not only on the IT line item but also several other major budget items. Nevertheless, we are projecting a fairly neutral operating budget balance. As always, it is the large “non-cash” budget items such as depreciation and amortization that we continue to struggle with. In tough economic times, I think the board has done a good job of keeping our operation budget in the black the past several years.

Several years ago the organization secured a series of large donation grants (\$200,000 for each of the last three years). The grants have not only enabled us to reduce and defer a previously scheduled dues increase, they have also allowed us to provide the Movement Matrix for free to every member, donate thousands of manuals to adaptive programs across the country and provide other member benefits. Those grants are something we can no longer count on.

This year, each national board member made a financial donation to the organization, evidencing the board’s commitment to the organization’s value. We also received some smaller donations from some industry partners impressed by the board’s commitment. However, these will not come close to replacing the previous large grants, and keeping the organization’s operating budget in the black may prove to be even a greater challenge in the next few years.

As part of the continuing effort to improve inter-organization relations, and at the division’s request, the board passed a bylaw change to return to the direct election of the national board members by each of the respective divisions. Other changes were made to the bylaws to accommodate division needs regarding the timing of the board member election process and to clarify the collaborative relationship the national organiza-

tion has with the divisions. These are all positive relationship building changes.

One of the opportunities I enjoy most as your national PSIA/AASI representative is proposing lifetime membership for members from our division who have made sustained and valuable contributions to PSIA/AASI. At this meeting the Board unanimously accepted my proposal to grant lifetime membership to Northwest member Juris Vagners. During a long and distinguished career, Juris had made many valuable contributions at both the division and national level. Congratulations, and thank you Juris!

The longest ever serving national board member John Pepler, the Central Division representative and Vice Chair of the Board, announced he will be retiring from the board after the June meeting. During his twenty year tenure on the Board, John has been a steady guiding hand and he will be greatly missed.

National Chair, Eric Sheckleton, announced to the board that he would not seek a third two-year term at the end of his present term following the board meeting this June. As past Chair, Eric will, however, remain as an ex officio member of the board for two more years. The time, effort and energy that Eric has expended on our behalf during his four years as Chair is truly remarkable. I have also never known a more engaging and thoughtful young man.

Serving on the National Board and National Executive Committee with John and Eric has been a distinct privilege and one of the “paybacks” of serving on the board will be their lifelong friendship that will remain following their departures from the board.

In fact, I have to say that for all this association has done for my skiing, teaching and personal development, the most rewarding benefit has been the good friends that I have made. ❁

Ed Younglove is a past PSIA-NW President, current NW National Representative and ASEA Treasurer. He is also a PSIA-NW Alpine Clinician and Trainer for Crystal Mountain. Email him at edy@ylclaw.com

EVIDENCE OF UNDERSTANDING

by Kim Petram, PSIA-NW Education V.P.



Hello instructors. In my last article I asked you to consider "what will count as evidence of understanding" for my student. Whether you are a brand new instructor, seasoned instructor, trainer or training director; your answer to that question is one of the first steps in developing

lesson progressions, educational training programs, on-going staff development, in-service training or certification training.

I encouraged you to check in with your school's Training Directors to ask how they are preparing to help you, the teacher and learner, meet the educational goals of your students, staff or school. I noted that one of my goals as Ed V.P. is to assist in the creation of a support network that provides ongoing management tools and guidance to these educationally based training relationships so that the chain of knowledge is passed from one to the other and back again – a circular and supportive network that ultimately links all of us together.

Well, how are we doing here? Have you considered the question above? One way I know the answer to "what counts as evidence that my student understands a concept" is to ask them. Simple, I know. But sometimes we get into the habit of asking closed questions, such as "did that make sense?" It's easy for the student to say yes, even if they really meant no. Or maybe it did make sense to them but in a way that was not accurately interpreted. By asking deeper level questions, we hold the learner to a higher level of cognitive accountability to the information we're asking them to own for themselves.

Questions like: "What are you noticing about the movements we're using in this deep snow?" or "What is this making you think about effective movements in deeper snow?" or "Based on what we just did, what should come next and why?" or "Could you describe in your own words what body movements you are going to make?" or "How do the movements that you are seeing effect the performance of the tool working in the snow?"

Effective questioning ensures that the student is operating under the same set of principles that you are teaching and encourages a deeper understanding of the learning by asking the how and whys. Asking effective questions throughout a lesson or training session, not just at the

end, also ensures that any misunderstanding can be cleared up before inefficient patterns or ideas are developed. Reviewing Teaching with a Purpose by Linda Cowan or Bloom's Taxonomy (<http://www.psia-nw.org/newsletter-articles/teaching-with-a-purpose>, <http://www.psia-nw.org/newsletter-articles/blooms-taxonomy-levels-of-understanding>) could be helpful as you consider this.

In process is a system being established to help create educationally based training relationships, a support network that links all of us together to ponder questions such as above, if we choose. More about this soon.

In the meantime, as we quickly move through our spring season, remember that every fall the calendar of all educational training events comes out. These events are designed to help you be a better teacher, trainer and learner. Considering now what you would like to learn more about next season is smart. These events fill quickly and planning out your training goals, purposes, funds and schedule early is by far best practice. As always, I am available by email or phone anytime. ❄️

Kim is the PSIA-NW Education V.P., a PSIA-NW Technical Team Member, Alpine Examiner and Children's Committee Chair. Email her at kim@petram.org

PSIA-NW
N O R T H W E S T

ON-LINE
STORE



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

SHOP NOW

**NW snowsports
instructor**

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

PSIA-NW Member Services

Email: info@psia-nw.org

Phone: (206) 244-8541 • Fax: (206) 241-2885

Web: www.psia-nw.org

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

SEND SUBMISSIONS TO

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

SUBMISSION DEADLINES

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

Fall Issue (Sep – Nov)

Ads & Articles by August 1

Winter Issue (Dec – Feb)

Ads & Articles by November 1

Spring Issue (Mar – May)

Ad & Articles by February 1

CONTRIBUTOR GUIDELINES

The NW Snowsports Instructor is published three times per year. This newsletter will accept articles from anyone willing to contribute. The editorial staff reserves the right to edit all submissions including advertising. Articles should include the author's name, mini-bio and portrait image suitable for publishing (if available). Please submit all content, articles and photos as attachments via email or contact the editor for other options. All published material becomes the property of PSIA-NW. Articles are accepted for publication on the condition that they may be released for publication in all PSIA National and Divisional publications. Material published in this newsletter is the responsibility of the author and is not necessarily endorsed by PSIA-NW.

PSIA-NW EXECUTIVE COMMITTEE

Bill King President
euroking@aol.com

Mary Germeau Executive V.P.
maryolympic@hotmail.com

Mark Schinman Secretary & Second V.P.
mark@schinman.com

Diana Suzuki Financial V.P.
diana.suzuki@astronics.com

Tyler Barnes Communications V.P.
tyler@psia-nwtechteam.org

Kim Petram Education V.P.
kim@petram.org

Chris Thompson Certification V.P.
mistert@nctv.com

David Burton Member School V.P.
david@skimasters.net

Ed Younglove NW National
Representative & ASEA Treasurer
edy@ylclaw.com

EXAM SEASON IS UPON US

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



It is hard to believe our exam season is upon us already, especially considering the interesting start to the season at many northwest ski areas. To paraphrase a line out of the Young Frankenstein movie, this season has been ABnormal. However, in spite of unique weather patterns, it appears that not everyone has had the opportunity to have focused training.

One of the interesting aspects of certification training is that we have tend to view it as being different than what we do on a daily basis. The three exam modules are designed to evaluate your knowledge, ski/riding ability and teaching ability using the three modules taking into account some gender, age or discipline specific idiosyncrasies. I hope you understand that every minute, hour, day that you are on the hill you are working toward showcasing your skills during the exam process.

As you know, there are four primary categories of membership in PSIA or AASI: Registered, Level I, Level II, and Level III. As a new instructor you became a registered member by taking the registered level exam administered by your school Training Director or Snowsports School Director. As you become a more experienced instructor and want to learn more, you will train to take a Level I exam at your home area again administered by your training director. The Level I exam tests you in all three areas plus is great training for the Level II and III exams.

The Level II and Level III exams require more of everything. More depth in your teaching knowledge, an increased skill in applying this knowledge and demonstrations of a greater range of skiing and riding skills on progressively more difficult terrain and snow conditions. As a result you find yourself more focused on the overall process to be successful. The current exam guides provide you with the information necessary to improve your overall teaching and skiing/riding abilities plus the understanding of the process in each module.

The following information is out of the exam guides for Level II: The skiing/riding modules are designed to enable you to show a blend of the basic skills in a variety of terrain and conditions. The certification guide indicates that Level II certified teachers have the skills to make short, medium and long radius turns on blue and groomed black terrain with minimal skidding while maintaining

consistent speed and turn shape. Skill application, accuracy and ski/snowboard performance may vary with terrain and snow conditions. Skiing/riding should illustrate accurate movement patterns and reflect turn dynamics relative to the speeds and forces common to Intermediate zone skiers. Think about it this way, when you ski/ride with your peers, are you able to adjust to any or all of the tasks or make changes in your speed, turn radius without having to stop to start?

Level II certified teachers demonstrate an understanding of basic learning theory, communication and people skills and human development. Practical knowledge of these concepts is required for students and teaching situations through Intermediate zone lessons. Level II certified teachers demonstrate the ability to adapt the lesson environment to meet a variety of options for specific audiences (i.e., age, gender).

Professional Knowledge for Level II certified teachers reflects a basic understanding of general terms and concepts applicable through the Intermediate zone. Application of teaching concepts in actual lesson situations should reveal an ability to correctly interpret student behavior and performance and to deliver technical content through relevant activities and simple language.

The Level III information is available in the certification guide(s) so I need not go into it. The point is there is a consistency in the information provided for each discipline – alpine, nordic, snowboard, adaptive – for all certification levels. In addition, you need to remember that you are accountable for the content of the previous certification level. For instance, you may find at times that you will ski/ride through the tasks in your given exam level and then go back through some of the previous level exercises and versatility tasks.

Remember also that the Level II teaching module is a presentation to your peers of what and how you would teach at a given ability level within the intermediate zone. The Level III teaching module gives you the opportunity to improve the skiing/riding ability of your peers. The biggest adjustment that you need to make is the time allotted for each time you are in front of the group. How much time do you actually spend presenting or talking in a 1 hour lesson? Probably just a few minutes and then you guide your students through directed practice with consistent feedback. In an exam, you have closer to 20 minutes during which you are presenting information, moving your group and providing feedback. Twenty minutes seems like a long time but it can be the longest/shortest time of your teaching career to that point!

Finally, there are a few intangible things to pay attention to as you study and train for the exam that have little to do with the exam guide per se. For example, think about how you conduct your-

self as you teach, the tone of your voice, are you clear in your expectations of your students, and of the lesson; are you positive and upbeat; does your voice reflect the fun they are going to have.

Now the rest is up to YOU. You must study the exam guides, on your own and in study groups that you might need to organize. You must take advantage of the certification process and any other training opportunities in your home area, at PSIA-NW regional clinics, during symposium (a fun time with fellow instructors) and on your own with peer to peer teaching. Above all YOU must ski, ski, ski! All over your mountain, on sunny days, rainy days, firm days and perfect powder days. The more effort you put forth the better instructor/coach you will become and when you decide to take the exam, being over prepared makes the process easier and more fun, and the odds of your succeeding are increased tremendously. ❄️

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

Exam Modules

ALPINE & SNOWBOARD LEVEL II & III

MISSION RIDGE - JAN 30-31

SCHWEITZER - MAR 22-23

STEVENS PASS - MAR 29-30

MT BACHELOR - APR 5-6

MT HOOD MEADOWS - APR 19-20

5 exam dates this season with the first exam modules held in January. Note that the Level III Snowboard exam is offered at Stevens Pass & Mt Hood Meadows only.

For Adaptive, Nordic and Telemark exams, please see the 2013 Fall Issue on page 16-17 for dates and locations.

Important Exam Reminder

Written exams must be completed with a passing score no later than 3 weeks prior to the on-snow modules.

Exam and Event Registration less than 14 days prior, **WILL ONLY BE ACCEPTED IF SPACE IS AVAILABLE**, and includes a \$15 late fee for one-day events and \$40 late fee for two-day events.

Avoid late fees and sign up on time!

COMPARE ADJACENT ALTERNATIVES

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



I have been your Communications V.P., acting editor and producer of this publication since the Spring of 2009. And while I am quite happy with the evolution of the newsletter it is an expensive endeavor to produce, print and distribute around 3,500 copies three times per season. We have reduced spending without affecting the quality of the product by choosing a vendor that can print and mail the newsletter from the same location as well as leveraging the website in place of the Summer issue for off-season related communications, reducing the overall expenses by roughly 25%. We have also chosen to “combine” the Season Guide with the Fall newsletter issue which saves on printing and distribution costs as well.

Even so, the environmental costs of printing and distribution should also be considered because in the printing world we must print a “minimum” number of copies in increments of 500 to 1000. In our case our membership base fluctuates around just over the 3,000 member mark. This means we typically have between 400 and 600 extra/unused copies of the newsletters that we have to deal with. These are all things that add to the “real” cost of producing the publication you are reading right now.

But here’s the real question. Should we keep doing what we’ve always done or try something different? Whether it’s insanity or perseveration, “...repeating the same actions over and over again and expecting different results” is perhaps not something we want to be doing, unless we are pleased with the results. And it’s not that we are expecting different results by taking the same actions over and over again, but rather our membership may be wanting a different result or expectation that differs from what we are providing using the same actions. And while other divisions have gone to an “all electronic” newsletter format, I wonder if our members would want the same. What is the evidence?

As I embark on another term as your Communications V.P. I am curious if we can “compare adjacent alternatives” as my college architecture professor would have suggested, and reflect on what is needed to be communicated and how we can accomplish this in more efficient and effective ways. When I consider how I obtain information today on many different topics I simply “google it” then “click for more information.” Rarely do I

have time to wait for something to come in the mail before I respond. Although the printed piece can be a catalyst for action, but so can an email (which has proven the most effective).

There are many communication options from an annual event “poster” that we do a “short run” printing and mail to ski and snowboard schools since a whopping 63% of survey respondents said they rank their Snowsports School either “very high” or “high” for sources of information about PSIA-NW.

I have seen suggestions that we post all of our events on a Facebook calendar, too. Or move to an electronic only version of the newsletter that is published on the website with an HTML email that is sent to members once it is ready. E-book format has also been suggested so that the newsletter is more compatible with tablet devices and e-readers. I am open to any and all of these possibilities. And while all of these options have costs associated with them too - like the cost to produce and publish an electronic version - those costs would likely be less than the physical printing and distribution of our traditional newsletter.

As we are nearing the mid 20-teens how can we embrace technology and remain connected to both ends of our membership’s demographic spectrum? Even since my tenure on the board of directors I have seen a steady increase in laptops and tablet usage at our semi-annual board meetings, with much less unnecessary printing of paper. This is a sign that we are steadily increasing the usage of today’s technology even with the typically more seasoned organization leadership that make up our board of directors.

So what about the web site? To give you an idea in the last 60 days of website communications we have had 12,242 visits and 46,266 page views with 2,403 views of the events calendar page and 1,218 views of the alpine certification downloads page. Our top two referring websites are Facebook and TheSnowPros with just about half of those total visits being considered “new” (not repeat visits from the same IP address).

The member survey that 771 members participated in stated that their top source of information was “friends” at 71%, then their Snowsports School (as I stated previously) followed closely by the website then email updates with the newsletter coming in 5th overall. The website costs around \$500 per year which is about 2.5% the cost of printing and distributing this publication. The HTML email we send out cost us “zero” dollars and we could send the whole membership up to three emails per month at no cost because of our non-profit status. This says to me we should be investing more emphasis in these other communication channels, since this channel (the newsletter) is both expensive, time consuming and not particularly responsive since it is published on a certain cycle not to mention it is #5 in survey respondents’ importance.

As I mentioned earlier, we can keep doing what we’ve been doing, if what we’ve been doing is what we want. So, there’s a lot to consider and I will keep you posted. ❄️

Tyler is the Alpine Training Coordinator at Mt. Hood Meadows Ski Resort, is a member of the PSIA-NW Technical Team and an Alpine Examiner. He produces this publication, the PSIA-NW website, and provides consulting and services to other PSIA Divisions, too. Email him at: tyler@elev8brand.com

It is my assessment that in its current role and purpose, the future of the NW Snowsports Instructor printed newsletter may be in question.



NEW MEMBER INFORMATION

WELCOME ABOARD

by Kirsten Huotte, Executive Director



I'd like to take this opportunity to welcome all of our new members to the organization. If you are a new member this is probably one of the first newsletters you will be receiving from PSIA-NW. You will also be receiving 32 Degrees and an official accessories catalog in the

Fall of 2014, which is sent by the National organization. 32 Degrees has lot's of great articles and information about being a snow pro.

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

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

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

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

The "New Pro – Let's Go!" clinic is valid ONLY for new instructors who took their Level I during this season or last season. Please Note: If you

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

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. **Note: Application deadline is December 15, 2014 for each season so start planning now!**

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 website, then choose "Member Benefits" from the menu.



Remaining New Pro! Let's Go! clinics for this season. Again these are complimentary clinic designed for members who have taken the Level I exam last season or this season. This clinic is a great way to obtain an continuing education credit and get exposure to an awesome day of skiing or riding that is all for you!

ADAPTIVE	TRACK	TELEMARK	SNOWBOARD	ALPINE	DATE / LOCATION
			✓	✓	Mar 22 @ Schweitzer & Stevens Pass
			✓	✓	Apr 6 @ Crystal Mountain & Mt. Bachelor
✓		✓	✓	✓	Apr 12 @ Symposium at Mission Ridge
			✓	✓	Apr 19 @ Mt. Baker
			✓	✓	Apr 26 @ Mt. Hood Meadows

MEMBERSHIP DUES RENEWAL JUNE 30

PAY YOUR DUES ON OR BEFORE JUNE 30, 2014 TO REMAIN CURRENT.

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

Stay current, continue receiving benefits and retain your hard-earned certification by maintaining your membership.

You will receive an email in April and a reminder letter and invoice in May if you have not already paid. You will be able to pay by "check in the mail" or by credit card by fax or over the phone and on-line at PSIA-NW.ORG.

The dues payment will keep your membership current through June 30, 2015.

NOTE TO NEW MEMBERS ABOUT DUES

If you are a new member who joined after February 15, 2014 then your membership dues are considered complimentary for the 2014/2015 season.

You will not receive a letter or invoice from PSIA-NW this May (yay!) but you still must maintain your continuing education credit to "stay current".

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

WEDGES AND WEDGE TURNS

by Juris Vagners



Discussions of wedges (gliding vs. braking) and wedge turns have been a staple of ski instructor discussions for years. They were at the core of the PSIA “revolution” back in the early 70’s primarily focused on gliding vs. braking and the gliding wedge emerged as the consensus approach. It seems that the topic has come forward once again, as evidenced by Kim Petram’s article in the Winter 2014 issue of NW Snowsports Instructor.

Kim proposes a specific focus for wedge turn initiation and turning. As any experienced instructor knows, there are probably 100 body movements one might execute while the skis are in a wedge orientation, each resulting in a turn. So how should we filter all these to find the “best” way?

To aid in this thought process, it is best to recall the basic physics that underlies ANY turn on skis – there must be a net external force acting in the direction of the desired turn for the body to actually move in that direction. The ONLY source of external turning forces available to us comes from the interaction of the skis and the snow, other than gravity, which usually does not turn us.

In a wedge, either gliding or braking, if we are moving straight down the hill, the forces on the skis are equal. To turn, the force on one of the skis must be greater than the other. So, in a wedge orientation of the skis, gliding or otherwise, there must be a greater force acting on the outside ski than on the inside ski (left ski to turn right, right ski to turn left).

Or, one might seek to have the greater force on the inside ski (right inside ski to turn right, left inside ski to turn left). In either case, no turn will result if there is not an imbalance of forces on the skis. Here then is what any one of the 100 body movements must accomplish – somehow engage

a larger force from the snow in the desired direction on either the outside or inside ski.

So now let’s look at Kim’s suggestion of using a steering, pivoting, movement of the inside ski, i.e. an outward (lateral) rotation of the femur in the hip socket. This movement alone does not generate the required turning force from the snow. Lateral rotation of the femur is considerably weaker than medial (inward) rotation as a result of human physiology, unless one specifically trains to strengthen this movement (see World Cup skiers). This relative weakness is compounded by the fact that to get the increased lateral force on the inside ski, one must exert more pressure on the ski, making it more difficult to rotate.

I believe that what really happens is that by the lateral rotation of the inside femur, we help decrease the lateral resistance on the inside ski from the snow, making the turning action from the outside ski more effective. Increasing pressure on the outside ski does not require severe edge engagement as in a braking wedge, by the way. In effect, we get the inside ski out of the way to free up the action of the outside ski. And this is desirable, since it is a key movement that we will need to refine at advanced levels – get the inside knee out of the way early so as not to impede the action of new outside ski early in the turn initiation.

Why should we focus on flexion movements on the outside turning ski early in the skier’s development? Because it will make it much easier to achieve proper flexion movements at an advanced level. The natural human reaction to both sliding (as in losing your balance while walking on the icy parking lot) as well as increased pressure on the bottom of the feet as a result of turning on skis is to straighten the knees i.e. extension is the natural reflex action rather than flexion. So we must learn to flex when the body would rather extend – the earlier learned, the better. ❄️

Juris Vagners, Ph.D. is a Level III Alpine Instructor and currently teaches at Mission Ridge. See the following column for a longer length bio and contributions to snowsports education.

VAGNERS’ EARLY PSIA INFLUENCE

During a long and distinguished career (outlined below), Juris had made many valuable contributions at both the division and national level.

Dr. Vagners is a Level III certified alpine instructor and has been teaching and coaching skiing since 1961. He was certified in 1963 at Mammoth Mt. CA by the Far West Ski Instructor Association (now PSIA-W). He was a lecturer on biomechanics of skiing at the first and second North American Ski Instructors Congress, April, 1970, 1971, Vail Colorado. In 1972, he was appointed to the PSIA national education committee. In this capacity, he authored a biomechanics tutorial for ski instructors and ski coaches, as well as participated in the development of the American Teaching Method (ATM), currently known as the American Teaching System (ATS) that is used to train and certify ski instructors in the US.

In the 70’s Dr. Vagners conducted research in cooperation with faculty of the University of Washington Kinesiology department in the biomechanics of skiing. In 1980, as part of developing the educational services of PSIA to its members, he initiated the PSIA technical journal, now called 32 Degrees, The Journal of Professional Snowsports Instruction (then called the Journal of Professional Ski Instruction), and served as Editor and columnist for ten years. From 1984 to 1989, Dr. Vagners served on the PSIA Education Steering Committee and Chaired the Committee from 1989 to 1994. As part of the Steering Committee responsibilities, with the aid of numerous accomplished snowboarders, he co-authored the first PSIA snowboard instructional manual and participated in the certification of snowboard instructors.

In 1995, he authored a revised and extended guide for ski instructors on the physics and biomechanics of skiing (that you can download as an E-book at PSIA-NW.ORG/shop). Be sure to congratulate Juris when you see him at Spring Symposium at Mission Ridge in April, as he is a recent recipient of a Lifetime Membership for his contribution to snowsports education as a whole. ❄️



Friday: Ski & Ride all day. Friday evening: No Host Reception

Saturday: Ski & Ride all day. Dinner & Awards Banquet from 7-9pm. After-party 9pm - ?

Sunday: Ski & Ride all day. Head home with memories of a good time had by all!



Symposium 2014

April 11-13 @ Mission Ridge, WA

End of the Season Party with 250+ of your closest friends

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 almost 50 years!

This two day event (three if you participate in the for fun clinic offered Friday) showcases Northwest and other talented clinicians in a myriad of topic choices, ranging from everything under the sun, pun intended.

This year we are headed to the typical sunshine and great conditions at Mission Ridge to celebrate the season.



For more information check out
www.psia-nw.org

Symposium2014

@ Mission Ridge April 11-13

It seems like winter just arrived and here we are entering the "Spring Skiing" season. By the time this newsletter arrives in your mailbox Spring will be right around the corner. We are headed to the PSIA-NW headquarter's home town of Wenatchee and looking forward to some great skiing and riding at Mission Ridge. The weather and conditions at Mission Ridge this time of year are usually fantastic and we look forward to seeing you there!

REGISTER ON-LINE, BY FAX OR BY MAIL NO LATER THAN APRIL 4 TO AVOID LATE FEES!

REGISTRATION

Thursday evening, April 10th, 6:00 – 7:00 pm
Chateau Faire Le Pont Winery, 1 Vineyard Way,
Wenatchee, WA 98801 - Tel: 509.667.9463
web: fairelepont.com

Friday morning, April 11th, 8:30 – 9:30 am
Mission Ridge Lodge upstairs, Mission Ridge

Friday evening, April 11th, 5:30 – 7:00 pm
Pybus Public Market
3 N. Worthen, Wenatchee, WA 98801
web: www.pybuspublicmarket.org

Saturday morning, April 12th, 8:00 – 9:00 am
Mission Ridge Lodge upstairs, Mission Ridge

Sunday Morning, April 13th, 8:30 – 9:00 am
Mission Ridge Lodge upstairs, Mission Ridge

AWARDS BANQUET, SILENT AUCTION & MEMBER RECOGNITIONS

At the awards banquet PSIA-NW service awards will be presented to their recipients. Plus 20-30-40-and-50+ year members will be honored for their years of service. Our raffle extraordinaire, Mary Germeau, and her helpers will sell raffle tickets at each registration. The silent auction will be held Saturday night before the awards banquet. If you have any items, or know of anyone interested in donating, please contact Mary. You can reach her by email at maryolympic@hotmail.com.

The Awards Banquet will be held at Cashmere Riverside Center, Great Room. The awards banquet is \$30 (\$15 for kids) and will be buffet style with a range of meat, fish and vegetarian dishes, dessert and attendance to the Awards Recognition and silent auction.

DAILY SCHEDULE

Friday, April 11th
10:00 am – 2:30 pm
Free Ski or Ride with Clinicians* Meet right outside the lodge near the bottom Chair 1

Friday Night
5:30 – 7:00 pm
No-host Welcome Party, Pybus Public Market
3 N. Worthen, Wenatchee, WA 98801
www.pybuspublicmarket.org

Saturday, April 12th
8:45 am
Classes begin forming – Mission Ridge Lodge. Meet right outside the lodge near the bottom Chair 1

9:00 am – 3:00 pm
Classes disburse on the hill

Saturday Night
6:00 pm – 6:59 pm
"President's Social" with hosted wine and no-host cocktails, beer and soft drinks plus the Silent Auction
Cashmere Riverside Center
201 Riverside Drive, Cashmere, WA 98815

7:00 pm – 9:00 pm
Awards Banquet – Cashmere Riverside Center, Great Room. Presentation of awards and recognition of our 20, 30, 40 and 50 year members

Sunday, April 13th
8:45 am Classes begin forming – Mission Ridge Lodge. Meet right outside the lodge near the bottom Chair 1

9:00 am – 3:00 pm
Classes disburse on the hill



photo by Wayne Nagai

LODGING INFORMATION

Below are the housing options as there are multiple events happening on this weekend in Wenatchee. Closest lodging may be in Leavenworth the closer you book to the event.

Apple Valley B&B – (p) 509.664.0400
Single queen/single double \$85+tax/night
Includes breakfast

Economy Inn – 700 N. Wenatchee Avenue,
Wenatchee, WA 98801 (p) 509.663.8133
Pet Friendly, Rooms still available, 2 queens each
for \$75+tax each night

Inn at the River – 560 Valley Mall Parkway, East
Wenatchee, WA 98802 (p) 509.888.7378
Pet Friendly, 5 single queens \$85+tax/each night

Super 8 – 1401 N. Wenatchee Avenue, Wenatchee,
WA 98801 (p) 509.662.3443. Single King rooms
still available. Friday and Saturday are filling
up fast. Rate on Thurs is 95+tax and Fri-Sat is
\$125+tax per night

Travelodge – 1004 N. Wenatchee Avenue,
Wenatchee, WA 98801 (p) 509.662.8165
Pet Friendly, \$89.95/night + tax -1 room left with
one queen, \$99.95/night+ tax 3 rooms with 1 king

Vacation Rentals by Owner (vrbo.com) – check
out all the cool places, some on your way up to
Mission Ridge

LIFT TICKET INFORMATION

Lift tickets will be \$30/day for both participants
and family! Family member names can be added
to the lift ticket discount list on the Symposium
Application which is available for download on
the website.

Be sure to "touch the wing" for good luck at Bomber Bowl and ask
about the local legend. Photo by Wayne Nagai

Start Here

2014 Symposium @ Mission Ridge Event Application

Participant Information

☐ update my records with this info

NOTE: choose discipline for this event only (NOT your certifications)

☐ Alpine ☐ Snowboard ☐ Telemark ☐ Adaptive ☐ Nordic

Name _____ Member # _____

Email Address _____ Snowsports School _____ Your certification Level(s) - i.e. A3, SB3, etc _____

Mailing Address _____ City _____ State _____ Zip _____

Primary Contact Tel # _____ Secondary Contact Tel # _____

Fee and Event Details

Event Options

- ☐ **FREE FRIDAY** **\$FREE**
Slide with clinicians on Friday. If you wish to attend you must be registered for Symposium Sat or Sun Clinic. (Lift tickets not included)
- ☐ **TWO-DAY INSTRUCTOR PACKAGE \$190**
Includes Registration Fee, 2 Clinic Days and Souvenir. (Lift tickets & Banquet not included)
- ☐ **ONE-DAY INSTRUCTOR PACKAGE \$95**
Includes Registration Fee, 1 Clinic Day and Souvenir. (Lift tickets & Banquet not included)

CHOOSE CLINIC TOPICS ON NEXT PAGE

- ☐ **FAMILY CLINIC \$65 PER PERSON PER DAY**
Sat. or Sun. Must be able to navigate easy blue terrain (Lift tickets, Souvenirs and Banquet not included)

Family Member Name ☐ Alpine ☐ Snowboard

Family Member Name ☐ Alpine ☐ Snowboard

Family Member Name ☐ Alpine ☐ Snowboard

Banquet and Souvenirs

Additional Options

SAT. AWARDS BANQUET \$30 x _____

Buffet style dinner with several main entrées, sides, salad, bread and dessert. Please indicate if you prefer meat or vegetarian entrée.

☐ Meat ☐ Vegetarian ☐ Child (\$15) x _____

ADDITIONAL SOUVENIRS \$15 x _____

One souvenir is included in your registration. Additional souvenirs may be purchased at the event, but are limited to stock on-hand.

LIFT TICKETS \$30 per day

Lift tickets must be purchased at the resort. Family who are skiing/riding this weekend pay \$30 per day for lift tickets whose names are listed below.

Family Member Name _____

Family Member Name _____

Family Member Name _____

Totals

Event Fees Total Event Fees, Banquet Fees, and additional Souvenirs:

SUB-TOTAL \$ _____

LATE FEE \$25 (if after APRIL 4, 2014)

TOTAL \$ _____

TO AVOID A LATE FEE, REGISTRATION IS REQUIRED BY APRIL 4, 2014. If space is available, you will be assessed a \$25 late fee. If you are injured and are unable to attend the event, we will deduct a \$25 administration fee from your refund. REFUNDS REQUIRE A NOTE FROM YOUR MEDICAL PROVIDER.

Payment Details

Payments

SEND BY MAIL - PAY BY CHECK OR CREDIT CARD

Mail completed application to:
PSIA-NW, 338 N. Wenatchee Ave, Wenatchee, WA 98801

SEND BY FAX - PAY BY CREDIT CARD

Fax completed applications to (206) 241-2885

QUESTIONS? CALL OR EMAIL:

Phone (206) 244-8541 or email info@psia-nw.org

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.

sign here

Participant Signature _____ Date _____

Credit Card Payments

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

CREDIT CARD NUMBER (PLEASE PRINT CLEARLY)

CREDIT CARD TYPE ☐ Visa ☐ MC ☐ AMEX ☐ DIS

3 or 4 Digit
CVC Code

EXP. DATE
(MM/YY)

X

YOUR SIGNATURE

NAME _____

FRIDAY – Your FREE ski and ride day (lift tickets not included). Groups in less formal settings with a variety of clinicians available! You must be registered for Symposium to attend and sign up in advance to take advantage of this free day!

___ Yes, I want to participate in this!

Saturday, April 12th - Clinic Topics run 9-3

*Select your Saturday topics from the list below
(Please mark your 1st and 2nd choice with a 1 or 2)*

Adaptive Clinic Topics for Saturday

___ Mainstreaming Tactics

Alpine Clinic Topics for Saturday

- ___ All Mountain Skiing
- ___ Challenge Your Concepts
- ___ Children's Real Movements
- ___ Drills for Skills
- ___ Hello Ladies
- ___ How You Doin?
- ___ Legends
- ___ Rip the Roy
- ___ Skill Scaffolding
- ___ Small Bumps or Big Bumps
- ___ Tactics for the Senior Skier
- ___ The 'Eyes' Have It
- ___ The Feedback Model
- ___ Tryout the Tryout

Snowboard Clinic Topics for Saturday

- ___ Hello Ladies
- ___ Low-Fly or High-Fly Freestyle
- ___ Skill Scaffolding

Telemark Clinic Topics for Saturday

- ___ Freeheel Fest

Family Clinic Saturday

- ___ Tour the Hill (13 and up)

Sunday, April 13th - Clinic Topics run 9-3

*Select your Sunday topics from the list below
(Please mark your 1st and 2nd choice with a 1 or 2)*

Alpine Clinic Topics for Sunday

- ___ All Mountain Skiing
- ___ Challenge Your Concepts
- ___ Children's Real Movements
- ___ Drills for Skills
- ___ Hello Ladies
- ___ How You Doin?
- ___ Legends
- ___ Rip the Roy
- ___ Skill Scaffolding
- ___ Small Bumps or Big Bumps
- ___ Tactics for the Senior Skier
- ___ The 'Eyes' Have It
- ___ The Feedback Model
- ___ Tryout the Tryout

Snowboard Clinic Topics for Sunday

- ___ Rip the Roy
- ___ Low-Fly or High-Fly Freestyle
- ___ Skill Scaffolding

Telemark Clinic Topics for Sunday

- ___ Movement Analysis

Family Clinic Sunday

- ___ Tour the Hill (13 and up)

SymposiumSessions

If you are faxing in an application please be sure to include both the front and back pages, which includes your topic choices by day.

ADAPTIVE CLINIC TOPICS

Mainstreaming Tactics – Explore managing students with challenges in a class situation. What are the red flags that may indicate there is an issue and how to develop methodologies to handle challenges within a group setting. Saturday only

ALPINE CLINIC TOPICS

All Mountain Skiing – Challenge your skiing with a mountain tour de jour. Learn tactics and technique to ski a variety of terrain in the mountain environment.

Challenge Your Concepts – This clinic will focus on developing awareness of sensations, thoughts and visual cues to aid in the development of more efficient movements that can be applied in any condition or terrain. Expand your concepts of skiing by looking at equipment, psychological challenges and learned physical movements.

Children's Real Movements – Add to your knowledge bank and explore, learn and share experiences about how to play in a kid's world of real movements.

Drills for Skills – Come 'drill down' to see how the various use of drills effectively develops movement patterns. You'll spend time learning the drills and their tactical application in varying terrain and conditions to better enhance your edging, rotary, and pressure movements to maximize balance.

Hello Ladies – Taught by top female clinicians. It's fun to ski with the girls and not always worry about keeping up with the boys. Come work on your personal skill development while enjoying the pacing and camaraderie found when skiing with this women's only group.

How You Doin'? – The season is nearly over, how are you doing? Looking to check in on things from the season, like how was my movement analysis, did I see what the outcome of the movement was, how did it effect the ski or not? If you're looking to check in, work through some of these items and see "how you doin'" this is the clinic for you.

Legends – Ski with a legend for a fun day designed for skiers of all ages. Listen as they remind us of how far we have come and let them show you a thing or two as well!

Rip the Roy – No, you won't be ripping on Roy, you'll be ripping around on all the wonderful corduroy Mission Ridge has to offer. Known for its awesome groomers, you will explore the art of carving in a safe and fun atmosphere. Work to ski clean, efficient turns, tip to tail while exploring the hill.

Skill Scaffolding – It's all about learning and building the right base of support. The core movements we teach beginners should be the same core movements used at the expert level. This clinic will focus on the application of the skills concepts, efficient movements and the blending the two, from beginner to expert levels.

Small Bumps or Big Bumps – For skiers who have limited experience with the bumps or who are accomplished bump skiers wishing to hone their skills with an aggressive group of skiers. Appropriate group splits will be made at the event. Clinics will focus on the technique and tactics of skiing bumps on terrain appropriate to the group's level.

Tactics for the Senior Skier – Low impact alternatives when working with the senior client for skiing a wide variety of terrain. This clinic will focus on various strategies and tactics for this demographic to enable skiing longer with less fatigue.

Teaching With a Focus – Focused teaching is where you want to be and your client needs you to be. This clinic will help the participant identify and describe, with precision and accuracy use of the Teaching Cycle, skill blends and movement patterns in skiers of all ages and abilities in varied skiing tasks, snow conditions and terrain options.

The 'Eyes' Have It – Don't cast your ballot or be satisfied with only the effect. Make your vote count for identifying the root cause. In this movement analysis clinic you will learn to differentiate between cause and effect by developing your eye to unveil the cause.

The Feedback Model® – Looking to better understand what effective feedback looks and feels like? Guided by a seasoned veteran of the craft, you and your group will practice the essentials to accurate and objective analysis that is key to assessment in order to provide the best feedback.

Tryout the Tryout – Are you looking at participating in a tryout sometime soon? Come participate in this one-day abbreviated clinic that will put you in situations you would experience in the tryout. Better understand scenarios common to tryout situations and work out some of the jitters.

SNOWBOARD CLINIC TOPICS

Hello Ladies – Taught by top female clinicians. It's fun to ride with the girls and not always worry about embarrassing the boys because you outride them. Come work on your personal skill development while enjoying the pacing and camaraderie and found when riding with this girl's only group. Saturday only.

Low-Fly or High-Fly Freestyle – Come find out what the park is all about or push your skills to the next level. Groups will be split based on ability and comfort levels. The group(s) may be a mix of skiers and snowboarders, depending on sign ups.

Rip the Roy – No, you won't be ripping on Roy, you'll be ripping around on all the wonderful corduroy Mission Ridge has to offer. Known for its awesome groomers, you will explore the art of carving in a safe and fun atmosphere. Work to ski clean, efficient turns, tip to tail while exploring the hill. Sunday only.

Skill Scaffolding – It's all about learning and building the right base of support. The core movements we teach beginners should be the same core movements used at the expert level. This clinic will focus on the application of the skills concepts, efficient movements and the blending the two, from beginner to expert levels.

TELEMARK CLINIC TOPICS

Freeheel Fest – Take the latest movement patterns from the national level and work to develop your skills to maximize your efficiency. Expect an all mountain clinic with the objective of maximizing your versatility with modern equipment in the conditions of the day. Saturday only.

Movement Analysis – This clinic will cover cause and effect and help you in your movement analysis skills to find the root cause of what you are seeing in your student's skiing. Sunday only.

FAMILY INFORMATION

Tour the Hill – Join us for a fun day of skiing at Mission. We'll cruise around the hill and familiarize you with the runs you're comfortable on and give you some tips and tricks for the terrain. For ages 13 and up; must be able to navigate easy blue terrain. Available Saturday and/or Sunday.

Mission Ridge SnowSports School – Mission Ridge Snowsports School is offering a lesson only/day care ½ day package, \$59 – for ½ day lift, lesson, rental, lunch and daycare, the cost is \$89. For lesson information and to make a reservation please call (509) 888-9436 or you may also visit their website at missionridge.com or email them at lessons@missionridge.com.

NOTE ABOUT FREE RIDE FRIDAY

The "Free Ride Friday" clinic is informal and is "not for credit." If you've come for the full weekend and want to hookup with a PSIA-NW Clinic Leader for a few hours of fun then this clinic is for you. You must be signed up for either Saturday or Sunday (or both!) to join in fun on Friday.

Meet right outside the lodge near the bottom Chair 1. Participant names will be collected and you must have submitted an application to join in Friday's fun - no exceptions!

Steal Like an Artist

by Michael Drake



Ever been out with an experienced instructor, and marvel at how great they handle the group, and envy the seemingly bottomless “bag of tricks” they appear to have? They seem to know just the best exercise or drill to use, and give just the right feedback and encouragement. Hopefully, you have all had a chance to experience some mastery from a highly skilled clinician. The Northwest has its share of talented instructors, perhaps a trainer in your own school, or maybe you’ve experienced it with a PSIA Northwest or National staff member. So ever wonder, “How’d they do that?”

Fast forward to a PSIA/AASI certification teaching exam. Everyone is usually putting their best out to demonstrate their capabilities are meeting the standards, but while many come out shining, others unfortunately come out flat. Are you not quite there? So what gives? Why are some so terrific with clients, some so spot on in exams, and others seem to miss the mark?

So here is a bit of a secret to their success. Not that there is “the one answer” to all things – and actually I don’t believe there is one answer anyway. But certainly, here’s one secret that factors heavily in their success. Ready?

They stole stuff. Yep, the secret’s out. We all steal. Actually, successful, or not so successful, everyone steals stuff. Loved that progression. That’s a cool drill. Great, I’m going to steal that and use it. But the key to those who seem to excel, is their approach to how and what to steal.

Okay, so if you are a newer instructor, you are just observing and amassing the basics. Which is cool, and maybe does not feel like stealing per se. For most, we start out learning core tenants and principles, and are trained with a basic set of principles, exercises and drills to work thru with our clients. Sort of getting our basic cookbook together. Newer instructors typically are assigned clients that are lower level beginners, whom come with a bit more of a predictable starting point to work from. Move up along the experience level some, and the clients start to show up with an ever more varied background of abilities and objectives. One finds they can’t just go to step 6 of their cookbook of recipes and pick up

from there, that exercise/recipe focus just might not fit.

So the obvious desire is to amass more recipes, more mini progressions that might be the right fit to the client. All that is great, pretty normal in fact, but herein lies the trick: emulate don’t imitate. Bear with me, and let’s look up the dictionary definition for the words.

Imitate: To follow as a pattern, model, example, to be or appear like, to produce a copy of...mimic, counterfeit....

Emulate: To strive to equal or excel, to equal or approach equality with

See the difference? Imitation by its nature rarely exceeds the original – it’s typically never as good as the original. And frankly, it is usually only surface deep. We think of cheap manufactured imitations of goods or services, like a fake Rolex versus the original. Yep, it might look the same, keeps time, but inside has a \$10 watch innards and associated quality.

However emulation has no such limitations of just equaling. Emulation is paying homage to those who first presented something, and emulation is something that shows respect or attests to the worth or influence of another. And it’s not skin deep.

In the art world, truly great artists will quickly attribute to those who influenced them in style and technique. And they use these influences in style, approach, to adapt to their own vision of where they want to go and what they want to do.

Teaching skiing is really no different. As a Training Director and Divisional Clinic Leader, I have witnessed many exams. There are many who have not made the switch from recipe collecting (get more recipes), to switch their viewpoint to figuring out the underlying intent in drills and exercises. In all of the successful exam outcomes I’ve witnessed, the successful candidates are those who can ... adapt.

Canned progressions are fine as starting points (as long as they start out appropriate to the



Possibly one of the greatest artistic influences on Vincent van Gogh was Paul Gauguin. Above we see “Starry Night” by Van Gogh completed in 1889, and (next page) “Rocks and Sea” by Gauguin. VanGogh is emulating Gauguin’s technique and made it his own.



"Rocks and Sea" by Gauguin, Post-Impressionism completed in 1886.

task), but once real people are in front of you, do you stay to the recipe, or do you adapt to what is going on before you?

This is true in master level teaching as well. We all started with stealing stuff, but the more we "steal like an artist", and not just try to mindlessly hoard as many things as we can, the better we become. Can you adapt, modify, create to the situation? Creativity is big. But let's be clear on what is meant by that.

It's not for the sheer novelty of doing something different, and trust me, any exam candidates out there, it's not about "impressing" examiners with uniqueness, they have nearly seen it all, but it's all new to your clients. Where you will shine is instead focusing on appropriateness. And that appropriateness can be/is a highly creative activity. Real people, real terrain, real world conditions. No two people are exactly alike so figuring out the best way to connect and help someone to their goals the most effective and efficient way, can be a highly creative situation.

So the question, "How to be a good thief?"

Figure out who you want to steal ...er...emulate from. A mentor is great, but not always handy, but look around. Who is doing what looks cool ... successful ... that people are drawn to ... wanting more from? Then, "Don't steal their style, steal the thinking behind their style." Work hard to coach like your hero's in any given situation. Ask yourself, "Why did that work?" and "What other paths could I have taken?"

And don't stop with one or two mentors. Steal from many. Don't hesitate to give credit. Do take liberties to transform, remix and adapt what you have seen. You might feel like you are winging it some, but that is normal, you are trying things on for size, there is no perfect fit the first time out on anything from teaching, progressions, recipes,

or art. Copy, then try stuff, keep notes. Compare what worked and what worked better, and when, and for whom and then what makes you the artist/master instructor and not just the imitator is your ability to adapt!

That's a path towards emulation, and a path to excellence in your teaching career. Oh, and one other item. Sometimes, creativity is in subtraction – e.g. 6 step progressions rarely hit the mark, in exams, or with real life customers. Sounds trite, but often, "less can be more."

"Immature poets imitate; mature poets steal; bad poets deface what they take, and good poets make it into something better, or at least something different. The good poet welds his theft into a whole of feeling which is unique, utterly different from that from which it was torn." – T.S. Eliot

Substitute the word instructor for poet, and the above quote rings true to what we do. So good luck on your journey, choose wisely, have fun, and remember, "Steal like an artist!"

Note, this author liberally stole ideas and quotes above from a charming little book, titled: Steal like an Artist, 10 things nobody told you about being creative, by Austin Kleon. 🌟



Michael Drake is a PSIA-NW Divisional Clinic Leader and TD for SkiBacs Ski School at Snoqualmie Pass. Email him: michaeldrakeis@gmail.com

It's More than a Card



After an unhappy attempt at working in the film industry in Los Angeles I decided to leave California and return to something I knew I loved - skiing. I joined PSIA Rocky Mountain Division in 2010 while I was ski bumming in Telluride, Colorado. Having been skiing since the age of two, I was already an adept skier. However, being raised as a ski racer most of my turns were derived from pressuring and edging. The clinicians at Telluride taught me to improve my rotary skills, and I was instantly hooked. The PSIA methodology improved, and continues to improve my skiing, and for that I'm ever thankful. Aside from ski technique, PSIA has given me many tools to become a better instructor and as well as a better person. From improving my communication skills to a developing better understanding of children psychology, PSIA has enriched my life in many ways. As a consummate student I love that there is always something new to learn about this lifetime sport.

– Chris Madison



PSIA-NW Divisional Clinic Leader Tryouts are this upcoming Spring 2014. We are actively seeking alpine and snowboard professionals who have strong knowledge of PSIA and AASI concepts and are willing to share their passion with others.

Must be willing to travel outside your home area and be available to lead clinics 6 days per season. Application packet is available at PSIA-NW.ORG and is due at 4pm on April 3, 2014

The AT muscle affects our lower leg angle, which affects the fore/aft balance more than any other part of the body. A one degree change in the angle of the lower leg can move your center of mass 10 times as much as a one degree change in your waist angle would.

Using the ankle to adjust your fore/aft balance instead of the knee or hip joint is also beneficial because it's a smaller joint; smaller joints move quicker, tend to be more accurate, and are less likely to overreact. Beginner skiers tend to flex at the hip joints because they have more muscle developed around this region, making it easier to flex. It's imperative that instructors make sure students are incorporating the ankle in achieving fore/aft balance, and teach them the importance of developing fine tuned movements of the smaller joints.

Why is fore/aft balance so hard for new skiers?

Many new skiers are familiar with walking around in a world governed by friction. Imagine walking slowly down a steep hill. Your toes are pointed down the hill, and your hips are back behind your



Take a large piece of paper and try drawing a circle on it using only movements from your wrist up. Now try to draw a similarly sized circle using just your elbow.

Lastly, try drawing a circle using only movement from your shoulder. Using this exercise you should see the benefit of using smaller joints for accuracy.

heels. You're standing this way because the friction of the surface you are walking on is pushing back against your shoes, preventing you from slipping. Since your feet are not moving when in contact with that surface (usually), balance is achieved by aligning your center of mass over your feet in relation to the pull of gravity.

However, if we replaced your shoes with skis and the ground with snow keeping your center of mass over your feet in relation to the pull of gravity would cause your skis to slip out from underneath us, just like a person slipping on a banana peel! Skis slide underneath us and do not push back against our feet quite like sneakers on pavement, especially when the skis are sliding on the near frictionless snow. Because our skis slide, we want to achieve balance in regards to a moving platform (our skis) and NOT gravity. Our center of mass should be above our feet in regards to the plane of our skis.

New skiers are accustomed to achieving balance with the pull of gravity instead of finding balance over their skis. This fore/aft balance is achieved through flexing the AT muscle (and extension of our knee joint) bringing our weight forward, and over our feet in regards to the plane of the skis, not in regards to the pull of gravity.

Note the hiker in Fig. 1a. As this person is walking downhill you can imagine the hips are slightly behind the heels. Since there is friction caused between the ground and the hiker's boots the feet do not move, and the hiker is able to achieve balance by aligning the center of mass over the feet. The hiker's stance is very similar to the less accomplished skier in Fig. 1b. Note the green arrow, indicating the plane of the skis. In regards to the skis, this skier is balanced slightly aft and is not over the "sweet spot" of the ski. Now look at the

skier in Fig 1c. They have their feet directly over the "sweet spot" of their skis, and have their center of mass over their feet in regards to the plane of their skis indicated by the green arrows.

Note the difference in the lower leg angle between the skier in Fig. 1b and Fig. 1c. Remember that this angle can be better enhanced and maintained by actively flexing of the AT muscle.

In summary, for all of the reasons above, the anterior tibialis muscle is the cornerstone to good skiing. Without good fore/aft balance over our skis we would not be able to efficiently control them, and at worst they would simply slide out from underneath us. The ankle joint allows for more accurate fore/aft adjustments than the larger joints of the knee or hip. Beginners intuitively try to use the hip joint instead of the ankle, so it's crucial we monitor them and make sure they are using the correct body movements to create the much desired shin-to-boot cuff contact.

Remember, while knowing biomechanics and the importance of the anterior tibialis (or tibialis anterior) will make you a more knowledgeable instructor, the anatomical jargon can be too technical for our students. "Actively flex the ankle by lifting the top of your foot towards your shin" is really all you need to say. ❄️



Chris Madison is an Alpine Level III instructor and training director at The Summit Learning Center at Snoqualmie Pass. Email him: chrismadison@mac.com

1A



Fig. 1A: hiker walking downhill.

1B

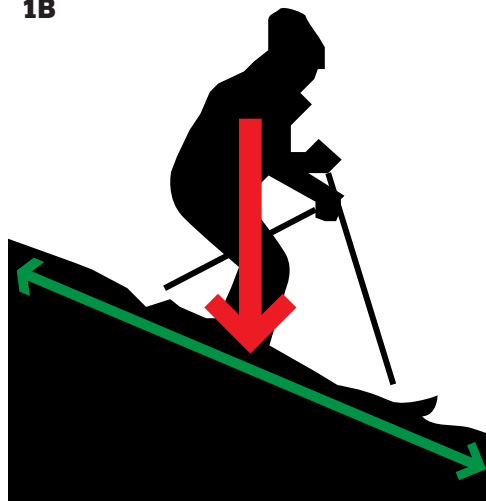


Fig. 1B: a less accomplished skier.

1C

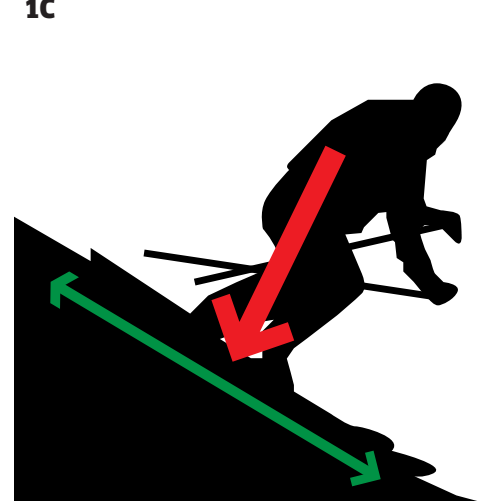


Fig. 1C: an expert skier

SNOW PRO TIPS

SIX TIPS TO SUCCESS

Teaching Tips by Tara Seymour

All mountains have different programs with different lengths and focuses. And now that my programs are done for the season it's time to reflect on the successes (and short-comings) and make a conscious decision on how I can improve next season. Here are a few ideas that might help coaches, program coordinators and supervisors to achieve success!

1. Get the class list ahead of time: This allows me to be able to gain the parents contact information prior to the first day. This is a great way for me to introduce myself and send out an e-mail before the session starts. I can also take this opportunity to provide the parents with my contact information. This should not be too difficult because most students sign up in advance. This will also minimize the inevitable chaos that ensues on the morning of the first day. I usually know the names of the kids in my group and best of all, the parents will be looking for me. This will allow me to greet them quickly and get the team's first day started.

2. Try to keep the class sizes manageable: For the little guys, 4-6 years old, smaller class sizes are much better - some schools have a maximum of three if the students are four years of age. With the older kids, there can be more students because cognitively and physically they can do a lot more for themselves. When group lesson sizes go beyond what an instructor can physically handle, the quality turns into quantity and the lesson content can become a challenge. This also helps with lift line management and overall safety.

3. Let the Team pick a name for the group: Let all the kids have input about this. Then take a vote on favorites and voilá, you have a fun name that includes all the kids and helps them feel included in the process. I sometimes add props to aid in this. I rode the chair last week with a group that all had feathers in their goggles. They were the "owls".

4. Make sure that the group is a fit: If students have other friends that want to be in the same group, try to accommodate. It is much easier to move kids around the first day than before they feel attached to you or the group. I usually know the level of each kid ahead of time; however, we all know that this may not always be accurate. Double check this on the first run. Then make necessary adjustments with the coaches working above and below your level.

5. Keep in contact via e-mail each week with the parents: Send out an e-mail regarding fun

moments, new ideas, knowledge and development. Talk about achievements and areas of new exploration. Parents usually really appreciate a small effort in this regard.

6. To end my multi-week program, I give each child something memorable: Give them something special to look at all summer and remind them of how much fun they had. This will help to ensure their return next year, and keep them talking about during the off season. One of my daughter's favorite coaches takes a picture of the group, frames it, and gives it to them on the last day. Awards are great too. Just make it something memorable.

We are in the business of creating real life mountain experiences for these children. As multi-week coaches, we can easily develop relationships with these kids and help facilitate their learning through assessing their cognitive and physical development.

As a parent, coach and past supervisor for these programs, I encourage you to keep it fun, and remember that communication is the key. Parents really like to be kept in the loop and feel included in the learning partnership. I still know many of the kids I have taught throughout the years. My six year old talks about her ski coach all week long. In my opinion that is a great coach! ❄️



Tara Seymour is a PSIA-NW Divisional Clinic Leader and is a part of the Children's Specialist program. Tara has worked at Mt Bachelor as an instructor since 1994. She is currently a training director and teaches Yoga in Sisters, Oregon. Email her at tarrahbeth@aol.com

STAND UP AND TAKE A BOW

Alpine Tip by Tyler Barnes

As a trainer at my school I lead a lot of new hire training and teach plenty of beginner lessons. Getting people standing, sliding and making turns is such a rewarding benefit to teaching skiing and riding the chairlift is a monumental accomplishment for brand new skiers.

But for some reason, riding the chairlift seems to be one of those things that is "scarey" for new skiers, especially adults. So, once I get over to the bottom of our beginner lift I run through all the usual stuff like "stop at the red line, go when



the chair passes, then stop next to the lift attendant..." etc. while we observe a few people loading the lift. Standard practice, right?

The usual question I get is, "How do we get off at the top?" This is where things get fun. I calmly answer with, "Oh, yes, at the top, ... well there is a giant net with a red target. You must throw your poles off the lift and then jump into the net! It's only about 10 feet to the snow so it's no problem...."

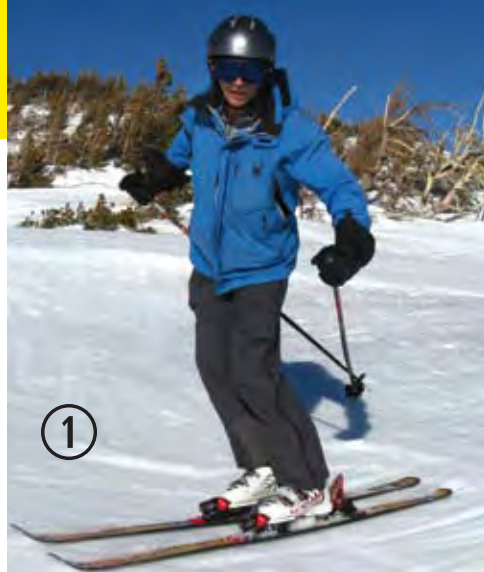
This is obviously followed by a few chuckles and sometimes a look of fear ... that I quickly dispel by saying, "Just kidding!" Then I follow up with, "Actually, once the chair meets the snow again all you have to do is stand up at the unload here sign." Phew, right! So, "OMG, I have to stand up to get off!?" becomes, "Oh, I just have to stand up (not jump off) - that's easy!" I continue, "Riding the chairlift is a huge accomplishment, so once you stand up I want you to take a bow like this!" I then demonstrate a very formal bow, where my knees are extended and I "bow" from the waist.

I can tell you from experience I rarely have anyone forget to "lean forward" when they get off the lift because they are not focussed on "getting off the lift" they are focussed on the success of riding the chairlift and actually "lean forward" when they take a bow. So the next time you are leading brand new skiers to the top of the beginner chairlift celebrate their success with them and "stand up and take a bow!" It works every time! ❄️



Tyler is the Alpine Training Coordinator at Mt. Hood Meadows Ski Resort, is a member of the PSIA-NW Technical Team and an Alpine Examiner. He produces this publication, the PSIA-NW website, and provides consulting and services to other PSIA Divisions,

too. Email him at: tyler@elev8brand.com



TONY KNOWS

Alpine Tip by Jim Rogowski

Staying in balance through maintaining a proper athletic stance is fundamental to skiing at all levels. With beginners, it is crucial to their initial success. But many first time students often may have little or no previous athletic experience.

Therefore asking them to get into an “athletic stance/position” is not likely something that will relate well to them. The instructor will usually demonstrate the desired stance statically. While the novice students can see it, how can they always know if they are achieving a proper stance? And how can they remember it?

A simple mnemonic can be effective in both capturing their attention and recall - Tony Knows. A mnemonic for: Toes – Knees – Nose. All in a line.

The easily remembered mnemonic provides the words which fully describe the “picture” created by the instructor’s visual demo, taken from Tyler Barnes’ “Awesome Stance” article in the Spring 2013 Issue of this newsletter.

Further reinforcement can be made by having students hook the baskets of their poles together, behind their knees (see photo 1), and then pull the poles forward until they are against the back of the knees (see photo 2).

This action will get them into a stance where ankles and knees are flexed slightly, elbows are forward of rib cage, hands are outside of wrists (photo 3). Toes, knees and nose will all be in a line and a strong, balance athletic stance achieved.

If you now have the students glide or make a few turns in that position, they will know also what a balanced stance feels like. Using these two simple aides you can reach all of the students’ senses when you say it, show it, ski it, feel it. ❄️



Jim Rogowski teaches at Mt Hood Meadows, OR and Alpine Meadows, Lake Tahoe, CA. Email him: james.rogowski@gmail.com

I WANT YOU
TO SEND IN
YOUR SNOW PRO TIP

Email your protip to info@psia-nw.org



SWEETSPOT SKI TRAINER

THE KEY TO PERFECT BALANCE

TRAIN DYNAMIC SKILLS OF FORE/AFT BALANCE WITH THE SMALLEST, LIGHTEST, TOUGHEST SKI TRAINER. IT'S CHALLENGING, QUICK AND FUN FOR EVERY ABILITY

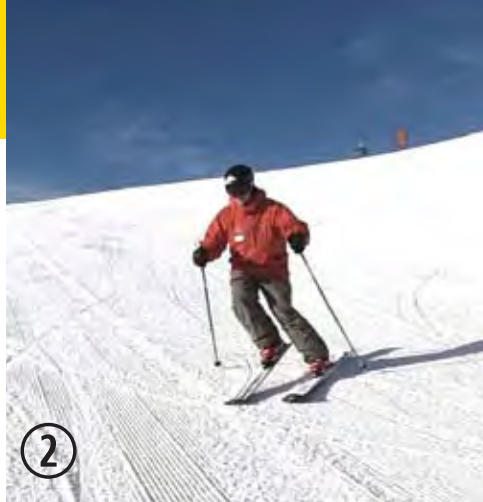
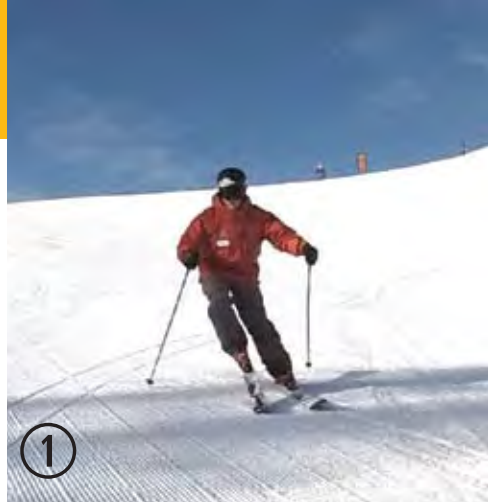


“THIS IS A HIGHLY EFFECTIVE DRY-LAND TRAINER. IT'S A GREAT TOOL FOR EVERY CLIENT, & AN ESSENTIAL TOOL FOR EVERY INSTRUCTOR”

Chris Fellows, author 'Total Skiing' and Director of NASTC

PSIA-NW MEMBERS GET A SPECIAL 45% DISCOUNT! PAY JUST \$39.82, PLUS P&P (RRP \$72.50)

Use discount code PSIA-NW on www.skia.com/us



GREASE THE WHEELS USE THE INSIDE SKI / LEG

By Mike Phillips

In the book, *Ultimate Skiing* by Ron LeMaster, he writes about several benefits of using the inside ski / leg. One concept in particular I like is using the inside leg as a trigger mechanism at the start of a turn. This facilitates a chain of movements to help the skier establish proper inclination, edge angles, and forward pressure early in the turn.

I like to refer to this as “greasing the wheels” to get it all moving together. This is a common movement that we should help establish, and be active with from the very beginning level to the expert level skiers. Some examples of this common movement can be found in walking around in the flats, executing paddle turns, wedge turns, wedge christie turns and parallel turns.

Following is one of my favorite exercises that I like to use for the parallel skier to help “grease the wheels” at the beginning of the turn.

Begin the exercise by picking up the tail of the inside ski, leaving the tip on the snow. Next, scribe an arc in the snow with the tip of the inside ski

at the initiation of the turn and continue to do so throughout the turn. See photos 1, 2, 3 above

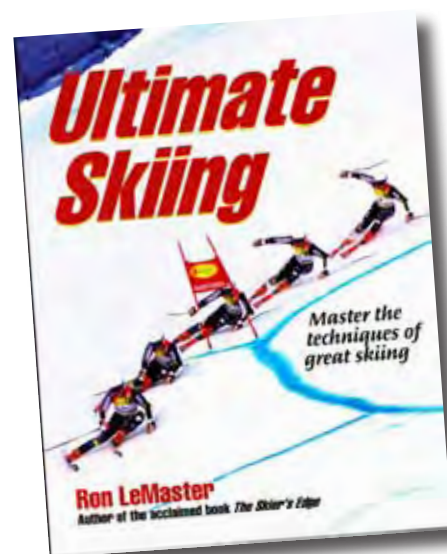
The effective visual cues are:

1. The inside leg is actively tipping and turning to scribe the arc in the snow.
2. The skier is creating edge angles with both skis.
3. The skier is establishing forward pressure early in the turn.
4. The feet and legs are turning underneath a quiet, stable upper body.

As the skier progresses and gains more confidence, have them pick up the whole ski off the snow and emulate the same movements as before. See photos 4 and 5 below. Look for the same visual cues as the first part of the exercise, except that the tip of the inside ski does not touch and scribe an arc in the snow. Finally, have the skier keep the inside ski on the snow throughout a series of turns. See photo 6 below. ❄️



Mike Phillips is a PSIA-NW Technical Team Member, Alpine Examiner and Trainer at Mt. Bachelor Snowsports School. Email him: 1wintershope@gmail.com



**Buy Ultimate Skiing at
PSIA-NW.ORG/shop
\$20**



Calm in the eye of the snowstorm.



When the forecast calls for snow, call on the 2013 Subaru Outback with Symmetrical All-Wheel Drive, which transfers power to all four wheel all the time. This much control lets you handle the road conditions regardless of the weather report. **Love. It's what makes a Subaru, a Subaru.**



Subaru is proud to partner with PSIA and AASI.

2014 LATE SEASON HIGHLIGHTS

COMPLETE LIST OF EVENTS, DAY CLINICS & EXAMS IN THE SEASON GUIDE AND ON-LINE

spring



SPRING SYMPOSIUM
MISSION RIDGE - APR 11-13

SPRING GS CAMP
MT BACHELOR - APR 25-27

FREESTYLE CAMP
TBA - APR 25-27

SPRING FLING
SEATTLE - APR 26

Check website or the Fall Newsletter & Season Guide for specific one-day clinic offerings near you.

summer



SUMMER PROFESSIONAL DEVELOPMENT SERIES
TIMBERLINE - JULY 11-13

SUMMER RACE CAMP
TIMBERLINE - JULY 11-13



MEMBERSHIP RENEWALS

DUES ARE DUE JUNE 30, 2014

Annual membership dues billing occurs in May with payments due June 30. Stay current, continue receiving benefits and retain your hard-earned certification by maintaining your membership.

etc.



UPCOMING CHILDREN'S, FREESTYLE & SENIOR SPECIALISTS

CS1, CS2, SS1, SS2, FS1, FS2 & FS3
MT HOOD MEADOWS - APR 19-20

DIVISIONAL CLINIC LEADER TRYOUT

TBA - MAY 2-4

Check website or the Fall Newsletter & Season Guide for more details about Specialist clinics.

Event Application Sign-up Details!

Download Event and Exam Applications from the 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. Be sure to check the website for more information about these events. All events must have a minimum number of participants in order to run.

