

PSIA/ASI  
NORTHWEST

Winter 11/12  
Issue #2 2011/12 Season  
PNSIA-EP

# snovsports instructor



## Season Guide Inside

2011-2012 event dates & descriptions

**Winter Blast** Feb 6-7 @ Stevens Pass

**2-day Immersion** Feb 8-10 @ Mission Ridge

**Divisional Academy** Mar 9-11 @ Whitefish

**Alpine & Snowboard Exam Modules**

Mar 17-18, Mar 24-25, Mar 31-Apr 1, Apr 7-8

**Symposium** Apr 13-15 @ Mt Bachelor

**an alternative way to  
make V2 skating easy**

by Don Portman

**would you take a lesson  
from yourself?  
insight from Manon Burke**

**plus pro tips, children's tips and more...**





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# contents

## CONTRIBUTIONS

- 4 Dues Increase Scheduled for Next Season**  
by Jack Burns, President and  
Ed Younglove, NW Representative &  
PSIA-AASI Operations V.P.
- 5 Call for Candidates**  
by Mary Germeau, Executive V.P.
- 6 The Joys of Teaching**  
by Tyler Barnes, Communications V.P.
- 7 What's New at Your Northwest Ski Areas**  
by Scott Kaden, PNSAA President
- 8 Certification: an Open Memo to the Northwest Division**  
by Chris Thompson, Certification V.P.
- 9 Adaptive Level I & II Get a New Look**  
by John Stevenson, Adaptive Chair
- 10 In Memory of Joy Lucas**  
by Kathy Hand
- 11 Excerpt from *It Started in the Mountains***  
by Joy Lucas
- 14 Welcome to the 2011-2012 Season**  
by Kirsten Huotte, Executive Director
- 21 Adult Teaching Handbook Review**  
by Ed Kane
- 24 Snow Pro Tips**  
by Brad Jacobson, Jeremy Riss, Brett Urbach,  
John Stevenson and Jenn Lockwood
- 27 Fly on the Wall: An Exam Shadow**  
by Brad Walsh
- 28 Pink Elephants & Flaming Ducks**  
Children's Tips by Terry McLeod, Kelly Medler,  
Caron MacLane and one shared by Joy Lucas
- 30 Balancing Movements Revisited**  
Senior Moment by Ed Kane



## FEATURES

12

### AN ALTERNATIVE WAY TO MAKE V2 SKATING EASY

by Don Portman

14

### 2011-2012 SEASON GUIDE

Event Dates & Descriptions

20

### WOULD YOU TAKE A LESSON FROM YOURSELF?

by Manon Burke



*Divisional Academy 2011 at Mission Ridge where we were joined by Glen and Kimberly Plake. Photo by Michael Buzzelle with staging and support by Nick Barth.*



## DUES INCREASE SCHEDULED FOR NEXT SEASON

by Jack Burns, President and  
Ed Younglove, NW National Representative  
& PSIA-AASI Operations V.P.



These are tough economic times. Your bank may be charging you new fees for old services and the value of your home has probably nose-dived if you bought it more than 4-5 years ago. So it probably won't come as a surprise that your dues are going up next year, starting July 2012, by \$16, a little more than \$1 per month.

PSIA/AASI (National) dues are going up \$11 and PSIA-NW dues are going up \$5. The good news is that the value of your membership has never been greater, and better still, it just keeps getting better. Our hope is that you realize the value of your membership and that you take full advantage of it. It's a bargain in the long run.

In June 2011, the National Board of Directors took a hard look at PSIA/AASI's financial forecast for the next five years. As stewards of the organization the National board made the difficult but financially necessary decision to raise dues \$15 next year (starting July 2012). This will be four years since the last National dues increase. When the decision to raise dues was announced to the Divisions, there was a considerable amount of discussion regarding the increase. Since that decision last June, and due to successful efforts to secure alternative sources of revenue (non-member money), the National board has been able to decrease the original dues increase from \$15 to \$11 and to enhance the benefits provided members, starting this year, by allowing access to the Movement Matrix free of cost. Another, much smaller increase may be necessary in 2013.

This fall, PSIA-NW approved a dues increase of \$5, also taking effect July 2012. The Division board felt this modest increase was necessary in anticipation of decreased revenue from dues and event income and, to maintain current levels of service despite cost saving measures, such as moving the

office to Wenatchee. While these increases fund different aspects of your membership, for you it is one cost and you should consider the value of your membership as a whole. Neither the Division nor National could possibly deliver the value you receive without the other.

Whether you are a registered member, just got your Level I, or have been certified as a Level II or Level III instructor for many years, you are all members of the "gold standard" professional organizations for snowsports instruction in the United States and, the premier snowsports organizations in the world.

Your membership says that you are a professional instructor. With that membership comes certain responsibilities. You subscribe to a professional code of conduct. You aspire to provide cutting edge professional instruction to your school's clients. You pay a reasonable membership fee to support the work of the professional organization(s) to which you belong.

In return you get many benefits from your membership. Many past communications have trumpeted those benefits, but here is a brief summary of some of them:

- \* **Clinics to improve your skiing, riding, or teaching**
- \* **Exams to validate your level of professional knowledge and skills**
- \* **The PSIA-AASI shields, recognized across the country, signifying your accomplishments**
- \* **PSIA-AASI national teams, divisional clinicians and examiners, who act as leaders and innovators in the field and provide top-notch training for all levels of membership**
- \* **The strength of the PSIA-AASI brand with snowsports schools and area management with supporting modest pay increases associated with professional education**
- \* **Connecting you to a support network of fellow instructors across the country who share your passion**
- \* **Reduced-cost print and electronic materials to support your on-snow education and training**
- \* **Consumer publicity promoting the value of taking lessons and the professional image of you as a ski or snowboard instructor**
- \* **Discount programs, pro deals, and catalog offerings, which reduce the costs of being an instructor, which more than offset the cost of dues.**

- \* **Newsletters and magazines to support your education and development**
- \* **Ever-improving web services to enable member self-service, access to member records, online training tools, web-based event registration, web-based catalog purchases, and communication with members across the country**
- \* **and more...**

PSIA-AASI National and PSIA-NW have each made continuous upgrades and improvements to their respective websites (thesnowpros.org and psia-nw.org) and online member tools to provide not only a better online experience, but also to recognize cost efficiencies and boost the amount of useful content available to you.

At the National Level, while significant in terms of investment, the gains in financial and service efficiency have already demonstrated the value of these web-based projects. Examples include:

- \* **A national social networking tool, driven by you, "The PSIA-AASI Community" that allows for information sharing amongst members, Divisions, and other PSIA-AASI stakeholder groups.**
- \* **Centralized web login, combining the various online resources, including membership renewal, into one platform.**
- \* **Development of "Web Extras," bonus content to supplement material found in the printed 32 Degrees and Snowsports Instructor magazines.**
- \* **Creation of a 100% electronic version of 32 Degrees and Snowsports Instructor magazines.**
- \* **A customizable and more detailed online member profile**
- \* **Operating system and design upgrades to the Movement Matrix**

The Movement Matrix, originally released in early winter of 2007, is an interactive, multi-layer web-site designed to revolutionize how PSIA-AASI delivers content to you. This tool utilizes video and a searchable tool to illustrate the skills concepts, situational skiing and riding, drills for teaching, and the national standards. Its content is relevant to alpine, snowboard, nordic, and adaptive members. And starting this season it is free with your membership! The normal subscription cost is \$15. Since the last dues increase, members have seen an increase in pro form opportunities from 25 offers four years ago to 42 direct offers to the mem-

bership today. In addition to these offers, supplier programs also subsidize the PSIA-AASI Accessories Catalog, which provides more opportunities and access for members. Active membership in PSIA-AASI is recognized as the industry standard for pre-qualification for pro purchase opportunities.

In addition to a strong and successful public relations effort, PSIA-AASI also produces consumer messages through the "Go With a Pro" (GWAP) campaign. GWAP offers simple marketing and messaging tools that can be adapted by Divisions and schools to attract more guests to lessons at all levels and to raise the image and value of pro instructors. GWAP is supported through video "Pro Tips" as well as a 60-minute television show that airs nationally on cable sports and resort networks. PSIA-NW also offers a free GWAP clinic to any member who has recently taken their Level I exam (pass or fail), which counts as a one-year educational credit required to maintain your membership.

PSIA-AASI and PSIA-NW are both critical components of "Learn to Ski and Snowboard Month," (LSSM) and take an active role in this program designed specifically to get more people taking more lessons with pros in January. Look for details about LSSM in this newsletter and on-line.

In anticipation of the dues increase, and at the urging of the Divisions, PSIA/AASI commissioned a member survey. You should have received it electronically in early October and hopefully you participated by completing it. We want to hear from you about what you value in the organization, both nationally and divisionally. We will be analyzing the survey information with the goal of improving our current offerings and adding appropriate cost-effective benefits that are important to you.

Dues increases are never popular and we won't pretend otherwise, but our hope is that you will see that the cost of your membership is well worth what you get in return. We would be pleased to hear from you on this or any other issue. ❄️

*Jack Burns is a 40+ year member of PSIA, an Alpine Level III certified instructor, as well as a trainer and supervisor for Fiorini Ski School. He can be reached by email at the\_lawyer@msn.com. Ed Younglove is a past PSIA-NW President, current NW National Representative and PSIA-AASI Operations V.P. He is also a TD for the Crystal Mountain Ski and Snowboard School. Email him at edy@yclclaw.com*

## CALL FOR CANDIDATES

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



PSIA-NW members are encouraged to get involved and run for any position on the Board of Directors that is up for election in their region. In order to run, you need to meet the candidacy requirements and complete and submit an Announcement of Candidacy to the PSIA-NW office via

Fax, e-mail or "snail" mail to be received on or before 4:00 PM, December 31, 2011. Candidacy requirements require that a person be a Level II or III or a Level I with two years of membership. This person must also be working in or have a nexus with the region in which he/she wants to run for a directorship.

**You can read candidate statements or download a candidacy form at the [psia-nw.org](http://www.psia-nw.org/news/call-for-candidates-for-2012/) website at the following address: <http://www.psia-nw.org/news/call-for-candidates-for-2012/>**

Positions are for three-year terms and require attendance at two board meetings per year plus other events and volunteer committee work, as needed. As usual, one third of our Directors come up for election in the spring each year. The statements for reelection submitted with the Announcement of Candidacy will be published in their entirety on the website. Positions to be reelected this winter by member ballot for seating at the 2012 Spring Board Meeting are:

Region	Pos	Incumbent
Whitefish	1	Mike Davies
Snoqualmie	5	John Winterschied
Snoqualmie	6	Wayne Nagai
Stevens Pass	1	Mark Schinman
Stevens Pass	3	Mary Livingston-Weston
Spokane	2	Rick Brown
Mt. Hood	2	Bill Arenz
South Central	1	John Nelson*
Bend	2	Donna Sanders*

*Special Notes: Donna Sanders, Bend Position 2, was elected at last winter's election, but only had one year left on the term so must run again this year. John Nelson was appointed to fill vacancy in South Central Position 1 and must run again this term.*

## MEMBER SCHOOL REGIONAL DIRECTORS

Member School Regional Directors are also up for election each year on a rotating basis. A person wishing to run for one of these positions must be a Certified Level II or Level III and a Snowsports School Director in the Region in which he/she wants to run. There are currently four regions in PSIA-NW. Two Regional Directorships are up for election this year. The first is for Region 2 (Spokane, Idaho and Montana) which is currently held by Maxine McIntyre of Mt. Spokane. The second is Region 3 (North Central, South Central, and Blue Mountains) which is currently being chaired by Jodi Taggart of Mission Ridge.

A position as a Regional Director is a three-year term. Those considering running for the position must be current directors of a snowsport school in good standing. There are only four of these positions that are elected on a rotating basis. The Snowsport School Directors in the Region elect the Representative for their Region by mail-in Ballot.

## GENERAL INFORMATION FOR ALL CANDIDATES

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

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

*Mary Germeau is co-owner and operator of Olympic Ski School at Stevens Pass. You can reach her by email at [maryolympic@hotmail.com](mailto:maryolympic@hotmail.com)*

## STATE OF THE UNION

### THE JOYS OF TEACHING

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



Another December is upon us and having just conducted a four-day new hire training and tryout clinic at Mt. Hood Meadows, where we evaluate and train potential new instructors, it occurred to me that I was that “new hire” not so long ago - well it seems like yesterday to me.

And while my hiring clinician does not likely remember that day, or me specifically – as I assume these hiring events tended to blend together from year to year then, as they do now for me – I remember that day quite clearly. It was a “crystalizing moment,” as Stan Aunan would have called it, in what would be the beginning of a career of teaching snowsports that began in part because of Joy Lucas.

The following is an email exchange I had with Joy in February 2010 after she (re)introduced herself to me:

Hello Joy,

We have met actually! It was March 1984. The second most pivotal year in my life!

The first being 1979: Christmas morning, when I received my first pair of Rossignol skis and learned to ski at Stevens Pass at Ski Lauffer Ski School. The second pivotal year being 1984 during a sunny, March afternoon when I was hired by John Mohan to be a “ski assistant” at age 15 for Northshore Ski School / Ski Acres Ski School.

I remember the day quite vividly, and after skiing with you and Sheron (Mohan), I felt fairly confident I did well. I recall that John announced the names of those selected in reverse alphabetical order by last name – me being Barnes, was nearly an insurmountable amount of anxiousness for the selection announcement, and in fact John skipped my name ... then, last but not least, I finally heard my name. I was ecstatic!

I taught in the era of the Ski Acres Ski School while you and Jim were there, and when Sheron and Didi led the Associate Certified training, of which I am a product. I taught for John from 1984 – 1992 during the time of Bud Davis, Leapen Lauren, Rob Stimmel, Paul and Earl Saline, among others like your son, who were the youngsters then. You were an icon then (and still

are) and I hope we can become reacquainted again.

I have been on Mt. Hood since 1993, when Steve Bratt’s charisma coaxed me into “just one season full-time.” That was 17 years ago now, but Steve, John and Sheron, and all that you stand for and helped create, are the foundations of where I am today. Thank you.

I have a signed copy of John’s book, Freestyle Skiing, that he presented to me. I also have a copy of your book, It Started in the Mountains, and would be honored if you’d sign mine, when we meet again! I want to personally thank you for all your years of dedication and devotion to ski teaching in the Northwest and beyond. You have paved the way for many!

And yes, I’d love to see those back issues, that are not yet available “on-line” (per my column in the latest issue) – perhaps I can scan them and put them on the new website which will be launching soon!

Kind regards,

Tyler

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Dear Tyler,

Oh, my Goodness! - What memories you do bring back! Steve Bratt was one of my favorite people! - and of course John and Sheron are like my own kids! (they are my Trustees! ) Didi, Rob - oh, they all meant so much to me! How blessed I have been through skiing! To think you took the time to write such a lovely letter. Thanks again for remembering me!

Let’s do keep in touch!

Joy

---

As snowsports educators, new hire trainers, examiners, clinic leaders, etc. it is important to realize that the impact and influence we may have on a student or new instructor could potentially last a lifetime, and alter the course of their lives forever, as did Joy’s influence on me. ❄️

---

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

## NW snowsports Winstructor

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### SUBMISSION DEADLINES

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

#### Fall Issue (Sep – Nov)

Ads & Articles by September 10

#### Winter Issue (Dec – Feb)

Ads & Articles by November 10

#### Spring Issue (Mar – May)

Ad & Articles by February 10

### 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.





## WHAT'S NEW AT YOUR NORTHWEST

### SKI AREAS

by Scott Kaden, PNSAA President

Last winter's epic ending to the ski season provided the necessary capital for ski areas to implement many improvements during this summer's construction season. With the arrival of the season's first snows, and a favorable La Niña winter forecast, ski area work crews are completing chairlift installations, warming huts, bike parks, and significant enhancements to guest service buildings. As is the case each fall, all ski area operators are 'tuning up' ski lifts, day lodges, parking facilities, and the compelling array of ski school programs.

**OREGON:** Providing access from the main base area to a ridge near the upper terminal of the resort's Heather Canyon chairlift, the new Stadium Express quad at **Mt. Hood Meadows Ski Resort** will greatly improve access to the area's northern terrain and chairlifts, contribute considerable out-of-base lift capacity, shorten the lift line queues in the base area, and improve lift service for night skiing operations. Mt. Hood Meadows also augmented its grooming fleet with four snow cats. **Mt. Bachelor** constructed a 60-seat, heated Umbrella Bar at its Sunrise base area and made major renovations to the mid-mountain Pine Marten Lodge. Mt. Bachelor purchased three snow cats to enhance its terrain park grooming operation. **Mt. Hood Skibowl Winter and Summer Resort** installed a moving carpet lift for its tubing hill and expanded the tubing hill capacity by 40%. Mt. Hood Skibowl also added snowmaking coverage to the tubing hill and Lower Bowl area, and created a three-trail, all-abilities, 'freeride' bike park. **Timberline Lodge & Ski Area** will begin celebrating Timberline Lodge's 75th Anniversary by hosting the "kick-off" events for the nation's Skiing Heritage Week on April 8 and 9, 2012. In addition, Timberline invested more than \$1.5 million in improvements to the Wy'east Day Lodge – with construction of a new mezzanine with seating capacity for 140 people. Timberline added two snow cats to its fleet, and began its ski operations on the Palmer Snowfield earlier than normal – September 30.

**WASHINGTON:** **Mt. Baker Ski Area** has invested \$3.5 million in the construction of a mid-

mountain warming hut. Steeped in the traditions of Cascadian architecture, the new Raven's Hut will provide indoor seating for 300 customers. **Mt. Spokane Ski & Snowboard Park** completed a thorough remodel of its Snoplay Daycare Center, which was made possible with assistance from Children's Choice Dental. Mt. Spokane also installed a point-of-sale software system, which now supports a direct-to-chairlift ticketing function. **The Summit at Snoqualmie's Summit West** installed a fully enclosed, 210-foot, moving carpet lift for "first-timers." **Summit Central's** Silver Fir terrain will benefit from the re-grading of Hog Wild Trail, and construction of an enhanced connector trail, which links Silver Fir and Golden Nugget trails. The purchase of a powerful, winch-equipped, snow cat will ensure that upper pitches of the Silver Fir Express quad chairlift receive regular snow grooming. **Alpentel** constructed a new ski patrol station near the top of the Armstrong Express quad chairlift, which will be open to the public. **Crystal Mountain's** new 8-passenger gondola – which opened in January – will provide direct lift access to the Green Valley Express quad chairlift and trails in Green Valley. Located underneath the top terminal of the Mt. Rainier Gondola, Crystal Mountain's RDL Test Center debuts this winter – featuring the latest technology from equipment makers Rossignol, Dynastar, and Lange. **The Stevens Pass Bike Park** opened with two, Phase I downhill mountain bike trails and lift transport by the resort's Hogsback Express quad chairlift. Construction of the three remaining Phase I trails will take place after the snow pack melts next spring. A full opening of Phase I mountain bike trails, bike rentals, and retail operations is scheduled for late June or early July – weather permitting.

**IDAHO:** **Bogus Basin Mountain Recreation Area** replaced its venerable Superior Chairlift with a \$5 million high-speed quad chairlift. The Superior Express will move twice as many people twice as fast. **Lookout Pass** completed a lodge addition, adding seating for 80 guests. In addition, Lookout Pass added a large sun deck to the lodge to augment its seating capacity. **Schweitzer Mountain Resort** constructed a 700-foot zip line, which will operate during the summer and winter operating seasons – weather permitting. **Silver Mountain Resort** created Gold Pan Alley – a new children's adventure trail – and expanded the gladed terrain in the basin served by Chair 3.

**MONTANA:** **Whitefish Mountain Resort** installed the Bad Rock triple chairlift to provide an additional way up the mountain from The Base Lodge (access to chairs 1, 2, 3, and 4 and the Upper Village's dining, retail, and lodging properties). The resort also developed a new bar in the third level of The Base Lodge. PSIA-NW Divisional Academy will be at Whitefish March 9-11, 2012.

**ALASKA:** **Alyeska Resort** focused its energies on the construction of a ski lift-served, downhill mountain bike trail network. Alyeska also added gladed terrain in the Race Trail and Lower Bowl areas.

For additional information on these exciting developments in the mountains, please visit your favorite mountain's website or call Scott Kaden at (541) 386-9600. ❄️



Scott Kaden is the president of the Pacific Northwest Ski Areas Association (PNSAA), a non-profit trade association, which represents the business interests of ski and snowboard facilities in the five-state region of Alaska, Idaho, Montana, Washington, and Oregon. Kaden oversees the business affairs of the PNSAA, monitors legislative, regulatory, and legal issues relevant to ski area operations, participates in ski area facility master planning and related environmental review processes, builds industry relationships with USDA Forest Service staff (at local, regional, and national levels), and serves as the Association spokesperson.

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## CERTIFICATION: AN OPEN MEMO TO THE NW DIVISION

by Chris Thompson, PSIA-NW Certification  
V.P. and Alpine Examiner



The divisional clinic leaders (DCLs) meet at least twice during the season; once at Timberline in the fall and again at Stevens Pass in the spring just prior to exams and other spring events. At both training sessions dates training director's (TDs) coincide.

The DCL "staff" is all inclusive: Alpine, Snowboard and Telemark divisional clinic leaders, Alpine, Snowboard and Telemark examiners and the Alpine Technical Team (track and adaptive staff meet independently of these training sessions). Friday trainings are examiner focused and for the past few years has included the entire division staff to ensure consistent communication and content. These trainings are not inexpensive to attend however the DCLs attend these trainings unpaid and volunteer their time and energy, which is helpful in reducing the cost to the organization. Fortunately the areas provide complimentary lift tickets to staff who do not have a season pass.

The first two days of the alpine DCL fall training at Timberline were exam focused. We agreed the skiing module is straight forward and with the updates this season should have more of a "skiing" feel. Last season we implemented a teaching/professional knowledge element on the skiing module day however it is not graded. This is intended for the examinees to verbally rehearse their performance on the skiing day. It also allows the examiner to better understand the examinees' skiing performance enabling the examiner to write meaningful goals and feedback based on the on a candidate's technical and professional knowledge relative to their skiing performance.

The alpine teaching module is a bit more complicated to manage. In effort to ensure examiners witness each of the examinees teaching segments during the day, the time elements of the exam have changed. Instead of separating the examiners and having two long teaching segments during the day the group stays together

as a whole and we now have one long segment and one short segment. The long segment will be approximately 15-30 minutes and the short segment will be more technically oriented usually with movement analysis segment of roughly 5 to 10 minutes per individual. During the short segment there will be more two-way communication between the examiners and examinees.

On Friday's training at Timberline (the one day we were able to be on snow) the alpine divisional staff role-played Level II and III teaching examples. This was followed by an indoor debrief session. The discussion topics included types of questions to ask, how to pose them and the timing for the question and answer. On Saturday we were weathered out so we held an indoor work session built around exam management. There were three focussed discussion questions:

1. How do you setup the exam group in the morning?
2. With the limited time available on the teaching day, how does an examiner set up the long-and-short teaching segments?
3. How does the examiner arrive at the technical grade?

The breakout sessions included examiners, examiners in training and divisional clinic leaders: many of the staff are also trainers for their respective ski schools. Although our exam corps has been doing an outstanding job over the years, we constantly seek avenues for improvement. Decidedly, the hottest topic of discussion was how to set up the morning meeting between exam team and the examinees. A suggestion was made to create a working outline for the exam staff; this would ensure that the same information is covered by each exam team. Reflective of the exam process goals the Alpine Technical Manual points out the student makeup (examinee) + instructor behavior (examiner) = the learning partnership (successful exam).

### Breakout group suggestions for implementation this season:

- \* **Introduce all staff, observers and all examinees. Proceed through the setup answering any questions that may arise.**
- \* **Note that this is an exam, an evaluation, not a clinic. It is not competitive but supportive, offering an opportunity to showcase teaching ability plus an opportunity to learn from peers. Explain the examiner staff roles at this time.**

- \* **Thoroughly clarify the short and long teaching segments. Explain process for selecting teaching topics. Reiterate that Level II is more of a clinic and Level III is peer improvement.**
- \* **The examiner or the examiner-in-training could model teaching expectations at the beginning of the day.**
- \* **Explain the technical questioning process for each candidate and the group at large. Unless absolutely necessary, there are to be no questions asked of a candidate during their long teaching segment.**
- \* **Note it is always OK for the examinees to ask questions for clarification of the examiner.**
- \* **As an examinee, and depending upon group size, you may be working with the whole group or a portion of the group. Those who are not a student may be working with their peers on a technical point as directed by the examiners.**
- \* **Emphasize once again that the exam is conducted based on the American Teaching System as defined by the national standards referencing such points as the teaching cycle & model, skills concept, CAP model, stepping stones, Blooms Taxonomy, etc.**

Certification is a process in which an examiner validates your competency level. Nationally, each of the nine divisions comprising PSIA/AASI uses three primary modules: written, skiing and teaching. Each of the divisions determine their own certification process depending primarily upon their demographics. The NW has chosen to manage a more distilled version as the on-snow portions of the exam, skiing/riding and teaching/professional knowledge, are one day modules. For additional, complete exam information, the PSIA-NW website includes exam guides for all disciplines. Feel free to contact me or PSIA-NW Member Services if you have any questions. ❄️

Chris Thompson is the PSIA-NW Certification Vice President, an Alpine Examiner, Founder and past Head Coach of the PSIA-NW Technical Team. He is also the TD for Schweitzer Alpine Racing School and a ski school trainer at Schweitzer Mountain Resort, Idaho. Email him at [mistert@nctv.com](mailto:mistert@nctv.com)





## ADAPTIVE LEVEL I AND II GET A NEW LOOK

by John Stevenson, Adaptive Committee

After several years of review, revisions and feedback, the adaptive committee and the Adaptive exam project team (Trudy Parcher, Kathleen Priest, and John Stevenson) are proud to present the updated adaptive manual, exam process and supporting study materials for the 2011-12 season.

We made every effort to keep the level of proficiency required to pass the adaptive exam at a high level consistent with the traditions of the NW division and to meet the national standards. The committee worked hard to reach a balance between the pioneering spirit of our division and the need for reciprocity inter-divisionally.

The exam modules are 1) three track/four track, 2) mono ski/bi ski and 3) cognitive (intellectual)/visual impairment. We will be working on a snowboard exam this winter and hope to have a process ready for the 2012/2013 season. If you are interested in being part of the snowboard exam project please contact PSIA-NW (info@psia-nw.org).

There are several "member friendly" changes we are excited about. In the Teaching and Technical section you will now be tested through the Intermediate Zone (previously referenced as level six) in your Level I exam modules. When you pass all three Level I modules you will have passed your Level II teaching and technical portions of the exam. The new procedure for the Level II skiing component is no longer a part of the Level II alpine exam. Upon successful completion the three adaptive modules you will be eligible to take the "functional skiing" exam as part of the adaptive exam process. The standards for this portion of the exam will be at a proficiency level similar to the alpine Level II skiing exam. A Level II or higher alpine certification will meet this requirement. You will however be expected to demonstrate some or all of the "functional skiing" tasks during the teaching and technical portion of the exam. The new skiing portion of the exam will focus on many of the same movements as the alpine Level II test with a few specific tasks and techniques that lend themselves to the skill set of a quality adaptive instructor.

Having reduced some of the previous hurdles we hope these changes will entice you to take part in the certification process. Please review the new materials and if you have any other questions, feel free to contact PSIA-NW (info@psia-nw.org or

206.244.8541). Thanks to Kirsten Huotte and the ETC for your support. Thanks to all of the trainers, examiners and members from the NW and many divisions across the US for input and feedback. A special thanks to PSIA/AASI Rocky Mountain Adaptive for much of the inspiration and direction of this project. For a look at the new materials and exam procedures please visit the PSIA-NW web site: <http://www.psia-nw.org/certification/adaptive/adaptive-certification-downloads/> ❄️



John is a PSIA-NW Adaptive Clinician and Adaptive Examiner. Email him at [johnericstevenson@comcast.net](mailto:johnericstevenson@comcast.net)

Post comments @ [psia-nw.org](https://twitter.com/psia-nw.org)

### Exam Schedule 2012

The 2012 Exam Schedule is out. More details about the exam process, written exam locations, Exam Checkpoints and the exam schedule can be found at [PSIA-NW.ORG](http://PSIA-NW.ORG) and in the Season Guide section of the newsletter.

#### Summit XC Center Exam

Track Exam only, Level II & III  
March 4

#### Summit West Level I Exam

Snowboard and Telemark Level I only  
March 11

#### Timberline Level I Exam

Telemark Level I only  
March 11

#### Schweitzer Exam Modules

Alpine and Snowboard, Level II & III  
March 17-18

#### Stevens Exam Modules

Alpine and Snowboard, Level II & III  
March 24-25

#### Mt Bachelor Exam Modules

Alpine and Snowboard, Level II & III  
March 31 - April 1

#### Mt Hood Meadows Exam Modules

Alpine, Snowboard, Telemark Levels II & III and Adaptive Modules  
April 7-8



*"When I became a member of PSIA I saw it as an opportunity to continue learning with a purpose as well as validation of success (certification levels). However along the way I discovered a whole community of snow sport enthusiasts that were making enormous sacrifices in their lives in order to play on the snow and to share their passion with peers and students. This was a group of people I wanted to emulate. Through PSIA I have had so many great experiences skiing and riding with extremely talented individuals that want little more in return than to share their passion. This coupled with that student who suddenly "gets it" and you know they too are now hooked on the sport, makes for a great way to spend a winter. I am very grateful for the experiences that PSIA has created for me and am looking forward to the ones yet to come."*

Jodi's photo by Dominick Bonny.

### Certification Omissions

In the last issue we published members names who passed a recent exam, but we missed a few people. Sorry about that. Congratulations go out to the following members:

**Mark Wilson** - Alpine Level II  
White Pass

**Pam Thompson** - Alpine Level I  
Lookout Pass

**Tina Galle** - Alpine Level I  
Summit Learning Center

**Andrew Calvin** - Alpine Level II  
Lyon Ski School

## IN MEMORY



### JOY LUCAS

**FEBRUARY 15, 1917 –  
NOVEMBER 25, 2011**

Lucky Joy Lucas was a pioneer in the ski industry. Yes, her first name was Lucky, but we were the lucky ones as she settled on ski teaching and gave her time and talent to us. She passed peacefully on Black Friday - November 25, 2011.

Joy will be remembered for a long list of firsts. She was the first woman ski instructor certified in the United States and on the Northwest's first board of directors. She was the first Executive Secretary for the PNSIA (Pacific Northwest Ski Instructors Association) and set up the first office; which was a bedroom in an apartment just East of Sea-Tac Airport. This was a shared office with PNSA (Pacific Northwest Ski Association) and before that the Northwest Division was a committee of the PNSA. The first newsletter was run on a mimeograph and mailed from that office. We didn't have zip codes then and zip codes later became another learning experience.

Joy kept the balls in the air, keeping our membership in order. She became known with affection

as our Mother Superior. She organized our Symposium events where we were placed into classes per our ability to handle slopes; at the time we were the only division to provide that kind organizing. We were a hard playing group and she kept some of us out of jail, literally. I remember a "lost bus" at a Bogus Basin Symposium one year. If you do not know the story you must ask a Legend or at least an old timer.

Joy worked in the office year round, even when we were small. Summers were spent in review and organizing for the next year. When dues billings went out she was in full swing with Fall Seminars, ski school insurance billing, etc. It took three years to break someone in to help out as each thing we did usually only happened once a year.

One year she fell and they said she would never walk again. The doctors didn't know her strength of will and of course she was back up on the slopes. Not only did she teach, but she and her late husband Jim ran the Evergreen Ski School at Snoqualmie for 18 years. She knew our organization from all sides and that made her so very valuable to us.

*It Started on the Mountain* was a book written by Joy. It was fun being on the committee with Joy, Kay Haley, and Willa O'Conner. The committee expanded as we went, but working from a picnic table on the water at Camano Island a book took shape. Many stories were told that wouldn't or couldn't make the book, but we loved every one one of them. If you have not read our organization's history, pay tribute to Joy, purchase a book from the office and learn about our early years.

Joy was a hard worker all of her life. Her father was a Forest Ranger and she grew up in the woods, coming to Seattle every winter to go to school. She modeled for local department stores and worked

ski retail among other things. Joy gave birth to 4 children; one died at age two from tuberculosis and Michael, Katie and Dave still are here along with her grandchildren and great-grandchildren. Dave carries on the family's PSIA-NW legacy; he's a Divisional Clinic Leader, Alpine Examiner, past Technical Team member and past PSIA-NW President.

Joy served other people and enjoyed doing that. She passed away from pneumonia brought on by a small stroke that knocked out a flap in her esophagus that controls where the air and food go.

There will be a private family service at Chinook Pass to celebrate her life when the snow is gone in the Spring 2012. Remembrances can be made to the charity of your choice.

Her friend,  
Kathy Hand

### HOW PSIA

### DEVELOPED

*by Joy Lucas - with excerpts from "It Started in the Mountains" -1996. Portions of this text provided to PSIA National for the 50/50 event.*

European countries had their national ski associations for many years to oversee and conduct racing competitions and to certify instructors to teach skiing. By the early 1930's, the U.S. began the National Ski Association (NSA, later USSA) to do the same for competition in America. This organization is responsible for the real development of skiing and ski teaching throughout the country.

Throughout this time in America, there were few instructors and everyone tried to learn on their own. Self-help ski books were popular as the ski-



*Symposium '94 awards banquet with Kathy Hand*

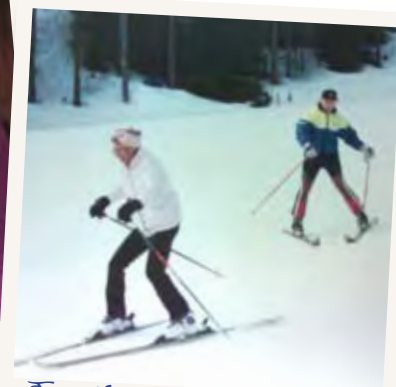


*Joy Lucas*

*PSIA member #23  
Full Cert date 1941*



*Jim and Joy Lucas*



*Joy & Jim legends clinic Symposium - 1995*



ing public struggled to learn. Self-proclaimed ski instructors flourished throughout the country, each one teaching his own version of how skiing was done.

In 1937, the United States Forest Service directed the National Ski Association and all its divisions to set standards and begin certification of all ski instructors for the protection of the public. The first Certification examination in the United States was held in Woodstock, Vermont under the direction of the Eastern Amateur Ski Association (EASA) in 1938.

The first instructor certifications were held under the direction of each divisional certification committees of the National Teachers Committee of the National Ski Association (NSA) before World War II. At the time the divisions were: Central, Eastern Amateur, Far West, Intermountain, Northern Rocky, Pacific Northwest, and Rocky Mountain. After the War, Northern Intermountain formed its own division. Alaska did the same. Eastern dropped "Amateur" and became just Eastern.

In 1938 the Pacific Northwest Ski Association (PNSA) set up its Certification Committee under the chairmanship of William F. (Trader) Horn and Robert Hayes. The first Certification Exam in the Pacific Northwest was held in April, 1939 at Paradise, on Mt. Rainier. Ken Syverson, Max Sarchett, Ariel Edmiston, Gerry Perry, Ralph Bromaghin and Jim Parker being the first to pass this first exam. Austrian instructors, Otto Lang, Luggi Foeger and Peter Schlatter were the examiners.

Four exams were held in PNSA before World War II curtailed the program. The National Certification of Ski Instructors of the National Ski Association became active again after the War in 1946. Instructors had to be re-certified plus had to be recertified every three years to maintain their certification.

**Divisions Begin to Start Their Own Organizations.** In 1958, most of the divisions decided it was time to start their own instructors organization instead of being just a Committee in NSA. The Pacific Northwest Ski Instructors Association (PNSIA) became a reality in 1958 when they wrote their By-Laws and incorporated their own organization. Joe Harlacher, who had been PNSA Certification Chairman, was elected President of the new organization. Two women, Toni Rhinehart and Joy Lucas were the first two women to be elected to the new Board of Directors. Toni became the first Treasurer.

In 1958, it was decided instead of instructors having to re-take the exams to maintain their certification, it was more effective to require members to attend educational clinics. Thus, the two day

Symposium was born and held at White Pass, WA. PNSA brought in the best instructors from all over the country to assure their members received the newest in teaching and skiing. It proved both popular and effective, bringing in more and more instructor members to join the organization as well as assuring their capabilities were kept up to date.

In 1960, PNSIA changed the Certification ratings from "Advanced" to "Certified" and "Standard" changed to "Associate." A new classification of "Registered" began to bring in members who were in training or had not yet passed their examination. The small rectangular Certified pin was white with gold letters while the Associate pin had a blue background.

Another way PNSIA was different was that women were allowed to teach and take the Certification examinations in PNSIA. In all other divisions, women were only allowed to be "babysitters." Out here, there were a number of women who taught. Joy Lucas became the first woman in America to pass the Certification in 1941, opening the door to many other qualified women instructors. PNSIA had about 1/3 women in its membership plus having the first woman divisional President, Lenore Lyle.

The very first PSIA Divisional office was opened by the Pacific Northwest Ski Instructors Association (PNSIA) in Seattle in 1969. Joy Lucas was PNSIA Executive Secretary until she retired in 1985. She continued to teach until she was 75 and skied until she was 80. The Pacific Northwest Ski Association (PNSA) included the large greater Seattle metro population, with its close proximity to the mountains. It developed the NW phenomenon of Mass Ski Schools. This brought many differences in thought concerning full-time and part-time instructors and played important parts in the development of PSIA.

For this reason, this section tells of how it developed. In 1937, The Milwaukee Railroad opened the Ski Bowl, just east of Snoqualmie Pass, with ski trains running each weekend. Thousands made the short ride to learn the ABC's of skiing. Ken Syverson, Otto Lang's assistant, directed the school. The Seattle Times and Tacoma Tribune newspapers offered free ski lessons to high schoolers beginning in 1939 – the Times being at the Ski Bowl and the Tribune going to Paradise on Mt. Rainier. The Tribune was forced to close when the National Parks Service discouraged skiing in the Park. To satisfy the demand for ski lessons, the Seattle Post Intelligencer also began a free ski school. In 1950-51, The Times and P.I merged their ski schools and moved to Ski Acres when the Ski Bowl burned down that year.

By the early 60s the free ski schools had grown so large that the papers discontinued them. The public was clamoring for lessons so Webb Moffett of Snoqualmie Pass and Ray Tanner of Ski Acres, invited Certified Instructors to start their own ski school and bring them to Snoqualmie and Ski Acres. Thus the phenomenon of Mass Ski Schools developed. The Snoqualmie Pass areas became the cradle of ski instruction for the Greater Seattle area. Soon other ski areas around the division were adding more schools to their list, as well. The Seattle Parent Teacher Association (PTA) school grew to more than 1,500 students, with more than 100 instructors to handle the classes. Major ski areas would have as many as 100 busses parked at their areas.

The mass Ski School phenomenon of numerous ski schools in one ski area made PNSA unique in the country. Other divisions had only one ski school in the area, where here, there would be anywhere from 15 to 20 schools operating in the same area. Some schools even operated in more than one area. At its height, more than 100 Certified Ski Schools operated in the PNSIA.

Here, schools, clubs, churches, and stores had their own school that ran six, eight, 10 to 12 lessons a season - snow, rain or shine - from private, full day lessons, half day to one-hour classes by the ski area. Even Boeing had their own ski school. During the week, schools taught women, held night classes, especially for the business executives. The ski areas never had to advertise - the ski schools did it for them...

To read more purchase **It Started in the Mountains** by Joy Lucas printed in 1996 from the PSIA-NW Bookstore or just call Member Services.



**Copies of Joy's book It Started in the Mountains are available for purchase from the PSIA-NW for a special price of \$15 (save \$7.50).**

# an alternative way to make V2 skating easy

photos and text by Don Portman



U.S. Ski Team member Torin Koos in the Methow Valley. Photo by Don Portman.

**Our** students often have difficulty learning or maintaining the elegant and powerful V2. Often the problem lies in poor balance and incomplete weight transfer. Here is a way to teach and learn V2 while minimizing those problems. It gets students doing a version of V2 that can be continually improved as balance and weight transfer improve. We all define different skate strokes by poling timing. Often this misleads skiers into over-emphasizing their poling, which makes V2 difficult to learn. V2 can be easy if you use your legs effectively. Here is how:

First, learn to make your skis active. The way you move your skis is not intuitive. You would think that to propel yourself down the track you would need to push powerfully to the side and back against one ski. Not so!

Focus on making your ski glide in the direction it is pointing. We call this forward even though the ski is at an angle to the track. Here's a drill to learn how to make your skis move. Stand facing up a slight hill and put your skis in a "V" - tips apart, tails together and edged slightly inward. Be sure that you are in an athletic stance - ankles flexed forward - then force both skis forward at once by moving your hips forward. Don't let the skis skid sideways. They should move uphill and farther apart, leaving a clean slice in the snow and leaving you in a very wide-legged stance. Now relax and let gravity return them to the original "V." Try it a number of times until it feels comfortable.

Turn this drill into skating. On the flat, form your "V", push your skis forward (the direction they are pointing) and then before you end up in the splits and on your face, step a ski ahead. The skis still maintain their "V" relationship but now one is ahead of the other. Keep the stepped ski moving as you put it on the snow. Then continue to push it forward while stepping the other ski ahead. You should now be moving from ski to ski while actively pushing each ski forward. This is the "active ski" concept that will make V2 easy.

The next step is to get the pole timing down. The key is to focus on the active ski for power. Pick a nice flat section of trail and follow the sequence below. Be sure to practice each step until it feels comfortable before moving on to the next one.

**1** Just skate without using your poles. Hold your hands in front of you with your elbows bent and poles pointing straight down. Feel that active ski.

**2** Add poles by just tapping both poles on the snow after each ski hits the snow. The rhythm is: Ski-tap, ski-tap, ski-tap.... There is no arm follow-through at this point. Your hands are still held in front of you and you are facing straight down the trail. This is for timing only. No power is generated from your poling.

**3** Add more active ski. Once your poles hit the snow, actively make the ski you are standing on go forward with more force and speed. Now the rhythm is: Ski hits the snow-tap your poles-make that same ski go, Ski hits the snow-tap your poles-make that same ski go.

**4** Let the length of your glide control your arm swing. This is important. The more you actively make your skis glide the more your arms will want to move and follow-through. That's great, let your arms swing but don't force them. If you swing your arms too much and your glide length doesn't match, your arms can't keep up. It will be very hard to get your hands up and in front of you fast enough to pole again. So don't force your arm swing. Be comfortable with an incomplete follow-through. Just be sure that your arm swing matches your glide. As your glide improves so will your follow-through.

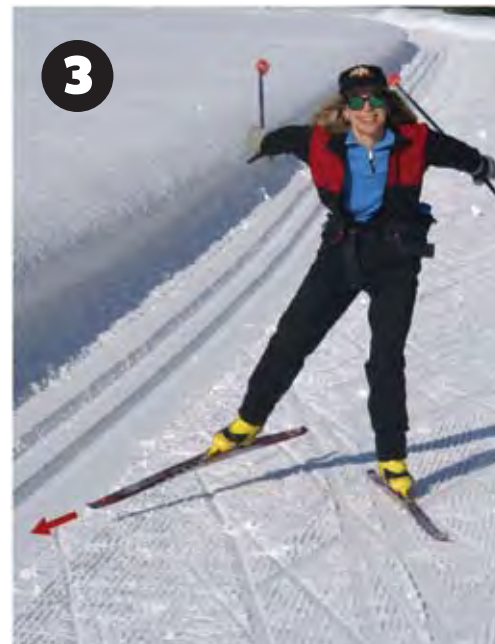
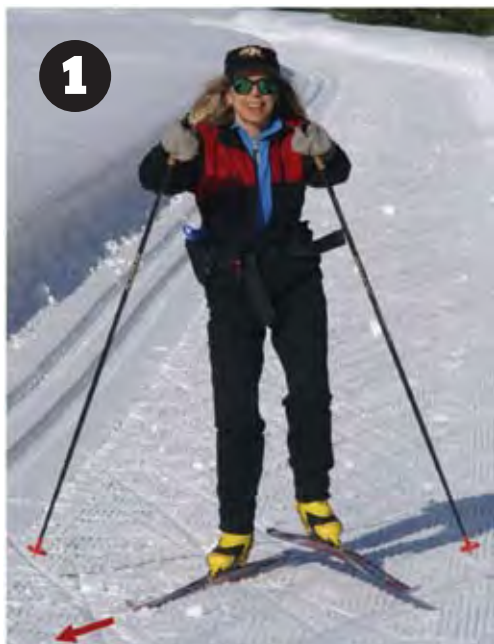
**5** Gradually add power. When it feels easy to V2 down the trail, when your skis are active and when the length of your glide dictates arm swing, then, and only then, should you add power to your poling.

**6** Start by adding power at just the first part of the poling motion. As you get comfortable add power throughout the poling. Wow! You are almost there.

**7** Double poling is more effective if started from a tall stance. This lets you use the weight and force of your upper body to help power the poles. So stand up just before poling. Now the rhythm is: ski-stand tall-double pole, ski-stand tall-double pole. That's it!

Most people find V2 tiring at first. But it can be relaxing if done slowly without over poling. Get the rhythm down and make "active ski" the main power generator for a while. Continue to improve by increasing your ability to balance and move from ski to ski. Soon you will find yourself generating more power from ski to ski movement and feeling like a World Cup racer zooming around the trails.





**1. Standing up on the right ski preparing to plant poles. Even at this early stage the right ski is being actively pushed forward in the direction of the arrow.**

**2. Skier is powering her poles and still actively pushing the right ski forward in the direction of the arrow.**

**3. The right ski is actively pushed forward even as the ski leaves the snow. If that ski begins to return to the snow before the arm follow through is complete then the arms will not be able to keep up.**

## what are the different skating strokes?

An easy way to classify the different skate strokes is to relate them to speed or the gears of a truck.

### Diagonal V Skate is Granny Gear

Used for very steep hills, this is also a good stroke to use when learning to actively guide your skis. The movement is just the same as doing a herringbone up the hill except here your skis are gliding.

### V1 is 1st Gear

Used for moderate to steep hills. It's called V1 because you pole only once for a complete skating cycle (each leg skates once). But the action is double poling—both poles used at once. Timing is important here. One ski and two poles must hit the snow at the same time. When the other ski hits the snow there is no poling at all. That means that you pole only to one side – right or left. The motion feels somewhat like a limp and the poling is asymmetrical.

### V2 is 2nd Gear

Used by racers on pretty healthy hills these days and by recreational skiers on easy terrain. You guessed it! You double pole twice for each skating cycle. But the timing is different from V1. Rather than having the poles hit the snow at the same time as the ski, there is a delay. The timing is:

skate-then-pole, skate-then-pole. It's symmetrical. If you are an alpine skier, this is the stroke you use to skate over to the chair lift. It is faster than V1 because you pole twice as much.

### V2 Alternate is 3rd Gear

Used to go fast on easy terrain. Regular V2 becomes awkward when done on fast, easy terrain. V2 alternate remedies this by eliminating poling once for each complete skating cycle. The timing is, skate-skate-pole, skate-skate-pole. This is not V1 because the ski hits the snow before the pole. It is V2 timing with only half of the poling.

### Vo is Overdrive

This is not what you have in the bar after skiing. This is simply skating with no poling at all. It is fast and fun and used on fast flats or slight downhills. For real thrills try it on steeper downhills. ❄️



Don Portman is a PSIA-NW Track Examiner and Clinic Leader, past National Nordic Team Member and is owner of Methow Valley Ski School based out of Sun Mountain Lodge in the Methow Valley. Email him at [xcski@methownet.com](mailto:xcski@methownet.com)

Post comments  
@ [psia-nw.org](http://psia-nw.org)

## track events

### Track Fall College

December 10-11 @ Sun Mountain,  
Methow Valley

### Track Pre-Exam Clinics

February 26 @ Sun Mountain,  
Methow Valley  
March 3 @ Summit XC Center,  
Snoqualmie Pass

### Track Level II & III Exams

March 4 @ Summit XC Center,  
Snoqualmie Pass

### Go With A Pro Track Clinics

April 14 @ Spring Symposium  
Mt Bachelor

# Welcome to the 2011-2012 Season in the Northwest

by Kirsten Huotte  
PSIA-NW Executive Director



"Learn, Teach, Inspire." What do those words mean to you? Have you thought about what they mean to you or are they just a good-looking catch phrase (they are catchy)? In the planning for each season, they have been a touchstone of sorts for me. I actively reflect on

what they mean to me, what many meanings they may have to the snowsport instructor and how best to apply that in the various one-day clinics or the multi-day or week programs. To provide meaningful education to the journey we all are on as members of PSIA and AASI, be it indoors for a one-day clinic, or traveling many miles for the multi-day on snow program. Hopefully these three words are what occurs each time we are on the snow, whether it be free riding, working with a client or attending a clinic.

Last spring, I attended the 50/50 event honoring the 50-year members who have made what we experience today what it is. I also had the privilege to ski with some PSIA legends and let me tell you, they skied me into the ground; my one and only goal was *try to keep up*. We were lapping chairs, at an area I was not familiar

with, and in order to know where we were going I had to keep them in sight. Each run I was praying my little skis could hang with the big dogs; simply put, it was epic. I **learned**, yet again, graciousness

(the big dogs) is a valuable attribute; I was **inspired** by laughing at the pure fun of it all; and I became aware **teachable** moments come in all shapes and sizes; having fun isn't just for the student (or maybe I was the student).

Why share this story and what does that have to do with this season?

The "touchstones," can be linear; you learn, then you teach and with that you inspire. Yet, the words also can be jumbled and mean many various things. For instance, I'm inspired by the person to whom this doesn't come easy, who keeps at it and knows they can get it, it will just take a bit – because of them I push myself to learn more about how to be a better teacher. Then what happens? I better understand how I learn and process information and how to adapt my learning style to challenge myself. It's a circle and I can bounce around in it, randomly changing where I am within it.

When you choose your next clinic or event to attend for this season, I hope it's epic; whether you pray to keep up or walk away with your brain so full you need pen and paper to get it all down so you can sleep that night.

The goal of the education calendar (and the clinic leaders leading the sessions) is to

learn

teach

inspire

provide those opportunities to you, to see what more there is, to hear it said just a bit different, to keep you excited about the sport too! I know you're driven to inspire others to become lifelong participants in snowsports and you, too, need to be inspired. Who knows what tidbit will help push you to the next level of understanding. These sentiments seem highlighted when reading through the "It's More Than a Card" member stories, each person shares experiences they have had because of participation with the organization.

I look forward to **learning** what the words mean to you, hearing your **teaching** stories and the **inspiration** that always comes from those interactions. Welcome to the 2011-12 season and see you on the hill.

p.s. remember, this and more is always available online at [psia-nw.org](http://psia-nw.org)

## SINGLE DAY EVENTS

### Fall Seminar

OCTOBER 15, 22 & 23, 2011  
INDOOR SEASON-OPENER EVENT

A "not to miss" kickoff to the season, Fall Seminar, is the place to be to learn about it for the first time or to hear it again in preparing for the season. This indoor, all day (8:00-3:30) seminar offers many topics for the new instructor or the seasoned pro.

Each year a keynote speaker is brought in for a large group presentation to help inspire you. Offered in three locations around the Northwest, more information is available online. All disciplines welcome as well as non-PSIA members. See pages 21-24 for details.

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

### Spring Fling

APRIL 28, 2012 IN SEATTLE METRO AREA  
SEATTLE PACIFIC UNIVERSITY

Tailored after its bigger cousin, Fall Seminar, Spring Fling is designed for your end-of-season wrap up to solidify topics you have been working on during the season or to give you ideas/information to ponder over the summer. Either way, you won't be disappointed. This indoor session runs from 9-2 with an 8:30am registration time. Topics and more information will be posted on-line at the [psia-nw.org](http://psia-nw.org) website. Offered in the Seattle area. All disciplines welcome as well as non-PSIA members.

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

### One-Day Clinics

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

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

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



# MULTI-DAY EVENTS



2011 Winter Blast @ Crystal Mountain Resort. Photo by Kirsten Huotte

## Fall College

DECEMBER 10-11, 2012 AT  
METHOW VALLEY

Ready for lots of skiing and general trackster fun as usual? You'll be exploring the Methow Valley trails again this year led by the top track gurus in the Northwest. What more could you ask for? The clinic topics are broad enough to accommodate your goals and desires: ski improvement concepts and teaching concepts, in both Classic and Skate. And you're welcome to attend either one day or both. Track specific. More information as well as the event application can be found on-line at the [psia-nw.org](http://psia-nw.org) website.

**2-day event, 2-year credit, Cost: \$120 or  
1-day event, 1 year credit, Cost: \$65**

## Immersion

DECEMBER 30 - JANUARY 2, 2012 (3+ DAY)  
FEBRUARY 8-10, 2012 (2+ DAY)  
BOTH EVENTS AT MISSION RIDGE

You Looking at You – Ready to delve into your skiing? Gain greater insight on *your* movements and the patterns you've developed? Dig deeper in *your* understanding of *you*, how *you* learn and process information and apply it to *your* skiing? If so, this coaching-intense session is for you. Led by PSIA-NW Technical Team members and some guest clinicians, the program begins indoors in Wenatchee the evening before the first on-snow day. The on-snow days include indoor evening sessions as well. Supported by Mission Ridge. Full 3-day Immersion or 2-day condensed version. Alpine specific.

**First event is a 3-days on-snow + evening event,  
2-year credit, Cost: \$300  
Second event is a 2-day on-snow + evening  
event, 2-year credit, Cost: \$225**

## Winter Blast

FEBRUARY 6-7, 2012 AT STEVENS PASS

Come find out why this is our premiere National Demonstration Team event. "What's the National Team?" you ask. Our National Team is comprised of the best of the best from throughout the country. The y are full time professionals in the field who are excited to come share their passion of skiing with you. Improve your skiing with PSIA National Alpine Team Members at Stevens Pass. You'll be treated to breakfast each morning, an après ski with clinicians Monday afternoon and lunch with the group on Tuesday. See what all the hype is about! Small class sizes guaranteed. Special thanks to ASEA for their support in making this event possible in part by a grant from the PSIA-AASI Education Foundation. Also supported by Stevens Pass. Alpine specific.

**2-day event, 2-year credit, cost: \$310**

## Divisional Academy

MARCH 9-11, 2012 AT WHITEFISH MOUNTAIN

Divisional Academy is a spectacular three-day event led by current and past Northwest Technical Team Members and other talented Divisional staff who will be at your disposal for personal improvement. You will group up with others who have similar goals while you work (and play) for the next three days. Open to any member in good standing, alpine-and snowboard-specific clinic content. Thank you Whitefish Mountain Resort for supporting this event. Alpine and Snowboard specific.

**3-day event, 2-year credit, cost: \$305**

## Spring Symposium

APRIL 13-15, 2012 AT MT BACHELOR

Yahoo!!! Another season wrapped up and what a time it's been, now you are ready to celebrate with the rest of the division in saying, "that's a wrap." We're ready to put the icing on the cake with this end-of-the-season bash that has been a Northwest tradition for over 45 years! This two-day event (three if you participate in Free Clinic Friday) showcases our talented clinicians in a myriad of clinic choices, ranging from everything under the sun, pun intended.

This year we are heading to the sunshine again at sunny Mt. Bachelor to celebrate the big La Niña year we will have all enjoyed.

**2-day event, 2-year credit, cost: \$170  
1-day event option, 1-year credit, cost \$85**

# 2011-2012 event calendar

	ADAPTIVE	TRACK	TELEMARK	SNOWBOARD	ALPINE	DAY	DATE	EVENT	LOCATION
FALL 2011	✓	✓	✓	✓	✓	Sat	Oct 15	Fall Seminar - Spokane Metro	Gonzaga University
	✓	✓	✓	✓	✓	Sat	Oct 22	Fall Seminar - Portland Metro	Mt Hood Community College
	✓	✓	✓	✓	✓	Sun	Oct 23	Fall Seminar - Seattle Metro	Seattle Pacific University
		✓				Sat-Sun	Dec 10-11	Track Fall College	Methow Valley
			✓	✓	✓	Tue	Dec 13	Children's Specialist Foundations	Whitefish
			✓	✓	✓	Sat	Dec 17	Children's Specialist Foundations	Mt Ashland
			✓	✓	✓	Sat-Sun	Dec 17-18	Children's Specialist 1	Mt Ashland
JANUARY					✓	Fri-Mon	Dec 30-Jan 2	<b>Immersion (3 days on-snow)</b>	Mission Ridge
	✓			✓	✓	Fri	20	Explore Skiing and Snowboarding with People with Visual Impairments	Alpental
				✓		Mon-Tue	23-24	Senior Specialist 2	Mt Hood Meadows
				✓		Tue	24	Working it Out: Finding the Cause in the Effect	Stevens Pass, Timberline
			✓	✓	✓	Fri	27	Children's Specialist Foundations	Mt Bachelor, Summit Central
				✓	✓	Fri	27	Freestyle Specialist Foundations	Mt Bachelor, Summit Central
				✓		Fri	27	Senior Specialist Foundations	Mt Bachelor, Summit Central
FEBRUARY	✓			✓	✓	Wed	1	Bi Ski Tethering Techniques (4pm-10pm)	Summit West
				✓		Thu-Fri	2-3	Senior Specialist 1	Mt Hood Meadows
				✓		Fri	3	Riding & Teaching the Ranges of Motion (ROMs)	Mt Bachelor, Lookout Pass
				✓	✓	Fri	3	Working it Out: Finding the Cause in the Effect	Lookout Pass, Summit Central
				✓		Mon	6	Rocker vs. Camber	Mission Ridge
				✓		Mon-Tue	6-7	<b>Winter Blast - National Team Clinicians</b>	Stevens Pass
				✓		Wed-Fri	8-10	<b>Immersion (2 days on-snow)</b>	Mission Ridge
				✓	✓	Sun	12	Steeps and Off-Piste	Crystal Mountain
				✓	✓	Sun	12	Tip to Tail: Using Your Edges to Build Trenches	Crystal Mountain, Mt Bachelor
				✓		Mon	13	Drills for Skills	Mt Ashland, Whitefish
				✓	✓	Fri	17	Exam Checkpoint Level III Members are not eligible to attend	Schweitzer
				✓	✓	Fri	17	Written Exam Level II & III at 3:30 Pre-registration is required	Schweitzer
			✓	✓	✓	Sat-Sun	18-19	Children's Specialist 1	Summit West
			✓	✓	✓	Sat-Sun	18-19	Children's Specialist 2	Summit West
				✓	✓	Tue	21	Explore Steeps & Off-Piste	Alpental
			✓	✓	✓	Wed	22	Gradual Release of Responsibility	Timberline
			✓	✓	✓	Thu	23	Gradual Release of Responsibility	Summit Central
				✓	✓	Fri	24	Exam Checkpoint Level III Members are not eligible to attend	Mt Bachelor, Stevens Pass
				✓	✓	Fri	24	Written Exam Level II & III at 3:30 Pre-registration is required	Mt Bachelor, Stevens Pass
				✓	✓	Fri	24	Working it Out: Finding the Cause in the Effect	Mt Spokane
	✓					Sun	26	Track Pre-Exam Clinic	Sun Mountain

**THESE CLINICS ARE OPEN TO EVERY MEMBER. WHILE SOME CLINICS DO HAVE PREREQUISITES, MOST ARE OPEN TO ANY MEMBER FROM A REGISTERED TO LEVEL III. TAKE ADVANTAGE OF THESE CLINIC OPPORTUNITIES THAT YOUR MEMBERSHIP PROVIDES.**



ADAPTIVE  
TRACK  
TELEMARK  
SNOWBOARD  
ALPINE

# 2011-2012 event calendar

MARCH

DAY	DATE	EVENT	LOCATION
	Sat 3	Track Pre-Exam Clinic	Summit XC Center
	Sun 4	Track Exam - Level II & III	Summit XC Center
	Fri 9	Adaptive Exam Checkpoint	Mt Hood Meadows, Summit West
	Fri 9	Exam Checkpoint Level III Members are not eligible to attend	Mt Hood Meadows
	Fri-Sun 9-11	<b>Divisional Academy</b>	Whitefish
	Sun 11	Level I Exam (Snowboard & Telemark only) \$136 fee includes dues through Spring 2012	Summit West
	Sun 11	Level I Exam (Telemark only) \$136 fee includes dues through Spring 2012	Timberline
	Fri 16	Exam Orientation Clinic Level III Members are not eligible to attend	Schweitzer
	Sat-Sun 17-18	Exam Modules - Level II & III	Schweitzer
	Sun 18	Telemark All Mountain	Crystal Mountain
	Fri 23	Exam Orientation Clinic Level III Members are not eligible to attend	Stevens Pass
	Sat-Sun 24-25	Exam Modules - Level II & III	Stevens Pass
	Sun 25	Tele the Rest & Best of the Mountain	Stevens Pass
	Fri 30	Exam Orientation Clinic Level III Members are not eligible to attend	Mt Bachelor

APRIL

	Sat-Sun Mar 31-Apr 1	Exam Modules - Level II & III	Mt Bachelor
	Fri 6	Exam Orientation Clinic Level III Members are not eligible to attend	Mt Hood Meadows
	Sat-Sun 7-8	Exam Modules - Adaptive I & II only, Alpine II & III only, Telemark I, II, & III	Mt Hood Meadows
	Fri-Sun 13-15	<b>Spring Symposium</b>	Mt Bachelor
	Sat-Sun 21-22	Senior Specialist 2	Timberline
	Sat 28	Spring Fling, Seattle Metro Area	Seattle Pacific University
	Fri-Sun 27-29	Freestyle Camp	Mt Hood Meadows

\*

	Fri-Sun May 4-6	Divisional Clinic Leader (DCL) Tryouts	Crystal Mountain
	Fri-Sun July 13-15	Professional Development Series Camp	Timberline
	Fri-Sun July 13-15	Summer Ski Camp - Improve Your Skiing via Gate Training (race experience not req'd)	Timberline



## EVENT APPLICATIONS

Download Event and Exam Applications from the [psia-nw.org](http://psia-nw.org) website. Once completed, you may fax or email the application to the office for processing. Before the event, you will receive a confirmation email with details specific to your event. 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 per day or per module. 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 LOOK ON-LINE AT PSIA-NW.ORG FOR MORE DETAILED EVENT INFORMATION LIKE ONE-DAY EVENT DESCRIPTIONS, LODGING DEALS FOR MULTI-DAY EVENTS, CERTIFICATION GUIDES AND MORE.**

2011-2012 SEASON GUIDE

# SPECIALIST PROGRAMS

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

## Children's Specialist

MULTIPLE DATES AND LOCATIONS

Children's Specialist Foundations is a one-day educational clinics designed for the snowsport instructor ready to begin the journey into understanding how and why children learn, play and grow the way they do. The curriculum incorporates an introduction to the children's CAP Model and culminates with personalized goals for the participant's future growth in children's education.

Children's Specialist 1 is a two-day children's education clinic introducing many ideas and theories on the way children grow, think and learn. The course will also cover how the participant can tap into these resources to help gain knowledge and application as an instructor working with the children who are learning in the beginner to intermediate zone. Children's Specialist 2 is also a two day educational course designed to take instructor knowledge and understanding of children to the next level.

The Children's Specialist 2 involves in-depth exploration of developmental and cognitive theories, the role of creativity, children's learning preferences and motivations. Continue to learn and synthesize how children move and grow and how that applies to teaching, aka playing, on the snow for all skill levels of children from the beginning to advanced zones. All disciplines welcome. Please visit the website for more information.

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

### Children's Foundations

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

### Children's Specialist 1 or 2

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

## Freestyle Specialist

MULTIPLE DATES AND LOCATIONS

Freestyle Foundations is accomplished by attending and understanding the curriculum of a one-day clinic focused on coaching park, rails, and pipe riding. The Freestyle Specialist 2 & 3 certificates are attained through a higher rigor, two-day process. By meeting the needed program education requirements, candidates will

be given feedback about their performance shown for the appropriate level of coaching and riding. Alpine and snowboard. Please visit the website for more information.

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

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

## Senior Specialist

MULTIPLE DATES AND LOCATIONS

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

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

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

## CAMPS Spring GS Camp

APRIL 27-29, 2012 AT MT BACHELOR

Spring at Mt. Bachelor, video and review, great coaching and friends – where else do you want to be in late April? Come see why Mt. Bachelor is known for its 300 days of sunshine, high speed groomers and, when combined with gates, makes for an awesome GS camp! Thank you Mt. Bachelor for your support. All alpine abilities welcome.

**3-day event, 2-year credit, Cost: \$255**

## Freestyle Camp

APRIL 27-29, 2012 AT MT HOOD MEADOWS

How often do you get three days of training specific to the park and pipe? The coaches will ease you into the playground and open up the doors to what it is “kids these days” are doing. Video plus video review. Great way to better your own skills as well as increasing your freestyle teaching bag of tricks. Ski and Snowboard specific and helmets recommended.

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

## TRYOUTS Educational Staff Tryout

MAY 4-6, 2012 AT CRYSTAL MOUNTAIN

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

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

## SUMMER SKIING Summer Ski Camp

JULY 13-15, 2012 AT TIMBERLINE

Endless winter? Kind of! Pristine blue skies, mountain air, amazing view, a snowfield and skiing in July and just a bit warmer than January. Attend one of our premiere events with Technical Team members and talented guest clinicians who lead you through some “best practices” (aka tips and tactics) to improve your skiing using gates and drill courses as your training. Introduce or reintroduce yourself to the world of GS or just have some summer skiing fun. No race experience required. Come enjoy what all your friends are envious of: skiing in the summer at Timberline. Alpine-specific – lift tickets must be pre-paid.

**3-day event, 2-year credit, Cost: \$290**

## Professional Development Series Camp

JULY 13-15, 2012 AT TIMBERLINE

Are you looking to keep your skills fresh and challenged in the ‘off season?’ Do you like the idea of skiing in the summer sun at 8,000’ from 8am-2pm with the rest of your day free to golf, bike, swim, shop, hike, windsurf or just relax? Then the professional development camp is what you are looking for! During your time you’ll build on what you worked on during the season, add goals for the upcoming season and have fun skiing, in the summer, on a snowfield. Alpine-specific, lift tickets must be pre-paid.

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



# CERTIFICATION

## Certification Training

MULTIPLE DATES AND LOCATIONS

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

Well, we heard you and have created specific training courses spread out regionally within the division. Head over to the PSIA-NW.ORG website, then choose "Certification Training" from the Certification menu. Then look for your region to find dates, times and locations for the multi-week program nearest you.

The geographic regions are:  
Central Oregon, Seattle, Eastern Washington

Remember, certification is a journey and education is the road, path and trail we meander as we go. Learn, Teach, Inspire.

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

## Level I Exam & Membership Dues


MARCH 11, 2012 AT SUMMIT WEST  
(SNOWBOARD AND TELEMAR)  
MARCH 11, 2012 AT TIMBERLINE  
(TELEMAR ONLY)

Level I Exams are typically administered by your Training Director at your local Snowsports School, however we have this special Level I Exam scheduled for the Snowboard at Summit West and Telemark disciplines at Summit West and Timberline. Take the opportunity to get your Level I Certification and have your membership dues paid through the Spring of 2013.

**1-day event, 1-year credit, Cost: \$136**



## About Lift Tickets

PSIA-NW is grateful for the generous support of our certification and educational programs by the host resorts. Events denoted with a  indicate that lift tickets are provided to non-pass holders by the host area. Where an event is supported by the host area it is denoted in the event description. Many resorts are able to fully support our educational event offerings, while some are not. Details can be found on the psia-nw.org website regarding specific individual event lift ticket information.

## LII & LIII Exam Checkpoint

MULTIPLE DATES AND LOCATIONS

Scheduled roughly a month before an exam, this checkpoint has a mock exam feel. It will cover both skiing or riding skill assessment and teaching and give feedback relative to where you are on your pathway for your upcoming exam. Alpine, snowboard or telemark. Open to Level I or II members only.

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

## LII & LIII Exam Orientation

MULTIPLE DATES AND LOCATIONS

Always scheduled the Friday before an exam, this clinic is structured to put you at ease before the exam weekend. Go out with an examiner, get acquainted with layout of the hill, get an idea of how your day will be structured during the actual exam and ask any questions you are still wondering about. Get comfortable with the exam process. Open to Level I or Level II only. Alpine/Snowboard specific

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

## LII & LIII Exam Modules

MULTIPLE DATES AND LOCATIONS

Level II & III skiing or riding module one day and/or teaching/professional knowledge the other day. The exam is split up into two modules/components – take the entire exam in one weekend or season or split it up and spread it out. Alpine and/or snowboard specific exam modules. Please refer to the Alpine and/or Snowboard Certification Guide(s) for pre-requisites to taking these exams.

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

## LII & LIII Written Exams

MULTIPLE DATES AND LOCATIONS

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

**Cost: \$20**

## Track Pre-Exam Clinic

MULTIPLE DATES AND LOCATIONS

This pre-exam clinic is a must attend in order to get ready for the Track exam. Scheduled two weeks before and the day before each Track exam.

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

## LII & LIII Track Exam

MARCH 4, 2011 AT SUMMIT XC CENTER

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

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

## LII & LIII Telemark Exam

APRIL 7-8, 2012 AT MT HOOD MEADOWS

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

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

## Event Fees

### GENERAL EVENTS

Clinics (1-day)	\$65
Divisional Academy (3 days)	\$305
Fall Seminar (1-day)	\$70
Freestyle Camp (3 days)	\$240
Immersion (3 days)	\$300
Immersion (2 days)	\$225
Spring Fling (1 day)	\$65
Spring GS Camp (2 days)	\$255
Spring Symposium (2 days)	\$170
Professional Develop Series (3 days)	\$250
Summer Ski Camp (3 days)	\$290
Track Fall College (per day)	\$65
Track Symposium (2 days)	\$120
Winter Blast w/National Team (2 days)	\$310

### EXAMS

Level I Exam + Membership Dues	\$136
Alpine & Snowboard	
Level II or III Written Exam	\$20
Level II or III Exam Checkpoint	\$65
Level II or III Exam Orientation	\$65
Level II or III Exam Module (per day)	\$115
Telemark Level II or III Exam	\$230
Track Pre-Exam Clinic	\$65
Track Level II & III (one day event)	\$115

### SPECIALIST PROGRAMS

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

### TRYOUTS

Clinician Staff Tryout (3 days)	\$210
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## Signing up for events

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

### TO AVOID A LATE FEE, SIGN UP EARLY.

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

**CANCELLATIONS.** More than 4 weeks prior: Full Refund; 2 to 4 weeks prior: Refund less \$25 administrative fee; Less than 2 weeks prior: No Refund except noted as follows. If you are unable to attend an event due to injury or medical reason, providing a signed note from your medical provider, your money will be refunded LESS a \$25 administrative fee.

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

## Receive a scholarship

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

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

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

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



## GO WITH A PRO CLINICS

This clinic is designed specifically for instructors who took a Level I exam. They can slide into a clinic with a Divisional Clinic Leader (DCL), aka PSIA or AASI Pro for a day of fun, skiing and riding.

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

Valid ONLY for instructors who took their Level I during the 2009-10 or 2010-11 season. Please Note: If you sign up for this event and do not show up, a \$25 cancellation fee will apply.

Some resorts support this event with lift tickets and as support information becomes available it will be posted online at [psia-nw.org](http://psia-nw.org)

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

ADAPTIVE	TRACK	TELEMARK	SNOWBOARD	ALPINE	DATE	LOCATION
				✓	Mar 10	Anthony Lakes
			✓	✓	Mar 17	Schweitzer
			✓	✓	Mar 18	Mt Ashland
				✓	Mar 18	Bluewood
				✓	Mar 25	Alpentel
			✓	✓	Mar 25	Stevens Pass
			✓		Mar 25	Summit Central
			✓	✓	Apr 1	Crystal Mountain
			✓	✓	Apr 7	Mt Hood Meadows
✓	✓	✓	✓	✓	Apr 14	Symposium @ Mt Bachelor
			✓	✓	Apr 21	Mt Baker, Timberline

SM





## ADULT ALPINE TEACHING HANDBOOK

Book review by Ed Kane

This is the newest handbook from the PSIA Education Committee. It is available from the office for \$20 (plus tax and shipping). It is a comb-bound, 318 page manual, small enough to fit in one of the inside pockets of your parka, and appears to be intended as a ready on-hill reference for lesson planning. It is color-coded for easy reference so that relevant material for the lesson can be easily accessed. This version was produced in partnership with the Vail and Beaver Creek Ski & Snowboard Schools. Much of the content was heavily influenced by material produced by those schools to help their instructors plan and deliver ski lessons. This is probably the best PSIA publication I've reviewed over the years with two minor exceptions: The title is a bit misleading since the content, with the exception of the CAP model, is appropriate for use with any age student. The other is that it is most relevant to experienced instructors and would be a bit overwhelming for entry level instructors. This should probably be in every experienced instructor's library or coat pocket.

On the whole, this is an easy-to-read very useful and educational handbook. It captures in very few pages the essential knowledge that has been accumulated and documented by PSIA instructors over the past 30 years. Frankly, after reading the Introduction (specifically pages eight through 12) I was so impressed that I had a hard time putting it down, expecting more of the same in the remainder of the content. What impressed me most was the way that 30 years of important concepts and ideas relative to safety and class handling were efficiently summarized in those seven pages. This is followed by an equally excellent treatment of the Teaching Model, which includes a discussion of the RISE Model (Relationships, Identify, Simplicity, Edgework). The content of the RISE Model is not new but effectively captures a lot of the "tricks" that successful and effective instructors have been using over the years. Each of these is covered in an outline format that quite clearly provides some great guidance for effective lesson planning and delivery. Edgework requires that the instructor accurately determine the comfort zone

of their class and effectively use this knowledge to continuously create a learning environment that supports efficient learning.

Skills concepts are covered primarily from the perspective of Movement Analysis which helps give the instructor guidance as to how the lesson should be structure and what drills/maneuvers to use to help the students accelerate their learning. This is followed by an explanation of the Movement Analysis Tool which consists of observing, analyzing, explaining, prescribing and facilitating. The first three enable the instructor to communicate accurately with the student on what movements they need to modify and the latter two give some ideas on effective coaching for helping them change inefficient movements into efficient ones. This section also contains a brief but comprehensive overview of the Teaching Model in the Park & Pipe.

The remainder of the content consists of very comprehensive material for teaching in the Beginner/Novice, Intermediate or Advanced zones. Each zone is broken into several levels that are defined by the capabilities of the students. The level descriptions are preceded by an excellent overview description that helps assure that the instructor can accurately categorize their students and determine a proper starting point in the lesson. The overview consists of specific Teacher/Coach checklists and a review of Tactics & Movements to Develop by students in this zone. This is followed by a Zone Objective summary which contains a brief outline of the Objectives for each level within that zone. (Freestyle objectives start at Level 5 in the Intermediate Zone.) The remainder of the Zone material consists of detailed descriptions, in outline form, of the Level Definition. Each Level Definition contains guidelines for skiing assessments and a summary of desired outcomes. The Level Definition is further expanded by providing information on Learning Terrain, Safety Tactics, Movement Priorities, Learning Activities and a summary of Keys to Learning. These sections contain the meat of the manual with some excellent ideas, drills and games that can be used to deliver excellent lessons.

The remainder of the Handbook contains information for teaching in "Special Environments" i.e. powder, ice and gates. This section starts with some excellent guidance on visual cues to establish environmental readiness. The material for each environment is formatted in the same manner as that used for the zones described above. There is also a glossary of terms and teaching exercises which is very handy when going through the learning activities suggested for each level. ❄️



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

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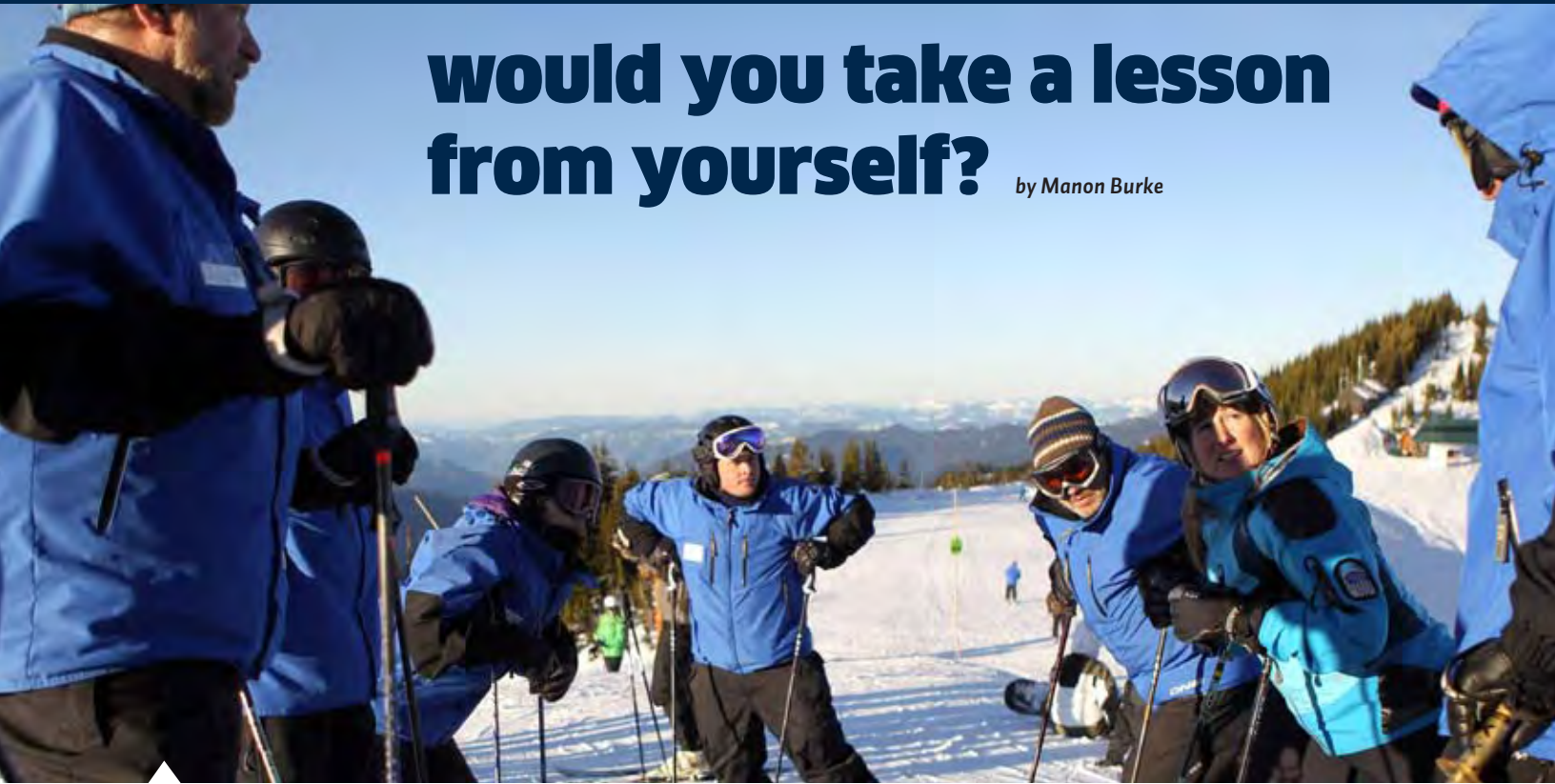
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# would you take a lesson from yourself?

by Manon Burke



Betsy Baker-Bold working with returning staff at Crystal Mountain. Betsy is a spokesperson for a positive, supportive coaching style where “failure is not an option.” Photo Matt Aimonetti.

Over the past few months, I’ve been hearing horrible things about styles of teaching and coaching. Most have been related to gymnastics and football (go figure, at this time of the year!) but the basic premise is the same: coaches using negatives to (try to) achieve positive results. “What were you thinking, dummy,” “that was bad,” “do it again and get it right!”

Who could improve with that kind of critique? And yet, way too often, words such as that, a tone of voice, even just a look – can be enough to devastate rather than motivate, and carry over into self esteem and an approach to life. Too often, negatives have been heard on the hill, as well, and sometimes, not providing any feedback can be equally damaging. I know what happens when I’m left in the “gray” area and my own imagination. Negative coaching, incomplete coaching – have you ever found yourself doing either of these?

We’ve all had students who are really hungry to learn. How did you deal with their enthusiasm and focus? Were they a pain or a delightful challenge? Did you recognize their desire to learn for what it was?

We, as instructors, want to encourage our students to love the sport as we do, to come back for the great mountain experience, and to feel good about what they accomplish.

Here are some suggestions which are not new concepts but worth remembering. In teaching skiing or riding:

**Be Specific About Your Observations:** “Good turn” is nebulous feedback. Certainly we need to be supportive and let students know they are doing well when they are, but be specific about your observations. Start with ski performance and indicate if it was effective or if modifications needed to be made. Perhaps a gross upper body movement could be quieted by changing the skis’ interaction with the snow. “Good” and “Bad” are judgments. What does “Good” mean and how do you fix “Bad.” Observations are, in a sense, facts rather than judgments. “This is what I see...” is an observation. “That sucked” is a judgment.

**Use Your Movement Analysis Formula:** Look at stance (your brief gut reaction relating to in-balance, etc.), ski behavior, turn shape, cause/effect OR effect/cause, and body parts. A) Suggest ways to modify movement patterns and why you are making that suggestion, thus creating a deeper understanding. Body part identification and focus helps with visuals. B) Ask for your student’s input on how to ski terrain or snow condition so the learning is expressed in the student’s language and not just as a rote reaction or recitation.

**Focus:** Provide one area of focus with the hows, whys and whats rather than five things all at once.

Once your student has “mastered” that one focus, add another but tie it into the first one and show how it builds or adds to the prior focus. Always build on what is known and familiar.

**Provide Positive and Realistic Feedback:** Keep comments positive but real, with actions for follow up. Through realistic observations, students will be better able to identify efficient vs. inefficient movement patterns and to isolate an area for focus. Again, use a body part for a visual and suggest ways for that part to move.

**Know How Each Student Learns:** Discover early in the lesson what type of learner your student is and then explain your observations and modifications, in 10 words or less, in that learner’s style.

**Keep Moving:** Keep your students moving! I use a “30-second rule” to provide feedback, explain the next task, check for understanding (having them repeat in their own words) and then MOVE. Seems crazy that you can accomplish so much in 30 seconds, but when students know they won’t be standing for 10 minutes listening to you talk, they pay attention. Having a student acting as your time keeper also adds more interaction between all participants and puts some control into the hands of the students.

**Let Your Questions Be Thought-Provoking:** Did you feel/notice a difference?” is a better question



than "did that feel good?" Changes are being made to habitual patterns. Who knows if it feels good or better? It may feel "worse" to a student because they are moving outside their established movement patterns and comfort zone. "Different" allows for an exchange of ideas and comments as well as self analysis by the student. Follow up with "How or what was different?" "What changed in your turns?" This helps student to isolate, identify and modify.

**Let Students Be Responsible For Their Own Progress:** Try teaching a modified movement analysis formula to your students for their own assessment and use. If a turn feels efficient, leave it alone; if something feels out of whack, look to the skills for focus. On a good snow day, use the track in the snow to show where certain things are happening in the turn. Ask them to tell you how to ski the next pitch, what the focus should be, why, and what the desired outcome might be.

**Provide Different Points of View:** Synchronized skiing (student:student, instructor: student, varying formation, etc.) helps with awareness and identifying different movement patterns. Moving to someone else's rhythm, turn shape, line of descent, etc. can provide instant feedback to you as well as to the students. It can provide an opportunity to distinguish one set of patterns from another, kind of a physical video playback rather than a purely visual video playback.

**Learn, Teach, Inspire:** Remember to play and laugh with your students. Skiing/riding is Fun!! Joy and laughter are contagious. People's minds and bodies respond better when they feel successful rather than put down. Laughing provides oxygen and relaxes the body.

Just as we have developed a passion for our sport, so can we pass that to our students. It's not just a physical thing we're doing: It's mind, body and soul.

Let's provide positive and useful comments for our students so they can benefit on and off the snow. Talk positively in the locker room and set the mood for fun for everyone, starting with our peers.

After thinking about some of the things addressed here, would you want to take a lesson from yourself? What will you change to make your lessons even better? ❄️



Manon Burke is a PSIA Level III Alpine instructor and trainer at Mt. Hood Meadows, Oregon, where she has been teaching students of all ages for more than 30 years. Email her at [manon.burke@hotmail.com](mailto:manon.burke@hotmail.com).

Post comments  
@ [psia-nw.org](http://psia-nw.org)



In case you missed it, Ron LeMaster's Fall Seminar presentation was excellent. We have copies of his book Ultimate Skiing...

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Hi Tyler:

John Mohan was talking to me the other day and suggested I write some vignettes about some of the funny stuff that happened in the organization when I was there - funny stories about teaching, etc. Perhaps Barb or you could put a little blurb in the Newsletter asking instructors for their little stories.

One I'll never forget was when we had our first Symposium at Bogus Basin. So many came from Seattle, we chartered a plane. I was waiting for the bus that was bringing the instructors from the airport, when I got a phone call. It was the driver of the bus ... very excited and frantic he said, "SOMEBODY HIGH-JACKED MY BUS!"

At that moment, I looked out the window and there was the missing bus driving up to the hotel! It seemed one of our guys (Jerry O'Gorman) walked in saying he just got tired waiting for the driver and since he knew how to drive a bus - he took off! A few other choice more little things were added.

What do you think?

Joy

Hi Joy,

Those kinds of little tidbits are great, and bring back memories for those who were there, or those who had heard the story before. I think we could easily have a little "Remember when...." sidebar item for this kind of thing. It'll be wonderful to capture these in the newsletter and on the website.

So, yours will be the first!

Tyler

Another one of Joy's "firsts" ... thank you Joy! If you have a "Remember When" item, please email it to [info@psia-nw.org](mailto:info@psia-nw.org). We'd love to hear from you!

# SNOW PRO tips



## GOAL POSTING

Alpine tip by Brad Jacobson

Sometimes the most effective drills are those that don't feel like drills at all, where your students get to keep ripping with a focus. They learn new skills and have a blast skiing all at the same time.

In short radius turns the best skiers turn with their feet and legs while their upper body remains quiet, still and directed down the fall-line skiing into and out of a countered position.

### The results are:

1. Balance to the outside ski.
2. Ready position for the new turn.
3. Upper and lower body turned against each other creating torque and muscular tension in the core. Releasing the muscular tension at the finish of the turn helps skis steer into the next turn, because the legs naturally want to realign to the upper body.

The path to a stable and quiet upper body and skiing into a countered position starts at the hands, the hands and arms orchestrate the movements of the upper body. Our shoulders and torso follow our hands.

The best way to carry the arms to quiet and stabilize the upper body is to have the **hands wider than the elbows**. Skiing with the elbows in keeps the hands from crossing in front of the body, therefore eliminating excessive upper body rotation caused by the hands.

The most common mistake in causing excessive upper body rotation is "chicken wings" (see photo 1 -boo!) where the elbows are wider than the hands and the hands cross in front of the body each turn. Crossing the arm in front of the body feels very powerful to the skier, but rotational movements of the arms turn the shoulders and torso and cause the tails of the skis to skid. Now in order to initiate the new turn the skier must turn the whole body in the direction of the new turn, which is slow and inefficient.

Here is a drill to stabilize your students' upper body and get them skiing into and out of a counter position.

### I like to call it "Goal Posting"

- \* Hold both arms in front of their body
- \* Elbows in front of rib cage
- \* Hands above the navel
- \* Hands wider than the elbows



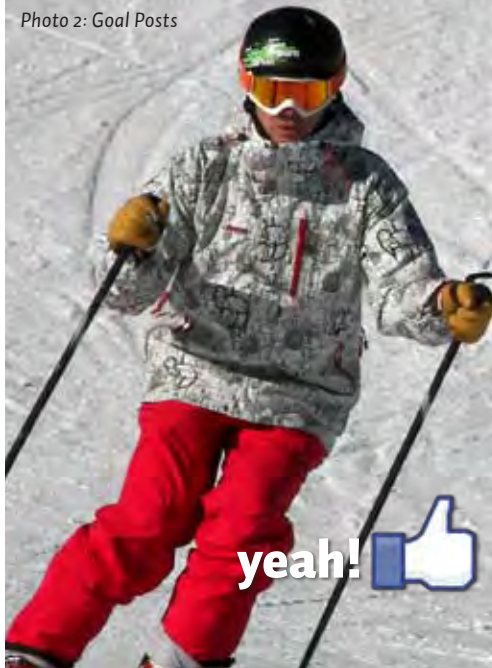
Photo 1: Chicken Wings

Their arms are now their "Goal Posts" (see photo 2 - yeah). Next have them pick an object down the hill which is now going to be the imaginary football. Have them make short radius turns keeping the "football" lined up so that it goes through the "goal posts". With this focus the feet and legs should be doing the turning while the upper body stays directed at the object.

Start with no pole touch just focusing arm position and upper/lower body separation.

After they have the solid, stable upper body and the feet and legs are doing the turning, add in a pole touch. The important thing here is that their hands stay wider than their elbows and no "chicken wings" emerge. Start off on easy terrain and get it dialed. Once they have it solid, challenge

Photo 2: Goal Posts



them to ski all over the mountain with this drill, to keep them ripping and the ball between the goal posts. ❄️



Brad "Jake" Jacobson is a PSIA-NW Technical Team Member, AASI Level I, USSA level 400 (National Level). He coached for Mt. Bachelor Ski Education (since 1992), and is a full time instructor with Mt. Bachelor Ski and Snowboard School. Email him at [jake1@teleport.com](mailto:jake1@teleport.com)



## FORWARD

## DIRECTION

Alpine tip by Jeremy Riss


Using turn shape to control your speed is something everyone who is an instructor has probably heard and coached before. Even so I often see people abandoning this simple concept to the detriment of their skiing. Before I get into a simple drill that will help you utilize turn shape to control speed let me point out what I think is the biggest benefit to round turns.

When you are making round turns, whether you are arcing or making skidded turns, your ski is turning progressively all the way through, which means it is generally traveling in a forward direction. A ski that is traveling in a forward direction is much easier to balance on than a ski that is slipping sideways. In addition, as you run into changing terrain and snow conditions you are in a much better position to deal with these changes if your ski is moving forward through vs. sideways.

The mistake people often make that causes them to have trouble with turn shape happens as they initiate their turn by pivoting the ski down the hill too quickly. Now you have accelerated and your ski is pointed down the hill with no choice but to keep pivoting it, then let it move sideways to brake and slow down. As the ski is skidding sideways, especially in changing snow conditions or bumps, skiers tend to move their body uphill and back putting them in a braced position instead of a balanced athletic stance.

Here is a progression you can try yourself to improve turn shape or use with your students. Start on the side of the run and ski shallow garlands across to the other side, by slowly turning your skis slightly down the hill and then slowly back up again. For high level skiers you can try this arc to arc for lower level skiers or on steeper terrain this can be done with skidding.





After you are doing garlands successfully pick a wide run. Make medium radius turns, finishing your turn with your skis travelling forward, back across, or even up the hill vs. sliding sideways. When you have completed one turn, steer your skis down the hill then back up again before initiating your new turn. Continue to link these turns together with a mini-garland in between. When you are doing this successfully you should be carrying momentum back across this hill.

Once you are nailing turns with the mini-garland in between, it's time to link turns together without the garland. Make sure, though, that as you finish one turn, your skis are traveling back across or even back up the hill before you slowly steer your skis back down the hill to start your new turn. Trying this in bigger turns and flatter terrain is the easiest way to have success. As you increase your speed and terrain or tighten your turns you still should have that same feeling of your skis traveling forward across or back up the hill and then slowly steering back down the hill to start the next turn. The biggest reason people have a hard time using round turns is at the finish of the turn they do not let their skis turn far enough across or back up the hill to control their speed so they have to pivot the initiation of the next turn, fearing they will pick up too much speed.

Good luck and keep focusing on controlling speed through turn shape, even in steep, funky terrain it will make you a much more fluid and powerful skier in all conditions! ❄️



Jeremy Riss is a member of the PSIA-NW Technical Team and is the Assistant Ski & Snowboard School Director at Mt. Hood Meadows Ski Resort. Email him at [Jeremy.Riss@skihood.com](mailto:Jeremy.Riss@skihood.com)



## RIDE STUPID

Snowboard tip by Brett Urbach

What a surprise. Just the other day I opened my mail from PSIA-AASI and ... lo and behold a 20 year pin popped out! I couldn't believe I have been changing people's lives in the winter arena for 20 years. My home mountain for the last 15 has been Whitefish Mountain Resort and its Snow Sport Center motto is "To create a lifelong passion for the winter sports enthusiast." After 20 years of teaching I have finally coined my very own catch phrase: 'Ride Stupid.' Nike has 'Just Do It,' I have 'Ride Stupid.'

What does it mean to 'Ride Stupid' you ask? Let me give you a little history and after reading this feel free to use it in your snowboard, ski or telemark lessons at your whim.

For the last few years I have been coaching a group of adults. Quite the diverse bunch; they range from 30-60 years old and include a yoga instructor, a surfer, a cowgirl, a couple of college kids and a brilliant economic consultant. It is for sure a hodgepodge of ages and learning styles but all of similar abilities. Some go a little faster than others and they all know their strengths and weaknesses. We have been riding as a group on Wednesdays; people come and go, but the group mostly is the same core group for the last couple of years. So that's the basics of the group: similar pace, speed, various ages and occupations and we all get along. Here's where the catch phrase comes in: one day we were riding off-groomed in chewed up, powder-gladed trees, moderate black diamond conditions, in other words it was awesome!!! My economic consultant (we'll call him Will) is struggling, not really linking up turns, and for the most part just plain gaping it up. Normally he rides consistently well, he is in very good shape, and snowboards 3-5 days a week. Today was far from what he usually does. I stopped him and said, "Dude, what's going on? You're gaping it up." He replied, "I don't know."

I then asked, "What are you thinking about?" Will responded, "I am worried about not making the next turn, then where I should make the next turn, and how much I should bend my legs and when I should rotate my board to finish my turn and..." The list went on and on. "Hit the brakes, Will" I said. "You know how to go to your toe edge?" "Yes" he said. "You know how to go heel edge, right?" I joked back. "Yes" he again replied. I said to repeat the process like he was on an easy blue run and to turn off his brain.

"Huh?" he says. "Don't think about what you need to do. Just Do It. Turn off your brain and just ride." "So ride stupid?" Will responded. "Yes, Will, ride stupid." I don't mean be stupid or do stupid things that will get you hurt or get your pass yanked by patrol. Just ride like you don't have any real concern other than having a good time! Get to the bottom of the hill with the skills we practice all the time. This was a great breakthrough for Will, and he started to kill it the rest of the run, "Riding Stupid." When we got down to the end of the run I told him he was killing it, which he was!

I asked him, "What was the difference between the top of the run and the bottom?" With an excited grin, he said "I was Riding Stupid, I didn't worry about the small things like the



Where can I get one of those stickers? Find Brett @ Divisional Academy to find out! Photo by Brett Urbach

next turn, how much bend in the front knee, the amount of rotation or edge I needed, I just rode down the mountain, free from most thought. It was great!"

I use 'Ride Stupid' all the time now with my students and other instructors. Instead of thinking and worrying about Balance, Edging, Rotary and Pressure all the time, just let your body use its muscle memory from good riding or skiing elsewhere where it easy and it comes naturally. In general we, as instructors, have a ton of great knowledge to give to our students. But do we give them ample time to practice the efficient movements we are giving them? Most of the time a student shows up and has goals to get (a lot) better in a single lesson. I have found it necessary to give them just a little help and more time with mileage to get that simple process down, so it becomes an easy movement for them to make, and to make it without thinking about it. So let's give our students the tools they need on easy terrain, get that movement down (meaning ownership), then apply it to more challenging terrain. The result? If you have coached it correctly and given ample practice time, 'Riding Stupid' will come naturally.

So this March 9-11 come Ride Stupid with me at Divisional Academy ... come by plane, train or auto right into Whitefish, MT. ❄️



Brett Urbach is a Snowboard DCL, Alpine Level II Certified and has been a member of PSIA/AASI for 20 years! He teaches at Whitefish Mountain Resort. Email him at [b9jg@aboutmontana.net](mailto:b9jg@aboutmontana.net)



## STAYING IN THE ZONE

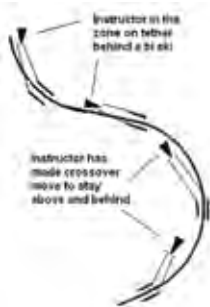
Adaptive Tip by John Stevenson

Ever feel like the bi ski is tethering you? Being in position or the “zone” will help you match predictable and unpredictable movements with the best chance of not rolling the bi skier or being pulled off your skis or board. Here are a few tasks you can practice to help you take control:

Find a partner or two and head for a green to green blue slope based on your comfort level. Find a safe place on the run assessing traffic, visibility, grooming, etc.

Take a warm-up run working on a centered stance over both feet. When you are ready, continue to warm up with pivot slips, falling leaf, short swing and, hockey stops. Snowboarders warm up with similar SB equivalents. SB riders will need to maintain a heel side position to simulate being connected on tether to a bi ski from above.

After warming up, take turns leading each other down the fall line making linked medium radius turns, following at a safe distance so as to not run over the leader. The following instructor will try and match or “synchronize” timing and turn shape with the leader. Look for subtle movements that happen just before direction change. Next have the leader mix up the size of the turn and add a few short traverses. Take turns leading and following. Be sure to practice emergency and controlled stops.



Now do the same follow-the-leader drill, but now try and stay in the zone. The zone is above and behind the bi ski. At direction change you should be crossing the fall line with the bi ski and falling in behind and above. By staying in the zone you will find you can better anticipate and match the movements of the bi skier. Being in the zone will also make it easier to aid the movements of the bi ski through tether manipulation. Be safe and have fun! ❄️



John is a PSIA-NW Adaptive Clinician and Adaptive Examiner. Email him at [johnericstevenson@comcast.net](mailto:johnericstevenson@comcast.net)

Post comments @ [psia-nw.org](http://psia-nw.org)



## CONDITIONING EXERCISES

by Jenn Lockwood

Here are a few of the exercises I routinely use at my PEAK Fitness NW ski conditioning classes:

**One-legged squat touch:** Standing on your left foot with your left knee slightly bent, bend at your ankles, knees and hips and reach your right hand toward the floor in front of your left foot, keeping your back flat. Your right leg should extend behind you as you bend forward. Return to the starting position and repeat for the desired repetitions. **Purpose:** balance in motion, quadriceps, hamstring, glute and core strengthening.

**One-legged squat touch + hop:** Same techniques as above. After you touch your hand to the floor explode back up and hop off the floor. Land softly and repeat the action for the number of desired reps. Then switch legs and repeat. Purpose: explosive power, deceleration training, independent leg action, dynamic balance.

**Three-Point Core Tuck:** Start in pushup position, with your hands on the floor slightly wider than your shoulders. Extend your left leg as far up and to your left as possible, trying to make your toes touch your left hand. Bring your foot back to the starting position, then extend your leg under your torso toward your right hand. Return to the starting position. Do all your reps with your left leg, and then switch legs. **Purpose:** cores strength (rectus abdominus, obliques, spinal muscles) and upper body stabilization.

**Eight-count body builder:** Begin in a standing position. 1) bend over and place hands on floor in front of feet 2) jump feet back to a plank position 3) lower into a push up 4) press up out of a push up 5) grab dumbbell with right hand and perform a dumbbell row, put dumbbell down 6) grab dumbbell with left hand and perform a dumbbell row, put dumbbell down 7) jump feet to hand 8) perform a squat jump to return to the start position **Purpose:** total body conditioning – core stabilization, upper body strength, leg power.

You can see these and more exercises at Peak Fitness NW's Youtube Channel: <http://www.youtube.com/user/PEAKfitnessNW>. ❄️



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

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# Special thank you goes out to these NW resorts!

Many thanks to these host resorts for their support of the 2010-2011 season. Last season they provided meeting space, great help at events, raffle items and event support through complimentary lift tickets for participants, etc. Without your help and in-kind contributions, our job(s) would be a lot harder! We can't thank you enough!

49° North, Crystal Mountain, Lookout Pass, Mission Ridge, Mt. Bachelor, Mt. Baker, Mt. Hood Meadows, Mt. Spokane, Schweitzer Mountain, Silver Mountain, Stevens Pass, Summit at Snoqualmie, Sun Mountain Lodge, Timberline and Whitefish Mountain Resort.





## FLY ON THE WALL: AN EXAM SHADOW

by Brad Walsh

In my first year as a Training Director (TD) I took part in the Tech Series events that allowed me the opportunity to shadow a Level II and Level III exam modules as an exam shadow. I wanted to have this educational experience, of seeing how the exams were run, and also to improve what I could offer the members of my school.

The morning started with a quiet assembly of the examiners at around 7:30. Each team has an envelope with a list of exam participants, name tags, exam and evaluation forms. The examiners fill out the names of the examinees on the exam note cards that they take with them on snow, and then discuss with each other the specifics of how they would run the exam. As a TD shadow I was offered note sheets of my own which I took and used through the day.

Then followed a briefing with the examiners by the Executive Director and Certification V.P. to discuss the overall exam format and to field any questions. The focus of our discussion was the difference between the teaching module, having the entire group together, as opposed to years past where the teaching module would be divided.

We then went to meet the exam group participants in the gathering area. The exam format was discussed with the group, and the examiners did a great job of setting a friendly but focused tone for the group. After the administrative work was done we agreed on a time and location to meet. All were then released to finish getting ready before heading outside.

**Day One: Level II skiing module.** At the meeting time the Level II skiing exam group was all together and accounted for. Luckily (I'll explain in a bit) the Pine Marten chair was closed. The winds were howling up top and there was a significant amount of new snow off piste. On piste was "groomed with dust" to yesterday's grooming. We trekked over to the base of the "Sunshine Accelerator" chair which actually met us with some sunshine - a great start.

The reason why the Sunshine Accelerator chair was a great start (why we were lucky Pine Marten was closed) was that it provided a way to get some slow moving tasks out of the way which fit the chair. I had to remind myself as we got started that the demos are REAL skiing, something that would be good for any examinee to remember as they get started. Things like using your poles to time your flexion and extension movements

in the Wedge Christies provide a way to tap into your familiar skiing movement patterns and enhance accuracy and flow. These first tasks really showed me that as a TD I have to be clear about the tasks being a way to show movements rather than simply doing a task. I'd tell our candidates that if you are trying to do the task without understanding what makes one successful at the task then I wouldn't recommend they take the exam. I make sure that each of the candidates have an explicit awareness of what body parts are involved in making movements and what ski-snow performance outcomes arise from those movements.

For example, when we practice skating, I would ask, "What makes you successful at skating?" I would expect an answer something along the lines of "When I skate I extend a flexed leg while maintaining a closed ankle joint to help my extension movement direct my center of mass forward along the length of the ski. This helps me keep pace with my skis and when I pressure the ski to make the extension movement, I pressure the ski from the middle. In contrast, if my extension movements are vertical, my center of mass falls behind my feet, my extension pressures the tail, and the skis jet out from underneath me." Then again, this makes me wonder what my response would have been when I was training for my Level II ... hmmm.

The day carried on and we skied through the exam tasks. By and large those who had difficulty with the low end tasks maintained the same movement issues throughout the day, most related to directed movements to maintain balance, and DIRT issues. I observed some good skiing, and some task-focused examinees who viewed the tasks as a checklist, rather than allowing the tasks to show their skills.

So, for the Level II skiing exam, we (TDs) should ask ourselves, "Is our training reinforcing candidates need to perform a series of tricks before getting their silver-plated dog bone, or are we training to develop skills through the tasks?" And, "Am I, as a TD, taking advantage of the opportunity to shadow exams and attend training available to insure I have an accurate assessment of who would or would not pass an exam?"

**Day Two: Level III teaching module.** Having gone through this exam in the same location last year, I was self-conscious of my ability to contribute to the day. The day had essentially the same start, but the format was a bit different from my exam, with the group staying together the entire day. The candidates were to teach a long segment and a short "ski tip."

The teaching segments that went well had the following components: calm and deliberate de-

livery, accurate demos, and concise and appropriate feedback related to the task. Each moved the group, provided leadership and confidence, and provided meaningful coaching that improved the individual's skiing. The segments that did not go well were those where the individuals tried to "re-gift" coaching that they had recently received, of which also tended to have inaccurate demos, and gave inadequate or irrelevant coaching.

It's tough to say that I would change anything about the process, but I did leave feeling that adequate pre-testing of candidates is something that will be a challenge for schools to do impartially, but would certainly yield results if done correctly. Having recently been a candidate myself I understand that you can feel as though you are in this vacuum - after all, how long are you out there either training by yourself or with only a few friends where you don't have the benefit of seeing the overall PSIA community.

Irrespective of what schools would do to enhance the chances of candidates passing, the candidates at Levels II and III should become a fixture at PSIA events, and not be bashful about soliciting feedback within the context of potentially taking an exam. You'd never hear an examiner say "do or don't take the exam" (that's for your TD to say), but you should be given some feedback that, when reviewed with your coach, can help focus your training efforts - after all, you can only truly have one coach at the end of the day.

I am thrilled to have had the opportunity to attend an exam shadow. We are truly blessed to have the examiners that we have and should regard their high standard as the ultimate motivation to better ourselves as skiers and instructors. ❄️



Brad Walsh is an Alpine Level III instructor and Training Director (TD) at Fiorini Ski School at Snoqualmie Pass. Email him at [bradleytwalsh@gmail.com](mailto:bradleytwalsh@gmail.com)

## Are you a TD and want to shadow an exam?

Your snowsport school's designated TD(s) may shadow exams on a first come, first served basis and must sign up in advance - drop ins are NOT allowed. To be eligible to shadow an exam you must be currently participating in the TD program and have attended two Tech Series event days during the current season.



## STARTING KIDS OUT RIGHT

by Terry McLeod

**Get them interested.** Find videos or books about skiing so they know what it is.

**Get them more interested.** Go skiing without them and come back raving about the awesome day you just had.

**Start youngest children skiing.** Initial success comes much easier for most young children on skis, particularly for the youngest kids without well developed ankle coordination.

**Keep your expectations reasonable.** Particularly with younger kids (six and under) where their attention span and strength won't last near as long as you think it should.

**Have warm, well-fitting clothes.** Neck gaiters are a must, and parkas with sleeves that seal well with warm mittens. Goggles are necessary when it's snowing.

**Teach them right, not fast.** Take the time for them to learn good balance and maneuvering skills without using a crutch like Edgie-Wedgies. Well trained instructors can be very helpful in accomplishing this.

**Take them in or go home before they want to.** This is all part of step 1 & 2. If they leave while it's fun they'll want to come back. ❄️



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Post comments  
@ [psia-nw.org](https://psia-nw.org)



## THANK YOU KARLEE, MY STUDENT

### AND MY TEACHER

by Caron MacLane

Wisdom comes in all sizes, shapes, ages and situations. It can be easy to lose the lesson by thinking it is supposed to look a certain way and be delivered in a specific fashion. May this be a reminder for you, too, to see the gift of the lessons from an unexpected teacher.

Karlee, as a five-year-old ski student in my ski class, I sit in wonderment of how much I actually received from you. I write to express my gratitude for all you gave me. We bonded in ski class. You had my heart. I write this tribute to the gifts I received from you as a devoted student. These gifts I take with me to remember in my own life.

I appreciate the abundant enthusiasm that you brought to each lesson! I agree with the notion that the student can create the teacher. Your energetic eagerness as the student inspired me to fully embrace my passion for play on skis. Who better to play with than you? So, play we did! Through the trees, the deep powder, the new trails, we went. You brought lively animation in your lilting voice with frequent conversation in your relaxed body that was ready for play or skiing, also when we came in for lunch.

You brought your willingness to explore and do new things. We investigated new places. Some of those places were new for me! Interesting places with new names and fascinating features like Pixie Sticks with trees and many trails. Of course, sometimes we went the same places. Yet those places were changed because of new snow, increased skills, or the added mileage that allowed for increased ease. They were old places offering

new adventures. You were always ready to head into someplace new. That prodded me to go into all the more different places!

Your extroverted self was always saying something to keep us all entertained. You were ever willing to share your thoughts, ideas, stories and requests. Though the requests were voted upon, you easily won others over to your point of view and thus your selection. I was confident when sending you to ride the chair with others because ours was full that you would have those on your chair entertained too. I kept smiling as you consistently won over others. You are your charming self! Like the man who saw all the kids in our class and said "cute kids" to which you promptly said "thank you."

Your natural leadership was evident. That made my life easier, since all I really had to convince was you. Then you would persuade everyone else, as you did quite comfortably. While I watched others vie for that leadership role, their efforts were negligible competition for your practiced polish. I mentioned to one woman you had asked for assistance that you were going to be the first woman president. Her response was "she has my vote!"

I was impressed with your ardent loyalty. You were always connecting with others and had a variety of other instructors. You always gave me big hugs and asked if you were going to ski with me. When you were in my class, you always connected with me with your open heart. I always felt I had your full friendship!

One of my very favorite things is your spontaneous expression! I still savor that day our full class was skiing in all the new powdery snow through the trees. You yelled out at top volume, "I love you, Teacher!" When I asked what made you say that, you said, "Because you take us in all the fun places in the trees and on trails." In the over forty years of teaching skiing, that is the first time anyone has said at the top of their lungs that they loved me! I was invigorated and touched.

I love you, Karlee! I am inspired by our time together and all you gave me. May I always remember how it feels to be around abundant enthusiasm, to feel the willingness to explore and do new things, to be entertained, to see natural leadership, to have ardent loyalty and to receive spontaneous expression! I look forward to seeing you on the slopes. And the opportunity to have you as my teacher. ❄️



Caron MacLane is an Alpine Level III instructor with more than 40 years of teaching experience and has been published in Skiing Magazine. Email her at [caron@caroncirclecc.com](mailto:caron@caroncirclecc.com)

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@ [psia-nw.org](https://psia-nw.org)







## JANUARY IS LEARN TO SKI AND SNOWBOARD MONTH

by Mary Jo Tarallo

Cost effective and free lesson packages for children and adults are being offered during January 2012 at ski and snowboard resorts throughout the U.S. The offers are part of Learn to Ski and Snowboard Month (LSSM), now in its fourth season.

"Humans Were Never Meant to Hibernate" is the theme for Learn to Ski and Snowboard Month. New participants are urged to take beginner lessons from professional instructors who are trained to explain "best practices." Current participants are encouraged to hone their skills with advanced lessons or take up an alternative snow sport. Lesson programs differ at various locations and from state to state. Most beginner lesson packages include the lesson, rentals and a lift ticket.

The national Web site is [www.skiandsnowboard-month.org](http://www.skiandsnowboard-month.org). It provides links to resorts, ski areas and retail shops all over the U.S. and a listing of product suppliers. The site offers practical information to help children and adults have a quality experience on snow. Resorts and resort associations involved in LSSM also make it easy for consumers to find information about cost effective local offers by posting information on their web sites.

"Winter is a great time to be outside as long as you dress for it," said Mary Jo Tarallo, director of Learn to Ski and Snowboard Month. "Sports like skiing and snowboarding offer invigorating exercise, opportunities to connect with family and friends and a way to appreciate nature. We hope people will take a snow day, have some fun and truly experience winter outdoors."

During January 2011, more than 300 ski resorts and Nordic centers in 33 states took part in LSSM. More than 75,000 children and adults took lessons up from 30,000 in 2010.

Learn to Ski and Snowboard Month is an industry initiative organized by the Professional Ski

Instructors of America-American Association of Snowboard Instructors, U.S. Ski and Snowboard Association, National Ski Patrol, SnowSports Industries America, National Ski Areas Association, numerous state and regional resort associations, retailers and retail associations, non-profits, industry partners and the snow sports media. ❄

Mary Jo Tarallo is the director of Learn to Ski and Snowboard Month. For details check out [SkiandSnowboardMonth.org](http://SkiandSnowboardMonth.org)

## BOOTING UP

shared by Joy Lucas

Anyone who has ever worked in Kids Club and helped boot up your students will understand this one!

Did you hear about the instructor who was helping one of her students put his ski boots on? He asked for help and she could see why.

Even with her pulling and pushing the little boots would still not go on. By the time they got the second boot on she had worked up a sweat. She almost cried when the little boy said, "Ski teacher? They are on the wrong feet."

She looked and sure enough, he was right! It wasn't any easier pulling the boots off than it was putting them on. She did manage to "keep her cool" as together they worked to get his boots back on, this time on the correct feet.

The little boy then announced, "These aren't my boots!" She bit her tongue rather than just scream and said, "Why didn't you say that in the first place?"

Once again, she struggled to help him pull the ill-fitting boots off his little feet. No sooner had they gotten the "wrong" boots off when he said, "These are my brother's boots. My mom made me wear them."

Now she didn't know if she should laugh or cry. But she mustered up what grace and courage she had left to wrestle "his" boots back on his feet yet again. Finally, helping him into his coat, ready to head outside, she asked, "Now, where are your mittens?"

He said, "I stuffed 'em in the toe of my boots."

## AND REPEAT

Kids Snowboard Tip by Kelly Medler

Most of us are used to learning things step by step and build our lessons on a linear path to keep our students progressing toward becoming the best snowboarders they can. When teaching kids, I suggest turning that pathway from straightforward, to something that closely resembles a game of chutes and ladders.

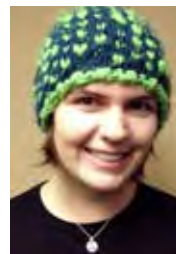
In my experience, true retention comes when younger kids are able to practice a skill in a couple of different formats. This will also combat the burnout that comes from working on a new drill, by mixing in a game that reinforces a previously learned skill.

Here is an example that I commonly run into. Side slipping is important to learn, but kids' legs tire out quickly and they can become frustrated when they can no longer hold an edge. Why not take a break and play a fun flat land game to promote more balance while skating. One can coach a variety of flat land freestyle maneuvers like ollies or silly presses to increase a kid's range of motion and balance.

Anything an instructor can coach allowing them to take a step backwards in the progression and work on balance and stance will greatly increase the success rate of the students in the beginner zones and beyond.

For the greatest success in kids' lessons, let go of the need to get to the next step and embrace the chance to revisit a skill as an opportunity to incorporate more play and fun into the day. While you may feel like the progression is moving slowly, the benefits to the children in the lesson are great.

They will gain real comprehension and muscle memory of beginner skills while having a positive outlook on lesson because they got to "play" with their instructor. In the long run, you get happy, awesome snowboarders with great balance and a true love for the sport. ❄



Kelly Medler is a Level III Snowboard instructor and trainer at Mt. Hood Meadows. She has also taught at Steamboat, Colorado. Email her at [medlerk@gmail.com](mailto:medlerk@gmail.com).

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## BALANCING MOVEMENTS REVISITED

**Senior Moment:** text, photos and photo compositions by Ed Kane, Yoga poses by Dorothy Corrigan

When we are skiing or riding we deal mostly with dynamic balance in trying to stay upright and move with our equipment as we slide down the hill. Here we are coping with changes in terrain, snow conditions and turn dynamics. In addition we are constantly moving from foot to foot as we transition from turn to turn. This means that for some period of time (in skiing) we must balance on the outside foot while relying on the other foot for aid in recoveries due to terrain changes or snow condition variations. The more acute balancing skills are, the more relaxed we'll be and we'll save energy – meaning more runs on any given day.

As we age, we generally start to lose both muscle mass and bone mass even for more active seniors. In addition, the joints tend to lose flexibility, which can result in pain when they need to be flexed, while making the movements that complement balancing. These conditions may cause seniors to experience balancing issues. In this case, a program of off-snow exercises will help sharpen balancing reflexes and retain joint flexibility, minimizing pain during athletic activities.

The knee joints are especially susceptible to injury or pain if the supporting muscle structure is not well toned. This means that the quads, hamstrings and inner/outer thigh muscles should get attention prior to the season. These should also be lengthened to retain or improve flexibility and support of the knee joints. It is also advisable to strengthen the core muscles, including the abdominal muscles, to facilitate turning and balance. A strong core also helps support the spine and reduce fatigue during skiing and riding.

There are many ways to improve our balance while strengthening the muscle groups. One of the most popular approaches in the sports community is to enroll in an organized Senior Yoga class or practice a regimen suited to your capability (see "Yoga for Snow Pros" in the Spring 2011 issue for some ideas).

Any regimen that you adopt should include both Static and Dynamic balancing poses and exercises. Before starting this kind of regimen, be sure to warm/loosen up with your favorite stretching and rotation exercises and keep in mind that in yoga "if it hurts, don't do it"! The static exercises give you a chance to focus on centering your core while helping to build strength and bone mass.

## Static Poses

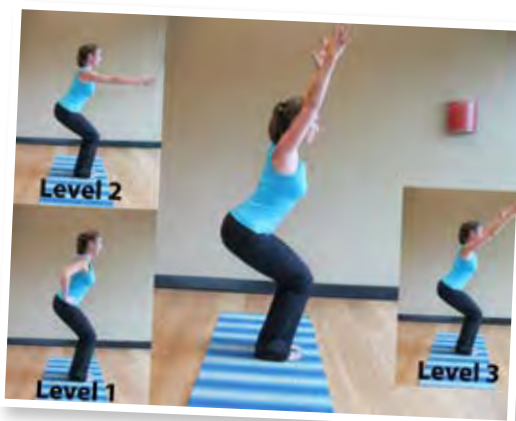
### Tree Pose

- \* Stand tall with feet together, shift weight to left foot and bring right heel to ankle (level 1), to calf (level 2 & 3) or to upper thigh (level 4).
- \* Bring palms together at heart level (level 1, 2 & 4) or stretch arms over head with palms together (level 3) & focus on a stationary spot.
- \* Hold for 30 seconds to one minute.
- \* Repeat balancing on right foot.



### Fierce Pose

- \* Stand tall with hands on hips, feet about hip width apart and feet parallel to each other.
- \* Take a deep inhale and on exhale bend at hips and knees to reach tailbone back. (If you look down you should be able to see your toes.)
- \* Keep hands on hips (level 1), extend arms in front parallel to floor (level 2), raise partially (level 3) or reach for sky.
- \* Hold for 30 seconds to one minute.



*Note: Each of these is shown with some intermediate poses that can be used in gradually achieving the pose shown in the main picture.) The dynamic exercises help develop joint flexibility and sharpen your balancing reflexes. Following are some examples of both Static and Dynamic Yoga poses and postures that will aid in improving your balance, increase both limb and core strength and enhance your skiing enjoyment.*

### Boat Pose

- \* Sit on the mat with knees bent and feet flat on floor.
- \* Bring hands to back of legs, lengthen spine, lift heart, lean back far enough to take weight off feet.
- \* Raise heels & keep toes in contact with mat (level 1), raise legs together parallel to floor (level 2) or hold legs parallel to floor and reach arms away from the body.
- \* Hold for 30 seconds to one minute.



### Balancing Table

- \* Start with hands directly under shoulders, knees directly under hips and tops of feet pressed down on the mat.
- \* Reach left leg behind and place toes on mat (level 1), inhale and lift leg parallel to floor (level 2) or inhale and lift right arm to shoulder height (palm in) and left leg parallel to floor.
- \* Hold and breathe for 3 to 5 breaths.
- \* Exit by inhaling deeply and exhaling while returning to starting position.
- \* Repeat on other side and repeat 5 times.



## Dynamic Postures

When first attempting these dynamic postures it may help to place the back against a wall (Cloud Salutation & Knee Lift with Forward Leg Extension) or by placing the hands on the back of a chair (Knee Lift/High Lunge Flow & Knee Lift/Warrior III Flow) for stability.



## Cloud Salutation

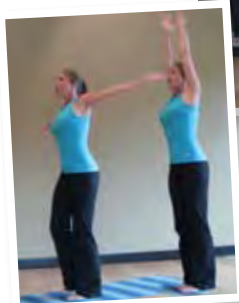
- \* Stand tall with arms at the sides stretching toward the floor and focus on a gazing spot.
- \* Inhale while first reaching to the sides and then up to the sky pressing the palms together.
- \* Exhale slowly while lowering the palms to heart level and lifting the right knee toward the chest. (Exhale should be completed as hands reach heart level and leg reaches maximum height.)
- \* Inhale slowly as arms reach toward the sky and the right foot lowers to the floor. (Inhale completes as hands and foot reach their final position.)
- \* Shift weight to the right foot, exhale while lowering the palms to heart level and lifting the left foot, completing exhale as palms and foot reach final position.
- \* Inhale while lifting the arms and lowering the foot to the ground, completing the inhale as the palms and foot reach their final position.
- \* Repeat sequence 5 to 7 times.



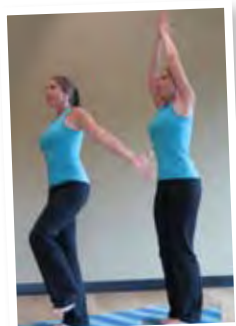
← Inhale



Exhale →



← Inhale



↑ Exhale

← Inhale

## Knee Lift/High Lunge Flow

- \* Stand tall with feet together, hands on hips, shift weight onto left foot, inhale and lift right knee as high as feels comfortable.
- \* Exhale while stepping back with left foot and raising the arms toward sky with palms facing each other. (Weight should be evenly distributed between front and back feet and front knee should be stacked over the ankle.)
- \* Repeat 7 to 10 times and then switch to the other side.



## Knee Lift/Warrior III Flow

- \* Stand tall with arms stretched down by side of the body, elbows bent and palms in, shift the weight to the right foot and firm that leg.
- \* Inhale while lifting the left knee as high as feels comfortable, keeping the hips level and arms in the starting position.
- \* Exhale while extending the arms forward and the left leg back bending at the hip until they are both parallel to the floor. Intermediate versions of this posture are keeping the left toe on the ground (level 1) or partially raised above the floor (level 2).
- \* Repeat 5 to 7 times and then on the other side for the same number of repetitions.



## Knee Lift with Forward Leg Extension

- \* Stand tall with feet together, hands on hips and move weight to right foot while firming the leg.
- \* Inhale while lifting the left knee as high as feels comfortable and keeping the hips even.
- \* While exhaling, press the left heel down towards the ground and in front of the body until it is straight.
- \* With the leg fully extended lift as high as feels comfortable.
- \* Repeat 7 to 10 times and then switch to the other side for the same number of repetitions.



I would like to gratefully acknowledge the contributions of Dorothy Corrigan, my Yoga Instructor, for her guidance and consultation in the preparation of this article and for her demonstration of the poses shown herein. ❄️



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

Post comments  
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## Looking for an “alternative to” or post Level III option?

The Senior Specialist program is a great way to go! Gain insight and training specific to one of the fastest growing segments of the snow sports lesson demographic: 55 and older. Provide your clients and your snowsports school a valuable asset by becoming a Senior Specialist! See page 16-18 for dates and details.

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