

THE INSTRUCTORS EDGE

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Intermountain

Stein Eriksen, Skiing Legend

By Sal Raio

Mr. Stein Eriksen, a legend in our profession and sport, recently underwent triple bypass heart surgery. He is now resting nicely in his home in Park City. Stein has been the director of skiing at Deer Valley since the resort's inception in 1981. He was also instrumental in the development of the ski school where his inspiration and guidance were invaluable.

The name Stein Eriksen has been synonymous with style and elegance in skiing for half a century since his gold medal victory at the 1952 Oslo Olympic Winter Games. With Olympic gold in giant slalom and a silver medal in slalom, Stein went on to win three gold medals at the World Championships in Åre, Sweden in 1954, making him the first alpine skier in the world to win triple gold at a world championship. The 50th Anniversary of Eriksen's Olympic medals coincided with the 2002 Olympic Winter Games, which took place on his home mountain, Deer Valley Resort. Stein also became known as the "Father of Freestyle" because of his famous full



Deer Valley Director of Skiing Stein Eriksen shows timeless form on the slopes.

layout into a pike position on skis.

A native of Norway, Stein has lived in the United States for the last four decades. Prior to joining Deer Valley, he was involved in the development of the Park City Ski Area (now Park City Mountain Resort). Before coming to Park City, Stein spent four years as Director of Skiing and Ski School Director at Snowmass, Colo., and four years as Ski School Director of Sugarbush, Vt. He also served as Ski School Director and owned his own sport shop in Aspen Highlands, Colo. From 1956–1958, he was ski school director at Heavenly Valley, Calif., having previously served in the same position at Boyne Mountain, Mich., from 1954–1956.

Over the years, Stein has been recognized for his contribution and assistance in the development of P.S.I.A. Because of his pioneering spirit and contribution to the early development of the ski industry, Stein received the Pioneer Award from the Intermountain Ski Areas Association (ISAA) in 1998. He also received the J.C. Quiney/ Special Acknowledgment Award in 2001 for his contribution to skiing in Utah.

Please join me in wishing Stein a speedy recovery so that he may continue to do what he loves, to ski and be the great ambassador for this profession and sport of which we are all a part. ■



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Journal Entries

By Alfred Millikan

Looking back at the journals that I have kept for the past seven years as an instructor, I am reminded of many different instances and images since I first started teaching. Some of these images include the family from Wisconsin who tipped me in beer, homemade cheese curds and bratwurst; the kid I skied with at another resort who was so stoked when I showed him the "James Bond" ski run; and yes, even that unbelievably gorgeous actress from LA that was on that famous show about a family in Texas. I am quite sure that each of us has our own special clients that time has somewhat faded into our memories.

Besides anecdotes like those above, which make for great apres' ski stories, there are also a ton of those incidents that made me really show my stuff as a ski instructor: the lady that wouldn't stop dragging her poles until I made her drag her poles on purpose; the doctor from Atlanta who wanted to go fast and feel the wind in his hair but needed to learn how to safely ski so we worked on going as slow as possible for two hours of a three hour private lesson; the investment banker that wanted to ski with someone besides his family and who, at the beginning of the lesson, did not want to listen to any advice I had to offer. But, being a proactive instructor, I realized he just wanted a ski partner and turned our runs together into a silent partnership, talking about other lessons I had given to people on other days and really speaking to him about his own skiing (he caught on and in the end told me he had learned quite a bit from this kid from Rocky Top, Tennessee.)

Because I have these past successes to reflect upon, I can be flexible in my lessons with a diverse "bag of tricks." I also rely on the personal information I gather and record from each client to use when they return as isn't a return-

ing clientele one of the keys to longevity in this business?

I have included an actual sample entry in my "yellowbook" (a waterproof paper pad sold at a national outdoor equipment chain" that should give you an idea of what I think a good journal entry should include. Of course, write what you feel but the more details, the better, in my opinion. I have changed their names for privacy.

Date: February 20

Duration: 6 hours

Zone: Advanced Intermediate

Day 2 of 3 with Chad and Mike.

Began with review of yesterday's lesson and introduced advantages of pole rhythm. Mike had a tendency to "stab" the snow, throwing his arms around to make up for the exaggerated motion, and Chad would often forget to use his poles altogether. Dem'd some medium radius turns and showed the guys a rhythmic pattern they had not experienced. Introduced the idea of having a favorite song in their heads to help with that rhythm. On runs like Hawkeye, Side-winder, and Lost Boulder, they started to feel the flowing of skiing medium and longer radius turns. We then talked about that same rhythm in short radius turns on much steeper pitches. Moving to Perseverance Bowl, I had them practice making short turns using that song in their head as the basis for the rhythm. The rhythm made the turns symmetric and flowing, and their practice was paying off as each of them seemed to be moving farther and farther from the bad habits they exhibited yesterday and this morning.

Lunch was at La Pasch in the Stag Lodge. Chad's wife, Shari, showed up with the kids and the guys shared the morning's adventures with them.

After lunch, we skied a couple of runs but the guys were feeling a bit full and were not skiing to their potential. Skiing back to the Stag Lodge, we sat down

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The Instructors EDGE

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The 2004-2005 Spring Clinic

April 1-3. Blast into the Past with the first ever *Retro Day!*

This year on April 1-3 Powder Mountain Resort will host our 54th annual Spring Clinic. Past participation tells us the membership loves Great Terrain, Great Snow and of course, a *Great Time!* You won't be disappointed.

Nestled high in the spectacular Utah mountains, Powder Mountain is the largest, (no kidding), ski area in the United States, with over 5,500 acres of accessible terrain. Powder Mountain offers heli-skiing, snow cat skiing and believe it or not, double black diamond back country terrain, plus over 2,800 lift served acres, 81 groomed runs and plenty of variety for everyone.

With an eclectic blend of old double chairs, a poma tow, plus a new quad and the ubiquitous "Woody" still driving the Powder Country bus, Powder Mountain is the most unique skiing and boarding experience in Utah.

Powder Mountain offers something for every one. If you haven't been there in the past few years, the new Paradise Chair has opened up vast new terrain including tree skiing/ riding, perfect

glades, groomers and huge rocks for those with the urge to "Go Big".

Skiing and boarding at Powder Mountain is just like the "Old Days," no powder frenzy here, you can find fresh stashes of Utah's best days after a storm.

Which brings us to this year's theme, "*Blast into the Past.*" This year we will celebrate our proud (or maybe not so proud) heritage of skiing and riding in Utah with the First Ever, "*Retro Day.*" On Friday, April 1st, everyone is asked to show off the attire and hardware they used in their "heyday".

Prizes will be awarded for the "Oldest", the "Wildest", the "Worst fit", plus the most "Gawd-Awful" combination you can come up with. This should be a lot of fun and a great way to remember the "Good-Old-Days"

Spring clinic is also a fun way to get clinic credit while having a great time skiing and riding the "Greatest Snow on Earth". Not to mention, hanging with old friends, meeting new friends, and in general, just having some great fun as we close out this season.

Cost for the event is \$150, which includes two days of expert led clinics, plus a free ski/ride day, a fantastic banquet at the Wolf Creek Resort, as well as a unique Powder Mountain souvenir. Tour groups might be able to participate in cat skiing for an additional \$7 per ride (payable at the resort), weather and snow conditions permitting.

Single day clinics can be scheduled for \$60 per day. Extra banquet tickets may be purchased for \$30 each. The General Membership Meeting is scheduled for Saturday at 4:00 in the Powder Mountain Lodge. The banquet is scheduled for later Saturday evening with a no host bar and silent auction beginning at 5:30 at the Wolf Creek Resort. All proceeds from the silent auction will benefit the Education Foundation. Dinner will follow the auction at 7:00. Registrations must be received by March 25 in order to guarantee your clinic and banquet reservations. We look forward to having you join us for this fun filled "*Blast Into the Past.*"

Proposed clinic topics*

Snowboard

Friday

- ◆ Personal Riding Feedback - Lots of riding! Lots of feedback!

Saturday

- ◆ Tasks vs. Demos - Creative riding/creative teaching

Sunday

- ◆ Stance Change-ups - Play with different angles and how it affects your riding
- ◆ Fundamental Freestyle - Intro to the freestyle world!

Nordic

Friday

- ◆ Level II/III exam
- ◆ Tour improve your skiing

Saturday

- ◆ Level II/III exam
- ◆ Track day (classic and skate)
- ◆ Tour with a DECL with the new direction of telemark skiing - 2 group potential depending on ability and numbers.

Sunday

- ◆ Tour with a DECL- 2 group potential depending on ability and numbers

For all of the telemark clinics a level II or stronger skiing ability required. This is not the opportunity to telemark for the first time.

Alpine

Friday

- ◆ Free ski on your own
- ◆ Tour d' Powder Mountain -with a DECL
- ◆ Ski Improvement-Improve your, skiing skills and get clinic credit!
- ◆ ACE II/III - Must have level II workbook in office 2 weeks prior, plus have already completed ACE I. (must be level II or III any discipline)

Saturday

- ◆ ACE II/III - Must have level II workbook in office 2 weeks prior, plus have already completed ACE I. (must be level II or III any discipline)
- ◆ ACE I - must have workbook turned in to office 2 weeks prior
- ◆ Tour d' Powder Mountain with a DECL

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on the patio for a few moments to let their food settle a bit. As we did this, I encouraged them and began to watch skiers as they passed by the lodge. I suggested that we spend this time watching the differences in the passing skiers and see what we could learn from them, since we weren't actually skiing. Mike saw a couple of strong skiers and said that he felt like what he was now doing was closer to their style than he had been before and asked me what I thought about that. I said that his pole movements were much less exaggerated than they had been and I was pleased with his progress. Just as I was speaking, a skier passed who held his poles near his hips. Mike exclaimed, "He looks like you, Chad." Chad interjected an expletive or two and I responded by saying that Chad had also progressed to a point where his skiing took on a much more rhythmic nature and not to worry about anything but progress, progress, progress. They both seemed very pleased at these realizations: Chad saw somebody who still skied like he used to, and Mike, seeing someone who he could aspire to ski like. The rest of the afternoon was spent cruising around the longer runs practicing the rhythm in a wider variety of turns than the guys had been used to skiing.

Outcome:

Skiing back to Chad's house off of the Silver Dollar ski run, we had a quick reassessment of the lesson and the two said they felt ready for tomorrow's ski day with me at Alta. Chad and Mike have both begun to progress steadily as they are beginning to feel comfortable on a variety of terrain. Both of their attitudes show me that they are eager to learn and Chad is glad to have good weather to maximize the learning experience, due to the last time his family was here, in January, it snowed

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Education Corner

By Tony Fantis, PSIA/AASI-I Education Chairperson

The season is still going strong with many instructors attending late season clinics, accreditations and assessments. Be sure to plan ahead to make the most of the calendar while meeting your professional needs. It is impossible for Intermountain Division to create special events for more than 2,000 members. Pop-up clinics and assessments will generally not be added to the calendar, except in very unusual circumstances. With a little planning, you'll find the calendar has many good options to meet your needs from season to season.

Don't miss Spring Clinic, to be held at Powder Mountain this season! Spring Clinic offers a wide group of options for all snow sports disciplines, and is a great way to catch up with old friends and meet new people. This is the best deal of the season, and I look forward to seeing many of you there.

I want to thank you for the feedback, comments, and suggestions last summer and during this season. Your comments have been vital in shaping the educational events of the season. For example, watch for a couple new events next season on weekends and perhaps a pre-season lecture series. Have a great end to your season and enjoy your summer. I'm already planning for next season, and am excited by the members' response to this year's program as well as the ability to make a few additions to the 2005-2006 calendar. Thanks again for the opportunity to serve you!

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- ◆ Ski Improvement-Improve skiing skills with group and personalized coaching.
- ◆ Bump or Crud Clinic-Improve your skills while learning how to effectively ski crud and bumps.
- ◆ Advanced Ski Teaching-DECL will facilitate a round table style of communication for the exchange of ideas and techniques regarding ski instruction. The group will dictate the goals and tempo for the day. This is a great place to share ski teaching "secrets" with other experienced instructors.
- ◆ Women's Ski Group-For women, led by women, any questions? (be prepared to change to another clinic topic if we are unable to hire a female DECL!)
- ◆ Super Vets- been there, done that! This is for those of you who have been teaching forever, want to cruise and have some fun learning, sharing skiing and teaching ideas with your peers.
- ◆ Kids-Explore what's "ideal" and what is "real" to handle, understand, and how to develop kids' lesson plans.
- ◆ Race Clinic-Run gates at your own pace with personalized coaching. (Snow conditions permitting)

Sunday

- ◆ Adaptive Workshop - intro to Bi and Mono-Ski.
- ◆ Ski Improvement-Improve skiing skills with group and personalized coaching.
- ◆ Bumps or Crud Clinic-Improve your skills while learning how to effectively ski crud and bumps.
- ◆ Advanced Ski Teaching-DECL will facilitate a round table style of communication for the exchange of ideas and techniques regarding ski instruction. The group will dictate the goals and tempo for the day. This is a great place to share ski teaching "secrets" with other experienced instructors.
- ◆ Women's Ski Group-For women, led by women, any questions? (be prepared to change to another clinic topic if we are not unable to hire a DECL!)
- ◆ Race Clinic-Run gates at your own pace with personalized coaching. (Snow conditions permitting)
- ◆ Ski Improvement-Improve skiing skills with group and personalized coaching.

* Add \$50 to your event fee of \$150 if you choose to attend three clinics. Be prepared to switch topics if there are not enough sign-ups to create a group. See 8 for lodging. ■



President's Message

By Carl Boyer, PSIA/ASSI Intermountain President

I hope each of you has been able to take advantage of the great snow and conditions at our resorts this season. Many have participated in our restructured clinics, and the feedback has been overwhelmingly positive.

The Alpine Accredited Trainer has been well received and popular with the Level III members. Our members will be better served having a larger body of individuals who can help direct candidates to accurate information regarding our current certification process. Those accredited who have been invited by their home areas to administer training clinics may sign off attending candidates on those topics in their portfolios.

The Division's Alpine DVD has also proven popular. The Division office can assist you in obtaining one for your own library. In gratitude for your contribution of \$20 or more to the PSIA/AASI Intermountain Education Foundation, a 501 c.3 donation (which may for you be tax-deductible), we will forward you a DVD. You will also be helping your peers by funding Education Foundation programs, including scholarships and Instructor of the Year recognition.

I encourage you to join us April 1, 2, &3 for Spring Clinic at Powder Mountain, high above bucolic Ogden Valley. Tammy Weiss and her many helpers have a great event lined up (I can't wait for the 'retro day')! I can attest to the fun I always have whenever I am at Powder Mountain. It truly is between Paradise and Eden. I will see you there!

Carl Boyer

Communication Corner

By Chip Herron, PSIA/AASI-I Communications V.P.

I hope this finds everyone doing their best to avoid the mid season blue's and pacing themselves to make it to the end of the year. With the Intermountain region having the best snow in the country, all of our member schools have been extremely busy.

Prepare yourselves for one more month of hard work ... then it is time to kick back and enjoy the Spring Clinic!

Powder Mountain is our host this year. What a deal, three days of skiing, two days of clinics and a banquet all for \$150.00. The cost for your significant other to attend the banquet is \$30.00. A variety of clinics will be offered for all disciplines along with ACE I & II

With all the snow this year and hopefully lots more to come it should be a great time! Retro day could be worth the price of admission alone!

See ya there, Chip

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each day and he struggled in the deep snow. Sharing in learning the past two days has brought the two brothers back to a closeness they admitted they had not felt in many years.

Personal Information:

Chad Burns, 38, married: Shari, two kids: Charles, Jr. and Shannon. Owns a large commercial construction company in Newport Beach, California. Close friend and golf partner at home club with pro golfer Bill Chickels. Highly competitive.

Mike Burns, 41, married, Brenda, three kids, Caroline, Susana, and Jackson. An attorney specializing in malpractice suits in Phoenix, AZ. Enjoys hang-gliding and river rafting.

So, there you have an example of one of my journal entries. First, I listed the specifics of the clinic: duration, level of the skiers (I might have put "moguls" here for a mogul lesson, but in this case, it was less specific), and location (the next day I listed "Alta" as the location since I was not at Deer Valley.) In the body of the entry I reflected on any of the clinics high and low points I can remember at the end of the day. I also listed the runs taken and any specific drills I might have included in the day.

These entries help on the client's return by allowing you to remember exactly what was covered on their last visit. By giving a descriptive summary, you as the instructor not only have words, but the visual imagery of yourself giving the lesson. This helps significantly if the client is returning a few months later or the following season. Being descriptive takes practice, and, since no one is grading you or even necessarily going to see this but you, feel free to use any terminology you desire that gets the point back across to you. In the outcome section I list any significant strides in progress, whether I think the client will return or

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not, and whether the lesson was a success or not. The outcome really is being a better-informed instructor, giving the client a highly individualized lesson. And last, the personal information section is where I list information about the client's family, profession, residence location, and any personal interests. This really helps in the relationship maintaining aspect, as one of the first things we do when we meet a client is find some commonalities as we build a relationship with the client and in this instance, you would already have that part sewn up—why have to rebuild when you can look like you are digging deep to remember these bits of pertinent knowledge? Being in a client centered service oriented business, in the outcome you will likely look like a hero having this kind of knowledge readily available.

Keeping a journal helps me in many ways. If you already keep a journal, great! If not, try it. Remember to be descriptive and it will help you in the future. Have a great season! — **Skiya, Alfred Millikan, Deer Valley.**

Don't Demo, Ski

By Rodger Renstrom

If you find yourself skiing like a robot when you do wedge, wedge christy and basic parallel “demos,” maybe you should try skiing rather than demonstrating. Demonstrations are just types of situational skiing so using the ski to shape turns should be your objective.

Focus on how you guide your skis through turn transition; how you use ski design to help shape turns (with more or less edge angle to fit the task); and how you manage fore/aft and ski-to-ski balance. Feel what you are trying to accomplish with the ski on the snow and you'll find your “demos” more natural—and more fun. ■



Certification Corner

By Kent Lundell, PSIA/AASI-I Certification Chairperson

We are now in the height of the season and I know some of you are getting ready for certification. To be successful be sure to download the latest study guides from the www.psia-i.org/www.aasi-i.org website, (I am sure you all ready have.) *The new study guides have 2004 date on them and contain new the information.*

There have been changes in the alpine level II and certification process. We have taken out the movement analysis from the level II skiing. We have added some self- assessment drills to the level II skiing assessment. The level II teaching now consists of ten topics that a level II ski teacher teaches. The movement analysis of a peer is also included the level II teaching assessment. (See your 2004 alpine level II study guide)

There have been changes in the Alpine level III and certification process. The movement analysis has been moved out of the level III skiing assessment. We have added some self-assessment drills to the level III skiing assessment. The movement analysis is now in the 20-minute peer teaching session in the level III teaching assessment. (See your 2004 Alpine level III study guide)

This past year we have tried to make the certification process better. The Ed/Cert staff has created an Alpine DVD that has all the demonstrations and self-assessment drills required for certification. This DVD will help you train for the skiing portions of the assessments. As you know, a moving picture is worth more than several thousand words. The DVD has a website link that takes you to written descriptions of all the maneuvers and self-assessment drills. The written online descriptions describe the maneuvers and self-assessment drills and can be down loaded easily they are in a PDF format. The link has been included in the DVD for people who need more than the DVD dialogue. You can now purchase the DVD from the Division office for \$20.

The first copies of DVD were sent out to all of the Intermountain Snowsports Schools. So if you have not seen the DVD or want to view it check with your Sports School they have a copy.

I feel these changes will help everyone who is going for alpine certification. I hope to see you at one of the alpine assessments or clinics. Kent

Please, Rub My Feet

By Kipper Cluff, Sundance

As a daughter of a father in the ski industry, I often wondered why my dad was always in bed early or on the couch politely asking my mom to “please rub my feet.” I thought, what's with that, he always has energy and is having fun, his job is skiing, what's the big deal!

Now, here I am a ski instructor myself and several days in a row on the mountain can be mentally and physically exhausting, whether it's over the holidays, your regular schedule or the 3-day trainer accreditation I recently attended (which I highly recommend, it was excellent!). I have found myself on the couch or in bed at 8:00 p.m. asking my husband to “please rub my feet”. Dad, I finally understand! ■



Lodging Specials for Powder Mountain Spring Clinic

Please remember to identify yourself as a PSIA-Intermountain member when making reservations. You will not get a discount without making the reservation office aware of this. Condos are located five miles from Powder Mountain in Eden:

Red Moose Lodge 801-745-6667

Located right at the major intersection of Eden. These are motel rooms – no kitchens – 2 hot tubs – 1 indoor, 1 outdoor

Pool table – Continental Breakfast
Single King - \$79

Single Queen - \$69

Double Queen - \$89

Double King - \$109 – has microwave & small fridge

Also, additional properties are available at Wolf Creek Resort through Wolf Creek Lodging at 800-301-0817. They have varied units with a \$34 per person, double occupancy rate.

Moose Hollow Condos 801-745-0203

\$69 per bedroom per night

2 bdrm 2 bath - \$138.00

3 bdrm 3 bath - \$207.00

4 bdrm 4 bath - \$276.00

3 bdrm deluxe - \$267.00

Guests will share the living space and kitchen space of these condos and still have their own bedroom and separate bathrooms. The condo units all have galley style kitchens. The deluxe units have a slightly larger kitchen and dining area.

Moose Hollow also has an 18 person outdoor Jacuzzi and dry sauna that are open all year. ■

It's Classified

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