

THE INSTRUCTORS EDGE

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The Professional Ski Instructors of America
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Intermountain

Alpine Education

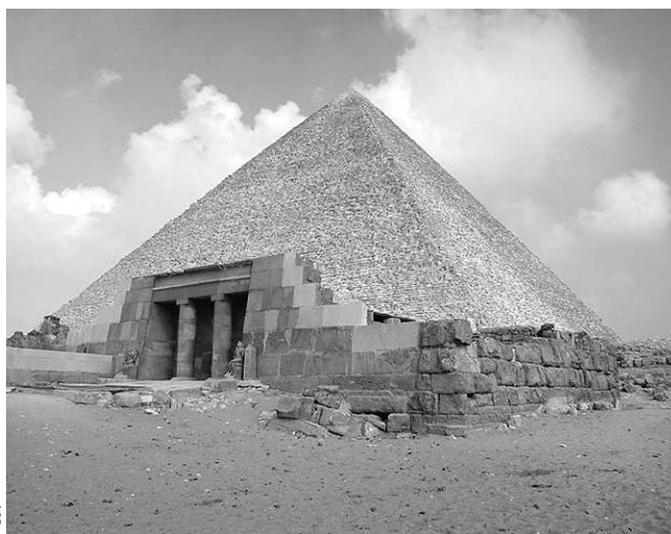
Learning from the Egyptians

By Ron Kipp



Egyptian Pharaoh Khufu showed us several things 4500 years ago that we fail to acknowledge in our Education Program.

egyptarchive.co.uk



The Great Pyramid of Khufu, built 4500 years ago, is one of the world's largest structures. It is estimated to have taken 100,000 men over 25 years to build using 2.3 million blocks averaging 2.5 tons each. The blocks ranged from 2 to 15 tons. The pyramid sits on 13.5 acres of land, is 756 feet square at its base and 480 feet tall.

First: It takes a long time to build something grand.
Second: It takes a large base if you want to build something tall.
Third: You can't judge a book by its cover.

According to the Greek historian Herodotus, it took 100,000 men 20 years to build the great pyramid of Giza. No small endeavor, no short time. Why then in our education do we think we can garner the knowledge and movements needed to excel at an assessment over night? I have seen instructors fail to meet an assessment standard, go take one clinic and then dive head first back into the assess-

ment process. Fool hardy, waste of money, waste of time, rolling the dice, that is all it is.

As instructors, we should know that to make any motoric change takes time. Habits are hard to break. Understanding doesn't come with the recitation of a cliché. For an élite athlete to make anything habitual in their skiing takes two years. That is a lot of repetition. So why do we think we can do it in a few turns? There must be directed practice, practice, practice.

Knowledge is multi-faceted and comes in varying depths. Just to read this article you had to learn your ABCs,

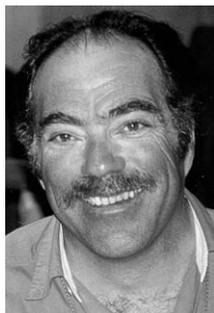
maybe some phonics, some vocabulary, something about grammar, and so on. As ski instructors we need to know how to ski ourselves, something about the technical components of a ski turn, and the pedagogy to relay it to our clients. That is a lot just in itself. But the depth of just any one component is just as important as the other components. This depth is the foundation on which to build something higher.

To understand something in greater depth does not necessarily mean memorizing more facts. Depth

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President's Message

By Carl Boyer, PSIA/AASI Intermountain President

The deadline for joining us at Big Sky for Spring Clinic/Symposium with Northwest Division is at hand. Our normal 'wait for the last minute' practice cannot work for this event. Don't delay in getting your applications in *now!*

As you plan ahead, be sure to keep your eyes out for the Board of Directors election ballot. Be sure to review the profiled candidates from your region (if applicable) as well as those 'at large'. Be sure to follow the instructions carefully; vote for those candidates for whom you are allowed, sign the ballot envelope, and indicate your snowsports school affiliation – or as non-affiliated if you are not currently employed by a member school. Return before the deadline – March 15. These steps will ensure your ballot can be properly considered.

I look forward to sliding with as many of you as I am able, and welcome your observations and feedback regarding your association. – **Carl Boyer**

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or foundation is the basis on which something is built. To use a ski teaching example, we usually look at our students stance as this is where balance originates. To worry about their pole plant is superfluous. Nice stuff, but it is just not going to get the job done. The good instructor starts with the foundation and builds from there. If you want to understand biomechanics, you need skeletal anatomy and muscular kinesiology. If you want to understand these to a greater depth, you might consider some biochemistry, and of course you will need chemistry before that. You can see the depth goes on and on.

It wasn't until 820 AD that the Arab Al Manum forced his way into the Great Pyramid at Giza. For 3700 years people wondered and marveled at this great pyramid thinking it was just a pile of stones. Once inside, Al Manum discovered that this stone pyramid was actually hiding the tomb of a Pharaoh. Riches and other treasures had been concealed by the massive stones. Just because you see an arced turn, hear a

cliché, does not mean the originator is an expert. We must constantly put that carved turn in unique situations and come up with differing ways to explain things (again that depth thing). Knowing the answer to a question is not enough. But knowing how to solve it.

Pyramids take a long time to build. Their geometry displays a large base so they could be built tall. While the outside is non-descript there are treasures hidden inside. If you want to build a better skier and ski instructor it takes time. This is because the base of a good skier and instructor has lots of mileage and wisdom. This doesn't mean just laying the same rock down over and over again, but finding new unique rocks or in our case situations; snow, turn size, turn shape, side hills, muck, anything we don't normally ski in. Search out greater depth in your knowledge. This greater understanding is not only just about one subject, but searching for new subjects to start mastering. – **Ron Kipp is PSIA-I Alpine Education Manager**

The Instructors EDGE

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Spring Clinic/Symposium at Big Sky!

It's that time of year, and one of those special years, when we travel outside of division to end the season with a bang! Our friends from PSIA Northwest will meet us at Big Sky Montana, April 13-15, along with Northern Intermountain and Northern Rocky Mountain. What a celebration!

Remember to bring along your sunscreen and lots of water; the base area is 7,500 feet and the top of the tram is a spectacular 11,166 feet with a possible skiable vertical of 4,350 feet! As always, ski or ride with clinicians on Friday, including Northwest Technical Team members, Intermountain and Northwest clinicians and some National Teamers. Just register for Symposium and that is your ticket to attend Friday for FREE. Saturday and Sunday we'll have all your favorites and more.

Clinics will run from 9-2 so you are able to meet up with family and friends for some runs at the end of the day.

We continue the Family Tour tradition for your family members. Remember, they need to be signed up for the tour and be able to navigate easy blue terrain.



(Registration in back of Edge)

The Huntley Lodge and Yellowstone Conference Center will be our base of operations for registrations and the banquet. Please visit www.psia-nw.org to see the site map. Lodging Packages are available throughout Big Sky Resort. Look for information in the last Edge and online at www.psia-nw.org and book now!

A block of rooms is being held for a discounted rate for Symposium participants, from hotels to condos, beginning on April 9-15. Come early and play. Big Sky is staying open just for us on Sunday evening as well. Call 800 548.4486 for lodging reservations.

Remember the Frequent Sky card; only \$69, must be purchased by March 31. This card allows you to ski/ride for free the week of April 9-15. Discounted lift tickets are also available at the area; see PSIA Intermountain or NW web sites for details and phone number to call to place your order.

As always the price is right and the fun opportunities abound. Sign up soon and come enjoy and be a part of one of our biggest Symposiums ever! ■

Communication Corner

By Mark Quintance, PSIA/AASI Intermountain Communication VP

Spring Clinic at Big Sky is coming up fast so get your registrations in early. Look for clinic titles in this Edge and at the Intermountain website at psia-i.org/aasi-i.org. The party bus sign up is on the registration form also with the cost of \$95 for the round trip to and from Big Sky, Montana. What a deal! Lodging information is also available on the website.

Remember, the Backcountry Accreditation Program is available to all disciplines – not just Nordic skiers. We are also trying to get more disciplines involved in the Snowsports Managers meetings in the future. Check with your school director for details.

The Board of Directors is working on a survey for the upcoming season and members will be able to participate right on the PSIA/AASI-I website. The purpose of this survey will be to poll the membership on what exactly the members are looking for from the organization.

The cut off date for Spring Clinic is March 30, 2007, with absolutely no late signs ups after April 5, 2007. (A \$20 late fee will be assessed for sign ups after March 30th.) The firm date for securing a bus seat however is March 10, 2007. ■

Go Local!

Can't get away to Big Sky? Or, just can't get enough of a good thing? There's more to do right here in your own back yard.

Divisional Academy

*Apr. 28-30, 2007
(Sat.-Mon.) Snowbird*

Race Camp

*May 4-6, 2007
(Fri.-Sun.) Snowbird*

ACE Update

By Mark Nakada



Greetings! On behalf of the ACE team, I'd like to thank those professionals who have taken the time and effort to seek ACE accreditation, or attend one of our clinics. We still have several ACE events scheduled for this season; please see our calendar posted at: <http://psia-i.org/children.html> for more details.

- ◆ The ACE Team is working towards having both ski and ride "on-snow" groups for our ACE I events by next season (depending on discipline participation). Details coming soon.
- ◆ There has been some confusion over the qualifications for ACEI. Although ACE materials may be presented as part of any Snowsports School Training Program, you must be a PSIA/AASI Level I certified instructor and meet the curriculum requirements to receive your ACE I accreditation.
- ◆ For all ACE accreditations, you must complete all of the curriculum requirements within one calendar year from the time you start to receive credit.

We welcome your feedback! Please contact the ACE Team through the PSIA-I/AASI-I Office. We look forward to seeing you at an ACE Event this season. — **Mark Nakada is PSIA/AASI Intermountain ACE manager.**

Visit PSIA-I/AASI-I Online
www.psia-i.org or
www.aasi-i.org

Alpine Certification



By Guillermo Avila Paz, PSIA-I Alpine Certification Manager

Dear Members, I hope that you are enjoying this warm weather. Let's hope that the snow continues!

Certification is something that candidates work hard to achieve. PSIA-I is working hard with the candidates to help them through the assessment preparation and process. A question that I ask many candidates is "Why do you want to get certified?" Many answers I get are:

- 1) To make more money.
- 2) To move up within their ski schools ranking.
- 3) To teach upper level skier's.
- 4) It is the avenue to take if you want to get better.

In the process of preparing for assessments, many candidates will learn to become better skiers and better teachers. The assessment becomes seamless and natural if they understand the whole picture and not just parts of the process. **For example:**

- 1) Why they teach a basic parallel turn.
- 2) What skill blends they need to make a basic parallel turn.
- 3) Can they demonstrate a basic parallel turn based on the description of the maneuver?
- 4) Do they have a basic progression to teach, develop, and improve a basic parallel turn?

If they have all these components in place, the assessment becomes seamless and natural. The candidate and the consumer/student benefit because the candidate is able to provide a great product.

Candidates need to try to understand that we all are humans and that we are trying to do our best to help them succeed. We all learn just like our students, certifications or accreditations are just a license to learn more - it never ends.

Basically all certification is telling us is that we have a basic understanding on how to ski and teach at each different ability zone and at each different level of certification.

There are many different sources to use to improve our understanding with many different resources like PSIA manuals, videos and other materials as well as those from other divisions and ski schools from other countries. The most effective resource of all is sharing information with each other. The diversity of instructors from your own division and ski school staff is rich with knowledge and experience. This is a great asset to us all.

The upcoming Spring Clinic at Big Sky Montana will be a great opportunity for all of us to see and ask questions about how other PSIA divisions conduct their training process and for you to ask questions about their certification process. I hope that you make the time to join us.

Come and join us on April 28-30 for our own PSIA-I Divisional Academy. See you soon. — **Guillermo Avila Paz**



PSIA-Northwest/Intermountain-AASI SPRING SYMPOSIUM at BIG SKY April 13-15th, 2007



7105 South Highland Drive #201 Salt Lake City, UT 84121 Fax 801.942.7837

Name _____ NW or I Member # _____ Cert Level _____
 Address _____ City _____ St _____ Zip _____
 Day # _____ Ski/Snowboard School _____
 E-mail _____

Ski with clinicians on Friday, box must be checked if you wish to attend
 (**Must be registered for Symposium to be eligible to attend**) \$FREE \$ FREE _____

Two-Day Instructor Package (No Lifts or Banquet)
 (Includes Registration Fee, 2 Days Lessons and Souvenir) \$120.00 per person \$ _____

One-Day Instructor Package (No Lifts or Banquet)
 (Includes Registration Fee, 1 Day Lesson and Souvenir) \$75.00 per person \$ _____

Family Clinic
 (Name of family members who will attend: _____)
 Alpine _____ Snowboard _____ **Must be able to navigate easy blue terrain.**
 \$30.00 per person/per day \$ _____

Symposium Banquet
 Stuffed Chicken Breast OR Vegetarian Option \$30.00 per person \$ _____

Ride the PSIA-I Party Bus (see website for details) \$95.00 round trip \$ _____

Extra Souvenirs \$10.00 each \$ _____

Add a \$20.00 late fee after March 30, 2007 \$ _____

Total Amount Enclosed \$ _____

Visa/MC # _____

Exp. Date _____ Signature _____

Please list family members who will be purchasing lift tickets*:

*only participants in Symposium and their families qualify for discounted lifts - \$35 per day PSIA/AASI members, \$47 family lift

Mail application, with payment, to PSIA-I, 7105 South Highland Drive #201 Salt Lake City, UT 84121. Application must arrive **no later than March 30, 2007**. A late fee of \$20.00 will be added after that date. Late applications will be accepted on space available only. A \$20.00 fee is charged on all cancellations. **No refunds** unless injured (doctor statement required).

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

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

Signature _____ Date _____

Select topics on reverse.

Return this sheet along with your registration fee!

NAME _____

Saturday, April 14 - Clinic Topics run 9-2

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

Alpine Clinic Topics for Saturday

- Seeing is Believing
- Skiing the Skills Concepts 201
- Skiing the Skills Concepts 301
- Teaching with a Focus 201
- Teaching with a Focus 301
- Classic to Modern Connection: A Skiing Experience
- Use Your Core to Ski Better
- Challenge Your Concepts
- Big Mountain Skiing at Big Sky
- Bumps
- Low-Fly or High-Fly Freestyle
- Ski with the Girls
- Clean and Carved
- Legends
- Master Tour – Achieving Your Skiing Goals (2 days)
- GS Gate Training (Sat. only)

Telemark Clinic Topics for Saturday

- Efficient Telemark Skills Applied to Gates (Sat. Only)
- Creating Versatility in Your Tele Turns (Sat. Only)

Children's Clinic Topics for Saturday

- Solution Strategies
- Bag O'Tricks

Snowboard Clinic Topics for Saturday

- Seeing is Believing
- Low-Fly or High-Fly Freestyle
- Big Mountain Riding at Big Sky
- Clean and Carved

Adaptive Clinic Topics for Saturday

- Transposing Experience to the Adaptive Field
- Teaching Three and Four Track
- Visually Impaired (VI) – Teaching Tactics & Understanding

Family Clinic Saturday

- Tour the Hill (13 and up)

Sunday, April 15 - Clinic Topics run 9-2

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

Alpine Clinic Topics for Sunday

- Seeing is Believing
- Skiing the Skills Concepts 201
- Skiing the Skills Concepts 301
- Teaching with a Focus 201
- Teaching with a Focus 301
- Classic to Modern Connection: A Skiing Experience
- Use Your Core to Ski Better
- Challenge Your Concepts
- Big Mountain Skiing at Big Sky
- Bumps
- Low-Fly or High-Fly Freestyle
- Ski with the Girls
- Clean and Carved
- Legends
- Master Tour – Achieving Your Skiing Goals (2 days)

Telemark Clinic Topics for Sunday

- Alpine to Telemark (Sunday Only)
- Maximizing Versatility in Your Tele Turns (SunOnly)

Children's Clinic Topics for Sunday

- Solution Strategies
- Bag O'Tricks

Snowboard Clinic Topics for Sunday

- Seeing is Believing
- Low-Fly or High-Fly Freestyle
- Big Mountain Riding at Big Sky
- Clean and Carved

Adaptive Clinic Topics for Sunday

- Transposing Experience to the Adaptive Field
- Teaching Three and Four Track
- Visually Impaired(VI)Teaching Tactics & Understand

Family Clinic Sunday

- Tour the Hill (13 and up)

FRIDAY – Your **FREE** ski and ride day. Clinic groups in less formal settings with a variety of clinicians available, including **NW Technical Team members, NW and Intermountain staff and National Team members!** You must be registered for Symposium to attend and sign up in advance to take advantage of this free day!

SATURDAY – Ski/Snowboard School GS Race – (2:30-3:30 pm). Sign up at the Registration Table.

Big Sky Clinic Topics

ALPINE CLINIC TOPICS

Seeing is Believing – Video analysis of your skiing will be used to improve your skill level, awareness of your movement patterns and what to develop in your skiing. Indoor time will be spent near the end of the session to review the day's video.

Skiing the Skills Concepts 201 – A clinic designed to improve the instructor's skiing performance in levels 4-7, and understanding the application of the skills concepts. The goal of this course is to provide the instructor with an accurate assessment of their current ability and establish a plan for improvement.

Skiing the Skills Concepts 301 – A clinic designed to improve the instructor's skiing performance in levels 7-9 and understanding the application of the skills concepts. This course will provide the instructor with an accurate assessment of their current skiing ability and establish a plan for improvement.

Teaching with a Focus 201 – A clinic designed for the Level I certified instructor. This clinic will help the participant develop exercises and progressions related to specific skill improvement in skiers through level 7. Participants will utilize knowledge of ATS principles in a peer group environment to effect skill blending and movement pattern changes.

Teaching with a Focus 301 – A clinic designed for the Level II certified instructor. This clinic will help the participant begin to identify and describe, with precision and accuracy, skill blends and movement patterns in skiers of all ages and abilities in varied skiing tasks, snow conditions and terrain options.

Classic to Modern Connection: A Skiing Experience – Learn by skiing 1930's Emile Allais, 1939 Direct Parallel, Otto Lang 1939 Modern Arlberg Technique, 1955 Stefan Kruckenhauser Counter Rotation (Austria), Early American Technique 1965, 1975 PSIA Skills Concept, 1970-80's Stenmark/Mahre era influence, 1990's to present, the advent of shaped skis. In addition, learn by trying many types of turns you can't even pronounce. Where we started and where we are today. The more we change, the more we stay the same. Clinicians; PJ Jones, Joe Waggoner, Junior Bounous and Jerry Warren

Use Your Core to Ski Better – Build upon the teachings of the "Core Training for Better Performance" indoor sessions. Prerequisite is previous attendance of indoor session (or you can take it before we go out on snow at Symposium, see PSIA-NW website for details). Apply techniques learned indoors and see immediate improvement in skill performance on snow! Make your skiing more efficient and more fun! Emphasis placed on skills relative to National Standard outcomes. Clinicians; Betsy Baker and Robert Graham

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

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

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

Low-Fly or High-Fly Freestyle – Rock and roll in the Terrain Park and Half-Pipe. There will be an Intro clinic for those with little or no experience and an Intermediate level for those wishing to push the envelope.

Ski with the Girls – Taught by top female clinicians, this clinic is designed to address equipment issues, motivation and ski improvement for women instructors and of course heaps of fun! Sorry, no boys allowed.

Clean and Carved – Just as it sounds! This clinic will explore speed and the art of carving in a safe and fun atmosphere. Learn to ski clean, efficient turns while exploring the conditions of the day. Develop the ability to approach steeper and more challenging terrain with efficient movement patterns and confidence.

Legends – Ski with some legends for a fun day designed for experienced skiers of all ages. Let them show you a thing or two! Clinicians; Al Voltz, Gordon West and Keith Lange,

Masters Tour: Achieving Your Personal Skiing Goals (2 Day session) – Tour the mountain while improving your skiing and teaching skills; design the content to fit your needs. Polish your basic skiing skills to achieve more comfort in all conditions and terrain or consistently apply the skills needed to perform the exam skiing tasks. There will also be opportunities to get some tips on teaching adults and seniors. If desired, video, with feedback, will be available on one or both days; let your clinician know and help him/her design a weekend of fun, learning and adventure for you.

GS Gate Training – Come and get a look at the world of giant slalom! In this clinic you will learn how to set courses and choose tactics while running the course and improving your overall skiing. **Saturday only**

SNOWBOARD CLINIC TOPICS

Seeing is Believing – Video analysis of your skiing will be used to improve your skill level, awareness of your movement patterns and what to develop in your skiing. Indoor time will be spent near the end of the session to review the day's video.

Low-Fly or High-Fly Freestyle – Rock and roll in the Terrain Park and Half-Pipe. There will be an Intro clinic for those with little or no experience and an Intermediate level for those wishing to push the envelope.

Big Mountain Riding at Big Sky – Challenge your riding with an upper mountain tour de jour. Learn tactics and technique to ride a variety of terrain in the mountain environment.

Clean and Carved – Remember where you put your hard boot setup? Dig that corduroy carving machine out of the closet and come rip it up. This clinic will explore speed and the art of carving in a safe and fun atmosphere. Learn to ride clean, efficient turns while exploring the conditions of the day. Hard or soft set up.

TELEMARK CLINIC TOPICS

Efficient Telemark Skills Applied to Running Gates – This clinic will include the basics of line selection, equipment development updates and how to improve your skills to create an efficient racing technique in a course. **Saturday only.**

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

Alpine to Telemark – An introduction to telemark with a twist. It will emphasize a progression that takes full advantage of the skills already honed in efficient alpine skiing to enjoy the telemark experience. **Sunday only.**

continued on 8

TOPICS continued from 7

Maximizing Versatility in Your Telemark Turns – This continuation of Saturday's clinic for those who were chasing sticks or just want to continue to improve their upper level telemark skills. The clinic will focus on the latest movement patterns from the national level and develop skills to maximize your efficiency. Saturday's class is not needed to take this class. **Sunday only**

CHILDREN'S CLINIC TOPICS

Solution Strategies – Spend the day immersed in a mind blowing creative process that will leave you with more ideas than you ever thought possible. We will take these new ideas and implement lesson plans combining your knowledge of kids' movements, CAP and personal experiences. Strong focus on skill sequencing and pacing.

Bag O' Tricks – Have you ever wondered why some games, exercises and drills work from some age groups, but not others? Explore how kids learn, act and move at different ages and add to your bag of tricks.

ADAPTIVE CLINIC TOPICS

Transposing Our Experience and Knowledge About Skiing to the Adaptive Field – For able and non-able bodied instructors to learn how to think outside of the able-bodied box. View and understand different obstacles in teaching using adaptive situations.

Teaching Three and Four Track – Join us for a fun and informative clinic using stand up, hand held outriggers and learning progressions that will benefit students with issues of, but not limited to; balance, stamina, hemiplegia and leg amputation.

Visually Impaired (VI) – Teaching Tactics and Understanding – Come learn and understand how to effectively work with the visually impaired guest.

FAMILY INFORMATION

Children 10 and under ski/ride for free

Tour the Hill – Join us for a tour of Big Sky. We'll cruise around the hill and familiarize you with the runs. Once you have mastered the hill you will meet up again with the other members of your family and show them a thing or two! For ages 13 and up; **must be able to navigate easy blue terrain.**

Big Sky Snowsports School is offering family members 30 percent off lessons, please call 800.548.4486.

Childcare is also available at the Lone Peak Playhouse, located at the base of Big Sky resort in the Snowsports School building. Reservations are strongly recommended, please call 406-995-5847 or e-mail lonepeakplayhouse@aol.com

It's Classified

EARN \$50 FOR REFERRALS when your lead results in a rental for Skiers Accommodations of Utah. We offer 2,3,4 and 5 bedroom Townhouses at the mouths of Big and Little Cottonwood Canyons. Contact Tom and Nancy Kronthaler, information (801) 943-2426, www.utahskilodging.com.

DON'T WAIT ANY LONGER!! Interest rates are still at an all time low!! Call Jane Pattee (PSIA-I) at HomeNet Real Estate to be a first time buyer, to sell your home, to move into your dream home or to invest in income property with a positive cash flow. I've been selling Salt Lake and the Wasatch Front for 30 years!! Let's talk! 801-706-2048 or janepattee@yahoo.com.

**The Instructors EDGE**

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