

THE INSTRUCTORS EDGE

Winter 1 08-09
 VOLUME 31
 NUMBER 2



The Professional Ski Instructors of America
The American Association of Snowboard Instructors
Intermountain

A Series of Tubes

The PSIA-I Web Site

By Phil Miller

Have you been to www.psia-i.org or www.aasi-i.org lately?

In the continuing effort of PSIA/AASI Intermountain to provide the membership the highest quality service, a web site is provided. The primary mission of the site is to post the latest information so that you, the member, can stay informed and kept up to date on the latest publications, announcements and calendar event dates. We constantly review and maintain the web site content and strive to insure that the information is correct and timely. During the winter season, the site is reviewed daily. For this reason, content found on the site will often supersede any previous printed information.

We encourage our members to constantly review at least the "Home" page and "Calendar" page to stay current. If an important item needs to be quickly communicated, we will post it in a prominent position on the "Home" page highlighted with a yellow background. Of course, no human maintained system is perfect and often we need input and



Brian Oakden

PSIA/AASI Intermountain Division Administrator Susan Oakden tears up the spring slopes at Jackson Hole in a rare escape from the Division office. Susan is looking forward to another skiing opportunity this spring at Brian Head during the PSIA/AASI Intermountain Spring Clinic

fanity (basically the Carlin 7) and if found, the message dies, in a lonely puff of digital nothingness in that great cloud we call the Internet.

On the snow sport discipline pages you will find the steps to take for higher certification levels and the latest publications, portfolios and study guides to assist you in your education efforts. Also listed are clinic descriptions that will be offered throughout the season to assist you in deciding how you want to structure your education. The discipline pages also contain other useful information that discipline managers provide for your benefit. Again, please note the publications currently posted to the discipline pages are THE DEFACTO latest versions and supersede any older document you may have. In many cases, the documents have version dates printed on the cover pages to help you compare. If in doubt,

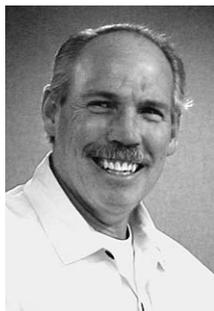
continued on 4

corrections found by you, the web user. But that's the beauty of it all; our web is a corroborative effort of all the members and the more we hear from you the better service we can provide.

The Intermountain web site is primarily a communication tool and we hope you find it useful. There is a "Contact" web page where you can direct and send any information you wish. However there is one limit - the text sent through the "Contact" page is run through a filter that checks for any pro-



President's Message	2	Skiing Basics.	6
What the stylish wear.		Improve your skiing, teaching and pass the exam.	
Spring Clinic Lodging	3	Find Your Tipping Point	7
Plan ahead for Brian Head.		Alpine education.	



President's Message

By Dave Boucher, PSIA/AASI Intermountain President

Greetings. On the advent of a new season, I thought I would delve into the past a bit; perhaps further than some remember, and maybe not as far as others. A few years ago, I happened on an interesting book, *Ski Magazine's Encyclopedia of Skiing* – the snowboarding community will have to excuse this reminiscence, snowboards were not around yet. Keep in mind this book is dated 1970 and provided a compendium of everything about skiing, or snowsports as they were, at the time: history, equipment, principles of skiing, competition results, and where to ski. Here are few things of interest:

Lift tickets, for example, run from \$3 a day at a small rope tow area (*do any of those still exist*) to \$10 a day at major resorts with chairlifts, gondolas, and aerial tramways. Perhaps was most interesting was the clothing listed as required for a ski outing. Here are some of the recommended items for a pleasurable day trip:

Parka/Sweater	Light socks	Mittens/Gloves
Jump Suit	Heavy socks	Goggles/Glasses
Turtleneck shirt	Car Coat	Apres-ski boots
Stretch pants	Hat/Headband	Lip and sun screen
Long johns	Face mask	Driving gloves

Alright, maybe much of that doesn't seem too different from what we carry to a resort today. This, however, may be different – how things have changed. In addition to the above, these items are recommended for resort wear:

Women	Men
Dressy Blouse	Flannel Slacks
Festive slacks or skirt	Blazer or sport jacket
Dressy flat shoes	Colored shirts
Nylon stockings	Tie or ascot

While you're at it, here are the ski areas in, or close to, Division boundaries and that were around in 1970. How many do you remember?

Utah	Park City West	Grand Targhee
Alta	Snow Basin	Skyline
Beaver Mountain	Snow Park	Taylor Mountain
Blue Mountain	Solitude	
Brian Head	Timp Haven	Wyoming
Brighton Ski Bowl		Eagle Rock
Gorgoza	Southern Idaho	Jackson Hole
Grizzly Ridge	Bear Gulch	Pinedale
Mountain Empire	Caribou	Snow King Mtn
Park City	Kelly Canyon	

There are some fashionably dressed ski and snowboards around, but I doubt anyone dons nylons or an ascot after a day on the slopes anymore.

continued on 4

The Instructors EDGE

The Instructors EDGE, official publication of the Professional Ski Instructors of America Intermountain Division and the American Association of Snowboard Instructors Intermountain Division, is scheduled to be published four times a year at a nonmember subscription rate of \$15.

Opinions presented in the EDGE are those of the individual authors and do not necessarily represent the opinions or policies of the Professional Ski Instructors of America, Intermountain or the American Association of Snowboard Instructors, Intermountain. Submission of articles and photos is encouraged. Contact the editor.

Editorial/Advertising Office

Rodger Renstrom, Editor
770 Pinewood Dr, Sandy, UT
(v) 801 566-9727
(e) editor@agegroupsports.com

PSIA-I Division, AASI-I Division Office

Susan Oakden, Division Administrator
7105 Highland Dr., Suite 201
Salt Lake City, UT 84121
(v) 801 942-2066, (f) 801 942-7837
(e) admin@psia-i.org

PSIA-I, AASI-I Officers and Chairs

President: Dave Boucher
Administrative V. P.: Carl Boyer
Communications V.P.: Nancy Kronthaler
PSIA Board Representative: Jerry Warren
Programs Administrator: Nathan Emerson
Alpine Certification Manager:
Dave Lundberg
Alpine Education Manager: Ron Kipp
Alpine DECL Manager: Steven Helfenbein
Snowboard Manager: Open
Nordic Manager: Mike Shimp
Adaptive Manager: Kristen Caldwell
Children's Manager: Mark Nakada
Ski School Management Committee:
Brian Maguire

Current Board Members

2006-2009: Jamie MacKintosh, Mark Quaintance, Stew Marsh, Nancy Kronthaler, Jerry Warren.
2007-2010: David Boucher, Danny Edwards, Chris Katzenberger, Kent Lundell, Scott McGee
2008-2011: Carl Boyer, Max Lundberg, Donna McAleer, Scott Rockwood, Joe Waggoner



Brian Head

R E S O R T

Lodging for Brian Head Spring Clinic

Brian Head has no “resort-owned” lodging facilities. Listed below are the management companies offering discounts to PSIA/AASI participants and their guests along with information regarding other options.

Discounted Midweek Rates Apply for Your Entire Stay

- ◆ **Brian Head Vacation Rentals:** Custom homes and condos offering above grade interiors and cleanliness. Owned and operated by Peg and Danny Edwards, please call or e-mail for reservations at the reduced rates. Check out our interactive map showing all of the condos projects in relationship to lifts. Toll free: 866-688-BHVR (2487) / www.info@vacationbrianhead.com
- ◆ **Aspens Rental Agency:** Various sized units in a cozy location across from the Giant Steps Lift. Owned and operated by Barb and Chris Dwyer. 435-677-2018 / www.aspensrental.com
- ◆ **Georg's Ski Shop And Lodging:** Located at the Base of Chair #1, we manage our own properties and many more. Owned and operated by the Hartlmaier Family. Toll free: 888-677-2013 / www.brianheadtown.com/georgs
- ◆ **Brian Head Reservation Center:** Various sized units located across the Hwy from the Giant Steps Lift. Owned and operated by Dutch and Doug Deutschlander. 800-845-9781 / www.brianheadtown.com/bhrc
- ◆ **Victoria's Bed & Breakfast:** 435-477-9808, www.utahretreat.com, Contact Person: Lisa

All other lodging options for Brian Head, Parowan and Cedar City can be found on the Brian Head Resort Page under Lodging at www.brianhead.com. Feel free to call Danny Edwards with questions anytime at 435-590-4166.

membership, along with a statement of their expectations and goals for the Division.

Ballots will be mailed out to current members by the end of February, with ballots due back in the office by March 15. Ballots will be tallied within the next week and winners announced.

The Board is comprised of members elected by members each year in the spring. Terms run for three years, beginning with the start of “new business” at the Spring BOD meeting.

There are different kinds of Board seats. For example, any Certified member in good standing can run for the Board as a Member at Large. The same member can run for the Board when a Regional seat for the member's home snowsports area becomes available. The result is a dynamic Board comprised of 15 directors. The PSIA/AASI-I Board of Directors meets two to three times each year to conduct official business. Board meeting dates for 2009 are Jan. 12, location TBA (evening meeting) and May 16, location TBA (all day meeting).

If you are interested in becoming involved in the governance of your association, we welcome your candidacy for a seat on the Board. Some elections have seen candidates run unopposed. Let's all benefit from our member's active engagement! ■

BOD Elections

Nominations/applications for the PSIA/AASI Board of Directors are due in the Division office by Monday, Feb. 16. Any Certified member (Level I, II or III) in good standing is eligible to run and, if elected, serve.

The opening Board positions are: Region I (Jackson Hole, Grand Targhee, Great American) Region VI (Solitude, Brighton, Sundance) and Region VII (Alta, Snowbird).

The requirements to appear on the

ballot include:

- ◆ For regional seats, you must be employed by one of the Snowsports Schools in the region in which you are running.
- ◆ The signatures of five Division members in good standing who are willing to support your candidacy.
- ◆ A black and white photo of yourself (suitable for publication in the Edge) and a short biographical sketch, which includes education, past and present employment, divisional employment, and years of

Ski Teaching In Spanish or Portuguese

- Handbooks with side-by-side translations for children/adults
- Audio Tapes or CDs with Text

www.skiteaching.com

Enor Martinez, PSIA-I Instructor
3508 Virginia Way
Salt Lake City, Utah 84109
(801) 466-9039
Email: yoskio@comcast.net



Alpine Development Squad Tryout

The Alpine Development Squad is the route to becoming either an Alpine Divisional Clinic Leader and/or Divisional Examiner within PSIA Intermountain division.

The Development Squad tryout is open to any PSIA-I Level III member in good standing. The tryout is scheduled for Jan. 6 at Park City Mountain Resort, and Jan. 20, at Alta/Snowbird. Cost is \$160. PSIA-I clinic credit will be awarded for participation.

The tryout process involves demonstrating skiing and clinicing skills. A written test, personal interview, and a semi-impromptu indoor presentation may be expected.

Candidates are expected to ski beyond a Certified Level III standard and possess an in-depth knowledge of skiing. Pedagogical didactic skills that are effective, honest, and fun will be assessed.

For more on the Development Squad and the job of a DECL visit: http://psia-i.org/pubs/alpine/archive/DECL_2007.pdf ■

Snowboard

Event Updates

- ◆ Mar. 10,11: The Freestyle Clinic is scheduled for Park City, not Jackson Hole.
- ◆ Mar. 12: The Freestyle Accreditation is scheduled for Park City, not Jackson Hole.
- ◆ Jan. 7-8: Freestyle Camp at Park City
- ◆ Feb. 2-3: The Snowboard Coaches clinic has moved from Targhee, Jan. 27- 28 to Park City, Feb. 2-3.
- ◆ Spring Clinic, April 3-5: at Brianhead, clinics to be announced at a later date. ■

WEBSITE continued from 1

just re-download the current web version and you will be “golden.”

This year we have put more useful information on the “Calendar” web page. Once you find an event that interests you, just click on the event and an information box will pop up providing more details or hyperlinks to follow. When you bring up the calendar page in a browser, it will display the current month with all discipline calendars listed together. You can display just the discipline events you are interested in and filter out other discipline events by using the filter function found on the upper right function called “choose sub calendar.” You can print the calendar and even change the display to your liking.

This year we have introduced posting the Board meeting minutes and will post successive minutes so that you will be able to follow the flow of the governance of PSIA-I/AASI-I. As mentioned on the “Board Meetings” page,

“members in good standing of PSIA-I/AASI-I are encouraged to submit comments prior to Board meetings for possible comment in future board meetings.” Dates of upcoming Board meetings are posted to this page.

Also this year we will be featuring an “Intermountain Who’s Who” page containing the biographies and photos of the folks involved in the management of our education and certification. Please take some time to check out the awesome accomplishments of these members who lead, teach and guide us.

We hope you find the web site useful for your education and certification needs. We will constantly endeavor to improve and provide useful functions and content. Ideas we are working on are an online registration, reservation and payment system and online storefront. If you have ideas or have web design skills, we would love to hear from you. — **Phil Miller is a PSIA-I level 1 Alpine Ski Instructor at Snowbasin, UT and the Intermountain webmaster.**

PRESIDENT continued from 2

It’s nice to reminisce about the history of the sport, but the future always looms ahead. Some of the things the membership should be aware of and concerned with in the coming months, aside from the pleasures of snow are:

- ◆ Elections for the Board of Directors is approaching. Those who have an interest should begin preparing their statements for the balloting. Please make sure that these are submitted in the required time frame
- ◆ We will be entertaining an appointment for the position of National Representative. This person represents the Division on the National Board and is the communication link between the Division and National
- ◆ A new Alpine Level II process worked on over the summer was presented to Alpine DECLs at their pre-season training. This should help everyone better understand the requirements for achieving Level II Alpine status. Check the website for a complete list of the requirements. Many thanks go to a long list of people who put in many hours to retool the Level II process.

Over the past year many individuals have worked behind the scenes on behalf of the Division with little thanks other than the gratitude they personally receive from bettering the sport they love. To those, who are too numerous to mention, on behalf of the Division, Thank You. I hope to see you on the slopes and that you experience the events scheduled for this year. And above all, when heading to the resorts, don’t forget your ascot!— **Dave**



Communication Corner

By Nancy Kronthaler, PSIA-I/AASI-I Communication VP

Members, by the time you read this, the holiday rush will be about to start and winter will be well underway. Hopefully the economy will take an upswing so there will be plenty of work for all of us. We live in a beautiful place no matter what happens.

This season we are offering some great clinic opportunities in all of our five disciplines. Our clinic discount pass for \$195 gives you the advantage to take up to ten clinics, excluding Spring Clinic and assessments. No other division gives you the opportunity to ski an area with a clinician for that price. These clinics are geared to meet your educational goals, explore new territory, make new friends, and put a smile on your face! Check our website for the schedule. I'll be anxious to meet you at these events. I am personally a long time participant.

The assessments will be coming on full force for our division. Jo Garuccio, Maggie Loring, Ron Kipp, and Rodger Renstrom, in addition to many others, have done a tremendous amount of work this summer, as I mentioned in the fall Edge, to reconstruct the Level II Alpine teaching exam and skiing score sheets. There have been meetings to bring the directors up to speed so the clinics for the exam can be done by trainers at your home areas. The Level II teaching clinic process will mirror the exam process, which will be a benefit, and will make you more proficient teachers as it is directed at teaching the customer rather than your peers. We are anxious to get your feedback. The preparation to take an assessment is very valuable for your professional growth. Too many times we are more concerned about the outcome rather than the value of the knowledge we gain.

It is time once again to encourage our members to run for the Board. This is a great opportunity to see the inner workings of the policies and procedures of our division and be an active part of the decision making. Talk to board members from your area and express your interest. It's a valuable learning experience. Read the article in this publication for more details.

Your input is critical for our growth. Too often our open membership meetings are poorly attended. Last season, Carl Boyer and I held Open Houses at most of the areas to gain feedback from you as to what was and was not working. Out of these events came the realization of the need for change in the Level II teaching exam. This year we have been invited back to meet and talk with members and new employees. Look for the date we will be visiting your area.

We are a member-driven organization. Your input is important! Encourage the new employees in your area to join our division and take advantage of the educational benefits available to them through our clinic process. Thanks for your participation, interest, and ongoing support. ■

Visit PSIA-I/AASI-I Online for up-to-date information.

www.psia-i.org or www.aasi-i.org

What's Your Adaptive Need?

By Bill Batt

On December 23, 2003 I was injured on the job at Snowbird — no work for four years. After nine surgeries and a two-year stint in a wheel chair being told I would never walk again, I am three-tracking just fine. (My first two years back on snow were spent in a sit ski.)

I consider my experiences as an adaptive skier a compliment to my experiences as an accredited ACE 3 instructor, former Snowbird ski school supervisor, 2-term PSIA national Junior Education Team member, and PSIA-I DECL. It is not what I lost that is important, but what I have gained.

Now I am looking for some good input from the membership to help the Division better serve your education in the Adaptive world. Just as you did on November 4, you can let your voice be heard in your division. What are your needs? What does your program need?

As an adaptive skier myself, I would like to hear from those of you who also share my desire to contribute.

You can send your ideas to me by e-mail or standard mail at: bbattski@yahoo.com, or write Bill Batt, 3709 E Blue Jay Ln., SLC UT 84121.

I hope to hear from you soon. ■

It's Classified

PSIA-I/AASI-I members in good standing may place one free classified ad per season (up to 6 lines). E-mail your classified to: editor@agegroupsports.com.

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

In the 1986 film *Hoosiers*, a disgraced former college basketball coach gets a second chance to salvage his coaching career at a '50s small-town Indiana high school. The coach immediately gets into trouble with Hickory High's six players, their parents and the team's boosters because he won't let the boys actually play basketball during practice. He insists on endless drills focusing on the basics of dribbling, passing and running the court. Hickory's team ends up winning the state high school basketball championship.

By now, anyone planning on attending a skiing assessment this season should have downloaded and reviewed the new score sheets posted on the PSIA-I website. Those score sheets highlight skiing basics that are not only key to passing a skiing exam, but are also the foundation on which personal skiing improvement and teaching creativity are founded.

Just like the Hickory High players who thought they could win basketball games if they just played more basketball, many ski instructors simply don't understand, or think they can skip over, the basics that lead to skiing success. Nothing could be further from the truth.

In theory, examiners have always scored skill proficiency in skiing exams. However, an emphasis on providing individual scores for "wedge turns," "wedge christies," "dynamic parallel turns" and other "demos" has historically muddied the exam waters for both the candidate and the examiner. That reality began to change last season when the emphasis on scoring individual maneuvers was downgraded. This season, the emphasis on skill proficiency and application is clearly spelled out on all the skiing score sheets.

It should come as no surprise that a solid grasp of fundamentals results in disciplined and versatile skiing, and also no surprise that instructors who understand and exhibit those basics also possess the tools to be very crea-

Skiing Basics

For Personal Improvement and Creative Teaching

By Rodger Renstrom



This skier has mastered the basics.

- ◆ Directional Movements and vision lead toward the intended direction of travel.
- ◆ Fore-aft balance and pressure is managed over the whole foot along the length of the skis.
- ◆ Lateral balance and pressure is managed from outside ski to outside ski (the outside ski bends more than the inside ski).
- ◆ Guiding movements of both skis originate in the lower body and utilize ski design.
- ◆ Progressive increase and decrease of edge angle occurs with both skis as needed.
- ◆ Flexion and extension movements manage balance, pressure, and edge release and engagement.

tive in their teaching. They can take technical concepts and simplify them to meet the needs of any guest, whether they are a 4-year-old beginner or a 40-year-old expert.

Unfortunately, we have not always done a good job of spelling out those skiing basics for instructors. The new skiing assessment score sheets do a better job of that than in the past.

The elements of the new skiing score sheets are grouped in three sections.

Section 1: Skiing Tasks

The first section on the score sheet identifies the tasks or drills that candidates will be expected to ski during an exam. These tasks currently include the same "demos" that have historically been expected of candidates (wedge turns, basic parallel, bumps, etc). Candidates should realize that their skiing is always being observed during an assessment, but each exam uses these Skiing Tasks to showcase the candidate's skill application in a variety of situations. Remember, the task is not the examiner's only focus; the candidate's ability to adjust movements and tactics is of primary interest.

Section 2: General Characteristics (application, versatility, tactics)

Pulled from the PSIA National Standards, the General Characteristics identify a small cross section of what an instructor at a Level I, II or III skill level should be capable of doing. For instance, a Level II instructor should be capable of "controlling speed through adjusting turn shape," whereas a Level III instructor should be capable of "reducing, generating, or maintaining speed without interrupting rhythm or flow," a significant jump in skill application.

Section 3: Skill Proficiency (mastery of basic skills)

This is the key to personal skiing development and teaching creativity. A lack of understanding in this area inhibits skiing progress and results in ineffective and confusing lessons from instructors. It is worthwhile to review the skiing basics that are scored under Skill Proficiency.

Directional movements, vision, and pole action lead toward the intended direction of travel.

Accurate directional movements begin with vision (look where you are going) and keep the skier moving in balance with the skis while interrupting the



Alpine Education

Finding you own “tipping point”

The “tipping point” could be thought of as that point in your skiing when you fall over; although, the expression is also used another way.

“Tipping point” as an epidemiological term describes a moment when a virus reaches critical mass. Something happens that triggers an upshot in change.

For the epidemiologist it is the demarcation from a few cases to an all out epidemic. What is evident is when the line on the graph goes steeply upward. Epidemics, fashion, television viewing, cabbage patch dolls, pet rocks, are all subject to or have been made famous because of a tipping point. Something made them go over the edge. Hush Puppy shoes made a mid 1990s comeback because they had gone so out of style that the fashion zealots wearing them created a new fad sensation. Obviously the tipping point is not just important when talking about viruses.

Water boils at 100 degrees Celsius. It changes from a liquid to a gas at this exact temperature. At 99 degree it is hot, but at 100 degrees it boils. There is a threshold at which it changes. Its *tipping point* is known thanks to physicists Rudolf Clausius and Émile Clapeyron who explained exactly how this happens in 1834. It would be great if everything had line drawn in the sand like this. Some metric you just had to cross over.

Finding the tipping point is the challenge. Knowing how it is achieved is a goal for every applicable and relevant industry.

Ski improvement must also have a tipping point. Something that will make a radical change. Change us from water to vapor. Something to take us over the edge. Something to get us to the boiling point. Ski coaches record number of runs and count number of gates. They think they can find the optimal number to transform their skier and put them on the podium. Unfortunately they usually think more is better, but in the end it is the tipping point they are looking for. Ski instructors also have some sort of internal odometer. Days skied, number of clinics, etc. Something that will push them over the edge.

While “better” is the goal, “improvement” is the road to the tipping point. Have you ever had an “ah ha” moment? When something just made a radical change in your skiing or thinking. You did something or learned something that triggered a response that propelled you to the next level.

When we don’t improve it might not be that we are light years away. We just haven’t found that ingredient to reach our personal tipping point. This may be not doing enough of something, or not incorporating something into our training. It may be doing too much of something. This may explain why when we tend to ski the same amount the same way we don’t see a change.

Albert Einstein’s definition of insanity was “doing the same thing over and over again and expecting different results.” If we want different results, we have to do something different. Different being the operative word! And “different” being the panacea to the tipping point.

continued on 10

flow of the body along its path as little as possible. It is important to note that directional movements are not simply “moving downhill” but movements that lead toward the intended direction of travel while maintaining alignment with the feet and skis.

Fore-aft balance is managed over the whole foot with pressure distributed appropriately along the length of the skis.

Most skiers, instructors included, do not stand on the whole ski. They are on their heels much too often, which makes it impossible to use the front half of the ski to shape turns. At its simplest, fore and aft balancing movements allow the skier to manage how pressure is distributed along the length of the ski (toward the tip, middle, or tail of the ski). Unfortunately, most skiers don’t know what it feels like to work the ski from the “middle.”

Lateral balance and pressure is managed appropriately from outside ski to outside ski through turns (the outside ski bends more than the inside ski).

Balance must be directed toward the outside ski in order to maintain alignment over the feet and bend the outside ski into an arc to take advantage of ski design (sidecut and flex characteristics). This is true even in skidded turns. Shaped skis and railroad-track turns have led some people to believe that balance is always distributed evenly between both skis. This shows a very weak understanding of skiing. The transition of balance and pressure from outside ski to outside ski may momentarily result in evenly pressured skis during the turn transition, and the balance difference between skis may at times be less in bumps or powder, but skiers must understand how to orient balance and pressure to the outside ski in order to effectively utilize ski design.

continued on 9

National Children's Work Session

By Patti Olsen

Thirty enthusiastic and energetic individuals met in Lakewood Oct. 2-3 regarding children's issues in the snowsports arena.



Rado Piset, Patti Olsen and Mark Dorsey

All divisions were represented. Ron Kipp and I represented Intermountain division. We were a group of instructors, directors, and national team members with a variety of backgrounds.

One of our main objectives was to agree on reciprocity for our ACE (Accredited Children's Educator) programs in all divisions. There will be a stage I and II accreditation recognized by each division. The name may change in the future but our division's content and delivery probably won't change. There is a committee working on the details for this national reciprocity and I will be part of that committee. There will be more information in the future regarding the National ACE program.

Stacey Gerrish from Rocky Mountain (Beaver Creek) shared a presentation on the new children's manual. She was one of the co-authors. It includes Nordic, Snowboard, and Alpine.

Rado Piset from Slovenia presented "Skiing with a Child-Skiing is Play." He did this presentation for our Division last season. This presentation validates information included in our ACE programs.



Children's Update

By Mark Nakada, PSIA-I/AASI-I Children's Manager

Aloha! I hope you've had an opportunity to make a few turns and prepare for the season. After the holidays, the ACE Team has a number of children-specific programs scheduled to meet your needs. Please check out the ACE/Children's calendar at www.psia-i.org for

more details. Program updates:

- ◆ The PSIA/AASI National Children's Committee met for the first time in several years to assess the state of divisional children's (ACE). To provide continuity to the past, I asked former PSIA/AASI National Children's Committee Chairperson, and a longtime ACE team member, Patti Olsen, to represent our division at this event. In addition, Ron Kipp, Alpine Education Manager, also attended the meeting – so we were well represented.
- ◆ Please review Patti's article for more details – as there are initiatives that may be implemented for the 2009-2010 season.
- ◆ The ACE team has reformatted the ACE Study Guide to make it easier to view and print. Aside from this update, there are no other curriculum changes for this season.
- ◆ PSIA/AASI Children's manuals and other printed materials are available for purchase at the Office. There is also a new Children's manual coming soon; stay tuned for more details.
- ◆ For ACE I/II accreditations, curriculum materials are available for download at www.psia-i.org. Please note: We will only accept "current" season workbooks for both accreditations.
- ◆ For ACE I, we will continue to offer ski- and ride-specific on-hill groups based on participant interest. Please sign-up early – as the discipline-specific ACE I clinics will sell out.
- ◆ NEW! ACE I, II, and III pins are available for purchase from the Office. Please call for more details.

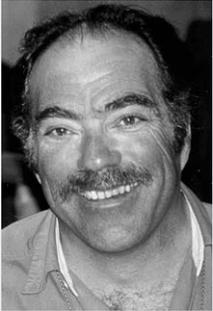
Thanks again for taking the time and effort to seek an ACE accreditation, or attend one of our clinics. We look forward to seeing you at one of our events this season. ■

PSIA/AASI Executive Director Mark Dorsey gave us an update on the national software parameters. It is a huge project to get all the divisions on the "same page." He encouraged us to develop a children's flow chart for the ACE program that works for all divisions and simplifies the process.

Ben Rogers, new to PSIA National, told us about creating material on the national level. We would like to see children's content on the matrix and

multimedia info available. PSIA/AASI Intermountain Children's Manager Mark Nakada will be on the committee to create a proposal for more multimedia children's information.

There will be a children's track at the National Academy in April. A committee was formed to select topics for the event. Some of the topics suggested were be "Props for the Hill," "Children with Special Needs," and "Create the Best Children's Program." ■



Administrative Report

By Carl Boyer, PSIA-I/AASI-I Administrative VP

As we enter the new season, many are on pins and needles about how it will all turn out. Several of the Wasatch Front areas opened early and in spite of a dramatic four-foot lake effect storm for some in the beginning of November, the follow up snowfall took a while to arrive.

At least I can report that despite the recent financial storm, the Division's finances have remained strong and safe. Through years of prudent stewardship, we are well placed to weather most any downturn that might occur; lets hope we don't need it.

We have some changes in the office staff for this season. Dave shared some of that news in the last issue; we now have Pamela Huber joining Kristy, Susan and Vicki to attend to the association's daily business. Susan reminds us all that the most effective means of communication is by e-mail with the particulars of your questions, requests and concerns to admin@psia-i.org. The office staff will return with answers to the number or e-mail you indicate at the earliest opportunity. This is truly faster than the phone most any time, serves you better and streamlines the office work considerably.

Remember that your best value for participation in the clinics is by purchasing the Clinic Discount Pass prior to January 31 for just \$195. You can attend up to 10 clinics (certain restrictions do apply) for this one fee. You are money ahead if you attend more than three clinic days. Due to the generous support of our resorts (let's be sure to thank the owners/managers for this privilege), lift tickets are included with your day(s) of coaching from among the best instructors in the West! Your outlay for this incredible opportunity could be as little as \$20 /day. That is a smokin' deal!

I look forward to seeing and skiing or riding with as many of you as possible.— **Carl Boyer**

other set of edges is one characteristic indicative of the skill level of a skier. It is important to note that "progressive" increase and decrease of edge angle does not necessarily mean "passive" or "slow." A skilled skier may transition rapidly from one set of edges to the other, but they still have the skill to do that smoothly across the bottoms of the skis.

Flexion and extension movements are effectively used to manage balance, pressure, and edge release and engagement.

Most skiers ski within a very narrow range of motion. Skilled skiers look fluid and disciplined precisely because they ski within a wide range of motion. The ability to lengthen and bend the legs independently allows a skier to create high edge angles while remaining in balance against the outside ski. The same flexion and extension also allows the skier to smoothly transition from turn to turn. In addition, the ability to bend and unbend the legs is what enables the skier to manage alignment over the feet while maintaining ski/snow contact over irregular terrain.

A candidate who has command of these basics can adapt to fit different situations. That is what identifies different instructors as a Level I, II, or III skier. For instance, a candidate who can only shape a turn by riding the sidecut of the skis and does not possess the skill to soften the edge angle of the skis in order to demonstrate a good wedge turn or basic parallel turn is not skiing to a Level II or III standard (or Level I for that matter).

These skiing basics also form the foundation for movement analysis of other skiers and are at the root of everything we teach. A guest who can't shape a round turn is probably out of balance. Someone who is out of balance may throw their body around because they don't know how to use their feet

continued on 10

BASICS continued from 7

Rotational (guiding) movements of both skis originate in the lower body and utilize ski design appropriate to the task.

Guiding the skis with the feet and legs allows the skier to shape turns while keeping their body moving in the intended direction of travel. Conversely, twisting the body to release the skis and start a turn is usually part of a repeating cycle of hip or torso rotation that begins with an out-of-balance skier trying to compensate for that imbalance or, in the case of a novice skier, a lack of understanding of the need to use the feet and legs to guide the skis. In either

case, the result is poorly shaped turns and a loss of control.

Progressive increase and decrease of edge angle occurs with both skis as needed.

Skiers too often think only about the sides or "edges" of their skis. But a feel for the bottoms of the skis and how the skis move from edge to edge is a characteristic of a truly skilled skier. In addition, most skiers, including most ski instructors, place more emphasis on tipping the skis on edge than they do on tipping the skis off an edge. How the skis transition from one set of edges across the bottoms of both skis to the



BASICS continued from 9

and legs to guide the skis through turns. Too often instructors just teach “things” to correct such issues without understanding the underlying problem.

Hours and hours of practicing these basics and making them the keystone of your skiing will lead to a deeper and simpler understanding of the sport. In turn, that understanding will result in success in the both the skiing and teaching exam process. But it takes *time!*

Skiers often fool themselves into believing that they are balanced on the whole ski or bending the tip of the ski into the turn when they are actually on their heels. Or, they think they are on the outside ski when they are really on the tail of the inside ski. A skier who truly has a level of mastery of skiing basics will find common drills, tasks, and variable conditions challenging, but not a struggle. The Level II and III Study Guides available online offer a few tasks to test versatility.

So, master the basics before you try to play the game. Watch video of excellent skiers. Use the skiing score sheets to analyze video of your personal skiing and look for the basics in your fellow instructors, from the least experienced to the best skiers on your staff. When those basics start to become an integral part of your skiing, sign up for your skiing exam. — **Rodger Renstrom is a PSIA-I Alpine DECL, a former Certification Chairperson and the training manger for Snowbird Mountain School.**

Programs Administrator

The three year term for the Division’s Programs Administrator position will be up for consideration this spring. Interested individuals who are, or have been an accredited trainer, DEL or DECL in any discipline are encouraged to submit a letter of interest/application and current resume through the Division office. The office can supply a job description upon request. ■

ALPINE EDUCATION continued from 6

Ski instruction is about change. This is what our clients pay us for. They want to change something. If you are a successful ski instructor you should want change for yourself also. This is not self-serving or even ego gratification. The better you are, and the more you know about change, the more efficient you will be with your clients.

Certification is one way to measure change. Although one of the trends we see are instructors that just keep banging their head against the certification door. They fail, go home do the same things they have been doing and come back and receive the same results.

Imagine you had a friend that took a math test. There were some easy problems and some difficult problems. Your friend sailed through the easy problems but was buried with the hard problems and failed the test. What advice would you give your friend?

- a) Just take the test again.
- b) Study for the easy problems.
- c) Study for the difficult problems.

Hopefully you realize your friend needed to work on the hard problems. It would seem foolish to just keep practicing the easy problems. This same advice should be applied for improvement or a ski exam. Figure out what is hard, and study or practice accordingly.

What is your prescription? If you have taken an exam, you paid for some feedback and now have direction. Read and understand the feedback that was given to you. A lot of candidates spend more time defending what they did rather than buy into the change. Remember your friend from the math test. Repetition and practice on the easy problems is not going to get him more proficient at math, nor will it be the means in which to pass the test. Getting out of the comfort zone and tackling the difficult problems is the practice needed.

What is your turn? When you free ski for yourself, what do you do? Are they short fall-line turns or are they arc-to-arc medium radius turns. Do you always plant your pole? The first objective is to figure out what you do. Those are the easy math problems. Then make a game plan for something else. You are a ski instructor. Be your own instructor and implement a plan. If you only do short turns, then wipe out some of that practice time and do long radius turns.

Everybody has a tipping point in their skiing. The first step is figuring out what to do. This can be as easy as taking a clinic. Make sure you know what your clinician has prescribed for you. If in doubt, ask. From then it is doing your homework. This won’t be easy, but neither was that math test. Remember if you want to improve and keep doing the same thing, Albert Einstein has a term for you. ■

Event Calendar Updates

Online at :www.psia-i.org or www.aasi-i.org

Get the latest information on clinics, exams, lectures.



Event Registration

Professional Ski Instructors of America Intermountain Division

American Association of Snowboard Instructors, Intermountain

REGISTRANT INFORMATION				
NAME		PHONE		FAX
STREET		CITY		STATE ZIPCODE
E-MAIL		SKI SCHOOL		<input type="checkbox"/> CHECK IF NEW ADDRESS
YOUR CURRENT MEMBERSHIP STATUS <input type="checkbox"/> Entry Level <input type="checkbox"/> Level I <input type="checkbox"/> Level II <input type="checkbox"/> Level III		MEMBERSHIP NUMBER	INDICATE DISCIPLINE FOR THIS EVENT <input type="checkbox"/> Alpine <input type="checkbox"/> Snowboard <input type="checkbox"/> Nordic <input type="checkbox"/> Adapted	

EVENT REGISTRATION INFORMATION				
EDUCATION	*** LIST CLINIC TOPIC FROM SCHEDULE ***	LOCATION	DISCOUNT PASS ELIGIBLE	DATE COST
			<input type="checkbox"/> Discount pass, no charge	
			<input type="checkbox"/> Discount pass, no charge	
			<input type="checkbox"/> Discount pass, no charge	
	Clinic Discount Pass (purchase by 1/31/09) \$195.00	Passes are good for up to 10 educational clinics and lecture series events during the period covered excluding Spring Clinic, accreditations, assessments and any 3-day package event. Pass holders are subject to all published deadlines for registration including late fees and additional surcharges.		
ASSESSMENT	LIST ASSESSMENT TITLE FROM SCHEDULE	LOCATION	DATE	COST
I attest that I have familiarized myself with the requirements, standards and expectations for the level of certification that I am seeking and also with the various preparation tools and clinics available to me through PSIA-I/AASI-I, PSIA/AASI, and my home area. As such, I consider myself thoroughly prepared to safely, confidently, and skillfully participate in the assessment for which I am registering.			 Candidate Signature (for assessments)	

FEES		TOTAL FEES:
Level 1 Package \$125.00	PAYMENT METHOD: <input type="checkbox"/> Cash/Check/MO <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> Am. Express Account Number: <input type="text"/> <input type="text"/> Please bill my credit card. Signature: _____	
Clinic Discount Pass \$195.00		
One-day Clinic \$55.00		
Add extra for Cat Skiing \$20.00		
L2, L3 Assessments/per day \$80.00		
Level 2, 3 Written Test \$12.00		
Lecture \$25.00 per session		
		Exp. Date: <input type="text"/> <input type="text"/> <input type="text"/>

RELEASE		
<p>I, (print name) _____, have requested to attend the Professional Ski Instructor of America Intermountain Division (hereafter "PSIA-I") or American Association of Snowboard Instructors Intermountain Division (hereafter "AASI-I") education or certification function led by a PSIA-I or AASI-I designated clinic leader or examiner (hereafter "Event Facilitators"). As a professional ski or snowboard instructor or experienced skier or snowboarder requesting participation in this event I fully understand and accept sole responsibility for my personal safety, behavior, and performance. I am fully aware of the risks of skiing and snowboarding associated with this event, including the possibility of serious injury and death, and release and forever discharge PSIA-I/AASI-I and PSIA/AASI, their officers, directors, employees, facilitators, agents, member ski areas, sponsors, and all persons from any and all claims, injuries, damages, expenses, or actions arising from or related to my participation in the PSIA-I/AASI-I sponsored event and under no circumstances or eventuality will suit be filed against PSIA-I/AASI-I or PSIA/AASI-I, their officers, directors, employees, facilitators, agents, member ski areas, or sponsors for any injuries resulting from participation in this program. I also agree to incorporate by reference all the provisions of the Utah Risk of Skiing Act (when applicable), and Your Responsibility Code as endorsed by the Professional Ski Instructors of America. I have fully read and voluntarily agree to the above terms and conditions.</p>		
<table border="1" style="width: 100%;"> <tr> <td style="width: 70%;"> Registrant signature or signature of legal guardian if under 18 years of age</td> <td style="width: 30%;">Date</td> </tr> </table>	Registrant signature or signature of legal guardian if under 18 years of age	Date
Registrant signature or signature of legal guardian if under 18 years of age	Date	

Mail or Fax your completed registration form to: **PSIA/AASI Intermountain Division**
 7105 South Highland Dr, Suite 201
 Salt Lake City, UT 84121
f: 801 942-7837
v: 801 942-2066
e: admin@psia-i.org

☒ TELEPHONE REGISTRATIONS NOT ACCEPTED

Completed registration form and payment must be in the Division office at least 2-weeks prior to the event date. Postmarks not accepted. Applications not received by event deadline (two weeks prior) are subject to a \$20 non-refundable late processing fee. **REFUNDS:** Notice given office before deadline, 100%; notice after deadline but before event, 50%; no notice given before event **NO REFUND.**



PRSR-STD
US. POSTAGE
PAID
SLC, UTAH
PERMIT NO. 2010

The Instructors EDGE

A publication of:
PSIA Intermountain Division,
AASI Intermountain Division
7105 Highland Dr., Suite 201
Salt Lake City, Utah 84121

A black and white photograph of a skier in a dark jacket and pants, wearing a white headband and goggles, in a dynamic pose on a snowy slope. In the background, other skiers are visible. The advertisement includes the 'fantis group' logo with the tagline 'real estate possibilities' and the text 'need some help?' in a large, lowercase font. At the bottom, contact information is provided: 'Tony Fantis | 801.541.8806 | Fantis Group | RE/MAX Associates | www.SaltyHomes.com'.

fantis group
real estate possibilities

need some help?

Tony Fantis | 801.541.8806 | Fantis Group | RE/MAX Associates | www.SaltyHomes.com