

THE INSTRUCTORS EDGE

Winter 2015
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The Professional Ski Instructors of America
 The American Association of Snowboard Instructors
Intermountain

XC Country Academy Success

By Ken Duncan

Nov. 30-Dec. 2, 2014 – Immediately after the West Yellowstone Ski Festival, a group of 15 ski instructors gathered for the first annual PSIA Cross Country Academy with three days of formal on-snow and indoor presentations, topped off with socials, home cooked meals and a massive condo.

Organized by Brenda Winkler of the PSIA-NRM education staff, and run by David Lawrence and Scott McGee of the PSIA Nordic Team, the Academy was a great opportunity for XC instructors, trainers, school directors, and coaches from across the country to gather and share ideas and gear-up for the 2014-2015 season.

The on-snow presentations focused on the Nordic Team's latest thinking on student-centered teaching, the new XC Technical Model, XC certification standards and certification tasks, as well as teaching juniors and adaptive skiers. The indoor topics ranged from waxing, to video analysis, to a presentation given by Group Rosignol North America Nordic Division



John Thornton

PSIA Cross Country Academy participants gather for a group photo during the event's inaugural session held earlier this season.

Manager Ryan Green about the latest in XC ski technology.

For anyone interested in cross country Nordic skiing, the Academy is a great way to jump-start your season, and a unique opportunity to spend quality time learning from the PSIA Nordic Team.

XC Certification Tasks you can try on your Alpine or Tele Skis

Try these tasks with safety in mind: a good runout in a traffic free area.

Long Glide: Balance on one ski on green terrain and glide (ride a flat ski) as long as you can without turning or touching your poles or other ski to the snow.

Double Double: On flat terrain, skate, double poling *twice* on each skate.

Iron Cross: On flat terrain, hold your poles across your shoulders, and skate without twisting or tilting your poles.

Hop Skate: Skate onto a flat ski, then hop onto its edge for a more powerful push off. — **Ken Duncan is the director of the Ogden Nordic Ski School**

On The EDGE

Alpine L3 Camp	3	Skiing Simply	4
Scholarshipped education		Don't deflect attention from the basics	
Sal Raio	4	Lesson Planning	5
Memories of DV's first ski school director		A flow chart for teaching	

Season's End **Level 1 Assessments**

PSIA/AASI Intermountain has scheduled two Level 1 assessment events to be held in conjunction with the Spring Clinic. An end-of-season Snowboard Level 1 Foundation clinic and Level 1 Exam and an Alpine two-day Level 1 Assessment will be held April 11-12 at Park City Mountain Resort. The two-day cost for the Level 1 packages is \$130.

In addition, Level 1 participants are encouraged to attend the Spring Clinic festivities on Saturday evening: General Membership meeting at 3:30 p.m., Social Hour and Silent Auction from 5:00 to 6:30 p.m., with the banquet starting at 6:45 p.m. Banquet cost is \$40 and an event souvenir is \$15. Registration must be made two weeks in advance. Contact the division office for more information. ■



Brian Oakden

Instructor Natalie Rawlins takes time out for a picture with her class at Snowbasin, host resort for the PSIA 2014-2015 Education College

New Alpine DECL **Devo Squad Members**

The 2015 PSIA-I Alpine Devo Squad selection process concluded February 12 at Snowbasin. This year's process included 13 candidates and was two-days long. It included evaluation of skiing, teaching, movement analysis and scoring skill.

Please welcome Deer Valley instructors Christian Cholhan and Brandon Orstad to the Devo Squad! Christian and Brandon are eager to begin the process of auditing events. You may soon be seeing them at events you attend. Please make them feel welcome.

Log in to psia-i.org or aasi-i.org for event updates.

The Instructors **EDGE**

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Spring Clinic 2015

April 10, 11, 12



The Intermountain Division is proud to hold our annual Spring Clinic event at Park City Mountain Resort. If you haven't visited this Wasatch gem, this is a unique opportunity to do so. Come up for two or three days of skiing/riding and enjoy spring on the Wasatch Front.

- ◆ Friday is a great day to come up and free ski/ride with friends and family, on your own or with a group. (no credit hrs. given for Friday skiing)

Visit psia-i.org for more information regarding lodging options and event pricing. Check back every now and again for updated information/offerings. It's going to be a great time! We hope to see you there!

- ◆ Saturday and Sunday features a full agenda of ski and snowboard clinics for your entertainment/education. Topics and descriptions are listed in the back of the Edge

January 7-9 I participated in a PSIA three-day level III prep camp at Jackson Hole Resort, WY. There was a dense fog that coated valley that was as thick as my nerves. Although I had skied Jackson Hole previous times, I was hesitant that my abilities would outweigh my (obvious to me) flaws. As I silently rode the Bridger Gondola with Lexey Wauters and four other ski instructor campers, the Gondola nonchalantly climbed out of the fog to sunny blue bird day. This moment set the tone for the three exhaustive days of skiing.

As skiers we sometimes get bogged down with too many details, but sometimes a different viewpoint will make everything become clear again.

The three-day intensive clinic functioned like a camp. Each day offered a separate insight into recognition and applications of fundamental movements of skiing, refining movement analysis and teaching applications. Additionally, the camp was composed of on snow training, video and after ski lectures and blackboard workshops.

This camp is not for those with a casual approach to certification. The format of the camp is meant to generate deeper understanding of technical skiing, comprehension of self-analysis, and albeit multiple bouts of temporary

Level 3 Camp At Jackson Hole

By Holly Erickson

confusion.

Through out the camp, Lexey gave continual individual feed back to the others and me. My job now, in preparation of the Level III Alpine ski and teach exams, is to fully own the full range of knowledge and movements necessary to be a full cert instructor. It is also up to me to sync my training with my potential exam date; knowing fully that if I am not prepared I will not pass. I have come to realize that with each new pin earned, a new license to learn is gained.

I was fortunate enough to be awarded a certification training scholarship through the SIRC (Snowsports Instructors Recreation Committee) Scholarship Committee, a subcommittee of the SIRC, who developed the criterion for this scholarship. The Scholarship Committee selected me based upon my relative goals as a snow sports professional, financial con-

straints and obstacles encountered throughout certification process. Also, how and why should an instructor qualify for a scholarship affording them to the equivalent of 3-days of training? In addition an endorsement/recommendation letter signed by Manager, Trainer, Supervisor or Director of Ski School needs to be included in the final application. The scholarship, which one does not need to pay back, cannot be applied for in back to back years.

It was not until the end of the camp that I learned anything about the mysterious SIRC, hidden within plain view of the PSIA Intermountain organization. Through various casual happenstance conversations, I learned that the Snowsports Instructors Recreation Committee has been around for five years – four of those years they have been selecting and awarding recipients a training scholarship. There are two representatives from each of the PSIA Intermountain ski schools. The goal of the SIRC is to be a voice from the overall membership. If you have questions or concerns please contact the committee at admin@psia-i.org. **—Holly Erickson is an 11-Season Deer Valley Instructor, PSIA Alpine Level II and Children's Specialist Level II.**

Sal Raio's Personal Ski History

By Sal Raio

While attending college in Southern California, I began teaching on a large ski deck that was in the parking lot of a ski shop owned by my friend's father. We would teach lessons three nights a week and go skiing on the weekends at Mammoth Mountain. Upon graduation I started looking for a job in a ski resort and through friends learned that a new resort called Snowbird was planning to open in December of 1971. I was introduced to Ted Johnson, the visionary of Snowbird, and was hired in June of 1971. Those first six months were hard work as I headed up a trail crew of about twenty people and we were responsible for clearing all the ski runs in Gad Valley. We also helped build chair lifts and operated heavy equipment.

During that first summer I was introduced to my future mentor and Ski School Director, Junior Bounous. Junior was designing the ski runs and so he was on the mountain often. He had learned that I wanted to teach skiing once the season started. So it began, teaching skiing for ski legend Junior Bounous. I did not realize it at the time that I was in for "BOUNOUS ABUSE"! Lots of practical jokes and fun as only Junior can do. It was a great first winter and I received my Blue Pin for Associate Certification in February of 1972 and my White Pin for Full Certification in March of 1973.

I worked for Junior and Snowbird for ten years in a variety of positions from ski instructor to ski coach to ski school supervisor. In the summers I built chair lifts worked in the restaurants and managed two of Snowbird's hotels. During that same time I was appointed Dean of PSIA National Academy in 1979, '80 and '81. I also had the opportunity to coach in Alagna Valsasia, Italy for four consecutive Octobers. Rudi Bear was the

head coach and had published a ski technique book called "Pianta Su- Ski Like The Best". It was a fantastic ten years and I still look back on them with many fond memories.

In early spring of 1981, I learned that a new ski resort, Deer Valley, was opening the following winter in Park City. Another ski legend Stein Eriksen was Director of Skiing. Deer Valley began taking applications for a ski school manager position. I was offered the job and began working for Deer Valley Resort in June of 1981 exactly ten years after I began at Snowbird! I was leaving many good friends at Snowbird to face a new challenge in my career. The position eventually became Director of Skier Services and consisted of Ski School, Lift Ticket Sales, The Children's Center, and Ski Rental.

My vision and goal for ski school was to raise the level of professionalism and provide Deer Valley students with the best possible lesson programs available. I was fortunate to have a great staff of instructors, supervisors and managers,

both on and off the snow, and am very proud of everything that we have accomplished over the past thirty years.

As they say, THE REST IS HISTORY. Forty years later I still love skiing and teaching. Junior Bounous is still my very special friend, an inspiration and absolutely great fun to ski with!

Under the leadership of another good friend, Norm Burton, I served two terms on the Board of Directors, acted as coach and clinic organizer of the Intermountain Technical and Clinic Team. At the same time I was an examiner and clinic leader. Many of the changes that I see have been in the certification process and education programs. Instructors have much more information, clinics and opportunities to improve skills than in the past. Also the certification process is much more transparent thanks to a great deal of hard work on the part of everyone involved in the education and certification process.

Thank you Board of Directors and P.S.I.A.-Intermountain, it has been a great ride. — **Sal's 40-year biography.**

Skiing Simply

By Rodger Renstrom

Skiing is extraordinarily simple; it's just difficult to do well. I've said those words so often that I can't remember if I made them up or if I heard them in a past life. But, the fact is that no truer words have ever been spoken about skiing.

Unfortunately, everyone always seem to be searching for a magical answer to better skiing, rather than striving to understand the sport's simplistic foundation. But, before discussing why skiing is so simple, maybe we should explain why it's so hard to do.

Skiing, like all sports, requires accurate body movements to achieve desired outcomes. In other words, athletes must have highly developed *motor skills*. "A motor skill is an intentional movement

involving a *motor* or muscular component, that *must be learned* and *voluntarily produced* to proficiently perform a goal-oriented task, according to Knapp, Newell, and Sparrow." – Wikipedia

Complicating the skier's development of accurate motor skills is the addition of a non-body component, the ski – a tool. Learning how to control a tool with the body is more difficult than just training the body to run or jump.

Developing finely tuned motor skills involves addressing two key variables: one, a growing and evolving understanding of the desired outcome (what do you want to do with the ski) and two, the amount of increasingly more accurate practice time spent in all of the situations in which the skier may find him or herself. These variables demand study, dedication, time

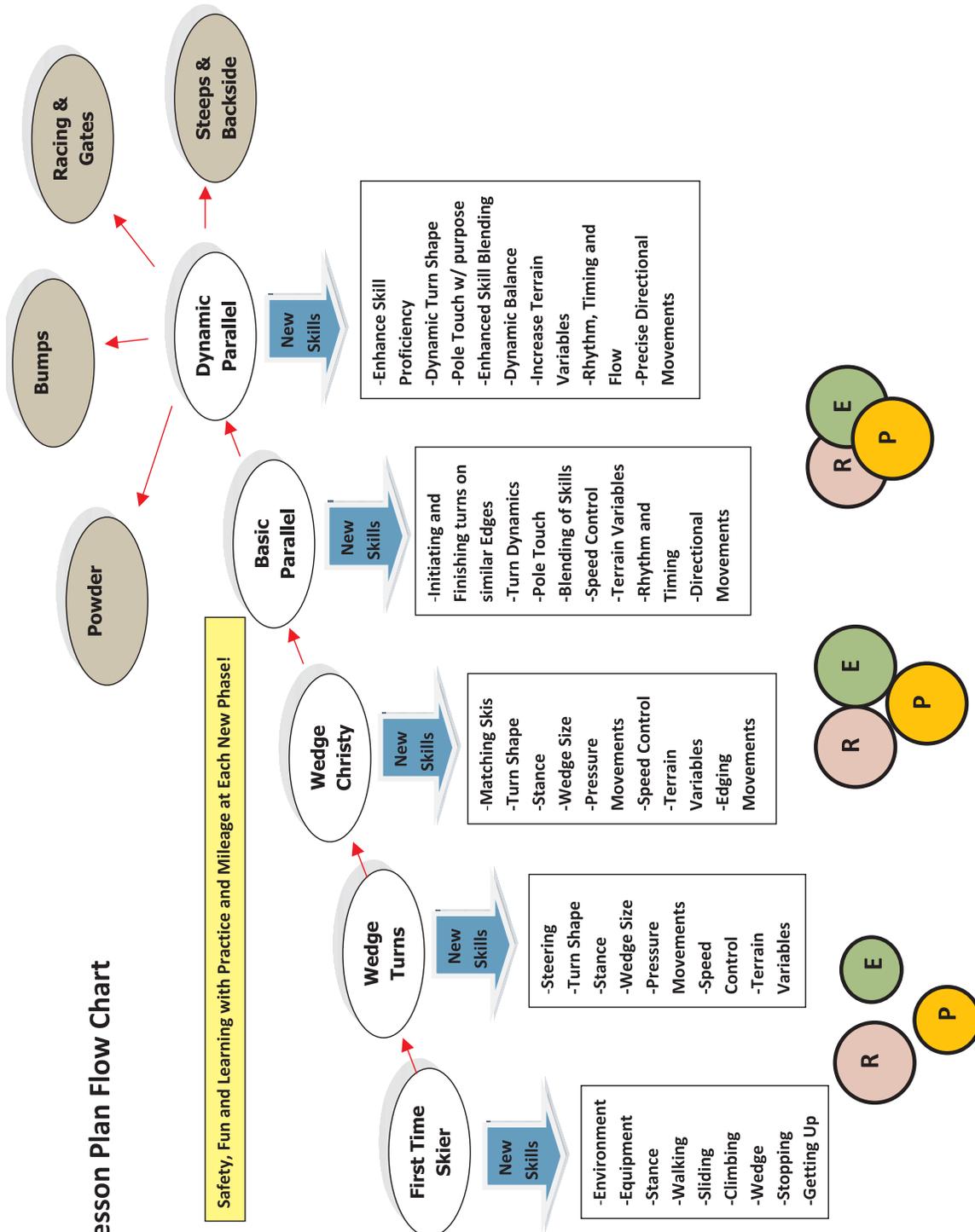
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Lesson Plan flow chart

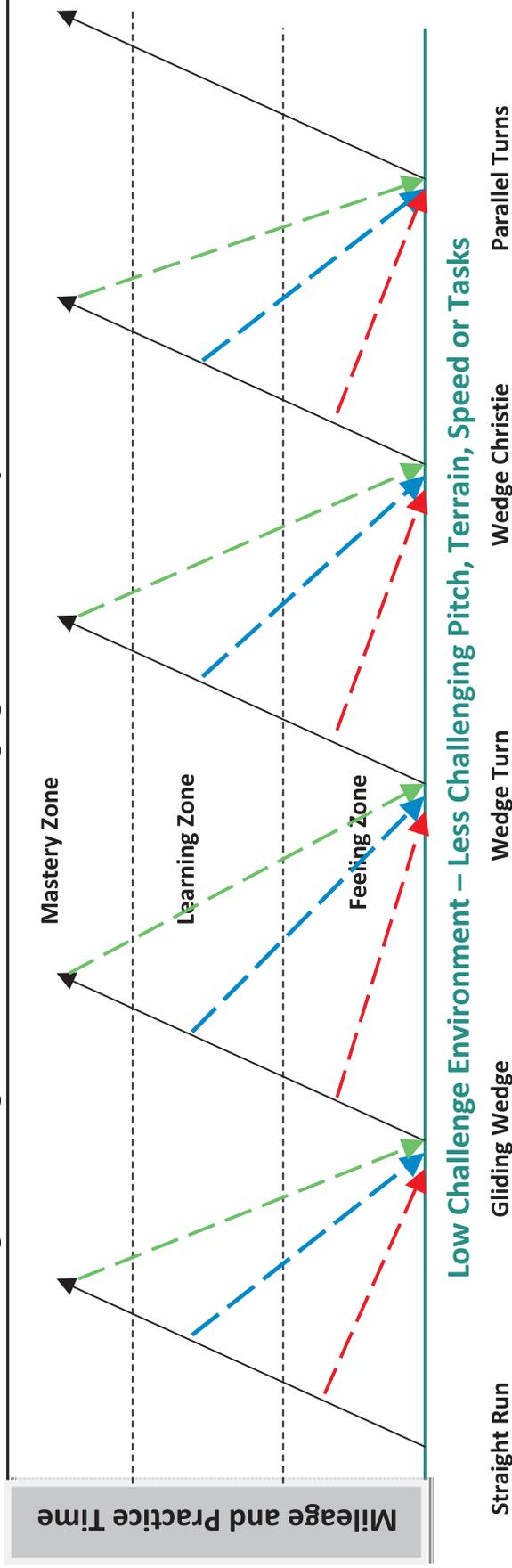
This document started as an idea in one of my indoor training sessions as a means to simplify the everyday task of teaching skiing for the benefit of our newer staff. Page 1 is what I call the "Evolution of an Alpine Skier." It walks through the skiing milestones and attempts to identify new skills that are required along the way. Page 2 emphasizes the value of providing quality mileage and practice time. New instructors, as well as a few old ones, have a tendency to try and teach everything they know in a one or two-hour lesson rather than allowing time for guided practice and mastery of the skills and movements needed for successful advancement. Pages 3, 4 and 5 are focused on the Teaching Model, a partial representation of skill drills and exercises that can be used in building a lesson plan, and ideas on delivery methods and teaching resources available to our instructors. I have tried to build and refine this document for our internal use only.

This flow chart is not intended to replace or circumvent any of the existing educational information or manuals that are already in place through both regional and national sources, but rather as a simplified summary of the work we do day in and day out. This year the document escaped the confines of Big Cottonwood Canyon and ended up in the hands of Scotty McGee up at Snow King, Mary Flinn Ware at PCMR and others who suggested that it needed to be shared. I offer it reluctantly, but hope that it may offer some measure of value or clarity to our membership whether new or old. — **Mark Battaglia, Solitude Mountain Resort, Training Manager**

Lesson Plan Flow Chart



High Challenge Environment – Challenging Pitch, Terrain, Speed or Tasks



- Invest the time to practice their new task and challenge their skills by moving towards the Higher Challenge Environment
 - o Slowly increase speed and pitch, vary turn shape, vary wedge size, Tall vs. Small, Stepping vs. Shuffling etc.
- Feeling Zone – They experience it Learning Zone – They understand it Mastery Zone – They own it.
- The more time you spend guiding your clients towards the mastery zone the less time you will spend doing correctives later
 - o Building depth in their dynamic balance and enhancing their skill movements enables easier learning of new tasks
- Always move back to the Low Challenge Environment anytime you introduce a new learning concept or skill
 - o This will allow the student to focus on the new task and not the challenging environment
- Accurate Movement Analysis and timely feedback are critical during their practice to ensure their movements are appropriate
- If you don't have time to do it right when will you have time to do it again? More importantly will you get that chance?
- Remember building confidence and trust are key components of the Teaching Model and this is where you earn it!

“Practice doesn't make perfect, Practice makes permanent! Only perfect practice makes perfect!”

Who is my Student?

- Background
- Other Activities
- Life Style
- Where are they from?
- Why are they here?
- What they do for work?
- Age Group
- Attitude
- Male or Female
- Physical Limitations

What are their Goals?

- Keep up with the Family
- Try something New
- See More of the Mountain
- Improve Existing Skills
- Have FUN
- Be Kept Safe
- Parent or Spouse Driven

Develop Lesson Plan

- Keep their goals in mind!
- What do they know now?
- What new skill do you plan to introduce?
- What Drills & Exercises will develop these skills?
- Identify their Learning Style.
- Identify Appropriate Terrain.
- Identify productive class handling methods
- Accurate Movement Analysis!

Execute the Plan!

- Clearly explain exercises
- Provide Accurate Demo's
- Provide specific and accurate feedback regarding their movements (MA Skills)
- Explain the cause and effect of movements
- Use appropriate class handling techniques
- Adjust plan and provide correctives if needed.
- Practice and ski!
- History and points of interest of the mountain.
- Have fun and keep them Safe.
- Offer to take pictures of them on their phone. Everyone has one.

The Summary (Individually or w/parent or spouse)

- Summarize what you did and what they accomplished in your time together.
- Provide 1 or 2 specific drills they should continue to practice.
- Share with them what they would accomplish in the next lesson.
- Thank them for spending time with us and invite them back.
- Provide them with your business card for the next time they come visit.
- Offer an upgrade if a group lesson.

Skill Drills, Exercises and Progression Tools

Rotary Exercises

- Static
- Lift 1 leg and turn the foot
 - Lift 1 leg and rotate the entire leg at the hip socket
 - Make an arc with the bottom of the boot on the snow.
 - Make a bow tie shape in the snow with each boot.
 - Chair lift simultaneous steering
 - Static rotation from parallel across the fall line to wedge down the fall line (advanced) looks like \parallel to $>$ in the same spot.
- Dynamic
- Walk & Sliding on skis in a figure 8.
 - Star Drill – step around the pole keeping tip at the pole
 - Side Hill Christies
 - Hockey Stops
 - Lazy mamba turns
 - Hop Turns
 - Pivot Slips
 - 1,000 step turns
 - Brushy or race gates
 - Funnel turns

Edging Exercises

- Static
- Tip the ski on edge by tipping the knee inward and outward
 - Pull them down the hill while holding their poles.
- Dynamic
- Wedge
 - Wedge Change Up's down and then across the fall line
 - Side stepping
 - Duck walk
 - Side slip to an edge set
 - Rail Christie
 - Edge Rails
 - Flying Wedge
 - Ya Ya's and Wa Wa's – straight run while rolling to inner and outer edges.
 - Crab Walk-Squirt Turns
 - The Drunken Sailor
 - Skating
 - High speed turns while skating through the turn.
 - Hockey stops
 - Rail Road tracks
 - Spray the snow to the side of the run drill.

Pressure Exercises

- Static
- Flex their ankles by driving the shins into the tong of the boot.
 - Stand tall stand small
 - Rise tall then come down quickly against the skis
 - Ask them to keep you from pulling them down the hill while these skis are across the fall line while holding their poles then ask them to push you down the hill from the same position.
- Dynamic
- Walking on skis
 - Side stepping to edge set
 - Straight run tall and small
 - Straight run stepping
 - Straight run hopping
 - Side slip with an edge set/pressure applied at the set
 - Hockey stops
 - Hop turns
 - Zotto's staying on the snow
 - Float, Touch, Sting turns
 - Spray the snow to the side of the run
 - Terrain un-weighting – jumps

Balance Exercises

- Static
- Stand tall and settle into a comfortable athletic stance
 - Stand on 1 ski eyes open
 - Stand on 1 ski eyes closed
- Dynamic
- Straight run tall and small
 - Straight run stepping
 - Straight run hopping
 - Straight run lean forward and backward.
 - Straight run on 1 ski rotating the other left and right
 - 1,000 steps
 - Skating across the flats
 - Hockey Stop – watch the skis
 - Hop turns
 - One ski skiing
 - Ski without poles
 - 360 spin turns
 - Pivot slips
 - Ski with your eyes closed (best done on wide flats & have partner tell them when to turn)

Class Handling Methods

- Call Down – Provide accurate description and demo and then ask your students to come down to you. Be specific
- Hike up and demonstrate the movements coming towards them and then away.
- Follow me – Simply stated have your students ski behind you using the stated task or drill.
- Serpentine – Ask your students to follow you and turn where you turn while staying in your track.
- Ski backward downhill of the student – stay close and talk them through the required movements.
- Ski behind them again coaching them through the required movements.
- Rotate the leader – let everyone have a chance to lead the group down a run or two.
- Line Rotation – particularly effective with groups of 5 or more allows students to see the task coming towards them and away from them also keeps them moving while allowing you to change the task while still skiing.
- Partner or pairing skiing. 1 follow then switch ½ way. (be strategic in how you pair them up)
- Human Slalom – only use at low level groups with plenty of room. Use actual gates or brushes for higher levels.
- Synchronized skiing – Have them follow and turn when you turn not where you turn.
- Video them skiing if possible. Best for a full day lesson.

Be Accurate in your MA, Precise in your Demo's and Specific in your Feedback!

Additional Teaching Tools

- Tip Connectors
- Your ski Poles
- Brush gates
- Race Course
- Magic carpet
- Any and All Available Terrain – Bumps, gully's and cat tracks
- Bamboo Poles
- Video camera
- Other skiers as examples
- PSIA Clinics and resources
- Home Mountain Clinics
- Other Instructors and Supervisors
- The chair lift ride – talk there less on the snow. Use this opportunity to point out good skiing happening below so that they can see what it is supposed to look like.
- Other instructors passing by. Ask them to stop and give your students a demo while you walk them through it.

Mark Battaglia

Solitude Mountain Resort – Training Manager

Winter 2014-15



PSIA-Intermountain-AASI SPRING CLINIC CELEBRATION April 10, 11, 12, 2015



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"/> Registered <input type="checkbox"/> Level I <input type="checkbox"/> Level II <input type="checkbox"/> Level III		NATIONAL ID NUMBER	INDICATE DISCIPLINE FOR THIS EVENT <input type="checkbox"/> Alpine <input type="checkbox"/> Snowboard <input type="checkbox"/> Nordic <input type="checkbox"/> Adaptive

Spring Clinic Package Includes Friday Ski/Ride with DECL, Saturday and Sunday Clinics, Banquet and Souvenir

April 10, 11, 12 \$180.00 Check Saturday/Sunday topics on back of form. \$ _____

April 10 Ski/Ride with a DECL (No clinic credit/no added cost. Available with Clinic Package only. MUST CHECK IF ATTENDING.)

The following options do not include Friday Ski/Ride Day, Banquet or Souvenir

April 11, 12 Two Day, \$150.00 Check Saturday/Sunday topics on back of form \$ _____

April 11 Single Day, \$85.00 Check Saturday topic on back of form \$ _____

April 12 Single Day, \$85.00 Check Sunday topic on back of form \$ _____

Video Clinic Lab Fee \$20.00 \$ _____

Extra Souvenir \$15.00 Each \$ _____

Extra Banquet Tickets \$40.00 Each Quantity ____ X \$40.00 \$ _____

Late Fee after April 1, \$20.00 \$ _____

TOTAL \$ _____

PAYMENT METHOD: Cash/Check/MO MasterCard Visa Discover Am. Express

Account Number: **Exp. Date:** **CVC Code:**

Registration Instructions, Conditions and Waiver and Release (must be signed to attend)

MAIL OR SCAN APPLICATION WITH PAYMENT TO: PSIA-I 7105 Highland Drive #201, Salt Lake City, UT 84121 or fax to 801-942-7837 or email to admin@psia-i.org. Application received after April 1, 2015 will be accepted only on space availability and charged a \$20 late fee. Space is limited, registration is not guaranteed until confirmed. No refunds unless injured (doctor statement required) less \$20 administration fee. PLEASE NOTE: All clinics, events and guest participants subject to change due to weather, snow conditions and other factors.

LIABILITY AND RELEASE: Recognizing that skiing/boarding can be a hazardous sport, I hereby RELEASE AND FOREVER DISCHARGE PSIA-I/AASI-I, 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-I/AASI-I 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.

!X Please bill my credit card. (Read submission instructions above.)

Signature: _____

!X I have read and accept the Liability and Release conditions.

Signature: _____

RETURN THIS SHEET WITH YOUR REGISTRATION FORM

NAME: _____

Clinic Topic Selection

Select a Saturday and Sunday topic if choosing the Spring Clinic Package or select a Saturday and/or Sunday clinic topic if attending individual days.

Saturday April 11 Clinic Topics

Alpine

- Precision skiing technique
This clinic will take place primarily on groomed terrain. The day will be focused on techniques that lead to greater skill accuracy and improved ski performance.
- All mountain skiing tactics
This clinic will take place primarily on non-groomed surfaces. Tactics for greater efficiency, fun, flow and control will be explored and put into practice.
- Big Mt (multi discipline)
This clinic will take place primarily on non-groomed surfaces. Get introduced to the philosophy, tactics and technique of big mountain riding. Open to alpine, nordic and snowboard riders. Groups will be split based on intent and ability. Ideal topic for expert skiers & riders! A woman's only group will be available.
- Intermountain Legends
Ski with the Local Legends of the Intermountain Division!
- Video Movement Analysis (\$20 video lab fee)
Improve your skiing with the use of indoor video movement analysis. We will capture video of your skiing and then come inside and check it out. Movement analysis will be performed by a clinic leader.

Snowboard

- Modern Riding
Addressing modern board types and how to ride them.

Nordic

- Telemark: Conditions du Jour for Tele
Ski lots and gain confidence, practice, and coaching in a variety of conditions and tactics.
- Skate Skiing Exploration and Teaching
Dealing with common issues in all skate moves.

Children

- Bag O' Tricks
Why do some exercises, drills, and games work for some ages but not others? Explore, learn and share experiences about how kids - and adults - learn, act and move at different ages. Emphasis based on the group's desires. All disciplines welcome.

Adaptive

- Intro to Adaptive/Ski the Gear
There is nothing better than putting yourself in your students' shoes to improve your teaching technique. Come ski various sit skis and try out a ski bike.

Sunday April 12 Clinic Topics

Alpine

- Precision skiing technique
This clinic will take place primarily on groomed terrain. The day will be focused on techniques that lead to greater skill accuracy and improved ski performance.
- All mountain skiing tactics
This clinic will take place primarily on non-groomed surfaces. Tactics for greater efficiency, fun, flow and control will be explored and put into practice.
- Big Mt (multi discipline)
This clinic will take place primarily on non-groomed surfaces. Get introduced to the philosophy, tactics and technique of big mountain riding. Open to alpine, nordic and snowboard riders. Groups will be split based on intent and ability. Ideal topic for expert skiers & riders! A woman's only group will be available.
- Intermountain Legends
Ski with the Local Legends of the Intermountain Division!
- Video Movement Analysis (\$20 video lab fee)
Improve your skiing with the use of indoor video movement analysis. We will capture video of your skiing and then come inside and check it out. Movement analysis will be performed by a clinic leader.

Snowboard

- Training Your Eye
Movement Analysis

Nordic

- Teaching Telemark
Telemark technique and movement analysis lab, practice honing your eye, prescribing changes, while receiving coaching on your own skiing as well.
- Skate Skiing Skills Improvement

Children

- Bag O' Tricks
Why do some exercises, drills, and games work for some ages but not others? Explore, learn and share experiences about how kids - and adults - learn, act and move at different ages. Emphasis based on the group's desires. All disciplines welcome.

Adaptive

- Intro to Adaptive/Ski the Gear
There is nothing better than putting yourself in your students' shoes to improve your teaching technique. Come ski various sit skis and try out a ski bike.



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SIMPLY continued from 4

and athleticism. That's why skiing at a high level is difficult.

What makes skiing so simple is how the ski and the snow work together to change a skier's direction of travel. Unfortunately, few people truly understand how the ski works so they don't know what to do with the ski on the snow.

At its most basic level, what makes a ski (and consequently a skier) change its direction of travel – turn – is the force of the snow acting against the bottom of the ski to deflect it into a new direction. Thus, changing a ski's direction of travel demands ski/snow contact.

It is important to understand that changing the direction that a ski is pointed is not the same as changing the path of the ski – where it is going. For example, imagine sliding straight down a slope made of titanium. If you then turn your skis partially across the slope and tip them on edge you will continue to travel straight down the hill. There is no force to change your direction of travel. The surface is so hard that the ski cannot get a grip and it will not be deflected into a new direction. If, however, the surface is a bit softer (even if it

is ice) the tipped ski will encounter resistance and that force will redirect the ski along a new path.

Fortunately, skis are designed with sidecut and the ability to bend. This makes it easier to control the deflection of the ski and makes the ski/snow interaction more efficient. Now, however, the skier must decide how much to tip the ski over and how fast and how much to point the ski across the slope in order to control the deflection.

High edge angles allow the ski to bend more into an arc (assuming the forces acting against the bottom of the ski are great enough) but high edge angles also make it more difficult for the skier to "steer" the ski in the direction he wants it to be deflected. Flatter edge angles don't allow the ski to bend as much, but make it easier for the skier to steer the deflected ski along a path – a characteristic that is very important for novice skiers or anyone wanting to ski at slower speeds.

So, skiing, in concept, is very simple; just guide the skis and manage the forces acting between their bottoms and the snow so that they are deflected along the desired path. But remember, a ski can ONLY change its direction of travel if it is in contact with the snow (or

some other object, like a tree). If you jump to start a turn, you may be able to point your skis across the hill but you won't start moving in a new direction until you land and some force redirects you. This is a major reason why skiers who maintain ski/snow contact at all times in the bumps (and elsewhere) have more control than people who jump around and rush their turns.

All of the "stuff" that ski instructors do and teach lacks value if it is not based on an understanding of this basic principle. Unfortunately, the word "deflection" does not appear in the glossary of terms in the new PSIA Alpine Technical Manual. So, just to clarify, here is the definition from the 1980 PSIA ATM Teaching Concepts Manual. "Deflection: a change of direction resulting from the interaction between the skis and the snow. It is a change of direction caused by external forces. For all practical purposes, we can only speak of a 'deflection' when the skis are in contact with the snow. Edging, pressure control, the sidecut of the skis and the density of the snow will determine the outcome of such interaction." Simple.— **Rodger Renstrom is a PSIA-I DECL and editor of The Edge.**