

# THE INSTRUCTORS EDGE

Winter 2017  
VOLUME 41  
NUMBER 2



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

## Intermountain

### Scholarshipped

By Kristine Quint

I received scholarship funds this winter that allowed me to take part in two Level 2 clinics at Grand Targhee in December. As part of the fulfillment of receiving a scholarship, here is a write up of the clinics I attended with the scholarship.

Thanks to the PSIA-I scholarship program, I was able to take two Level 2 prep clinics at my home resort. One was the L2 Highlighted and the next L2 Blended.

The prep camps came just a few weeks into Grand Targhee's season, which was a little delayed due to lack of snow. We were all still getting our ski legs back, trying to remember the fundamentals and PSIA vocab that we'd had down the year before but had gotten a little fuzzy after a long offseason.

One of the best parts of the clinic was meeting people from other resorts and of all different experiences. I was the youngest in the group at 24, and the eldest was a man well into his 60s. The best part was that we had something to teach each other; he had tips and tricks that he'd learned over a lifetime of teaching, and, because I was at my

*continued on page 2*



PSIA-I DECLs Erin Williams and Renee Godin relax following Level 2 and Level 3 assessments at Deer Valley February 10-11.

### VOTE for the Board

Volunteering can be rewarding and satisfying, but voting is just as important. While the division encourages members to run for the PSIA/AASI Intermountain Board of Directors, we also need members to vote. Requirements for the board include personal attendance to three meetings per year. These are tentatively scheduled for June, November & January. We also ask board members to familiarize themselves with the Intermountain Policies and Procedures, the By-laws, and write an article for at least one of the three issues of the Edge. Every board member has obligations to be involved in events like Education Col-

lege, general membership meetings, and Spring Clinic.

Nominations/applications were due in the division office by Wednesday, February 15, 2017. Any certified member (L1, 2 or 3) in good standing who is either employed by a snow sport school within a region whose seat is up for election in this cycle, or who wishes to run for an At-Large seat, is eligible to run. Candidates must submit a passport photo, a letter of interest and intent, and five signatures from PSIA/AASI Intermountain members in good standing. Online elections will be conducted in March at [www.psia-i.org](http://www.psia-i.org). The 2017 open board positions are:

*continued on page 2*



<b>President</b> . . . . .	<b>2</b>	<b>Children</b> . . . . .	<b>4</b>
Division news.		What's new with CS?	
<b>Periodization</b> . . . . .	<b>3</b>	<b>Spring Clinic</b> . . . . .	<b>6</b>
Get the most out of training..		Time to plan for spring.	



## President's Message

By Rich McLaughlin, PSIA/AASI Intermountain President

Hi Everyone! It was a slow start for the snow to start falling this year. We had many late resort openings and such. However, as I am writing this note, we are getting walloped by a big storm. One of many so far, to date this has been an amazing winter, Wow!

First off I want to let all the DECLs and clinic leaders that I think that the new uniforms are Sharp! Nice work on the parts of the Snowboard Committee and the Alpine managers Dustin and Stephen.

Speaking of DECLs and clinic Leaders and the knowledge that exams and prep clinics are on everyone's minds. I say this all the time... SIGN UP EARLY! Two weeks in advance is the cut off. Make sure your also getting your work books in on time too. This allows the examiners plenty of time to grade them and give you feed back! Super important! If you are taking prep clinics make sure you are not pulling a doctor's appointment and clamming up. Ask questions about you're skiing or riding that will help you get better. That's what we pay our DECL and clinic Leaders for, TO HELP YOU.

One thing that is very important to us is that you stay safe out there. We want you to be healthy. Some things you can do to help prevent injuries or illness is good judgment and to take care of yourself. Get lots of sleep. Try not to over work yourselves with second and third jobs. If you are working with kids wash your hands! Allot! If you do get the crud, take something for it do not try to power through. That just makes it worse. When out skiing and riding use good judgment spot your landings and have fun but be safe about it.

My project for our division is starting to come to fruition, and that is of our harassment policy. We finally came across a training program that I feel will meet our needs as a division. I want to thank everyone that helped me with this. I've received some good sources. So needless to say we will see this in the DECL/employee training in the future.

In conclusion, I want to wish everyone going for certification good tidings, and that you not only go for the certification but for the education process too. There is always something to be learned. If you ever need anything my proverbial door is always open. If you're in the area come in and say hi and introduce yourself. Maybe we go take a run! All the Best! ■

### SCHOLARSHIPPED continued from 1 BOARD continued from 1

home resort, I could push him to try new terrain, even in variable conditions.

The group dynamics created an engaging but appropriately challenging clinic for everyone. We all went home knowing our strengths but with tasks and skills to work on. The two days I spent clinicing helped create a solid foundation for me to go on to take my Level 2. ■

Region II: Kelly Canyon, Pebble Creek, Beaver Mountain, Cherry Peak.

Region V: Deer Valley, Park City, Canyons, National Ability Center.

Member-At-Large Seats Three (3) seats representing all members.

We hope that you vote and choose to run for the board yourself or encourage others in the future. ■

## 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 three 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

Vicki Mills, Kathy Sudweeks, Kathryn Milne, Kirstie Rosenfield  
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: Rich McLaughlin  
Administrative V. P.: Mike Thurgood  
Communications V.P.: Evan Ricks  
PSIA Board Representative: Kent Lundell  
Certification Manager: Dustin Cooper  
Education Manager:

Stephen Helfenbein

Snowboard Manager: Open

Nordic Manager: Grant Bishop

Adaptive Managers: Johnny Landward,  
Jason Malczyk

Children's Manager: Mark Nakada

Ski School Management Committee:

Maggie Loring

### Current Board Members

2014-2017: Carl Boyer, Nancy Kronthaler,  
Evan Ricks, Joe Waggoner,  
Mary Flinn Ware

2015-2018: Andy Baker, Mark Battaglia,  
Kent Lundell, Mark Nakada,  
Rich McLaughlin

2016-2019: Dave Butler, Anita Oliveri,  
Charles Rodger, Mike  
Thurgood, Coulter Tucker



## Alpine Education

*By Stephen Helfenbein, PSIA-I Alpine Education Manager*

### Training Periodization for Certification

The most common reason for unsuccessful performances in an assessment is lack of preparation. Many candidates manage to log a limited amount of training time with the hope that it will suffice. In order to be well prepared you have to give yourself more time. Going through an intelligent periodization plan will allow you to know if your training is on point.

According to the website [breakingmuscle.com](http://breakingmuscle.com) it is a “long-term cyclic structuring of training and practice to maximize performance to coincide with important competitions.... Simply, it is the program design strategy that governs planned, systematic variations in training specificity, intensity, and volume.” Incorporating a periodization training approach into your certification preparation can make the difference between success and disappointment.

Let’s assume that training for an assessment is similar to the preparation needed to compete in triathlon and that the assessment itself is essentially a competition. Once you have committed to your “competition” date, get to work! This approach could be applied to the preparation needed for both a skiing or teaching assessment. I advocate planning your training to progress through the following four periods:

**Period 1 – Diagnosis** – identify a need. What is your top training priority? Is there more than one? This may involve putting yourself in a challenging situation to be critiqued or analyzed by someone you trust with more

experience and knowledge than you possess. The information obtained in this period is essential and will help you begin to form an accurate plan.

**Period 2 – Targeted training** – perform activities that address a specific need. This may involve seeking advice from a trainer familiar with your goals and your diagnosis. If your diagnosis was accurate and your trainer is accurate, you will be doing something that has been previously foreign to you. Performing new behaviors or movements should initially make your overall performance decrease as you attempt to incorporate new information into your skiing or teaching performance. In order to see if you have made any gains, you need to test things out.

**Period 3 – Application** – do things that challenge your original weakness and allow you to test for improvement. If your targeted training has been sufficient, you should notice performance gains. However, you may not feel absolute consistency or like you are performing with ease. After some testing, it is appropriate and wise to make small modifications while you move on to logging some repetition.

**Period 4 – Refinement** - This period is for practice, clarifying understanding and integrating new skills with old ones. Don’t seek to add new information during this time. This period should feel more like play than work as you build the confidence needed to thrive during competition.

How long should each phase take? This will vary from one instructor to the next. The more important thing is that you give yourself time to go through all 4 phases. It may be possible to get achieve your desired outcome without progressing through all 4 periods of training, but the quality of your experience will less than what it could be. When one is well prepared for a performance situation, the potential to learn from and enjoy the experience is maximized. ■

## Todd Valline

It is with personal sadness yet in recognition of a life well lived that those who knew Todd Valline mark his passing on December 15, 2016 at the age of 68. Todd died doing something he loved, teaching skiing. While the exact sequence of events will never be known, collision, recklessness, or lack of conditioning were not involved. For lack of a better explanation, it simply was his time to go.

Recently retired from the Utah National Guard, he was heard to remark

that he was trying hard not to fail retirement. Todd’s passion was skiing. Fully certified for over 40 years, he taught part time at Park City for most of those years. A dynamic skier and exceptional teacher, he loved to discuss movement patterns and teaching challenges with peers over a pitcher of beer. He relished Ski Colleges and Power Clinics where some regular students took pleasure in calling him “Yoda”. A large smile and good humor was a large part of his personality. When others would complain due to challenging snow, weather, or

terrain, Todd would grin and respond, “That was just good adult skiing”.

An adrenaline junky, Todd nevertheless was calculating about the risks he took. His equipment was always in top condition, skis waxed and deburred literally every day of use. Once committed, indecision did not cloud his actions. Only rarely did his falls not entail a double heel eject. His friendship reflected similar characteristics. Those of us who were fortunate enough to count Todd as a friend will miss him dearly. ■

## Region 1 News

*Rich McLaughlin*

So we are now in the middle of winter up here in the North. It's snowing like crazy right now! All of the resorts up here are being blessed with over four feet of snow from this one storm. I hope everyone in Utah is getting some of this same storm. If not, Please come join us for some great snow conditions!

This is what is going on at our resorts in Region 1

At Targhee, Mark Hanson wants everyone to know that he considers Grand Targhee Resort a hybrid resort with a local flair and a destination feel. He is inviting you to come up and enjoy their Western Hospitality.

Some of the things they have going on amp wise is a "Knowledge is Power" camp. It's three days of coaching, video analysis, social events, lift tickets, and cat skiing. Sharpen up your off trail skiing and riding.

As to competitions, they are hosting the Junior IFSA North American Junior Freeride Series, and the IFSA College Freeskiing Competition. Both are sure to be great events. Check out their web site [www.grandtarghee.com](http://www.grandtarghee.com) for prices and dates.

At Jackson Hole Mountain Resort, Jim Kercher coming back from Breckenridge is amazed at the opportunities that Jackson has for instructors. The potential for success is high. He also enjoys being back because of upper management's support and dedication to work together with the Mountain Sports School to make the best experience for the guest and instructors possible. This is his secret to success!

Some of the fun things coming up at Jackson Hole Mountain Resort is of course the Great Powder 8s with GoPro this year there will be 22 teams on Feb 4. Also everyone's favorite Dick's Ditch Classic Feb.24-26.

*continued on next page*



## Children's Corner

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

Aloha! I hope you're having a great season!

### Children's Program Updates

As I noted in my last column, the National Children's Task Force (NCTF) met at Fall Conference in November to discuss the current state of the Children's Specialist (CS) Program. The NCTF's accomplishments at this event:

- ◆ We initiated discussions on the vision and direction for the forthcoming Children's Manual (to be released after the new "Core Concepts" manual);
- ◆ We shared best practices and reviewed the methodologies that each division is applying to consistently measure and apply the standards for CS1 and CS2;
- ◆ We evaluated existing CS Trainer programs, and made division recommendations;
- ◆ We discussed potential lateral pathways for training development (more than just children's topics);
- ◆ We commenced discussions on holding a National Children's Academy in 2018;
- ◆ We formulated ideas to encourage the inclusion of a children's presentation at Interski in 2019

In addition, PSIA/AASI and the NCTF approved new Children's Specialist pins. The newly designed CS1 and CS2 pins will be available soon. Pin designs:



### CS Program Syllabus and Workbook Updates

An updated CS Program Syllabus, as well as revised CS1, CS2 and CS Trainer Workbooks were posted on the Division's website in November at: <http://www.psia-i.org/disciplines/children/>. Please download these documents to better prepare for one of our events. Note:

- ◆ Only current CS Workbooks (v3.1 for CS1 and CS2; v1.1 for CST) will be accepted for our 2017 events;

- ◆ Workbooks must be received at least two (2) weeks prior to a CS event at the PSIA/AASI-I Office.

### CS Trainer

As noted in the CS Syllabus, ACE 3, and the successive ACE/CS3 program, were legacy programs that Intermountain utilized prior to and in the early adaptation stages of the CS National Standards. Although the ACE 3 (and ACE/CS3) designation earned by past recipients will still be recognized (by Intermountain), the ACE 3 and ACE/CS3 programs were retired, as of December 31, 2016, following NCTF discussions at Fall Conference.

A new program, Children’s Specialist Trainer (CS Trainer [CST]), has been developed that is more in line with other division’s children’s DECL/trainer evaluative events. Details on the CS Trainer program are available in the CS Syllabus.

### Children’s Lectures Added!

We’ve added lectures to the event calendar:

- ◆ Scheduled for Wed 1-February-2017 was: “Pairing Technology and Teaching Skiing/Riding to Children with Abilities”. This presentation will focus on how to engage children with abilities by using simple apps on your phone. Bring your favorite app!
- ◆ Wed 1-March-2017: “Win/Win Skiing/Riding Experience for Children with Autism, Parents and Instructors.” This presentation will focus on what you can do to set the stage to make your lessons meet the needs and wants of a child with autism and their parents.

Both lectures will be presented by Eve Bier, Special Education School Social Worker for the Granite School District. Ms. Bier is a special education teacher and social worker, specializing in working with autistic and emotionally challenged individuals for over 35 years. She has also been a part time ski instructor for over 16 years. Please do not miss these presentations!

### In other news

The NCTF has had numerous member inquiries regarding CS credential reciprocity with other Snowsports federations/associations. Unfortunately, at this time, no international children’s credentialing agreements are in place; you must be a member of PSIA/AASI, and have your Level 1 and/or Level 2 certification to receive a CS certificate. Questions? Please contact the office.

We hope to see you at one of our events this season. Thanks for your continued support. ■

### REGION 1 continued from page 4

They also have lots of ski and snow-board steep and deep camps, women’s camps and race camps, Adaptive steep and deep camps, and Kids Fall-line Camps. Their Web site is [www.jackson-hole.com](http://www.jackson-hole.com). Check out the other races and camps coming up!

If your into the social scene there are many bands playing and once again Zach Brown Band is performing at the end of the season Rendezvous Feast. Last year it was a great time, this year is looking even better. So come on up and enjoy a weekend away. Hopefully we will see some of you up here for some clinics and exams!

At Snow King Mountain Resort Scott McGee would like to recognize Ryan McCartney for constantly looking to improve Snow King with marketing, web site development, and programs for locals and visitors alike.

This is Snow King’s 78<sup>th</sup> year and in the last Edge we talked about all of the upgrades that are happening at the King. It’s great to have a local town resort with so much to offer.

Some of the highlights that are coming up are lots of races, and the most popular is of course the Town Down Hill! Always a great competition with bragging rights! You also can’t forget the Snow King Hill Climb. If you have never been, you should make plans and go. It’s three days of snow-mobiles climbing to the top of Snow King. It brings in competitors from all over the country. It’s a blast!

If you can, check out their web site at [www.snowkingmountain.com](http://www.snowkingmountain.com), make plans and come enjoy Jackson!

So that’s the latest from our region. If you can, come on up and stay awhile. You are always welcome here!

Wish you all the best and a great rest of the season.—**Rich McLaughlin is PSIA/AASI Intermountain Region 1 Representative and President.**

### Children’s Manuals

We have children’s manuals and handbooks available. Visit the [psia-i.org](http://psia-i.org) store or contact the office for details.



**The Instructors EDGE**

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

## Spring Clinic at A Glance

Brighton Resort, April 8, 9, 10, 2017

### Event Schedule & Registration

**Friday, April 8**

10:00 a.m. - 3:00 p.m. - Free Ski or Ride with clinicians. — Alpine Rose Lodge 3rd floor

**Saturday, April 9**

8:45 a.m., Classes form — Alpine Rose  
 9:00 a.m. - 4:00 p.m., Classes disburse — Meet on snow  
 4:30 p.m. - 5:00 p.m., General Membership Meeting — Alpine Rose  
 6:00 p.m. - 7:00 p.m., Silent Auction — Alpine Rose Lodge. Please contact the office if you want to donate.  
 7:00 p.m. - 9:00 p.m. — Dinner Banquet & Awards

**Sunday, April 10**

8:45 a.m., Classes form — Alpine Rose Lodge  
 9:00 am - 3:00 p.m., Classes disburse — Meet on snow



### Alpine Topics

*When necessary, groups within the same topic will be sorted based on the skier's desired intensity, pace or terrain capabilities.*

1. *Legends* – ski with the Ski Instructing Legends from the Intermountain Division.
2. *Bumps/Off-trail* conditions of the day – whatever the natural snow conditions of the day happen to be, this group will be either skiing advanced and expert moguls or the ungroomed runs.
3. *Carving* – slicing up the groomers – Dial in the essential ingredients to a powerful and precise carve.
4. *All-around the mountain* – This group will address the adjustments necessary for skiing the full variety of the mountain's terrain and conditions.
5. *Ladies Day* – A group for the ladies by the ladies.

CLINIC COST: Clinic \$80.00 per day, Lift tickets \$40.00 per day

AWARD BANQUET: \$40.00, Menu to be announced. Presentation of 20, 30, 40, 50 year membership and Intermountain schools Instructor of the Year at Banquet. Beer Bar and BYOB Banquet