

THE INSTRUCTORS EDGE

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

Get off the **Couch!**

By Alex Krulatz and Steve Woodward

If this summer has zoomed by and you didn't spend as much time getting into shape for the coming season, there is still some time! This article lays out a basic ski specific pre-season fitness program using minimal equipment and time. Whether you follow this or your own exercise program, as the commercial says "Just Do It!"

Goals of this conditioning are greater stamina, enhanced balance and a stronger body. This results in higher performance while on the slopes and in turn helps you stay healthier by preventing injury rather than recovering from one.

As always, consult with your physician before starting an exercise program. If you haven't done much all summer, start on week 1 and do the exercises twice a week as a minimum. To a point, this is a case where a little more is better than a little less. Exercising twice a week is a 100% increase over just once a week. three times a week is only 50% more than twice. You need to decide what is best for you. Remember your body also needs to rest and recover.



Keith Lange, Past President's Council, at the reworked Hall of Fame display he spearheaded at the Alf Engen Ski Museum at the Joe Quinney Winter Sports Center, Utah Olympic Park. The PSIA-I Board recently approved restoration and reformatting of the display.

Here is a program for you to get started. Begin with a warm up, followed by strength exercises and end with a cool down and stretching phase.

Benefits of warming up:

A proper warm up can increase the blood flow to the working muscles which results in decreased muscle stiffness, less risk of injury and improved performance. Additional benefits of warming up include physiological and psychological preparation.

5 Minutes Warm Up Program:

- ◆ walk/jog on place for 2 min.

- ◆ side steps (with arm raises) for 1 min.
- ◆ jumping jack 10 sec. – jogging 20 sec. – jumping jack 10 sec. – and so on for 2 minute.

Tips for strength training:

- ◆ always watch for proper technique
- ◆ slow and controlled movements
- ◆ breath regularly
- ◆ rest between sets 30-60 sec.

For the complete basic exercise program go to www.welcometofocus.com/skiconditioning.pfd.

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Look what's new.

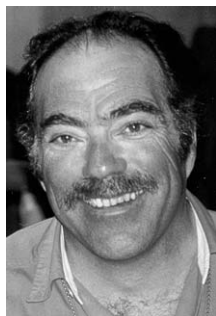
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Sharpness is a matter of degree.

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PROFESSIONAL SNOWSPORT INSTRUCTION IN THE INTERMOUNTAIN WEST



President's Message

Carl Boyer, PSIA/AASI Intermountain President

The first snow from a series of cold storms has draped the mountains white as we held our mid-September Board of Director's meeting. Though the snow may not stay, it is a sure sign that the winter season is close at hand; we should all begin our preparations in earnest.

Be sure to note that more events are scheduled earlier in the season and fewer when the resorts are at their busiest, so *plan ahead!*

Speaking of planning ahead; Intermountain will be joining Northwest, and members from Northern Rocky Mountain and Northern Intermountain for a Spring Clinic/Symposium at Big Sky, Montana, April 13-15, 2007. The last time we held a joint Spring Clinic was with Northern Intermountain at Sun Valley in 1982. You all have endured my ceaseless cheerleading for participating in events where one can interact with members from other divisions and parts of the country, such as the National Academy. I kicked myself for missing that immensely popular Sun Valley event years ago; we are long overdue for such a collaborative clinic.

For those who have not recently been to Big Sky, I can attest to the terrific mix of terrain, challenge and scenery. We hope to offer a limited number of seats on a tour bus to shuttle us from Salt Lake to Big Sky and back. Can you say *road trip? Party?* Check the Division website for details as they become available and secure your spot!

Due to Spring Clinic being held away from many of our members, we will hold our General Membership Meeting in conjunction with the Ed College at Snowbasin on Saturday, Dec. 9 at 4:30 P.M. You do not need to be an Ed College participant to attend the meeting and to speak with your Division's leadership.

We bid a fond farewell to Region V director, Jamie DeVries, who has moved out of the area for education and career opportunities. We thank him for his productive service on behalf of his region. This seat will be filled by Snowboard DECL and former Region V Director John Pohl. We welcome his return to the Board of Directors representing our Summit County resorts.

I look forward to greeting as many of you as I can at the upcoming Ed College; Spring Clinic; and at as many events in between as circumstances allow. ■

What is the Board?

What is the Board of Directors and what kinds of decisions will it face in the coming year? The Board of Directors 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 mem-

ber 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. These deci-

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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.

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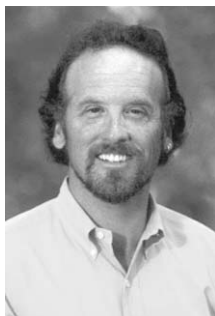
Current Board Members

2004-2007: David Boucher, Danny Edwards, Chip Herron, Joe Waggoner, Kent Lundell
2005-2008: Carl Boyer, Scott Rockwood, John Pohl, Randy Hartwig
2006-2008: Tony Fantis
2006-2009: Jamie MacKintosh, Mark Quaintance, Stew Marsh, Nancy Kronthaler, Jerry Warren.

Ed College 2006 December 9 & 10

By Nathan Emerson

My Father always told me "growing up was over-rated!" Now, I doubt that he thought that I would take that expression to heart quite as strongly as I have over the last 43 years, but my refusal to grow old mentally seems to have worked out so far. What better way to avoid the mental strains of aging



than by being a snowsport instructor? And what better way to be the best instructor you can be than by attending the annual PSIA-I/AASI-I Education College at Snowbasin Resort? Keep that youthful spring in your legs by staying current on the modern techniques that work most efficiently with your modern equipment and get your season off to a positive start.

This year's Education College will offer some workshops and clinics that are not offered at any other time of year. In addition, we will give those of you seeking certification a jump-start on the

process by offering many of the prep clinics that you need to fulfill your requirements. Of course, we'll also have some of the most popular clinics that you have raved about year after year.

We're putting our best foot forward with some of our best clinicians from all disciplines, as well as limited opportunities to ski with a National Alpine Demonstration Team member. Don't miss this exceptional opportunity to start your season in high gear! Sign up early and plan on enjoying the world-class snow and amenities offered by Snowbasin!

Education College Clinic Options

Friday, December 8, preceding the Ed. College

PSIA-I/AASI-I Alpine trainers Accreditation (day one of three)
(The only Friday clinic)

Saturday, December 9

Ski, Ride or Tele with a D-Team member or DECL.

Learn how to Ski or Ride with Modern movements to go with modern ski and board designs.

Demo camp with video

Watch your own skiing and demos to enhance your performance

Learn to ride

For instructors who would like to teach entry level snowboarding and learn how to master the sport themselves, beginning with an indoor session for an overview of the sport."

"Ideal" skiing movements vs "Real"

Ski teachers see these skiing movements at the early stages of physical development. You will learn children's drills, games, exercises, analogies, or activities that are "age appropriate" for Younger and Older children.

ACE I and II

PSIA-I/AASI-I Alpine trainers Accreditation (day two)

Sunday, December 10

Ski, Ride or Tele with a D-Team member or DECL.

Learn how to Ski or Ride with Modern movements to go with modern ski and board designs.

Learn to Telemark

with one of the top Telemark Instructors in the country and learn how to bring your Telemark skiing to the next level. We will show you how to work with the Alpine transition to Telemark and how to give your skiing the edge that all the top Telemark skiers have that you

want to possess. This clinic in turn can help your other downhill disciplines because Telemark is the true definition of balance. This will help you find that balance.

Video

How to use it, how to analyze it, watching your own skiing to enhance your own performance.

PSIA-I/AASI-I Alpine trainers Accreditation (day three)

The following clinics offered on Saturday, Dec. 9th also count as certification prep.

Intermediate Zone Movements

So you've never been called "eagle eyes?" Fret no more! This comprehensive six-hour course will help you develop your skills at identifying effective and ineffective movements, sharpen your observational skills, and improve your diagnostic skills. The skill level is focused on the Intermediate Zone in preparation for an exam. There will be indoor use of video, on-snow development of visual cues, and enhanced recognition of personal skiing movements. Come out and lay the foundation for enhanced analysis and teaching. Your eyes and legs will thank you!

Ski Camp (for certified instructors)

Skilled skiers exhibit precise and energetic skiing that flows on all terrain and in all conditions. This six-hour ski improvement course is designed to provide direction in your personal skiing, with an emphasis on refining maneuvers and skill application necessary for certification and beyond. You will increase your understanding of personal skiing strengths, identify areas to improve, and develop strategies necessary to take your skiing to the next level. Whether preparing for an exam or striving to reach new levels of personal skiing in the advanced zone, this course will leave you with innovative tools from which to expand your skiing abilities and enjoyment!

Level I Telemark Assessment

(must have L1 Workbook into the office two weeks prior)

ACE I and II

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BOARD continued from 2

sions range from Division policies and procedures to creating a viable budget. While setting policies can present quite a challenge, it is in the financial department the Board of Directors may have its toughest decisions. Rest assured, your Board of Directors are all Division members and well aware of the effects of reaching into member's pocketbooks.

If you are interested in becoming involved in the governance of your association, we welcome your candidacy for a seat on the Board. Recent elections have seen candidates run unopposed. Let's all benefit from our member's active engagement! Region III, representing Snowbasin, Powder Mountain and Wolf Mountain; and Region IV, representing Brian Head; as well as three at-large seats are up for election this February.

The Board will meet in mid January for a half day; late May for two days; and mid September for one day to carry on the official business of PSIA-I/AASI-I. Members are always welcome to observe the proceedings. Information regarding the time and location of the BOD meetings can be obtained through the Division office. ■

Administrative Report

By Stew Marsh, PSIA/AASI Intermountain Administrative VP

Sitting in my boat while taking a break from waterskiing on Pineview Reservoir I marveled at the beauty of the snow capped mountains and the brilliant colors that were cast so vividly against the fall blue sky. I realized that a new season of snow and cold will soon be here, bringing with it thoughts of great powder days and customers wanting the best lesson ever. We are all aspiring to meet our own goals, either a new certification or accreditation level or to attend a clinic at a different area or just to be a better teacher and skier or rider this season.

Speaking of new, this summer we had the opportunity to add space to the office. Your Executive Committee and the board approved the addition of another room in the office. This additional space has given the staff the opportunity to move filing cabinets out of the original room and into the new space. It also provides room for compiling the boxes for clinics and exams. A well needed addition and thanks to all who made it possible.

Carl Boyer, Nancy Krothaler and myself spent many hours cleaning out old files from our storage unit and removing files of old members who had dropped their membership over the years. We did, however, keep the files of those individuals that were instrumental in the beginning of our division. We hoped that this would provide history for those new members over the next decades.

As the season grows closer, please begin to plan your clinics and exams. The committees have worked hard to get the calendar on the web site early. The first big event will again be the Education College at Snowbasin, December, 9 and 10. This is a great chance to get to ski with a national team member or one of our DECLs.

I am looking forward to a great year and want to again say thanks to Susan, Vicki and Natalie for their hard work and dedication to our division.

ED. COLLEGE SUNDAY continued from 3

The following Sunday clinics also count as certification prep

Intermediate Zone Teaching

Pave the road to a new level of teaching mastery! From teaching cues and on-snow drills to developing trust and discovering your students, you'll discover several innovative methods to improve your own effectiveness on the slopes. This six-hour clinic will focus on effective instruction through the intermediate zone. You'll get on-snow practice time giving feedback, generating creative practice, and developing a strong coaching cycle. Whether preparing for an exam or seeking out more effective teaching ideas, this is the clinic for you. Head down the road to teaching success!

Advanced Zone Teaching

Developed to reflect the latest innovations in the Core Concepts manual released by the Professional Ski Instructors of America, this six-hour event will provide you with tools to enhance your advanced zone coaching skills. Consisting of both indoor and on-snow time, you will explore high-level teaching skills including how to assess movements, working the learning environment, developing trust, and even building your own teaching model. Terrain selection may

include all but the most extreme of area options. Take what you learn here and begin to transform your high-level instruction!

Level II and III Telemark Certification Prep Clinic**Monday, December 11, following the Ed. College****PSIA-I/AASI-I Alpine Trainer's Accreditation Update**

(The only Monday clinic and for members that have already participated in the accreditation course)

Sign up for both days or just come have fun with us for one...and if you purchase a PSIA/AASI-Intermountain Clinic Discount Pass, nearly all the clinics offered at the Education College are included in the "free clinics" program. More information can be found at www.psia-i.org.

Remember that the Alpine Trainer's Accreditation program is a three-day process and will begin Friday, December 8.

SIGN UP EARLY AND DON'T MISS THIS EVENT!

Alpine Education Corner



The Right Time for the Write Stuff

By Ron Kipp, PSIA-I Alpine Education Manager

So what are you going to do this season? Could Fall be the time for New Year's resolutions? Ski resolutions that is. Take an exam, take a clinic? Are you excited, are you passionate about your ski teaching? Do you get energized when ski magazines show up in your mail box? Did you flip through the *Edge* before you opened that power bill? Was there a grin on your face or more bounce in

your step when you saw the snow on the mountain tops?

What are you going to do this season? Is it going to be the same? Lose 10 pounds and eat more fruits and vegetables. Stand against the ski and carve arc-to-arc? What ever it is, now is the time to commit to it. Uncover some goals. Some new things. Some new subjects. Passion is not passive. Ski teaching is not about being proficient with one topic, but the understanding and fusion with many other themes. The discovery of the thesis can be as exciting as garnering the wisdom. It is the first step.

Find goals and write them down, just like we do with the traditional New Year's resolutions: "I want to be better a" "I want to learn more about... ."

Without a written record, your fervor will go the way of the long July day. Forgotten by time, and watered down by lack of attention. If you have passion, these desires will surface. Once you find them, grab a pencil.

At the end of April last season, the DECL staff went to Snowbird to meet in what is affectionately referred to as our *Spring Melt Down*. One of the things we do is sit down and reflect on what went well and what needs fine-tuning. (You can find some of these refinements in Guillermo's Certification Report).

Sitting in the Snowbird children's center was productive, but not as stimulating as Snowbird's great April snow and sunshine. With skis and sun cream we spent each day watching and videoing each other. Skis, \$500; sun cream, \$4.95; feedback on our skiing, priceless. We finished each day with enthusiasm. Enthusiasm that would fade as soon as our car hit third gear going down Little Cottonwood Canyon. We knew this would happen. This is not a bad thing. Summer, warm weather and long days will do that to you. So we made sure that the *priceless* feedback we had received would be there next year. On small cards each of use took notes. These nondescript pieces of scratch paper now hold the direction we want our individual skiing to go. Folded up and zipped away in a pocket, each of us has at our disposal the key to jump-start our passion for the coming season. Mine is tucked away in my ski pants. I can't wait to put on those pants, unzip that pocket, and start working on the key issues I jotted down from those sunny April days.

Maybe you have the passion but are not ready to write down goals yet. If this is the case, you might want to see what PSIA-I has in the way of new and unique clinic opportunities this season. Read Noteworthy Clinics at right.

Noteworthy Clinics

This is only a synopsis of noteworthy events this season. See the divisional calendar for additional clinics and also for a more in-depth description of the events presented here.

December Lecture

When: Dec. 6, 2006

(Wed.) 7:00 PM

Where: Sandy Library

What: Don't Leave Your Mind Behind

Dan Freigang

Ph.D. is a sport psychologist who teaches a variety of psychological skills to parents, athletes and coaches. Understanding how people learn is a prime tool for superior teachers and coaches. This aspect of teaching and coaching is often overlooked but is crucial for people to improve and learn new life skills.

Dr. Freigang is a well published author with over 100 scientific articles on periodization of mental training, self-confidence and race preparation. His seminal research integrating technical training with psychological elements have become a standard for many professional teams. Dan is also prolific clinician and his contributions toward athlete development are utilized in numerous National Governing Body's around the world.

Dan is a unique blend of coach/scientist whose clients include an extensive list of teams and players in and from National Teams, NHL, MLS, NBA and NCAA programs. Recognized as one the bright stars in performance psychology he is a highly sought after consultant in both the competitive worlds of business and sport.

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Tuning Up

As ski instructors we try to keep our bodies tuned to withstand the rigors of being outdoors in the winter months. We try to keep our minds tuned up with current information and knowledge to help us excel in our profession. However, for the most part, a significant majority of us do not keep a very critical aspect of our jobs and our ability to enjoy the sport tuned up, our skis. After all it is called skiing, not booting or polling or hucking. So why is it so few of us pay any attention to whether or not we keep our skis in the best possible condition?

Contact between the edge and the snow is where everything happens. If the edge is not sharp and smooth there's a better chance your turns won't be sharp or smooth either. Few of us can afford the cost or the time to have our skis tuned for us on a regular basis. But with a modest investment in the basic tools we can get them machine tuned once or twice a season and keep the tune in good condition with a small investment of time. In the long run it will save you a lot more money than the tools cost.

Most of the new skis on the market come with a 1-degree base bevel and a 1-degree edge bevel. Some racing and higher performance skis come with a 2 or even 3-degree edge bevel. The base bevel is intended to make engagement of the edge smoother with today's shaped skis. The amount of edge bevel depends more on how *you* like a ski to feel and respond to your edging movements. The greater the amount of edge bevel, the greater the grip or purchase the edge will have. From a simplistic standpoint, decide whether you want a real edgy ski or one you can skid more easily. That will dictate how much edge bevel you may like. However, I would not recommend you use more than a 4-degree edge bevel. The ski becomes too grippy for most people to enjoy in non-racing recreational skiing.

The other parts of the equation are the bases. They are supposed to be even, flat and uniform. You can't fill a core shot with wax. Get them repaired if you hit some early season rocks and keep them waxed. Bases, believe it or not, can actually dry out. When they do they are not as effective at reducing the friction of the base-snow contact. Even more important is applying the right wax for the snow conditions, on an almost daily basis. But, consider yourself lucky. Classic track skiing requires you to apply and reapply the right grip wax on an hourly basis.

You can maintain the base reasonably well by using a brass bristle or brass/steel bristle brush to clean wax out of the base structure before reap-

plying the right wax for the day. When you get your skis tuned initially you can get any of a variety of base structures tuned in at the shop. For general purpose use I would recommend a nonlinear crosshatch pattern textured at a medium depth

The real point here is that sharp, smooth edges and a slippery base will improve your skis performance. Ski manufacturers do not design their skis around dull rough edges and a sticky base. So whether or not you buy a base and edge beveller and maintain a machine tune or pay to have your skis tuned once or twice a week, tune them keep them tuned and enjoy their performance. ■

The Seventh Annual Mountain States Rendezvous

Thursday, December 7 and Friday, December 8 in The Wasatch Mountains

The PSIA-Intermountain Nordic Committee invites you to this unique early season *inter-divisional* event.

In the spirit of an event conceived by Herb Davis and Craig Panarisi and first held in December of 1998, the Mountain States Rendezvous, a "summit" of Nordic Center and Ski School directors, managers, trainers, clinicians and examiners, provides an inter-divisional forum for the sharing of Nordic ski teaching ideas. PSIA encourages participation by ski school directors and ski school trainers. We hope the event will generate enthusiasm for skiing, learning and sharing the passion for what we do.

The clinic will be hosted and facilitated by Nordic Demonstration Team Members. Invitations are extended to PSIA examiners, clinicians, ski school directors (or their designate), lead trainers and to PSIA National Nordic Demonstration Team Members.

Format: On-snow small group skiing and idea exchange followed by an

indoor whole group wrap-up. One day each, or two half-days each, will be devoted to Telemark and Track skiing. Informal discussion to follow during apres ski.

Cost: The event will be considered a benefit of membership to eligible participants—read: FREE to qualifying PSIA members (non-current members can become registered members by paying first year dues of \$63).

Extra staff from your program, and other PSIA members in good standing are welcome to attend for the nominal price of \$55 per day, including trail passes, lift tickets, and PSIA credit hours.

Registration: For registration, go to www.psia-i.org, look for our event sign-up form, and return to Intermountain Office by e-mail, fax, or regular mail by November 17.

Contact Steve Neiner for more information, (h) 208-232-7187, (C) 208-251-8022, (e) telemark9er@hotmail.com. ■



Alpine Certification Corner



By Guillermo Avila Paz, PSIA-I Certification Manager

Dear Members, I hope you had a great summer. Now that the leaves are changing colors and the snow is starting to fall, it will not be long before we will all be sliding down the slopes.

For the Alpine Education and Certification Managers, this summer was very busy and productive with some great additions:

1) A small teaching segment will be added to the Level I Assessment, details will be in the updated study guide, and also in an article elsewhere in this *EDGE*.

2) Members who are at least 16 years old are now able to participate in all clinics and assessments when requirements are completed and submitted.

3) Portfolios are being edited and simplified, and should be posted on the web before the season starts.

4) The Alpine DECLs will be initiating a portfolio and peer review process similar to the one our certification candidates undertake with an eye toward further improving our continuity and proficiency.

Alpine Certification Calendar

The Certification Calendar this year is set on a four-segment time frame like last year utilizing the resorts slow business period in December, January, February, March and April.

A total of 8 Written Tests: 4 in Salt Lake City and 4 in Jackson Hole

A total of 8 Level I Skiing / Teaching Assessments

A total of 4 Level II Skiing Assessment and 5 Teaching II Assessment

A total of 4 Level III Skiing Assessment and 4 Teaching III Assessment

Please take a very close look to the Alpine Education and Certification calendar to set your training track and schedule the clinics and assessments you would like to take.

Trainers Accreditation

There will be a Trainers Accreditation in early December before and during the Ed College and one in the first week of February. There will also be a Trainers Accreditation update on December 11th following the Ed College.

Qualifier/Selection to go the PSIA National Alpine Team Tryout

We will have a qualifier selection on January 8th and 9th to select candidates going to the National Alpine team Tryouts this spring. Please visit the PSIA-I web site for more information and qualification requirements. *(The web site will be updated as we receive additional information from National.)*

I would like to wish you all a great, successful and healthy year.

Archives **Ski Affair**

The University of Utah Ski Archives annual Ski Affair is scheduled for November 2 at Little America in Salt Lake City.

Located in the Special Collections of the J. Willard Marriott Library at the University of Utah, the Ski Archives is a collection of film footage, video footage, photographs, manuscript collections, oral history reviews, scrapbooks, posters, buttons and insignia. The Ski Archives is also the repository for the organizing committee's materials and memorabilia from the Olympic Winter Games and Paralympic Games of 2002.

It is from the Ski Affair Evening that the Ski Archives is able to continually raise funds to support its ongoing activities and historical purposes.

Contact information: John Durham, finance chair, (801) 278-3789, <http://www.skiarchives.org>. ■

It's Classified

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

BRIGHTON SKI SCHOOL now hiring certified ski and snowboard instructors for the 06/07 season. Brighton offers flexible scheduling, commission pay, high private request incentive and lots of free ride time. 532-4731 ext 247 or csearle@brightonresort.com.

WASATCH ADAPTIVE SPORTS at Snowbird Ski & Summer Resort is now accepting applications for full and part time instructors for the 2006-2007 winter season. Pay is based on experience. Please contact our office at 801-933-2188 or email us at info@wasatchadaptivesports.org.

NORDIC WALKING INSTRUCTORS WANTED: LEKI USA is conducting a national search for some very good outdoor education instructors—all ages—to teach and communicate a real passion for the benefits of Nordic walking in North America on behalf of LEKI USA. PSIA certified (minimum requirement Level 2; Alpine, Nordic and Snowboard). Please email a brief resume and one paragraph expressing why you'd be a good match. Email: Suzanne Nottingham at nordicwalker@earthlink.net. (A note to Level 1 instructors...when you pass your Level 2, please contact me.)

NOTEWORTHY continued from 5**January Lecture**

When: Jan. 17, 2007
(Wed.) 7:00 PM

Where: Whitmore
Library

What: Dehydration
in Skiing

John Seifert
Ph.D. professor
from St. Cloud

State University will present "Dehydration in Skiing." This lecture will afford the instructor a basic understanding of the physiology of hydration and provide guidelines for hydration and nutrition for skiing during a one-day ski or snowboard lesson along with the ramifications of the ski week.

Dr. Seifert is internationally recognized as a leader in ski research involving hydration and nutrition. There is no single person that has done more research involving in this area. We are very fortunate to have a person of this caliber for our lecture series. Dr. Seifert's visit coincides with research that will be held in conjunction with the Sports Science Clinic Jan. 19-21 at Snowbird.

Sport Science clinic

When: Jan. 19-21, 2007 (Fri.-Sun.)

Where: Snowbird

What: Nutrition & Hydration

Participants in this clinic will be part of a research project. The goal is to ski hard and to ski a lot with a hand picked DECL. This maximized practice will purposely fatigue the participant. This is where the skier's nutrition and hydration become a factor. Participants will be treated to breakfast and lunch as well as on the hill nourishment. They will be tested and provided with information about the corollary of nutrition and hydration to performance. A short lecture will accompany breakfast and a concluding lecture after skiing each day. If you have ever wondered about the implications of nutrition and hydration on exercise,

this clinic is for you. Check the PSIA-I web page for more information.

Multi-Division Spring Clinic

When: Apr. 13-15, 2007 (Fri.-Sun.)

Where: Big Sky, MT

This event is in conjunction with PSIA-Northwest. Northern Rocky Mountain and Northern Intermountain division are also invited, giving you a possibility of rubbing shoulders with members from four divisions. Needless to say this is a big event. Look for new clinic topics to challenge you. Big Sky has a tram, 11 chairs and 3,600 acres of skiable terrain over 4,350 vertical feet.

Divisional Academy

When: Apr. 28-30, 2007 (Sat.-Mon.)

Where: Snowbird

This event will be the crème de la

crème of clinics. On-snow groups will be small, maximizing individual attention. Video will be used on the hill with multiple viewing times during the skiing day. The first two evenings will have educational seminars and lectures.

Race Camp

When: May 4-6, 2007 (Fri.-Sun.)

Where: Snowbird

Two days of giant slalom fundamentals will focus on the individual group needs with regards to technique and tactics. This event will be for the never-ever gate runner and the experienced racer. There will be chalk-talks with guest speakers after each training day. The third day will be an elective additional giant slalom day, or for those equipped for modern slalom, this option will be available. ■

**Spring Clinic at Big Sky Montana**

Mark your Calendars: April 13-15, 2007

Spring Clinic will be Big this year. Big Sky Montana that is.

This Big event at Big Sky is what we call Spring Clinic and PSIA-Northwest terms their Spring Symposium. Call it what you like, it will be BIG.

This will be a multi-division event. PSIA-I along with PSIA-Northwest are hosting a spring event to remember. Add Northern Rocky Mountain, and Northern Intermountain and you get four of PSIA's nine divisions in one extraordinary place. Meet and ski with instructors from the entire western United States.

Since this is a multi-division event, clinic topics will be more varied than in the past. Look for women-specific themes, legends, bumps and much more. PSIA-NW will provide staff from their Technical Team along with their Divisional Clinic Leaders and Intermountain will have their top DECLs there. Also keep your eyes open for National Demo Team members skiing

about. This is a Friday through Sunday affair. Clinics will be on Saturday and Sunday, with Friday open for informal skiing with the clinic staff members. Did we mention that Big Sky was big: There is a tram, 11 chairs and 3,600 acres of skiable terrain over 4,350 vertical feet.

Big Sky Resort is located just 18 miles North of Yellowstone Park. Actually 47 miles north of the town of West Yellowstone. The drive from Salt Lake City is about six hours and about four from Jackson. Both driving routes are special in their own right. The road through the Gallatin Valley beside the steep mountain cliffs and whitewater of the Gallatin River attract tourists just for the scenic drive. There are five airline carriers, over 100 jet flights per week, and 10 rental car agencies at the Bozeman/Big Sky Airport (Gallatin Field). For lodging and additional information about Big Sky go to www.bigsky-resort.com or www.PSIA-I.org. ■

COUCH continued from 1

Cool down

Walk or ride the bike for 5-10 minutes at a low intensity and stretch your muscles, especially the ones feeling tight.

Questions about exercise? Snow sports instructors understand how much benefit people get from qualified snow sports instruction. It's huge! Don't be afraid to seek out a professional fitness trainer. Your local gym can be a good resource.

More advanced exercises are on: www.welcometofocus.com/skiconditioning.php.

Please feel free to use this information as a reason to communicate with your clients and get them prepared for their next lesson with you. A ski client in good shape means greater success and enjoyment of their time on the slopes with you! The bottom line is,

Exercise Program Week 1

Nr.	Exercise	Sets	Week 1 Reps/ Time
1	1 - leg stand - knee and hip slightly bent - watch that foot, knee and hip are in one line	ea. 2	7
2	Squats (without additional weight) - stand shoulder wide - bend knee to ~90° - keep back straight - weight centered over foot - foot-knee - hip in one line all the time - extend to ~10°	2-3	15
3	Hip lifts - lift until upper body in line with thighs - stop before butt touches floor	2-3	15
4	Crunch: arms on side - only lift head and chest - stop before head touches floor	2-3	15
5	Diagonal arm leg stretch - bring elbow and opposite knee together and vice versa - always face downwards	ea. 2-3	15
6	Slalom run - 5-10 "gates" (horizontal and vertical distance 69 ft.) - short side steps as fast as possible - watch for ski specific position when going around curves - length of run can be extended	3	20-40 sec.

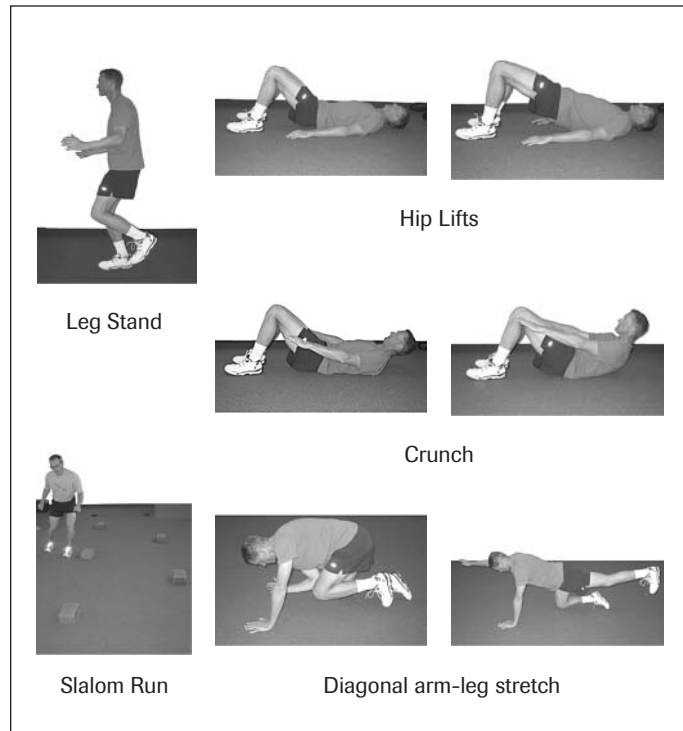
Squats



improved fitness will help us all enjoy our snow sports more! So get off the couch!

Alex Kulatz has a masters degree in Sports Science, is a certified Master Fitness Specialist, and has a Health Promotion Certification from the Cooper Institute. He was a lecturer for the Austrian Sportmed Team, which provided rehabilitation and healthy back trainer courses for health and fitness professionals. He works for Focus Fitness in Salt Lake City and can be reached at 801-755-8280.

Steve Woodward is a Alpine Level 3 instructor and trainer at The Canyons. ■



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



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Fitness, Scandinavian Style

By Suzanne Nottingham

As a lifer ski instructor, using poles for balance, stability and rhythm is as usual as brushing my teeth. So, the shift to using trekking and Nordic walking poles for summer fitness was natural.

Years ago I started noticing people walking our mountain trails (I live and teach in Mammoth Lakes, CA) with sturdy-looking poles I later learned were used for an activity called “trekking”—hiking with one or two poles. Europeans have relied on poles for hundreds of years and use has transformed into a day-to-day lifestyle for better health in Scandinavian countries.

Nordic walking is to trekking what road biking is to mountain biking. Trekking and mountain biking are technical sports. There are twists and turns, drop-offs and requires agility, lots of stop and go type movements. Likewise, trekking poles are used for stability and balance, and for hiking on rugged trails. Adjustability of the poles and angled grips make any type of off-piste terrain doable.

Nordic walking and road biking are steady-state aerobic activities. Nordic walking poles are lighter weight, sleek, streamlined for forward-moving propulsion. Ideal terrain is an open road, both asphalt and dirt (there is a tip for asphalt walking). Like cross-country skiing, poles redis-

tribute your body's physical effort from the lower body into the upper body, and you can burn 30% more calories than walking the old fashioned way. Most important, the use of poles facilitates excellent posture along the way, which is precisely what the doctor orders for back health. Simply by holding the grips lightly you activate key postural muscles of your back and shoulders. It takes just one uphill and one downhill experience to appreciate

shorter stride initiated by a short lever arm swing. Nordic walking techniques elicit more range of movement and a longer stride. This activates more muscle and propels the body forward with more strength. The pole swing is an enhancement of normal opposing arm swing when walking. As the tip makes contact with the ground, the result is forward propulsion.

Since 1997, Nordic walking continues to boom in central Europe. It made its debut in the US in 1980s and again in 2003. Nordic walkers represent a new culture of healthy people. Those with back health, weight loss, stability and orthopedic issues can benefit greatly. Runners use poles on recover days and winter sports athletes can train key dynamic balance muscles of the core and back to be ready for the snow.

Results are inherent with participation, at any intensity from the slowest, most calculated walks to swift endurance, heart-pumping paces. If you haven't seen Nordic walking or trekking yet, you surely will. One thing that is quite noticeable about those who use two poles is their exquisite posture. Even without thinking, the benefits of walking poles are working to make you healthier.

References: leki.com, walkingsmarter.com, nordicwalkingonline.com,

anwa.us.—**Suzanne Nottingham is the North American Director of Nordic Walking Education for LEKI USA. She resides in Mammoth Lakes, CA where she has taught at Mammoth Mountain for 26 years. She is PSIA L3 Alpine and L3 SB.**

Trekking Rehab

Long-distance hiking was a little tougher prior to my total hip replacement surgery four years ago, but I'd do Mount Whitney in a day hike anyway, without poles. It took one experience with trekking poles to realize what I had in my hands. With each hike, I became aware that my posture was improving. So was my pace, but it didn't feel as if I'd picked up speed because it didn't feel any harder.

I used poles for fitness walks up to my surgery. They turned out to be integral to recovery, allowing me to weight-bare my legs evenly much sooner than using the spine-wrenching archaic recovery tools currently recommended by hospitals and doctors—the dreaded walker and cane.

My post surgery objective was to do Mt. Whitney again in a day hike. On July 7, 2004, two years post-op, I did it again but this time with trekking poles. After a wholesome mantra during the eleven miles up.... “Posture, level chin, relaxed hands, endurance...” the eleven down “cold beer, hot bath; cold beer, hot bath; cold beer hot bath...” resonated in my brain. Considering the two times prior when I couldn't walk for a week after, this time the hike was nothing, except time, patience and symmetrical movements thanks to poles, two instead of one.

The asymmetry of using one pole is as bad over time for your spine as using a walker exclusively for orthopedic rehab! And while it was trekking poles I used exclusively for my rehab, and continue to use for all my trail hikes, my interest quickly shifted to the reliability of Nordic walking for non-impact cardio workout.—**Suzanne Nottingham**

you will never have to break at the waist again and load your knees. But what good posture translates to is less muscle to move, efficient effort, therefore endurance. Going twice the time or distance is suddenly easier.

Typical power walking utilizes a



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 1/31/07) \$195.00	Passes are good for all 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	
DIRECTOR'S SIGNATURE REQUIRED for assessment registration: ➤ _____					

FEES

Level 1 Package \$125.00 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		TOTAL FEES: _____ 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"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Exp. Date: ➤ <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> Please bill my credit card. Signature: ➤ _____
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RELEASE

I, (print name) _____, have requested to attend the Professional Ski Instructor of America Intermountain Division (hereafter "PSIA-I") or American Association of Snowboard Instructors (hereafter "AASI") education or certification function led by a PSIA-I or AASI 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 and 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 or AASI sponsored event and under no circumstances or eventuality will suit be filed against PSIA-I or AASI, 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.**

Registrant signature or signature of legal guardian if under 18 years of age 	Date
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Mail or Fax your completed registration form to:

☒ **TELEPHONE REGISTRATIONS NOT ACCEPTED**

**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**

Completed registration form and payment must be in the Division office at least 2-weeks prior to the event date. Postmarks not accepted. REFUNDS: Notice given office before deadline, 100%; notice after deadline but before event, 50%; no notice given before event NO REFUND.

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