

THE INSTRUCTORS EDGE

Winter 2010-2011

VOLUME 33

NUMBER 2

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

Intermountain



Powder Shots Action and Portrait Photography – Snowbird

60 years INTERMOUNTAIN Spring Clinic

Members across the nation invited!

- Big Mountain Ski Camp
- Clinics: Children, Women, Living Ski Legends, Adaptive, Lectures
- Race Camps, Bump Clinics with Nationally Recognized Coaches
- Boot Fittings, Silent Auction, Demo Day, Spa Opportunities
- Burger & Beer Mixer

Join us for the PSIA/AASI Intermountain 60th Anniversary Spring Clinic at Snowbird Ski and Summer Resort April 28 – May 3. Ski, ride, learn to race and just have fun experiencing the best spring skiing in the country. This event is open to members of PSIA/AASI and their spouses nationwide. Phone, e-mail, and tweet your friends to tell them to sign up now and help celebrate six decades of sharing our passion for winter.

Details inside. Visit www.SpringClinic.org for more.

**On The
EDGE**

Spring Clinic Info 3

Your guide to the event of the season.

Alpine L3 In-depth 8

News from the expanded Level 3 prep clinic.

Trial by Tele 10

A novice sets free his heel.

Lots and Lots of Movement 14

MA food for thought.



President's Message

By Christine Katzenberger, PSIA-I/AASI-I President

Please join us for the PSIA/AASI Intermountain 60-Year Anniversary Spring Clinic at Snowbird Ski and Summer Resort April 28 to May 3. Our traditional three-day event has been expanded in celebration of our anniversary to include a Learn to Race clinic, GS and slalom clinics, and additional clinics before and after our standard weekend event. Our 60-year anniversary clinic is being advertised to all Divisions. Topics and information can be found in this issue of the Edge and at Springclinic.org. Please help spread the word about this great opportunity.

Now is the time to consider running for the Board of Directors or encouraging others to run. The Board is always looking for interested, committed volunteers to participate on the Board. Terms are for three years, commencing with New Business and Division budget planning at the spring BOD meeting, stipulated to be held the third weekend in May. The fall BOD meeting is tentatively held the first weekend in September to aid in planning the upcoming season, and allow notice of changes in policy to be included in the fall EDGE. A January meeting may be called at the discretion of the Board. Directors are expected to attend, with no more than two absences per 3-year term. The Board may take some discretionary action after looking at the cause or reason for the absence. Board members are encouraged to participate in major events of the Division.

Keep your eyes out for the Board of Directors election ballot. Be sure to review the profiled candidates from your region (if applicable) as well as those "at large." Be sure to follow the instructions carefully; vote for those candidates for whom you are allowed, sign the ballot envelope, and indicate your snow-sports school affiliation – or as nonaffiliated if you are not currently employed by a member school. Return before the deadline – March 15. These steps will ensure your ballot can be accurately counted. Don't miss this opportunity to vote. ■

Donate Now: Spring Clinic Auction

It's a celebration for 60 years and we need your help! Spring Clinic will hold a silent auction in conjunction with the banquet on Saturday evening April 30 at Snowbird Ski and Summer Resort. This auction helps provide continuing education events, grants and scholarships to our members throughout the year.

If you're an artist or know one, artwork would be great. Are you a sporting goods rep or own your own store? Donate an article for any type of sport. Skiers and boarders ride bikes and play golf too.

We are looking for a variety of goods and services, tickets to sporting events, plays or concerts and other items that our attendees would enjoy.

**Donation Form at
www.SpringClinic.org**

Please fill out the auction donation form available at springclinic.org and mail it to Beverly Beasley at the address listed and we'll take it from there. Come to the Spring Clinic, the banquet, and support continuing education. ■

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

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

PSIA-I, AASI-I Officers and Chairs

President: Christine Katzenberger
Administrative V. P.: Joe Waggoner
Communications V.P.: Nancy Kronthaler
PSIA Board Representative: Carl Boyer
Programs Administrator: Open
Alpine Certification Manager:
Franklin Williams
Alpine Education Manager:
Stephen Helfhenbein
Alpine DECL Logistics Manager:
Dustin Cooper
Snowboard Manager: Open
Nordic Manager: Mike Shimp
Adaptive Manager: Kristen Caldwell
Children's Manager: Mark Nakada
Ski School Management Committee:
Brian Maguire

Current Board Members

2008-2011: Carl Boyer, Max Lundberg, Donna McAleer, Scott Rockwood, Joe Waggoner
2009-2012: Jess King, Nancy Kronthaler, Rich McLaughlin, Jason Pellegrini, Kathleen Roe
2010-2013: Shannon Highlander, Danny Edwards, Anita Oliveri, Tony Fantis, Chris Katzenberger

Spring Clinic 2011 60 Years



\$20 lifts for PSIA/AASI attendees
50% off lifts for family members



Thursday, April 28

- Learn to Race Clinic – (Day 1 of 2)
- Clinic Du jour
- Indoor presentation by Olympic Freestyle medalist Shannon Bahrke, \$20

Friday, April 29

- Free Ski or Ride with Clinicians (*for Spring Clinic Classic Package participants*)
- Learn to Race clinic – (Day 2 of 2)
- Clinic Du Jour
- Ski Boot fitting lecture – Steve Bagley, \$20
- Snowsports Equipment Representatives
- Burgers and Beer (No-Host) on the Snowbird Plaza with live music
- Interski lecture – Rob Sogard, Lane Clegg, Scott McGee, \$20 Lecture fee

Saturday, April 30

- Clinics
- No-host cocktails
- Silent Auction (please donate now!)
- Banquet

Sunday, May 1

- Clinics

Monday, May 2

- Giant Slalom Camp
- Clinic Du Jour
- Big Mountain Ski Camp
- Race Lecture – Guest Lecturer TBA, \$20

Tuesday, May 3

- Slalom Camp – helmets required, guard protection recommended
- Clinic Du Jour
- Big Mountain Ski Camp

Visit www.SpringClinic.org for more information.

(Space is limited, register early.)



Snowbird Lodging Group Rates for Spring Clinic

Accommodations

Single/Double Rate

Cliff Lodge Bedrooms (two queen beds):	\$99.00
Lodge at Snowbird Bedrooms (two queen beds):	\$89.00
Lodge at Snowbird Studios (queen sofa sleeper, kitchen):	\$89.00
Lodge at Snowbird Studio Lofts (2 Queens, 1 sofa sleeper, 2 baths, kitchen):	\$149.00

Includes high-speed wireless Internet in guest rooms and public areas, ski lockers, USA Today, in-room coffee, valet and self parking at the Cliff Lodge, 800 number phone calls, incoming and outgoing faxes and 15 minutes of daily computer Internet usage at the business center.

EXTENDED STAYS: Snowbird will offer the above group rates to conference attendees wishing to extend their stay up to **2 days prior and 2 days following** the conference dates, subject to availability.

CLIFF SPA ACCESS: The exclusive Cliff Spa includes a relaxing solarium, full-service salon, eucalyptus steam room, saunas, yoga room, rooftop lap pool, large hot tub plus extensive cardiovascular and training equipment. Included are classes in Pilates and Yoga. Daily access fee is waived with purchase of a treatment.

Complimentary Spa access will be provided to your overnight lodging guests booked under the PSIA-I block with presentation of their hotel registration card with PSIA-I printed with guest name. A 50% discounted rate: \$10.00 per person per day will be available to your non-lodging attendees with presentation of their PSIA-I conference registration credential.

\$20.00 LIFT TICKETS for Registrants: Snowbird will provide All-Day Tram & Chair lift tickets at a rate of only \$20.00 each. **Price will be valid only during the actual conference dates (4/28/11-5/3/11) for PSIA-I registered attendees and available at the ticket window with PSIA-I registration credential ID.**

Discount includes all registered attendees whether lodging overnight or otherwise. Discount does not include non-registered family or guests of registrants.

50% DISCOUNTED LIFT TICKETS for Spouses, Children or Room

Guests: Snowbird will provide a 50% discount to spouses, children or shared room guests of PSIA-I participants on All-Day Tram & Chair lift tickets (includes spring rates, if offered). The 50% discount will also apply to PSIA-I registered attendees two days prior and following the actual conference dates for extended stays (4/26/11-5/5/11). **PSIA-I registration ID credential must be presented at Ticket Office to receive any of the discounts.**

RESERVATION DUE DATE: Room reservations should be received by **March 29, 2011**. Based on availability, Snowbird will continue to take reservations at the group rate after the cutoff date.

RESERVATION METHOD: Individuals Call-in: Guests will make own lodging reservations directly with Snowbird's Central Reservation Office by calling **1-800-453-3000** or by emailing lodging@snowbird.com. Individuals are encouraged to identify themselves as part of the group block (PSIA/AASI-I) to receive the discounted group rate.



Two-time Olympic medalist and Salt Lake City resident Shannon Bahrke kicks off PSIA/AASI Intermountain's 60-year anniversary Spring Clinic Thursday, April 28 at Snowbird, Utah. Shannon will entertain and enlighten attendees with her stories of mogul

Olympic Moguls Medalist

Kicks off Spring Clinic

competition experience.

With a silver medal in moguls at the 2002 Salt Lake City Olympics and her bronze in Vancouver in 2010, Shannon became the first US Woman freestyle skier to win multiple Olympic medals.

Shannon competed in three Olympics, won the 2003 World Cup overall title, has seven World Cup wins and six National Championship wins.

Not satisfied with athletic competition, Shannon opened Silver Bean Coffee in Park City in 2008. (You can get a taste of Shannon's coffee by logging on to silverbeancoffee.com.)

A 5 foot 4 inch women who sports shocking pink hair, likes sushi and ice cream, has an iPod loaded with Lady Gaga and who racked up 26 World Cup



podiums is worth meeting in person.

You have an opportunity to do just that Thursday, April 28 when Shannon is scheduled to speak at Snowbird. Admission for Spring Clinic attendees is just \$20. You can learn more about Shannon at shannonbahrke.com. ■

Get the Boot

How much canting is too much? Or is canting really necessary? Balance is the real issue. Discover the balance formula. Balance and pressure is the real goal. How do we get that and how can we tell if we or our students are in balance? This will be the topic of Steve Bagley's boot fitting seminar scheduled for Thursday morning, April 29 at Spring Clinic.

The discussion is scheduled for one hour with time for questions and answers. It will be a boots-on experience to test your balance and feel the difference. Following the seminar, appointments can be made with Steve at Superior Ski inside Christy Sports at Snowbird to get a full evaluation and corrections if necessary.

Steve has been a full certified instructor, an examiner and demo team member in the Intermountain division. He has worked as a factory rep for Nor-

dica, Lange, and Dynastar as well as a few other companies. He has also been the owner and operator of Superior Ski since 1990.

Lecture cost is \$20. ■

Alta Discount Passes

Alta Ski Area is pleased to invite attendees to the PSIA/AASI - Intermountain's 60th Anniversary Spring Clinic 2011 to enjoy skiing at Alta.

Alta is opening on Spring Clinic weekend, April 29-May 1, in order to offer Spring Clinic attendees the chance to ski Alta for \$20 in the spring.

You can take a mid-clinic break from one of the many Spring Clinic topics and ski Alta (sorry, no riders) for even more variety.

There will be a list of attendees in Alta's ticket offices. Please show your attendee badge to receive discount. ■

Coaches on Tap

Jaka Korencan, the University of Utah's head alpine race coach and select members of the U of U ski team are scheduled to take part in the PSIA/AASI Intermountain Spring Clinic. Jaka and his athletes are working with Spring Clinic organizers to determine how to best utilize their talents.

In addition, Florjan Jagodic, coach of developing Nor Am, Europa Cup and World Cup athletes and Marjan Cernigoj, head coach of the Russian women's World Cup alpine team and past alpine coach of the US, Canadian, and Slovenian women's World Cup teams, have been invited to attend. Due to the demands on these coaches, their exact schedule is tentative and to be determined.

Log on to SpringClinic.org as the clinic draws near to find out how these elite coaches will be helping you. ■



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				NATIOINAL 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 Classic Package April 29, 30, May 1, \$185.00 (lifts not included) \$

(Includes Saturday Banquet, Spring Clinic souvenir, Friday, Saturday, and Sunday clinics with box lunches)

Snowbird Familiarization Clinic with a DECL Friday April 29 ☐ Check box: I will attend this no-credit ski/ride day

Saturday Clinic April 30 Select clinic topic from list

Sunday Clinic May 1Select clinic topic from list

April 28 Clinic of the Day, \$75.00 (lifts not included)..... \$

April 29 Clinic of the Day, \$75.00 (lifts not included)..... \$

April 30 Single Day Clinic, \$75.00 (lifts not included)..... \$

Select clinic topic from list

May 1 Single Day Clinic, \$75.00 (lifts not included).....\$

Select clinic topic from list _____

May 2 Single Day Clinic, (except race) \$75.00 (lifts not included)..... \$

Select clinic topic from list (except race)

May 3 Single Day Clinic, (except race) \$75.00 (lifts not included).....\$

Select clinic topic from list (except race)

April 29 Family Clinic*, \$75.00 per person per day (lifts not included, must be over 18)\$

Clinic Date: Family member name: Cir: Ski / Ride

Clinic Date: Family member name: Cir: Ski / Ride

*Additional daily Family Clinics may be made available based on demand, check for updates.

Box Lunch, \$15.00 Each (One of two meat sandwiches, (veg. upon request), chips, dessert, soft drink.

☐ Lunch Friday, April 29 ☐ Lunch Saturday, April 30 ☐ Lunch Sunday, May 1

Two-Day Learn to Race Camp (helmets required) April 28-29 \$150.00 (lifts not included).....\$

Giant Slalom Camp (helmets required) May 2, \$75.00 (lifts not included)..... \$

Slalom Camp (helmets required) May 3, \$75.00 (lifts not included).....\$

Lectures, \$20.00 per lecture (see agenda for times) \$

☐ Shannon Bahrke, 4/28 ☐ Steve Bagley Boots, 4/29 ☐ Interski, 4/29 ☐ Race Lecture, 5/2

Video Clinic Lab Fee \$20.00 \$

Extra Banquet Tickets \$40.00 Each \$

Extra Souvenir \$15.00 Each

Late Fee after April 18, \$20.00..... \$

☐ Check for Vegetarian Banquet TOTAL \$

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

Account Number: Exp. Date: CVC Code:



Please bill my credit card. (Read submission instructions above waiver on reverse side.) **Signature:**



I have read and accept the Liability and Release conditions on the reverse of this sheet. **Signature:**

Spring Clinic Topics 2011

Thursday, April 28, Only

- *Learn to Race* (Day one of two-days, **helmets required**)
- *Clinic of the Day* Topic decided by conditions and group.

Friday, April 29

Alpine

- *Learn to Race* (Day two of two-days, **helmets required**)
- *Clinic of the Day* Topic decided by conditions and group.
- *Snowbird Familiarization Clinic* (for Spring Clinic Classic package participants only)

Snowboard

- *Snowbird Familiarization Clinic* (for Spring Clinic Classic package participants only)

Saturday, April 30 and Sunday, May 1

Alpine

- *Women's Group* For women only, Sorry guys! Led by our top women coaches.
- *All Mountain Tactics* Learn off trail adaptations to survive and thrive where the groomer doesn't go.
- *Moguls* Learn tactics to improve your bump skiing, or, your powder/crud skiing if the bumps have disappeared with new snow.
- *Precision Skiing* Ski with more accuracy to not only ski better, but to look really, really, good doing it.
- *The Senior Skier* Learn offensive techniques and tactics for senior skiers with PJ Jones & Cookie Hale.
- *Legends Ski*, learn, and share with living legends of PSIA and PSIA/AASI-I.
- *Ski Improvement With Video* (add \$20.00 lab fee) Moving pictures are worth much more than a thousand words.
- *Ski Pro Melt Down* Have fun, pick their brains, ski, share, and show with a group fellow pros.

Snowboard

- *All Mountain Focus* With lots of riding, lots of sharing, lots of fun, on/off piste, steeps, plus credit! Does it get any better?
- *Snowboard Movement Analysis* Learn to accurately observe and describe cause and effect relationships between rider and snowboard.
- *What Kind of Board Do You Ride?* How does board design impact how we perform and how we teach.
- *Snowboard Learn to Ride (day 1)* For ski pros who want to try boarding for the first time. **(Sat. only)**

- *Snowboard Learn to Ride (day 2)* For those who have tried snowboarding once and want to take it to more greens and blues. **(Sun. only)**

Children's Specialist

- *Bag O'Tricks Games*, exercises, and drills for different age groups. How to determine the right ones for the right kids.
- *Props For Young Children* How to make the props meaningful. **(Sat. only)**
- *Tough Kids* How to deal with the difficult child. The parent didn't say anything about their behavior. **(Sun. only)**

Telemark

- *How to teach the Telemark Basics* The title says it all.
- *Telemark Skills Lab* Experience a variety of tasks to enhance telemark skills and increase your bag of tricks.

Track

- *Getting into Skinny Gears* For beginners the focus will be on technique that will get you moving around the track and having fun. Skate in the am and Classic in the pm.
- *Big Bag of Track Skiing Tricks* Learn to help yourself and others improve on the track. Share the drills that have the most to offer. Skate in the am and Classic in the pm.

Adaptive

- *Ski the Kartski* Try out a new variation of the sit ski "the Tessier Kartski." Ski it for yourself and determine who this bucket will best serve and why. **(Sat only)**

Monday, May 2, Alpine Only

- *GS Camp (helmets required)*
- *Big Mountain Clinic* Focus on high intensity, off-piste skiing requiring the ability to assess conditions and terrain while adapting skills to a wide variety of natural conditions.
- *Clinic of the Day* Topic decided by conditions and group.

Tuesday, May 3, Alpine Only

- *Slalom Camp (helmets required)*
- *Big Mountain Clinic* Focus on high intensity, off-piste skiing requiring the ability to assess conditions and terrain while adapting skills to a wide variety of natural conditions.
- *Clinic of the Day*

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

MAIL APPLICATION WITH PAYMENT TO: PSIA-I 7105 Highland Drive #201, Salt Lake City, UT 84121 or fax to 801-942-7837. Prices do not include lift fees: \$20 per day PSIA/AASI members and 50% off family members. Application received after April 18, 2011 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 conduct 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 Signature: _____ Date: _____



Communication Corner

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

Early snow brought a great start to the season and hopefully, as you read this edition of the Edge, the snow is continuing to accommodate and business is prospering.

Spring Clinic 60-Year Celebration

Our main focus this season is Spring Clinic, our 60-year anniversary held at Snowbird April 28 – May 3. We have attached two race events on either end of our traditional three-day Spring Clinic event — intro to race April 28–29, and GS and Slalom May 2-3. This creates a six-day event with great lodging opportunities, three evening lecture, a demo day, barbecue, band, and skiing and riding opportunities on a great mountain, plus an opportunity for continued education. There will be time to share with friends and an opportunity to meet new ones and enjoy the splendor of spring in the Wasatch. This is a multi-divisional multi-disciplined event. We have structured the clinic with many a la carte features to support everyone's time frame and pocketbook so our members can enjoy it at any level.

We have invited guest clinicians from our areas – specialists in race coaching, mogul coaching, senior programs, and also national team members along with our own DECL staff.

We will feature a Silent Auction in the mezzanine of the Cliff Lodge before our Saturday night banquet in the Cliff Ballroom. Proceeds go to the scholarship program that benefits our members. We welcome any contributions for this event. Please contact the PSIA-I office for more information.

This issue contains all the details for application; you can also visit our special website, www.springclinic.org, for ongoing details and updates for this event and for donation forms for the Silent Auction.

Worth Noting

During the course of the season there has been discussion on many topics that I feel should be mentioned for clarification to our members:

- ◆ If visiting another resort in our division, check our website or call the office for discount ticket pricing information that you are entitled to as a member.
- ◆ If you are questioning a score card or comment from an exam, it can be clarified by calling the examiner, or take the score card to any clinic you are attending to review with a DECL.
- ◆ Underground teaching is definitely frowned upon by PSIA/AASI Intermountain. We are a professional organization and we educate and certify to a standard, and we expect our members to be professionals. Please do not degrade yourself or our credentials.

As always, your comments are vital for our growth. Don't hesitate to contact me through our divisional office.

Enjoy the season. Hopefully it will be prosperous and we hope to see everyone join us for the events held during the year and our Spring Clinic at Snowbird.— **Nancy Kronthaler**

BOD Elections

Keep your eyes out for your Board of Directors election ballot. Ballots will be mailed out to current members by the end of February, with ballots due back in the office by Tuesday, March 15. Ballots will be tallied within the following week and winners will be announced.

PSIA/AASI Intermountain is a member-driven organization dependent upon your participation for its success. Review the candidates from your regions (if applicable) as well as those member-at-large candidates. Our current Board encourages each of you to become involved in this process, carefully evaluate the qualifications of candidates and participate through voting. This is your opportunity to direct the governance of your association.

- ◆ Mail on time
- ◆ Sign the ballot envelope
- ◆ Indicate your affiliation

Follow the steps outlined in your ballot to assure your vote can be counted: sign the ballot envelope and indicate your snowsports school affiliation (or nonaffiliated status). Remember that all members in good standing can vote for up to three at large seats in this election. Additionally, only if you are employed by one of the member schools within Region II (Kelly Canyon, Pebble Creek, Beaver Mtn.); or Region V (Deer Valley, Park City, The Canyons); you may vote for one of those candidates. ■

Board Meeting

The next meeting of the PSIA/AASI Intermountain Board of Directors is scheduled for Friday evening, May 20, 2011 and all day Saturday, May 21. The Spring Clinic will conclude May 2 and allow time for budget information to be discussed and approved for the following year. Members may attend Board meetings. Contact the office for information. ■

The differences in wage premiums between a high school graduate and college graduate are well documented. “In 1979, a college graduate’s first job typically paid 35 percent more than a high school graduate’s. Twenty years later, in 1999, the premium had grown to 80 percent.” (Economic Policy Institute and National Economic Research Associates) Today, that differential is XXX.

There is a similar economic return to ski instruction education and wage premium comparison can be made between L1, L2 and L3 certified snow sports instructors. Many resort systems are structured to reward each level of certification combined with teaching experience (i.e., hours). On average the differences in pay between L1 and L2 certification are about 20 percent per hour and L2 and L3 certification about 30 percent per hour.

In addition to impacting an instructors rank, pay and employability, certification experience influences one’s ability to offer a solid product. All translate into lesson requests. Achieving certification involves an investment of time and money. And in snow sports education it also includes an investment of attitude and effort.

In early January, 32 Level 3 eligible instructors throughout the Intermountain Division gathered in Jackson Hole, Wyoming for the inaugural Alpine Level 3 Prep Camp making an investment in their education. Experience in the certification process covered the full spectrum from those who have just taken the written exam to others who have taken the skiing and/or teaching assessments unsuccessfully — some multiple times.

The brainchild of DECLs Lexey Wauters, Jo Garuccio, and Maggie Loring, the three-day event was the most comprehensive preparation program offered in the Intermountain Division for full certification. “We created this camp because we wanted to show the members the value of multi-

Investing in Your Future

Jackson Level III Prep Clinic

By Donna McAleer

ple day events though we have been told folks won’t pay for them. You get what you pay for in many respects. In addition it is very challenging to be a trainer and see people continue to fail. We want to set people up to succeed. This is hard to do for higher levels without time and effort. Finally we wanted to create intensity so we could communicate the need for personal commitment and study. The time it takes is similar to studying for the bar exam” said Loring.

Divided into six groups, the campers trained with the same coach throughout the event. Each day had a different focus. The first day centered on fundamental movements and technical developmental of our personal skiing. We reviewed skills proficiencies, received individual feedback on our skiing, and reviewed video of skiing.

After a short break when the lifts closed and a beverage, the group gathered for an evening presentation on movement analysis to set the stage for the second day. Developing a keen eye requires training, discipline, experience and developing a construct or process to view a skiers movement and the interaction of the skis on the snow.

At 0900 the second day, the six training groups headed up the mountain for videotaping and effective movement analysis based on the technical movements, directional movement patterns, and outcomes discussed on day one. This day provided each camper multiple opportunities to practice reporting, analyzing and then prescribing changes for fellow skiers as well as others captured on

video, the focus being on the expert level skier.

The third and final day converged on teaching. Within each group, teams of 2-3 people worked on planned lessons, explored drills, tasks and exercises and their application, provided demonstrations.

With the skiing, instructing and coaching concentrated and elevated beyond what is achievable in a single day clinic, participants finished the camp with a sense of where they are in the Level 3 process and what is needed to achieve the precise and exacting standards of the exam. Neither the skiing or teaching assessments were part of the event.

Rob Baker

Rob Baker, Park City Mountain Resort, attended the event knowing he would spend significant time practicing and studying for the L3 exams. “I believed that getting real time feedback and direction would make the preparation process more efficient and less confusing. It is not always practical for a part-time instructor to access trainers in the resort school programs for relevant and timely feedback and guidance. Thus, I believed the camp would present an opportunity to receive concentrated guidance and feedback over the three-day period, which would equal months of intermittent access to resort school trainers,” Baker said. Expecting both individualized coaching and a concrete plan to achieve a successful outcome in the skiing and teaching assessments, Baker expected that the concentrated focus of a three-day program would serve to accelerate the learning process.

Baker concluded, “To a significant extent, the camp met my expectations to develop a plan for success based on concentrated interaction with my coach. Based on insights gained in studying the L3 materials and published standards, however, I am fairly certain that the skills needed to succeed take a

considerable time to develop. While I believe that the intensity of the three-day program does accelerate the learning process, as a whole, I am not certain that any three-day program can significantly accelerate the practice time needed for skill development.”

Chris Rock

“I attended because I wanted to see where I stood. I knew I was not ready for the ski exam, but wanted specifics,” said Chris Rock, Deer Valley. “Also, I am so focused on the skiing that I really had no idea what to expect for the teaching portion. The three days in Jackson Hole met those expectations. I came home with confirmation of issues I already knew about my skiing and, more importantly, ways to address them.

“Being able to communicate to clients in their language may be good for business, but it will not get through the test. It was also interesting to consider the imprecision of words I commonly use (e.g., fluidity) which may unintentionally leave my clients guessing about my meaning. The irony for me is that I spend a lot of time professionally telling supervisors to avoid writing on performance evaluations feedback like ‘has a poor attitude,’ and to instead write the specific behaviors than are given the label ‘poor attitude.’ It is those behaviors in which an employee can make a measurable change. It is changing the relative timing of my edge release with my upper body’s downhill movement that will make people label my skiing as more fluid.

“I feel that I got my money’s worth from the camp and will likely attend again when I am closer to meeting the standard.”

Chris likes the educational direction in which the division is moving. She remarked, “International instructors are surprised that prep camps did not previously exist. It is fascinating listening to the Australian, New Zealand and Canadian instructors tell tales of their week-long experiences. Attending the

Interski presentations at National Academy two years ago was eye opening. The rigor and ongoing certification requirements for instructors in other countries is akin to what was required of me to obtain and maintain clinical licensure as psychologist. This three-day camp is a wonderfully huge step beyond the one-day Level III prep I attended several years ago in the Eastern Division.”

Emma Franzeim

“I attended this event because I have been unsuccessful with my Level 3 process multiple times and felt pretty lost and disenfranchised,” said Emma Franzeim, Jackson Hole.

“I hoped to find some concrete answers as to why I have been unsuccessful and where to go from here. My confidence is so shaken that I needed help finding my footing again. So I was looking to rediscover my strengths as much as outline my weakness and hopefully get back on track. It wasn’t really even about test prep as much as recovery.

“I was very pleased to see this camp emerge. I was enthusiastic about the goals it outlined, and the energy and seriousness in the approach. You really did have the sense from the DECLs involved that they had recognized a problem and rolled up their sleeves to address it. I was impressed by caliber of the DECL that I had the opportunity to work with and the way he conducted our group. He impressed upon us the importance of simple language and lesson progressions derived from body movements. It was by far the only clinic I have taken through PSIA that addressed level 3 prep head on.

“Although I found the clinic very valuable and would highly recommend it to anyone who is seriously embarking on this process I did feel the camp fell just short in certain respects. As a teach candidate who has been actively pursuing this for four years I have been inundated with in-depth content and material. I wanted help synthesizing my established understanding into a

teaching progression.

“The first day and half of the camp the DECLs gave us a lot of content, all of which I found valuable and enjoyed, but for my purposes I would have liked to take a run at asserting some of my own interpretation of these concepts in a mock assessment before the DECLs had a chance to put their stamp on it. It’s hard to establish your ownership of the material when they present it for you beforehand.

“We never did get to do a full mock assessment. We were given assigned tasks and discussion points that were gauged in that vein, but we never did the full-on thing. I know the DECLs are reluctant to perform mock assessments, but I feel strongly that at this level, and for someone like myself who has struggled, they are critical. Let us fall on our faces. Better in a clinic than in an exam. We need to be held to the standard in the clinics so we can be prepared for that standard in the assessments. We always say don’t over-terrain, over train; so we should try as best we can to prepare beyond the standard, so that we can be successful in within perimeters of the test.

“I was also disappointed that although the clinic advertised that there would be thorough feedback that would give a candidate a clear understanding of where they were in the process the DECLs did not generate this feedback themselves. I fully appreciate that a candidate at this level should be able to self-evaluate and that they should be self aware as to what they need to improve. Further I understand that this is a way to engage a candidate and check for understanding. However, self-evaluating means you have an awareness of your own needs, and if I say to a DECL that I need them to give me a clear cut answer and that I would like them to present me with black and white feedback I don’t think it’s right for that request to be circumvented.

continued on 13

My Introduction to Tele Skiing

By Gene Gautieri

I just attended a PSIA clinic “Intro to Tele” and I’d like to share my experience with you.

My day started when I walked into the meeting room and saw maybe four or five Level 3 tele skiers that I knew from my years teaching at Park City Mountain Resort. My first thought was I missed my clinic group and now I was in for a butt whooping day on tele skis, you see I have a very limited exposure to the free heel. But was willing to give it a go. Then after some conversation I was assured that I was indeed in the right clinic and there were three other people there to give it a try as well. The rest of the elite crew (one of which I think is a national team member) had signed up for the tele lab. What a relief.

We were to ski Success run, I was wondering how successful it was going to be.

We all met outside on snow where I was just a bit nervous about the bindings and balance of the new equipment. After a brief waffle for and aft and a near face plant just standing still I was off to the lift. The rest of the crew was skating and doing the kick and glide to the lift while I was reduced to what I could get from the pole and push method. Once on the lift I started to rethink the wisdom of the comment “lets go warm up.” We were to ski Success run, I was wondering how successful it was going to be.

I got off the chair almost dragging my nose and now was ready for our intro to Tele wisdom. It didn’t go quite like that, Our leader James had a different plan, we were to just ski and warm



Alpine Education

By Stephen Helfenbein, Alpine Education Manager

Taking Ownership for Your Learning Process Part II

Why ask, “Why?” I was recently a Clinic Leader at the Intermountain Division’s first ever Level III Prep Camp in Jackson Hole. We had 31 participants! To me, this is a huge indicator of how very motivated our membership is to learn and ultimately be successful in the certification process.

During the event the overwhelming sentiment I heard was that having three consecutive days to develop skills is awesome! A one-day stand-alone clinic barely scratches the surface of what is ultimately the more consequential core experience underneath. The feedback from this event may provide us compelling evidence on how to proceed more effectively with the certification education process in the near future. Stay tuned.

In addition to the great experience I had in Jackson, I learned a very valuable lesson. Taking the initiative, money and time to attend any educational event, once again, only just scratches the surface of the more consequential core experience underneath. There is an essential, yet easy step remaining that will help you more swiftly access the core. In my previous message to you in this publication I spoke of taking ownership for your learning. This step is one of the biggest things you can do to increase that ownership. ASK, “WHY?”

If someone tells you to “Flex your ankles” you should ask, “Why should I flex my ankles? What will that do?” If a DECL says, “Nice job!” ask, “Why, what did I do well?” If you hear, “Skiing square to your ski tips is good.” ask, “Why is that good?”

The answers to the questions above are far more important than the statement directed at you. This is important for two reasons.

First, the information that explains, for example, why to flex your ankles should reveal the cause and effect relationship of ankle flex and ski performance. When you flex your ankles you increase pressure on the front of the ski and it bends more. Having this information should do something far more important than encourage you to flex your ankles. It should inform your decision about when to flex your ankles and what will happen when you do. That is an example of what I mean by taking ownership for your learning.

Second, if you ask questions of the people giving you information you are holding them accountable for the quality and appropriateness of that information. If I tell someone, “That was good!” and I am asked, “Why?” I am likely to be more mindful of what I am saying and when I am saying it. I am under the impression that the questioner is engaged. I want to provide them with more in depth information. This is an example of me having to take increased ownership of the things I say to people.

As teachers we say many things. As students we hear many things. As teachers we should strive to take full ownership for the things we say. As students we should strive to take full ownership for understanding the things we hear.

It is my sincere hope that by increasing our ownership for what we say and hear we will all experience more effective and meaningful communication.

Please ask, “Why?” ■



ASEA National Report

By Carl Boyer, ASEA Board Representative

As I write this article, for the first time all our national teams representing Alpine, Snowboard, Nordic and Adaptive are at Interski in St. Anton, Austria, both presenting and gathering information and resources to bring back to our members the current thinking from among the various countries involved in Snowsports instruction worldwide. Log on to the national website at www.thesnowpros.org to access blogs and articles regarding this once in four years event. The first posts have whetted my appetite for how our presence is considered, and what other countries' presenters have to offer.

Or, you could sign up for either a three-day or five-day education track at the "Fifty Years of Skiing/Riding, Fifty Years of Flight" anniversary of our association's founding at Snowmass this April 4-9 to get information straight from the horse's mouth. Even if you can only attend for a short period, this event is priced a la carte, and there are options for family and friends to join in this special celebration. This is one event not to be missed! Details for this event can also be found on the national website.

I am also looking forward to our own Spring Clinic at Snowbird and to sharing time with members of Intermountain and participants from other divisions in a great end of the season wrap up. See you there!— **Carl Boyer**

up. I think, as I look back, he was looking at our skills as skiers and two of our group, Meg and Eric, had Tele skied a bit before. So, as a doer, feeler type learner. I was now watching and thinking a lot.

I was lucky to discover the new equipment allows for an alpine turn. You just can't be on the front of your boots to strong for they will allow you to go straight to your chin. After a few hundred yards I was imitating the two hot skiers in my group and our fearless leader. All in all it was kind of cool to feel the force and just give it a go. I must say there were more than a few moments of recovery but as long as you didn't get to far off the alignment and Balance track It was working.

We shared a few thoughts and then James Ledyard from Alta went to work playing with some of the things that developed some new feeling and directions we were to explore in the next few runs. James accessed us in the warm up

and had focus and exercises for the many different types of skiers we were. All the things we did made us move and adjust to a balanced stance that allowed me to begin to feel the new move, the Tele turn.

What I was to discover was a Aha moment for me with my Tele turn. James lead the group to a successful outcome, we could Tele and feel improvement from the homework {his way of error recognition} he described to us throughout the day. We all had a different skill or stance, movement focus. He was giving four lessons and connecting us on common threads as they appeared in our day. All in all a great fun learning experience.

I wanted to share a thought on my Aha moment. I was making Tele turns and feeling the success of a new found skill much like the lessons we teach daily where you introduce a first turn or linked turns or a jump in terrain or maybe riding switch for the first time.

These things we take for granted, we take the thank yous and move on. these steps have more meaning than you know as I was in the new skill learning curve in my intro to tele clinic.

I would encourage you to move outside your comfort zone and try a Snowboard clinic, Freestyle, Kid's, Women's or even a Tele clinic as I did. You will have a new found empathy for the students you meet and gift new skills to. I must say in closing I am far from skilled in the Tele Turn but now have a new thing to toy with. I also had a great experience with James and our group, made it through without a fall and enjoyed myself at the clinic. Try something you are not good at and surprise yourself as you explore the novice zone once again.

Many thanks to James Ledyard and the Tele crew from Deer Valley. — **Gene Gautieri is a Level 3 certified alpine PCMR instructor and Staff trainer**



YELLOWSTONE CLUB

Join the Snowsports team at the world's only private ski and golf community in Big Sky, Montana.

Yellowstone Club Snowsports is accepting applications for winter 2011/2012 for the following positions:

PSIA Level 2 and 3 Certified Ski Instructors
AASI Level 2 and 3 Certified Snowboard Instructors

Full time, part time, and holiday help.

YC Snowsports offers paid training, ski pass reimbursement, and competitive compensation.

Applicants will be asked to attend a hiring clinic at the YC in April 2011, dates TBD. Please apply at www.yellowstoneclub.com under 'Career Opportunities'

Synchro Comp

at the 50/50

By Kelly Bearsto

On April 4-9 PSIA is observing a very special year in Snowmass, Colorado with the 50/50 Celebrations marking the first 50 years of PSIA and the next 50 to come. Join the Divas, an all women Synchro ski team since 1998, and start the party early by competing in the 10th Annual Aspen World Synchro Championships. April 1-3.

The 50/50 will look at the past, present and future of PSIA and Synchro skiing is a perfect reflection of this theme. Some of you are saying; "Those were the good old days, but didn't that die off a long time ago?" The mere mention of synchronized skiing may bring a smile to your face as it conjures up images of instructors in one piece suits all skiing in unison, with their legs held tight, like a clip from an 80s Warren Miller movie.

So why are a group of diehard instructors dedicating themselves to various Synchro comps? It's a BLAST!!! Year after year, our Aspen event provides a fun chance to party with fellow competitors while challenging ourselves technically. Combining with the 50/50 this year, we expect to see a record number of National and International teams put on a great show for the crowd on the deck of Bonnie's Restaurant on Aspen Mountain.

If you've been to a level 3 course recently, you know that among the hardest maneuvers to pass the standard are the short turns. What better way to improve your shorts but to practice about a million and a half of them? No, you don't magically improve your precision skiing with this formula, but like most things in life, you get out of it what you put in.

The challenge of trying to sync off the leader forces you to look ahead



Children's Corner

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

Aloha! I hope you are having a great ski season.

On behalf of the Children's Specialist (CS) team, I want to thank you for your patience in transitioning from ACE to the new CS Program. Although we were fortunate that the National Children's Task Force adapted Intermoun-

tain's ACE/CS curriculum as a benchmark for the standards, the Workbook process took longer than anticipated to ensure product integrity. Rest assured; this year's materials release "speed bump" should be a rare occurrence.

We are pleased that the CS program and our Children's clinics have been well received. If you missed Eve Bier's lecture on "Challenging (Kids) Behaviors", we will be offering a follow-up to this insightful discussion at Spring Clinic.

To clarify a few questions about the CS Program:

- ◆ *What do I do, if I already have my Accredited Children's Educator (ACE) I and/or II certificate?* Your ACE – now Children's Specialist - 1 and 2 credentials are nationally recognized across all nine divisions. For those professionals that have their ACE 3 certificate, that certificate will still be recognized within Intermountain division.
- ◆ *Do I need a "new" CS certificate, if I have an ACE certificate?* No, the ACE certificate is still valid.
- ◆ *What do I do, if I have an international children's certificate/accreditation?* Please contact the PSIA-I/AASI-I Office for more details.
- ◆ *How is Intermountain adapting the National CS Standards this season?* The Children's Specialist National Standards and "An Intermountain Division Addendum to the National Children's Specialist Standards" documents are available at www.psia-i.org. The "Addendum" describes how the Standards have been adapted in our division for this season, and outlines the requirements for ACE 3 – which is an Intermountain-specific certificate program. Please review both documents prior to signing up for a CS certificate program.
- ◆ *Can I submit an ACE Workbook for the CS programs?* No. To adhere to the CS requirements, we can only accept current season CS materials.

If you are interested in participating in one of our programs, please visit www.psia-i.org or call the PSIA-I/AASI-I office for more details. In addition, an updated PSIA/AASI Children's Manual and a new Children's Alpine Teaching Handbook are available for purchase from the Office.

Thanks for your support. We look forward to seeing you at one of our events this season. ■

and ignore any little, or not so little imperfections in your path. It builds skills, stamina, commitment and courage with touch. Add to that, making lane changes by hitting the edge harder while keeping the same tempo, then breaking into long carving turns and

then at speed coming back into shorts. Now *that's* a challenge for pressure management.

Sync skiers are only successful when they match mechanics, timing and blending of skills. To stay in sync you need have similar DIRT (dura-

Adaptive Report

By Kristen Caldwell

One of our instructors represented NAC at a RESNA (Rehabilitation Engineering and Assistive Technology Society of North America) Meeting at The Hartford Ski Spectacular this past December. Many key players of the Standards Committee on Adaptive Sports Equipment (ASE) were gathered together to discuss national standards for adaptive ski equipment and its use. Some of the topics discussed were:

- ◆ Requirements and test methods for sit ski systems and materials
- ◆ Redundant restraint system for tethering (two, separate points of restraint)
- ◆ Standardizing mono ski feet and bindings
- ◆ Chairlift retention systems

The ultimate goal of this committee is to establish and publish a set of American National Standards, to protect all adaptive skiers, adaptive ski schools, and adaptive equipment manufacturers against injury and/or litigation. To receive a copy of these standards, you must become a member of the RESNA Assistive Technology Standards Committee. Membership and adherence to these standards is voluntary, but it would be foolish not to follow a published industry standard. If you or your ski school ever ends up in a law suit, RESNA will back its members. I would encourage all adaptive skiers and adaptive ski schools to look into membership and adhere to the published standards.

For more information about membership: RESNA, 1700 North Moore St, Ste 1540, Arlington, VA 22209, Tel: 703-524-6686, Fax: 703-524-6630, Email: technicalstandards@resna.org. ■

tion, intensity, rate and timing) of edging, pressuring and steering your skis as the leader. Synchro practice gives you a chance to sustain, work on and even improve your skill level.

Another dimension is teamwork and friendship. In a sport which is primarily individual, Synchro training can give you an opportunity to ski at performance level with a fantastic group of friends on a regular basis.

The thrill of competition and the rush of performing under pressure can be exhilarating. It can also bring you to new levels of performance which you may not have believed possible when pushed by fellow team members or the promise of the first place trophy.

Whether you are inspired to become a Synchro skier or a School Director, trainer or coach who would like to encourage some of your staff to form a team, we can't wait to hear from you! We can help you get started. For the rest, come out a couple of days early to the 50/50 and head to Aspen Mountain to cheer on the teams.

For information on The Aspen World Synchro Championships and other National Synchro competitions, USA Powder 8's or Synchro Carving, visit www.aspenteamdiva.com or email teamdiva@hotmail.com.

Think Sync!—**Kelly Beairsto is PSIA and CSIA L3, Aspen Team Diva Manager and Aspen World Synchro Championships Event Organizer.**

FUTURE continued from 9

"Ultimately for me putting myself out there and participating in this clinic was difficult enough. It didn't matter what I had done wrong in the past or what the weaknesses are in my skiing or understanding. The biggest weakness for me at this point is my own self-doubt, and nothing else can be addressed until I can resolve that. That said, I still feel that written feedback generated from the DECLs themselves is paramount to the value of a clinic of this kind.

"Perhaps the overall suggestion is break out the teach candidates from the ski more than was done in this current format, and to allow those who are further along in the process to demonstrate and hone in on their own understanding more. As much as I found the additional presentations meaty, my expectation was an expanded version of the second and third day with less of a preamble. However I think if I was a ski candidate I might have felt differently. You can't really separate the skiing from the concepts, but as a teach candidate I think there was greater opportunity to practice putting those concepts in your own words throughout the three days than was realized."

Mike Stencel

Mike Stencel, Deer Valley Resort, attended the event to better prepare himself for the certification. He said, "I was looking for feedback on my skiing, including the specific areas that need to improve and the magnitude of improvement that is necessary. Additionally, I was looking for a prescription or plan of action to pursue the necessary improvement. I also expected the camp to address issues associated with teaching at the level 3 standard."

Stencel described some of the challenges for Level 3 candidates in terms of teaching opportunities. "One of the

continued on 20

Movement analysis (“MA”) is daunting for new instructors trying to make sense of what they see in students. Our body is a complex machine of many moving parts constantly interacting to produce effective or ineffective movements for our intended purposes. We instructors need background understanding of the “what,” “why” and “how” of skiing movements we teach.

We should present tasks simply (“KISS”) without cluttering students’ thoughts with unnecessary detail. We all need to collect a bag of tricks filled with simple daily life analogies, games, visual, auditory and kinesthetic cues (“VAK”) appropriate to the cognitive/affective/physical developmental stages of our students and their individual personalities (“CAP model”). Explanations are usually best left for chairlift rides and only very simply sketched in front of a class.

One of our best teaching tools is an ability to distinguish the most direct lesson focus and teaching progression, and the appropriate starting point. This is best decided after accurately observing and analyzing our students’ movement patterns.

Movement Analysis Puzzle

Each student presents a MA puzzle for us to solve. We all need to develop and use a reliable process or system in our daily MA. MA goes much further than acute observation. We must learn to distinguish obvious movements we first see in the “big picture,” from less obvious ones, which are often actual root causes of the movements we first observed, and which have the greatest overall effect upon the “big picture” skiing outcome.

There is a chain of cause and effect in all human movement. Attacking a negative root cause as your primary lesson focus will achieve positive changes much more quickly than working on movements which are really only “symptoms.” Some novice

Systematic Movement Analysis

Food for discussion

By Roger Seaborn

instructors attempt to bluff students with prescriptions which they do not yet fully understand. Over the years we should revisit our study of skiing mechanics and MA. Our students will benefit increasingly as our understanding grows.

Observation

Observing from front, rear and side views gives a clear overall image of a skier. We can follow and mimic movement patterns to test and feel their effectiveness. We shouldn’t be hasty or impulsive in deciding where to start a lesson progression. Nevertheless, being able to be systematic and efficient in quickly distinguishing a root cause is a great asset of a skilled instructor.

Practice your MA system repeatedly until it is ingrained in your subconscious mind and runs like a high-speed computer! Develop your own MA checklists and mental tick-boxes. This takes practice, study and thought. Build your powers of observation by watching many video sessions and many live skiers whilst you ride chairlifts and ski on the trail. Learn to distinguish causes from effects. Set a realistic goal for the time available in a lesson, how to start and what skill building progression will be most achievable to the student/s.

First look: Big Picture, Soft Focus

What type of turns is a skier attempting? Is there control of speed and direction? Do right turns look similar or different from left turns? Is the

skier “in the driver’s seat” or being taken for a ride? Is the skier in or out of balance? Are turns purposeful, rhythmically connected, or rushed and haphazard?

Watch ski performance on the snow:

How effectively are skis moving on or through the snow? Is the image clean and smooth with skis complementing each other through turns? Are the well steered round and rhythmically, or jagged and choppy with interrupted or broken flow, or skis even traveling in different directions? What are the shapes of the turning arcs? Is the path “S” or “Z” shaped?

Get the “DIRT”!: Be aware of duration, intensity, rate and timing of turns.

Assess psychological/physical factors:

Take a mental snapshot of age, body size and body type. How does the skier walk in boots and first stand on their skis? Is there an expectation of confidence and enjoyment in the body language: fitness, agility, athleticism, and aggression? Or, is there defensiveness, timidity, hesitancy, reticence, discomfort or even breathlessness?

Terrain/snow conditions factor:

Is the terrain and snow surface appropriate for the skier to be able to perform the type of turn being attempted. Should our lesson start on flatter/more moderate terrain or on a smoother snow surface?

Equipment factors:

Do skis, boots and poles appear correctly sized, fitted and fastened? Is equipment current or “old school?” Is clothing functional?

Root Cause, Hard Focus:

Which Movements Help Or Hinder?

Movements of body parts either complement or work against each other to aid or diminish a skier’s performance. There should be a functional unity within the blending of skills. Effective balancing movements make it easier to blend rotary, edging, pressure control and directional movements. On the other hand, well blended skills contribute to successful

PSIA Demonstration Team Member Dave Oliver poses with clinic participants during the Ed College held December 11-12 at Snowbasin. Oliver's participation was made possible through PSIA national.



Brian Oakden

side ski balance and poor anticipation of the next turn? Is balance and flow from turn to turn adversely affected by deficient rotary, edging, pressure-control or direction of movements?

Stance in motion is basic to good balancing: Strong skeletal alignments enhance our ability to perform all the skills. Weak skeletal alignments have adverse effects. Our skeletal frame should anticipate and balance toward the direction of travel being "open" to it. Arms assist balance, best reaching comfortably ahead of the torso roughly "bicycle handlebar" width.

For most purposes a hip-wide stance enables us to "stack" our skeletal frame into a strong alignment. We may narrow the leg-width in bumps, powder or crud, or widen when carrying speed. We should balance athletically over the feet (the whole foot and especially the outer foot) between ball and heel with joints (ankle, knee, hip and spine) flexing evenly, to enable a wide range of flexion/extension.

There should be a fairly equal sensation of contact with the tongues of both boots and contact all around the boot cuffs. Tip lead is usually best minimized, developing naturally from the slope steepness, shape and speed of the turns. Too much tip lead or over-countering of upper and lower body causes a loss of shin contact in one leg and/or over-flexing in the other leg, leading to pressure control imbalance between the two skis and loss of centered balance.

Progressive angulation at the hip joint ("banana" shape) in control and finishing phases of turns contributes to outer ski balance. At higher speeds hip angulation and counter have to be more accentuated in the control phase to manipulate the forces of the turn whilst anticipating the next turn. Skis should flatten in the turn transition as we momentarily pass through a neutral or straight-run stance. The CM should then cross the feet directed, or even

continued on 16

National Team Member Dave Oliver

Featured at Snowbasin ED College Event

PSIA/AASI Intermountain held its annual ED College Event at Snowbasin December 11-12. Thanks to the folks at Snowbasin, especially Stew Marsh for their help in making this event possible.

This year's event was successful thanks to a huge contribution by PSIA National Alpine Team member, Dave Oliver. He went above and beyond the call of duty by participating in a panel discussion with the membership, delivering an indoor presentation and skiing with 4 different groups of Intermountain ski pros!

Big, big thanks to Dave! Dave's appearance at ED College was largely made possible by funds granted to the Intermountain Division by the PSIA National Education Fund. This fund is intended to help divisions offset the cost of host National Alpine Team Members. National Team members have a tremendous impact on the ski pros fortunate enough to share some of their time and are an invaluable resource to the profession of snow sports education.

PSIA Intermountain would like to extend its gratitude to PSIA for its generous contribution! ■

balancing in motion.

Which came first, the chicken or egg? "Hard focus" on the skill blend to distinguish cause and effect

Are movements we see root causes for overall skiing performance or results of less obvious effective or ineffective movements? The efficiency of performance of each skill feeds the other skills positively or negatively in the skill blend, and consequently the overall skiing performance.

Balancing in motion fore-aft and lateral: Does balance appear to be over the feet? Is the whole ski in contact with the snow? Do we see the tips rising indicating skier "in the back-seat"? Are

tips diverging, not hooking up, or tails breaking away? Observe the spray. Where fore/aft under the skis is the spray coming from? Is spray happening early or late in the turns?

Compare left and right turns. Is primary balance redistributing from outside ski to outside ski, transitioning through "neutral" (i.e. straight gliding) stance where the center of mass (CM) is recentered over both feet with zero tip lead? Is weight transferring foot-to-foot early or later in turns? Does a progressive hip angulation and separation between legs and upper body develop during the control phase, or does the whole body bank, causing loss of out-

Australian National
Snowsport
Instructors National
Team Member Reilly
McGlashan rips it up
at Thredbo, Australia.
How would you
analyze his skiing?



MA continued from 15

driven forward, along and inside the new turning arc (“crossover”).

Rotary (turning) movements: Which body part/s do we see moving first to provide turning or twisting forces? Are legs being used to turn the feet and skis with femurs rotating inside hip sockets, while the pelvis and core are functionally firm and stable, anticipating the intended direction of travel? This is seen as “upper and lower body separation,” i.e., the skier skiing in and out of counter.

Conversely, is torque being transmitted to the skis in a delayed manner as a result of “corkscrewing” rotation of pelvis or shoulders or the whole upper body and torso, i.e., from a “long way” above the feet? What effect are the skier’s rotary movements having on balance, turn shape and turn rhythm? Does the center of pivoting appear to be under the feet, or nearer the tails or tips of the skis?

Occasional vacation skiers usually ski “in the back seat” whilst many experienced skiers overcompensate by “boot-tongue squashing,” which results in the pivot center too far forward. In both cases, the tails don’t follow the tips and break away to a late edge engagement, negatively affecting ski performance and control of turn shape.

Edging movements: Watch turn transitions carefully. Are edges simultaneously and progressively being released and engaged, or sequentially with non-matching edge angles? Is there a simultaneous 2-0-2 edge

change through the turn transitions? Do the edging/edge releasing movements originate in the feet and lower legs or from upper body activity? Watch the spray. Is there chatter and skitter? Are edges engaging early in the turns? Is edging rushed, haphazard or insufficiently applied causing loss of control of turn shape?

Is late, non-matching or non-progressive edging, up-stemming or down-stemming the result, or cause of, poor stance, failure to release turns by flattening both skis (especially the downhill ski) or failure to crossover directionally through a recentering turn transition?

Non-simultaneous (sequential) edge release, up-stemming at turn initiation or heel pushing to a late edge are often results of failure to release from the old turn by flattening the downhill ski. We need to let go and leave the old turn behind when entering a new one!

Pressure control movements: Is pressure being managed through turns and terrain changes fore-aft and outside ski to outside ski with even flexion/extension of ankle, knee and hip joints? Watch the spray! Is the skier having a smooth or jagged ride, or being bucked or locked up by stiff, bracing, overextended or over-flexed joints? Or, is the skier breaking/collapsing at the waist, hips or knees? Is haphazard pressure control a cause or result of inadequate stance, rotary, edging or directional movements?

Direction of movements and pole

use: A good motto for direction of movement is “leave no body parts behind!” Whilst sliding down a hill, our center of mass is some distance above and away from our base of support (our feet). To remain in balance while initiating a turn and not be left behind as our skis run toward gravity, we need to be actively moving our CM diagonally forward (“foragonally”) into, inside and along the arc “taking our body with us.”

Ideally, our CM should be at least slightly ahead of our feet moving into and through every turn. When skiing at speed, ski racers drive the CM forward along and well inside the turning arc — along with a huge range of flexion and extension movements for absorption and manipulation of forces—to increase the speed effect of the CM driving directionally. Form follows function.

In recreational skiing the direction of movements is neither so extreme nor powerful, but they still need to occur.

For turn initiation, pole swing should be directed to the new turn direction. Ankles, knees and core need to move into the new turn “foragonally” along with the pole swing through a “doorway to gravity” beside the pole. Pole preparation for the next turn transition should be a part of turn completion. Pole swing is best controlled from the wrist and forearm leaving the orientation of the torso and core undisturbed.

In Conclusion

Even though the descriptions above cover many of our students’ images, they cannot cover every situation. Each lesson we teach has its own different challenge. Practice and compare your opinions and progression ideas with colleagues. Check and clarify with trainers and DECL’s. You may even come up with insights trainers have missed. Patience and perseverance with ongoing MA study bring great rewards to our students and satisfaction to us. ■

Interski & Seniors

By Cookie Bewly Hale

PJ had previously participated in four Interskis when he was on the National Alpine Demo Team and this was his first as a spectator. This was my first and I'm hooked. The next Interski will be in September 2015 in Argentina and we'll be there!

When ski instructors from all over the world get together, they share the heart, the spirit of skiing - what skiing is all about! Of all the demonstrations, lectures and on-snow workshops, the workshops, along with the opportunities to meet and talk with skiers from all over the world, were the highlight of Interski.

It was exciting to "talk shop" with so many different people. Most of the skiers from all the countries skied very similarly. The main differences were based on who had been on the World Cup circuit and who had not. However, in spite of the similarity in the skiing, there was diversity in how different countries understood and explained their ski techniques. The focus of their teaching tactics was also varied. Nevertheless, the love of skiing is universal!

During workshops and discussions, old friendships were renewed and many new ones were formed with people from all over the world. These dialogues will now continue until the next Interski in 2015. That indeed is the wonderful spirit of Interski.

Between the two of us, we were able to attend workshops by Germany, Argentina, Canada, France and Sweden. The Germans have eight basic concepts of "good" skiing. Argentina was not as complicated. The Canadian workshop was more about attitude and having fun with some great off piste chutes and fresh snow. The French presented an excellent workshop on snow safety and off-piste tactics and techniques, also with some fun off piste chutes and snow. The Swedish workshop was a



The Swedes are developing a senior ski program with senior techniques in mind.

"senior" workshop, with an emphasis on respecting and cherishing people. The Swedes also have a great teaching model of "Will," "Hill" and "Skill"!

Regarding the senior front, several countries offered on-snow workshops for the 50-plus gang. Austria's workshop mainly emphasized some of the more discouraging aspects of aging, such as eyesight, hearing and strength, advising ski instructors to be aware of them, but not offering any senior techniques for skiing.

Informal conversations with other countries uncovered that most were either in line with the Austrians or said that they only teach skiers until they reach 45 years old.

The Swedes, however, are developing a senior program with senior ski techniques. I was delighted to see that they emphasized the respect and value of the "senior" individuals as well as having fun and enjoying the sport! Their techniques were very clear and simple, encouraging seniors to utilize the design of our shaped skis to make skiing easy. Great attention was paid to "feeling" and being aware of the sensations.

The Swedes began with their feet and worked up the body: feel the inside of the outside foot; feel the outside of the inside foot; feel the inside knee move to the inside; keep the hips more square, not countered; feeling functional tension in the torso; lowering and moving forward the outside shoul-

der/hand at the bottom of the turn. All those were very similar to what we have been doing in our senior program except the last one of dropping the outside shoulder/hand.

On the senior front, the senior program that PJ and I have been working on the for past five years, and the program that Ted Pitcher, Rusty Crook and others have developed for Western Division, are more "mature" and comprehensive than anything we found at Interski.

Americans are indeed leading the way on senior snow sports education. That innovation and leadership is coming from the divisions, not PSIA national. This is as it should be. The programs should originate and develop in the divisions, in the trenches where instruction occurs, where the "need" lies.

The senior population is one that the ski instruction industry has not actively marketed and pursued. It indeed is large, has time and has money. Helping seniors ski easier not only can be profitable, but, most importantly, benefits the seniors who will ski longer and have more fun!

More than ever, we are emphatic that senior programs ought to be developed and staffed by trained and competent instructors at every ski school. This indeed would require at least accreditation programs for teaching senior skiers.

Continued on 20

Forty Years of Memories

By William Polleys

William V. Polleys will receive his 40-year membership pin at this year's Spring Clinic banquet. Meet William Polleys:

Born in the flat lands of Rhode Island in 1931, I took to toe strap skis with my Dad at the age of seven in the Park. Fell in love immediately and worked my way up through the ranks of ski racing. Captain of my rainbelt NEISC Brown University ski team with league team championships, I graduated on a Navy scholarship to USN jet jock and almost made a career of it. But wife Nancy (51 years) said no and probably saved my life.

Out of the service and working in RI, I began teaching weekends and holidays at Mt. Wachusett, Princeton, Mass. about 1961. I think I got certified the next year and have kept it up ever since. An ad for an engineer with ski instructor certification was in the paper to work with then tech. chairman of USEASA (division of NSA) at Snows Mt., Waterville Valley and I got the job.

Taught there whenever I could for 32 years, the last few full time. In the late 60s Don McCabe and I were chosen by then Swiss Champion and ski school director Paul Pfosi to become the first "freestyle" instructors using Peter Pinkham's Masters program as our *raison d'être*. We each had a group of preteens and teens each weekend who we'd coach and take to competitions. It was successful but small.

Tom Corcoran, the developer of the then new Waterville Valley Resort watched with interest. But he found our routines too boring for wide appreciation. He wanted something that would attract more people and more money! Even TV.

He loved watching Paul ski the moguls and envisioned a sport where he competitors bumped, jumped and finished with Ruel's (known in the US



Bill Polleys, with his wife Nancy

Born in the flat lands of Rhode Island in 1931, I took to toe strap skis with my Dad at the age of seven in the Park.

as Royal's). So he upped the ante, hired Wayne Wong, held a professional bump contest that got national coverage and away we went. He hired Doug Pfeifer as a consultant I think and collectively we worked for several years on expanding the sport into the three vents. Moguls or bumps, Aerials (mostly developed and done in the West) and Stunt Ballet, a much improved version of Peter Pinkham's invention, at least for the audiences.

In the background I was left to manage the now 150 strong youth freestyle program for Paul. We commenced in 1970 to run new competitions for junior amateurs including the still annual meet for the Rosemary Bowl named after my mother. I even volunteered to chair the committee that put the rules together,

the basis for those existing today. Even started training judges. So it stretched my ski teaching ability considerably. But Doug, Tom, Wayne Wong and Paul where the geniuses behind the contributions from the East.

In 1991 I retired from my weekday job and joined my first love profession full time at Waterville Valley. A program I had initiated earlier was now in full flight (hundreds of regular weekenders with season passes bought season pass ski school membership in The Clinics. Each weekend they would join with about ten others of the same skill level, and ski with an instructor for two hours morning and afternoon). I joined in as one of the instructors and taught ski week classes during the week.

That is until three years later my daughter moved to Park City and invited us to visit. Well two weeks later, tanned from midwinter sun instead of mildewed from the East, Nancy declared that if she lived here in the winter she'd ski every day (she had essentially quit because of the ice and weather back there). So we gave it a try and we're still here!

I applied immediately to teach at Deer Valley and was hired. But as I left the interview, I was told I needed to shave off my beard. Even Nancy liked it, so there was no way. Off to Park City I went with Rob Green and Tom Pettigrew as mentors. But the big ski area was too much for me. So when Joe Waggoner went to the new Canyons, off went I and I'm still there.

Well, many too many words, but once you get an old man talking, you've only got yourself to blame. I still love to teach, but my bones are whining. I'd like to get my 50-year pin and be the oldest instructor at The Canyons, but there's a guy here older with all his hair and no wrinkles. So I look the oldest but "get no respect" as a favorite comedian would have said. Thanks for listening and all the best on this big 60th anniversary. — **Bill Polleys**



2010-2011 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		NATIOINAL ID 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 requires separate form (purchase by 1/31/11, \$215.00)		Passes are good for up to 6 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	
<p>I attest that I have familiarized myself with the requirements, standards and expectations for the level of certification that I am seeking and also with the various preparation tools and clinics available to me through PSIA-I/AASI-I, PSIA/AASI, and my home area. As such, I consider myself thoroughly prepared to safely, confidently, and skillfully participate in the assessment for which I am registering.</p> <p>!X Candidate Signature (for assessments) _____</p>					

FEES

Level 1 Package \$130.00 Clinic Discount Pass Separate Form One-day Clinic \$60.00 Add extra for Cat Skiing \$20.00 L2, L3 Assessments/per day \$85.00 Level 2, 3 Written Test \$12.00 Lecture \$20.00 per session	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"/> CVC Code: <input type="text"/> <input type="text"/> <input type="text"/> Exp. Date: <input type="text"/> <input type="text"/> <input type="text"/> !X Please bill my credit card. Signature: _____	TOTAL FEES: _____
--	--	-------------------

RELEASE

<p>I, (print name) _____, have requested to attend the Professional Ski Instructor of America Intermountain Division (hereafter "PSIA-I") or American Association of Snowboard Instructors Intermountain Division (hereafter "AASI-I") education or certification function led by a PSIA-I or AASI-I designated clinic leader or examiner (hereafter "Event Facilitators"). As a professional ski or snowboard instructor or experienced skier or snowboarder requesting participation in this event I fully understand and accept sole responsibility for my personal safety, behavior, and performance. I am fully aware of the risks of skiing and snowboarding associated with this event, including the possibility of serious injury and death, and release and forever discharge PSIA-I/AASI-I and PSIA/AASI, their officers, directors, employees, facilitators, agents, member ski areas, sponsors, and all persons from any and all claims, injuries, damages, expenses, or actions arising from or related to my participation in the PSIA-I/AASI-I sponsored event and under no circumstances or eventually will suit be filed against PSIA-I/AASI-I or PSIA/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. Anyone who does not exhibit the skills necessary to ski/board safely in a clinic will be invited to take another product or receive a refund. I have fully read and voluntarily agree to the above terms and conditions.</p>	
!X REGISTRANT SIGNATURE (or signature of legal guardian if under 18 years of age) _____	Date _____

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. Applications not received by event deadline (two weeks prior) are subject to a \$20 non-refundable late processing fee. **REFUNDS:** Notice given office before deadline, 100%; notice after deadline but before event, 50%; no notice given before event **NO REFUND.**



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

The Instructors EDGE

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

FUTURE continued from 9

obvious issues for Level 2 candidates is that they generally do not get the opportunities to teach upper level skiers. That includes the movement analysis and development of appropriate activities for higher-level skiers. All of the activities in the camp undoubtedly im-

proved the group's preparedness for level 3 certification. However, like most things the participant only gets something out of an activity if they are willing to put something in. The nature of what we do requires active participation and practice to generate improvement."

INTERSKI continued from 17

After the encouragement at Interski, it would be great if ALL the divisions in this country could come together and work on sharing and developing senior programs—along with other countries. It would indeed be great if national could facilitate this! ■



FARMERS

Need some of your ski wear altered while you have an insurance comparison?
Stop by our building in Holladay to save some time and money.

David L Watson Insurance
Auto • Home • Life • Business
Business: 801.277.3283
Phone: 801.518.2241
dwatson@farmersagent.com
PSIA Intermountain Instructor

Malaka Sewing & Alteration
for Men and Women
Malaka
Fast, Professional and Competitive Prices
Cell: 801.414.0763
Work: 801.278.9882

2272 E Murray Holladay Rd SLC, Ut 84117