

THE INSTRUCTORS EDGE

Winter 2014
VOLUME 36
NUMBER 2



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

What clicked for you?

By Celeste Young

Celeste Young reflected on her January 5-6 PSIA Level 1 Nordic Track Certification at as partial fulfillment of the scholarship obligations that helped her attend the event.

As ski instructors who are members of the PSIA, we are fortunate to have both the "P" and the "A." "P" for professional, and "A" for America. Scott McGee, our Level 1 Clinic Leader/Examiner at Grand Targhee Resort January 5-6, alerted us to the association piece of being PSIA members, as well. By meeting with other members of PSIA across America, we are associated, and can learn from each other in order to become more effective instructors. By participating in such professional development opportunities, we develop more teaching tools for our toolbox.

One of the things about teaching is that you never know which tool in your toolbox will "click" with a student.

Fortunately for us, Scott is a seasoned instructor with a large toolbox, so there was something that clicked for



Steve Neiner, Scott McGee and Sam Palmatier participate in Cross Country DECL training at Alta, December 15.

each of us.

For me, it was a drill to make poling more effective. By placing a pole horizontally over the solar plexus, then doing a crunch around the pole, it allowed me to use my core more effectively; I flexed my abdominal muscles, and my hips did not drop back! I was able to transfer more power to the poles with each pole plant.

For Tara Sanders, it was anchoring herself in the 4-layered triangle, where body position makes up the base, fundamental movements lie on the next tier, followed by timing and topped by power. As she was practicing each drill, Tara knew that she wasn't going to be able to be effective with her fundamental movements - weight transfer, poling, and glide - if her body position

wasn't correct. As she continues to practice proper body position, she will be able to be more efficient and effective with the fundamental movements. Then she can start to hone her timing and then power.

For Kyle Marvinney, learning a way to be objective when giving feedback clicked for him. By being objective, a teacher can provide useful feedback to a student. First, you observe the student, state what you see he or she is doing, describe what might be causing it and explain why it's not efficient. Then you can prescribe a drill for him or her to do that will help the student become more efficient and effective. If you state that something is good or

continued on 5

**On The
EDGE**

Spring Clinic App 3
Thinking Spring.

Spring Clinic Topics 4
Pick and Choose.

Spring Clinic Lodging 5
Where to stay at Solitude.

History Lesson 8
An instructor's look back in time.

PROFESSIONAL SNOWSPORT INSTRUCTION IN THE INTERMOUNTAIN WEST



Presidents Message

By Joe Waggoner, PSIA/AASI Intermountain President

I hope that you all have had a great season so far and that you are recovering from really busy Christmas and President's holidays. Part of that recovery for many includes getting more personal skiing/riding time and taking advantage of learning opportunities to enhance professional skills. Our division educational offerings are in full swing and I encourage you to take advantage of them. There is a full listing of them on our new website calendar.

Speaking of our new website, I hope that you all have taken the opportunity to check it out. While it will constantly have some level of evolution, it is a giant technological step forward for our organization to better serve our member's needs. Please join me in thanking Phil Miller (our web master) for his efforts and expertise in working with Tyler Barnes of ELEV8 for making this happen.

I would like to recognize a number of significant changes that have been implemented this season to improve the quality of our services to our members. In no particular order, I would like to recognize a few of these changes and thank all of those that contributed their effort to make these a reality.

- ◆ On line written tests for Level 2 and Level 3 Alpine.
- ◆ New improved website.
- ◆ New uniforms for Education & Certification staff in Adaptive, Children Specialist and Nordic.
- ◆ Full implementation and integration with CRM4M (The National Association Management System).
- ◆ Alpine DECL Verification.

I would like to inform and remind all interested members that Intermountain Board of Director nominations were due to be received by the division office no later than February 15. I encourage any member in good standing that has a desire to represent our members to run for the next board election. Serving on the board of directors is an honor and an obligation that requires annual attendance of two to three face-to-face meetings and occasional conference calls. As a board member, you are one of fifteen people who, through formal process, consider, deliberate, and act on proposals that direct and govern our division. Whether you run for the board or not, please take the time to vote.

Finally, I want to encourage you to begin making plans for our Spring Clinic this April 11-13 at Solitude. Check out the clinic offerings in this publication and look forward to any updates on our website. I fondly remember the last time that our Spring Clinic was held at Solitude, because it dumped large amounts of "Light Powder" the last two days. The sliding was Epic! Hopefully, Mother Nature will provide us with an encore of that great snow at this year's Spring Clinic. We would all be grateful, as well, if Mother Nature would be a little more gracious with snow the rest of this season.

I hope to see you on the Slopes. ■

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: Joe Waggoner
Administrative V. P.: Mike Thurgood
Communications V.P.: Mary Flinn Ware
PSIA Board Representative: Kent Lundell
Alpine Logistics Manager: Corby Egan
Alpine Certification Manager: Dustin Cooper
Alpine Education Manager:

Stephen Helfenbein

Snowboard Manager: Open
Nordic Manager: Ann Schorling
Adaptive Manager: Kristen Caldwell
Children's Manager: Mark Nakada
Ski School Management Committee:
Stew Marsh

Current Board Members

2011-2014: Carl Boyer, Emma Franzeim, Sandy Sandusky, Joe Waggoner, Mary Flinn Ware
2012-2015: Nancy Kronthaler, Rich McLaughlin, Leslie Blank, Paul Franzeim, Carolyn Fushimi
2013-2016: Dave Butler, Anita Oliveri, Nathan Emerson, Chris Katzenberger, Mike Thurgood



PSIA-Intermountain-AASI SPRING CLINIC CELEBRATION April 11, 12, 13, 2014



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

Spring Clinic Package April 11, 12, 13 \$180.00 (+ \$60 lifts) \$ _____

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

April 11 Ski/Ride Solitude with a DECL (With Clinic Package only, no added cost. Must check if attending.) ☐

Check Saturday and Sunday topics on back of form

April 12, 13 Two Day, \$150.00 (+ \$40 lifts) Check Saturday/Sunday topics on back of form \$ _____

April 12 Single Day, \$85.00 (+ \$20 lifts) Check Saturday topic on back of form \$ _____

April 13 Single Day, \$85.00 (+ \$20 lifts) Check Sunday topic on back of form \$ _____

Video Clinic Lab Fee \$20.00 \$ _____

Extra Souvenir \$15.00 Each \$ _____

Family Lift Tickets \$20.00/day Quantity ____ X \$20.00 \$ _____

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

Late Fee after March 30, \$20.00 \$ _____

☐ Check for Vegetarian Banquet **TOTAL** \$ _____

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

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

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

MAIL OR SCAN APPLICATION WITH PAYMENT TO: PSIA-I 7105 Highland Drive #201, Salt Lake City, UT 84121 or fax to 801-942-7837 or email to admin@psia-i.org. Prices don't include lifts: \$20 per day PSIA/AASI members. Application received after March 30, 2014 will be accepted only on space availability and charged a \$20 late fee. Space is limited, registration is not guaranteed until confirmed. No refunds unless injured (doctor statement required) less \$20 administration fee. PLEASE NOTE: All clinics, events and guest participants subject to change due to weather, snow conditions and other factors.

LIABILITY AND RELEASE: Recognizing that skiing/boarding can be a hazardous sport, I hereby RELEASE AND FOREVER DISCHARGE PSIA-I/AASI-I, the host area and agents and employees of each from liability for any and all injuries of whatever nature arising during or in connection with the conduction of the event for which this application is made. Applicant hereby relinquishes and assigns to PSIA-I/AASI-I all rights to the use of Applicant's name and likeness or pictorial representation in photographs, motion pictures or other representations concerning Applicant's participation in said Event.

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

Signature: _____

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

Signature: _____

RETURN THIS SHEET WITH YOUR REGISTRATION FORM

NAME: _____

Clinic Topic Selection

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

Saturday April 12 Clinic Topics

Alpine

- ☐ Precision skiing technique
This clinic will take place primarily on groomed terrain. The day will be focused on techniques that lead to greater skill accuracy and improved ski performance.
- ☐ All mountain skiing tactics
This clinic will take place primarily on non-groomed surfaces. Tactics for greater efficiency, fun, flow and control will be explored and put into practice.
- ☐ Big Mt (multi discipline)
This clinic will take place primarily on non-groomed surfaces. Get introduced to the philosophy, tactics and technique of big mountain riding. Open to alpine, nordic and snowboard riders. Groups will be split based on intent and skiing ability. Ideal topic for expert skiers & riders! A woman's only group will be available.
- ☐ Ski with Living Legends
Ski, Learn, and Share with individuals that helped create and shape what we are today.
- ☐ Evolution of the Skills Concept
The future is the past! Explore the roots of American Ski Instruction with a couple of great pros from the present.
- ☐ Video (requires \$20 video lab fee)
Improve your skiing using video movement analysis. We will capture video of your skiing and then come inside and check it out. Movement analysis will be performed by a DECL.

Snowboard

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

Nordic

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

Children

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

Adaptive

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

Sunday April 13 Clinic Topics

Alpine

- ☐ Precision skiing technique
This clinic will take place primarily on groomed terrain. The day will be focused on techniques that lead to greater skill accuracy and improved ski performance.
- ☐ All mountain skiing tactics
This clinic will take place primarily on non-groomed surfaces. Tactics for greater efficiency, fun, flow and control will be explored and put into practice.
- ☐ Big Mt (multi discipline)
This clinic will take place primarily on non-groomed surfaces. Get introduced to the philosophy, tactics and technique of big mountain riding. Open to alpine, nordic and snowboard riders. Groups will be split based on intent and skiing ability. Ideal topic for expert skiers & riders! A woman's only group will be available.
- ☐ Ski with Living Legends
Ski, Learn, and Share with individuals that helped create and shape what we are today.
- ☐ Evolution of the Skills Concept
The future is the past! Explore the roots of American Ski Instruction with a couple of great pros from the present.
- ☐ Video (requires \$20 video lab fee)
Improve your skiing using video movement analysis. We will capture video of your skiing and then come inside and check it out. Movement analysis will be performed by a DECL.

Snowboard

- ☐ Training Your Eye
Movement Analysis

Nordic

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

Children

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



Administrative Report

By Mike Thurgood, PSIA-I/AASI-I Administrative V.P.

The snow dances that everyone has been doing aren't working, we need more snow. But, given the lack of help from Mother Nature, conditions are still pretty good. This is the time of year that everyone has time to get in some great training clinics, and/or participate in some mid-season assessments. This also means that the office is cranking at full speed. I would like to thank the entire office staff for the hard work, extra hours, and cool demeanor while things are going crazy. If you have a chance to stop into the office, you will notice the hustle and bustle, kind of like a little ant hill or bees nest. Please keep this in mind when you are waiting for that call back from the office, we appreciate your patience.

The lack of snow hasn't hampered the participation from our members compared to last season. We are running pretty much even to last season in our membership numbers. Our clinics and assessments are down just slightly, but this is just a shift in the calendar, we will catch up to this as we move forward and have more events scheduled.

Well, keep dancing, it can't hurt. Spring Clinic this year at Solitude will be a great time for everyone. We have solidified some of the important aspects with Solitude this past week, make sure to register early. ■

Spring Clinic Lodging at Solitude Mountain Resort

The Village @ Solitude will offer condos and a hotel room property – The Inn – for our annual Spring Clinic event. Just ask for the PSIA discount at time of booking.

The Inn 877-517-7717

- ◆ \$94 Either one king or two queens. Pool & hot tub on property. Complimentary breakfast. Small frig in room.

Solitude Resort Lodging 800-748-4754

- ◆ \$125 Studio – Full kitchen, Queen with queen sofa sleeper. 1 Bath
- ◆ \$174 One Bedroom Condo – Full kitchen. King, most have sofa sleeper in living room. 1 Bath
- ◆ \$253 Two Bedroom Condo – Full kitchen. King, bedding varies in second bedroom. Most have sofa sleeper in living room. 2 Baths
- ◆ \$364 Three Bedroom Condo – Full kitchen. Usually 3 kings in all 3 bedrooms, but many with various bedding scenarios. 3 Baths

CLICKED continued from page 1

nice, it's possible that something else they are doing could be bad. They want to ski, and isn't that good?

I decided to ask Scott if anything clicked for him. Even though he has been filling up his toolbox for years, he knows that in the professional world, you have to keep refining those tools. He said, "What 'clicked' for me is that 'Practice' *ain't that hard*. All ya gotta do is... nuthin'...just ski around and watch while students 'work on' what they are focusing on. I made a deliberate attempt to model 'practicing' after the introduction of each new skill or idea or piece of feedback during this L1. We did, and it was even beneficial to me, for practice (my own), for observing, and for planning."

Jim Sadauckas' reflection sounds familiar: "I need practice!" He also mentioned that having base fitness always makes skiing more fun and allows a person the "bandwidth" to pay attention and learn even after a full day of skiing. This is a good reminder to make the connection with your students so you know their fitness levels when planning your lesson.

As a teacher, it is beneficial to participate in professional development to help you develop a network of like-minded people to help you forge new tools for your toolbox.

Which tool will "click" with your next student? – **Celeste Young is a PSIA Level 1 certified Nordic Track instructor.**

VOTE!

For your board.

Intermountain National Board Representative Report

By Kent Lundell



I attended the National Board meeting and work session October 25 and 26 at Copper Mountain, CO.

The work session was held October 25.

We worked from 8:00 a.m., including a working lunch to 5:30 p.m. We then reconvened for a working dinner at 6:30 p.m. and finished at 9:00 that evening.

Saturday we resumed at 8:00 a.m. and were finished with this session at 3:00 in the afternoon. This work session was to write governance policy. We had great help for this. Bill Charney is an expert on how to get boards to run more effectively. He helped the national board write policies that will show future boards and our national board how to operate.

The reason for this is so we have policies that help everyone understand how the national board operates. These policies show a firm commitment to clarity and accountability. There was more work to be done on these policies at our board meeting scheduled for February 2. It was expected to be another long day.

Below is the Draft that Bill Charney used to help us write our policies.

Category I: Ends / Priority Results

- 1.0 To be developed at the February Board Meeting

Category II: Board Process

- 2.0 Governance Purpose and



Communications Report

By Mary Flinn Ware, PSIA-I/AASI-I Communications V.P.

I hope each of you enjoyed a few moments over the holidays with friends or family. From what I witnessed and have heard from other member schools, our snow sports business was up compared to the past few years. This was great to see, and I'm sure many of you had some welcomed long days.

Our Intermountain division launched our new web site! We have had great feedback, and it is a work in progress, so take a look for yourself if you haven't. A special thanks to those who put forth so much hard work and long hours, our web master, Phil and the entire office.

Ed College kicked off our season; it was very well attended and great to see our members getting an early jump on their education. Thank you PCMR for hosting this event.

During Ed College, we held our annual general membership meeting. Thank you to those in attendance. The discussion was lively and one question posed was, "Is the Board concerned that the turn out for this meeting was not well attended?" There were very few folks who took the time to attend, as is typical of what I have seen over the past years. This question did prompt thoughts, should this be a concern?

Are you happy with the services Intermountain division offers? Are you just "too busy" to drop by the office or send your area representative a note if you are? Do you have a few hours to "donate" to the work needed for the division?

Being in customer service we all know that we definitely hear from those that are unhappy, and not so much from those that are. So should we be concerned with the lack of participation? I'm not sure, are you?

We certainly were glad to hear from many who wanted to take advantage of our generous scholarship process. We have already provided 39 candidates with \$4,440 to assist in their education and there is more coming. Spring Clinic to be held at Solitude on April 11-13 will be the time to reboot the scholarship funds and we need help.

We have asked each benefactor of the scholarship program to donate time to work the event, to solicit donations for the event or to donate something themselves. I'm still looking for someone to volunteer to run the silent auction, any takers? I'm asking you to help.

Enjoy the sunshine and longer days and holler if you are ready to help.— Mary

- | | |
|--|--|
| Commitment | 2.6 Board Members' Individual Responsibilities |
| 2.1 Governing Style and Values | 2.7 Board Committee Principles |
| 2.2 Board Job Products | 2.8 Board Committee Structure |
| 2.3 Board Work Plan and Agenda Preparation | 2.9 Officer Elections |
| 2.4 Board Chair's Role and Authority | 2.10 Budgeting for Board Prerogatives |
| 2.5 Board Members' Code of Conduct | |

continued on 7



Dustin Cooper, PSIA-I Alpine Certification Manager
In October representatives from Intermountain were able to get together with all of the PSIA Divisions at the PSIA Fall Conference in Copper Mountain Colorado. The alpine discipline focus of the conference was updating the PSIA National Standards. Last year's conference which clarified the existing national standards was the jumping off point of this collaborative effort to make them more clear and concise. The draft version of the PSIA National Standards is three pages: one page for skiing, teaching, and professional knowledge instead of 24 in the previous version. To coincide with the updated national standards there is also a new PSIA Alpine Manual in production. Both of these tools are on target for implementation this fall. With the adoption of these new tools we will be updating some of the Intermountain certification materials to incorporate the updated PSIA National Standards.

During this PSIA Fall Conference, two things really stood out for those in attendance, the different divisions of PSIA divisions are very much on the same page in regards to the alpine standards and the interpretation of them. The second is this was a collaborative effort of representatives from all PSIA Divisions.

Educator and examiner exchanges among the PSIA Divisions have been taking place again this year. There are representatives from other divisions participating in the PSIA-Intermountain process and representatives from our division participating in events of other divisions. This process allows us to share processes and learn from the experiences of other PSIA Divisions.

The following questions are being used during Level 3 Teaching Assessment Assigned Objective. The intent of these questions is to add more clarity to this portion of the assessment process and give candidates some guidance for preparation.

Be prepared to address the following questions. You will be asked one or more of the following questions. They are based upon your teaching or skiing performance and the skiing performance of other group members as observed during the assessment. These will be used to clarify your depth of understanding and professional knowledge.

1. **Strength or weakness:** Describe a specific strength or weakness in ski and/or body performance. How would you recreate that strength in another student or correct the weakness?
2. **Body Performance & Ski Performance:** What specific body performance is being used to create the desired outcomes of ski performance?
3. **Ski Design:** Describe the different the ski designs present in the group and the possible benefits or drawbacks for the conditions or the day. How will different ski designs present in the group impact the use of a primary and secondary skill?
4. **Tactics:** What tactics would a skier use to adapt to changes in the terrain or conditions in order to maximize ski performance?
5. **Skill to Skill relationships:** How does the adjustment of one primary skiing skill impact the performance of a secondary skill?

continued on 11

NATIONAL continued from 6

- 2.11 Investment Policy
- 2.12 Selection of Awards and Recognition Recipients

Category III: Management

Parameters

- | | | |
|------|---|------------|
| 3.0 | General | Management |
| | Constraint | |
| 3.1 | Treatment of Members & Constituents | |
| 3.2 | Treatment of Staff | |
| 3.3 | Financial Condition and Activities | |
| 3.4 | Asset Protection | |
| 3.5 | Financial Planning and Budgeting | |
| 3.6 | Compensation and Benefits | |
| 3.7 | Emergency Executive Director Succession | |
| 3.8 | Board Awareness and Support | |
| 3.10 | Corporate Partnerships | |

Category IV: Board-Management Delegation

- 4.0 Board/Management Connection
- 4.1 Unity of Control
- 4.2 Accountability of the Executive Director
- 4.3 Delegation to the Executive Director
- 4.4 Monitoring Executive Director Performance

The national board meeting was held October 26 at 3:00 p.m.

Reports were giving by board chairman Eric Shekleton and Governance Task Force Chair Neil Bussiere. They talked about how the task force was picked and how it worked to give the board its findings. As a result of the task force's findings, the national board voted to change its bylaws. The first reading of the bylaw change was on November 19 the second reading was to be at our February 2 meeting.

I believe these meetings have been very productive. — **Kent Lundell is PSIA/AASI Intermountain national board of directors representative.**

A Brief History

By Margie Hensley / Christiansen

When I was 16, the town of Flagstaff, Arizona put a rope tow up a hill in our City Park. The hill was narrow and got steeper at the top. As a beginner skier I didn't go up the tow for the first day. My friends taught me on borrowed equipment. I only skied a few days but I thought I might like it.



Margie with new knees.

That Christmas my parents bought me Medalist wooden skis with screw in metal edges and a cable throw binding, leather lace boots and poles. What a delight. That was my junior year in high school. I got good enough to go to the mid-station at the Arizona Snow Bowl and I could ride the Palma lift up to the mid station. Mostly I was scared to go fast so I sat down a lot.

My senior year I joined the high school ski team. I was still only doing a Stem Christie with rotation (too much) and one hip that remained up no matter what I did. Of course, that made one turn great and one turn horrid. I raced several times that year, didn't qualify to go to the one away meet and in the end, after all the workouts, didn't even get a letter to sew on my sweater – so I didn't buy the sweater!

I went to college for the next two years, worked at the ski area to get a

Children's Corner

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



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

The PSIA-AASI National Children's Task Force (NCTF) met at Copper Mountain in October 2013 to review the nationally recognized Children's Specialist (CS) assessment-based certificate program, now in its fifth season in use. Patti Olsen and I attended the conference on behalf of our division.

The conference allowed the NCTF to again work face-to-face, complementing the work done over the past five years via conference calls. With the CS Standards becoming a proven document, the NCTF tasked itself with developing a "Rubric" to aid CS candidates and their trainers in preparing for a CS event.

The on-snow sessions helped solidify the NCTF's understanding of divisional score/feedback sheets that are used to measure the success of CS event participants, as well as assess the consistency of the evaluations from division to division.

Although the indoor sessions provided follow-up time to discuss the evaluative process, a majority of the group's time was spent working on the "CS Rubric," which was presented at the conference's conclusion. The NCTF ascertained that the divisional Workbooks, Standards, and, now, the Rubric deliver a consistent message...all three work in unison.

So what is the CS Rubric? The Rubric:

- ◆ Is a pathway to understanding the CS National Standard criteria;
- ◆ Is intended to be used in conjunction with the Standards;
- ◆ Was designed to be used as a training tool to assist participants in their preparation and understanding of the criteria for all CS programs.

A copy of the Rubric is available at www.psia-i.org/disciplines/children/

CS 1 Exemption

In an effort to maintain the integrity of the CS National Standards, the NCTF has established and approved guidelines for those professionals that wish to seek an exemption from taking the Children's Specialist 1 (CS 1) course prior to taking the Children's Specialist 2 (CS 2) course. These guidelines are being used across all divisions:

- ◆ Interested professionals must submit a letter to the Children's Program Manager (via the PSIA/AASI-I Office) petitioning for an exemption from taking the CS 1 course. The Program Manager and a CS DEL committee will review the letters.
- ◆ The letter must include the petitioner's exceptional qualifications and experience meriting the CS 1 exemption. Suggested criteria/qualifications:
 - ❖ Minimum PSIA-ASSI Level 2 certification
 - ❖ Exceptional experience in children's teaching, coaching or education – e.g., physiology or psychology training that is applicable to teaching Children's Snowsports
 - ❖ minimum 3 to 5 years Snowsports teaching experience
- ◆ Upon acceptance of the letter, petitioners must successfully complete the CS 1 Workbook as part of the petition process. The petitioner must pass the workbook with at least an 80 percent score.



- ◆ If the petitioner fails to pass the CS 1 Workbook, the petitioner must successfully complete the entire CS 1 course from the beginning (workbook, indoor and on-snow sessions) before attending a CS 2 course.
- ◆ If the petitioner successfully completes the above requirements, they will be notified via email. After receiving this notification, the petitioner may then sign up for a CS 2 event.
- ◆ The CS 2 Workbook must be completed and turned into the PSIA/AASI-I office when signing up for a CS 2 event - minimum two (2) weeks prior to that event.
- ◆ If the petitioner fails any part of the CS 2 course (80 percent score on the workbook; on-snow sessions), they must successfully complete the entire CS 1 course from the beginning (workbook, indoor and on-snow sessions) before attending another CS 2 course.
- ◆ Petitioners not directly accepted into the CS 2 course will be eligible to participate in a CS 1 course - if CS 1 minimum requirements are met.

As a result of these changes, and to conform with the updated Standards, only *current* (2013/14) materials will be accepted at our CS events this season. You can download all CS materials at www.psia-i.org/disciplines/children/

Children's Manuals

We have a number of manuals and handbooks available for sale, including the updated PSIA/AASI Children's Manual. Please contact the Office for details.

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

free pass and loved it. Then, I was studying at Val Stephen's house when a textbook on economics went flying over my head and hit the wall. Val said, "I'm going to go to Utah and become a ski instructor. Do you want to come?"

There began 40 years of ski teaching. I started at Brighton and was there for 18 years. We taught a lot of traversing because the hill was so steep. Can you imagine that we taught traversing before teaching a wedge turn? We would count, to ourselves, the number of traverses we used with the class. The fewest number was seven from the top of the Mary lift (the old top) to the ski school building. This task was made more difficult because no one groomed the slopes. The only time the groomers came out was to pack the new snow so if it didn't snow for a couple of weeks the moguls would be taller than a 5-year-old.

My favorite story from this time is of a man and wife who came to take a beginning lesson. On the walk up to the

ski school building the wife asked her husband how people could get off the chairs at the top. He looked up and said, "The bottom of the chair must drop away and allow them to ski away." During the lesson she didn't say a thing and did quite well. The class was ready to go to the lift when the wife fell down and said she had hurt her back. Protocol said that another instructor would take the class and I would go with the wife to the ski patrol area. As she was laying in the ski patrol building I found out what she had been told. After explaining the unloading technique to her I asked if she would like a private trip to the top and then down to the ski school. She said yes and off we went. She did a great job and as she came into the staging area in front of the ski school her husband was standing there – no skis on. She pushed with her poles and when she was face to face with him, turned her shoulder and threw a punch that had him flat on his behind.

During the first three years I had the privilege of working with Kay Smith. He said he was considered a maverick by the Intermountain Ski Instructors Association (now PSIA-I). He used to talk about down-unweighting and how the ISIA wouldn't allow him to talk about this at clinics or board meetings. Kay believed that if you folded your body fast enough you could actually be unweighted for a brief moment and that would allow enough time to start a turn or end a turn. He coupled this with a lot of counter to make the end of turns more abrupt. Although we teachers were taught this principle, Kay was adamant that we not mention it during exams. He said we would fail. How ironic that only a few years later this principle became mainstream.

I spent six years trying to get certified. The first year I still couldn't ski very well and really had trouble with black diamond runs so I didn't go for an exam. The second year I passed my "Blue" level. Then it took me four tries to finally pass for "White" or full. I can remember freaking out during the tests and not being able to remember how the person I was critiquing even skied. There is no way I could have put together a teaching progression. My skiing got better each year and my technical speak was always good enough to pass, as were the demos – does anyone remember silly slides and wedge-swing-hop?

One day, when I had beginners *again*, I was complaining to Richard Dock (Asst. Dir.) that it was repetitive and boring. He gave me a word of advice that made learning to teach much easier. He said, "Leave some principle out of your beginners' lesson and see what happens to their skiing later in the lesson." So you leave out how to edge a ski or neglect to say that a wedge is done with equal weight or you don't talk about balancing by bending the ankle. It was extremely instructional. When you know what you left

continued on 11

Adaptive Report

By Kristen Caldwell

News Flash: Paralympic Snowboarding in Sochi!

The 2014 Paralympics are scheduled to open on March 7 in Sochi, Russia, making history as the inaugural year for Paralympic snowboarding. Entering Snowboard Cross (SBX) to the Paralympic games comes just 15 years after snowboarding was introduced to the Olympics in 1998, making this an exciting achievement for adaptive sport that shows great progress!

The format for Snowboard Cross in the 2014 Games is the same as its able bodied counterpart, where the winner is decided by the fastest person to finish a course filled with twists, banked turns, bumps and jumps. The one exception that separates the Paralympic riders from the Olympics is that the Paralympic athletes speed through the course on an individual basis rather than with a group start.

In this first year, Snowboard Cross will be offered in both Men's and Women's Standing classes for athletes with lower limb impairments. Athletes who are riding as a double amputee or an above knee amputee will be facing an extra challenge as there will be no use of the factor system. The factor system is devised to be used in Alpine Paralympic competitions to help 'level' the competition field based on a classification system that takes into account the severity of each athlete's disability. In the future, there is hope for more snowboard disciplines other than snowboard cross, and the use of the factor system with the division of various classifications of athletes with the inclusion of upper limb impairments, allowing for an increase in the field and competition.

The 2013-14 U.S. Paralympic Snowboarding National A Team consists of: Marc Dervaes (West Chester, PA),



Alpine Education

By Stephen Helfenbein, PSIA-I Alpine Education Manager

S%#! DECLs Say

We say lots of stuff. Although seemingly debatable, all of it is well intended and most of it accurate. "Blend the skills," "Move your hips forward," "Steer your feet!" Part of the problem is that sometimes we don't tell the complete story. What complicates

matters is that any two DECLs may express the same ideas differently, demonstrate things differently, or worse, show something that contradicts what they say.

This fall the Alpine DECLs began a process we are calling "Verification." This process is intended to do several things: implement a new accountability tool, provide the DECLs a meaningful professional development experience and increase the consistency of our message.

Verification is partially a test. This test created a pressure situation that most DECLs have not been in for sometime. This in turn created some empathy. This year's test focused on two skill sets: fore/aft pressure control and rotary control. Using tasks that isolated each of these skills we were able to assess each DECLs skill specific competence.

Verification is also an educational opportunity. This year we attempted to increase the depth of our knowledge specific to fore/aft pressure control and rotary control. We did this with the use of indoor presentations and the on-snow task performance process. The on-snow process included a day of task clarification, feedback and practice prior to scoring task performance on day 2. Day 1 included video movement analysis of each DECL.

Lastly, Verification was a training experience. A DECL has several methods available to facilitate the delivery of a message: with words, with images and with experiences. A well-rounded approach will include a masterful approach that integrates all three methods. The long-term mission of Verification is to help DECLs develop this ability.

You all can probably tell us the predominant communication style we use/abuse. The least we can do is be accurate and consistent with those words. By focusing our attention on two skill sets in isolation our intent was to condense and simplify the things we say to you about each topic.

The importance of an accurate visual image cannot be overstated. We (all individuals teaching skiing for money) MUST pay more attention to our skiing demonstrations! Our demonstrations are the genesis of a mental image inside the observer. A clear mental image is an imperative for motor skill learning to occur. We absolutely MUST make that image more accurate.

Consider this breakdown as a possible rule of thumb. People remember:

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of what they see and hear
- 70% of what they say or write
- 90% of what they do

continued on 11



ALPINE CERTIFICATION continued from 7

The PSIA-I Alpine Task Matrix is available on the PSIA-I website. These tasks are being used as an update of the self-assessment drills. There are a few new tasks included in the matrix. For level 1 there are two new tasks; guided uphill arc and carved uphill arc. The new level 2 tasks are leapers and pivot slips. And for level 3 pivot slip change-ups. The Alpine Task Matrix is used to isolate the skills of rotary, edging, and pressure in order to develop and assess the candidate's mastery of these skills. Candidates are responsible for the tasks in the level they are testing towards and those levels already attained.

When making changes or updates to assessments the objective is to improve the process for a clear and easily understood system. Here's to a successful season! ■

ALPINE EDUCATION continued from 10

The time we spend with you and how we fill it is what sticks with you. Your experience is full of words (instruction, coaching and feedback) as well as visual demonstrations of tasks and drills. Your reaction to those actions is when you begin to learn new motor skill. The feelings, both physical and emotional associated with that experience are what you remember and use to guide your practice afterward. We will improve our ability to integrate clear verbal and visual communication to make what you remember more accurate.

We are at the very beginning of this process. The next step of this process will occur at this spring's training event where we will compare DECL performances from the fall with those from the spring. The exact next step after that is to be determined. However, our commitment to moving towards the long term goal has been solidified by the response to our initial step.

The Verification is very much about the DECL team, but it is more about you. Improvements to our group must impact you. ■

Heidi Jo Duce (Ouray, CO), Keith Gabel (Ogden, UT), Amy Purdy (Las Vegas, NV), Evan Strong (Nevada City, CA), Mike Shea (Castaic, CA).

Members of the B Team are: Cristina Albert (Denver, CO), Joseph Chandler (Salt Lake City, UT), Tyler Burdick (Salt Lake City, UT), Lucas Grossi (Billings, MT), and

Nicole Roundy (Bountiful, UT).

All of the B Team and Keith Gabel from the A Team have previously trained here in Intermountain with the National Ability Center, in partnership with Team Utah. Enjoy the games! —

Kristen Caldwell is PSIA/ASSI Intermountain Adaptive Manager.

For more information on the games visit

The International Paralympic site:

<http://www.paralympic.org/Sports>

The U.S. Team site:

<https://www.teamusa.org/US-Paralympics>

The Sochi Olympic page:

<http://www.sochi2014.com/en/games/sport/paralympic-games/>

MARGIE continued from 9

out you are quick to see its absence. The same principle applied when teaching higher skills.

After 18 years I made the move to Park City Mountain Resort. 2013-14 will be my 28th year at PCMR, but 17 years ago I went to the "dark side" and joined the ski patrol. It was the best thing I ever did for my skiing.

Stories:

A high School class stashed a 6-pack of beer at the top of the Majestic lift. The lift developed a problem, we had to be evacuated and they couldn't get back to the top. After the kids were on the bus and gone, I called the lift crew who found the 6-pack and brought it down!

I started teaching skiing in Spanish at Park City. My language mentor was Enor Martinez, great guy! The first day I asked for words for "equal weight," "big toe/ little toe" and "more weight on the downhill ski." The second day I needed words for "that is not courteous" and "that's dangerous." The third day had Enor laughing as I asked for: "This is your punishment."

A thought about teaching children: In all the years I taught full-time (18) I rarely had kids ski behind me. I taught them the rules the first run, showed them stopping places and told them if they didn't stop where I told them to I would take one of their skis on the next run and leave them with the attendant at the top of the lift. This allowed me to ski behind and watch their progress as well as ski with two or three of them on the way down. I can't imagine a ski clinic where the instructor asked us all to ski in a line, close together. Plus, when one falls, you have a long walk back up. Kids were happy, parents were happy and the kids learned to read the mountain much better.

Beginning in 2006 I was unable to ski because of knee damage and so moved to the bottom of the mountain and continued with the ski patrol. In 2011 and 2012 I received knee replacements.

continued on 12



The Instructors EDGE

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

MARGIE continued from 11

To anyone who is thinking about this surgery don't wait until you can't ski. This was the best decision I ever made and I can ski again! It took several

days of trying and one clinic at Brighton before I felt like I really had it back again and I still need work in moguls but I am confident that it will come.

As to the end of this story ... it is still being written. I'm 62 this year and plan

on taking toboggans down the slope next year. It might be possible to teach again – I just really hate to wedge!—

Margie Hensley Stephens Christiansen
is a 40-year member of PSIA-I.



Spring Clinic PSIA/AASI Intermountain at Solitude Mountain Resort

April 11, 12, 13, 2014

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

- ◆ Friday is a great day to come up and freeski/ride with friends and family, on your own or with a group.
- ◆ Saturday and Sunday feature a full agenda of clinics for your entertainment and education.
- ◆ All topics and their descriptions are inside the Edge.
- ◆ Visit psia-i.org/aasi-i.org for more information regarding lodging options and prices. Check back every now and again for updated information/offerings.

It's going to be a great time! We hope to see you there.