

NW Snowsport Instructor

Spring 2004

Inspiring lifelong passion for the mountain experience



PNSIA-EF



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PSIA-NW Mission Statement

Provide high quality educational resources and well defined standards to aid our members in improving their teaching skills to better satisfy the needs and expectations of their customer in the enjoyment of downhill and Nordic snow sports.

NORTHWEST *SnowSport Instructor*

**Professional Ski Instructors of America - Northwest Division
PNSIA Education Foundation**

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Guide for Contributors

The Northwest SnowSport Instructor is published five times a year. This newsletter will accept articles from anyone willing to contribute. The editorial staff reserves the right to edit all submissions. Submit typed, single-spaced paper and, if available, on IBM compatible disks saved as a text file. Pictures must be prints or color copies.

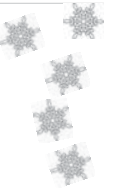
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Submission Deadlines

Issue	Deadline
Summer	June 15
Fall	Aug. 1
Early Winter	Oct. 1
Winter	Jan. 1
Spring	March 10

Send all submissions to:

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PSIA-NW

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FAMILY VALUES

Last summer I started a conversation with you about the value of membership in PSIA/AASI-NW.

This conversation has ranged all the way from highlighting specific “member benefits” to philosophy about the inspiration that comes to us when we interact with other members who share our passion to teach snow sports. We’ve talked about how snow sports have evolved and our ongoing efforts to create educational opportunities in a changing environment.

Through all of these changes, there has been one constant - the unfailing professionalism and support that our office staff provides to our membership. Barb Darrow, our office manager, Cheryl Campbell our accountant and Becky Kostelich, our office secretary are truly a unique resource. Believe me, our organization would not function at all without their tireless and under rewarded efforts!

They provide every aspect of member service including member records, event & meeting organization and book store processing. They are there year around to answer your questions in person on the phone. (yes, e-mail too!) They are the welcoming faces behind the counter at the office and at Fall Seminars and Spring Symposiums. Besides all the “stuff” they do, I count them amongst my family and I’m not alone in this regard.

In fact, in many ways PSIA/AASI-NW is a family. We share a common heritage and similar goals. Like any family, we care about what we do and each other. Like any family, we have opinions and like most families, we have the occasional meaningful conversation.

Any good conversation is really a dialogue and that leads me to our Customer Survey project we started last fall. It’s clear from your response that our members and industry partners do care and do have opinions. The usual response to blanket surveys is somewhere around 2 to 3 percent. Over 21 percent of you responded to the member surveys and approximately 40 percent of our partners responded. That’s incredible.

That’s also a lot of work to tabulate and even more work to digest and put to use. Look for a report in the Summer Newsletter. In the mean time, I hope your experience this season has confirmed value to you as a member in it’s own way. I also encourage you to continue to be a part of this family’s conversation by communicating with your regional board representatives whenever you have a concern.

Have a great Spring & Summer !

John Eisenhower,
Communications VP



Instructor Tools for a Positive Experience with Kids

by Nelson Wingard, PSIA-NW Tech Team, ACE Clinician, Supervisor, Crystal Mountain

Kids cry. It is just a fact of life. The worst of it is that they seem to do it at the most inopportune times. You have six kids next in line and all ready to load the lift or you are finally ready to leave the base area and head up the mountain and one kid starts to cry or worse yet two; it just makes you want to scream.

But wait a minute, why are they crying? It could be that they are scared of the lift or, maybe they have been too rushed this morning and need to spend some time tuning into this new environment. One thing they can guarantee is that kids don't cry to be inconvenient or to frustrate us as instructors, they simply have needs that have not been met and their feelings have overwhelmed their linguistic abilities. That happens to adults as well, doesn't it? We get excited, scared, happy, or sad and our ability to understand and describe our needs fail. To help us better understand how we can create positive experiences, let's take a look at three reasons kids cry and some things instructors can do to keep children happy and learning.

Tired, Hungry, Cold or Hot: "This bed is too small." – Goldilocks

Just the other day, I watched a 4yr old, Jason stop sliding and start flat out screaming. Steven, his instructor, slid over removed Jason's glove and wiped the snow from the cuff, returning the now non-offensive glove to Jason's hand. Jason promptly stopped screaming. Just a bit of snow completely distracted Jason from sliding down the hill and changed him from happy little guy, to miserable child. It is important to be proactive with our environmental controls while working with children. Before going out skiing or riding, check each kids



layering. Be sure to check that the coat cuff is over the glove, the hat or helmet fits properly, and the goggle frame is not poking the kid in the eye.

Another key to a good experience is working off an appropriate amount of rest. Many times kids will have stayed at a hotel or friends before coming to us. If this is the case they may not be adequately rested. Also, just being in a new colder environment is enough of a shock on the body to wear out a kid. In this case you may need to give them a quiet (or even semi-quiet) place to lay down for a power nap. I've seen kids fall asleep on the lift to the point that the instructor had to carry them down the hill. So, check the energy level of the student and be sure to provide rest or pace your lesson appropriately to not completely burn them out.

Another key to higher energy levels is food. Getting to the mountain means getting up early and frequently kids will miss breakfast. Keep an energy bar in your pocket to help refuel kids, also keep juice and water available. Be careful to not use candy and check for food allergies.

Safe, Secure: "Mother is a child's word for God." –The Crow

Separation anxiety may be the most frequent cause of tears. The wail "I...want... my... mo.... ther, WAAAAAAHHHHH." What they really want is the safety and security of a protector. Often pre-school kids have this reaction in a new place because they don't know that we are there to be their protector. School age children usually understand that the



teacher will take care of them and that security transfers to this new environment. Your job as an instructor is to assure the child that you are there to look after them and keep them safe. You can do this by telling them, showing them, and touching them in a safe, appropriate and caring manner. Throughout the lesson you will need to reinforce this feeling by staying close to them and helping them to be successful in all tasks.

Belonging with the Group

Humans are social in nature. We typically enjoy the comfort and security of a group and belonging to that group. It helps you feel there are others who are looking after you. When kids join into a group they need to be reassured that they belong and fit in. It doesn't feel very good to be the new kid. In many ski lessons, all the kids are the new kids. As instructors we need to facilitate group interactions to assure all our students that they fit in and are welcome in the group. Starting lessons with group or paired cooperation games (noncompetitive) assists in creating feelings of belonging.



“Maslow has it all figured out.” -Nelson

This should be looking familiar. Sort of sounds like the first three levels from Maslow's Hierarchy of Needs and it is. Children have the same basic needs as adults. However, kid's emotions more quickly overwhelm their cognitive abilities, resulting in one of thousands of forms of crying. Spend some time with all the levels of Maslow's mountain to discover the many reasons kids cry. It is crucial to your success as an instructor to not become frustrated, but instead react with compassion and care. That student is crying for a reason and it has nothing to do with making your life more difficult. They have a need that must be met in order for them to have a fun, safe and educational mountain experience.

P.S. All this applies to older students and even significant others as well.

(Footnotes)

More information on Maslow's Theories can be found in the AASI/PSIA Core Concepts Manual and the AASI/PSIA Children's Manual.

A quick sketch of Maslow's Hierarchy of Needs



Coaching For Success

A Good Framework for Freestyle Progressions

By Chris Hargrave

What's in your toolbox? Think of the many ways you can analyze your students and deliver accurate information to them. When it comes to teaching freestyle, for most there seems to exist a gray area. There are some simple tactics you can use to get your students through the beginning to advanced phases of freestyle riding with less guessing and confusion. This area of coaching is still relatively young, presenting an opportunity for us to be creative and in many cases write the book for ourselves. The best rule to remember that will keep your students safe when creating and working through your coaching progressions is smaller steps equal more success.

When your student comes to you and says "Hey coach, teach me the sick gnarr gnarr jibby freestyle steeze", you've got to figure out what you're dealing with. Is it the kid who's been watching pro-footy and playing too much play station or is it the adult that knows their limitations too well? In any case your goal is always safety and success. To be successful you have to learn their goals, abilities, and limits. Then, build a progression that may require more than the one-hour lesson they have purchased. However, in that

hour you can set them up with tools that will allow for progress beyond the lesson.

Once I get to know my students and have determined both my goals and their goals for their hour session, the real challenge begins. What is the most important, safe, and valuable plan of attack to help them achieve their goals? Believe it or not this may not mean heading directly for the park or pipe. For example, pipe riding requires stance alignment, carving, speed control, pressure control, rotary control-pretty much everything we do in snowboarding. Each one of these skill groups can be learned somewhere other than the half pipe.

The question you have to answer is, do you understand what it really takes to help your students learn to be successful on the many different features in the terrain park?" You have to understand the fundamental skills that each terrain feature and maneuver require. That is to say, if your student wants to learn how to clear a tabletop jump they need a few skills before they hit it. Like the ability to ride their board at speed in a straight line on an edge with a stance that allows them to manipulate their board and control pressure as it travels up the ramp and off

the lip of the jump so that they can fly through the air in a stable position and land with the board flat, activating their legs to absorb the impact (don't forget to breathe). That's a mouthful and expecting them to remember all of that on their first attempt is ridiculous. Break it down and train them to really own those skills one small step at a time. This means they can work on a good stance that is aligned, centered, and flexed. They can work on speed control and judgment. They need to build edging skills so they are able to maintain a low edge angle on the ramp while still holding a clean carve. They need to work on the ability to manage their muscles and joints so they might properly time the flexion/extension movements to absorb and apply pressure to the ramp, lip, and landing. Seems like a lot to think about and it is if your students don't have a chance to build these fundamentals before they get to the terrain feature of their choice. What you'll find is that all freestyle maneuvers require a similar fundamental skill set and the ability to push those skills to the limits.



In the freestyle lesson examine your student's overall stance both static and while riding. The stance issues will show the base problems and give you several things to work on with them both in and out of the park. For example, if they have a tendency to stand over their back foot when they ride then they will do so off every feature in the park. When you establish a good understanding of what the student needs to have before you get to the park, then you will be able to remind your student of what they need when they are having trouble in the park. If rails are the goal and their stance is countered when they ride straight, then their board would have a tendency to pivot and slip off the rail. They'll need to spend time developing an aligned, centered, flexible stance to have success in the rail park. If their stance is funky, then we work it out away from the rails first. We'll play around with ideas that will help them understand how their hips and joints affect the board when it comes into contact with steel; or how flexion/extension movements manage a soft approach to the rail and maintain board contact with the rail. Be creative. There are many drills and activities you can choose that will yield success for you and

your students. Ideas for different drills will come more easily if you break down the goal into many tiny steps. If you coach them to ride with cat-like skills on the flats you can bet that they will carry those skills with them everywhere they ride.

Video analysis provides an excellent way to help clarify your students understanding of the mechanics that will help them achieve their goals. Use any video footage you can find, put it in slow motion and point out some of your core fundamental ideas in freestyle. Show them how the pros are using the same foundation skills that you will teach them and how those skills are pivotal to their success. When you have the opportunity on the snow to refer back to the images that you watched, there will be a stronger connection for the student. Whenever possible, video your students and show them the gaps between what they think they look like and what they are actually doing. The visual representations can be the most effective way to help them understand how important it is to have solid foundations. They might be able to clear a table or spin a 360 but do they look stable and strong when they do it?



park with your students you have to remove the intimidation factor. Explain to your students how they can manage the terrain park successfully and safely. They need to have knowledge of etiquette and flow. They need to understand the intended use for each feature enabling them to visualize how a rider moves through the park. Blind spots exist in almost every portion of a terrain park and are some of the greatest threats to the safety of our students. Make them aware. Use the mistakes of other riders in the park to illustrate how you want your students to behave. Start with the simpler features and skills and work your way up step by small step. When you take your students to the top of the half pipe spend some time discussing how the riders are interacting and show them how to get in on the action. Remember, you are their personal guide and should show that you know how to relate. Make certain that you are walking the walk every time you enter the park or pipe.



You can keep your students safe by teaching outside the park, but they need experience in the park to apply what you're teaching. Before you use any feature in the

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Where does the White go when the snow melts?

The Rivers.

By Dustin Semb

There are tons of cross training articles out there, however you don't see them about the most natural crossover sport; whitewater kayaking.

Whitewater kayaking is the natural step when the snow melts. As the snow pack drops, the rivers rise. Aside from nature's way of telling us to go play in the river, there are many similarities in movements, sensations and terrain choices to those used in snow sports.

In snow sports we use independent leg movements, angulation movements, edging movements, projection of the center of mass towards the direction of travel, an athletic yet relaxed posture and a mental focus on technique. Kayaking has all of these aspects. You don't use the same movements of the same body parts, but the overall movement and feel are strikingly similar.

When sliding on snow you need to lean down hill and project your center of mass in the direction you want to go. Kayaking is the same. You need to lean downstream and move towards the apex of your turn. This can be one of the most difficult things to teach your students (as well as yourself). Being able to feel that sensation year round is great for the learning curve.

Another important aspect of both sports is the ability to control the tool without becoming stiff or rigged. Each sport requires you to have a constant relaxed athletic pos-

ture with subtle movements to stay in control. These coincide with the mental focus needed to be a competent athlete in either sport. While maintaining a focus on technique, you must still focus on terrain and anticipate the next move while not overanalyzing. All this while still having fun. These similarities allow paddling to help you improve nearly every aspect of snow sliding; from cruisers to steeps to freestyle.

Aside from the technical assistance, kayaking gives a very similar feeling to that of snow sports. You can get the same adrenaline rush you get by choosing similar terrain. Since both are sports based on moving down a slope or gradient, you can find anything from hiking the pipe (park and play) to chutes (steep creaking) to groomers (rolling waves). If you want to work on carving and edge control, nothing has as similar a feeling as carving a surf wave. If it is the backcountry that interests you, being able to go places that are inaccessible to anyone without a kayak will definitely fulfill that need.

Most people who ride the snow in the winter take to paddling relatively fast. Keep in mind that it is a difficult sport to pick up, so ask around for an instructor. The ACA (American Canoe Association) is the instructional body of kayaking, so look for ACA instruction. Ask people at your school if they paddle. You may get an opportunity to learn a new sport.

Get a boat and this spring you can paddle the water that you slide on this winter.

Dues Billing Announcement

You worked hard to earn your pin, don't lose it by letting your membership expire. You will receive a **dues billing announcement**

in the mail in **May!!** Be sure to pay by **June 30th** or you will incur an additional \$25 fee (or worse yet, lose your membership along with all its privileges.)

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an exerpt...Mikes Mind

Board Stories Magazine Volume 1 - Number 8
The column is Mike's Mind (Letter from the Editor)

by Mike Latronic

Everyone in Hawaii who watches much TV at all got a harsh dose of reality from acclaimed documentary producer Edgy Lee. Her latest work unfolded the horrific problem of crystal methamphetamine, or "ice," in the 50th State. All the major network stations, and others including PBS, provided free air time for *Ice: Hawaii's Crystal Meth Epidemic* and follow-up programs.

The addictive properties of this drug are reported to be immediate and certain. The destructive properties to body, mind and community are insidious at best, but grossly severe too often. Still, new users of ice are so blinded by the high they'd probably just laugh at their own growing numbers, ones that make sober people cry. Longtime users, for the most part, are oblivious to their health, community and even their own children. The drug takes over, rapidly and completely, turning once good, productive people into homeless, possession-less addicts.

Every law enforcement and medical agency in the state has a huge number of cases connected or attributed to this drug. It's a sad situation, one that must continue to be addressed. Mahalo to Edgy and also her staff and supporters for further highlighting this point.

Most often I find the best things in life are free. Cliché, yes, but true. Spending quality time with family, pursuing sports, hobbies and learning. Well, maybe these things are not completely "free" in the monetary sense, but you probably catch my drift. The human body possesses some fantastic natural chemicals whose release, when triggered by normal brain function, causes happy sensations. Apparently many of the molecules that make up drugs like heroine closely resemble naturally occurring "drugs" in the brain.

Adrenaline provides a great natural rush, and so too do the endorphins generated by your body and mind after physical activity. Existing naturally in all of us is adrenaline, dopamine and other long-lettered

chemicals. Each one of us has these, and we really only need something to trigger their release mechanism. For some that might be a good jog, some other type of workout or even a good book. Maybe this magazine? Other adrenaline junkies may choose to skydive, bungee jump or ice climb whichever you choose there's the rush. For law-abiding, health-conscious board riders the path is obvious. No drug can ever replace the awesome thrill of making a great tube ride, aerial, floater or noseride. Even the simple act of teaching someone to surf and seeing them stand up for the first time with an ear-to-ear grin is a rush.

Do yourself, your family and your community a favor after reading this magazine: spend quality time with yourself, your family and friends and go ride a wave. Whether you are a first-time wave user or a veteran, chances are it will either make or reinforce you as an addict of sorts but it won't lead to a rap sheet, poverty, an overdose, child abuse, spousal abuse or the like. M.L.

in remembrance

Jack E. Nagel

1926-2004

Legendary skier, aviator, coach, Olympian and storyteller Jack Nagel passed away March 11, 2004 as a result of heart failure while skiing in his beloved mountains in Idaho. Jack is survived by his daughters, Cathy and Judy, his wife Beatrice and a host of skiers and dreamers who follow their passions.

His spirit will be felt in the snow beneath our skis, the wind at our back, and the rebellious laughter in our hearts.

A Year Round Snowboard Haven

By Shannon Johnson
Stevens Pass ski and Snowboard School

Snowboarding has been a huge part of my life. I've spent winters devoted to improving my riding and helping others improve. This season ended after I damaged my ACL and I made the decision to get surgery and focus on being ready for next season. Unable to teach on the mountain and be around the community of riders who have been a major part of my life, I searched for some way to stay involved in snowboarding when I couldn't be on the snow.

What I found were online snowboard communities. These communities range from Seattle and the northwest area, to the instructors on AASI to the entire world. There are sites that include both skiers and snowboarders and sites only directed to one of those groups. Here's a list of the best:

- aasi.org (our own instructors page for snowboarders and skiers in United States)
- snowboardseattle.com (Puget Sound snowboarding and skiing community).
- nwsnow.com (Washington state for snowboarders and skiers).
- snowboard.com (snowboarders all over the world)
- freeskiing.com (skiers all over the world)
- biglines.com (skiing and snowboarding for North America)

All of these sites are incredible for knowledge dealing with skiing or snowboarding. Each site gives members profile pages, forums, carpool links, and weather information. Since I'm a snowboarder, I'm only on the sites that allow snowboarders or are directly for snowboarders only.

Of all of the sites listed, snowboard.com is by far the largest collective group of snowboarders around the world. It is composed of instructors, snowboard bums, hardcore backcountry peeps, beginners, pro-snowboarders, videographers, photographers, board designers, euro carvers, snow bunnies, posers, freestylers, skiers who are now boarders and of course the moderators who look over all of it. All of these different types of snowboarders make up half million registered users.

You might be asking why instructors would use this site when we have our own forums on AASI. So here are a few reasons that I've come up with:

1. We teach because we love teaching. Whether we're on the snow or off the snow, we love to help give advice to riding better and improving our sport.
2. Snowboarding is constantly developing! Everything is constantly changing, the vocabulary of tricks, the changing slang, the technical language, the overall sport of snowboarding develops new ideas and styles each day. This is information that is no longer in manuals, only on the Internet where it can be updated and worked on daily.
3. We love the snow, but unfortunately the snow is not always there year round, sometimes we just have to go somewhere where there is snow year round even if it's in our minds.
4. Building clientele is a huge part of our teaching career. It's great to have lessons where you know the people and you look forward to that lesson. After being online for a week, posting on the forums about riding suggestions, I was asked if I was willing to give private lessons. My occupation was listed as snowboard instructor along with a picture and general information. It was easy to draw in people who just needed some critiquing but didn't want to get the formal lessons without knowing their instructors. Most of these people, I had already established a connection with before we had even hit the snow.
5. As instructors, there are many of us who speak in technical terms. We've all seen it. We speak from our manuals and from exam technical talks but, what about being able to give simple, descriptive instructions? There are times when we need to know our technical terms, but not when we teach kids classes, or are teaching fun interactive clinics. It's been years since I've had lawyers, engineers, and Microsoft employees in my snowboard lessons. When you are online, you can't speak the instructor talk, you have to be as simple and descriptive as possible when you give advice. Few people online are going to understand the terms that we have memorized from our snowboard manuals. Giving advice to strangers online is very tough, because you can't see what they are doing wrong, so the

advice you give must cover enough information on correct techniques and ideas for improvement.

6. To meet other snowboarders, to get rides up to the mtn, to challenge yourself with riders who just ride.

Now that you know how online communities can benefit you, if you are interested go check them out. Here's the lowdown on the snowboard.com community...

Each member creates a profile page where other members can get to know you and post comments. This is where you list your general information such as name, occupation, age, birthday, where you live, and photos of yourself. You also post your riding information such as which mountain you ride, how many years have you rode, your riding style, stance and ability. At the end of your profile you can include quotes, random thoughts, or even the companies you support. Your profile tells you who has viewed your page, left comments and even lets you instant messenger other riders.

Once you have set up your profile, you are free to roam the forums. These are the categories of the forums: Ages (14-16, 17-19, 20-29, 30+, general), equipment/reviews (bindings, boots, clothing, misc., music, snowboards, videos), locations (Washington, Oregon, Idaho), and riding (general, tricks).

Here are some of the topics of recent posts:

- Snowboard Slang Steez
- Forum for the injured-insane in the membrane
- Snowboard thievery
- Good board companies
- Your first shred video

- Helmets: with or without?
- Where do hot chicks ride?
- Rules of the park
- Do orthopedic surgeons snowboard?
- Carving tips
- Chair lift etiquette
- Snowboarding's worst trends
- Building a rail?
- How to get huge air and remain stable?
- Corked and Inverted Spins
- Best bindings you've ever had
- Best starter tricks
- Wire vs. Lace boot systems
- Best music for riding
- Are there any...hardbooters here?
- Born in the 70's
- What's your riding warm up?

Online forums are where snowboarding is developing, ideas for the sport are created and where our passion we have for the sport shows how long the sport will last. The website snowboard.com was made to to "create a community where passionate snowboarders could meet other snowboarders and thereby enhance their snowboard lifestyle and the sport of snowboarding."

These sites are places where the snow never melts, where we are never injured and where we are always welcome in the community. In the words of Jake Burton, our passion to ride has created unlikely friendships, unforgettable days, countless stories, and a culture devoted to standing sideways and having fun. Now we can enjoy our sport when we are unable to ride, when we can't get to the mountain, and when we miss the snow.

2003-2004 NORTHWEST SURVEY UPDATE

A big thank you goes out to all the members who took the time to fill out and return the Customer Surveys distributed last fall. For an organization like ours, or any other organization for that matter, your support was outstanding. The survey return rates were as follows.

AREA OPERATORS : 7 OF 19 SURVEYS RETURNED 37%
OWNER/OPERATORS: 24 OF 60 SURVEYS RETURNED 40%
TRAINING DIRECTORS: 54 OF 180 SURVEYS RETURNED 30%
ACTIVE MEMBERSHIP: 683 OF 3313 SURVEYS RETURNED 21%

The survey committee is currently entering your input into a data base file with your evaluations and comments and will have the results available for the spring Board of Directors meeting in May. I might add that with your great response and the hundreds of supporting comments, this is no easy task! The input work is being done by volunteers and at no cost to the Division. Look for a more complete report on the survey results in the summer newsletter. Once again, a big thank you to all who took the time to fill out the survey. Your input is appreciated.

Bob McDonald, Committee Chair

Committee Members: Mark Schinman (Stevens Pass), Chad Dold (Nordic), John Winterscheid (Snoqualmie), Mary Germeau (Stevens Pass)

2003-2004 PSIA-NW Calendar

Day	Date	Alpine Events	Location
Fri	4/23/04	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/24-25/04	Exam Modules, Level II & III	Mt. Bachelor
Fri-Sun	5/14-16/04	GS Race Camp	Mt. Bachelor
Sat-Sun	5/29-30/04	Ski School Clinic Leader Training	Timberline
Fri-Sun	7/9-11/04	Professional Development Series Camp	Timberline
Fri-Sun	7/16-18/04	GS Race Camp	Timberline
Fri-Sun	7/23-25/04	Mixed Race Camp	Timberline

*** No Educational credit for current level III Instructors

Day	Date	Snowboard Events	Location
Fri	4/23/04	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/24-25/04	Exam Modules, Level II & III	Mt. Bachelor
Fri-Sun	5/7-9/04	Freestyle Camp	Timberline
Fri	5/14/04	Freestyle Accreditation Orientation Clinic	Mt Bachelor
Sat-Sun	5/15-16/04	Freestyle Accreditation	Mt Bachelor
Sat-Sun	5/29-30/04	Ski School Clinic Leader Training	Timberline
Fri-Sun	7/9-11/04	Professional Development Series Camp	Timberline

Day	Date	TD/DCL Events	Location
Sat-Sun	4/24-25/04	TD Training (Alpine/Snowboard Exam Shadow)	Mt. Bachelor
Fri-Sun	5/7-9/04	Summer TD/Divisional Staff/ACE Clinician Training (Alpine)	Mt. Bachelor
Fri-Sun	5/21-23/04	Summer TD/Divisional Staff Training (Snowboard)	Timberline

Day	Date	Regional & National Events	Location
Mon-Tue	4/26-5/4/04	National Team Selection	Snowbird, UT
Sat-Sun	5/15-16/04	PSIA-NW Spring Board of Directors Meeting	TBA
Sun-Wed	5/23-26/04	NSAA Convention	Savannah, GA
Wed	5/24/04	AASI/PSIA National Board of Directors Meeting	Savannah, GA

PSIA/AASI EVENT FEES

EVENT	FEE	EVENT	FEE
Exam Checkpoint _____	40	PDS (5 week program) _____	165
Exam Orientation Clinic _____	50	Clinic Instructor Trng _____	150
Pre-Exam Clinic _____	50	Women's College _____	140
Alpine/Snowboard II-III Exam ____	90 per module	Divisional Academy _____	225
Nordic II-III Exam _____	90 per day	3-Day Freestyle Camp _____	110
Level II-III Written Exam _____	15	3-Day PDS Camp (on snow) _____	180
Day Clinic _____	40	3-Day Summer Camps _____	220
Freestyle Clinic _____	40	TD Fee _____	110
Member Ski School Clinics		Advanced Children's Endorsement	100
Day (6 hrs)=190.00 + 10 Each participant credit		Fall Seminar _____	50
1/2 Day (3 hrs)=120.00 + 10 Each participant credit		Senior Tour Series _____	120



**Crystal Mountain Resort
Ski School
Now Hiring Instructors of the
2004-2005 Season**

Seeking full-time professional instructors to provide individual and group skill development sessions to students of all ages and at all skill levels. Teach at least 5 days a week for a varied schedule of up to 32 hours a week or more.

Temporary Job: 1st October 2004 to 1st June 2005.

Level III Certified Instructors: 8 positions, requires 3 seasons instruction in skiing, snowboarding or race coaching experience. Possession for or eligibility for PSIA level 3 certification or equivalent is necessary. Experience may be acquired in 2 calendar years. Salary range \$20.31 to \$25.00 per teaching hour.

Respond to Job _1249538__

Level II Certified Instructors: 8 positions available. Requires 2 seasons instruction in skiing, snowboarding or race coaching experience. Possession of or eligibility for PSIA level 2 or equivalent is necessary. Experience may be acquired in 1 calendar year.

Salary range \$12.00 to \$20.00 per teaching hour.

Respond to Job _1249603__

All Positions at Crystal Mountain Washington

Respond by May 15th, 2004

Send resume to:

Crystal Mountain Resort

C/O Employment Security Department

E & T Division Job # _____

PO BOX 9046

OLYMPIA, WA 98507-9046

Continued from page 7

When you head to the desired terrain feature don't forget about safety and etiquette. Even though it is a good idea to teach freestyle fundamentals outside the park in the beginning, there is no substitute for practice on the desired feature. Make sure that the feature is appropriate for your students needs. If you're teaching a newer rider how to jump tables, find a table that allows you to hip to the side. If your area has a hip you're gold. If you're teaching a more advanced rider how to spin off a jump, try picking the jump that they are most confident on rather than the biggest jump in the park. This way your student still gets to stare down the table top jump and ramp, but there is far less pressure to clear the deck. Be cre-

ative with the ways you use each feature. Sometimes the obvious choice in terrain is not the best one.

When the time comes to hit that table or hip, your students need to visualize and reinforce all the fundamentals that they have learned. Have them think carefully about what their terrain choice will demand of them. Teach them to trust their foundations and flow to the feature with confidence in their skills. Suffice it to say that once the rider's in motion too many thoughts will hinder their performance. The best golfers in the world think of nothing once they have addressed the golf ball. Static drills are an excellent tool for reinforcing the way things should look and feel. Have your students practice their

ollie or approach stance before they roll at the jump. When your student gets to the bottom of the half pipe and takes their board off you have a perfect opportunity to show them the timing of flexion/extension movements in the pipe. Get them in their stance and talk them through the process of absorbing and pumping the transitions. Be creative. The best way to teach difficult skills many times can be to reduce the number of things done at once. Eliminate the slide factor. The best sign of mastery is the ability to act without thinking. Plan the trick and go. Don't spend time thinking about the possibilities while you're on your way to the feature.

When writing your personal coaching manual keep a couple of things in mind. You won't make any mistakes if you don't try. If you build small steps in your progressions then mistakes will generally be smaller. Mistakes that don't hurt you will help you improve as a coach and rider. Creativity is the key if you want to expand your understanding to help your students and our sport continue to grow. It is our responsibility to teach our students the hows of freestyle because we are the professional educators of our sport. If our students look to us for coaching and we don't meet their expectations, who will? Take this opportunity to grab freestyle coaching and riding by the reins and make it your own. Saddle only what you feel you can at first and try to implement it into all of your lessons. That may mean teaching your beginner students how to ollie or challenging yourself to progress on the rails. I like to believe that freestyle snowboarding is a thing born in youth. For those who are not so youthful, freestyle can make you young.

Summer **RACE** Camps

It is time once again to be gear up for Summer Race Camps at Mt Bachelor and Timberline. Skiing does not have to end when most resorts stop the lifts for the last time this season. Join the PSIA-NW Tech Team on the slopes this summer and continue to round out your skiing skills blend. Don't be shy if they may be your first experience in the gates. There is no better time or place to add an element you have been missing in your skiing. For those with experience gate bashing, join us to advance your skills and improve your tactics

Race camp isn't all about racing. The afternoons are available for a plethora of off snow activities including, but not limited to, mountain biking, golfing, BBQ's, swimming, shopping, relaxing or any combination of these. Check your calendar and sign up today.



**Mt Bachelor
GS Race Camp
May 14th-16th, 2004**

**Timberline
GS Race Camp
July 16th-18th, 2004**

**Timberline
Mixed Race Camp
SL and GS
July 23rd-25th, 2004**



More Summer Activities

Winter can be a very busy time for most of us in the snow sports industry. With such a limited window of on snow time we often don't have time to indulge our senses in our own professional improvement. So this summer, take a "forward diagonal" move onto the sunny slopes of Timberline.

**Timberline
Ski School Clinic Leader
Training
Available for both
snowboard and alpine
May 29th-30th, 2004**

**Timberline
Professional Development
Series Camp
Available for both
snowboard and alpine
July 9th-11th, 2004**

Be sure to bring all your off-snow toys: bikes, golf clubs, windsurfing gear, etc.

CLASSIFIEDS

The **Stevens Pass Ski and Snowboard School** is looking for instructors who love to work with both kids and adults. Ability to teach snowboard and skiing a plus. 206-812-4510 before 5/1 or after 9/20. Andrea Hartland x236 or Steve Hindman x255 .

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FOR YOUR 2004 CATALOG & PRO FORM CONTACT YOUR AREA REP

STEVENS PASS	DAVID PRESTON	425.771.6614	DAVIDE.PRESTON@VERIZON.NET
STEVENS PASS	LARRY CALVIN	206.715.6932	LARRY.CALVIN@VERIZON.NET
WHITE PASS	TONY FARDELL	360.423.1928	FARDELL@ADELPHIA.NET

If your area is not listed call 1.800.784.4090 for your catalog & pro form. If you are interested in becoming an area rep, contact Shari (9-5 MST M-F) or E-mail info@sportstarprosales.com. Be sure to have your PSIA or NSP# available.

SportStar ProSales
A SportStar USA Company

258 South Taylor Avenue
Louisville, Colorado 80027
800.784.4090 • 303.530.7811
info@sportstarprosales.com
www.sportstarprosales.com



PSIA-NW Event Application

PSIA-NW / PNSIA-EF / AASI
11206 Des Moines Memorial Dr., Suite 106
Seattle, WA 98168



Phone: (206) 244-8541 Fax: (206) 241-2885 E-mail: office@psia-nw.org

Please fill out all applicable lines for your event

FOR OFFICE USE

PSIA-NW Membership # _____ Cert Level _____

Ski/Snowboard School: _____

Name: _____
last first

Address: _____
street/box city state zip

Check here if address has changed

Daytime Phone: (____) _____ Home Phone: (____) _____

Email Address: _____

Discipline: Alpine Snowboard Nordic Adaptive

EDUCATION EVENTS

Fill out this box for: Fall Seminar, Day Clinics, Night Clinics, Women's College, Professional Development Series, Exam Checkpoints-Mock Exam, Level II-III Written Exams, Advanced Children's Endorsement, GS Camp, Divisional Academy, Exam Orientation Clinics, Senior Tour, Freestyle Clinic, Ski School Clinic Leader Training, PDS Camp, and Summer Race Camps.

Event Name: _____

Event Date: _____

Location: _____

Unless otherwise stated, all events check in at the Day Lodge. Day Clinics begin at 9:00 am and Night Clinics at 7:00 pm.

All written exams will begin at 3:30 pm except the PDS Series, which is scheduled for 7:00 pm.

CERTIFICATION EXAMS

Exam Level: Level I Level II Level III

Exam Date: _____

(Applications are due 14 days prior to events)

- Skiing or Riding Module - Saturday
- Teaching/Technical Module - Saturday
- Skiing or Riding Module - Sunday
- Teaching/ Technical Module - Sunday

The day of the module you are assigned may be determined by exam sign-ups.

Exam Location: _____

Written Exam Passed? yes

Date of Exam _____

Proctor/Ski School where taken _____

Training Director's Signature (required for exams)

LIABILITY RELEASE FORM (you must sign this release before attending any PSIA-NW event):

Recognizing that skiing/boarding can be a hazardous sport, I hereby release PSIA-NW, 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.

Signature _____ Date _____

TO AVOID A LATE FEE, registration is required 14 days prior to an event. If space is available, you will be assessed a \$10 late fee for a day or night event and a \$20 late fee for a two-day event. If you are injured and are unable to attend your event, we will deduct \$10 for a one-day event and \$20 for a two or more day event from your refund. REFUNDS REQUIRE A NOTE FROM YOUR MEDICAL PROVIDER.

Signature _____ Date _____

Fee Paid: \$ _____ Cash/Check Visa/MC

fee must accompany application

Visa/MC # _____

Expiration ____/____/____ Signature _____

Nuggets for Teaching Kids

#1 Place a flag on the helmet or the hat (use duct tape if needed) of the child in order to keep track of them. They enjoy it so much because they are part of a group and besides this way you can easily find your group. To top it off, you can watch where the child's head is moving when skiing or riding. Adapt this to placing flagging on a leg or even their arms.



#2 Let them pick the theme of the day. Adapt your lesson according to what the theme is.

Here are some theme ideas to help spark some creativity.

King and Queens of the day.
 Favorite fish from "Finding Nemo"
 Dinosaurs roaming the slopes
 Circus folk (like jugglers, tight rope walkers, lion tamers)
 Undercover invisible animal trackers
 Bugs
 Rally car drivers
 Candyland

New Divisional Staff

Congratulations to the following who were successful at the March 5-7, 2004 DCL Tryout

Andrew Barfield – Crystal Mountain

Tyler Barnes – Mt Hood Meadows

Kristina Kingsland – Schweitzer Mountain

Rachael Milner – Crystal Mountain

New Tech Team Members

Congratulations to the following people who were successful at the March 19-21, 2004 NW Tech Team Tryouts

Karin Harjo – Schweitzer Alpine Race School

Rick Lyons – Mt Hood Meadows

Terry McLeod – Schweitzer Mountain

RJ Nichoalds – Ski Klases, Inc. - Stevens Pass

Jason Petek – Lyon Ski School - Stevens Pass

NORTHWEST *SnowSport Instructor*

PSIA-NW/AASI

PNSIA-Education Foundation

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