

SNOWSPORT INSTRUCTOR



Help us choose which events to attend!



Divisional Academy



Freestyle Camps

Arc-n-Park



PSIA/AASI-NW TRYOUT CAMP



WINTER BLAST! SNOW JAM



early winter 2005

Inspiring lifelong passion for the mountain experience

Event Line Up

WINTER BLAST! SNOW JAM

CRYSTAL MOUNTAIN FEBRUARY 5TH-8TH 2006

Have you ever wanted to spend time with National Team Members? Have you ever wondered how great it would be to have a National Team member as your guide? Maybe you have skied or boarded with National Team Members and you want more?

check the
website for
updates

Well, want & wonder no more. Here they come!

SUNDAY AND MONDAY FEB. 5TH & 6TH

and/or

TUESDAY AND WEDNESDAY FEB. 7TH & 8TH

Deadline for
registration
Jan. 4th

National D Team coaches and small group sizes. Participants will be grouped by Certification Level and must be Level II or III.

Waste no time reserving your spot. Send in your application today, and come **SNOW JAM** with us at Crystal Mountain.

YOU CAN'T AFFORD TO MISS THIS

\$300 two days

\$550 four days

Discounted lift tickets will be available

LODGING INFORMATION

Alta Crystal
800.277.6475
www.altacrystalresort.com

Crystal Mountain Hotels
800.SKI-6400
www.crystalhotels.com

Crystal Mountain Lodging Suites
360.663.2558
www.crystalmtlodging-wa.com

Arc-n-Park

Play in the park or the gates! Show up on skis or a snowboard-we're not picky! Best part is, you don't have to be an expert at any of this, we will take you to the next step.

49° North will open on a Thursday exclusively for this event and its participants! On Friday we will share the slopes with the rest of the world.

It gets better-we feed you breakfast, lunch and dinner on Thursday and breakfast and lunch on Friday for no additional cost. Thursday night will be another infamous no host bar party for just you!

Lift tickets are included also! Does it get any better? Nope, just mark it on your calendar, sign up now and get ready to make history.

(If you haven't been to an event at 49° North yet we suggest you get there this year, cuz it's always memorable.)

Dates are February 23-24

Sign up early-after Jan15th all empty spots will be made available to other divisions and organizations to fill!



Event Line Up

PSIA/AASI-NW TRYOUT CAMP



Are you looking for a challenge, such as becoming a member of the Alpine or Snowboard Divisional Staff or Northwest Technical Team? Well tryouts are this year so we are hosting this camp to train hard and play hard together in preparation for the tryouts. This camp will help assess your skills by providing valuable hands-on coaching and feedback relative to the tryout activities and job requirements of being on staff. Sign up today with the PSIA-NW office and don't miss this great opportunity!!!

Alpine
Mission Ridge
Jan 26th-28th

Snowboard
Stevens Pass
Jan 26th-27th

Event cost: Alpine Event \$250

Snowboard Event \$150

Event Requirements: Level III for 2 or more years.

Camp sign-up limit: 21 (SIGN UP ASAP to reserve your spot before it is gone!!!)

Event Line Up

PSIA-NW Technical Team Tryout

March 17-19, 2006 Stevens Pass

*Must be a Level III Alpine member in good standing for at least 2 years.

*Must be at least 21 years of age

*Must be Level I ACE accredited

*Must have a passion for knowledge and fun

Get more information at: www.psia-nw.org

Please call the PSIA-NW office at 206-244-8541 to request an application packet.

Completed packets must be received by the office **no later than Feb. 17th**

Groms? Ankle Biters? Mini bits o' fun?

Join the JET-NW Team as an ACE Clinician!

If you know we are talking 'bout kids, then we need you!

The Junior Education Team (JET-NW) Staff is always looking for new trainers to join the team.

This is a great opportunity to help educate fellow instructors on the fun factor of every kids lesson.

It is not a tryout senario. It simply requires a strong desire to participate and we will train you!

The process is really quite simple.

Here are a few requirements:

Level III certified

ACE Accredited

Ready to go to work!



Please check the website for a complete list of requirements and an application packet.

Completed packets are due by Jan 23rd.

I am ready to go skiing!!
Are you ready for me?

DCL Tryouts Alpine, Nordic & Adaptive March 3-5, 2006

DCL Tryouts Snowboard March 1-3, 2006

both events are at
Stevens Pass

*Must be Level III member in good standing

*Must have an excellent working knowledge of the current manuals, trends, and certification standards

*Must have good communication skills

*Must be able to ski/ride well above the Level III standards

Please call the PSIA-NW office at 206-244-8541 to request an application packet. Completed packets must be received by the office **no later than Feb. 17th**

From the Communications VP

Rebound 2005 - 2006!

JOHN EISENHAUER
COMMUNICATIONS VP

Welcome to your annual Events issue! If the biggest turnouts at the three Fall Seminars and the earliest area openings in years are any indication of the strong rebound season we've all been hoping for, it's going to be a good one. Your Ed and Tech VP's have been hard at work and the influence of Kirsten Huotte, our new Education and Programs Director on our Event Line Up can already be seen. From the new Winter Blast Snow Jam, Park & Pipe and Tryout

Camps to your old favorites, there's a feeling of renewed excitement. Speaking of old favorites, the February two day event at 49⁰ North is back by popular request. This year's update gives you the choice to play in the park or arc in the gates for skiers or riders. Application forms and the latest information will be posted on the website. So, make your choices, jump back in and sign up early! After all, participating in events is what we're all about.

We also note the passing of one of our Lifetime members, Willa O'Connor (#1754). As a former editor of this newsletter and contributor to this and the national publications, reprinting her story in this page is a small tribute to a large spirit. Her wise council at recent board focus groups (i.e. short & sweet) always moved us toward consensus. It Started in the Mountains by Joy Lucas has more on Willa and two other long time members (Liv Nurman and John Hoefling - memorials in the last issue) who have all truly inspired lifelong passion for the mountain experience.

Willa O'Connor, active outdoors at all ages

OBITUARY

BY WARREN CORNWALL

Seattle Times staff reporter

Original print date: Oct. 24, 2005

When Willa O'Connor was 60 years old, she strapped on a pair of skis and launched herself off her son's backyard ski jump-into Lake Washington.

"Don't do that again. It's hard on my nerves," her son, Walt Hiltner, said, according to an account she later wrote.

Whether she was climbing Mount Rainier at 55, hitting the slopes in her 80s or penning articles about outdoor exploits, Mrs. O'Connor's zest for athletic adventures and for telling stories about them were undiminished by age until shortly before her death Wednesday. She was 91.

"She was an adventurous type. Her ski career is only a part of it. She sort of horrified my parents when she swam across Lake Chelan all the way when she was in high school," said her brother, Wilfred Woods.

Mrs. O'Connor had an early introduction to her twin passions of the outdoors and writing.

On Aug. 2, 1914, she was born in Wenatchee, where her father, Rufus Woods, was publisher of the local newspaper, The Wenatchee Daily World.

As a youth, she tromped up hills near town and swooshed down them on wooden skis that clamped the skier down with a contraption resembling a bear trap.

In 1938 she started working as a reporter at the family paper, leaving her job around the time she married Walter Hiltner in 1940.

Homemaking and raising five children, however, didn't halt her forays into the mountains.

"My earliest memories are of going skiing," said daughter Nancy Goodisman, a ski instructor.

From their home, first in Mercer Island and then in Seattle, the family went on regular ski trips to the Cascade Mountains.

All of her children showed some appetite for the outdoors. Hiltner became a well-known freestyle skier and co-wrote a book about the sport. The jump in their backyard was designed for him to practice his stunts. Another daughter married on top of Mount Rainier, an event Mrs. O'Connor-55 at the time-attended.

Two years before her first husband died in 1966, Mrs. O'Connor began working as a ski instructor. She continued teaching until 1990, including a brief stint at Vail, Colo., where she was, according to her family, the first grandmother to teach skiing there.

In 1988, when she married John O'Connor, he learned to ski.

"We would say it took a brave man to marry our mother," said daughter Mary Starkebaum.

Mrs. O'Connor also found a forum for writing. She edited the newsletter for a ski-instructors association, and wrote articles for publications that included the ski-instructors newsletter, The Seattle Times, The Wenatchee World and a magazine for seniors.

In recent years, Mrs. O'Connor had to stop skiing because of declining health. She suffered an intestinal condition, scleroderma, that eventually caused an infection that led to her death at Virginia Mason Medical Center in Seattle.

She is survived by her husband, John O'Connor of Camano Island; brother Wilfred Woods of Wenatchee; sister Kathryn Haley of Tacoma; and children Susan Craig of Kent, Mary Starkebaum of Seattle, Nancy Goodisman of Bothell, Carol Hiltner of Moscow and Seattle, and Walt Hiltner of Sydney, Australia.

A celebration of her life was held Sunday, October 30, 2005 at the Graham Visitors Center in the Washington Park Arboretum. Remembrances can be sent to the Willa O'Connor Mortarboard Alumnae Scholarship Fund, P.O. Box 53163, Bellevue, WA 98015. *Copyright 2005 Seattle Times Company. Used with permission.*

NW SNOWSPORT INSTRUCTOR

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New Committee Chairs Announced...

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... Snowboard Committee Co-Chairs - Chris Hargrave & Dustin Semb



HOPE THERE WAS SNOW UP THERE!
PHOTO BY WAYNE NAGAI



CLINICIAN: RACHAEL MILNER
PHOTO BY WAYNE NAGAI

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SnowSport Instructor

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Submission Deadlines

Issue	Deadline
Early Winter	Oct. 1
Winter	Jan. 1
Spring	March 10

Guide for Contributors

The Northwest SnowSport Instructor is published four times a year. This newsletter will accept articles from anyone willing to contribute. The editorial staff reserves the right to edit all submissions. Submit items as attachments via email or contact the editor for other options. Articles should include the author's name and a quick bio. Photos can be submitted via email or as prints. Please contact the editor for any additional information.

All published material becomes the property of PSIA-NW. Articles are accepted for publication on the condition that they may be released for publication in all PSIA National and Divisional publications. Material published in this newsletter is the responsibility of the author and is not necessarily endorsed by PSIA-NW.

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Kirsten Huotte-**Ed Program Director**
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Newsletter Ad Rates

Classified Ads: Classifieds are line type ads and will be run in a single section with different headers, i.e. Employment, Equipment for Sale, Get Connected, etc. Classified ads may vary in size and rates will be reflective of the number of words in the ad.

Rates:

20 Words or less	\$10
20-40 Words	\$20
40+ Words	\$1 per word

Display Ads: Displays will be available in a variety of sizes and will be boxed or otherwise set off from the surrounding text. There will be a layout fee for display ads that are not submitted in final form.

Rates:

Size	Rate	Layout fee
2x3	\$50	\$10
4x3	\$100	\$20
7x5	\$150	\$40
7x9	\$200	\$50

A 10% discount is available for anyone running the same ad in consecutive multiple issues.

Please make check payable to:

PSIA-NW

11206 Des Moines Memorial Drive
 Suite 106
 Seattle, WA 98168

Cover: Pictures from everywhere-Mostly courtesy of Wayne Nagai!

Insert: by LunaticProductions. Photos by Wayne Nagai, SelkoPhoto and Kirsten Huotte

Growth and Retention

BY ED YOUNGLOVE
 PSIA-NW PRESIDENT

I attended the Pacific Northwest Ski Areas Association annual meeting in Portland on September 15th. Communication with the ski area owners is a vital part of our organization's viability. The featured speaker was Michael Barry, President of the National Ski Areas Association. Many of you are familiar with Barry's model for growth. Some of you will undoubtedly recall that he personally presented the model at our fall Seminar several years ago.

Barry's premise was that if just a small percentage of persons who try the sport for the first time convert into skiers/riders, the industry would grow. Instructors were an important part of that model because they probably have more to do with that first experience than anyone else the first-time skier/rider encounters. Barry's presentation in Portland was Phase 2 of the growth model. The principal addition, as I understood it, was the concept that in addition to converting first-timers, some skiers/riders that demographic data tells us are leaving the sport need to be retained. The model's components are thus conversion (growth) and retention.

On October 6th I left for a meeting of the Division Presidents in Denver. One of our agenda topics was "Marketing, Growth and Retention." As Yogi Berra must have said, "it's obvious once you see it." Well, I'm seeing the concept of growth and retention all around us. Ski areas, snowsport schools and our national

organization are all struggling with the same opportunities.

If our division is going to grow by attracting (converting) new members to the organization and by retaining current members, I believe we need to focus on two components. These are the same focuses most businesses have: (1) produce good quality products/services, while constantly working to maintain and improve that quality; and (2) market the products/services so that the customer is aware of their high quality and availability.

I am convinced of the superior quality of our products and services and of our commitment to constantly improve that quality in producing cutting-edge clinics and materials. The hiring of our new Education and Programs Director, Kirsten Huotte, is just one reflection of that commitment.

To market our products and services, we need to first know who our "customers" are. Obviously, you, the member, are the primary consumer of the educational products and services the organization provides. Instructors who are not members are potential customers. Other, indirect consumers, also include schools and ski areas, where instructors utilize the educational products and services that they get from the organization in providing lessons. The ski areas and snowsport schools are also our partners. Ultimately, we share with them, as "customers," the skier or rider who

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President's Report continued

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takes a lesson from one of our members through a school at a ski area. It is important that all of these “customers” see the quality in the educational products and services we provide, if not by experiencing that quality directly, then by experiencing the result. For the school/area this means more frequent skier visits, and for the skier/rider it means a better, more effective lesson and a more fun experience.

To grow (i.e., convert more instructors to members of the organization), the key lies in instructors seeing the value of becoming a member. They must see the relevance of our services and products to their profession as an instructor. It may be that they will see the value better if the area and the school are somehow sending them the signal that membership in our organization and participation in our events will help them in getting, keeping and doing a better job. This is one reason our relationship with the ski areas and schools is a vital component of our growth.

To solve the retention problem, we need to ask why we lose members. (Since the concept of retention includes member participation, our retention problem also includes lack of member participation in educational events and products.) If it is a young instructor who leaves the organization, it may be because they are going off to school; or they are starting a family; or they cannot afford to participate (this does not mean just the payment of dues). If it is an older

instructor who leaves, maybe it is because they feel they have lost some of their physical ability; or their skills have deteriorated; or maybe they do not feel some of our focuses—teaching park and pipe—are relevant to them. Many of the instructors who leave have been with us for only five or six years and are physically in their prime. Maybe they leave because they do not feel challenged, or

...the key lies in instructors seeing the value of becoming a member.

maybe it is precisely because they feel that they are in their prime and that they have reached the peak of their advancement within the organization, whether it is a particular certification level or something else, and do not feel capable of accomplishing anything further. Obviously, there are many other reasons why people leave the organization. Some we can do something about and some we cannot. We need to figure out which is which, and focus on the ones we can do something about

which will be the most effective in retaining members.

So where do we begin? At our recent fall board meeting (between my trips to Portland and Denver), I appointed a committee of board members to develop a five-year fiscal plan for the organization. Growth and retention projections will be an important part of this financial model. For that reason, I appointed a second committee to create a scenario for the spring board meeting that will allow the board to identify and implement specific ways the organization can attract and retain members to meet the membership and participation goals set in the five-year plan.

Financially, our organization has a window of time, which I do not reasonably believe exceeds five years, within which to grow by both attracting and keeping members. This growth and retention is necessary if we are going to be able to continue to provide the highest quality educational products and services, and not only maintain but improve that quality, while at the same time keeping membership participation reasonably affordable. During this last term as President of PSIA-NW, it is my intention to focus the board's efforts on our growth and retention opportunities.



The McLaughlin Report

The Next Level

BY LANE MCLAUGHLIN
PSIA-NW TECH VP

Where are you at in your snow-pro career? Did you recently jump on board and are eagerly climbing the ladder, or have you been there and done that and winding down some? If so, then your season may be fairly planned out already and you have an idea of where you're going. However, I know there's many of you who are nearing or have been floating around in that zone we call 'Post Level III'. It's the level that's not a level; you've been achievement driven through your teaching career, you've earned your Level III and you now ask yourself "what's next?" and perhaps the road map is not clearly defined. Well, let me throw some options out there for you and see if we can nudge you along to some new goals.

Your Door Just Opened

Earning your Level III certification is a HUGE accomplishment! Many people consider it 'having arrived' and perhaps the end of a journey to skiing/riding/teaching excellence. It certainly is a milestone, but perhaps more of a junction than an end point. It's really the point where Morpheus (of Matrix movie fame) presents you with the Red pill and Blue pill, perhaps the moment where you choose to see how far your talent really goes.

If you chat with some of your favorite clinicians and mentors, you may very well hear them say something like "I earned my Level III certification and then I really

learned how to become great skier/rider/teacher!" – with a smirk and a tone of irony in discovering there's so much more to learn and room for growth in a post Level III world. The certification process is more-or-less a system to help articulate, coach, and evaluate skill development and defines the minimum level of performance needed to achieve the next level. Although it serves a purpose in helping guide our membership along a path of improvement, we can all become less than inspired by "systems, levels, minimum standards", some will want to bust down the door and roam beyond the framework they've been held within.

Of course, being in the position I'm in as Tech VP, I'm going to throw you my pitch to come through that door and participate in a variety of ways that can be inspiring, challenging, rewarding and therefore the "next level" in terms of effort and exploration. I welcome you to come participate in testing yourself among the best clinicians in our Division and finding out where you want to go next in your journey.

Specialty Clinicians

Because our sport and profession is quite diverse and always changing to some degree, new specialty topics routinely come along that require quick response and special expertise to provide membership with timely information and training. As talented as our Divisional Staff is, there's always room

for specialists to plug into niche areas where that extra level of expertise is needed.

Currently the hottest specialty topics in our training curriculum are age specific training, which includes our Advanced Children's Education (ACE), taught by the JET-NW team, and Senior Tour courses. Admittedly more important than the "hot feet, cool sunglasses, bad-ass" talents are the skills to relate to individuals, assess their needs, and modify teaching behavior and lesson content accordingly. These programs are continuing to grow and develop new curriculum and need people like you to take on the challenge of bringing excellence to the program and its delivery to our membership.

And what about Pipe & Park training? I'm assuming we're way beyond the fad stage and the freestyle scene is anywhere from a small to a core part of the resort experience for many guests. We need to answer the call and develop a staff of clinicians who can get out to our members and member schools and show them how to effectively handle freestyle education in their daily work.

If you're interested in becoming a JET-NW, Senior Tour, or Pipe & Park specialist within the division, contact the PSIA-NW office and they'll refer you on to the team leaders in these areas and you'll get in the communication loop for the selection process.

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The McLaughlin Report continued

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Divisional Clinic Leaders (DCL)

Remember all the mentors who helped you along the way to where you are now? Are you looking to wear the shoes and don the hat yourself? In the level of no levels, your next level can actually come through helping others come up through the same 'system' that got you here. Being a DCL is a great opportunity to continue doing what you love to do while expanding your game. As a DCL you may get a wide variety of work assignments across the division and with each different topic, region, school, and individual member you encounter you'll quickly discover just how diverse our membership is and therefore how much more there is for you to learn and improve on to adequately accommodate their needs.

There will be tryouts for Alpine DCLs this season, currently scheduled for March 3rd-5th and Snowboard DCLs March 1st-3rd, both at Stevens Pass. Unlike your past experience with exams, tryouts are a different animal in that defined tasks, minimum standards and a passing grade aren't the measure of success. Instead, you essentially audition along with other DCLs and candidates to demonstrate your talents as a clinician. Success within our staff is measured by feedback from membership. Do they like your game? Are they inspired to participate? Did you deliver what they were looking for, etc.

Alpine Technical Team (Tech Team)

Participation on the Northwest Tech Team is another level, of effort that is. This corps represents those who want to step up to developing products, programs, and projects that keep our division evolving. The effort is nearly year round and it takes well-rounded individuals who are committed to evolving their skiing, teaching, presentation, communication, and leadership skills. You may make the team because of your strengths, but you'll succeed as a team member by strengthening your weaknesses – you see how even in a post Level III world we get to admit, and therefore face, our weaknesses.

There will be tryouts for the Alpine Technical Team this season, currently scheduled for March 17th – 19th at Stevens Pass. Consider coming to these tryouts if you really want to step up and take on a variety of assignments that'll take you into directions you may or may not have planned for in your teaching career. The opportunities unfold as you dig around in new areas to explore.

Tryout Camp

In years past, there's been some sense among membership that access to becoming part of the divisional staff requires some kind of special connection, a secret

handshake, the wink-wink from some inside player, or some other mysterious, and perhaps unfair, process. That's not the case – it's an open door and you're welcome to come through.

To help create a friendlier process to train, get info, show your stuff, get feedback prior to the tryouts, we'll be hosting a 'Tryout Camp' this season, currently scheduled for Alpine on Jan 26th-28th at Mission Ridge and Snowboard on Jan 26th-27th at Stevens Pass, well ahead of the DCL and Tech Team tryouts. Whether you are interested in becoming a specialty clinician, DCL, or Tech Team member, or to just play hard/train hard in your post Level III world, this camp will be a full immersion in tryout preparation, coaching, goal setting, feedback, and hands-on activities.

Wrap Up

There's definitely no right or wrong way to go in your snow-pro career, just opportunities and options. Hopefully if you've enjoyed your participation in PSIA/AASI to this point and you wonder how to keep up your progression, give back to others, find new opportunities, do your thing across a wider membership base, or just keep busy that I've turned your attention to some options that pique your interest. If so, start letting people know about your intentions and let's help make things happen for you.



Are Your Instructors Connected?

BY MIKE PETERS
49° NORTH TD

One of the challenges for Training Directors is to provide information that enables their instructors to see the relationships between exercises, progressions, efficient movements, etc. In other words, are they able to put the pieces of the 'big picture' together? Even seasoned instructors are constantly learning new relationships, hence making their lessons more effective.

A requirement for effective teaching tasks is to apply KIS(S) (Keep It Simple, without the label). We sometimes overlook easily accomplished tasks that can be used for teaching efficient movement patterns in maneuvers or progressions.

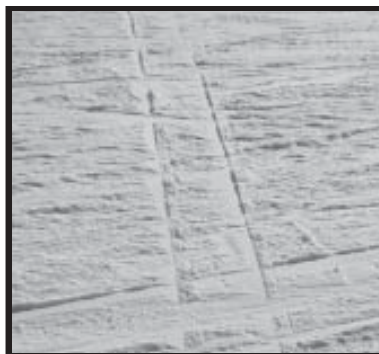
Our job as training directors is to clinic our instructors on using such simple and effective tasks in their lessons and how to apply them. One such task is our celebrated traverse. So let's first look at criteria for the 'effectiveness rating' of a task:

1. Is it easy to apply?
2. Can it be used on varying terrain that is appropriate to the level of the student?
3. Can it be used to reinforce or introduce different movement patterns?

The traverse certainly fits the mold. Now let's pick a maneuver and a movement.

You are teaching an open parallel. An inefficiency you notice is the inability of your students to apply diagonal movements. Specifically, they are not diagonally pressuring into the boot cuff (the 10 o'clock and 2 o'clock positions) at the initiation of the turn. So, first take the class to an appropriate slope and start traversing.

First practice the traverse with pressure against the front of the cuff. The goal is to produce relatively straight tracks as in Picture 1. This may take some practice, as the tendency is to let the skis follow its side cut which is an indication of inadequate forward pressure.



Now let's make a diagonal pressuring movement. Have your students practice traversing while slightly pushing the shins against the insides of both cuffs. The resulting tracks should look like Picture 2.

You will also notice that the tracks in both pictures are parallel, the width between skis is functional, and edging is evenly applied to the

tracks. So, with hardly any extra effort you can reinforce other movements at the same time!

Now after plenty of practice, with maybe a fun competition for the best tracks, and a wide slope, your students are ready to make those more efficient turns. Start them moving into the fall line to make direction changes with their new skill. You have done wonders! Of course, there are even more skills that can be taught with the traverse: balance/stance, pole use, and so on.

Since your clinic was such a success your instructors will want more of these type of teaching tasks. Here's a partial list to get you



started: pivot slips, skating, one-ski turns. In your clinics, instructors can brainstorm the applications. Of course the key is for everyone to practice these on his or her own.

The most significant benefit is the connections your instructors will begin to see as they apply these tasks to their own skiing and lessons.

Have fun. ■

The North Face

**Keeps the
PSIA-NW
Technical Team**

**Dry and warm
in all
conditions and
on all terrain**



NEVER STOP EXPLORING

WHITE PASS

DIVISIONAL ACADEMY

MARCH 10-12

20TH ANNIVERSARY

WHY GO TO ACADEMY AT WHITE PASS?



THE COACHING

THE BANQUET

THE VIDEO REVIEW



THE DVD
THE FUN
THE OUTCOME



FOR MORE INFO CHECK OUT WWW.PSIA-NW.ORG

NEW EVENTS

ARC -N- PARK

FEBRUARY 23RD & 24TH



WWW.SKI49N.COM

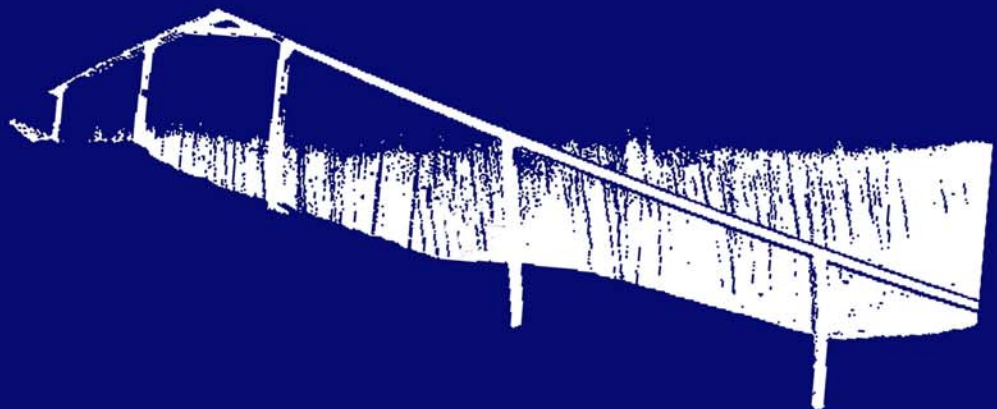
SNOWBOARD & ALPINE EVENT

JAM IN THE PARK OR RUN GATES

MEALS INCLUDED

TIMED COURSES

HILL EXCLUSIVE TO ARC -N- PARK ON THURSDAY



FOR MORE INFO CHECK OUT WWW.PSIA-NW.ORG

FOR 2006

WINTER BLAST

FEBRUARY 5-6 OR 7-8



REGISTRATION DEADLINE JANUARY 4TH

FOR MORE INFO CHECK OUT WWW.PSIA-NW.ORG

Calendar of Events

2005-2006 PSIA/AASI-NW Calendar

Day	Date	Alpine Event	Location
Fri	12/2/05	Winter Warm-up	Mt Baker
Fri	12/9/05	Exam Orientation Clinic***	Crystal Mtn.
Sat-Sun	12/10-11/05	Exam Modules, Level II & III	Crystal Mtn.
Sun	12/4/05	Advanced Childrens Endorsement (1 day)	Timberline
Sat	12/10/05	Advanced Childrens Endorsement (1 day)	Crystal Mtn., Schweitzer
Sun	12/18/05	Advanced Childrens Endorsement (1 day)	Snoqualmie
Tue	1/17/06	Senior Tour Series - Teaching Skill Development (on snow)**	Summit Cntrl, Mt Hood (night)
Wed	1/18/06	Free Ride Camp MA/Rider Improvement	Stevens Pass
Thurs	1/19/06	Senior Tour Series- Polishing Your Skills (on snow)**	Summit Cntrl, Mt Hood (night)
Thurs	1/19/06	Freestyle Fundamentals Accred. Clinic-Foundations	Stevens Pass
Tue	1/24/06	Senior Tour Series - Teaching Skill Development (indoor)**	Bellevue High/Mt Hood
Wed	1/25/06	Day Clinic - Senior Tour - "Improve your Personal Skiing" (on snow)	Summit Central
Thurs	1/26/06	Senior Tour Series - Polishing Your Skills (indoor)**	Bellevue High/Mt Hood
Fri	1/27/06	Beat the Bumps Workshop	Stevens Pass, Schweitzer
Mon	1/30/06	Day Clinic - Efficient Movement Patterns	Summit Central
Sat	2/4/06	Day Clinic-Ski Improvement-Giant Slalom	Stevens Pass
Mon	2/6/06	Exam Checkpoint-Skiing or Teach/Tech	Schweitzer/Mt.Hood Mdws
Sun-Mon	2/5-6/06	Winter Blast	Crystal Mtn.
Tue-Wed	2/7-8/06	Winter Blast	Crystal Mtn.
Wed	2/8/06	Day Clinic - Senior Tour - "Improve your Personal Skiing" (on snow)	Timberline
Thur	2/9/06	Day Clinic - Intro to Slalom Racing	White Pass
Fri	2/10/06	Day Clinic-Bumps 1	Alpentel
Wed	2/22/06	Day Clinic - Senior Tour - "Improve your Personal Skiing" (on snow)	Mt Spokane
Thurs-Fri	2/23-24/06	Arc-n-Park Camp	49° North
Sat	2/25/06	Day Clinic	49° North
Sun	2/26/06	Movement Analysis Workshop II	Mt. Hood Meadows
Sun	2/26/06	Day Clinic-Steeps and Off-Piste	Crystal Mtn.
Sun	2/26/06	Exam Checkpoint-Skiing or Teach/Tech	Stevens Pass, Crystal Mtn.
Tue	2/28/06	Explore Off-Piste and Steeps	Alpentel
Fri-Sun	3/10-12/06	Divisional Academy	White Pass
Fri	3/17/06	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/18-19/06	Exam Modules, Level II & III	Schweitzer
Sun	3/19/06	Exam Checkpoint-Skiing or Teach/Tech	Mt. Hood Meadows
Fri	3/24/06	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/25-26/06	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/25-26/06	Advanced Childrens Endorsement	Stevens Pass
Sun	3/26/06	Exam Checkpoint-Skiing or Teach/Tech	Mt. Bachelor
Fri-Sun	3/31-4/2/06	Spring Symposium	Mission Ridge
Fri	4/7/06	Freestyle Fundamentals Accred. Clinic-Foundations	Stevens Pass
Fri	4/7/06	Exam Orientation Clinic***	Crystal Mtn.
Sat-Sun	4/8-9/06	Freestyle Accreditation	Stevens Pass
Sat-Sun	4/8-9/06	Exam Modules, Level II & III	Crystal Mtn.
Fri	4/14/06	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/15-16/06	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/21/06	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/22-23/06	Exam Modules, Level II & III	Mt. Bachelor

Calendar of Events

Sat	4/29/06	Spring Fling	Portland
Sun	4/30/06	Spring Fling	Seattle
Fri-Sun	5/5-7/06	Freestyle Camp	Timberline
Fri	5/12/06	Freestyle Fundamentals Accred. Clinic-Foundations	Mt. Bachelor
Fri-Sun	5/12-14/06	GS Race Camp	Mt. Bachelor
Sat-Sun	5/13-14/06	Freestyle Accreditation	Mt. Bachelor
Sat	6/3/06	Spring Fling	Spokane @ Gonzaga Univ.
Fri-Sun	7/7-9/06	Professional Development Series Camp	Timberline
Fri-Sun	7/14-16/06	Summer Ski Camp	Timberline
Fri-Sun	7/21-23/06	Summer Ski Camp	Timberline

** Six week series (4 nights on snow, 2 nights indoor)

*** No Educational credit for current level III Instructors

Day	Date	Snowboard Event	Location
Thur	12/8/05	Exam Pathways	Stevens Pass, Mt Hood Meadows
Fri	12/9/05	Exam Orientation Clinic***	Crystal Mtn.
Sat-Sun	12/10-11/05	Exam Modules, Level II & III	Crystal Mtn.
Wed	1/18/06	Free Ride Camp MA/Rider Improvement	Summit Cntrl, Mt Bachelor
Thur	1/19/06	Freestyle Fundamentals Accred. Clinic-Foundations	Summit Cntrl, Mt Bachelor
Mon	1/23/06	Free Ride Camp MA/Rider Improvement	Summit Central, Schweitzer
Thur	2/2/06	Free Ride Camp MA/Rider Improvement	White Pass
Mon	2/6/06	Exam Checkpoint-Riding or Teach/Tech	Schweitzer-Mt. Hood Mdws
Sun-Mon	2/5-6/06	Winter Blast	Crystal Mtn.
Tue-Wed	2/7-8/06	Winter Blast	Crystal Mtn.
Thurs-Fri	2/23-24/06	Arc-n-Park Camp	49° North
Sun	2/26/06	Checkpoint- Riding or Teach/Tech	Stevens Pass, Crystal Mtn.
Fri-Sun	3/10-12/06	Divisional Academy	White Pass
Fri	3/17/06	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/18-19/06	Exam Modules, Level II & III	Schweitzer
Fri	3/17/06	Freestyle Fundamentals Accred. Clinic-Foundations	Mt Hood Meadows
Sat-Sun	3/18-19/06	Freestyle Accreditation	Mt. Hood Meadows
Sun	3/19/06	Exam Checkpoint-Riding or Teach/Tech	Mt. Hood Meadows
Fri	3/24/06	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/25-26/06	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/25-26/06	Advanced Childrens Endorsement Snowboard	Stevens Pass
Sun	3/26/06	Exam Checkpoint-Riding or Teach/Tech	Mt. Bachelor
Fri-Sun	3/31-4/2/06	Spring Symposium	Mission Ridge
Fri	4/7/06	Freestyle Fundamentals Accred. Clinic-Foundations	Stevens Pass
Sat-Sun	4/8-9/06	Freestyle Accreditation	Stevens Pass
Fri	4/14/06	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/15-16/06	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/21/06	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/22-23/06	Exam Modules, Level II & III	Mt. Bachelor
Sat	4/29/06	Spring Fling	Portland
Sun	4/30/06	Spring Fling	Seattle
Fri-Sun	5/5-7/06	Freestyle Camp	Timberline
Fri	5/12/06	Freestyle Fundamentals Accred. Clinic-Foundations	Mt. Bachelor
Sat-Sun	5/13-14/06	Freestyle Accreditation	Mt. Bachelor
Sat	6/3/06	Spring Fling	Spokane @ Gonzaga Univ.
Fri-Sun	7/7-9/06	Free Ride/Freestyle Camp	Timberline
Fri-Sun	7/14-16/06	Free Ride/Freestyle Camp	Timberline
Fri-Sun	7/21-23/06	Free Ride/Freestyle Camp	Timberline

Calendar of Events

Day	Date	XCD/Nordic Event	Location
Sat-Sun	11/19-20/05	XCD Divisional Staff/Buzz Lightyear Training	Timberline
Fri	12/2/05	XCD Divisional Staff Training	Crystal Mtn.
Sat-Sun	12/3-4/05	Fall College (XCD)	Crystal Mtn.
Sat-Sun	12/10-11/05	Fall College (Track)	Sun Mountain Lodge
Sun	1/22/06	Track TD Training	Summit XC Center
Sun	2/26/06	Track Pre Exam Clinic	Summit XC Center
Sat	3/11/06	Track Pre Exam Clinic	Summit XC Center
Sun	3/12/06	Track Exam Level II & III	Summit XC Center
Fri	3/24/06	XCD Pre Exam Clinic	Crystal Mtn
Sat-Sun	3/25-26/06	XCD Exam II-III	Crystal Mtn
Sat-Sun	4/1-2/06	Nordic Symposium (Track and XCD)	White Pass
Sat	4/29/06	Spring Fling	Portland
Sun	4/30/06	Spring Fling	Seattle
Sat	6/3/06	Spring Fling	Spokane @ Gonzaga Univ.

Day	Date	Adaptive Event	Location
Sat/Sun	3/18-19/06	Adaptive Exam Level I and II	Schweitzer
Fri-Sun	3/31-4/2/06	Symposium-Adaptive	Mission Ridge
Sat/Sun	4/8-9/06	Adaptive Exam Level I and II	Crystal Mountain
Sat/Sun	4/15-16/06	Adaptive Exam Level I and II	Mt. Hood Meadows

Day	Date	Tech Series	Location
Available to all registered Training Directors and Divisional Staff (Alpine, Snowboard, JET-NW)			
Fri-Sun	11/18-20/05	TD Series - Snowboard Fall Training	Timberline
Sat-Sun	11/19-20/05	TD Series - Fall Training #7-8	Timberline
Fri	12/2/05	TD Series - Adaptive Training #1	Mt Baker
Wed	12/14/05	TD Series - Winter Training #1	Schweitzer
Wed	1/4/06	TD Series - Winter Training #2	Alpental (night)
Wed	1/4/06	TD Series - Winter Training #3	Mt Hood Meadows
Wed	1/25/06	TD Series - Winter Training #4	Mt Spokane
Wed	2/1/06	TD Series - Winter Training #5	Alpental (night)
Wed	2/1/06	TD Series - Winter Training #6	Mt Hood Meadows
Thurs	3/2/06	Technical Team Training - Tech Team only	Stevens Pass
Fri-Sun	3/3-5/06	TD Series - Winter Training #7	Stevens Pass
Sat-Sun	3/18-19/06	TD Exam Shadow #1-2	Schweitzer
Sat-Sun	3/25-26/06	TD Exam Shadow #3-4	Stevens Pass
Sat-Sun	4/1-2/06	TD Series - Spring Training #1-2	Symposium - Mission Ridge
Sat-Sun	4/8-9/06	TD Exam Shadow #5-6	Crystal Mtn
Sat-Sun	4/15-16/06	TD Exam Shadow #7-8	Mt Hood Meadows
Sat-Sun	4/22-23/06	TD Exam Shadow #9-10	Mt Bachelor
Sat-Sun	5/6-7/06	TD Series - Spring Training #3-4 (Alpine)	Mt Bachelor
Sat-Sun	5/13-14/06	TD Series - Spring Training #5-6 (Snowboard)	Timberline

Clinic Leader Trainings

Available to Level II & III snowsport school trainers @ \$50/day

Sat-Sun	12/3-4/05	Adaptive Training	Mt Baker
Fri-Sun	3/3-5/06	Winter Training	Stevens Pass
Sat-Sun	5/6-7/06	Spring Training (Alpine)	Mt Bachelor
Sat-Sun	5/13-14/06	Spring Training (Snowboard)	Timberline

Calendar of Events

Camps

Thurs	11/17/05	Snowboard DCL Tryout Camp (must be Level III)	Timberline
Thurs-Fri	1/12-13/06	Pipe & Park Clinician Camp Alp/Snbd (Level III's & DCLs)	Stevens Pass
Thurs-Sat	1/26-28/06	Alpine Tryout Camp (available to Level III members aspiring to attend '06 DCL and Tech Team Tryouts)	Mission Ridge
Thurs-Fri	1/26-27/06	Snowboard DCL Tryout Camp (must be Level III)	Stevens Pass
Fri-Sun	5/5-7/06	Pipe & Park Clinician Camp Alp/Snbd (Level III's & DCLs)	Timberline

Tryouts

Fri-Sun	3/3-5/06	Alpine DCL	Stevens Pass
Wed-Fri	3/1-3/06	Snowboard DCL	Stevens Pass
Fri-Sun	3/3-5/06	Nordic DCL	Stevens Pass
Fri-Sun	3/3-5/06	Adaptive DCL	Stevens Pass
Fri-Sun	3/17-19/06	Alpine Tech Team	Stevens Pass

Day	Date	Written Exams (for Levels II & III)	Location
Mon	2/6/06	Exam Checkpoint	Schweitzer, Mt. Hood Mdws
Sun	2/26/06	Exam Checkpoint	Stevens Pass, Crystal Mtn.
Sun	3/19/06	Exam Checkpoint	Mt. Hood Meadows
Sun	3/26/06	Exam Checkpoint	Mt. Bachelor
Sat	4/1/06	@ Symposium	Mission Ridge

All written exams will start at 3:30 pm; the written exam is \$15 and must be completed at least two weeks prior to the on snow exam modules.

Day	Date	Regional & National Events	Location
Tue-Mon	4/18-24/06	National Academy	Chamonix, France
Fri-Sun	5/19-21/06	PSIA-NW Spring Board of Directors Meeting	TBA
Sat-Sun	6/3-4/06	AASI/PSIA National Board of Directors Meeting	Golden, CO

Check the website for calendar updates and the new, easy to read printable calendar format!

Applications are available online or thru the office!

The success of any event depends on sign ups! Sign up early and bring your friends.

**Need a little help with
\$\$\$\$ to attend an event?**

PSIA/AASI-NW has a scholarship fund designed to help offset the fees for educational events. You must be a current member of PSIA/AASI-NW (meaning you are up to date with your member dues) and submit a timely application for the scholarships. Applications are due 30 days prior to the event. Check out the website for details and an application.

Senior Moment #3

Teaching Tips for All Age Guests

BY ED KANE

This is the third in a series of short articles devoted to providing information that may be useful to you in your classes, regardless of their age. It is my intention to make this column open to contributions from our membership. If you have some valued tip that you have found to be very effective, please send it to me at the PSIA-NW office so that it can be included in future publications of this series.

Edging – The second element for efficient turns.

The complimentary key ingredient to efficient turns is to control the degree of edge engagement with the snow of the outside turning ski during the performance of the turn. If that ski is loaded (weighted) it will track along the engaged edge creating an arc dictated by the ski design and the distribution of weight along it. (More on varying turn radius in the next installment.) To keep the ski tracking along this arc, the degree or amount of edge engagement must change. Early in the turn, the ski is lightly loaded so that the degree of edging does not need to be very high, just enough to control the early part of the arc. As the turn develops and the fall line is crossed the amount must increase in order to keep the ski from moving laterally (skidding) out of the intended track. This will require some movement of body parts to vary the edge angle. To understand the effectiveness of these movements the instructor should keep in mind that hip movement is used to achieve major angle changes while knee/ankle movements are used to refine the edge angle to develop and control the desired line. Keeping this in mind, the hips will move in relation to the feet and as the required angle increases the hips move toward the center of the turn while the feet move toward the outside of the arc.

This relationship results in the classic stils that are featured in most of the racing pictures we see in the magazines. Hence to adequately control the arc of the turns we need to rely on coordinated movement of both the hips and the knees/ankles. This is especially evident when we are skiing on hard pack or ice. Following are some exercises that can help your students accomplish efficient control of the edge angle from turn to turn. Regardless of the skill level these should be practiced on relatively gentle terrain the first time. As these are mastered and confidence is acquired, they can be done on more demanding terrain and conditions to continue to provide a challenge and build on the previously developed skill sets. In addition, they should be practiced in areas where the conditions are reasonably consistent so that the student can make multiple attempts and learn through trial and error through the feedback that they gain with each attempt. Of course your guidance in term of verbal input is also very helpful especially if given while they are in the process of trying. (It might be noted that some of these are very similar to those recommended to improve balance and lateral weighting in the previous installments.)

- **Traverse** while making several steps up the hill and then following with several steps down the hill noting the movements required to hold the traverse line. (These movements will be especially obvious when stepping downhill where the tendency will be to move the hips too far downhill with the lower ski.)
- **Linked 1000 step turns** noting the movement of the hips toward the new turn as the direction is changed from one turn to the next.
- **Skating up**, across and downhill noting the location of the hips relative to the skis.
- **Linked traverse side slips** noting the degree of movement of the knees and ankles to start and stop the slip.
- **Linked turns skidding and carving** by varying the movement of the knees and ankles throughout the arc of the turn.
- **Slow speed linked turns** on the flat with emphasis on moving the hips in the direction of the new turn at the initiation.
- **Linked turns** with a focus on movement of the hips and upper thighs in the direction of the new turn to accomplish the edge change. ■

Senior Tour

2005/2006 Senior Tour Events

BY ED KANE

The following schedule outlines what will be offered in 2006 and the potential locations. The program is very flexible and can accommodate special events such as Member Ski School events and events at other locations than the ones identified below if the interest is sufficient to support the hiring of a clinician. These special events can be scheduled through the office or by contacting your Board Representative in your region.

Senior Tour Series 1/19, 1/26, 2/2, 2/9, 2/16, 2/23 **Seattle, Portland**

Polishing Your Personal Skills

- On Snow: Establish and work toward your personal skiing goals (Basics, Adventure or Exam) with video feedback (4 nights)
- Indoor: Review your progress and identify improved movement goals with video analysis (2 nights)

Senior Tour Series 1/17, 1/24, 1/31, 2/7, 2/14, 2/21 **Seattle, Portland**

Teaching Skill Development

- On Snow: Establishing your clients goals, determining their needs, shaping their goals and changing their movement patterns to achieve their goals (4 nights)
- Indoor: Establishing the learning partnership and techniques for polishing your analysis skills to determine their needs and effectively work toward more efficient movements (2 nights)

Senior Tour Day Clinic 1/25 **Seattle**

Improve Your Personal Skiing

- On Snow: Work toward your personal goals (Basics, Adventure or Exam) with video feedback

Senior Tour Day Clinic 2/8 **Portland**

Improve Your Personal Skiing

- On Snow: Work toward your personal goals (Basics, Adventure or Exam) with video feedback

Senior Tour Day Clinic 2/22 **Spokane**

Improve Your Personal Skiing

- On Snow: Work toward your personal goals (Basics, Adventure or Exam) with video feedback

Senior Tour Series @ Symposium 4/1, 4/2 **Mission Ridge**

Improve Your Personal Skiing or Teaching (2 Day Session)

- Set and work toward: your personal skiing goals (Basics, Adventure or Exam) with video feedback; or toward your personal teaching goals (Day 1)
- Apply video feedback toward achieving your personal skiing goals or polish your teaching skills through practice and feedback (Day 2)

Adaptive Snowsports

Gaining Insight

BY JOHN STEVENSON

I met Wendie and Larry this summer when they showed up for waterskiing lessons on Lake Sammamish. Both Wendie and Larry are cross country and downhill skiers, and both had water-skied years ago. The sun was out, the lake was warm and the water was flat. After introductions, we started by letting them check out the gear and try on the skis while on the grass. Next we talked about the correct position for starting and getting up; using snow sports analogies for reference. We spent a while practicing the starting sequence on the grass. Next we went over our signals. We would use a whistle. Then we took some time meeting the coaches that would be helping in the boat and in the water. We had them check out the boat, where the prop was, the ladder etc... I sent them out on to the lake while I went to prep for the next participants and their session. After about forty minutes I checked in with the coaches to see how the session was going. The report was that Wendie got up right away and Larry took a few more pulls, but both were doing well and having fun. They would be heading for shore in about ten minutes.

When they got to back to shore, Wendie and Larry were all smiles and relaxing in the back of the boat. They both had a great time and were looking forward to the next weekend. I sent the next two participants out for their session. This gave me some time to talk with Wendie and Larry while they waited for their ride to come pick them up. Just before they left, they wanted to know if it was all right if some friends from out of town came

with them next weekend to hang out with us while they skied. I said I would be happy to meet some of their friends and would look forward to it. Their ride showed up, and we all said our goodbyes.

What I needed to know to provide a safe learning environment for Wendie and Larry, amongst other things, was that they are both visually impaired. So when I made time to engage them about other aspects of their lives I found out that Larry is retired from sales with a large company, is the current national president of Ski for Light (a cross country ski program), likes to sit in the shade as apposed to the hot sun. I know that Wendie is "Dr." Wendie, she is currently on staff at a major local University, likes to spend time in the hot sun as apposed to the shade, likes to polka and wants to make a few runs on the downhill slopes with me this winter.

Adaptive sports instructors give a great deal of attention to the systems that keep students and themselves safe. We are also charged with having an appropriate level of knowledge about various disabilities. It is not surprising that getting to know the person beyond the disability sometimes gets left out of the equation. It has been a combination of time and experience that has helped me with this important aspect of the student instructor relationship. By looking at personal connections as a goal and not a luxury I have had a chance to get to know some really cool people and make some great friends, like Wendie and Larry. ■

PSIA-NW Hires New Education & Programs Director

PSIA-NW has hired Kirsten Huotte as our new full time Education & Programs Director. Kirsten is a Level 3 Snowboard Instructor, Level 2 Alpine Instructor and a JET-NW Clinician. Kirsten is already well known to many of you. She has most recently worked as the Assistant Director for the Ski Masters Ski School. Prior to that, Kirsten was the Director of Skiing at 49⁰ North. These positions have acquainted her with both our eastern and western members and industry partners in the division. Kirsten has been a regular in assisting at division events. If you have been to an event recently (especially the larger events such as symposium) chances are Kirsten was working there in some capacity. Kirsten is a talented, hard working individual who brings some new and exciting ideas and energy to the organization. The PSIA-NW Board of Directors is excited to have Kirsten in this position. Especially if the weather cooperates this season, you should be able see the benefits of this position to the organization for yourself. Ed Younglove, President PSIA-NW



From the Membership

Motivation... Keeping it All Season Long

BY TERRY MCLEOD
PSIA-NW TECH TEAM

As you're reading this, winter is still in its early stages and we're excited and looking forward to a great season. After last year, great has been redefined as, "the mountain is open", and we're going to make the most of it now. But unless you're truly supernatural you realize that at some point between now and closing day you will go through some version of burnout, depression, unenthusiastic attitude, the blahs, the Mondays (to quote Office Space), or some other derivative of lack of motivation. My intent in writing this isn't to start bringing you down before the season is even in full swing, but rather to give you the chance to plan ahead to minimize the effects of this unavoidable occurrence.

I believe this is definitely a case where preventative maintenance is far more valuable than trying to treat or cure the problem once it has reared its ugly head. Following are some suggestions that can all be used together in one giant "battle plan" or you can pick and choose the ones that best fit your needs and personality.

❄️ **Define what you** want from the ski season. Some might say, figure out your purpose in skiing. Is it to make more money, free ride a lot, get more request business, train for an exam or tryout, move up in your schools supervisor or trainer hierarchy? Once you know what you're trying to do you can make decisions that move you closer to your target. If you want to free ride a lot you may make the choice to schedule yourself for one less day a week so that you know you have the extra day off to rip.

❄️ **Set some specific** goals for the winter and then map out the necessary steps to reach them. This is obviously very related to the point above but it adds the part of actually writing down a series or sequence of events that will move you towards your stated accomplishment. If a goal is to get more request lessons some of the steps might be to buy/update your business cards, keep an address list and info sheet for all your students, write follow up/thank you notes to each student after every class, network with other staff on the mountain (rental shop, hotel staff, bartenders), pick the brains of other successful instructors, and pre-plan remarks or phrases to ask clients for their return business. As the winter grows colder keep referring to your list as a way to track your progress and stay focused on what you're doing, rather than being distracted by things that we sometimes think we'd prefer to be doing.

❄️ **Schedule a sanity** break or "vacation" from working on the hill. Naturally you need to coordinate this with your managers first, but having a pre-set break can help in a number of ways, depending on your personality and the way the season plays out. 1) it may give you the assurance that, "if I hold on a little longer I have a

break coming". 2) It may force you to cram as much work and skiing in as possible knowing that you'll be away from the hill in the upcoming scheduled absence. 3) By the end of the break you may have a whole new ski Jones going that keeps you fired up till the end of the year. 4) If you coordinate this break with a business trip or some other workload from a "normal" job, you may realize how great it is to work for the ski school and that a bad day teaching and riding is better than a good day at work.

❄️ **Make a list** of "greatest challenges" and "biggest opportunities" for your wintersports season, and then commit to ways of addressing them. Challenges might include this whole problem of staying motivated, a staff member on the mountain that drives you crazy, a particular lesson or student type that you don't feel confident/comfortable working with, organizing your time to meet all the obligations in your life, or changing something about your personal communication style that is limiting or adversely affecting your relationships. Potential opportunities could be a new role in your school, that next exam or tryout, learning opportunities from a particular trainer or mentor, a new commitment to building your referral business, or a new/improved relationship with a ski shop or similar business.

If all of these ideas fail and you still find yourself crying the mid-winter blues, try writing an article about how to recover from this curse. The research and mental probing you have to do for this project may be just the thing to drive you out of the house and back on the hill with a new vigor and vitality that you hadn't felt since December. ■

News from the Board of Directors

Financial Report

BY DIANA SUZUKI
PSIA-NW FINANCIAL V.P.

Hello all you snow sport fans. Thanks for taking a couple of minutes to read about the financial health of PSIA-NW. You probably would be happier thinking about turns in powder, but the financial health of your organization is important too.

The office really reacted to the low snow year and cut overall expenses by 35% in the last fiscal year in an effort to down size to the activity levels required. Now that we are in a new year and expecting a great season the office is back at full staff preparing the products and services coming up for the membership.

Also, by cutting back expenses in the last fiscal year it has enabled the organization to hire an Education and Program Director to provide even better services and offerings to the membership in the upcoming year. Be sure and check out the cool events in the newsletter.

PSIA-NW is a financially responsible organization and I am very pleased to be a part of such a great group of people. Please feel free to contact me through the office if you have any questions or comments. See you on the slopes! ■

Be sure to maintain your dues and education credits in order to fully benefit from being a member of PSIA/AASI-NW!

It's more than a pin, it's lift ticket discounts, event opportunities and much more!

Kidz R Great!

BY THE JET-NW

Kids are great because they are not so critical
Kids are hard because it is like daycare on snow
Kids are great because you get to act silly
Kids are hard because they don't stay focused
Kids are great because they keep you young
Kids are hard because they wear you out

The list goes on and on. Here are some quick thoughts to keep in mind when you recharge for this years kids on snow!

Be nice and have fun.
If things aren't working give it a minute then move on
If more than one kid loses focus, change the activity
Talk and move in quick succession
Let everybody participate all the time
Avoid lines
Accept variation of your idea based on their understanding
Roll with it, don't be a stickler for the "rules"
Find a new way to say the same thing
Be a participant not just the "teacher"
Games should be quick and easy to describe and play
Praise hustle, improvement and good attitude
Motivate in a positive way to build self esteem
Play with a purpose
Always encourage good skills and movement patterns
Don't rely on the crutch (edgie wedgie) to teach good skills
Start each lesson with a smile and good attitude
Oh, and always consider the safety factor



Kids are great because pulling a sled is a sought after activity and there is always one kid that figures out the best position!

Reunion

Ski Bowl and Mt. Hood Ski Schools Reunion

Ski instructors love to be ski instructors. We always thought the snow was great, the skiing excellent and the camaraderie was even better.

It was scary to go for a ski exam. It was hard work to prepare for an exam, but we wanted to be up-graded more than anything, and were very disappointed if we did not make the grade and elated when we did pass the exam.

In my day, you were Registered, Associate then Certified. Now you are Level I, II or III.. Kind of takes the thrill out of it.

We just do not get to be with other ski instructors much anymore when you have retired from the teaching profession. So a few of us got together and decided to have a Ski Bowl and Mt. Hood Ski School reunion.

At one time, there was the Ski Bowl Ski School and the Mt. Hood Ski School. A few years back, both of them merged into one ski school, still with the two names. We thought it would be fun to have a reunion of all the ski instructors past and present of these two ski schools at Multorpor Day Lodge. We also plan a visit to the Mt. Hood Museum located in Government Camp, Oregon. If you have any ski equipment you want to donate to the museum, bring it on this occasion. <http://www.mthoodmuseum.org>

The reunion will be Saturday March 25, 2006. At 1:00 pm, we will meet at the Mount Hood Ski Museum in Government Camp, Oregon. There will be free skiing on the Cascade Chair lift runs at Multorpor till dark. At 5:00 pm, there will be a social hour with wine at the Multorpor Day Lodge, followed at

6:00 pm, with a buffet dinner. The cost will be \$35.00 before January 1, 2006 and \$45.00 after that date.

If you want to stay at the mountain for one or two nights, there will be a discount for any registered instructor at Collins Lake Resort. <http://www.collinslakeresort.com/chalets.html>

If you are interested, there is a web page with a registration form: <http://www.roni320.com/SkiReunion.html>

If you have any further questions contact me at: ron.lang@comcast.net or Bill Olund at TIME4BILL@aol.com or: Carol Snider at cchris4@juno.com

We are looking for a grand turnout and a fun time. ■

Call for Awards Nominations

ART HATHAWAY
RECOGNITION AND AWARDS COMMITTEE CHAIR

Last season we were lacking in both snow and nominations for awards. John Weston and Ken Hand received the Outstanding Service Award, and that was it! PSIA-NW is way out ahead of the other divisions for the best recognition and awards program. Let's keep it that way. The success of the program is dependent upon nominations from ski schools and individual members. So please, nominate someone you work and ski with every day, and who you hold in high regard. Don't procrastinate, give recognition where it is due TODAY!

The categories of awards includes: Instructor of the Year, Rookie of the Year, Service to Youth, Outstanding Service, and Skiing Legends. The criteria and nomination forms are available from the PSIA-NW office as well as on the divisional website.

I am available to answer your questions or give you help if you need it. ■

Election information

2005-06 Board of Directors Election

To run for a board position, you must submit a timely announcement of candidacy. (see form and requirements) An election is held only if a position is contested (i.e. there are two or more candidates for the position). Unfortunately, often there is only one candidate for many of the board seats. PSIA-NW/AASI members are encouraged to get involved and run for any position on the board that is up for election this year in their region. The following are the board positions up for election this spring and the name of the incumbent, if any, standing for re-election. All of the listed positions are open for candidates.

Snoqualmie 5	John Winterscheid
Snoqualmie 6	Wayne Nagai
Stevens Pass 1	Mark Schinman
Stevens Pass 4	
Crystal Mtn 3	Chris Kastner
Mt. Hood 2	Chris Wilson
Bend 2	
South Central 1	Gary Carter
Spokane 2	

Positions are three year terms and require attendance at two board meetings a year plus other events and committee work. Want to know more about serving? Call or email Carol Christofero. Executive VP at cchris4@juno.com or 503-697-1011. Also, any board member or office staff can be of assistance.

Please note that ALL candidates (including incumbents) must submit paperwork in order to be considered an eligible candidate.

PSIA-NW/AASI

PNSIA EDUCATION FOUNDATION

11206 Des Moines Memorial Drive, Suite 106, Seattle, WA 98168

(206) 244-8541 / Fax (206) 241-2885

ANNOUNCEMENT OF CANDIDACY

PSIA/AASI-NW Board of Directors

Please return no later than 4:00pm, December 30, 2005

Name _____ Region _____ Position _____

Ski School _____ PSIA-NW # _____

Off the snow occupation _____

PSIA-NW Involvement _____

Reasons for wanting to serve on the Board of Directors _____

(Attach additional pages if necessary*)

Signature _____ Date _____

Address _____

Home Phone _____ Day Phone _____

e-mail address _____

*Thank you for your interest in running for the Board of Directors.

Please keep your announcement of candidacy concise and accurate



Classified Ads

CLASSIFIEDS

FOR SALE

EFFECTIVE SKI COACHING: A text for coaches and instructors by Tom Reynolds. Price \$24.95 + 4.00 S/H. Visa/MC accepted. Write: New Additions, P.O. Box 883, Farmington, ME. 04938 Phone: (207)-778-3471

New Address or Email!

Be sure to inform the PSIA-NW office if you move. The postal service will not forward our mailings. Send your Name, New Address, New Phone and New Email to the PSIA-NW, 11206 Des Moines Mem Dr., Suite #106, Seattle, WA 98168-1741, 206-244-8541, office@psia-nw.org

NEW in the Bookstore!!

- PSIA Park and Pipe Instructors Guide (Alpine and Snowboard) \$24.00
- PSIA Alpine Movement Assessment Pocket Guide 2nd Edition \$5.50
- PSIA Alpine Stepping Stones Pocket Guide \$9.50
- AASI Focus on Riding DVD \$34.00
- PSIA Nordic Technical Manual \$22.00
- PSIA Children's Ski and Snowboard Movement Guide \$12.50
- Tactics for All Mountain Skiing \$29.50

All items available through the PSIA-NW office and the website. A complete bookstore list which includes all the available DVD's for rent can be found on the website. psia-nw.org

For these and more PSIA-NW items
see us at
www.go-usa.safeshopper.com

On the Web

It's all on-line psia-nw.org

For the latest in PSIA/AASI-NW news, check us out online. Event updates and applications, program updates, articles, book/DVD/video reviews, bookstore, merchandise and more. It's all there at psia-nw.org. Here is a sample: Check out psia-nw.org for the rest of the story

Board of Directors meeting notes

BY MIKE PETERS

PSIA-NW SPOKANE REGION REP.

The fall Board of Director's meeting, held in Olympia, reported on projects from the spring meeting.

JET-NW Team application/selection process

Join the talented staff of clinicians dedicated to childrens education. The Junior Education Team-Northwest (JET-NW) is actively recruiting new members this season. Please check out the website for more information and get on board with a great group of truly entertaining clinicians.

Certification Process

Are you interested in possibly taking an exam this season. Check out the requirements, process, exam tasks, study guides, and answers to many questions on line. Find the certification handbook for all disciplines available online as a pdf file.

Archives

Find articles from past newsletters quickly and easily. Articles and news are categorized according to discipline.

Did you hear?

● The Go with a Pro marketing program helped Welch Mtn Resort in Vermont increase their lesson sales 23% and it only cost them approx. \$2000

● At Snowbird, the 2004-05 ski season was the longest in Utah's history. The season began Nov. 5 2004, Snowbird's earliest opening ever, and ended more than nine months later.

● Salomon announced it would be acquired from Adidas by Atomic Skis Helsinki-based Amer Sports Corporation. Amer bought Salomon skies, snowboards and apparel, as well as Mavic bikes, Bonfire apparel and Arc'Teryx.

● Quiksilver bought Rossignol, Dynastar, Lange, Look and Cleveland Golf subsidiary.

Oops! We forgot one!
John Hermes Level III Mt Bachelor
Congrats John, sorry we missed you
on the first time around.

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

PSIA-NW/AASI

PNSIA-Education Foundation

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www.psia-nw.org

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