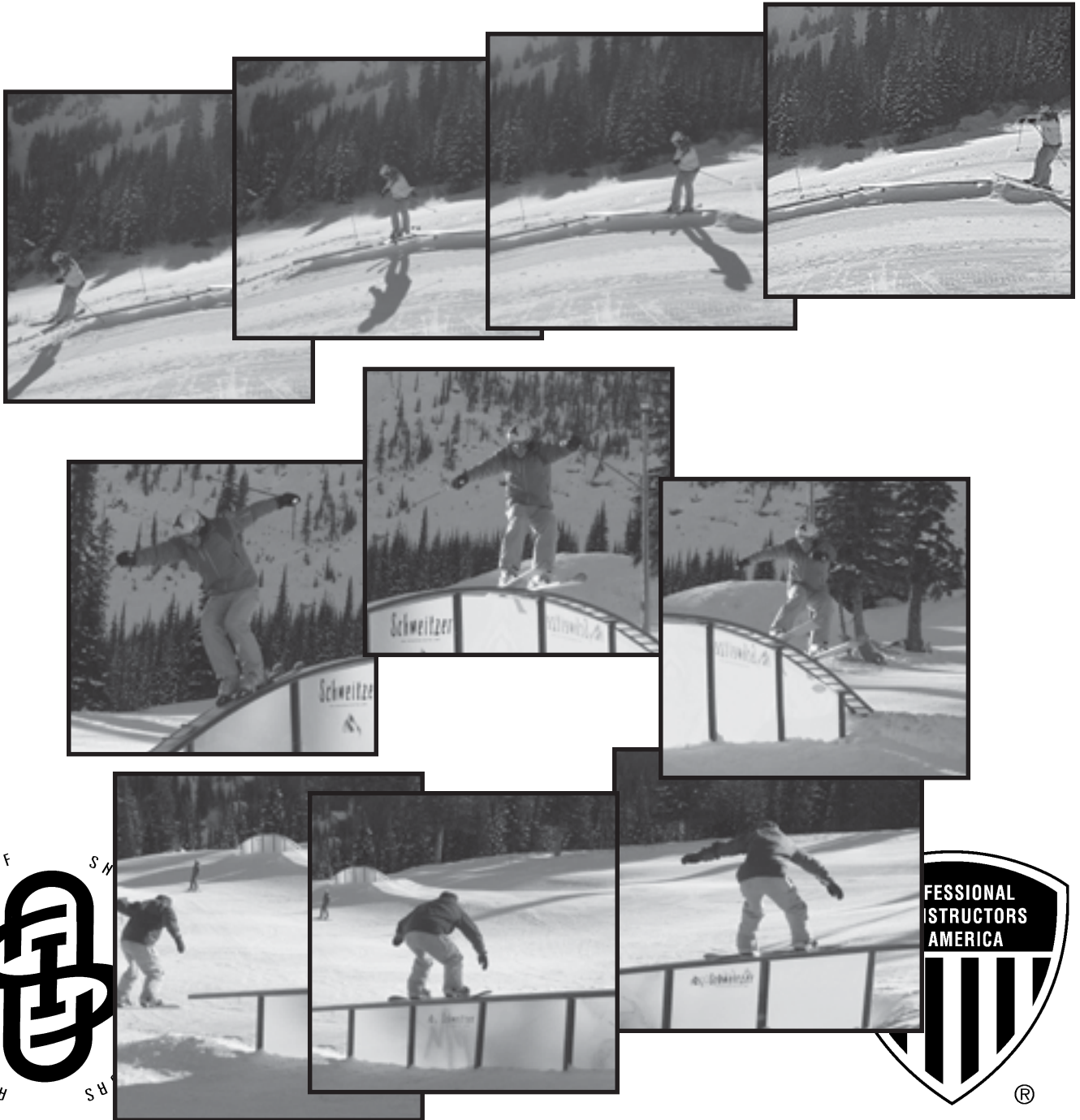


ISSUE 4
PNSIA-EF

SNOWSPORT INSTRUCTOR

WINTER 2005



Inspiring lifelong passion for the mountain experience

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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*

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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 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.

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Weather Dependants

by John Eisenhauer
 Communications VP

This has been quite a year so far for weather around the world. If you include December, we have witnessed events on an unprecedented scale with impacts that will be felt for many years to come. We really can't even comprehend the loss of life from the South East Asian Tsunami. If there ever was an event in our lifetimes that pointed out how fragile our dependance on this earth is, that was it.

Closer to home, El Nino has reared it's ugly head again. With the way the storms are split, I've always dreaded these winters in the past. I've been a "Weather Dependant", but I'm starting to rethink my position. Granted, our mountains could still use a lot more snow. The lack of holiday business makes it very difficult for the areas financially. That lack of business translates to a very real loss of income for many of our members, particularly those who teach full time. We all long for the freedom that a good base and consistent storms provide.

But, there's still good sliding here in the Pacific Northwest. At least we're not buried under so much snow that we can't even get to the areas - just hoping our emergency supplies hold out until we're rescued! The flip side of our El Nino experience is starting to sound a lot rougher for our friends in California's Sierra Nevada (and even the Rockies of Utah and Colorado.)

So, our winter goes on here. Not quite what we'd like, but perhaps something we can learn to love anyway. We still enjoy the renewing of old friendships and the new ones we

make. Kids and adults are still thrilled at their first introduction to the world of Snowsports and look to us to pass on our enthusiasm and knowledge. After all, isn't that why we teach?

Often, these "low snow" years present an excellent opportunity to focus on improving our teaching, riding and skiing skills. Taking some time indoors to work through concepts will show results back out on the hill. Without the distraction of face shots, we can slow down a little and really take the time we need to work on movement patterns. Time with your students is practice time - not only for them, but also for you. What better way is there to improve than to work on your skills every time you are teaching?

School and Divisional Training programs are in full swing with a full schedule of events. If early season financial pains are still holding you back, take a look at our Scholarship Program on the website. Just click "Schedule of Events" on the main menu and scroll down to Scholarships for all the details. We've streamlined the application process, so if you hurry, there should still be time to apply for spring events.

For all of you Weather Dependants out there - seize the season. Set your goals, train with purpose and have some fun along the way. Who knows? With rumors of El Nino breaking up, spring may just provide an external reward for your internal efforts after all.

Respectful Teaching

by Linda Cowan
PSIA-NW Tech Team
TD/Race Coach-Lyon Ski School

Webster defines respect as “to feel or show honor or esteem for; hold in high regard.” Teaching/Instructing is truly a science AND an art. Knowing and understanding the information is critical to successfully imparting information, but if it isn’t done respectfully, tactfully and mindful of the learner, success is not guaranteed.

Each winter we share our experiences, knowledge, enthusiasm and love of skiing and snowboarding with others. On one level, teaching is a very simple task. Most students welcome the opportunity to learn and become better riders. But, it is the occasional student or group of students who challenge or question our authority that can really frustrate any instructor. Successful teaching not only includes the imparting of information, but teaching really begins by building a positive, safe learning environment where students feel comfortable to take risks in order to learn. It is the instructor’s responsibility to create this environment. How do we do this? We do this by building a foundation of respect; Respect between instructor and student and between student and student.

Start by giving students (or creating with students) positive expectations. For example a few positive expecta-

tions could look like this....“In this class we all need to be: Respectful of each other, Responsible for our behavior and Helpful to one another.” By giving students a goal of what is expected (or if they’re older, having them come up with these goals as a group...and they will) we’ve given them a starting point for building a positive learning environment. From these guidelines we can then complicate them accordingly, building trust and rapport within the class. “Brian, thank you for waiting for Jennifer when she lost her ski.” It’s much more fun to ‘catch kids doing what’s right’ than to have to call them on what needs to stop.

Teaching really begins by building a positive safe learning environment

The other benefit of setting positive expectations at the outset of a class is that we can hold students accountable for their actions. For example, if Jeremy pushes another student in line, simply asking a question will elicit a response. “Jeremy, was that being respectful?” Jeremy, knowing that his action wasn’t respectful, is given the chance to answer for himself. In most cases kids will be very honest and truthful when approached with respect. When Jeremy answers “No, it wasn’t.” We can thank him for his honesty, and then ask him if he knows why pushing isn’t respectful or ask

him if it will happen again. Another approach would be to accuse Jeremy of the action. “Jeremy, knock that off.” Or “Jeremy, don’t push.” Both are true statements but both lack the opportunity for Jeremy explain for himself and this direction hinders rapport and trust from building between instructor and student.

When you have established positive expectations and hold students accountable in a positive way, we have not only established the foundation of respect for our students but we have also created a foundation of respect among the students towards each other. With our class built on this foundation we have created a positive, safe learning environment where students will be more willing to risk and try what we ask of them to learn. This in-turn allows us, as Instructors, the opportunity to impart the knowledge and skills we are trying to convey to them.

Linda Cowan is the Training Director and a Race Coach for Lyon Ski School, Stevens Pass, Washington. Linda also serves on the PSIA-NW Tech Team. When not skiing, Linda is working to earn the respect of her fifth graders at Woodmoor Elementary, in Bothell, Washington.

From The Garage

Ski Sidecut: Beyond the Numbers

by Jason Petek
PSIA-NW Tech Team

This edition of 'From the Garage' will examine the effect of ski sidecut variation on turn transition direction. Specifically, the terms 'sidecut' and ski 'turn radius' will be defined and described. Necessary assumptions will also be described concerning turn transition direction in order to isolate the affect of sidecut variation. Popular notions about transition direction will be reviewed, and finally a more accurate description will be offered.



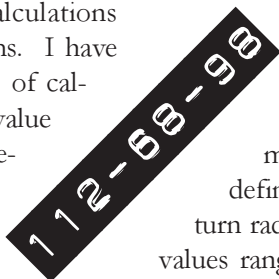
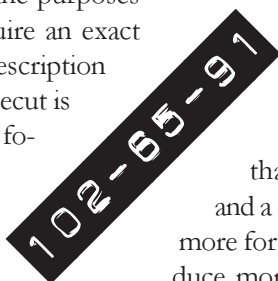
To begin, just in case there is still life in the horse, I will review what the terms sidecut and turn radius mean and describe the way in which they are calculated. Before getting caught in the idea that the numbers explicitly define ski performance, it is important to realize that they are only guidelines to ski shape. The idea of confining ski performance to a single turn shape and size, because of the skis shape and size, is dangerous not only for our movement pattern versatility but also for our wallet. It is also important to note that ski experts and manufacturers don't always agree about the exact calculations used to derive these terms. I have seen many different ways of calculating the turn radius value for a ski, and without specifically contacting every ski manufacturer I can't positively provide the exact right

equation. Fortunately, the purposes of this paper don't require an exact definition, so a simple description will be adequate. Ski sidecut is a shape description that focuses purely on the difference in width between the ski tip and tail, and the skis' waist. Specifically, if the ski is put on edge, perpendicular to the ground, the sidecut is the greatest distance between the ground and the waist of the ski. Typical sidecut values range from 12mm for giant slalom skis to over 20mm for modern carving skis.

Ski turn radius initially appears to simply be the size (radius) of the turn the ski will make in meters. Since skis don't only make one turn size, clarifications must be made. Some basic calculations for turn radius involve lying the ski flat, tracing the edge, and using the sidecut value combined with the distance between the widest points of the tip and tail to extrapolate the size of the constant arc that passes along the edge. More sophisticated turn radius calculations accommodate for an inconsistent arc along the ski (e.g different arc in front of waist then behind the waist), and require the location of the ski waist with reference to the tip and tail. Other sophisticated calculations involve the ski placed on edge forty-five degrees and flexed until edge-ground contact is made, the flexed ski then defining the size of the skis' turn radius. Specific turn radius values range from 21 meters for a giant slalom ski to 12 meters for

modern carving ski. Regardless of the specific methods used to calculate these ski characteristics, it is clear that skis with more sidecut and a smaller turn radius will bend more for a given edge angle and produce more turning power than skis with less sidecut and a larger turn radius. This simple point is the basis for the following analysis of transition direction.

Before examining the effect of changing ski shape on transition direction it is important to review current philosophy concerning transition movements. Transition movements are focused on the specific intended direction of our Center of Mass (CM). The CM can be thought to exist 'around the navel'. Often the word 'diagonal' is used to describe transition direction. 'Diagonal' captures the idea of a lateral component of movement downhill and a longitudinal movement along the ski. The specific combination of these two components dictates the size and shape of the next turn. The transition movement is often described as being directed toward the fall line (roughly the turn midpoint) of the next turn. The actual amount of directed movement along the 'diagonal' line varies because the desired point along the arc at which the Center of Mass reaches its' intended offset from the ski path varies. Simply put, you move in the 'diagonal' direction until you have created the required edge angle for the intended turn shape, and because edge angle



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SOME FUN...A GUESS...***AND A PLEA!!!***

by Patrick Lambert

Ah! Viva la difference!!!
...as they say in France.

“La Difference” is obvious and enjoyed by most of us. Nonetheless, in spite of being obvious, it has been slow in being recognized for the teaching part of the ski industry.

Recognition of ‘La Difference’ in the skiing world probably started waaaay back in the ski lodges of the 1930’s and ‘40’s with separate bathrooms. It took longer, like up to the 1950’s and ‘60’s, for women’s ski clothing lines to gain a separate life and vigor. During that era ski equipment designed by men for men came basically in smaller sizes [of the same skis, boots and bindings] over the next few decades in order to accommodate female skiers.

However, it wasn’t until the turn of the Century that the ski manufacturers with a push from women began to realize that anatomical differences between the genders create a different skiing dynamic. Thus, finally, the requirement for specific skis and boots designed by women to accommodate women’s needs. Now, it may be time for the Professional Ski Instructors of America to likewise recognize ‘La Difference’.

Over the last several years there has been an explosion of “Women’s Weekends” across the country at nearly every ski area. These spendy weekends provide opportunity for female skiers to have instruction, video analysis, and demonstration equipment in a non-threatening [read

‘non-male’] environment. The events are clearly social and often enhanced by fine wine and cheeses at the end of the day. The resident ski school may be privy to the event but typically these are not hosted through the auspices of the school or PSIA. Most of these proceedings appear to be put on by traveling specialists with one fundamental rule, “No Men Allowed”. While these are scheduled during the ski season it would appear that local instructors are not trained, qualified or allowed to provide the same teaching service. This would be especially true for male instructors. Why?



No Men Allowed

Collectively as instructors we tend to teach skiing from a male perspective. The majority of PSIA’s membership is male. The returns from the most recent national survey conducted in 2004 indicated 73 percent from men with 27 percent from women. So it may not be hard to understand why the men’s perspective prevails, but there is much more to the story.

Professional Ski Instructors of America was started in 1963.... by Bill, Jimmy, Paul, Doug, Don, Max and Curt [Lash, Johnston, Valar, Pfeiffer, Rhinehart, Dercum and Chase, respectively]. Men, bless them all! The majority of PSIA administrators currently remain to be men. For 2005, twelve of the fourteen

PSIA National Alpine Team members are men. The Nordic and AASI National Teams are all men.

Since its inception PSIA has grown to recognize and certify specialized instruction in Alpine, Telemark, Adaptive, Children’s, and Snowboard. We recognize and teach to varied learning styles but make little reference to gender specific issues. La Difference seems to be recognized everywhere but in our PSIA teaching models. The recent 2001 Core Concepts manual devotes only four short paragraphs [Page 22] to gender differences in anatomy. There is no reference to comparing the differences between how the female in contrast

to the male body effects the ability to balance over a ski, pressure a ski, edge or turn it. There is no reference to movement analysis or what to look for in the skiing

dynamic between a male or female body. Moreover, PSIA’s teaching objective is to develop every skier’s skills toward the goal of doing steeps, bumps and powder. These tend to be men’s skiing objectives. These goals may not be in tune with lots of our female clientele.

WHY DO YOU SKI???

Over the last three seasons, I have informally surveyed hundreds of skiers. Beginners to experts, instructors, men and women on the slopes, on chairlifts, in the parking lots, in the lunch lines, riding to the mountain - all were asked the simple question: Why do you ski?



The answers were quite uniform and usually gender specific. Men often responded by qualifying their skill level first. “Man, I love the bumps!” [Man-speak for I’m really good!]. “I’m not very good, I probably couldn’t ski with you” [Man-speak for “I’m intermediate and lower than you on the male pecking order]. “Duuuude! Did you hit that powder day last week?” [Man-speak for “I can ski powder and can probably smoke you on the slopes!”] Guys often expressed aggression toward the skiing experience with the stated goal of conquering a challenging run. Men also responded with expressions of thrill seeking, aspiring to speed and steeps. Once conquered, bragging often occurs, so the goal was to impress their peers and anyone else who would listen.

Women respond to the question quite differently. It often started with a description of whom they ski with: her family, a girlfriend, a ski bus group. “My best friend and I have season passes.” “I ski with my family every weekend.” “My husband and I have a condo up here.” A woman seldom describes her skill level except to say which favorite run she is the most comfortable skiing. A lady may often refer to her new skis or boots and how much she enjoys them, usually an issue of style. Women expressed that they ski largely for social reasons along with a desire to ski stylishly and with elegance on slopes that provide a sense of security and comfort. They did

not feel comfortable skiing where they were at risk of falling and looking decidedly unstylish.

Observation at any resort reinforces these general conclusions. It is women showing up by the dozens in mid-week ski buses, not men. Fellas show up in the parking lot one or two to a car, un-rack their gear, put on their duck taped powder suits and charge to the highest slopes, often without a warm up run. Seldom does a solitary woman show up in a car. More often than not we observe women skiing with friends or family rather



women are basically motivated to ski for different reasons

than alone. Its predominately men lining up to take the exclusive chair to the double black diamond pitches in the backcountry. One such lift operator indicated his loadees to be easily eighty percent male. It’s usually guys ripping down the slopes at warp speed without making turns. It’s often women in groups around a table for a long lunch while the guys haven’t even come in for something to eat. These generalities don’t encompass every woman or every man, but overall there are strong gender specific inclinations in these responses.

The bottom line seems to be that women are basically motivated to ski for different reasons than men.

Women desire to ski primarily in social circumstances, in a stylish manner, usually over terrain that provides a sense of security. Men ski to conquer their environment, express aggression and impress their peers. It’s probably a miracle that any men and women in relationships ever ski together!!

Experience also corroborates La Difference. Lita was a middle-aged lady in a six-week session class of five solid intermediate skiers. She was not aggressive by nature [male issue]. She simply wanted to become a stronger skier to keep up with her husband [social issue!]. The class, including Lita, had just successfully skied a steep blue pitch working on speed control and rounded turns. It was time to take them to a more challenging pitch [male issue in conformance with PSIA’s teaching progression] so I selected a run that was no steeper, only longer than the last run. The problem: The new run was labeled with a single black diamond rather than a blue square. As we went down the trail of no return to our selected task, we passed a sign with the run’s name and its designation. She unraveled next to the black diamond sign not wanting to go to the practice area. Her previous sense of well being and self-actualization crumbled down

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AIR ANYONE?

by Karin Harjo, PSIA-NW Tech Team Member, DCL

So, you are finally feeling confident in the pipe. Maybe you've just taken one of our Intro to Park & Pipe Clinics and things are starting to click. The walls no longer look like icy precipices that would drop you to your demise just by looking at them the wrong way. In fact you can ride up and down both walls quite comfortably, but just can't seem to take it to the next level-getting air out of the pipe. Using the **ATML** model (**A**pproach, **T**ake-off, **M**aneuver, **L**anding), here are some keys to each step that will help you up and out of the pipe.

To begin with, let's talk about how you view skiing the pipe. Look at it as making inverted ski turns, with the apex of the turn happening above or at the top of the wall. I like to call it making rainbow turns down the pipe. The same mechanics used while skiing down the hill apply here as well. There is an edge change, flexion/extension movements, turning movements and balancing movements, all enhanced by a round turn shape.

With that in mind let's take a look at the **Approach**, the first step in our model. If you have spent any time around the pipe, you may have heard

the term "pumping the tranny". This refers to how you work the transition and the vert (steepest section of the wall) of the pipe with your legs. Some of the most common mistakes are sinking through the transition at the bottom of the wall or retracting or sucking your feet off the wall at the lip (top of the wall).

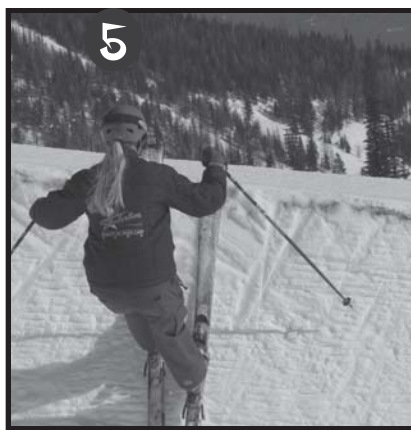
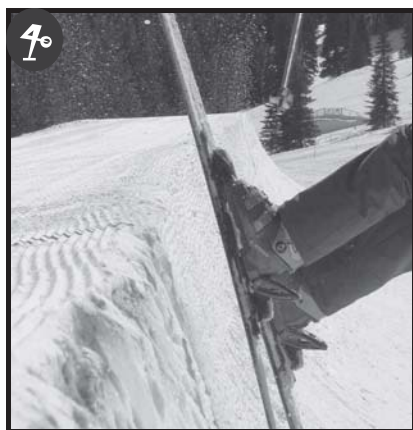
In order to 'pump the tranny', resist the temptation to collapse in your joints by sinking through the bottom transition of the wall (photo 1) and instead, extend through the transition (photo 2) and start to absorb the vert by allowing the wall to push your skis and legs towards you. This is very similar to the extension of the legs through the first phase of a ski turn. Likewise just as in skiing, flexing or sinking too soon leaves you with no range of motion in the joints to absorb terrain or in this case the wall. Doing so here results in either getting bucked off and lawn darting into the pipe or you have to retract your feet off the wall to turn-both of which make it hard to achieve your goal of getting air out of the pipe.

Next we move on to the **Take-off** phase. The two keys to the take off phase are, 1) How your skis leave the

lip, and 2) What trajectory angle you choose to take out of the pipe. First, You want to leave the lip on flat skis and not on edged skis. Leaving the lip on edged skis (photo 3) forces you to lean into the pipe, compromising airtime by pulling you out of balance. This also makes it difficult to stay over your feet, which as we all know is the key to our gravity driven sport. Leaving the lip on a flat ski (photo 4) allows you to be centered over your skis in a better position of balance for take off. This also aids in the timing of the edge change, which happens at the apex of the turn above the wall. An easy way to gauge whether or not you are doing this is by the sound your skis make when leaving the lip. A flat ski will be much quieter than an edged ski.

Subsequently, the trajectory angle that you choose to take out of the pipe is essential in achieving air. The most common mistake is to take a line up the wall that is too vertical or straight (photo 5) with the thought that "If I want to go high then I have to go straight up!" Not so, in this case going straight up the wall results in a loss of speed making it more difficult to get air out of the pipe. It also forces you to have to make abrupt movements to turn, because you are not heading in the direction of travel-which is down the pipe. What you





want to aim for is leaving the wall at a slight angle down the pipe (photo 6). This allows you to maintain speed going up the wall and sets you up for a round rainbow turn down the pipe. As in skiing, be sure to stay perpendicular to the changing slope while moving along your trajectory.

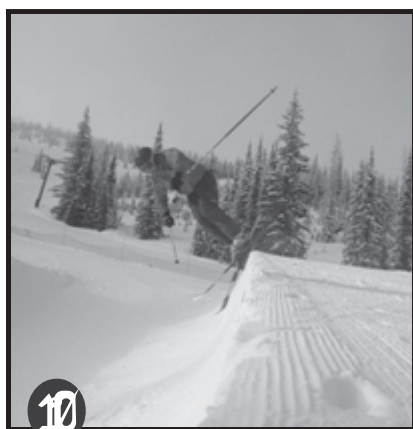
Gulp! And now the air and the **Maneuver** phase. Once in the air, whole body turning movements will be vital to your success in achieving a round arc (which also ensures a balanced landing). You want to avoid turning the legs or upper body separate of each other which usually results in under-rotating the turn as in photo 7 (this hurts!) To help bring the whole body around, look over your down hill shoulder back into the pipe and spot your landing-as your body will follow where you are looking. Be sure to bring the up-hill arm

around, driving it towards where you are looking back into the pipe as in photo 8.

PANIC!! Throw down the landing gear! Ok, don't panic but now we are in our last and probably most anticipated step- the **Landing** phase. Once in the air, you are at your most compact or flexed point (photo 9). As you turn to re-enter the pipe, extend your legs in order to make ski/snow contact with the wall (photo 10). This happens quite naturally since our natural instinct is to find solid ground as soon as possible. Once you have made touch down, anticipate the next wall (just like anticipating the next turn when skiing), repeat and hang on!

When putting these tips into practice, start by dropping in and slowly working to a higher apex on each wall. The key here is to start small

focusing on the timing and execution of the tactics and movements mentioned above. As you gain more confidence, increase your speed and before you know it, you'll be in the air!!



Measure Up

To Measure up to your goals, they have to be measurable

by Lane McLaughlin
PSIA-NW Tech Team Coach



Do you have big goals for your New Year? Typically we flip that calendar over and have a vision for the New Year's big ambitions - get in shape, attain Level 3 Certification, be more charitable, save money, get a promotion... So how come so many of these items end up on the wish list each year; how come the previous year didn't see them all come true? There's a big difference between a vision and a goal.

A vision is a major motivator. The little movie real in your head sells you on the possibilities, the sensations you might feel when you arrive, the impetus to turn off the tube and get off the couch and get into action. But without a clear definition of the 'actions' that will move you along your journey you don't really have a path to follow or a way to measure your progress. Therefore your goals should actually be stated as the milestones and not the destination.

Can you distinguish effort from outcome?

Using fitness as the example, how do you know when you're "in shape"? Is there a day when you wake up "in shape"? Do you hear horns go off, or do you get a certificate in the mail? Other than an occasional compliment from those who see you as someone who's in shape, there really is not a

single tangible determination of what being "in shape" is. But, there are many physical feats that are a measure of being "in shape" and a measure of your progress of getting in better shape. Therefore, rather than stating the nebulous idea of being in shape as your goal, declare the effort you will commit toward your goal.

Most people fall off the wagon on the way to their goals because they don't have the patience and persistence to take baby steps each day over a period of time. They'd prefer the big-bang theory or immaculate conversion or some other instant transformation. But, in a sense, and on a smaller scale, that's what actually happens each day with effort towards an outcome. Most people actually don't realize their progress because they neglect to take the necessary 'measurements' that validate the effort.

Can you count it?

You can measure something if you can count it. It's easy to recognize progress if your effort produces more of something. You have stronger abs today if you can do 30 sit-ups whereas last week you could only do 20. You are closer to mastering the moguls if you can make 20 consecutive turns before losing your line whereas last month it was 10. You will get better at teaching children's lessons if you take out 5 children's classes a week instead of 2, and shadow your best children's instructors 2 times a week instead of 0. In these different cases, you are either measuring the effort, which in itself is a commitment to follow through with the your intent, or you are mea-

suring your progress, which validates the effort and shows the reward for the work.

Can you time it?

The clock is another tool that can measure effort and improvement because it can measure efficiency, endurance, or command over a skill. Obviously you are becoming a more dynamic, efficient, and/or skilled skier if you are taking seconds off your time throughout the year in the same racecourse. You are becoming a more confident and skilled leader if you are able to effectively lead a peer clinic in your ski school for 2 hours rather than starting with a bang but only last about 30 minutes. You are developing better lateral balance if you can keep pushing the amount of time you can stand on a wobble board without touching down - from seconds, to minutes, to many minutes...

Can you describe it?

Being able to concretely describe something is another way to measure a goal. If smooth skiing is your desire, then what you can describe about what smooth skiing is can become your goal(s). Perhaps to you, smooth skiing is where turn transitions are executed with no scrubbing of speed, therefore describing the phase of the turn, the skill of pressure control, and the timing of flexion/extension movements where improvement is desired. If your dream is to "get strong" your goals can be the feats you describe as do-able if you were strong. By describing your goals, you can actually break the big fuzzy pic-

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ACE Pins

Now Available We just received the Pins to be awarded in recognition of completing the ACE training. For those who participated in a Member Ski School ACE program, these pins are now available from the PSIA-NW office for the low, low price of \$4. (Because the cost of the Member Ski School programs was so low, it did not cover the cost of a pin).-

Those who participated in a divisional ACE event should have received their pins in the mail. A big thanks goes out to PSIA-NW Board Member Gary Carter, who put up the money to cover the cost of mailing these pins out. If you see Gary on the hill, be sure to say Thanks! Congratulations to all ACE Participants. Wear those pins with pride!

**Only
\$4**

Shhhh.....

Keep my Secrets

When I have a young student who leverages against the back of the boot for control, I buckle up their ski boot first then I tell them a *secret*. Holding my thumb and finger together I ask "Do you know what this is?.....A secret and I will tell it to you if you will hold it for me." Then I place the secret between their shin and boot and encourage them to hold it tight. While we are skiing I can remind them to "keep my secrets!" On our quest to introduce shins to boot cuffs we can spend too much time talking and not enough skiing. A simple cue word can be used on the move. At the end of the day that secret is: *you are a great skier!*

PSIA/AASI-NW EVENT FEES	EVENT	FEE
	EXAM CHECKPOINT (MOCK EXAM)	\$40
	EXAM ORIENTATION CLINIC	\$50
	PRE EXAM CLINIC	\$50
	ALPINE/SNOWBOARD II-III EXAM	\$90 per module
	NORDIC II-III EXAM	\$90 per day
	LEVEL II-III WRITTEN EXAM	\$15
	DAY CLINIC	\$40
	PDS (5 week program)	\$165
	CLINIC INSTRUCTOR TRNG	\$150
	WOMEN'S COLLEGE	\$140
	DIVISIONAL ACADEMY	\$225
	FREESTYLE CLINIC	\$40
	3-DAY FREESTYLE CAMP	\$110
	3-DAY PDS CAMP (on snow)	\$180
	3-DAY SUMMER CAMPS	\$220
	TD FEE	\$110
	ADVANCED CHILDREN'S ENDORSEMENT (ACE)	\$100
	ACE INCULDES CHILDREN'S HANDBOOK	\$118
	FREESTYLE ACCREDITATION - FS-1	\$40
	FREESTYLE ACCREDITATION - FS-2 & 3 (3 DAYS)	\$220
	FALL SEMINAR	\$50
	SENIOR TOUR SERIES	\$120
	SENIOR TOUR DAY CLINIC	\$40
	MEMBER SKI SCHOOL CLINICS	
	DAY (6 HRS) \$190.00 + \$10 EACH PARTICIPANT CREDIT	
	1/2 DAY (3 HRS) \$120.00 + \$10 EACH PARTICIPANT CREDIT	

All You Can Hope For Is a Little Somthin'

by Kate Morrell
PSIA-NW Tech Team
Coach—White Pass Ski Team



For some time now, I have wanted to write something groovy on how one can benefit the most from clinics. What can a person do to maximize the potential for a breakthrough clinic session? How can we line up the planets, create the perfect snow conditions, and Vulcon mind meld for absolute mutual understanding of all topic material? Since that is what it would take for clinics to be all encompassing, mind blowing, earth shattering events. I've been coached and have coached others on some level or another for the past 25 years and I've come to the conclusion that.....drum roll please..... all any of us can hope for is to walk away from these clinic sessions with a little something to take home. The mind blowing stuff will happen accidentally but for the most part, clinics should be looked at as an avenue to gain a small piece of the preverbal puzzle. In order to pick up this piece of the puzzle our mental outlook is critical. A little humility and the correct amount of confidence on the part of clinician and clinicee (cool word for person being cliniced), will help ensure a positive experience.....mind blowing or not.

As a young ski racer I often showed very little humility and perhaps too much confidence. I can recall one instance where I had disagreed with my coach. To say we had a disagreement is an understatement to say the least.

I was very confident in the fact that he was wrong and I was right. I had no problem letting him know how I felt. As a result we accomplished nothing and butted heads for the remainder of our time together. It was not until a few years later that I had the opportunity to reflect upon my relationship with this coach. As it turned out I could have learned a lot from him and perhaps, just perhaps he may have been right after all. If I had shown even the slightest bit of humility I believe we could have both benefited from our time together.

Let's remember to be
confident, but not
stubborn.

As clinicians, our humility needs to let us understand that we are not better in all areas than those in our clinics. Rest assured, we will be out skied, out talked, and outdone, in different situations. By being mentally ready for those situations, we can use them to our advantage. Do not be afraid to use your "clinicees" as an example for yourself and your other "clinicees". As clinicians, that humility needs to be tempered with healthy confidence. We are confident in clinic situations for good reason. We have been training for this and it is our job. We may not be dominant in all facets out there, but we are expert in most areas and dominate in others. The simple fact

that we are in the position of clinician means we have something valuable to offer. That's what we are trained to do, so trust it.

As skiers in a clinic, our humility helps us be open to learning. Since we are the ones being "cliniced" and not the clinician, that should tell us something right from the start. Although we may in fact be stronger in one or more areas than the clinician...so what. We have a job as professionals to be open to learning. Find out what we can learn from this person. They are in this position because they have earned it and they will have something to offer. Let's remember to be confident, but not stubborn. We need to realize we can learn something from these clinics and walk away better than we were before. Let's be confident that we have the skills physically and mentally that will allow the clinician to guide us to a better understanding of what it is we're doing out there.

What inspired me to write this was looking back at some very winning relationships throughout the years between coaches and athletes as well as the relationships between clinicians and those being "cliniced" in PSIA. In the majority of instances, humility and confidence on the part of teacher and student created an atmosphere for people to get the most out of given learning situations. Trust me a little bit and keep this in the back of your mind during your next clinic situation. You may just look at life a little differently out there.

PSIA-NW AASI Book Store 2004-05

The books, manuals, pins, videos, DVD's & merchandise are available from the PSIA-NW office and on the website. Check the website for a complete listing of available titles and an order form. Some titles are also available through the Merchandise Program. Payment must accompany order. Please make checks payable to **PSIA-NW. Washington residents must add 8.8% sales tax.** Please add \$3.00 for postage and handling on the first book and \$1.00 for each additional book. You may order by mail, phone, fax, e-mail or in person.

Books/Manuals	Member Price	Postage/ Handling
PSIA Core Concepts For Snowsports Instructors	24.50	3.00
It Started in the Mountains, A History of Pacific NW Ski Instructors, Joy Lucas	22.50	4.00
Teaching People Skiing & Boarding, John Mohan	10.00	3.00
PSIA Alpine Technical Manual	19.50	3.00
PSIA Alpine Technical Video	22.50	3.00
PSIA Core Concepts For Snowsports Instructors - Alpine Technical Manual (combined price)	39.50	4.00
PSIAATS: Alpine Skiing Manual (ATS III)	19.95	3.00
PSIAATS: Alpine Study Guides: (Level I, II or III)	12.50 each	3.00
PSIAATS: Alpine Handbook (III)	14.50	3.00
PSIA Alpine Professional Development Portfolio	9.50	3.00
PSIA Alpine Movement Assessment Pocket Guide 2 nd edition NEW	5.50	3.00
PSIA Alpine Stepping Stones Pocket Guide NEW	9.50	3.00
* PSIA-NW Alpine Certification Guide	5.00	3.00
PSIA-NW Alpine Certification Tasks Video: Level I/II/III, 2002 (71 min)	20.00	3.00
PSIA-NW Alpine Certification Tasks DVD: Level II or III, 2003 NEW	15.00 each	3.00
The Vail & Beaver Creek Alpine Handbook	17.00	3.00
Skiing: The Nuts and Bolts, LeMaster	12.00	3.00
Ski Instructors Guide to Physics & Biomechanics of Skiing, Vagners	12.00	3.00
AASI Snowboard Manual	19.95	3.00
AASI Snowboard Video	19.95	3.00
AASI Snowboard Movement Assessment Handbook NEW	14.50	3.00
AASI-NW Snowboard Certification Tasks DVD: Level I, II or III, 2004 NEW	15.00 each	3.00
* PSIA-NW Snowboard Certification Guide	5.00	3.00
The Vail & Beaver Creek Snowboard Handbook	17.00	3.00
PSIA Nordic Telemark Skiing – A Classic Turn Comes of Age – Video	19.95	3.00
PSIA Nordic Technical Manual NEW	22.00	3.00
PSIAATS: Nordic Handbook (4" x 6")	14.00	3.00
* PSIA-NW Nordic Certification Guide	5.00	3.00
PSIA Adaptive Snowsports Instruction Manual NEW	24.50	3.00
* PSIA-NW Adaptive Certification Guide	5.00	3.00
PSIA - AASI Children's Instruction Handbook	14.50	3.00
PSIA Children's Instruction Manual	19.95	3.00
PSIA Alpine Entry Level Guide for Children's Instructors	9.50	3.00
PSIA Children's Ski and Snowboard Movement Guide NEW	12.50	3.00
The Vail & Beaver Creek Children's Alpine Handbook NEW	17.00	3.00
The Vail & Beaver Creek Children's Snowboard Handbook NEW	17.00	3.00
Captain Zembo Ski Teaching Guide, John Alderson	9.50	3.00

* May be downloaded from our web site – psia-nw.org.

Merchandise	Member Price	Postage/ Handling
AASI Logo Pins: Level I / Level II / Level III	10.00	2.00
PSIA Shield Pins: Level I / Level II / Level III	8.00	2.00
PSIA Lapel Pins, small	1.50	2.00
PSIA & AASI Embroidered Patch	4.00	1.50
AASI Decal (2 ½ " Round)	3.00	1.00
PSIA 3" Gold Decal	2.00	1.00
PSIA Decal, 1 7/8" x 2"	3.00	1.00
PSIA Bumper Sticker/Window Decal	4.00	1.50

Video Tape & DVD Rentals

A \$25.00 refundable deposit is required to rent videos and DVD's. Rental fee is \$5.00 per day. Please include 8.8% sales tax on rentals. Add \$3.00 for postage and handling. Please note: there is no charge for mailing days if rentals are returned promptly.

Alpine Videos

A Copper Mountain Day (23 min)
 Alpine Ski School (72 min)
 Aspen World Cup - 1981 (25 min)
 Breakthrough on Skis, Tejada-Flores
 Breakthrough on Skis II - Bumps & Powder, Tejada-Flores
 Breakthrough on Skis III – The New Skis
 Interski '91: Alpine Demonstrations (95 min)
 Interski '91: Alpine Technical Comparatives (19 min)
 Interski: Sexton, Italy 1983 (30 min)
 Legends of American Skiing - 1849-1940 (78 min)
 Marker Gold Sarajeva - 1984 (18 min)
 Mark of Champions (30 min)
 Movement Patterns in Children's Skiing - with study guide (20 min)
 Movement Analysis, Allan Tencer
 National Ski Areas Safety Awareness - 5989 (10 min)
 Power Play-Kids & Sports (36 min) **NEW**
 PSIA ATS: Volume I (32 min)
 PSIA ATS: Volume II (38 min)
 PSIA Alpine References
 PSIA Alpine Technical Video
 PSIA National Children's Symposium, Copper Mountain 1989 (4 hrs)
 PSIA Images (12 min)
 PSIA Centerline National Standards, Ellen Post, Tim Petrick, Jerry Warren (20 min)
 PSIA-NW Alpine Certification Tasks (includes Levels I, II & III) (71 mins) **NEW**
 Skiing Tactics for Balance – CSIA (15 min)
 Skiing and the Art of Carving/The Film, Foster & Schonberger (60 min)
 Shape It Up, Aspen Skiing Co.
 Skiing With Style - The Parallel Turn (60 min)
 Skiing With Style - Mastering the Mountain (60 min)
 Ski Sense & Safety, NSAA (20 min)
 Ski the Mahre Way (55 min)
 Sports Attitudes, Don Greene
 Swix World Class Ski Tuning, Warren Miller Ent. Prod. (30 min)
 Sybervision - Black Diamond Skiing, Ryman, Husted
 Sybervision - Downhill Skiing, Husted, Ryman, Killy (60 min)
 Sybervision - Fundamentals of Downhill Skiing, Ryman, Husted (60 min)
 Teaching Children to Ski, EPSIA-Educational Foundation (30 min)
 Theory Into Practice: Effective Ski Instruction, Kevin Taylor (40 min)
 NSAA The Other Curriculum (23 min)
 The Teaching Model, Steve Still / The Skiing Model Part I, Mike Porter
 The Teaching Model, Steve Still / The Skiing Model Part II, Mike Porter
 USSCA Downhill/Tactic/Technique, Mahre Twins (58 min)
 Warren Miller's Learn to Ski Better 2 - **NEW**

Nordic Videos

ATS: Nordic Skiing Sequences (15 min)
 Cross Country Ski School (68 min)
 Sybervision - Cross Country Skiing
 Free Heels, Nils Larsen (15 min)
 Interski '91: Nordic Demonstrations (93 min)
 Interski '91: Nordic Technical Comparisons (19 min)
 Cross Country Skiing - A Better Way, Bill Koch (12 min)
 Cross Country Skiing - Skating Techniques with Bill Koch (48 min)

Snowboard Videos

Snowboard Images – 1995 (11 min) AASI-NW
 Snowboard Certification Task **NEW**
 AASI Snowboard Video – 1998 (25 min)
 Warren Miller's Learn to Ride

DVD Rentals

Alpine

PSIA-NW Alpine Certification Tasks Level II **NEW**
 PSIA-NW Alpine Certification Tasks Level III **NEW**

Snowboard

AASI-NW Alpine Certification Tasks Level II **NEW**
 AASI-NW Alpine Certification Tasks Level III **NEW**

**Bookstore order forms
 available on-line**

Mt Bachelor SYMPOSIUM April 1-3, 2005

Lodging

Inn at the Seventh Mountain

The Inn is reserving a block of rooms. Call to make your reservations prior to March 1 for the discount.

1-800-452-6810 www.seventhmountain.com

Registration Schedule

Early Registration will be Thursday evening (3-31) 7-9pm at the Inn at the Seventh Mountain

Friday (4-1) will be check in and is an optional day of skiing/riding with the clinicians. West Village Lodge 8-10am

Friday night will be a no host registration party at the Inn at the Seventh Mountain 7pm-10pm

Saturday and Sunday (4-2&3)-skiing/riding in clinics, West Village Lodge check in 8-10am

Saturday night is the banquet dinner/dance at Inn at the Seventh Mountain 6pm-12pm

Confirmation!

A detailed schedule will be sent to you with your confirmation



Mt Bachelor in May



OLYMPIC
PHYSICAL THERAPY

ACHIEVE PEAK CONDITION

At **Olympic Physical Therapy**, we are fellow skiers and boarders, as well as certified, advanced trained and licensed physical therapists. Let us provide a specific evaluation to determine the best treatment for your individual biomechanics or injury.

Contact us for a personal consultation at any one of our 9 locations in the Puget Sound Area, and enjoy all the season has to offer.

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Mt Bachelor SYMPOSIUM April 1-3, 2005

ALPINE TOPICS

Skiing 201 – a clinic designed to improve the instructor’s skiing performance in levels 4-7, including related tasks and personal free skiing. The goal of this course is to provide the instructor with an accurate assessment of their current ability and establish a plan for improvement.

Skiing 301 – a clinic designed to improve the instructor’s skiing performance in levels 7-9, including related tasks and personal free skiing. This course will provide the instructor with an accurate assessment of their current skiing ability and establish a plan for improvement.

Professional Knowledge 201 – a clinic designed for the Level I certified instructor, anyone with one to three years teaching experience and those seeking Level II certification. This clinic will help the participant become more familiar with describing and identifying skill blends and movement patterns in skiers through level 7. Participants will utilize a knowledge of ATS principles in a peer group environment.

Professional Knowledge 301 – a clinic designed for the Level II certified instructor, anyone with three or more years teaching experience and those seeking Level III certification. This clinic will help the participant begin to identify and describe, with precision and accuracy, skill blends and movement patterns in skiers of all ages and abilities in varied skiing tasks, snow conditions and terrain options.

Developing Creativity in Teaching – a clinic that will explore creative teaching techniques, getting “out of the box”. Focus on creative, unusual, fun tasks to improve specific skills and develop efficient movements. Instructors will leave the clinic with a bigger bag of tricks. This clinic will also include creative Movement Analysis and class handling techniques.

Challenge Your Concepts – a clinic that will focus developing awareness of sensations, thoughts and visual cues to aid in the development of more efficient movements that can be applied on any condition or terrain. Expand your concepts of skiing by looking at equipment, mental challenges and physical movements.

Off-Piste Skiing – challenge your skiing and riding with an upper mountain off-piste tour.

Bumps – this clinic is for skiers who have had limited experience with skiing the bumps or are accomplished bump skiers wishing to hone their skills with an aggressive group of skiers. Appropriate group splits will be made at the event. Clinics will focus on the technique and tactics of skiing bumps on terrain appropriate to the group’s level.

Park and Pipe – Come rock and roll in the awesome Terrain Parks and Half-Pipe at Mt. Bachelor. There will be an Intro clinic for those with little or no experience free ride experience and an Intermediate level for those wishing to push the envelope. Sign-up for this one right away!

Women’s Clinic – taught by top female clinicians, this clinic is designed to address equipment issues, motivation and ski improvement for women instructors.

Mt Bachelor SYMPOSIUM April 1-3, 2005

Clinic Instructor Training – this clinic is designed to prepare those who are or will be teaching clinics in their school.

Clean and Carved – Just as it sounds! This clinic will explore speed and the art of carving in a safe and fun atmosphere. Learn to ski clean, efficient turns while exploring the conditions of the day. Develop the ability to approach steeper and more challenging terrain with efficient movement patterns and confidence.

Ski Boards – Experience basic ballet moves, moguls, powder on 94 centimeter ski boards and improve your stance and balance. Andre and Ty Hirss will provide your ski boards and be your guides on the mountain.

Legends – a fun day designed for experienced skiers of all ages. Come ski with our most Legendary members.

Senior Tour Series (2 Day session) - Improve Your Personal Skiing Skills. **Day 1.** Identify and work toward your personal skiing goals such as skill improvement, steeps, bumps, off piste or the Skiing Modules for Level II or III with Video feedback. **Day 2.** Apply the video feedback toward achieving your personal goal. These sessions will be paced appropriately for the skills, stamina and desires of each group.

CHILDREN'S TOPIC CLINICS

ACE I – This is the one-day, on-snow portion of the ACE program. Participants should have completed the indoor portion of the ACE prior to signing up for this topic. You are required to have the Children's Instruction Handbook. This book is necessary to complete the workbook. The ACE I clinic covers such topics as the CAP Model, Maslow, children's movement patterns, and structuring children's lessons. Indoor sessions will be offered in the Seattle, Portland, Bend and Spokane regions prior to Symposium. Please contact the PSIA-NW office at (206) 244-8541 to check specific dates, times and locations for the prerequisite indoor sessions.

Creative Teaching – ACE I is a prerequisite for taking this clinic. The one-day clinic will help give you the skills to make your classes more creative. A knowledge of children's development and a good understanding of skill/movement pattern development is helpful prior to coming to this clinic. You will learn how to develop and choose games, tasks, themes, etc.

Freestyle for Kids - ACE I is a prerequisite for taking this clinic. This one day clinic is all about learning cool new moves that EVERYONE can do from level one up! No pipe or park involved just some simple spins and moves that kids will love. Add some new tools to your tool bag and have fun doing it!! No need to for your skis to leave the ground if you don't want them to!

Park and Pipe for Children – ACE I is a prerequisite for taking this clinic. This one-day clinic will help you develop skills and techniques to work with kids in the pipe and park. Learn skill development, safety and class handling techniques as well as some cool tricks. Come prepared to explore terrain features and have tons of fun.

Mt Bachelor SYMPOSIUM

April 1-3, 2005

SNOWBOARD

Beginning Snowboard 1 - it's time to give it a try. You have hesitated to go out and figure it out on your own, now let one of our most experienced instructor/trainers give you what you've been waiting for.

Beginning Snowboard 2 - yesterday you learned how, now it's time to REALLY start having some fun. Develop and hone your technique with this fun and individually tailored clinic.

Park Pak - For those with some experience in the pipe and park, explore what Mt. Bachelor has to offer. Challenge yourself and hone your skills

Low-Fly Freestyle - For those of you wanting to venture into the pipe and park, this clinic will provide a great introduction to the skills and movements necessary to be successful in this fun and challenging environment.

Teaching For Fun - develop movement analysis skill and learn to develop more logical progressions. It's simple with the right formulas. We will practice with practical on-hill application and help YOU become the coach everyone wants to learn from.

Carve it Up - Enjoy the wide-open groomed spaces of Mt. Bachelor while you learn to carve like never before.

NORDIC

Beginning Tele for Skiers - An entry-level Tele clinic for Alpine skiers or snowboarders wanting to cross-over.

Better Tele Made Simple - A Telemark clinic for advanced Telemarkers. (SUN)

Nordic RIF - That pesky fifth Skill, Rhythm and Flow, often eludes us as we quest for great personal skiing. Bring either a CD player, MP3 or Ipod (and USB cables for downloading) and a few favorite tracks that make you tap your toes. We'll use those, as well as some provided grooves, to guide you toward playing the terrain like your favorite performer plays their signature track! (SAT)

Tele Teaching Concepts - Learn to teach tele more clearly and effectively. (SUN)

Track Skiing for Alpine Skiers - An entry-level Track clinic for Alpine skiers wanting to cross-over. (SAT)

Skate Skiing for Alpine Skiers - An entry-level Skate clinic for Alpine skiers wanting to cross-over. (SUN)

Better Classic Skiing Made Simple - Work on refining your Classic Technique. (SUN)

Better Classic Teaching Made Simple - Work on refining your Classic Teaching Techniques. (SAT)

Better Skate Skiing Made Simple - Work on refining your Skating Technique. (SAT)

Better Skate Teaching Made Simple - Work on refining your Skate Teaching Technique. (SUN)

ADAPTIVE

Teaching Students with ADD/ADHD - Explore techniques and strategies for working effectively with these bright and often challenging kids. Learn ways to highlight their strengths, develop their skills and create a great learning experience for everyone.

Mt Bachelor SYMPOSIUM

April 1-3, 2005

Application Due in by **MARCH 19, 2005** form available on-line

Name _____ PSIA-NW # _____ Cert Level _____

Address _____ City _____ St _____ Zip _____

Day# _____ Ski School _____

e-mail _____

Two-Day Instructor Package (No Lifts or Banquet) \$115.00 per person \$ _____
(Includes Registration Fee, 2 Days Lessons and Souvenir)

One-Day Instructor Package (No Lifts or Banquet) \$70.00 per person \$ _____
(Includes Registration Fee, 1 Day Lesson and Souvenir)

Family Clinic \$25.00 per person/per clinic . \$ _____
(Name of family members who will attend: _____, _____, _____)
Alpine _____ Snowboard _____

Symposium Banquet/Dance \$27.00 per person \$ _____

Symposium Dance Only \$ 6.00 per person \$ _____

Extra Souvenirs \$10.00 each \$ _____

Add a \$20.00 late fee after March 19, 2005 \$ _____

Total Amount Enclosed \$ _____

Visa/MC # _____

Exp . Date _____ Signature _____

Please list family members who will be purchasing lift tickets*:

*only participants in Symposium and their families qualify for discounted lifts - \$35 per day.
Mail application with check payable to PSIA-NW, 11206 Des Moines Memorial Dr., Suite 106, Seattle, WA 98168.
Must arrive **no later than March 19, 2005** A late fee of \$20.00 will be added after that date. Late applications will be accepted on space available only. A \$20.00 fee is charged on all cancellations. **No refunds** unless injured (a doctor's statement is required). No "walk-ins" or phone reservations will be accepted. If you have any questions, call (206) 244-8541, fax (206) 241-2885 or email office@psia-nw.org.

Release form: Recognizing that skiing 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 of the event for which this application is made.

Signature _____ Date _____

Mt Bachelor SYMPOSIUM

April 1-3, 2005

Return this sheet along with your registration fee!

NAME _____

Saturday, April 2 ~ On Hill Topics

Select your Saturday topics from the list below (check your 1st and 2nd choice)

Alpine

- Skiing 201
- Skiing 301
- Developing Creativity in Teaching
- Professional Knowledge 301
- Clinic Instructor Training
- Off-Piste Skiing
- Clean & Carved
- Intro to Freestyle
- Park and Pipe
- Legends
- Senior Tour Series
- Bumps
- Ski Boards
- Women's Clinic

Children

- ACE I (on-snow only)
- Creative Teaching
- FreeStyle for Children
- Park & Pipe for Kids

Nordic -please write in 1st and 2nd choice choice

1st _____

2nd _____

Snowboard

- Beginning Snowboard I
- Low-fly Freestyle
- Park Pak
- Teaching for Fun
- Carve it Up

Adaptive

- Teaching Students with ADD/ADHD

Family Clinic

- Family Clinic for spouses and teens
- *(\$25 fee)

*No one under 13 years old for Family Clinic

Sunday, April 3 ~ On Hill Topics

Select your Sunday topics from the list below (check your 1st and 2nd choice)

Alpine

- Skiing 201
- Skiing 301
- Challenge Your Concepts
- Professional Knowledge 201
- Clinic Instructor Training
- Off-Piste Skiing
- Clean & Carved
- Intro to Freestyle
- Park and Pipe
- Legends
- Senior Tour Series
- Bumps
- Ski Boards
- Women's Clinic

Children

- ACE I (on-snow only)
- Creative Teaching
- FreeStyle for Children
- Park & Pipe for Kids

Nordic-please write in 1st and 2nd

1st _____

2nd _____

Snowboard

- Beginning Snowboard II
- Low-fly Freestyle
- Park Pak
- Teaching for Fun
- Carve it Up

Adaptive

- Teaching Students with ADD/ADHD

Family Clinic

- Family Clinic for spouses and teens
- *(\$25 fee)



Women's College

The Women's College returns this year, bigger and better than ever. Join PSIA-NW's top women clinicians and other female instructors for two days of skiing or riding, camaraderie and challenge at Mission Ridge.

This year's event will be devoted to improving skiing skills and understanding of movement concepts and equipment as they relate to women skiers. Gain a deeper understanding of how anatomy and physiology affect performance in both your students and yourself. Learn more about equipment and what's right for you.

Whether you are a ski-'til-you-drop go-getter looking to push your limits or a more cautious skier looking to challenge yourself in a safe, supportive atmosphere, we will have a group for you.

The Women's College will also feature some indoor opportunities and plenty of time for socializing and discussion with other women participants and the event staff. Join us for two days of fun and adventure at Mission Ridge on Thursday and Friday, March 17 and 18.

Mission Ridge 3/17-18/05

"Measure Up"

continued from page 10

ture down into clear components. Therefore you clarify your intent, can focus on the task at hand, and have more chances for mini triumphs. Rather than getting frustrated that you haven't arrived as the smooth skier of your dreams, you can celebrate the moment you accomplish something smooth skiers do.

Can you repeat it?

Ever have those random acts of greatness? They come along now and then and as great as it is to get in the zone, how great would it be to increase your chances of getting there? Being able to repeat something on command is actually a measure of owning it. To develop that ownership also takes a tremendous amount of repetition. Repetition allows one to learn from mistakes and anchor the movements and sensations associated with success. It takes our last point of being more descriptive about one's goals to clarify what it is that gets repeated; it's perfect practice that makes perfect. So before launching into a session of habit-forming behavior, clarify what it is to you that is the level of quality in

execution, skill, and outcome that is worth practicing and repeating. Your progress will be measured by your ability to 'call your shot' and perform on command.

Can you add a level of challenge to it?

If you break down your goals and tasks into small enough chunks, you'll find that you can quickly achieve many small victories. The key is to not mistake the success of the mini-goal as the accomplishment of the bigger objective. So, to use the successful experience as a springboard for more growth, rather than a plateau, you must keep gradually raising the bar. And still you will reach plateaus, but not because of your effort level flattening out. Instead, it's just a sign that you may not be able to progress further by simply refining the skills you have, but instead you may need an infusion of additional skills or tactics to bring to the battle.

Can you stick with it?

Success is there for the taking every day. If you're not making measurable progress toward your goals then you need to check in with yourself and honestly assess why you picked those goals. If they are truly what you want

then it should be an easy sell to the psyche to commit some effort on a routine basis to participate in the growth and reward that goes along with practicing, improving, and achieving. It seems as though many people's goals are determined by their lust for the eye candy, image over substance, and lacking intrinsic value. Since we typically set our sites on longer-term rewards the 'stick to it' drive comes from truly valuing and enjoying the daily chores that progress us to that destination. It should be a joy to stick with it, to measure your progress, to change the level of challenge and routinely identify where your limits are and that what you couldn't do in the recent past is now attainable.

Lane McLaughlin is a coach of the PSIA-NW Tech Team, the PSIA-NW Technical VP, and BOD representative from Stevens Pass.



PSIA-NW Dues, Not as Much as You May Think!

by Diana Suzuki
PSIA-NW Financial VP

Welcome to the Financial VP's corner. In our recent membership satisfaction survey, the cost of dues was one of the areas of apparent greatest member dissatisfaction. But how much do you know about how your dues compare to those paid by other instructors across the country? If you want to know more about your membership dues, read on!

Did you know that there are 9 divisions within the Association of Snowsports Educators of America (PSIA/AASI)? PSIA-NW with approximately 3,300 members is the third largest division behind Eastern with 11,000 members and Rocky Mountain with 5,500 members. Alaska is the smallest division with only 215 members. In winter it is dark in Alaska, which sounds exciting for skiing and snowboarding, but it could be a reason the membership is so low. (Skiing/riding in the dark is a quick way to lose members never to be seen or heard from again.) There is good cooperation between the divisions. Last year we invited several other divisions to join our Sun Valley Symposium, including the host divi-

sion, Northern Intermountain. Chris Kastner and Nick McDonald from our division traveled to Alaska to help that smaller division with its certification program.

While every PSIA/ASSI member pays the same \$40 national dues, each division sets the amount of its divisional dues. The survey tells us you think we are doing a pretty good job providing good quality educational material and events. That's important. You also told us you don't much care for paying dues. Surprise, surprise! Who does? But did you know that PSIA-NW's dues of \$30 per year are the lowest of any division! Most division's dues range from \$35 to \$45. If you compare the cost per member to provide all services to its membership, it is amazing how well PSIA-NW manages its expenses. For example, based on information recently provided by each division to national, for every \$1 spent by PSIA-NW, the two divisions closest in membership size to PSIA-NW spend \$1.33 and \$2 respectively. These figures may not be precise, but they do illustrate how well this division manages its expenses. The services provided by the 3 divisions are very similar: administrative

costs, manuals and other education material, training, exams, newsletters, etc. PSIA-NW does not subsidize its low dues with event fees, which are comparable to those of the other divisions.

It is PSIA-NW's goal to provide the best product to its membership at a reasonable cost. The point of this article is to let you know that we are very cost conscious. We are constantly working to keep our overhead low and still provide the quality you expect. A small hard working staff and lots of wonderful and knowledgeable volunteers accomplish this.

Let us hear from you. If you have better ideas how divisional dues should be spent to support your expectations, please email myself (diana.suzuki@gd-aes.com), President Ed Younglove (edy@parrandyounglove.com) or the office (office@psia-nw.org). (You can also call or write the office, see the contact information in the front of this publication.) Your input is important. See you on the slopes!

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.



49° North

ME AND MR. MCCHESENEY

by Terry McLeod
PSIA-NW Tech
Team
Schweitzer
Mountain Learning
Center Director



When I was in college I took Macro Economics 101 from a professor by the name of Mr. McChesney. Like most 101 level classes, Macro Economics was fairly simple, relatively boring, and seemed somewhat unimportant to my future. Mr. McChesney was a good match for the class, being a plain, round, man with thick glasses. However, I soon learned, the hard way, that Mr. McChesney had a very rare talent that, although it served a very good purpose, would nonetheless annoy me for as long as I had classes from him. He's the only person I've ever known who could write difficult multiple-choice questions. At the top of his quizzes and tests were the simple instructions, "Choose the best answer for the following questions". I invite you to do that for the questions below; you can even discuss them with your colleagues before you turn them in to your Training Director, Ski School Director, or you can even email them to me at ltmcleod@imbris.net

What is the most important part of



Mt Hood in July

- Base grinding
- Base bevel
- Edge filing
- Waxing
- Brushing

What snow condition is most difficult to make a turn in (change direction of travel)?

- Powder (Snoqualmie)
- Powder (Mt. Bachelor)
- Ice
- Breakable crust

Which is the most important document to reference when training for the skiing portion of your exam?

- Exam criteria
- Visual Cues to Efficient and Inefficient Movements
- The PSIA National Standards
- The PSIA NW Certification Guide

What's the first thing you should do when you meet your class?

- Assess them
- Ask them their names
- Tell them your name
- Explain what the class will be doing
- Tell an appropriate joke

In terms of guest satisfaction, who is the most important person on the mountain?

- Their ski/board instructor
- The lifties
- The parking attendant
- The general manager
- Their spouse/partner

What is the most important part of the lesson?

- The introduction
- The summary

- The goal setting
- The guided practice
- The assessment

When teaching beginning children 6 years old or less, the most important thing is:

- Understanding the CAP model
- Helping them ski independent of physical props
- Understanding the real versus ideal movement pattern concept
- Playing games, not talking tech

The reason people should take lessons is:

- To learn a new sport
- To be safer
- To be more comfortable in challenging terrain
- To expand their horizons

The most important person in PSIA NW is:

- Nick McDonald
- Barb Darrow
- John Weston
- Chris Kastner
- Amy Zahm
- Me (that is to say you, not the author)

Answering these questions made me:

- Frustrated at the author
- Have some interesting discussions with other people
- Look at things in a new light
- Glad I wasn't in Mr. McChesney's classes.

CALENDAR OF EVENTS

Day	Date	ALPINE EVENTS	Location
Sat	2/5/05	Day Clinic-Ski Improvement-Giant Slalom	Stevens Pass
Mon	2/7/05	Exam Checkpoint-Skiing or Teach/Tech	Schweitzer/Mt.Hood Meadows
Mon	2/7/05	Explore Off-Piste and Steeps	Alpentel
Wed	2/9/05	Day Clinic - Senior Tour - "Improve your Personal Skiing" (on snow)	Timberline
Thur	2/10/05	Day Clinic - Intro to Salom Racing	White Pass
Fri	2/11/05	Day Clinic-Bumps 1	Alpentel
Wed	2/23/05	Day Clinic - Senior Tour - "Improve your Personal Skiing" (on snow)	Mt Spokane
Sat	2/26/05	Day Clinic	49° North
Sun	2/27/05	Movement Anaylsis Workshop II	Mt. Hood Meadows
Sun	2/27/05	Day Clinic-Steeps and Off-Piste	Crystal Mtn.
Sun	2/27/05	Exam Checkpoint-Skiing or Teach/Tech	Stevens Pass/Crystal Mtn.
Fri-Sun	3/11-13/05	Divisional Academy	Crystal Mtn
Thurs-Fri	3/17-18/05	Women's College	Mission Ridge
Fri	3/18/05	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/19-20/2005	Exam Modules, Level II & III	Schweitzer
Sun	3/20/05	Exam Checkpoint-Skiing or Teach/Tech	Mt. Hood Meadows
Fri	3/25/05	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/26-27/05	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/26-27/05	Advanced Childrens Endorsement	Stevens Pass
Sun	3/27/05	Exam Checkpoint-Skiing or Teach/Tech	Mt. Bachelor
Fri-Sun	4/1-3/05	Symposium	Mt Bachelor
Fri	4/8/05	Exam Orientation Clinic***	Crystal Mtn.
Sat-Sun	4/9-10/05	Exam Modules, Level II & III	Crystal Mtn.
Fri	4/15/05	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/16-17/05	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/22/05	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/23-24/05	Exam Modules, Level II & III	Mt. Bachelor
Fri-Sun	5/13-15/05	GS Race Camp	Mt. Bachelor
Fri-Sun	7/8-10/05	Professional Development Series Camp	Timberline
Fri-Sun	7/15-17/05	GS Race Camp	Timberline
Fri-Sun	7/22-24/05	Mixed Race Camp	Timberline

*** No Educational credit for current level III Instructors

****Must have attended the indoor ACE at Fall Seminar

Day	Date	Snowboard Events	Location
Thur	2/3/05	Movement Analysis, Current Fundamental Movements	White Pass
Mon	2/7/05	Exam Checkpoint-Riding or Teach/Tech	Schweitzer-Mt. Hood Meadows
Sun	2/27/05	Checkpoint- Riding or Teach/Tech	Stevens Pass/Crystal Mtn
Fri-Sun	3/11-13/05	Divisional Academy	Crystal Mtn.
Thurs-Fri	3/17-18/05	Women's College	Mission Ridge
Fri	3/18/05	Exam Orientation Clinic***	Schweitzer
Sat-Sun	3/19-20/05	Exam Modules, Level II & III	Schweitzer
Fri	3/18/05	Freestyle Accrediation Orientation Clinic	Mt Hood Meadows
Sat-Sun	3/19-20/05	Freestyle Accrediation	Mt. Hood Meadows
Sun	3/20/05	Exam Checkpoint-Riding or Teach/Tech	Mt. Hood Meadows
Fri	3/25/05	Exam Orientation Clinic***	Stevens Pass
Sat-Sun	3/26-27/05	Exam Modules, Level II & III	Stevens Pass
Sat-Sun	3/26-27/05	Advanced Childrens Endorsement Snowboard	Stevens Pass

Sun	3/27/05	Exam Checkpoint-Riding or Teach/Tech	Mt. Bachelor
Fri-Sun	4/1-3/05	Symposium	Mt. Bachelor
Fri	4/8/05	Freestyle Accrediation Orientation Clinic	Stevens Pass
Sat-Sun	4/9-10/05	Freestyle Accrediation	Stevens Pass
Fri	4/15/05	Exam Orientation Clinic***	Mt. Hood Meadows
Sat-Sun	4/16-17/05	Exam Modules, Level II & III	Mt. Hood Meadows
Fri	4/22/05	Exam Orientation Clinic***	Mt. Bachelor
Sat-Sun	4/23-24/05	Exam Modules, Level II & III	Mt. Bachelor
Fri-Sun	5/6-8/05	Freestyle Camp	Timberline
Fri	5/13/05	Freestyle Accrediation Orientation Clinic	Mt. Bachelor
Sat-Sun	5/14-15/05	Freestyle Accrediation	Mt. Bachelor
Fri-Sun	7/8-10/05	Professional Development Series Camp	Timberline

Day	Date	XCD/Nordic Events	Location
Sun	2/13/05	Day Clinic - XCD Go ATML It on the Mountain	Stevens Pass
Sun	2/27/05	Track Pre Exam Clinic	Summit XC Center
Sat or Sun	3/05 or 3/06/05	XCD Pre Exam Clinic *	Location TBA
Sat	3/12/05	Track Pre Exam Clinic	Sun Mountain Lodge
Sun	3/13/05	Track Exam Level II & III	Sun Mountain Lodge
Fri-Sun	3/11-13/05	Divisional Academy (XCD)	Crystal Mtn.
Fri	3/25/05	XCD Pre Exam Clinic	Mt. Hood Meadows
Sat-Sun	3/26-3/27/05	XCD Exam II-III	Mt. Hood Meadows
Fri	4/1/05	XCD & Track Divisional Staff Training TENTATIVE	Mt. Bachelor
Fri-Sun	4/01-03/05	Alpine & Nordic Symposium (Track and XCD)	Mt. Bachelor

* The Pre Exam Clinic scheduled for the weekend on March 5 is a flexible thing. We need 5 people to run the exam, and we can do it at any area. If you're interested, contact either the office, or Stuart Craig, or your TD, and we can work with you to make it happen on either the 5th or the 6th.

Day	Date	Adaptive Events	Location
Sat/Sun	3/19-20/05	Adaptive exam level I and II	Schweitzer
Fri-Sun	4/1-3/05	Symposium-Adaptive	Mt. Bachelor
Sat/Sun	4/9-10/05	Adaptive exam level I and II	Crystal Mountain
Sat/Sun	4/16-17/05	Adaptive exam level I and II	Mt. Hood Meadows

Day	Date	TD DCL Training Events	Location
Wed	2/9/05	TD Training Series	Mt Spokane
Thurs	2/10/05	TD Training Series	Alpental, Mt Hood Meadows
Fri	3/4/05	Examiner Training	Stevens Pass
Fri-Sun	3/4-6/05	TD/DCL Winter Training	Stevens Pass
Sat-Sun	3/19-20/05	Exam Shadow (Alpine & Snowboard)	Schweitzer
Sat-Sun	3/26-27/05	Exam Shadow (Alpine & Snowboard)	Stevens Pass
Sat-Sun	4/2-3/05	TD/DCL Training @ Symposium	Mt Bachelor
Sat-Sun	4/9-10/05	Exam Shadow (Alpine)	Crystal Mtn
Sat-Sun	4/16-17/05	Exam Shadow (Alpine & Snowboard)	Mt Hood Meadows
Sat-Sun	4/23-24/05	Exam Shadow (Alpine & Snowboard)	Mt Bachelor
Sat-Sun	5/7-8/05	TD/DCL Spring Training (Alpine)	Timberline
Fri-Sun	5/20-22/05	TD/DCL Spring Training (Snowboard)	Timberline

Day	Date	Regional & National Events	Location
Mon-Sun	4/25-5/1/05	National Academy	Snowbird, UT
Thurs-Sun	5/19-22/05	NSAA Convention	Scottsdale, AZ
Sat-Sun	5/21-22/05	PSIA-NW Spring Board of Directors Meeting	TBA
Sat-Sun	6/11-12/05	AASI/PSIA National Board of Directors Meeting	Golden, CO

INSPIRATION

is something that drives us to be what we are

by Dustin Semb PSIA-NW DCL, ACE Clinician, AASI & Freestyle Examiner

Earlier this fall I was asked a simple question, "What inspires you?" This was asked in context of teaching snowboarding and skiing, I thought my response would be instant, but I was surprised to find out I needed to think about it. Thoughts of family, friends, sharing a passion, helping people grow and many other things flooded into my head. Later that day I thought of an article I started to write in July. It was just some feelings I had that surfaced and I felt inclined to put them on paper. I opened up the article and again it helped me sort out some thoughts about why I do what I do, in skiing and snowboarding as well as life. Here is what I wrote down then. Hopefully it can help you think about what keeps you coming back.

Inspiration is something that drives us to be what we are, or strive to be. As instructors we have a certain fire within us that makes us want to improve. There are certain people out there that light that fire, whether it's a

sibling that you must be better than, a friend or coach that you want to out-do or someone that you want to be proud of you.

There have been many people that have inspired me to become the best; the ones that keep me working hard are the people that I want to be proud of me. I recently was able to spend two days riding with a mentor of mine that left the area a couple of years ago. On that same trip I spent over a week with someone else that has inspired me to work towards excellence. It was a valuable experience that I won't soon forget.

Though National tryouts did not go the way that I had hoped; I got a lot from the experience. I gained insight to the way that our industry works, saw how the rest of the nation rides and what they value, but most of all I spent time with three people that I really respect and have been important catalysts in my professional devel-

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DIVISIONAL ACADEMY 2005

Don't miss the premium event of the season. This year Divisional Academy moves to Crystal Mountain. Come spend three days with past and present members of the Northwest Tech Team and the division's top Snowboard Clinicians as they help you hone your skiing and riding skills.

Explore Crystal Mountain's varied and challenging terrain, hang out with friends and colleagues and take time to focus on you, you, you. Three days in the same group, with the same clinician gives you time to delve deeply into all levels of your performance.

Whether you are preparing for an exam or simply want to be all you can be, this event can help you push your limits. Groups are available for all levels of instructor, from hard core to sensible, risk-takers and the more cautious. We offer the best challenge based on individual needs and goals.

Each day will be packed with plenty of on-snow time. Divisional Academy also features top-notch video analysis of each and every participant. A Friday night social hour and Saturday night banquet round out the event, giving you a chance to mingle with other Academy participants and staff.

As an added bonus, a few lodging facilities are offering discounts for this event. Be sure to tell them you are with the PSIA event in order to get the discounts.

Crystal Mountain Lodging
www.crystalmtlodging-wa.com
(888)668-4368
(20% discount)

Alta Crystal
www.altacrystalresort.com
(800)227-6475
(3 night stay minimum)

Crystal Hotels
www.crystalhotels.com
reservations@crystalhotels.com
(888)754-6400
(10% discount)

Come alone or bring a group, but sign up soon, as space is limited. Join us Friday, Saturday and Sunday, March 11-13 at Crystal Mountain.

CRYSTAL MOUNTAIN 3/11-13/05

“Beyond the Numbers”

continued from page 5

and intended turn shape vary, the blend of lateral and longitudinal movements varies. The reality is that the ‘diagonal’ transition movement depends on many variables, in addition to the ability to predict the future. It turns out that the actual direction (based on the desired endpoint) of the Center of Mass through the transition changes depending on many variables, of which ski shape is an important one.

The affect of ski shape on transition direction becomes clearer if we remember that the basic rule that more shape (sidecut) will produce more turning power (turn easier and tighter) for a given edge angle. Take the example of a short radius turn, using both a large sidecut short radius ski and a small sidecut large radius ski in Figure 1. It is assumed that the turn is of a consistent arc and is directed down the fall line. The dashed ‘diagonal’ line represents the transition direction based on the midpoint, or fall line, of the next turn. The solid curved lines represent the different paths of the actual Center of Mass

along the turn based on ski ‘sidecut’. The figure uses the example of the small radius turn to illustrate the idea that small sidecut skis require more movement directed along the ski at turn initiation than large sidecut skis. This is due to the fact that the large sidecut ski will produce more ski flex simply by increasing edge angle, which as a result will produce more turning power. A small sidecut ski will require more pressure forward along the length of the ski at turn initiation in order to produce the desired ski flex. The small sidecut ski Center of Mass path varies in distance from the ski compared to large sidecut ski path due to the increased edge angle required by the small sidecut ski to create enough ski flex to complete the same turn. This illustrates the blend of lateral and longitudinal movements of the Center of Mass changing along the turn.

The most important thing to realize is that large sidecut, small turn radius skis require less movement longitudinally along the length of the ski for a given turn compared to a small sidecut, large radius turn ski. Conversely this implies more movement laterally or downhill with the large

sidecut ski. This ‘move inside’ is an unfortunate result of the shift to carving or large sidecut skis by the majority of the ski population. The active balancing and pressure control movements that take place when moving more longitudinally along the ski during transition are de-emphasized.

It is important to remember that the specific transition direction is a varying blend of movement downhill and movement along the ski. The blend is based on ski shape and turn size, snow condition, ski flex pattern and construction, ski tune and geometry, amount of ski camber, boot size and mounting position, boot stiffness and forward lean, fall line direction, slope angle, and on and on and on... Of course, the grand realization is that perfect skiing, given the number of variables to constantly calculate, should be impossible. A wise man once said “You must consistently create inconsistent movement patterns in order to create consistent outcomes”. In skiing, everything depends on everything. Good luck.

2004-05 BOARD OF DIRECTORS ELECTION

All will be reelected at the May Board of Directors meeting.

Snoqualmie 1	Jack Burns
Snoqualmie 2	Molly Fitch
Snoqualmie 3	Ed Kane
Stevens Pass 3	John Weston
Crystal Mtn 1	John Eisenhower
Crystal Mtn 3	Chris Kastner (1 year term)
Mt. Hood 1	Carol Christofero
Bend 1	Ken Klecker
Mt Baker 1	Karen Moldstad
Blue Mtn 1	Kay Stoneberg

The call for candidates for the 2005 election closed on 12/30/2004

No one submitted a candidacy statement to challenge any of the incumbents who were rerunning for their board seats.

“Some Fun”

continued from page 7

Maslow's Hierarchy to the more fundamental level of security and safety. Students usually have a tough time learning when their survival instinct is aroused. It took twenty teary minutes to coach her down the slope. No amount of praise for her survival once we reached the bottom could nullify the terror of her experience. Even though she was ultimately successful on that exercise, she never went back to that run. It simply was outside her sense of security for stylish skiing. My [male] effort was to enhance her skiing with a more difficult accomplishment. Her [female] interest was to remain in a secure skiing experience. After two years of skiing with me she didn't come back.

PSIA's teaching progression provides little help in recognizing gender differences. How often have we told adult female students, “stop bending at the waist”; “get forward on your skis”; “get your knees apart”; “move your hands out front”? These instructions conform to PSIA's teaching standards and goals. The question is: Do these teaching guidelines address the male anatomy only, without regard to the differences between the female and male body? Are gender differences significant enough to differentially affect the dynamics of balance over a ski while it is being pressured, edged and turned?

....A GUESS

Another major piece of ‘La Difference’ revolves around the obvious anatomical differences than effect skiing. We recognize the differences but often fail to analyze how those differences impact skiing. The lower center of mass in women affecting the ability to pressure a ski; The angle of a woman's femur at the knee from their wider hips and its impact on edging a ski; Smaller, narrower feet and heel affecting balance. These differences are in obvious contrast to a man's higher center of mass, which creates greater leverage at the binding for pressuring the front of a ski. Moreover, men's narrower hips allow their femurs to be parallel, making the bottom of the foot flatter to the snow surface and thus easier to edge. Larger male feet provide a greater platform for balance. Most



**Manufacturers now accommodate
La Difference**

of these differences can be ascertained on the snow through movement analysis.

Manufacturers now accommodate ‘La Difference’ on women's skis with higher heel ramps to help move the lower center of mass forward over the front of the ski. They move the center of the boot at the binding a couple centimeters toward the tip of the ski as well as move the side-cut forward on the length of the ski. This allows women to balance and pressure the front of a ski easier thus making it easier to turn. Women's boots are not as high in the back as

men's. This keeps a woman's lower calf muscle from being pressured from the back of a boot creating more comfort. It's commonly recognized that a woman's wider hips create an angle for the femur, the “Q” Angle, coming from the hip socket to the knee. This often results in the bottom of boots, and thus the bottom of skis, not being perfectly flat on the snow. Consequently, edging can become a problem when the outside edges are simultaneously engaged while skiing. Cants are often suggested to address the “Q” Angle issue. Additionally, manufacturers like Atomic, Dynastar, K2 and Volkl are building lighter and softer skis to be more responsive to a lighter woman's body.

The significance of moving bindings and side-cut forward along with a higher heel ramp provides for a female skier to use her lower center of mass over the front of a ski in a manner similar to a man with his higher center of mass. [See If A Pear Could Ski] Clinics for instructors to see these nuanced differences through movement analysis would be helpful.

The last piece of the gender difference is in the teaching progression. The instructional objective of PSIA is to help skiers become skilled at “the next level”, up to steeps, bumps and powder, to meet the mountain's challenge by skiing it all. This remains a male perspective on skiing. The men of PSIA have been predominant in setting male goals to the instruction of skiing over the years as our teaching progression evolved. Classes are



set up to improve ones' skiing for certain, men and women alike. However, I'm not sure any more, after seventeen years of teaching, that our progression adequately addresses stylish skiing on perhaps green and blue runs with a feeling of security in a totally supportive social setting....all women's issues. Now it may be time to broaden our teaching perspective.

NO MEN ALLOWED ...A PLEA!

Women's Weekends and clinics offered by PSIA around the regions and at Symposiums apparently address lots of these issues. But no men allowed! I have signed up for women's clinics at PSIA events only to be rejected and placed in my second choice of clinics. I have requested two of the ski schools I work with to provide clinics on how to better teach women skiers. So far, there has been no response. "Exclusive" clinics and seminars taught by women leave the women skiers with huge smiles. What's the secret? Why can't men participate...or at least be trained so we are sensitive to La Difference while teaching? Is it possible that male instructors can learn something from these exclusive teaching occasions and become better instructors especially for our female clients???

PSIA, Ski School Directors, Training Directors, ladies, how about helping us guys out as part of the team and teach us the

softer side? Teach us the difference in movement analysis specific to our respective anatomies. Teach us how the new gender specific equipment interacts with the female skier for greater efficiency. Teach us how to see it in movement analysis. Teach us how to create a socially supportive, non-competitive instructional environment comfortable for women. Teach us instructional objectives more in tune with the female psyche.* The male psyche has already been covered. It may help us catch up with the rest of the industry.

Perhaps this is a male challenge, perhaps a plea: Help the guys become better instructors...for the sake of our female clientele. Thanks.

*Caveat: The gender conclusions are obviously oversimplifications. Nonetheless, there remains some truth to these observations in order to make a point and raise some important movement issues for skiers overall. These simplifications may not fit many of our female PSIA membership due to their athletic backgrounds in contrast to the average female ski school client. This in no way nullifies the issues raised. Most instructors are constantly seeking new exercises and

drills for their teaching repertoire to enhance their instructional efficacy. Awareness of gender differences during skiing and gender specific teaching issues will make us all better instructors.

Pictures on back page for additional information....

Acknowledgements:

Core Concepts For Snowsports Instructors, PSIA, 2001

Alpine Technical Manual, PSIA, 2002
Ski Like A Girl, by Natalie Kurylko, September 2001. Ski Magazine, p. 132.

Figure It Out, by Stu Campbell, February 2004. Ski Magazine, p.97

Dynastar Promotional Material, Exclusively for Women. 2003/04

K2 T:Nine 2004/05 Promotional Material.

Sturtevant's Ski Stores, Bellevue and Puyallup, Washington with their exceptional staff

100's of wonderful and unnamed skiers who offered their opinions

Patrick Lambert

A skier since 1953, Lambert holds a BA in Psychology and a Masters in Industrial and Labor Relations both from the University of Oregon. [Go DUCKS!] He currently is a Level II instructor having worked at Timberline Ski School, Star Skiers and Crystal Mountain Ski School. His bills are paid through some modest real estate investments.



**ladies how about helping
us guys out**

“INSPIRATION”

continued from page 26

opment. Earl Saline, Mike Hamm and Chris Hargrave have all played large roles in helping me to grow as an instructor as well as a person.

A couple years ago Earl left our division to for Winterpark, CO, before leaving he talked to me about coming to Stevens Pass where he worked and lived. The same year he left for Winterpark I moved to Stevens Pass. I missed Earl by a few months at Stevens and hadn't had the chance to ride with him for two years. We were in the same group at National tryouts and though we may not have been palling around the whole time it was great to be there with him. Earl is one of those people that are able to inspire you without saying a thing. You just want to become better when he is around; and you do. For the eight years that I have known Earl, the most I have ridden with him was three days, which I did twice a year. In that little amount of time he brought out ideas and skills that helped me set goals for bettering myself, which has pushed me to work harder year after year.

Mike and I started together in 1995 at a hill that had no returning snowboard instructors. We had some good people to help us, but they where primarily skiers that learned to snowboard because the school needed someone that could teach the occasional snowboard lesson. In the first year we had 12 hours of snowboard lessons split between eight instructors. Mike and I were the only ones to return.

The second and third year we worked open to close on the weekends and rode together every weekday. During those weekday sessions, Mike and I experimented with ideas every run. We would talk about what to try on the

lift, try it on the run and then discuss it on the next chair ride. Riding with Mike made me think about how the body and board interact, and made me think about why I cared. They were some of the best days on the snow anyone could ask for.

Chris has been an inspiration for people that I have known for a few years, but only in the last two has he made an impact on me. At the first AASI freestyle camp I saw him coaching and was very impressed with the confidence he instilled in the campers. Since then, I have spent more time working around him and with him and I now know why those campers felt so confident.

Chris has a passion for what he does, from cleaning a C-box to slaughtering people in paintball. His passion is contagious for those who ride with him as well as those who talk with him. The conversations we have had about snowboarding, the industry, coaching and mechanics have inspired me to consider new things and question current ideas. Riding, coaching and talking with Chris over the last year or two has allowed me to feel the same confidence and inspiration that I saw in those first campers I watched him coach.

These three people created some of the passion that has kept me going in this industry. Being with them at the national team tryouts showed me why I am an instructor – I want there to be more out there like them. They are inspirations to others, as instructors as well as friends. Thanks guys.

CLASSIFIED AD

Ever thought of extending your teaching season until Mid April? Or spending your spring at one of the leading resorts in North America? Then this special offer could be for you...Park City Mountain Resort Ski and Snowboard School (located in Park City, Utah) is looking for enthusiastic and motivated ski and/or snowboard instructors to supplement our staff during late February, March and April of 2005. Positions are available for schedule commitments from as few as 10 days up to 45 days. Benefits vary with work commitment For more information contact the PCMR Ski and Snowboard School at 435-647-5404, or tomp@pcski.com, or go to www.parkcitymountain.com/winter/employment/

CLASSIFIED AD**TOURLEADERS**

Mature, educated, outgoing people needed to lead luxury bicycle vacations in the Western U. S. Be self-motivated and enjoy helping people get the most from their vacation. **Bicycle Adventures**, experts for 22 years, has openings for the 2005 season. Send cover letter and resume to Bicycle Adventures, Dept ETT, PO Box 11219, Olympia, WA 98508



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

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

FOR OFFICE USE

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 _____

PARABLE OF THE PEAROR IF PEARS COULD SKI

The Core Concepts Manual unflatteringly likens our bodies to the shape of a pear. YUP! The female body tends to be like a pear with the stem up. The male body has the stem down...or rather the pear is upside down. Whether the pear is right side up or upside down the center of its mass is in the same place. [X marks the spot!] How far that center of mass is from the floor, table or slope depends on whether



it is a boy pear or girl pear. The center of mass in this male pear [right picture] is 18% higher than on the female pear [left picture]. Therefore, if pears could ski, this female pear would have less leverage at the fulcrum point [where feet connect to ski] to pressure the front of a ski due to her CM being lower and closer to the fulcrum. Conversely, our male pear with the higher CM can bring greater pressure from the fulcrum to the front of the ski because his

CM is further from the fulcrum. Just like the ol' playground teeter-totter. The farther away a rider is from the fulcrum of the teeter-totter the more leverage the rider has. Conclusion: The lower CM compared to the higher CM has a harder time bringing pressure on the front of the ski making it thus harder to turn. So much for pears skiing!



Awards

A little recognition can go a long way
Nominations for the following are due in soon.

Instructor of the Year
Outstanding Service,
Services to Youth, and Skiing Legends
Check the website for details

NORTHWEST SnowSport Instructor

PSIA-NW/AASI

PNSIA-Education Foundation

11206 Des Moines Memorial Drive, Suite #106

Seattle, WA 98168-1741

(206)244-8541

www.psla-nw.org

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