

SNOWSPORT INSTRUCTOR

ISSUE 4
06/07 Season
PNSIA-EF



PHOTOS BY BRIAN OAKDEN

spring 2007

Inspiring lifelong passion for the mountain experience

Event Line Up

**June 22-24
Timberline**

Alpine/Snowboard Freestyle Camp

This Summer at Timberline, PSIA/AASI-NW presents Freestyle camp. The snow has been epic on Mt. Hood this winter and we want to help you take advantage of it. Each day at camp we will ride a variety of terrain working on fundamentals. Park, pipe, bumps and groomers will be our venue and we are stoked to ride with you. If you really want to dial in your park skills or focus on priming your riding for exam season, we will cover it all. We will go over the skills and moves in detail to give you an understanding of where you are and how to teach it. Video analysis and accurate feedback will help you achieve your goals. After riding, there are many options to maximize your fun in the Mt. Hood area. From mountain biking to windsurfing to golf to hanging out with friends, we'll have a great time. Most importantly, this gives us a chance to come together and have a great time in the best summer snowboard scene on the planet. Cost \$225



**July 6-8
Timberline**

Summer Professional Development Series Camp

Want to challenge your skiing and training skills in a new environment and a fresh location? Do you like to keep your skills fresh and challenged in the 'off-season'? Do you like the idea of skiing from 8am-1pm with the rest of your day free to golf, bike, swim, shop, hike, windsurf or just relax? Included in this camp:

- daily video analysis and feedback
- personal coaching and on-hill training
- small group size
- professional knowledge
- skiing the skills concepts



SUMMER SKI CAMP TIMBERLINE, MT. HOOD

Pristine blue skies, mountain air, amazing views and a glacier. You get to experience all that and be skiing in the middle of the summer. Another one of our premiere events with the Technical Team and other talented staff, this three day series gets you comfortable in the gates and once you are, gets you ripping through them fast enough to scare yourself silly. Video review, social time and a DVD of the event is yours to be had. Come experience what all your friends are envious of, skiing in the summer at Timberline. Alpine only. Lift ticket prices will be \$45 this year. Sign up now to reserve your spot. Just use the application form on page 4 or sign up on-line.

Two Weekend Camps
July 13th - 15th
and/or
July 20th - 22nd

\$225.00 per Session includes:

Coaching, Private Lane reserved for PSIA-NW, Video Analysis and On-hill Snacks

Optional extra activities planned - updates at psia-nw.org
(lift tickets must be prepaid, \$45 a day, total is \$135)

LODGING

Summer is busy at Mt. Hood. Be sure to line your lodging up early!

Huckleberry Inn
Government Camp, OR 97028
503.272.3325

Hood River Hotel
Reservations - 800.386.1859
www.hoodriverhotel.com

Cascade Property Management
Welches, OR 98067
503.622.5688

Best Western Hood River Inn
800.828.7873
www.hoodriverinn.com

Also visit www.mthoodterritory.com to find more lodging possibilities.

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 and submit a timely application for the scholarships. Applications are due 30 days prior to an event. Check the website for an application and details.



Chef Nick, he has lots of other talents also, but you had to have been there!

Directions

North, South, East & West

Anybody that attended any of the events this season probably saw Kirsten Huotte, Education and Programs Director . She traveled extensively to provide support and direction at most of the venues. Job well done!! In lieu of an article we are just going to share a few pics of Kirsten at work!



NORTH

WITH NICK AT MISSION RIDGE



SOUTH

WITH MR.T AT MT. BACHELOR



EAST

WITH NICK AND RON KIPP AT BIG SKY, MONTANA



WEST

AT CRYSTAL MTN

Summer Event Application

PSIA/AASI-NW Event Application

FOR OFFICE USE

11206 Des Moines Memorial Dr., Suite 106 Seattle, WA 98168
 Phone: (206) 244-8541 Fax: (206) 241-2885 e-mail: office@psia-nw.org

PSIA-NW Membership # _____ Cert Level _____ Ski/Snowboard School: _____

Name: _____

Last First

Address: _____

Street/box City State Zip

Day Phone: (____) _____ E-mail Address: _____

Discipline: Alpine Snowboard Nordic Adaptive

Which Event are you planning to attend:

- June 22-24 Freestyle Camp, Cost \$ 225 (lift tickets must be prepaid, \$45 a day, total is \$135)
- July 6-8 Summer Professional Development Series, Cost \$ 180 (lift tickets do not have to be prepaid)
- July 13-15 Summer Ski Camp, Cost \$ 225 (lift tickets must be prepaid, \$45 a day, total is \$135)
- July 20-22 Summer Ski Camp, Cost \$ 225 (lift tickets must be prepaid, \$45 a day, total is \$135)

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 AND FOREVER DISCHARGE** PSIA-NW, PNSIA-EF, the host area and agents and employees of each from liability for any and all injuries of whatever nature arising during or in connection with the conduction of the event for which this application is made. Applicant hereby relinquishes and assigns to PSIA-NW and PNSIA-EF all rights to the use of Applicant's name and likeness or pictorial representation in photographs, motion pictures or other representations concerning Applicant's participation in said Event.

Signature _____ Date _____

Fee /Lift Ticket Paid: \$ _____ Cash/Check VISA/MC

Lift Ticket payment for Summer Ski Camp due with application. Fee must accompany application to be processed-\$10/day late fee will be assessed if application is received less than 14 days prior to event. Refunds require a note from your medical provider.

VISA/MC# _____ Expiration _____ / _____ Signature _____

Stories from Summer Ski Camp

BY EMMY CROSTON
FIORINI SKI SCHOOL

Sunshine, blue skies, good friends and great coaches-this is what Summer Ski Camp at Timberline is all about! Perfectly groomed, hard packed mornings turn into buttery soft afternoons while we bask in the beauty of the majestic Mount Hood.

For around 20 years now, Fiorini Ski School has rallied instructors to Mt. Hood for a fun-filled, educational weekend of skiing. Last year's attendees included 16 in camp, with a total of 20 who came down to ski (a.k.a. party). All of whom stayed in a quaint (a.k.a. small) cabin in Govy. While it's no secret that Fiorini's have a flair for partying, it is equally shared with a great passion for skiing and teaching. The opportunity to unite with friends and colleagues for intense training and mayhem has forever been a part of the Fiorini culture and a major contributor to the family-like bond we share. That weekend was no exception.

On snow, the Skiing was epic and the coaches were inspiring. It's amazing how skiing in sunshine on a Glacier, along with motivational coaching can trigger major changes in ones' skiing. Our group was blessed with the talents of Jeff Cordell, Linda Cowan and Nelson Wingard who provided tips, tricks and entertainment as we ripped around the mountain and maneuvered the gates. And when the ruts became shoots and jumps, we were lucky to have the dynamic duo of Chris Thompson and Dave Lucas setting and resetting great courses for us to enjoy.

In town, a new shift in the wind has brought deluxe condos and gourmet groceries to town, but our favorite

memories remain those of the classics. From lounging in the sun outside Charlie's-cold beer in hand, to pizza and horseshoes at Ratskeller, to big salads and Huckleberry desserts, those scenes in Govy seem timeless. Evenings brought their own excitement, but with a fridge fully stocked with beer, a

nine. AAAARRRRR!"
Emmy "Like the Award" Croston

"I loved seeing the concentration on the face of a Palmer Snowfield first timer, and watching a former world cup skier tearing up a course in his 60's"
Rob "Roborini" Croston

I hope to get to do more exciting events like this in future years.

supply of brainless movies and a picnic area in our back yard, most of our fun was fairly harmless.

A new bonus to this year's experience was the optional rafting trip out of Maupin that Kirsten Huotte expertly organized. That was a special treat and, though I may have come away from it with a concussion, I hope to get to do more exciting events like this in future years.

While words can never fully describe the intensity of all that race camp has to offer, here are a few testimonials from our group.

"Camp was great, Linda was awesome, and ARRRRRRR~!"
Andrea "Burns" Keenan

"My highlight was finally conquering some stance issues by creating a more stable platform underfoot by using less counter. I was ripping around on cloud

"In my day job I work with a committed passionate group of people focused on a mission to achieve potential. It's difficult to explain to people outside the environment. I have found the same type of collective, passionate exchange at race camp which forms bonds of shared experience that cannot be explained or described. Indeed the only option is to simply invite - invite those who have not participated to come share the joy, friendship, scenery, sun, and fun that is... PSIA NW Summer Ski Camp."

Eric "Probie" Herzog (short for Probationary - as this was his first race camp :o)

"I just wanted to say that Jordan and I had a blast racing this weekend. Hanging out with you all was a blast and the skiing was fabulous! All of you at Fiorini are really great people and I've enjoyed getting to know you. Except you, Brandon. Kidding. Sort of."
Kim "too new to have a nickname" Petram

"Your instructors play hard, but they work even harder-and it was really fun watching and helping them challenge their skills and abilities."
Linda "Coach" Cowan ■

NW Snowsports Instructor

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SnowSport Instructor

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Submission Deadlines

Issue	Deadline
Summer/Fall	July 15
Early Winter	Oct. 1
Winter	Jan. 1
Spring	March 10

Guide for Contributors

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

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

Officers of the Board

- Ed Younglove ----- **President**
- Jack Burns ----- **Executive VP**
- Mark Schinman ----- **Administrative VP**
- John Eisenhauer -- **Communications VP**
- Molly Fitch ----- **Education VP**
- Lane McLaughlin ----- **Technical VP**
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- Diana Suzuki ----- **Financial VP**
- Lance Young ----- **Mmbr School VP**
- John Weston ----- **PSIA Rep**
- Staff
- Kirsten Huotte- --- **Ed Program Director**
- Barb Darrow ----- **Office Manager**

Newsletter Ad Rates

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

Rates:

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

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

Rates:

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

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

Please make check payable to:

PSIA-NW

11206 Des Moines Memorial Drive
Suite 106
Seattle, WA 98168

Cover: Pictures from Symposium at Big Sky, let them inspire you to sign up for Summer Ski Camp!

Connecting with the Organization

BY JOHN EISENHAUER
PSIA/AASI-NW COMMUNICATIONS VP

Driving back from Big Sky in April, I was reflecting on the weekend and this year's Symposium. I've been to quite a few of these over the years and always enjoy them. There was something about this Symposium though, an energy, a "vibe" if you will that set it apart and made it exciting to be there. I think it was the blending of people from the different divisions who chose this event to connect with the organization and each other.

Friday is always the traditional free Ski / Ride with the clinicians day. Keeping with the informal theme, a number of us from Crystal Mountain decided to form our own group. A diverse bunch, we stayed together all day, covering as much of the terrain as we could handle.

We were joined by an instructor from Park City, Sondra. I think she was standing a little too close to us in the morning and simply got swept up in the vacuum on our way to the chair! Turned out she and I had been at the same National Academy, way back when in 1978. It was 10 days, split between two coaches and everyone stayed in a dorm-like setting. There were big changes happening to ski teaching. Horst Abraham who wrote the manuals was there. The Demo Team was new. While she and I hadn't met then, we each had strong memories of the experience connecting with PSIA.

As the day progressed, we took on more challenging slopes. A trip down south facing Liberty Bowl proved more difficult than anticipated. Sondra linked turns through the heavy spring chop like a knife slicing through butter. The

other women in the group were considerably younger. They were impressed. Right then, I think they wanted to be more like her. Right then, I think they "connected with the organization."

My class on Saturday went out as three groups and split on the hill. I had the choice of skiing with a clinician who I'd taken lessons from when I first started as a kid and who'd later helped me get certified (Al Voltz), or a clinician who was my wife's first ski teacher when they were both students in Bozeman and who had gone on to become a National Team member (PJ Jones). I'd had numerous interactions with each of them, so I decided to go with Joe Waggoner, a Montana native now from Utah. Also a former Team member, Joe was someone I'd met years ago at 49 Degrees North, but I'd hadn't skied with since.

On Sunday, I chose to ski with Ron Kipp. Originally from the Northwest and now the Education Director for Intermountain, Ron is well known for his involvement with the US Ski Team. Ron and I'd spent a great afternoon skiing at Crystal after a divisional event years ago before he moved away and so it was great to have him analyze what I hoped was my "new and improved" skiing on video.

It was actually the depth of these connections that started me thinking about the broader idea of "Connecting with the Organization". It might be easy, especially in my position, to

Continued on page 8

President's Report

Inspired by the Experience

BY ED YOUNGLOVE
PSIA/AASI-NW PRESIDENT

This May the board will elect a new president. This then is my final newsletter report as president. In my previous reports I have tried to keep you apprised of divisional developments. This report is more personal. I have three things I would like to say.

Thank you. As is so often true when we volunteer in an area that we are personally passionate about, I have gotten so much more from my service to the organization than I could have ever hoped to have given back. I have sincerely appreciated the opportunity to interact with so many of you over the years. It is always dangerous to single out people to thank when there are so many people who have made the experience an enjoyable one. I have to single out one person, however. Barb Darrow is serving in her twenty-fifth year with the organization, and it is safe for me to say she has been the single greatest help to me in serving in this role. She was my mentor, my sounding board and my lighthouse. She frequently kept me out of trouble and probably did so on many occasions when I didn't even realize I was headed for trouble. The organization is so lucky to have an executive like Barb who cares not only about the organization, but who also cares about each and every member on a personal level. The personal friendship I have developed with Barb is only one of the many valuable things I will take away from this experience.

Good Luck. I honestly feel the organization is in a good place. We are clear about who we are and what we are about. We are healthy enough to take reasonable risks to improve the benefits

we can offer to our members. I can claim no personal responsibility for where we are. In fact, we may be where we are because I stayed out of the way of the people who have brought us here. The organization is rich with members with both passion and talent. People like Calvin Yamamoto, Nick McDonald, Chris Kastner, Chris Thompson and Roger Taggart, to name just a few, were "heroes" for me before I got to know them up close and personal, and are even more so now that I have had the opportunity to see their contributions to the organization up close. People on the Board of Directors during my tenure like Ed Kane and Kathy Hand, for example, have given selflessly for many years. These people have provided wonderful insight and great mentoring to the rest of us on the Board of Directors. I have been blessed with an Executive Committee of dedicated officers who have each generously contributed their talents to get many difficult and time-consuming projects done for the organization.

Good Bye. I will miss working so closely with such great people. Most of all, of course, I will miss Calvin and Nick calling me "Mr. President." (Maybe I get to keep the honorary title. After all, they still call Bill Clinton "Mr. President.") It has been a great experience. I have had the pleasure of serving as President of other non-profit organizations, some for very worthwhile causes that I believed to be socially important or which benefited the less fortunate, and I have enjoyed those experiences. While ski instruction lacks the same social significance (and thus this might sound a little shallow to

some) I have never gotten as much personal enjoyment from those other experiences as I have from my involvement with this organization. The mountain experience (skiing for me) has been a passion since my earliest days, and that passion has been "reinspired" by this experience and by my association with all of you. ■

"Connecting" Continued from page 7

perhaps think of members connecting through the newsletter and website. These are good sources of information, but while you can submit an article or participate in a discussion forum, the ability for interaction is limited.

It would also be easy for members to think they need to attend events to connect with the organization. Events are a great place to connect. If you think about it, there are many other ways to connect as well. The lesson you took as a child from a member connects you with the organization. The time you spend training at your area with your school's TD and trainers connects you with the organization. The interaction you have with your school's director connects you with the organization. And the effect you have on your students connects you with the organization. Because, the more you think about it, the organization isn't really a WHAT or a WHERE, it's a WHO. And the WHO is all of us. We ARE the organization, working together to help create and sustain something we all care very much about. ■

Dollars and Sense

EF can Pay Your Way!

BY DIANA SUZUKI
PSIA/AASI-NW FINANCIAL VP

Hey snow sport friends, if you could use some financial support to attend an educational event, please spend a couple of minutes with me and read the following article.

Did you know PSIA/AASI-NW maintains an Education Foundation? PNSIA-EF provides:

Development of instructors educational programs

Establishing scholarship funds for its members

Production of training films and manuals

Research and development in ski teaching

Development of advanced training programs

So what does this mean for you? If you are in a place in life where your personal funds are tight but you really want to attend one of PSIA/AASI-

NW's cool educational events, apply for a scholarship!

It is easy to do. Just go to our website, click on *member benefits* and print out the application and instructions. With just a little work from you and your snow sport school director the application can be completed and submitted for your desired event. There are a few simple rules so be sure and read the instructions so your application can be processed in time.

Each year PNSIA-EF funds partial or full events and most applications are approved. It is always our goal to help the membership and this program is one of many opportunities available to you as our valuable member.

There are still events scheduled for this season and if you need a little help you now know where to go. See you on the slopes!

Thank You Donors

This 2006/2007 season, 67 PSIA/AASI-NW members sent in contributions to support the work of the PNSIA-Education Foundation (EF). These donations ranged from \$5.00 to \$100.00, totaling \$1250.00. Thank you to each and every one of you. Your donation truly makes a difference!

If you have not donated to your EF, we encourage you to consider a donation this next season. Look for the reminder that comes in your dues billing envelope and don't forget, donations are tax deductible.

In addition, \$1800.00 was raised at this year's Symposium raffle at Big Sky, MT., also benefiting the EF. We'd like to thank Stevens Pass Board member Mary Germeau and all of her helpers for their hard work organizing the raffle. Also a huge THANK YOU to all of the members and businesses who donated the prizes.

These efforts make the work of your EF, including the Scholarship Fund possible. ■

Board of Directors Election Results

BY JACK BURNS
PSIA/AASI-NW EXECUTIVE VP

Listed below are the results of the elections held this spring. Congratulations to those of you who will be serving on the PSIA/AASI-NW Board of Directors for the next three years. Those of you who were not elected, your interest in serving the organization is very much appreciated by the members. Please note that you are welcome to attend the Board meetings and may serve on committees. Please contact me through the office.

Snoqualmie Region Election

Position 4	Bill King	unopposed
Position 7	Rob Croston	unopposed
Position 8	Takashi Tsukamaki	112 votes – elected
	Roger Lowell	69 votes
	Havens Tipps	62 votes

North Central Region

Position 1 Sally Brawley unopposed

Spokane Region

Position 1 Mike Peters unopposed

Stevens Pass Region

Position 2 Lane McLaughlin unopposed

Position 5 Mary Germeau

Crystal Mtn. Region

Position 2 Ed Younglove unopposed

Mt. Hood Region

Position 3 Steven Henrikson 63 votes – elected

Michael Patmas 59 votes

Bend Region

Position 1 Chris Smith unopposed (one year term)

And the MVP Goes To...

BY LANE MCLAUGHLIN, PSIA/AASI-NW TECHNICAL VP

I'm not sure if you're a sports fan at all, but if you are and you've happened to watch an NBA basketball game this time of year as the regular season is over and the playoffs start, you may have noticed the chant of "MVP-MVP-MVP" hailing down from the stands of the arenas as fans salute, promote and honor their team's star player, and cast their informal vote for them being the Most Valuable Player of the league. It got me thinking about our business and organization, and a successful season, business or membership experience certainly does not hinge on the performance of any one person. But, it's my feeling, and shared by many I've talked to, that the **Most Valuable Position** within a ski school and throughout our organization is the Training Director – a.k.a. the "TD".

If you look at the nature of the snowsport school business, it relies every year on bringing new instructors into the business. Many people join the instructor ranks with an interest for teaching, a passion for skiing/riding, but perhaps very little knowledge and understanding of how to teach skiing/riding and probably not much awareness of how challenging it will be to become proficient in the craft. The paying public deserves professional service and quality instruction every time they buy a lesson. Therefore it's critical to the success of a school and the health of our industry that we work from the "bottom" up and help mentor, train and prepare new instructors to get through those early learning pains and moving them to a level of proficiency where they can truly enjoy the experience and fulfill guest expectations.

To help with the initiative to educate and train instructors, PSIA is chartered at national and regional levels to develop educational materials, host training events and define standards. The leaders and trainers throughout the organization have a wealth of knowledge and the passion to disseminate this information to the membership. Demo Teams, Divisional Clinic Leaders, Examiners, Vice Presidents, etc. – the organization is filled with talent and leadership to fulfill this charter. However, in this "top-down" process of passing along information and connecting with the membership, the organization is only able to actually "touch" a certain number of instructors a certain amount of times over any given season. A developing instructor will spend vastly more days on the hill at their resort and school compared to spending some, if any time, connecting with the organization.

Where the "bottom-up" collides with the "top-down" is squarely at the role of the Training Director. The TD is at the epicenter of instructors wanting mentoring and guidance to become better while also being the critical link for PSIA to pass through what's intended to be valuable information; educational products and new practices to the membership. The TD also functions as the person that takes perhaps general information from PSIA, which applies to a variety of situations, and tailors the information and message to what applies specifically to their school's program and makes it more real for their staff. While PSIA constructs models and concepts and conveys the information through seminars and symposiums, it's the TD who helps the instructor practice within the framework of the models, explore the concepts and test their boundaries, and does so on a

routine basis to help instructors measure progress and set new goals.

PSIA-NW feels strongly that it can only be successful in helping members by partnering with the TDs. We know that a TD's opinion of the value of membership will influence their staff's opinion of membership. A TD's understanding of performance and teaching concepts will affect their staff's learning of these concepts. And, a TD's passion to grow professionally will affect their staff's inspiration and effort to grow professionally. As a leader within PSIA-NW, I understand that while in any given year I may meet hundreds of you, it's TDs throughout the NW that meet all of you – everyone has a TD whether or not they read a newsletter, go to a clinic, review a national manual or aspire to take an exam.

Therefore, for the health of our industry, the vitality of our organization and the benefit to you as an instructor, it's critical that our organization does its best to support TDs - that we help them help you. It's important that schools do their best to assign the TD role to those on their staff that can put the extra time and energy that goes beyond just getting through the operational schedule for a school and requires good training sessions and even extra-curricular mentoring. And it's important that you do your best to challenge your TD to be an advocate, a guide and a teacher for you and your needs. However you define success in the snowsport education business, I bet you'll find that the most successful schools have dynamic and dedicated people in the TD role. If this is true within your school, reward these people with a little change of MVP as they are, in my mind, in the **Most Valuable Position** to help us all be successful. ■

Who's Your Favorite Skier?

BY GREG LUCE

PSIA/AASI-NW DIVISIONAL CLINIC LEADER

I had the pleasure of presenting at the Portland offering of the 2006 PSIA-NW Fall Seminar. Although I have presented in front of peers in the past, this was my first time in front of my skiing colleagues. Not only that, I realized that the Fall Seminar is more than an indoor snow sports seminar, it is the first event of the coming snow sports season. Now I have to get some information and ideas exchanged AND I have to try and get the participants emotionally charged for their best season yet. I feared the title of my topics, *Teaching I* and *Teaching II*, may not create the Passion For the Mountain Experience that would be required.

In my quest to create a memorable experience, it dawned on me that one of the aspects that keeps me involved in ski instruction is the opportunity to meet with such a fantastic range of personalities. So, before launching into the PSIA teaching concepts as I see them, before introducing *The Sports Diamond tm.*, and before watching some great video clips, I asked each participant a few questions. This way we could all meet some like-minded folks, get to know a bit about who we

are as a group, and learn that we come to snow sports with many stories. We have all done this at times with our lessons, and I thought we would get some quick answers and at least get the morning started with an idea of who was awake. Boy was I surprised.

What is your name, where do you ski, which skis will you ski on this season, what music or program did you listen to on the drive here this morning, and who is your favorite skier? These were more or less the questions that I presented to everyone in the group. If you take the time to answer these questions yourself, right now, you may not be too surprised at the answers. If you ask roomful of 15 strangers you will be pleasantly surprised at the answers. I certainly was.

Quite honestly, I got answers that I did not expect; answers that were insightful and really helped tell the story of why each person was taking time out of his or her schedule to keep up on PSIA credits. When everyone answered the last question about who their favorite skier was, I expected to hear about the great Ingemar Stenmark,

which I did and I concur. What I had not expected was to be touched by the fellow that explained that his favorite skier is his daughter because of the courage she portrayed and passed on to him as she conquered her fears on the hill. I was moved by the colleague that had lost her favorite skier, her beloved son, to an avalanche. Finally, I was so surprised and thrilled to hear, instead of Bode Miller or The Hermanator, the names of Jeff Cordell and Nick McDonald.

Those of you who have not attended a PSIA-NW event in the past, oh say, 20 years may not know Jeff or Nick. That is a shame indeed. Because when I really think about it, although I love to watch world cup ski racing and I am in awe of Julia Mancuso and Ted Livity, Jeff and Nick are two of my favorite skiers along with Diane Robbins, Stephen "Henne" Henrickson, Sarah Richardson, Rick Lyons, Jeremy Riss, PJ Jones, and Jerry Berg just to name a few. So, take some time to reflect, who is your favorite skier, really?

p.s. Ingemar did post 92 world cup wins, 45 seconds, 28 thirds, that would be 165 podiums. ■

Business Cards

You have worked hard to get your certification and we want to help you show it off! Professionally printed business cards are a great added touch to the end of any lesson. Start building your return clientele and educate the public about PSIA/AASI.

Cards are printed by Masters Printing in Colville, WA (They print this newsletter also). Check out the psia-nw website for a sample card and then order yours today. Cost: \$85 for 1000 or \$65 for 500. The cards include the PSIA, AASI, and Go with a Pro logos.

Kid Zone

Kids in Space

BY RACHAEL MILNER
ASSISTANT DIRECTOR, CRYSTAL MOUNTAIN
PSIA/AASI-NW JUNIOR EDUCATION TEAM

Put your hands up if this has happened to you. After a great day teaching with a group of kids you give them a special treat for the final run and allow them to go ahead of you and pick their own path down the trail. No sooner have they squeezed by you, then they are off, hitting speeds you couldn't imagine possible and never deviating from the fall line for one second. As you skate fanatically down behind them trying to keep up you think to yourself (a) "I hope my supervisor isn't watching," and (b) "I hope the parents aren't watching" (a and b are interchangeable depending on who is more frightening). When you finally catch up with your group, invariably they are grinning ear to ear saying things like, "that's the coolest thing we've done all day!"

WHY?????? Why does that happen with kids? Is it part of the master plan, the one that is out there just to mess with your head? No, my dear fellow instructors, it just feels that way. Here is the reason:

GOING STRAIGHT IS EASIER
THAN TURNING ROUND
CORNERS, taa daaa!!!!!!

Let's face it, when your brain hasn't quite figured out that there may be a consequence to being out of control (or what control is) then you are free to enjoy recklessness on the slopes. No decision making is necessary. That's where we, as coaches, come in.

Kids don't do very well in unstructured space, they move much better and more effectively around tangible objects. In fact, up until the age of 4 or 5 kids are still coming to grips with their own personal space, which is made more complicated with the addition of skis. At this age, a child's brain is just starting to develop some sense of spatial awareness, which is physical awareness in the space. So, really, if there is no reason to go around anything, i.e. an open trail, then why turn corners?

That's where we come in. As coaches we know that turning corners has all sorts of benefits, including speed control, direction change and the ability to avoid snowboarders, lift towers, and other children.

So here are my top five ways to encourage some turning.....

1- FOLLOW ME – I know it's a little controversial in some ski schools, but if you have young kids then there really is no safer and more effective way to move the group. With a little imagination you can control direction, speed and turn shape while they have a great time following their leader! My favorite is pretending to get dressed as you ski down the hill, it's great for balance as you put your pants on!

2- HUMAN SLALOM – This takes a bit of time to set up, but if you have a multiweek group by week three you and your group will have this down! The great thing about this task is you can have a really good look at your students without it being intimidating.

3- MISCELLANEOUS THINGS TO TURN AROUND –

Bean bags, cones, gloves, poles, colored golf balls, milk bottle tops.....you get the idea. If it's stuff you can put in your pocket, have the last person in the group pick items up as they come down. I've even used gummy bears; you just have to make sure you have enough for everyone and you take the leftovers out of your pocket before you wash your uniform jacket!

4- THE SONG – The words are "you turn all ten toes where you want to go" and the tune can be what ever you want it to be. Just be ready to repeat it all day long and find yourself singing it at night too! Pick objects at the side of the run to turn your toes towards as you sing.

5- KILLER BEES – The infamous final game of any ACE clinic. We have to introduce it at the end or people ask us all the way though the clinic when it's time to play "killer bees" again! The idea is simple, with you at the front controlling the speed, your group, "the bees," have to buzz around and change position within the swarm. The rule is they are not allowed to have a "bee collision" so they have to always look for a space to ski into.

So to "round off" (get it) my article let me summarize by saying that kids need a reason to turn and its up to us to give it to them. The fact that turn shape gives us speed control may not be enough to encourage our young ski or snowboard students to change direction. We need to think of fun and exciting ways to persuade them that going round corners is a good thing to do. Good luck out there folks, and remember always be ready with a smart answer for the dreaded question "WHY?"

Book Review

Tactics for All Mountain Skiing

BY ED KANE

PSIA/AASI-NW BOARD MEMBER

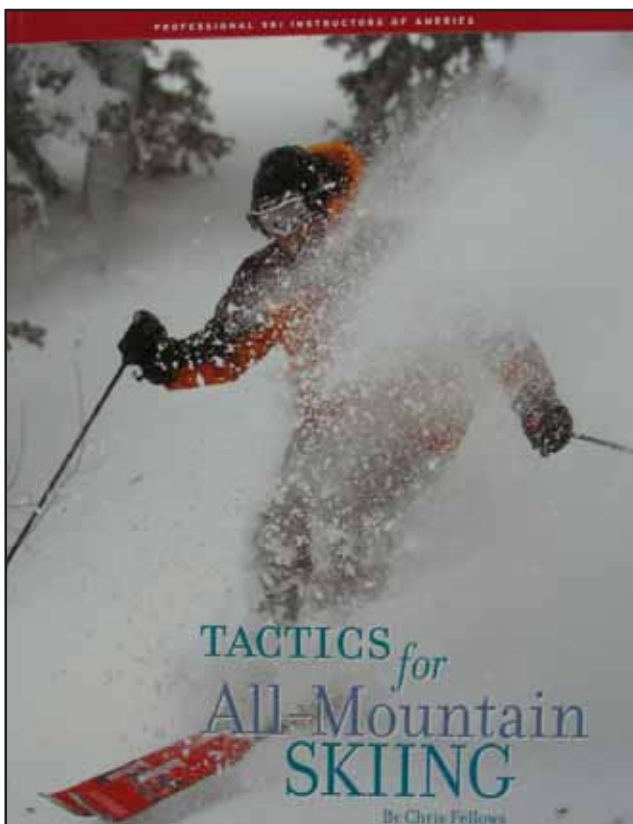
This book, authored by Chris Fellows, was published last year by the PSIA in a continuing effort to bring the latest in guidance from the technical experts in the organization to the membership. It is available from the office or from the PSIA website for \$29.50 plus tax & shipping. Chris is a member of the PSIA Alpine Team and is an experienced instructor and coach. He brings this experience to this publication in both approach and content. The content represents a focused, well thought out logical approach to expanding the horizons to advanced students that want the full mountain experience.

After a short introduction, Chris presents chapters for each of the following all mountain conditions: Moguls; Steeps; Power and Other Forms of Deep Snow; Chutes; Ice and Firm Conditions. The book is concluded with a discussion of equipment considerations and how this affects performance and a discussion on how to prepare for instructing in this environment. The approach used in each chapter is to first outline some of the major considerations that both the student and instructor will need to deal with. This is followed by discussion of drills that can be used to enhance skills, provide confidence and acquaint students with the demands of those particular

conditions. He breaks these into what he calls 3 commitment zones: the Warm-up Zone which is the point where the student can ease into the tactics needed for performance in the conditions of interest; the Performance zone which is where the student can begin integrate the skills learned in the previous zone for solid skiing tactics;

and the Target Zone which is the desired outcome in the target conditions. Each zone contains a discussion of the purpose, objective, tactics and drills that can be used to learn the required moves. Some variations and technical considerations are also given which helps lend clarity to the purpose of this approach.

On the whole, this book provides a great deal of material which has not previously been available in the literature on teaching at these advanced levels. As noted above, the approach is logically presented, clearly illustrated and easy to understand. One note of caution however, readers must understand that this material addresses a class of students that is already at an advanced level and is in a comfort zone that is willing to accept a reasonably high level of risk. This material cannot be used without modification or adaptation if the students are not in this category. More cautious students will have to spend much more time in the Warm-up zone and will have to practice drills that are not listed in this book. As long as that is kept in mind, this book will provide instructors of advanced students desiring the all mountain experience a valuable resource that is well organized and easy to use. ■



Looking for the latest and greatest in manuals?

The PSIA/AASI-NW bookstore has a supply of books, manuals, and videos to keep you updated and informed. Check the website for a complete bookstore list and reviews. You can even find certification manuals that will guide you in your journey through the exam process. psia-nw.org (put it in your favorites)

Event Recap

Memories of Symposium '07

Symposium 2007 at Big Sky, Montana had the theme, "Come Inter-mingle". And Intermingle we did! Approximately 310 members from the Northwest and Intermountain divisions (along with some from Northern Intermountain and Northern Rocky Mountain) joined for three days of great spring skiing, training and fun.

If anything defined Symposium this year, it was this chance to ski and train with people and clinicians from other divisions. Classes were great! Comraderie, new faces, new coaches, new friends. We heard positive comments all the way around.



The terrain and views from the Peak reminded us of a trip to the Alps, but in this case only a short flight or a long, beautiful drive away. And once we were there, everything was just a walk away. Amazing weather, high altitude, Gondola, Cable Car, fresh powder, soft spring snow, frozen spring snow, challenging our 30 SPF sunscreen, what to wear?, lunch served by the fire (by the fire???), beer on the deck, watching back flips, belly flops and the occasional successful pond crossing to celebrate the close of the season.

Awards from Intermountain and the Northwest were presented Saturday night at one of the biggest (and BEST!!) banquets ever. Approximately \$1800.00 was raised for the Northwest to benefit our EF Scholarship fund in a combined raffle with Intermountain. ■



PHOTOS BY BRIAN OAKDEN



One very special award

Barb Darrow, our office manager for 25 years was recognized for her incredible 25 years of service to the division. She was given a 25 year pin, custom made just for her and a plaque. She and her husband will be able to enjoy their summer vacation a bit more this year with the bonus she received from the division. But it was the other two awards that she really cherishes. The first was an honorary Level III certification. Members also put together an album on the spot with pictures, personal notes and memories from their years of knowing Barb. She could only say, "It is so nice to be loved". ■ And she is.



NW SNOWSPORT
INSTRUCTOR

Event Recap

Service Award Winners

BY MARY LIVINGSSTON-WESTON
AWARDS AND RECOGNITION COMMITTEE CHAIR

PSIA/AASI-NW has many Service Awards to recognize the instructors of our region. Nominations are sent to the Awards and Recognition committee who vote to choose the winners from the nominees. Awards are presented at symposium every year.

This year we had the distinct pleasure of being able to award three Instructor of the Year Awards, recognizing three out of four of our disciplines; Alpine, Nordic and Snowboard.

Willie Grindstaff, who has taught and served the Northwest community the longest of the award earners is primarily an alpine instructor, but works as a board instructor as well. Willie teaches at Crystal Mountain. Some of the words used to describe this gentleman were "...has dedicated his vast knowledge to the ski/board sport and hundreds of instructors and to hundreds of his students." "Historian on the hill." "Master of fun on the snow." Willie just celebrated his 77th birthday and it was all we could to drag him off the hill at Big Sky!

With a minimum amount of time on the job of "only" 24 years, **Nils Riise** is still at his "first" job. He's still

following his passion of teaching others to enjoy playing in the snow on cross country/telemark skis. Nils is described as "a positive role model for our instructors and I aspire to his level of interaction, skill and communication." Steven's Pass has the honor of having this "Instructor of the Year" in their area school.

Our final Instructor of the Year is the training coordinator for the Summit at Snoqualamie Learning Center. **Jason Melcher** orchestrates the training of approximately 500 skiers and snowboarders annually. While primarily a snowboarder, "Jason teaches both skiing and snowboarding, never says no and has a 'Can Do' attitude. He has an uncanny ability to connect with the guest, whether they are three years old or in their golden years."

The 2007 Larry Linnane Legends Award winner started teaching at age 16 and joined PSIA at age 18. He has only missed teaching during the time he took off to serve his country in Vietnam. This person has three children and all are PSIA members and teachers. He teaches at Snoqualamie Pass, Crystal and Stevens Pass for Fiorini Ski School. "Captain Jack", as he is know within the ski school, has to his credit the

training of 150 - Level I, 75 - Level II and 15 - Level III instructors. This year's winner of the Larry Linnane Legend's Award is our PSIA/AASI-NW Executive Vice President **Jack Burns**.

If you don't know what all of the Service Awards are, please check with your Ski School Directors this fall. We will be forwarding a description of all of these awards to them to remind everyone what they are. ALL of the awards will only be awarded if we take the time to nominate people we believe are deserving of these awards. I would ask you to please remember this and in the fall read the descriptions sent to your Directors. Please take the time to nominate a person you feel is deserving of being recognized by the association. Help us make sure the outstanding members you know are considered for these special awards.

Congratulations again to this year's award winners!. They are true representations of our superior talent in PSIA/AASI-NW.

(editor's note: The full listing of Award descriptions was printed in the '06/'07 Early Winter Newsletter. They are also posted on our website along with nomination forms and articles about recent winners. Choose *About Us* from the main menu, then click on *Service Awards*) ■



Event Recap

Winter Blast

BY ROB SOGARD
PSIA NATIONAL ALPINE TEAM COACH

I have heard about Crystal Mountain for 11 years, first from Bob Barnes, then from Chris Kastner and Nelson Wingard. "It's a great mountain," "incredible terrain," "breathtaking views of Mt Rainier" and on and on. The only problem was they never got around to actually inviting me. Then came Winter Blast. I finally made it last year with DL, Chris Kastner and Nick Herrin, and once again this year with Michael Rogan and Chris Kastner; Winter Blast is not one to miss.

What a great event, and what a great venue. We (National Alpine Demo Team) attend a lot of events in every



division, and this is one that team members love to "work". There's a bit of a story behind my invite this year, let's just say it's good to be the coach. After 3 weeks of team infighting about who was getting the trip, I had to step in and let them know it was going to be ME. Sorry Bobby, Nick, Katie and especially Nelson (I think he actually cried). We hope to all get invited next year.

I really want to thank Kirsten for setting this thing up and I want to thank the PSIA NW folks who came out to share it with us - last year the crew I skied with from Clancy's, and this year, Crystal's finest. Michael, Nick, DL, and Kastner... thanks from all of us.



This is an event for people who love to ski. It's not often we get to focus like that with our groups, ski terrain like Crystal, enjoy the cocktail parties and the dinners; it's unreal. From the Alpine Team, we hope to see you at Winter Blast 2008. It's the best.

And by the way - I know the lies you all have been spreading - between two trips to Stevens Pass, two trips to Crystal, and one to Mission Ridge, I have yet to see anything but Snow or Sunshine in the Northwest. Thanks a Bunch



Being the Student Instead

BY TERRY MCLEOD

PSIA-NW TECHNICAL TEAM

I recently had an opportunity to be on the other side of the “learning partnership” and the value of this experience for me as a teacher was once again highlighted. I definitely recommend occasionally learning something new and/or taking some lessons, if for no other reason than to improve your own skills at leading others through the learning experience. Ideally some type of athletic, motor skill intensive sport will lend you the best observations, but really anything that reduces you to a rank novice can be of benefit. Some suggestions include golf, tennis, windsurfing, skateboarding, guitar, piano, sewing, knitting, specific art/craft methods, horseback riding, waterskiing, dancing, or in my case, surfing.

I was fortunate enough to be able to take my first trip to Hawaii last fall and of course I wouldn't have felt complete if I hadn't learned to surf. Here are some things I liked about the whole experience and that I suggest we should all try to incorporate into how we work with students, followed by some less than stellar items that I hope our clients won't have to deal with.

-The phone conversations I had during the registration process were great. Lots of options and flexibility to meet my needs. They called me back when they said they would with clear directions and easy “protocols”.

-We started with very basic, on the beach steps that didn't rush me into the water. It helped me know what to do before I was faced with the possibility of drowning.

-Our instructor, Inikea, led us to a section of water with mellow

waves and told us why we were going there. Until he explained his choice and pointed out what he was looking for, everything looked the same to me, so I was glad he let us in on the factors he used to choose our location.

-Inikea gave us some directions and assistance, but also gave plenty of space for our own practice time. I never felt like I was waiting for his lesson plan to develop before I could try something.

-He gave people in the group different tasks and assistance based on how fast or slow they were progressing. In other words he tailored his teaching to each person, even though it was a group lesson.

-Inikea was available for some questions and conversation as the lesson wrapped up. He had another class starting but was still able to manage the time well so that I didn't feel like he was cutting me off as he moved on to the next project.

My experience wasn't perfect. Here are some things that I'll try to prevent my clients from feeling.

-The instructor was late; not much, but I was wondering what was going on.

-He didn't start with an overview or outline of what we were going to cover. I had some concerns about how the ocean was going to treat me and I would have been better able to focus on his initial instructions if he'd assured me that we were going to cover some water safety strategies. The point here is, that I wanted my biggest concern to be acknowledged at the beginning, so that I could relax a bit knowing that my fears would be addressed.

-He never used any of our names. Not a big deal, but it made me wonder how much he cared about us.

-I didn't come with the right gear (clothing) and got some pretty good surf board rash by the end of the session. This was no one's fault but my own. I still had a great time, but it highlighted how our students feel when they don't have decent goggles, gloves, snow pants, etc.

The things I've emphasized here are nothing new; we've been taught them and read about them for years. The point I'm trying to make is how much more valuable it is to put yourself in the student's role and actually experience how it feels to be on the receiving end of the student/teacher relationship. The things you notice will stick with you much longer and their relative importance will be readily apparent. Plus it's way more fun than just reading another manual. So quit wishing you could juggle, do the Macarena, skydive, or speak Swahili. Make plans to go out and do it and then chalk it up as another part of your professional development as a snowsports instructor. ■

SURFING MAY NOT BE ON YOUR SCHEDULE OF EVENTS THIS SUMMER...BUT SUMMER SKI CAMPS SURE COULD BE!

SUMMER SKI CAMPS ARE GREAT OPPORTUNITIES TO FOCUS ON YOUR OWN SKI IMPROVEMENT!
PSIA-NW.ORG FOR MORE INFO OR CHECK OUT PAGE 3.

From the Membership

Walking on the Flats; a need for balancing movements

BY ED KANE

PSIA/AASI-NW BOARD MEMBER

“Okay”, said our guide, “out of the boat and let’s go find those fish.” This was a familiar scene for me and my fishing partner. Standing in the boat and looking over the area we were going to walk, it looked as flat as a parking lot (see the picture). The area we were going to wade was a shallow area near North Andros Island in the Bahamas which consists of sand and mud flats covered by ankle to knee deep salt water. Lurking in the water of these flats is a diversity of fish: bonefish; barracuda; sharks; box fish; and many others I couldn’t identify. The ones of interest to us were the bonefish which travel alone in pairs and in medium to large schools for protection. They feed on small crabs, shrimp and other burrowing flats dwellers. Of course, the sharks and barracudas feed on the bonefish when they can catch them.

The strategy is to walk the flats, look for the schools of bones or the occasional single or pairs, cast a fly to them and then give it some motion by stripping or pulling the fly back toward yourself. It is pretty exciting to see them first swim toward your fly and then watch them chase it down like a piece of real food. Frequently they will pick it up and that’s when the fun begins. After they have been played out enough to get them close, the fly is removed, the fish revived and then released to grow some more and bite the fly again. In theory, it sounds pretty simple. In practice it is much more complex.

What has all this to do with skiing and balancing movements? Hang in there, I’m getting to that. There are several challenges involved in chasing the wily bonefish. The first of which is to spot them in the shallow water. This should be a seemingly simple task but they are remarkably difficult to see due to wave action on the water and coloration of the bottom. The second challenge is casting the fly to them, again a seemingly easy task made a bit difficult by 20 to 25 mile per hour winds that tend to take control of the fly and fly line. Given all of that, the third and perhaps most challenging task is getting to where the bones are feeding.



As I noted above, the flats seem just that from the boat. As soon as one is in the water the situation is quite different. The bottom is, surprise, not flat or even! In fact it is quite uneven due to the fact that it is inhabited by the vary animals that the bonefish love to eat. These creatures burrow in the sand and mud leaving quite a variety of holes and

rolling mounds to walk over, around or into. The walking is a bit easier if one peers into the water along the immediate path that one is walking but that is not really recommended since you won’t be able to spot the fish that are out there 50 or 100 feet in front of your path. Therefore, one’s gaze is focused well ahead of your feet and it is very easy to step into the holes, mounds and other uneven features of the flats bottom. As I was walking and recovering from step to step I found most of these features relatively easy to navigate and I started to think about why this would be the case.

I began to focus kinesthetically on my feet, ankles and knees. As I did this, I became aware that the balancing movements that I have been polishing through my years of skiing experience were serving me well. In fact, in 8 days of walking the flats, I managed to sit down in the water only once when I stepped into a hole and the mud under my heel slid out from under me. When I concentrated on the movements I was making to maintain my balance I found that they were the same ones that I use when making turns down the hill. Every step was

accompanied by a small amount of ankle movement to keep my hips (center of mass) between my feet regardless of the orientation of my feet. In addition, there was accompanying knee movement, again to keep my hips between my feet. I found also that these

Continued on page 22

From the Membership

Celebrating 50 Years of Teaching

BY KATHY HAND
PSIA/AASI-NW MEMBER

Kathy and Ken Hand, Sheron and John Mohan and Jackie and Kirk Greiner put on a party extraordinaire for Joy Lucas' 90th birthday. It was held at the South Sound Senior Center in Edmonds on March 11, 2007, rather than her birthday, February 15, because they all knew no skiers would come in February! They kept telling Joy there would be a big crowd but she wouldn't believe them. Imagine her surprise when they ran out of name tags at 140! Others said they counted at least 160!

Besides her children, Kate and Dave (Marla), Joy's grand children and great grand children came to help her celebrate. Many former PSIA-NW officers and long time ski friends came from Oregon, Idaho, as well as throughout Washington to share the day with Joy. John Mohan was Master of Ceremonies and many tall tales were told as friends reminisced about the "good ol' days".

Joy's ski history goes a long way back - to 1938 - when she met Jim Lucas on the ski train coming back from the old Milwaukee Ski Bowl on her first time skiing. She had the cup cakes and he had the Sunday funnies - they made a bond and were married a year and a half later.

Jim passed his PNSA Certification in 1940 at the 2nd Certification put on by the Pacific Northwest Ski Association (PNSA) and Joy passed in 1941, to become the first woman in America to become a Certified Ski Instructor, (No one realized at the time that she was the first woman). She taught skiing for more than 50 years, teaching and training new instructors until she was



75. Both she and Jim skied until they were 80 and 85. They were married almost 64 years.

Before World War II, they ran the Deer Park Lodge and Ski School in the Olympics. After the War, they managed the Milwaukee Ski Bowl and later taught for Snoqualmie Pass for 9 years before starting their own Evergreen Ski School, which they ran for 18 years. Then they moved to Ski Acres and taught 14 years for John Mohan and the Ski Acres Ski School.

In 1958, Joy and Jim helped organize the PNSIA (Pacific Northwest Ski Instructors Association, later, PSIA-NW) and Joy was elected to that first Board of Directors. She began organizing the PNSIA Symposiums in 1960 and continued for 26 years. Her first one had 91 participants and her last, a National one in 1986, had 775 in classes. Joy and Jim were the oldest participants to attend the PSIA National Academy in Park City, as well as the National Race Camp at Mt. Hood.

In 1969, she was asked to become Executive Secretary for

PNSIA, working with the members and organizing events until she retired in 1985. She then was elected back on the Board, serving as Co- Treasurer . As a retirement present in 1985, the ski instructors gave Joy and Jim a trip to New Zealand and Australia, a trip they would never forget.

She authored "Teaching Skiing to Children - Both Young and Old" which was published in 1984 in the PSIA Journal. In her retirement years, Joy was commissioned to write *It Started in the Mountains*, a history of skiing and teaching in the Northwest, for which she received the International Skade Award. Recently, she also wrote "The Ancient Skiers of the Pacific Northwest" - vignettes about skiing and the skiers who skied Mt. Rainier prior to World War II.

Joy's awards: PNSIA Ski Instructor of the Year, PSIA-NW Legends Award, PSIA Lifetime member, Northwest Ski Hall of Fame and the Broadway High School Hall of Fame. She was also honored by having her name listed in "The Book of Women's Firsts."

Yes, Joy has lived a full life - and she is still at it. ■



From the Membership

Off Season Conditioning Routine

BY JENNIFER LOCKWOOD

PSIA/AASI-NW MEMBER, MT HOOD MEADOWS TRAINING DIRECTOR

Remember Terry McLeod's Spring 2006 "10 Ways to Improve Your Teaching in the Summer?" He challenged us to write an article to help become more aware of what point we are trying to get across. In response to his challenge, this article will give you additional ideas on how to begin improving your physical conditioning for next season.

In Terry's article he gave us a number of ideas for improving our teaching, a number of which can also be specific to snow sports conditioning: Summer ski/board camps (sport specific is BEST!), inline skating, wakeboarding, dancing, mountain biking, trail running and learning a new sport!

Ski/snowboard conditioning proves to be a year-long, lifetime commitment that can NOT be accomplished easily in two months prior to the ski season. Here's an easy way to think of year around conditioning:

1. Active Rest = April - June = Be Active & Have Fun!
2. Off-season = June - August
3. Pre-season = September - November
4. In-season = December - March

Skiing/snowboarding are both primarily dynamic balance and power sports - which require nine main ingredients: balance, an aerobic base, muscular strength and endurance, flexibility, agility, quickness, speed and power.

In the **off-season** we will be addressing: balance, aerobic base, muscular strength and endurance and flexibility. All are prerequisites for sport-specific skill development in the pre-season and essential for basic health

and fitness improvements.

First, **BALANCE** is the *foundation* of dynamic skiing. Balance is the body's automatic response that enables a person to maintain equilibrium through a series of constantly changing postures. When in balance, you can better use your strength, decrease muscle fatigue and injury.

Exercises to enhance balance:

- 1 1 foot balance w/eyes open - good athletic stance: knees bent, abdominal muscles pulled in (functional tension), shoulders up-back & down, chin up, eyes focused ahead. How many touches during a timed period?
 - 2 1 foot balance w/eyes closed - keep chin & eyes up! (This exercise will strengthen your proprioception and kinesthetic awareness.)
- The following exercises will teach muscle memory with recovery movements/quick reflexes.
- 3 1 foot hop-stop & hold balanced position for 10 seconds, repeat on opposite foot.
 - 4 1 foot balance - play catch with ball & partner; toss ball against wall and catch; self toss - hand to hand while balancing on 1 leg.

Second to address for off-season conditioning is **AEROBIC TRAINING**. Aerobic training is the ability of the lungs to provide oxygen to the blood and the circulatory system to transport blood and its nutrients to tissues for sustained periods. Although skiing/snowboarding are NOT primarily cardio sports, they do require energy in order to last a long day on the hill. The more efficiently your body takes in and pumps oxygen to the

working muscles, the harder and longer you can ski without having to stop and catch your breath due to muscle fatigue. A strong aerobic base will also allow skiers an easier transition to higher altitudes. Aerobic power is reduced 30% at altitude, so if you start with a higher base of aerobic conditioning when at altitude, it won't drop as low. Summer months are the best time to improve our aerobic base. When choosing an aerobic activity pick something you ENJOY. When using machines found in an athletic club choose hill, random or interval programs. These programs have you exercise "hard" then "easy" at varying intervals - similar to skiing - stop & go.

Third, summer is the perfect time to increase total body **MUSCULAR STRENGTH** and **ENDURANCE**. Muscular strength and endurance training will help decrease muscle fatigue in bumps, fight compressive forces of high speed GS turns (strong quads), poling across flats (strong shoulders and triceps) and staying balanced in crud (strong torso/core). We want to increase functional strength - large muscle group, full range of motion, multi-joint exercises = pushing, pulling, squatting, bending, lunging and twisting movements. These exercises will improve your strength in similar ways to how your body moves on the snow - exceptions would be isolating specific weak muscles due to overuse/injury.

Exercises to enhance muscular strength and endurance:

Leg curl (many people are weak in this area, leading to low back pain): hamstring, isolated exercise

From the Membership

Leg Press/Squat/Lunge: quadriceps, hamstrings, glutes

Chest Press/Push-Up: chest, deltoids, triceps

Seated Row/Lat Pulldown/Pullups: latissimus dorsi, rhomboids, trapezius, deltoids, biceps

Shoulder Press: deltoids, triceps

Triceps Kickback/Dips (specific for poling across the flats or pushup from a seated to standing position on a snowboard): triceps, deltoids

CORE STRENGTH is what gives you the power and stability to ski/board on any terrain/conditioning. Dynamic balance is *reliant* on an individuals core strength - the trunk remains centered and stable above pumping legs. In addition, the core is the body's source of power and helps maintain structural integrity when fatigued. When strengthening the core, it is important to give the abdominal muscles (transverse abdominus, rectus abdominus, external/internal obliques, lower back and pelvic floor muscles) equal focus. It is my opinion that although the ab/back muscles *may* recover quickly - they are in demand and used daily for all activities, whether seated, standing, exercising - give them a day of rest between workouts to recover and gain strength.

Exercises to enhance core strength:

Abdominal Hollowing: transverse abdominus

Kegel's: pelvic floor

Crunches: rectus abdominus

Crossover Crunches: external/internal obliques

Bridging: transverse, pelvic floor, low back, glutes, hamstrings

Kneeling Opposite Arm/Leg Lift (4 Point): stabilization -using abs, low back, pelvic floor, hip & shoulder stabilizers

This total body workout performed with one set of eight-20 repetitions to fatigue can be completed within 20-30

minutes, making for a time efficient and effective conditioning program!

Last, the off-season is a perfect time to improve your **FLEXIBILITY** - the ability to move freely in various directions by developing elasticity in the muscle and range of motion within the joints. Many snow sports injuries can be due to poor flexibility and muscle tightness. This can be attributed to poor sport specific warm-up, lack of stretching after warm-up, cold weather, powerful sport, lack of stretching at the end of the the ski/exercise day. An improvement in range of motion enhances reaction time for better balance recovery through enhanced kinesthetic sense, activated nerve endings and quicker stimulation. In addition, stretching can minimize injuries, provide insurance against falls, smoother movement over irregular terrain and improved performance. Areas to address (least flexible muscle - individual dependent): quadriceps, hamstrings, glutes, low back, hip flexors, calves, chest, triceps and abdominal muscles.

Warm-Up: Prior to all exercise and/or sport; 5-15 minutes; low intensity activity, elevate body temperature; walk, cycle, easy sport specific movement

Balance: many short bouts throughout week; 15sec-2 min; after warmup or end of workout

Aerobic: 3-6 days/week - vary the duration of each workout from day to day; (20-60 minutes) 1-3 weeks, 20-30 minutes 4-6 weeks, 30-40 min, 7-9 weeks, 40-45 min, 10-12 weeks, 45+ min; within target heart rate; talk test; mountain bike, trail run, inline skate, road bike, treadmill, elliptical, stairclimber

Muscular Strength & Endurance:

2-3 times/week, every other day (Mon/Thur or M/W/F); approximately 20-30 minute; largest muscle groups to smallest - always end your workout w/ core exercises; weight you can lift & fatigue within recommended number of reps - if > than recommended number of reps increase weight 2.5-5 pounds @ next workout; 15-20 repetitions, 4 weeks; 12-15 reps, 4 weeks; 8-12 reps, 4 weeks - reps should be performed to FATIGUE w/good technique; 1-3 sets - strength gains & time efficiency can be seen w/1 set performed to fatigue

Core Strength: 2-4 times/week; every other day or 1 day abs, 1 day low back; work the transverse abdominus, rectus abdominus, low back, obliques, repeat; slow & controlled w/deliberate movement; 12-20 repetitions, @ 20 reps perform a new exercise; 1-3 sets - perform 1 set of a variety of different exercises to prevent boredom.

Flexibility: after a 5-10 minute warm-up & after MOST IMPORTANT after all exercise and/or sports; 5-20 minutes, holding each stretch for 15-60 seconds; spend the most time on muscles w/ least flexibility; stretch to the point of slight tension WITHOUT pain!, no bouncing; static exercises or yoga; 1-3 repetitions of each exercise; 1-3 sets each

Ski/Snowboard Off-Season Conditioning Routine - Perform 2-3 days/week:

Basic Warm-Up: low effort, low impact, building intensity from to low to moderate = 5 minutes

Flexibility: 5 minutes

Balance Training: 5 minutes

Cardiovascular Training: 20-30 minutes, interval in nature

Strength Training: 20-30 minu

Cores Strength Training: 5-10 minutes

Continued on page 22

From the Membership

"Walking on the Flats" Continued from page 18

movements helped me keep pressure over my whole foot which resulted in more traction underfoot avoiding slipping and sliding, in most cases. The other sensation that I noticed was that with this movement, my shins were in contact with the front of my wading shoes for nearly every step and the amount of contact depended on the degree of change of slope during that step. If it was flat, the contact was fairly constant but if the bottom was angled, the contact became more pronounced which helped me keep from stumbling.



The interesting lesson from all this is that the movement patterns that we develop during skiing carry over into other athletic activities that we may pursue. I guess that I have been aware of this but never thought about it that much. So here again was the lesson that I have shared with many students. If you want to maintain balance, "constantly vary the flex of your ankles through every turn, maintain pressure over the whole foot and keep in contact with the tongues of your boots." Amazing, it works everywhere, even on the flats of North Andros Island. Oh yes, just in case you were interested, I did catch and release a number of wily bonefish (see the other picture). ■

"Conditioning Routine" Continued from page 21

Balance Training: 5 minutes
Flexibility: 5 minutes
Total Activity Time = 70-95 minutes

In closing, ski and snowboarding conditioning when done correctly is a year long process. This off-season program will improve balance, cardio, total body muscular strength/endurance and flexibility - the foundation from which you can execute sport specific movements in your pre-season conditioning (agility, quickness, power, dynamic balance) program.

If you have any questions or would like more details on this off-season conditioning program contact Jennifer Lockwood. Jennifer is the owner of PEAK fitness NW, Certified Personal Trainer - 14 years, LifeFitness Academy member and PSIA Level III Alpine Instructor @ Mt. Hood Meadows. She can be reached at jenn@peakfitnessnw.com or 503.913.8385. ■

*Target heart rate - consult your physician and/or a certified personal trainer to calculate your specific target heart rate. This may not be an appropriate way to measure aerobic training intensity for all individuals. The talk test can be used for intensity guidelines: if you can carry on a conversation without stopping to catch your breath = too easy; if you can't complete a sentence without huffing and puffing = too hard. ■

Classified Ads

Help Wanted

Ski School Director
2007-08 Season

Mini Mountain is currently seeking an On Snow Ski School Director. This is a nine month position from August 15th to April 15th. Our lessons are taught at the Summit at Snoqualmie Wednesday thru Monday in January and February and weekends only in March. The successful candidate should have recent ski school supervisory experience, be able to work in a team environment and possess good communication skills. The Director will work in conjunction with our training directors to further develop our hiring and training programs. Salary is negotiable depending on experience

Send resume and three references to:

Mini Mountain
1900 132nd Ave NE #A-3
Bellevue, WA 98005

The annual dues billing is just around the corner. Watch for your membership notice. Changing schools? Between Schools? Unsure? You can Renew your membership now and contact the office later to update your school affiliation.

New Address or Email??

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

Advertising

Rookie Academy

BY EMILY SMITH
PSIA EXAMINER, VAIL MOUNTAIN DEMONSTRATOR

Would you like to get one step ahead and improve your skiing during the middle of a North American summer, while at the same time enjoying one of the most beautiful places in the Southern Hemisphere? I have the answer for you.....Rookie Academy.

The Rookie Academy is a New Zealand/USA based ski and snowboard instructor training organization. They offer various levels of training ranging from certification courses and exams in 4 different alliances to overall ski improvement with current Examiner's and Demo Team members from around the world. These New Zealand based courses are conducted on one of my favorite mountains to ski; Treble Cone, based in Wanaka, New Zealand. The terrain is steep, intense and offers many different levels to challenge any skier. Because of the variety of terrain, Treble Cone is a perfect mountain to improve your overall skiing techniques.

Rookie Academy courses offer training 4-5 days a week with weekends off to ski the mountain or explore the many thrill seeking adventures Wanaka and the surrounding areas have to offer. Rookie Academy training groups are typically no bigger than six skiers and generate a positive, energetic training environment. Their participants range in all

ages, and occupations, but all have the common love of skiing and interest in improving themselves.

I have worked for the Rookie Academy program for the past 5 winters, and as I sit here at my computer while it snows outside in Vail, Colorado, I am anxious to ski Treble Cone again. Treble Cone is one of the more challenging mountains I have skied, and continues to challenge me and skiers from World Cup racers to beginners. Not only is the skiing phenomenal, Wanaka, the town itself is one of the most beautiful places I have visited. The activities surrounding Wanaka keep even

the most restless people occupied. One can go for a ski and return to town a few runs, or hikes to the summit later, and go for a run, bike ride, hike, kayak or golf, usually all in shorts.

Most of the candidates that "graduate" from the Rookie Academy are looking to be ski instructors themselves, or improving that talent. Rookie Academy has set up relationships with various ski schools in the USA, Canada, Japan and Europe. Most of our candidates are set up through the training and placed within a ski school of choice to become successful in the industry.

Traveling this far may not be for you, but if you are looking for some fun while improving your skiing come down to New Zealand, you won't regret it.



ROOKIE ACADEMY SKI TIP #1:

What does it take to reach higher certification levels? Good question. My name is Dean Hunter, Program Director for Rookie Academy USA. We have been training and certifying ski instructors up to the highest level of world certifications, including PSIA, for over 15 years.

In my opinion the first key to success is what I call "dynamic stance". What I mean my dynamic stance is possessing the skill to stay balanced while moving the body.

It is not good enough to be balanced in one particular stance, you must be balanced while the body is in movement. Challenge your "dynamic stance" by finding something challenging to balance on and move instead of standing static.

Check out Rookie Academy training tips at www.rookieacademy.com or if you are interested in joining us for a training course e-mail us at info@rookieacademy.com for more info.

NEW INSTRUCTOR TRAINING COURSES IN NEW ZEALAND
SPECIALISED TRAINING TO ACHIEVE PSIA LEVEL 1, 2 OR 3.

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ski & snowboard training

NEW! Treble Cone, New Zealand
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On the Web

It's all on-line

psia-nw.org

For the latest in PSIA/AASI-NW news, check us out online. Event updates and applications, program updates, past newsletters, articles, book/DVD/video reviews, bookstore, merchandise, links and more. It's all there at psia-nw.org.

Check out these links!

Event Line Up - OK, you know it's there. But have you remembered to check here first for your favorite events? Some sell out. Be sure you've reserved your spot!

Streaming Red Banner - Featured Event link. Snag it on the home page.

Book Store & Reviews - Catch up on your summer reading. Browse the reviews or click a specific title link on the order form.

Advertisements - Jobs Available - Get an early start on your next job. Opportunities are a click away under *Good Links*:

Children's Drop Down Menu - your source for kid specific articles, ACE materials and JET - NW Team info.

New Discussion Forum - Share event and exam experiences, teaching ideas and more. Maybe even a ride to an event.

Did you hear?

● **Hood River, OR** - The Pacific Northwest Ski Areas Association (PNSAA) has announced the winner of the Association's Mel Borgersen Lifetime Achievement Award. This prestigious award will be presented to Franklin Drake, founder of Mt. Hood Meadows Ski Resort. The Mel Borgersen Lifetime Achievement Award is bestowed on an individual who uses his or her expertise, over the course of a lifetime, to make significant contributions to Pacific Northwest ski and snowboard facilities.

● **Whistler (BC), Canada** - Whistler Blackcomb has announced that Blackcomb Mountain will remain open for skiing and riding until June 3 while upgrades take place on Whistler's Village Gondola beginning April 23

● **Donnelly, ID** - The heart of Tamarack Resort is fast taking shape with the significant development of the Idaho ski and snowboard resort's Village Plaza, marked by the signing of the first seven commercial leases for the pedestrian village - a full 15 months before the Village is scheduled to open.

PSIA/AASI-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 customers in the enjoyment of downhill and Nordic snow sports.

NORTHWEST SnowSport Instructor

PSIA/AASI-NW

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