

INSTRUCTORS THE EDGE

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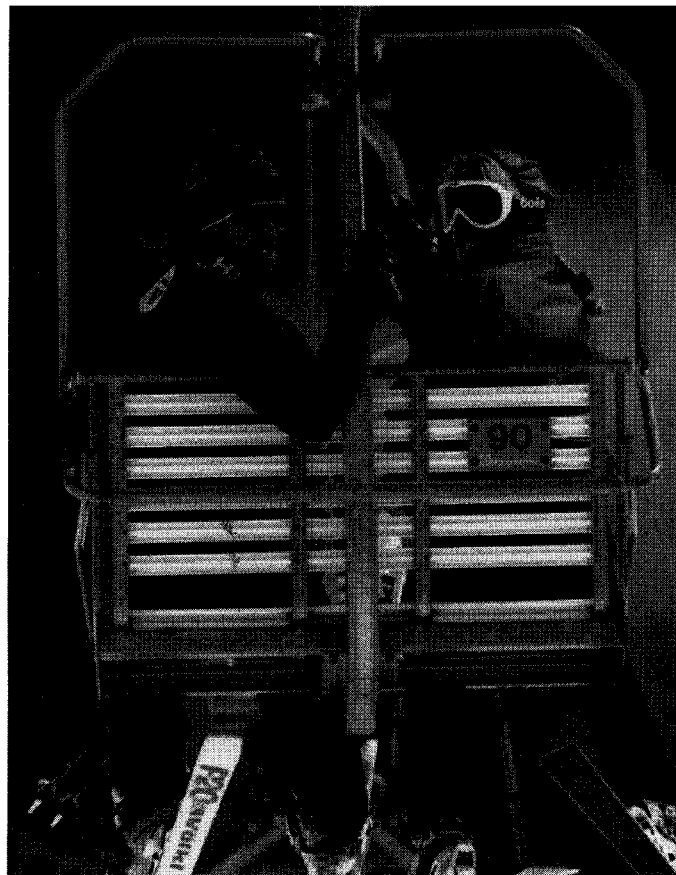
13 Lucky for 2 From PSIA-I

The ice turned to corn, the corn turned to slop and when the PSIA Demonstration Team tryout was finally over two of the 13 instructors selected were from Intermountain Division.

Returning Team member Scott Mathers, Alta, and Rob Sogard, Snowbird, were chosen along with 11 other instructors from around the country to form the elite instructor squad. The tryout was held April 28 through May 3 at Snowbird.

Conditions for the event were ideal. Rock hard snow in the mornings gave way to slush in the afternoons to create a wide range of technical and tactical skiing situations for the 58 instructors who attended the tryout. Five of the 13 slots were filled by returning Team members who battled alongside the rookies in a quest for PSIA glory and sponsorships. Team coaches Dave Merriam, PSIA-E and Shawn Smith, PSIA-RM served as part of the selection body. Congratulations to all 13 Team members!

Terry Barbour, Stowe, PSIA-E
Bob Barnes, Winter Park, PSIA-RM
Mermer Blakeslee, Windham, PSIA-E
Jay Evans, Vail, PSIA-RM
Katie Fry, Aspen, PSIA-RM
Victor Gerdin, Aspen, PSIA-RM
Megan Harvey, Aspen, PSIA-RM
Brian Maguire, Vail, PSIA-RM
Dave Mannerter, Mammoth, PSIA-W
Scott Mathers, Alta, PSIA-I
Mike Rogan, Heavenly Valley, PSIA-W
Rob Sogard, Snowbird, PSIA-I
Carl Underkoffler, Mammoth, PSIA-W



Rob Sogard heads into Snowbird's Little Cloud bowl in search of powder with one of his Spring Clinic participants.



Dori Pratt at Spring Clinic banquet.

Communications Report

By DORI PRATT,

PSIA-I COMMUNICATIONS V. P.

This is my final report as the communication V. P. I would like to say "Thanks" to everyone who voted for me in the last election. Your confidence in me is much appreciated. My six years on the BOD were informative, educational, and sometimes frustrating. I enjoyed and will miss the interaction with my hardworking and devoted peers.

I believe our organization is undergoing

growing pains and, hopefully, in the end everything will come out all right. However, I believe that there needs to be more and better communication between the BOD and the members.

From my point of view, as a BOD member, I believe the BOD works towards this goal, and yet it seems at times the BOD spins its wheels. There seems to be a lack of understanding, a lack of motivation, or is it just plain apathy from the members. Has this always been the case?

continued on 2

Education Corner

By JO GARUCCIO, PSIA-I EDUCATION CHAIRPERSON

Now that we have all more or less recovered from the 95-96 season, we can begin to look ahead to 96-97. For some of us, that also includes a few gray hairs and 20-year pins. 96-97! Doesn't seem possible, does it? I mean, Mike Porter's almost 50! And I think Stew M. and Tom K. aren't far behind.

Although we have not finalized next year's calendar, we can give you a few key dates and an idea about what to expect for the coming season. First, check out the following:

- Nov. 26, Dec. 3: Lecture
- Late Nov. or early Dec: DECL prep clinic for those wishing to attend DECL selection
- Early Dec.: Train the Trainer
- Dec., Jan., Feb.: written tests administered (see article in this EDGE)
- Jan. 11 & 12: Ed College
- Jan. 27, 28, 29: DECL selection
- April 12 & 13: Spring Clinic

Look for a final calendar draft in September. Dates for assessment prep clinics will be based on participation numbers from 95-96 and ski school requests. We will also add a last minute prep day to accommodate those people taking the April exam. As for assessments, be sure to read the information about the **WRITTEN TEST CHANGES AND BE PREPARED TO PLAN AHEAD!** Specialty clinics will be interspersed throughout the year, but remember, the lectures, Ed College, and Spring Clinic are primarily devoted to non-assessment topics. If you have any suggestions, call Jo ASAP. We are still working on improving this aspect of education (and probably always will be). We have tried a few things that still need modification and your input is very valuable, especially if you participated in any of these events during 95-96.

The spring clinic will once again be an event, i.e. cost will include both days and a meal. We will allow one day participation on a limited basis, but without any breaks in cost. Those attending both days will receive a small discount. We are also hoping to give our "spring thing" a face lift. If you have any good ideas, we sure would be interested in hearing them.

We have been working on bringing the adaptive discipline on line with the rest of the division. We hope to have an adaptive Ed/Cert program in place by the fall.

Have a great summer and think of me while you relax in the hammock. It seems that I joined the ranks of the "common-sense impaired" when I qualified for the Hawaii Ironman race and decided to take the slot. Of course, I have until July 30 to "come to my senses," so all is not lost yet.

COMMUNICATION REPORT *continued from 1*

Is this a new attitude? I don't know the answers; I do know that apathy exists in our organization and it is a nasty disease.

I would like to challenge every member to become informed. I would challenge every member to attend a BOD meeting: the next is in the fall. I would challenge every member to bring an issue to a BOD member. You, the members ELECTED these people. Talk to them, make their lives easier, tell them what you want. I further challenge every member to write an article for the EDGE. Now's the time, *get off your can, and do something for yourself and for your organization!*

Thanks again, see you on the slopes. — Dori Pratt

Stress Control Focus of Written Test Changes

The Board of Directors approved at its spring meeting a plan to administer the written test portion of Certified Level II and III exams on a separate day prior to the on-hill portions of the exams. The plan is intended to reduce candidate stress throughout the exam process and streamline the on-hill exam days.

A written test has been a part of the PSIA-I exam process for several years and has proven to be very useful in assessing candidates' basic knowledge. However, the practice of conducting written exams on the mornings of the on-hill skiing and teaching assessments cut into on-hill time, forced candidates to worry throughout the exam day about their written test results, and led to candidate frustration when they passed the on-hill requirements only to fail the exam because of a poor written-test score.

Administration of the written test will now be conducted on a day prior to the on-hill exam. Those candidates who pass the written test will qualify to continue the exam process; those who fail the written test will be required to take the test over. Important features of the written test exam format include:

Scheduling

Written test locations will be listed in the PSIA-I Event Calendar. Tests may be scheduled for evening or daytime hours. An early-season test will be scheduled for each region in the Division: northern, central and southern. A second series of tests will be conducted in the same regions at a later date, but at different locations. A third series of tests may be scheduled for mid to late season. Tests will be administered by a Division representative and returned to the Division office for scoring. Candidates will be notified of the results within one week of the test. The Division will continue to review the process for administering the written test.

Format

There will be one written test, rather than separate skiing and teaching-related tests. In effect, the exam will combine aspects of the two existing written tests into one.

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PSIA-I Hall of Famers

Three Intermountain members of the PSIA-I Hall of Fame, Keith Lange, Bill Lash and "L.L." (you'll have to guess his name—he's part of the Win a Clinic contest on page 6 of this EDGE) pose during the PSIA-I Spring Clinic banquet. L. L. was officially honored at the banquet as the newest inductee to the Hall of Fame.

Turn to page 6 of the EDGE for more Spring Clinic photos and a chance to win a free clinic for next season.

Park City



**Be part of the
prestigious Park City
Ski School Staff!**

Park City Ski School is now accepting applications for full time ski instructors, snowboard instructors, and a snowboard technical advisor.

Send resume to: Park City Ski School
P.O. Box 39

Certification Corner

By RODGER RENSTROM, PSIA-I CERTIFICATION CHAIRPERSON

Division certification representatives from around the country met at A-Basin, Colorado June 5-6 to compare certification programs and try to predict what effect radical-sidecut skis will have on ski instruction and certification. Following the A-Basin session, PSIA conducted its annual meeting, which included a joint Education Committee and Certification Committee session.

Shaped Skis

Virtually every major ski manufacturer will be marketing their version of a "shaped" ski next season in the United States. (Shaped skis have created more excitement in the US than in Europe, where the phenomenon is still trying to gain a toehold.) New inventories of beginner rental skis will most likely favor shaped skis over traditional sidecuts. What does this mean for ski instruction?

Certification reps at A-Basin tested three categories of shaped skis designed for beginner (140-150 cm), intermediate (160-180 cm) and advanced (180-190 cm) skiers. The results, though not astounding, were definitely significant. Here are the important conclusions of the group:

- Shaped skis do not result in a different sport, just a different skill blend than traditional sidecut skis.
- Shaped skis are not magic. Although they allow skiers to more easily relate to ski shape and function, skilled skiers tend to ski well on shaped skis and unskilled skiers still need help.
- The different skill blend demanded by shaped skis necessitates that ski instructors be familiar with the characteristics of the skis their students are using.
- Specifically, rotary movements must be effectively managed—not exaggerated—to realize the full benefit of shaped skis.
- It is likely that beginners on good beginner terrain will learn more quickly with shaped skis than traditional sidecut skis.
- A good ski instructor who is familiar with the characteristics of shaped skis will continue to be a good ski instructor. A poor ski instructor...well, you get the picture.

The most important conclusion of the group was that it is extremely important that ski instructors actually ski various lengths of shaped skis. Until an instructor actually experiences a 150 cm shaped ski, they will have a difficult time relating to their student's needs.

PSIA Certification and Education Committees

The PSIA Certification and Education committees have met jointly for the past two years. These joint meetings have been valuable in enhancing communication and spurring creative thinking. PSIA Education Chairperson Johanna Hall and Certification Chairperson Brian McGuire have been very effective in facilitating these meetings.

The committees were briefed on the status of PSIA's new ATS manual. The manual is undergoing final revisions and is scheduled for fall release. Committee members expressed their hopes and expectations to national representatives that the new manual puts to rest problems associated with ATS II. The manual is expected to cost between \$15 and \$20.

The committees also continued efforts to standardized written test content. All divisions have committed to a written test in some form and questions from each division are being combined in a national question data bank. The data bank of questions will be reviewed by each division and recommendations for a standard content will be available to each division.

Administration of PSIA-I's written test changes for next season. Be sure to read the related article in this EDGE. Have a great summer!

WRITTEN TEST *continued from 2*

The test will include questions on the Sport of Skiing (biomechanics/physics, equipment, terminology, history), Service (safety, guest service), Teaching (the Teaching Cycle, student profiles, class handling, teaching styles, learning styles, feedback), and Skiing Model (ATS Skills Concept, movement analysis, skill development, ski technique, Center Line, progressions). There will be a video movement analysis portion to the test. The test will require *approximately* 90 minutes to complete. Refer to the PSIA-I Master Plan revision study guides for additional information on possible content.

Cost

There will be a \$7.00 fee to take the written test. The fee covers costs of the Division representative, scoring, postage to and from the test location, and candidate notification of results.

Grandfathering

The written test will be categorized in sections focusing on skiing and teaching-related subjects. Those candidates who have passed their skiing assessment and were planning to take their teaching assessment next season (which included the teaching written test), will be required to take only the teaching portion of the new test. They will not be charged a fee for their first attempt at this test, although they will be charged the \$7.00 fee if they need to retake the exam.

The change to the written test process was implemented out of concern for candidate success. Too often candidates were required to take the test in noisy or cramped rooms that made concentration difficult. In some cases, on-hill performance suffered due to concern about written test results. Although the new testing format requires candidates to schedule additional time for testing, costs have been kept at a minimum and the advantages far outweigh the disadvantages.

Start studying now if you plan to take the written test next season. Refer to the study guides published in the revised master plan. Level II and III candidates may even consider purchasing a Level I workbook as an additional study guide.

Don't wait until the winter, or worse, the week before the test, to start studying! Look for more information about the written test in the next issue of the EDGE. ■

Ask a young child: "What makes a balloon go up?" "Why does grass grow?" "Where does snow come from?"—any question that requires a factual, logical answer (if you are an adult,)—and you will have an immediate glimpse into the thinking of a preoperational child. They base their explanations of their surroundings on hunches. But, how can knowing this, and other characteristics of preoperational children, help with teaching kids and adults to ski?

If an instructor understands that it is a characteristic of the preoperational stage that young children cannot follow a series of instructions, when they look at him blankly after he says, "put on your mitten, get your skis, walk over to the door and line up," he will know why. One instruction at a time will avoid all confusion.

Jean Piaget was a child-development theorist who's work was centered on cognitive development (how thinking changes as we age.) His theories include a belief that children go through a series of developmental stages of thinking on their way to adulthood, and each stage differs significantly from the others. The stages have specific, recognizable characteristics of behavior. The four stages are: sensori-motor stage (0-2 years old), preoperational stage (3-6 years old), concrete operations (7-12 years old), and formal operations (12 to adult.) The age ranges are approximate.

The Piaget Way

Understanding Thinking of Children and Adults

BY MARY DIXON WHITTKE,
BRIGHTON

Sensori-motor Preoperational Concrete operations Formal operations

Recognizing the characteristics of all four stages is extremely helpful in teaching skiing of any age student. Often an adult will revert back to the stage of concrete operations or even the preoperational stage when under stress of learning a new skill. This could explain the blank looks an instructor gets from a seemingly intelligent adult first-time skier when he says, "As you turn left, let more weight build on your right foot."

An even more dramatic example would be: as a student attempts a turn and gets a railed ski in the falline, the instructor coaches, "flatten your right ski, your right ski, FLATTEN YOUR RIGHT SKI!" If the student has reverted back to the concrete or preoperational stage, these well-meaning instructions make as much sense as whale song.

After studying the characteristics of each stage and thinking of specific examples of each of them, a flood of past students' behavior and "mistakes" an instructor made, occurs. It is exciting to realize that in the future, with this new-found knowledge, effective instructions become second nature. This success occurs with both adults and children.

The chart below lists the stages, some of their characteristics, and some examples of the characteristic.

Familiarization with characteristics of each stage comes with study, practice and repetition. It is worth the effort to discover the value of Piaget's findings. Repeated patterns of ineffective instruction can be broken and replaced with magic, concise explanations. The blend of explanations, demonstrations, and practice also becomes more effective as an instructor tunes into characteristics of cognitive development.

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Piaget's Developmental Stages



CHARACTERISTIC

EXAMPLE

Sensori-motor

Relies on senses to find out about the world.
Learns to differentiate self from others.

Eats sand at the beach.
Enjoys peek-a-boo because child knows Mom will return.

Preoperational

Thought is egocentric-no other point of view than own.
The world was created by and for people.
Child can control nature.
Nature is alive.
Thinking is not reversible.
Young children do not understand rules.

Child thinks he's on a different run if on another side of it.
"Snow comes from clouds to make people cool."
"I'll make the snow stop so I won't need goggles."
"That bump made me fall."
Child cannot find way back from restroom alone.
Kids don't stay in single file line as asked.

Concrete Operations

Can differentiate between appearance and reality.
Thinking is tied to concrete and real objects.
Views the world from more than one perspective.

"That ski only looks longer because it is ahead."
Understands "put foot on this line" but not "step uphill."
Child can make it back from rest room alone!

Formal Operations

Can hypothesize what might be.

From the lesson, "I know what this will be like when I learn."

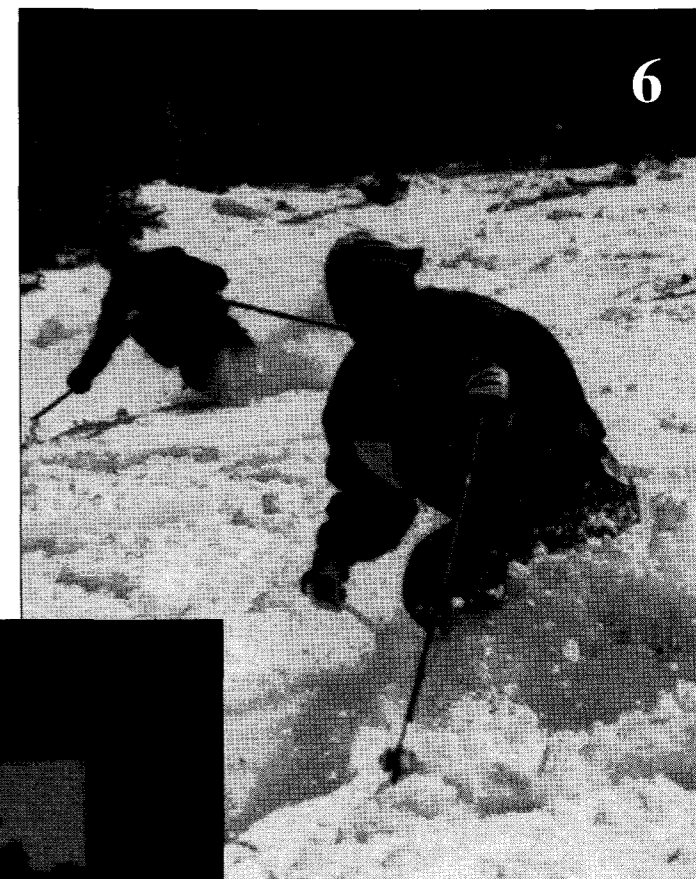
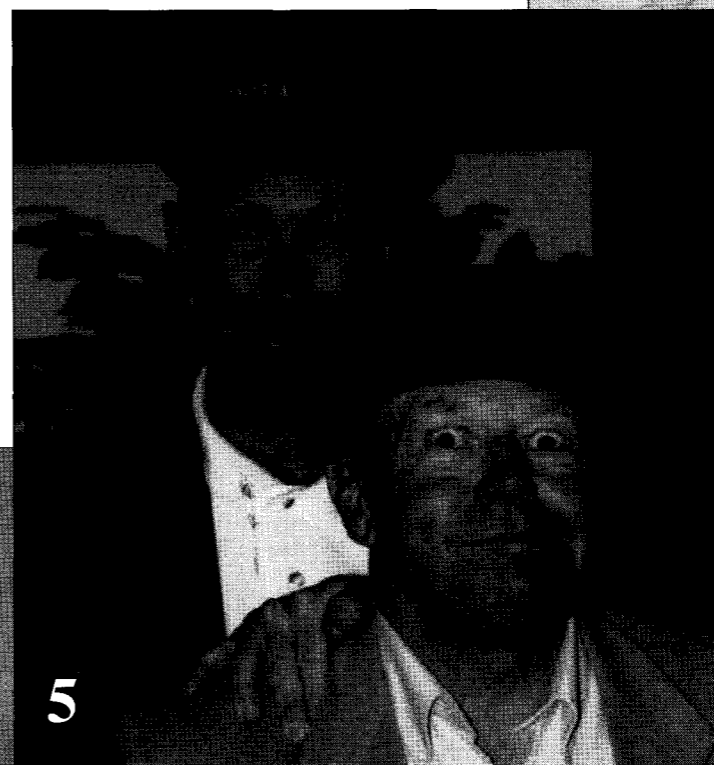
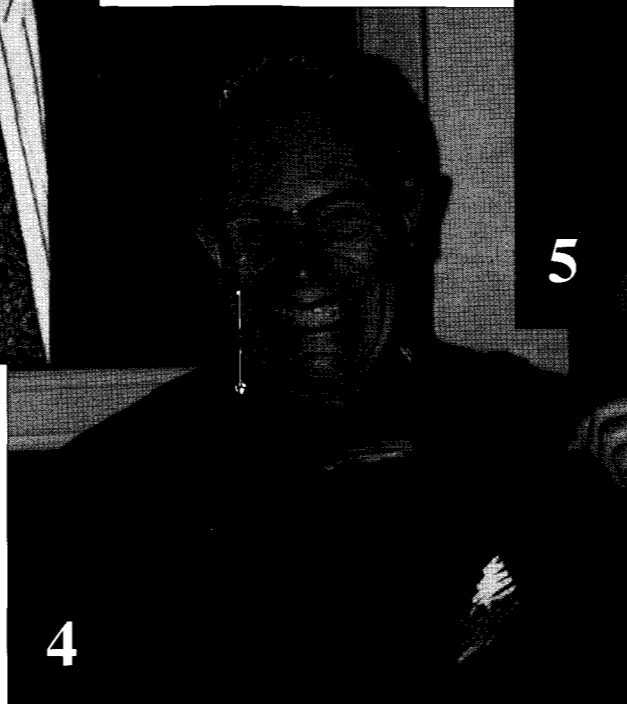
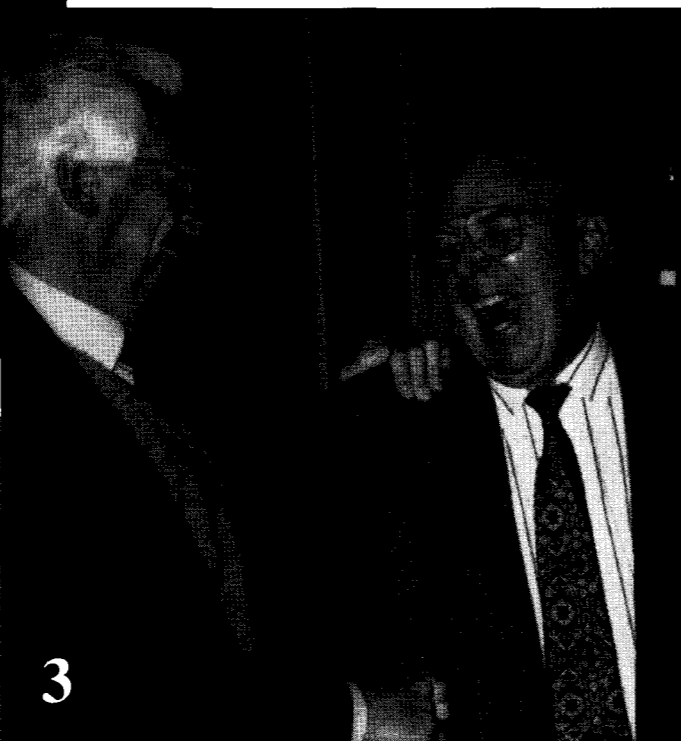
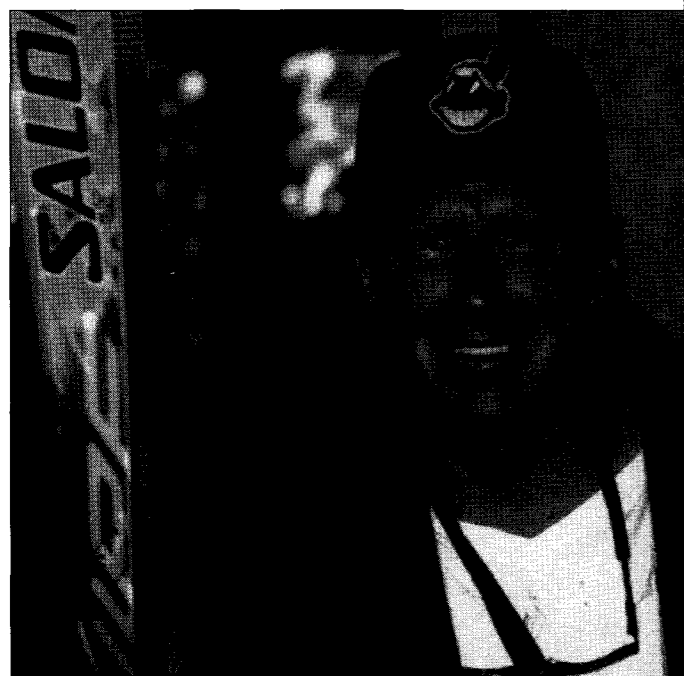
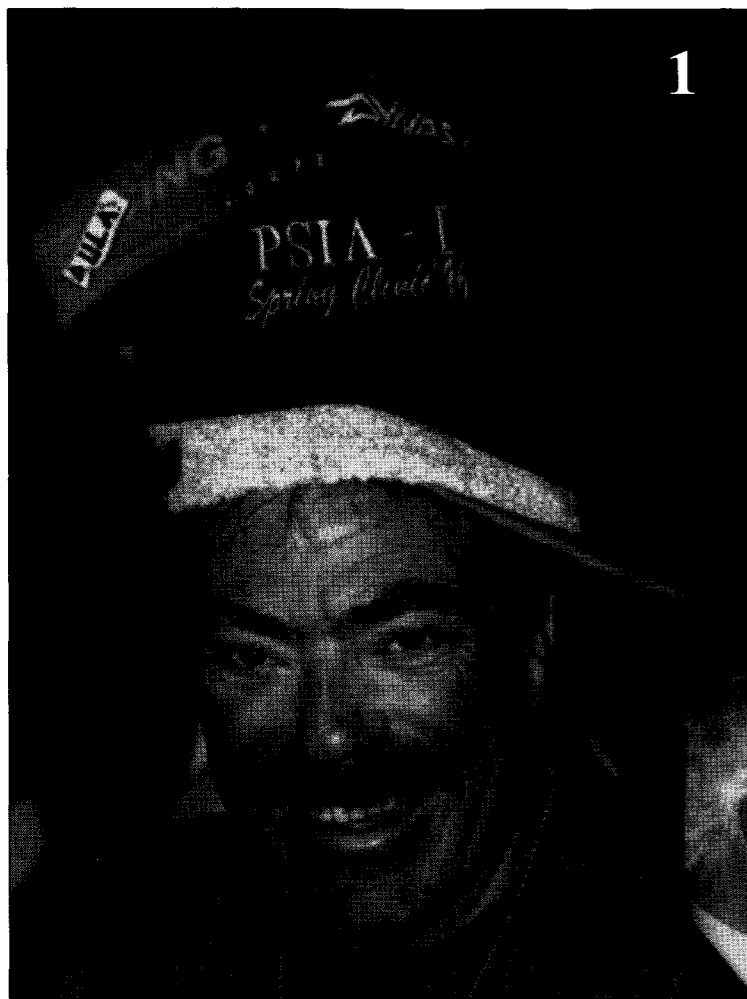
Spring Clinic Revisited

Once again the best time to ski powder seems to be at the PSIA Intermountain Spring Clinic. Fresh snow greeted skiers at both Park City and Snowbird in April. Some might call the snow unbelievable, those who have attended the last two spring clinics may start calling it common. The first day of skiing at Park City

was followed by the traditional banquet, complete with prizes and awards. While some people walked away with stacks of hats, others were recognized for past achievements in PSIA. Now it's your turn to win.

Win a Free Clinic

Correctly name the people in the photographs on this page and your name will be entered in a drawing for a \$30 credit toward the clinic day of your choice (excluding Spring Clinic, transportation and lodging expenses are the responsibility of the winner). In clear, legible printing, or typewriting, on a plain sheet of paper, write the number of each photograph and next to each number list the names of the people in the picture (left to right, people in the background of photos 6 and 7 excluded). Be sure to include your name, address, and phone number. Contest open to PSIA-I members only. The winner will be drawn at random from all entries with the correct names (or the most correct names). Send your entry to the Division office by August 30, 1996. Write "Attention: Drawing: on the envelope. Good luck!"



Suddenly a new century is staring straight at us. Where will we be? Will we be still skiing or participating in another winter time sport. What will winters be like? What will happen to the resorts, the small areas, or even the environment? Will the public want to take lessons, what will area management do to promote the wintertime atmosphere? These questions and many more were asked and discussed at the recent June PSIA work session that I attended in Copper Mt., Colorado. It was a very worthwhile and productive session.

Two days were spent developing new vision and mission statements for PSIA. What eventually transpired was a strong statement on the part of your professional organization to become world wide leaders and to impart in a direction that will show the United States, NSAA, equipment and clothing manufacturers, and area operators that PSIA can and will be developing strategic plans that will tie everything together in a package to promote all aspects of mountain recreation. I am proud to be a part of this new beginning and will do everything to promote and make this vision and mission real.

In developing such a plan Grace McGartland of Tecker Consultants

A Look To the Future

By STEW MARSH,

PSIA BOARD REPRESENTATIVE

guided eighteen individuals in a planning process. We were totally committed for two full days to achieve our goal. The first day ended by answering "what if in the year 2001..." scenarios. The group reassembled and reviewed six statements. We discussed those statements and used them to formulate an agreed-upon Vision statement for PSIA.

PSIA Vision 2001

As international leaders in mountain sports and recreation, we inspire a greater love and appreciation for, and life long commitment to the mountain experience.

With the Vision identified, the group turned PSIA's Mission. We began the process by taking a look at the organiza-

tion in terms of its customers. The list of customers is long and varied. First and foremost, PSIA is responsible to its dues paying members. However, the following lists identify candidates through which PSIA can have an impact.

Primary Customers

Winter sports: Alpine instructors, Adaptive instructors, Nordic instructors, Children's instructors, Women's instructors, Snowboard instructors, Race coaches, River/Water sports instructors, Snowshoe instructors, Snowmobilers, Ice Skating instructors, Mountain guides.

Non-winter sports: In-lines skaters, Mountain bikers, Campground hosts, Equestrians, Hunting and Fishing guides, All Terrain Vehicle operators, Tennis instructors.

Secondary Customers

- Mountain Resorts
- Us Skiing Association, International Skiing Association
- Affiliate members: Physical Education Supervisors, Shop owners, Special Olympics, National Handicapped Sports, US Parks and Recreation
- Manufacturing companies
- Media

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It's July! — Water and Fuel Tips for the Summer

Training in the heat and the sun? (Surely you're not lying around the house!) Mountain bikers, hikers, bladders and runners, remember these guidelines:

For all activity lasting one or more hours, your body needs at least 3-5 oz. of water every fifteen minutes (some even say 5-8 oz., especially when it's hot). In addition, if your tank isn't full before the training session begins, you may be headed for trouble, or at the very least, a poor workout. Depending on your body size, you need 64-80 oz. of water per day to remain hydrated—more if weather conditions are extremely hot or humid. And that figure does not include the water consumed during the workout. So drink up! And you may perform better than you ever imagined.

As for fuel, God did not invent sports drinks, PR bars, and Powerbars for nothing. Again, depending on your body size, you need 30-60 grams of carbohydrate for

TRAINING TIP

By JO GARUCCIO

every hour of intense exercise. If your heart rate is down in the 60-70% max. VO2 range (i.e. moderately comfortable pace), you will probably burn less calories and need less fuel. Regardless of intensity, if the exercise session lasts 30-60 min., there's no need to worry about carbohydrates during that time. Just drink enough water. But, if you are planning a 2-3 hour excursion, think about replacing a few carbs. Otherwise, you may find yourself "bonking" (running out of gas) before you reach the barn.

Most sports drinks contain approximately 30 grams of carbohydrate for every 16 oz. Energy bars generally con-

tain 20-45 grams of carbohydrate. Some of them, like the PR bar, also contain about 15 grams of protein and a little fat. They are responding to the new metabolism research pertaining to insulin regulation (another time!). However, you must decide what your stomach can tolerate. Some people have a hard time with solid food, while others could practically eat a roast chicken on the trail. Just be sure to take some form of carbohydrate replacement with you on those long training days. And, that doesn't mean beer! When you're done, eat another 30-60 grams of carbs in the form of fruit, bagels, bars or drink. It will speed your recovery and make your next workout more productive. Hope to see you lean and fit for 96-97! Call me if you have any questions. — **Jo Garuccio has a M.S. in Health Education and is a world champion age-group triathlete.**

FUTURE continued from 8

Other Sports Outside of Skiing

- Service personnel: Anyone who impacts a guest, including food service, parking lot attendants, ticket sellers, mountain hosts, lift attendants, daycare providers, US Forest personnel, tour guide operators
- Personal trainers: cross trainers, spa personnel
- Ancillary Recreation Service: Outward Bound, retreats

Allied Partners

NSP, NSAA, CSAA, USTA, PGA, SIA, ORA, colleges and universities

As a group we embarked in a discussion about building a plan. In general, we agreed that attention to detail, balance,

foundation, structure and vision were all required. We also stressed the importance of building an awareness for growth potential both up and out, a respect for the flow of ideas, an allowance for influence, and an appreciation for different perspectives. Thus, we came to the Mission.

Mission defines *who* an organization serves. It explains *primary purposes* and provides a foundation for organizational goals and direction. After reviewing PSIA's current customer base, potential customer base, and discussing the necessary elements of building a plan, we developed a Mission statement for PSIA. This Mission statement encompasses specific focuses of whom PSIA will serve, and it will guide and direct PSIA into the 21st century.

PSIA Mission

To enable our members and partners to increase their versatility, effectiveness, value and professional advancement through:

- *broad-based informational and educational materials and programs,*
- *continuous training that anticipates and responds to industry demands in a timely manner*
- *cross training that develops flexibility in relationship to disciplines, populations and seasons,*
- *strategic partners with key alliances, and*
- *promotion, awareness, and understanding of the value of our member.*

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Alpine

Certified Level III

Scot Bergeron	Jackson
Ted Bird	Park City
Bradley Blunck	Targhee
Polly Butler-Jette	Deer Valley
Judyann Chamberlain	Park City
Christine Delbridge	Deer Valley
Bonnie Godfrey	Deer Valley
David Hutcheson	Jackson
Joseph Kernan	Park City
Al Kreider	Snowbird
Neil Lundberg	Sundance
John Mayer	Pebble Creek
Guy Monroe	Jackson
M. Scott Rogers	Alta
Thor Thorsen	Deer Valley
Marc Western	Brighton
Heidi Zardus	Jackson

Certified Level II

Kenneth Bayer	Brighton
Scot Bergeron	Jackson
Bruce Bicksler	Park City
Stephane Blanc	Deer Valley
Dave Boucher	Powder Mountain
Dennis Bythewood	Snowbasin
Jason Cameron	Jackson
Jim Carper	Wolf Mountain
Richard Chaffee	Deer Valley
Mark Cheminant	Deer Valley
Gavin Dalton	Deer Valley
Dan Darrington	Park City
Noel Davis	Park City
E. Ryan Dittmar	Sundance
Arielle Eckhaus	Park City
Lars Edson	Park City
Corby Egan	Sundance
Emily Elliott	Deer Valley
Gregory England	Deer Valley
Rick Farrow	Deer Valley
Steven Frandsen	Deer Valley
Whitney Gardiner	Jackson
Frank Gee	Snowbasin
David Hansen	Sundance

1995-96

Certification

Results

Congratulations!

Mark Hanson	Targhee
Thomas Hanson	Powder Mountain
Tim Hawlish	Park City
Marilyn Heinrich	Park City
Sheree Hess	Pebble Creek
Michael Hillwig	Park City
Jo Ann Hoff	Jackson
Michael Janssen	Jackson
Scott Lane	Deer Valley
Matthew Lutz	Snowbird
Kerri Martin	Solitude
Kevin Mc Culley	Snowbird
Mary Mc Entire	Park City
Timothy Moody	Park City
Jon Mortensen	Brian Head
Amy Nelson	Solitude
Brian Pliska	Brighton
Christopher Poepping	Park City
James Potter	Deer Valley
Greg Prager	Jackson
Nancy Schafner	Solitude
Greg Schauerhamer	Deer Valley
Megan Shuman	Snowbird
Ben Sinclair	Park City
Marc Smith	Wolf Mountain
Michael Tremel	Park City
Bylynda Venuti	Brian Head
Daniel West	Solitude

Marc Western	Brighton
Richard Wetherell	Solitude
Barbara Williams	Deer Valley
Benjamin Wilson	Jackson
Kara Yost	Pebble Creek
Deborah Zembruski	Solitude
Jeff Zenger	Park City

Certified Level I - Alpine

Kay Adams	Deer Valley
Nik Adams	Deer Valley
Lisa Alexander	Alta
Roscoe A. Allen II	Brian Head
Lindsey Archer	Jackson
Arron Asay	Sundance
Bryan Banks	Alta
Brit Barker	Brian Head
Sarah Barnaby	Park City
R. Brent Barras	Wolf Mountain
Edmund Barton	Park City
Lisli-Ann Bauman	Jackson
Monique Beeley	Park City
Lance Bell	Deer Valley
Sandra Bischoff	Alta
Stephane Blanc	Deer Valley
Brett Booth	Brian Head
Brian Bourne	Park City
Mignon Boyer	Sundance
Scott Brooks	Brighton
Robert Bryant	Snowbird
Christie Bush	Jackson
Henry Cannon Iv	Jackson
John Carlson	Park City
Mike Centeno	Snowbird
Hal Charlesworth	Powder Mountain
Carlyn Chester	Brian Head
Craig Roper Child	Sundance
Eric Ciffone	Park City
Ted Cobleigh	Park City
James Cockill	Deer Valley
Roger Coleman, Jr.	Park City
C. Hillier Collins	Alta
Kelly Colopy	Park City
Kenneth Corbett	Brighton
Belinda Crandall	Targhee
Damian Creamer	Wolf Mountain
L. Bryce Crowley	Deer Valley
Nathan Dallin	Sundance

Paul Dalton	Wolf Mountain	Tamara Miller	Pebble Creek	Holly Wood	Powder Mountain
Marlene Darling	Pebble Creek	Benjamin Minor	Park City	Cory Wright	Snowbird
Randy Dewey	Pebble Creek	James Mitchell	Snowbasin	Jeffrey Zeitz	Brighton
Karen Dickinson	Park City	Jason Mitchell	Park City		
Michael Dinan	Park City	Barry Monk	Wolf Mountain		
Lora Dircz	Snowbird	Thomas Monroe	Brighton		
Jno Disch	Park City	Jason Montgomery	Pebble Creek		
Derek Divenere	Jackson	Demie Moore	Snowbird		
Amy Duquette	Brighton	Jennifer Morgan	Snowbasin		
Douglas Dusenberry	Park City	Peter Morse	Park City		
Gregory Dutton	Jackson	Veldon Moser	Brighton		
D. Bradford Edgren	Deer Valley	Martin Muschaweck	Jackson		
Donald Edwards	Snowbasin	Benjamin Nickell	Pebble Creek		
Beate Ely	Deer Valley	Tyler Neibuh	Deer Valley		
Donna Everitt	Brighton	Pamela Nieman	Powder Mountain		
John Everitt	Brighton	Ladd Olsen	Deer Valley		
Jesse Farnes	Nordic Valley	Kay Orton	Snowbasin		
Douglas Farrer	Snowbird	Mark Otterson	Snowbird		
Branden Faust	Solitude	Jamie Pallat	Sundance		
Mara Featherstone	Deer Valley	Rosemary Panasuk	Powder Mountain		
Scott Fechner	Brighton	Brian Patridge	Park City		
Michelle Finlinson	Sundance	Dianne Pauls	Brighton		
Mya Frantti	Deer Valley	Nicole Payne	Sundance		
Steven Galbraith	Sundance	Peggy Philbrick	Deer Valley		
Wayne Gardner	Deer Valley	Brian Pliska	Brighton		
Kristen Garner	Jackson	Greg Prager	Jackson		
Robert Gienger	Brian Head	Tamara Price	Snowbasin		
Jason Gordon	Jackson	Gregory Priest	Deer Valley		
Rachel Graham	Park City	Gerald Puckett	Park City		
William Graves	Deer Valley	Holly Reighard	Wolf Mountain		
Nathaniel Haley	Elk Meadows	Corinth Richards	Snowbird		
Andrew Hall	Wolf Mountain	Tory Richards	Jackson		
John Hamilton	Brighton	Mardee Saxton	Beaver Mountain		
Michael Harrington	Brighton	Douglas Scadden	Snowbasin		
Tyler Harward	Wolf Mountain	Mark Scarton	Park City		
Robert Heaney	Park City	Phillip Schoonmaker	Jackson		
Gary Hebert	Snowbasin	Adam Schwartz	Jackson		
William Hensley	Powder Mountain	Tyler Seamons	Wolf Mountain		
Elizabeth Holleman	Jackson	Matthew Shaw	Deer Valley		
Garth Holmoe	Deer Valley	Scott Sherner	Park City		
Brooke Hontz	Deer Valley	Donald Simon	Park City		
Emily Hopkins	Park City	Ben Sinclair	Park City		
Jana Howatt	Deer Valley	John Sinykin	Brighton		
Sarah Howe	Park City	Douglas Slagle	Snowbird		
Michael Ichtertz	Park City	Dawn Sontag	Sundance		
Gary Jensen	Nordic Valley	I. Nicholas Sorensen	Snowbird		
Steven K. Johnson	Park City	David Stachowiak	Brian Head		
Stuart Johnson	Brighton	Kameron Stander	Brian Head		
James A. Jones	Park City	Anchalee Stark	Beaver Mountain		
Kirk Jorgenson	Sundance	Christopher Stecklein			
Scott Kaiserman	Snowbird	John Stocking V	Deer Valley		
Jo Nell Karling	Snowbasin	Brett Stratton	Brighton		
Tom Kessinger	Sundance	Shawn Stringham	Alta		
Douglas Kitchens	Brighton	Jeffrey Stuart	Snowbasin		
David Koepke	Jackson	Dustin Sturges	Park City		
Hiroshi Kumazaki	Brighton	Sheradawn Sullivan	Powder Mountain		
Randall Larsen	Deer Valley	Kathryn Tanner	Park City		
Heidi Larson	Park City	Nate Taylor	Sundance		
Richard Lavigne	Jackson	Ryan Thomas	Wolf Mountain		
Thomas Lemieux	Park City	Jared Titensor	Wolf Mountain		
Brian Litmans	Jackson	Todd Trane	Wolf Mountain		
Jerrold Long	Beaver Mountain	Megan Turner	Park City		
Joanne Loris-Stevenson	Deer Valley	Ryan Turner	Deer Valley		
Steve Luker	Snowbird	Larry Tyrrell	Jackson		
Shannon Marinos	Deer Valley	Lance Vandongen	Wolf Mountain		
Mike Marlowe	Brighton	Brandon Warren	Wolf Mountain		
Ryan Martell	Alta	S. Michael Weinbert II	Jackson		
Cori Mc Cann	Snowbird	Daniel West	Solitude		
Karen Mc Cann	Brian Head	Gerald Wheeler	Park City		
David Md Fawn	Park City	Brenda Whitesel	Deer Valley		
Anthony Meeker	Brighton	Barbara Williams	Deer Valley		
Jason Merrill	Park City	Jenny Williams	Brighton		
Pete Meuzelaar	Wolf Mountain	Anne Wilson	Snowbird		

Nordic

Certified III — Nordic Downhill

Nathan Bronson	Alta
LeRoy Johnson	Alta
Jennifer Sall	Alta

Certified II — Nordic Downhill

Laura Bohner	Alta
Kames Kastner	Alta
Joseph Mahon	Alta
Christopher Ulm	Alta

Certified III — Nordic Track

Randy Huskinson	Targhee
-----------------	---------

Certified II — Nordic Track

Stephen Neiner	Pocatello
Richard Rinaldi	Targhee

Snowboard

Certified Level III

Dave Carlson	Wolf Mountain
Todd Denlinger	Wolf Mountain
Sandra Guzman	Snowbird
Matthew Katz	Snowbird
Sue Skeen	Wolf Mountain
Kris Skelton	Snowbird

Certified Level II

Robert Ammann	Jackson
Ryan Clegg	Snowbird
Kirk Nacey	Snowbasin
Ben Sinnamon	Wolf Mountain

Certified Level I

Mark Baer	Solitude
Stephen Bigger	Jackson
Kimberly Christensen	Wolf Mountain
Loren Dotts	Wolf Mountain
Jennifer Foster	Wolf Mountain
Chad Jones	Brighton
Damion Lee	Wolf Mountain
Thomas Lee	Wolf Mountain
Erika Mac Murray	Wolf Mountain
Brad Macomber	Wolf Mountain
Richard Mc Laughlin	Jackson
Benjamin Nickell	Pebble Creek
Amanda Puttuck	Wolf Mountain
Curt Roth	Wolf Mountain
Ben Sinnamon	Wolf Mountain
Glenn Spann	Wolf Mountain
Quentin Stapp	Wolf Mountain
Dustin Sturges	Park City
Christel Tippett	Solitude
David Vandenberg	Jackson
Traci Vaughn	Brighton
Aleisha Witkins	Wolf Mountain

VIEWPOINT

Thanks Harald

Every four years, hopeful ski instructors from around the country embark on a pilgrimage to PSIA National Demonstration Team Tryouts. There, a handful of mortals rise above the rest to earn the coveted title of Demo Team Member. The process is inhumane at best, but those who survive have earned the right to wear their team colors honorably, through skill and perseverance. But what comes of those who fail to make the final cut?

The final cut generally involves choosing from a group of 15 to 20 tryout survivors. The dozen or so individuals who are ultimately selected as Demo Team members rank among the best skiers and instructors that PSIA has to offer. Theirs is no easy task—to define the standards of ski instruction in America. However, anyone who has observed the tryout process understands that—with a few notable exceptions—any one of the final contestants could serve equally as well as the other.

Congratulations are in order for the people who will serve as the National Demonstration Team. The new team is comprised of eight fresh faces, five returning Team members and coaches Dave Merriam and Shawn Smith. Only one standing team member who tried out failed to make it back on the Team, Harald Harb.

Those who observed parts of the event know that Harald easily skied as well or better than most of the people who were ultimately chosen for the Team. Having participated in Harald's clinics, I am confident he also demonstrated great skill

when he taught. But, Harald is a bit of a rebel, and proud of it too. Undoubtedly, Harald's sometimes stubborn individualism and reluctance to compromise his beliefs cost him his job.

I first became acquainted with Harald as part of PSIA-I DECL training. Harald twice came to the Division to help Scott Mathers train the DECL body. Harald's approach to ski instruction isn't necessarily unique, but it does emphasize simplicity and basics. He believes ski instructors spend way too much time teaching confusing and often mechanically inaccurate movements. He also believes PSIA's Fundamental Skills—edge control movements, pressure control movements, rotary movements and balancing movements—have encouraged instructors to focus way too much on teaching people to pivot their skis rather than work with ski design. Harald's approach to teaching people to ski emphasizes edge release and engagement from the get go, rather than focusing on rotary movements.

I may not agree exactly with how Harald chooses to teach skiing, but I can easily integrate Harald's concepts into my own paradigm of skiing. In fact, Harald's clinics have been among the best I have attended, and I have attended lots.

People often whine about what they get for their PSIA membership. The greatest value I have received from my affiliation with PSIA has been the opportunity to interact with other instructors and trainers. If not for my PSIA membership, I never would have skied with people like Tom Kronthaler, Chris Ryman, P.J. Jones, Jens Husted, Mike Porter, Victor Gerdin, Pepi Steigler, Junior Bounous, Jerry Warren, Scott Mathers, John Guay, Stew Marsh, Rob Sogard, Bart Zawacki, Chris Katzenberger, Jerry Thoreson, Kevin Chaffee, Jo Garuccio...and Harald Harb.

Harald has been among the most influential of the people I have skied with in the last few years. I am happy I had the chance to benefit from his tour as a Team member, but I am also sorry that many other people will miss out on that opportunity. We have a great new National Demonstration Team, but it might have been just a little bit better if Harald was still there. Thanks Harald.— **Rodger Renstrom, PSIA-I.**

PIAGET *continued from 5*

Child-Centered Skiing has some very good examples of many of the characteristics mentioned — with illustrations and descriptions. This is a good place to start (pages 111-145.)

When delving into any of the written information available concerning child development—be it Piaget (cognitive development), Kephart (psycho-motor development), Montessori (whole child development)—it is important to remember that these famous theorists studied children and adult behavior to come to their conclusions. The child was the teacher!

Become an observer of many, many people to start forming ideas of your own. It's likely that as you pursue this study, you will find some of the same results as the "experts." But, the best side effect of this study is that the words they have written come alive and examples of their conclusions march endlessly before you. Your ineffective instruction ceases! ■

It's Classified

Royal Gorge Cross Country Ski Resort—Ski instructors, ski guides, ski patrol, resort services and lodge positions available for the 1996/97 season. Call (916) 426-3871 or write for an application to PO Box 1100, Soda Springs, Ca 95728.

PSIA INTERMOUNTAIN DIVISION

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Next Edge Deadline: Aug 30

Stu O'Brien

Stu O'Brien, freestyle champion and PSIA-I member, died June 23 of injuries suffered while on a camping/river trip in Idaho. Stu loved to ski and unselfishly shared that love with others. He will be fondly remembered. The following tribute to Stu, written by "Airborne" Ed Ferguson, was read atop Hidden Peak at Snowbird during Stu's memorial service.

In Memory of Stu O'Brien

There is only one story that matters, because just about everything else Stu and I did since that early day in June 1974, for whatever reason, was either recorded or reported by some means.

His Mom remembers that day well. She had to put him on a plane in Pennsylvania in the warm spring weather with all his ski equipment (we know what a spectacle that must have been). She did this grudgingly, knowing he would miss his senior graduation commencement three days later. She had been diligently waiting for twelve years to see her son graduate, but because of someone they called "Airborne" she was unable to see it. I've come to know her as the true saint she is.

Stu arrived at our training camp with his normal vigor; it reminded me of the Tas-



manian Devil cartoon figure with direction. He was one of many (200 plus) who wanted to learn how to be free—I didn't know he had a little different idea of what learning was all about, I soon found out.

At the camp, of course, were all the current world champions and Stu wanted to be just like them. We had ten days on the snow, three days for each discipline and a day for competition that was just like the world cup is: ballet, moguls, aerials, and overall event with awards banquets and dinner that evening. I always had enough prizes so everyone always won something. Stu wanted to win all of the prizes.

Stu did very well for a kid from the Pokanos and I told him so. His response was, "I'm staying for the next ten days and I will win all of the prizes."

He would have if he had not injured his ankle the day before the big event. I heard he was very upset and I went to see him in his condo after dinner. He had so impressed me and was so very upset that I made a deal with him. The deal was, "If you go back to Pennsylvania and get fully certified in PSIA (he was already associate certified) and stop crying, I'll have you back next summer as a coach." He stopped crying, I went about my merriest camp director duties and forgot all about it.

The phone call came about March of 1975, I picked up the phone, all I heard was a great big "I passed!" I said, "passed what?" Stu said, "I'm fully certified, when do you want me to show up to coach at your camp?"

The rest is history. ■

FUTURE *continued from 9*

Yes, this was a monumental task. I am very pleased with the results and through further development of the strategic plans I see great things for all of our futures in the winter wonderland we so enjoy. ■



FIRST CLASS MAIL

The Instructors EDGE
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Salt Lake City, Utah 84121

Opinions presented in the EDGE are those of the individual authors and do not necessarily represent the opinions or policies of the Professional Ski Instructors of America Intermountain Division.

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HUNTSVILLE, UT 84317-0348

AO / /



INSTRUCTORS THE EDGE

Vol. 18 No.1

The Official Publication of PSIA-Intermountain

Winter One 1996

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The Utah Winter Games packs January with clinics and competitions from skiing to luge.

And More...

Written Certification Test Revealed

Question:

1. A certification candidate desiring to pass the written test portion of the exam process should:
 - A. read the following information.
 - B. cover the study-guide material in the PSIA-I Master Plan.
 - C. study well before the test date individually and in study groups.
 - D. all of the above.

Candidates for certification are certainly wondering about the new written test format. It's actually less complicated than you might think. The following information will clarify just what you have to know regarding the written test and this season's certification process. (A one-year grandfather clause for previous assessment participants is described later.)

What are the test prerequisites?

The new format applies to Certified Levels II and III assessments. (Level I candidates complete a workbook and do not take the written test. Their requirements remain unchanged from last year.)

Candidates must register with the Division office two weeks prior to the test date. The written test must be passed before a candidate can attend any on-hill assessment.

The test may be taken prior to taking the mandatory pre-exam clinic; however, the pre-exam clinic must be completed before participating in any on-hill assessment.

Can you register at the test location?

NO! There will not be a copy of the test available for candidates who show up at the test location without having registered in advance.

What does the test cover?

The Level II and Level III written tests combine information previously covered in the separate skiing and teaching assess-

ment written tests, including: skiing (including a video movement analysis), mechanics, teaching and general knowledge—the same material covered in previous written tests.

What does the test cost?

There is a \$7 fee to take the written test.

Can the test be retaken?

Yes, however there is no reason why anyone who has read and studied shouldn't pass the first time. Both independent and group study are beneficial in preparing for the written test. Refer to the study guides in the revised PSIA-I Master Plan for study ideas.

Candidates wishing to retake the test must repeat the registration steps for the test they wish to take, including paying another \$7 registration fee.

When are tests scheduled?

Tests have been scheduled throughout the early and middle part of the season in the northern, central and southern regions of the Division. Plan ahead! Do not expect additional dates to be scheduled.

Can the Division accommodate persons with reading difficulties?

Yes, options are available for candidates, but only if special needs are given to the office at the time of registration.

That's about it. Plan ahead, prepare and the test won't be an obstacle.

Grandfathering

Candidates who have already taken a written test but failed the assessment should definitely read the following.

If you participated in a Level II or Level III skiing or teaching assessment during the 1994-95 or 95-96 ski seasons and passed the written test portion of either assessment, but failed to pass the exam, this information is for you.

For one season only, candidates who passed either the skiing/mechanics or teaching/mechanics written test—but failed to pass the overall assessment

continued on 2

Administrative Report

By STEW MARSH, PSIA INTERMOUNTAIN ADMINISTRATIVE V.P.

The winter is upon us. Already the mountains have received snow that surely will usher in a great season of fun. Almost all areas along the Wasatch Front have opened and have given many people reasons to smile. I would hope each and every member is getting into shape both physically and mentally for the season. This season should be very interesting with the barrage of shaped skis coming on line. I hope each and every one of you take time and experience these skis. Do it and enjoy the thrill.

Fax It

I am happy to announce that your Board made some decisions at the last meeting that will be of benefit to all the members. First, we have purchased a fax machine with a dedicated line. Any correspondence to the office or applications to events or correspondence can be sent easily and quickly. The new number for the fax machine is 942-7837. Another benefit that the board decided to provide the members is the ability to pay for dues, clinics, books, manuals with a VISA or Master Card. The office will be able to process this transaction immediately and a receipt will be forwarded to you. I feel this was something that was needed to provide the membership with up to date service. Although we don't have e-mail or on line services, someday that may be our next step.

Please remember that there is a **fourteen day** advance registration for clinics and assessments. With the capabilities of fax and credit card registration it should help with assignments and making each clinic run well.

Board Elections

This is also a reminder that elections for the Board will be in March. There will be one at-large position to fill and positions in Region I (Jackson, Targhee, Great America), Region VI (Solitude, Brighton, Sundance), and Region VII (Snowbird, Alta). Please remember to check the qualifications found in the Edge if you choose to run for a position. Remember to vote! Have a safe and happy holiday season.

DECL Selection Process Explained

Once again, PSIA Intermountain is conducting a Division Examiner and Clinic Leader hiring. Here is basic information concerning the DECL selection process. Additional information will be available in December for participants.

What is the DECL program?

The DECL program is designed to provide a skilled pool of experienced instructors who are responsible for conducting Division clinics and exams. To ensure consistency in the exam process and quality clinics—and because PSIA-I is a relatively small division with membership fluctuating between approximately 1200 and 1500 members—there is no need for a large DECL body. However, the Division holds regular hiring sessions to replace DECLs who resign or leave for other reasons, and to identify exceptionally skilled instructors whose participation as a DECL would benefit the Division.

What a DECL is Not

The position of DECL is not a level of certification. The position of DECL is a

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WRITTEN TEST *continued from 1*

—will be granted credit for the information they have passed. That credit will be applied to the new test format which will have identifiable sections for skiing/mechanics-focused knowledge and teaching-

focused knowledge. Here's how that process works for both Level II and Level III candidates. This information applies to only to candidates who participated in an assessment during the 1994-95 or 95-96 ski seasons.

Candidates who wish to take advantage

of this grandfather clause must register with the office and identify themselves as wanting credit for previous test results. The office will check records and coordinate with the test administrator. ■

Written Test Requirements for Grandfathered Candidates

Failed to pass the Skiing/Mechanics Assessment

<i>Previous written test results</i>	<i>Previous on-hill results</i>
Failed written skiing test	Passed on-hill requirements
Passed written skiing test	Failed on-hill requirements

96-97 written test requirements
Must register for and pass *entire* written test before retaking on-hill skiing assessment. Cost of written test \$7.
Must register for and pass *teaching* portion of *written* test prior to taking on-hill skiing assessment. Cost of written test \$7.

Failed to pass the Teaching/Mechanics Assessment

<i>Previous written test results</i>	<i>Previous on-hill results</i>
Failed written teaching test	Passed on-hill requirements
Passed written teaching test	Failed on-hill requirements

96-97 written test requirements
Must register for and pass *teaching* portion of written test prior to retaking on-hill teaching assessment. Cost of written test \$7.
Do not need to take a written test.

All candidates who fail to pass any section of the written test will be required to register, pay for, retake and pass the *entire* written test before they can participate in an on-hill assessment. Make sure you study!

They're Baaack...

PSIA-I Education College and Mini Academy

January 11-12 at Park City

&

PSIA-I Spring Clinic

April 11-13 at Brian Head



Education College

In addition to our own DECL staff, we will have four National Demo Team members on hand who will conduct a "mini academy." Participants in the "mini academy" will ski with the same team member for two days, and will have the opportunity to focus on their specific skill needs for the entire event. To keep the groups manageable, *we will only accept the first 32 applicants.* Other clinics will be taught by Division clinic leaders; participants may attend non mini-academy clinics for one day or two.

Ed College Clinic Topics

Saturday and Sunday

- ◆ Mini-academy (must attend both days)

Saturday

- ◆ Ski Improvement: Moderate and Aggressive
- ◆ Exploring the Mountain on Shaped Skis
- ◆ Intro to Bumps
- ◆ Master Teacher
- ◆ Short Turns Only
- ◆ Intro to Teaching Three-track and Mono-skiing (tentative)

Sunday

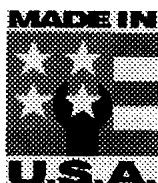
- ◆ Ski Improvement: Moderate and Aggressive
- ◆ Advanced Bumps
- ◆ Exploring Teaching Styles
- ◆ Short Turns Only
- ◆ Drills to Enhance Your Skiing Skills
- ◆ Look in the calendar for Snowboard topics

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S N O W B O A R D S

Education Corner

By JO GARUCCIO, PSIA-I EDUCATION CHAIRPERSON

Believe it! Another season has arrived, and with it the winter juggling act—lessons, school groups, clinics, exams, new manuals, study guides, powder over your head, naked pool parties.

Wait! Did you say a new manual? And study guides? It can't be. I just finished my library and now it's obsolete—again?

Well guess what kids? It's true. PSIA has finally completed the latest education project, and the entire package includes a manual, study guides for Level I, II and Level III, a video tape shot with a high tech overhead cable cam, and a new handbook. But before you become overwhelmed by the thought of entirely new material, take a deep breath and exhale slowly. Skiing has not been re-invented, so you can stop hyper-ventilating.

However, new material does pose a few interesting questions, and the office has already been bombarded with several of them. Do we need them for the test? Is it different than ATS II? Should I buy the study guide?

What's Inside?

Since the material just recently arrived, very few of us have had the chance to thoroughly review it and that includes the education and examining staff. For the most part, the technical information in ATS III is primarily the same as that in ATS II. It is, however, easier to read and better organized than the previous manual. Granted, there are a few confusing sections and we will do our best to clarify them for you. And there are a couple of new sections. A "service model" has been added to the teaching and skiing models, reinforcing the idea that good customer service is an integral part of ski teaching. There is also a chapter on the environment, and a chapter discussing anatomy and physical conditioning. But, you will not be tested on any of that information this year. The rest of the manual is "nothing you haven't heard before," although it is packaged slightly differently.

So should you buy the new manual? The answer is yes. The information is much easier to find. As for the study guides, they can only help you. They contain sample lessons, study questions (and answers), and (in Levels I and II) several problem scenarios often encountered in less experienced students. The Level III study guide takes a more in-depth look at variables such as moguls and crud. Quite frankly, after reviewing them (albeit briefly), I think that the study guides are possibly some of the best material PSIA has ever produced and would certainly enhance anyone's ski teaching abilities as well as help candidates prepare for an exam.

The Art of Carving

In addition to the new manuals, the office also has several other references available including *Skiing and the Art of Carving*, a new book by Ellen Post Foster. Teeming with great ideas from a very creative coach, it is well worth owning. We also have Ellen's two previous books available as well. Both *Conditioning Skills for Alpine Skiers* and *Technical Skills for Alpine Skiers* are excellent supplemental materials for your expanding library. I have borrowed many ideas from Ellen's "bag of tricks."

Education College

Don't forget the Education College and remember, only 32 people can attend the "mini-academy" portion of the Ed College, so sign up early. Watch for Spring Clinic news in the next newsletter. It's in Brian Head, so we are looking at fun in the sun! Have a great Christmas and see you soon.

DECL continued from 2

job. The selection process can easily be viewed as an interview.

The DECL program is not a personal training program. Although working as a DECL offers valuable opportunities for personal growth, the intent of the DECL hiring is to select already skilled trainers who can immediately begin conducting some Division clinics. All DECLs are required to participate in a training program to prepare them to conduct certification assessments and related clinics according to guidelines established in the PSIA-I Education and Certification Master Plan. DECLs are also required to meet minimum performance standards or forfeit their position as a DECL.

The DECL hiring event scheduled for late January is not intended to fulfill specific quotas—there are no set number of "slots" open. However, selectors will be looking for instructors who demonstrate excellence in skiing and teaching and can immediately begin contributing to the membership of the Division.

Cost and Format

The cost for attending the selection process is \$115.

The hiring schedule will include one evening and two on-hill evaluation days. There may be a skiing cut after the first on-hill day, depending on the number of people who participate in the hiring event. If there is a skiing cut, it will be made to ensure that the second day's selection focuses on fairly and thoroughly evaluating those instructors who have a realistic opportunity to be selected.

How to prepare

Candidates will be evaluated on their professional knowledge, skiing skills and teaching skills. Start skiing and honing your eye now! Every ski day should include disciplined drills to improve basic skills. Just like Gene Hackman in the film *Hoosiers*, perfection begins with basics.

Skiing

Ski evaluators will be looking for exceptional balance and the skill to work the ski from the top of the turn through the finish of the turn. They will be looking for versatility. The rocket who gets to the bottom first will have little success if s/he lacks the skill or discipline to shape a turn out of the fall line.

Teaching

Teaching evaluators will be looking for outcome-oriented teaching that responds

General Membership Meeting December 17 at Brian Head

5:30 pm

and adjusts to the needs of students and is based on clear and accurate movement analysis. Selectors will also evaluate the candidate's skill at organizing and presenting abstract concepts both indoors and out in accurate and interesting ways.

Written Test

DECLs are responsible for helping members interpret and understand PSIA concepts. It is vital that they possess an accurate understanding of models, theory, terminology and publications. A short written test will evaluate a candidate's basic knowledge, including official PSIA concepts and models. Candidates will not be responsible for new information (such as the Service Model) contained in ATS III; however, reading ATS III may help clarify concepts presented in ATS II.

Train!

Candidates should prepare for all aspects of the event, but the most important word in ski instruction is "ski." We all become better teachers when we understand skiing better; and we understand skiing more accurately when we ski better.

Skiing preparation should involve *training*, not just skiing. Thousands of short-radius turns in the fall line on hard snow, miles of turns on just the outside ski—or the inside ski, countless slow-to-moderate-speed parallel turns with both feet on the ground and *always* parallel, zottos, sideslips, drills, all combined with lots and lots of skiing all pitches and variable conditions—fluidly and in balance. It's amazing what can be learned.

In Search of Excellence

The Division needs its membership to continue to work toward acquiring the skill, knowledge and desire to work as a DECL. The greatest personal growth associated with being selected as a DECL comes in the preparation for the hiring process, not the event itself. And, in most cases, personal preparation requires years, and sometimes participation in multiple hiring events. But that is what ski instruction is all about: continually striving to be better tomorrow than we are today.

With all this in mind, who should attend the DECL hiring? Anyone who is seriously interested in working as a PSIA-I DECL. ■

Communications Report

By DANNY EDWARDS, PSIA-I COMMUNICATIONS V.P.

Hello again! Thought I would tell you about a few of the changes that have taken place this past summer at both of the Southern Utah ski areas. Elk Meadows opened this Thanksgiving with a new ski school director. Her name is Kathy Flanigan. Kathy was raised in Cedar City. She trained and worked as a member of the Brian Head Ski School in the early stages of her career. She became a Level III instructor around 1977 and continued to teach for a few years. She married herself a Forest Service guy named Dayle and soon found herself in Globe Arizona, miles away from any ski resort. Well, just recently, her husband earned the Ranger's job in the Beaver area and last season Kathy went to work for Elk Meadows. Then when Elk Meadows went shopping for a new director this year, I think they made an excellent decision in hiring Kathy. I, for one, would like to wish Kathy all the best for a great season in her new position.

Our resort here in Brian Head opened a few weeks ago with a new operations manager and ski school director. These two titles belong to the same person and that new guy on the block is Henry Hornberger. Henry and his family most recently lived in Aspen. For the past two years Henry headed up guest relations and quality assurance for the ski schools of Aspen. Prior to that, Henry worked at Taos Ski Valley for nineteen years in various capacities including ski school manager. His summers were spent working in New Zealand at Coronet Peak where he was an assistant director. Henry will focus on the family vacation experience with special attention being paid to first-time skiers and our children's programs. We would also like to welcome Henry to the Intermountain Division and wish him and the staff a very successful season.

By the way, clinics are coming around. Any volunteers for the "Ski House" idea? Call me, Danny (801) 477-8055

Children

By PATTI OLSEN AND

CHRIS KATZENBERGER

One of the biggest tasks on the agenda for this summer's national Children's Committee meeting was to decide on a theme for the National Children's Symposium which has been renamed the National Children's Ski Educator Symposium. The theme for this next symposium will be "Connections." The Symposium will be held at Deer Valley Resort and Park City Resort on Jan. 27, 28, and 29, 1997. Deer Valley will host the indoor and downhill portion while Park City will host the Snowboard sessions.

The National BOD also approved a separate track dealing with children's ski teaching at the National Academy. This year the Academy will also host a separate women's college and a separate track dealing with women in skiing. ■

There will be a new children's manual out next year. Looking at the outline and some of the samples we saw it should be very good and one every instructor will want to have. Unfortunately, a children's video was not approved for this next season. The delay may be a good and give more time to attend to detail.

The Base Test was introduced by Tim Ross and Ron Kipp, both from the U.S. Ski Team. The test is based on maneuvers to build skiing skills. There are three pamphlets and a video providing skiers with information about the Base Test. The test progresses from simple to very challenging drills. The Base Test should be a new, useful and fun tool to have and is available through the US Ski Team office.

One of the most positive items discussed with ski school directors was to develop some sort of accreditation for a children's instructor between level I and level II certification. ■



The Edgeless Instructor

By CRAIG PANARISI, SOLITUDE

The Big Three

As I was putting the final touches on my skis with a roto-brush, a very experienced Alpine instructor approached me and asked several interesting questions. He was not aware that PSIA-I currently certifies instructors in three separate Nordic disciplines. The following is a summary of our conversation that day.

Nordic quote of the month

"Tell me, I forget. Show me, I remember. Involve me, I understand."

(Ancient Nordic Proverb)

Nordic Downhill

My personal favorite and the most commonly recognized type of Nordic skiing by Alpine skiers. Nordic Downhill (telemark) certification is very similar to Alpine. In fact, this certification requires both telemark and parallel technique. Nordic Downhill clinics and assessments are conducted exclusively at lift-serviced areas. Skiers prefer heavy leather or plastic boots with metal-edged skis.

Backcountry

This certification is possibly the most demanding of all. Backcountry certification is based on safe winter travel and camping. Assessments are typically three days and two nights. Candidates are scored on route selection, first aid, shelter (no tents), hazard evaluation and general savvy. Clinics and assessments are conducted in the high backcountry utilizing free-heeled touring equipment and large backpacks.

Track

Cross-country or track skiing is where we find the most confusion among Alpine

Nordic News

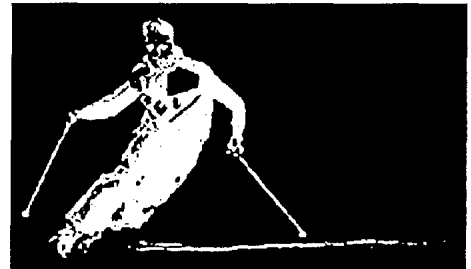
By SHIRLEY KINSEY, NORDIC CHAIRPERSON

As another ski season is upon us, I would like to take a moment to remind you of the benefits of being involved in PSIA-I. The benefits listed by no means constitute a comprehensive list, but rather they offer a reminder to encourage you to become more involved by participating in clinics and assessments, and help with the recruitment of future Nordic instructors.

The list of benefits available to members of PSIA-I is impressive. First, we can become more knowledgeable about skiing, and therefore be more effective on the job, by attending clinics, educational workshops, and participating in assessments. As we share our knowledge and experience with our fellow professionals, we can pick up valuable insights to make our own teaching more effective and meaningful for our clients. Not to mention the advancement and refinement of our own skiing skills. In addition, there are the outstanding publications, such as Professional Skier, The Instructors Edge, and numerous educational materials published by PSIA to help us sharpen our skills and provide food for thought. Membership in PSIA-I also offers countless networking opportunities which can lead to the discovery of innovative teaching programs and ideas, or excellent opportunities for employment in our region. The best way to maximize your personal benefits of membership is to become more actively involved in the Division's activities!

Remember only your involvement will make events happen! See you on the snow.

skiers. Track certification actually requires two separate disciplines called Classic and Skating. The Classic technique is what the general public thinks of when cross-country skiing is mentioned. Skating is a fairly new discipline started by the American Olympic athlete Bill Koch. This technique utilizes timing variations of the poles and skis resulting in movement very similar to rollerblading or ice skating. Track clinics and assessments are conducted exclusively at "cross-country areas" or "Nordic centers." ■



Skills For Thought

This fall I had the opportunity to discuss ski racing with some of the best Alpine and Nordic ski coaches in the country. They had some very interesting comments concerning why European skiers continually dominate over Americans. Their point was fairly simple. American sports are based on hand-eye coordination. Golf, baseball and apple pie. European sports on the other hand demand more foot-eye coordination. They spend their time playing soccer and cross-country skiing as children. It surprised me when even the Alpine coaches stressed the importance of skiing on edgeless skis and low-cut boots.— CP

Nordic certification quote

"Examiners should validate what the candidate knows, not what they don't know."

(National Nordic Cert. Committee)

Adapted

The Six Adapted Skiing Disciplines

The surge in snowboarding has emphatically demonstrated to traditional skiers that there is more than one way to slide down a snow-covered hill. Skiers with disabilities have known this truth for years. Unable to depend upon traditional gear or techniques, these skiers have adapted equipment and techniques to meet their individual needs.

There are six adapted alpine skiing disciplines: four track, three track, monoski, biski, visually impaired, and developmentally disabled or mentally retarded.

Four Track

This method of skiing is called four track because the skier uses four separate ski sources. As a comparison, the traditional mode of skiing we are accustomed to seeing on the hill is generally referred as two track. The four-track skier has two full-size skis and two forearm crutches with a 14-inch ski tip mounted at its base. We call these the outriggers. Outriggers can be used like regular ski poles, or as bona-fide extra skis, aiding the skier in achieving better balance and overall stability.

The four track method is used for a variety of disabilities. The individual that skis four track is commonly someone who is unable to walk without the assistance of crutches, canes or some form of prosthesis. Four track skiers would include persons with cerebral palsy, post polio, muscular dystrophy and muscular sclerosis.

Three Track

The name gives it away! Three trackers use three separate ski sources, two hand held outriggers, and one full size ski. This method of skiing is generally used by persons who have had a limb amputated. But it is not unusual to see three trackers with disabilities such as post polio or hemipelvectomy. Three track skiers, as well as four track skiers may also use extra adaptive equipment to aid in balance and body positioning such as heel lifts and slant boards.

Three track skiers can generally tackle all kinds of terrain found at the ski resort; in fact, a good three track skier can compete with any good two tracker!

Monoski

The monoski is a bucket seat with one ski attached underneath. The skier is strapped tightly onto the bucket and he or she assures proper balance by using hand-

held short outriggers. These are also used by the beginner as steering devices, but as the skier becomes more proficient they are used more and more like ski poles.

Individuals with a wide variety of disabilities can use the monoski. Even individuals with an injury level as high as T4 can give it a try, granted they are athletic enough. In general, double amputees or people with low level spinal cord injuries are found on a monoski.

A proficient monoskier is capable of skiing any terrain a two-tracker can tackle. Furthermore, with some practice, the monoski can be independently loaded and unloaded, making the experience of skiing it that of total independence and freedom.

We're All Disabled Skiers

By PETE BADEWITZ,

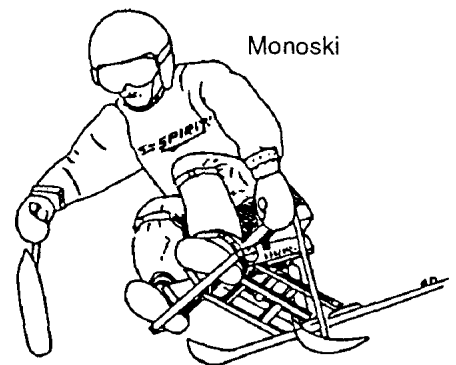
DEER VALLEY

Most of what has been written and said about disabled skiing, with regard to the general ski population, tends to center around differences, rather than similarities. The truth of the matter is that if we look at the similarities, or common ground, we start to see that this seemingly great divide is non-existent and that the myth about this divide lies solely in our mind's eye.

Hal O'Leary, program director of the Abilities Center in Winter Park, Colorado, has stated as a preface in one of his manuals "that in actuality we are all disabled to some extent when it comes to skiing." Expounding on this point, we were not born with heavy ski boots and long skis on our feet. Add to this scenario being on some frozen mountain in the middle of winter and sliding down some steep pitch. In my mind, this picture seems quite ridiculous.

To continue along this same trend of thought, how many instructors do you know in the locker room at your ski area who are in perfect health? Every one I know has some sort of imperfect tweak, whether it be physically or mentally related. The truth of the matter is that most of us, at least some of the time, are in a so-called "disabled" state. Examples abound: weak knees and ankles, back problems, swelling of joints

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Monoski

Biski

The biski is a bucket seat with two skis attached. The skis are generally specially designed, with radical hourglass sidecuts (which make for some nasty carving!) and fatter and shorter than regular downhill skis. Depending on the level of disability, it can be skied with hand-held short outriggers or fixed outriggers built in the frame. The bucket of the biski plays the role of the ski boot. It should fit the skier tightly and snugly!

The biski is generally used by individuals who have difficulty skiing in a monoski and need the extra balance and support offered by the two skis. Generally speaking, persons who are high level paraplegics (T7 and up), quadriplegics or individuals who need a wheel chair to ambulate and have little or no arm strength are likely candidates for the biski.

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Goal: A Four-Letter Word

By CAROLYN FUSHIMI, BRIGHTON

It isn't hard for most people to blow out a few four-letter expletives, but have you ever had the opportunity to listen to a truly skilled "expletory" speaker (i.e. the proverbial sailor)? The emotional and sometimes physical effect can be astounding. Any skilled performance is bound to draw strong and deep reactions from the audience. As professional ski instructors, it is our duty to be skilled performers.

The concept of setting goals is nothing new. Been there...done that. The concept of setting effective measurements for those goals is not new either. Been there...done that. The *skill* of setting effective measurements which can *motivate and define specific goals* can be very difficult. Been there?...done that?

Examples:

1. "Today we're going to learn to make our turns smoother.
2. "Today each of us will add more 'Os' to the word "smooth" when we describe our own skiing."
3. "Right now your turns are strong and 'smth.' Let's work on two movements and tell me how many 'Os' each movement adds to your turns."

or,

1. "Today we're going to improve our bump skiing."
2. "By the end of the lesson, each of us will be better at managing speed control in the bumps."

3. "Today each of us will increase our number of linked, controlled turns in this (specific) bump run by at least two turns."

Many other examples of effective measurements are available. Personally, I prefer measurements which the student can observe and measure on their own (with possible confirmation by me). This encourages and allows the student to:

- have "ownership" of the movement/concept (i.e. a deeper understanding)
- be self-motivated (i.e. a deeper drive)
- get more out of their time away from the instructor (i.e. not deeper pockets, have I blasphemed?).

Learning can and should continue even after the lesson time ends. I try to help students set goals with measurements for the times following the lesson, as well.

Becoming truly skilled at setting effective measurements will not be easy (for me). It will take time (years of practice), patience (a few mishaps), intelligence (a few "mulligans" to fix the mishaps), and perseverance (the courage to continue exploring and "mulliganing").

So what do four-letter words have to do with all this? Nothing, really. It was mostly to get your attention. I hope this gives some food for thought. Thanks for your time. — Carolyn Fushimi is a PSIA-I DECL.

Turn Initiation: Right, Wrong?

By ED CHAUNER, SNOWBIRD

HELLO skier, this is your ski talking, anyone up there? There has been a lot of talk the last few years, like the last 50, on how to make me start down the mountain. I would be perfectly content to just sit here on my edge and traverse across the hill but I know you have something else in mind. I don't mind being pointed down the hill so lets work together on this whole turn initiation thing.

"This is your ski talking...lets work together on this whole turn initiation thing."

When we started out years ago, you used a nice stem-step move to force me off of my edge and down the hill. I was a little reluctant in those days and I sometimes needed a push from my better half. I don't need that as much any more but don't forget, there are certain situations with certain skiers that I am going to need a boost. For example in a very steep narrow gully when I can feel your knees shaking, or as a beginner on your first blue run when I can feel your knees shaking, or in heavy wet snow when I can feel your knees ready to rip in half. Yes, you are forcing me down the hill but sometimes that is the best way.

After some time you realized that you didn't have to push through my nice solid down-hill ski platform, but just eliminate my platform by jumping or up-unweighting. This works fine, but it seems like you get pretty tired by the end of the run. Stealing my platform through a vertical unweighting still seems to work well in the heavy powder or wind-slab snow, so keep it in your box of tricks, but in most situations you can be much more efficient.

Why don't you just keep me on the snow and let me do my job. I hate being forced or banged around. Take my solidly edged

continued on

Women's Education College Scheduled for Vail

Look for great skiing and professional development at the 1997 PSIA Women's Education College in Vail, Colorado, January 11-15. Registration forms are in the fall issue of The Professional Skier. The college is open to Certified Levels II and III women instructors.

The college is staffed by present and past PSIA Demonstration Team members. The guest speaker is an expert in the area of communication and team building. The indoor theme will be Communication: Awareness of "gaps" and ways to close them; identifying communication styles, including our personal style, and strategies for blending and capitalizing. And, of course, there will be four days on snow working and skiing with great friends on a great mountain.

Call Karen Hagaman at the PSIA national office for details. Space is limited, so call soon. ■

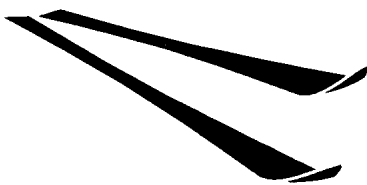
If you have been reading the latest ski magazines including *The Professional Skier*, this is the year of the Shaped Ski. What is the definition of a shaped ski? The ski industry is adopting the term "shaped ski" for skis that have the look of an hourglass—wide in the tips and tails and narrow under the foot. These skis have also been known as parabolic, super side cut, and coke-bottle shaped. Last year there were only four manufacturers making shaped skis. This year all the manufacturers are making the shaped ski with over 60 models to choose from. It is estimated that over 30 percent of the people taking lessons this year will be on shaped skis.

According to all the hype, the shaped ski is going to make skiing easier and more fun. It is going to make it possible for thousands of skiers to get out of the intermediate rut—skidding, pivoting—and get them on to an edge so they can carve their turns with much less effort. The learning curve of beginners will be shortened. The shaped ski will do for skiing what the oversized racket did for tennis and oversized golf clubs have done for golf, make the sport more enjoyable.

What does this mean to us as professional instructors? It means that we are going to have to get rid of our bias' towards conventional skis. We are going to have to get on the new skis and give them a good look. What makes these skis tick in all types of snow conditions: groomed to crud, green slopes to black diamond. You will discover that students will find them easier to develop the skills needed to progress to higher levels of skiing. They will enjoy the sport more, which translates to

Shaped Skis Have Arrived

By DICK MULDER, SNOWBASIN



more skiing days.

The basic skills will still remain the same, it is the blending of these skills that will change. In some of the different articles that I have read there seems to be different views (which is good) on what skills are more important and how you apply them. The main thing is that you have to blend the skills to get the type of turn shape that you want, just like with conventional skis. The blending of skills will depend on how radical the side cut is. With over 60 models there are a lot of differences. The big differences with the shaped skis are: you need less rotary; you don't have to be as aggressive; you use more subtle movements in the feet, ankles, and knees; a wider (open) stance will be more appropriate; you use less up and down movement and more lateral move-

ment; you get the feet further away from the side (upper body) and use more hip and upper body angulation for upper level skiing.

You need to gather as much information as you can on the shaped skis so you can impart the proper knowledge to clients. Shaped ski types include all mountain, recreational, transition to carving, and others. You will normally ski on shorter skis (5-15 cm) depending on the side cut, how you ski and the type of terrain you ski.

When the powder skis (fat boys) came out a few years ago, Snowbasin Ski School Director Norm Burton, had all his instructors ski them (fat boy clinics) so they would be able to see the differences in technique that the powder ski required. Because of this exposure, instructors were able to give successful powder lessons. On this same idea, ski schools need to develop shaped ski clinics for their instructors.

I have been skiing the shaped ski (S ski) for the last two years and can attest to the effectiveness of this new design. I gave my wife a pair of Kneissl Ergos a year ago and what a dramatic change they made to her skiing. She is now skiing on terrain she wouldn't ski on before, her technique has improved, along with her confidence and, above all else she, is having more fun.

The bottom line, get to know the shaped ski. Try different ones, experiment, enjoy and then you will be able to give quality lessons to your clients. And you to might find that you are having more fun in your own skiing and in your lessons. — Dick Mulder is a PSIA-I Board member

Reflections from the Ironman

It's 7:00 AM. The gun goes off, the start line goes up and 1500 flailing bodies begin their odyssey in Kailua-Kona, Hawaii. This is crazy. Hey, there's the ESPN helicopter. He'll never see me. All I'm doing is crawling over bodies. In fact, this goes on until the turn around—1.2 miles no less. Guess I could have started farther up in the pack, but it just looks like such a grunion run on the television. I didn't want to die in the first ten minutes, but there's too many slower bodies in front of me. No draft, no toes to suck. Live and learn I guess.

I can't believe it. I think I'm getting a

Or, hallucinations from the edge

By JO GARUCCIO, SNOWBIRD

little seasick. Impossible. I'm a hardened sailor from childhood days. Loved small craft warnings better than dinner. But these swells are beginning to get old. The 2.4 miles must be over soon.

Ugh! Slow swim. Forgot about the current too. No wonder the beach-front Hil-

ton kept zooming into view.

But it's out of the transition on my bike—"T1" in Kona, the pier—and heading for the desert, as in lava fields. It's hotter than blazes out here, and I feel like I am going to puke! Having trouble eating *anything*. Food looks terrible. My friend Kris says, "just slow down and try to eat something." She's right, I'll be toast at the end if I don't (I was toast anyway). The *Gu* goes down but that drink at the aid stations is disgusting. Maybe Coke? No, it doesn't work either.

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Each winter instructors throughout the country nervously prepare for certification by practicing the Center Line turns. Some practice for weeks; others barely practice at all. Unfortunately, practicing Center Line turns day and night for years won't go far in helping most people pass their skiing exam. Revisiting the Center Line concept and its limitations may help everyone, including certification candidates, improve their perspective on the uses, and abuses, of the Center Line maneuvers.

The Center What?

Candidates and examiners alike were stretched to the limits of confusion a few years back when the Center Line concept became part of PSIA's official skiing system. At that time there were six Center Line "standards": Wedge turns, Wedge Christie I turns, Wedge Christie II turns, Open Parallel turns, Dynamic Parallel turns, and Diverging Parallel turns. The Center Line Standards almost immediately formed the core of skiing exams across the country and opened a Pandora's Box that numbed the brains of the most devout technoweenies.

The Center Line dialog immediately focused on the mechanics of each standard. How big is the wedge? When do the skis begin to match in a Wedge Christie I? When does the pole swing occur in a Wedge Christie II? How wide is the stance in an Open Parallel? How much of an independent step occurs in a Dynamic Parallel? How much of a divergence occurs in a Diverging Parallel (an oxymoron if there ever was one). If the Center Line represents the middle, then does one extreme reflect skidding and the other extreme reflect carving?

With all the confusion, a revision of the Center Line was inevitable. The first standard to fall from grace was the Wedge Christie II. Actually, you could say both the Wedge Christie I and II succumbed to common sense. Now there is just a Wedge Christie and an acknowledgment that the size of the wedge, the timing of the match, and the use of a pole touch vary dependent—mostly—upon the speed at which the turn is made.

The next turn to get the hook was the Diverging Parallel. Although a diverging movement doesn't result in a parallel turn by definition, the revisionists suggested that a diverging parallel turn was a natural feature of dynamic skiing, simply a variation of a Dynamic Parallel turn. Of

Certification Corner

Does Center Line Work for Certification?

or,

How Could Such a Simple Concept Make Us All So Confused?

By RODGER RENSTROM,

PSIA-I CERTIFICATION CHAIR

course, the current thinking argues that truly efficient skiing generally results in a parallel relationship of the skis throughout the turn. Oh well, the pendulum continues to swing.

*"Practicing Center Line
turns day and night for
years won't go far in
helping most people pass
their skiing exam."*

But the Wedge Christie II and Diverging Parallel suffered from a greater common problem. Almost no one, not even PSIA Demonstration Team members, could consistently perform either turn in a non-contrived, fluid manner. Everyone was so hung up on *how* to ski those two turns they forgot how to ski at all.

The most recent change in the official Center Line jargon is a name change for the Open Parallel turn. Now simply referred to as a "parallel" turn, the turn itself remains unchanged. Few things in PSIA history have resulted in such controversy as the Center Line.

Lessons Learned

But there were valuable lessons to be learned from the much maligned Center Line. Perhaps the greatest value of the Center Line concept was to be found in what was termed the "common threads" or "common skill features" (characteristics). The common skill features—no longer identified by title in the new ATS Alpine Manual—simply identified basic movement patterns present in all good skiing, whether a Wedge turn or Dynamic Parallel turn. Thus, when viewed as a package, the beauty of the Center Line was this:

Good skiing develops progressively along a continuum (illustrated by the Center Line turns), and requires basic movements patterns which remain fundamentally unchanged from beginning to advanced skiing (the common skill features). As skills improve, skiers become increasingly more capable of tactically varying the intensity and blend of movements in response to increasing speed, terrain and other variables (variations to either side of the Center Line—referred to in ATS III as "Center Line Zones").

The Center Line, when freed from the shrouds of technobabble, is almost eloquent in its simplicity. Unfortunately, the Center Line is just a descriptive image—a model—of what good skiing looks like. On its own, it does little to improve skiing skills, or an exam candidate's odds for success.

Developing Basic Skills

One of the greatest complaints from examiners is that candidates often do not possess the basic skiing skills expected of them at a particular certification level. For example, many people who fail Dynamic Parallel turns don't fail because they haven't practiced the "demo," they fail because they haven't developed the basic skills necessary to ski a good Dynamic Parallel turn. Yet, rather than focus on basic drills to improve their overall skiing, candidates become fixated on practicing the "demos." The result is too often a skier who is very consistent at doing lousy demos. Candidates must change their focus if they are to improve their chances for success at the skiing assessment.

Candidates can take specific steps to improve their skiing performance at exams.

Allow Time For Change

Establish a realistic time-frame for change. Just like the person who believes

a fad diet will lead to long-term weight loss, many instructors believe that cramming for the skiing assessment will result in real skill improvement. Sorry, Charlie. Although an intense, well-designed training program will accelerate progress, change still takes time. How many students come to ski schools for one week each year expecting to ski the powder as well as their instructor? Every instructor is aware of the folly of this line of thinking, yet too many instructors are guilty of harboring the same unrealistic expectations.

Focus On Basics

Improve general skiing skills before practicing demos. The current Center Line test maneuvers are just standardized tasks that allow examiners opportunities to observe and evaluate basic movement patterns. Too often, what the examiner is scoring has very little to do with what the candidate has practiced.

For example, the (Open) Parallel turn provides a good opportunity to observe a skier's finesse and balance. Skiers who lack a sensitive feel for the edges of their skis or the movement of their body into a turn find it very difficult to demonstrate a parallel turn initiation at

slow to moderate speeds. But practicing Parallel turns alone may not be the best way to improve the skills needed to make a good Parallel turn entry. Learning to balance on one ski throughout a turn, practicing edge release and engagement movements with sideslips, or developing fore and aft balance skills with falling leaf exercises or inside ski turns may do more to improve one's Parallel turn.

Candidates who possess sound fundamentals throughout their general skiing should have little problem mastering the mechanical expectations of Center Line turns (i.e., how do I match the skis in a Wedge Christie?)

Ski Don't "Demo" Exam Tasks

Focus on the basic elements of good

doesn't possess the finesse needed to offset the absence of speed and dynamics. Higher level demonstrations, such as Dynamic Parallel or bump skiing, often cause problems because the skier isn't capable of handling the increased balance demands on forced by speed and dynamics. In both cases, the problem isn't the dem-

onstration, it is the skier's inability to apply basic skiing movements to different conditions.

But...Practice The Demos Anyway

It is still necessary to practice specific tasks or demonstrations required in the exam.

Occasionally, very good skiers *do* fail their skiing because they didn't practice or understand the required demonstrations. A Wedge turn must demonstrate a consistent wedge and a Wedge Christie must show the appropriate wedge and christie phases. But skiers must avoid getting so hung up on the demonstration aspect of the exam that they fail to recognize that what they really need is to improve their basic skiing skills.

Center Line and Certification

With all the confusion and training misdirection spawned by the Center Line, it is fair to question whether or

not the Center Line exam tasks should weigh so heavily in the exam process. That depends upon how exam demonstrations are viewed by both the candidate and the examiner.

A good examiner could probably just watch a candidate skate across a flat surface and accurately evaluate their skiing

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The Center Line

The four Center Line turns show how skill blend manifests itself along the path from beginning to expert skiing. However, that path should be viewed as a continuum, rather than four distinct stages of development. Along that continuum, speed, terrain, ski design, body type and other variables require an adjustment in skill blend, regardless of skill level. For example, "shaped" skis will generally reduce the intensity of rotary movements and skidding in all the maneuvers.

Wedge Turn

Wedge turns, historically referred to as "snowplow" turns, receive their name from the inverted "V" shape the skis form on the snow. The wedge position offers a skier specific advantages when learning to ski. The relatively wide base of support provides stability at slow speeds, the resistance to sliding caused by the shape of the wedge helps control speed, and learning to turn is made easier because the skis are already on edge and easily deflected into a turn.

The Center Line wedge turn incorporates all of the fundamental skills and provides a foundation for observing the common skill features of efficient and effective skiing. Because wedge turns are suited to slow speeds on gentle terrain, the intensity of movements will be subtle.

Characteristics

- Stance is generally centered as both skis are continuously guided from one turn through the next.
- Slight flexion and extension of the ankles and legs facilitates a rolling action of the skis and the transition between turns.
- Outside ski dominance progressively increases through the turn as a result of speed, turn shape and ski design.
- Turn shape is the primary method of speed control, although the size of the wedge may vary to accommodate changes in slope.
- Hands and elbows are relaxed and remain in front of the torso to enhance fore and aft balance.

Wedge Christie Turn

Wedge christie turns generally involve slightly higher speeds and performance levels than wedge turns. Wedge christie turns link the wedge turn to the parallel turn. The turn gets its name from combining the beginning of the turn, performed in a wedge stance, to the finish of the turn, which incorporates a parallel christie. (A christie is a turn, or portion of a turn, where both skis skid on corresponding edges.) Starting the turn in a wedge offers a skier increased stability during the transition from one turn to the next. Matching the skis to a parallel

continued on 12

skiing when performing demonstrations. Just like the Demo Team member who couldn't make a good Diverging Parallel turn, exam candidates get so hung up on the demonstration that they forget how to ski. Candidates have difficulty with demonstrations for different reasons.

Slower skiing tasks, such as Wedge, Wedge Christie and Open Parallel turns often cause problems because the skier

CENTERLINE *continued from 11*

finish contributes to improved speed control at higher speeds and the ability to ski steeper terrain.

The wedge christie has many variations. In the beginning stages of wedge christie turns, matching does not occur until near the completion of the turn. At higher skill levels, matching begins well before the fall line. The turn is a round, skidded arc with less carving than the parallel turn.

Characteristics

- Stance is centered, although increased speed and edge-control demands result in more pronounced lateral movement than in a wedge turn.
- The turn begins with a rolling action of the ankles and legs to release the edges of the skis.
- Both skis progressively open into a wedge appropriate to the speed of the turn. Higher speeds generally require a narrower wedge than slower speeds.
- The new inside ski continues to roll from inside to outside edge as it is guided into a parallel relationship with the outside ski.
- Both skis are continuously guided with the feet and legs to achieve a round skidded turn shape, although the inside ski is guided at a more rapid pace when matching parallel to the outside ski.
- Hands and elbows remain relaxed and in front of the torso. If incorporating pole use, pole touch coincides with edge release movements.

Parallel Turn

Advanced skiers use some variation of a parallel turn in most skiing situations. The parallel turn is so named because the skis maintain a parallel relationship from turn initiation through turn completion. Parallel turns allow for more efficient skiing through a wider variety of speeds and conditions than wedge or wedge christie turns. However, the higher speeds and parallel stance of parallel turns require increased lateral movements and improved upper body discipline compared to wedge christie turns.

Characteristics

- The skis remain parallel and the skier maintains a natural-width stance

throughout the turn.

- The orientation and movements of the torso and pole swing are continuously directed toward the intended direction of travel. Pole touch coincides with edge release movements.
- Edge release and engagement occur through a more or less simultaneous rolling action of the ankles and legs.
- Weight transfer to the new outside ski is facilitated by a slight relaxing and edge release of the new inside leg and an extension of the new outside leg to maintain ski-to-snow contact.
- The skis are continuously and progressively guided onto their edges into a round slightly-skidded turn.

Dynamic Parallel Turn

Dynamic parallel turns are high-performance parallel turns requiring refined movement patterns. These turns exhibit characteristics observed in efficient and powerful skiers. Dynamic parallel turns are associated with high speeds, demanding direction changes, and a high level of carving. They cover a range of turn types from the high-level carved turns commonly made by good advanced skiers to the arc-to-arc skiing demonstrated by world-class racers.

Characteristics

- Rotary movements are more a function of rolling the ankles and legs to release and engage the skis' edges than they are of pivoting the skis.
- Discipline and orientation of the torso, hips, arms and poles are critical to minimize undesirable rotary forces and prevent skidding through all phases of the turn.
- Flexion and extension movements of the legs allow the skier to transfer balance to the new outside ski.
- Flexion and extension movements of the legs also facilitate edge release and engagement and allow the skier to maintain outside-ski-to-snow contact as the body is guided into the new turn along its intended direction of travel.
- Intensity, duration, and timing of movements are a function of the skier's tactics in determining the size, shape, and speed of the desired turn.

Some information was adapted from the PSIA Alpine Manual. ■

CERTIFICATION *continued from 11*

skills. Almost any demonstration, Wedge turns, skating or free skiing, would do. Experienced examiners evaluate *quality* of movements, not just the mechanics of demonstrations. Unfortunately, most candidates tend to become hooked on whatever is written on the exam score sheet.

The biggest concern with certification continues to be that candidates view the assessment as the *goal* in the certification process rather than simply an *evaluation* of what has been learned. Candidates tend to train for the narrow list of subjects on the exam score sheet rather than improving their skiing (or teaching) in general. Developing overall skiing skills will inevitably improve a candidate's skiing to the point that the demonstrations are not a nerve-wracking obstacle.

It's a standard exercise in logic. The statement, "All sisters are women" is true; but the statement, "All women are sisters" is not necessarily true. Likewise, "Practicing basic skiing skills will result in improved Center Line demonstrations" is true; but, "Practicing Center Line demonstrations will result in improved skiing skills" is not necessarily true.

Perhaps the exam requirements need to evolve to encourage candidates to practice basic movements. If candidates were tested on one-legged turns or hop turns in the fall line, they would surely practice these drills and improve skiing fundamentals. As it is, candidates too often expect to go straight to flawlessly performing the Center Line demonstrations without first focusing on just learning how to ski. ■

INITIATION *continued from 8*

ski and just let it roll off of the edge and guide it down the hill. This method makes me very relaxed and willing to start that next turn and if you practice it enough you can use it almost all the time. Almost.

So what is the right way and wrong way to initiate a ski turn? There is no right and wrong, but there are simply some ways that are easier and more efficient than others. So try them all and understand why some skiers in some conditions will vary their turn initiation.

Remember, that the only absolute in skiing and ski teaching is that there are very few absolutes. — Ed Chauner is a PSIA-I DECL.

I would like to relate a personal experience I had this summer. It was a terrific learning experience for me and certainly allowed me to put into perspective what an individual must experience when they take lessons.

In June, my wife, Tom and Nancy Kronthaler and I had the opportunity to attend a water ski camp. I consider myself to be an above-average water skier having competed in various slalom tournaments over the past ten years. I went to the camp with high expectations of being helped to reach my personal best in slalom. Feeling much like a level 7/8/9 skier or for that matter any skier who wishes to improve (as I did when I learned how to jump) I went there with a goal in mind.

The first evening we set goals for the week which I of course did with the thought that I was going to improve immediately on the water. The first day on the water I actually made my best passes. Then the lesson began. The listening, attempting to understand and then the application was more than I had expected. "I wonder if our clients have the same feelings when they take lessons?" Listening to someone teaching and coaching me in something I thought so simple became only more complex as the days went on.

Going Backward

Over a period of five days I seemed to go backwards in my skill development. I became frustrated. I was being coached by two to three different coaches. Each seemed to be saying the same thing but with a different focus. Does this sound familiar? I began to look for the similarities between snow skiing and water skiing and trying hard to put into practice what was being told to me. "Be strong, give me a ten, not a five, on the pull across the wake, keep your palm up when you release the handle, wait a little longer to release the handle on your off-side turn, rotate your hips as you initiate your turn, get a better angle at the entry buoys, stand up, flex your ankles more, be in a strong position as you finish the turn." Amidst the encouraging words were moments of praise, as well. Thanks guys for the positives, I needed them by this time. WOW! And to think I thought I knew how to ski.

I would ride in the boat at lunch time and watch the coaches ski. I could see what they were talking about, (visual imagery) but they made it look so easy. Sound familiar? I repeatedly asked about video and was told they don't use it often. I never got

Ski and See

By STEW MARSH, ALTA

"Listening to someone teaching and coaching me in something I thought so simple became only more complex as the days went on."

to see myself ski until I got back home. I went out within three days and was videotaped. I could immediately see what I was doing wrong and proceeded to correct the errors.

Learning to Jump

Learning to jump was a great experience. I was a never-ever again. I paid important attention to my coaches as to what they wanted and expected me to do. Safety was of utmost concern. Good body position, well balanced over both skis, ankles and knees flexed, weight on the balls of the feet. Learn to cut across both wakes and then glide, all while maintaining a good body position.

After a couple of preliminary rides to see if I was balanced correctly I was to pull out and glide toward the ramp. Suddenly, I found myself on my butt splashing into the water. The coach had pulled the quick release. So much for being balanced. Try again and the concentration was intense. Got it! Released and a good glide, in balance. Go for the jump this time! Pull out, weight forward on the balls of my feet, up the ramp (only 3 feet high) oh no, SPLASH! Weight back, a little coaching and back around for another try. I got it this time up and over. What a rush.

Next day another round of the small jump and then the big 5-foot jump. Same position, rope a little lower, head up look at the horizon, up, up oh no weight is back, rope is above my head, off I go and a bigger splash, but what a rush. Up again, another try, head up, weight forward, rope

down, up, up and off. Made it! As I look at that experience I can equate it to the feeling a beginner skier has, the excitement and thrill, the falls and frustration. The encouragement from the teacher or coach is what makes it all worthwhile. In this instance I got great coaching and help. They made it easy. I'm glad I did it. By the way, Tom jumped too.

Reflections of a Customer

As I reflect back on this experience, I wonder how much good feedback we really give our customers. Are you often thinking about how good the skiing may be on another part of the mountain, or what is going to happen on the weekend? Sometimes I did feel like we were not good enough for their program and that we were out of place. Have any of you ever wondered this about your clients? Remember we must always attempt to put the customer first and to give them every opportunity to succeed. Succeeding is the reason they come back.

Ben Favorite, one of the coaches, and a world class skier and athlete, was in the process of writing a book on water skiing. When we introduced ourselves as ski teachers and school teachers he became very interested in our input. He said he was impressed by the PSIA manuals and teaching progressions. This was certainly a good connecting point for water skiing and snow skiing. He was using the teaching model as well as the skiing model to help organize his book. I have a rough draft of the book and although it is a good start for a progression, it lacks the conciseness and clarity of our divisional and national materials. I look forward to reading the book and seeing the development of the strategies found in water skiing.

The Value of Learning

Believe me, my experience was worth every cent. I'm not sure I got better, but I truly feel that I came away with better ideas on how to teach and relate the mechanical aspects of skiing to my clients. I also feel that my eye for errors became better and corrections became simpler. If you ever get the chance to experience someone teaching you an activity you are not familiar with take heed in the methods and learning and teaching styles you are given. Have a great winter and I hope to see you at a clinic somewhere. — **Stew Marsh is PSIA-I Administrative V.P., PSIA-I National Board Representative, and a PSIA-I DECL.**

ADAPTED *continued from 7*

Sometimes the biskier needs to be tethered by the instructor or a friend. This facilitates turn initiation and, in the event that something goes wrong, the tether will prevent the biskier from getting out of hand or going into orbit! Of course, this limits the level of independence a biskier can achieve. Furthermore, the biski, unlike the monoski, cannot be independently loaded and unloaded, therefore there is always the need for an extra person to assist the skier. Nevertheless, the biskier can ski virtually all terrain, although the very steep and the hard moguls can be somewhat problematic.

Visually Impaired

More than any other adapted skiing discipline, a visually impaired skier learns to ski in precisely the same manner that a two tracker would: following the American Teaching System (ATS) method. In general, blind/visually impaired individuals learn to ski quickly and become proficient in all terrain, including sweet deep powder and nasty moguls!

Just as with traditional skiing, the instructor guides the skier with verbal instructions. But without the ability to properly see and learn by example, the skier will be helped with an increased amount of hands-on manipulation. The instructor will also rely on some extra tools such as the ski bra, used to prevent the tips of the skis from spreading too far, and a simple straight bamboo pole, which both the skier and the instructor hold simultaneously—a very effective tool to establish balance and proper positioning on the skis.

Developmentally Disabled

Common developmental disabilities are Down syndrome, autism, learning disabilities and mental retardation. Skiers with developmental disabilities are usually taught one on one with an instructor. Ski devices such as a bungee cord or a space bar are sometimes used to aid balance and to set up proper positioning on the skis. Communication and presentation are key to the success of a lesson for a developmentally disabled skier, but it must never be forgotten that the individual with a developmental disability is out there siding just like the next person, and the experience can be just as fulfilling, if not more so. ■

Accessories ♦ Books ♦ Manuals

Remember, when you order your manuals and accessories through the PSIA-I office you are helping support the Division.

ITEM #	DESCRIPTION	NON-MEMBER PRICE	MEMBER PRICE	SHIP
01D	PSIA-I Education and Certification Master Plan	N/A	3.00	3.00
02D	PSIA-I Blue binder	10.00	3.00	3.00
03D	PSIA Lapel Pin	N/A	4.00	NC
04D	PSIA-I Certified I Pin (bronze)	N/A	8.00	NC
05D	PSIA-I Certified II Pin (silver)	N/A	8.00	NC
06D	PSIA-I Certified III Pin (gold)	N/A	8.00	NC
07D	ATS II: Alpine Skiing Manual	49.90	24.95	3.00
08D	ATS II: Alpine Skiing Video (Part 1)	39.90	19.95	2.50
09D	ATS II: Alpine Skiing Video (Part 2)	39.90	19.95	2.50
10D	ATS: Snowboard Skiing Manual	35.90	17.95	3.00
11D	ATS II: Alpine Set (Manual & 2 Videos)	99.90	49.95	3.50
12D	ATS II: Full Set (Both manuals and videos)	129.90	59.50	3.50
13D	ATS Strategies for Teaching	10.00	5.00	2.00
14D	ATS II-H Alpine Skiing Handbook	27.90	14.95	2.00
15D	ATS-C Child Centered Skiing	49.90	24.95	3.00
16D	ATS-N Nordic Handbook	27.90	14.95	2.00
17D	ATS Children Skiing Handbook	27.90	14.95	2.00
18D	ATS Snowboard Handbook	27.90	14.95	2.00
19D	ATS Children's Development		8.00	2.00
20D	Captain Zembo's Ski Teaching Guide for Children	6.00	3.00	2.00
21D	ATM III Teaching Concepts	12.00	6.00	2.00
22D	ATM Methodology	6.00	3.00	2.00
23D	Introduction to Ski Teaching	12.00	6.00	2.00
24D	Effective Teaching & Training	10.00	5.00	2.00
25D	Risk Management in Ski School	8.00	4.00	2.00
26D	PSIA Alpine Manual (ATS III)	CALL	CALL	CALL
27D	PSIA Level I, II, III Study Guides	CALL	CALL	CALL
28D	PSIA Alpine Video	CALL	CALL	CALL

Postage and Handling. See Item, maximum \$5.00 charge for multiple items. Orders should include: name, status, ID number, shipping address, item number, item description, quantity ordered and total remittance.

NAME _____

STATUS _____ ID-NUMBER _____

SHIPPING-ADDRESS _____

CITY _____ STATE _____ ZIPCODE _____

Item#: _____ Desc.: _____ Quantity: _____ Total price: _____

Item#: _____ Desc.: _____ Quantity: _____ Total price: _____

MANUALS/ACCESSORIES TOTAL: _____

ADD 6.125 PERCENT UTAH STATE SALES TAX: _____

POSTAGE AND HANDLING: _____

TOTAL DUE: _____

SEND ORDER WITH FULL PAYMENT TO: PSIA-I, 2855 Pamela Drive, Salt Lake City, UT 84121

1996-97 Alpine Events Calendar

CLINICS/LECTURES/MEETINGS

DECEMBER

Dec 17 Gen. Member Meeting Brian Head 5:30 PM

JANUARY

Jan 7 Ski II Deer Valley 8:30 AM
 Jan 7 Ski III Deer Valley 8:30 AM
 Jan 7 Ski Improvement Deer Valley 8:30 AM
 Jan 8 Mechanics II Snowbird 8:30 AM
 Jan 8 Mechanics III Snowbird 8:30 AM
 Jan 8 Teach II Snowbird 8:30 AM
 Jan 8 Teach III Snowbird 8:30 AM
 Jan 9 Skiing II Targhee 8:30 AM
 Jan 9 Ski improvement Targhee 8:30 AM
 Jan 9 Master Teacher Targhee 8:30 AM
 Jan 10 Skiing III Jackson 8:30 AM
 Jan 11 Ed College Park City 8:30 AM
 Jan 12 Ed College Park City 8:30 AM
 Jan 28 Ski II - Part 1 Brighton 6:00 PM
 Jan 28 Skiing III - Part 1 Brighton 6:00 PM
 Jan 30 Ski II - Part 2 Brighton 6:00 PM
 Jan 30 Skiing III - Part 2 Brighton 6:00 PM

FEBRUARY

Feb 3 Mechanics II - Part 1 Nordic Valley 6:00 PM
 Feb 3 Mechanics III - Part 1 Nordic Valley 6:00 PM
 Feb 3 Teach II - Part 1 Nordic Valley 6:00 PM
 Feb 3 Teach III - Part 1 Nordic Valley 6:00 PM
 Feb 5 Mech II - Part 2 Nordic Valley 6:00 PM
 Feb 5 Mech III - Part 2 Nordic Valley 6:00 PM
 Feb 5 Teach II - Part 2 Nordic Valley 6:00 PM
 Feb 5 Teach III - Part 2 Nordic Valley 6:00 PM
 Feb 6 Spec. Teach with shaped skis Jackson 8:30 AM
 Feb 8 Mechanics II Kelly Canyon 8:30 AM
 Feb 8 Mechanics III Kelly Canyon 8:30 AM
 Feb 9 Teach II Brian Head 8:30 AM
 Feb 9 Teach III Brian Head 8:30 AM
 Feb 10 Mech II Brian Hd or Elk Mdw 8:30 AM
 Feb 10 Mech III Brian Hd or Elk Mdw 8:30 AM
 Feb 10 Ski II Brian Hd or Elk Mdw 8:30 AM
 Feb 10 Ski III Brian Hd or Elk Mdw 8:30 AM
 Feb 25 Specialty - Snowcat** Powder Mt. 8:00 AM
 Feb 27 Ski Improvement Jackson 8:30 AM
 Feb 27 Teach II Exam prep Snowking 8:30 AM
 Feb 28 Teaching III Exam prep Jackson 8:30 AM

MARCH

Mar 4 Specialty Clinic (TBA) South 8:30 AM
 Mar 25 Last Chance Exam Snowbasin 8:30 AM
 Clinics (all topics)

APRIL

Apr 11 Spring Clinic Brian Head 8:30 AM
 Apr 12 Spring Clinic Brian Head 8:30 AM
 Apr 13 Spring Clinic Brian Head 8:30 AM

** The Powder Mtn. snowcat clinic cost is \$50.

ASSESSMENTS

DECEMBER

Dec 10 Written Test Id Falls High Rm. 142 7:00 PM
 Dec 11 Written Test Olympus High Rm. 107 7:00 PM
 Dec 17 Written Test South 7:00 PM

JANUARY

Jan 6 Written Test Central - Ogden 7:00 PM
 Jan 6 Written Test South (Cedar City) 7:00 PM
 Jan 10 Level I Assessment Jackson 8:00 AM
 Jan 10 Written Test North (Jackson) 7:00 PM
 Jan 15 Level I Assessment Sundance 8:00 AM
 Jan 26 Level I Assessment Pebble Creek 8:00 AM
 Jan 28 DECL Selection SLC 6:30 PM
 Jan 29 DECL Selection Snowbird 8:00 AM
 Jan 30 DECL Selection Deer Valley 8:00 AM

FEBRUARY

Feb 4 Skiing II Assessment Solitude 8:00 AM
 Feb 4 Skiing III Assessment Solitude 8:00 AM
 Feb 6 Skiing II Assessment Jackson 8:00 AM
 Feb 7 Skiing III Assessment Jackson 8:00 AM
 Feb 8 Written Test Idaho Falls 7:00 PM
 Feb 9 Level I Assessment Brian Head 8:00 AM
 Feb 9 Written Test Cedar City 7:00 PM
 Feb 9 Written Test South (location TBA) 7:00 PM
 Feb 11 Level I Assessment Wolf Mt. 8:00 AM
 Feb 11 Written Test North (location TBA) 7:00 PM
 Feb 26 Teach II Assessment Snowbird 8:00 AM
 Feb 26 Teach III Assessment Snowbird 8:00 AM

MARCH

Mar 1 Level I Snowbird 8:00 AM
 Mar 3 Written Test Cedar City 7:00 AM
 Mar 3 Skiing II Assessment Brian Head 8:00 AM
 Mar 4 Skiing III Assessment South (location TBA) 8:00 AM
 Mar 5 Written Test Central (location TBA) 7:00 PM
 Mar 5 Written Test North (location TBA) 7:00 PM
 Mar 12 Level I Assessment Brighton 8:00 AM
 Mar 19 Skiing II Assessment Deer Valley 8:00 AM
 Mar 19 Skiing III Assessment Deer Valley 8:00 AM

APRIL

Apr 3 Teaching II Assessment Targhee 8:00 AM
 Apr 3 Teaching III Assessment Targhee 8:00 AM
 Apr 15 Ski II Assessment Snowbird 8:00 AM
 Apr 15 Ski III Assessment Snowbird 8:00 AM
 Apr 15 Teach II Assessment Snowbird 8:00 AM
 Apr 15 Teach III Assessment Snowbird 8:00 AM

Course Setter's Clinic December 12 at Brighton

All Intermountain Coaches and PSIA members are invited to the first annual Intermountain Course Setter's Clinic scheduled for Brighton Ski Area December 12. The clinic will focus on transitioning JR racers to the next level through terrain and courses. Lift tickets are included in the \$15 cost. *PSIA-I members will receive 3 clinic credits for attending.* Clinic leaders include: Park City Ski Team Director Dave Galusha; Brian Marcoullier, USSCA; Snow-

bird Ski Team Director Steve Bounous, and Olle Larsson, Rowmark Academy. *Register immediately.* Make checks payable to Intermountain Division (not PSIA-I) Memo on check should read "Course Setter's Clinic" Send: c/o Catherine Blais P.O. Box 682338 Park City, UT 84068 For information call Catherine Blais at 801 649-4989.

1996-97 Events Calendar

Snowboard

DATE	EVENT	LOCATION	CLINICIAN
NOVEMBER			
Nov 30	Level 1 Assessment	Snowbird	Lane/Brett
DECEMBER			
Dec 3	DECL Training	Snowbird	Lane
Dec 6	Train the Trainer	Snowbird	Lane
Dec 14	Level I Assessment	Brian Head	Brett
JANUARY			
Jan 6	Level I Assessment	Solitude	Lane
Jan 7	DECL Prep Training I	Solitude	Lane
Ed College			
Jan 11	Level II Riding Prep	Park City	Lane
Jan 11	Learn To Snowboard	Park City	Mikey
Jan 12	Level III Riding Prep	Park City	Lane
Jan 12	Learn to Snowboard	Park City	TBA
Jan 12	Freestyle Tricks and Tactics	Park City	Brett/Mikey
FEBRUARY			
Feb 2	Level I Assessment	Jackson	Mikey
Feb 3	Level II Riding Prep	Jackson	Mikey/Lane
Feb 4	Level III Riding Prep	Jackson	Lane
Feb 10	Level II Riding Assess	Solitude	TBA
Feb 11	Level III Riding Assess	Snowbird	TBA
Feb 27	Level II Teaching Prep	Targhee	Mikey/Lane
Feb 28	Level III Teaching Prep	Jackson	Lane
MARCH			
Mar 8	Level II Teaching Prep	Wolf Mtn	Brett/Lane
Mar 9	Level III Teaching Prep	Wolf Mtn	Lane
Mar 22	Level II Teach Assess	Powder Mtn	TBA
Mar 23	Level III Teach Assess	Powder Mtn	TBA
APRIL			
Spring Clinic			
Apr 11	Kids Teaching Tactics	Brian Head	Lane
Apr 12	Variable Conditions	Brian Head	Lane
Apr 12	Learn to Snowboard	Brian Head	Brett
Apr 13	Teaching Freestyle	Brian Head	Brett
	Learn to Snowboard	Brian Head	TBA

Requirements: One clinic is a required prerequisite for each level of certification. In addition, a second clinic is strongly recommended. Deadlines for sign-up are two weeks ahead of event. You must have your name in the office no later than the two week deadline to be considered for the event. Money should be received by the office no later than one week prior to the event. If you have questions, please call Nancy Perkins.

Remember to sign-up for clinics early so they don't get canceled.

Additional Clinics: We would like to give as many clinics on as many topics as you are interested in taking. This schedule covers mostly the certification clinics, so if you are interested in taking a clinic that is not on the schedule or inventing your own topic, please give us a call and we will try to help. Clinics generally require at least 5 people but under special circumstances, they can be held with fewer people. We are here to help.

No snowboard certification clinics or exams will be held past Mar 31.

Nordic

DATE	EVENT	LOCATION
DECEMBER		
Dec 10	Level I Exam	Solitude
Dec 18	Level I Exam	Teton Pines
JANUARY		
Ed Col	Waxing & TBA	Classic
Jan		
14/15	DECL Tryouts	Teton Village
Jan 16	Track Clinic (II & III)	Teton Village
Jan 20	N/D Clinic (II & III)	Brighton
Jan 24	Track Clinic (II & III)	White Pine
Jan		
21/22	Guides Clinic/Exam (II)	Tetons
Jan 27	N/D Clinic (II & III)	Jackson
FEBRUARY		
Feb 3	Level I Exam	Pocatello
Feb		
10/11	N/D Exam (II & III)	Snowbird
Feb		
12/13	Track Exam (II & III)	Teton Pines
Feb 17	N/D Clinic (II & III)	Pebble Creek
MARCH		
Mar 12	Track Clinic (II & III)	White Pine
Mar 12	Track Clinic (II & III)	Teton Village
Mar		
13/14	Track Exam (II & III)	White Pine
Mar		
13/14	Track Exam (II & III)	Teton Village
APRIL		
Apr 8	N/D Clinic (II & III)	Solitude
Apr		
9/10	N/D Exam (II & III)	Solitude
Apr		
15/16/17	Guide's Exam (III)	Tetons
Apr	Spring Nordic Festival	TBA



PSIA Intermountain Division Alpine/Nordic/Snowboard Event Registration

Pre-registration is required for all clinics and assessments, there will be NO registration at events.
DEADLINE FOR REGISTRATION: 14 days prior to event (unless otherwise noted).

I am registering for: General Clinic Assessment Spring Clinic
Type of Event: Alpine Snowboard Nordic

Please Print

Name: _____ Phone: () _____
First Last

Address: _____
Street or Box City State Zipcode

Please check here if this is a new address and you wish it recorded in the office.

Certification Status: EL C1 C2 C3 Certification Number: _____

Your Ski School: _____

Event Location: _____

Pick Topic From Schedule: _____ Date(s) of Event: _____

Indicate Group Preference for Clinics (if applicable): Moderate Aggressive

Event Cost: \$7 per Level II/III written test
\$30 per one-day clinic (6 hours)
\$40 for Certified Level I Assessment and Workbook*
(\$25 Assessment and \$15 Workbook)
\$45 for Certified Level II and III Skiing/Mech Assessment*
\$45 for Certified Level II and III Teaching/Mech Assessment* Total Amount: _____

Payment: Cash or MO VISA MasterCard Number: _____ Exp. Date: _____

PSIA-I is authorized to bill my credit card the above amount. Signature: _____

REFUND POLICY: Notice given before deadline, 100%; notice after deadline but before event, 50%; no notice given before event, NO REFUND.

Release of Liability for Participation in PSIA-I Education or Certification Function

I, the undersigned, have requested to attend the Professional Ski Instructor of America Intermountain Division (hereafter "PSIA-I") education or certification function led by a PSIA-I designated clinic leader or examiner (hereafter "Event Facilitators"). I am fully aware that the PSIA-I Event Facilitators are not trained or qualified in the areas of avalanche stability evaluation, route finding, first aid, or any type of rescue, and that the Event Facilitators are trained only to teach skiing, ski instruction, and related topics, and evaluate skiing and teaching performance. As a professional ski instructor, or experienced skier requesting participation in this event, I fully accept and understand the responsibility for my personal safety, behavior, and performance. I am fully aware of the risks I am undertaking and release and forever discharge PSIA-I, its officers, directors, employees, agents and all persons from any and all claims, injuries, damages, expenses, or actions arising from or related to my participation in the PSIA-I sponsored event and under no circumstances or eventuality will suit be filed against PSIA-I, its officers, directors, employees, or agents from any injuries resulting from participation in this program. I also agree to incorporate by reference all the provisions of the Utah Risk of Skiing Act (when applicable), and Your Responsibility Code as endorsed by the Professional Ski Instructors of America.

Event participants must be 18 years old or older. You MUST check this box to verify you meet this age requirement.

Print Name: _____ Signature: _____

* Assessment Registration Requires Director's Signature: _____

Mail to: Nancy Perkins, Secretary, PSIA-I Division Office, 2855 Pamela Drive, Salt Lake City, Ut 84121

Be a Champion at the 1996-1997 Utah Winter Games!

For ten years, the Utah Winter Games has hosted a wide variety of winter sports to involve the whole family. Now in its 11th year, the Utah Winter Games provide a venue for Utah athletes to demonstrate and celebrate their winter sports skills. Races and competitions will take place during December and January throughout Utah in winter sports ranging from speed skating to ski archery. Many events will be available for all ages and abilities.

So, if you want to match your abilities against some of the best athletes in the state, or just improve your talents at new Olympic venues, register now to compete in the Utah Winter Games.

This year, a Grand Opening celebration will be held to introduce two new events, bobsled and luge, at the newly completed track at the Utah Winter Sports Park Olympic venue. This event is scheduled for January 11 and will feature a special "Tourist Ride" program so the community can come and take a trip down the new track.

These events will be in addition to the alpine ski racing and jumping, disabled skier alpine racing, cross country skiing, including a cross country ski marathon in

Bryce, ski archery, snowboarding, and biathlon. Men's and women's hockey, speed skating and figure skating will take place on ice rinks across the state. Participation in the events is open to all with events for every age and ability, including several elite competitions for qualified athletes. Events will run from January 2 to January 20.



Clinics

The Utah Winter Games and the Utah Sports Authority will host numerous free and low-cost clinics in November and December. These clinics will include many of the winter events featured in the January competitions. The clinics are specifically designed to introduce the public to new winter sports and to develop skills in these winter sports. Sports celebrities such as World Champion Figure Skater Holly Cook, and members of the Utah

Grizzlies hockey team will make appearances at several clinics.

New multi-session clinics in snowboarding, cross country and telemark skiing will provide extensive instruction and refinement of skills over two or three day sessions. Celebrity guests such as professional snowboarders Noah Brandon, Jason Brown and Tanner Irion will appear at the Learn to Snowboard clinics at Wolf Mountain in December. Instruction and equipment rental will be free or low cost with the purchase of lift ticket(s). Pre-registration is required for all the clinics and size is limited so be sure to call ahead to reserve your space.

This year's events will be hosted at venues all over Utah including most Olympic venues from Logan to Brian Head. The Utah Winter Games will provide an opportunity to become familiar with the Olympic facilities and promote the Winter Olympics. For more information on competing, attending events, or to register for a clinic, call the Utah Winter Games office at 975-4515 or 800-959-UTAH or send email to uwg@4utah.com. ■

Utah Winter Games Competition Schedule

Jan 2	Public Ski Jumping	Winter Sports Park	Jan 11	Biathlon	Mountain Dell Golf Course
Jan 3	Snowboard Half Pipe	Wolf Mountain Resort	Jan 11	NCAA Alpine	Park City Ski Area
Jan 3-5	Ski Jumping	Winter Sports Park	Jan 11	NCAA Cross Country	White Pine Towing Center
Jan 3-5	Disabled Huntsman Cup	Park City Ski Area	Jan 11-12	Speed Skating/Long Track	Oquirrh Park Oval
Jan 4	Family Ski Day	Alta Ski Lifts	Jan 12	Biathlon Relay	Mountain Dell Golf Course
Jan 4	Snowboard Half Pipe	Wolf Mountain Resort	Jan 12	NCAA Cross Country	White Pine Touring Center
Jan 4	Cross Country	White Pine Touring Center	Jan 12	Speed Skating/Long Track	Oquirrh Park Oval
Jan 4	Family Snowboard	Snowbird Ski Resort	Jan 12	Moguls	Wolf Mountain Resort
Jan 4-5	South Series	Brighton Ski Resort	Jan 12-17	FIS Series	Several Locations
Jan 5	Nordic Combined	Winter Sports Park/ White Pine Touring Center	Jan 18-19	J.O.GS.	Snowbasin
Jan 5	Cross Country Classic	White Pine Towing Center	Jan 18	Family Ski Day	Alta Ski Lifts
Jan 5	Boarder Cross	Wolf Mountain Resort	Jan 18	YSL	Wolf Mountain Resort
Jan 5	Huntsman Cup	Park City Ski Area	Jan 18	Family	Deer Valley Ski Resort
Jan 8-10	Figure Skating	Cottonwood Heights Ice Arena	Jan 18	Snowboard GS	Snowbird Ski Resort
Jan 10	Alpine NCAA	Park City Ski Area	Jan 18	Cross Country Marathon	Bryce Canyon
Jan 11	Family Ski Races	Brian Head Ski Resort	Jan 19	Ski Archery	White Pine or Mountain Dell
Jan 11	Slope Style Snowboarding	Brian Head Ski Resort	Jan 19	Telemark	Wolf Mountain
Jan 11	Family Ski Races	Beaver Mountain	Jan 20	Masters	Park City Ski Area
Jan 11	Family!Knudsen	Brighton Ski Resort	Jan 20	Slalom	Park City Ski Area
Jan 11	Luge/Bob Grand Opening	Winter Sports Park	Jan 20	Free Skiing	Park City Ski Area
			Jan 23	All-Star Banquet	Little America

Utah Winter Games Clinic Schedule

This year begins a new decade for the Utah Winter Games clinics and competitions. Together the Utah Winter Games and the Utah Sports Authority are providing over 30 instructional clinics from November through January for all ages and skill levels.

These clinics will range from cross country skiing to luge and will take place

throughout the Wasatch front, including the Winter Sports Park and several other Olympic venues in Park City. Several sports celebrities will be present at these clinics from Olympic Medalist cross country skier, Ingrid Buns to members of the Utah Grizzlies hockey team.

You can learn a new winter sport this season or brush up your skills to get ready

for January's competitive events. Contact the Utah Winter Games for registration information at 801-973-UTAH or send e-mail to uwg@4utah.com. A registration form will also be available online at the Utah Winter Games website at www.4utah.com/Utah_Winter_Games. ■

Dec 14	Ski Archery	White Pine Touring	9-11 AM	Dec 21	Biathlon	Mountain Dell Golf	9-12:30 PM
Dec 14	Ski Archery	Salt Lake Archery Ctr	1-3 PM	Dec 21	Snowboard Open	Wolf Mountain Resort	9:30-11:30 AM
Dec 14	Technical Skiing	Deer Valley Resort	10 AM-1 PM	Dec 28	Snowboard 11*	Wolf Mountain Resort	9:30-11:30 AM
Dec 14	Technical Skiing	Alta Ski Lifts	12-2 PM	Dec 28	Snowboard ½ Pipe	Wolf Mountain Resort	9:30-11:30 AM
Dec 14	Cross Country 1*	White Pine Touring	9:30-1 AM	Dec 28	Moguls	Wolf Mountain Resort	10-1 PM
Dec 14	Basic Skate	White Pine Touring	11:30-1 PM	Dec 29	Snowboard III	Wolf Mountain Resort	9:30-11:30 AM
Dec 14	Open Cross Country	White Pine Touring	1:30-3 PM	Jan 2	Disabled Alpine	Park City Ski Area	10 AM-12 PM
Dec 15	Cross Country 11*	White Pine Touring	9:30-1 AM	Jan 2	Disabled Alpine	Park City Ski Area	1-3 PM
Dec 15	Basic Skate	White Pine Touring	11:30-1PM	Jan 10	Speed Skating	Merlin Olsen Ctrl Park	6-8 AM
Dec 15	Open Cross Country	White Pine Touring	1:30-3 PM	Jan 12	Luge	Winter Sports Park	12-2 PM
Dec 16	Speed Skating	Oquirrh Park Oval	7-8:30 PM	Jan 15	Luge	Winter Sports Park	6-8 PM
Dec 17	Speed Skating	Utah Lake	7-9 PM	Jan 14	Bobsled	Winter Sports Park	6-8 PM
Dec 18	Ski Jumping	Winter Sports Park	6-8 PM	Jan 17	Luge	Winter Sports Park	6-8 PM
Dec 19	Hockey	Oquirrh Park Oval	6:30-8:30 PM				
Dec 21	Snowboarding 1*	Wolf Mountain Resort	9:30-11:30 AM				
Dec 21	Ski Jumping	Winter Sports Park	1-3 PM				

*Asterisk indicates multiple session series clinic

It's Classified

PSIA-I members and member ski schools are permitted one classified ad per season free of charge. Send your ad to the Division office for inclusion in the next EDGE.

\$500 CASH REBATE to members of PSIA and NSP. Bobbie Deese, PSIA (Alta) Larry Miller Subaru, 565-4200. "Meeting your new and used car needs."

NEEDED: 1 CROSS COUNTRY INSTRUCTOR for Weber School District Environmental Center (near Nordic Valley, Huntsville, UT) on January 17. Approx. 5-6 hrs. of instruction with 4th graders. \$10/hr plus mileage & transportation time. Call Jo at 272-0854.

BRIAN HEAD RESORT, in beautiful Southern Utah, is looking for level 1, 2, & 3 ski and snowboard instructors for the 1996-97 season. Now is the time for you to get in an

the ground floor of Brian Head's totally re-designed ski school, featuring innovative teaching programs, great training opportunities and competitive wages. This is an excellent opportunity to grow with a truly progressive ski school. Join our team, now under new leadership: Ski School Director Henry Hornberger, former Director of Aspen Mountain Ski School, Manager/Director of the Ernie Blake Ski School at Taos Ski Valley and current PSIA Examiner; Children's Director Jani Sutherland, formerly Children's Supervisor at Mt. Bachelor, PSIA-NW Division Clinic Leader, National Children's Committee member and current SKIwee National Clinic Team member; and Snowboard Director Brett Hunsaker PSIA-I Snowboard DECL and Snowboard Park/Events Coordinator. If you understand high quality guest service, have a love for the sport of skiing, a desire to grow professionally and a great attitude, call Brian Head today at 801-677-2035 to arrange

for an interview. Or send you resume to Brian Head Resort, PO Box 190008, Brian Head, UT 84719. Don't miss out on this exciting opportunity to be a part of the Brian Head Ski School Team as it achieves its goal of Best in the West

HELI-SKI THE BUGABOOS Want to use your earnings/payments more effectively to reduce your home, car, credit-card debt call Mark Murray of M.L. Brown and Assoc. NOW! 801 463-1567 for a free video on how you can eliminate all of your debts in half the time. Start planning your future heli-ski trips today.

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Next Edge Deadline: December 22

IRONMAN continued from

More Gu—things get a little better. Passing people on the way back from Havi.

Seventy-mile mark on the bike. I stand up to push the hill and wham! Leg cramps, quad seizure like I have never felt before. Almost fell off the bike. Try again. Nope. Same deal. Try to stretch the hamstrings. Nope. I'm cooked. There's still 40 miles left and a marathon. What a *stupid* race! Where are those "team stupid" shirts anyway?

Ok. Ok. Think. Exercise physiology class. Where's Pat E. when you need her? Ok. Downshift. Spin. Try the Gu. Food might help. Man, this is really going to slow me down.

The transition—"T2" in Kona surf, heading for the pit. Yup. Those last 40 miles were ugly. Lost 15-20 minutes. Now it's just finish; I think. At least I stood up when I got off the bike. Tried a 10-minute shower too. More Gu. Running a marathon at this point is *not* turning me on.

I start. I want a t-shirt. But it's slow. Rodger is walking next to me with words of encouragement. I still think I am running. Not. Rodger is walking and keeping up, so how can I be running.

I keep going. Pass a friend, a fast guy from 35-39. He's walking. Leg cramps. I said "yeah - tell me about it." He says, "at

least you are running." I guess, if you can call what I am doing running.

Mile 10. The Gu helps. Mile 13. I pass Kris and say, "If I ever tell you I want to do this again, slap me."

Coming out of the energy lab. Mile 19. I am really losing it now. Bonking. No food left, no gas. This is *nuts*.

Mile 22. I don't know about this race.

Mile 23. This is ugly. Mile 24. I think I am going to make it. But wait! Someone is yelling at me. Yikes! Wrong way. Run 100 yards *back up hill!*

Mile 26.2. A t-shirt. Only get one if you finish. 12:08. I wanted to break 12 hours. But I still feel like I am going to puke. It's been like that since mile 10 on the bike. Not sure why.

Medical tent. Dehydrated. They can't get an IV in. Veins are flat. I can't believe it. I drank and peed the whole race. Electrolyte imbalance, the doc says. They do a blood test too, and my magnesium levels are low, so they put magnesium in the 2nd IV. This is nuts. My friend Judy says we should try bowling. Yeah! Or lawn darts. I later die in the hotel.

Next morning. Well, IF I ever do this race again...

Awards. Age group 5th. I add a watch to the collection. And, WHEN I do this again...

Monday night, leave Kona. I WILL DO THIS AGAIN! Either next year or the year

after. I know I can go an hour faster if I could get rid of the leg cramping ordeal and not feel like I was going to puke for 140 miles. It's insanity! — **Jo Garuccio is PSIA-I Education Chairperson, a PSIA-I DECL and a four-time International Triathlon Union age-group world champion triathlete**

DISABLED continued from 7

and muscles blurred vision and migraine headaches, sensitivity to cold weather, frostbite on the feet, face and hands, mended broken bones and the many operations performed on our bodies.

How do we deal with these many problems that occur to us over our life times?

The simple answer to a complex problem is that we *adapt* to the situation at hand. If my knees are weak then I will wear a brace. I will use a foot warmer if my feet are cold. If my eyes are weak, I get glasses and if I loose a leg to cancer, I ski with one ski and outriggers.

The constants and constraints in Alpine skiing apply to everyone. The laws of skiing pertaining to balance—wrapped around edging, pressure control and turning—apply to all of us. ■



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Opinions presented in the EDGE are those of the individual authors and do not necessarily represent the opinions or policies of the Professional Ski Instructors of America Intermountain Division.

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