

THE INSTRUCTORS EDGE

Spring/Summer 1998

VOLUME 19

NUMBER 4



The Professional Ski Instructors of America

The American Association of Snowboard Instructors

Intermountain

PSIA Central Division Adaptive Examiner Dave Henderson discusses biski setup during the Level II Adapted certification assessment June 30 at Snowbird.



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More educational opportunities will be available in 1998-99 based on the needs of members. Contact your adapted ski school representative if a training or assessment need is not being met. As a reminder, Level I workbooks are available through the Division office and Level II information will be showing up in next season's calendar. ♦

Level II Cert Changes Big For 98-99

Dog and pony show heads into Intermountain sunset.

By Rodger Renstrom

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- ♦ A comprehensive written test remains to assess knowledge of basic teaching, skiing and other PSIA concepts.
- ♦ Ski schools will be asked to validate the communication and people skills of instructors before completing the assessment process. Instructors can track their progress in a personal portfolio.
- ♦ The on-hill teaching assessment and required prerequisite exam-

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Spring Clinic Revisited 8

Photos from Solitude.

Adapting Across Oceans 12

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On The EDGE

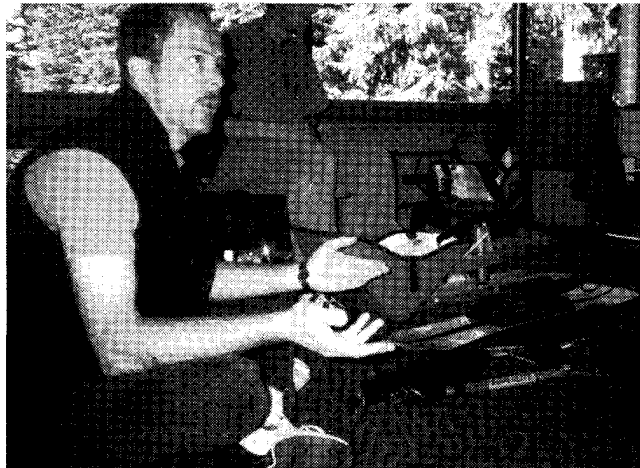
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Up and Coming

PSIA/AASI Golf Tournament

Intermountain Education Foundation

Round Valley Golf Course

1875 E Round Valley Road, Morgan, UT

17 August 1998, Starting at 10:00 AM

Cost: \$50 Per Person

This will be a four-person scramble. You do not need to be a member to participate, so invite your wives, friends, coworkers, etc. to participate. Teams will be assigned by the golf committee—by handicap/average score you shoot if you don't have a handicap. Men will play from the white tees, women from the red tees.

There will be prizes for the *Longest Drive* and *Closest to the Hole*. We will also have mulligans available—\$5 for five mulligans. Pay off places will be determined by the amount of teams that we have.

The purpose of the tournament is to get together and have a good time and to raise some money for the PSIA/AASI- I Education Fund.

Entries need to be in to Nancy at the office by 3 August. The earlier that we receive them will even be better. We need to have a head count for the golf course. If we have at least 100 participants we can have a shotgun start—which will start at 8:00 AM. If we have less than 100 participants we will have to go by tee times—which will start at 10:00 AM.

Get your entries in NOW. And let's have a great time.

Golf Tournament Entry Form

Name: _____

Address: _____

Phone Number: _____

Handicap/Avg. Score: _____

Send entry form and \$50 to PSIA/AASI-I, 2855 Pamela Drive, Salt Lake City, UT 84121. If you have any questions call Dick Mulder at (801) 546-1590.

The Instructors EDGE

The Instructors EDGE, the official publication of the Professional Ski Instructors of America Intermountain Division and the American Association of Snowboard Instructors Intermountain Division, is scheduled to be published four times a year at a nonmember subscription rate of \$15, subscriptions available through the Division Office.

PSIA-I Division, AASI Division Office: 2855 Pamela Drive, Salt Lake City, UT 84121, (801) 942-2066.

Editorial and Advertising Office: 4664 Clearview Street, Salt Lake City, UT 84117 (801) 272-0854, Rodger Renstrom, Editor.

PSIA/AASI Intermountain Division

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Next EDGE Deadline, Sept 5



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Ski Instructors to teach alpine skiing to children and adults in group and private lessons. Full- and part-time positions available. Salary \$13.22 to \$21.50 per hour, based on qualifications and experience. Minimum Requirements: Must be an advanced skier and have strong communication skills. Knowledge of P.S.I.A., I.S.I.A. requirements or equivalent ski teaching methods.

Children's Program Instructors needed to supervise young children in a variety of indoor and outdoor activities which include skiing and serving lunch. Salary \$7.25 to \$12.91 per hour. Minimum Requirements: Must be an advanced intermediate skier, possess strong communication skills and have the desire and aptitude to work with young children.

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Archives

Utah Ski Archives Thanks PSIA Intermountain

By Joseph Arave

The University of Utah Marriott Library Ski Archives gratefully acknowledges the support of PSIA-I and many of its individual members. With support from the S. J. and J. E. Quinney Foundation, the Utah Ski Archives was established in 1989 to document the history of skiing in Utah and the Intermountain region. Nearing its tenth anniversary, the Ski Archives has been able to accomplish much toward its mission. These accomplishments have come with a great deal of support from many organizations and individuals, including PSIA-I and many of its instructors.

The Utah Ski Archives documents the history of Intermountain skiing through donated collections of scrapbooks, film, photographs, organizational records, and personal

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CERTIFICATION *continued from 1*

prep clinic will be replaced by a new series of clinics that will cover basic teaching concepts, movement analysis and personal skiing.

- ◆ The on-hill skiing and movement analysis assessment will remain in place and fundamentally unchanged.

PSIA certification serves the instructor, customer and employer as an independent verification of ski instructor knowledge and skill. However, examiner and ski school concerns over the validity of the Level II Alpine assessment have long been debated. The primary issue involves how we have assessed Level II teaching knowledge and skills.

Traditionally, Level II teaching has been primarily assessed during a 15 to 20 minute presentation to a small group of peers. The appropriateness of this process as an evaluation tool is questionable for several reasons:

- ◆ The process is not true to life. Candidates are required to teach peers who are generally much more skilled than most of the students they actually teach.
- ◆ In an effort to gear teaching content toward level 1 through 7 students, candidates are required to teach a hypothetical topic rather than teach what their “student” candidates may actually need.
- ◆ The assessment teaching topic is conducted more as a description of how to teach than as a real lesson.

After several years of struggling with this “dog and pony” show, the new exam format acknowledges that it is very difficult for examiners to assess Level II knowledge and skills in an artificial situation. (Level 3 candidates actually teach to the needs of their peers at a skill level they may actually face in high-level classes.) The new

Administrative Report

By Mike Thurgood, PSIA Intermountain Administrative VP

As I write this there are several things happening. Most obvious is that our winter season is finishing and summer (weather permitting) is upon us, officially on June 21st. You, the members, have elected me to serve you on the Board of Directors for another three-year term and the Board confirmed my appointment by Steve Bills to serve again this next year as administrative vice president. I would like to thank you for your vote and Steve for asking me to work with him as his VP.

I am just returning from the National summer work session where I filled in for Steve on the Divisional Presidents Council. The two days of meetings I attended were very informative and the week-long event is not only a very positive benefit for the members of the Intermountain division but also the industry as a whole. The sharing of ideas and happenings between divisions keeps us on the leading edge of the snow-sports industry. You will be hearing more about this event from the individual committee chairs that attended. I would like to thank everyone who attended for freely giving of their own time out of a love and dedication to the sport and this Division. All of these people work very diligently for the members of this division.

I would like to thank all of the Board members for their time and efforts at the recent Board meeting. I am happy to report that we passed a budget for the upcoming year that once again does not include any fee increases to our members. This is in part due to the efficiency hard work and support of our Secretary Nancy Perkins. I would like to thank Nancy for all her work for the members and the Division as well as her hard work training me in my role and duties as administrative VP.

I believe that starting with last summer and continuing beyond the 2002 Winter Olympics that the resorts within this division will lead the nation in development, expansion and upgrades. Every summer will bring new and exciting changes at resorts from the North to the South. I would encourage anyone involved or abreast of resort changes to submit an article to the *EDGE* to help keep us all informed and up to date.

In closing, I wish everyone a very safe and injury-free summer filled with fun and activity to prepare you for the season ahead. ENJOY!

exam format will validate adherence to Level 2 knowledge and skills in the following manner:

- ◆ Each ski school validates—through observation and in-house training—that candidates have demonstrated communication and class handling skills consistent with required standards.

- ◆ PSIA-I validates—through written tests and clinics—that candidates have received and possess specific knowledge concerning teaching and skiing concepts consistent with required standards.
- ◆ PSIA-I validates—through on-hill evaluation—that candidates possess skiing skills and understanding consistent with required standards.

Education Corner

By Jo Garuccio, PSIA Intermountain Education Chairperson

It's finally summer in Utah. Time to enjoy the activities that make you strong for the winter. Remember, all those months on skis can take their toll on your legs. Use the summer to build endurance, strength and power and 98-99 will be a healthy and productive season. If you are wondering about your fitness program for the next few months and need a bit of advice, give me a call. I will be glad to talk with you. Don't worry! I promise that my advice is sane, whether I follow it myself or not. (I can't say that two triathlons in a row at temperatures of 100 plus degrees can be considered intelligent but...).

Next season will bring about a few changes, especially at Level II. Be sure to read the article about it in this issue of the EDGE. We believe that the new format will offer candidates more usable information and increase the actual value of becoming a Level II certified instructor.

We are also looking forward to a new movement analysis video being produced by the national body. It is scheduled to be ready by ski season and offers a slightly different approach to analysis that should be beneficial to all instructors regardless of their skill level. In fact, we are all really excited about the fact that it will give a more accurate and simplified way to evaluate skiing. And for those of you who have been around for a while, don't be concerned with changing your outlook on skiing completely. This information should only clarify what we have all been trying to explain for years. Watch for information in the future.

Have a great summer and remember, if anyone has a clinic or event idea, send it to me ASAP. The calendar is being formulated as we speak. To those of you who have taken the time to send me your thoughts, thank you. We are looking at them as we decide on the schedule for next season.

Although many details of the new process must still be completed, the preparation for Level 2 Alpine certification should not change significantly. Preparation should include:

Obtain, and thoroughly study all required reading material:

- ◆ *PSIA Intermountain Education and Certification Master Plan*
- ◆ *PSIA Children's Manual*
- ◆ *PSIA Alpine Manual*
- ◆ *PSIA Level 2 Study Guide.*

All of these items are available through the Division office.

Prepare yourself physically this summer to improve your skiing next

winter. Key to the decision to revise the Level 2 certification process is an affirmation by divisions across the nation that personal skiing skill and understanding is basic to successful ski instruction. The on-hill skiing assessment will continue to be a cornerstone of Level 2 certification.

Complete details of the new Level 2 Alpine certification process will be published in the fall issue of the EDGE. During the interim, questions or comments may be directed to PSIA-I Certification Chairperson Rodger Renstrom or forwarded to the office. ◆

ARCHIVES continued from 3

documents. Some of the earliest and most significant collections included several volumes of minutes from early PSIA-I board meetings donated by Bill Lash, the scrapbooks of the late Alf Engen, and personal scrapbooks and memorabilia donated by Earl and Gladdis Miller.

Oral history interviews conducted with many of the region's skiing pioneers have become the foundation of the Archives. On file in the Archives are interviews with Bill Lash, Earl Miller, Earl A. Miller, Junior Bounous, K. Smith, Phil Jones, Lou Lorenz, Mel Fletcher, Suzy Rytting, Zane Doyle, Harold Goodro, Max Lundberg, Dean Roberts and others. In recent years the collections of the Ski Archives have been used extensively by people researching the history of local skiing.

In October 1991 the Utah Ski Archives began hosting an annual fundraiser now known as the Ski Affair. The Ski Affair has grown to an event attended by nearly 600 ski enthusiasts. Each year the program centers around a different aspect of skiing history and highlights people who have made significant contributions in that area. In 1991, the evening focused on ski instruction and PSIA Hall of Famers Bill Lash, Junior Bounous, Earl Miller, and K. Smith. Other Ski Affairs have highlighted early ski area developers, competitors, Tenth Mountain Division veterans, early Olympic organizers, and ski patrollers. The 1997 Ski Affair, honored the Deseret News and sponsorship of the Deseret News Ski School. Ski Affair 1998 is scheduled for October 22, at the Little America Hotel.

There much to be done in documenting the rich and colorful story of skiing's past. Contact Joseph Arave at 581-8864 with questions or contributions of clippings, scrapbooks, photographs, film, or other items that will help us document the history of Intermountain skiing. ◆

Children and PSIA National

By Patti Olsen

Here is information from the from National Children's Committee Work Session held at Copper Mountain June 14.

The National Children's Committee will not be a separate committee, effective July, 1998. The JET representative from each division will also be the National Committee person. We will continue to have our divisional committee. This committee will be more important than ever. This committee will work closely with Bill Batt our JET on the team.

Another major decision was to eliminate the stand alone Women's and Children's Symposiums. There will be women's and children's events at the PSIA National Academy this year. The days and electives are being worked out.

Our Division children's symposium will be one of the main divisional children's education events this coming season. We will invite some of the other close divisions to participate, making it more of a regional symposium. Please make note of this symposium and save that last week in January.

The Ski Wee program that many areas across the US have used for their children's ski programs has been dissolved. Ski Wee has 3 regional coordinators. Our coordinator is Jani Sutherland in the Northwest. Areas may continue to use Ski Wee programs. There are still Ski Wee clinicians available. Chris Katzenberger and Bill Batt are the two Ski Wee clinicians in this division. There will also be Ski Wee report cards, bibs, etc. available, however they will not have any sponsor logos on them. Ski Wee has been a very good program, especially for some of

the smaller areas starting children's programs. The JETS are also available for consultation and clinics at your area.

Mike Porter, Ski School Director, from Vail/Beaver Creek, joined our meetings. Some of the items addressed were alpine alternatives for kids, making sure the kids have a *blast*, creating environments for teens, policies



and procedures. The Committee and the JETS addressed the recent proposals for certification. We will supply children's information for new formats.

One suggestion for a new format is to create your own portfolio. Each time you participate or complete a certification, accreditation, coaches clinic, or other related ski educational event you would record this in your portfolio. Each year you would have new additions to this portfolio. I will end this here and let Rodger explain more about the certification proposal.

The National meeting also included time with Adrian Crook, flexibility and strength specialist. He has worked with many NFL and NHL teams. He works with various golfers and has been working with the PSIA National Demonstration Team, the Nordic Team and the JETS this past year. Even in a short amount of time one can benefit greatly from some of Adrian's exercises. **Patti Olsen is cochair of the PSIA-I Children's Committee.**

ACE in Cards For PSIA-I

By Patti Olsen

The purpose of this report is to describe the current success and discuss the future of divisional educational programs designed specifically for children's instructors.

On Jan. 23, 1998 the PSIA-I Board of Directors approved the first stage of the Accredited Children's Educator program or "ACE I". Instructors with a minimum qualification of PSIA-I Level I certification may participate. Candidates must complete twelve hours of indoor and outdoor clinics and successfully complete a comprehensive written test. The program content covers childhood development (physical and mental) and teaching methodology which is successful with children.

Over 50 people (directors, supervisors, and instructors) have completed the six-hour outdoor portion of this program. Over 30 people have gone on to successfully complete the entire program. More completions are anticipated as results continue to come in. This is remarkable considering the information didn't go to the ski schools until March, due to an exhaustive review of the written test. Congratulations to all those who are ACE Is.

Looking forward, the Children's Committee will continue to refine the first stage of this program and begin development of a more advanced program, ACE II. We have received support from the membership and will appreciate input from the Board of Directors.

Next season we will offer a clinic in November, location and date TBA, dedicated to area trainers interested in administering the indoor portion of the program at their areas. We encourage

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We are here to celebrate and honor our friend Joseph Robert Smith, affectionately known as Bob or Pepi. His youth was spent in Twin Falls Idaho and Salt Lake, and his main career began with his brother, Chet, selling at SL Knit, a woman's clothing store, on Main Street.

As SLC began to grow and change, many of the familiar stores and cafes, such as Whipple's, the Uptown Theater, Montgomery Wards, Keeley's, Adrian & Emilie's, the Grabateria and SL Knit closed, so Bob went to work in the Banking and Financial profession and continued until his retirement.

✪ He married Renee when they were about 19 and his first son, Pete was born the following year, later Jon arrived and Bob was again a proud and loving father, Eleven years later, Christopher was born, the pleasant surprise.

So many of our good friends have left us these past couple of years, but dying is part of life and the one who ends life is the same one who created life in the first place. Bob, like many of us, loved skiing and was drawn into winter sports by friends.

He began teaching skiing in the 40s and learned the Swiss method from Martin Fopp. He moved to Brighton to help his cousin "K" Smith start the Brighton Ski School. Then on to Alta in 1954 where he remained active for 40 years. He was inducted into the Alf Engen Ski School Hall of Fame when he retired from active teaching—an award he was very proud of and it hung on his wall at the care center for all to see.

✪ Bob contributed to the success of the Intermountain Ski Instructors Association by serving on the Board of Directors and as secretary/treasurer. He, Rex Ames, and Dick Fry had a permanent job at the Annual Spring Clinic and one that everyone coveted. They were in charge of the refreshments. What a pleasure they got out of preparing and tasting the punch to ensure it was perfectly blended and was safe for consumption for the membership to

Joseph Robert Smith

"Pepi"

Keith Lange shared his memories at Pepi Smith's funeral this spring.



enjoy. Bob was one of the smallest ski teachers around and soon picked up a second nickname "the runt." You could barely see him loathing through the powder doing the Dipsy-Doodle and the K-Smith special powder technique "Heel Toe Bow and around you go."

His sense of humor was infectious and he always had a story to tell. He was a giant in ski teaching and made many long, lasting friendships.

✪ Pepi and Uncle Wayne took ownership of the teaching on the Albion side of the area. Both were always ready to take beginners and herd them down the hill. Bob also taught the kids in the Cottonwood Ski program for over 30 years and each new group enjoyed the special treatment they received and especially the nicknames he gave every one describing their personality or ability. Stem, Dopey, Sleepy, Scary, Speed—they loved it! He was like an old mother hen making sure each was safe from harms way, wiping noses, and dusting them off when they fell.

Remember the Davos Duster Hats? It was his fedora of choice. He must of had a whole drawer full. He looked silly, but "that was what all the great instructors wore." Bob had a special formula for cold weather ski days, it consisted of special English Twining tea, Demierra 100 proof rum and best Mormon honey served at least three or four times a day on the hill with his friends.

✪ Bob had a quirk about the water in their home. When he was downtown he would haul water from the artesian well at Eighth South and Fifth East and

when he could, he would bring water from #10 Springs at Alta. In the summer, to stay in shape, he would pedal his bike up to Alta to get a couple of jugs of pure mountain spring water.

I would like to read a letter to Alan Engan by Bob's dear friend Bill Lash.

Dear Alan,

I was saddened by the news of the passing of our friend Pepi. Your dad used to refer to him as "the Big Shot," but it was with affection. We all knew him as Pepi, and that name came from John Clement who also laid Whiskey upon me, Herr Otto on Keith, and Uncle Alf on your dad. I guess it was an honor, for it sure stuck with Pepi.

Pepi wasn't his name, of course. It was Joseph Robert "Bob" Smith, but I first knew him as Little Bobbie Kaplan. It was sixty years ago this April in Twin Falls Idaho I moved into a house on Tenth Avenue North in April 1938. Three houses down the street lived Bob Kaplan and his little dog Pal. Bob took the name Kaplan from his step-father, Sol Kaplan. Sol ran the Alexander's store in Twin Falls. Bob use to take us down to Alexander's Saturday night in the summer to watch the farmers come in to buy a suit. A guy would try on a suit, say a green one, and old Sol would turn on a green light to show up the color. A brown suit would get a brown light. Pep found humor in such things.

Bob was well schooled with religion. He was raised a Mormon. His Smith name came from the Hyrum Smith side of Joseph's Smiths family. And Bob was born on July 24". He was raised with many Jewish traditions. He liked Kosher Food. One of his delights was to go down to Lou Dornbusch's Deli on Broadway to get the pickles out of the big barrel. Bob being married to a Catholic girl gave Bob a well-rounded exposure to religion. I guess one could consider that Bob had his own.

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Instructors of the Year



Doing it Right

Steve Johnson (FT)	Alf Engen
Ryan Grant (PT)	Alf Engen
Paul Wright	Beaver Mountain
Jennifer Gilmore	Brighton
John Dobroski (A)	The Canyons
Dave Carlson (SB)	Deer Valley
Kristin Egan	Elk Meadows
Frank Moran	Grand Targhee
Russell Ferris	Great American
Darin Martens	Jackson Hole
Kris Lunde (A)	Jackson Hole
D.J. Donahue (SB)	Kelly Canyon
Jason Wright	Nordic Valley
Jesse Farnes	Park City
Bob La Moure	Powder Mountain
Bill Hensley	Snowbasin
James E. Quimby	Snowbird
Junior Bounous	Snowbird
Heidi Enferadi	Solitude
Jessie Whitmore	Sundance

Katz's "Chicks"



Spring Clinic Solitude, 1998

Photographs by
Brian Oakden



Stylish Skiers



Sporting a New Hat

Recognizing Commitment



Twenty Year Pins

Howard Adams	Cert. III Alp.
Perrine Anderson	Cert. II Alp.
H. Chris Auman	Cert. III Alp.
Beverly Beasley	Cert. III Alp.
Linda Lea Bertrand	Cert. II Alp.
Steve Bills	Cert. III Alp.
Thomas "Mike" Bowcutt	Cert. II Alp.
Russ Burton	Cert. III Alp.
Vai Casper (Retired)	Cert. II Alp.
Don Craig	Cert. III Alp.
Lee Crowton	Cert. III Alp.
Callie Davidson	Cert. II Alp.
William Dziejyc	Cert. III Alp.
Terry Edgett	Cert. III Alp./Cert. II Nordic
Drew Ferwerda	Cert. III Alp.
Arthur Henriksen	Cert. II Alp.
Peter Larsen	Cert. III Alp.
Randy Macdonald	Cert. II Alp.
Barbara Marsh	Cert. II Alp.
Kathy McCarthy	Cert. III Alp./Cert. III Nordic
Marianne McGrath	Cert. II Alp.
Rod Metcalf	Cert. II Alp./Cert. I Nordic
Jane Miller	Cert. III Alp.
Vernon Peterson	Cert. III Alp./Cert. I SB
Thomas Prosek	Cert. III Alp.
Rodger Renstrom	Cert. III Alp.
Jack Schirman	Cert. II Alp.
Donald Sears	Cert. III Alp.
Arthur Shiery	Cert. III Alp.
Scott Singleton	Cert. III Alp.
Robert Stiger	Cert. II Alp.
Dick Stoner	Cert. III Alp.
Keith Stratford, Jr.	Cert. III Alp.

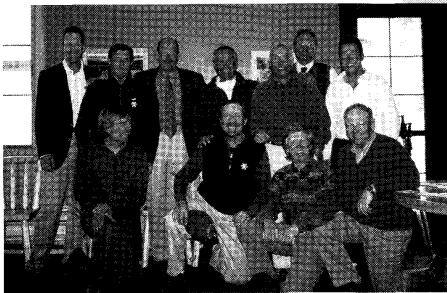
Thirty Year Pins

Janice Bovee	Cert. III Alp.
Glenn Clark	Cert. III Alp.
Susan Hedden	Cert. III Alp.
Kristi Ivie	Cert. III Alp.
Dale Miller	Cert. III Alp.
Lynn "Nic" Nichol	Cert. III Alp.
Allen Titensor	Cert. III Alp./Cert. III SB
Duane Vigos	Cert. III Alp.
Robert Wall	Cert. III Alp.

Forty Year Pins

Stein Erksen	Cert. III Alp.
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Past Presidents and Old Timers



Past Pres



Stamp Collector

Monosyllable SB Projects on Schedule

*Manual and movement
analysis head projects list.*

By Lane Clegg

I just returned from the national snowboard committee meeting and thought that I would jot down a few thoughts on what's happening nationally. The good news is that the manual is in shape for distribution this fall. It has been a bit of an effort, but thanks to some last minute hard work by a number of people, it should go into the final stages soon.

Anyway, we spent the two days at committee meeting reading and doing last minute revisions on the manual, and selecting photos from the two shoots we did last season. We also watched the video and made suggestions on how to complete it. Both projects look really good at this point and will be a great help to the membership when completed.

To that end though, what should one expect from the manual and video? I know that many people are expecting all the answers to snowboarding and snowboard instruction, both for their own knowledge and for exams. Well, while it does contain a lot of information, it does *not* have all the answers.

If we put in a lot of facts and formulas for current snowboarding, then as the sport evolves the manual would quickly become obsolete. Instead we have chosen to include information which doesn't seem to change quickly, and have given the recipes for good snowboarding and teaching. With the information contained in the manual, it is hoped, the reader can understand



Allen Titensor, Lane Clegg and Chris Skelton show off new Snowboard DECL uniforms.

New Duds Leave AASI-I DECLs Stoked

Lane Clegg and Allen Titensor, co-chairs of AASI Intermountain Division, announced that Capital Distributors, manufacturers of Blond and Spare Snowboard apparel will be providing uniforms for the DECL staff.

Royce Cansler, of Capital felt that this was a good partnership. "The DECLs are outside in the most extreme conditions and the widest range of weather. They need to stay warm while standing around and then be able to ride well and look good. Typically, they're the best riders on the mountain."

Clegg, AASI National Team member and Snowbird snowboard supervisor, said, "Yes, we're stoked!"

the mechanics of snowboarding for years to come. With this understanding, the reader should be able to formulate current day lesson plans, even when the book has been out for a while.

For the most part, I found the whole thing to be easy to read (it's written by snowboarders, so there are no multi-syllable words). It is also pretty easy to understand and put into practice so I hope you find it to be what you are looking for. In addition, the video will give current day examples of the riding we are doing and teaching. This will be very valuable to the members, especially those who are without staff trainers at their mountains.

Another thing the committee worked on was recommendations for the next team tryouts which will be in the spring of 2000. While we have no final say in how the tryouts will actually be, we did give our recommendations, which will most likely be acceptable. Our recommendations were that the

tryout be on a national scale, instead of divisional, and that each division can send up to 4 people tryout. The tryout would be based on riding skills in all terrain including halfpipe and the race course. In addition, there would be some sort of teaching component, and presentation, so the next member will need to be a really well rounded rider/teacher/presenter to make the team. As the actual tryout factors become more concrete I will relay them to you, but in the meantime, if you are interested, plan on some sort of divisional tryout early in 2000. All the divisional staff and myself will try to be available to help you prepare for this.

And finally closer to home. We had a great season this year in the division. We had a lot of interest in certification, and had some really qualified candidates. We implemented a new system of certification at level 2 (for those that

continued on 11

Nordic Notes From Copper

By Craig Panarisi

I have just returned from Copper Mountain Resort and the 1998 PSIA Summer Work session. The National Nordic Committee is currently working on several projects that affect PSIA-I Nordic members. Now that there is no snow for distractions, I thought this would be a good opportunity to share what is going on Nationally.

Divisional Reports

All divisions report that Nordic membership is still growing very slowly. Apparently there is a national surge of Alpine instructors crossing over to telemark. The result is that PSIA Nordic is not generating new members but providing "continuing education" to current members. This is good news but I worry that track skiing will be left behind as these crossover instructors influence future programs.

Certification

PSIA is working to change all certifications to a more Nordic friendly type of process. Although it may not be fully

in place this coming season, there are several key changes that will allow more Nordic skiers access to PSIA benefits. Noteworthy changes are that the public is allowed to participate and some clinics and assessments will be done in-house. Keep your eyes peeled for more on these positive changes.

Demo Team Selection

There are only 615 shopping days until the next D-Team selection. The PSIA Steering Committee has organ-

"...process does not create passion..."

Mike Porter on certification

ized a task force to help facilitate try-outs in the spring of 2000. The current National Nordic Committee made the following recommendations to the task force concerning team composition and requirements:

- ◆ One member per division
- ◆ Team member also acts as committee member

- ◆ Must be a DECL in one Nordic discipline
- ◆ Must be Level III in a second Nordic discipline
- ◆ Annual commitment of a November training, the June work session and 30 days of clinics
- ◆ Divisional selection with National guidelines

Friendship Tour

In an effort to serve the membership and create a better pathway for the dissemination of information, PSIA will subsidize a 90 day "friendship tour." Basically each division will have the funding to bring in several D-team members to give clinics to the members, not to examiners or training. This is a great opportunity for you to take a clinic from a National Team Member.

Video Project

PSIA will be releasing a new video project aimed at telemark skiers. Scheduled for release sometime in 1999, this educational piece is going to be a look at telemark movement patterns. It will focus on intermediate to advanced skiers with lots of images and very few words. Utilizing new video technology and everyday skiers this project will prove to be a deviation from the norm. **Craig Panarisi is the PSIA-I National Nordic Team member**

PROJECTS continued from 10

were interested) and so far the results from the candidates have been positive. They really liked the opportunity to demonstrate their teaching ability in a more realistic setting, instead of on exam day. For me I was able to really look at my own instructors and see which ones really were the good instructors, with the guest skills and the "IT" we are looking for in teaching. I hope to continue this system next season, and get more people involved in the program. It is important though

that you communicate with your school to find out if it is available at your school. I know that at some schools they did not have the training budget to allow staff DECLs to follow candidates in their lessons. The old system is still in place if the new system will not work for any reason.

Well, that's about all for now. I hope you all have a good summer and come back next year ready to take snowboarding and snowboard instruction to the next level. **Lane Clegg is AASI Snowboard Committee co chair and a member of the AASI Snowboard Team.**

Share the Wealth

The following individuals have generously donated to the PSIA Inter-mountain Education Foundation:

Carl Boyer
Beverly Buckway-Rosales
Arthur Henriksen
Shauna Jacobs
Stewart Marsh
Enor Martinez
Mark Murray
Harry Reed
William Selvage
Jay Shortleeve

Spain, Part II:

Changing Lives Through Adaptive Alpine Skiing

By Doug Dusenberry

For the second year in a row the National Ability Center in Park City spearheaded an effort to spread the word about adaptive alpine skiing in Spain. A team of adaptive alpine instructors from three PSIA regions was invited.

The team was led by Meeche White and included Neil Lundberg, Doug Dusenberry, Spencer Rhodes and Jen Franklin from the National Ability Center, Colleen Trout from the Telluride Adaptive Center, Dave Littman from the Tahoe Adaptive Ski School and Houston Cowan from Challenge Aspen in Colorado. The team's mission was to



Doug Dusenberry photo

Two Spanish adaptive instructors and their student celebrate their new skills.

continue the process that had been initiated a year earlier: the planting of an adaptive alpine program in Sierra Nevada, Spain.

The setting for the event, Sierra Nevada, is a medium sized resort in South Central Spain with a base elevation of about 7000 feet and a summit elevation of nearly 10,000 feet. Unlike here in the Rockies, the whole resort is above tree line. Another marked difference is the roughly ten independent ski schools at the mountain, three of which were considered to be official.

It was our job to teach instructors from these three schools to work together toward the common goal of an accessible alpine skiing experience. Although the Spanish do not use ATS, their understanding and conception of good skiing was very similar.

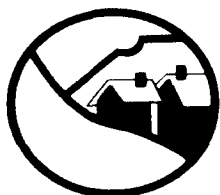
And then there was the language difference. No one who overheard our Spanish would have had the word "flu-

ent" leap to mind, but through a combination of broken Spanish, helpful bilingual Spanish instructors and pantomime we were successful in articulating our vision and teaching these instructors quite a bit about adaptive alpine skiing.

After conducting two full days of clinics for the Spanish instructors we were ready to invite the participants up to the slopes. They came from all areas of Spain with great expectations and enthusiasm. They ranged in age from 8 to 55 and their disabilities included spinal cord injuries, developmental disabilities and amputations. It was our plan to empower the Spanish instructors by having them set the equipment up and teach the lessons with our supervision, and it worked wonderfully!

The Spanish instructors professionally assessed the students, fit equipment, and safely conducted beginner adaptive skiing lessons. The instructors enjoyed the opportunity to try out their newfound skills with real participants and the students were safe, having a great time and learning how to ski! By the end of the week several skiers were skiing intermediate terrain and many of the instructors were anxious to learn more advanced skills.

We concluded the week with an awards ceremony and diplomas for all participants and instructors. It had been a full week, with the Spanish instructors gaining prowess and confidence with their new skills and the participants having a door opened in their lives. As each person was called forward you could see the excitement and pride in his or her face; the energy in the room was incredible! It was evident as the cheers rose that we had accomplished what we had come for. We had given the instructors the knowledge and confidence to teach adaptive skiing and they had changed the lives of the participants. — **Doug Dusenberry, Park City Ski and Snowboard School and The National Ability Center, is PSIA-I Alpine and Adaptive Certified Level II.**



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Exam Results

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 Brinka Adcock Snowbird
 William Ashmore Park City
 Matt Ashton Snowbasin
 George Ator Alf Engen
 Brent Bain The Canyons
 Mitch Baird The Canyons
 Abigail Bartlett Jackson
 Richard Baumhardt Brighton
 Matthew Belord Jackson
 Steve Benally Deer Valley
 Mieke Biesheuvel Jackson
 Ed Bobeff Jackson
 Joshua Boucher Powder Mountain
 Megan Boyer Sundance
 Todd Bryson Jackson
 Genilyn Buckner Deer Valley
 Matt Buhler Brian Head
 Michael Cartee Beaver Mountain
 Lorraine Chadwell Deer Valley
 Blake Child Brian Head
 Linda Christensen Beaver Mountain
 Luke Cockill Deer Valley
 Joell Collins Alf Engen
 Colby Colonel Jackson
 Dain Craig Brighton
 Richard Daynes Brian Head
 David Decker Kelly Canyon
 Edward Desisto Park City
 David Duncan Snowbird
 Kelly Ebell Brian Head
 Terry Eckersell Kelly Canyon
 David Edlund Snowbird
 David Ellerstein Jackson Hole
 A. Michelle Elton Park City
 Heidi Enferadi Solitude
 Sandra Eslinger Deer Valley
 Jeffrey Fergus Park City
 Mary Ford Park City
 Jennifer Franklin Park City
 Jeff Fry Snowbasin
 Glen Gabler Deer Valley
 Jayson Gaddis Snowbird
 Timothy Gatten Sundance
 Michelle Gedutis Deer Valley
 Patrick Gibbons Snowbird
 Annabelle Gibson Jackson Hole
 Alexis Gidley Sundance
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 Rick Gray Kelly Canyon
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 Aaron Olson
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 Bob Osborne
 Cyri Oswald
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 Shelley Parsons
 Lynette Patterson
 Lindsay Pitts-Kluger

Solitude
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 Deer Valley
 Powder Mountain
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 Snowbird
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 Powder Mountain
 Brian Head
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 Elk Meadows
 Elk Meadows
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 Powder Mountain
 Nordic Valley
 Park City

Ryan Ravinsky
 Jeremy Rawson
 Holly Richter
 Patricia Richter
 Rikki Rock
 Jordi Roses
 Kurt Salomon
 Courtney Sawyer
 Karen Sawyer
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 Susan Schipper
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 Daniel Willyerd
 Paul Wisniewski
 Rose Woods
 Everett Woody
 Jason Wright

Jackson Hole
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 Powder Mountain
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 The Canyons
 The Canyons
 Kelly Canyon

Alpine Certified II

Christopher Adams Solitude
 Greg Anderson Alf Engen
 Ciprian Arcalean Park City
 Sarah Barnaby Park City
 Crystal Barton Deer Valley
 Steve Bayne Brighton
 Monique Beeley Park City
 H. Hieter Beger Deer Valley
 Matthew Belford Jackson Hole
 Jayson Bern Deer Valley
 Sandra Bischoff Alf Engen
 Matt Brooks Alf Engen
 Russell Brown Deer Valley
 Holly Carlson Park City
 John Carlson Park City
 Stan Carper The Canyons
 Shellie Cavazos Snowbird
 Andrew Chapman Jackson Hole
 Cali Cheminant Deer Valley
 Kipper Cluff Sundance
 Jeffrey Coleman Park City

Julian Cordova
Cami Cusick
Paul D'Amours
Mignon Dittmar
Douglas Dusenberry
Corina Erzinger
Jamie Fagedes
Seth Farmer
Jennifer Folk
Angie Galloway
John Gray
John Hanks
Nephi Hawkes
Rejmon Horo
Erik Johnson
Timothy Jones
Jayson Jorgensen
Lisa Kirchenheiter
Marcel Kuonen
Laura Lemke
Ryan Martell
Michael Mcdonald
Brett Mclay
Echo Miller
James Mitchell
Thomas Mohr
Sharee Moser
Trindl Nebeker
Whitney Nicholson
Rebecca Olsen
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Dianne Pauls
Peggy Philbrick
Robert Phillips
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Larry Riches
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Alexa Ross
Aaron Sanders
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Debra Sebek
Neal Sorensen
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Kerry Duncan
Whitney Gardiner
Robert Griffiths
Meredith Hall
Thomas Hanson
Andre' Heiber
Nick Hudson

Alf Engen
Sundance
Jackson Hole
Sundance
Park City
Birhgton
The Canyons
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Snowbasin
Non Affiliated
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Alf Engen
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Snowbird
Nordic Valley
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Kelly Canyon
Park City
Jackson Hole
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Powder Mountain
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Deer Valley
Jackson Hole
Powder Mountain
Park City
Deer Valley

Michael Janssen
Marta Joffs
Dana Johnson
Eric Kaiser
Leslie Koch
Eddy Kolsky
Hiroshi Kumazaki
Marcel Kuonen
Christopher Laing
David Lundberg
Jennie Martin
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Shelagh Moore
Franz Penistan
Iris Schupp
Darren Southcombe
Tennille Teakle
Heidi Van Winkle
Michael Whitnall
Karen Willoughby
Cory Wright

Jackson Hole
Deer Valley
Deer Valley
Grand Targhee
Park City
Jackson Hole
Brighton
Park City
Deer Valley
Park City
Deer Valley
Alf Engen
Deer Valley
Snowbird
Deer Valley
Deer Valley
Jackson Hole
Deer Valley
Jackson Hole
Solitude

Jessica Workman Solitude

Nordic Downhill Certified III

Brian Bush Deer Valley
C. Scott Cheney Alf Engen
Don Crandall Park City
Nelson Reese Park City

Nordic Track II

Neal Collins III Sundance
Matthew Colonius Sundance
Shawn Paulsen Pocatello Rec Dep

Snowboard Certified I

Anthony Allen Jackson
Corbin Anderson Brian Head
Mark Billeter The Canyons
Brandon Bogar The Canyons
Stephanie Bouckaert Park City
Megan Boyer Sundance
Joel Brown Pebble Creek
Christopher Byers Snowbird
Benjamin Carlisle Brian Head
Kelsi Carlston Park City
A. Tyler Dixon Park City
Jay Dutton The Canyons
Darryl Eddy Park City
Angie Egbert Park City
Adrienne Evans Park City
Amy Evans Sundance
Mark Fallon Jackson Hole
Philip Fell Park City
Sarah Fillmore Snowbird
Matthew Floyd Snowbird
Erinn Franzen Brian Head
Gulie Galloway Brian Head
Timothy Ganstrom Pebble Creek
Griffin Gillman Brian Head
Karl Golts Park City
Palo Gonzales The Canyons
Paal Grant Jackson Hole
Marcela Griffith The Canyons
Timothy Hall Sundance
Christopher Hansen Brighton
Joshua Harrower Park City
Jeff Hedlund Jackson Hole
James Heller Brian Head
Scott Holmgren Beaver Mountain
Justin Huebscher Jackson Hole
David Hunter Park City
Jeremy Jolley Sundance
Jennifer Kerby Beaver Mountain
Craig Knott The Canyons
Lucy Marcus Jackson Hole
John Mayer Pebble Creek
Christy McBride Park City
Angel McClain Park City
Michael Mcdonald Sundance
Michael Merlock The Canyons
Wendy Miller Snowbird
Torbin Moench The Canyons
Wayne Moore The Canyons
David Morath Solitude

Adapted Certified Level II

Douglas Dusenberry Snowbird
Larry Riches Snowbird

Nordic Backcountry Certified Level II

Naheed Ahmed Jackson Hole
Randy Anderson Snowbird
Eric Henderson Jackson
Craig Panarisi Solitude
Loel York Snowbird

Nordic Backcountry Certified Level III

J. Scott Mcgee Solitude

Nordic Certified Level I

Naheed Ahmed Jackson Hole
T. Jack Clearman Pocatello Rec Dep
Jamie Fagedes The Canyons
Craig Frogg Snowbasin
Angie Galloway Snowbasin
Eric Henderson Jackson Hole
Edward Jamison Snowbird
Betsy Olerud Jackson Hole
James E. Quimby Snowbasin
Alex Tallant Pocatello Rec Dep
Diane Verna Jackson Hole
Heather Williams Snowbasin
Pam Young Sundance

Nordic Downhill Certified II

Julie Chamberlain Park City
Dustin Cooper Deer Valley
Angie Egan Alf Engen
Nichole Quick Sundance
Jane Robinson Park City
Jean Roush Deer Valley
Tim Sattelmeyer Park City

Achievements

Bradly Moss	The Canyons
Sheilley Nielson	Jackson Hole
Christian Nisonger	Park City
Christopher Parks	The Canyons
Virginia Perkins	Jackson Hole
Kimberly Reynolds	The Canyons
Junior Richard	The Canyons
Scott Rockwood	Pebble Creek
Heather Rysgaard	Snowbird
Josh Seerup	The Canyons
Roeshan Shadravan	Jackson Hole
Susannah Sharpe	Jackson Hole
Cathy Sonnenberg	Park City
Dirk Spangenberg	Park City
Camille Spor	Snowbird
Michael Stone	The Canyons
Jeffrey Swenson	The Canyons
Thaddeus VanDenBergh	Brian Head
Roseanne Werner	Jackson Hole
Emily White	The Canyons
Timothy White	Brian Head
Joshua Wood	The Canyons
Sundyn Woolf	The Canyons
Catherine Wright	Sundance
Robb Wruck	Park City
Matthew Young	Brian Head

Snowboard Certified II

Paul Consiglio	Snowbird
Jeremy Jolley	Sundance
Traci Vaughn	Brighton
Etgan Winter	Jackson Hole

Snowboard Certified III

Tomas Aguirre	Snowbird
Stephen Bigger	Jackson Hole
Billy Novak	Jackson Hole
Christopher Robinson	Jackson Hole

Accredited Children's Educator, ACE I

Jennifer Arndt	Deer Valley
Crystal Barton	Deer Valley
Jayson Bern	Deer Valley
Marion Blaser	Deer Valley
Denise Boney	Deer Valley
Norm Burton	Deer Valley
Daria Christie	Deer Valley
Doni Dilworth	Deer Valley
Terri Hanrahan	Snow Basin
Jonell Karling	Snow Basin
Vicki Lyngle	Deer Valley
Jennifer McCarthy	Deer Valley
Amelia McGinnis	Deer Valley
George Mosher	Grand Targhee
Becky Olsen	Deer Valley
Nadege Pantet	Deer Valley
Leslie Pantone	Snow Basin
Peggy Philbrick	Deer Valley
Pat Richter	Snow Basin
Cheryl Tilaro	Snow Basin
Kat Torello	Deer Valley
Janine Whitney	Deer Valley

PEPI continued from 7

As you know Bobbie loved skiing. He started his ski teaching at Jackson, Snow King, with Martin and Shirley Fopp. Martin was a little Swiss ski instructor married to Shirley McDonald a ski racer from Tacoma. Martin was well schooled in the Swiss fashion of ski teaching, and he passed it on to Bob. Bob and Jack Reddish helped K Smith start the Brighton Ski School in 1948. Oddly enough they were the first school to teach a system called the American Technique in 1948. Pepi took his certification at Brighton in 1949, moved to Alta in 1954, and taught with your dad for forty years.

Pepi was a good ski teacher. His classes always had fun, for Pepi was full o humor. I guess that is why we all liked him so much. I regret not being able to attend his services. I am sending you this check as a donation to the Engen Ski Museum in the name of J. R. "Bob" Smith. Say good by to Pepi for me Alan. I loved him and shall miss him deeply.

Alan, Bob had many friends. And Alan, I don't think he had any enemies. What more can one say about someone. Say good bye for me. Rest in peace my little friend.

Sincerely, Bill Lash

We all had many memorable experiences we will treasure for a lifetime. I'd like to give a special blessing of understanding and comfort to Jon, Christopher and the other members of the family along with Pepi's many friends.

Let us remember Pepi for the fun times we enjoyed and the joy brought into our lives, His wit and humor, his love for his fellow man, his friendships that were long and enduring. Let's remember that which was best in him and endures in our hearts today. May God bless him and give him peace at last. ☺ Thank you. **Keith Lange**

Classified Information

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Thanks to the following people and businesses that contributed to the 1998 PSIA-I Spring Clinic. Remember those who support professional ski instruction.

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84119
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Allen Titensor
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Park City, UT

Ernie
The Bootworks
Resort Center Plaza Level
Park City, UT 84060

Dave Larsen
The Lift House
3698 E 7000 S
SLC, UT 84121

Mike Thurgood
PSIA-I Administrative V.P.

ACE continued from 6

qualified members of all ski schools to attend this session. This clinic will also identify and develop additional clinicians and potential candidates for the upcoming JET tryouts.

The future for children's instructors looks good. The ACE program has been accepted enthusiastically by the membership. The ACE program has not only sustained itself financially, but generated surplus revenue this season. We are counting on accessing this surplus to develop more child-centered programs and support existing events.

Deer Valley will host the Divisional Children's Educator Symposium the last week of January, 1999. We will be privileged to have former PSIA D-Team member, coach, author, and producer Ellen Post Foster as the featured presenter. Some of the JETS will also be presenters. Don't miss this one! Watch the EDGE for the schedule of ACE clinics and child-centered events. ♦



The Instructors EDGE

A publication of PSIA Intermountain and AASI Intermountain
2855 Pamela Drive
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 or the American Association of Snowboard Instructors, Intermountain.

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THE INSTRUCTORS EDGE

WINTER Two 1997/98
 VOLUME 19
 NUMBER 3



The Professional Ski Instructors of America
The American Association of Snowboard Instructors

Intermountain

Keeping Seniors On The Snow

Resorts play a crucial role in encouraging senior skiing.

By Junior Bounous

We read and hear a great deal about the aging of our national population. This growth is connected to movement of the baby-boomer generation into their fifties. At present, ski resorts are experiencing an increase in skiers who are in their 70s and 80s. These skiers want to increase the quality of their lives not just the quantity of their years. They give serious attention to their nutrition, as well as to their mental and physical activity levels.

During the past ten years the senior skier has often improved his or her skiing—not simply maintained skill levels. The average 70-year-old of today is



Fred Grimwald, center, will soon turn 80, years ahead of over-70 skiers Maxine and Junior Bounous. Fred has logged over 12 million vertical feet of helicopter-served powder skiing.

Rodger Renstrom photo

skiing better than a 50 or 60-year-old of the 1980s. Advances in ski technology have helped, but the largest factor comes from increased national awareness of the need for better nutrition and physical conditioning. Another very important factor is the example and influence of other older skiers who ski and have very active life styles.

One question that has always interested me is why some people quit skiing and others do not. It is easy to understand if there is a physical impairment or if a major or chronic ill-

ness arises. But more often than not it seems to be from changing priorities or lack of interest.

Priorities can and will change. Often older people will move to a warmer climate or move to be near other family members. On the other hand, others may move to be nearer to a ski resort. Skiing is a great family sport and an activity that is best enjoyed in the company of others.

People bringing their friends to ski built skiing, like many other sports. However, if one person stops skiing, this can influence other friends and family members to stop. This is a major reason that ski resorts should actively promote Senior programs.

Sometimes a skier's loss of interest comes with their decline in skiing ability. This loss may not be from lack of physical conditioning, but from being lulled into skiing only where and when

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Up and Coming

PSIA-I ♦ AASI Spring Clinic

Solitude Resort, April 17, 18, 19

Ski 3 Days, Barbecue Saturday

Children's Accreditation

See the update in this EDGE

Adapted Level 2 Clinic and Assessment

Coming in April

Spring Clinic Alpine Topic Descriptions

If you are not sure what you are getting in to at the Spring Clinic, read the brief descriptions below. Also, if you are a strict vegetarian, please indicate meal requests on your application. (There is chicken on the barbecue menu.)

Ski Improvement: a great ski lesson! Choose your intensity level.

Over the Hill Gang: another great ski lesson for the 40+ crew; although we missed him last year, Junior will be on hand to let you know what's in store for you as pass through the decades. And, we are bringing in extra help. Look for the likes of Gene Palmer, Max Lundberg and maybe a couple of DECL's who are nearing the half century mark themselves.

Performance Ski Seminar: a high powered ski improvement clinic complete with video analysis and an expert to help evaluate any boot alignment problems; this clinic will not only focus on you and optimum performance but is also designed to help instructors learn to effectively evaluate their students and themselves for canting/alignment problems; Steve Bagley from Superior Ski will be on hand for a brief indoor session then will spend time with each group on the hill. NOTE: ADD \$5 TO THE COST OF THIS CLINIC - IT'S \$35.

Bumps: bet you can guess what these two clinics are about! Learn technique as well as tactics.

Explore the Dark Side - Living on the Edge: Lots of fun with the newest carving toys; learn to snowboard in two hours via the "quick carve" method (all the rage in Park City) ; get on a set of Salomon Snow Blades; learn to free carve with the Carl's carving pole (and other props) on super shaped skis (note: you can play with the carving props on mid-shaped skis, but super shaped skis are better. Talk to Dan at Canyon Sports if you need to demo a super shaped ski. All other equipment will be provided.

Kid's Accreditation: see info in Edge and letter to ski school directors

Ladies Only: ski in a cooperative environment; turn heads on the chair and have a great day with a ladies group that fits your abilities.

Guys Only: if we have a ladies only, guess we need a guys group!

Exploring your Parallel Options: a mega-mileage day; lots of skiing with just enough feedback to make it worthwhile; be prepared to ski all terrain, even the piste if it's especially good.

The Instructors EDGE

The Instructors EDGE, the official publication of the Professional Ski Instructors of America Intermountain Division and the American Association of Snowboard Instructors Intermountain Division, is scheduled to be published four times a year at a non-member subscription rate of \$15, subscriptions available through the Division Office.

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PSIA/AASI Intermountain Division

Officers and Chairs: President, Steve Bills; Administrative V.P., Mike Thurgood; Communications V.P., Danny Edwards; PSIA Board Representative, Stew Marsh; Adaptive Chair, Brooke Schaefermeyer; Certification Chair, Rodger Renstrom; Children's Co-Chairs, Bill Batt, Christine Katzenberger, Patti Olsen; Education Chair, Jo Garuccio; Nordic Chair, Shirley Kinsey; Seniors Chair, Junior Bounous; SIRC Chair, Scott Warr; Ski School Management Chair, Jim Kercher; Snowboard Co-Chairs, Lane Clegg, Alan Titensor; Executive Secretary, Nancy Perkins

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Next EDGE Deadline, April 30

PSIA-I/AASI-I Spring Clinic 1998

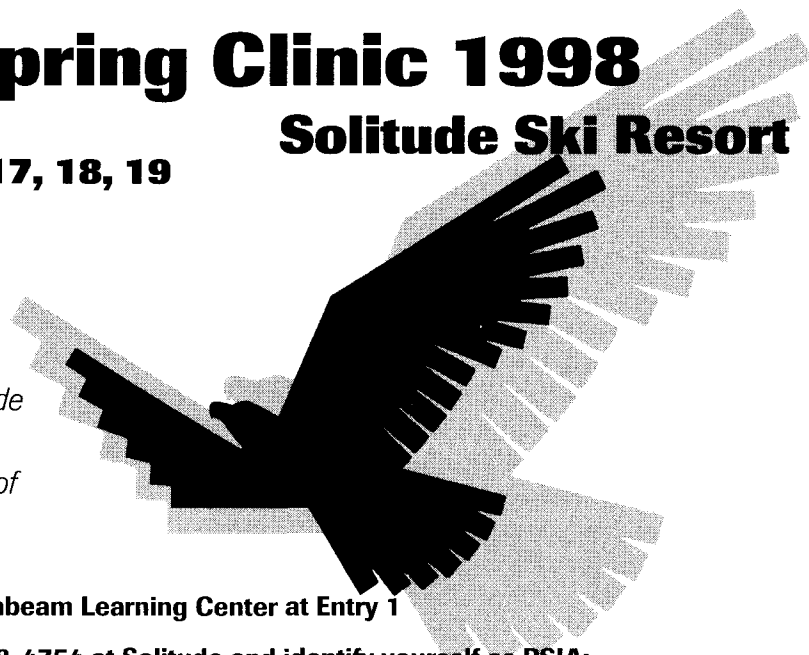
Solitude Ski Resort

Friday, Saturday, Sunday, April 17, 18, 19

“Push Your Envelope”

*Lots of new options for fun at the Spring Clinic
Broaden Your Horizons When You Play at Solitude*

Cost: \$85 includes two days of clinic, three days of skiing, Saturday dinner and a T-shirt



Registration: 8:30 - 9:30 AM at the Moonbeam Learning Center at Entry 1

Lodging: Call 1-800-536-5700 or 748-4754 at Solitude and identify yourself as PSIA; ask for the manager if there are any problems; rooms are \$110 for two double beds.

Banquet Barbecue: Sat., Last Chance Mining Camp
Apres ski, 5:30 PM, cash beer bar
Dinner at 6:30 PM

General Meeting: there will be a short general membership meeting before dinner; awards to follow dinner.

Topics

See descriptions on page 2

FridayAll Disciplines

Free Ski

Race Arena

Run gates all PM for \$5.00; prizes for fastest male and female; fastest master's (40+) and grand master's (50+) male and female; traveling trophy for fastest ski school team of three skiers (any gender); Alpine DECLs will be on hand for fun and coaching.

FridaySnowboard

Learn to Snowboard

Improving the Carve

SaturdayAlpine

Ski Improvement

Aggressive/Moderate

Over the Hill Gang

Moderate (40+)

Performance Ski Seminar

Brief indoor; on-hill alignment eval; video analysis (clinic cost will be an additional \$5.00)

Intro to Bumps

Explore the Dark Side - Living on the edge

Expanding Your Parallel Options

Bumps, Crud, Packed - major mileage

Kid's Accreditation

Divisional accreditation day

SaturdayNordic

Track Classic

Nordic Downhill

Beg/Int/Adv

SaturdaySnowboard

Learn to Snowboard

Variable Conditions

SundayAlpine

Ski Improvement

Aggressive/Moderate

Ladies Only

Guys Only

Over the Hill Gang

Aggressive (40+)

Advanced Bumps

Expanding your Parallel Options

Kid's Recap

Re-cap of the National Children's Symposium

SundayNordic

Skate

Nordic Downhill

Beg/Int/Adv

SundaySnowboard

Teaching Freestyle

Intermediate Snowboard

SENIORS *continued from 1*

they feel the most comfortable. We have watched many older skiers lose interest because they have allowed their skiing foundation (the range of terrain and snow conditions they choose to approach) to decrease in scope.

The Challenges

When we learned to ski we were stimulated by these challenges. We enjoyed skiing slow and fast, powder and packed, short and long turns, skidded and carved turns, steep and gentle terrain, bumps or groomed, trees or open terrain, and running gates. As we limit our exposure to variations we start to lose our interest in skiing. The old saying "use it or lose it" definitely applies. It is unavoidable that our capabilities will decrease as we age. Our goal is to slow down the rate of this decrease.

Skiing is like many other things we do or do not do while aging. Limitations that develop with lack of use are not just in sports activities, but can be in everything we do. Decreased use of our other skills like driving, dancing, reading, hiking, and going up or down stairs limits our time of being comfortable using these skills. Each activity we do helps to extend our capability of retaining our other skills. Skiing requires eye, hand, and foot coordination. This practice will help retain our driving skills, walking in crowds, and going down stairways. Skiing will help retain a better quality of life in our later years.

The Market

Some resorts are marketing for baby-boomers or beginners. They also target markets they feel will produce the most new customers. In many resorts, unfortunately, little is done to retain their senior skiers. Some resorts express the belief that all senior skiers are after is a discount.

PSIA Board Report

Injury Facts

By Stew Marsh, PSIA Board Representative

In light of the sudden rash of ski injuries and deaths of some notable people, I came across an article from the SnowSports Industry of America dated January 11, 1998. I felt it might be of interest to share the statistics with the membership so that each of us might become more aware of injuries in our profession compared to others.

- ◆ During the past 13 years, about 32 people per year, on average, have died skiing or snowboarding, a fatality rate of 0.69 per million skier/snowboarder visits.
- ◆ Serious injuries (paraplegic, quadriplegic, serious head injury, comas, spinal injuries occur at the rate of about 29 per year. In 1996-97, there were 45 serious injuries, 37 were male and nine were snowboarders. The rate of serious injury for skiers/snowboarders in 1997-98 was .86 per million. A 1990 study concluded that 7.4 percent of injuries occurred when participants left the trail and hit a stationary object. Snowboarders and skiers suffer similar injury rates.
- ◆ About 85 percent of ski/snowboard fatalities and injuries occur to males, 70 percent are in their late teens to early 20's.
- ◆ Despite the high profile fatalities, the most significant trend remains the increase in ACL injuries. A skier's chance of ACL injury is about on par with that of a college football player, roughly 365 times greater than that of the general public.
- ◆ The National Safety Council reports that in 1996 (most recent stats) there were 716 recreational boating deaths (7.1 deaths per million participants), and 4,500 drownings (17 per million participants).
- ◆ Other stats (on average): 42,000 Americans die annually in automobile accidents, 22,000 are murdered, 13,000 fall to their deaths, including 300 in their bathtubs, 6,500 die from food poisoning.
- ◆ The overall rate of skiing injuries has declined by 50 percent during the past 25 years, according to a study by Dr. Jasper Shealy of RIT.

Most ski resorts offer some kind of senior discount; often about the same as for children. Many offer a larger discount after age 70. Sometimes these discounts are for the day or are for a low-rate season pass. Many large and small resorts offer *free* skiing beginning at age 70 or 80.

In the early 1990s I did some checking in the records of Alta and Snowbird about senior skiing and I found some interesting comparisons: Both resorts

sold about 400 thousand skier days. Alta gave free skiing to ages 80+ and issued about 80 passes per year. Snowbird did even more. Snowbird gave free skiing to age 70+ and issued 400 passes per year. Alta gave two free senior tickets for every ten thousand lift tickets. For Snowbird, it was ten free seniors for every 10 thousand tickets. Even for Snowbird's higher levels of issuance this still only meant that one tenth of one percent of its tickets were given to seniors.

The Numbers

These numbers also suggest that 80 percent of over-70 skiers stop skiing by age 80. By their late 70s there is a rapid decline in both the number of skiing days per year and the number of runs skied each day. Senior skiers are looking at the quality of a run not the quantity of runs per day.

Resorts that market to seniors know the value of senior skiers. Today, the average senior skier has skied for 30 or 40 years and they are still a major influence on our ski industry. They have influence on family members and friends with where to ski and even on continuing to ski. Seniors often are the major spenders related to lodging, restaurants, and clothing and equipment for children or grandchildren. Our resorts should do what they can do to reduce senior skier losses.

Leaders in marketing to senior skiers are groups like the 70+ Club, or the Over-the-Hill Gang, and the masters race programs. Seniors love the social aspect and the recognition of their efforts and praise for continuing to ski. Seniors are willing to take some risks of physical injury but want the risk as low as possible. (Being hit by a skier or snowboarder is one fear of seniors.) They enjoy groomed conditions, convenient shelter, food, and restrooms. They like to be with others who are similar in age and ability and will share good feelings about their environment and share thoughts in conversation.

The Bottom Line

For many senior skiers the cost of a lift ticket is not a problem, but for others cost is a problem. Senior skiers provide measurable benefits to the bottom line to any resort which will more than make up for lift pass discounts or other inducements. First, senior skiers ski far fewer vertical feet in an average ski day. They have a much smaller impact on ski-lift usage than a 30 or 40-year-old. Second, they usually patronize the hotel, restaurant, and equipment sales



Fred Grimwald is one of a growing number of senior skiers frequenting America's slopes.

facilities to the same degree as their younger counterparts and customarily without any discounts. Third, they exert a significant influence on extended family members regarding resort choices both in the near and in the distant future (intra-generationally and inter-generationally). Let's keep our senior skiers on the snow! —**Junior Bounous is director of skiing at Snowbird Resort and part of the over-70 crew.**

Just the Fax

Now you can fax your clinic and assessment registrations to the Division office when you use your charge Visa or MasterCard as payment

Just fill in the event registration form provided in the back of the EDGE and fax it with your credit card information to (801) 942-7837.

Remember, all Division event registrations must be in the Division office at least two weeks prior to the event; postmark dates on mailed applications are not accepted as arrival dates. Call the office if you have questions. ◆

Skiing Chronicle To be Released

For the Love of Skiing is a chronicle of skiing, beginning with its primitive origins depicted in ancient petroglyphs and leading right up to the selection of Salt Lake City to host the 2002 Winter Olympics. *For the Love of Skiing* is authored by Alan Engen, son of ski legend Alf Engen. This personal narrative featuring anecdotes from ski legends and other important figures in ski history is scheduled for release this fall.

In *For the Love of Skiing*, Engen chronicles not only the accomplishments of his father Alf, but also the story of an entire generation pioneers who brought competitive and recreational skiing to America. *For the Love of Skiing* is also a pictorial history of the sport, with images from skiing's past.

For the Love of Skiing discusses the rise of ski resorts in the West in the late 1940s and 1950s, focusing on Alta, Sun Valley, and Jackson Hole. Sun Valley was the first to gain national fame, attracting Hollywood stars and ski luminaries. *For the Love of Skiing* also features the growth of other Utah resorts, including Brighton, Park City, Deer Valley, Snowbird, Snow Basin, Solitude and The Canyons.

For the Love of Skiing also features chapters on the history of ski schools and snow safety patrols, two modern developments that had their origins in Utah. The book includes many historical facts and statistics on competitive skiing, from ancient records of skiing to the sports current prominence.

Alan Engen, a former all-american collegiate skier, is currently director of the Alf Engen Ski School at Alta, Utah.

For additional information about *For the Love of Skiing*, contact Monica Millward, director of publicity at Gibbs Smith, Publisher, at (801) 544-9800. For ordering information, call (800) 748-5439. ◆

On Passing the First Time Around

By Karen Meleca

Editor's Note: Karen Meleca recently received the highest score earned this season on the Level 3 written test, 77 out of 80 points. She was asked to relate her preparation efforts to her success.

I dislike tests—of any kind—because they remind me that I'm human and that I have the potential for failure. I believe that failure can be a learning and a growth experience, to a point; and that second chances provide a "safety net," especially within the often stressful certification process. I also believe that if the desire to pass the exam on the first attempt is strong enough, the discipline, dedication, and commitment necessary to adequately prepare will occur naturally.

I take the process of studying for certification as seriously as I take my profession of ski teaching; because it is a profession...that's meaningful to me. It's a priority. The actual process of studying is easy, but tedious. It takes time to break down all the required topics and reading materials outlined in *The Instructors Edge* and by staff examiners into a time line—how long it takes to read, to outline through note taking, and to review through group discussion and application.

For everyone who has passed the written test, that time line is different. For me, it took about four weeks of daily review; sometimes over morning coffee, or during a break in my teaching day, or just before going to sleep at night. The point is whenever and wherever I could devote some time I did. I kept the concepts simple, and tried to relate them to my skiing and ski teaching experiences. It was my focus.

I was tenacious. I wanted to pass! I know that we really learn from our suc-

Certification Corner

Pride Through Association

By Rodger Renstrom, PSIA Intermountain Certification Chairperson

For certified instructors to benefit from PSIA and AASI membership, their skills must be recognized by the public and by employers as a source for fun and effective ski and snowboard experiences. That recognition is the real PSIA/AASI benefit and depends upon the efforts of individual members.

"What do I get for my dues?" The best answer to that question—rarely given—is that membership qualifies us to promote our teaching credentials in association with a committed group of professional ski and snowboard instructors. That benefit, in and of its self, should be sufficient to quell any member's financial concerns.

Every time a PSIA/AASI instructor gives a great lesson the credibility of the organizations improves and so does our professional status. Customers and employers alike are encouraged to seek out PSIA/AASI instructors. Association with PSIA/AASI then becomes an invaluable promotional tool and pride in the association grows. Unfortunately, every time a PSIA/AASI instructor provides a poor lesson experience, the value of the association suffers, and so does our organizational pride.

Pride results from commitment and hard work. Pride in certification is no different. Some people seem to look upon certification as an after-thought. They scramble to prepare for assessments: I need a clinic, I didn't study, my application is late, I don't have my Level 1 workbook started and it's due tomorrow. Other people seriously weigh their efforts and have enough pride in their organization to take the time to plan and prepare. They try to do their very best.

Not everyone who participates in an assessment will pass on their first attempt, even if they work hard and do their best. One category of people won't pass because they are just not ready: their skiing skills need time to grow, they need more experience teaching, or their understanding of skiing needs time to develop. No one should *ever* feel bad about falling into that category. It takes time to hone skills and acquire knowledge. Other people won't pass simply because they don't prepare: they don't read, they don't practice, or they don't take the time to seek help from others. Those people need to reevaluate their commitment to the certification process and ski instruction.

One person who doesn't have to reevaluate her efforts concerning the results of her written test is Karen Meleca. Karen recently received the highest score earned this season on the Level 3 written test. The story of her preparation is printed in this *EDGE*. She did her best, and it paid off.

If membership in PSIA/AASI is important to us, if we want to be proud of the organization and its people, and most important, if we want our guests and employers to seek us out, then we must be serious enough about our efforts to do the best job we can. Anything less is unfair to the thousands of PSIA and AASI members across the nation who are depending upon us to make them look good.

cesses; that we gain the most confidence and self esteem in this way. And it feels good...to pass. Giving it your all sets you up for that success. It's all like skiing in a way; the feeling you get after a series of great turns...a great run...that epic day...all represent successes that we build on, that we earned.

As a skier and a ski teacher, I strive for excellence. I know what that is. I also strive for balance, recognizing when good is good enough. And passing the first time around was good enough. ♦

Private Lesson

Private Lesson looks at real skiers with everyday coaching needs. Each EDGE will present a new skier. With good movement analysis and effective coaching, you can help each skier get more enjoyment out of their skiing experience. And that's what teaching skiing is all about, less work and more fun!

The skier in the photo is just starting a turn to his left. How would you respond to the following questions?



- ♦ *Is the skier balanced appropriately on the outside foot and ski?*
- ♦ *What mechanism is the skier using to guide his skis into the turn?*
- ♦ *What focus will you give the skier to improve movements and use his skis more effectively?*

Is the skier balanced appropriately on the outside foot and ski? Not really. By looking at the alignment of the body to the feet, it is easy to see that the skier is leaning to his left and slightly back (look at his shoulders)—it is impossible for him to be well balanced on the outside ski.

What mechanism is the skier using to guide his skis into the turn? The orientation of the skier's shoulders indicates he is trying to turn his skis by twisting his body into the new turn.

What focus will you give the skier to improve movements and use his skis more effectively? The skier's balance problem is directly related to a lack of understanding of how to use his feet and legs to guide his skis. Teach him to roll and guide both skis with his feet. His upper body rotation should begin to disappear and his balance over his outside ski should improve, enhancing his ability to use the skis. ♦

Education Corner

The Home Stretch

By Jo Garuccio, PSIA Intermountain Education Chairperson

1 998 events in order of importance: Picabo Street wins an Olympic Super-G (then breaks her femur in the last race of the season), winter finally appears in the Intermountain West thanks to El Nino's record-setting snowfall, and Clinton makes it to Deer Valley. It's been quite a season so far! Guess we better keep it on track for at least two more months!

If you have not seen a Spring Clinic flyer yet, check it out. We have a great program in store and Solitude will most likely have snow until July. It should be a super weekend.

As most of you know, the clinic schedule ends (except for Spring Clinic) on March 22 with the Last Chance clinics. If you are thinking about any of the April exams, remember, this is YOUR LAST CHANCE TO FULFILL YOUR OBLIGATION. Between exams, Easter, and Spring Clinic, it will be hard to find a clinic leader after the end of March. Please plan ahead!

Lecture tapes can be checked out from the office. If you need credit, the cost is \$15.00 per lecture. We had hoped to be able to "clean up" this year's tapes. We ran into a few technical problems and both tapes are missing parts of the lectures. However, it is possible to glean most of the important points. Sorry about that! We will try to do a better job next time.

On a final note: here's a thought to keep you sharp at the end of the season and propel you into the next one. Be a student of your sport. Study and read everything you can get your hands on. Observe the most successful instructors at your ski school. Listen to what they say and ask questions whenever you can. Why did they do what they did? What were they trying to accomplish with their students? Why did your students respond the way they did? What can you do to help them? Did you ask another instructor for their opinion? Study. Observe. Listen. And question. Then do it again and again. Only then will you have a chance at becoming a master teacher, or even an adequate teacher.

The Perfect Turn

Dispelling the rumor mill

By Sue Skeen

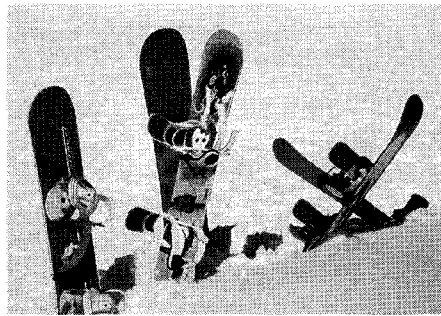
"They require the instructors to sell hard goods"
"It's a direct competitor with PSIA."
"It's a gimmick."

Most of you have heard rumors about what Perfect Turn is and there are a number of them still flying about.

American Ski Company's purchase of Wolf Mt. last July, has brought a great number of changes, along with five new lifts, a gondola and a new lodge, our "ski school" is now the "Perfect Turn program." The name "Perfect Turn" conjures up images of all the clients skiing or boarding like the Demo team (which would be quite an accomplishment on our part!). But as we all know, it is near impossible to get our clients that ride/ski five to ten days a year to that "Demo Team" level.

All our clients do have a dream or idea of making their own "perfect turn." Less Otten, president and owner of American Ski Co., came up with the term, "perfect turn", from the movie "The Endless Summer." The story is about some die-hard surfers traveling the world in search of the "perfect wave." Our goal in Perfect Turn is to help the client find *their* "perfect turn."

Perfect Turn uses different language as well. Instructors are "pros" or "coaches," which seems to put us on a more personable level instead of a superior level. A golf pro or tennis pro has more of a team/friendly sound than an instructor/student title. Ski School—who really wants to go back to school? Instead of "classes" our sessions are "clinics" or "workshops."



The cornerstone of Perfect Turn is Strength Identification and Enhancement...a positive approach to improving riding/skiing.

The cornerstone of Perfect Turn is Strength Identification and Enhancement (SIDE), which is a very positive approach to improving riding/skiing. SIDE uses what the client can already do, working with that strength to improve the other skills or movements. One example, which is seen in a majority of intermediate snowboarders, is counter-rotation in their riding. Instead of saying, "You're doing it wrong, don't turn your shoulders that direction. A pro using SIDE would say to that client something similar to:

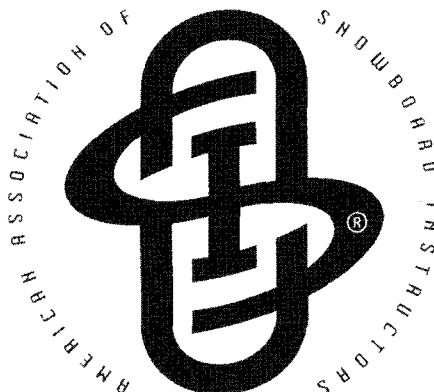
"Wow, you have a real strong turning movement with your upper body—let's try using that turning motion in a different direction. What

happens to your turn if your front shoulder leads into the turn?"

The student will find it smoother and easier to make their turns and vary the size and shape of their turns. The turns will be rounder because with the lead shoulder crossing over the front of the board the rider is able to pressure the tip of the board and engage the edge earlier. When a client starts the turn by pressuring the tip and engaging the edge early in the turn they will be using the actual design of the board to make turns.

Counter-rotation is the action of generating torque by twisting the upper body one direction and the lower body in the opposite direction. That move causes the board to make a quick turn in the direction intended but it can throw the pressure toward the middle/rear of the board, making it hard to pressure the front of the board at the initiation of the turn. The board turns so fast that it is already crossing the fall-line before the rider is able to get their weight to the tip or get solidly against the edge. Unless the client can align their shoulders with the board, they will continue making quick inefficient turns because of the torque created by counter-rotating.

The rider looks to be fighting the board instead of looking like they are having a great time and riding with efficiency and rhythm. At that point you can explain how your client's turns will require less energy and will flow much easier from turn to turn. They will look better and feel the difference quickly in their riding. This will have a big impact on the kind of day the pros will have also. Would you rather come into the locker room complaining about how bad a client's bad snowboarding or come into the locker room praising your client's skills?—**Sue Skeen submitted this article as part of the Snowboard DECL selection process.**



An Introduction To Turning

Successful simplicity

By Tom Mills

People all over the world with a passion for snow seem to be intrigued by a platform that has added a new dimension on how to enjoy the white stuff. Over the years it has been criticized by many, yet has persevered to make its presence known in the ski industry and that platform is the snowboard.

As snowboarding evolves, it is crucial that our teaching techniques evolve with it. Our goal as a teacher of a motor-skill-based topic is to examine body movements and determine

which ones are the simplest and most efficient for successful maneuvering of a snowboard. What is to follow is an explanation of torsional flex and the ankle joint of the front foot and how it is related to turning a snowboard.

Before discussing this any further, we must first realize the significance of a proper stance, which is demonstrated on flat terrain. Introducing and practicing basic snowboarding movements on flat terrain is an extremely valuable approach that creates a reference point for aspiring snowboarders regardless of their ability.

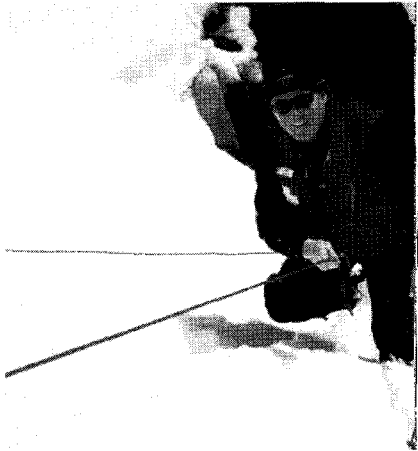
One way to visualize stance is to do a jumping Jack and feel how the hip is centered, resulting in an even weight distribution on both legs, (This jumping Jack stance can be used for traversing but will not be covered in detail in this article.) Let your aspiring snowboarders know that a good centered stance will allow them to manipulate their snowboard successfully.

Then introduce the straight glide

(with the back foot free) on a slight pitch. Practice it, and after some mileage, get ready to introduce a straight glide with a turn at the end. Put your students back on the flats in a centered stance and have them imagine that there is a cylinder peg about an inch in diameter underneath the center part of their front foot. This creates a see-saw sensation that allows the ankle joint to flex and control the direction of the see-saw, whether it be towards the toe or the heel edge of the board. Make sure the terrain selection is adequate for this task.

The amount of speed and an ample area for turning are crucial at this stage. The speed should be just enough to get the board to turn and not any faster. Controlling a board with too much speed while the back foot is free is extremely difficult and is really not very healthy for the knee. The area for turning should be such that there are

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Rodger Renstrom photos

Daring Rescue by Patroller Reunites Boarder with Ride

Okay, so it wasn't the Titanic, but when Aleisha "Daisy Duke" Garbett peered into the great abyss of Little Cottonwood Creek, her heart was all a flutter that her unblemished ride might end up little more than a splintered piece of driftwood.

Fresh off the shelf, Alesia's new board took itself for a spin down Snowbird's Chickadee run and launched into the cold rocky waters below.

Snowbird patroller Matt Lutz, who is also a PSIA-I Certified Level 3 ski instructor, popped out from a

nearby phone booth and rappelled to the rescue. Said he, "All in a day's work, ma'am."

After stopping by the local board shop for a set of bindings, rider and board are reportedly doing well. ♦

Agro Stance

Get aggressive, get agro

By J. Scott McGee

With spring on its way, and good snow cover on the Wasatch Peaks, many steep lines will call the backcountry and resort skier. When you want to nail the most precise line through hairy terrain, you need a turn that will keep you in control, and let you stop on a dime, if need be.

In icy conditions, a turn that gives you maximum balance and edge at the same time, will keep you in control, where others ride their tails. Get Agro and you'll be ready!

A skier in an Agro stance will be in a solid Telemark position at the end of a turn set up and ready to go for the next one. The eyes, shoulders, and torso



Agro. That's short for aggressive.

Bill Stevenson photo

will all be facing downhill, providing maximum (aggressive) edge and anticipating the next turn. The pole (on the lead leg side) will have just planted directly downhill from the feet, and the opposite hand will be similarly in front of the body. Wound

up like a spring, you are ready for the next turn. —**J. Scott McGee is an active Telemark racer, a PSIA examiner and clinic leader for Track and Nordic Downhill, a Telemark and Alpine Instructor at Solitude Ski Resort and president of US Telemark.**

Tele Lifters

If skiing with more angulation constitutes a higher level of dynamic skiing, and angulating without lifters causes booting out and falling, why would you want to ski around getting punished for good technique?

Why Lifters?

You may have seen alpine skiers on lifters, but telemark skiers in greater numbers are realizing the advantages that height off the ski offers, and the result is some truly amazing skiing.

Aside from making you look taller, there are three main advantages to lifters. They are:

- ◆ Lifters prevent binding deflection
- ◆ Lifter provide more leverage in edging the skis
- ◆ Lifters elevate the bindings, reducing drag, especially in heavy or stiff snow.

And Lifters aren't just for racers, resort skiers, extreme skiers, or backcountry skiers. They offer unique advantages to each group, whilst adding versatility as well.—**J. Scott McGee**

New Nord DECL's

Nordic Divisional Examiner and Clinic Leader selection garnered a new crop of talented clinic leader, adding variety and vitality to a seasoned, but spirited crew. Grand Targhee hosted the tryouts and training for both Track and Nordic Downhill. New Clinic leaders are: Liz Davy, of Teton Ridge Ranch, for Nordic Track. And for Nordic Downhill, Christopher Ulm and Jenna Sall of Alta, and Chris Searle of Brighton. Jimmy Ludlow of Park City earned a place as Nordic Downhill examiner. Congratulations! We look forward to benefiting from your talents and energy. ◆

Track Tips

Practice follow-through for maximum efficiency. Whether you are skating, striding, or climbing in the backcountry, increasing the length of your stride, or your pole push, ultimately increases the distance traveled. Follow-through means pushing back with the hands until arms and poles are in a straight line (beyond this point, no more push is available). Follow-through also relies on the polestraps to transfer energy from the hands to the pole, so proper adjustment is crucial.

With the conclusion of each pole-push a "snap" from the wrist, like the cracking of a whip, can add more zip, momentum and distance to each glide phase. Though initially taxing, once practiced, this extra push adds to efficiency. So demand maximum efficiency, by pushing yourself to fully extend. And insist on a speedy recovery. ◆

What We Learn From Children

Enjoy your teaching more through utopic eyes.

By Jared Schaalje

The dictionary defines the word “utopia” as “a condition, place, or situation of social or political perfection.” I thought about this idea recently while reading in my father’s old book about an Indian tribe near the Schell Creek Mountains in Nevada.

This tribe told the story of a cave near their camp, that long ago was explored by a very brave woman. After this woman had been traveling in the cave for a long time, she felt grass beneath her feet, and heard a stream running nearby. When she was tired and went to sleep, she looked up and noticed there were stars and clouds in the sky. When she awoke, it was morning, and in the words of the story “...the sun was coming up over the hills and she could now hear birds singing, and she saw numerous wild animals the like of which she had never seen before...Anywhere else in her life she had not seen such a beautiful country.”

The story then describes herds of white animals running around, and kind people living in peaceful homes.

To me, going skiing and being in the cold, white, and exciting world of snowy mountains has always been a utopia. I have wonderful memories of my parents teaching me to ski when I was five in Whitefish, Montana. The world was beautiful, and our family was always happy. Later, when I started teaching skiing, I realized that children view the world a lot differently than we do.

One day while teaching a children’s group lesson, I was riding up the lift

with one of my students and he said to me “Wow, look at all the dinosaurs in the trees!” I looked over and agreed with him, and said I’d never noticed the dinosaurs until now.

Children are innocent, and when they come to the mountain to go skiing, many of them see the environment as a utopia. I was impressed with Warren Miller’s statement in his recent movie “Vertical Reality.” While filming chil-



Rodger Renstrom photo

Look at the world through a child’s eyes.

dren in India who were skiing with homemade wooden skis and saw blades bolted on the base, he noted how much fun these kids were having, and the size of their smiles. He commented that these kids didn’t need the latest skis or ski outfits to have fun, they just needed some snow, a hill, and each other.

So it is with all children. They know how to have fun, and in their world it doesn’t matter about the latest styles or how they look to other people. They are innocently content with life. A wise religious leader once said, “Though

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Accredited Children’s Educator I Approved

The PSIA-I Board of Directors passed the proposal for the Accredited Children’s Educator or ACE I at its January 23 meeting. Thank you to each of you who supported and took time to contribute to the process.

This program is designed to recognize children’s instructors and the additional information they must arm themselves with in order to create the best lesson for their guest, not to mention the extra five-gallons of patience they need to have.

The Accreditation program gives an instructor a lateral move through the credibility process. This program tells a parent guest that we care so much about your child, also a guest, that our instructors go through special children’s education to give that child the best ski experience.

The process involves two days of clinic—six hours each day—and a workbook to be completed to 80 percent accuracy. The cost next year will be \$30 for each clinic and \$15 for the workbook. This year it is only \$30 for the whole program if your ski school does an “in-house” first-day indoors.

For this season only, each ski school director has been given a packet for the first day of the accreditation clinic. The clinic is to be implemented by a children’s trainer in your ski school. This can be done in six one-hour segments or all in six hours.

The second day accreditation clinic must be requested through the office and taken care of like a regular clinic (Application, \$30, and requested three weeks ahead of time).

An on-hill clinic for Accredited Children’s Educator I is scheduled for Saturday, April 18, at the Spring Clinic (the second day of the Spring Clinic).

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Infants in Backpack Carriers on the Ski Slope

Outdoor fun masks real dangers to unprotected infants.

By Guillermo Avila Paz

Due to the enthusiastic love for skiing as a sport, we would like to be able to share the fun experiences with all members of our family. One thing to think about is: *when is it too soon or too young?*

In the last ten years there have been an increased number of parents and adults skiing with infants in backpack carriers. There are numerous reports of serious, sometimes fatal injuries to infants in backpack carriers related to impact injuries, hypothermia, and cold injuries (frostbite).

As a professional ski instructor and coach working in the ski industry for over twenty years in the United States and South America—racing as a member of the Bolivian Olympic and National Ski Team for ten years, and a participant in two Winter Olympic Games—I have traveled all over the world and skied in many ski areas here and abroad.

During that time, I spent about 150 to 300 days on the ski slopes annually. I have personally seen infants in backpack carriers in many situations: during low-temperature days, on steep terrain, and being carried by a low-level skier, once where the adult fell down on top of the infant.

One time I observed an infant crying while the parent put hand warmers in the infant's shoes because the infant's feet were too cold. Another time I watched a mother skiing with an infant about four months old with no eye protection or gloves on the infant. My latest observation was a parent on telemark skis on an advanced ski slope with an infant on his back.



Guillermo Avila Paz photo

Is the fun worth the risk?

I heard from a ski patroller of an incident where an infant's legs were amputated to the knees due to frostbite. The worst situation that I have found was an infant who died due to exposure. The adult carrying the infant thought that the infant was sleeping when in fact the infant was dead.

The information provided here is designed for educational use in order to help parents and adults understand the level of risk involved when putting an infant in a backpack carrier to go skiing.

Medical research on impact injuries, hypothermia, and cold injuries is always changing. It is our responsibility to learn the latest information in order to take the best measures to protect our children. Skiing with an infant in a backpack carrier is not safe and can be life threatening. Please pay close attention for the safety of yourself and for your child.

Manufacturers Report

The Consumer Service of Kelly K.I.D.S., a backpack carrier manufacturer, is surprised and disappointed to hear that people are skiing with their infants in backpack carriers. The company strongly recommends not to ski with infants in backpack carriers! A spokesperson for the company stated that if consumers are concerned about the appropriate use of backpack carriers, they should read the instruction manuals for Trek, Elite, and Town and Country backpack carriers in the section for Low Impact Sports and Common Sense. Those manuals state the following warnings:

"This carrier is intended as an aid in carrying your child while walking or hiking. Never try to use it as a car seat or bicycle seat. Never use it to take children along for sports where there is any chance of impact or other danger such as hiking on loose rock or especially steep terrain, mountain climbing, downhill or cross-country skiing roller skating/blading, running, etc."

In the section for *Vigilance Against Clumsiness*, they state:

"With the weight of a child and accessories on your back you should count on being less nimble than usual. Please familiarize yourself with your carrier and how it affects your coordination and balance before you journey out with it."

In the section for *Speaking of Balance*, they state:

"When reaching low, bend from the knee's, not the waist so that the child is not pitched forward or out of the carrier."

Kelly K.I.D.S. stated that their backpack carriers were not designed or tested for skiing. Other backpack carrier manufacturers such as Gerry Baby Products Company have the same kind of concern and are against using their products to transport infants or children on the ski slopes. They all agreed and said, "If you fall down, you could

crush and kill your child” and that their infant backpack carriers were “not designed or tested for skiing.”

Bruce E. Herman, M. D.

Assistant Professor of Pediatrics at the University of Utah School of Medicine, Pediatric Emergency Medicine, Primary Children’s Medical Center, Salt Lake City, Utah.

Children first and always...I think it’s irresponsible to put an infant in a backpack carrier while skiing!

—Dr. Bruce E. Herman, M.D.

In a Interview with Dr. Bruce E. Herman he gave very important information for those of us who are considering skiing with our infants, Dr. Herman states, “Children first and always! The major concern for infants in backpack carriers while skiing is their inability to adapt to the cold and the constant environmental temperature changes causing exposure-related injuries like hypothermia, frostbite, and sunburn. I think it’s irresponsible to put an infant in a backpack carrier while skiing! It’s one thing to put your own safety at risk, but to put someone who can not protect themselves? Where they are helpless victims?”

On Impact Injuries: “If the skier carrying an infant in a backpack carrier falls down while skiing, getting on or off a ski lift, or has a collision with another skier, the impact to the infant could result in head or internal injuries with life-threatening complications and even death. Due to the physical development of infants, they are very fragile. The neck muscles that hold their head up are not strong enough to brace their head against the motions of shaking or bouncing that a skier encounter’s while skiing or falling down.

“There is also the risk of the infant getting crushed by the adult if they fall on top of them. They can easily break

an arm, a leg and/or crush internal organs. It is just to high of a risk to take. Infants should not go in backpack carriers even for walking or light hiking until they can hold their head upright (which is about 6 to 8 months old).

“We should always consider all the risks involved when it comes to children and take all the necessary measures to protect them. Helmets are one way to protect young skiers. However, due to the proportional size and weight of their head in comparison to the size of their body, children under 10 years old lead with their head when they fall. A well fitted and crash-tested helmet can help reduce the risk for injuries.”

On hypothermia and Frostbite: “When an infant is strapped and immobile, their body is not producing heat. They can easily get lethargic (an the early sign of hypothermia). They get lazy or fall sleep while their body starts to shut down. Infants can not communicate to us that they are cold or if there is a problem. When an infant is cold, they do not have the ability to protect themselves. Infants, in comparison to older children or adults, lack the ability to shiver.

“There are those who believe infants have less brown verses yellow fat cells which have less ability to insulate. Therefore, they cannot generate heat to protect themselves from hypothermia and frostbite. The wind chill factor also needs to be considered along with cold temperatures in lowering the temperature to the skin and the body’s core temperature. Infants should not be exposed to the cold for more than 30 minutes at a time.”

Dr. Herman stated he believes that putting infants in backpack carriers on the ski slopes is irresponsible. There are just too many variables that place an infant as a helpless victim. He strongly supports anyone who advocates educating and taking measures to protect infants from irresponsible acts or just ignorance.

Dr. Todd Haderlie, M.D.

Family Practitioner at Wasatch County Hospital, Heber City, Utah. Board Certified Family Physician, Undergraduate at B.Y.U, Medical School at University of Utah.

Movements that a skier may encounter on the ski slopes can result in fatal injuries to the infant.

—Dr. Todd Haderlie, M.D.

In an Interview with Dr. Haderlie, he states the same medical concerns as Dr. Herman for infants in backpack carriers while skiing. In addition, he added the following comments. “I cannot imagine why an adult would want to put their infant at such a risk,” he said. “Due to the physiology of an infant’s early development of their head and body, they are very sensitive and very susceptible to head, brain and internal injuries, not to mention hypothermia, frostbite, and sunburn. Impacts or harsh shaking movements that a skier may encounter on the ski slopes while skiing, falling down, or in collisions with another skier, or falling while getting on or off a ski lift can result in serious and fatal injuries to the infant.”

On hypothermia: “In comparison to adults, infants are at a higher risk for hypothermia. In fact, due to their body core mass and size, they don’t have the ability to retain and produce body heat. During an emergency setting with an infant in a coma or a low heart rate situation, the body heat is a priority. The other serious concerns have to be set aside until the time consuming process of bringing their core temperature up to normal is complete.”

On frostbite: “An infant’s skin is thinner than an adults and more susceptible to frostbite. They have less

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Deadly Exposure

Serious stuff for all ages.

By Guillermo Avila Paz

The accompanying charts and information are to help you understand the stages and risk factors in exposure-related injuries produced by cold temperatures, by the wind chill factor, and by frostbite and hypothermia. These are risks that all skiers should consider when they are exposed to winter elements, especially when it deals with infants.

A glance at the wind chill factor chart will show that the ability of increasing wind velocity to alter skin temperature is considerable. Superficial frostbite is very common and is easily prevented.

The wind chill factor lowers the effective temperature to the skin.

BACKPACKS continued from 13

ability to protect and fight the cold weather. An infant in a backpack carrier, strapped in a sitting position with limited movement, can't produce heat and the straps can cut off circulation to the legs and arms. The risk is that the extremities, like the foot or the hand, can get frostbite due to lack of circulation. The face, nose, and ears are at risk due to the wind chill factor that a skier produces while moving down the hill."

On Sunburn: "Infants have a low resistance against ultra violet rays and can quickly get severe sunburns, especially in the higher altitudes where ski resorts are located."

On Eye Injuries: "Due to the cold, sun and wind, there is also the risk of

Frostbite can occur even in relatively warm temperatures if the wind penetrates the layer of insulating warm air to expose body tissue. As an example, with the wind calm and a temperature of 10 F. there is little danger from wind chill. However, if the temperature is 10 F. and there is a wind of 25 mph. the equivalent chill temperature is -29 F. Under these conditions, there is increased danger from freezing of exposed flesh (within one minute).

Exposure-related Hypothermia Mortality in the United States, 1970-79 by Nicholas Rango, M.D. from *AJPH* October 1984, Vol. 74, No. 10.

"Accidental or exposure-related hypothermia is an unintentional drop of body temperature below 95 F (35 C). The commonly reported victims of...hypothermia included the elderly, the newborn, individuals who are unconscious, immobile or drugged, alcoholics, and healthy persons who

are trapped in the cold. Mortality from cold exposure is related to the degree of hypothermia, the presence of an underlying medical disorder, and age. Although there is agreement that prevention is more important than therapy, the public policy measures to be taken are not identified in the medical literature."

First Aid Manual by the National Safety Council First Aid Institute 1121 Spring Lake Dr., Itasca, IL 60143

Hypothermia is a result of a cooling of the body's core temperature. Hypothermia can occur at temperatures above as well as below freezing if the body loses more heat than it can produce. If the body temperature falls to 80 degrees F most people die. The victims may suffer frostbite as well. Hypothermia can occur in either indoor or outdoor situations.

Type of exposure (Acute, subacute and chronic.)

Windchill Chart												
Cooling Power of Wind on Exposed Flesh Expressed as an Equivalent Temperature (Under Calm Conditions)												
Actual Thermometer reading (F)												
Estimated wind speed (in MPH)	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
calm	50	40	30	20	10	0	-10	-20	-30	-40	-50	-60
5	48	37	27	16	6	-5	-15	-26	-36	-47	-57	-68
10	40	28	16	4	-9	-24	-33	-46	-58	-70	-83	-95
15	36	22	9	-5	-18	-32	-45	-58	-72	-85	-99	-112
20	32	18	4	-10	-25	-39	-53	-67	-82	-96	-110	-124
25	32	16	0	-15	-29	-44	-59	-74	-88	-104	-118	-140
30	28	13	-2	-18	-33	-48	-63	-79	-94	-109	-125	-140
35	27	11	-4	-21	-35	-51	-67	-82	-98	-113	-129	-145
40	26	10	-6	-21	-37	-53	-69	-85	-100	-116	-132	-148
(Wind speeds greater than 40 mph have little additional effect.)	LITTLE DANGER (For properly clothed person) Maximum danger of false sense of security				INCREASING DANGER Danger from freezing of exposed flesh (within one minute)				GREAT DANGER (Flesh may freeze within 30 seconds)			
Trench foot and immersion foot may occur at any point on this chart.												
<small>Pediatric Aspects of Nordic Skiing by John gentlemen. Murray, M.D. From <i>Pediatric Clinics of North America</i>, Vo. 29, number 6, December 1982</small>												

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Professional Knowledge

1) *Acute*: (also know as immersion) exposure occurs when the victim loses body heat, very rapidly in cold water immersion. Acute exposure is considered to be 6 hours less in duration.

2) *Subacute*: (also know as Mountain or Exhaustion) exposure occurs when exposure is 6 to 12 hours, and can be either a land base or water immersion exposure.

3) *Chronic*: (also know as urban) exposure involves long-term cooling. It generally occurs on land when exposure exceeds 24 hours.

Frostbite occurs when temperatures drop below freezing. Tissues are dam-

aged in two ways: 1) Actual tissue freezing, which results in the formation of ice crystals between the tissue cells- the ice crystals are large by extracting water from the cells; 2) the obstruction of blood supply to the tissue- then causes "sludged" blood clots which prevent blood from flowing to the tissues. Frostbite mainly affects the feet, hands, ears and nose. These areas do not contain large heat-producing muscles and are some distance from the heat-generation sources. The severe consequences of frostbite are gangrene and amputation. Victims can also have hypothermia.—**Guillermo Avila Paz**

LEARN continued from 11

children are not full of years, they are full of faith." This means that children have a great amount of faith in you as an instructor, faith in the mountain as a safe utopia, and faith that they are going to learn so they can have more fun!

So the next time you're teaching pizzas for wedges, and French fries to match for a wedge christy, remember to make it fun for the kids and enjoy yourself along the way. Teach them to ski better because you care about their enjoyment, and because you know that by enhancing their skills they will have more freedom on the slopes, more fun, and be able to preserve that magical and safe world, their utopia in the snow.

You might even catch a glimpse of that utopia yourself and feel the memories rush back to your own positive childhood skiing experiences, and learn to be innocent and free again from children who become your teachers.

"*Utopia*" from the American Heritage Dictionary, Pg. 748, Copyright 1983, by Houghton Mifflin Company.

"*Mystery of the Great Cave*" from LDS Adventure Stories, pgs 68-74, Copyright, Bookcraft publishers, 1953.

"*Becometh as a child*" taken from a talk given by Elder Neal A. Maxwell, of the Church of Jesus Christ of Latter Day Saints, April 1996, Sunday afternoon session.—**Bruce Schaalje, Department of Statistics, Brigham Young University, is a Level 1 ski instructor at Deer Valley.**

ACCREDITATION continued from 11

Many children's instructors have the knowledge to be great. Why not try the accreditation program and be recognized for your greatness? Good Luck! If you have any questions you can check with your ski school director or call Patti Olsen or Chris Katzenberger at Deer Valley (801) 645-6609, or Bill Batt at Snowbird, (801) 521-6040, ext. 4162. Thank you, Patti Olsen. ♦

How to Assess if someone is Hypothermic			
Stage	Core Temperature	Signs & Symptoms	
Mild Hypothermia	99° - 97°F	Normal, shivering can begin	
	97° - 95°F	Cold sensation, goose bumps, unable to perform complex tasks with hands, shiver can be mild to severe, hands numb.	
Moderate Hypothermia	95° - 93°F	Shivering, intense, muscle in coordination becomes apparent, movements slow and labored, stumbling pace, mild confusion, may appear alert. Use sobriety test, if unable to walk a 30 foot straight line, the person is hypothermic.	
	93° - 90°F	Violent shivering persists, difficulty speaking, sluggish thinking, amnesia starts to appear, gross muscle movements sluggish, unable to use hands, stumbles frequently, difficulty speaking, signs of depression, withdrawn.	
Severe Hypothermia	90° - 86°F	Shivering stops, exposed skin blue of puffy, muscle coordination very poor, inability to walk, confusion, incoherent/irrational behavior, but may be able to maintain posture and appearance of awareness	
	86° - 82°F	Muscle rigidity, semiconscious, stupor, loss of awareness of others, pulse and respiration rate decrease, possible heart fibrillation	
	82° - 78°F	Unconscious, heart beat and respiration erratic, pulse may not be palpable	
	78° - 75°F	Pulmonary edema, cardiac and respiratory failure, death. Death may occur before this temperature is Reached.	

Pathophysiology of Tissue Freezing				
	Cold Response	Mild Frostnip	Superficial Frostbite	Deep Frostbite
Sensation	Painful	May have sensation	Numb	Numb
Feels	Normal	Normal	Soft	Hard
Color	Red	White	White	White

Outdoor Action Guide to Hypothermia and Cold Weather Injuries
by Rick Curtis from Princeton University Outdoor Action Program

Part-Time Instructor, Full-Time Pro

By Stew Walz

The Little Cottonwood Canyon road is closed, so here I am working a Snowbird computer. Rodger is desperate to fill some space in the Edge, and I have time on my hands. When anyone has too much time and not enough to do, sooner or later the inevitable "Why" question arises. In this case, why

am I a part-time instructor? Why do I spend over half of my free time in the winter going to lineups, checking in with the ski school office, and yelling "turn, turn, turn" instead of skiing with friends and family?

There are many reasons I teach. I really like to teach, whether it be skiing, soccer, public speaking, or subjects related to my full time profession, law. I enjoy the camaraderie of the ski school and the locker room. It may come as a shock to many of you, but on the whole, ski instructors are a more congenial lot than those with whom I deal all week, lawyers. (There are exceptions to this rule, but these exceptions are called supervisors instead of instructors.) But if there is one principal reason I teach, it is that being a part of the ski school provides me a number of opportunities to share the joy of skiing.

The bottom line is that we all teach because we love to ski, and teaching enhances our chances to enjoy skiing.

Skiing is best when it is a shared experience. I bet that when most of you get a free run or a free day to ski, you do it with friends or colleagues. Why, because you can hoot and holler together. Even when you ski alone, probably the first thing you do when you stop is look for someone to tell about the wicked turns, the awesome snow, or the garage sale you just had.

As a member of a ski school, I get to share the development of my students with them, and with my fellow instructors. There is little more gratifying than telling other pros that the client who really should be bowling finally felt the ski do something it was meant to do. Most of you would agree, otherwise why would you talk about your clients so often at the end of the day.

Even more gratifying is being able to share my own skiing progress with people whose teaching and skiing prowess I respect. Getting to ski with consummate ski professionals (and I think that there are quite a few at my area) is exhilarating; and admit it, when someone in your school who really rips and tears, or who can really teach, tells you that those turns were some of your best, you believe for at least a while that all (well most) of the level one lessons you had to teach were worth it.

The bottom line is that we all teach because we love to ski, and teaching enhances our chances to enjoy skiing. We all trade something to obtain this love, in most cases, a full time career or larger salary. In my case, I trade my time for it. For me, it is a good trade.—**Stew Walz is a part-time instructor at Snowbird and a full-time attorney in Salt Lake City.**

Cedar Breaks

Editor's Note: Last spring, after the first day of the Brian Head Spring Clinic was over and the sun had set, a small group of instructors ventured out on the Southern Utah landscape to snowshoe in the moonlight. With the fuzzy glow of the comet Hale-Bopp low in the horizon, the group had a special experience lost to those sequestered in their rooms and bars. Here is one person's recollection of that Spring Clinic evening.

By Kathy McFarland

Cedar Breaks, April 15, 1997, 10:00 p.m.

*Cold, clear, crystal sky;
Snow crunching, creaking under cleats
Of snowshoes, clumsily keeping us
On the surface of the diamond dust.
We laugh, giddy with the pleasure of being here.
Quarter moon, just enough light to see
Without obliterating the comet, Milky Way,
And the best shooting star ever.
Friends together,
Drinking in the awesome beauty
Of cliff faces, angles in the moonlight.
Long shadows of tall firs
Protecting the new-fallen snow;
Pockets of deep to capture us;
We are awestruck at th magnificence,
Too much to take in;
And thankful to the creator of all,
Who made this perfect testing ground
In love.*

Your foci are starting to roll in. Here are the latest additions to our ever-growing list of points of focus for high-level skiing. What is *your* skiing focus?

Tommy K's FOCUS

Scott McGee, Solitude

Fluid Motion: Flow, in skiing, is what gives a skier grace. It is also fundamental to efficient and effective movement from turn to turn. When flow stops, usually steering, edging and pressuring movements stop as well. The result is static, also associated with chatter, skidding, and rotation away from the fall line.

Fluid motion should be incorporated into skiing from the most basic Wedge change-ups to Dynamic turns, in bumps, powder, or on the race course.

Chip Herron, Snowbird

To maintain good balance and allow the tail to follow the tip through the turn I focus on two things.

1. Keep my eyes up and looking through the turn.
2. At the beginning of the turn I move my inside hip forward, crossing over the little toe of my inside foot.

Rob Sogard, Snowbird

For my skiing, creating the movements which tip the skis and shape the turns is the easy part; dealing with the effects these movements have on my skis is the hard part.

Balance is defined by the relationship between the skier's "center" and their base of support, and is dependent upon 1) maintaining a constant flex in the ankles, and 2) the skier's movements into the turn (described below).

Flexing and extending of the ankles, knees, hips, and spine, create the diagonal (lateral/forward) movements

which release the old outside ski and continue to engage the new outside ski—controlling pressure throughout the turn.

Movement across the skis (described above) begins before the end of the old turn, creating the transfer of balance from the old outside ski to the new outside ski.

Legs, feet, and skis tip and turn underneath a stable upper body. The skier's body reaches the strongest angles and is aligned with the skis near the fall line. The inside half of the body leads through the edge change, creating the most separation at the edge change.

The pole swing is part of the movement through the edge change into the new turn, leading the upper body in the direction of travel.

Rob's all-time favorite quote:

"When you're out of balance, get back in balance." —Junior Bounous

Don't be left out. With several weeks left in the season, everyone has plenty of time to identify their focus and submit it to the EDGE.

Again, I'm asking the membership to take a few minutes to sit down and write a few sentences about your focus relative to upper-level skiing (dynamic parallel turns).

Or, what creates the most confusion, or complicates your thoughts relative to upper-level skiing? What is stopping you from making a better turn or reaching your goal? We'll be waiting to hear from you in the next EDGE.

—Tom Kronthaler, Snowbird, PSIA-I
DECL.

TURNING continued from

no obstacles or interruptions to inhibit them from completion of their turns.

Let students know that if they want to make a toe turn they simply tip the see-saw towards the toe and if all goes well a toe turn has occurred. This is possible because the width and length of a snowboard makes it possible to twist the board from tip to tail.

It is much like holding each end of a tongue depressor and then twisting each end in opposite directions. This torque can be easily influenced by the leverage of the front foot accompanied by proper bodily alignment. This works in conjunction with the board's side-cut, thus allowing the board to turn.

The same holds true for the heel turn. Unfortunately we do not live in a perfect world and this does not always work for everybody. What you want to watch for here is body alignment. Make sure that the hip and shoulders are lined up with the angles of their feet. These angles should not be very steep, 20 to 28 degrees in the front and anywhere from 5 to 15 degrees in the back. If this body alignment is happening, it will breed success.

Now we will jump ahead to where you and your group are on the hill and have learned to traverse on the heel and/or toe side edge of the board and are ready to try turning. The first thing to remember is to try and keep your group in their comfort zone, where it is easiest for them to focus on the new task. Secondly keep the movements involved as simple as possible.

The comfort zone can be maintained by introducing the garland turn. Explain to your students that they want to start off pointing the tip of the board slightly down hill. If they are starting off on their heel edge, then dropping the toe of the front foot will allow the tip of the board to seek an angle down the hill. This is torsional flex and how much

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Alpine Education Events

Date	Event	Location	Time
3/22	Last Chance Assessment Clinics		
3/22	M2 Assessment Clinic	Solitude	8:30 am
3/22	M2 Assessment Clinic	Solitude	8:30 am
3/22	S2 Assessment Clinic	Solitude	8:30 am
3/22	S3 Assessment Clinic	Solitude	8:30 am
3/22	T2 Assessment Clinic	Solitude	8:30 am
3/22	T3 Assessment Clinic	Solitude	8:30 am
4/17	Spring Clinic	Solitude	8:30 am
4/18	Spring Clinic	Solitude	8:30 am
4/19	Spring Clinic	Solitude	8:30 am

Alpine Assessment Events

Date	Event	Location	Time
3/31	T2 Assessment	Deer Valley	8:30 am
3/31	T3 Assessment	Deer Valley	8:30 am
4/14	T2 Assessment	Alta	8:30 am
4/14	T3 Assessment	Alta	8:30 am
4/15	S2 Assessment	Snowbird	8:30 am
4/15	S3 Assessment	Snowbird	8:30 am

Credit card payment: You may now pay for PSIA-I education and certification events with a credit card over the Division's fax machine: 801 942-7837. See the registration form for additional information.

Requirements: All Clinics And Assessments Require A Two-week Advance Registration. See Additional Registration Information In This Edge And Carefully Read And Sign The Conditions On The Event Registration Form.

Snowboard Events Schedule

DATE	EVENT	LOCATION	LEADER
Sun Mar 22	Level III Teaching Assess	Jackson	Kris/Lane
Thr Mar 26	Level II Teaching Assess	Jackson	Kris/Lane
Thr Mar 26	DECL Training	Jackson	Kris
Fri Apr 17	Spr. Clinic Learn to Snowboard	Solitude	Staff
Fri Apr 17	Spr. Clinic Improving The Carve	Solitude	Mikey
Sat Apr 18	Spr. Clinic Variable Conditions	Solitude	Lane
Sat Apr 18	Spr. Clinic Learn to Snowboard	Solitude	Staff
Sat Apr 18	Gate Training	Solitude	Kris
Sun Apr 19	Spr. Clinic Teaching Freestyle	Solitude	Mikey
Sun Apr 19	Spr. Clinic Int. Snowboard	Solitude	Staff

Requirements: One clinic is a prerequisite for each certification level; a second clinic is strongly recommended. Registration deadlines are two weeks ahead of event. Sign-up early so clinics aren't canceled.

Additional Clinics: We would like to give as many clinics on as many topics as possible. This schedule covers mostly certification clinics. If you are interested in taking a clinic that is scheduled or inventing your own, please give us a call. Clinics generally require at least 5 people but under special circumstances, they can be held with fewer people. We are here to help.

There will be no Cert. clinics or exams held past March 31, 1998

Nordic Events Schedule

Date	Event	Location
Apr 15-17	Nordic Spring Festival	LaSal
Apr 17	Spr Clinic	Solitude
Apr 18	Spr Clinic, Track Classic	Solitude
Apr 18	Spr Clinic, ND Beg/Int/Adv	Solitude
Apr 19	Spr Clinic, Skate	Solitude
Apr 19	Spr Clinic, ND Beg/Int/Adv	Solitude
Apr 22-24	BC Guides Exam II & III	Tetons



Photo courtesy Bill Bart

Who says kids can't have good form? Eight-year-old Zack proves that you don't have to be a world-class athlete, nor an adult, to make a good ski turn. Realize your kids' limitations, but don't limit them.

Classified Information

EARN \$50 FOR REFERRALS when your lead results in a rental for Skiers Accommodations of Utah. We offer 2,3,4 and 5 bedroom Townhouses at the mouths of Big and Little Cottonwood Canyons. Contact Tom and Nancy Kronthaler, information (801) 943-2426.

THULE SKI BOXES Adventure 650, brand new holds 10 pair of skis and gear, \$300. (801) 943-2426.

CRYSTAL HOT SPRINGS "TWO FOR ONE" PASS Come to Crystal Hot Springs, Honeyville, Utah. Open year-round. Mineral rich pools, camping, fishing and more. Near the Golden Spike Historic Site, Thiokol, Bear River Bird Refuge and more. Take I-15 north or south, Exit 375. Follow signs 2 miles to Crystal. Bring this ad and enjoy a 2 for 1 on pools. For more information, call 435-279-8104.

TURNING continued from 17

the toe is dropped will help determine the steepness of the angle.

Now review your explanation on turning that they did when practicing a straight glide, the stance used, and the cylinder peg metaphor. This is your students reference point and this is when the time spent practicing turns on the flats will prove its worth. Let them know that rocking on to the heel of the front foot will start the board turning across the hill, thus giving them control over speed and direction. Once again this an application of torsional flex and the beauty of it all is that this concept focuses primarily on the ankle joint. If your students were starting off on their toe edge, then dropping the heel of the front foot would get the tip of the board starting to seek an angle down the hill and rocking on to the toe will result in a turn. Just remember to keep an eye out for proper body alignment, otherwise the front ankle cannot be used effectively.

After some practice and success with their first garland turns, try increasing their angle down the hill and

turn some more. Keep increasing the angle once they feel comfortable with turning out of their previous angle.

The beauty of it all is that your students can increase their angles at their own pace and eventually they will point the board into the fall line and make their turns.—**Tom Mills has taught for 12 years and is Alpine Level 2 and Snowboard Level 3.**

BACKPACKS continued from 14

freezing the cornea of the eye, eyelashes freezing together and snow blindness.

“For an infant, all the risks are just too great! I don’t recommend [skiing with infants in backpack carriers]. We should do everything that is within our power to protect them. One way could be by educating the public and helping them make the right choices.”

Based on the information of the risks that are always present on the ski slopes, on what I have personally seen, the facts given by medical professionals, and Infant backpack carrier manufacturers recommendations, I strongly

urge people to think twice before placing their infants in backpack carriers while skiing. An infant’s safety comes first. There will be plenty of years to come where a family will enjoy many happy days skiing on the slopes. Why jeopardize the future of a life for one day of fun?

Earlier this ski season, many ski resorts in Colorado took a stand. Skiers cannot carry babies in front or backpacks carriers on the ski slopes.—**Guillermo Avila Paz is a PSIA-I Alpine DECL and instructor at Deer Valley.**

Adapted

PSIA-I’s second Adapted Level 2 Assessment is scheduled to be held at Snowbird in early to mid April. Plans call for the two-day assessment to be preceded by an Adapted clinic.

Plans are currently being finalized. If you are interested in attending the clinic or assessment, contact your Adapted ski school director. Information will be passed on to directors as it develops. ◆



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The Instructors EDGE

A publication of PSIA Intermountain and AASI Intermountain
2855 Pamela Drive
Salt Lake City, Utah 84121

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