



SNOW

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**Professional Ski Instructors of America
Eastern / Education Foundation**

Pro

SPRING 2006

New Membership Program a Hit with Snowsports Schools

.....1,278 new members up nearly 20% over last season

by Michael J. Mendrick
Executive Director

The results are in and the news is good – the number of new members joining PSIA-E and AASI is up nearly 20% from a year ago. With new members still signing up at press time, 1,278 snowsports instructors have joined our association so far this season. That compares to 1,071 new members in the 2004-05 season, an increase of 207 members (19.3 %).

After a thorough evaluation of our membership structure during the spring of 2005, the Board of Directors determined there needed to be a new way of joining the organization that would involve snowsports schools in the process, provide equity for all snowsports instructors regardless of the gear they ride on, and improve membership value for instructors while cutting costs and time for joining PSIA-E/AASI.

The resulting new Registered Member entry program eliminated the need for instructors to attend one of our events (e.g. in the past, First Tracks for Alpine, Level 1 Exam for Snowboard) in order to join; it allowed instructors in all disciplines to join the same way and at the same cost; it allowed snowsports schools to provide the initial training required to join; and, it provided a Core Concept Manual and all other national and divisional membership materials and benefits at the time of joining and at no extra cost. The program also reduced the cost of becoming an Alpine member by 46.7% (\$91 vs. \$171) and 21% less to become a Level 1 Alpine member. For snowboard instructors, the reduction in cost was even more dramatic (from \$212 to \$91; 57% less).

Results & Revelations

Summary statistics compiled by the division office reveal some very interesting results from this first season of the newly configured Registered member entry program.

Number of New Members by Discipline (based on totals as of 4/5/06)

Alpine:	766	(up 108 new members, 16.4%)
Snowboard:	380	(up 57 new members, 17.6%)
Adaptive:	70	(up 25 new members, 55.5%)
Nordic:	62	(up 17 new members, 37.8%)
Total:	1,278	(up 207 new members, 19.3%)

Other noteworthy stats include the following:

- Just over two-thirds of members (67.1%) join before President's Day
- Nearly three-quarters of new members (74.2%) move on to Level 1 certification in their first year of membership
- 65.8% of new members are men, 34.2% are women
- More than half of new members (50.1%) joining are LESS than 30 years old!
- FOUR new members are MORE than 70 years old!
- Region 7 (our southernmost region) brought in 209 new members, the most of ANY region.

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PSIA-E/AASI 2006 Election Results

Region	Board of Directors		Operational Committees	
	Director	Representative	Alpine Education & Certification	Snow Sports Management
1	Tom Butler	Ross Boisvert	Luke Martin	To be appointed
2	Steve O'Connor	Sherm White	To be appointed	To be appointed

The above chart lists the results of the winter 2006 elections for the PSIA-E Board of Directors and operational committees. Appointments to open spots will be made at the June 9-11 Board of Directors meeting. Regions 3, 4 and 7 will hold elections in 2007.

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guest editorial

Mr. Rehab

by Bruce Wolcott

PSIA-E Alpine Level III

ASI Snowboard Level III

Bristol Mountain, NY

On a chilly day in September 1989, I tore a muscle in my right leg in a windsurfing mishap. At first I thought it was no big deal: not much pain, just some weakness and a long black bruise down the back of my leg. And indeed, had I just taken it easy for the next two or three weeks, it would have healed up fine. But unaware of the extent of my injury, I did just the opposite... more sailing, touch football, cycling, etc., until I found myself in constant, debilitating pain.

What followed was a downward spiral into four years of athletic purgatory... two missed ski seasons, and two more of defensive, terrible skiing. My rehabilitation efforts the first couple of years were actually counter-productive. I would make some progress and then re-injure myself with the most benign of activities like picking up my toddler daughter, walking up stairs, or even getting out of bed. Each re-injury tore the muscle further, which created more scar tissue, which worsened my condition. Every therapy I tried failed: deep massage, thermal treatments, electric current, and more. Eventually, my doctor gave me the grim assessment that my days as an athlete were over; I'd have to accept it and move on to "pain management" classes and ambulatory devices if I wanted to keep my leg.

So, I finally did a smart thing... got rid of that doctor and went to a trainer with the Buffalo Sabres hockey team. He completely changed my therapy, prescribed a tough rehab program, and within a year had me back on snow - back to whole again, although I had lost much. Profound weakness in my right leg, which had atrophied to half the size of my left, meant I could not do much on skis. Bumps, crud, ice and other challenging conditions were out of the question. It was either corduroy or forget it. So I tried to stay useful by training our new snowboarding staff (mostly verbally) in the beginner area. Plus, I worked hard at my rehab and conditioning until gradually things started to come back to me in the winter of

1993-94. Even after I had physically recovered by the mid-nineties, my self-confidence had taken a huge hit. I couldn't go hard and fast, fearful of another re-injury. It took several more seasons before I felt like myself again on skis.

I might add that going through the AASI certifications during this period was great for me. I learned to teach a fantastic new sport that did not stress my leg as much as skiing, but was very challenging, rewarding and fun. Many thanks to all the snowboard examiners who worked with me, and particularly, Tom Vickery for his incredible guidance and patience!

Certainly my orthopedic episode was mild compared to the plights of many; a poignant reminder when I see paralysis victims, or some of the disabilities our Adaptive instructors deal with. Never the less, I did gain some perspective on a few things during my long struggle against infirmity:

First, it's not over until you're dead! No matter how hopeless the situation, or grim the prognosis, giving up must never be an option. We are active people, and thus, prone to all sorts of muscular/skeletal injuries like mine. I believe we often short-change ourselves by not seeking other medical opinions, or prematurely ending our rehab programs, thereby settling with the limitations of our injuries. Recovering completely from a serious illness or injury can be the most formidable challenge life has to offer; just ask Lance Armstrong. For me, the price of regaining my health was two hours of rehab a day, every day, for 2 years... every minute's worth it. But, it's distressing to see so many of my injured colleagues allow their athletic talent to waste away for want of a bit more hope and perseverance.

Second, I will never take snowsports (or an active lifestyle in general) for granted again because I know it can be gone in a nano-second. And so much goes with it: good times with family and friends, being outside, being fit... and a big piece of our identity as well. I don't know about you, but when I am asked about my interests, skiing and snowboarding top the list. Sure, I have a desk-job career, family and faith, but the essence of who I am can be found on a bright Alpine morning, arcing turns. Losing that was pure agony, and I have to admit, changed me in unpleasant ways. Gaining it back... priceless!

Third, my experience has made me a much more empathetic snowsports teacher. So many of our guests over age 40 or so are "injured" too. The demands of earning a living or raising a family often relegate them to the sidelines of athletic endeavor at the expense of their own participation. Like me, they've lost not only their physical conditioning, but also their nerve and spontaneity. I see the doubt in their eyes and am reminded of my own trepidation

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Bill Hetrick, Editor

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during my long recovery. I've found that, for these people, a measure of success during the first few minutes is key to a productive lesson. That feeling of working with the hill, the thrill of applying efficient skiing or riding movements, restores some of the confidence of past years. Once you've got that going in your students they will follow you anywhere!

Affirmation of these perspectives came in the months after August 12, 2003, when I was hit by a car while bicycling to work. This time the result was a mechanically re-constructed left elbow, fortunately with minimal damage to the parts needed for skiing. Still, the following season was difficult; my elbow was stiff, aching and very fragile, and I couldn't shake the fear of falling on my left side. Once again I embarked on the long road of painful and arduous rehab. But this time better judgment prevailed in my recovery, and by 2004-2005, I was back to normal again, all cylinders firing.

So now I've returned with a vengeance, skiing well and trying to make up for lost time. Every day on the hill is more precious to me now; each lesson I teach more important. I suppose two "second chances" have force-fed that appreciation to me. I've also come to realize that there is much to the snowsports agenda I have yet to accomplish, and I'm eager to get it done...before something else happens!

Finally, I think there is a lot of truth to the saying that, "What does not kill us makes us stronger". In my case, I hope that means "smarter" as well. □

Ed. Note: The above is a guest editorial. Members may feel free to contribute to this column. Please label the article, "guest editorial". Use of such articles for this column is at the discretion of the editorial staff.



Upcoming SnowPro Copy Deadlines

Summer – 6/16/06

Writing Guidelines

General member submissions to the *SnowPro* should not exceed 1000 words and should be sent to psia-e@psia-e.org as an MS Word document attachment. Please see additional submission guidelines on page two under General Information.

President's Message



By Bob Shostek, PSIA-E/AASI President

The Season: "Making it Happen"

“Let's hope for a great winter.” That is how my message ended in the Fall 2005 SnowPro. Next fall I'll have to remember not to close with this type of statement - maybe it would be more appropriate to close with, "Let's hope for winter." However, despite the lack of snow combined with the warm weather & rain, we all "made it happen"!

I have had the opportunity to review a large number of members' event evaluation comments, letters and emails to the office telling us about their positive and rewarding experiences at events this season and about the individuals who "made it happen." On behalf of the membership I would like to thank Mickey Sullivan (our Director of Education & Programs) along with his education & programs team Melissa Skinner and Eileen Carr who "made sure it happened." (By the way, as I write this it is April 7th and I just received an e-mail from our education & programs team about getting together "soon" to plan the 2006-'07 schedule – so the effort to "make sure it happens" all over again has ALREADY begun!)

Also, thanks to the EXCELLENT educational staffs of ALL DISCIPLINES, and the discipline coordinators; John Hobbs - AASI, John Lincoln - Adaptive, & Mickey Stone – Nordic for "making it happen" in the field. Another part of the equation to "make it happen" comes from the early season suggestions & guidance from our volunteer committee chairs Jeff "Jake" Jacobsen -- Children's, Charlie Knopp – Racing, Peter Howard – Alpine Ed & Cert., Steve Howie – SSM, Gary "Griz" Caudle – 15 Below Club advisor and Kristi Robertson – Alpine Ed Staff chair.

There are more parts of the "making it happen" equation; one being you the members, who came this season with enthusiasm and the spirit of real professionals no matter what the conditions or weather. This positive attitude is what drives those of us that work in the field and in the office to strive to improve on and enhance what we are already

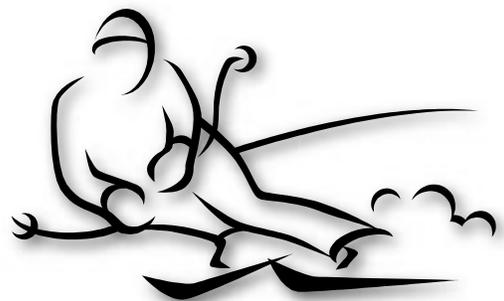
doing. We appreciate your support in both coming to the events regardless of the snow offerings of the season and your support in promoting the organization to new members. More than 200 new members joined this season versus last. And, more than 50% of these new members are in their teens and twenties. (See cover story)

Probably our primary "thank you" should go to all the resort areas that host events. To me, this is our key to success in "making it happen." So many times this season in spite of the weather and conditions our host areas put out the red carpet for us making certain that the area had what was needed for the event, on and off the hill.

It would not be appropriate for me to close without recognizing our Board of Directors and their devotion, support, and involvement in "making it happen." A very special thank you and acknowledgement goes out to Marty Harrison and Rich Weiss from Region 2 for their service and dedication over the years to the Board of Directors. Both will be honored at the 2006 Snowsports School Management Seminar in November.

There will be a change in Region 1 and 2 leadership for the next three years. Having just completed our elections for the year, I am pleased to announce that in Region 1: Tom Butler has been elected as your Regional Director and Ross Boisvert (in a very close race) will be your Regional Representative, both for three year terms. Region 2: Steve O'Connor will be your new Regional Director and Sherm White your new Regional Representative, also to serve three year terms. In addition, Luke Martin has been elected to be the Alpine Education/Certification committee rep for Region 1. The SSM committee rep vacancy for Regions 1 and 2 and the Alpine Education/Certification committee rep vacancy in Region 2 will be filled by the Board at our June meeting.

Have a great spring; I will be back in the Summer issue (out in July) to keep you informed on what we will be doing to "make it happen" for the 06/07 season. □



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As was the goal of the Board of Directors in supporting this dynamic new program, PSIA-E/AASI is once again realizing true growth in all disciplines by creating a high-value/low maintenance entry path into the organization that will "build the funnel" for new members to progress into and through the certification ranks for years to come. To see how one snowsports school took advantage of this program for its instructor staff, see the "Killington climbs aboard new program" sidebar. □

Killington Climbs Aboard New Program

The Killington, VT, Snowsports School took a proactive approach to incorporating the new PSIA-E/AASI Registered member program into their own existing training, resulting in 31 new members for the 2005-06 season. We asked Kevin Anderson, the school director, to explain the "how and why" of it:

SnowPro: How did Killington Snowsports School adapt your training program for instructors to include membership with PSIA-E?

Kevin Anderson: Killington recruits, trains, and hires new snowboard and ski instructors every year in a program called "The Killington School for Instructors". This year was our 36th annual year of inducting, training and starting a career path to snowsports education for interested candidates. The curriculum for the program is very well suited to include membership with PSIA-E/AASI. With 25 hours of on-snow training conducted by the Killington training staff, many of who are on the PSIA-E/AASI educational staff as well, it is an excellent time to give people the opportunity to become a member of an organization that offers instructors a resource to develop as a snowsport educator.

SnowPro: Why did you incorporate membership into your training program?

Kevin Anderson: Killington incorporated membership into PSIA-E/AASI as a way to add value to the Killington School for Instructors. John Hobbs, the assistant director of Killington Ski & Snowboard School, felt that with the new registered member status as a way to join PSIA/AASI, the opportunity to give Killington candidates a resource to further their development was right. We feel that giving instructors the knowledge and skills to do a fun job will retain them as snowsports educators.

Thanks Kevin!

Eastern Division Dues Notice for 2006-'07

Worker's comp impact leads to \$4 increase

Dues invoices for the fiscal year July 1, 2006 through June 30, 2007 will be mailed to all members in May. National dues will remain at \$40.00; PSIA-Eastern Division dues will increase by \$4.00 to \$55.00. Total combined dues for regular members (Registered through Level 3) are \$95.00 for 2006-'07 (a 4.4% increase).

The divisional dues increase will help absorb a significant increase of more than \$53,000 in new worker's compensation insurance premiums resulting from the need for the division to take out additional policies covering our education staff in all geographic regions as well as a re-rating of our insurance code. It will also support increased operational costs, educational program and staff support, a continued commitment of investment into a fiscally-responsible contingency fund and technology tools such as web site enhancements and division-specific IT needs.

Senior and student discount policies will remain in effect for 2006-'07. For any Eastern Division student member age 16 - 23, the division discount for 2006-'07 will be \$20.00 and the national discount \$10.00. Therefore, total combined dues for qualifying students will be \$65.00 in 2006-'07. There is no longer a "Registered Member" dues level - all regular members (Registered through Level 3) now make the same dues investment and receive the same level of division and national benefits and services.

For seniors age 75 or more with at least ten consecutive years of membership, the division discount is 50% and the national discount is \$10.00.

"Our executive director, Michael Mendrick, did some research on membership dues a couple of years ago and found in a survey of associations done by the American Society of Association Executives that the average dues for an individual membership association of a regional scope and comparable budget is \$118 annually. So, we feel like our dues continue to provide a very good value for the investment dollar," said PSIA-E/AASI Board President Bob Shostek.

Payment is due by June 30, 2006. A late fee of \$25.00 applies after June 30, 2006. Once again, most members with Internet access may pay "online" safely, securely and conveniently through the national website at www.psia.org. If you have any questions please contact the Albany office at your earliest convenience. Thank you!

PSIA-E/AASI dues are deductible as an ordinary and necessary business expense. If you choose to add a donation to the PSIA-E Education Foundation, that donation is deductible as a charitable contribution. □

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straight talk from the association

What Do You Want to Go There For?

by Peter Howard

PSIA-E Alpine Education-Certification
Chairman

It's a conversation heard in the lift line every day: "Where do you want to go?" "I don't know, let's see if it's any good over there." "What do you want to go there for?" Well, that's a question ski teachers should have an answer for every time.

Whether the reason is spoken or not, experienced teachers have a terrain selection philosophy that optimizes learning and minimizes learning environmental disasters. They know exactly why they want to go there. Some of the reasons for terrain choice are obvious and documented in most teaching manuals. Other reasons are more intuitive, requiring subtle choices that can make big differences in the learning partnership. To get a handle on terrain choices, ask, do you want to go there for **Trust, Awareness, or Change?** And, in a more general sense, do you wish to **Coach Tactics or Teach Technique?**

It's pretty obvious, and written in most manuals, that first runs should be on the easy side of a student's ability. This helps create trust; but is there more to it than that? If it is too easy it may be perceived as not meeting a student's stated goals. If the length of the run is too short or long, it may throw off the intended pacing of the overall experience. If it's too difficult, you have lost teaching capital - and, in a way, you have to begin again, but in negative territory.

If the first run(s) have been well chosen, people will be interested in general advice and probably pleased to have you as their teacher. It's at this point that it is tempting to go for a change, to come out with teaching guns blazing. But wait, it's not high noon yet, and although it may seem they're in the learning corral, there are going to be occasional escapes into the bad lands of not-me-gulch. What's missing may be student awareness of the need for the change.

Selecting terrain that creates awareness may be the most difficult choice to make. It needs to be challenging enough that the student feels some degree of movement inaccuracy. It needs to be easy enough that the student is not thrown into defensive survival mode. And, it should be easy enough to feel the need for the acquisition of a specific skill, to which you have drawn attention. This choice may be a different trail, a certain spot on the trail, or a different snow condition. It's worth mentioning that terrain and tasks support or detract from each other. When terrain and task choices result in student awareness of the need for change, the stage is set for the acceptance of where to go to acquire the new skills. If this step is skipped, the buy-in for the next step may not be present.

Choosing terrain for change in technique usually requires consistent non-threatening conditions. Advanced-zone skiers may require novice-zone terrain to virtually risk it all in attempts to move in a different way. Novice-zone skiers may need to be encouraged to glide and move about on terrain with the least amount of pitch and the most consistent of conditions. A consistent surface, whether it be icy, soft and deep, or packed allows for a predictable experience. When the body does this, the skis do that. This is why operating rooms and laboratories have controlled environments. They are places where experience and knowledge come together

in a predictable environment to produce the new desired results.

When choosing terrain for the practice of new skills, take into account the fragility of the skill. It is like a new plant that takes time to "harden up". If the stress level is raised too rapidly it will wither.

When the snow is inconsistent, the pitch changes, and bumps are present, it may become increasingly difficult to work on technique. It is in this changing environment that we can coach **tactics**. Try this here. Try that there. Place your feet on this spot and this will happen. Put your feet on that spot and that will happen. Tactics are the realm of lateral learning. It is where the results of wider, narrower, softer, taller, edgier, line, etc. become apparent and are processed and stored by the brain for the future. Our job as coaches is to share the possible adaptations and help students sort through the results. When choosing environments for tactical learning, once again it is important not to overwhelm. Students need the level of challenge to be low enough that they can likely experience some success focusing on one or two tactical choices.

Like most things in skiing, you can never say never, and never say always. At times the reasons for certain terrain choices may, and should, blend together. However, most of the time, without hesitation, we should have an answer to that often asked question, "What do you want to go there for?"

Eastern Team Selected



Congratulations to the new Eastern Team members that were selected at Killington, VT on March 29. Pictured are:

Front Row: John Swartwood, Adaptive BOE; Lani Tapley, Alpine BOE; Sue Kramer, Alpine BOE and ACE; Eric Lipton, Alpine DEV Team; Matt Boyd, Alpine BOE; Geoff Krill, Adaptive DEV Team.

Middle Row: Pete Howard, Alpine BOE, Kathy Brennan, Alpine ETS.

Back Row: Hayden McLaughlin, Alpine BOE; Mike Beagan, Nordic DEV Team; Darell Hensley, Nordic BOE; Alan Sadler, Alpine ACE; Brian Smith, Alpine BOE; Jon Lamb, Alpine BOE; Tim Thompson, Alpine BOE; Keith Hopkins, Alpine BOE; Doug Stewart, Alpine ETS; Troy Walsh, Alpine BOE; Bill Beerman, Alpine BOE; Rick Svencer, Alpine BOE; Matt Erickson, Alpine ETS.

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Eastern Team Tryouts 2006

By Mickey Sullivan, Director of Education & Programs

March 28 & 29 was both a culmination and a beginning of important steps toward fielding a top rate team for the 2008 PSIA National Team tryouts. This was the initial tryout for the Alpine, Adaptive and Nordic Eastern Teams. Tryouts for the AASI Eastern Team were held on April 6 & 7 and covered in a separate article in this Snow Pro issue.

After more than a year of planning this important tryout, the participants and the judges were very fortunate to be treated to two perfect days at Killington for this event. There were ideal spring conditions that closely resembled the type of conditions often found in the late spring time at Snowbird in Utah (the sight of the national team tryouts). With cold evenings, warm days and intense sunshine, the conditions brought morning frozen hard pack followed by afternoon soft, spring snow. And once again Killington did a fantastic job of providing us with great grooming and an ideal meeting location in the K-1 Lodge.

There were 38 Alpine participants, 2 Adaptive participants and 4 Nordic downhill participants. These professionals represented themselves and PSIA-E very well as they performed impressively under often stressful conditions. The Adaptive and the Nordic skiers were grouped with the Alpine skiers and performed the same tasks and scored by the same examiners as the Alpine participants. It was extremely exciting to see all of these talented participants perform all of the tasks including exciting runs down Superstar and Outer Limits.

The judges were comprised of some of the best coaches and evaluators in the east and the country, all with a blend of PSIA, USSA and National and International experience. The examiners were: Mermer Blakeslee, Dave Merriam, Dave Wenn, Ray Allard, Terry Barbour and Jeb Boyd. They watched and evaluated as the candidates skied the most difficult terrain that Killington had to offer along with performing a large variety of skiing tasks including a non stop bump run down Outer Limits and a run through the half pipe.

In the end; 17 Alpine, 2 Adaptive and 2 Nordic members were chosen to train as part of the Eastern team and prepare for the next phase of the process; Part 2. There will be several training opportunities for this team during 2006. The next part of the process, to be held early in 2007, will be an evaluation of their coaching and presentation skills. This will reduce the number of team members in order to create

and prepare the best Eastern Team that we can for the 2008 tryouts.

There is an opportunity for those that desire to be on the Eastern Team but missed this year's tryout at Killington. Prior to Part 2 of the tryout in 2007 there will be an opportunity for those that missed the Part 1 in 2006 to participate in a "special" one day Part 1 tryout in early 2007. However, it should be noted that those that participate in the 2007 tryout will have to be a very strong candidate in order to make the team. Those selected in 2006 will remain on the Eastern Team and any newcomers will have to be strong enough to make that team. This tryout will be announced with the upcoming 06/07 event schedule.

The true beneficiaries of this tryout are the members of PSIA-E. Each and every candidate of this tryout (many of them PSIA-E Education Staff members) trained and grew from the experience. I know that both the candidates and the new team are excited to share their experience and knowledge with you in the 06/07 season.

Congratulations to all that tried out for the Eastern Team. Although we could only select a few, each participant was a "class act." □

Early Admissions Program "the right path" for new Alpine Level 3 member

Samantha Davis goes from Registered to L 3 in TWO MONTHS!

Samantha Davis joined PSIA-E/AASI as a registered member on January 13, 2006. She was approved for the early admissions program shortly thereafter. From January 13 to March 30, Samantha successfully completed all required events and became an Alpine Level III Member as well as an AASI Level I. Congratulations to Samantha for her exhibition of skill, determination and enthusiasm in achieving these goals so quickly.

The "Early Admission" program was introduced in 2003 for individuals with the exceptional skills to "fast track" and pass all the certification requirements without the required waiting periods designed for practice and study.

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Annual Spring Rally Race Results

Mount Snow, VT March 25-26, 2006

Hannes Schneider Memorial Race

15 Below Club		15 Below Club	
Girls Marika Paras	59.97	Boys Kyle Keefer	56.77
Alpine Women 16-29		Alpine Men 16-29	
None		Ryan Schramm	51.63
Alpine Women 30-39		Alpine Men 30-39	
Pam Miller	1:01.8	Doug Daniels	52.46
Alpine Women 40-49		Alpine Men 40-49	
Pam Greene*	55.12	Ray DeVerry*	47.44
Alpine Women 50-59		Alpine Men 50-59	
Betsy Sullivan#	56.43	Mickey Sullivan#	50.72
Alpine Women 60+		Alpine Men 60+	
Mary Ann Storms	1:16.75	Bill Rosenberg	58.11
Nordic (women)		Nordic (men)	
None		Allan Moats	52.25
Snowboard (women)		Snowboard (men)	
Alison Ford	1:16.16	Joshua Dee	1:02.67

Hannes Schneider overall race winners designated by "*"

Willcocks Trophy winners designated by "#"

Samantha attended her AASI Level I Exam at Bolton Valley on January 25, Alpine Level I Exam at Bolton Valley on February 2, chose the Level II Teaching Seminar as her Level II prerequisite at Killington on February 8 and proceeded on to her Level II – Part 1 Skiing at Pico on February 11. After a short break, she took the Level II – Part 2 Teaching at Loon Mountain on March 7, less than a week later took the Level III – Part 1 Skiing at Hunter Mountain and then finished up with the Level III – Part 2 exam at Killington on March 30th.

“Samantha’s accomplishment was certainly a huge challenge and she is to be congratulated. Many said that this could not be accomplished and I am thrilled that she has set the new bar for exceptional ski teachers achieving full Level III certification in less than three months,” said Nick Brewster, a 25-year member, Region 5 Board Representative and the sponsor of the “Early Admission” concept. “I hope her standard will be challenged by the best skiers/coaches/ski teachers and students of our sport that are not in a position to invest four years in the best ski teaching, ski education, & ski knowledge validation process in America.”

We are pleased to offer this custom service for exceptional individuals such as Samantha. For more information on how you can participate in the Early Admission program, contact the division office and ask for Member Services Director Jan Pryor. □

Confessions of an Alpine Dev Teamer

by Tom Chase
*PSIA-E Alpine Development Team
 USSCA Regional Alpine Coach
 Ski Sundown, CT*

Skiing has been very good to me over the last two decades! This year I was able to reach a goal that had been in my sights for many years – success at the Alpine Development Team Exam. Another door has been opened for me and I couldn’t be more thrilled to “ski” through it!

Funny thing is, I was born with no special athletic talents; but I have a drive to learn, and tremendous persistence! **Bottom line, from my perspective, there is no one who teaches snow sports that lacks the ability to excel as a teacher and a coach!** Here’s the formula for success that works for me. I hope that it will help you too:

- Set your sights high.
- Come up with a plan to reach your goals.
 - Don’t expect big results overnight.
 - Progress will not be linear.
 - Be realistic about your current performance level.
 - Sweat the details to improve.
- Positive feedback is great, but learn all you can from every kind of feedback.
- Become a scholar of your sport; know its origins, evolution, equipment, etc.

- Get out in all conditions on big mountains.
- Seek out the guidance that you need from better skiers and teachers (wherever you find them).
- You know what you’re not yet good at...work on those things the hardest!
- When you come to a roadblock, find a way around it!
- If anyone stands in your way, let that solidify your resolve to reach your goals.
- You can learn amazing things from first timers, children, National Demo Teamers, and everyone in between if you are receptive and open minded!
- Maintain your faith in yourself, and respect others.
- Get fit and STAY fit!
- Enjoy every turn you make!
- Every day at the mountain and every challenging student will offer you an opportunity to learn.

If some of these elements sound like things I’ve learned about life in general, then you are very observant. Truth be told, skiing and teaching have taught me many lessons that apply far beyond the slopes!

No success happens without the backing of many individuals. For me, my wife Judy and daughters Holly and Jacquelyn give me tremendous support during the ski season, when I’m away from home pretty often. My ski school director, Carol, has also been tremendously flexible with scheduling and job assignments for me so I can learn from the many understudies that I filled each season in my role as a Division Clinic Leader. As a trainer at Ski Sundown (CT), I get to try out a variety of different coaching techniques on our dedicated staff of ski teachers.

continued next page

Annual Spring Rally Race Results



Spring Rally Hannes Schneider age group winners celebrate their runs. Pictured (l to r) are Mickey Sullivan, Doug Daniels, Allan Moats, Bill Rosenberg, Ray DeVerly, Pam Greene, Pam Miller, Ryan Schramm, and Mary Ann Storms.



Director of Education & Programs Mickey Sullivan and wife Betsy Sullivan share a smile after winning the men’s and women’s Willcocks trophy for turning in the best time for the fifty-plus set.



Pam Greene and Ray DeVerly celebrate their victories as overall Hannes Schneider race winners with times of 55.12 and 47.44, respectively.

□ zipper line, continued

They've done a lot of crazy things over the years just because I've asked them to! I hope that they've learned as much as I have through this process.

Finally, there are a couple of key members of the BOE that have made extra efforts to allow me to ski with them. What a fantastic opportunity it is to observe and to follow in the tracks of the best ski teachers in the country! Their ability to approach technical, tactical and teaching scenarios from multiple angles, and to swiftly analyze body mechanics is still amazing to me.

Getting out and around the region to ski different mountains, terrain and conditions has been a critical link in this recent success. Even if you're creative, you can pack only so much skiing into an area with 600 feet of vertical; it's not like when I used to work up a Killington! Getting into the gnarliest bumps and frozen "coral heads", as well as the steep, the slick and the "death cookies", makes you a better skier. You've got to experience all conditions to excel! So what if you can't make every turn perfectly in these conditions. See how many good ones you can make!

Oh yeah...confessions! I confess that I am and always will be addicted to every aspect of this fabulous sport of Alpine skiing. Good luck in your future skiing/riding and teaching endeavors. See you on the mountain! □

Alpine Educational Staff Selected



Congratulations to the new Alpine Development Team members that were selected at Hunter Mountain, NY on March 16. Pictured are: Back row: Bill McSherry, DEV Team Coach Rick Skelley, Ben Craig, Chris Ericson; Front Row: Chris Heidebrecht, Eric Lipton, Tom Chase, Jason Audette



Congratulations to new Division Clinic Leader members that were selected at Hunter Mountain, NY on March 16. Pictured are Tim Hogan, Cheryl Thomas, Harold Smith, and DCL Coach Rick Metcalf

Master Teacher Program 2005-06 Graduates

PSIA-E is proud to acknowledge the following Master Teacher Certification graduates. Master Teacher programs are intended to provide instructors with an in-depth educational background in a variety of different areas. In order to receive Master Teacher Certification, the instructor must complete 20 days of coursework and pass a written test on each course. Coursework includes indoor lectures as well as on-snow application. Congratulations to the following 2005-'06 Master Teachers. Amy Zell also received her Level III Certification as a result; a double congratulations to her! □

James Barret, Silver Creek, WV
 Charles Mazzucola, Blue Mountain, PA
 David Terney, Seven Springs, PA
 Michael Gwyn, Wintergreen, VA
 Robert Mosher, Jiminy Peak, MA
 Robert Ferguson, Otis Ridge, MA
 James Hyde, Mount Snow, VT
 Vince Dunn, Kissing Bridge, NY
 Kenneth Liebler, Shawnee Mountain, PA

Sally Kurtz, Ski Roundtop, PA
 James Tilley, Ski Roundtop, PA
 Richard DiGiovanna, SCWDC, VA
 Howard Harrison, Hunter Mountain, NY
 Mary Weisbond, Belleayre Mountain, NY
 Linda Beck, Stratton Mountain, VT
 Amy Zell, Labrador Mountain, NY
 Carolann Baltrus, Mount Snow, VT

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Around the Regions



Region 1 (NH, ME)

Tom Butler, Regional Director, reports: Greetings from Sugarloaf/USA! My name is Tom Butler, and you just recently elected me as your Region 1 Director on the PSIA-E Board of Directors. Thank you for the honor of representing Maine and New Hampshire. I will try my best to make sure that your thoughts and concerns are heard at the board level over the next term. I also want to thank Ross Boisvert for his representation as Regional Director for this past term. Ross always communicated well through the Snow Pro, helping keep us up to date on what was going on in the region and the East as a whole. Ross cares deeply about this organization, especially the membership, and represented us well. Fortunately for all of us though, Ross isn't really going anywhere since he is still on the scene as the Region 1 representative to the Board. I look forward to working with Ross throughout this next term and hope that we can serve you in the best way possible.

Ross and I are both looking for new ways to keep you informed and involved. With both states represented (Ross from NH, me from Maine) we have a great opportunity to connect with many of you. Also, as an ed staff member of the Eastern Development Team, I have a unique opportunity to travel to different resorts and meet many of you at our events. You should also feel free to contact me at tbutter@sugarloaf.com if you ever have any questions or comments during my term.

Now, if I can be so bold to use this forum to boast a bit about some of our Region 1 members, 8 of them to be exact. Last week nearly 50% of the successful candidates at the Eastern Demo Team Tryouts at Killington were from Region 1. A very big congratulations goes to Matt Boyd, Kathleen Brennan, Hayden McLaughlin, Matt Erickson, Troy Walsh, Alan Sadler, Peter Howard and Lani Tapley! We all wish you the best of luck at the second part of the tryouts next year.

Thank you again for your support and this opportunity. I look forward to meeting and hearing from you and hope that you have a great summer.

Region 2 (VT)

Marty Harrison, Regional Director, reports: Today the weather is more like May than the end

of March (as I write this). The "winter that wasn't" is almost over. Although there was a great deal of good skiing and riding this year, overall it wasn't a winter to be excited about. Many of us are already looking forward to next year.

As you know from prior columns, Rich Weiss and I have just ended our terms of office as your representatives on the PSIA-E Board of Directors. We would like to thank all of you for your support over the past three years, and we look forward to seeing you on the slopes next winter. Congratulations to the new Region 2 Board members, Steve O'Connor from Killington and Sherm White from Smugglers' Notch. Please feel free to contact them with any questions or issues regarding PSIA-E – they will be happy to assist you.

The new Eastern Demo Team has been selected, and contains several members from Region 2. Congratulations to all who were successful. The special training that these new Team members will receive should trickle down to many of us in our Region, giving us additional training depth at many areas.

I'm sad to report that Okemo has lost another long-time instructor to cancer. John Parkinson died on Christmas Day after a long battle with this illness. There is a tribute to him in the In Memoriam section.

Looking ahead to the next season (golf for me), I'd like to let you know that the annual James Leader Memorial Golf Tournament will be held at the Okemo Valley Golf Club on Thursday, October 5. I know... this is really early to be talking about this tournament, but it hasn't been much of a winter. Think of next October as being almost ski season.

Happy Spring to you all!

Region 4 (PA & NJ)

Eric Jordan, Regional Director, reports: By the time everyone reads this you will probably be riding your bikes, golfing, or partaking in some other activity to enjoy the warm weather. I'm sure some of us in Region 4 made late-season treks up north and got in some end-of-year turns. I know I did!

This winter was certainly challenging from a weather standpoint, but I think it truly shows the character of both the ski resorts and members within Region 4. I was amazed at how good the quality of skiing was, even though Mother Nature was not especially kind to us. Although the final numbers are not yet in, I personally witnessed a great turnout at the educational events that were held within Region 4. It shows a lot about the dedication and passion within our region and throughout the organization. Congratulations go out to all members that were successful in their quest for certification. I would like to especially thank those folks that joined us at

Elk Mountain for our annual membership meeting. We had over 65 members in attendance, and the participation was great. I will be bringing all your feedback and suggestions to the Board of Directors meeting in June. I would also like to give a special thanks to Elk Mountain, and in particular Jim Mancuso, for all the help in putting out a great spread and making us feel at home while at Elk.

As mentioned, there will be a Board of Directors meeting in early June, and I will have lots of information to report back to you in the next issue. In closing, I would like to acknowledge our President, Bob Shostek, for a job well done during his first year as President. Bob is not only a major supporter of Region 4, but also a great overall asset to the organization.

That's all for now. As always, I encourage you to contact me via e-mail at (enj5050@yahoo.com) with any questions or comments you may have.

Region 5 (Western NY State)

Ron Kubicki, Regional Director, reports: Hard to believe that this one is again over. I say again, because for many of us in the northeast January looked like season-end with its spring-like temps and blue skies. But, we recovered with a more typical February and March, and are now looking to close with 120-plus days of skiing/riding.

I hope everyone had a successful and productive season, and, even more, I hope you had a fun and enjoyable association with your peers, guests and resorts. We are reminded at this time of year that we are part of a team: It will be November before we see our favorite parking lot guy; or, that great gal that runs the beginner's lift who is as much teacher as she is lift attendant, as she helps you load your youngsters for their first trip up the lift; or, how about the ski or safety patrol, who are always there to assist?

Nick Brewster, Region 5 Rep, and I will soon be attending the PSIA-E June Board meeting, and we would like you to feel free to contact us with any concerns or issues you would like us to carry to the meeting. Don't forget, we are your representation, and speak with your voice. I can be reached at (rkubicki@holidayvalley.com).

We hope you encouraged many of your new staff to join PSIA-E/AASI, with our new Registered member entry for all disciplines.

I'm entertaining the thought of trying to host a Region 5 golf/meeting event. I'll keep you informed if this is to come to fruition. If you would be interested in that, please shoot me an email.

continued next page

□ around the regions, continued

Not much more to say. Hope you have lots of plans and activities for the coming warm weather! Stay fit and active, but, most importantly, stay safe!

Region 6 (Eastern NY State)

Scott Allard, Regional Director, reports: I would like to thank the members for all the valuable input over the season, and at the regional meetings. This information is very useful to better serve your needs. Having the meetings at each end of our region allows the entire membership the chance to meet the Board Members, Area Reps, and Committee Chairs, as well as share your ideas and beliefs with other regional members:

At Windham we were given a tour of the Gwen Allard Adaptive Sports Center. This building, named after the adaptive foundation's founder, provides a supportive and nurturing environment in which disabled individuals and their family members can participate in sports and recreation....

At Gore we had three groups - multi-disciplines - on the hill, with the theme of Fun and Learning in Spite of the Season. The season was a wet one, but for the most part the ski areas of the region fared well, helped by school and individual programs.

The biggest news in the Region was about Freddie Anderson. She was named one of the top ten most interesting instructors. *Adirondack Sports and Fitness* did a great profile on her in March. She will also be featured in *Ski Magazine*, as well as the local papers. Freddie is an inspiration to so many of us. As she said, "The fact I can be out there every day is the goal of a lifetime". A goal we all love to share!

In closing, Cherisse Young, Regional Rep, and I would like to thank former Regional Director Sue Moses for her service as a member of the Board and to wish her the best in her future endeavors.

As always, keep in touch with me, or Cherisse, so we can always have a solid communication line to the Board. Questions or input: Scott Allard at (allardc@frontiernet.net), or Cherisse Young (Cherisserabl@cs.com).

Letter to Members from former Region 6 Director Sue Moses

March 14, 2006

Dear Region 6 Friends and Colleagues,

I'm sure by now most of you are aware that I have resigned my position as Reg. 6 Director. I did so with deep regret, as you showed me such enthusiastic and overwhelming support in last year's elections. I'm sorry if you feel I have let you down, but be assured that Scott Allard and Cherisse Young will do an outstanding job filling my shoes. I know them as committed and dedicated people and they both represent the "younger blood" that we so much

need in our Association. I am so excited that two terrific people have an opportunity to help decide the future direction of Region 6, as well as PSIA-E. They will do well!

The past few months have been a challenging time for me. Recently I suffered a serious skiing injury - one that may forever change my involvement in the Snowsports business. Members of my immediate family are experiencing increasing needs that only I can meet, so it is critical that I am always there for them and put them ahead of my own interests.

As most of you know, I have always been a staunch supporter of the individual member. All of my efforts throughout the years in the Association have always focused on the member above all else. The Board is a group of dedicated, hard working individuals who are very devoted to the membership as well. However, I'm afraid I put too much pressure on myself, as a Board member to accomplish a great deal in record time. Realistically, that is impossible. I realized that after my accident when I had way too much time to sit and reflect on the past. So rather than be frustrated and hard on myself (which I don't need right now), I felt it would serve everyone best to step down.

I thank each of you for your years of friendship and support and hope that I'll see you soon and make some turns with you.

My best to you all,
Sue Moses

Region 7 (States South of PA & NJ)

Steve Kling, Regional Director, reports: Region 7 held its second-ever Regional Meeting February 2, in conjunction with several education events being held at Snowshoe. For the second year in a row, we had what we consider an excellent turnout; 43 members were in attendance, with at least 7

different ski areas represented. We were fortunate to have President Bob Shostek and Past President Bill Beerman in attendance to help out with any questions that stumped John and me.

Our biggest point of discussion was about the budget. As many of you know by now, the Association was hit with a largely unanticipated increase in workers' compensation insurance costs this year. (No one did anything wrong. We were fortunate to have received a much lower rate than we should have for many, many years.) Because of sound fiscal management under the leadership of Bill Beerman, we had the reserves to pay the bill this year, but we are faced with the ongoing challenge of having to pay it every year from now on. So, the big question we asked the membership was, to the extent we need additional revenue to cover this cost, is it better to raise dues or event fees, or some combination of both?

The overwhelming response of the Region 7 members in attendance was that our education events offer tremendous value, and that raising event fees a few percent is the wisest approach. One member present quickly calculated that if you factored in the cost of lift tickets, where are provided free for all our events, her cost for attending an event at Snowshoe was \$12.

Obviously we are extremely cautious about keeping operating costs down, but there are times when bills have to be paid, and more money is needed to pay them. Please let me know if you have strong feelings on this subject. Based on current direct member input, I'll be voting to keep dues increases to an absolute minimum and looking more to event fees for any additional revenues needed.

Other Regions - not reporting this issue:

Region 3 (MA, CT & RI) □

www.psia-e.org

...find the latest info



The Real Deal

by Skip Carver

P.I. (professional instructor)

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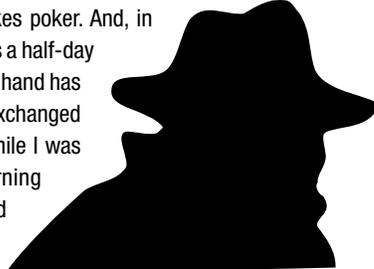
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It was Christmas vacation period - early season, half the trails, and all the people. Things had been going pretty well. The body felt good and I was looking forward to a big week. Last night was karaoke night, and some of the staff had done themselves proud singing the twelve days of ski school. I wondered if the Jell-O shots might win someone the freestyle driving award. I guess that line about "don't hit the trees" applies to more than Alpine sports.

The day dawned gray, with a damp northeast wind. I was on private rotation, which was an especially good place to be. Trouble was that the only thing special about this day would have to be me. See, it had rained and then snowed enough to delude the unsuspecting into thinking it was a winter wonderland. At the base the light wind and occasional frozen grapnel seemed merely remnants of the champagne powder that had fallen in the skier's dream vacation. Something told me "popcorn on plywood" was not a condition recognized by the marketing department, or dreamt about regularly.

Private lessons can be like high stakes poker. And, in this case, the desk dealt a full house; it was a half-day 4-person family private. If played well, this hand has a big upside, and I was up for the job. We exchanged names, goals, and pleasantries. All the while I was thinking with trepidation about the learning environment. They were intermediates, and confident on blue. They'd skied all over, but had only skied once this season. I wasn't taking any chances and placed my first bet on green. Trudy was an energetic, outgoing 7 yr. old who was skiing wedge-wedge Christie turns. Dan, her older brother, had a solid, methodical parallel turn. Mom had the shoulders working harder than the legs, and Dad was laid back in both mannerisms and technique. I asked Trudy to shuffle her feet standing still, then between turns, and then through the turns. I asked Dan to show the bottoms of both skis to the trees on the sides of the trail as he turned. I asked Dad to stand with his toe pieces on my pole handles and move forward till the front of the skis touched the snow. Mom was named Sherry, or Shelly, or Sheila. In the process of trying to teach 4 lessons at once, think about terrain choice, and talk, I blanked on the name, and with mouth in gear said, "Shelly, try tipping and twisting the skis with the legs." Shelly said, "I'm not Shelly. I'm Sherry, and I can't do that because I'm following the kids. The temperature in the learning environment dropped 10 degrees. It was my fault and only the first run.

With plastic enthusiasm I made my next bet and said let's go to the long blue trail. Trail choices were limited; near the top the wind was in the thirties and going straight up the trail. Little Trudy had a better chance of skiing up the hill than down, Mom said she would like Dan to ski faster. I thought I'd be happy with forward. Within minutes, Trudy's hands got cold, so we made our way to the lodge. Maybe there would be an opportunity for some inside coaching and damage control. I was half ready to fold, to tell Mom and Dad that all bets were off, to go into the technical and interpersonal reasons why this was a losing hand for all of us. Trouble was that I was an agent of the resort, providing a service that was sold, and I had a personal and financial stake in the success of the product. If this turned into a request, well I just couldn't shoot the goose that might lay the golden egg.



So I went into full swing. To benefit Mom and Dad, I went into explanations about balancing in the future, originating turning from the legs, and demonstrations around the picnic table. Mom said, "Pay attention children, he's trying to teach you something". I explained how children and adults learn differently and that this information was for her and her husband. And Sherry said she knew that and wanted her son to have more confidence. Sherry was a tall lady with a fitted black jacket with white fur around the cuffs and collar. She had long fingers and a seemingly short fuse. I was thinking about warning people I knew with Dalmatian puppies, and I was beginning to understand why her son was methodical and somewhat cautious.

Two hours of compromises, modest amounts of learning, and pleasant, guarded conversation followed. P.I.'s have high standards. I hate to lose a bet or a case. I believe my clients thought they received good advice and went away as happy as they came. I knew it was all a compromise wrapped in a pretty box.

Somewhere there is a lesson here. Maybe it's that in the presence of a benevolent king it's worth getting the queen's name right. Or, maybe it's that if you can live with compromise like this there's a big future to be had in politics. Either way, it's sure that mistakes in a tuff environment can trump a great hand. Me, I'm looking forward to a little "learn to ski" action. Sometimes, big learning is worth more than a big handful, even if the prospects are golden.

→ P. Howard) □

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It's Not Just About Skiing - It's About Sharing the Fun!

...a magical day with Bode!

by Steve Howie

PSIA-E Snowsports School Management
Committee Chairman
Alpine Educational Staff

As I was making final preparations for the arrival of Bode Miller, who was coming to Bristol Mountain for a customer appreciation race sponsored by a local ski shop, I had to choose my words carefully while being interviewed by one of our local media. The first questions asked were about Bode's performance at the Olympics. As in much of the Olympic coverage, it seems that if you did not win there must be some underlying

story for being a loser (i.e., anyone who did not finish in first place). I proceeded to explain to the reporter that the time it took him to blink was the difference between the hero and the loser. The challenges to these athletes by course design, deteriorating snow conditions, weather, and, of course, the pressures of competing against the best athletes in the world make it difficult to complete any given run at that level - let alone win consistently. He was not aware that Bode had finished the World Cup season with a second in the Downhill and a first in the Super-G at the World Cup Finals, and that moved him into third place in the overall standings. Not bad for someone that was having such a bad season. I don't think he realized how good Benjamin Raich was skiing this year; he was on fire. I guess you've figured out how I felt about this particular media coverage.

Well, Bode showed up for the race, and the swarm of young racers hoping to talk to him or get an autograph was quite the spectacle. He could not move. After going inside to boot up, he announced to the crowd, "Let's go up and study the course". So, there went the pied piper and the swarm. You could not see Bode from a distance, but you knew where he was on the slope at any time. He stopped at one point on the course and explained to the kids: "This is where the race is going to be won or lost. You need to visualize how fast you are going to be skiing at this point and that will help you to see the line needed to ski this gate combination correctly." He truly seemed to enjoy this part of the day the best. When Bode got in the start gate, the kids were all shouting, "Bode, Bode". They were excited to see him race. The rest of the day continued with pictures and autographs at the start, the finish, inside the lodge, with the kids and the media. The best part to be remembered will be the excitement and the experience that was shared with the kids that day

or a snowboard. Like other competitions, athletes are judged on their performance, or by time. What made me want to be a part of this program was it not just about winning. Each athlete is also scored on sportsmanship, safety and etiquette, enthusiasm, and interaction with other athletes... about sharing the fun. One of the first things that one of our athletes that went to the National Finals shared when he returned was the friends he made from all over the country, and what was shared with him from other athletes competing. I wish more organizations shared some of the philosophies of this event.

Let's take that same excitement now and apply it to teaching/coaching. I have had the opportunity to ski and clinic with some of you when the experience made me just want to stay out and ski. There was learning going on, it was going both ways, and it was fun. You can hear it in a voice and you can see it on a face. We can't wait to get out and ski and share it with others. This excitement is what makes up the nucleus of our sport. We may not have the crowds waiting for us, or at least not with the same expectations as the crowd waiting for Bode, but hopefully the crowds waiting for lessons will leave with the same excitement that was generated that day at Bristol.

When you go out and ski, share the fun and excitement that you bring to students with other instructors and coaches... it's contagious. After all, "It's Not About Skiing - It's About Sharing the Fun".

Thanks for listening. Now, it's time to go share the fun of Windsurfing with some of my summer friends. □



- a day with a World Cup Champion.

Every day cannot be like the day with Bode Miller, but it can be about sharing the fun. Many of you are familiar with Jack Turner and his kids programs, Snow Monsters and The Next Snow Search. If you are not, The Next Snow Search is a competition for kids 9 to 13. Competitors participate in Slope Style, Half Pipe, Moguls, Racing, Carving Parks, Rail Jams, and just about anything you can do on a pair of skis



Bode Miller visits fans at Bristol Mt., NY

On Any Gear JUMPING EVENT – Lake Placid NY

July 10-11, 2006 and September 12-13, 2006

PSIA-E/AASI would like to announce the 2006 season dry-land training jumping clinics at the Mackenzie Intervale Lake Placid Jumping Complex. The jumping complex is located just east of Lake Placid on route 86. Approaching it from 86 W the pools and jumps are on your left. Meet at the Complex Gate house, which is just above the pools at 8:30 am on each start day. You can't miss it - just drive to the base of the 90-meter jump.

FEATURE EVENTS				\$190
Num.	Event	Dates	Location	Deadline
001	Jumping Event	July 10-11, 2006	Lake Placid Jumping Complex	06/19/06
002	Jumping Event	September 12-13, 2006	Lake Placid Jumping Complex	08/22/06

Schedule:

Day 1

Meet at the complex Gatehouse (which is just above the pools) at 8:15 am. The jumping complex is located just east of Lake Placid on Rt 86. Approaching it on 86W, the pools and jumps are on your left. You can't miss it. Just drive to the base of the 90-meter jump.

8:15-8:45 Meeting/Organization/Handouts/Waivers

8:45-Noon Framing Safety and Training Groups
*Warm-up flexibilities
*Trampoline etiquette and instruction
*Landing/turning/twisting/height
*Advanced moves for those with past training
*Viewing National Teams who are there

Lunch

1:00 – 4:00 Afternoon Gear prep/ Waxing/Safety on jumps/Into the water
*Approach/Take-off/Maneuver/Landing
*Adding tricks

Day 2

Continuation of the above. Trampoline to warm-up and into the pool when ready. The goal is to become more accurate with the basics and to add some tricks.



- Mouthguard found at any sports store (Play it Again, etc). One you put in hot water and form to your mouth.

- Wax; Paraffin only, no need for ski wax. Gulf wax found in the grocery store in the baking section, it is a white bar. Apply to sliding device twice daily.

Optional

- *Wet suit, shorty, lycra suits etc. Whatever you will be comfortable in during the temperature of the day. The water is not heated, it is cool, 70's.

- *Towels, sunscreen and cameras or video

There is plenty of lodging nearby, go to "Lake Placid Lodging" on the web where you'll find a lot of places to suit your style and wallet. Inexpensive places we have used are the Jack Rabbit Inn, Holiday Inn, Howard Johnson and the Ramada. Make reservations ahead of time, you never know when a hockey tournament or something is coming into town.

Training Time period will be 9am – 4pm each day with a 1 hr lunch break. Feel free to bring lunch, there is a snack bar with lunch at the pools and it is a short drive to town.

This is an excellent event to begin your freeride career. It allows you to learn how to become more aware of your body in the air and what movements affect you during approach, take-off, performing the maneuver and landing. Basic trampoline maneuvers will be performed before any tricks are added. The basic and simplest maneuvers will be experienced before adding more difficult ones.

Don't miss this one! ☐

To register, please visit the website (www.psia-e.org) for an event application, fill it out and submit by the deadline of June 19, 2006 for June event or August 22, 2006 for the September event. The cost is \$190 for PSIA-E/AASI members; \$210 for non-members. Non-members must interview with Mickey Stone prior to registering. Please email him at cpage3@aol.com. Applicants must be 16 years of age or above to participate. This event can be used for update credit for any discipline. Price includes coaching by PSIA-E/AASI Education Staff and ORDA coaches, trampoline usage, facility storage, pool fees, and handouts.

Snowboarders:

You must be at least AASI Level II. If you have participated in the past events and are not Level II but could negotiate the ramp sliding portion effectively please contact Mickey Stone via email at cpage3@aol.com. Wrist guards, kneepads and full clothing from head to toe is required for your safety.

Preparation:

You will be training on trampolines for at least half of the first morning. Wear clothing appropriate for working out, no shoes allowed so wear appropriate socks. Also jewelry and sharp objects need to be taken off. These trampolines are outside so you need to dress for the weather.

For the pool you will need:

- Boots that can get wet for Telemark, snowboard or alpine

- Skis or boards, preferably short, 150-175 cm. It works best with less shaped skis. So your straightest shortest pair would be the best.

- Helmet a must. A Pro Tec or ski helmet preferred; no bike helmets because you need some type of soft or hard earflap in case you don't quite land right in the water. Strap must be worn

- PFD, approved personal flotation device; not a seat cushion over your shoulders.





Congratulations

to the following members who passed their
**new Level II and Level III
 certification** during this past season!

Alpine Level III Certification Examination

Willis Austin	Timothy Karabin
William T. Behr Jr.	Daniel Keyes
Jesse E Burnham	Clark Lanthier
Terry Carey	Mimi Legro
George Cretekos	Phillip Lidlow
Billy Davidson	Patricia McCowan*
Samantha J Davis	David J. Micalizzi
Julie Dillenbeck	Phillip W. Mones
Tim Farwell	Polly Myers
Lucas M. Finco	Kathleen New
William F. Fusco	Chip Newman
Nathan E. Gardner	Lee Price
Trevor Gilotti	Douglas Shick
William Glaser	Erik Timmerman
William A. Guille	Kenneth Upton*
John E. Harvey	Jesus R. Vazquez
John C. Hazard	Agnieszka Wusatowska-
Timothy C. Hedrick	Sarne
Jane L. Hough	Amy Maloney Zell*
Robert J. Hunt II	
Steve Jupena	

***Master Teacher
 Certified**

Alpine Level II Certification Examination

Michael Edward Ambrocik	Robert Dick Jr.
Marc Baker	Charles Dickerson
Karen Balzano	Denis Donnelly
Stephen R. Barry	Catherine Dorsett
Stephen Barwise	Louise Duval
Chauncey Bateman Sr.	Patty Elliott
Gaston P. Bathalon	Terence L. Farrell
Marcia J. Belmore	Shannon J. Field
Gary Blanch	Paul Fielder
Pam Bouton	June Franzel
Brent Bowman	Paul Fraser
Phillip Bowman	Tami Frechette
David P. Bronder	William Freyman
Melissa Bronder	Tom Goergen
Katherine Brown	Linda Gray
Ross Budd	Gilbert Hemmeter
John Carey Jr.	Justin Henderson
James Carr	David Hill
Julian Ceike	Erik Host-Steen
Matt Charles	Cheryl Humphrey
Lydia Cheng Staskiewicz	John Ineson
David F. Colbath	Seth Janssen
Matthew E. Collin	Harlene Johnson
Stephen Colvin	Maris Jurevics
Suzanne Y. Corcoran	David Keighley
Peter Corsi	Frederick Keith
John Costello	Genevieve Kelliher
Douglas Cowieson	Cathey Kennedy
Cady Cummings-Audette	Christina Kirkwood
John David	Roman Klimczewski
George Davis	Joel Koch
Samantha J Davis	Ken Koellner
Michael Davison	David LaLiberte
Sandra Deitch	Damon M. Lease
Mary Claire Devine	Donald Levy

Jacqueline Levy
Laura Liebel
Herb Lloyd
Dirk Lohr
Thaddeus R. Lorentz
Catherine Margiotta
Jessica Mather
Joshua Matta
Lisa Mattis
Paul Mawhinney
Matthew McCrea
Paul McDonald
Michael McElroy
Neil McGill
Bill McGuinness
David Meachen
Davidson Miller
Lauren Milligan
Erik Mogensen
James Moriarty
Raymond P. Orwig
Margie Osswald
David Palmer
Sang Park
Robin L. Paul
Ralph Perlberger
Marc Plotnick
William C. Porreca
Jennifer Post
Sue Pursel
Linda Ramputi
Michael Ramputi
Eric Rathfelder
Sandra Regan

David Richard Rennie
Richard W. Romano
John Rosencrans
Tracy E. Ross
Edward K Roundy
Matthew N. Rubenstein
Janine Schaeffer
Michael Schmid
Charlene Schurr
John K. Seamans
Stephen A. Shala
Peter A. Soria
Justin Starling
Scott Stein
Yaron Steinhauer
Jes Stith
Kelly Sullivan
Jeffrey J. Tomeo
Bruce Tulio
Matt Vasile
Michael Vecchia
Rochelle Vergalito
Tyler Wainwright
Jeff D. Wakeley
Cynthia Ward
Brian Washburn
Josh Wert
Gregory Wigham
Teresa Wigham
Robert Wisser
Jane E. Woodman
Leslie Wright
Maurice Wynn

Snowboard Level III Certification Examination

Stanley Biasini
 Robert Biddlecombe
 Audrey Brooks
 Georges Dionne
 David A. Iskowitz
 Anthony Keller
 Jennifer Keely Krock
 Gregg Rivinius
 Joshua Sawtelle
 Craig Scott
 Aaron Sulak

Snowboard Level II Certification Examination

Christopher S. Allen	Jon Gatewood
Greg Andrews	Ross Gerhart
Matthew Baetzhold	Phil Griffith
Albert M. Barney	Brendan Hayes
Morgan Bitton	Elizabeth Hoagland
Charles Broadrup	Ryan Holden
Owen Cassidy	James E Jones
Jason A. Chance	Toshi Kazama
Nick Citro	Brian Koons
Emily Cracknell	Zoran Kuljis
Richard Cody Crider	Lance Land
Kelsey Cruickshank	Thomas Lauck
Christina Dushenko	Michael Lees
Dennis M. Duvall	Alex Lengle
R. Shane Ellison	Peter Malave
Paul Gerard Epsom	Franklin Meade

Kendall Messer
Calum G. Mitchell
Travis Moore
Keith Morris
James Morsch
Keith Muckler
Michael Murphy
John Nowell
Mark Parsons
Dolan L. Patrick
Leanne Pearce
Jean W. Pearson
Nicholas Perlmutter
Jason Picard
Joseph Piombino IV
David Radcliff

Jamal Reid
Matthew C Reinhardt
Michael Sager
Jason Schwarz
Angela M Sciarappa
Luke D Shelley
Larry Smith
Michael Stanley
John Streever
William Van der Linde
Daniel Walthner
Anna Weber
Jordan Wemett
Jason Whipple
James Wong II
Nathan Joseph Zelena

Nordic Downhill Level III Certification Examination

Massimo Cavalli
Les Garcia

Nordic Downhill Level II Certification Examination

Matthew Erickson
Jack Phelan
Lisa Schwarz
Randy Szkola
Raymond Walters

Nordic Track/Skate Level III Certification Examination

Sally Brassill

Nordic Track/Skate Level II Certification Examination

Donna Kaye D. Erwin

Adaptive Level III Certification Examination

Colin William Paget
Richard J. Patrick
Leslie White

Adaptive Level II Certification Examination

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Melinda Dixon
Steven D. Goodwin
Robert Halpin
Danielle T. Hampton
Joseph Hurley
Julia Thompson
Christopher Weiss

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AASI Eastern and Dev Teams Selected

By John Hobbs, AASI Advisor

Congrats to our new Development Team and Eastern Team members who successfully completed the spring tryout held at Killington on April 6-7, 2006: Sunday River's Josh Sawtelle—Eastern & Dev Team, Wintergreen's Travis Copabianco—Eastern & Dev Team, and Bristol Mountain's Tom Morsch--Eastern & Dev Team. From our current AASI Staff: Gould Academy/Sunday River's Dave Lynch—Eastern Team, and Sunday River's Chandler Simpkins--Eastern Team.

These five finalists faced some pretty stiff competition as well as some highly variable conditions--slushy corn to fresh snow, ice to snirt (snow mixed with dirt) and even a little cornduroy (yes, cornduroy). Despite the conditions changing at almost every turn, our candidates pushed through and demonstrated their skill, adaptability, professionalism, knowledge, and willingness to tackle whatever challenge was given them. And believe me, they earned their place on the Eastern/Dev Teams.

On Thursday morning candidates completed some riding tasks which included a fun-do- what-you-want run on Outer Limits, as well as a rail run, a park run, a 12.5 minute jam session on a box, dynamic short radius on Outer Limits, and a bump run on Outer Limits. Later that same day and then again on Friday candidates were scored on their riding while demonstrating their teaching skills. Not only were candidates asked to cover a wide assortment of AASI concepts, they were expected to improve each other's riding at the same time. This is no easy feat, especially when you consider the dynamic and widespread topics covered: movement analysis, multiple intelligences, the teaching pattern, learning styles, teaching styles, CAP model, movement concepts/performance concepts, and Smart Style/ATML.

But that's not all. Candidates also had to prepare a short presentation and then endure a tough and scrutinizing interview. A few candidates had just finished passing their Level III exam days earlier, making for a very intense five days. However, when all was said and done we had heard and witnessed



New AASI Dev Team members include (l to r): Travis Copabianco, Wintergreen; Josh Sawtelle, Sunday River and Tom Morsch, Bristol Mountain (NY). Congrats and welcome to the new education staff members!



Congratulations to the newly selected AASI Eastern Team (l to r): Travis Copabianco, Wintergreen; Dave Lynch, Gould Academy/Sunday River; Chandler Simpkins, Sunday River; Josh Sawtelle, Sunday River and Tom Morsch, Bristol Mountain (NY). Also pictured is KC Gande, current national AASI team member.

true talent. Indeed, the range of creative thinking and innovative approaches to learning and teaching illustrated that the quality of AASI members continues to grow. As a result, we all become better riders, coaches, and teachers and the industry just gets better and better. Quite exciting, I must say.

As tough as it was filtering through the depth and breadth of talent and skill to choose but a few (three for Dev team and five for Eastern team, to be exact), it was a successful and productive event. Many thanks to all who participated, with a special "kudos" and congratulations to our new Team members.

So, now that you know the "skizzy," you will have such an opportunity next season when we hold another tryout. Keep looking in the SnowPro for more information and keep hoping for snow in September! □

Assumptions are Corrected - Once Again!!

...Eastern Division Trivia

by Mike Sites
Wisp Resort, MD
AASI Examiner

I always find it interesting when I come across odd facts and pieces of information that completely upset incorrect assumptions held by those of us who should know better. Having been in the snowsports teaching business for about 30 years, I've had quite a few incorrect assumptions corrected along the way. You know the saying, "The smarter you get, the more you realize how much you actually don't know".

This article was actually supposed to be about two AASI Level 1 "in-house" events I recently worked along with fellow AASI examiner Jason Schetrompf (bonus points in the future for correctly spelling Jason's last name). But, being the typical snowboard instructor type with ADD (Hey! Wanna go rock climbing?), I thought you might enjoy taking a fun little quiz about eastern skiing and snowboarding. Some of the answers just might surprise you. These facts were proudly stated by the exam participants over the two-day course in a fun "did you know..." manner. I hope you enjoy the resort trivia they shared as much as I did.

Just one note: The states to which this quiz refers are the 26 U.S. states east of the Mississippi River. Have fun.

QUESTIONS

1. How many of these 26 states have lift-served, ski/snowboard areas operating within their boundaries?
2. In which of these 26 states is the highest peak east of the Rocky Mountains located? Can you name the peak, the mountain range to which it belongs, and its approximate elevation?
3. Can you name the resort with the highest peak elevation of any ski/snowboard area east of the Mississippi River, and the state in which it is located?
4. Who was Mr. Bob Ash, and what was his major contribution to the snow sports industry? With what resort was Mr. Ash associated?
5. Where is Dorothy's dress now? (Hint: it's not in Kansas anymore.)
6. What the heck is a "Jimmy Leg"?

7. What do you say to a truck driver from Charlotte, North Carolina, to get him to understand how to sideslip a snowboard on the heel side edge?

SOME CLUES

Clue #1: During my years in the business I heard a lot about a particular cluster of ski/snowboard resorts that sit on neighboring mountain peaks several miles apart. The drive to this “mystery” resort was an adventure in itself, especially the last five miles up the winding road which reminded me of the bizarre looking terrain you see in pictures hanging on the walls of Chinese Restaurants. I could have sworn I saw my own taillights at least three different times as I rounded one horrendous set of switchbacks after another.

Clue #2: I arrived at our accommodations and stepped out of my car into the parking lot, which has about the same elevation as anyplace in Denver, Colorado. I looked UP from the parking lot to the top of the ski area, which was yet another 200 feet higher than the parking lot.

Clue #3: The base elevation of this resort is about 300 feet higher than the peak elevation of ANY ski area in New England.

Clue #4: My home is 10 miles south of the Mason-Dixon Line, and I had driven south for eight hours to get to this unusual place. A lot of you Yanks must be scratchin’ yer heads by now, so maybe it’s time to give you the answers to the quiz.

ANSWERS

1. Currently, 21 of the 26 states east of the Mississippi have ski/snowboarding areas. The only ones that do not are: Delaware, South Carolina, Kentucky, Mississippi, and Florida. Believe it or not, both Georgia and Alabama have ski areas (Sky Valley in Georgia is in question at this time). How ‘bout them apples? Or, perhaps you prefer grits?

2. The highest peak east of the Rocky Mountains is Mt. Mitchell, located at the southern end of the Blue Ridge Mountains in the state of North Carolina. It tops out at a whopping 6684’ above sea level and rises about 4500 feet above the nearby city of Asheville, NC. In fact, North Carolina has 19 peaks higher than Mt. Washington in New Hampshire (6288’), and 113 peaks above sea level.

3. The resort with the highest peak east of the Rockies is Beech Mountain, North Carolina. The top of Beech’s detachable chairlift (one of the most unique chairlifts I’ve ever ridden) unloads its passengers at 5500’ above sea level (oxygen anyone?). Interestingly, there are only five areas in the entire eastern USA with peak elevations higher than the base of Beech (4675’). Surprisingly they all happen to be south of the Mason Dixon line, four in North Carolina and one West Virginia. Yeah, you “northerners” should check the statistics before you call someone from North Carolina a “flatlander”.



Mike Sites, Jason Schetrompf, 16 new Level 1 AASI members and “Timmy” the Timberline Wonder Fox celebrate their achievement.

4. Bob Ash was from Beech Mountain. He was responsible for developing some of the first snow-making guns. Need I say more than, “Thank you for my job, Bob”?

5. Years ago, in an effort to keep their ski area workers employed year-round, someone at Beech Mountain came up with the idea of re-creating “Oz” at the top of the ski area. While I did not personally visit Oz, I could see a sign pointing the way to Emerald City and a faded yellow brick road leading into the forest. I was told the dress that Judy Garland wore in the famous movie “The Wizard of Oz” is on display in the “Oz” museum located there. Unfortunately, these days, the attraction is closed except for one day each year when it is opened for an impressive pilgrimage. I’ve learned that you will find all kinds of unusual attractions in North Carolina that share the peaks with ski areas, like an amusement park next to Cataloochee Mountain in Maggie Valley, NC. This amusement park isn’t operating presently, but they say the owners are looking to reopen it in the near future. It sure is weird looking up several thousand feet from the floor of Maggie Valley and seeing all those rides perched up there on top of that mountain, including a bizarre looping roller coaster with a drop that plunges over the edge of the mountain. Yikes! (Hey - might this be a prereq for the AASI Freestyle courses??)

6. And, speaking of Cataloochee Mountain, this is where the term “Jimmy Leg” appears to originate. This term, as explained to me by Cataloochee instructors Josh Grogen and Randall Rockwood, refers to the actions of a snowboarder who rides with a stiff front leg and a wiggly back leg. We all know the type. Anyway, I ran with the idea and asked my group what would happen if we switched things around and tried

to “Jimmy” with the front leg instead? We found out. Maybe you should try it, too.

7. And, finally, the truck driver challenge. You can show him and tell him everything you know about how to balance on the heel edge and your attempts will seem in vain. But, if you persist long enough, his confused look will finally be overcome by an “ah-ha” expression as he boldly announces, “Awwwww, so what you REALLY want me to do is lean back and grind a little off the corner”. Moral of the story: If you want some new and creative descriptions of things we do in snowboarding, just head way down south to Dixie.

Oh yeah, this was supposed to be about the two Level 1 “in-house” exams Jason and I ran “Down in Dixie”. One was at Beech Mountain, NC, and the other at Timberline, WV (Day 1) and Canaan Valley, WV (Day 2). See, I did come back around again. Maybe the ADD is not that bad!

Everyone had a great time, had many assumptions corrected, and AASI welcomed 32 instructors to our newly Certified Level 1 fold. These mountains pulled together as a region, and attendees included riders from 7 resorts in the area, including: Ski Beech, Sugar Mountain, Appalachian (French-Swiss), Cataloochee, Wolf Laurel, Canaan Valley and Timberline.

Who knows.with all this great up-and-coming AASI talent, maybe the south will rise again. But then, isn’t it up there pretty darned high already? □

continued next page



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Rev. 03/31/2006



Sometimes Ski Teaching is Secondary

.....The Adaptive Sports Foundation at Windham helps soldiers and Marines recover their freedom through adaptive sports.

by *Cherisse Young*
Executive Director,
Adaptive Sports Foundation
Windham Mt., NY
PSIA-E Alpine Level II, Adaptive Level I

At the Adaptive Sports Foundation at Windham Mountain, it is a daily occurrence for our instructors to give back to a population that might not otherwise have the opportunity for a ski experience. Every instructor on staff has at least one story that will bring a tear to the eye and put a lump in the throat. However, for the past two years the ASF has hosted several events that were very emotional, even for us!

This past February the ASF once again hosted a three-day "Support Our Troops" event for United States soldiers and Marines injured during recent tours in Iraq and Afghanistan. The ASF partnered with Disabled Sports USA, the Wounded Warrior Project and the New York City Fire Department to bring 30 severely wounded troops to Windham Mountain to learn how to ski and snowboard. Many of these soldiers and Marines are amputees, and are currently in rehabilitation programs at Walter Reed Army Medical Center in Washington, DC, and Brooke Army Medical Center in San Antonio, Texas.

This was our third involvement in an event that serves disabled soldiers and Marines. In February, 2005, the ASF brought nine U.S. servicemen to Windham for a ski weekend. One of those soldiers, John, is a 19-year-old Army Specialist from California who is a below-the-knee amputee. Last year's event was the first trip John had made away from the hospital, post-injury. On the first day, while the other eight guys tackled the beginner slopes of Windham, John sat on the "sidelines" complaining. He didn't

want to ski, especially on one ski. He didn't want to look like a "freak", even though we had essentially taken over the beginner slope and there were very few able-bodied skiers out there. Therapists from Walter Reed had warned us that John was struggling with the reality of his injury and didn't have a good attitude. He was not in a good mental place, and John was suicidal. The therapists at Walter Reed hoped that the ski trip would help John's outlook and attitude.

John's team of instructors gathered to come up with a way to encourage him to at least give the sport a shot. While the group was off to the side discussing options, one of the ASF instructors went over and sat down next to John. Dave very quietly asked John, "What's up?"

Why don't you want to try skiing?" John emphatically told Dave to back off, telling him, "Look you don't know what I am going through, so why don't you just leave me alone". Dave smiled, looked John in the eye and said to him, "Yes I do". Dave pulled up his pant legs to reveal two prosthetic feet. Dave lost both lower legs to a landmine during the Vietnam War. John really didn't have a comeback for Dave except to get up, get ready and go skiing!

Since that first encounter, John not only learned how to ski at Windham; he attended the Disabled American Veterans event at Vail where he earned the award for most improved skier and best attitude. John went on to participate in Disabled Sports USA's Adaptive Water Ski event in Brooklyn, New York, the Disabled Sports USA event at Breckenridge, CO, AND returned to Windham for this year's ASF "Support Our

Troops" event, where he learned to snowboard. John has gone from being a most reluctant participant, to actually serving as a mentor of sorts for the "new guys" from Walter Reed Army Medical Center who attended this year's event. This year John was overheard telling the chairman of the ASF Board of Trustees that the 2005 "Support Our Troops" event literally saved his life.

I feel so fortunate to witness so many of life's small "miracles" as I go about my job here at the Adaptive Sports Foundation. However, seeing John go from the depths of despair to helping teach other

Robert Doughty, Army Staff Sergeant who lost both of his legs during a tour of duty in Iraq, with Windham ASF instructor, Mark Fitzpatrick.



disabled soldiers and Marines discover that there is life after a traumatic injury makes me cry each time I think about it. Witnessing the change in John's attitude toward life as a result of his ski trip to Windham makes me realize that sometimes ski teaching is secondary. Although John's story is certainly an extreme situation, it makes me think that, as instructors, we need to focus less on the exact edge angle of a student's ski, and focus more on what has brought them to us. We might find that we can connect to our students

on a level that can really make a difference. If we take the time to find out exactly why our students are learning to ski, it will probably make the "ski teaching" part much easier, and almost secondary to their overall experience. □

continued next page

On Fall Indoor Master Teacher Courses

October 26 – 29, 2006

Shawnee Inn and Golf Resort, PA

Mark your calendars today! The indoor Master Teacher courses have been scheduled at Shawnee Inn and Golf Resort for the end of October in the Pocono Mountains in Pennsylvania! Shawnee Inn offers many activities including golf, hiking, and river adventures on the Delaware and much more. Check out their website at www.shawneeinn.com for the most current events to start planning your mini working-vacation!

These events are open to all Level I, Level II and Level III Member regardless if you are pursuing Master Teacher Certification. The indoor events will satisfy the educational credit requirement for all members every other season. The fall selection of courses includes required core courses and optional sessions as well as testing opportunities on Sunday, October 29th.

Go to the PSIA-E website at www.psia-e.org for information on course content, course schedule and requirements for certification. Complete one event application (included in this issue of the Snow Pro) for each event you wish to attend, payment however, can be made with one check or total charge. Enrollment for each class may be limited, so sign up early; keep in mind the **deadline date of October 6th**. Applications can be mailed or faxed to 518-452-6099. Registration is from 8:00am to 9:00am; courses will begin at 9:00am and conclude at 4:00pm each day. Lunch and course materials are included for all attendees.

A Master Teacher candidate who has completed 10 or 11 credits of coursework by Sunday, October 31st, 2004 will be eligible for mid-course testing. The candidate will be given a comprehensive test that includes 10 multiple-choice test questions from each course taken. Each exam will be individualized for that particular member. The candidate must score seven out of 10 correctly for each course. If a member is unsuccessful on the quiz for any course, (s)he will be able to retake that quiz one time without retaking the course. After one failed retake attempt, the candidate will be required to retake the course. When the candidate applies for the mid-course test, (s)he will receive an exam based on the first 10 or 11 credits of coursework taken. Any candidate who has completed the entire MTC program (all 20 credits) by Sunday will be eligible to take the final exam. The same testing guidelines as outlined above

apply to the final test. A member may not retake a failed quiz in the same testing session. Indoor testing will also be offered during the ski season at different sites throughout the division. Be on the lookout for a testing schedule in the Early Fall Snow Pro newsletter and on the website.

We have reserved a small block of rooms at Shawnee Inn and Golf Resort for these events. The discounted lodging rate is \$71 for double occupancy per night. Please mention PSIA-E / AASI when making your reservations to receive the discount. Reservations must be made by September 26th, all remaining rooms will be released at that time. Call 800-Shawnee or 570-424-4000 to make your reservations. □



Rocky Mountain Division Announces Summer Programs

PSIAR-M has announced two and four-week PSIA "Rookie Academy" programs to be held in Wanaka, New Zealand this summer. The two-week academy will be held August 10–27. The four-week program will run from August 10 – September 10. The Rookie Academy training course has been designed specifically for those who wish to take their ski instructing career to the next level. For more information contact Bob Barnes, senior PSIA Examiner and Training Manager for Keystone Ski & Ride School at (bbrnz@cs.com). □



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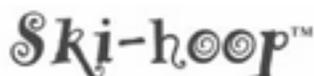
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for the 2005-2006 Season!



Testimonial
in memory of
Donald W. Rosenburg

Those of us who knew him are saddened at the passing, on February 20, 2006, of a good friend and long time ski instructor. Don Rosenburg was born in Williamstown, MA, in 1926. He learned to ski and race on Sheep Hill, now part of the Williamstown Rural Land Trust. Don's interest in preserving the natural beauty of this area continued until his death.

After working on the ski patrol at Bromley Ski Area in Vermont, he served in Korea with the 10th Mountain Division. Don held a Level 3 PSIA-e certification, passing the exam in 1956; He was a member of the founding board of directors when we broke away from USEASA in 1973, and was Chairman of the PSIA-E Certification Committee in the 1970s. From 1960 to 1964 he was the General Manager of the Pico Peak Ski Area in Vermont, and built the original Pico Village. He moved back to the Berkshires of Massachusetts in the late 1960s, and ran the ski shop and rental shop at Brodie Mountain in New Ashford before becoming the Ski School Director at Jiminy Peak in Hancock, MA. During this time he continued his construction business, building many of the facilities at Jiminy and homes in the Hancock region. He was awarded PSIA Life membership status in 1995.

Don moved to Truckee, CA, in the early 1980s, and taught at the Northstar Resort and at Tahoe/Donner until 2003. The only thing that kept Don from the slopes was a broken hip, suffered in a fall while teaching a Seniors Ski Class at age 77. He will be missed, but so many of the skiers and instructors he taught are actively carrying on the joy he gave and received on slopes all across the country. □

by Jon Putnam
PSIA-E Lifetime Member
Truckee, CA

In Memoriam

John G. Eckhardt, formerly of Weston, VT, has passed away at the age of 73. He was the first to hold both a Nordic Track/Skate Level III and an Alpine Level III membership in PSIA-E, having joined in 1968. He taught at the Bromley and Stratton schools, and ran the Stratton Touring Center. John was instrumental in cementing the PSIA-E relationship with the Nordic segment of our membership. He was a Board member for many years, and served on the National Nordic Committee. He was awarded PSIA Life membership in 1990.

John Parkinson, of New York, NY, passed away on Christmas Day at the age of 71, after a long struggle with cancer. He was an Alpine Level II member of PSIA-E, having joined in 1993. He taught at Okemo Learning Center, VT. Marty Harrison, PSIA-E Region 2 Director offers the following in tribute to John: "Besides being an avid skier and golfer, John had a lifelong involvement with the Museum of Modern Art in New York. He served as a Trustee of MOMA for thirty years and used his experience as a banker in his many financial positions with the museum. John also contributed greatly to the photography collection at the museum, being an accomplished photographer and collector himself. Despite all of John's accomplishments in New York, he greatly valued his involvement with PSIA and ski teaching. When John finally received his Level 2 pin, it was a highlight for him as well as the rest of us at Okemo. The incredible strength and unfailingly positive attitude that guided John through his long illness are an inspiration to all of us who knew him. He is missed."

Donald W. Rosenburg, of Truckee, CA, passed away on February 20, 2006, at the age of 79. He was an Alpine Level III Lifetime Member of PSIA, having joined in 1955. See related Testimonial in this issue.

John V. Schoeller, of Lake Harmony, PA, has passed away at the age of 71. He was an Alpine Level I member of PSIA-E, having joined in 1991. He taught at Jack Frost Snowsport Learning Center, PA.

PSIA-E/AASI extends its heartfelt sympathy to family and friends of our passing members.



Green Mountain Orthotic Lab
GMOL
www.skibootfitting.com





**PSIA-E/AASI
2006-2007
Event Application**



OFFICE USE ONLY

Date Rec'd _____	Event\$ _____
App Num _____	Other _____
Event Num _____	Total\$ _____

Please print and fill out all sections. One event per form. Application with payment must be received by event deadline. Applications not received by event deadline are subject to a \$25 non-refundable late processing fee.

Mail or fax to: **PSIA-E or AASI, 1-A Lincoln Ave, Albany, NY 12205** Fax# (518) 452-6099
Call (518) 452-6095 for information only. No applications accepted via phone.

Member No: _____ Primary Discipline/Level: _____ / _____ Date of Birth: _____
If a new member, check box.

Division: Eastern Alaska Central Intermountain Northern Intermountain
Circle one Western Northwest Rocky Mountain Northern Rocky Mountain

NAME: _____ Male / Female
Last First Circle one

ADDRESS: _____
Check box if a change Street/Box
City State Zip

DAYTIME PHONE: (_____) _____ ALTERNATE PHONE: (_____) _____

EVENT #: _____ E-mail address: _____

EVENT: _____
Event Name Event Location Event Date Alpine / Adaptive
Nordic / Snowboard
Race / Children's
Circle one

PAYING BY CHECK CHECK #: _____ AMOUNT: \$ _____

OR, Please charge to my: MasterCard or Visa Exp. Date: _____

 \$ Amount _____ Signed _____

OFFICE USE ONLY

Date Proc _____

Auth # _____

Initials _____

Please note: Current members wishing to change region must notify the office in writing; change is not generated from this form.

All applicants must sign the following Release Form:

Recognizing that snowsports can be hazardous, I hereby release PSIA-E, PSIA-E/EF, AASI, the host area, and agents and employees of each from liability for any and all injuries of whatever nature arising during, or in connection with the conduction of the event for which this application is made.

Signature _____ Date _____

If applying for any certification level, your Ski/Snowboard School Director must complete the following:

As Director, I attest to the following: This applicant is a member of my staff. If a candidate for any level of certification, the candidate has received exam training and preparation. If a candidate for Level I, the applicant has completed the PSIA/AASI minimum entry level requirements, including a minimum of 50 hours of teaching/training.

Director's Signature _____ Name of School _____

ADMINISTRATIVE CHARGES FOR NO-SHOWS, CANCELLATIONS AND RETURNED CHECKS

TRANSFERS: Up to one week prior to original event \$15.00
 During the week prior to original event (notice no later than 4:30 PM on last business day before event).....40 % of fee
NOTE: Transfers to another event must be before the three week deadline of that event.
NO-SHOWS: Regardless of reason75% of fee
CANCELLATIONS: Up to one week prior to event\$20.00
 During the week prior to event (notice given no later than 4:30 PM on the last business day before event)...50 % of fee
RETURNED CHECKS/DECLINED CHARGES: Checks returned for insufficient funds will not be redeposited.
 Registrant's application will be voided unless such checks or charges are replaced by certified check, money order or cash prior to the event. For returned checks, this must include a processing charge of \$25.00.



“15 Below” Wrap-It-Up Event a Big Success!

“Sunshine on my shoulders makes me happy..” I know, you don’t understand, it’s from an old John Denver song...I know, you don’t know John Denver, but trust me! You have to admit, the weather at this year’s Spring Rally was certainly much better than the sodden days we had in 2005 - and that makes me happy; and if you attended the event, you were happier too. We had a great time! Conditions were soft, the weather was warm, and all of us spent the weekend having fun improving our skills skiing, riding, and teaching.

I took the snowboarders - now that makes sense - while the skiers were split into three groups. Thanks to ACE Team members Earl Whitmore and Sharon Foehl, and Dev Team member Ben Craig. These folks rock...now does that mean they are of Flintstone age, or just plain good?

This year the “15 Below” club members were invited to join in the end-of-the-season race. We had 18 members who raced. First Place honors went to Marika Paras for the girls and Kyle Keefer for the boys. Great job, guys.

At the party Saturday evening, the essay contest winner was announced. Lynn Horowitz was the winner and received a free trip to the “15 Below” premier event; that’s over \$100; not a bad deal for writing a short essay. We will have another



Club Advisor Gary “Griz” Caudle surprised Lynn Horowitz of Butternut Snow Sports School with a check in the amount of \$99 to cover her event fee for the “Wrap it Up” weekend at Mount Snow. Lynn wrote the winning essay on “Why I want to teach snowsports.” Congratulations to Lynn!



Marika Paras and Kyle Keefer ripped it down the course to take top honors in the 15 Below Club segment of the Spring Rally race at Mount Snow on March 26.

contest next year, so keep your pencils and pens at the ready.

This summer several of our club members will attend the Verizon Sports Complex Freestyle Program in Lake Placid. They’ll probably come back next year and show us some “sick” tricks in the park.

That’s all for now. Enjoy the summer. See you next time the snow flies.

Sapere aude,
Griz ☐

Classy-fied



WANT TO BUY: Old ski books, pins, patches, postcards, posters produced before 1970. Natalie Bombard-Leduc, 69 Mount Pisgah Ln., Saranac Lake, NY 12983. 518-891-4781

EFFECTIVE SKI COACHING: Text by Tom Reynolds For: Instructors, Coaches, Parents+Competitors. Price: \$24.95+\$4.00s/h VISA/MC accepted. Phone: (207)778-3471 Write: PO Box 883, Farmington, ME 04938

HEAD COACH/COACHES

Established ski club located in Central New York seeks experienced Head Coach. Will oversee 80 athletes

in levels J1-J5 and younger. Could lead to Program Director position as well. Also looking for J1-J3 coaches. Send cover letter & resume to GPSC, 8 Suits Ave., Homer, NY 13077 or email gbrown06@twcny.rr.com.

Stevens Pass Ski and Snowboard School, in the WA Cascades, is looking for full and part time ski and snowboard instructors, with a special need for youth instructors, and trainers and supervisors for adult and youth programs. Shawn Smith, former Alpine Demo Team coach, directs the school. Steve Hindman, former Nordic Demo Team member, manages the Adult Program. To apply, please contact Shawn Smith at 206-812-7358 or ssmith@stevenspass.com

NORDIC WALKING INSTRUCTORS WANTED: LEKI USA is conducting a national search for some very good outdoor education instructors—all ages—to teach and communicate a real passion for the benefits of Nordic walking in North America on behalf of LEKI USA. PSIA certified (minimum requirement Level 2; Alpine, Nordic and Snowboard). Please email a brief resume and one paragraph expressing why you’d be a good match. Email: Suzanne.Nottingham@nordicwalker@earthlink.net. (A note to Level 1 instructors...when you pass your Level 2, please contact me.) ☐



Summer Dreaming and Reading

by Jeffrey W "Jake" Jacobsen
PSIA-E Children's Committee Chair
ACE Team Member

An anticlimactic end to an anticlimactic season throughout most of the east! I am sitting at my desk watching a lot of expensive snow drain into the pond behind the main lodge. In a short 8 weeks that pond will be full of laughing campground guests floating in paddleboats and rental kayaks. The freestyle crowd will be doing kick flips and learning to ollie onto the pyramid box in the skate park. The next Tiger Woods may be trying to putt through the windmill in the mini golf course. While all of this is going on, I will be doing the mental dance between the love of summer and the love of winter.

While I am enjoying training (swim/bike/run) for the next race, I am thinking about how I can improve my performance on the hill... what new activities can I create, how can I make some of those old activities more current and applicable to the kids in the 06/07 season? It sounds like time to hit the books with a summer reading program. It should come as no surprise that my list is biased toward children's education, so you may choose to add to this list to hit on the other 30-40% of our business... that's right I believe that 60% - 70% of our snow sports education is delivered to children. With all of that said, here is a suggested reading list for this summer:

Core Concepts for Snowsports Instructors – Great read, emphasizing the core of successful instruction. Topics include human development, guest service, safety, movement assessment, equipment, and the resort environment. Great place to start!

Alpine Entry-Level Guide for Children's Instructors – This guide will offer tips to deliver fun, effective, and safety conscious Alpine ski lessons. A must for any children's lesson, this guide will provide information about how to involve parents in their child's learning. This guide is a must for newer pros.

Captain Zembo's Ski and Snowboarding guide for Kids – My copy is the first edition, and is just for skiers, but the second edition includes snowboarding activities as well. Filled with games and strategies for teaching kids to ski and snowboard, this piece is a must for new instructors and a collectible classic for experienced instructors. I can't wait to re-read my copy and get the new one in my collection as well!

Children's Instruction Manual – This comprehensive manual provides information on children's lessons in Alpine skiing, Nordic skiing, and snowboarding. Illustrated with photos of children performing various snowsports maneuvers, the text elaborates on the cognitive, affective, and physical (CAP) model for designing children's instruction. Also contains tips for including parents in the learning process. Each sport-specific chapter contains action plans, terrain descriptions, exercises and maneuvers, age-specific tips, and movement considerations.

Children's Instruction Handbook: Alpine Skiing and Snowboarding – This handbook makes a great on-hill companion to the Children's Instruction Manual described above.

Recipes for Learning: A Cookbook of Tricks for Teaching Kids – Reviews a short list of favorite activities from long time Children's professionals. Take some of these ideas to use and develop your own adventures. Available from the Eastern Office

Power Play – Kids & Snowsports Video – Take time out to watch this video, which shows the skills and movements in action! Available from the Eastern Office

The Children's Skiing & Snowboarding Games reference books – Available from Kidology (www.kidology.com). These books are full of ideas to use, plans to create your own, and references to

ideal versus real movements among different age groups.

Master Mountain Snow Sports with Magnificent Mind & Brilliant Brain – This quick read by Ellen Arnold provides a great look at Multiple Intelligence theory, and how to directly apply the theory to Snowsports education. www.arncraft.com

Well, that is a long list, and there are many more. I have a challenge for all members reading this article. If you read or re-read the Core Concepts manual, and 3- 4 more books on this list, send me an email (jjacobsen@gunstock.com) with your thoughts on what you have read and how you intend to use the information next winter. I will include some of the comments in a future article, and together we may inspire more members to improve their knowledge of the 60% + that we teach every day! Have a great summer..... and, GET READING! □

Gift Certificates

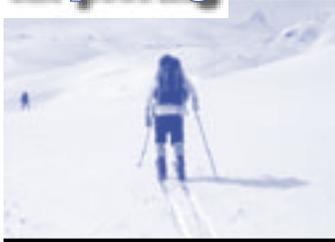
Looking for a fun, unique and very useful gift for a friend, parent, spouse, or child who is a member of PSIA-E/AASI?

How about a Gift Certificate?

Yeah, that's right, we now have two types of Gift Certificates available!

- PSIA-E/AASI Event Gift Certificates are available in increments of \$50 and can be used toward Eastern Division events. They can be designated to be used during the current season when purchased, or can be designated for the immediate upcoming season. Please note: Once designated, certificates cannot be carried over to another season.
- Or, purchase a PSIA-E/AASI Dues Gift Certificate for the exact amount of the recipient's dues. Please contact the Office to obtain this amount!

To purchase a Gift Certificate, please call the PSIA-E/AASI office at 518-452-6095 and ask for Colleen Plante.



with loose heels

The Gears of XC Skiing

by Sue Wemyss

PSIA-E Nordic Track/Skate Dev Team
Great Glen Trails, NH

It's spring, and the temperature today is shooting up well above the freezing point, making the snow soft and slow. If only I'd skied first thing this morning, when the snow was hard and fast from last night's freeze. But, the variability of the snow is part of what keeps cross-country skiing fun and interesting. If I want to ski most efficiently this afternoon, I'm going to have to use my "lower gears".



"Searching for that other gear that will allow me to change my tempo."

Varying one's technique choice and its execution can be likened to using different gears on a multi-speed bicycle. Looking at either classic or skate skiing, the different techniques within each discipline are like the various chain rings of the front crank. We make substantial shifts from double-pole, to double-pole kick, to diagonal stride, as the terrain changes from slight downhill to steepening uphill.

Similarly, in skating, we shift from no pole, to V2 alternate, to V2, to V1, as we challenge gravity's increasing effects.

But, what about the rear cassette? Are we limited to just one rear chain ring to work with? Or, have we developed the flexibility within our double-pole, for instance, to accommodate fast, medium and slow conditions?

Recently, there has been talk of "the new double-pole". As best I understand it, the new double-pole promotes a quicker, shallower compression of the upper body than was previously encouraged. The shallower compression allows for quicker repetitions, thus upping the tempo of the movement. Is this "new" type of double-pole superior to the "old" double-pole? I believe that . . . "It depends . . ."

Technique allows for the development of higher speed, or easier, more efficient forward motion, or both. A technical adaptation, such as a lower body position while skating uphill (more ankle and knee flexion), sets us up for greater power generation and thus greater speed; but what about the efficiency of the change? More speed does not necessarily mean easier (more efficient) as well.

Back to the higher tempo, shallower compression double-pole. The turnover of the movement is higher than a double-pole with deeper compression. Are we covering the same amount of ground per stroke? That is unlikely. Think of it as pedaling your bike in first gear, versus third gear. In first, your legs can revolve more quickly as the gearing presents less resistance. In third, you have to apply more power, but a complete pedal stroke sends you further. Which is better? Which to use when?

When one is trying to get their momentum up from a standstill, the quicker tempo, shallower double-pole has us putting in rapid little inputs without much time for glide. The pole push starts us accelerating, and gets us "up to speed". When the snow is slow, and our skis quickly decelerate during the follow through/gliding phase, it is most efficient to keep the tempo of the movement and its energy inputs high. When we have built up our speed, and we experience considerable glide following each push, it makes sense to reap the benefits of our energy input, and utilize a more thorough poling motion, with greater compression. This morning on the fast snow, I could have skied with slower, more complete and powerful movements, as my skis would decelerate little in between power inputs. This afternoon, in the slow snow, where my skis decelerate rapidly during glide, I need to keep my tempo high. This follows the physics principle that it takes less energy to keep a body in motion, than to allow it to slow down and then have to reinvest considerably to get back up to speed.



"New double-pole short compressions, with a quicker recovery."

How does one create more rear gears? By learning to vary tempo, length of movement cycle, and amount of energy input per movement. Ski behind different partners in varying terrain and match their tempo. If you can only ski with big powerful movements, you may get quite frustrated to watch the light and quick-tempoed skier leave you behind with less effort on ultra-cold or ultra-warm slow-snow days. On the other hand, if you're a quick-tempoed skier who doesn't put a lot of power into each movement, you will likely be challenged to keep up with your power-skiing friend on fast, icy days.

By learning and practicing each of your techniques with different degrees of tempo and power, you will create for yourself a number of gears to be able to draw from to ski most efficiently in changing conditions. □

Make Your Molehill a Mountain

by Don Sensenig

PSIA-E Nordic Downhill Dev Team
Jack Frost Mountain/Big Boulder, PA

We've all heard the expression, "Make a mountain out of a molehill". Out of context, this expression could be associated with most any situation.

Where this expression hits home for me is in my skiing experiences at my home ski areas. Jack Frost Mountain and Big Boulder are located in Northeastern Pennsylvania. We have about 600 vertical feet at best, and 100 percent snowmaking. We are about one-and-one-half hours from New York City and Philadelphia, centrally located for great day and weekend trips. I grew up at these areas, and didn't venture much outside of the state to explore other re-

sorts. So, you learn to enjoy the people you ski with, and make the best of where you're skiing. Hence, you learn to "Make your molehill a mountain".

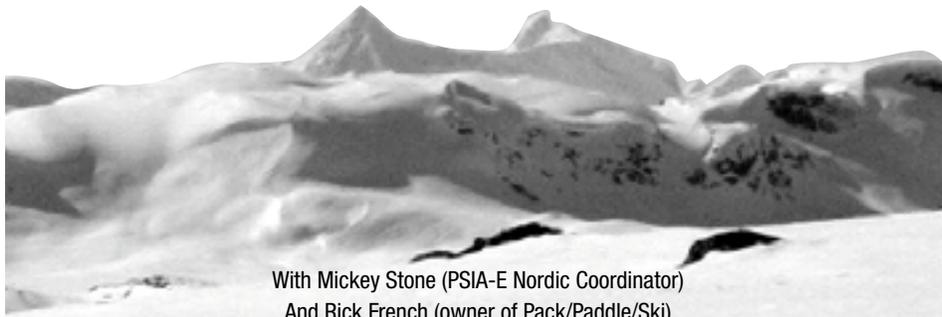
Many snowsport instructors come from small ski areas with little vertical, or natural snowfall, so if this describes your area I'm sure you can appreciate where I'm coming from. But, for those who live and recreate in New England or out West, you will likely have a different opinion. Some say, "True skiing is only at a big resort", and, "The best skiers come from a big mountain". I would tend to disagree. There are many famous skiers that have come from a small mountain, proving that opinion wrong.

So, how do you make your molehill a mountain? Well, it's easy. You learn to look for all the different terrain deviations and places where you can make your run more fun and challenging! For an example, skiing the edges of the hill. Look for the berms to sideslip (or grind). Ski the bumps, sugar snow, and icy corridors. Challenge yourself any way and anywhere possible to broaden your skill base and make your day fun.

I frequently have the opportunity to conduct educational clinics at my home ski area, and there are always many topics for skiing and teaching. But the ones I find to be the most fun, and surprisingly useful, are when you explore unorthodox ideas - topics or tasks that challenge every skier, no matter what their skill. For an example, a buddy of mine and I had been planning a ski trip to Jackson Hole, Wyoming, and at the last second I wasn't able to go. What a huge disappointment. It was a Saturday morning and I was out with the staff for the AM clinic. I was a little bit somber thinking about my friend who was now waking up in his hotel room only to spend the day skiing in one of the most beautiful places I know. So, I decided to make our topic, "Make believe we are skiing in Jackson Hole". We found this huge snow bank that looked like a cornice, and used it as a teaching tool. We would make believe that we were going to ski a bowl and the only way to enter was to ski over or off this would-be cornice. What a blast! The higher skilled skiers would either jump directly down, or at a traverse. Some would do a small hop or just slip in. And, of course, a few needed a little persuasion. This was an excellent terrain-teaching tool, as well as just great simple fun. The point is, our area will never have a wind blown cornice to practice on, but you can creatively experience the situation and develop basic skills for when you do venture out west and ski an actual bowl.

Other areas you can search out are what I call "woop-de-doo's", deep gully bumps along the trail edges where kids like to jump. Wash boards on the flatter run outs are great fun for quick turning, like little moguls. Of course, skiing the woods and pipelines are certainly an option when you have the occasional measurable snowfall. However, remember to be conscientious of closed trails or

TRAVEL TO NORWAY THE NORDIC MECCA OF THE WORLD



With Mickey Stone (PSIA-E Nordic Coordinator)
And Rick French (owner of Pack/Paddle/Ski)

March 24-April 1, 2007

*Visit Oslo and see the Holmenkollen, Original Viking Ships, wax museum, village of original Norwegians, Stave Churches and more of the city.

*Ski (tele and track) and visit Lillehammer – site of the 1994 Olympics.

*Hut to hut ski in Rondane National Park, 7000 ft peaks, deep valleys and endless skiing above timberline. One of the most picturesque ski tours in the world.

*Receive PSIA-E update credit for this season.

*Group size limited to 15 and great logistics to maximize your time on the snow.

Cost: \$1980/person double room occupancy airfare not included
\$400 deposit to register, balance due by 1/24/07.

Visit www.PackPaddleSki.com and click on Further A field Multi Day Norway Trip. Further details explained on the site.

Contact Mickey Stone:
(802) 434-4152 and I
will email you a detailed
information packet. Don't
miss this one -- if you saw
Mickey's Interski video and
slide show or have had the
Aquavit and Salmon at a
Nordic event you will want
to be on this trip.



hidden obstacles. Reenact old freestyle techniques and tricks, as well as racing skills, by running gates. These are all examples of ways to build skill and ultimately have fun.

So, if you're from a small ski resort, I'm sure you can appreciate what I'm saying. But, if your mountain has 1500-plus vertical, and an abundance of natural snow each year, then you're probably spoiled to some degree and may take this all for granted. Not me! In some earlier years I lived in the west and skied some of the best resorts. Now, I find myself back to my roots where I have the most fun skiing

with people of my choice and continuing to make "A mountain out of my molehill". □



continued next page

Season Highlights

by Mickey Stone

PSIA-E Nordic Coordinator

Another fantastic year in the East! Oh, come on, it wasn't that bad. If you traveled north and went out west you probably had a decent season. The Nordic Discipline faired pretty well, with numbers and service to our members. The Track/Skate side did have a tougher year with the snow/rain/thaw cycle during the season, but they still had over 60 days at most New England areas for X-Country skiing. Having enough snow to groom that was safe during January and early February was a definite challenge. Overall, we serviced our average numbers again, in a season with the worst snowfall cycle in 8 years.

Some of our highlights with big attendances were the ITC for Nordic, Lapland and Garnet Hill Backcountry touring event. For Nordic Downhill, the Mini-Academy, Snow Pro Jam, Sunday River, Gunstock, Jay Peak, Sugarbush and the Spring Rally were big numbers for us.

Backcountry Accreditation Program

Once again, our Backcountry Accreditation program started with over 30 at the indoor program at Mount Snow, continued with 15 on the first 2 days on-snow, and ended up with 7 finishing the full accreditation. A special thanks to Bruce Hennessey and Bart Howe for their time and expertise in a trying snowpack season. We also pulled off our first out-west Advanced Backcountry Accreditation at Jackson Hole, with 3 participants. We had Glenn Browning from Yawgoo Valley, RI, Jay Crowley from Pats Peak, and Richard Cocker from Cataloochee, NC, participate in the steep and deep off-piste of Jackson and Grand Targhee areas. A big congratulations to these gentlemen, who skinned Teton Pass for 2 days, skied Jackson Hole in 2 ft. of powder, and rode the Tram for its last time (being deactivated after this season), and then stayed in a yurt for five days and skinned to 11,500 each day, digging test pits and surviving in over 18 feet of snowpack. Thanks, "Popcorn", for your special blend that kept Mickey in line!

Training

This season we had fantastic early season training. For Track/Skate, we were hosted at Great Glen Trails, and skied on 2 inches of snow and grass. What fun! You don't need wax because you get just enough grip as your glide stops on the grass in order to push off for the next step. The staff did a fantastic job creating new Nordic Components, and tweaking the study guide for next season. They also began an activity/teaching list to add to each of the levels for next season. Sue Weymss, our new Nordic Development Team member, dazzled us with her

knowledge and skiing ability. She is a great asset for our already strong team.

The Nordic Downhill group was graced by Andy Minier, of Kissing Bridge, an USTSA Telemark racer whose legs move faster than a speeding bullet. The skill and accuracy of Andy was an inspiration to us all. He also did some skiing improvement with us during the three days.

We continue to do more and more cross-over business, and this season we added more Level I members than we have in the past. Thank-you staff and members for getting us through a trying snow year.

Congratulations To:

Level II Track/Skate
Donna-Kaye Erwin - Okemo Ski Touring
Level III Track/Skate
Sally Brassill - Jackson Ski Touring

Level II Nordic Downhill
Jack Phelan - Friends Seminary
Matt Erickson - Stratton
Lisa Schwarz - Maine Handicapped Skiing
Randy Szkola - Stratton
Raymond Walters - Sunday River

Level III Nordic Downhill
Massimo Cavalli - Wachussett
Les Garcia - Windham

Backcountry Accreditation 6 Day Course
James Garvey - Okemo: Telemark
Edwin Jacobsen - Mohawk Mt: Randonee
Fred Funk - Shawnee Mt: Randonee
David Brazda Poirier - Bristol Mt: Telemark
Barbra Schneider - Lost Valley: Randonee
Douglas Wysocki - Belleayre: Snowboard
Richard Anderson - Belleayre: Snowboard



Tons of snow and fun. Better sign up early for next year.

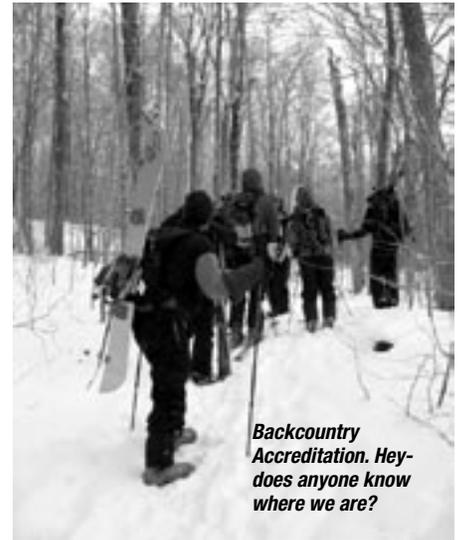
Eastern Team Tryouts

A special thanks for their dedication, preparation and "moxie" in trying out for the next National Team to:

Eric Donaldson - Belleayre, NY
Mark Lacek - Gore, NY
Mike "Bego" Beagan - Stowe, VT
Darrel Hensley - Canaan Valley, WV

These individuals are to be congratulated for their fine skiing and teamwork, together with the Alpine and Adaptive teams. When it was all said and done, Darrel Hensley scored number 1 and Mike Beagan number 2. Currently they will be the two we prepare to represent the East in 2 years. Congratulations!

There will be another tryout early next season for the skiing part, so if you think you are the person to do it, get prepared this summer and be ready to go. ■



Backcountry Accreditation. Hey- does anyone know where we are?



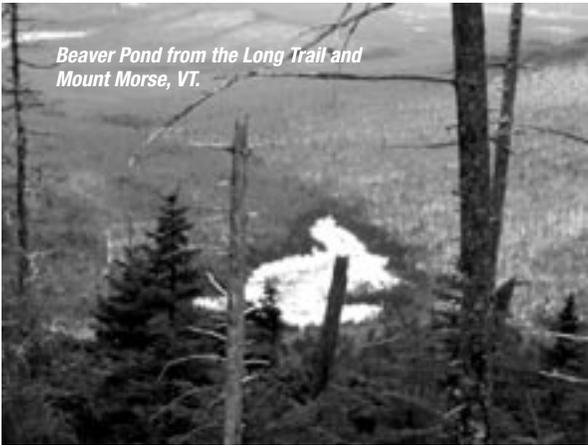
Early Season fun at Snow Pro Jam



The Fab 7. L-R: Barbara, Bob (our guide), Doug, Fred, Dave, Rich, Jim, Bart and Bruce (team leaders) and Ed. Congratulations on 6 days of BC course work, gang



Congratulations to our first Backcountry Accredited Snowboarders: Doug Wysocki and Richard Anderson from Belleayre Mt., NY.



Beaver Pond from the Long Trail and Mount Morse, VT.



Advanced Backcountry Clinic in Jackson Hole, WY. Richard "Popcorn" Cocker, Glenn Browning, Bruce Hennessey (clinician), and Jay Crowley.



Nord Ho, when we had some good snow



Dale Rodgers leading us in preseason training. (Who needs snow to ski?)



Test pit profile.



Glenn getting another 100 turns in waist deep pow.

continued next page



education foundation news

2005-2006 EF Scholarship Award Recipients

Total scholarships awarded: \$4982

EF Donations, Spring 2006

The PSIA-E Education Foundation expresses its sincere appreciation to the following members who have contributed at least \$50.00 to the Foundation. Since no dues or program fees go to the EF, contributions are the primary source of support for the Foundation and its scholarships. Thank you!

Steven D. Goodwin (with thanks to John Lincoln and Bob Cooperman)

Patricia King

John Angier

Name	Region	Fund
Kevin Leyland	3	C.E. Burbridge Memorial Scholarship
Richelle Maki	6	C.E. Burbridge Memorial Scholarship
Sara Mele	6	C.E. Burbridge Memorial Scholarship
Christopher Ericson	6	Board of Examiner/Staff Scholarship
Erick Skelley	1	Board of Examiner/Staff Scholarship
Donnamarie Colasurdo	2	Leader Memorial Scholarship
John Phelps	2	Leader Memorial Scholarship
Louisa Abarno	1	Membership Scholarship
Jason Audette	3	Membership Scholarship
Daniel Benac	6	Membership Scholarship
Cady Cummings	1	Membership Scholarship
Joseph Darmofalski	7	Membership Scholarship
June Egan	7	Membership Scholarship
Merrick Kacer	7	Membership Scholarship
Toy Lei	6	Membership Scholarship
Scott McClain	3	Membership Scholarship
Corey McGrath	1	Membership Scholarship
Stephen McGrath	1	Membership Scholarship
Katheryn Morsch	5	Membership Scholarship
Warren Pinder	6	Membership Scholarship
Dwayne Propst	7	Membership Scholarship
Sue Pursel	4	Membership Scholarship
James Rizza	6	Membership Scholarship
Meghan Ruby	6	Membership Scholarship
Janine Schaffer	4	Membership Scholarship
Anne Scott	3	Membership Scholarship
Kim SeEVERS	6	Membership Scholarship
Mary Shuttlesworth	4	Membership Scholarship
Diana Warhall	1	Membership Scholarship
Deborah Yandow	7	Membership Scholarship
Tina Buckley	4	Terry Fund Scholarship
Patty Harrington	3	Terry Fund Scholarship
Howard Harrison	6	Terry Fund Scholarship
Natalie Lowe	7	Terry Fund Scholarship
William Porreca	2	Toto Fund



now online at www.psia-e.org

Instruction Comes Full Circle

by Keith Brown

PSIA-E Level III

Peek 'n Peak Snowsports School, NY

The 2004 Masters Academy at Killington, VT, was the completion of the circle of my career as a ski instructor. How can I explain this? Lets start at the beginning: circa 1972, Mt. Pleasant Ski Area, Edinboro, PA - my first year as a ski instructor, and college student. I was working hard to learn how to teach, and the instructor trainers and the local kids that were my students made it easy and fun.

I was very lucky to have a group of young, local kids that were really into skiing and having as much fun as they could between school and dinner at home. This wild group of students stayed with me for several years, and we did everything from wedge turns to freestyle and racing. I remember all of the kids, but the two that I remember and know the best were the Boyd brothers - Jeb and Matt.

Many years have flown by, but I kept hearing good things about the Boyds, and saw them every now and then. Then, 2004, Masters Academy, Killington, VT. I have the opportunity to ski with the newest member of the PSIA National Team for a great week of learning and practice; and, who is this Demo team member, but Mr. Jeb Boyd!

Spending a week with Jeb was the highlight of my career; the teacher becomes the student, and this student could not have been prouder of the "little kid" from Edinboro, PA. □

This section is utilized for the publication of articles from the membership, and we invite your active participation. Content reflects the opinion and knowledge of the writers only, and is not to be interpreted as official PSIA-E information.

Jumping for Joy

by Greg Martin

PSIA-E Alpine Level II

Camelback Ski and Snowboard School, PA

Wow! Holy Cow! Holy everything! It's hard to find the words, especially if you want to put them into print, but the jump clinic at Lake Placid's Olympic jump facility was like no other clinic I have attended since 1988. Talk about exciting, and expanding your comfort zone! I must give everyone that was with me in the July session of the clinic kudos for participating in the event. It is one thing to ski on snow, but for most of us that weren't freestyle skiers, this was a dramatic change for a PSIA-E event. I must say that Mickey Stone and Suzie Chase Motzkin helped in my transition from a seasoned ski professional to fledgling freestyle skier. I always respected these out-of-limit skiers, and always wondered, "How do they do that?" Now, I know how they do that, and I would like to thank PSIA-E for the opportunity to train right next to Olympic freestyle skiers.

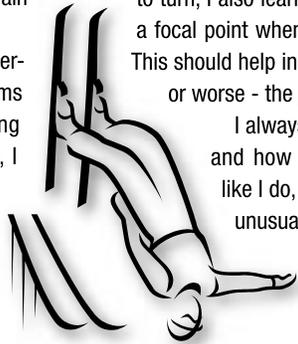
What does this have to do with my personal skiing? A lot! In the past I had problems expanding my comfort zone and moving outside the box. If you ever felt like this, I would highly recommend this clinic. I went with the idea of improving my balance. Remember the "B" in BERP? (No edging on the ramp, you need a flat ski on the plastic snow.) Well, balance is number one for me, but self-discovery proved different (ha, ha). This clinic gave the "B" a whole entirely new meaning for me. Just like I would teach a beginner skier to look to his or her right to turn right, I had to learn similar maneuvers to do 360s on trampolines. Oh, I forgot to mention that you start out with jumping on trampolines, which really checks and improves your balance. Of course, Mickey Stone led up through a fantastic 30-minute warm-up that bordered between Yoga and Tai Chi. Talk about a warm-up, I was sweating bullets at the end of Mickey's session, and welcomed the spring-loaded mats.

Rich, who is an experienced coach at the facility, gave a talk on safety and the proper use of the equipment. He then demonstrated some of the basic moves and how to accomplish them. The moves

and the balance that we learned on the trampolines would be taken to the ramps and into the pool. A good part of our group was able to do this by day two of this event. I was happy on day two that I was starting to feel comfortable on the trampoline and that my balance improved using this preparatory tool. I started to do 180s and 360s in balance, without having to stop my jumping. When I did go over to the ramp it wasn't as easy for me. I managed a couple of good jumps in the two days that I was there. Others in the group were able to do 360s and some could do a forward invert, whereby, if there were snow, they would have landed the maneuver.

I can't wait to take my Lake Placid experience onto the snow. This clinic will have a definite effect on my: 1) Comfort zone - I will be more comfortable in the bumps, especially when I get air (better understanding of the steps needed to expand one's comfort zone, which I can apply to my students); 2) Balance - will be much improved from the time spent on the trampoline and jump ramp; 3) Spatial awareness - will be immensely improved, and, along with the technique of looking where you want to turn, I also learned how important it is to have a focal point when I get air in my regular skiing. This should help in preventing landing on my butt, or worse - the proverbial face plant.

I always think in terms of my students and how I can help them. If you think like I do, I would highly recommend this unusual and out-of-the-box clinic. Are you man/woman enough? Oh yeah! I forgot to mention that it was fun - big, big fun. □



Get Kids from "Power Wedge" to Parallel

by Robin Jackson

PSIA-E Alpine Level II

Mad River Glen, VT

Claim a Mountain to Build a Castle

When kids move to more difficult terrain, and bumps are present, have them build a castle on top of every mountain (mogul). To claim the mountain they have to stop on top - but with hockey stops only! If they stop in a wedge they can't build a castle. Then, see how many castles they can build.

Pretty soon they aren't stopping anymore, but are making short-turn pivots on top of the bumps. Play around with visiting castles and skiing the moats around the castles. Be creative and make the castles farther away from each other to change the shape of their turns and play around with speed control.

Bunny Hunt

To get your kids out of that ever-present power wedge and into wedge christie/parallel skiing, try bunny finding (or any wild animal the kids like). Both skis are Bunny Finders, and they can't find a bunny unless they are both pointed at the woods or the side of the trail. Soon, the kids are out of the power wedge, as they can't find any animals that way, and are wedge christie and parallel skiing as terrain and speed dictate. □

How You Act and How You Live

Author Unknown

The eye's a better student and more willing than the ear;
Fine counsel is confusing, but example's always clear;
And the best of all the teachers are those who live their creeds,
For to see the good in action is what everybody needs.

I can soon learn how to do it if you'll let me see it done;
I can watch your hands in action, but your tongue too fast may run;
And the lectures you deliver may be very wise and true,
But I'd rather get my lesson by observing what you do.

For I may not understand you and the high advice you give,
But there's no misunderstanding how you act and how you live.

Submitted by Norma C. Fay

Alpine Level II

Wachusett Mt., MA

Find more
"Your Turns"
on the web at
www.psia-e.org

Once again, we extend a big "thanks" to the following areas who hosted one or more of our scheduled events this past season. Their generous support continues to assist us in providing members with quality programs at the best possible value.

- | | | | |
|---------------------------------------|---|--------------------------|---|
| Adaptive Sports Foundation at Windham | Greek Peak | Mohawk Learning Center | Smugglers Notch |
| Ascutney Mountain | Gunstock | Montage Mountain | Snow Ridge |
| Attitash Bear Peak | Hidden Valley NJ | Mount Abram | Snowshoe |
| Balsams Wilderness | Hidden Valley PA | Mount Peter | Song Mountain |
| Bear Creek | Holiday Valley | Mount Snow | Stowe |
| Belleayre Mountain | Holimont | Mount Southington | Stratton |
| Blue Knob | The Homestead | Mount Sunapee | Sugarbush |
| Blue Mountain | Hunter Mountain | Mountain Creek | Sugarloaf |
| Bolton Valley | Jack Frost | Mountain Top X-C | Sunday River |
| Bousquet | Jackson Ski Touring | Okemo | Swain |
| Bretton Woods | Jay Peak | Ole's X-C Center | Timberline |
| Bretton Woods Adaptive Ski Center | Jiminy Peak | Pats Peak | Toggenburg Mountain |
| Bristol Mountain | Killington | Pico | Tussey Mtn Ski Area |
| Bromley Mountain | Kissing Bridge | Ragged Mountain | Verizon Sports Complex |
| Camelback | Labrador Mountain | Salmon Hills | Wachusett Mountain |
| Canaan Valley Resort | Lapland Lake | Sapphire Valley Ski Area | Waterville Valley |
| Cannon Mountain | Liberty Mountain | Savage River | West Mountain |
| Catamount | Loon Mountain | Seven Springs | Weston Ski Track |
| Cranmore | Mad River Glen | Shawnee Mountain | White Mountain Adaptive (Loon Mountain) |
| Elk Mountain | Maine Handicapped Skiing (Sunday River) | Ski Beech | Whiteface Mountain |
| Garnet Hill | Maple Wind Farm | Ski Butternut | Windham Mountain |
| Gore Mountain | Massanutten | Ski Plattekill | Wintergreen |
| Great Glen Trails | McIntyre | Ski Roundtop | Wisp Resort |
| | Middlebury Snow Bowl | Ski Sundown | Woodstock |
| | | Ski Ward | |

Thank you



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