



Snow

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

Pro

SPRING 2009

2008-09 Season solid thanks to YOU. . .

by *Michael J. Mendrick*
Executive Director

When the economic bottom fell out last fall we were very concerned about the potential impact on our member retention, attraction of new members and event attendance. However, thanks to a strong snow year in many parts of the Eastern Division and the enthusiasm and dedication of our members the 2008-09 season turned out to be stronger than expected.

As a result, we have predominantly good season-ending news to report. . .

- Regarding membership, we are pleased to report that we have experienced another strong year in the number of new members – through April 24 we had 1,287 new members this season, including 615 new members referred by other members via the Member-Gain-a-Member campaign. This exceeded our budgeted target of 1,251 new members by 36 (or 2.9%).

- Of all new members this season 454 joined since February 15 and will enjoy extended benefits until June of 2010 (a new national policy intended to improve the new member experience and therefore strengthen retention).
- Of all new members this year 84% went on to achieve their Level 1 certification in their first season. This includes 81% of new Alpine members, 94% of new AASI members, 92% of new Nordic members and 65% of new Adaptive members.
- Our retention of existing members in 2008-09 is 87.3%, nearly 1% higher than budget projection of 86.5%. That represents 89 more members renewing than we anticipated.
- In events, we have had a good year relative to the economy. Our event attendance is projected at 6,527 for the season, down 68 from budget and 144 from last season when we had 6,671 registrations.

- Of particular note is Nordic which enjoyed a great season (up 58 or 18%) in event registrations at 353 for the season. Adaptive events (down 43 or 12% under budget at 259). Alpine event attendance was down 142 (1%) to 4,720. Snowboard event attendance was down 28 from last year but over budget by 3% at 826.
- The Education Foundation Super Raffle (which converted to a 50/50) raised \$23,500 – split evenly into \$11,750 in proceeds for the EF and winnings for some happy members that went in on a “group buy” at the Spring Rally JUST before the drawing (see related article).

Thanks to our division leadership, office staff, education staff and most of all YOU (our members) for your continued commitment to snowsports education! ■

PSIA-E/AASI 2009 Election Results

Region	Board of Directors (To serve a three year term beginning April 1, 2009)	
	Director	Representative
1	Tom Butler	Ross Boisvert
2	Steve O'Connor	Curtis Cowles

The above chart lists the results of the winter 2009 elections for the PSIA-E Board of Directors. Regional representatives for the Alpine Education & Certification Committee and Snowsports School Management Committee will be recommended by the Regional Directors and ratified by the Board of Directors prior to the June 13 – 14 Board meeting. Regions 3, 4 and 7 will hold elections in 2010. ■

the inside edge

- 3.....President’s Message
- 7.....New Alpine Staff Members
- 10.....VIP Privileges
- 12.....Around the Regions
- 28.....Level II and III New Certifications
- 29.....2008-09 Scholarship Recipients



Guest Editorial

Help Them Make the Leap

by Gordon Carr

PSIA-E Alpine Level II

Sugarloaf/USA Perfect Turn, ME

There are several ways to assess our guests' skiing movements so we can provide individual lesson plans for their improvement. One of these methods uses the concept of "hurdles" which skiers must master and clear to move on to the next level of skiing ability. Initially, beginning skiers must "glide and slide", turn, stop and learn to ride lifts so they can practice on their own and get "mileage". Later, they must learn skills to change from using opposing edges to using corresponding edges to initiate turning. As they progress, an even more difficult hurdle to clear involves letting their skis move out from under their body to promote dynamic skiing. These are just several examples of "hurdles" as a method of analyzing skier movements, and it is appropriate we help guests move past these challenges (thanks to Peter Howard for suggesting the concept of "hurdles").

However, there is one hurdle which is even more critical and occurs much earlier in the learning progression for beginners than the above mentioned "glide and slide". It is crucial for teachers to assist beginner snowsports guests to clear this hurdle if we are to positively impact participant growth in our sport. This **key hurdle** is: Turning what can be a rather cold, intimidating, anxiety-arousing learning environment into a place where fun and excitement happen!

Dr. Shawn Worthy, in 2000 at the Vail/Beaver Creek Ski and Snowboard School, did a survey of first-time students to assess what the factors were in the guest's mind that inhibit a successful first ski lesson. Listed in order of importance they were:

Fear of:

- Injury
- Being cold
- Not catching on
- Holding the class back
- Looking clumsy.

Notice that this is what our guests may be feeling on that first day, and at the top of the list are several issues not necessarily about actual skiing. Learning to ski or ride isn't an experience which, on the face of it, looks like a fun and exciting time, happening in a safe and cozy place

So, what to do... what to do? First, snowsports teachers must be aware that there are these fears and concerns to address before technical instruction even begins. We must make the learning environment SAFE, WARM AND FUN! To do this we have to address the "intimidation and vulnerability" issues unique to each new guest. One fundamental in accomplishing this is to "foreshadow the clinic". Tell the students what is going to happen that first day and what they are going to learn. We must reassure them that they ARE, in fact, skiing when they glide slowly down the learning slope; and, tell them they are NOT going "to the TOP of the mountain!" (It is surprising how many beginning skiers, when asked, reveal that they thought you have to be going fast "before you are skiing"!). By doing this, you begin building that crucial trust relationship right from the start, removing all those unexpected and frightening "surprises" the guests had *imagined* might happen. Interestingly, Dutch Karnan, our PSIA-E/AASI President, writing in the Early Fall, 2008 SnowPro, refers to this non-technical instructional aspect of lessons when discussing a clinic his daughter received... his comment: "Before guests **care** how much you **know**, they need to **know** how much you **care**". Foreshadowing the clinic reduces much of their anxiety about the unknown and begins to show the guest that you care about THEM.

Second, you must reduce the guest's fear of the cold. The beginning skier or rider can't have fun and concentrate on learning when he/she is cold! These anxieties and worries cause bodily tension which restricts blood flow to the extremities, making cold feet and fingers more likely. They also promote a stiff, rigid posture, antithetic to the strong functional flexibility necessary for learning to ski or ride. We should assess guests' clothing for appropriateness to the temperature and wind condition and make extensive use of the "Lost and Found" of Guest Services to borrow necessary gear (goggles, hats, gloves, even ski pants).

One of the best Learn-to-Ski teachers this author knows (thanks, Margaret) periodically solicits (begs) the ski and snowboard school members for excess gear to augment a Lost and Found stash in the Learning Area. It is amazing how comforting it is to others in a clinic when you upgrade one member's clothing to promote comfort and protection from the cold (they must think, "If you do that for him, you'll

continued next page



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Bill Hetrick, Editor

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■ Editorial, continued

help me, if needed.). These students do bring back what they borrow... they appreciate what you have done. I always carry 4-packs of hand warmers and tell the clinic, up front, that I have them available if anyone gets cold hands. It is amazing that in 8 years I have given away less than 10! Clinic members have later said how comforting it was knowing the emergency warmers were there, if needed. A spare pair of gloves or glove liners in the back of your parka also saves a trip back to the lodge when halfway through a clinic someone really needs a warm hand. Guess what? When people become less anxious and more relaxed, blood flow increases to extremities, and hands and feet ARE, in fact, warmer!

Each resort may have different rules regarding "peanut allergies" and providing snacks to kids and adults, and you must follow those policies. But dried fruit or hard candies carried in your parka and offered at that critical moment can provide a quick burst of energy and warmth for that struggling new skier who is depleting their energy reserve. Again, this doesn't become a food bank driving you to the brink of financial ruin (unless, of course you offer snacks to your fellow teachers!). Very few guests take you up on the offer, but you are sensitive to THEIR needs and you show you care about THEIR comfort.

It goes without saying that you must be excited when teaching "newbies"...you have to be infec-

tious with your laughter and enjoyment of our unique work environment. You must be happy you are there in this moment, with this group, but you must also be happy the guest is there...and show it!

Have a collection of past lesson stories, ones with humor...how you have taught 83 and 84 year old beginners without injury to them! Focus on the struggling first-timer (the athletic 18 year old hockey player is going to "get it" anyway), and others in the clinic, far from feeling held back, will see the concern and care you have that everyone learns. It is also important to have a backup instructor for when there is a "severe split" in the clinic. At Sugarloaf, several of the staff, when not assigned a more advanced class at lineup, on their own ski slowly through the learning area to see if a Learn-to-Ski teacher needs assistance with a guest who is really struggling and needs "special" attention. This is another way to show that ALL of the staff are concerned about all of our guests who are new to the sport.

These are just some of the ways to help new skiers/riders to clear that First Hurdle, and change the learning environment from a cold, intimidating, scary place into a comfortable, fun and exciting place where they can learn one of the most thrilling outdoor sports. If we successfully address this first hurdle, guests will come back again and again - and even again. Help them make the leap over that first hurdle!

Ed. Note: This article is a guest editorial. We thank Gordon for sharing his thoughts on this important subject. 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.

NOTICE

We have accumulated a very large number of submissions for the Your Turn section of the SnowPro. If your article has not yet been published, it is either because of this backlog, or because it does not meet submission requirements for some reason - most likely length. If you have a question about something you have sent in, please feel free to inquire at (psia-e@psia-e.org), Attn: SnowPro Editor. Thanks for your patience.

BH - Editor ■

President's Message



by Dutch Korman
PSIA-E/AASI President

So, how was it for you? Another winter season has come and gone, seemingly in the blink of an eye, and as the last piles of snow fade away it's time to reflect on the winter that was and plan for the new one to come. Last November, before the first snowfalls, before the lifts were running, there was already an accumulation of serious challenges facing the snowsports industry. The economy was going into the tank; banks were showing signs of imminent failure; large businesses were showing deeper and deeper losses; gasoline was over four dollars a gallon; job layoffs were on the horizon. As we all looked ahead at the winter to

come, there were more questions than answers as to how our industry and our association would fare.

I am reminded of the saying, "From the hottest fire comes the strongest steel." Helped in no small measure by the price of gas dropping like a stone, snowsports just went out and had itself a fine season. Resorts throughout the Eastern Division showed "decent" numbers for visits, while snowsports schools reported smaller numbers, but nowhere near the disaster some had feared heading into the season. And, as always, when it snowed, people found their way to the mountains. And, what about PSIA-E/AASI? Undeterred by a little economic turbulence, our members rode and skied with their usual levels of adventure, passion and skill. As a result of our members' dedication, PSIA-E/AASI has again posted very strong numbers in our three key areas - new member registrations, member retention, and event participation. Looking back over the winter and thinking of what could have been, I am left with feelings of relief and of gratitude.

I am relieved that I survived the winter in one piece, that I was able to participate in so many of our events, and that the snow was, thankfully,

there for us when we needed it most. And, I am extremely grateful to four outstanding groups of people. First, our professional office staff continues to do a fabulous job managing over ten-thousand members, and planning and staging hundreds of events each season. Hats off to the office for all you do. Next, many thanks to the Board of Directors, who continue to see that our members get the best possible value for the lowest possible cost. Third, kudos to the educational staffs in Adaptive, Nordic, Snowboard and Alpine for leading thousands of our members in exams and educational events throughout the season. And, finally, Eastern members rock! None of what we do would be possible without your dedication, skill and enthusiasm.

So, that's a wrap for 08-09. Time to gear up for 09-10. See you in the early fall. ■



straight talk from the association

Member-Gain-a-Member campaign results for 2008-2009

Nearly half of new members this season referred by others

by Michael J. Mendrick
Executive Director

This was the third year of the successful "Member-Gain-a-Member" campaign. Of our 1,287 new members that joined this season, nearly 50% (610) of the new members this season came into the organization sponsored by current members.

Developed by the Membership Marketing Task Force in 2006, the goal of the MGaM campaign was to enlist the outreach potential of existing members, volunteers and staff to build the awareness and interest by non-member snowsports educators in becoming members of PSIA-E/AASI. It has been a campaign whereby our existing members of PSIA-E/AASI personally promote and recruit colleagues that were non-member snowsports instructors to join the organization.

For playing the role of "sponsor" to the new member, recruiting members became eligible for various levels of incentives and prizes to be redeemed during the 2008-09 season.

Congratulations & thank you to MGaM award winners!

Grand & First Prize candidates (sponsoring 10 or more new members)!

The following members (not a snowsports school director or assistant director) sponsored 10 or more members and qualified for the GRAND PRIZE

and FIRST PRIZE drawing to take place at the June 13-14 Board meeting. Grand Prize is a 2009 ProJam registration (or equivalent education registration fee credit of \$395, if chosen) plus SnowPro mention and premium item. First Prize is \$200 in "ed bucks" credit for the event(s) of your choice during the 2009-10 season, plus SnowPro mention and premium item.

MEMBERS REFERRING 10+ NEW MEMBERS		
# of Referrals	Member Name	Region
17	SOTTOSANTI, GREGORY	3
13	SHEA-BASKIN, ELIZABETH	6
12	D ELIA, RALPH F.	3
11	MEIROWITZ, BRUCE	6
10	DUTTO, LISA M.	1

Top producers in each region

(Based on a minimum of seven new members sponsored)

The following members will be awarded \$100 in "ed bucks" credit (if not awarded the Grand or First prize) for 2009-10 season plus a PSIA-E/AASI premium item.

MEMBERS REFERRING 7 or more NEW MEMBERS BY REGION		
# of Referrals	Member Name	Region
10	DUTTO, LISA M.	1
7	GETCHELL, PAUL W.	1
17	SOTTOSANTI, GREGORY	3
12	D ELIA, RALPH F.	3
9	STEHN, JAMES	3
9	NETT, GARY	4
8	JACKSON, JAMES L.	4
7	HOLT, MICHAEL STINSON	4
13	SHEA-BASKIN, ELIZABETH	6
11	MEIROWITZ, BRUCE	6
7	AMOROSO, TOM	6

continued next page

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Mickey Stone
AASI Advisor
John Hobbs
Race Programs Committee
Brian Smith
Area Rep Program Coordinator
Joan Heaton

All members that sponsored 3 - 6 members
All will receive a PSIA-E/AASI premium item.

MEMBERS REFERRING 3 to 6 NEW MEMBERS		
# of Referrals	Member Name	Region
5	GARDNER, NATHAN E.	2
5	CASHIER, REGINA	5
5	HOWE, JAMES	6
4	POOLE, JOSEPH	1
4	SHULVER, KIMBERLY	1
4	LANCASTER, GINA	2
4	GOLLNICK, SARAH J.	3
4	GARDAS, JOHN H	4
4	BROWN, KEITH M.	5
4	JORDAN, JACK	6
4	LUCATUORTO, PETER J.	6
3	BELLAMY, PAUL M.	1
3	MARTIN, LUCAS H.	1
3	DONOVAN, BRIAN P.	4
3	HAMMOND, WALTER	4
3	HICKEY, JOHN J.	4
3	SOUSIE, SHAWN M.	6
3	NEEDLE, DANIELLE	7

For PSIA-E and AASI education staff, the top three producers (number of new members sponsored) will be awarded \$300, \$200 and \$100 scholarships (respectively) from the Education Foundation for attendance at the 2009-10 National Academy or other approved events of interest.

TOP STAFF REFERRING MOST NEW MEMBERS		
# of Referrals	Member Name	Region
11	O'REILLY, LAUREN G.	1
10	BUCKLEY, TINA	4
7	CHASE-MOTZKIN, SUZY	6

Congratulations and THANK YOU to all involved! ■

Skills, Drills, Terrain, and Tactics

by Peter Howard
*PSIA-E Alpine Education-Certification
Chairman*

Activities-based, terrain-relevant skill drills are an approach to learning skiing that may have lost favor over the years. The bag of tricks and the canned rap are often treated with derision, particularly when they are limited and badly applied. But, it's worth remembering that the best coaches just have a bigger bag and more cans. We certainly don't teach final forms, and we also don't specifically teach the reference maneuvers of wedge, wedge Christie, basic parallel and dynamic parallel. We say we enhance the skills so people can accomplish these things. So how exactly do we do that? What exactly do we teach?

One approach is to try to just explain skiing and what to do. It is also possible to creatively use language to share with people what skiing feels like, looks like and sounds like. These two approaches are part of a teacher's arsenal and can be woven into activity-based coaching. However, if used alone they can avoid the physical work of really learning the skills and tactics that will be needed when the coaching is over. There is something about being given a specific goal to work on that is measurable; trying it repeatedly, and finally mastering it produces satisfaction in skiing and in life.

Understanding, demonstrating and coaching terrain-relevant activities that target key areas of skill development will empower coaches to teach effectively at each listed zone. Students who master these activities are likely to enjoy skiing in the suggested zones and will also have tactical choices if challenges arise.

If next season most of the staff at most areas had a good handle on the majority of the following activities to the skill level at which they teach, a lot of doors would open for our customers. To be sure, there could be additions and deletions from these listed activities. It is the concept of activity-driven coaching that should not be discarded like a small bag or an empty can.

Green, Novice Zone (First time – Novice)

Practicing and mastering the following activities will help students acquire the skills to ski Novice Zone trails:

- Moving on flat terrain. In order to move forward, backward, up the hill, down the hill, and turn around, new skiers need to know how to **side step, walk around on flat terrain, herring bone, and turn around while stopped** (“bull fighter turn”).

- Learning to turn **the skis by turning the legs** in and out helps new skiers to develop the skills to make a wedge when needed and turn the skis while moving.
- In a slow **traverse, stop with a wedge**. This gives new skiers the confidence that they can stop.
- In a slow **traverse, edge both skis**. The skis will cut into the snow on both edges and arc up hill to a stop. New skiers discover that ski design can help them turn and stop.
- In a slow traverse **walk out of the traverse**. Take little steps up the hill that result in stopping. New skiers discover that the movements of walking can be used in skiing.
- On a near flat slope experiment with softly tipping the legs from side to side to make **first parallel turns**. (This may work especially well for new skiers with athletic backgrounds)
- The **crab walk** activity shows how increasing and decreasing edge angle while in a wedge causes an immediate direction change. New skiers discover how to tip their legs to engage their edges.
- **Hopping, bouncing, stepping, and shuffling** are all activities that tend to cause a skier to “Christie”, or become parallel towards the end of a turn (these are “wedge busting” activities).
- By **using terrain** that is shaped like an upside down cereal bowl and making a turn on a fall-away, it is likely that the inside ski will be flat on the snow and the skis will spontaneously “**Christie**” (become parallel).
- Use **speed and turn radius to Christie**. By making short turns on a gentle slope with a little more speed, flattening of the inside ski is likely to occur. Novice zone skiers discover rhythm develops helpful identifiable patterns of movement.
- **Forward and downhill side slipping** are skills that, when practiced, help novice zone skiers develop edge control. These activities can also be useful tactics to descend a slope that might be difficult for a novice zone skier to turn on.
- A **kick turn** made from a stop is a useful tactic to change directions when up against the side of a trail.

Blue, Intermediate Zone

Practicing and mastering the following activities will help skiers acquire the skills to ski The Blue–Intermediate Zone Trails:

- **Skating in the flats** is a great way to develop glide, edge control, and a more advanced guidance of the inside ski.
- Most intermediate zone skiers turn the uphill ski into the new turn first. Trying to **turn the downhill ski** first develops inside leg steering and movement of the core into the new turn.
- Stepping out of the turn off a solid edge helps intermediate zone skiers get the feel for stand-

continued next page

■ Zipperline, continued

ing against the skis. Taking two steps after the fall line in a series of turns is an activity called **500 steps**.

- **Hopping into turns** promotes a centered stance and leg extension. Intermediate zone skiers discover through jumping how to flex evenly and subtly in the joints. This is the beginning of advanced pressure management skills.
- On a groomed green run **ski like a skater**. Imitating the push off, stride and glide of a skater promotes leg action, grip, and flow. These qualities are hallmarks of powerful graceful skiing.
- Carve both skis in an **edged traverse**. Try to leave 2 equidistant clear-arc tracks in the snow. Practicing this activity enhances edging skill and allows skiers to safely traverse icy places and discover the arc-like turning qualities built into today's shaped skis.
- Practicing the activity of **engaging and releasing the edges in a traverse** refines edge control skill and is the essence of the initiation of a modern parallel turn. Skiers discover that efficient turns begin from the snow up, rather than from the shoulders down.
- Leaving **railroad tracks** in the snow is a fun way to discover turning characteristics built into modern skis. On groomed green terrain try to leave two equidistant clean arced tracks through a series of turns. Intermediate zone skiers discover that the body must have functional alignment over both skis in order to arc both skis.
- Discovering how to turn the legs without turning the torso is a turning or rotary effort skill that leads to quality short radius turns. **Practicing pivot slips to hockey stops** with smooth leg rotation also helps skiers make quick stops.
- Moving the core of the body accurately is key to balancing that is future-oriented. Practicing a **pole swing and moving the hips forward** at the same time promotes movement of the core that is well timed, purposeful, and efficient.

Blue – Black, Advanced Zone (Blue Bumps, carving, and Short Turns)

Practicing and mastering the following activities will help skiers ski blue and groomed black trails:

- The easiest place to make a turn is on top of the bumps because the tip and tail of the skis are off the snow. **Pivoting on the top of the bumps and slipping down the sides** is a good tactical choice for skiers beginning to ski bumps.
- **1000 Steps** is a great activity to develop balance and quickness at speed. Skiers make diverging steps through a series of turns. Edging skills, forward oriented balancing, and inside leg accuracy are refined by mastering this task.
- Short turns require active steering, flexing, and ex-

tending. **Hop-to-shape** is an activity that promotes these movements in a recognizable sequential fashion. Advanced Zone Skiers learn that this can also be a useful tactic in bumps, trees, and difficult snow conditions.

- **Tuck turns** are a playful activity that shows how the skis get out from underneath the skier and then cross back underneath the skier. This helps skiers discover higher edge angles and trust the boomerang-like effect of how an edged ski will come back. This requires a well timed lengthening and shortening of the legs.
- Bump skiing, narrow trails, and fall line oriented turns require a mixture of leg steering and good speed control. Practicing **linked pivot slips** is a good activity for refining some of the balancing and turning skill demanded by advanced zone skiing.
- Keeping the hips quiet and slightly countered while maintaining the higher and forward relationship of the inside half of the body can be practiced using an activity called the **Heisman drill**. Advanced zone skiers discover that attention to hand–arm placement and a disciplined core makes for good grip and smooth skiing.
- **Absorbing bumps** is a pressure management skill that takes time to acquire. Skiers should practice traversing over bumps, flexing and extending as necessary to keep the skis contouring the surface. In time, absorbing bumps becomes a natural part of a skier's repertoire.
- A fun way to find the center of balance on skis is to spin **360s on the snow**. Advanced zone skiers discover that being in the center of two flat skis allows a multitude of pivoting and slipping possibilities.
- At times, advanced zone skiers can rely too much on the edges of the skis for balance. Alternately picking up and putting down each ski as a skier moves through a turn - **stepping through turns** - helps skiers discover that they can ski on either ski at any point in the turn if they have functional lateral balancing skills.
- **Skiing with poles horizontally** carried in front of the body helps advanced zone skiers discover how to level out through the apex of the turn. Leveling of the torso promotes angles and grip in the power portion of the turn.

Black- Double Black, Expert Zone (all mountain, most conditions)

Practicing and mastering the following activities will help skiers ski Black and Double Black trails and terrain:

- A very useful tactic in the off-piste environment is the **simultaneous parallel hop turn**. Mastering this turn provides the movement, balancing and turning skills to initiate short turns in challenging situations like tight bumps and deep uncertain snow.

- As a skier's skills and speed increase, it becomes increasingly likely there will be times that keeping the skis on the snow is very important. The pressure management skill of **initiating turns with retraction** is accomplished by actively flexing the legs near the end of the turn. The active flexing reduces pressure build-up, and after edge change the short legs can be lengthened to keep the skis on the snow. This can also be thought of as absorbing a "virtual" bump.
- A fun way to challenge carving skills is to try to make **RR tracks** that are tighter than the designed turn radius of the skis. Expert zone skiers discover that tipping the skis onto a high edge angle, combined with forward oriented movement, bends the fore-body of the skis early in the turn and creates tight equidistant arcs. Turn radius is influenced not only by ski design but also by the skill to bend the skis.
- A challenging way to ski a wide slope is to make short turns on a long turn path. This is sometimes referred to as **pain in the S**. Because the short turns are never quite the same due to the changing fall line, skiers discover how to make the skis work in off-camber terrain.
- It is said that having a positive selective effect on any skill, on either ski, at any point in the turn is a hallmark of expert skiers. Practicing **skiing on one ski**, with the other ski lifted, helps a skier discover the movements necessary to work both the "big toe and little toe" side of the skis. This activity also promotes a centered stance and points out alignment issues.
- **Traversing on the uphill edge of the uphill ski** with nothing else touching the snow is a difficult task that requires accurate stacking of the body segments and a slightly countered orientation of the hips. When this is mastered, expert zone skiers will have accurate and strong skeletal stacking at the start of turns.
- A fun and challenging way to add interest to a run of short turns is to make **lane changes**. Come out of a series of short turns, sweep across the hill 20 ft or so, then dive into the next series of short turns. By mastering this activity, expert zone skiers discover the movements necessary to slice out of and into short turns.
- **One-footed RR tracks** is a challenging activity that helps advanced zone skiers discover the movements necessary to arc on the "big and little toe" side of the skis.
- Practicing an activity called "**Skate to shape to short turns**" helps expert zone skiers develop more slice in their short turns. This should be done on groomed green or blue slopes.
- An activity that develops quickness and is a useful tactic in narrow, hard snow situations is **Converging Sequential Hop Turns**. Mastering these turns

helps expert zone skiers develop springy accurate edging from down hill ski to down hill ski.

Performance of these tasks does not guarantee risk-free descents of the terrain mentioned. However, mastering these activities does make it more likely coaches and customers will have stronger skills and more tactical options. They will also have a sense of accomplishment in knowing that the physical work of learning that seemed hard at the time is also what makes it hard to forget the valuable skills acquired. ■

Accreditations Completed this season!

This past season sixteen members completed an Accreditation. We currently offer eight different options, each consisting of three two-day events. Members can achieve as many Accreditations as they wish by attending the required three courses in any of our eight specialty areas.

Congratulations to those completing an Accreditation this season!

Children's Specialist

Amanda Amory
Janine Davis
Charles Downs
John Phelps
Dabney Richardson
Frank Roskind
Emily Spiker
Trish Wade

Coaching Advanced Skiing and Racing

Donald Falardeau

Special Populations

Dorie Deyo
Elizabeth Shea-Baskin
Tom Shipkowski

Teaching Beginners

Alfred Bevington
Jiri George Drobny
James McHale
Terry Terry

Congratulations To New Alpine Education Staff Members



ALPINE DEVELOPMENT TEAM Eleven new Alpine Development Team Members were selected at the tryouts at Whiteface Mountain on March 17-18, 2009. Congratulations to these new DEV Team members.

Kristin Beard
Matthew Ellis
Rebecca Frederick
Philip Freudenberger
Douglas Hammond
Joe Hanzalik
Timothy Kelley
Michael Logsdon
William McSherry
Harold Smith
Matthew Tinker
Matt Boyd-Dev Team coach



ALPINE EXAMINER TRAINING SQUAD Five new Examiner Training Squad Team Members were selected at the tryout immediately following on March 19-20, 2009. Congratulations to these new ETS Members! Left to right:

Chris Dayton
Gail Setlock
Chris Ericson
Brian McVicker
Joel Dewey
Doug Daniels-ETS coach

Master Teacher Program 2008-09 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 specialty 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 2009 Master Teachers.

Dorie Deyo, Holiday Valley
Charles Downs, Whitetail Mountain
Wendy Frank, Holimont
Fred Funk, Gunstock Learning Center
Andrea Miner, Mountain Creek
Jane Moyer, Blue Mountain
John Phelps, Bromley Mountain
Jane Robinson-Till, Holimont
Brain Sampson, Wachusett Mountain
Elizabeth Shea-Baskin, West Mountain
Terry Terry, New England Handicapped Sports (NEHSA)
Bruce Whitney, Jiminy Peak

Fall Master Teacher Courses

NEW FORMAT!!!

Economy... Economy...Economy... are you tired of hearing about it, feeling it in your wallet, seeing it everywhere you go. Us Too! We are here to the rescue with a new format to our Fall Master Teacher courses. Many of us are not able to "get away" for four days in a row, especially during these times. But a weekend excursion is definitely doable. So, this fall we'll hold master teacher courses over 2 weekends in easily accessible locations. Each weekend will bring a mix of personal growth, a little recreation, a lot of camaraderie and these courses satisfy your PSIA continuing education requirement.

Saturday, September 12 and Sunday, September 13, 2009 at Windham Mountain, NY

And / Or

Saturday, October 17 and Sunday, October 18, 2009 at Whitetail Resort, PA

Specific courses for the master teacher weekends have not been finalized as of publication. The courses offered will be different at each location in order to provide you with a variety of opportunities. Once all details have been confirmed, they will be posted on the website at (www.psia-e.org) and in the Summer issue of SnowPro.

Master Teacher Courses are open to all PSIA/AASI Level I, Level II and Level III members regardless if you are pursuing a Master Teacher Certification. Participating in two one-day indoor courses will satisfy the PSIA-E/AASI continuing education requirement. The fall selection of courses will include required core courses and optional sessions as well as testing opportunities on Sunday. Lunch is provided for all participants each day. The PSIA-E website at www.psia-e.org has specific information on course descriptions and requirements for certification. These courses are taught by experts in the specific field and are outstanding learning experiences that will be an excellent addition to your continuing education.

See Summer *Snow Pro* issue for complete details. Mark your calendars today! ■

Annual Spring Rally Race Results

Killington, Vermont - March 29, 2009

Hannes Schneider Memorial Race

15 Below Club		15 Below Club	
Girls Catherine Kluchinski	27.28	Boys Harrison Myers	24.81
Alpine Women 16-29		Alpine Men 16-29	
Amanda Lea	24.64	None	
Alpine Women 30-39		Alpine Men 30-39	
None		Scott Tezak	22.68
Alpine Women 40-49		Alpine Men 40-49	
Tina Buckley *	23.30	Glenn Mottau*	22.03
Alpine Women 50-59		Alpine Men 50-59	
Mary O'Shea#	29.72	Karol Kloc#	23.86
Alpine Women 60+		Alpine Men 60+	
None		Larry Schneider	26.10
Nordic (women)		Nordic (men)	
None		None	
Snowboard (women)		Snowboard (men)	
Kathy Lockwood	33.96	Chandler Simpkins	26.75



Congratulations to the following 2009 Spring Rally Race Winners (that stuck around long enough to get their pictures taken!) (L to R) Karol Kloc (Alpine men's 50-59), Catherine Kluchinski (Girls - 15 Below), Amanda Lea (Alpine women's 16-29), Tina Buckley (Alpine women's 40-49).

Hannes Schneider overall race winners designated by "***"

Willcocks Trophy winners designated by "#"

Early Admissions Program

“Fast Track” for a New Alpine Level III Member!

Nicholas Fox Goes from Registered to Alpine Level III in Three Months.

Nicholas Fox joined PSIA-E/AASI as a Registered Member in December, 2008. Because of his extensive experience with ski coaching and the ski industry, he was approved for the Early Admissions Program shortly thereafter. From December to March, Nicholas successfully completed all required education events, pre-requisite courses and exams, and became an Alpine Level III Member. Congratulations to Nicholas for his demonstration of skill, determination and enthusiasm in achieving these goals so quickly. He is from Charlottesville, VA, and teaches at Wintergreen. He is 28 years old and raced for the Penn State Ski Team, competing as the team's top ranked male skier each of his four seasons.

Nicholas' accomplishment was certainly a huge challenge and he is to be congratulated. Many said that this could not be accomplished and Nicholas is one of only two members since the inception of this program to complete all requirements in one year. Samantha Davis led the way in 2006.

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

We are pleased to offer this custom service for exceptional individuals such as Nicholas and Samantha. And, you don't have to complete all of the requirements in one year. For more information on how you can participate in the Early Admissions program, contact the division office and ask for Member Services Director, Jan Pryor. ■



PSIA-E Alpine Level II exam held in Saas-Fee, Switzerland

The first ever PSIA-E Alpine Level II exam held in Saas-Fee, Switzerland took place April 15-17. With conditions ranging from bright sunshine and perfectly groomed trails to a snowstorm dumping 3 feet of snow and superb powder skiing, 15 PSIA-E members participated in the first ever PSIA-E Level II exam to be held in Europe. With the support of PSIA member school, Ski Academy Switzerland and the Swiss Saas-Fee ski school, the 3 day exam produced 12 new alpine Level II members.

This exam process used a modified version of our current 4 day process by incorporating both the skiing (part 1) and teaching (part 2) into a 3 day exam. Thirteen of the exam participants were from England while two members were from the United States. ■

No Eastern Division Dues Increase for 2009-2010

National dues remain at \$50

Dues invoices for the fiscal year July 1, 2009 through June 30, 2010, will be mailed to all members in May. As a result of a Board vote in October of 2008, PSIA-Eastern Division dues will remain at \$59.00 in 2009-2010. National dues will remain at \$50.00. Total combined dues for regular members will remain at \$109.00 for 2009-2010.

“The Board had a healthy discussion on this and the majority felt that, given the economic climate, we should make every effort to hold the line on dues for the coming season,” said Eric Jordan, PSIA-E Board Treasurer. “We are hopeful that such creative initiatives as the Subaru Super Raffle will help us create more non-dues income to support programs.”

Senior and student discounts will remain in effect for 2009-10: For any Eastern Division student member age 16-23, and seniors age 75 or more with ten consecutive years of membership, the division discount for 2009-10 will be \$20.00 and the national discount \$10.00. Therefore, total combined dues for qualifying students and seniors will remain at \$79.00 in 2009-10.

Your membership payment is due by June 30, 2009. A late fee of \$30.00 (\$20 Division; \$10 National) applies beginning July 1, 2009. Members with Internet access may pay both National and Divisional dues “online” safely, securely and conveniently through PayPal at the eastern website at www.psia-e.org. If you have any questions regarding dues payments, please contact the Albany office (518-452-6095) at your earliest convenience. If you have any questions relative to National dues or fees, we suggest you contact the PSIA national office at (303) 987-9390.

PSIA-E/AASI dues may be deductible as an ordinary and necessary business expense (check with your tax advisor). If you choose to add a donation to the PSIA-E Education Foundation, that donation is deductible as a charitable contribution. ■



VIPrivileges



Want to know what PSIA/AASI privileges you get as a member? Look for this column in each SnowPro and we will let you know what is new – or remind you of things you should be sure to take advantage of.....

NEW FEATURES HAVE BEEN ADDED to the Eastern Division Snowsports School AND RESORT Directory! Use this section of the Eastern Division website to find out:

- * Where is the event registration area at a specific resort for an upcoming PSIA or AASI event?
- * Does the resort where I am going for an event offer resort-owned property lodging discounts to participants? And, does the resort offer any other discounts (such as food, retail, etc) to participants?
- * What time do the lifts start running at this resort on the day of my event?
- * What are the statistics about a resort where I am thinking about going to an event (what is the vertical, how many trails, parks, pipes, etc???)
- * Looking to see if a certain resort offers off-season discounts for various activities such as golf, water parks, etc? These member offers are being added here within the Directory.

Save time throughout the year by looking at the School/Resort Directory for answers to these questions and more!

The PSIA-E/AASI VIPrivileges Golf Program is back for its second season!

See the boxed information article within this *SnowPro* for the participating resort listing at this time and check the website for more additions throughout the spring and summer!

Don't miss out on the great year-round travel saving benefit you are offered at over 5,000 participating Choice Hotels affiliated properties. Not only can you use your PSIA- E/AASI Special Rate Identification # 00802187 to get a 15% discount, but you can also earn points towards free room nights, airline miles and more as a Choice Privileges Member! Sign up and become a Choice Privilege and take advantage of the upcoming Summer Promotion which starts May 21 and runs through the end of August. Go to the Eastern website for all the details.

The Eastern Division Employment Center (provided by JobTarget) has an updated resume system which is easier to use for both job seekers and employers and also has a new, modern, simplified look and feel. Summer might be a good time to look into this Employment Center feature and post your updated resume at no cost to members!

Scholarship Reminder!! Don't forget.....

If you want to apply for a PSIA-E Scholarship for the 2009/2010 season, you need to work on your applications over the summer and get them into the office by the September deadline. Go to www.psia-e.org for scholarship information. The current information will be updated over the summer with the revised deadline date, but the process and the deadline date will be pretty much the same. Please set your plan with that in mind.

Historically the Education Foundation awards more than \$6,000 to member scholarships each season!

Watch the Summer SnowPro and the website for this year's deadline date and get your application in!

(See the awards recipient list for last season within this *SnowPro*)

If you would like to make a tax deductible donation to the PSIA-E Education Foundation; you can do so when you remit your annual dues.

Dues statements will be shipping from the office in May and are due June 30th.

We appreciate your support of the PSIA-E Education Foundation and Scholarship Program.



Education Foundation



RSS Reminder!! RSS provides an easy way to remember to get your scholarship applications in – just let us remind you!

Keep up-to-date on ALL Eastern Division "goings on" by signing up for our RSS Feeds at <http://www.psia-e.org/rss/>

HAVE A GREAT SUMMER!

Personalized Business Cards



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 - See a preview before you place your order
 - High quality stock
 - 2-color or 1-color with official logos
- Great pricing on quantities of 250, 500 or 1000

If you have questions, call the PSIA-E office at 518-452-6095

Available through PSIA/AASI Eastern Division and Keystone Printing



The PSIA-E/AASI VIPrivileges Golf Program enters its second season!

The PSIA-E/AASI VIPrivileges Golf Program will again offer discounts to current PSIA-E/AASI members at exclusive Eastern Division golf resorts – all of which are year-round partners of PSIA-E/AASI.

Active PSIA-E/AASI members will receive a discount off the current daily rate at participating golf resorts. To view the most up-to-date list of participating resorts and discounts, as well as to learn the “rules of play”, visit the Member Services, Eastern Member Benefits, area of the Eastern Division Website at www.psia-e.org

These resorts as well as others are also extending discounts to members on other activities and amenities in addition to golf. Updates on all offers from eastern resorts are listed in the Eastern Division School and Resort Directory which is also on the Eastern website.

Resorts which are committed to our golf program as of the Spring SnowPro issue include the following.

Participating again this season:

- The Balsams Wilderness, NH
- Canaan Valley, WV Mount Snow, VT Sugarbush, VT
- Holiday Valley, NY Okemo, VT** Whitetail, PA
- Massanutten, VA Stratton, VT Wintergreen, VA
- Woodstock Inn and Resort*, VT

* As affiliated with The Suicide 6 Ski Area

** Okemo also offers a member discount on their Camp Gokemo Kids Camp. While you golf, let the kids have a fun day at Camp Gokemo for \$45 a day (regularly \$55)! That price includes lunch, snacks, activities supplies and any other fees for the day.

New for the 2009 golf season:

Killington, VT

Any Eastern Division snowsports resort which also has resort owned or affiliated golf facilities can participate in this program by contacting Eileen Carr at 518-452-6095 or at ecarr@psia-e.org ■



THE PSIA-E EMPLOYMENT CENTER

Come back to visit THE PSIA-E EMPLOYMENT CENTER as the season approaches.

With more than 2,500 hits on this web page in it's first season, the Employment Center is THE place to post your employment listings for next year.

Members, check back late in the summer or early fall to view the latest listings!

The Employment Center is now on-line on our Eastern Division website.

Looking for some personal or family fun during the off-season?



Why not consider patronizing our supporting Eastern resorts and see what activities and programs they offer year-round?

Some of the activities resorts offer include:

- Water Parks
- Mountain Coasters
- Lift Accessed Mountain Biking
- Kids Camps
- Golf and Golf Schools
- Tennis and Tennis Camps
- Hiking
- Fly Fishing Schools
- Gondola Rides
- Spa Treatments
- Zip Lines
- and more.....



Many Eastern Resorts offer PSIA and AASI members discounts off lodging and activities.

Updates on all offers from PSIA/AASI affiliated Eastern Resorts are listed in the Eastern Division School and Resort Directory on the Eastern website.

Check back often, this directory is updated as often as possible with all new member offers*!

* All information in the Eastern Division School and Resort Directory is subject to change without notice. Updates on all offers from eastern resorts which have been communicated to the office are listed in the directory as promptly as possible. Each resort offers a variety of services and may offer packages throughout the year. Please call the resort you are interested in patronizing and ask for the latest details on all offers prior to your visit.

2008/2009 Membership cards display an expiration of June 30, 2009. Your 2009/2010 Membership investment is due on or before June 30, 2009. New 2009/2010 Membership cards are not mailed to members until September unless requested sooner by the member. If you choose to visit a participating resort and therefore need to receive your new card prior to September, please call the PSIA-E office at 518-452-6095. ■



Region 2 (VT)

Steve O'Connor, Regional Director, reports: Welcome to spring and the beginning of a six month preparation for next season. Some of you are playing in the Rockies; spring storms have delivered again in Utah, so I'm sure those attending the National Academy at Snowbird are pumped. History is in the making at Taos, New Mexico; the snowboarding equivalent of the National Academy will take place there this spring, leaving only a few resorts in this country exclusively for skiing.

Historical events have happened right here in Vermont! The results from our recent elections indicate that we just about doubled voter participation. I am honored to be selected as your director, and am looking forward to working with Curtis Cowles from Okemo, your newly elected Regional Representative. Curtis is a snowboarder and skier, and will no doubt help balance some of the discussions that lead to important decisions made on your behalf.

Many of you are on a journey to becoming a better skier, rider, or both. In the process, we are working to help our guests do the same, which means you are gaining valuable experience every time you ask a question or describe and demonstrate how to move in some special way. Some of you are taking steps to certification within our organization. You are making a commitment to excellence that transcends the day-to-day commitment of being a good (employee) snowsports coach.

This journey requires personal commitment, which then requires a commitment of time. Once a new season begins we commit schedules, and immediately the time shrinks. Now may be a good time to ask some important questions: How far should I go? What could I accomplish? Why did I not succeed? What can I do now; next season is six months away? Who will help me?

To answer these questions you need to take charge of what is important to you. If refining your skills enough to pass a certification exam is the goal, then skiing/riding more is really important. More, in this case, means a chunk of time with a mentor/coach who gives you direction and provides you with extrinsic as well as intrinsic feedback. Catching a few runs before and after a shift is valuable, but not enough! Can you reward yourself with a week (5 hours a day) of focused practice? How about one or two days of focused practice at season's start? Whatever you decide, start the process today. Make a plan to make a change.

My plan for change means going to Lake Placid this summer to explore jumping, getting air, and generally doing things I am uncomfortable with, in a safe environment. I hope the outcome provides me with some courage to go bigger and not stress so much about the landing.

Whatever decisions you make, enjoy the journey; it is always worth the energy input. I promise to commit my energies to anyone that commits to making a change. Please don't hesitate to call or e-mail me with questions or concerns @ 802-234-4032 or occonnor@together.net

Have a great summer!

Curtis Cowles, Regional Representative, reports: This past winter, Region 2 had its elections. After a record number of votes were cast, Steve O'Connor was voted in as Director and I was voted in as Representative. Now what? I e-mailed Sherm White and he suggested, "Find a project and get involved". I've introduced

myself to Steve and we have an open line of communication. Business is good and things are moving forward. I'd like to thank all who voted. It was great to see more participation and interest than in years past. I hope I can serve the membership well and in your best interest. Thank you for the votes.

Region 4 (PA and NJ)

Steve Kling, Regional Director, reports: Looking back, Region 4 can feel good about the 2008-09 season, despite the sometimes fickle winter. Overall attendance at education events in our Region was quite strong, with "Elk Week" retaining its position as the busiest week. With continued support for educational events within the Region we can look forward to more quality events close to home in years to come.

We can report that for the most part the membership in Region 4 has been rather content (or is that passive?) this season. We held two regional meetings in mid-season; one at Elk and one at Liberty. Total attendance at the two meetings was roughly 150, and the bottom line was that we can report no serious gripes, complaints, or grumbling. In fact, we can't even report that minor gripes were expressed. The few questions that came up tended to be about policies from National, not the Eastern Division. That being said, if there are issues or concerns about how the Division is being managed, please don't hesitate to contact either or both of us. Steve Kling (Regional Dir.) or Eric Jordan (Regional Rep.).

Region 5 (Western NY State)

Steve Howie, Regional Director, and Ron Kubicki, Regional Representative, report:

By the time this issue is in your hands we will all be busy with summer activities and probably not thinking about skiing. It was a busy ski season for most of the areas in Region 5, but not all. I am sad to report that Swain Ski and Snowboard Resort has suspended operations and is for sale; if not sold by August 15, assets will be auctioned off. Some might think that would be a bigger piece of the pie for their area, but, in truth, it is one less area promoting snowsports, and that is not good. So, I'm hoping things work out and they find a new owner before you even read this.

There were two regional meetings this winter, and, unfortunately, both had a very light turnout. The retention of school and PSIA membership were hot topics, along with the perceived value of instructors by area management at some resorts. We have had a few requests for a fall meeting and golf tournament, so I will see what I can do to put that together for sometime in September.

For all new members in the region: With your membership you received a coupon for a manual of your choice from PSIA-E. To date, less than 30% have returned this coupon for the manual. They are great educational pieces; don't miss out on this opportunity!

As always, if you have questions or concerns please contact any one of the region's BOD or Committee members. We are always looking for your input. Below is a list of all Region 5 Committee and BOD positions, with name and

email address.

Have a great summer. We'll see you in the fall.

Region 5 BOD and Committee Members:

Steve Howie - Region Director:

showie1@rochester.rr.com

Ron Kubicki - Region Representative, PSIA-E VP:

rlkubicki@yahoo.com

Debbie Goslin - SSMC Chairperson:

debbieGos@aol.com

Wendy Frank - SSMC Representative:

wendy.frank@sympatico.com

Rick Downing - AE&CC:

rdown@frontiernet.net

Lee Dame - Children's Committee:

leedame@rochester.rr.com

Region 6 (Eastern NY State)

Scott Allard, Regional Director, reports: We had two membership meetings this year: One at Gore, with 12 attending, and one at Hunter, with 20 attending. Topics were very similar between the meetings: Dues and the time of billing; event notification system (meetings), thinking we should go back to postcard; make meetings a "sliding" event as well as a meeting; and, a lot of feedback about the Super Raffle.

The raffle went well, and turned into a 50/50. From the region we thought that a few other items could be built into the raffle that some of the younger members might be more in tune with. This will be discussed at the June board meeting. The region also supports the idea to keep this going from year-to-year; get an earlier start and include a ticket voucher in the dues mailing to be filled out and returned with bill.

Don't forget about the scholarship fund opportunities that we offer to pursue your developmental goals. These tend to be overlooked by our members, and in these times a little help would be great.

As always, Cherisse and I are only an e-mail away, and would like to hear from you. We would like to get the attendance up at our meetings to allow for more of our region's voices being heard at the Board meetings.

Thank you again for your support, and, as you enjoy the summer, remember that it's only a few short months before the white stuff returns.

Scott- allardc@frontiernet.net

Cherisse - cyoung@mhcable.com

Region 7 (States south of PA & NJ)

John Cossaboom, Regional Director, reports: As I look out the window while writing this, the calendar says that it's spring, but there still is a fair amount of snow on the trails. All of our Southeastern resorts closed their doors at the end of March, not because of a lack of snow, but a lack of customers. It's funny that everyone (including us) is so anxious to get the season started and are willing to get out sliding on just about any amount of cover; then, in the late season, when there's plenty of snow, we are all gone. Let's make it our mission that next season we remind our guests about late-season skiing and riding. The end result will be more work for us and better returns for our home mountain.

I want to thank all R7 members for their support of events in our region during 08/09. However, while we canceled fewer programs this season, there is still room for improvement. I'll be working with our Director of Education and

Programs, Mickey Sullivan, to develop a targeted schedule of events to better meet the needs of R7 members. You are the key to success, however, and your continued participation in these events is critical.

I also want to say thanks to those of you who recruited new members this season. Our region has probably the best opportunity for new member development, and I appreciate your efforts to grow our association. Remember that with the Member-Gain-a-Member program, there are great incentives for sponsoring new members.

As always, I encourage you to contact me or Paul Crenshaw (Regional Rep) with any concerns that you may have. Remember that we are here to be your voice on the BOD, and we welcome your input. Thanks again for a great season, and I hope to see some of you on the golf course.

Other Regions – not reporting in this issue:

Region 1 (NH & ME)

Region 3 (MA, CT & RI)



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What Were Your “Take-Aways” from the Season?

by Debbie Goslin
Snowsports School Management Committee Chair

We have all wrapped up a great season. We have checked in parkas, cleaned out our offices and put “away messages” on our voice mail.

That said, what were your “Take-Aways” from the season? I’m sure that if you think for a few minutes you will acknowledge some adjustments to your snowsports school this year that made a difference. What were the new policies you instituted in November? Did those adjustments make a difference?

From my perspective, the biggest “Take-Away” was in our training programs. While my area has very active Alpine and Snowboard training programs, this year we stepped it up quite a bit. If you are reading this and have a list of reasons why your training programs fall below your expectations, your first stop should be with PSIA-E. Through PSIA-E we scheduled “In-House” events that were tailored toward our needs and our ski area:

- Three of our WNY snowsports schools collaborated and brought in guest speakers Mermer Blakeslee and Kim Seevers for a full day of pre-season training. This was the perfect venue to bring instructors together and to get a jump start on the season.
- Our Adaptive instructors scheduled a two-day clinic. All of them split the fee for the event and walked away with an abundance of knowledge.

A second suggested step is to look “within” your own snowsports school. Most of you have Alpine and Snowboard training teams. Again, from my own perspective what has shown to be most encouraging is that this past season each team “opened the door” to all instructors who were interested in working with our training. Most instructors have “another life” outside of the snowsports school. By opening the doors to all instructors and not being territorial, new ideas and suggestions in many diverse directions were exchanged. Look within: Do you have an attorney on staff who would be interested in facilitating a clinic on how to complete an accident form? Who on your staff works in HR and can tailor a Diversity Training program to your snowsports school? While it is important to have the trainers with the “fast feet” on the hill, by “opening the doors” you also incorporate some other skills (effective communication, empathy, laughter) through indoor clinics to help round-out your staff.

The Snowsports School Management Committee is actively working on suggestions for sessions (on-snow and indoors) for the SSMS to be held in early December, 2009. Please contact your SSMC member with any ideas you may have that would benefit you and your staff for next season. ■

Cash in on summer.



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As a **Choice Privileges**® rewards member, you'll find many ways to earn points toward the rewards you want, including free nights, retail gift cards and much more. And now, when you stay just three separate times at any Choice hotel between May 21st and August 13th, 2009, you'll earn enough **Choice Privileges** points to redeem for a \$50 prepaid cash card. Stays must be booked at choicehotels.com or by calling 800.258.2847.

As a PSIA-E member, receive 15% off your next stay at participating hotels when you use Special Rate ID 00802187.** Remember to provide your **Choice Privileges** number to earn points.

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Congratulations to Todd Ainsworth, new AASI Development Team Member!

Congratulations To New AASI Education Staff Member

AASI Development Team



Eric Baryza of Smugglers Notch (LIII with Burton board) and Chris Sailer of Okemo (LII and Burton bindings) proudly display their new AASI pins and their Burton winnings!

Todd Ainsworth was selected to join the AASI Development Team at the tryouts at Killington on April 2 and 3, 2009.

Todd rides and teaches at Okemo, VT in the Northern Hemisphere. During the off-season Todd rides in the southern hemisphere at Mt Hotham and Perisher Blue in Australia as well as Cardrona in New Zealand.

Congratulations and welcome to the team Todd! ■

continued next page



CONGRATULATIONS!!!

BURTON

The winners of the Burton Snowboard Promotions which were held this season are:

AASI Level III Member Eric Baryza, Smugglers Notch

Eric attained his AASI Level III certification and also won a Burton custom snowboard

AASI Level II Member Chris Sailer, Okemo Mountain Resort

Chris attained his AASI Level II certification and also won Burton bindings

The following new AASI Level I Members won a Burton backpack!

WELCOME to these new members and to the more than 370 new AASI Level I members who joined and attained their L1 certification throughout the season!

Region 1: Harold Heck from Stratton Resort, VT attained his Level I at an exam held at Loon, NH

Region 2: David Gibson from Okemo Resort, VT attained his Level I at an exam held at Killington, VT

Region 3: Tasmyn Green from Morse Hill, MA attained her Level I at an exam held at Ski Butternut, MA

Region 4: Katherine Clayton from Wintergreen, VA attained her Level I at an exam held at Shawnee, PA

Region 5: Robert Heim from Holimont, NY attained his Level I at an exam held at Holiday Valley, NY

Region 6: Sheila Hansen from Windham, NY attained her Level I at an exam held at Windham

Region 7: Zoe Manickam from Snowshoe, WV attained her Level I at an exam held at Snowshoe

Thanks to Burton Snowboard for being such a great PSIA-E/AASI 2008/2009 sponsor!

Buttering—even in the off season? Sure.....

by *Burleigh Sunflower*
AASI Development Team
ACE Team
Snowboard School Manager
Bromley Mountain, VT

I was 8 years old when I tried my first board sport, Bongo Boarding.... That's right Bongo Boarding. A Bongo Board was simply a three foot long flat board that was laid on top of a six inch diameter cylinder. I would stand on the board while trying to maintain my balance as the cylinder rolled back and forth on the ground. It... was... Awesome. This particular board belonged to my grandmother, and whenever I went to her house I would play on it for hours.

Fast forward twenty years or so....I now live in Southern Vermont, and during the winter months I find myself on a snowboard every day. This past season at the PSIA-E/AASI Snowsports Management Seminar (it's a really fun event, even if you are not a manager), I met Brew Moscarello, creator of the Vew-Do Balance Boards, who was giving a presentation on balance training, conditioning, and injury prevention for snowboarders, using his 21st century version of the old Bongo Board.

Brew demonstrated how riding a Vew-Do Balance Board only minutes a day can help keep any athlete balanced and in tune during the off season, while improving overall snowboarding skills. His concept is to encourage instructors and students alike to balance on his multi directional balance board while exploring stance width, toe and heel pressuring, rotations, counter rotations, ankle and knee flexion, and a variety of other snowboard movements, all while in a controlled indoor environment.

Brew had several different models for us to try and we did just that. His line of Vew-Do Balance Boards looked like a cross between my grandmother's Bongo Board, a skateboard, and some steroids. Nearly everyone at the seminar, both young and old, ended up playing on the boards, and everyone seemed to come to the same conclusion: Vew-Do Balance Boards are not only fun, they are a great cross training toy, regardless of your sport.

As April showed it's warm rainy face, I starting thinking more about snowboarding and doing less of it; my season was coming to an end. With that in mind I drove down from Bromley to drop in on Brew at the Vew-Do Balance Board Manchester, VT, office. I remembered being hooked on the boards at the SSMS, and knew it was time to get one under my feet.

Since getting my own Vew-Do Zippy model, not only have I been reconnected with the roots of my childhood when riding my grandmother's old Bongo Board, but the Vew-Do allows me to do so much more. For starters, I can put the

board on edge, very similarly to a snowboard. The deck of the board is turned up at the ends like a skateboard, which makes it easier to spin and stall. One of the boards even has a raised deck so one can do ollies and flip tricks (notice, I wrote, "one can", not I can).

The Vew-Do feels like it will help me get better at both quick and subtle movements, as well as static and active balance used in snowboarding. On the Vew-Do I can move my feet independently or together; I can flex, extend, and rotate. I can tilt it, twist it, pivot it and am constantly managing pressure on the board.

The Vew-Do Balance Board is totally going to be my new off-season – heck, even my in- season - cross-training toy. It seems to me that after riding my new Zippy for the past two weeks, it will not only help my balance and lower body quickness, but will totally translate perfectly to my overall riding style. Buttering, blunts, spins, stalls, rails and, heck, even turning - I can feel elements of all of these skills while riding my Zippy.

As a PSIA-E sponsor, Vew-Do is offering members sweet Pro-Form deals, so check 'em out on the PSIA-E Website (www.psia-e.org), and click on the Vew-Do link. They have all kinds of boards for different riding styles and levels of difficulty.

Get one for yourself; you won't regret it and you might even gain some mad skills.

Go play, and have fun on your own Vew-Do board (I don't plan on sharing mine).

Hope to see 'ya next season. Enjoy your summer. ■



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Challenge Your Teaching. . . . Declare War on Call-Down!

by KC Gandee

AASI Examiner

AASI Snowboard Team 2004-2008

Recreation Manager

Okemo, VT

Note: This is the first in a three-article series written by AASI Examiners on using different teaching and learning styles.

It happens to all of us. It's so easy to get caught up. Here's how we usually get trapped circling the drain of the dreaded "call-down" teaching: You have set up a great rapport with your group. You've assessed their skills, set goals and made a solid plan for the next hour or so. After explaining the task at hand, you give the best demo you're ever given. Your group comes down one at a time and you deliver feedback. One person in the group (maybe two) is really killing it, but the others seem . . . uninterested. After repeating this cycle several times, it finally occurs to you - the group is bored! Some of them can't see your demo as you keep riding away from them. Some process information by talking it out with their peers. Some in the group are ADHD, and you're not grabbing their attention and keeping them busy. Whatever the reason, call-down teaching doesn't work for everyone, and you've got an uphill fight to get them back for the remainder of the lesson; you might even lose them from lessons for good if you're not careful. To avoid scenarios like this, get your group more involved!

Although there are many different delivery methods and ways in which to assess what your group needs, this article will focus on creating bomber reciprocal learning situations. Reciprocal learning involves partners or small groups teaching each other. Although it may seem daunting at first - asking riders who may or may not know how to snowboard to teach each other - you'll find it easy with a little practice and the proper focus. Here's how to do it:

Step 1: As usual, after creating a comfortable setting, break down the goal into smaller pieces. For example, if we're looking to make a rider's turns more round, we might look first at their turn initiation. After breaking the group into pairs, I'll set an easy task for a warm up: Pause in between turns, bringing the body into a neutral athletic stance when the board is flat. Show the group exactly what you mean while standing still, then have each person show their partner the same thing standing still to set a reference. Now, the task: Have each person describe for their partner whether they hit this stance while moving downhill. It's important to be DESCRIPTIVE, not prescriptive, as the latter can sound judgmental. Send your groups downhill a long way for maximum practice time, then watch them. If you see talking and hand motions between riders, you're stoked and so are they! If you see silence and slumping, go find out what's happening and offer an example of delivering descriptive info.

Step 2: Now that you've got everyone on the same page, focus on a movement. Ask riders to perform a specific task at a specific time - it's being specific that will enable them to teach each other. Tell and show them exactly what to look for and when to

look for it. In this example, I'll ask riders to start their toeside turn by relaxing their ankles and driving their shins down towards their toes. This gets the rider to move their CM over the board, but I ask them to look specifically at the front leg only, as the rider comes off of the flat board and neutral stance. Standing still, we practice the movement together, again setting a reference. Ask the riders to relate their feedback back to that reference. "You're almost using the same move as when we were standing still- probably 80%" is good descriptive feedback. We then move down the hill, again a long way! Again watching and helping as necessary.

Step 3: Now that you've got your group moving and interacting, you can broaden the task. Look at both legs at the beginning of the toe turn. Try looking at the front leg at the beginning of the heel turn now. It is important to remember: Assign specific movements! From here on out, it's your party. Mix partners, try groups of three or four, keep it interesting and keep it moving!

Side-steps: After you've laid the foundation, you must switch into maestro mode. Check in with all the pairs to be sure they're on the right track. Ask closed questions at first, such as, "Were you able to see the movement at the beginning of the turn?" Then, you can begin to fan out in your questions and offer new focus, if need be. Try to move downhill first with the fastest pair or group. If they get ahead, you may never catch up. Once you've made sure this front running pair is off to a good start, you can wait for other groups to catch up to you!

Step it up for Exams: When using reciprocal situations in exams, do just as you've practiced during lessons! Be specific in your focus for the pairs or groups, and make sure they are on the right track by checking in often. Keep your eye on the clock, though, as exam situations are generally shorter time segments that you usually use. You can steer feedback in exam situations by asking direct questions to partners to ensure riders who need help are getting it. For example, "Jill, did Timmy go to that neutral stance before starting his toe turn? No? What position was his body in? Okay, so Timmy, make sure you pause for a bit longer in between turns to return your shoulders to that home stance."

Reciprocal teaching is a great way to challenge group members cognitively, affectively and physically, while keeping everyone moving and involved in learning. The best part is that it can be used from never-ever lessons all the way to sick jib sessions. Challenge yourself to use reciprocal in each lesson for two weeks. You may stumble at first, but in the end you'll be glad you did! To use it successfully, remember these three things: Break it into the smallest piece possible; be specific with movements; and, show your group how to be descriptive (not prescriptive). Fight call-down!!! ■



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A Young State of Mind = A Spring State of Bliss!

by Gary "Griz" Caudle
"15 Below" Advisor

Ahhh, Spring, a season of longer, warmer days, soft snow, beautiful sunshine, and twenty-five "15 Below" participants from all over the East, meeting at the Spring Rally at Killington to take advantage of all of this. And, rip it up we did.

I know there are trails at Killington where one can ride in comfort and cruise along in a blissful way, creating a sense of euphoric transcendentalism. Yet, skiing or riding with a group of young people whose knees are young and flexible creates its own state of bliss. We found moguls on the way to huge slope-style parks, and the 'Stash' where all the features are natural and challenging. Teaching one another became the sport of the day. Those who could, did, and also taught those who wanted to do!

Teens have their own ideas of what education and "snowsports school" should be, taking ownership of what they have learned to new heights; and I mean "heights". An article by Rich Sagor explains how teens step it up with each other while practicing skateboarding (CBUPO: to feel Competent, to Belong, to be Useful, to feel Potent, and feel Optimistic). It is exactly the same in skiing and riding the park terrain, steeps, moguls, or trees with young folks; it gives new meaning to Maslow. If we could make physics, trigonometry and all subjects in school as much fun as this, school would be a wonderful place for learning to take place. But, I am lecturing. You guys know this; you just have to convince your teachers. Let it be said that everyone had a great time in the fabulous sunshine on Saturday, and even in the rain which tried to dampen spirits on Sunday.

Thanks to Lisa Gouwens, Jake Jacobsen, Dave Pike, and Tina Buckley for their coaching and guidance. These ACE team members make the "15 Below" program a continued success. Once again a shout out of thanks to former "15 Below" members K2, Lance and Laura, who continue to find that skiing and riding with their younger peers is an inspiration.

Have a wonderful summer. I look forward to seeing you at the "Bring it On" event next December.

Saper aude! ■



Captured in a state of bliss, from left to right, are ACE Staff members: Jake Jacobsen, Tina Buckley, Lisa Gouwens, Griz, Dave Pike





See You Next Year!

by Tina Buckley

PSIA-E Alpine Level III

Advanced Children's Educator

Blue Mountain Snowsports School, PA

When I signed up my three children for the "15 Below" event at Killington I was excited, hoping they would enjoy it as much as I've enjoyed every PSIA-E clinic I have been to. They have been exposed to ski school at my home mountain, but never done anything with PSIA-E. Long story short, here are their comments after two days with several ACE members:

Theresa (12): I thought it would be like just ski up and down with drills and boring turns on easy groomed terrain, only slow skiing participants in my group. But when I met my group, I noticed that the kids were cool and great skiers and boarders. Griz and Dave were awesome. I think we skied everywhere but green slopes, we went into the parks and bumps, I skied trees for the first time in my life, that was total fun. We as a group decided what to do and where to go. I learned a lot about skiing and instructing from both my group and Griz and Dave. I made new friends and had the chance to ski with them. I had a great time and definitely want to do it again next year.

Sebastian (10): Trying to ski synchronized was interesting, especially with someone you have never skied with before. We all had to decide how to do it best and skiing it down was challenging but a lot of fun. I loved skiing the bumps and trees with Jake and my group. I learned about park rules and signs and how to improve some of my turns. I met new friends. Despite the rain on the last day, the race was exciting. I would like to make this a family tradition and do it again next season.



Theresa and Ludwig Buckley

Ludwig (15): We were a mixed group, skiers and boarders, which was fun. We have a lot in common. Griz and Dave kept us moving and we skied a lot on both days. I had expected it to be more of a lesson-like scenario, let's do this and that, but we as a group were in charge of our "program". Dave and Griz gave us feedback to improve without standing around. Watching the other kids in my group doing jumps and tricks motivated me to try some new things. I would love to come back next year and ski with Griz and Dave and my friends again. Thanks to the ACEs for making this event so much fun.

Guess what we are doing in March 2010? ■



Wrapping it Up!

by Jeffrey W “Jake” Jacobsen
PSIA-E Children’s Committee Chair
ACE Team Member

It was appropriate that I ended my educational season with the “15 Below” club “Wrap it Up” event at Killington on the weekend of March 28 & 29. This program has been in existence for a number of years now, but this is the first opportunity I have had to lead a group. What a blast!

In total we had 19 participants ranging in age from 10–15. My colleague, Griz Caudle (advisor to the 15 below program) acted as administrator for the event, with Lisa Gouwens as our third course conductor, and David Pike and Tina Buckley understudying the event.

Saturday was a bluebird day with soft snow, big bumps, and plenty of tree skiing for all to enjoy; and Sunday...well, to put it nicely, was the opposite, with a bit of cold rain, fog, just plain nasty weather. Regardless of the weather, these groups continued to have fun and make memories. One of the things that made this event interesting is that it flowed easily from a ski/ride lesson to a coaching session around teaching and professional knowledge.

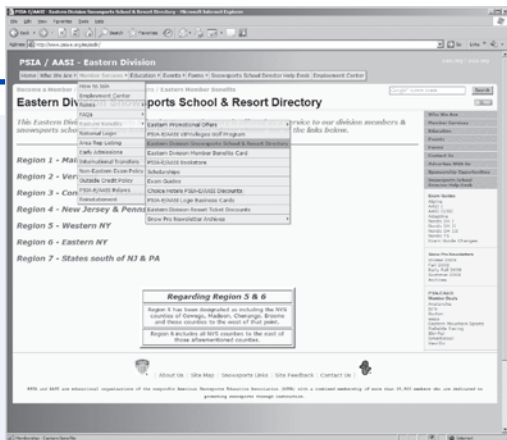
This was a diverse group of participants; some are aspiring ski and snowboard pros anxious for the first opportunity to take a group, some are already working as junior pros, and some are children of ski/ride pros testing the waters of snowsports education.

I enjoyed coaching the basics of heading into the glades, and leading the group down the bumps

on Outer Limits to find a Reggae band jammin at the base. Everyone was game, and my group came together and cheered each other on for a good run or a sick trick in the park. We had a blast exploring the mountain and using the terrain and features found to enhance movements and introduce situational activities.

This event solidified my belief that all educational events, whether delivered to the pros or our retail guests, need to be guest-centered, empathetic, and situational in nature. We, as educators, need to be willing to adapt to our group’s needs and the situations we find ourselves in to deliver a quality experience. The “Wrap it Up” event, for me, was a memorable experience and the perfect way to end my season. Thank you to my group, Sebastian, Patrick, Kristoph, Randy, Matthew, Harrison, Brian, and my fellow course conductors.

Stay tuned to the next issue for a re-cap of the children’s events of the 2008/2009 season. ■



ANNOUNCING THE NEW, UPDATED, REVISED – ALL OF THESE APPLY TO...

The Eastern Division Snowsports School and Resort Directory

Go to this area of the website if you want to know...

- Where is the event registration area for my upcoming PSIA or AASI event?
- I am attending an event, does the resort where I am going offer resort-owned property lodging discounts to participants? Does the resort offer any other discounts (such as food, retail, etc) to participants?
- What time do the lifts start running on the day of my event?
- I am thinking about attending an event, but what are the statistics about the mountain such as – what is the vertical, how many trails, parks, pipes, etc.
- I am thinking of taking an off-season vacation with my family. I wonder if a resort where I went to an event recently offers off-season discounts for lodging or activities such as golf, water parks, etc? Member offers from supporting resorts will be updated in the directory as appropriate.
- I am organizing a group of my friends to take a day or weekend ski/ride trip to a mountain I have not been to before. Some of my friends are not members so they will have to pay full price, but does this resort offer me a lift ticket discount because I am a PSIA/AASI member? Member offers from supporting resorts will be updated in the directory as appropriate.

Save time throughout the year by looking at the Eastern Division Snowsports School and Resort Directory for answers to these questions and more!

Check back often, this directory will be updated as often as possible! ■

In Memoriam

Alfred B. Bishop, of Pittsfield, MA, has passed away at the age of 81. He was an Alpine Level III Member of PSIA-E, having joined in 1970. He taught at Jiminy Peak Ski & Snowboard School, MA.

Robert E. DiCarlo, of West Warwick, RI, has passed away at the age of 51. He was an Alpine Level I Member of PSIA-E, having joined in 2002. He taught at Yawgoo Valley Ski School, RI.

Henry Drasher, of West Reading, PA, passed away in January, 2009, at the age of 60. He was an Alpine Level II Member of PSIA-E, having joined in 1988. He skied with the Flying Dutchman in PA.

John Goodney, of Twin Mountain, NH, has passed away at the age of 56. He was an Alpine Level I Member of PSIA-E, having joined in 2002. He taught at Bretton Woods Ski & Snowboard School, NH.

Charles Johnson, of Hope Mills, NC, passed away on December 17, 2008 at the age of 76. He was an Alpine Level I member of PSIA-E, having joined in 1999. He had taught at Liberty Mountain Snowsports School, PA. Fellow member Bob Wisser passes along these thoughts: "Charlie came to skiing late in life. He was always looking for a new challenge! After moving to North Carolina his skiing was limited to five days a year at ProJam, where he always skied with the same group of friends, and he will be fondly remembered for his daring and willingness to try anything proposed by the group leader. He was a highly decorated combat officer who served his country for 26 years as an Army Ranger. He was the consummate gentleman and he will be missed by all who ever knew him."



Gary G Jones, of Needham, MA, has passed away at the age of 62. He was an Alpine Level I Member of PSIA-E, having joined in 2007. He taught at Blue Hills Learning Center, MA. Letitia Trespasz, director at Blue Hills, states: "Gary passed away this past season one week after completing his Level I exam. We feel this was a huge part of his winter, and were very glad that he passed the exam."

Robert Jordan, of Cacapon Bridge, WV, passed away on January 5, 2009 at the age of 62. He was an Alpine Level II, Nordic T/S Level I, and Nordic Downhill Level I Member of PSIA-E, and Snowboard Level I Member of AASI, having joined in 1998. He taught at Timberline Ski and Snowboard School, WV. Colleague John Anderson passes along these thoughts: "Robert Jordan passed away peacefully in his home after a long battle against cancer. He had been a member of the Timberline Ski School since 1997. Bob was a kind person with many talents. Always upbeat and jovial, Bob was a role model in our Ski School. His attitude and demeanor were infectious. When Bob arrived, the day became more enjoyable. Robert Jordan will always be the epitome of a professional ski instructor. We shall miss him forever."



Donald Myers, of Champion, PA, was killed in a motorcycle accident on Saturday, March 21, 2009. He was 56. He was an Alpine Level III Member of PSIA-E, having joined in 1987, and served in the past on the PSIA-E Educational Staff as a DCL. He taught at Seven Springs Snowsports School, PA. His friends and colleagues at Seven Springs pass along these thoughts:

"Don is credited with setting up the resort's instructor "Team Approach" to scheduling and training to encourage a fun and productive environment for learning and teaching skiing. Always one to empower and include others, he utilized this approach to involve other staff members when conducting the weekly training clinics of his part-time staff.

"His support of PSIA and staff training was evident in the scholarship fund he set up at the resort to help send instructors to certification events that could not otherwise afford to go. Don spent much of his free time doing one-on-one training for several Level II and Level III candidates, with a better than 80% pass ratio.

"Don will always be missed for his warm smile, confidence building, and corny jokes at line-up. We love you Don and we will miss you."

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



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131	Adaptive Snowsports Instruction Manual		19.50	

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264	PSIA/AASI Children's Instruction Manual, 2 nd Edition	<i>New for 2008-2009</i>	24.95	
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001	Jumping Event	July 1-2, 2009	Lake Placid Jumping Complex	06/10/09
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Location: The jumping complex is located just east of Lake Placid, NY, on route 73. Approaching from 73 west, the pools and jumps are on your left. Meet at the Complex Gate house, which is just above the pools, at 8:30am each day. You can't miss it - just drive to the base of the 90-meter jump.

To Register: Please visit the website (www.psia-e.org) for an event application, fill it out and submit by the deadline of June 10 for the July event or August 24, 2009 for the September event. The cost is \$210 for PSIA-E/AASI members; \$235 for non-members. **Non-members, Registered and Level I Members must interview with Mickey Stone prior to registering.** Please e-mail 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.

Lodging: 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.

Schedule: 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.

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

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 in the cool 70s.
- Towels, sunscreen and cameras or video.

Schedule:

Day 1

Meet at the complex Gatehouse (which is just above the pools) at 8:15am. The jumping complex is located just east of Lake Placid on Rt 73. Approaching it on 73W, 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

Repeat and 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.

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. ■



with loose heels

The Pickle Family and Poling

by Randy French
*A Bill Koch Leader in Western NY
 PSIA-E Track/Skate Examiner
 (A Funny Guy)*

About two years ago an Alpine area in Western New York opened a Nordic center at the top of the mountain. We eagerly awaited this new center and the skiing it would offer. However, we failed to realize the havoc the local Pickle family would cause with the new center which almost shut the area down in the very early days of operation.

You see, before the ski area was there the Pickle family had made its living by growing and producing the best dill pickles this side of the Rockies. The secret to their success seems to be the way they stored their pickles. They would put all their spices and ingredients into ceramic pots and then bury them about 6 inches under the ground. They then left the pickle jars to cure for a few years. The land where they did this was adjacent to the new ski center. When the Pickle family thought the time was right to collect their pickles, usually November or early December, they would take a long stick and poke around in the ground until the stick broke through the ground indicating a jar of pickles, which they proceeded to dig up and take to market.

Well, here is the problem then: When beginner skiers first came to the new Nordic center they were gripping their ski poles tightly and jamming the poles down vertically in front of their feet. The Pickle family saw all of these people in the area where they had buried their jars of pickles and thought that our

skiers were searching for - and would eventually dig up - the prized dill pickles. A number of rather nasty altercations ensued between beginner skiers and the Pickle family. I knew something must be done, and fast. The remedy was a two-step approach.

First, I gave all skiers two nickels. One nickel went into each of the skier's side, hip pockets. In our introductory lesson all skiers were instructed to be sure their hands brushed their sides, and, in the event of confrontation with a member of the Pickle family they could pull out a nickel as their hand passed their pocket and say, "A nickel for your pickle". This worked rather well to reduce hostilities, but to ensure a peaceful coexistence we added the second precaution. All skiers were instructed to lightly grip their poles between thumb and first finger so the basket falls somewhere behind a vertical pole plant. This seems to have appeased the Pickle family's concern that the poles were being used to search for jars of pickles.

So now all I need to do to keep a tranquil ski area is to remind our skiers to brush their hands past their pockets in order to get out a nickel and to avoid "pickle stabbing" with their poles.

The offshoot of this tactic for a peaceful neighborly relationship is that our skiers use their poles for propulsion now and have better body position and timing..... And that's the truth. ■



"Flight Plan": Don't Leave Home without It!

by Laurie Gullion
*PSIA-E Track/Skate Examiner
 UNH Outdoor Program Director*

As more Nordic skiers leave groomed trails for remote tours in the backcountry, some simple precautions can save you from being a headline on the nightly news, or worse. It's our responsibility to plan a tour that matches our abilities so we don't have to rely on the kindness of strangers - or local rescue personnel.

Some simple guidelines can help you wander happily in the woods and return to your vehicle before nightfall. Instructors can also share these tips with new skiers so they make a transition from your ski program to personal practice with an eye toward safe travel.

Know before you go. Research trails and topography through trail guides, topographical maps, local shop personnel, and on-line sources for local weather, which also provides good data about not just current and projected systems but weather and snowfall that preceded your visit. Deep or crusty snow, ice, or thaws that open up streams can play havoc with the best route. Plan ahead.

Don't rely exclusively on technology. The accident reports of agencies like Adirondack Mountain Club are distressingly filled these days with accounts of lost travelers without a map and compass who rely on cell phones for help. Cell phones and satellite phones are an imperfect system, especially in hilly terrain or poor weather. My school program has carried satellite phones in the backcountry for the past year, and with increasingly degraded satellites in the atmosphere, transmission has been unreliable. By all means, take a communication device, but know how to use a map the old-fashioned way. Be vigilant about knowing where you are. You might be able to call or text for a weather report from the field, but understanding weather fronts is a valuable skill. The intensity of the experience should match your skill level.

The slowest person sets the pace. Be realistic about the abilities of group members, and choose a route that the slowest person can manage. My favorite trips are with low-ego folks who will admit when they're feeling a little off their feet on any given day. There's safety in numbers as long as the group is compatible, and poor tail-end Charlie isn't left a mile back on the trail. An out-and-back trip is the best way to begin, with a turn-around time that provides more time for the return trip (than the first half) when people get tired. A point-to-point trip means you'll reach a point of no return, and all group members need to be able to go the distance - hopefully in the daylight.

Lights, camera, action. The camera is a nice touch, but I have bigger priorities in my daypack: a headlamp, extra batteries, water in insulated bottles (not a device with a tube that can freeze), high-caloric snacks/lunch, lighters/matches, and warm layers. A piece of ensolite foam gives me nice insulation from the snow at lunch.

File a flight plan. When I head out alone or with a group in a remote location, even for a day, someone knows my intended route and my expected return time. That person also knows a phone number for

the local ranger and state police in the event that we are long overdue. I've never had to activate the system (knock on wood), but it gives my mother comfort - and it is my employer's policy when I'm with students. I always carry local emergency phone numbers in a first aid kit, along with directions to the nearest hospital. Mapquest and Googlemaps are invaluable these days for this kind of emergency information.

This preparation can take very little time, or a lot of pondering and dreaming over new routes and information. For a map hound like me, it's sheer pleasure to discover hidden gems in the Northeast, where few people travel. If you do it well, you won't see a soul! ■

Tips for Carving Tele Turns

by Don Sensenig
PSIA-E Nordic Downhill Ed Staff
Jack Frost/Big Boulder Park, Pa

There's nothing like carving tele turns down your favorite run. When the conditions are just right and the terrain is clear of congestion, it's time to let them loose. What is it about the adrenalin rush you feel when you find that "sweet spot" and your skis hook up, sending you reeling from turn to turn? It's pure bliss!

Over the years, I've been playing around with several activities to help improve carving performance. Here are some fail-safe tips guaranteed to improve your personal carving skills as well as your students.

Just tip your skis edges to begin a carved turn. The action starts with your feet and ankles, continues through the knees and thighs, and then is directed by the torso. In order to produce a progressive slicing arc, space the distance between your feet a little wider than normal and this will make the tipping action easier. From the tele position, tip the skis gradually with a forward and inward motion while turning. Focus your attention on the back foot and practice rolling across the ball of your foot from the big toe to the pinky toe, and back, as you ski in and out of each turn. By feathering the rolling action toward your pinky toe, you'll find it easier to maintain your desired path. A couple of activities to play with are "mono-marks" and "reverse tele turns".

Guide the arcs your skis are making. Every ski has a specific geometry or shape that in part makes carving turns possible. Learn what arcs your skis produce, and adjust how much or how little the skis require tipping in order to guide them comfortably

along their path. The emphasis is that your ski tails should follow their tips through each turn. I once heard a great way to describe this concept: "The thighs are the power steering of your motion". You see, main core steering comes from the thighs, while fine tuning steering comes from the feet. To carve turns successfully, you have to actively guide your skis along the entire length of the turn. Try both alpine and telemark "railroad tracks". As your speed increases, your skis will begin to bend more and more with each slice. The feeling of your skis hooking up is more prevalent with each successive turn, so there are a couple things to do with the energy that your skis are producing. As the skis load from gravity and momentum, release the energy by retracting your legs during the finishing phase of the turn and direct your motion forward and across your skis to the next turn. This feeling is known as a positive crossover. It's that brief moment when your old edges are released and then tipped to their new edges. Try not to move too far laterally toward the inside of the turn because an abrupt lateral motion can cause a disconnection with your forward motion and flow. Remember, lateral direction is a result of "forward direction turning", not "lateral direction turning". It is just as crucial to maintain pressure on the skis through the lead change transitions. When pulling the front foot back during the exchange, it is imperative to keep constant pressure against the ski all the way through, at which time it becomes the back foot. Feel the whole foot transition from the forward position to under your inside hip and to the ball of your foot in the rear position. To feel this connection with pressure control, practice large radius turns with delayed lead changes.

Functional body tension will help control your carving performance. Maintain core discipline by contracting your abdomen and lower back muscles through each turn. Also, maintain slight tension in your thighs and upper body. By keeping your whole body disciplined with functional tension you will be less likely to compromise performance when skiing through changing snow conditions and terrain features.

Controlling timing and duration of your movements will produce smooth flowing arcs. Direct your pole swings with a forward motion at turn initiation. The timing of the touch should generally occur during or after the edge change, depending on the size and shapes of your turns. During the shaping phase, gradually wind and unwind your torso countering control. Too much countering to the outside of your turns can impede the turn from developing, while too little countering can cause the front ski to over-turn, resulting in tail wash. Pressure and edge control is progressive and appropriate to the intended turn speed.

As a final note, practice these tips on moderately pitched, well groomed terrain. Start out slow

so you can "feel it"; don't rush it. If you break your turns down into parts, you'll have time to think about the activities you're working on. Use the snow as a "track check" for immediate feedback. It's important to get to know your ski's personal shape. Be patient at first and in no time you'll begin to feel comfortable with these moves. Gradually start letting go so your speed and turning forces increase. This is when it really gets exciting; hang on and rip it up! This is why carving is so much fun. ■

Beginner Skate Progression

by Hal Westwood
PSIA-E Track/Skate Examiner
Teacher/Climber/Explorer

Equipment - Check equipment inside or on the way out the door. Poles should be mouth to bottom of the nose height from the ground. Skate skis are usually 10 centimeters shorter than full size classic skis. One of the key design features of a skate ski is that it waxable, and glide waxed from tip to tail; the ski is torsionally rigid to prevent it from twisting when pushed to the side.

Getting started - To successfully skate, a person must push out and to the side. This is different than walking or classic skiing, where propulsion is from pushing down and backward. The skating movement with the foot is critical to learning to skate, and a fair amount of time may be needed to learn to move the foot for propulsion in skating. It may be best to do the starting exercises without poles. One other option is to just let people double pole for a few minutes to get used to the feel of the glide of a skate ski.

No-Poles Progressions - Start with skis off, using an area where walking will not mess up the grooming, such as the walk to the driveway. Stand with feet pointed to the side like a duck, and knees and ankles bent. Flex forward from the ankles, falling forward until it is necessary to place a foot down to prevent face planting. Have students fall forward several times, checking to see that the hips and body are moving forward from the ankles and weight is being committed forward. Once a place is marked by planting the foot, skiers should fall forward with the foot landing short of the mark where the foot was planted before. This will produce a stumbling, falling forward movement as momentum is maintained by the feet landing behind the belly button.

continued on page 26

■ xx-ploring, continued

With skis on, stand with both skis pointed out to the side. Roll onto the inside edges of both skis while simultaneously pushing both feet out and forward. Heels should be down and it will eventually be necessary for a person to move a foot to prevent a split. It is best to do this movement from a dead stop each time. Check for the same fall from the ankles that was done without skis. It is helpful to bend box the knees and ankles. Allow people to experiment with this movement and the feel of the feet moving out and forward. It may be helpful to let people know that they will not be skiing with both feet moving out at the same time, but that the foot movement is the same with each foot.

Once some degree of movement is possible, then mix in any of the following drills to let people get comfortable with the foot movement for skating:

- Skate first in a low, then a high stance.
- Skate with body moving perpendicular to each ski. You can show skiers how to swing an arm and sprinkle fairy dust over each ski tip to help with the squaring of the body. This position is helpful to promote balance and glide.
- Skate with the head still and centered. This position is helpful to maintain momentum, especially up a hill.
- In partners, the skier in back holds the hips of the person in front and pushes the front skier. It will be necessary for the pusher to get low, and lean into the front person, promoting knee and ankle flex as well as forward body position.

Timing of Skate Techniques - V-1 After working people's feet for awhile it may be best to take their skis off and put them back in the driveway to practice V-1 timing. This will allow students to rest their legs as their shins are likely to be tired from being under tension and skiing on the edge of their ski. Have students select a favorite foot and set it down. Then, have them set down their poles so the baskets and one foot hit simultaneously. It may be helpful before this to either demo or have another skier demo a V-1 skate so that the students know what they are heading for. Have students say "three, one" or "together, rock". You are looking for poles and one foot to hit together and then weight to shift to the non-poling foot. Move the placement of the poles behind the feet and then have students walk forward, keeping the same timing. It may be easier for students to only do this movement to one side, but let them know they will eventually want to learn both sides equally. Once timing is coordinated without skis, put skis on. Start in place, then walking, then with a glide to see if students can maintain their timing. The V-1 is used for flats and uphill.

If timing is falling apart when skiers start gliding, have the students practice the V-1 skate up slight hills and then glide back down. Emphasize to

people that the foot movement is still symmetrical and even, with both feet even, though the timing is on one side. A fair amount of practice and feedback may be necessary for some people to be able to coordinate the foot movement and timing.

V-2- If people get the V-1 timing, move to the V-2; or, if people are having difficulty learning the V-1 timing it sometimes is best to move to the V-2 and then go back. Some skiers, especially alpine skiers, may be better served to start with the V-2 and then learn the V-1. Show students what a V-2 and a V-1 look like so they know where they are heading. With the group standing in a large circle, have people air-pole the following sequence: Pole, step together - Pole, step together (check for a complete pole through). The second foot can be put down on the snow for balance. Then, have people move down the track using the poles for propulsion, saying "pole, step, together", but not pushing with the foot yet. Once the students are moving in a very angled-to-the-trail type of pattern, stop them and have them in place say "pole, skate, pole, skate", while moving in that pattern. Do this movement down the track. You are looking for a very distinctive poling before

the push-off for propulsion. The exact timing of the poling to the skate push is variable. Try to get people to pole solidly before moving across, or skating across, so that core muscles can be engaged for propulsion down the track. Note to students with an alpine background that they may be used to poling and pushing with the foot at the same time, the V-2 has a separate pole and push timing.

If students seem to master the V-2 timing, have them go back and try the V-1 timing to see if they can switch between the two timings. Emphasis all of the foot movements practiced earlier.

To conclude the lesson, it may be helpful to explain to the skiers that the foot movement is the same for all skating techniques, but the pole timing changes. Diagonal skate is the lowest gear for steep uphill, V-1 is used commonly for hills, while V-2 is used for fast flats and V-2 alternate is used for high speeds. It may be best not to address V-2 alternate timings with a beginner class, as it will likely confuse them.

If time allows, double pole can be worked on in isolation and then added to the timings. Step to skate turns can also be added to the lesson. ■

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education foundation news

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John Carey
Dominick DiDonato

Education Foundation Super Raffle raises nearly \$12,000

The Education Foundation Super Raffle (which converted to a 50/50) raised \$23,500 – split evenly into \$11,750 in proceeds for the EF and winnings for some happy members that went in on a “group buy” at the Spring Rally JUST before the drawing.

Congratulations to the following members for their “group win” of the EF Super Raffle: Jon Lyons, Mark Burns, Dexter Rust, Eric Jordan, Linda Kelly, Beth Ann Wright, Tina Buckley, Jane Moyer and Chris Koval!

Thanks to EF Super Raffle chairperson Eric Jordan and to the more than 80 board members, education staff, area reps and others that helped sell nearly 470 raffle tickets at \$50 each (not an easy sell in a tough economy)! ■

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Total scholarships awarded: \$7,926

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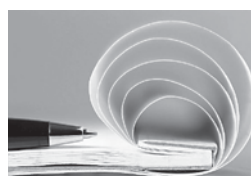
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Summer 2009 – June 22, 2009

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.



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Office Lessons. . . .

by *Melissa Skinner*

PSIA-E Education and Programs Assistant

Ed. Note: As a PSIA-E Staff Member, Melissa dedicated herself to personal growth in her job and in her personal life by committing to take a six-week night ski lesson program at Windham Mt., NY. She wanted to learn more about what ski teaching and such a program involve so she can relate better in her position with PSIA-E. Thank you, Melissa, and congratulations.

So, here we are at line-up. Although I had skied before, I had never taken a lesson. I started looking around for clues regarding what I should be doing:

What is everyone else wearing?

Do I look as terrified as I feel?

What will the instructor think of me when he finds out I know nothing about the sport?

What kind of reflection will that be on the organization?

Do I have my boots buckled correctly?

Maybe I should reconsider!

Maybe I have time to slip away unnoticed and try again next hour.

My head is reeling with thoughts; excitement, nervousness, intimidation, and, yes, downright fear overwhelm the senses. I convince myself to move forward and jump right in.

A Windham snowsports school staff member, PSIA-E member Steve Parker, begins the sorting process; he has obviously done this before and knows many of the group by name. I watch intently. What exactly is he looking for and what is the logic behind each group split he makes? He gets to me and introduces himself (we had communicated several times via e-mail, but never really met before). He has the last few students waiting to be assigned. Steve says to us, "Let me see what you got, take a few turns down the hill." By now, I can barely keep my knees steady as my legs feel like Jell-O. And now he wants me to make some turns down the hill! Single file we

all head down the hill, trying desperately to make the best carved turn we can. We get back up to the top and he groups the remaining students together and assigns them an instructor – then he says, "You, come with me." Ahhg . . . what did I do? . . . I should have slipped away when I had the chance!

After that is history . . . Steve took his time with me (he has amazing patience) working on stance, turns, equipment, terrain, terminology - so much to cover in such a short time! We played basketball, we skated, we played with flashlights, we delivered food trays, and we hugged . . . a lot. Did I say he has amazing patience? I learned A TON through this "playing" approach, which helped me to relax and have fun. And play we did, week after week. It was an amazing six week lesson program, overwhelming at times, frustrating at times, exhilarating at times, and, most of all – informational and rewarding.

I have worked for the PSIA-E office for several years and wanted to get a feel of what it is like out there, get a feel of how a snowsports school works, and better my understanding of the industry from a different perspective. I would like to extend a sincere THANK YOU to Mickey Sullivan for supporting me in my goals, Michael Mendrick for approving the time away from the office during the busiest time of the year, and, of course, Steve for his inspiration, patience and humor. I do believe this opportunity has enlightened me and created many new goals for the future. That silly grin is still on my face. . . . ■

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



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.

Now What?

by *Curtis Coules*

PSIA-E Alpine Level III and Nordic DH Level I

*Region 2 Representative to BOD
Okemo Ski & Ride School, VT*

So, the ski and ride schools are closing, and the last runs were taken. Now what? Even though the backyard is snow-less, there are plenty of outdoor activities to partake in, such as biking, hiking, kayaking, gardening, splitting wood, etc. But, as I look across the valley, two large ski resorts have plenty of snow. It's time to earn your turns! A few late spring/summer skiing adventures come to mind, like skinning up the mountains, Tuckerman Ravine, Whistler's Glacier, and Portillo, Chile.

Skinning up a ski resort's trails can be very challenging (and, best to ask permission first). It takes some different equipment, but worth the investment. Pack your lunch, bring lots of water; your dogs will have fun, too. Skinning is a great way to stay in shape for the Tuckerman trip with your diehard ski and ride friends.

Tuckerman is a whole different level, not for the lighthearted (kind of the difference between skiing woods compared to skiing trees). Anyway, to ski Tuckerman requires a two-hour hike after a three-hour drive (depending on where you live), before you get to the bottom of where you ski. For Tuckerman, check it out at (www.tuckerman.org).

Whistler: Never have been there, but I understand the summer programs are outstanding. I believe it's one of many destinations for the US Ski teams to practice during the summer, and many racing summer camps, one of which my daughter Emily is partaking in (kids have all the fun!). Check it out at (www.whistlerblackcomb.com).

Portillo, Chile was an incredible experience. The long flight is worth the summer skiing. It's long enough to count as "earning your turns". The cost was substantial, but the food, the wine (go during Chilean wine week), the service, not to mention skiing in August, is all worth it. Plus, if you blame the trip on something like a fortieth birthday, your wife will let you go. Info at (www.skiportillo.com). ■

Putting the “ING” back in your Teaching

by Katherine Rockwell
PSIA-E Alpine Level III
Killington, VT

When I learned to ride a bike, I did it by actually getting on the bike and riding it. Before I learned, I had a pretty good idea in my head about how it was supposed to work. No matter how many times I watched someone ride, listened to my parents' advice and encouragement or thought about it, I didn't learn how to ride until I did it. Skiing is a lot like riding a bike. The only way to really learn how to ski is to do it. Why, then, do we see so many ski lessons standing on the side of the trail talking about skiing? Our students already know that we know a lot about skiing. That's why they come for lessons in the first place. They are here to get better at skiing, not to get better at talking about skiing. Some of the best lessons I have ever been a part of are the ones that never stopped moving, combined with some personal feedback and well timed advice.

The question becomes how do we leave our students with the sense that they have really learned something without talking them to death?

Pick one thing to work on, be that a skill, a movement or a tactic and stick with it. The temptation is to abandon your first instinct too quickly, especially if your students don't seem to be improving instantly. I've done it and it can be hard to resist. Have the guts and the confidence to change how you approach the task at hand without changing the task itself. Use the chairlift to address the analytical questions, and then use the trail to get in as much skiing as possible. We do our students a disservice if we throw everything we know at them. They have no time to really learn.

Once you have picked your task, explain it in simple terms and start doing it. Give your students at least an entire uninterrupted run to experiment and try what you have prescribed. Consider that if you are based at a smaller area, one run may not be enough. Stop only briefly to check for understanding, then keep skiing. Ski as much as possible on as many different trails as you can, stopping only to exchange feedback. Listen to what your students have to say, but don't let them bully you into changing your focus, or get so verbose the non-verbal half of the class gets cold.

Let the terrain to do most of the work. The ability to pick appropriate terrain is perhaps the most

valuable skill ski instructors have. Take the class to trails that challenge them without derailing them, and ski those trails at speeds and with tactics that subtly mould their skiing. Picking the appropriate speed is critical for both the success of the tasks and the feelings of trust that ultimately open the doors to learning. You don't have to tell them they are learning- they will figure it out on their own. More importantly, they will come away from the lesson having skied.

Instead of standing around talking about skiing, actually do it. Put a little “ING”, a little action, in your teaching. It will be more fun for everyone (yourself included), there will be more room for learning, and when your students come back for more, you won't have already told them all you know. ■

The Band of Brother Skiers

by Ernesto Fagnelli
PSIA-E Alpine Level III
Pittsburgh, PA

Years ago, these skiers wore leather skiing boots with laces, attached to their bear-trap bindings on wooden skies. Today, they ski with shaped skies, breakaway bindings with their personal din setting, and custom-fitted boots with orthotics.

This band of brother skiers had dedicated many years of service to the Seven Springs Resort Ski School, located just south of Pittsburgh, PA. On February 3, 2009, they will reunite atop the mountain peaks at Vail, Colorado. This week will probably be one of the most exciting times of their skiing career.

During conversation while skiing in Vail, Stan Friedberg proposed to Bart Raitano and Pat Foley, that it would be fun to bring the veterans together, possibly for the last time. Their attempt was successful and met with overwhelming enthusiasm. What a great idea! Thirty-five veteran ski instructors, ages from sixty to seventy to eighty years young will make their way, from wherever they are, to Vail. The veteran skiers, once more, desire to play together in the snow as they had long, long ago; the snow that challenged their skills, ability and agility for many years.

Now in their senior years, they can still “kick butt”, as they will dance on skis down the slopes of Vail. The appearance, or heart beat, of this unique group ranges from young-looking to better-looking. They don't look their age! Keeping fit is their secret. They still refuse to miss a skiing season, as skiing

played such a major role in their lives. They believe that training for skiing, during the off-season, kept them in a happy frame of mind; thus, adding to the longevity of their skiing life.

Oh, yes, indeed, they have played hard, skied hard, drank hard, and knew the skiing business inside and out; making a lot of money for their ski school. What a deal having this band of professionals not only from the skiing world, but also from their world of many successes. They are businessmen, with a passion for the skiing sport, who desire to teach and share their skiing talents with new and old students.

Realizing that they have had their days in the sun, they once more want to ski together atop Vail Mountain. They will play once more, together, as they feel the freedom of the wind blowing on their weathered noses.

Thanks to the veterans that live in Vail - Bart Raitano, Stan Friedberg, and Dan McCue - for opening their hearts and their mountain homes for the group; without them, this adventure would not be possible. They have helped to make Stan's, Bart's and Pat's dream a reality.

The Ski School Director of years past at Seven Springs was the revered Lars Skylling. He was well respected and admired by all. Lars, to be sure, will be there skiing, as he demonstrates his Swedish style of beauty. Watching Lars always reminded the vets of Stein Erickson, as he maneuvered through the snow with a similar style and grace.

In preparation, this band of skiers planned to attend a meeting in Pittsburgh at the Amici Restaurant on September 11, 2008. You can be assured that most likely many old stories resurfaced and probably were a little embellished.

Among the group are present and past members of the Professional Ski Instructors of America, the Canadian Alliance of Ski Instructors, and the Amateur Ski Instructors Association (ASIA). All the vets have achieved various levels and certifications from these organizations. Talk about experience! Bart and Pat claim that this group must have taught thousands of lessons, of all levels, helping the skiing public become well trained, safe skiers, and to enjoy the sport they love from deep within. They have taught with a passion that is unsurpassed, to say the least.

Why, you may ask, this take on history? Because they want to let others know of the background from which they developed into what they were, and what they are today. They were there to bring the skiing sport of the past to the present, and into the future. Nothing will beat natural talent. That is what this band of brother skiers possesses.

More to come, after Vail! ■



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