

2014 Eastern Division Membership Survey Results

Thank you to the more than 2,500 of our members that took the time to complete our annual Eastern Division Membership Survey. The data collected along with the thousands of individual comments were both reaffirming in some cases and surprising in others. We also found quite a disparity in the needs and desires of our members based on both age and experience.

Below are three different data breakouts of particular interest along with a collection of response data from some key areas. For a comprehensive review of all survey results and comments visit the 2014 Membership Survey page on our Eastern Division website at: <http://www.psia-e.org/ms/2014survey/>.

What members have told us they value & need (spring 2014 member survey with 2,500 responses)...

Group 1 (Members age 16 – 35; 346 survey responses)

- 42.1% want mid-week events. 49.7% want weekend events.
- 29% want events at home area; 56% want events within 2 hour drive of home area.
- 40.5% rank improvement in your teaching as #1 greatest value of membership; 30% say improvement in your skiing or riding is #1; 22.3% rank discounts on products, gear, etc. as #1 membership value.
- 94.3% say quality of educational experience from field staff is good or excellent.
- 12.8% say dues amount is very good value; 51% say dues amount is fair; 36.2% say dues is too expensive for what is offered to members.
- 59% of members rank the cost of attending events #1 or #2 as the biggest deterrent to remaining a member. 51% rank the cost of dues as the #1 or #2 deterrent. 28% rank "time to take event" #1 or #2 deterrent to remaining a member.
- Cost of events is the leading reason for not remaining a member yet 89.1% of members are not aware of EF scholarships (45.6%) or have never applied (43.5%).
- 2012 – 78 scholarship applications; 2013 – 128 scholarship applications.
- 78.8% of respondents disagree that the general public has good awareness of PSIA-AASI members.

executive tracks

MICHAEL MENDRICK,
EXECUTIVE DIRECTOR

Goodbyes and Greetings

Springtime is always a season of renewal and change and this one (late though it was in starting) is very much the same as for the first time in a long while things are NOT going to be the same around here when it comes to some special people we are used to working with over the years.

First and foremost, we say goodbye to our volunteer president Ron Kubicki after three years of dedicated service to the Eastern Division in leading our Board of Directors and representing our membership. To say Ron has gone "above and beyond the call of duty" the past three years is like saying Yosemite Sam has an obsession with Bugs Bunny – a vast understatement. I mention Yosemite Sam here because Ron was not beyond quoting the American Cartoon Hero on occasion. We shared a partnership that relied on the "Three P's" – professionalism, persistence and pop culture. It's been a great combo as far as I am concerned.



Ron Kubicki showing that "more fun" starts right here in the Eastern Division!

Ron entered his presidency at a challenging time for the Eastern Division. He built relationships with the leaders of other PSIA & AASI divisions and tried his best to facilitate our relationship with the volunteer

leadership of the national association (ASEA) in a positive and proactive way while always keeping the needs and concerns of the Eastern Division membership in the forefront of his words and actions.

During Ron's time as our "Supreme Volunteer Leader" (I just made that term up) he has endorsed and led efforts in governance (pushing for the creation of the national Governance Task Force and better representation of divisional interests at the national level), membership promotion (the More Fun Starts Here! program) and improvement in our educational programming (the Education & Programs Summit on May 10 being the most recent example) and our certification policies (the CS1 and CS2 programs; the banking of successful exam components). He will tell you that all these things were done by others but the truth is that none of them would have likely occurred without his involvement, endorsement and efforts to continually push us to evolve for the better.

So thank you, Ron. Now you get the best "gig" of all – Past President! You can sit back, say what you want, play the Wise Old Sage or Cranky Old Guy depending on your whim of the moment and get to listen in on the Board meetings without a list of "to dos" at the end of the weekend! But seriously, though Ron will be missed as our president we will no doubt benefit from his ongoing dedication to what we are doing for our members for years and winter seasons to come.

Long live El Kubik!

As we say goodbye and thank you to Ron we will soon greet our incoming president, Eric Jordan of Elk Mountain, PA in Region 4. He will be formally appointed president on June 13, 2014 per our association bylaws (the vice president ascends to president at the end of the president's three-year term).

Eric has been a member of the Alpine Board of Examiners since 2000, has served on the Board of Directors since 2003 including a term as the association treasurer from 2008 - 2011 and has served as Vice President the past three years. Eric was the representative for the Eastern Division on the ASEA Governance Task Force in 2013 and played an integral



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» survey, continued

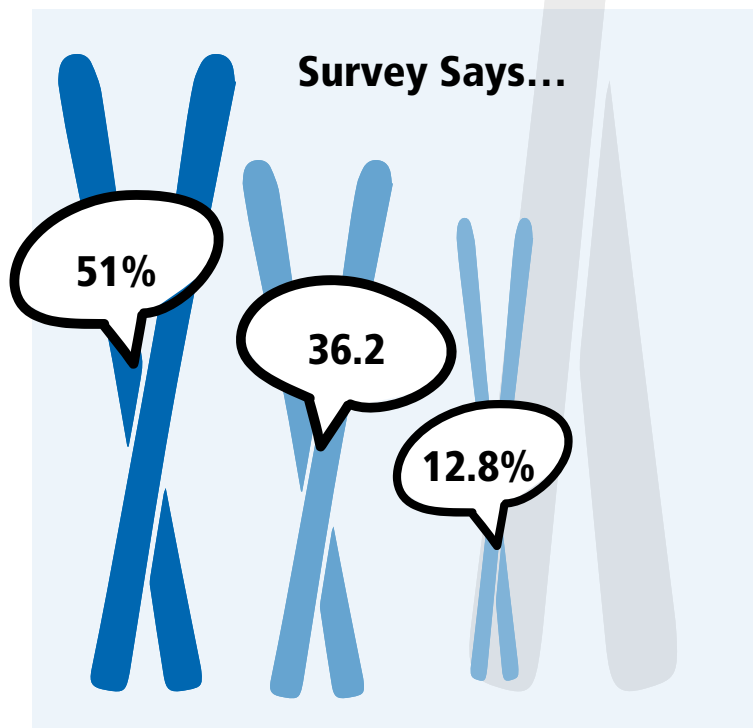
Group 2 (Members of 20 or more years; 595 survey responses)

- 72% want mid-week events. 22% want weekend events.
- 22.1% want events at home area; 54.1% want events within 2 hour drive of home area.
- 38.4% rank improvement in your skiing or riding is #1 value of membership; 34.6% rank improvement in teaching as #1 greatest value of membership; 15.8% rank discounts on products, gear, etc. as #1 membership value.
- 94.7% say quality of educational experience from field staff is good or excellent.
- 21.9% say dues amount is a very good value; 50.3% say dues amount is fair; 27.9% say dues is too expensive for what is offered to members.
- 33.3% of members rank cost of attending events as the #1 or #2 deterrent to remaining a member. 32% of members rank the “lack of recognition by resort guests” #1 or #2 as the biggest deterrent. 29.2% rank “lack of recognition by resort management” #1 or #2 deterrent to remaining a member.
- 77.8% of respondents disagree that the general public has good awareness of PSIA-AASI members.

Group 3 (Members age 51 & Older; 1,505 survey responses)

- 67.6% want mid-week events. 24% want weekend events.
- 29.5% want events at home area; 52.9% want events within 2 hour drive of home area.
- 39.2% rank improvement in your teaching as #1 greatest value of membership; 37.4% say improvement in your skiing or riding is #1; 14.7% rank discounts on products, gear, etc. as #1 membership value.
- 93.3% say quality of educational experience from field staff is good or excellent.
- 19.5% say dues amount is very good value; 49.7% say dues amount is fair; 30.7% say dues is too expensive for what is offered to members.
- 39% of members rank the cost of attending events #1 or #2 as the biggest deterrent to remaining a member. 29.5% rank the cost of dues as the #1 or #2 deterrent. 25% rank “lack of recognition by resort guests” #1 or #2 deterrent to remaining a member.
- 77% of respondents disagree that the general public has good awareness of PSIA-AASI members.

Thank you again to all members that participated in the annual survey. We are already using the results to frame our plans and programs for next season and beyond! <<



» goodbyes, continued

role with that group in reaching consensus and making recommendations that have since been adopted by the ASEA Board of Directors. He is a pragmatic and passionate member and is sure to advance the agenda set in motion during Ron Kubicki's term as president. Welcome (and good luck!) Eric.

If there was a “bittersweet” font (actually, there is!) I'd use it here to announce the **RETIREMENT OF LONG-TIME MEMBER SERVICES DIRECTOR JAN PRYOR** at the end of May. Jan was one of the first new staff members to come on board after I began at the Eastern Division in May of 2001 (she joined us in August of that year) and has been working with us and serving members with a smile, a healthy supply of compassion and a nearly limitless degree of patience for the nearly 13 years since!



Member Services Director Jan Pryor with her personal bodyguard, Parker the Penguin standing guard.

In our most recent Membership Survey there were more than a few “shout outs” from members in the Comments section praising and thanking Jan for all she does for the members. Here are just a few of the actual, “unretouched” comments!

“Jan is AWESOME in the Eastern Division office!”

“Jan Pryor is always very helpful and has the answers that are needed!”

“I will particularly miss our retiring Member Services Director, Jan Pryor”

I don't think I could say it any better. Thank you Jan for all your efforts in helping our members, working with our staff and even more challenging – smiling through all of my attempts at office humor!

Said Jan of her years at the Eastern Division office, “Of all the responsibilities involved with being member services director I enjoyed meeting and talking to members more than anything else. I hope that the members feel I have left this association a little better than it was when I started 13 years ago. I will miss everyone, but I am also looking forward to starting a new chapter in my life. You are in good hands with Krista DiCaprio, my replacement.”



Membership Coordinator Krista DiCaprio joined the Eastern Division office in February 2014.

Speaking of whom, welcome aboard to new Membership Coordinator Krista DiCaprio. And no, that is not a typo. New person, new title, slightly new responsibilities. Krista joins us after a number of years in the association management and hospitality fields and will not only be coordinating our member services efforts but also working on membership development and retention as well.

Join us in welcoming Krista to the Eastern Division office! <<

president's message

RON KUBICKI



"Ex" specially Tough Article...

Ron Kubicki

While "...the longest journey begins with the first step"- it does eventually end. Those first steps may be full of hope and expectation, maybe fraught with some small degree of trepidation, but soon it becomes familiar and exciting. This is how I remember it, though now I am a bit sad

as I will soon be the "Ex-Prez", by the time you read this I will be wrapping up my last month as president of PSIA-E/AASI and we will be transitioning (mid-June) to the capable hands of Eric Jordan, our Vice President for the past three years.

Looking back three short years I feel that the Eastern Division has made some very important strides in being a leader in responding to our members' needs, as well as being a key player at the national level. If there is a recurring theme of things I have learned throughout my service was it is that people that are interested and involved are those who you are dealing with every day; people from all over the country who are committed to improving and evolving our association for the better. I have been fortunate to develop some close relationships with presidents and officers from other divisions, people I will continue to interact with in the coming seasons.

Actually, the one early success I feel I had was playing a key role in building a solid relationship with the presidents and Executive Directors of some of the other large divisions of PSIA & AASI (Rocky Mountain, Northwest, Intermountain in particular). The first, but certainly not last, issue we faced was a proposed \$15.00 dues increase by ASEA (the national PSIA). Through some discussion with other divisions we soon realized that with the current structure of the national board divisions had little to say about actions taken by the national board, despite the fact the national board is comprised of representatives from each division. These reps by definition of their roles were directed to serve the needs of the national association, regardless of the sentiments of the divisions, who I always stated – represented the members. Our united response resulted in a reduced increase to \$11 with plans to follow the season after with another raise. We were able to get that increase delayed as well (until 2015-16, anyway).

Hundreds of emails, dozens of conference calls and several face to face meetings resulted in the creation of a Joint Resolution amongst the four divisions and led to the establishment of the Government Task Force in early 2013. That group (on which Eric Jordan played a key role) worked together for more than six months and has been successful already in redefining the relationship of the divisions national representative and has a positive and collaborative working relationship with the national board.

At the divisional level; the past three years Eastern has not had a dues increase and only a 2% increase (in three seasons) in event registration fees. Now this is not a direct result of me, but it is an indication of an active and responsive board and executive initiative to serve you better, and I am fortunate to have been part of a uniquely qualified and committed team that had only one desire and that was to improve the service to you.

There are number of things we have accomplished to better serve you and it is ongoing as the article about the PSIA-E/AASI Education and Programs Summit will explain.

I have been fortunate to have a strong team to work with over the past six years (three as Vice President before my three-year term as President). I cannot name

them all, but the other officers; Eric Jordan, Steve Kling, Ross Boisvert and Dave Welch made a daunting task manageable for me. Michael Mendrick's creativity and diligence as our executive director was and is invaluable. The entire Albany Eastern Division office staff is an incredible asset of yours and they work hard on your behalf.

My advice, if I can presume to give at this time, is for you to take an active role in your association; it is not run by "the powers to be" or "the others"; it is run by members just like you, who take the initiative to run and volunteer to serve. Take a look on page four of this Snow Pro; there is a list of names of all the board members and committee and discipline chairs, take the time to read those names and just see how many of those people you know already – want to serve? Ask one of them.

Finally, it has been my honor and pleasure to serve you as your president, thank you for the opportunity.

Peace,

Ron Kubicki <<

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First "Education & Programs" Summit Focuses on What YOU Want

On Saturday, May 10 thirty-one members, staff and volunteer leaders got together for a five-hour "Education & Programs" Summit meeting at The Desmond Hotel in Albany, NY. The program was facilitated by ACE Squad member Gary "Griz" Caudle and attended by a collection of ed staff, office staff, Board members, discipline advisors, snowsports school directors and committee chairs with the following objective: To utilize statistical data and membership survey input to determine what is working, what is not, what school directors and members need and want in terms of educational programming and how to best develop and deliver events and educational programming that is more compelling and valuable to members.

The group broke down into four small discussion groups and spent the five hours (and many hours of prep in the weeks leading up to the event) reviewing and discussing demographics, research data and survey responses about events and programming. The small groups then presented recommendations for improving our event offerings and listened to ideas and feedback from other attendees. The day resulted in dozens of new event ideas, new ideas on how to present existing events and steps we can take to make our event schedule more compelling and convenient for members in the 2014-15 season and beyond.

Thanks to the following for volunteering a Saturday to work with us!

Facilitator:	Griz Caudle
ExCom Officers:	Ron Kubicki, Eric Jordan, Steve Kling, Ross Boisvert
National BOD Rep:	Bill Beerman
Exec. Director	Michael Mendrick
Director of Ed & Programs	Don Haringa
Director of Operations	Sue Tamer
Alpine Ed./Cert.Chair	Pete Howard
AASI Chair/Advisor	Ted Fleischer
Nordic Chair	Mickey Stone
Adaptive Chair	Kathy Chandler
Ed & Programs Staff	Melissa Skinner, Candace Charles
Member Services staff	Jan Pryor, Krista DiCaprio, Jodi Bedson
SSM Committee & Directors:	Doug Daniels, Gail Setlock, Dave Beckwith Jr.
Selected BOD:	Kathryn Rockwell, Bob Shostek
Other Ed Staff	Jeb Boyd, Eric Lipton, Sue Kramer, Keith Hopkins, Augie Young, Erik Barnes, Brian Smith, Matt Boyd ☞



Eastern Division Board members, office staff, education staff and committee chairs discuss new event ideas on May 10 in Albany.

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Michael J. Mendrick, Editor

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It's just the way it is

Peter Howard, *Alpine Education & Certification Chair*

After another season of teaching it occurs to me that our customers are way better at skiing than often given credit. The catch is that no one has explained the “way it is” or the non-negotiable aspects of the sport to them. When they have a sense of the purpose of ski design, the basic physics of the sport, how to manage their body, and what makes the future predictable, wonderful learning occurs.

To begin with, when we strap our skis or board on our feet, we become like an upside down letter T. Because of this we must stand out from the snow surface while we are moving. Not up, like the trees grow. We use the muscles in our legs and core to “topple” into the future. This non-negotiable aspect of the sport first shows up when standing up on the unloading ramp of a chair lift and ending up on the ground. Many seasons later the same principle is at work when standing on the deck of the half pipe, or on a cornice above a chute. If we move to stand out from the snow surface life will be better than if we don't.

For professional teachers this is old news, but clearly explaining the purpose of ski or board design to our customers can be time well spent. They do not need to know about vibration dampening or swing weight. They need to know the general nature of what the tool is supposed to do on the snow. Boards and skis are designed to make curved or arc shaped turns. They are by design a segment of an arc, a piece of a circle, a curved knife. Usually when the tail of the ski or board follows the tip the behavior of the tool is more predictable. Just like handling a car on a snow covered road. Or the way airplanes turn in the sky and boats turn through the water, they move through predictable curved paths.

Skis and boards are also springs. They are designed to be bent and to spread out force over the surface and spring back. They are like diving boards, the bow of a bow and arrow, and the leaf springs on a truck. The body of a skier/ rider; their boots, and their ski or board are all part of a controllable spring system. It is all meant to be bent and stretched, loaded and unloaded. When the bending is done at the right time and in the right place, (the apex of the turn, near the fall line) the spring back is beneficial to what happens next. On a more basic level, a ski or board is like a knife, and you can cut the toast or spread the butter. One action makes you go fast and the other will slow you down.

As professional teachers we know we should offer advice about how to move the body to make certain things happen. More often than not advice is about visible actions. We are less likely to coach the internal tension variables that manage the “spring system” that is our body on skis or a board. We are obviously a compressible spring in the way we can move towards and away from our feet. In addition, we are also a spring that can twist along its length and be wound up and unwound. This twisting and untwisting along the length of the body is crucial to the ending and the beginning of turns. Without this capability; without rotational stability of the torso, higher levels of the sport will be unobtainable. It is the internal firing and relaxing of muscle groups that regulates the duration, intensity, rate, and timing of movements. The spring like nature of our bodies does not mean we are like the Disney character Tigger, bounding about the mountain. It does mean we can regulate pressure, ski with nimbleness and dynamic touch. Our customers need to know about what they are trying to do with their bodies, both internally and externally. As coaches we need to know activities that help people simulate and understand how to internally manage the spring system that is their body on skis or a board.

Lastly, a key concept is that unless the future is predictable it will be difficult to know how or where to move the body. Skills that are applied progressively are predictable. Abruptness is not your friend. Turns that are round or arc shaped are predictable. A ski or board that moves primarily forward, where the tip and tail move over the same path on the snow is predictable. A good stance is both a source and an outcome of the effective application of skills. Predictability promotes confidence in movements and vice versa

It takes a while to share with our customers how these four aspects of the sport define how and what needs to be done, but it is often time better spent than correcting a movement that is a response to an incomplete understanding of the

nature of the sport. Tell them about the up side down T, the purpose of ski/board design, the nature and management of how the body is used in skiing and riding, and how to create a predictable future. Call it physics; call it biomechanics, but what ever it is, it is the “way it is.” When our customers know what the future looks like, they have a lot easier time finding it.

Safe summer – till the snow fly's again.

Peter Howard <<

Thank you Steve Howie!

Long-serving Region 5 Director did not run for re-election this past season to focus on his already full plate of managing his summer watersports business on Canandaigua Lake and managing the snowsports school at Bristol Mountain, NY from fall to spring.

Here is a look at Steve's long record of service and contribution to the Eastern Division committees and Board of Directors.

Statement of Background & Qualifications:

2008 to 2014	PSIA-E Region 5 Director to the BOD
2008 to 2014	At Large member of the Snowsports School Management Committee
2004 to 2008	PSIA-E Snowsports Management Committee – Chairman
2004 to 2008	PSIA-E Umbrella Steering Committee
2000 to 2004	Snowsports Management Committee – Member at Large
1984 to Present	Alpine Board of Examiners
1979 to Present	Snowsports School Director, Bristol Mountain Winter Resort
1974 to Present	Certified Member of PSIA
1971 to Present	Full-time Ski Teacher

Thank you Steve for all your time, energy and ideas over the years!

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Don Haringa
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Sue Tamer
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President
Ron Kubicki
Vice President
Eric Jordan
Immediate Past President
Dutch Karnan
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Representative – Ross Boisvert
(Secretary, PSIA-E)
Region II
Director – Katherine Rockwell
Representative – Curtis Cowles
Region III
Director – Dave Beckwith
Representative – Richard Paret
Region IV
Director – Bob Shostek
Representative – Steve Kling
(Treasurer, PSIA-E)
Region V
Director – Wendy Frank
Representative – Dick Fox
Region VI
Director – Brian Smith
Representative – Jack Jordan
Region VII
Director – Paul Crenshaw
Representative – Ty Johnson

Committee Chairpersons

Umbrella Steering Committee
Eric Jordan
Alpine Education & Certification Committee
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Snowsports School Management Committee
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Bill Beerman
Adaptive Advisor
Kathy Chandler
Nordic Coordinator
Mickey Stone
AASI Advisor
Ted Fleischer
Race Programs Committee
Brian Smith
Area Rep Program Coordinator
Joan Heaton

» zipperline, continued

Master Teacher Program 2013-14 Graduates

A special congratulations goes out to Christine Holden from Mount Snow Resort. She successfully completed the Master Teacher Certification this past season. The Master Teacher program provides 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 an online exam for each course. Coursework includes indoor lectures as well as on-snow application. Congratulations Christine!

Accreditations Completed this season

This past season eight members completed an Accreditation. Members can achieve as many Accreditations as they wish by attending the required three courses in any of the specialty areas.

Congratulations to those completing an Accreditation this season!

Sports Science

Henri Rivers
Karen Rivers
Larry Sipe
Christine Holden
Daniel MacPahail
David Moore

Special Populations

Kendall Daly
Reid Gryder «

Congratulations to New Alpine Education Staff Members

ADVANCED CHILDREN'S EDUCATORS

Four candidates were selected from a strong field of Advanced Children's Educator candidates. The ACE exam was held at Hunter Mountain in conjunction with the Division Clinic Leader exam on March 25-26, 2014. Congratulations to all!

- Tim Thompson – Stowe Mountain Resort
- Joe Forte – Blue Mountain Ski Area
- Keith Rodney – Mount Snow Resort
- Jim Polinchok – Holimont Ski Area



ALPINE DIVISION CLINIC LEADER TEAM MEMBERS

Congratulations to the new Alpine Division Clinic Leader Team Members selected at the tryouts at Hunter Mountain on March 25-26, 2014! These new team members will be part of the Alpine Educational Staff and serve a four year term.

- Bonnie O'Hara, Windham Mountain
- Evelyn Trebilcock, Windham Mountain
- David Bowyer, Stratton Mountain
- David Yeagle, Mohawk Mountain

Congratulations to all!!



A SPECIAL THANKS TO FORMER ALPINE DIVISION CLINIC LEADER TEAM MEMBERS!

We wish to thank all the Alpine Division Clinic Leader Team Members who served a four year term. Your commitment and service to the organization and the membership is greatly appreciated. We wish you the best in your future endeavors.

Cheryl Thomas and Donald Sowers «

around the regions

Region 1 Report

Hello Region 1 Members,

On March 17th we had our second Region 1 meeting of the season at Sugarloaf, ME. We saw a 1300% increase in attendance at this meeting which we all thought was astounding. Alas, a total of zero attended our first meeting at Waterville Valley, which Bill Beerman graciously offered to facilitate since Ross nor I unfortunately could not attend (much obliged Bill). Thankfully we didn't get shut out at Sugarloaf.

What follows are the minutes of the meeting which lasted just about an hour. I circulated these minutes to the attendees to ensure that I didn't miss anything and add anything that I did (names omitted to protect the innocent).

It goes without saying that while seeing you all at meetings is great, you don't need to attend to be heard. Please let us know if something is on your mind. All comments at the meeting or received throughout the season end up in our report at the Board Of Directors meeting in June and while I can't say that I pull a Khrushchev and bang my shoe on the table, I can assure you that your comments are heard.

Thank you very much for your participation in our organization, have a safe and fun summer and we'll be in touch.

Region 1 Meeting: Monday March 17, 2014, 13 attendees (6 Ed Staff) - Summary notes

Membership Retention

An Education Staff member kicked it off speaking about his recent FS1 experience. The average age there was 23 years. The FS1 could be a great way to attract and retain members.

I mentioned that the national trend in membership unfortunately did not reflect what was going on in the eastern division. Our membership is down while most other divisions are increasing their membership. One member commented that out west instructors could actually make a living teaching while here in the east, it's just about impossible. The pay is an issue but also the recognition of PSIA achievement within the individual companies and ski schools. If they attain a level, what's the payoff?

Another member asked what is the value to the member? He commented that at his mountain, pay was a joke, with no incentive or compelling reason to keep going for exams. He does the bi-annual update and that's it. Does it for the personal information, not the professional advancement.

A 40 year instructor commented that she has heard similar things for years. For her the value is in the many deals and promotions available to the

instructor. The opportunity to ski with Ed Staff is a treat. Another member commented that once someone becomes a lapsed member, getting back in the game is costly and definitely a barrier to entry. One staff member commented on attracting younger kids to the organization by getting schools to offer course credit. This is also a resume builder for high school and college kids. Individual ski schools could show local high schools as to what we could offer their students in way of training.

A member from Dartmouth College commented that Dartmouth pays for the exam then they have a special 4 year grace period on their update.

Event Attendance

A member asked about how events are scheduled and why the Maine events happened like they did, meaning why were they all clustered together? Event attendance is light with so many events scheduled and the member misses out on the opportunity to ski with a diverse group of people. If there is light attendance for instance at an event with a workshop clinic then the chances of a significant split in abilities exists. With more groups, you can potentially avoid that situation which is challenging for both the member and the clinician.

Another commented that he doesn't even look at the event listings. There are too many and it's too confusing to figure out. This was echoed by another member who thought that there are just too many events on the calendar. The least popular need to be retired.

An Education Staff member commented that the office is always looking to keep events fresh and exciting for the members but they're also looking at trimming the offerings if needed. He commented for instance on the 'Gateway To Dynamic Skiing' event which has been getting excellent reviews and has seen solid numbers.

I commented that maybe there was a way for us (PSIA) to 'suggest' events to members based on what level they are on or maybe what they have taken in the past. Similar to how iTunes or Pandora suggests songs based on listening history. Perhaps this could get people interested in attending more events than the one every other season that is currently required.

National Relationship

Another member asked about what was going on with national? This sparked a lively discussion about the relationship and where we were at in our discussions. There were some general comments on the national office and specifically Mark Dorsey our National Executive Director. I spoke as to where we are in the process, how our eastern leadership and specifically governance task force representative Eric Jordan steered us to where we are and tried to explain the relationship a bit. There was also conversation about how our national representative is elected and what the obligations of the position are.

An Education Staff member asked if others thought if there was value in us attending Interski? A couple of members commented that Interski is indeed valuable. The information that is disseminated from that event on down to the national organizations and the individual members is well worth it.

That's it everyone. Thanks again for your participation and if you need anything, please let Ross or I know.

Your humble servants,
Ross Boisvert & Tom Butler
Region 1 Rep, Region 1 Director

Region 2 Report

Well hello!

By this time, it's safe to say we've made it to spring. What an epic winter. Hopefully you had opportunities to get out there and stretch yourself. It's only fair to expect of ourselves what we expect of our students- to trust us and expand out horizons. That's also something that Don Haringa and the rest of the BOE strive to do every event. We spent time this spring reevaluating our offerings and talking about what's best for you, the members to ensure you get the most bang for your buck. We hope we got it right, and please let us know what you think. As an educational and evaluative organization, it's important those two things work together and serve an overarching purpose.

Vermont had a great winter. Congratulations to our friends at Jay for winning the Governor's SMART Award for Creative Marketing in Tourism, Okemo for being named one of the best places to work in Vermont, Mount Logan for their great Olympic results and Killington for being one of the finalists in the NSAA Conversion Cup and their partnership with Elan to bring more skiers to the sport. Our Nordic areas also had a great season with natural snow finally hitting us hard. Check out skivermont.com and our social media feeds for the latest news over the summer- it's a busy time for most resorts!

Congratulations to all our newly certified members and welcome to PSIA for our new level I members! One of the great things about spring is seeing all the pictures and smiles of people succeeding at exams. For those of you that came close - stick with it! The national standards are there to give the exams meat and make successful completion even sweeter.

Please let Curt Cowles (Region 2 Rep) and I know what we can do for you- our emails are always open and facebook is a great place to start a broader conversation. katherineatpico@gmail.com, gardencenter@comcast.net, or facebook.com/RegionTwoPsiaaasiE. We'll see you out on the snow!

Katherine Rockwell
Region 2 Director

Region 4 Report

Greetings to all Region 4 members. I was hoping to start off by saying I trust you all are enjoying the spring but for most of us, it never arrived--at least here in Northeastern PA on April 16th we woke up to 3 inches of the white stuff! How many times this past season did we hear the phrase "Polar Vortex"? Too many I think, which brings to mind a recap of this past season.

Although the season started off early and strong across the east, we encountered some fluctuating warm temperatures, rain, snow and cold around the holiday season and for a few weeks beyond. Then the "Polar Vortex" came into play from January to mid-March and for the third season in a row our event attendance did not meet projections. Not to be alarmed though, in spite of the event numbers we are not going to end the season in the red. The watchful eyes of our office and field management teams kept the expenses to income in check for the season.

There is a lot of speculation out there about the reasons event attendance is low for a third season. I have heard thoughts about the age of the membership being a big factor, the economy playing a role, family and career changes restricting time, cold weather, lack of pay for the profession in general and event curriculum needing to change or be enhanced for the times. There are a lot more concepts/theories floating around about reasons the attendance and attainment rates are dropping the last few seasons. Also the success rate attaining the national standards at Level II and Level III continue on a downward trend.

This topic is a great concern to your Board of Directors, office and field staff, steering committee, and discipline coordinators and thus, there will be a special meeting May 10th that will address these concerns. Our Executive committee of the BOD, the Executive Director and Director of Education & Programs/Events have invited numerous people to attend this special meeting. The invitees hold various positions within the division from volunteer leadership, office staff, field staff, coaches and discipline coordinators. The meeting results and proposals will be presented to the entire BOD at their June meeting, I will report back to you in the next Snow Pro newsletter the results of the meeting and the BOD recommendations regarding attendance and standards attainment concerns for the upcoming season.

On a last note I like to thank the Region 4 areas that graciously invited the division members to ski/ride at their areas for events this past season. On behalf of the membership and the division we greatly appreciate the hospitality offered by the numerous areas not only in our region, but all seven regions of the division!

Any questions, concerns or issues feel free to contact me or your other Region 4 BOD representative Steve Kling at any time.

Hope your summer goes well! Remember only six months to go, we will be sliding and riding again!!!

Bob Shostek, Region 4 Director

Region 5 Report

Well, winter 2013-2014 has to be one for the record books (my right big toe is still partially numb). It was so cold, that many areas reported slightly reduced ticket sales and ski school participation. No sense complaining – it certainly made for good sliding.

Region 5 held two mid-season local membership meetings at Bristol and Holiday Valley in conjunction with educational events in February and March. Attendance was down some from last year, although there was some lively discussions (mostly after the meetings). I would very much appreciate some feedback from members as to what would make these meetings more worthwhile attending. PSIA-E makes a strong effort to communicate by way of newsletters, email blasts, and opinion polls, but we need to hear from our western frontier members as to what would work best for them

Region 5 had an election this year with results as posted elsewhere in this issue. We should thank Steve Howie for his many years of service. His decision to step aside from this one aspect of his involvement with PSIA-E is certainly understandable. Thanks, Steve. Welcome on board Wendy Frank (Holimont)! I believe that Region 5 will come to appreciate the energy and commitment that Wendy brings to the BOD.

As noted in the last edition, Ron Kubicki hands over his mallet... er.. gavel in June and assumes the role on the Executive Committee as immediate past president. Ron has spent huge amounts of his time and energy during his tenure and has had a significant impact upon the direction that PSIA is heading. Thanks, Ron.

The opportunity to continue discussion on any topics of interest continues via our Facebook page for Region 5. It is easy to find – just log into Facebook and search for Psia-E Region 5. Frankly, it is not getting much in the way of contributions, but it represents an opportunity for snowsport professionals in western NY to share ideas, opinions, pictures --- whatever. Like most things, it will be successful only if folks participate.

Have a great summer, stay in shape, and we will see everyone when our landscape once again turns white.

Dick Fox, Region 5 Representative

Region 6 Report

What an awesome season for skiing and riding in the East! Late season snow filled our trails and our spirits as we entered the spring season in Region 6. Many early reports are coming in that are showing positive business numbers for many Snow Sport schools in our region. Let's face it; everyone is happy when there is snow.

I wanted to share some outcomes of a major change in our exam process this season. I had the good fortune of working several exams in the Eastern division. The feedback on the new "banking" system

was well received. I met a wonderful women from Stowe (retired) who told me, had it not been for the ability to bank her successful sections of the exam she would have never started her certification goals again after a 10 year absence. Many younger exam candidates seemed to be relieved that the all or nothing outcome is a thing of the past. Lots of candidates were very accepting of partial attained outcomes. Several candidates I spoke to immediately after coming off snow seemed to know ahead of time where they were strong in their performances and weak. The new concept seemed to help candidates self-evaluate their performance. This new process created a lot less tenuous feedback sessions with examiners after the fact; the entire mood I witnessed seemed a bit more relaxed.

The Eastern leadership has several things planned this spring to continue to collaborate on what is best for our membership and the association in its entirety. Keep your eye on future Snow Pro articles that will offer insight to the outcomes of these meetings, conferences, and collaborations.

I would to thank all the Region 6 members who took the time to vote in this year's election for the Region 6 directorship and representative to the board of directors. Thank you! As you know Jack Jordan will be serving as representative again alongside me as your regional director to the board. I hope to continue to serve with innovation, motivation and resolve as we move into another term in "office". Thank you to Jack Jordan for his continued service and contributions to our region and the division. I look forward to working with Jack and all of the other board members again.

It is always a bitter sweet time of the year for many of us. Many resorts begin to close out the season and prepare for their summer activities this time of year. If you find yourself aimlessly walking around your yard on that first Saturday off in spring, then you know what I mean. It's often hard to shift gears sometimes. Speaking of shifting gears bike season is here and many region six areas offer great mountain biking opportunities. For you more thrill seeking folks looking to get a fix after sliding all season try zip lining this summer at the various resorts that offer such an attraction. Whatever your transitional activity is this time of the year take a minute to reflect on the winter's experience. Think of that one lesson you would have done differently, or that one you wouldn't have changed at all. Begin to set your skiing and riding goals now as well as your certification goals. By starting early you will keep that flow of energy in your veins that motivates throughout the summer to stay in the game.

Thank you to all the great skiing and riding teachers out there who tirelessly year after year dedicate themselves to the proliferation of our Snow Sports. Have a great spring and enjoy walking on a beach without boots. Until next time, remember there is no right or wrong way to ski, the only wrong way to ski is to not ski at all. (or ride!!) Have a great off season stay healthy!

Brian Smith, Region 6 Director.

Jack Jordan, Region 6 Rep adds. . .

We have recently completed an exceptionally successful season at Belleayre Mountain. The snow was great and we had many guests. Our lesson total was up once again with frequent return customers. Our staff training, under the leadership of Chris Ericson proved highly valuable including a very good success rate for our instructors taking various exams. A major positive addition to Belleayre was the introduction of another “magic carpet” in our lower area. Students achieved success with much less effort than before when many became frustrated riding the old handlebar tow for the first time.....as instructors we may have appreciated the new addition even more than our students!

Belleayre hosted a number of PSIA-ASSI events in March with the highest number of participants in recent memory. The Regional meeting held March 17th also was very well attended and minutes of that meeting are attached.

A positive outcome from the meeting, thanks to Brian Smith’s idea to “pay it forward”, was agreement by our training staff to start our own scholarship program to enhance that of PSIA/ASSI-E. We plan to fund-raise and support some of our instructors in improving their skiing/riding and/or teaching through membership in PSIA/ASSI.

I would like to wish everyone a healthy, happy and active “off season” and hope to see many of you on the slopes again next winter.

Region 6 Representative, Jack Jordan

Regions not reporting: 3,7 «

Region 5 & 6 Board Election Results

Eastern Division Board elections for the 2014 – 2017 terms for Regions 5 & 6 were completed in March. Thanks to the nearly 400 members that participated in the election.

In Region 5, Wendy Frank is the new Regional Director and Dick Fox returns as the Regional Rep. The previous Regional Director, Steve Howie, did not run for re-election and we thank him for his many years of service. Brian Donovan also ran for a Board seat and we thank him for his interest and initiative in doing so.

In Region 6, Brian Smith was reelected as the Regional Director and Jack Jordan was re-elected as the Regional Rep.

Below are the detailed voting results:

(Region 5)

Total Eligible Voters: 843

Voter Turn-out: 16.37%

Choice	Votes	Percentage
Brian Donovan	53	24%
Dick Fox	79	35%
Wendy Frank	91	41%

(Region 6)

Total Eligible Voters: 1401

Voter Turn-out: 6.85%

Choice	Votes	Percentage
Jack Jordan	57	41%
Brian Smith (Eastern Ed Staff Employee)	81	59%

In Memoriam

Vinni Cuddiner, 59 passed away on February 26, 2014 at his home in Bethlehem, New Hampshire. Vinni was an Alpine Level II ski instructor at Cannon Mountain for 9 years. His dedication to Cannon’s Snowsports School was unprecedented. His passion for being an instructor, and his love of the sport was unmatched by anyone. If each of us aspired to be as good a professional as Vinnie our sport would be better for it. He will be remembered by his Cannon family and friends. (Submitted by Irv Fountain)

Patrick Landin, of Brick, NJ, passed away unexpectedly on Dec. 29, 2013, at the age of 67. He became a PSIA Certified Ski Instructor in 2004 and, subsequently, joined the Belleayre Ski School. Pat enjoyed attending many Pro-Jams in Vermont, and other PSIA Eastern events, always appreciating the level of excellence in instruction. Pat was also a member of the Amateur Ski Instructors Association for over 25 years. He is survived by his wife of 27 years, Marilyn Landin, also a member of PSIA and ASIA. (Submitted by Marilyn Landin)

Charles R. Martin (Charlie) age 61 passed away Wednesday January 8, 2014. A lifelong Pittsburgh native, graduated from Langley High School in 1970. Immediately afterwards enlisted in the Armed Forces where he served in the special forces of the airborne division. He successfully completed hundreds of jumps and tested prototype parachutes. After the service he successfully created the first adventure camp in the U.S. The program encompassed his passion for rock climbing, kayaking, high rope courses and campfires. The pioneering program was mimicked across the state and eventually across the country. He was affectionately known as “Smokey” for his love of campfires. Charlie was also known to be a square dance caller. In the winters he was a Level 2 Alpine instructor at Seven Springs Mountain Resort in Pennsylvania. Charlie also served as President of the local Kiwanis. His service also included fondly singing for the Sunday ministry. He could silence a room of crying children with his acoustical guitar and soft calming voice. To his counterparts on Earth, raise a glass of Tanqueray Rangpur and tonic to his memory. Cheers! (Submitted by James Kapp) «

snow sports school management

Looking back & focusing on the future

Debbie Goslin, Snowsports School Management Committee Chair

Here's to the great 2014 season! An early start and continuous cold temperatures made for great snow for us in Western New York. Our local ski areas still have enough snow on some hills that one could ski all the way down – with a few long hop turns here and there!

So, as I work now on next year's brochure, I ask myself – “What were the take-a-ways from this season?”

Winter brings out the best (worse) in the male instructors – good looking men turn into “Chewbacca” over the course of 4 months! Talk about hair – long hair, facial hair! Then miraculously, the sun starts to shine, the temperatures get warmer and “Chewbacca” transforms into a neat, trim, good looking dude!

Some snowboard instructors really have their share of car trouble – timing belts, rear differentials, axles, batteries - I called “Uncle” with turn signal fluid! In two days, with instructors out for AASI clinics and exams and all of the assorted car issues, I was down 14 instructors!

This year's new hires were great, passionate and wanting to learn all they could to better help our guests and improve their own skiing and riding and adding to their teaching bag-of-tricks!

I appreciated President Ron Kubicki's article about waving to the lift operators, saying hello to the restaurant people, giving a thumbs up to the parking lot guys – just being appreciative of all the people involved with the day to day operation of a resort!

The biggest take-a-way for me was from Matt Boyd's presentation at the November Snowsports School Management Seminar. He closed his presentation about staffing with – “Would you enjoy spending two hours with this person?” I took that to heart and considered that question with every person I hired this past season. Regardless of certification credentials or years of experience – would I enjoy spending time with this person? Would they share their passion for skiing and riding enough to make our guests want to come back? Thanks Matt!

Speaking of the Snowsports Management Seminar – it is that time again, time for this committee to start proposing ideas for the fall meeting. If you have a thought or a request for a session, please let us know. Our membership is full of talented people who would be happy to present a topic where they too can share their interest, vocation and passion. ☺

Classroom Fun?

Tina Buckley

Alpine Level III

ACE Team

Blue Mountain Learning Center

If you signed up for a 4 session pottery class today and during the first two sessions your instructor only talked about the consistency and origins of clay, how to best form things and how to finalize the shape, but you were never be able to touch the clay and do something with it, wouldn't you be tempted to go bowling for the last two sessions rather than sitting in a class like that again? Your instructor is probably the most knowledgeable person when it comes down to clay, and he probably has the best intentions to teach you pottery, but he won't ignite the spark the way he approaches the class.

Transferring this picture onto snow, we often have the best intentions when we pour out all we know about the best turn, but we forget that our students have to move, meaning ski or ride, to get the feeling and muscle memory for the best turn. We give the best explanations for a drill we want our students to do, but by the time we are done explaining all the why's, how's, what's and when's, our student's minds have wandered off to the bowling alley.

Snow Sports School should not feel like you are actually sitting in a classroom. We do not have to explain everything in the smallest detail. Much rather, allow yourself three sentences and thirty turns, accompanied by a good demo. Learning how to ski or ride is a discovery of sensations, and is not limited to auditory input. So take the above picture and move the tables, chairs, and easel off the snow. And get your students moving! ☺



Annual Spring Rally Race won by the weather

Whiteface Mountain, New York

March 30, 2014

The last time the Annual Spring Rally Race was cancelled the culprit was rapidly melting snow due to unseasonably warm 80 degree temperatures. Unfortunately, this year's Race was also cancelled, but the reason was much more favorable. After a foggy and firm first day of the Rally, Whiteface received over 6 inches of snow Saturday night, which made the overall conditions much better for the second day of the event, especially further up the mountain where the new snow was the driest. However, down on the lower mountain there was limited visibility and too much heavy snow where the course was located for the Race to be run safely. So to last year's winners, congratulations; you still hold your titles, and to everyone who was signed up for this year's race, we hope to see you in the starting gate next year! ☺



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Snowboard Season Wrap-up

Ted Fleischer, AASI Advisor

This season we saw the continued popularity of our Camps such as the Freestyle Camps at Mt. Snow, VT and Seven Springs, PA, Trees Camp at Jay Peak, VT, Steeps Camp at Stowe, VT and Women's Camps at Holiday Valley, NY and Liberty, PA. Additionally, I had the pleasure of leading our first ever Powder Camp. This Camp was held at Jay Peak, Vermont and the excellent base was complemented by over 16" of Pow over the two days! We all ended with smiles and powder on our faces and tired legs. Jump into one of these fun-filled Camps and join us for your continuing Ed Update clinic next year.

Our Exam season saw many successful members who trained diligently for Level I, II, and III Exams and came away with the spoils. The end of season LII/ LIII exams were held at Jay Peak at the end of March and this was one of the ONLY exams that I can recall in the last 20 years where the candidates had true powder and packed powder on which to show their skills for all three days. WOW, talk about conditions in which to excel! Burton Snowboards again showed their support of AASI by giving away a pair of bindings to successful LII candidate Robert Custer from Peek n Peak, NY and a new board to successful LIII candidate Ian Boyle from Jay Peak, VT. Congratulations to Robert and Ian and all of the other successful LI, LII, and LIII candidates this season!



The newly selected members of the AASI Eastern Team from left to right: Amy Gan, Greg Andrews, Joe Jones, Tommy Morsch, Brian Donovan, and Greg Fatigate. Coach Tom Vickery in foreground.

Our season culminated with Eastern Team tryouts at Jay Peak, Vermont at the end of March. It was a grueling couple of days and evenings for the participants AND the evaluators. I'd like to thank the dedication of the other evaluators for their dedication to this, Tom

The winners of the Burton Snowboard Promotions Robert Custer, Level II from Peek n Peak and Ian Boyle, Level III from Jay Peak



CONGRATULATIONS!!!

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



- AASI Level III Member - Ian Boyle from Jay Peak
Ian attained his AASI Level III certification and also won a Burton Flying V snowboard.
- AASI Level II Member – Robert Custer from Peek n Peak
Robert attained his AASI Level II certification and also won Burton Infidel bindings.

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

WELCOME to these new members and to the more than 300 new AASI Level I members who attained their L1 certification throughout the season!

- Region 1 – Salvatore Pappalardo from Cranmore, NH attained his Level I exam at Bretton Woods, NH
- Region 2 – Clara Kelly from Smuggler's Notch, VT attained her Level I at an exam held at Smuggler's Notch, VT
- Region 3 – Brad Merenstein from Butternut, MA attained his Level I at an exam held at Butternut, MA
- Region 4 – Gabrielle Zerla from Liberty Mountain, PA attained her Level I at an exam held at Round Top, PA
- Region 5 – Corrigan Brown from Holimont, NY attained his Level I at an exam held at Holiday Valley, NY
- Region 6 – Elliot Wilson from Whiteface, NY attained his Level I at an exam held at Whiteface, NY
- Region 7 – Joseph Mixon from Cataloochee, NC attained his Level I at an exam held at Ober Gatlinburg, TN

Thanks to Burton Snowboard for being such a great PSIA-E/AASI 2013/2014 sponsor! <<

Vickery, Tommy Morsch, Dave Lynch, and Shaun Cat-tanach. Job well done, gentlemen. I'd especially like to welcome the five new Eastern Team members. They are, Amy Gan from Bromley, VT, Greg Fatigate from Smugglers Notch, VT, Greg Andrews from Stratton, VT, Brian Donovan from Peek n Peak, NY, and Joe Jones from Jay Peak, VT. These folks will join Tommy Morsch on the team and at the next tryouts. We are pleased to welcome these folks to the AASI Eastern Team, and acknowledge their stellar performance against some VERY strong competition. These folks will make up the Team of AASI members who head out to the next National Team tryouts in a couple of years. Our Eastern Division has always represented our members well at these tryouts and this team will likely be no exception!

I hope everyone else had as busy and as fun a season as I did. I appreciate seeing all of my old friends and meeting so many new ones. As members, our Eastern family of AASI offers us so much in the way of camaraderie and networking. On behalf of all of the other Clinicians, as well as our supportive office staff,



Participants of the Women's Camp at Liberty Mountain shredding some moguls.

I'd like to thank each and every one of you for helping accomplish what we've done together. Member driven. Keep the suggestions coming, see you next season! <<

My Love/Hate Relationship with the Falling Leaf

Nicky Sacco-Brown, AASI Level 2
Windham Mountain Resort

Okay, those of you who know me are aware that I freely admit to mostly a HATE relationship with the “falling leaf.”

In an effort to develop an effective beginner lesson progression at my home mountain, the inclusion of the falling leaf is often hotly debated by a diverse group of talented instructors who are passionate about their teaching methodology.

This year, as I made the laminated pocket “cheat” cards that we hand out to new instructor recruits, I was mortified to actually be typing the words “falling leaf”. Our new Zone Teaching listed it as part of the progression! Thoughts of pretending I had accidentally forgotten to include it floated through my mind. . . .

I have always equated the falling leaf to the wedge in skiing: we teach it and then we spend a great deal of time trying to get the student to stop relying on it. Countless times I have ridden the chair watching the “power-leafers” soar in a traverse across the entire trail on their heel edge, their quads surely on fire, only to soar back in the other direction for more of the burn. I am never sure if it is because they have no idea how to make a toe turn or they have completely forgotten if they are regular or goofy riders. Many of our non-beginner lessons are these riders, looking for toeside turning skills and some relief for their quadriceps muscles.

My friend Betsy (aka Evil Brownie Genius) has a more moderate view of the falling leaf and its applications in riding. She teaches it as a tactic to be used when necessary, much like a board slide. A falling leaf can be used to recover from over-rotated turns and can also create space for making heel or toe turns. She believes new riders often panic when ending up “wrong footed” or too close to the edge of a trail. Use of the falling leaf will actually give them the ability to turn where and when they can feel safe and ultimately be successful. Deep down I know she is right but I never admit it. I guess the cat is out of the bag now.

For full disclosure, I must admit that I was once a “power-leafer.” My first snowboard lesson was taken on my nephew’s snowboard wearing my mud boots. I learned the falling leaf and was completely smitten and well, okay, loved it. I went out the next day and bought a snowboard, boots and bindings. I struggled for most of my first season trying not to straighten my front leg on a toeside turn, each time bailing out with yet another heelside turn. Perhaps this is the basis for my bias as it was a frustrating plateau for me. Most of the time I avoid teaching the falling leaf because I do not want my students to experience the same aggravation.

Ideally, a successful lesson is one where the student has fun, learns new skills and is hungry for more. The beauty of the zone progression teaching method is that success is had at each change to the next station and progress is made at the individual’s pace. Each skill gives the new rider something else for their riding toolbox. Tailoring the skills to the rider’s abilities just might include teaching the falling leaf in order to meet these objectives. . . .even if deep down inside, we hate it. <<

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	Exam Guides (please circle choice) - Alpine - AASI - Nordic D/H - Nordic T/S - Adaptive	5.00		

All exam guides (and history of changes) are available to download and print FREE at www.psia-e.org.

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172	PSIA Adult Alpine Teaching Handbook	22.95		
174	Movement Analysis Pocket Guide, 2 nd Edition (Cues to Effective/Ineffective Skiing)	5.00		
17208	Alpine Cues to Effective/Ineffective Teaching	5.00		
148	Alpine Stepping Stones Pocket Guide	5.00		
328	PSIA-E Alpine Standards DVD	15.00		

NORDIC				
308	PSIA-E Nordic Standards DVD	15.00		
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AASI / SNOWBOARD				
122	AASI Snowboard Teaching Handbook (<i>Children & Adult</i>)	New in 2012-2013	22.95	
183	AASI Snowboard Instructor's Guide		19.95	
129	AASI Snowboard Movement Analysis Handbook		14.75	
160	AASI Snowboard Focus on Riding DVD	* OUT OF STOCK @ EASTERN DIV OFFICE *	10.00	
162	Vail Children's Snowboard Handbook	* LIMITED INVENTORY - SALE *	8.00	
173	Vail Adult Snowboard Handbook	* SALE *	5.00	

ADAPTIVE				
131	Adaptive Snowsports Instruction Manual		19.50	
331	Coaching Fundamentals for Adaptive Skiers DVD	New for 2013-2014	15.00	
QC	The Quick Check Pocket Guide: Managing Behavior for Success on the Slopes		5.00	

CHILDREN'S/KIDS				
264	PSIA/AASI Children's Instruction Manual, 2 nd Edition		24.95	
161	PSIA Children's Alpine Handbook		22.95	
153	Children's Ski & Snowboard Movement Guide		5.00	
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Education Foundation News

More than \$15,000 in PSIA-E/EF Scholarships Available for All Disciplines

Don't miss out on this great member educational benefit!

Each season, the PSIA-E Education Foundation makes monetary scholarships available to members who wish to further their education or certification status within PSIA-E, PSIA and AASI. The training that members receive as a result of the scholarship program increases their productivity and value as a member and as an instructor in their particular snowsports school.

Scholarships are available to any member in good standing. You still need to meet the requirements of the specific fund for which you apply. You may not receive scholarship monies from the same fund two consecutive seasons. All scholarship applications are reviewed and awarded by the Scholarship Review Committee, which is made up of PSIA-E Board of Director members. Following are the different types of scholarships available:

Membership Scholarship

The Membership Scholarship is open to members of all disciplines and certification status. This scholarship can be used for all PSIA-E, PSIA, and AASI educational and certification events. Thanks to the generous support of sponsors and members via donations of items and dollars for our "super raffles" each season, this fund now has a balance of nearly \$30,000. One-third of that balance (approximately \$10,000) is available for scholarships this coming season.

Professional Development Scholarship for Level 1 Members

This is a designated "Professional Development Scholarship for Level 1 Members" that earmarks 20% of the existing available Member Scholarship funds (approximately \$2,000) for Level 1 members to use specifically for L 2 prerequisite courses and practice exams in prep for taking their L 2 skiing and teaching exams. If you are looking to prepare for your Level II exam this coming season this is the scholarship for you!

Terry Fund Scholarship

The Terry Fund Scholarship is designated for members of all disciplines with at least a Level 1 certification status who desire to further their education in the area of snowsports instruction for children. This includes all PSIA-E, PSIA, and AASI educational events that specialize in children snowsports issues.

James Leader Memorial Scholarship

The James Leader Memorial Scholarship is open to members of all disciplines and certification status who desire to further their education in snowsports instruction. Applicants must be a member of PSIA – Eastern, with first priority given to employees of the Killington Snowsport School. Second priority will be given to members from Region 2 (Vermont), and the remainder available to all members of PSIA – Eastern. The James Leader Memorial Scholarship has a separate application form and different criteria from other scholarships (e.g. member at least one year, requires a letter from your snowsports school). \$1,000 is available for awarding each season. To obtain a copy of the criteria and an application form, please visit the PSIA-E website at www.psia-e.org.

CE Burbridge Memorial Scholarship

The CE Burbridge Memorial Scholarship is open to members of all disciplines and certification status who desire to further their education in adaptive snowsports instruction. This includes all PSIA-E, PSIA, and AASI educational events that specialize in adaptive snowsport issues. The fund supports both the subsidy of Adaptive consulting programs and \$500 in individual scholarships each season.

Education Staff Scholarship

This scholarship is open to any member of the Board of Examiners, Development Team or the Divisional Clinic Leader squad. This scholarship is designed to help individuals in these groups to expand their knowledge and skills beyond regular training sessions, or to gain expertise in another discipline/specialty. This scholarship allows members of these groups to serve and educate PSIA-E members more effectively. Approximately \$3,000 is available for awarding this season.

William Hetrick Editorial Scholarship

The William Hetrick Editorial Scholarship was created in June of 2011 to provide a long-term legacy for Bill Hetrick and recognize his passion for both snowsports and writing about snowsports and the mountain experience. It will be an annual program that awards five (5) scholarships in the amount of \$200 in education "dollars" that recipients may use to register

for PSIA-AASI education events. The scholarships will be awarded to contributors to the SnowPro and judged by an editorial review group that will read and evaluate submissions made to the Your Turn and Guest Editorial sections of the SnowPro each season.

How to Apply

For all funds, eligible members can obtain a scholarship application by visiting the PSIA-E web site at: www.psia-e.org. You will find information on the scholarships under the "Member Services" heading and "Eastern Benefits" tab.

Complete the entire application and mail or fax it to the PSIA-E office, postmarked no later than Friday, October 3, 2014. If you fax your application, please call to confirm receipt. The PSIA-E fax number is 518-452-6099.

The Scholarship Committee will review and evaluate applications at the October Board of Directors meeting. Applicants will be notified of the committee's decision by mail, in early November.

You must register for the event (by the event deadline) by completing and submitting an event application card. You should apply well before the event deadline, and include full payment if you have not, at that point, been informed of a scholarship award. If you have received written notice of your scholarship, please indicate that on your event application. Anyone paying for an event and then awarded a scholarship will receive a refund in the amount of the scholarship following attendance at the event. Scholarship awards may be for partial or full event fee of an event. Please be aware that the number of applications always exceeds the available funding, so not all applicants can be awarded a scholarship.

Applicants who are awarded a scholarship are encouraged to write an article relative to their event experience, or to relate how information gained from the event is being utilized. Submit the article, by e-mail if possible, to the PSIA-E office at: (psia-e@psia-e.org). Articles should be submitted within a month of the scholarship event, if possible. A limited number of scholarship articles will be selected for publication in the SnowPro newsletter.

Thank you for your interest in continuing your snowsports education, and good luck! <<



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2013-2014 EF Scholarship Award Recipients

Total scholarships awarded: \$ 13,374.00

Name	Scholarship Fund	Name	Scholarship Fund
Starlet Allo	Terry (Children's)	Wenda Luff	Membership
Kim Arestad	Membership	Michelle Mainus	Membership
Mark Baechle	Membership	Jamie Marcoux	Membership
Jeffrey Beinhour	Membership	Thomas Marty	Membership
Elaine Bello	Professional Development	Paul Mason	Professional Development
David Blinken	Professional Development	Tracey McFee	Membership
Amber Brent	Burbridge (Adaptive)	Paul McMorris	Leader
Ludwig Buckley	Membership	Art Menichini	Ed Staff
Michael Carbonaro	Membership	Allan Miller	Membership
Gregory Carlson	Membership	Wayne Mineau	Membership
Carrie Chernov	Membership	Barbara Ness	Professional Development
Brennan Cofield	Terry (Children's)	Kevin Neumann	Membership
Brandon Cook	Membership	Susan Nickerson	Membership
Paige Davis	Burbridge (Adaptive)	John Olcese	Membership
Suzanne Dean	Professional Development	Nickolas Pacheco	Membership
Nancy Dengler	Membership	Mark Parsons	Leader
Helen Dickerson	Membership	Stephanie Percival	Membership
Joshua Dietrich	Membership	Janice Peters	Membership
Briana Donley	Membership	Tracy Pierce	Membership
Kevin Eng	Professional Development	Amanda Pierson	Membership
Edward Fiess	Membership	Warren Pinder	Professional Development
Kathleen Ford	Professional Development	Monica Plante	Membership
Joseph Forte	Terry (Children's)	Meghan Price	Membership
Michael Funk	Membership & Burbridge (Adaptive)	Alexandria Pugliese	Leader
Grigori Gavrilets	Membership	Carol Redline	Membership
Marit Gay	Membership	Ryan Reed	Membership
Leslie Glassman	Membership	Anthony Renaldi	Membership
Robyn Green	Professional Development	Dan Renaldi	Membership
Samantha Grist	Leader	Bonnie Ricker	Membership
Christopher Grosjean	Professional Development	Alysia Rourke	Membership
Lucy Maria Gruenther	Membership	Edward Saylor	Professional Development
Maureen Harrington	Membership	Timothy Shannon	Membership
Dawn Hiltz	Membership	Stephanie Spencer	Membership
Will Horton	Membership	Doug Stewart	Ed Staff
Joseph Hurley	Membership & Terry (Children's)	Gary Stewart	Membership
Eliza Hussey	Membership	Lynda Stewart	Membership
Sarah Jiottis	Membership	Gregory Straub	Membership
John Kaleda	Membership	Andrew Tolbert	Membership
Julie Kaleda	Membership	Ezequiel Usle	Membership
Stephen Kazilionis	Membership	Debra Volks	Membership
Meghan Kelsey	Membership	Candyce Walters	Membership
Victor Khmara	Professional Development	Brian Wilcox	Professional Development
Patrick Lazzaro	Membership	Lisa Wood	Membership
Warren Leigh	Membership	Michael Zelenko	Membership
Sarah Levitt	Membership	Nicole Zelenko	Membership
		Alan Zoyhowski	Professional Development



CONGRATULATIONS

to the following members who passed their new **Level II and Level III**

certification during this past season! Members who passed their Level I certification are listed on the website at: www.psia-e.org/new - check it out!-

Alpine Level III Certification Examination

David A Blinken
Samuel R Cathey
Richard Alan Hanbury
Brian E. Jessiman
Nathaniel Mead
Michael D Roussel
Brian C. Swedberg

Alpine Level II Certification Examination

Jerry Bee
Aleksandr Bunchuk
James C Catalano
Robbin Comiski
Stephen J Cook, Jr.
Kevin M Dale
Allison E. D'Ambrosia
Scott M Davidson
Benjamin T DeBenedictis
Robert A. Delia
Jonathan E Dilmore
Eileen P. Flaherty
Kathleen Ford
Colin Giblin
Marina Gilpatrick
Ross A Himmler
Gerald W Jaeger
Mark Kapitan
Meghan K Kelsey
Paul J Lawlor
Margaret Leake
Matthew D. Lindemer
Mary Mancino
Thomas X Mason
Martha Mathewson
Stephanie A McCathron
Wendy L. Morris
Nickolas J Pacheco
Genevieve Pennington-FitzGerald
Thomas G. Polansky
Gareth Price
David E. W. Raybould
Bradley J. Robinson
Alysia T. Rourke
Greg I Sandberg
Emily B. Santella
Brian P. Schwartz
Jonathan F Sherer
Richard A Sokoloff
Alessandra R Spaulding
Sue N Trent

Snowboard Level III Certification Examination

Anthony T Bailey
Will F. Bogacz
Michael J. Bouquard
Ian T. Boyle
Yuri Czmola
Michael W. Ma
Ryan R Marks
Graham L Pender
Meghan Price

Snowboard Level II Certification Examination

Nick E. Ameden
Gina R Basiliere
Katherine Bennett
Shae L Bouchard
Julie A Burkholder
Roland J Carpenter
Michael A Chait
Nicholas N. Cravedi
Robert P Custer
Norman L Dedrick
Shawn Downes
Nicholas A.C. Evans
Edward E Fiess
Matthew M Garabedian
Daniel Garcia-Galili
Ms Jordan A Goode
Timothy S Gribb
Samantha J Grist
Christopher D Grosjean
Brandon J Gushlaw
Scott Johnson
George J Kelly
Ian L. Kendig
Craig S Kennedy
Jacob L Krach
Corey M McNaughton
Ryan N Norton
Amy Perkins
Alexandria A Pugliese
Charles E. Rabe
Brett E Ramus
Ryan J Reed
Rachel A. Rose
Adam A Sampson
Christopher Sherman
Richard A. Stovall
Eric S. Tolbert
Joseph R. Valley

Telemark Level III Certification Examination

John P. Mann
Don Marshall
Gregory Lee Paquin

Telemark Level II Certification Examination

Emily L Christensen
Rosemary A Czapor
Linda J Ferranti-Nesbeda
Michael E. Lackman
John Lester
Patrick H. Quinn
Matthew Schmiermund
Mitchel Stangl

Adaptive Level III Certification Examination

Daniel C. McIntyre

Adaptive Level II Certification Examination

Louise Cummings
Frank X. Martinez
Brian Rousseau
Timothy J. Tagan ☞

On-Any-Gear JUMPING EVENT at Lake Placid, NY

Wednesday, August 29 – Thursday, August 30, 2014

Don't miss out! Start your Freestyle training early this season. This is an excellent event to begin your Freestyle 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. NEW time this season during Summer Break! For more information please see the Eastern website at www.psia-e.org/jump.

FEATURE EVENTS				\$222
Num.	Event	Dates	Location	Deadline
001	Jumping Event	August 29-30, 2014	Lake Placid Jumping Complex	08/13/14



To Register: Please visit the website (www.psia-e.org) for an event application, fill it out and submit by the deadline of August 13, 2014. The cost is \$225 for PSIA-E/AASI members; \$250 for non-members. **Non-members, Registered and Level I Members must interview with Greg Fatigate prior to registering.** Please e-mail him at: squerlok@hotmail.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.

Fax your completed application to 518-452-6099 or ...

Mail your completed application to 1A Lincoln Avenue, Albany, NY 12205

Or ... Online registration will be available in early July.

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 8:15am each day. You can't miss it - just drive to the base of the 90-meter jump.

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 Greg Fatigate via e-mail at: squerlok@hotmail.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

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. <<



**PSIA-E/AASI
2014-2015
Event Application**



OFFICE USE ONLY

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

Please print and fill out all sections. One event per form. Application with payment must be received by event deadline. Applications not received by event deadline are charged a \$25 non-refundable late processing fee. Online registration is now available! Please go to www.psia-e.org and click the Register Online button.

Mail or fax to: PSIA-E/AASI, 1-A Lincoln Ave, Albany, NY 12205 Fax# (518) 452-6099

Call (518) 452-6095 for information only. No applications accepted via phone.

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

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

NAME: _____ Male / Female
Last First Nickname (for your name tag) Circle one

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

HOME PHONE: (____) _____ **WORK PHONE:** (____) _____ **CELL PHONE:** (____) _____

EVENT #: _____ **E-mail address:** _____

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

AMOUNT: \$ _____ **PAYING BY:** **CHECK #:** _____ **or** **Charge**

Exp. Date: _____ **Signed** _____

OFFICE USE ONLY

Date Proc _____

Auth # _____

Initials _____

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

All applicants must sign the following release form:

I hereby release PSIA-E, PSIA-E/EF, AASI, the host area, and agents and employees of each from liability for any and all injuries of whatever nature arising during, or in connection with the indicated event. I accept the Event Participant Safety Policy as stated on the official PSIA-E/AASI event schedule, and online at www.psia-e.org/safety.

**Applicant's
Signature**

Date

IF APPLYING FOR ANY CERTIFICATION EXAM OR ALPINE RESORT TRAINERS EVENT, YOUR SNOWSPORTS SCHOOL DIRECTOR MUST SIGN.

As Director, I attest to the following:

- ✓ This applicant is a member of my staff and is in good standing with our school.
- ✓ If I am presenting this candidate for any level of certification, I further attest that the candidate has received exam training and preparation. If a candidate for Level I, the candidate has completed the entry level requirements, including a minimum of 50 hours of teaching/training; for Level II the requirement is 150 hours of teaching/training and for Level III the requirement is 300 hours of teaching/training including at least 150 hours at advanced levels.
- ✓ This applicant is a member of our training staff and has my approval to attend, if application is for an ART event.

**Director's
Signature**

**Snowsports
School**

ADMINISTRATIVE CHARGES FOR NO-SHOWS, CANCELLATIONS AND RETURNED CHECKS

	<u>Transfer</u>	<u>Cancellation</u>	<u>No Show</u>	<u>Returned Check</u>
Up to one week prior to original event	\$10.00	\$20.00	75% of fee	\$25 additional
During the week prior to original event	40% of fee	50% of fee	75% of fee	\$25 additional

(notice no later than 4:30 PM on last business day before event – Transfers to other events must be before the deadline)

Please refer to www.psia-e.org/charges for complete description of administrative charges.

xx-ploring

Season Review

Mickey Stone

PSIA-E Nordic Coordinator

I guess you could say that this season was a little snowy early, COLD with no snow for 6 weeks, and then the snowiest March in the last five years. We were fortunate to receive the 16 plus inches in December right at Pro Jam time and to make our Holiday season white, but then we really did not see any snow until late February. How about March Madness, and not just the great NCAA basketball tournament, but all of the many snowfalls throughout the month along with unseasonably cool temperatures that kept the snow below freezing for the entire month up north?

Our premier events like the backcountry accreditation, off-piste, light touring, trees and steeps, tele fling, spring rally, and the exams were all in the white zone of February and March. One of our best-attended and snowiest events was at Mad River Glen in mid March. We were able to explore the far south and north ends of the ski area boundaries and then some for two days with about 75 people on the whole mountain. It was like the Yellowstone Club.

Local backcountry enthusiast, photographer, and MRG employee Curtis Savard joined us for some exploration in some of the nooks and crannies of this unique ski area. Here are some pics of our two days. Thanks for the lines and shots Curtis.



Karen Dalury in Woodbox



Mike Beagan "droppin in"

A big thanks to all who participated in the Level II and III exams at Killington on the third week of March. Once again we were blessed with great conditions and 100% of the mountain and trees skiable. Please view the successful candidates in the PSIA-E Exam section and congratulations once again to all. The Nordic Board of Examiners would like to congratulate Matt Charles from Gore Mountain New York who successfully earned a spot on our prestigious Telemark Development Team. Way to go Matt! Plus, he is under the average age of the members and our current team; got to love youth. Please view Matt and his youth below for his team photo.



Matt Charles 2014 Tele Dev Team "showin what he has in the air"

The Telemark Examiners added two distinctive specialty training sessions this year to work specifically on carving and bumps as an addition to our website video/YouTube links on our PSIA-E website. We would like to thank Mad River Glen for a great powder bump day, Pico Resort for a great 10 degree late March, packed powder carving day, and finally Stowe for a day of things we missed and had to reshoot. A big shout out to Mike Beagan, Jay Nation, and Keith Rodney for filming the video sessions listed above. This can be most challenging part of making a video, especially with the cold temperatures. Thanks guys!

curtissavard



Mike (Warren Miller) Beagan filming

A big congratulations goes to Keith Rodney of the Mount Snow kid's program and a newly elevated Telemark Examiner, who was successful at the ever-thorough ACE Team Tryout. This now puts two Nordic Examiners on the ACE Team (Mickey Stone being the other).

Our Cross Country discipline had another solid season despite the temps and lack of snow mid season. We had four events in double digit numbers and two large in house events this season. Thanks to the great staff for doing a superb job in harsh conditions. For new tips and teaching ideas go to www.xskiacademy.com, click on the shield for the Nordic Teams newsletter and other teaching tips.

Enjoy the summer! ☄

your turn

Using What I Learned in CS2

By Mark Baechle, Blue Mt., PA.

Alpine Level II, Snowboard Level I, and Tele Level I.

I am currently teaching a group of mostly advanced 10-12 year olds each week for 4 weeks. The first week I taught it as I do most adults lessons. I treated them as adults, because I knew from CS1 that “Tweens” do not like being treated “like babies”. I therefore taught the first class similar to an adult class.

Since the first class, I have been intensely studying the Children’s Instruction Manual and the CS2 Workbook, which have helped me relearn important ways of improving my lesson(s). I started putting those things into my class, with great results. Thanks PSIA!

I then passed CS2, where I learned some great insights about teaching this type of lesson, from the examiner, Joel Dewey, during the first practice day. Thanks Joel!

As fellow classmates shared their favorite progressions on day 2 -- describing, demoing, and coaching us through them -- I immediately remembered the Steve Jobs quote – “Good artists borrow, great artists steal”, and decided that I would “steal” the best progressions and use them in my lessons. Thanks class!

Here are just some of the improvements that I made to my current lesson, thanks to CS2:

1. **Teambuilding** – Tweens have a huge need to be accepted by their peers. They need a sense of belonging to something. **Improvement:** I held a Team Meeting at the start of the 2nd session, before going onto the snow. I asked each person to tell the team their: Name, Ski Background (skiing how long, how many times, what resorts...), Favorite Sports they play, and their Goals (“what YOU want to get out of this Ski Team in these 4 weeks”). In later sessions I reminded everyone that “we are a team”, and “no one skis until everyone is ready” and “our team leaves no team member behind”. When one team member falls, I urge others to stop and help their fellow team member.
2. **Student input** – I learned that I should truly involve children as active partners, and try to find out what they want to learn. **Improvement:** At that session 2 Team Meeting, I asked each person to tell the team their individual goals. After succeeding at my drills, I tied the results to the goals that they mentioned. This let them know that not only am I helping them meet their goals, but I listen, care, and value their input.
3. **Finding commonalities** – Tweens need to have a sense of belonging. They need to get to know their peers, to see if they have anything in common, other than just age. **Improvement:** During the Team Meetings, I was pleased that the people had some of the same favorite sports. I was very pleased that everyone had the same Goal (ski in control), even though it was described differently.
4. **Gender differences** – It became obvious in the first session that most of the males were more aggressive, handling harder slopes. This can be intimidating to the females. **Improvement:** I requested that management give me a Junior Instructor to help with the sessions. I asked for a female (to be a big sister to the females), only a few years older than the students (to be able to relate to, empathize with, and bond with the students), and a very good skier (to be a role model for good skiing form). They gave me a great Junior Instructor, who I always referred to as Coach Brianna, not “assistant” or “junior”, so that she would get the same level of respect as I did.
5. **Word usage** – I made sure to use simple words, but not “baby words” for 10-12 year olds. I do not use words like “herringbone”, “kinesthetic”,..., nor do I use “baby” phrases like “bunny hop”,... I will use “Pizza” and “French fries”, but only when including “Wedge” and “Parallel”, to show that I respect their intelligence and maturity.



6. **Learning Styles** – I now cater each drill to ALL learning styles, by doing the following. First I describe the drill, to cater to the Listeners. Next, I demo, to show it to the Watchers. Third, I have them each try it, to cater to the Doers. Then, I ask them to tell me what they felt or notice. I pick out the feedback that I want to reinforce, restate it for clarity, and have everyone do the drill again, trying to feel (or notice) what was just described, to cater to the Feelers. I sometimes have them first try to get that feeling standing still (e.g. both shins pushing against the front of the boots). Next, I will ask the group why those movements can be important in skiing, for Thinkers. I will take the best answer(s), restate it for clarity, and give them the Rationale (“what’s in it for me”) to tie the task to the goal to the desire.
7. **Teaching Styles** – I used a mostly a Command Teaching style in the first sessions. (eg. “stand tall, boots close together,” ...) This has the advantage of allowing me to take control and set boundaries. **Improvement:** I added some Task Teaching (eg. “Let’s do that same exercise on THIS trail, but add more twist earlier”, and see what happens), and some Guided Discovery (eg. “who has roller-bladed or ice skated? Everyone, great! Let’s use our Snow Skates to get over to that sign. No poles please. Let’s try it!” [skate, skate,...]. “What did we need to do to get GOOD skating, with lots of glide?” ...). In the later sessions, I used circle skiing, and had each member observe what they saw in each other’s skiing, and share it (no names) with the team.

These are just some of the improvements. I plan on continue to use these, and other improvements from CS2, in teaching children. Maybe I will even explore using some in my adult lessons, because kids come in all ages! ☺

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.

NEVER TOO LATE!!

Billy Close, Alpine Level 1, CS1

While browsing through the PSIA web site, I was reviewing the remaining instruction events for the 2013/2014 season. As a seasoned veteran of the slopes at 64 years of age and a level one certified instructor, I was looking for an event that would fit my skills, add to my education level, and challenge my physical abilities.

A-ha, I finally found it; a “Senior Bumps Event.” My wife B.J. said, “Are you CRAZY?? Maybe a little, but I’ve never had the opportunity to have any instruction on bumps runs. I’d heard about a senior bumps class but have never seen it on the schedule until now. After some research I found that the class is for participants 50 years of age and up, on older legs.

The signup deadline was only 24 hours after I became aware of the event. That was probably a good thing, so I didn’t have time to talk myself out of the crazy idea of taking a bumps class at my age.

Well, after 23 hours and 59 minutes I applied for the event and started planning my trip to Belleayre Mountain in the Catskill mountain range in New York State.

I called on my skiing mentor Witold Kosmala for some tips on drills to help me out on my journey to the bumps event. As in the past, Witold came to my assistance and donated his time to give me as much training as possible in a short period of time, without actually being able to train on bumps, because we don’t have any available in our ski area.

We worked on short radius turns, speed control, balance, planning a line through the bumps, side slipping, and a number of additional drills to help me prepare for the upcoming bumps class.

Due to my very limited exposure to bump runs and no formal instructions, ever, I’ve had to deal with a lot of emotions about the safety and the final outcome of this event! In my classes as an instructor I always say to my students, “There is no such thing in my class as I Can’t Do This!” What I have just done is put myself in a position where I have to say what I always want to hear from my students. That is to say, “I can do this”. As instructors, we all know that a huge portion of our instruction package is to gain the trust of our students and instill in them the confidence that they can do this! Now I must believe in myself and move forward to my bumps class at Belleayre Mountain.

The first thing I heard upon arriving at our lodge in Belleayre, from two females that were taking the level two exam was how large and frozen solid the bumps were that day. As the temps weren’t expected to change much they didn’t foresee any softening in the bumps runs for the next day or two. Great! That’s all I needed.

When we were introducing ourselves to our group of nine bumps participants, I quickly realized I was skiing with seasoned veterans of 20 to 30 years experience, and all level two and three instructors. These guys had been skiing bumps for years. The only thing that might slow them down was age. The only thing that I had going for me was my conditioning, which I’m always working on.

After three or four warm up runs, we started doing drills that prepared us for the bumps we were about to venture into. Our instructor, Martin Young, was very talented and a great communicator. He knew that the group had limitations in strength and endurance and was sensitive to it.

The first thing that he stressed was balance, balance, balance, and developing a tactical path through the bump run. To maintain balance, we needed to create maximum ankle flex, matching the upper torso angle to the angle from our knee to our shins.

Many of us think about pushing our toes down in our boots to create forward pressure. He showed us a drill that proved that we actually needed to push our toes up against the top of our boots to decrease the ankle flex angle thus allowing for increased forward positioning. It was critical to keep our hands way out front using pole plants in critical positions to set up our turns thru the bumps. I found that there are three ways through the bump runs:

In the bottom (Trough).

Around the side of the bump.

Over the top of the bump.

It became evident very quickly that controlling my speed was also critical. It’s easy to get out of control and go too fast, which leads to a disaster. Just like in open terrain, it’s beneficial to finish a small radius turn around a bump with your skis slightly uphill for speed control. Side slipping on top of a bump slows you down, as well as entering the bump at a traverse angle.

Another facet of control, was keeping constant pressure on both skis at all times. The pressure wasn’t always equal; however it needed to be there, whether you were in the trough, on the side, or on top of the bump.

The last portion of our two day clinic focused on the practical decisions getting through the bump run. We concentrated on drills that helped us look two or three bumps ahead and make a plan to get through the bump run, with the least degree of difficulty as possible.

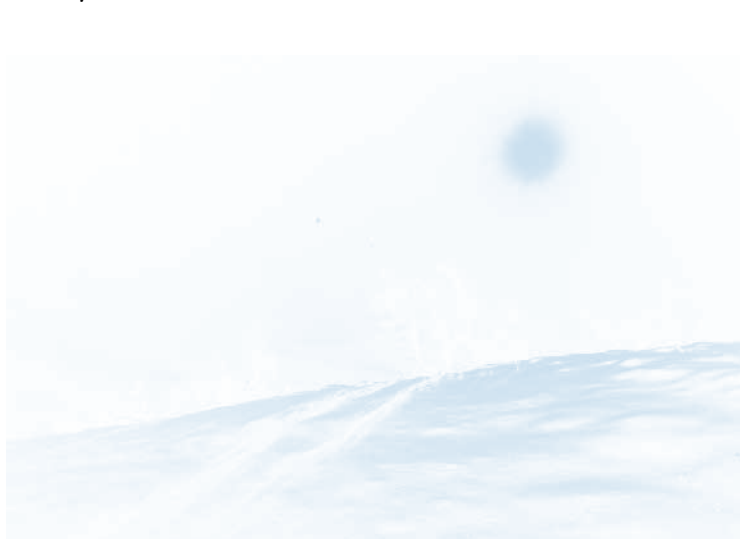
As for my performance; I was able to understand and absorb the techniques that are needed to be a successful skier in the bumps. Although I wasn’t an expert at any one of the techniques at least I was able to get them in my head and feel the needed balance positions to get through the bumps successfully. By the end of the first day I felt that I was holding my own, considering I had never been in the bumps and never had any instruction in that area. In the AM session of the second day, I wasn’t so sure of the, ‘I was holding my own’, feeling of the previous day.

However, the afternoon session concentrated on developing a tactical path through the bumps, quickly allowing my confidence to return. I finished the clinic knowing that I had learned valuable skills and was putting them into place on the bump runs.

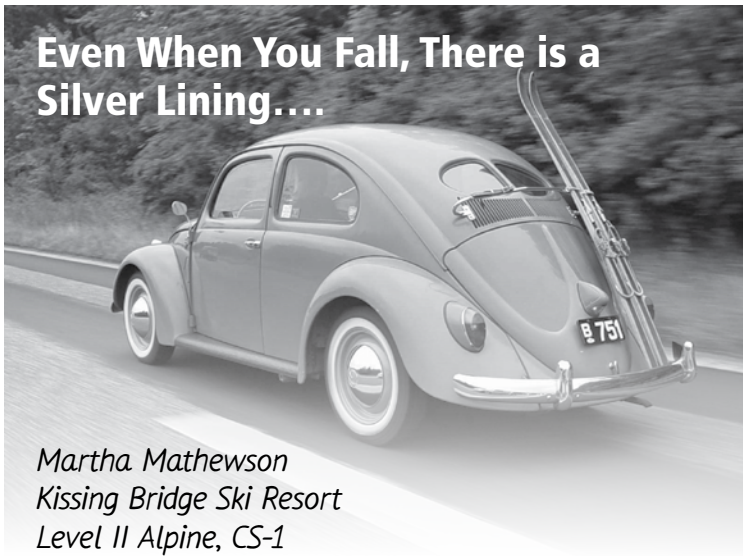
It wasn’t until the next day after moving on to Hunter Mountain Resort for a day of free skiing with my wife BJ, when I realized what I had actually learned. I waited to go into the bumps until after lunch when the bumps thawed out and were softer than at Belleayre Mountain. I ventured into the bumps three times and was quite pleased with my performance each time. I had to go back a time or two just to make sure I wasn’t dreaming!!

The results of this journey prove, ‘It’s Never Too Late’, in your skiing career, to reach for the moon and expand your skiing skills.

Billy Close <<



Even When You Fall, There is a Silver Lining....



*Martha Mathewson
Kissing Bridge Ski Resort
Level II Alpine, CS-1*

Yeah, most of us taking any part of the exams know the long, slow ride back home after the unfortunate result of not passing the skiing or teaching exams... I have always held the attitude before taking any of the exams of being hopeful, at least...

But, what comes out of a not so stellar performance? This is my story....

After failing my Level II teaching part last spring, I had a lot of time over the summer to reflect on things I would have done differently. First, for anyone who is preparing for either the skiing or teaching segments, I recommend taking a practice exam beforehand. In case you were wondering, I didn't. (What???)

I decided to go to Pro Jam mid December at Killington and was fortunate to have an engaging five days with examiner, Peter Howard (home mountain Sugarloaf, Maine). After experiencing quite an incredible and very educational event, I signed up for the first teaching part of Level II. Peter was fantastic!!

The first exam offered was at Elk Mountain... Where? Found out it is south of Binghamton, N. Y. and north of Scranton, Pennsylvania. O. K.... Turns out the ski area is located in the Endless Mountains of Susquehanna County. Sounds intriguing.... Signed up for the exam and had to decide on a place to stay for two nights. I don't know about you, but I might as well have closed my eyes and picked out a B & B when you look on the internet. Well, I got totally directed. I found the Wiffy Bog Farm B&B five miles away from the mountain. It looked perfect.

I asked my mother who is 87 if she'd like to take a little road trip. But, I did warn her I would be gone for most of the first day and some of the second, but she accepted. Took her V. W. bug and off we went for a beautiful and scenic six hour drive. When we arrived, we were greeted warmly by Valery and her dog Lola. Instantly we felt we found the right place.

The next morning, my mother and I sat all together at a big table with lots of other PSIA members and skiers. The day started with great conversation and delicious food.

So off I went, "hopeful" of what the day would bring. I knew my mother was in good hands. (I had no idea how good she had it, until I returned). It turns out the owner, Valerie, asked my mother, Dorothy, if she would like to go to yoga class with her. Mind you, my mother thinks exercise is going to the supermarket and visiting her favorite thrift stores!! It didn't take her long to accept and away they went. Need I say my mother was hooked?

The next day, was judgment day. The silver lining happened. I passed my Level II teaching. The other silver lining, my mother is going to yoga class every week now back in Buffalo, New York. She even gets comments from other classmates (who are more than half her age) that she has become an inspiration to them!!

So, when things happen not exactly the way you thought they would, be patient, there is a good reason and often more to the story. If you do fall along the way, don't give up, just get up and keep going!! <<

Turn Off the Autopilot and Ski

*Joseph Moore
Level III Alpine Ski Instructor
Liberty Mountain, PA*

When we are toddlers, the instinct that keeps us upright and balanced as we learn how to master the skill of walking serves us well. Over time, of course, this same instinct to stay in balance becomes automatic as we move on to other skills. Becoming an accomplished skier, however, requires us to override that very instinct that served us so well when we were small—that is, to successfully maneuver down the slope, we need to stay centered over our skis and remain perpendicular to the hill. On very gentle slopes, the conflict between our long entrenched instinct and the necessity to stay perpendicular to the slope when skiing is not as pronounced, but as the hill becomes steeper, that conflict will intensify. The steeper the hill, the more we instinctively pull back, as we sense that we are in danger of falling. This is the point at which many skiers “plateau” or don't seem to be able to move forward in their skiing ability. This plateau will be different for different individuals, based on their experiences and tolerance for risk.

As an instructor, I have found this to be a challenging point—if not the most challenging point—in working with students, and one which requires constant acknowledgement in order to move beyond the plateau and progress. In fact, I've witnessed many of my friends and colleagues struggle with this very thing. So how do we move beyond this plateau? We must turn off the “autopilot” and manually take control. Having someone who is grappling with this actually recognize what it is they are dealing with and giving him or her the tools with which to address this serious challenge is crucial. What are those tools? First, as I've already mentioned, simply pointing out what is going on is necessary—that is, bringing it into conscious awareness. Then, describing to students what they need to do within that awareness, rather than in autopilot mode, in order to successfully navigate the slope is helpful. Finally, simply knowing what they need to do is not enough. Having them repeat to themselves out loud the steps they need to take often can keep them in that place of operating consciously, rather than instinctively. For instance, when I'm skiing steeps and chutes I find it helpful to repeat to myself out loud, “pole, plant, turn,” to get myself to move my center mass down the hill first and then turn around my pole.

Educating students as to the challenges posed by skiing at times of behaving counter intuitively—that is, consciously overriding the strong instincts that have served them well since they were small—helps to normalize the problems they may be having. Teaching them to tell themselves what they need to do in order to change ineffective behavior gives them the benefit of your coaching even when you're not with them. Giving them tools such as these to move forward helps them to take ownership of their progress towards becoming more proficient skiers. <<



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