



KB's CORNER



As Unique as a Snowflake

By Kathy Brennan
Eastern Division CEO

Snowflake is a word with more than one meaning. In the current lexicon, “snowflake” has become slang for a person who may be easily offended, unable to deal with opposing opinions, and has an inflated sense of uniqueness. Within PSIA-AASI, on the other hand, we not only love snowflakes to slide, but they are also a fitting metaphor for the diversity of our membership.

According to the National Oceanic and Atmospheric Administration (NOAA), the basic shape of a snowflake is determined by the temperature, and, to a lesser extent, humidity. While the crystal will always have a six-sided shape, the intricacy and uniqueness of its arms results from the slightly different path each flake follows to the ground, experiencing different atmospheric conditions along the way. (For more information on the science of snowflakes, check out noaa.gov/stories/how-do-snowflakes-form-science-behind-snow/).

While there is more to be done to attract members from different cultural backgrounds, one of the most unique and wonderful things about PSIA-AASI is the incredible diversity of our membership. Like the snowflake, as people come to our organization, and throughout their time as members, they experience different conditions along their journey that contribute to their uniqueness. These experiences impact what they want and need from our organization.

Unlike other less diverse organizations, where members may have similar educational, geographic, and socio-economic characteristics, consider the demographics of our organization. Our members range from 14 to 96 years of age. We have members who have been part of our organization for one month to 62 years. Our members have various occupations, education, socio-economic situations, families, abilities, interests, backgrounds, ethnicities, religious beliefs, genders, and more. They enjoy different disciplines, and ski/ride at different resorts that also have their own unique identities. Furthermore, our Eastern Region covers approximately 505,920 square miles, encompassing various topographies and climates.

Outside of my snowsports school and PSIA-AASI, I have never found another environment where I have the opportunity to work, train, and simply hang out in the locker room side-by-side with such a vast array of individuals who all share one thing in common – our love for sliding on the snowflakes that are as unique as we are. It is the opportunity to meet, befriend, and network with members of this community that is one of the important ways that I derive value from our organization.

Don Haringa Awarded National Lifetime Membership



When Don Haringa was in elementary school, his father took the family to a local sledding hill to try out an old pair of wooden skis that they took turns strapping onto their snow boots. Don spent many thrilling days sliding down that hill on those rudimentary skis. In junior high, Don received one of the best Christmas presents ever—a beginner-area-only lift pass to Greek Peak in upstate New York. Don learned to ski by reading a book and spent his early days at Greek Peak launching himself off the T-bar. Before long he was competing in Freestyle and vying for a position as an instructor.

Fast forward to this season where Don was selected by the National Board of Directors for National Lifetime Membership. Members selected for this honor are known and respected throughout the industry for their long-term contributions to education, publication, leadership, and volunteerism. Don has demonstrated a lifetime of dedicated service to PSIA-AASI. For almost 12 years, he was the Eastern Director of Education and Programs working to bring outstanding educational events to members in the Eastern Region and top-notch training to the Eastern Education Staff. He served on the national Education Leadership Council, Eastern Webinar/E-Learning Development Committee, Eastern Education Committee and Eastern Alpine, AASI and Adaptive Steering Committees. Don also authored many articles for SnowPro and 32 Degrees to educate members on a variety of topics. In 2018, he was awarded the Joe Wood Examiner Emeritus award for 25 years of active service as an alpine examiner. Prior to beginning his position as the Eastern Director of Education and Programs, he was the Snowsports School Director for Peek'n Peak Resort in western New York for 16 years, helping instructors learn to be better teachers, skiers and riders and work their way up the certification ladder as their skills grew. It comes as no surprise to the people who have worked with him that you can often find Don on the hill teaching a group of beginners from the general public, skiing berms with dedicated students or acting as an assistant for a new children's instructor.

Throughout his career, Don has worked tirelessly to create lifelong adventures through education for students and fellow members alike.

Congratulations, Don! Your award is well-deserved! We cannot wait to see what comes next!

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General Information

Submission of articles, photos, or other items for publication is invited. Articles are not to exceed about 1000 words. Receipt of submissions will be confirmed to the writer. Upcoming deadlines are published in each issue of *SnowPro*. Material should be sent to "SnowPro Editor" at: psia-e@psia-e.org as an MS Word document attachment.

All submitted material is subject to editing and, possibly, a writing process. Its use, whether solicited or not, is at the discretion of the editorial staff. All published material becomes the property of PSIA-E/EF. Articles are accepted on the condition that they may be released for publication in all National and Regional publications.

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» KB's CORNER, continued from page 1

In many ways, as a seasonal business, which for all practical purposes is a small traveling snowsports school, PSIA-AASI faces many of the same challenges as your school. How do we attract and retain a part-time staff, ensure they are well trained, and exceed our customers' (our members') wants and needs? In addition, as a nonprofit education organization, how do we do our best to provide a premier member experience and maintain our national standards for more than 10,000 Eastern members while still controlling costs to make membership, education and certification affordable and accessible in our region? Finally, how do we set a schedule of events around our vast region when we have no idea if Mother Nature is going to cooperate to provide suitable snow conditions for our various events?

For the 2023-2024 season, I continued my Listening Tour primarily focusing on Rhode Island, Connecticut and Massachusetts. I connected with members, non-members, and/or resort leaders at twenty-seven different resorts. Like previous seasons, I found members who derive enormous value from our products and services, as well as instructors who want to be members, but they do not have the time or money. And there are also those former, or nonmembers, who do not derive enough benefit to warrant the cost or time commitment. A consistent message I hear is related to accessibility.

This season, in the Eastern Region, to accommodate our members' various wants and needs for topics, location, and timing, I'm proud we were able to host more than 650 different events. That includes, our popular ProJam/Master's Academy event that is the largest gathering of snowsports instructors in the country with 660 staff and participants. Level I assessments accounted for 109 of those events for 1,050 members. We also added Level II assessments and preparatory events further south in our region to help reduce travel costs for members. In addition, new this year, we offered on-snow Level I prep events to help candidates who may have limited access to trainers to prepare for their Level I assessments.

For accessibility, weekend events are a popular request, but they are a challenge. They are a challenge for our office because our part-time education staff have commitments at their home hills. For our host resorts, who we greatly appreciate and rely upon for their support and generosity, weekend events are also a challenge because they need their hill space and staff. Finally, weekend events are a challenge for many of our members who cannot get away on the weekends when demand for their services is the highest. Despite these challenges, we did run

133 events on weekends, 40 of which were Level I Assessments and 25 of which were member school training days.

As I write this, our Education and Programs Department is beginning the process of preparing the 2024-2025 schedule of events. We are looking to create hubs throughout our region that will make a wider variety of events accessible, reduce travel costs, foster opportunities for networking, and attract more participants to lower the risk of event cancellation due to lack of sign-ups. We are also working with our Education and Steering Committees, as well as national leadership, to help ensure our events meet your needs and align with the other regions.

Powder, crud, corn, ice, corduroy, graupel, slush, cement, groomed, packed, and more. Snowflakes have a way of coming together to provide us with a wonderful variety of different snow surfaces to slide on. Likewise, our unique members come together to create a community like no other. It is our privilege to work hard to provide the products and services that will meet the varied wants and needs of our diverse members. Thank you for your support and commitment to our organization and your patience as we try to find the right combination of events, timing, and locations to meet all your needs!

Best wishes for a wonderful off-season and we are looking forward to plenty of snowflakes next year! ❄️

KB's Listening Tour Stops

Berkshire East, MA	Okemo, VT
Bousquet Mountain, MA	Powder Ridge, CT
Bradford Ski Area, MA	Ski Sundown, CT
Bryce Resort, VA	Smuggler's Notch, VT
Catamount, MA	Stowe, VT
Crotched Mountain, MA	Sugarbush, VT
Inland Woods & Trails, ME	Tenny Mountain, NH
Killington, VT	Trapp Family Lodge
Loon, NH	XC Center, VT
Massanutten, VA	Waterville Valley, NH
Mohawk Mountain, CT	Weston Ski Track, MA
Mount Southington, CT	Woodstock Inn XC
Mount Sunapee, NH	Center, VT
Mount Wachusett, MA	Yawgoo Valley, RI
Mt. Snow, VT	



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PSIA-AASI Eastern

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NEXTCORE NEWS

NextCore Update

By Matthew Lyerly

*Alpine Level II, Children's Specialist 1, Freestyle Specialist 1
Outgoing NextCore Committee Chair*

By Justin Whalen

*Snowboard Level I, Freestyle Specialist 1
Incoming NextCore Committee Chair*

During the past several seasons, I have had the pleasure of serving as chair for the NextCore committee. After several years of service, it's time to pass the torch to the next person up. It's been a great experience and one that I am excited to pass on to fellow member Justin Whalen. More on that in a bit. Next Core (NC) members are 14-39 years-old and represent the 'next wave' of membership in PSIA-AASI E. We were founded back in 2019 as a think tank for ideas that were relevant to us: for example, how to make it as a snow pro, how to train for certification, and how to have a voice as the young members in the region.

All of these were great, but I knew when I served as chair that I wanted to have a concrete 'win' we could promote. After discussing the idea with several of my peers in NC, it became clear that a mentorship program had potential to be that 'win' we were looking for. By pairing up-and-coming members 1-on-1 with ed staff members, we felt that program participants from NC would stand to benefit greatly from the guidance of snow pros who had been there and done that. After three years of the program, we have grown the total enrollment (mentors and mentees) to nearly 100 participants this year! Special shout out to all program participants.

Several other key wins for NC include meeting with the national board of directors at Sugarbush, VT, making a hype video from Snow Pro Jam in 2021, and having NextCore members Katie Brinton, David Isaacs, and Shannon Rucker elected to serve on the Eastern region's board of directors.

Many people have had a hand in our success. I would like to recognize our original chair, Katherine MacLauchlan, for getting this initiative off the ground and for being a great model for leadership. Thanks to CEO Kathy Brennan for being supportive in all that we tried to accomplish. Finally, thanks to all NC members whose paths crossed with mine. Your ideas and insights have been invaluable in helping to shape this committee's trajectory.

So that leads me to the question we posed back in 2019 when NC first started: Who's Got Next? Here are some comments from our incoming chair Justin Whalen:

As the incoming chair for NextCore, I am excited to build on the strong foundation set by my predecessors and continue the vibrant spirit of our young, energetic snowsports professionals. The mentorship program, a standout success, showcases our commitment to professional growth and community engagement – a theme I am eager to expand upon.

Looking forward, I am committed to nurturing an environment where every member can thrive and continuously push the boundaries of education and engagement in the snow sports industry. Together, we will keep the momentum going, explore new avenues, and enhance our collective experience. <<





KIDS, KIDS, KIDS

What's New in Kids' World

By Bonnie Kolber

PSIA-AASI E ACE Head Coach,

AASI-E Eastern Team Member, AASI E Examiner



To all Children's Instructors out there: thank you for the hard work you do on snow with kids every day! You aren't just teaching young people how to ski and ride, you are managing emotions, making learning fun, adapting communication and expectations to the ages and stages of the children you are working with, and bringing so much to the table to contribute to the future of our snowsports culture!

The ACE Team – or Advanced Children's Educators – are children's instructors like you who are members of the Eastern Education Staff, with backgrounds in public school, psychology, higher education, competitive coaching, resort management, children's snowsports programming, and creative thinking. The ACE Team is a resource for YOU and offers a variety of educational events to enhance how we teach children to ski and ride.

This winter, ACEs held 37 CS1 events for 302 participants and 5 CS2 events for 35 participants. ACE Team members held two Freddie's Friday events for 17 members.

This winter saw the return of one of our favorite events – the Children's Academy which had 44 participants. Five groups of children's instructors spent time developing creativity in crafting engaging, playful, exploratory kid's lessons, and gained a deeper understanding of how to address challenges which can arise when teaching children. In case you missed it, we'd love to see you at the next one! Keep your eye on the calendar this fall as it comes up quickly!

Directors, did you know that Member Schools can elect to send their staff to the Children's Academy as part of the Management Seminar offering? If you are a Children's Program leader at your resort, we'd love to have you join us at Children's Academy next year. Or look for a Children's track offering at the Snowsports Management Seminar.

At Spring Rally, we had a total of six groups go out, with 23 successful new CS1s, 14 new CS2s, and an awesome group of attendees in the Children's Spring Rally group! Thanks for joining us, and congrats to ALL who earned their CS pin this winter!

In other news, of the eight pros who participated in an in-depth tryout at Sugarbush in March, we have three new ACE Development Team members to welcome:

- Brendan Burdick from Mount Snow Resort and Hermitage Mountain Club, VT
- Ray Gilmore from Cranmore Mountain Resort, NH
- Jenni Hogan from Windham Mountain Club, NY

Thank you to all who tried out. Keep an eye out for our new ACE Dev Team members and wish them a hearty congratulations when you see them!

This season also saw the release of the *Teaching Children Snowsports: Alpine Field Guide*, co-authored by our own ACE Team member Mark Aiken. Check it out at thesnowpros.org. Mark ran a successful "Ski the Field Guide" clinic for six members this winter, and we are looking to offer more of these educational events next season for both skiers and snowboarders. Look for these events on the schedule to expand your bag of tricks for teaching kids.

Thanks for checking out what's new in Kids World and have a great summer! ☞

CALLING ALL FUTURE PROS

The *SnowPro* publication is featuring pictures of our Future Snow Pros.

What did their very first day sliding on snow look like?

Share their adventure!

Submit your child or grandchild's image here:

<https://fs9.formsite.com/PSIA-AASI-E/FuturePro/index.html>



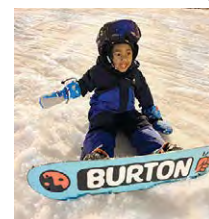
Lucy Politano
Age: 2 years
Sunday River

Future Snow Pros

What did these future Snow Pros look like the very first day they slid on snow?!



Liam Bristol
16 months
Windham



Nicholas Brown Jr.
3 years
Bristol Mountain



Teddy Bunnell
2.5 years
Ski Butternut



Logan & Lily
Burrows
2 & 5 years
Mount Snow



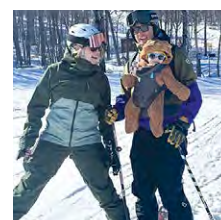
Lilly Calitri
5 years
Cranmore



Remi Chapman
4 years
Wintergreen



Torin Foley
3 months
Lincoln Gap Road



Finn Brinton Kelley
7 months
Stowe



Charlie Swart
2 years
Wisp



Holt Withrow
1 year
Timberline



Arlo Zurcher
2.5 years
Sugarbush



Your child's
picture here

Thank you to everyone who submitted a picture, we love seeing your future snowsports enthusiasts enjoying their very first day.



VIEW FROM THE CHAIR

Winter Reflections

By Peter Howard
PSIA-E Examiner
Eastern Board Chair

It's a bittersweet time of year. If your Heaven is a powder day, it's time to return to earth. Many of us leave our favorite sport and lifestyle compelled by the season to seek alternative amusements and occupations. As the rapids on the river grow, there the moguls go. Still, spring has the promise of new beginnings and pleasant weather. There is the satisfaction of going through another Eastern winter and emerging unscathed and as a savvier rider and skier than you were last year.

Several Eastern members headed for the National Team Tryouts. This once-every-four-years selection is a big deal for candidates, and it is hard not to get emotional and stressed. Most are active Education Staff members and for sure they know how members feel when they take a certification assessment. I know all our Eastern Team members who participated at Big Sky this spring are savvier snowsports professionals regardless of their individual results at the Tryouts. Your Eastern Board of Directors believes in the trickle-down benefits derived from National Tryouts, Interski, and the personal growth of those who participate. Each Eastern Team member received some funding to lessen the cost of travel, lodging, and food.

The Eastern Board of Directors has selected two nominees, Shannon Rucker and Emily Spiker for At Large Board Seats and the membership is currently voting to affirm or decline these nominees. Our Region is very fortunate to have 18 people who volunteered to serve. Their qualifications and experiences are diverse and exemplary. Upon approval the new Board Members will receive training prior to their first meeting in late June.

As we go to press, the PSIA-AASI Spring Conference is being held. In general, the goal is to strive toward consistent, efficient, and excellent member service across the country. Our organization has many layers. Some are seen and experienced like education and certification events. Others like soft policies (reinstatements and late fees) or software support systems are less visible. The Regions consider economies of scale, local demographics, and the industry partners they interact with. It is a unique challenge to create a soup that tastes great to everyone.

Across the country, Regions and Boards are considering how to accommodate people who wish to join PSIA-AASI but are unaffiliated with a snowsports school. People who do not work for a school should not displace professional members who want to get into an event and are working at schools. Our organization trains and certifies professionals. We do not wish to disenfranchise people who are truly interested in teaching snowsports and for one reason or another can't work at a school. We also want snowsports schools to know we do not wish to be in the business of teaching lessons. Hopefully we can find a winning solution for potential members and our industry partners.

Speaking of industry partners, it was likely a bittersweet season for them too. Lots of customers eclipsed past records, but there were also washouts, limited snow falls, and temperature variations. Sadly, this was not just confined to the East. I am thankful that when we ski and ride, we escape from the complexities of life. To perform on-snow one must be at one with the moment. To teach is the same, we must be at one with our customer. Area managers and owners have no escape from the climate. Climate scientists say it is the end of the 3 year La Niña weather phenomenon. And there is the possibility of an upcoming heavenly deep winter. Stay safe, savvy, and kind until you get your wings back. «



NATIONAL REPORT

Winter Wrap Up

By Eric Jordan
Alpine Examiner
National Board Representative

Big thanks to all Eastern members who came out in full force this winter. It was certainly a challenging season full of many ups and downs, but we made the best of it.

At the national office in Lakewood, we are doing a thorough debrief of the past season and looking at ways to make your member experience even better for next year. Whether it be improving our IT platforms or bringing on new sponsors, we are committed to delivering you more value for your investment into this amazing organization. We are also working closely with the regions across the country to get their feedback as well. The closer we work with the regions, the better we can ultimately serve all members across the country. Building stronger relationships with the regions continues to be a huge goal at the national office, and we are committed to operating more like one association across the country versus nine separate entities.

Speaking of next year, we have some very exciting initiatives being worked on in the sponsorship and fundraising departments. These are very important, yet relatively untapped, areas that are filled with potential. These areas give us the ability to increase revenue from sources other than dues and will ultimately provide the organization with solid financial strength over the long term. Keep an eye on our social channels over the summer to learn more about these exciting initiatives.

As always, please feel free to reach out to me if you have any questions or concerns. I can be reached at enj5050@yahoo.com
Best wishes for a great summer! «



PSIA-AASI Eastern Office Summer Hours

8:30 AM - 4:30 PM

Monday - Thursday

Memorial Day to Labor Day



AROUND THE EAST

Changing of the Guard

By Kathy Brennan
Eastern Division CEO

The Eastern Region Board is comprised of the Board Chair, four at-large representatives, four member-elected representatives, one in each of four election zones: Zone 1 (Northern New England including NH, ME and VT); Zone 2 (Southern New England including CT, MA and RI); Zone 3 (Mid-Atlantic including NJ, NY and PA) and Zone 4 (South including DE, MD, NC, VA, WV and other states south of NJ and PA), and the immediate Past Board Chair.

As defined in our Bylaws, an individual must be a certified level 1, 2 or 3 member in their fourth year of continuous membership to be qualified to serve on the Board of Directors. No full-time, year-round employee of the Association may hold a position on the Board of Directors. In addition, the maximum representation of Education Staff on the Board is 50% of the total seats. Board members, with the exception of the Board Chair, may serve a maximum of two three-year terms (6 years).

To support these term limits and ensure continuity in the Board, a schedule has been defined to stagger the Board members' terms. This year Zone 3 elected Aleks Smith. In addition, the Eastern Board has endorsed Shannon Rucker and Emily Spiker to serve as at-large board members after a two-month nomination, review, and vetting process, that included 15 excellent candidates with a total of 52 nominations. Members were notified on May 2, 2024, via email, of Shannon and Emily's endorsements, and they have until May 31, 2024, to affirm or decline the slate of at-large nominees as endorsed and proposed to you by the Eastern Board of Directors. If you did not receive the email for the at-large candidates, please contact the office at psia-e@psia-e.org.

Newly elected or selected and affirmed candidates will begin their three-year term during the June Board of Directors Meeting. See below for information about these exceptional new board members and the value they will bring to our organization.



Newly Elected Aleks Smith - Zone 3 (NJ, NY, & PA)

A note from Aleks: "As I look forward to contributing to the Eastern Region as the Zone 3 member of the Board of Directors and representing PSIA-E members, I wish to thank all who voted in the PSIA Zone 3 election. I look forward to working with the PSIA-AASI Eastern Board of Directors and the membership to help us achieve our goals and support our organization's mission. I eagerly await the opportunity to contribute to the Eastern Region alongside the other board members as we consider and plan for our future."

"In the interest of open communication and transparency, I will do my best to keep Zone 3 and our membership updated and be active in understanding our Region's needs. I look forward to meeting as many members as possible as I travel next winter to PSIA-E events."

Stepping Down

As part of this transition two Board members will be stepping down at the end of this fiscal year in June. We are extremely grateful for their volunteer leadership and their many years of service.



Brandon Pearce – At-Large Board Member. Brandon is an Alpine Level III, 16-year member, from New York, where he is actively involved with the Winter4Kids program as the Director of Academy for the ski, snowboard, and cross country program. He is also an instructor at Windham. He has served on the Board of Directors since June of 2021. Over that time, he has participated on several committees. Mostly recently he has chaired the Board's new Awards and Nominations Committee which was formed to recognize the amazing contributions that our members have made to our local communities, our Region, and at the national level. Brandon also sits on the National Equity and Inclusion Task Force. It has been a privilege to work with Brandon and our organization has benefitted from his thoughtful contributions. We look forward to his continued involvement in Eastern and National committees.



Beth Limerick – At Large Board Member. Beth is an Alpine Level III, 31-year member of the organization from Sunday River, Maine. She is the Chair of the Eastern Philanthropy Committee, and she also sits on the National Education Foundation Committee. In addition to participating on several other board committees, she has served as our Treasurer and Audit/Investment Chair for the past two years. Beth's extensive experience with fundraising, board work, and nonprofit organizations has brought tremendous value to our organization. We look forward to benefitting from her continued participation as the chair of the Eastern Region's Philanthropy Committee.

During the June board meeting, our new Board Members, as well as the departing members will both participate to ensure a smooth and successful transition.

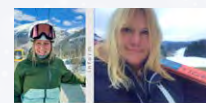
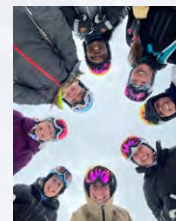
If you run into any of these people, please congratulate them and thank them for their service. ☺☺

Women Crush Winter Wednesday Webinar Series

The Women Crush Winter Webinar Series returns this summer. This FREE webinar series is designed to inform, inspire, and support women in our membership. Kathy Brennan, CEO of the Eastern Region, is joined by expert co-hosts who share their knowledge and experience in a casual, online conversation. Participants are encouraged to ask questions to ensure you get the most benefit from the series.

The tentative schedule is 7:00 – 8:00pm ET:

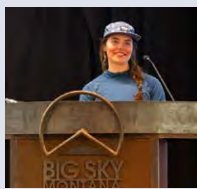
- 6/19/24 Gracefully aging into your sport with Margie King
- 7/17/24 Leveraging soft skills learned from instructing with Katie Brinton
- 8/21/24 Getting to the next level with Suzy Chase Motzkin
- 9/18/24 Equipment maintenance/tuning
- 10/16/24 Art of Self-coaching: knowing, stretching, and respecting your limits with Mermer Blakeslee & Pam Greene
- 11/20/24 Exploring other disciplines with Mary Ellen Whitney



These FREE webinars are open to any member, but the conversation is targeted to women.

To register go to : easternsnowpros.org/webinars
Get ready to crush winter with us!!!!

PSIA-AASI Awards and Recognition



Liz Lozinger accepts the Top of the Course Award. Photo Courtesy of PSIA-AASI

This spring during the National Academy in Big Sky, Montana, three Eastern members were honored with awards.

The level II **Top of the Course Award** goes to a member who scores in the highest percentile for people, teaching and technical knowledge skills. **Elizabeth “Liz” Lozinger** was nominated by Bonnie Kolber who wrote: “Liz demonstrated an extraordinary level of compassion and understanding

the needs of others leading to an authentic team building and enhancement of the group’s skills due to her personal behavior management at mature levels as well as her high level of performance in people, teaching, technical, and riding skills. She ultimately passed nine categories throughout the three-day exam with three different examiners – a rare feat.”

In support of Liz’s nomination, Joe Forte, Blue Mountain’s Learning Center Director said: “Liz has a great way of connecting and building trust with both her peers and our guests. She is patient, thoughtful, methodical, and fun. Liz is also extremely intelligent and has the ability to make quick and smart decisions on the fly. Liz created and taught a Ladies Ride Training for our female snowboarders and a Yoga for Sliders clinic every Saturday evening.”

“Being a woman in the industry, it feels intimidating a lot of times being the only female rider in the group or the only woman in an exam,” Liz said. “And it’s really important; this award is huge for me because it shows I have a place in the industry . . . It shows there is a place in the industry for all the other women who love to ski and ride.”

The **3Cs Award** recognizes members who have demonstrated positive leadership within their snowsports school or region through consistent collaboration, communication and cooperation with peers and guests alike. They serve as role models for others.



Michael O'Neill accepts the 3Cs Award. Photo Courtesy of PSIA-AASI

This year’s recipient of the 3Cs Award is Assistant Snowsports School Director, **Michael O’Neill**, from Ski Big Bear at Masthope Mountain in Pennsylvania.

In his nomination, Mark Absalom, Director of Snowsports at Ski Big Bear wrote: “Mike is one of the biggest assets to the entire mountain. The asset Mike brings is the way he talks with our instructors and guides them in a humanistic and loving fashion. Whether it’s a scheduling problem, a safety issue, a uniform challenge or actual teaching advice, Mike has the rare gift of actually making people feel better when he is done talking with them. This applies to all ages and genders from boomers through Gen Z. At our lineups, Mike is always the first to volunteer to head down into the rental shop and to see if any late arrivals are lost or in need of help.... He helps with everything from setting up fences first thing in the morning to returning extra rental skis that are left on the rack in the evening. He is a leader by example and by doing versus simply by telling.”

Jim Mowatt, the former snowsports school director and current Rental Shop Manager at Ski Big Bear says that “Mike embraces the role of ambassador on the mountain not only by the way he goes about his daily responsibilities as a ski instructor, but also by establishing a culture of interdepartmental cooperation at Ski Big Bear.”

Gwen Allard posthumously received the **2024 Lifetime Achievement Award** which recognizes exceptional members who developed and implemented programs, projects, and procedures affecting the association on a national level while demonstrating dedication, devotion, and self-sacrifice serving in their role.

Mermer Blakeslee spoke about Gwen’s influence on the organization: “Gwen Allard – she would throw her head back with a laugh that came up

from her belly. She was a force of joy and of gumption. She would pump her fist and set her jaw to add emphasis to what she wanted to do or how she wanted the world to be. Gumption and passion. It was a fierce passion that kept her yearning for more. You could see it in her face. It was so expressive – the absolute antithesis of Botox. And it revealed the force of her character – how she gave so much of herself to the world and to those around her. The phrase ‘lifelong learner’ has become a cliché, but even the memory of Gwen gives it life. I loved skiing with her...and watching her learn. I loved being with her because when you watched her learn, she gobbled up the opportunity to find out and explore what she hadn’t before known. It was really cool.”

At the awards ceremony, Mermer read a letter from Kim Seevers who was greatly influenced by her interaction with Gwen. Kim wrote:

“When I became Education Director for the Eastern Division, Gwen asked me to do some clinics for her Windham Adaptive instructors since I recently moved to Albany, NY and didn’t yet have a home base. Little did I know that Gwen was just casting bait, and she would reel me in and ultimately change the direction of my life. Those training days turned into an ‘ask’ to ski along on an adaptive lesson to help. Of course, it didn’t stop there, and I ended up working full time with the Adaptive Sports Foundation under Gwen’s direction until her retirement.

“Most of us know Gwen’s contributions to the adaptive world, but to me one of her greatest contributions was on behalf of women in our industry. Gwen pushed and shoved her way into the predominately male world of ski teaching some 65 years ago. Think about that: *65 years ago*. She shattered the glass ceiling by becoming one of the most influential people, male or female, in our organization. She became the first director of the Eastern Division in 1975 and she had already begun to pioneer adaptive ski teaching in the United States. Gwen went on to play a pivotal role in changing the adaptive ski teaching world. Her contributions have positively impacted the lives of thousands of individuals with disabilities who are passionate about skiing. Gwen Allard is a legend in the truest sense of the word.”

PSIA-AASI Adaptive Team Coach, Geoff Krill accepted the award on behalf of Gwen’s family. “All of us knew her as ‘Mom,’ which is what she was and is to a lot of us,” Geoff said. “All you have to do is look around this room to see her influence and legacy...One of the reasons I’m here tonight is because she never accepted the word ‘no.’ And she pushed for what was right and she fought for it.”

Geoff read a letter from Gwen’s family:

“Good evening, we would like to thank the members of the staff and the board for awarding this award to Gwen. Although she is no longer with us physically, you just need to look around the room to see her influence and love for the sport and the organization. No one was ever able to stop Gwen from her mission. Whether it was building a program or helping someone’s career, nothing could withstand this force of nature we all called Gwen. While she would tell you it was nothing, it was something. It was in her DNA to help, coach, and mentor others. Many in the room have been recipients of this odd brand of assistance. We say odd because it was not always the way you expected it to be, but it was results driven. Sometimes it was a subtle hint or most times a not-so-subtle declaration of what needed to be done. That’s how Gwen worked; that’s how she rolled. Yes, it was a lifetime of work . . . It was what she did, it was more of a desire to see others succeed than that of self-promotion—qualities that are rare these days. Long days, lots of travel, big resorts, small hills and always leading, making new friends, and making a difference...That’s just how she rolled.

“So, in closing, thank you again for bestowing the honor to Gwen and rest assured she’s with you here in the room tonight and on the hill when you slide always.” ❧

Member Awards

Do you know a special person who has made significant contributions to snowsports instruction, the snowsports industry, or to PSIA-AASI and the Eastern Region? Do you want to nominate a fellow member for Eastern or National Lifetime Membership? Here's how you can do that!

Award Nomination and Selection Process

1. Nomination for all types of member recognition awards must be submitted through the Member Recognition Award Nomination Link (<https://fs9.formsite.com/PSIA-AASI-E/Member-Award-Nomination/index>).
2. The review committee for submitted nomination forms shall consist of the members of the Eastern Board of Directors (BOD). The committee will be responsible for validating the information on the nomination form. Reference letters will be submitted from nominators and include contact information. After the nominee has been confirmed as valid, the committee will propose the nominee to the BOD.
3. Any member can nominate a member for an award using the link on the webpage. Nomination forms and supporting letters of recommendation may be submitted throughout the year and will be reviewed by the BOD periodically.

Awards and Criteria:

National Life Membership

This member must be Level II or III certified and a member of the organization for a minimum of 20 years. They must be known and respected throughout the Eastern Region and the industry for their long-term contributions to education, publication, leadership, or volunteerism. Examples would include but not be limited to national board or committee service, term(s) served on a national team or significant contributions to educational materials and publications on a national level. This nomination requires supporting documentation from a minimum of three sources (two of which should be outside their school). This nomination is for the candidate to be considered by the Eastern Region Board of Directors for nomination as the Eastern Region Candidate to be recognized by the PSIA-AASI National Board of Directors for National Lifetime Membership. Only one consideration is given and only one National Lifetime Membership is

given each year. For more information see https://www.thesnowpros.org/who-we-are/awards-recognition/#lifetime_members.

Eastern Life Membership

The member must have at least 10 consecutive years membership in PSIA-AASI Eastern Region. The nominee should be known and respected throughout the Eastern Region and industry for their long-term commitment to the Region and its members through their contributions to education, publication, leadership, or volunteerism. This nomination requires supporting documentation from a minimum of three sources (two of which should be outside their school).

Community Recognition Award

Open to any certified member who has made a meaningful contribution to a particular region/zone, discipline, community, or group and its members within the Eastern Region. This award recognizes their generosity to their peers and their community in a meaningful way. This includes giving of their time or knowledge. This nomination requires supporting documentation from a minimum of three sources (two of which should be outside their school). Each year, only one Community Recognition Award recipient will be recognized per discipline, and it is not a requirement for any Community Recognition Award recipients to be chosen in any given year.

Honorary Membership

This award is intended for someone who is not and has never been a member of the organization but has made significant contributions to the industry or the profession of teaching. (Example would be a supportive area manager, manufacturer's rep, inventor, author, etc.) This nomination requires supporting documentation from a minimum of three sources (two of which should be outside their school). A maximum of one award per year may be given, and it is not a requirement for Honorary Membership to be awarded in any given year.

To nominate a special person for one of these awards, please use this link:

Member Recognition Award Nomination Link

<https://fs9.formsite.com/PSIA-AASI-E/Member-Award-Nomination/index>. ☞



Awards Ceremony at Sugarbush, VT during the Spring Rally



CALLING ALL ARTISTS

Enter our T-shirt design contest!

Design the Eastern Region T-shirt for the 2024-2025 season.
Proceeds to support the Eastern Region Education Foundation.

Submission deadline is August 31, 2024 at 11pm.

Voting Sept 1st to Sept 15th.

The winning T-shirt design, as selected by our members, will be printed and shirts will be on sale beginning at the Snowsports Management Seminar in 2024.

- ◆ All artwork submissions will become the property of the PSIA-AASI Eastern Region. Artists may submit multiple designs. Designs may be in a single color or multiple colors; however, the more complex the design, the more the T-shirts may cost. The design should be created to fit on the front or back of an adult T-shirt.
- ◆ Designs must be submitted in a .jpg format for voting; however, for production of the winning design vector files such as AI, PDF, EPS, SVG, and CDR may be required. (Bitmap/Raster files such as PSD, TIFF, PNG, and JPEG of a high-resolution of 300 dpi or higher and look good at 100% view may be acceptable).
- ◆ Votes will be gathered in a Formsite form where all designs will be displayed.
- ◆ The winning artist will be announced on September 18th.

The winner will receive two free shirts and a free admission to a two-day event during the 2024-2025 season.

Submit your artwork at: <https://fs9.formsite.com/PSIA-AASI-E/tshirtcomp/index>

SNOW Pro

Upcoming SnowPro Copy Deadlines

If you are submitting articles, information or ads for the *SnowPro*

Sept 13, 2024 is the deadline for the Fall issue.

Writing Guidelines

General member submissions should not exceed 1,000 words and should be emailed to psia-e@psia-e.org as a MS Word document. Please see additional guidelines on page 2 of this issue under General Information.

Thank you! ❄️❄️

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ADAPTIVE AIRTIME

When an Adaptive Lesson Falls in Your Lap

By Ed Meltzer

*Eastern Adaptive Coordinator, PSIA-E Adaptive Examiner
Alpine Level III, Children's Specialist 2*

Have you ever had an adaptive lesson fall in your lap? Here are some stories from some instructors at Blue Mountain, PA who found themselves teaching an adaptive lesson. The experience of guiding a blind skier changed their trajectory as snowsports instructors.

Tina Buckley, PSIA Alpine Examiner, ACE Team, Blue Mountain, PA. "When Brianna asked me if I would be okay taking this lesson, I had mixed emotions. I like a challenge, but I worried about providing all the guidance needed. I worried about safety because the lesson was scheduled on our busiest weekend, with a snowstorm a few days earlier adding to the skiing interest.

"We trained for the lesson by taking turns being the guide and the student, working on timely and easy-to-understand commands. Having our eyes closed, it was interesting to experience how we could not judge speed and how distracting all the other noises around us were. Snow conditions made for unexpected surprises; little bumps and piles messed with balance! I found myself more in a beginner stance due to the lack of visual feedback. Judging the slope pitch was difficult. Also, it was difficult to tell which turn phase you were in. And, of course, speed was difficult to judge. We watched the PSIA Matrix videos and read up on the manuals for visually impaired skiers.

"The preparation paid off. When Timothy arrived with his family, his three kids went in explorer lessons. His wife wanted to ski, and Timothy was eager to go back on snow. I introduced myself and we talked about his skiing experiences when he still could see and more recently. I told him about the option to use the Cardo system but recommended using our voices in the morning (less crowded). He agreed. He hadn't really thought about commands, but we could just see what worked best.

"At one point he was facing the road, and I wanted him to turn in the opposite direction. I asked if he felt the sun shining on his face which he acknowledged. I asked him to turn towards the sun and he did.

"Later, when I came back from another lesson, I saw him waiting for an instructor for a follow-up lesson. He told me he skied with his wife and made in onto the chairlift in the learning area. He was all smiles and said he had really missed being on snow."

Mark Carvlin, Adaptive Level II, Alpine Level I, Children's Specialist 1 Blue Mountain, PA. "I had the opportunity to ski with Timothy yesterday, and it was far and away the most rewarding experience I have had so far as an instructor. He was highly motivated to polish his skiing so he could ski with his wife and his children. He was in good physical shape and had a good athletic stance. He could control the speed and direction of his skis. He had a good understanding of spatial dimensions, directions, and distances. He easily understood and implemented suggested movements. I am confident that this skier can progress to more challenging terrain, provided that the conditions and traffic were favorable.

"Highlights? Being accepted by Timothy as someone he could rely upon. Sharing in Timothy's feelings of accomplishment as he achieved greater competence and confidence in his skiing."

Corey Perich, Alpine Level I, Snowboard Level I, Blue Mountain. "Timothy was very patient with us, very understanding of the situation and willing to communicate and take directions. Highlights? Seeing him ride the lift and ski with his wife and daughter."

Fran Raggazino, Alpine Level II, Blue Mountain, PA. "In meeting Timothy, the Learning Connection's People Skills *really* come into play for obvious reasons more than ever for *building trust*. I took extra time to get to know as much as I could know about him. I didn't focus on his disability; rather, I wanted to know about him (the person) and his family. He wants to be an actively involved skier and not a disabled blind dude. Other than learning that he lost his sight when he was twenty years old, I never asked anything further. I continued to develop and focus on our partnership as much as possible. I feel that attaining this info really allowed me to frame his learning experience; it valuable for me as much as for him.

"It was one of the most enjoyable, challenging experiences in my ski teaching career. I am stoked!"

Jim Andrews, Alpine Level II, Blue Mountain, PA. "My highlight was getting to meet Timothy and his family and observing that he has not allowed his disability to limit his life experiences. The entire day was an emotional experience for me, even as I escorted Tim back to the Valley Lodge after his morning ski session. (A few times, I had to hold back tears.)"

Emily Barton, Snowboard Level II. "I was very excited for the opportunity to be part of this lesson, so I came in very enthusiastic. While I do not ski, I was more interested in the tactics used in this kind of adaptive lesson. There was a point where Tina switched from giving positional directions in angles to asking if he could feel where the sun was coming from. He was able to identify it immediately and headed in that exact direction. I was also very impressed by Timothy's understanding of angles, as he was able to shift exactly 90 degrees when asked. He trusted our directions fully and without hesitation. This may have been helped by the fact that Timothy was not a beginner at skiing, so it removed one hurdle from the situation.

"Highlight? Timothy's gratitude after the first session. He said, 'I can't believe I get to do this again.' Watching him reclaim a hobby that he might not have gotten to do ever again was priceless and the best part about that lesson."

My takeaway from reading these excerpts from a survey that the Blue Mountain group filled out was this: Do not be fearful when someone challenges you to go outside your comfort zone. When broken down, adaptive teaching is what we all do as instructors. In adaptive lessons, we must adapt the lesson to the person who is in front of us. Sound familiar? Like our Learning Connection model?

My hope is that readers seek out opportunities to expand your professional horizon by putting yourself out there when opportunity strikes. ☞



Adaptive Inspiration

By Jonathan Miner

*Alpine Level III, Adaptive VI Level II, USSA Level 100
Pats Peak, NH*

I tell people that I became an adaptive coach by accident. I met Abby Duffy and her dad Chris on a busy Friday night, full of after-school ski lessons at Pats Peak. Chris introduced himself, and said, “My daughter Abby is blind, and I ski as her guide.” It was the first lesson of a five-week program with 12-14 kids in the class. Nothing remarkable; we took attendance and skied to make sure they all belonged at that level. Abby was one of the better skiers in the group. It turned out that Pats Peak had arranged for an instructor from NEHSA (New England Healing Sports Association), but I didn’t know that until after the lesson.

Several years later, at a high school slalom race, I saw Abby again. She said she wanted to go to the Paralympics. “Cute dream,” I thought to myself, until I saw her race. As a visually impaired high school freshman, she was racing as fast as the middle of the pack girls. I should have had a million questions (for example, how does blind racing actually *work*?), but my immediate question was, “How can I help?” Abby’s vision is roughly 20/600; under FIS (that is, International Ski and Snowboard Federation, the sanctioning organization for international snowsports competition) rules, she’s classified as a “B2” based on an examination by an FIS-approved eye doctor. She describes her optic nerve as “withered”, leaving her seeing blurs and colors, and some peripheral vision. She can follow a guide but has problems with flat light and the transitions from sun to shadows on bright days.

Throughout her four years of high school racing, I’d make time to ski with Abby and Chris, learning the relationship between guide and athlete, coaching them to ski faster as a team. If the guide skis too slowly, then the athlete needs to slow down; if the guide skis too fast, the spacing increases, and the athlete slows down. Working with Abby has challenged my coaching and my demos. Catering to the visual learner was no longer

good enough. It became important to understand kinesthetic feedback, and coach drills in such a way to maximize sensory feedback. It is also important to be able to clearly describe movements and set up static drills to coach specific body positions. This has influenced a fundamental change in my coaching for all athletes; everything I do with Abby translates to other students.

In the spring of 2022, I went to the PSIA Dev Team tryouts at Stowe. Lots of tough training leading up to that, not just for myself, but supporting my training partner, Amy Kizak. The training was grueling and made for a challenging year. The tryouts were great ski days, but they were physically and mentally exhausting for me. I did not make the ski cut, and Amy made the team. The drive home alone gave me a chance to reflect on what comes next; it was my chance to define the moment.

In the fall of 2022, Abby enrolled at New England College and joined their alpine race team. The team trains at my home resort Pats Peak. As she improved, I was challenged to be a better coach. I started asking around to find out who was coaching and guiding high-end athletes. I expanded my circle of contacts. I explored Adaptive Certification as a way to expand my knowledge base. One morning, when Chris couldn’t make it to a practice, Abby had a simple request: “Can you guide?” Without radios, and having never done it before, we launched down a full college slalom course from the top of Pats Peak FIS race trail. That run proved a lot, but mostly I proved to myself that I could take on the responsibility of guiding.

In the past year, I’ve guided Abby more, been recruited to work with guides and athletes at other mountains, and this spring attained my Level II VI accreditation. Abby’s “cute dream” of going to Paralympics has inspired me to be the best coach I can be. Our chance encounter on a busy Friday night at Pats Peak was a life-changing moment for all of us; we just didn’t realize it at the time.

For more information about Abby, and her journey towards the Paralympics, see abbyduffy.com. ☞



FREESTYLE

Freestyle Wrap-up

By Greg Fatigate

*Snowboard Examiner Head Coach, ACE Team Member,
AASI Steering Committee Chair*

As the 2023-2024 season wraps up, you may have noticed more of your school’s instructors participating in and attaining the Freestyle Specialist 1, 2, or 3 credential (FS1/FS2/FS3). This season we say congrats to 52 new FS1s, 7 new FS2s and 5 new FS3s!

In addition to the FS events, there were several park specific events throughout the East. These events are great ways to receive coaching on your personal freestyle-specific skills. This year we offered freestyle camp and halfpipe camp for both disciplines. These events are great opportunities to explore the park and progress at your own pace.

Are you interested in the Freestyle Specialist track? If so, be sure to look at the updated Freestyle National Standard. The National Freestyle Taskforce

worked hard to put together the updated standard and performance guide for all three FS levels. They are found at: thesnowpros.org/certification/national-certification-standards/.

Congratulations again to all Freestyle Specialist participants and those who attained a new level. Your efforts and dedication to the sport unquestionably inspire those looking to progress with a spin, jump, or jib. Stay active and stay inspired! ☞

Thank You 2023-2024 Host Resorts!

We would like to take a moment and extend a big “Thank You” to the following area resorts who hosted, or offered to host, one or more of our events this past season. Their generous support continues to assist us in providing members with quality programs at the best possible value!

Adaptive Sports Foundation
 Attitash Mountain Resort
 Bart J. Ruggiere Adaptive Sports
 Bear Creek Mountain Resort
 Beech Mountain Resort
 Belleayre Mountain
 Berkshire East Mountain Resort
 Big Snow American Dream
 Black Mountain of Maine
 Blue Hills
 Blue Knob All Seasons Resort
 Blue Mountain Ski Area
 Bolton Valley Resort
 Bretton Woods Mountain Resort
 Bretton Woods XC
 Bromley Mountain
 Burke Mountain
 Camelback Mountain Resort
 Cannon Mountain
 Cataloochee Ski Area
 Catamount Mountain Resort
 Cranmore Mountain Resort
 Crotched Mountain
 Dartmouth Ski Way
 Elk Mountain

Garnet Hill Lodge & XC Ski Area
 Gore Mountain
 Greek Peak
 Gunstock Mountain Resort
 Gunstock XC
 Hermitage Club at Haystack
 Hidden Valley
 Holiday Valley Resort
 HoliMont Ski Area
 Hunter Mountain
 Jack Frost Mountain
 Jackson XC Ski Touring Center
 Jay Peak Resort
 Jiminy Peak Mountain Resort
 Killington Resort
 King Pine Ski Area
 Kissing Bridge Resort
 Lapland Lake XC Center
 Liberty Mountain Resort
 Loon Mountain Resort
 Mad River Glen
 Maple Ski Ridge
 Maple Wind Farm
 Massanutten Resort
 McIntyre Ski Area

Montage Mountain Resort
 Mount Abram
 Mount Peter Ski Area
 Mount Snow Adaptive
 Mount Snow Resort
 Mount Southington Ski Area
 Mount Sunapee Resort
 New England Disabled Sports at
 Bretton Woods
 Ober Gatlinburg
 Okemo Mountain Resort
 Pats Peak
 Peek 'n Peak Resort
 Pico Mountain
 Plattekill Mountain
 Powder Ridge Ski Area
 Ragged Mountain Resort
 Roundtop Mountain Resort
 Saddleback Mountain
 Seven Springs Mountain Resort
 Ski Big Bear
 Ski Butternut
 Ski Sundown
 Smugglers Notch Resort
 Snowshoe Mountain Resort

Song Mountain
 Stowe Mountain Resort
 Stratton Mountain Ski Resort
 Stratton Nordic Center
 Sugarbush Resort
 Sugarloaf Mountain Resort
 Sunday River Ski Resort
 Timberline Mountain
 Titus Mountain
 Trapp Family Lodge
 Tussey Mountain
 Vermont Adaptive at Bolton Valley
 Vermont Adaptive at Pico
 Vermont Adaptive at Sugarbush
 Wachusett Mountain Ski Area
 Waterville Valley Resort
 West Mountain Ski Area
 Whiteface Mountain
 Whitetail Resort
 Wildcat
 Windham Mountain
 Wintergreen Adaptive Sports
 Wintergreen Resort
 Winterplace Ski Resort
 Wispy Mountain Resort



Welcome Webinar

PSIA-AASI Eastern Region, as well as the National organization based in Lakewood, CO, provide many great resources – *when you know where to look*. New this season, to help members maximize the value of their membership, the Eastern Region began hosting a **FREE** monthly Welcome Webinar. Invites are sent to all members who join in the previous month; however, anyone (including a prospective member) is welcome to participate in this webinar.

The purpose of the Welcome Webinar is to provide information about our organization's structure and mission, show how to use our websites, register for events, find resources, and participate in our community. We also invite any questions participants may have.

The webinars run on the last Wednesday of every month at 7:00PM EST. There is no registration, participants do not earn CEUs. The first 100 people to log onto the Zoom call can participate. The call-in information remains the same each month. The next call is in May.

Welcome Webinar Zoom Info

May 29, 2024 at 7PM EST

Zoom Meeting ID: 890 4571 7732

Passcode: 666130

[https://us02web.zoom.us/j/89045717732?](https://us02web.zoom.us/j/89045717732?pwd=NjludTFFUHBqQmpKT0YvL2tuSFh2Zz09)

[pwd=NjludTFFUHBqQmpKT0YvL2tuSFh2Zz09](https://us02web.zoom.us/j/89045717732?pwd=NjludTFFUHBqQmpKT0YvL2tuSFh2Zz09)

Or Dial in – 646 558 8656

PSIA-AASI offers many amazing educational and credentialing events, access to world class education materials, great deals on the equipment, and a wonderful community of like-minded snowsports enthusiasts. Join me for the Welcome Webinar to learn how to take advantage of all these opportunities!



AASI Update

By Brian Donovan

AASI-E Coordinator and Examiner,
PSIA-AASI National Team Member

Greetings AASI East crew! I can't believe we're wrapping up another season together. Spring is always a bittersweet time of year as we close out another winter full of AASI events and head towards summer. Let's take some time to reflect and summarize on the 2023-2024 winter and make plans for how we can continue to grow and develop throughout the summer.

Assessments. It was an extremely busy season full of certification assessments all over the Eastern Region. We held more than 55 Snowboard Level I assessments, four Level II assessments (at Mount Snow, VT, Blue Mountain, PA, Holimont, NY, and Stowe, VT), and two Level III assessments (at Killington, VT and Stowe, VT). It takes a ton of hard work, practice, dedication, and experience to earn a Level II or Level III certification.

On page 24 in this issue, check out the list of people who earned their AASI Level II or III certification. When you see these folks, make sure to congratulate them on their journey and encourage them to wear their new pins proudly. One of the best things is when a resort guest asks what your pin stands for, giving you the opportunity to explain all the hard work and energy you've put in to meet the AASI National Standards and ultimately provide them with a better lesson experience. So wear those pins proudly!



New AASI Level II members Keren Zhou and Claire McIvor, I-r



New AASI Level II member Andrew Lotto

Level 1 Prep Webinars. In order to support members who were looking to attend Level I assessments this season, we hosted virtual Level I Prep webinars on the first Wednesday of each month all winter, and they were wildly successful. We saw a mix of newly registered members getting ready for their Level I assessments as well as resort trainers trying to better understand the National Standards and to train and prepare instructors. Due to this success, we'll be offering them again next winter. Whether you are trying to help someone be better prepared for their Level I or you want to better understand the National Standards and the Level I experience, make sure to mark your calendars and spend an evening on Zoom with us next winter.

Annual Dues. Please pay your PSIA-AASI dues on time! If you are not enrolled in the quarterly dues payment program, and you pay your dues annually like me, make sure to pay them before the June 30th deadline. Every year, I hear tales of AASI members that miss the deadline and end up paying late fees. Don't waste your hard-earned money paying late fees. Pay your dues on time so that you're all set for next season and beyond! Being current on your dues will give you access to member Pro Deals, educational content and updates, and E-Learning throughout the summer.

Speaking of E-Learning. Explore E-Learning opportunities available on lms.thesnowpros.org. I challenge you to participate in a few of the E-Learning opportunities on the national website. They are offered in both live sessions and recorded video sessions, so check them out!

Were you unsuccessful at a certification assessment this winter? I've been there. Many of us have. It's a huge bummer. But here's some advice. First, and most importantly, take time to process the outcome and the disappointment. Without a doubt, you put a ton of energy and effort into taking your assessment. Putting yourself out there and going through the process is a huge step to take. Be proud of that. Now look back at the assessment forms that you received at the end of the event. Spend time looking at the scores and reading the feedback. Also read the 6-point scale and make sure you process and understand the words attached to the numbers on the scale. Pick a few key spots that you received feedback that was below the Standard that you can focus on to improve as a rider and instructor. Next, pay a visit to the Teaching Skills, People Skills, and Snowboard Performance Guides located here: thesnowpros.org/certification/national-certification-standards/. Use the outlines and details of performance contributors that can help you improve. Connect with trainer(s) at your home mountain over the summer or heading into next fall to make a training plan. Make sure you visit the Eastern Region website and check out the Level I (easternsnowpros.org/download/ed/snowboard-ed/AASIAssessmentGuideI.pdf) and the Level II/III (easternsnowpros.org/download/ed/snowboard-ed/AASIAssessmentGuideII-III.pdf). Assessment Guides. These will help you understand and plan for continued training. And remember: your outcome (successful or unsuccessful) at a certification assessment is not the end of the journey. PSIA-AASI education and certification help improve and assess your ability to teach and ride to a National Standard. Assessment is just one step in your journey towards continually learning and improving.

Reflect on the Winter. Don't forget to look back, reflect, and celebrate the successes from this past season. Don't let winter slip away without remembering the awesome lessons you taught and the students you helped. Remember the people you introduced to snowboarding. Celebrate all the successes you had with students and the memories you helped them create. Think back on your favorite day or moment from this season. What made it awesome? Think back on a few personal riding accomplishments you had. Did you conquer a new or harder trail with style and ease? Did you learn a new trick in the park? Reflect on your personal successes from this past season and smile as the memories replay in your head. Get out a notebook or open an app and write some notes down! Did you come up with a new progression to teach? Did you find a new way to connect with your guests during your lessons? Write down your successes so that you can re-visit that journal next fall. Reading these will help you knock the rust off at the beginning of the season and hit the ground sliding in mid-season form.

Lastly, I simply want to say THANK YOU! Thank you for teaching snowboarding. Thank you for being part of the AASI community! Thank you for sharing your passion for snowboarding with your students! Thank you for another great year together. Our AASI community is why I love this organization. Have a great summer and I'll see you soon! <<



AASI Level II Assessment candidates at Blue Mountain, PA



AASI Level II candidates with Examiner Burleigh Sunflower at Stowe, VT



Managing Your Stress but Not Banishing It

By Chris Ericson

Eastern Alpine Certification Chair

It's a frigid sunny day with light winds that immediately follows three days of 45 degrees and steady rain. As I pull into the parking lot at Hunter Mountain for a Level III assessment, I look up at Racers Edge. "Hello old friend," I say and become slightly nauseous as the glistening and porcelain surface shines back at me. "Here we are again," I say to myself. "Deep breaths, Chris, you can do this." I get this feeling every time I go to Hunter. You see, I attained my Alpine Level III many years ago, but no matter what, the experiences, defeats, successes, and high levels of adrenaline surge back every time. On this day, I am here to score a Level III Assessment, and my stress level is kind of high.

I haven't had any formal training or certifications in anxiety or stress management, but I can tell you this: anxiety and stress are uncomfortable emotions, often fueled by uncertainty. I have experienced physical symptoms, like fast heart rate, muscle tension, rapid breathing, sweating and fatigue. Too much stress or chronic stress or anxiety can be unhealthy. Experts say that a certain amount is meant to help keep us safe as we may experience the fight or flight response. For this article, we are going to talk more about short-term stress.



Bill Beerman, Bob Shostek, and Chris Ericson managing their stress on a Big Sky traverse

Stress and anxiety are part of me. As far back as I can remember, even in elementary school where I was a horrible test taker, and today as a Public Health Official with the doom and gloom of a worldwide pandemic, a bit of anxiety and stress has taken up residence in my depths. Early on, my elementary teachers gave me tools to "deal with" anxiety when I was taking a test. The typical things, including deep breaths, visualization, and not getting stuck on one question, were helpful but not solutions. It wasn't until I got to college where I learned from a professor that I could actually embrace it, even if just a little. This professor told me that the stress I was having was a little gold nugget that I could use to enhance my performance. He said I could manage stress to increase my focus and clarity. The way to this nugget would be to gain experience in stressful situations where I could get an elevated, but not overwhelming, sense of adrenaline to help set me up for success.

This concept is well tested: slowly increase the amount of stress in an environment to enhance performance. For example, Toastmasters International, a nonprofit educational organization that builds confidence and teaches public speaking skills, has been training this concept for many years. The organization teaches people to do something they often fear — public speaking — by first exposing them repeatedly to speaking in small, supportive environments before putting them in front of larger and larger groups who have difficult follow-up questions.

Different situations can cause anxiety for instructors. For example, for some, being in front of a large group of students who have never glided on the snow may cause stress. For others, coaching and leading other instructors in learning something new may be stressful. For still others, a physical environment that tests your ability to control your speed and safely maneuver down the hill may be stress-causing. And, of course, for many, going for an assessment with all eyes on us as we display our skiing/riding performance, or our coaching skills, can be very stressful.

A couple of years ago I took my first trip out to Big Sky, MT with friends. It was awesome, and when I was on top of Lone Peak, it scared the hell out of me. With forty-to-fifty-degree pitches and some visibility challenges and jagged rocks that didn't move, my heart was pumping out of control every time I went up there. My friends reminded me that we were in a "no fall zone" (that is, if you fall, you die). My heart began pumping faster. However, my ability to channel the anxiety and stress and regulate my adrenaline helped my performance. The thrill or rush that may be experienced when we can learn to control some of these stressful environments is fabulous.

What can we do to find that happy place for anxiety and stress to live in your house without it blowing off the roof? There are lots of strategies such as breathing techniques, guided imagery, and progressive muscle relaxation that can help reduce short-term stress and many articles and Apps that can give you specifics on how to accomplish them. For me, my success has come from recognizing what it is that may contribute to a stressful situation. If it doesn't sneak up on you, being prepared for it and recognizing when it can have an impact is a big step. Additionally, while in the moment (heart rate increasing), taking some deep breaths followed by a good exhale keeps me focused and most of the time keeps the sharp edge of adrenaline at bay.

As we learn to manage adrenaline and stress without panic, we can grow confident that the sensations that stress induces will not lead to collapse. While it is a noisemaker in the untrained mind, when channeled properly, adrenaline can help people accomplish things they never would have imagined possible. <<

Advanced Educator Program 2023-2024 Graduates

Congratulations to our newest
Advanced Educators!

Sharon Nelb
Killington Snowsports School

Judy Prescott
Nashoba Valley Snowsports School

Francesco Sarti
Stratton Mountain Snowsports School

Miroslav Vytrisal
Gore Mountain Snowsports School



Francesco Sarti celebrates with Keith Rodney

The Advanced Educator program is a certificate-based track that consists of indoor, on snow and eLearning courses. The Advanced Educator Program is open to all certified members wishing to improve their teaching skills while pursuing certification and accreditation. This program requires commitment, as well as a sense of purpose for developing professionally. The next time you see these members, give them a big high-five for their success!

We are pleased to announce these newly selected Development Team members from their respective teams:



Alpine Team (from left to right): Brandon Bock, (Development Team Coach), Dave Capron, Luca Arrigoni, Jessica Anthony, Philip Schwartz, Kelsey Morganwalp, Quinn Ferguson, Isa Orr-Tokle, Ray Gilmore, Dara Aber-Ferri, Michael Breeden, Ali Pirnar, Joaquin Alvarez Amuchastegui, James Billingslea, Nathan Waterhouse



Adaptive discipline: Yuri Czmola (second from the left)! Yuri is a snowboarder primarily based out of Hunter Mountain, and we are thrilled to support him during his term on the team.



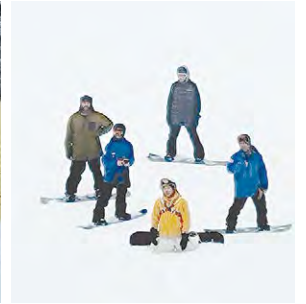
Advanced Children's Educator (ACE) Team (from left to right): Brendan Burdick, Ray Gilmore and Jenni Hogan. Jenni Hogan is already a valued member of our Alpine Development Team, and we welcome all three new recruits!

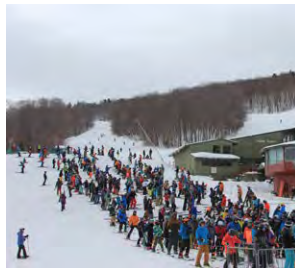
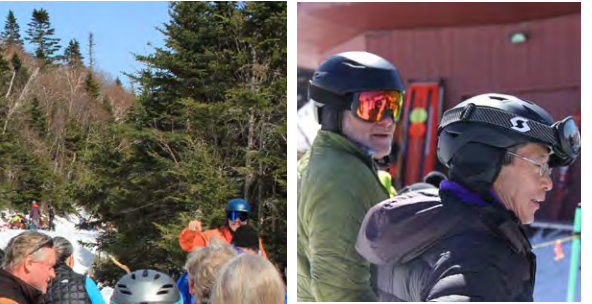


Please join us in congratulating our newly promoted Education Staff members, recently elevated from their Development Teams, or promoted from their Advanced Training Program term (from left to right): Wayne Conn, J. Mark Graham, Ezequiel Usle, Christa Ross, Ian Boyle, Kerri Petrillose, Dara Aber-Ferri, Steve Franklin, Danielle Needle, Tony Bailey and Xusong (Terry) Xie. Not in picture: Norm Staunton and Kurt Byrnes.



Our organization has benefitted from the skills and dedication of three new Emeriti Examiners who are celebrating 25 years of service with our organization: Emily Gregg, Kristi Robertson and Doug Daniels. We look forward to many more years!







Three Cheers for the Eastern Team

By Keri Reid

Director of Education, Education Committee Chair,
Alpine Examiner

Everyone celebrates the candidates who get selected for the PSIA-AASI National Team and understandably so. They are the few among the many, our chosen champions for great snowsports instruction on the national stage. They are the athletes and educators we look to for inspiration, and those who represent us in the international arena. National Team members certainly deserve applause and appreciation for their accomplishment and the service they will ultimately provide. As I supported the Eastern Team this past winter and observed much of the tryout, it became clear that there are others we should recognize when the dust (powder?) settles on the selection process.

If ever you dreamed of being a fly on the wall, here is your chance.

Day One. It's a bluebird day at Big Sky, and the candidates slide on a bulletproof slope, death cookies and all. Rumor has it the selecting team requested that grooming take place at just the right time to create these conditions. I believe it. The Snowboard and Alpine candidates attend Day One as theirs is a four-day tryout. The evening prior, parts of the group had drawn topics for impromptu indoor presentations, leaving the rest of the crew in anticipation of the same activity coming for them later in the day. For now, they are all focused on performing the task at hand—a variety of skiing and riding tasks that highlight their strengths and weaknesses. Selectors are always present, observing and appraising every move. The day gets warmer, but somehow the slopes don't soften. If the candidates were hoping for more forgiving conditions, they don't get them. Instead, they forge on, some taking rather spectacular falls in the process. Selectors and candidates alike stand for long periods of time. The former stoically observe and assess, while the latter need to be ready to fire on all cylinders within seconds when their run comes.



It happens to the best of us. National Team member Zoe Mavis.

Day Two. It's another stunningly sunny day, and yet the conditions stubbornly remain firm. The Adaptive and Cross-Country and Telemark candidates join the party, starting their three-day tryout. They spend their day showing selectors their sliding skills in a variety of activities and terrain. Smaller numbers mean these

disciplines get to slide all together with their respective groups for the duration of the event. Meanwhile, the Snowboard and Alpine groups leave it all out on the slopes, teaching and sliding their hearts out knowing there will be a cut that evening. Self-selected Alpine candidates and all Snowboard candidates gather in the terrain park for the afternoon. Anybody who forgot sunscreen or who didn't drink enough water regrets it by the end of this one! Come evening, candidates, selectors, and supporters gather to witness the announcement of the snowboard and alpine candidates that will be moving forward for the next couple of days. The room is thick with anticipation, and people eagerly scan the list projected for familiar names. Members of the crowd feel every possible emotion: relief, pride, sadness, elation, disappointment, and anxious anticipation.

Day Three. More sunshine and warmer, softer conditions are on offer for the pared down group of candidates. All disciplines focus on Teaching and

People skills and lesson delivery. Some of our Snowboard and Alpine team members that didn't make the cut from the previous day are out there enjoying the slopes and cheering their peers on—I admire their integrity and spirit. Today is also the day that all disciplines come together for a One Team project, where their collaboration skills are put to the test. It is another long day that pushes the endurance of candidates and selectors alike.

Day Four. A moodier, slightly wet day wraps up selections. It's fitting weather for candidates to show selectors who they are and what they're made of. All disciplines perform their last acts, highlighting any last criteria to assess. For some, this includes an in-depth interview, where coaches dig to fully understand the team they are choosing. When announcement time is upon us, the room once again gathers all involved. The nervous energy is palpable. It's a moment where candidates and onlookers together learn who will serve on the 2024-2028 National Team and represent our organization in the first Interski Conference on American soil since 1968. Selected members are called to the stage by discipline: Adaptive, Cross-Country, Telemark, Snowboard and Alpine. Smiles, gasps, hugs, high-fives, and tears are everywhere.

All Week. Supporters offer kind words, snacks, and drinks. Some help with gear swaps, layer drops, and basic first aid – all of which are needed and appreciated. The PSIA-AASI marketing team is ever-present, snapping photos and shooting footage to share across social media platforms.

What Came Before. What's not written here is all that came before the National Team Tryout. The intent to participate in a fun but grueling process that involves training, grit, and determination that starts far before the main event that takes place every four years. The regional tryout process, which in the East consists of a two-day tryout to gain the endorsement of our region. The commitment to better oneself and support others in the region pursuing the same goal. Countless hours spent training, both on-snow and off. Time spent planning for travel to and from the National Tryout. The financial commitment and the many associated costs. Finally, the courage and vulnerability to perform in front of mentors, heroes, and peers.

Deserving Recognition. We should absolutely be celebrating our selected National Team members from the East: Brian Donovan, Peter Novom, Keith Rodney, Brian Smith and Troy Walsh. They are and will be doing so much to provide value to members across the country. I also want to recognize a few others:

Our Eastern Team: Thank you for putting yourself out there. We are all better for it.



Members of the Eastern Team and Support Crew



Adaptive: Tera Adams

Alpine: Frank Cartwright, Ben DeBenedictis, Nate Gardner, Josh Haagen, Luke Martin, Peter Novom, Brian Smith, Tyler Sullivan, Eze Usle, Evan Vomacka, and Troy Walsh

Snowboard: Todd Ainsworth, Brian Donovan, Bonnie Kolber, and Tom Mulligan

Telemark: Jay Nation, and Keith Rodney

The Support Crew: This includes friends and family of the candidates, who, on-site or off, provided the encouragement, fuel, and belief that propelled them to Big Sky. Our Eastern Office staff supported training and administrative functions that helped the Eastern Team prepare for the big week.

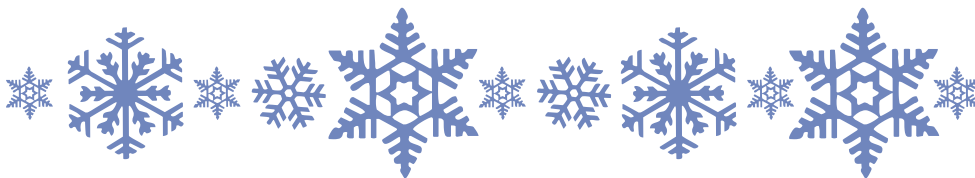
The Selectors: Regions all contributed to the list of talented selectors that faced long days and tough decisions. From the East, please join me in thanking: Amy Bailey, Mermer Blakeslee, Jeb Boyd, Matt Boyd, Sue Kramer, Geoff Krill, and Angelo Ross.

You, the Members: Your generous contributions to the **Eastern Education Foundation** (for more information on this, check out easternsnowpros.org/donate), airline point donations, and T-Shirt purchases in support of the Eastern Team helped our crew to get to Big Sky. When you did this, you helped the Eastern Region gain more National Team members, which in turn gives us resources to strengthen our Education Staff which translates to a robust educational offering, with passionate, informed educators adding value to the already wide array of opportunities. Great choice!

Thank you to all for the work you have done and will continue to do. ☺☺



All photos, this page: Scenes from National Academy and National Team selection in Big Sky, MT



Incoming... Summer Events!



inter in the East may be ending (spring laps at Killington, anyone?), but we've already got our sights set on some ways to stay sharp over the summer. Check out these awesome summer events:

- Skate-to-Ski. We have run these events in partnership with Rollerblade for several years. Dates: TBA (Details will be available on our Events Calendar at easternsnowpros.org/calendar)
- Dryland/On-Snow combo events at Big Snow. Dates TBA (Details will be available on our Events Calendar at easternsnowpros.org/calendar)
- Women Crush Winter webinar series. The series is one Wednesday per month from June to November and registration is open here: easternsnowpros.org/calendar/?cal-month=6&cal-year=2024&event=12297
- Ski Simulator events in partnership with Stan & Dan Sports. Dates: June 22, July 20, and August 17. Registration is open at easternsnowpros.org/calendar

We are also working on a freestyle education event for both snowboarders and skiers at Big SNOW, so stay tuned! ☺☺



Year in Review

By Mickey Stone

Nordic Coordinator

PSIA-E Nordic Examiner, PSIA-AASI E

ACE Team Member

The season is winding down with just a few resorts still open. Mount Washington is full of snow for anyone willing to hike, but otherwise there's not much snow left around in the northeast.

We engaged 70 participants this season plus 34 Backcountry accreditations for 104 total participants in ten Cross Country events and two Backcountry events. Our popular Cross Country Instructor training course at Bretton Woods and an in-house event at Lapland Lakes, NY both had double digit participation. With wild up-and-down weather throughout the year, we were fortunate that our events fell during these snowfalls. A big thank-you to the Cross-Country staff and office for all their work and support.



The Telemark Examiner Staff 2023-2024 finishing up team training at Killington VT January 2024.



The Cross-Country Examiner Staff 2023-2024 finishing up team training at Garnet Hill, NY.

Our Telemark staff held 23 events this season with 184 participants. The Mini Academy, Pro Jam, Seven Springs Primer, Southern Hoedown (24 participants, so here's a shout-out to Shawn Riggle for all his work) and the Telemark Exam

all had double digit numbers this season. We were fortunate that the snowfalls came in just enough time for our popular off-piste events at Jay Peak, VT and Mad River Glen, VT.



Atop Mad River Glen's famous and historic single chair.

Our telemark exams at Killington, VT had 8 in Level II and 11 in Level III. With its fast lifts and big vertical, telemarking at Killington for two days is no easy thing, so big congratulations to all participants. Also, a big thank you to Keith Rodney and Karen Dalury delivering the Level III exam with assistance from Ali Pirnar for logistics. A big shout-out to Ali for making the Alpine Development Team. I conducted the Level II exam with Kurt Byrnes from Seven Springs and Appalachian Telemark Association. A great time was had by all.



I-r, Mickey Stone, Hunter Winslow, Kurt Byrnes, Robert Horell, Ari Pressman, Matty Marks and Andrew Sheldon. Missing: Angelo Ross and Don Reed.



I-r, Karen Dalury, Richard Lucas, Jeff Rininger, Jan Steckel, Tanner Jacobs and Keith Rodney, Level III certified members and examiners.

Our Nordic community would like to congratulate our new National Team Coaches for the next four years. Greg Dixon for Telemarking

and Zeke Fashinbacker for Cross Country. Both have served multiple terms as members of the National Team. They both bring unique and all-encompassing knowledge and skill to the job, and we look forward to them leading us the next four years and towards full regional alignment of assessments and education. Congratulations Coach Greg and Coach Zeke! We would also like to acknowledge Jay Nation and Keith Rodney for their accomplishments as Eastern Team Members and congratulate Keith for being selected to a second term on the National Team.

Hal Westwood (representing Cross Country) and I (representing Telemark and Cross Country) will be participating in the National Unification Work Session on May 5-7 in Breckenridge, CO. We will be reviewing the module concept for Skiing Performance, Movement Analysis, and Technical Understanding. Results and direction will be conveyed in the Fall 2024 issue.

Enjoy your last turns and strides and see you in 2024-2025! <<



Sugarbush VT for Spring Rally with the White Mtns in the background.



Stride on all and enjoy the off-season.

Congratulations

Congratulations to the following members who earned their new Level I, Level II or Level III certification or their new Children's or Freestyle Specialist accreditation during this past season!

Alpine Level III

Sari Chang
Ross Cowieson
Samantha Curtis
Heather Eldridge
Isabella Fernandes
Ryan Flanagan
Ray Gilmore
Tristan Isfeld
Douglas Layman
Xueyang Lin
Michael Madden
John Mariconti
Jonathan Pullen
Francesco Sarti
William Skelton
William Speakman
Logan Stewart
Miroslav Vytrisal
Chris Wasileski
Piotr Wiacek

Alpine Level II

Katharine Ambler
Alexa Barnes
Nathaniel Beam
Amar Bhala
Adele Biasini
David Bowen
Adelyn Breault
Morgan Bremer
Shane Burke
Jon Buxton
Alice Carey
Aaron Cornell
Francisca Costa
Philip Costa
Christopher Cummings
George Curley
Kevin Curtis
Janet Dow
Zuzana Fahey
Maya Faughnan
Mary Fisher
Ruben Freixenet
Anthony Garaventa
Weixun Ge
Paul Geoghegan
Zachary Ginsburg
Mary Godofsky
Samuel Gohl
Iz Greenawalt

Arne Grette
Heng Guo
Steven Hayre
Hailey Hopkins
Yixin Hou
Roman Hrab
Amir Kader
Michael Kelley
Jiseok Kim
David Kirk
Savanna Klein
Sophia Kohmann
Emi Kubota
David Lanczynski
Moei Lau
Jeremy Leuch
Thomas MacLeod
Dave Maheux
Janine Mauersberg
Brian McHugh
Jeff Miller

Meggie Moriarty
Steven Mullins
Marc Nichitiu
Jocelyn Otte
Stephen Paulson
Marjorie Plants
Nicholas Plants
William Potter
William Rivard
Gonzalo Rivera
Rachel Rodriguez
Jeremy Russell
Douglas Sandler
Francesco Sarti
Kevin Savino-Riker
Matt Seney
Julia Silverman
Maxwell Sleeper
Katie Stengel
Daniel Stoutenburgh
Josie Strife
Joanne Travers
Lyubomir Trayanov
John Turkowski
Joseph Ventimiglia
Erika Wentz
Mariane Wheatley-Miller
Martin Williams
Juliann Worden

Qi Xiong
Jiechen Xu
Xirong Ye
Andres Zeballos
Nicholas Zygmunt


Alpine Level I

Aaron Ackley
Thomas Alber
Karol Nicole
Guadalupe Alcalá Meza
Riley Alesevich
Scott Allen
Victoria Amadeo
Jonathan Anderson
Tao Ao
Leslie Archer
Jeremy Armentrout
Aiden Armstrong
Charles Armstrong
Daniel Armstrong
Daniel Aron
Chris Arthur
Ramsey Asaly
Ben Ashman
Luciano Aste
Brent Azaert
Marcus Babb
Hayden Baker
David Banigan
Maxfield Barlow
Carolyn Baryluk
Danielle Bass
Calloway Baughan
Christopher Baughman
Jillian Bauknecht
Soren Bay-Hansen
Aedan Beales
Gregory Beaudet
Grace Beecher
Ryan Bellek
Richard Belt
Henry Bennett
Gordon Bennett
Ryan Bentley
Dana Berkowitz
Cynthia Berlack
Wesley Bernecker
Brooke Bezoza
Vanessa Biegel
Joseph Bildner

Janice Bjorkland
Rebecca Blender
Lily Bley
Claire Boell
Daniel Bolender
Kevin Borden
Micheal Bosco
Amelia Bose
Peter Bowers
Matthias Boxler
Abigail Branch
Derek Brandon
Duncan Brandon
Nolan Brautigam
Patricia Brett
Alexandra Briggs-Allison
Patrick Broderick
Patrick Brodigan
Thomas Brooks
Kristal Brounce
Garrett Broussard
Brock Brown
Justin Brown
Donald Brunton
Xander Bucher
Joshua Buckley
Jordan Budaj
Karen Bukowski
Aidan Burns
Clyde Burns
Paula Burton
Ellie Busse
Charlotte Campbell
Vaiana Cane
Harold Careins
Mia Carlozzi
Christine Carter
Brant Caskey
Gavin Caskey
Dudley Cates
Walker Cates
John Cazzetta
Larry Chambers
Benson Chang
Leah Chapman
Stan Charney
Kym Cheever
John Chen
Siyuan Chen
Abigail Chenette

Yewon Cheon
Jennifer Church
Margaret Churchill
Joseph Cignoli
Oksana Ciolko
Jack Clarkson
Jeff Clarkson
Trent Clay
Hannah Cline
Jordyn Coddling
Delina Codey-Barrachin
Amanda Coffey
Jay Cohen
Brian Colbert
Maximillian Combs
Daniel Compatangelo
Ace Connolly
Katherine Conrod
Kaytlyn Constantineau
Demery Coppola
Maximilian Corbett
Isabelle Cornette
Alexander Cornfeld
Micah Courtney
Rebecca Cowan
John Cressman
Brent Critchfield
Rob Crites
John Cromie
Graham Cross
William Cruikshank
Catherine Crump
Elizabeth Cuoco
Matthew Curtin
Wayne Curtis
Abigail Cushman
Gertie Czapla
Dan DAgostino
Xijie Dai
Nikola Damico
Brian Daniska
Maggie Darin
Jill Darling
Nicholas Davi
Pippa Daykin
Rachel Daykin
Marco de Fazio
Fedro De Tomassi
Kyle Dehn
Julia Deignan

Riley Deignan
Patrick Delaney
David Delbeck
Christopher Delia
Christine DeMello
Jim DeMichele
Janelle DeNormandie
Rachel Dent
Matheu Dettienrieder
Joseph Dickerson III
Ryan Dilmore
Mary DiMaria
Steven Dionne
Paul Dixon
Scott Doner
Hao Dong
Rose Doniger
Darren Donovan
Chuck Doolittle
Douglas Doucette
Timothy Drag
Madison Dreyer
William Drummey
Jenny Dube
Vinnie Dude
Ian Dunbar
James Duncan
Tucker DuPaul
Guillaume Durand
Kiyoshi Dustin
David Dwyer
Aubrey Elder
Reina Ellis
Jennifer English
Valentina Errazuriz
Antiliano Estrella
Brendan Eyeran
Avi Falk
Trevor Farrell
Adam Faughnan
Wangjiang Feng
Vivian Ferretti
Keith Ferris
Beverly Fields
Ramona Filipi
Benjamin Finkel
Stephanie Firstbrook
Cynthia Fitzgerald
Katie Fitzgerald
Elizabeth Meckel
Marc Fleurette

continued on next page 

Congratulations, continued

Kalei Foley-Rutherford	Barb Heath	Vaughn Keare	Jeffrey Lown	Devon Murphy	Greg Prior
Aidan Ford	Edward Hebiton	Ania Kelly	Vida Luckett	Scott Myers	Jessica Prosser
Avery Forsyth	Carl Heidenblad	John Kelly	Andrew Lurie	Joseph Nastasi	Dean Pryor
Edward Foster	William Herlihy	Vera Kemper	Nia Lurin	Nathan Nastasi	Randy Pryor
Wayne Franks	Bryce Hernsdorf	Daniel Kennedy	Michael Lyman	Raymond Needham	James Pyon
Jeff Freedman	Autumn Higa	Jessica Kennedy	Heather Macdonald	William Nesher	Xiong Qiao
Charlotte Freniere	Madeline High	Brian Keon	Owen Macdonald	Liam Nester	Xinyu Qu
Andrew Fresk	Zoraya Hightower	Joshua Keough	Sean MacGregor	Benjamin Nett	Nancy Queirolo
Christian Funder	Robert Hofbauer	Ben Kesselman	Lauren Maclachlan	Bethany Neumann	Cian Qureshi
Dylan Gagnon	Maggie Hoffman	Rodney Kidder	Tristan Magnuson	Haleigh Newell-Rentz	Thomas Ravenelle
Kyle Gagnon	William Hogan	Haree Kim	Howard Mahoney	Magdalena Newton	Kimberly Reddick
Ryan Galligan	Mary-Claire Holdren	Caleb King	Katherine Maina	Ian Nielson	Jasper Redican
Ceilidh Galloway-Kane	Michael Holmes	Sean Kirwan	Janine Malone	Kate Nitzschke	Genine Regante
Thomas Gantt	Christian Honan	Don Kluchinski	Louis Mancini	Zichen Niu	Anika Reitmeyer-
Cordelia Garofalo	Charlotte Hong	Eden Knight	Caitlin Marrs	Eban Noble	Lankone
Sonya Garvis	London Hood	Isaac Knox	Marina Marten	James Noel	Abigail Reohr
Matthew Gates	Frances Horrigan	Grace Koeller	Robert Martin	Shawn Norton	Greg Reynolds
Gayle Gauthier	Gregory Hostetter	Leo Koernig	Tye Martin	Anna Nott	Sara Rhuda
Meredith (Chase) Gay	Jeff Howard	Henryk Kosmala	Will Martin	Kevin Oakes	Matthew Rice
Francis Geigle	Thomas Howell	Genavieve Koyn	Lanie Masset	Kyle Obletz	Morgan Richardson
Broderick George	Kiely Hoyt	Corinna Kraemer	John Mathieson	Patrick O'Boyle	Scott Richer
Tsering Gesar	Naiyi Hu	Stephanie LaCroix	Bradford May	Dan OBrien	Jon Rodrick
Madeline Gibbons	Sharon Hu	Derek LaHouse	Jade McClenahan	Sarah O'Connell	Catalina Rodriguez
Leandra Giguere	Xiaofan Huang	Kevin Lajoie	Sam McClennon	Julio Olimpio	Alvarez
Daniel Gillogly	Kara Hubbard	David LaMay	Mark McDonald	Alexis Olsen	Robert Rogers
Lauren Giove	Todd Huber	Anna Lanning	Avery McGee	David Olsen	Amelie Roginski
Heath Glumac	Sydney Hulver	Cameron Lantz	Rory McGloin	Elizabeth O'Neill	John Roman
Brian Goldstein	Emily Hutchinson	Wilson Lark	Kathryn McGreevy	Isaiah O'Neill	Lilly Rosa
Damian Goldstein	Jacqueline Hutchinson	Nathan Lasher	James McGuire	Cheryl Paine	Kelly Rosch
Maya Gollaher	Natalie Hutnick	Mark Lattanzio	Sean McKenna	Emma Painter	Alexa Rose Peterson
Finnegan Gormley	Tyler Hwang	April Lau	Timothy McKenna	Jaiden Palazzo	Daniel Rosenthal
Mike Gothie	Claire Hydock	Cameron Lawrence	Annabel McKillop	Elizabeth Palmer	Sabrina Rothan
William Graf Grote	Thomas Hydock	Jane Lee	McKenzie McLean	Paul Palmgren	Jennifer Rowles
Charles Graham	David Hyman	Matthew LeFurge	Caitlin McNally	Sarah Paltrineri	Chuck Roy
Anthony Graziano	Adrien Ibsen	Julia Lengyel	Brian McNamara	Gerald Panuczak	Margot Ruland
Ken Gredick	Ric Igal	Dwight Lentsch	Richard Mead	Naomi Parekh	William Russell
John Greene	Simon Ince	Luciana Lerman	Lillian Meng	Noah Parekh	Annan Rutherford
Elizabeth Gross	Fritz Isaac	Tanya LeRoith	Lynn Metcalf	Alexander Parker	Whit Rutherford
Dominic Grosso	Lauren Jacobs	Rami Leshem	Mirabelle Meyers	Clint Parrish	Justo Saenz Valiente
Sam Grosso	Jane Jagatic	Sophie Lewandowska	Linnet Meza Ore	Kylee Partilla	Carola Sanchez Monte
Gene Gugliotta	Katrina Jannen	Matthew Lewandowski	Parker Milby	Charlie Pausic	Lucy Sandin
Violet Gunner	Grace Jessiman	Haochong Li	Cyrus Mills	Brian Pearson	Romana Savay
Sarah Gunter	Zhiyan Jiang	Shuo Li	Edward Minson	Parker Pearson	Jordan Savitch
Sophie Gustafson	Xiaojia Jin	Johnathan Licitra	Mason Mitchell	John Perkoff	Walker Schatz
Robert Gutierrez	Davis Jones	Justin Lipe	Chad Mollica	Mason Perks	John Scheibenpflug
George Hails	Ryan Jones	Ziang Liu	Sam Mooradian	Adam Perreault	Elizabeth Schiefer
Katie Hale	John Joyce	Dan Lobdell	Andy Moore	Mark Perschel	Francis Schissler
Lecky Haller	Remi-Pascal Joyeuse	Valentina Lobos Casco	Rick Moore	Marshall Pest	Gregory Schnabel
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Sam Hammond	Chinnery	Ana LoConte	Charlotte Morris	Crosby Pitts	Kevin Schwartz
Scott Hammond	Philip Kalish	Tia Loftin	Jake Morris	Jane Pittsley	Zachary Schwartz
Tim Hammond	Brendan Kantscheidt	Troy Logan	Kristin Morway	Samuel Polcaro	Daniel Sclafani
Kevin Hanlon	Nathan Karol	Mercer Long	Robert Moses	Mark Politano	Jed Seiner
Miles Hansen	Kelley Kash	Phoebe Long	Matthew Motichka	Evelina Porta	Andrew Sellitto
Tori Hascup	Mitch Kass	Adison Lord	Brooks Mullen	Hunter Post	John Semar
Ella Haslett	Allie Kaye	Kristine Lotoski	Eliza Mulvihill	Todd Presson	Dhruv Shah
Kenji Hayao	Christopher Keadon	Mauricio Lovelace	William Mulvihill	Elizabeth Price	Jocelyn Shako

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Marikje Shelmandine	Michael Vietti	Charlie Yang	Shawn Watkins	Shaun Clarke	Xiaowei He
Xinyi Shen	Scott Vlaun	Judy Yang	Matt Weitz	Jeff Clarkson	Aurora Heanue
Xuechan Shen	Gianna Volpe	Qifan Yang	Joanna Willott	Debbie Clough	Jeffrey Heanue
Reagan Shepherd	Stephen Vorstadt	Chujun Yin	George Yankosky	Delina Codey-	Michael Hecht
Jessica Sherin	Steve Vrana	Kristyna Young	Nicholas Zygmunt	Barrachin	Dennis Hertz
Taylor Sherry	Jae Vyskocil	Morgan Yucel	Children's	Jay Corcoran	Emily Heymann
Kyle Shinberg	Paul Wabrek	Pavel Zagadailov	Specialist 1	Jordan Corman	Aidan Hickey
Emilio Silva	Nathan Waddicor	Le Zhang	Robert Abbott	Francisca Costa	Randolph Hickman
Braden Simon	Wesley Wade	Limin Zhang	Jason Aceto	Barbara Costello	Nathan Hill
Dov Simons	Benjamin Wagner	Mengyu Zhang	Aaron Ackley	William Coutts	Jackson Hinman
Helene Sisti	Alethea Wait	William Zhang	Ingrid Ahart	Jonathan Craig	Christopher Hoffman
Samuel Sjostrom	Laura Walker	Ziyu Zhao	Larry Ahearn	Jake Crawford	Stephanie Hopkins
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Lix Sombat	Chi-Ping Wang	Children's	Ian Apruzzese	Ronald Dalton	Robert Hylas
Boyang Song	Jialun Wang	Specialist 2	Elizabeth Ashman	Olivia Dame	Emma Ivory
Dongchang Song	Milly Wang	Katie Adams	Kira Bacon	Nicholas Davi	Lee Ivory
Shixuan Song	Barbara Gail Warden	Marc Angelillo	David Banigan	Paige Davis	Katrina Jannen
Salvatore Sparacino	Lindsey Waterhouse	Caroline Barnes	Kara Barker	Matteo Del Poeta	Matthew Josephs
Jenna Spector	George Watson	Peter Bellek	Alexa Barnes	Nicholas DeMaio	Amir Kader
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Molly Stedman	Victoria Weber	Ryan Burrow	Wyatt Beidelman	Peter Dwyer	Nora Kearney
Ke Steiger	Xuezhi Wei	Tess Chang	David Bellemare	Elijah Edwards	Cheyenne Keets
Asher Stein	Katherine Werbeck	Evonne Cho	Alexandra Bellisario	Lorelai Eidswick	Brian Kelly
Brooke Stempler	Kristine Wheeler	Aaron Cornell	Cynthia Berlack	Bob Elliott	Daniel Kelly
Avery Stern	Michael Whinston	Gordon Coxe	Lindsay Berry	Maya Faughnan	Tim Kelly
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Rita Strauss	Daniel Wilcox	Katherine Gallagher	Stephanie Blair	Terri Foster	Sophia Kohmann
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Adele Tanini	Elijah Wipf	Ian Hammer	Adelyn Breault	Abrianah George	Alexander Lane
Zeke Tashman	Allen Withers	Donald Haworth	Matthew Brooks	Ashley Gilmartin	Travis Lane
Stephen Thomas	Jacob Wlochowski	Gillian Hayden	Amy Brown	Ricardo Gobbi	Nick Latinski
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Baylee Todd	Madeline Wolfe	Andrea Kornbluh	Xander Bucher	Robert Good	Matteo Lazar
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Robert Torgov	William Wood	Connor Mulligan	Andrew Burling	Chuck Graziano	Julia Lengyel
Lisa Totz	James Workman	F. Jay Nation	Ronald Burzenski	Katelyn Greer	Rami Leshem
Jessica Toy	Avery Wortendyke	Marc Nichitui	Samantha Calamari	Arne Grette	Haochong Li
Robert Trask	Lova-Li Wretman	Yoonho Park	Cameron Caouette	Michael Griffith	Ruiké Li
Timothy Trout	Sophie Wu	Francesco Sarti	Michael Carrillo	Maria Grzeslak	Kai Liu
Chelsea Turner	Zhengda Wu	Dongying Shen	Damian Cateria	Alanna Guilfoyle	Elizabeth Lobb
Zachary Ulatowski	Walter Wunderly	David Stonebraker	Ann Chamberlain	Ultan Guilfoyle	Phoebe Long
Kurt Van Fleet	Acer Xu	Erik Timmerman	Benson Chang	George Hamilton	Christopher
Marisol Van Slyke	Ping Xu	Maja Tlokinska-	Anna Chetnik	Jeffery Hanes	MacDonell
Olivia Van Tassell	Grishm Yagielski	Scroggins		Edward Hanrahan	Reed MacNeilage
Caitlin Van Wicklin	Ria Yagielski			Ryan Hart	Connor Mahoney

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Michael Matthias
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Mary McDermid
Sierra McDermott
Liz McDonnell
Ian McLaughlin
Bruce Meiowitz
Jeff Miller
Kylie Mitchell
Kristin Moffa
Christopher
Montalbano
Jake Montana
Sam Mooradian
Juliet Moringiello
Richard Moro
Chris Mudge
Christopher Muller
Morgan Muller
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Jack Nedrow
Martina Nehybka
Alexandra Niblo
Tyrrell Nickerson
Zichen Niu
Ryan Nivus
Andrew Nolett
Joey Normandeau
Michael Novemsky
Donald Oakes
Nancy O'Connor
Nils Olson
Laura Palazzo
Tatum Palmer
Ava Papalia-Beatty
Christopher Parisi
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Michael Pearson
Kathleen Perkins
Liliana Peron
Ruth Perrone
Vance Perry
Bailey Phillips
Maxwell Phillips
Robert Phillips
Nicholas Piechocki
Kurtis Pierret
Mia Pietryka

Hannah Polk
Mikhail Postovskiy
Cole Priest
Lily Quant
Andrew Raybould
Natalie Raymond
Isabella Renney
Armen Rissmiller
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Robert Rogers
Daniel Rosenthal
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Allan Rotman
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Dana Rudikoff
Lisa Saltzman
Shahram Sarmad
Steve Schnyer
Kevin Schwartz
James Scott
Vladimir Selec
Peter Semerad
Brian Sewell
Kailyn Shank
John Sheaffer
Kyle Shinberg
Robert Shnider
Melvin Shoemaker
Aspyn Shriver
Nicolette Shriver
Paul Sick
Laura Silverstein
Samuel Sjostrom
Miriam Slate
Maxwell Sleeper
Josh Small
Will H Smart
Autumn Smith
Brendan Smith
Nathan Sourbier
Douglas Stambaugh
Doran Stegura
William Steinharter
Leslie Stengel
Sabrina Stirling
Tony Stricklin
Sunny Sun
Wenyang Sun
Lawrence Takken
Ashley Taylor
Jason Travitz
Lyubomir Trayanov
Sasha Usher
Fumi Usuki
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John Van Dijk

Leonard Vicciardo
Jaime Vining
Alan Vomacka
Bailey Voss
Amalia Vossoughian
Eduardo Waddington
Megan Waldron
Christopher Walters
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Yu Wang
Lauren Weeks
Stanislaw Wegrzyn
Xuezhui Wei
Chris Weis
Aaron Wetherhold
Macie Whalen
William Whitcher
Greg Whiteaker
Amy Wilson
David Wilson
Brandon Wolfe
Madeline Wolfe
Patricia Wolfe
Melissa Wright
Bailey Yager
Yan Yan
Zhaoyang Yang
Lijing Yao
Xirong Ye
Chrystie Young
Morgan Yucel
Bob Zanelli
Jingjie Zhang
William Zhang
Christopher Ziegler
Darrin Zignoli
Meurcie Zignoli
Aharoni Zisling
Emerson Zito
James Zsiga

Cross Country Level II

Gabriela Formankova

Cross Country Level I

Amy Bailey
Anthony Bailey
Stephen Bell
Thomas Bielli
Aidan Connelly
Kris Constanzer
David DeForest
Marie Hanson
Adam Hyde
Michael Jennings
Charles Long
Rudolph Pavlesich
Sherry Perrie

Jennifer Swett
Peter Tiernan
Ezequiel Usle
Jennifer Woltjen

Freestyle Specialist 3

Ian Boyle
Anthony Deperrio
Steven Franklin
Arlin Goss

Freestyle Specialist 2

Collin Astholz
Nathan Corey
Nicholas Hover
Austin Moody
Kyle Walker
Stefan Winnicki

Freestyle Specialist 1

Dylan Aylward
Anthony Bailey
Aedan Beales
Connor Boyd
Ryan Burgess
Joshua Champion-Marks
Brent Champlin
Jack Chennault
Keegan Connolly
John Conroy
Grace Costa
Nicholas DeMaio
Angeli Feri
Avery Forsyth
Jason Gibbs II
Robert Greenawalt
Katelyn Greer
Delaney Hartgen
Silei Huang
Brent Hutson
Luke Irmiter
Alison Kaminer
John-Paul Kelly
Brandon Korpacz
Clifford Lau
Ziyi Lu
Connor Mahoney
Sean McCafferty
Zachary McEvoy
Orion Metheny
Stacy Miller
Troy Miller
Rudolph Montgomery
Austin Moody
Nicola Morales
Cory Munsterteiger
Michael Orourke
Jordan Parr

James Pearce
Parker Pearson
Calvin Peters
William Reese
David Shulman
Nathan Sirois
Maxwell Sleeper
Jake Smith
Kyle Steinmetz
Alyssa Stonebraker
Burleigh Sunflower
Michael Tallman
Bryan Taylor
Noelle Tkacz
Lyubomir Trayanov
Emme Underwood
Ceirra Valley
Kyle Walker
Jeffrey White
Jacob Wlochowski
Evan Woss

Snowboard Level III

Shilong Li
Carter Mardiney
John Mitchell
Ryan Norton
Luke Peduzzi

Snowboard Level II

Emily Barton
Jessica Berry
Aidan Chapdelaine
Giovanni Cofré
John Conroy
Shawn Daugherty
Gavin Donahue
Lindsay Donahue
Onna Downey
Stephanie Fritz
Dylan Hillsburg
Aaron Hughes
Jenny Kane
Paola Ksieski
Yuanchunyu Lin
Andrew Lotto
Mathieu Maertens
Claire McIvor
Patrick McKenna
Emily Rechin
Minda Ren
Thomas Rokicki
Adam Snyder
Chad Snyder
Xin Sun
Christina Turmelle
Di Xiao
Keren Zhou

Snowboard Level I

Chris Adamcik
Emily Aldous
Stephania Alexander
Kolton Almany
Noah Alston
Jamie Angle
Theodore Arndt
Nicole Atkins
David Beller
Seeley Bjorksten
Kim Boehlke
Christopher Brantley
Ben Brown
Dimitri Brown
Allison Buckles
Ryan Burgess
Stuart Cady
Vivian Cai
Valentina Castro
Forradellas
Hsiu chi Chang
George Chapman
Jessica Chapman
Asa Chard
Sofia Chavez
Chloe Chen
Taoyu Chen
Yong Chen
Yuxuan Chen
Fangzhou Cheng
Wenliang Cheng
Tyler Chidester
James Chittenden
Katie Conlon
Keegan Connolly
Valentino Cortes
Dominick Cosenza
Paul Coyne
James Crocker
Samantha Curtis
Jeremy DaCruz
Patrick Daley
Chase Davidson
Abbie Demers
Shengwei Deng
Brandon DesOrmeaux
Matthew Dietz
Buyuan Dong
chengyu Dong
Steven Donnelly
Taoran Du
Michael Dudash
Sean Dudderar
Nika DuMoulin
Zachary Edson
Charles Egerton

Tania Eliseeva
 Chad Farver
 Ziqian Feng
 Michael Finkler
 Isaiah Flow
 James Foley
 Jason Foster
 Jindian Fu
 Jingchao Fu
 Hunter Fuhr
 Zay Gamez
 Boyang Gao
 Zhan Gao
 Luciano Garreffi
 JeSeth Gates
 Kathleen Gembczynski
 William Gibson
 Justin Glose
 Jianan Gong
 Alexandra Gonzalez
 Alyssa Goulet
 Trevor Graham
 Todd Groce
 Martin Gros
 Yige Guo
 Zixin Han
 Brenden Harrington
 Maxwell Harrison
 Joshua Hartman
 Jake Hascup
 Maya Healey
 Moriah Heberts
 Andrew Hennessy
 Isaac Henry
 Nathan Higdon
 April Hill
 Jessica Hoffman
 Taylor Horton
 Zhaoxuan Hu
 Elizabeth Huang
 fengcai Huang
 Guan Huang
 Craig Huber
 Ella Huckel-Bauer
 Otis Jarzombek
 Jake Jaskwhich
 Chris Jeffers
 Ward Jenkins
 Emeline Jhowry
 Qixiang Jiang
 Nicholas Johnson
 Alexander Jordan
 Mimi Katz
 Joseph Kemp
 Sam Kennedy
 Nathanael Knowlton
 Isaac Knox

Peter Kohlsaas
 Demetrio Koloseus-Gagnon
 Alicia Ladouceur
 Jason LaFontaine
 Zesen Lai
 Meredith Lamothe
 Travis Lane
 Justin LaPorte
 Russell Lasdon
 Hope Lash
 Andrew Lassen
 Will Lawrence
 Jae Youn Lee
 Dennis Legkodukh
 Abigail Leighty
 Karl Leiningen
 Dai Li
 He Li
 Jialin Li
 Xixi Li
 Yan Li
 Ema Lilly
 Chien-Hsing Lin
 Hong Lin
 Xueyang Lin
 Matthew Linden
 Jairo Liriano
 Benjamin Liu
 Jinwen Liu
 Linyu Liu
 Tiansheng Liu
 Tingwei Liu
 Vivian Lo
 Alexis Long
 Jonathan Long
 Nicholas Lucarelli
 Kate Luksha
 Connor Mahoney
 Trista Maloney
 Jody Mandeville
 Chase Manning
 Shayna Markowitz
 Heidi Maxwell
 Daylon McCall
 Kayla McKinlay
 McKenzie McLean
 Connor Meyers
 Eli Miller
 Gabriel Mitchell
 Madeline Morgan
 Jin Namkung
 Jamie Nicholson
 Xiangyu Niu
 Jeffrey Nordmark
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 Micah Petry
 Will Pettirossi
 Ryan Pettit
 Edward Peyroux
 Alexander Plant
 Xiaotian Qu
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 Liam Rooney
 Jeremy Ross
 Rex Rostrom
 Jazmin Russell
 Liv Ryan
 Rick Salzinger
 Logan Schissler
 Michelle Schlanger
 Peter Schmeckle
 Etta Schnackenberg
 Brody Schofield
 Ryan Scinto
 Izabella Scragg
 Michael Sheloski
 Ruohan Shi
 Zhehan Shi
 Corbin Sidick
 Matthew Smith
 Wren Smith
 Xian Song
 Zihe Song
 Annat Sonion
 Faith Spangler
 Carlton Stacy
 Savannah Steet
 Nicholas Stempel
 Hayden Stevens
 Kellen Sullivan
 Ying Sun
 Grayson Sutton
 Macadian Sweet
 Mengwei Tang
 Yichen Tang
 Mackenzie Tantlinger
 Julia Termine
 Peng Tian
 Lance Tompkins
 Emme Underwood
 Aaron Van Nostrand
 Lillian VanVleet

Walter Wade
 Brendan Walker
 Kyle Walker
 Jie Wan
 Bowen Wang
 Jialun Wang
 Zelin Wang
 Ruby Warner
 Kelsie Weeks
 Siqi Wei
 Logan Werran
 Ron West
 Bruce White
 Jeb White
 Jennifer Wong
 Evan Woss
 Yue Wu
 Yuxiang Wu
 Ming Xia
 Shuran Xing
 Yiyi Xu
 Ting Yang
 Ryan Yaris
 Runyu You
 Boyang Yu
 Changle Yu
 Xuedi Yu
 Yi Yu
 James Zensky
 Deen Zhang
 Di Zhang
 Haotian Zhang
 Yanrong Zhang
 Li Zhang
 Yiming Zhao
 Shi Xuan Zheng
 Zhi Zheng
 Crystal Zhou
 Yan Zhou
 Qingxiu Zhu
 Ruiqi Zhu
 Zhimin Zhu

Telemark Level III

Tanner Jacobs
 Richard Lucas
 Jeffrey Rininger
 Jan Steckel

Telemark Level II

Robert Horrell
 Matty Marks
 Ari Pressman
 Don Reed
 Angelo Ross
 Andrew Shelden
 Hunter Winslow

Telemark Level I

Collin Alexander
 Scott Benack
 Alexander Bonfini
 Jonathan Cryer
 Don DeRosa
 Edward Fouhey
 Scott Hammond
 Lynne Hartnett
 David Holladay
 Mark Jacobson
 David Leslie
 Brian McHugh
 Christopher Morrison
 Barbara Mozina
 Mary Nitschke
 David Pollak
 Ari Pressman
 Ethan Riggle
 Dana Rudikoff
 Matthew Tomkiel
 Scott Vlaun
 Matthew Walters
 Jack Witherington

Adaptive Alpine Level I

Katie Ahern
 Stanley Biasini
 Mary Brady
 Demery Coppola
 Michael Dawson
 Cynthia Fitzgerald
 Marc Fleurette
 Andrew Fresk
 Karen Fulcher Scholz
 Kenneth Gossel
 Elizabeth Gross
 Sophie Gustafson
 Tim Hammond
 Kenji Hayao
 Bryce Hernsdorf
 Jeff Howard
 Andrea Hunt
 Emily Hutchinson
 Tyler Hwang
 John Kelly
 Rodney Kidder
 Justin Lipe
 Dan Lobdell
 Heather Macdonald
 Katherine Maina
 Jade McClenahan
 Mark McDonald
 James McGuire
 Brian McNamara
 Devon Murphy

Michael Oot
 Clint Parrish
 Charlie Pausic
 John Perkoff
 Mark Perschel
 Allison Peterson
 Nancy Queirolo
 Thomas Ravenelle
 Scott Richer
 Jocelyn Saltzman
 Emily Santella
 Walker Schatz
 Bernhard Scholz
 Rebecca Shiffman
 Diane Siegert
 Lisa Totz
 Caitlin Van Wicklin
 Carolyn von Schenk
 Jae Vyskocil
 Matthew Weppner
 Julie Westervelt
 Todd Wichman
 Shauna Young

Adaptive Snowboard Level I

Hazza Block
 Stephanie Breen
 Nicole Erickson
 Dylan Hillsburg
 Jody Mandeville
 Bill Moreland
 Jerry Tartaro
 Anna Vann

Senior Specialist 1

Henry Gabler
 John Showman



YOUR TURN

The Your Turn section is an opportunity for members' voices to be heard. Submissions are welcomed and are subject to editing (and in some cases the opportunity for the author to workshop a piece with editorial staff). Opinions expressed may not reflect the views of PSIA-AASI or all of its members.

The Unintended Benefits of Sliding on Snow

By Thessaly Bullard
Alpine Level I, Children's Specialist 1
Gore Mountain, NY

The primary purpose of snowsports instruction is to develop fundamentals while creating a fun, safe, learning environment. However, we do so much more than just teach people to slide on snow. We also provide students with important life skills and create life-long memories.

If you learned to ski or snowboard long-ago or started as an adult, you may not remember repeatedly falling down, the frustration of getting on lifts with little legs, the awkwardness of carrying poles for the first time, or the initial fear (and subsequent pride) after getting down your first black diamond. But you do likely remember the magic of exploring the secret trails hidden in the woods, the joy of cresting the top of a massive snowy whaleback, and the thrill of skimming across the surface of a spring slush pond!

In addition to providing these memorable experiences, snowsports teach valuable life skills. We teach our young students how to navigate real responsibility and real safety situations, and we do it in real time. We require them to continuously assess and manage risk, to have the courage to try new things, to overcome obstacles, to look out for one another, and to offer support when others struggle. Snowsports quite literally teach the life lesson that when you fall, you pick yourself up, dust yourself off, and keep going! Similarly, when our students see instructors training or trying something new, they see that pushing oneself to get better is cool at all ages and abilities and that we don't always get it right on the first try. That's part of the learning process.

Our young students also develop group awareness, leadership, cooperation and accountability by being tasked with choosing appropriate terrain, trails and park features, as well as picking appropriate stopping points along the trail, making sure everyone in the group is accounted for at every stop, giving the "all clear" that it is safe to merge onto the trail, and assisting if someone needs help getting up, retrieving a pole, or making other uphill skiers aware when someone has fallen.

Snowsports welcome students who might not be naturally athletic, competitive, or popular. Group lessons provide a venue for skiers and riders to interact with peers who have a shared interest in sliding on snow, but may be from very different schools, cities, states, or backgrounds. We give them a space to make friends without their parents, and we show them that they can trust other adults who care about them and communicate differently with them than their parents do. It challenges them to develop multigenerational connections and have meaningful eye-to-eye conversations with adults who are outside their limited social sphere of parents and schoolteachers. We teach them that they belong. They belong to the group, they belong to the mountain we love so much, and they belong in the world of snowsports.

In an age where it's difficult to do anything without being tethered to technology, it's no surprise that there has been an unprecedented rise in social isolation and mental health issues. Snowsports provide the perfect setting to be outdoors, immersed in nature – without cellphones! The simple act of being outdoors amongst the trees improves mental wellness and fosters an appreciation and respect for our planet. Use these moments to chat about other winter sports and activities, to look for animal tracks, to identify native plants and trees and to talk about the unique history and features that make our region so special. Every chair ride is an opportunity to connect with these youngsters on their level, to sing songs, share jokes, engage their imaginations, and play silly games. Young students enjoy showing off their practical skills by reading the interpretive signs, deciphering the trail map, answering riddles, and solving math problems.

Along the path to delivering our mission of inspiring our students' life-long passion for snowsports, we are shaping and developing skills that translate to other moments in our students' lives. This is the magic that we offer as instructors. This is what keeps drawing so many of us back year after year. We know deep down that we teach so much more than just sliding on snow. <<

Occupational Therapy Internship in an Adaptive Program is a Win-win-win

By Janet Brooks, Ed.D, OTR/L

Alpine Level I

By Rina Drake, OTR/L

Alpine Level II, Adaptive Level II, Children's Specialist 1



Janet Brooks (right) and Rina Drake

We have been volunteering as adaptive ski coaches at New England Disabled Sports (NEDS), a 501(c)3 nonprofit at Loon Mountain, NH and Bretton Woods, NH for twenty-five years. As occupational therapists (OTs) and avid skiers, teaching adaptive snowsports was a natural fit. During the week, we worked with children in schools, with adults in hospital and home settings, and taught many generations of OT students (note: co-author Rina

owns Practical Ergonomics, a private OT practice in Greenland, NH, and co-author Janet serves as a Distinguished Senior Lecturer in Occupational Therapy at Tufts University). An OT is a healthcare professional who helps people with disabilities, illnesses, or injuries develop the skills necessary to perform their daily life activities including leisure and recreation. We pursued PSIA certifications to improve our on-snow teaching and to make connections between our professional OT world of helping people to achieve independence in their lives. We used snowsports as a therapeutic tool toward that end.

As volunteer coaches, we often said, "This is the purest form of occupational therapy that we know."

At NEDS, we find ourselves utilizing our professional OT skills constantly. A decade ago, NEDS teamed with Academic Fieldwork Coordinators at The University of New Hampshire and at Tufts University to trial a level 2 fieldwork experience (in lay terms, this is a 12-week internship for OT students) in the emerging field of community-based practice. Ten years later, twenty-five students have successfully completed this now-formal Accreditation Council for Occupational Therapy Education-approved level 2 fieldwork experience. All these interns have gone on to complete their academic and clinical requirements and pass their national licensing board examinations. These graduate interns have contributed to the high-

quality programming at NEDS. Occupational therapists, OT students, educators, staff members, and athletes at NEDS continue to collaborate to promote independence not only in snow sports but in life.

Benefits of having interns

NEDS has over 200 trained volunteer coaches. The OT interns have been a wonderful addition to that volunteer base. The interns must live locally, and they work 40 hours per week mostly instructing snowsports. Interns also learn and contribute to all aspects of the organization. They inventory and maintain equipment, and they learn about assistive technology (both low tech and high tech). They participate in all aspects of office work (completing phone intakes, interfacing with arriving organizations); they organize rentals, and they participate in the fundraising that accompanies every nonprofit. Participation in these tasks is critical to developing an understanding of community-based practice.

These OT interns come to us with a minimum of a bachelor's degree and two years of graduate level courses focused on disability and maximizing engagement in activity and environmental adaptation. They bring a strengths-based approach to all that they do. Having interns amongst the volunteers presents opportunities for the volunteers to share what they know. Volunteers' skills improve through discussing approaches to lessons. The volunteer, the intern, and ultimately the athlete benefit from these opportunities for mutual learning.

Our OT students have contributed tremendously in behavioral regulation and sensory processing. The interns are not providing OT treatment; they are ski and ride instructors. However, their skills in dysregulation prevention and facilitating self-regulation strategies and activities are invaluable in behaviorally challenging lessons. They understand that a child acting out in a beginner lesson may be due to sensory challenges regarding the novel "feel" of ski boots or overwhelming auditory input from the snow guns. They can then respond using appropriate sensory strategies/tools. The OT interns also have clinical knowledge that includes balance and gait challenges, hemiplegia and paralysis, nonverbal communication, ataxia, hyper/hypotonia, cognitive challenges, developmental disabilities, and visual impairment. A typical adaptive volunteer ski coach gets 3 to 6 full days of training in our program. The interns come with a minimum of two years full-time graduate-level disability education.

Benefits to the interns

As you know, skills developed as a snowsports instructor become life skills. Written and verbal communication skills of the coaches are critical to a successful program. The interns have studied formal documentation procedures. NEDS documentation includes the intent of the lesson, what was achieved in the lesson, and recommended next steps. Deciding "what others need to know" in the documentation represents ongoing critical thinking -- another valuable life skill. They make the necessary connections to Alpine and Snowboard Fundamentals as they also work to emphasize an athlete's ability to participate independently. Lessons expose interns to a broad range of ages and diagnoses, and they benefit from both disciplinary and transdisciplinary supervision. They get individualized meetings with industry experts such as National Adaptive Team Coach Geoff Krill who trains on-hill movement analysis skills and Dr. Jessica Harney who teaches about paralympic qualification practice standards. They learn communication and listening skills from a parent volunteer who has expertise in working with families who have a member living with autism. Our expert grant-writing volunteers lecture on grant writing and fundraising. The interns attend a Board of Directors meeting for exposure to organizational leadership.

Benefits to the family and athletes

Interns interact with families from the moment they enter the organization's building. This begins with immediate functional observations that the interns are specifically trained in. For example, an athlete who walks in might have a greater potential for independence as a sit-skier than as a stand-up skier. The interns look at balance, stamina, coordination, vision, perception and cognition in addition to whether the athlete walks or wheels in. Athletes and families benefit from the interns' expertise in functional motor planning skills and movement analysis which are integral parts of their OT educational experience. They have prior knowledge of family and team communication as they have trained in how to listen and how to report out.

Our occupational therapy interns, who hail from graduate programs nationwide, report that their experiences far exceeded their expectations in acquiring skills for occupational therapy practice within a community-based adaptive snowsports program. Our interns have consistently completed all other fieldworks and their national exam successfully. Many have gone on to advocate and pioneer adaptive sport opportunities in their occupational therapy job settings. The benefits for the program itself are clear as we work towards giving our athletes and families the opportunity to experience the world of adaptive sport in a meaningful way, maximizing fun and independence. The interns learn, the athletes improve, and program quality goes up. That's the win-win-win of adding an occupational therapy internship in our adaptive snow sports program. «

Event Report: Women's Intro to Freestyle Camp, Mount Snow, March 2024

By Isa Helderman

Snowboard Level II, Children's Specialist 2, Alpine Level I Camelback Resort, PA

A long, long, long time ago before the days of social media or even cell phones with cameras, the Eastern committee awarded me a scholarship to attend an AASI event that I could count towards my continuing education requirements. In return, the committee requested that I write an article for the *SnowPro* describing my experience at the event. With the best of intentions, I promised to write the article, but it never happened. Out of sheer guilt, I returned the scholarship award the following season. A deal's a deal.

Fast forward to now, I have once again been awarded a scholarship to attend an event, which I applied towards the Women's Intro to Freestyle Camp at Mount Snow on March 21-22. As times have changed, the scholarship committee no longer requires an article from its recipients; an appropriately tagged post on social will fulfill the requirements. Sadly, that has not happened for the following two reasons: 1) I did not want to bring my phone into the park, and 2) all of the pictures other people took have already been posted. With that being said, here's the article. Although I failed to capture photos, I am providing some hashtags to appeal to a multi-generational readership -- #print.

Let me start by saying that I envisioned this late March event as a #SpringConditions situation. I was hoping the landings under the features would be soft and forgiving should random body parts be flung towards them at unrecommended angles. On our first day I think the temps registered around 11 degrees Fahrenheit, the second day closer to 13 degrees. You know that turtle butt pad they sell on Amazon? I wish I'd had that. I did in

continued on next page »

fact encase most of my major skeletal features in a mixture of plastic sheathing and some high-tech foam material made by a company based in Utah. I am sure none of this was in the least bit noticeable (#YeahNo).

My home state of Pennsylvania was well-represented in our group, followed by a respectable delegation from New England and some random New Yorkers. Our experience levels with freestyle ranged from “Park. Bad. No.” to something along the lines of, “I used to do rail jams before I had kids.” The *esprit de corps* that followed over the next two days seemed to spring from this diversity of skill level and experience. We inspired each other to try things that once seemed impossible and supported each other in our struggles with fear. You know it’s a good group when everyone exchanges #instas, or for those of us without that, just a #phonenummer.


Our clinician Bonnie Kolber shared her impressive expertise and encouraged us to ask questions about skills we were interested in learning. We were also stoked to have Danielle Needle understudy this event. I should also mention that 4 of us were over 50 – #OMG! – which just goes to show that it’s never too late to do stupid things and wreck yourself. That did not happen, but still. I am writing this to encourage women who may be intimidated by terrain park features to consider this event as a great opportunity to practice freestyle riding. Having the camaraderie and support of your fellow riders and coaches can make all the difference in building confidence to try new skills.

Failing that, I still highly recommend the #TurtleButtPad. «

Event Report: Alpine Practical Teaching, Gunstock, NH, March 2024

By Monica Plante

Alpine Level 2, Children’s Specialist 2, USSA Level 100
Cannon Mountain, NH

 In March 7 and 8 I attended Alpine Practical Teaching at Gunstock Mountain Resort. The Next Core Scholarship was generously bestowed on me to take this event. NextCore is a group of PSIA-AASI members ages 14-39 created to promote and develop programming specific to this membership demographic. I chose Practical Teaching because I needed to complete it for the Advanced Education Certificate and because it addresses different class handling methods and ways to deliver feedback. Scholarships are available for Eastern region members wishing to seek further education and development whether it’s directly related to pursuing a certificate or not. The Advanced Educator Certificate requires one to complete a series of on-snow, indoor, and online courses. Members have ten years to complete the coursework.

PSIA-AASI clinics provide opportunities for networking. Meeting fellow participants and clinicians I learned about the different perspectives at different mountains. Members at this particular event came from Cannon, Pat’s Peak, Gunstock, Loon, and Sunapee in New Hampshire, Stratton, Vermont, and Mohawk, Connecticut. The 2300-foot Gunstock treated us to spectacular views of Lake Winnepesaukee and the surrounding White Mountains including Mount Washington. Trail names at Gunstock include Pistol, Shot Gun, and Ricochet, among others. One could design many teaching drills inspired by these trail names.

Over the course of two days, we focused on different technical aspects of our skiing. Clinicians assigned specific focuses personal to our skiing. The pointer for me was to flex the inside ankle more to promote an extended outside leg. My turns became rounder from initiation through

the apex. As a group we were directed to close the space between the front of ski and the snow, especially the front third starting from the ski tip. We paired off and shared feedback with a partner – a skillful use of the Reciprocal Teaching style.

During the afternoon of the first day, we played with shuffle turns with added nuances like shuffling the bottom half of the turn only and shuffling the right foot for six turns then the left foot for six turns. Doing so activated the inside foot and make the turns feel silky smooth. We discussed why skiers have diverging skis at the end of the turn. One reason was the inside foot edge angle is flatter than the outside edge angle.

As the days wore on, we addressed the Fundamentals, skills concepts, and DIRT (duration, intensity, rate, and timing). We circle-skied and did a mogul run that was about 10 turns long. Moguls were soft since it was nearly 60 degrees with bright sun and cloudless blue sky. We had spring skiing conditions for this event.


In the afternoon we practiced the Stork Drill, a drill that can facilitate moving from wedge Christy to open parallel. By edging the front pinky toe side of the inside ski the skis cut the snow like butter.

About nine years ago, I completed CS1 at Gunstock and had a blast. This area has many places for lodging and is about 25 minutes from Interstate 93. As an Alpine Level II and USSA Level 100 certified instructor, Practical Teaching appealed to me for the content that overlaps between USSA and PSIA. Attending these types of events and learning how other instructors from other resorts approach teaching interests me. People come to teaching with many different backgrounds and reasons. It is uplifting to work in a supportive atmosphere with fellow PSIA-AASI members. «

Balancing Challenge and Skill to Create Enjoyment

By Ken von Felten

Alpine Level III, Telemark Level I
Saddleback Mountain, ME

 We have all done it: we’ve been engrossed in a challenging activity, then awoken from our focus to ask, “Where did the time go?” These experiences do not happen all the time, but when they do, we often find them enjoyable. When they do occur, it can be said that we found our “flow.”

Psychologist Mihaly Csikszentmihalyi, author of *Flow: Psychology of Optimal Experience*, helps us understand how to experience this state of flow and the resulting enjoyment it can bring. Let’s look at how cultivating flow may help us create enjoyment while teaching snowsports.

As *Teaching Snowsports* says, an educator’s role “is to cultivate experiences for your students to learn.” Making those experiences enjoyable is a logical extension of that goal. Understanding how to achieve flow allows us to help our guests (and ourselves) have enjoyable experiences.

In his book, Dr. Csikszentmihalyi describes the factors that contribute to a state of flow: a challenging activity that requires skill, clear goals and feedback, concentration on the task at hand, the merging of action and awareness, and a sense of control. You likely see parallels with elements of the Learning Connection Model.

Let’s consider one of these factors a little deeper: a challenging activity that requires skill.

Our Snowsports activities align easily to this factor. The level of challenge and the student's skill level need to be balanced to obtain a flow state. When these are aligned, a person can enter a state of hyper-focus, and all their mental capacity can be directed towards the activity.

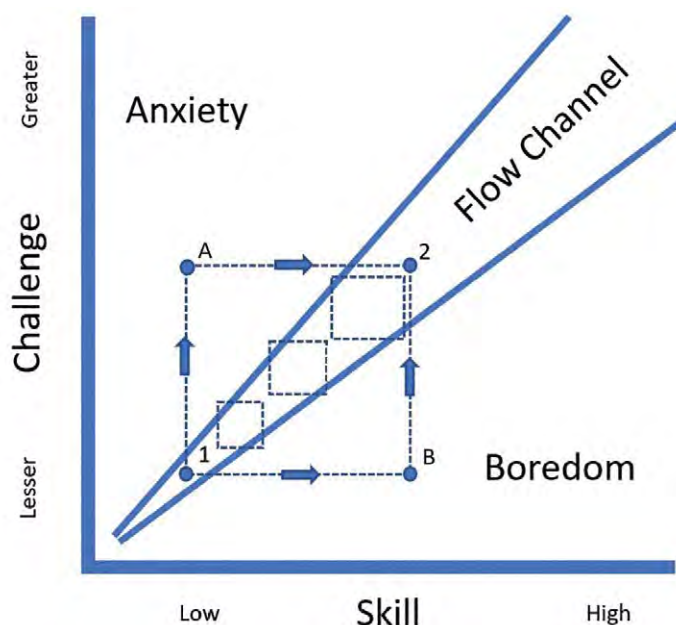
If the challenge of an activity is greater than the skill of the participant, the experience can result in worry or anxiety, which prevent concentration. An example would be when someone's friend teaches them to ski for the first time by taking them to the top of the mountain. In this case challenge clearly exceeds skill and can result in apprehension, preventing any learning. Most would likely not describe this experience as enjoyable.

In the opposite relationship of skill and challenge, take a fit, agile, ex-hockey player in a learn-to-ski group lesson. Ask the hockey player to repeatedly do a straight gliding wedge, while she is already able to turn at the bottom and skate back up to the top of the group. Unsurprisingly, she'd become bored and distracted, not find the lesson enjoyable, and decide not

It is necessary to understand our own internal bias towards accepting challenge to be able to help our students. My personal bias is towards looking for a steeper slope or more difficult run to grow my skills. Due to the nature of our sport, I see and hear many instructors who share this bias, saying the "mountain is the best teacher." For others their bias may be to "perfectly practice", repeating an activity to sharpen a skill prior to progressing to a new challenge. Mikaela Shiffrin, for example, describes her focus on mastery of a ski drill, resulting in more mileage of an ideal ski technique, an example of "hard fun." We must understand that *the level of acceptable challenge is defined by our students and not us as coaches.*

The mismatch of challenge and skill which can interrupt the path to enjoyment does not need to be drastic. It can be as simple as asking a wedge turner to pick up their inside ski. We must continuously monitor our student's emotional state, to better adjust the task to match their balance of skill and challenge. Where one wedge turner may be game to try lifting the inside ski, another may need a stepped progression of less pressure on the inside ski, to quick taps of the inside foot, to a momentary balance on one ski. Tailor your lesson for each guest, have empathy for them, and use creativity to adjust activities. This lets us find flow in our job and find the right balance.

In this article we reviewed one factor in achieving a flow state and facilitating enjoyment. As mentioned earlier there are other factors which also parallel the Learning Connection Model. If you are interested in learning more you may want to consider listening to Dr. Csikszentmihalyi's TED talk on the topic at this link: [ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness](https://www.ted.com/talks/mihaly_csikszentmihalyi_flow_the_secret_to_happiness). Or read his book, with additional insights on how to enable enjoyment for both you and your guest. <<



The Flow Channel Chart (based on Mihaly Csikszentmihalyi's model) illustrates the balance and relationship between skill and challenge to achieve flow.

to take lessons in the future.

Each person's chart will be unique depending on their individual experiences and personality; as coaches we need to determine if our guest prefers to practice a skill or move up the slope for more challenge. Let's assume point (1) is a straight run on a slope with a gentle run out. The balance skills our guests have acquired walking, running, and moving through life match this new challenge of sliding on snow and they find joy or "easy fun" in this simple activity. The next step may be to ride a magic carpet and face a more significant slope. Some guests may move towards point A and experience anxiety. While others will thrive at the challenge and use it to build skills. If instead of moving to the magic carpet the coach had the guests continue to repeat that same gliding exercise, they may become bored moving towards point B. Other guests will desire repetition and practicing of the skill before they are comfortable with adding more challenge. The width of the Flow Channel will vary for everyone. Our role as instructors is to understand our student's level of acceptable challenge and adjust tasks or create progressions (shown as smaller boxes between 1 and 2), fitting the guest's unique Flow channel.



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In Memoriam



Robert "Mick" O'Gara

Robert "Mick" O'Gara, a loving husband, father and friend to many, passed away peacefully in his Meredith, NH home on May 20, 2024, following health complications. In his 68 years, he had many joyful adventures. He was known as a passionate coach, tech talker, course conductor, coffee connoisseur, dancer extraordinaire, music enthusiast, and dog lover.

During the winter, he could be found on the ski slopes, and when not skiing, cycling and sailing filled his days.

Mick had an industrious career in alpine skiing and sales. His passion for skiing developed growing up near the Catskills in New York, and he continued on this path his whole life. A graduate of SUNY Oneonta with a BA in psychology, he combined his knowledge of people with his skiing passion throughout his career. Mick was a highly sought after staff trainer at Waterville Valley from 1982-2018. He was an active member of the Professional Ski Instructors of America (PSIA) from 1981 to his retirement in 2018. He became an Alpine Examiner in 1990. To become an examiner, Mick worked up the ranks of ski teaching and skiing skills for six years, showing dedication and commitment to his goals. In 2015, Mick was given the Alpine Examiner Emeritus Award, having demonstrated his high level of commitment to the ski profession.

Mick believed there was always room to grow. He was constantly improving his ski technique and challenging others to do the same. Quietly, he listened and studied, then reflectively responded. He read,

researched, and refined ideas in conversation with his peers. Mick considered ski turns and ski teaching an art, and he was known to say, "practice makes permanent." To this end, he practiced his craft by skiing in Waterville Valley and all over the East, as well as the big mountains in the West and in Europe.

Mick will be missed by many, but he counted himself fortunate to spend over 40 years doing what he so valued with skiing compadres. One of his best friends, Jeff Korajczyk, says he is skiing the clouds, and we can smile thinking of him doing just what he so loved.

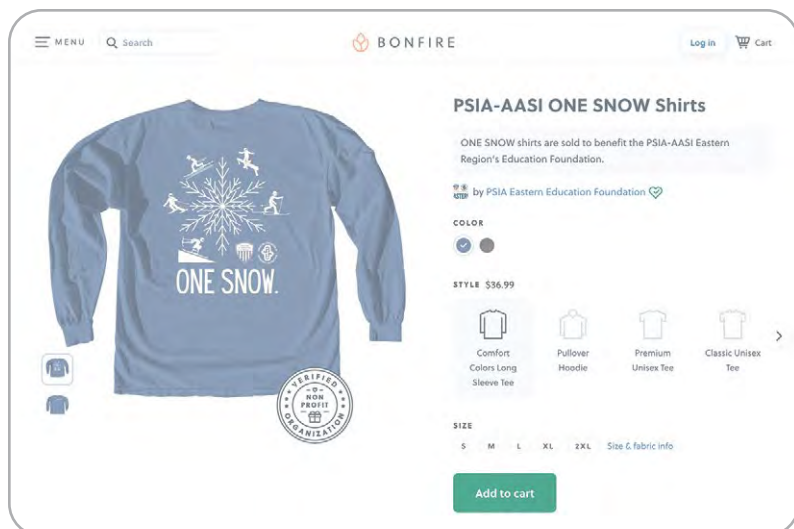
A celebration of life will take place on Sunday at 10AM on June 23, 2024, at the top of Snow's Mountain in Waterville Valley, NH. In honor of Mick's love of nature and being out in any weather, this will involve a short hike or bike to the top, rain or shine. A small gathering will follow the mountaintop celebration for close family and friends.

In honor of Mick's love of skiing, donations can be made in Mick's name to PSIA-AASI Eastern Region's Education Foundation easternsnowpros.org/donate/



Mick with Waterville Valley, NH staff at a staff training session.

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The 2023-24 'ONE SNOW' and the 22-23 'GO WITH A PRO' designs are available in short or long sleeve t-shirts, hoodies and sweatshirts.

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