



PSIA/AASI-NA



Introducing Our New Board Members!



Beth McLam grew up in Fairfield, Idaho. She spent the majority of every summer helping out on the family farm. From handling different irrigation systems, to driving heavy equipment, to making inventive "farmer" repairs, Beth learned from her grandpa

and dad how to be a survivor, work hard to be the best, and enjoy life. Most winters she enjoyed numerous days on the slopes. Soldier Mountain Ski Area was her weekend backyard.

As an NCAA DII athlete and kinesiology major at Northwest Nazarene University, Beth knew that following graduation she would enjoy working in the sports/recreation industry. Being an athlete and involved in sports is a highly prioritized thing she strives for in life. Beth spent portions of her late/post-college winters and a summer coaching high school basketball. Most of her other jobs have been exploring positions within the winter mountain resort setting. Beth's winter position now is on the Sun Valley Ski and Snowboard instructors team.

Beth has a fascination with the differences in how people learn, which contributes to why she is passionate about

snowboard instructing. She celebrates the accomplishments made by her students sometimes even more than they do. Being elected to the PSIA-AASI NI Board gives Beth new opportunities. Beyond the large amount of learning she gets to do, Beth hopes to see members realizing and enjoying the value of their membership. She thinks this first happens through members staying informed and being encouraged to connect with others in our professional snowsports community. Beth looks forward to this service with gusto.

Gary Baarson was raised in Montana and has had a life long love of skiing and sharing his love of the sport with his students. His parents were part of a group that started and built a ski area in Montana. As a result, he grew up on skis.

He has a passion for teaching and has been an instructor for over 30 years. He is a



former USAF/ANG instructor / evaluator pilot, as well as an airline instructor / evaluator pilot.

He looks forward to serving on the NI board and representing the entire membership. He would like to meet as many of his fellow instructors as possible, and encourages the membership's inputs and ideas to promote our division, our sport, and our profession.

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It's not all childs play! Way to go, newly certified Childrens Specialit 1 instructors!

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Weylin Barrett
Susan Crist

Allen Benner
Alex Simpson
John Straka

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Liz Keppinger
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The Ski Season Did Not Come to an End!

By Bonnie Wetmore



Spontaneity can sometimes offer beneficial rewards. When the ski season came to an end at Sun Valley, I was not ready to end it. Our spring skiing was outstanding right up to the last run down Greyhawk! It was too late at that point to sign up for the National Academy at Snowbird, so I opted to look further west. Thanks to a conversation I happen to have with two experienced Mammoth skiers, Tony & Maria Parkhill, my mission became the Western Spring Convention at Mammoth – April 25 to 27. I gave the area a call anticipating it may be too late to sign up. Fortunately, they couldn't have been more accommodating and were pleased to have me come.

Signing up on-line for 3 days of clinics, 2 topics each day, had a challenge all its own. Topics like: Tricks for skiing harder not smarter, Skiing strong when the body no longer wants to be abused, Monkey see-monkey do, Skiing not talking, Teaching and Movement Analysis Thoughts, Tactics and techniques to ski faster, 23 laps on chair 23 (steeper than steep). The choices were vast, plus all disciplines had categories. Present and former members of the National Demo Team and clinicians from the Western Division were destined to lead the groups. Attendance was from as far away as RM, NI, and NRM, not to mention all the Western Division ski areas of California!

Being on the road with my dog 'Sammy' was a unique experience. Every pit stop demanded time for exploration. Once we crossed the Nevada border the desert was behind and the spectacular Ritter and Cathedral mountain ranges loomed in front. Yosemite was not far. Just off to the northwest. WOW! We stopped at Mono Lake to enjoy the moment and wishing we had more time to explore. June Mountain ski area faced us on our journey south. It took 9 ¼ hours from Ketchum to arrive in Mammoth Lakes.

Motel 6 on main street Mammoth Lakes is dog friendly, very close to an outstanding bakery, within walking distance to restaurants, and a bus stop conveniently located down the driveway to catch a 4-mile ride to the mountain. Due to my dear Sammy, I chose to stay in this location rather than get accommodations right at Mammoth. This was perfect for our needs, plus the daily fees were discounted as part of the convention. Like all resorts going through seasonal transitions, the town was pleasantly quiet.

A few of the many highlights of my experience at Mammoth:

*The weather. The first day we joined our groups in what was to be 40" of new snow in 20 hours. What joy being gifted with a "winter" sorely missed!

*Topic: Video and MA. Our leaders were two coaches from Western Division-Mammoth and Squaw. Unfortunately, due the fact that it was snowing and blowing sideways, the visibility was poor and filming just did not work. However, we looked at a number of other skiers from previous videos spanning many years showing all ages of equipment, styles of skiing, and quality skiing in varying



The 2nd AM after 40" of snow and high winds. A spectacular day that will not be forgotten.

keep observations and explanations brief, our primary focus was on the basic fundamentals of good skiing. It became apparent and increasingly obvious that these fundamentals defy time and are a common denominator in all skiing. Along with evolution has come clarity (understanding movements, skills, bio mechanics), simplified further by the "what", "how", and "why". Video, no matter what the guidelines are to view and interpret, is such a useful tool. As professionals we must continue to keep up with and learn to utilize this technology creating easier access to viewing. Good interaction and meaningful conversation came out of this session.

*Topic: Teaching and Movement Analysis Thoughts. Jonathan Ballou (D-Team member). I really enjoyed Jonathan. His knowledge of the basic movements that apply to good skiing he shows so well and consistently no matter how fast, steep or gnarly the conditions. His demonstrations were solid, precise and appeared effortless to watch. The MA process was watching him and watching each other for improvements. His teaching and feedback was simple, clear and to the point regarding the basic fundamentals: Specific definition of

functional *Stance, starting at the boot/foot on the ski. Change weight from outside ski to outside ski as the turn is made. Turn feet and legs more than the upper body. The use of inclination and angulation to control the edge angle. The ability to regulate pressure along the length of the ski.* Our focus was to ski a lot and watch for these things happening. Questions were sometimes raised and group participation became apparent. At times, specific movement focuses (such as the ankle use) regarding the "how", "when", "where" were discovered and further defined. Without a doubt Jonathan had us easily captivated, learning and enjoying ourselves. Group interaction was key and helped to draw out the positive.

*The last highlight (and there were others) was skiing Mammoth steeps. The day presented itself! Runs such as Climax, Cornice Bowl, Wipeout Chutes, Paranoid Flats, and more all drop off Mammoth's highest ridge. It's awesome to look at while riding the Panorama Gondola or Chair 23. After getting 40" of snow, the patrol did their avalanche safety duties. Blasts were heard down in Mammoth Lakes. Just about everything off the ridge

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Membership: Vacant

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Matthew Percuocco	A3
Christian Pravda	A3
Lance Cole	A2
Christian Luening	A2
Craig Meyers	A2
Stephen Riley	A2
Connor Bogert	A2
Jason Barland	A1
Jordan Nichrich	A1
Logan Krisrickson	A1
John Hunter	A1
Todd Kerplan	A1
Ryan Bourk	A1
Billtryder	A1
Phil Byers	A1
Ewold Grabber	A1
Dean Dalzell	A1
Charles Kistler	A1
Hannah Curran	A1
Erica Larson	A1
Cierra Thomas	A1
Lauren Mamola	A1
Jeffery Barber	A1
Steve Haims	A1
Christina Carlson	A1
Jayne Coonce	A1
Lorena Croucher	A1
Colton Mann	A1
Andi Martin	A1
Lori Miller	A1
Ben Warren	A1
Chris Resman	A1
Victoria Paluzzi	A1
Zachary Tomlinson	A1
Naomi Shapiro	A1
Ted Dedden	A1
Abby Hughs	A1
Braeden Pugmire	A1
Cody Scoper	A1
Emilee Milborn	A1
Kate Pekuri	A1
Sarah Miller	A1
Shea Nash	A1
Danielle Valentine	A1
Laura Anzalone	A1
Gerald Smart	A1
Amelia Ruiz	A1
Toby Potter	A1
Jocelyn Pulver	A1
Colleen Morishita	A1

Another perspective on the NI Division Convention in Mammoth *By Tom Williams*

Most, if not all, divisions of PSIA-AASI organize conventions. They are often a 3 day get together at a resort within the division. Attendees are mainly members from the hosting division with a sprinkling of invited guests such as prominent clinicians, D-team members, and a few members from other divisions.

This year, the Northern Intermountain Division held their spring Convention the end of March. By all reports, it was a rousing success. I wanted to go, but couldn't get away from commitments in Sun Valley. A quick check of TheSnowPros.org showed that the Western Division was holding a convention on April 25-27 in Mammoth Mountain, California.

Mammoth Mountain was an 11 hour drive from Sun Valley. Not very close, but I could mix in a trip to Squaw Valley to ski and socialize with friends and family. At the same time, two others from Sun Valley were considering making the trip to Mammoth, so there could be some familiar faces at the convention.

The drive from Sun Valley to Squaw Valley was 10 hours with easy driving across the Nevada desert. The Squaw plan was a partial success. The social side was super, but the skiing was pretty bad by any standards. California had been in a serious drought the entire year and it showed. Not much of the mountain was open, the snow was punchy and there was a serious threat of rain most of the time we were on the snow. A morning of this was enough; I quit early and headed to Mammoth. As I departed Squaw, a storm was gathering in the west.

By the time I reached my lodge located on Minarets Avenue in Mammoth Village, it was nearly dark. There were signs of snow here and there, but not much. Of course I knew that the convention would take place further up the mountain where more snow was likely, and perhaps something good would come of the forecasted storm.

Next morning, it was starting to snow. The

roads in Mammoth Village were still clear, but no telling what the conditions might be like up the mountain. The road from the Village to the upper ski area is a well paved and wide road that winds through forest to an upper parking lot at 9,000 feet. No surprise, by about half way up this 4 mile stretch of road, snow started to collect on the road.

One would never have guessed it from the number of cars in the parking lot, but the Roma Room was swarming with people in motion. People were changing into ski boots. Boot bags were stowed under every table and against the walls. Skis and poles were stacked around helter skelter.

Somewhere along the line, I was told to be boots on, ready to go at 9:00 on snow. I stepped outside into the storm a little before 9:00. This first morning there were 15 alpine clinics, 4 snowboard clinics and 2 Telemark clinics. Each clinic topic had at least 2 sections. I had chosen "Down and Dirty Movement Analysis". My section had skiers from Squaw, Heavenly and some smaller places in Southern California that I had not heard of. There were 6 of us counting the clinician.

Once up on the mountain, the snow was coming down even harder. The top of the mountain was closed and definitely not visible. We did the best we could with the clinic topic, and otherwise had a great time skiing in perhaps 6 inches of fresh snow. After 3 hours of blasting through the fresh snow, we skied down to the lodge for a welcome one hour break.

Then back for the second class at about 1:00. Again each clinic topic had two or more sections of about 5 skiers each. This afternoon, I chose Teaching Movement Patterns that work for all ages and all terrain with Cookie Haile from Jackson Hole. The snow was still coming down at 2+" per hour. As a result, most of the clinic concepts were discussed on the gondola rides and inside at a coffee/get warm break. On snow we just

The emphasis was on stance, balance, pressure. We didn't finish out the entire clinic that first afternoon. Five or so hours of skiing in a serious snow storm had taken its toll, and we needed to freshen up before the Kick-off party at Lakanuki Bar Luau in Mammoth Village later in the evening. It was just as well that we stopped early. The parking lot was a mess. My car was buried in about 2 feet of snow.

The next morning was sunny and cold. On the way to breakfast, I took a look at the parking lot and saw that my car now had another foot of snow on it. The roads had been nicely plowed during the night and visibility was now excellent. I could see how really beautiful Mammoth was. But when I arrived at yesterday's parking lot, I found it now cost \$20/day to park. What? Well, it was Saturday, the sun was out and there was 40 inches of new snow. The LA crowd had arrived. There was nothing to be done other than give the attendant \$20 and scoot up to the Roma Room.

The morning clinics kicked off at 9:00. This morning, there were 15 alpine clinics, 4 snowboard clinics, 3 Nordic clinics, one adaptive Nordic clinic and two all day Specialist clinics - one for Children Specialist and one for Seniors Specialist. These all day clinics also continued on Sunday. My choice for the morning session was Level 2 Certification Ski Prep. Several of those I had skied with yesterday were back in my section. So there was the opportunity to get further acquainted. The snow and weather were glorious.

My Saturday afternoon clinic was "Movement Analysis not Just for Exams" in which we mixed periods of fun skiing with periods of standing on the side of runs and analyzing skiers as they came by. Saturday's weather had started clear but developed into a mostly cloudy day. This didn't take much away from the free skiing, took nothing away from the movement analysis clinic work and had the effect of keeping the snow quality high.

Saturday evening was the Members Banquet at the Mammoth Mountain Conference Center in the lodge. Festivities kicked off at about 6:00 with a cocktail hour. The Sun Valley contingent, four of us, sat at one table.

A fund raising silent auction was held during dinner. Also, at least one notable, Glen Plake, hairdo and all, showed up and mingled. After the banquet the socializing continued at the Lakanuki Bar in Mammoth Village for those with stamina. Sunday broke bright and sunny with fewer clouds, less wind and somewhat warmer temperatures than Saturday. The clinic schedule was a fair amount lighter than on the first two days. There were 17 clinics, total in the morning with titles like "Bloody Mary Clinic" and "Moderate All Mountain Skiing". I chose "Exploring the Four Skills".

In the afternoon, there were a total of 6 Alpine clinics with names like "Afternoon Skiing with Jonathan" or "Afternoon Skiing with Mike" or "Cruising Through the Finish". I chose "Skiing Smarter not Harder". If there was a theme to the last day of skiing it would be something like relax, enjoy some superb skiing and have fun.

Snowboard Exam Passes

Chris Lenington	S3
Beth McLam	S2
Paul Canfield	S2
Coby Miller	S2
Hallie Touchstone	S2
Neal Uys	S1
Robert Rusack	S1
Gene Fairbrother	S1
Kami Doan	S1
Megan Jones	S1
Camden Sutton	S1
Johanna Denmark	S1
Ryan Belanger	S1
Ryan Mathieson	S1
Robby Hauck	S1
Andriel Aguinaga	S1
Jack Bovis	S1
Anthony Ortiz	S1
James Figgins	S1
Jennifer Whiteman	S1
Kevin Raymond	S1
Shea Nash	S1
Joy Adams-Johnson	S1
Melanie Yakemovic	S1
Sean Butler	S1

Freestyle Specialist 1

David Rader
 Kristine Storer
 Beth McLam
 Gene Fairbrother
 Timothy James Kauth
 Elizabeth Wallace
 Weylin Barrett
 Alan Stadther
 Megan Jones
 Paul Canfield
 Chuck Chiu
 Eric Zimmerman
 Grady Beck
 Heidi Scherthanner
 Seth Jacobsen
 Kamela Doan
 Nicholas Newman
 Joshua Hadden
 John B. Bolin III (Jake Bolin)
 Chuck Shaffer

PSIA-NI Education Staff Training 2014

By Mike Erlebach and Loren Livermore

Spring training for the division's education staff was held at Pomerelle just prior to the Spring Symposium the last weekend in March. Training was conducted by National Demonstration Team member Jonathan Ballou who works for the Aspen Ski Co. He played a major role in writing the new Alpine Technical Manual. During that process he and other D-teamers were instrumental in leading the way for the next evolution in skiing. Their mission was to bring skiing back to its most basic fundamentals or "truths." Jonathan's task was to introduce these fundamentals to the education staff.

The division, the education staff, and the membership at large must realize evolution in skiing is a given. This particular iteration will be evident during the coming season; in the national standards, certification guides, training, and certification exams. We need to take this opportunity to tamp down our old bag of thoughts and tricks and make room for some fresh ideas and concepts.

During training Jonathan shared a revamped way to look and think of the traditional skills concept. He also let us know, in no uncertain terms, it is the education staff's job to get the word out to division members. Here are a few of Ballou's thoughts on professional-ism. First and foremost is get in shape and stay in condition. Be on time, look sharp, and be enthusiastic. Do not ski lazy at any time. This means with a client or not. Jonathan walked the talk. The message Jonathan presented is to keep the message simple. There are five basic truths in skiing. Stance is the overarching driver of the truths and is our door to accessing these fundamentals. Stance is important! The first day of spring training was dedicated to stance. The second day was dedicated to stance and then during the Symposium we worked on stance.

Did we mention – we worked on stance. STANCE IS IMPORTANT! The stance should promote fluid movement not posed positions. It should be supple at the joints for easy flexion and extension with relaxed but ready muscles to produce efficient body movements.

The stance should start at the ski with the feet and ankles. Feet should be separated wide enough to allow the soles to be flat on a flat surface. This will promote equal application of movement to each ski. Feel the whole foot on the bottom of the boot. Establish three points of contact inside the boot. The ball of the foot and heel are the platform and the bend at the front of the ankle against the tongue is the third point of contact inside the boot. Boot shaft angle determines the angle of the shins and spine. The knee should be flexed enough so when blended with hip flexion (bending at the hip/femur ball joint not the waist) the torso can be maintained in a parallel relationship to the shin angle. The spine should be maintained in its natural "S" configuration to promote efficient movement patterns.

This sounds very much like the "athletic stance" we always strive for – it is! However, if we think of our stance as a living, breathing entity giving us the ability to access and blend skills to make efficient turns then we are on the road to good skiing. Are we ready to put this stance to use? First let's identify the previously mentioned basic fundamentals or truths of skiing.

- Distribute pressure along the length of the ski by moving fore or aft as required to maintain balance.
- Transfer pressure from outside ski to new outside ski. ("It is the job of the inside ski/foot to stay parallel to the outside ski/foot.")

- Tip skis onto corresponding edges at the same angle.
- Turn legs independent of the torso
- Manage "natural forces." Snow building pressure beneath the ski, centrifugal and centripetal forces, and gravity are examples of natural forces.

Once identified and accessed from a good stance, the five basic fundamentals always need to be blended to produce smooth accurate turns. Remember that when a turn is completed we are as close to being in our athletic stance as we are going to get. While there, transition to the new turn by transferring the CoM to the new outside ski and forward in the direction of the new turn. Think of extending and turning the legs between the knee and hip for a smooth, progressive transition between turns.

As members of the education staff we look forward to sharing these concepts and skills with the membership. Participation of the membership is a must in order to make this process work. Members should take advantage of every opportunity they have. Ask the education staff members at each snowsports school to help you and attend in-house training as well as division level training opportunities.

Continued from Page 3. . .

Upon arrival, was the clear sight of these AWESOME steep faces that were a mystery the day before. Runs were secured and opened gradually thru the morning. We proceeded to have major FUN with our Mammoth guide while watching for the next run to open. Entering off the top ridge had my heart racing, wondering if I could make that first turn. It was so bloody steep! However, after the second turn, exhilaration! The avalanche debris was surprisingly soft and consistent as long as you avoided 'sink holes' or pits. The clinician was a man of few words: "Flip your thighs from side to side, making round turns in the fall line, follow me....". It worked, but keeping up became the challenge! From then on to make the first tracks became our pursuit.



"Climax" mogul run, view from top

Staying an extra day at Mammoth was a gift to myself. Monday happened to be one of those very special clear mountain days. Perfect blue skies, no wind, warm but not too warm, and no people. The views of the Minaret Peaks to the north were spectacular! The steeps were calling out, even though to my chagrin, Chair 23 was closed. Still there was plenty of divine terrain to be had.

Because they had also experienced a poor snowfall this season (300" instead of the usual 600") a good portion of the mountain had to close early. Therefore, there is a temptation to explore those areas next year. I believe it's my destiny to return and experience more.

Next seasons goal (and reward) will be to return to this well organized and fun Western Division Spring Convention at Mammoth.

Let me know if you get the urge. (I am serious. Perhaps find a van, fill it, and save space for a few dogs!)

My expectations of a satisfied season finale were by far fulfilled.

Skiing AWESOME vertical, learning from the cream of the crop professional leaders and being with a supper friendly culture of people who like to do everything you do, including a few parties!



Carve' Diem

Interested in submitting an article to our newsletter? Contact Jennifer Whiteman or Seth Jacobsen to get started!

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