



SRING 2009-10 PSIA-AASI NEWSLETTER



MARCH 2010

From the President

Dear PSIA/AASI-NI Members:

I hope this newsletter finds you well and having a good season. We recently were given sad news about a long time member, well known to so many in our Division as a long time employee of Brundage Mountain Resort, a huge proponent of adaptive snowsport opportunities, and the overseer of our election process for countless years. Mary Naylor passed away from an illness and services were held in McCall. Mary's kindness and willingness to serve, her smile and open arms will be missed. Her spirit and energy extends beyond the boundaries of Brundage Mountain, McCall and Northern Intermountain Division.

Walt and I just returned from the ASEA Board of Directors and President's Council meeting in Lakewood. Our meetings, which have been held in the fall, have been moved to January to coincide with the SIA show which moved to Denver from Las Vegas. ASEA continues to move forward with the CRM4M association management software conversion. Jamie Zolber has been heavily involved in getting information to ASEA create templates for events (education clinics, and exams) in our Division.

ASEA has revised and ratified the Association Bylaws. One change affecting NI is the National Rep position. Which is a 3 year term, and if I read it correctly, a renewable second term. Walt has been an active asset on the Board and I am asking the NI Board of Directors to approve his name for the 3 year term. I have Walt's commitment to serve this term, if approved by the NI Board of Directors.

A HUGE announcement came out this meeting. 2011 will be the 50 year anniversary of PSIA! Snowmass will host the event, deemed the ultimate party, April 5-10, 2011! Snowmass is rolling out the red carpet for PSIA/AASI members! Keep posted to the ASEA and NI websites for updates and plan for this historic event!

Closer to home Northern Intermountain is participating in a multi-Division Symposium, April 2-4, 2010 in Sun Valley. Walt Coiner has been working with NW and Intermountain Division staff, and this Symposium looks to be a huge event! We have included information in this newsletter and you should have received a direct mailing from the NW staff. Get on top of reserving rooms and signing up for clinics and events, this should be a great educational and social event!

Last month over \$28,000 was transferred from the Education Foundation funds to the Idaho Community Foundation. Lex Kunau has been encouraging this move for several years. The IRS is scrutinizing non-profit organizations. ICF will manage the funds and annually disburse funds for member scholarships and educational opportunities. I would like to personally thank Mike Sellers for years of golf tournaments which have been a major contributor to the Education Foundation. Thanks also to Rich Caballero, Walt Coiner and Marcus Anderson for investigating the ICF and Lex Kunau who constantly is an excellent guardian of all Northern Intermountain funds.

I'm looking forward to seeing you at the Multi-Divisional Symposium in Sun Valley!

Tom Koto

In this Issue

Staying Hydrated	2
Talking to Kids	3
National Academy	4
Spring Symposium Registration	5-6
Spring Symposium Clinic Topics	7-8
News from National	9

Is your address correct?

Please send any address corrections/changes to:

Lex H. Kunau,
P.O. Box 548
Burley, ID 83318

PSIA/AASI-NI.org

Northern Intermountain
Division
Box 548
Burley, ID 83318
Phone: (208) 678-8347
Fax: (208) 678-8348

PSIA-NI Officers

Tom Koto, President
3920 Esten Avenue
Boise, ID 83703
(208) 866-5461
Tkoto@aol.com

Ken Corrock, Vice-President
P.O. Box 711
Ketchum, ID 83340
(208) 726-8472
(208) 720-3555
Kcorrock@cox.net

Lex H. Kunau, Secretary/Treasurer
(Member at Large)
P.O. Box 548
Burley, ID 83318
(208) 678-5120 home
(208) 678-8347 office
(208) 678-8348 FAX

PSIA-NI Directors

Kevin Briem
Box 4073
McCall, ID 83638
(208) 630-4734
kevinbriem@yahoo.com

Dan Felt
Box 1238
McCall, ID 83538
(208) 634-7462 x 123
(208) 634-2836 home
Edfelt@citilink.net

Heather Davis (Spring 2012)
Box 223
Heyburn, ID 83336
(208)431-2118
musiski2@hotmail.com

Bonnie Wetmore (Spring 2011)
P.O. Box 3203
Ketchum, ID 83340
(208) 726-4634 home
(208) 720-0452
Bonniewet@cox.net

Rich Cabellero
12386 S. Hunters Point Dr.
Nampa, ID 83686
Caballero@tmnevents.com

Walt Coiner
P.O. Box 2587
Ketchum, ID 83340
(208) 539-2253
Limelite1@mindspring.com

Staying Hydrated on the Snow

by Alexis Kenyon

Sitting in the instructor room the other day, I watched a fellow instructor guzzle water from his sports bottle before heading out on the snow. He looked at me and said, "This is the key to being a great instructor." As snow sport instructors that's valuable advice. We constantly run from lesson to lesson and sometimes have little time in-between to grab something to drink. Add up how much time we spend on the snow and it's usually around 4-6 hours a day – that's the average time it takes to complete a full marathon. When we don't make an effort to stay hydrated throughout the day, we are putting ourselves at risk for dehydration.

What is dehydration? Simply put, it's the loss of fluid from the body. We usually accomplish this during physical activity by sweating; our body's natural cooling system. But what happens when we get dehydrated? Staying hydrated is essential to our body's performance and excessive dehydration can decrease sweat rate, muscle strength, work capacity, and overall exercise performance.

When the body reaches as little as a water deficit of 1% of body weight we experience thirst, so in essence by the time we feel thirsty we're already dehydrated. Exercise performance is impaired when an individual is dehydrated by as little as 2% of body weight, and losses in excess of 5% of body weight can decrease the body's capacity for work by 30%. At the 1-2% level of dehydration core body temperature starts to increase and cardiac output is decreased, so at that point our body loses its cooling and work efficiency. At 5% fluid loss of body weight irritability, fatigue, loss of appetite, discomfort and alternating states of lethargy and nervousness are characteristic symptoms. Dehydration levels greater than 7% are extremely dangerous and salivating and swallowing food become difficult. When the body reaches fluid deficits of 10%, the ability to walk is impaired and the body becomes uncoordinated and even spastic. At 15%, the

person experiences delirium, and at 20% the body reaches its upper limit of tolerance before death.¹ As you can see, dehydration comes with some nasty side effects, and as athletes who spend 4-6 hours on the snow, it's imperative we make an effort to stay hydrated.

Unfortunately thirst does not keep up with our body's fluid requirements, so we need to make a conscious effort to make time to drink up. To get an idea of how much we should be drinking the American and Canadian Dietetic Associations suggest we should be consuming 500 ml of fluid 2 hours before activity, followed by another 500 ml about 15 minutes before prolonged exercise, and at regular intervals throughout the activity.¹ That equates to a 32 oz sports bottle before we even hit the snow.

So what should we be drinking? Since we work in a cool environment water is often adequate. However, the ideal fluid replacement beverage should taste good and contain some carbohydrate which helps us maintain blood glucose, our body's source of energy, as well as contain sodium to help restore electrolytes.¹ This can be found in sports drinks such as Gatorade and PowerAde, while another good recovery drink is low fat chocolate milk.

Our bodies cannot adapt to dehydration, and preventing dehydration is a practical way for us to maximize our performance on the snow, delay fatigue, and keep us in good spirits for our guests. So fill up your water bottles and don't forget to drink up the next time you head out to the snow because staying hydrated really is the key to being a great instructor.

Jeukendrup, A.: Sport Nutrition, An Introduction to Energy Production and Performance., pp176-192. Human Kinetics, Inc, Champaign, IL, 2004.

Brooks, G.A.: Exercise Physiology, Human Bioenergetics and its Applications (4th ed). Pp 530-531 McGraw Hill, New York, NY 2005.

Talking to Kids

Wayne Washam

When I was a young "Mouse Master" Ski Instructor to children aged three to six, I thought, wouldn't it be great to talk to kids in Dr. Seuss rhymes. But, using ski words that kids could understand. GREAT IDEA!!!!!! Except there is a big difference between reading a twenty minute story and babbling goofy made up ski words for several hours a day like a pre-kindergarten rap artist. I tell you that so you will know why I still make up words for kids. It is so they can understand me teaching them to ski better and have fun. That's my goal when their parents rent me to protect their children.

The new words are the way we communicate with this tiny client who will not understand, "Ski down the fall line and do an uphill Christy to a stop". The children will tell you up front, "No matter what line I fall on, I can't get up...and Christy is in that class over there". How are you going to do it? Hey baby, try this rap: The feet and knees will turn flat skis or, when walking uphill say bite then push. Bite the snow is edging to my little ones and it is easy to teach when you put your glove under their downhill edge and let them step on your fingers. Your fake pain is funny to them but, flattening and edging have just been learned.

The Stop Line: If you point your skis downhill, they go, if you get them going across the hill, they stop. You have just found the stop line. You do not have to stop every time on the stop line, you can just drive through it to slow down. The slow line is a traverse halfway between the stop line and the go line. Zoom across is a fun game to play as terrain starts getting steeper. Feet close together is the best rule at the start of the turn, you can finish with your feet wide. This rule may seem backward to people who want a big wedge at the top and then a parallel traverse, but for the very young that is a recipe for edges locked in the snow and stance leaning back. If they start with their feet close the skis will be flat for a quick turn and the stance will be tall, upright and able to move in to the new turn. Cause and effect will be guiding the skis to a progressive edge in the initiation phase, a balanced stance against the outside ski in the control phase. Their feet will go to a wide base balance while staying parallel, they just carved a turn. I call it speed for zoom across.

If teaching is learning, what I was taught by my own son is that ski instructors and parents get bored on easy trails. What we fail to realize is that confidence, speed, balance, adventure and a host of other great skills come from skiing fast on the easy stuff.

I love skiing with very small children. The world is such an adventure to them. The excitement of having everything new and different like feeling slippery, the coldness of the snow, chairlifts flying them in outer space and the struggle to control your new shoes that are two feet long and slide backward when you walk uphill. It is all new and different to them. So, don't be afraid to get down to their level and share in the excitement of counting a quadbillion diamonds in the new snow on a sunny day. It just may pay off years down the road when a young adult says, "I loved the time you were my instructor, I had so much fun!"

PSIA/AASI-NI.org

Northern Intermountain
Division
Box 548
Burley, ID 83318
Phone: (208) 678-8347
Fax: (208) 678-8348

Committee Chairs

Children's Education:

Jani Sutherland
3340 Flowing Wells Drive
Hailey, ID 83333
(208)788-0089
janiski@cox.net

Alpine Education:

Bill McGarry
324 1st Avenue
Lewiston, ID 83501
(208) 743-5793 home
(208) 305-5315 cell
(208) 746-3000 Fax
Billmcgarry@lewiston.com

Snowboard Chair:

TJ Kauth
3875 West Pine
Boise, ID 83703
(208)861-4699
tjkauth@bogusbasin.org

Alpine Certification:

Jamie Zolber
8678 W. Casa Grande Ct.
Boise, ID 83714
(208) 859-6807
jmzolber@yahoo.com

Adaptive: Weylin Barrett

National Board of Directors:

Walt Coiner
See information above

Nordic:

Lew Peterson
2409 Woodlawn Avenue
Boise, ID 83702
(208) 890-3490
Lew@primedia-digital.com

PSIA/AASI-NI Newsletter:

Ruth See
(208)332-5340 office
(208)371-4312 cell
ruth@bogusbasin.org

Membership: Vacant

Professional Development: Vacant

2009 PSIA National Academy

by Loren Livermore

The PSIA National Academy was held from the 18th through 23rd of April. Four members of NI attended and I believe fun was had by all. The D-teamers were very accessible and shared with us a great deal of information. Some of the information will be good news and some will come as a shock. Most mornings were spent skiing with our groups and the afternoons were spent in a skiing elective. Conditions were unbelievable, we had sun shine every day with temperatures in the high 40s and the snow was, and this may be a new term for many of us—it definitely was for me, what they call MANK. Each evening we attended lectures ranging from the new kid's manual to tech talk to movement analysis to the improved Matrix. Each was quite informative.

LECTURES

The kid's manual was refurbished and updated by some folks with vast experience of teaching kids to ski. Along with text which was made more relevant by the latest behavioral science material there are also color coded text boxes which contain safety tips, technical tips, and fast tips. The basis for the manual is to help the instructor realize children see things differently than do adults. Coinciding with seeing things differently, we learn kid's feelings determine their skiing experience.

During the tech talks D-teamers answered questions on how snow sports schools and ski areas can make it easier for first timers to have a more enjoyable experience so we can grow the industry. It came down to communication thru the individual resort web pages. There should be a click on portion for the first timer. This section should include information about typical weather conditions, directions to the resort, the type of clothing they should wear, what the kids can expect, and any other pertinent information.

Movement analysis (MA) was discussed in quite a bit of detail during one of the lectures. Some interesting studies determined one must have an in depth knowledge of movement and performance. The analyst should also have no preconceived notions and make no judgments. It is interesting the studies

show it is better to focus on small parts rather than the whole picture. Each instructor should also choose an MA method which is efficient for him or herself. For example: Focus on balance and determine the stance or movement patterns which are causing good or bad balance. Another example is the plane or parallels method. A roll of painters tape can be a good tool for this method—put a strip of tape across the shoulders, hips, and down the spine to help you see any problem areas. One can also compare ski performance with body performance through the phases of the turn (the subject's body is moving in the same direction of the skis and at the same speed as the skis.)

The D-teamers spent some time going over the Matrix. There is one for each discipline now and they contain over 150 minutes of very good skiing. PSIA is working to make the program more user-friendly. The national standard portion uses footage of everyday instructors at certification levels 1, 2, and 3. This is an attempt to help us realize we don't have to be a D-teamer to attain/achieve the national standards. To obtain the Matrix go to the Accessories Catalog at the PSIA web site (the sample page of the Matrix no longer gives directions on how to purchase) and then once you have purchase the program (\$14.95 per year) it will be downloaded to you within 24 hours.

SKIING

The main purpose of Academy is to improve our skiing. Needles s to say we did a lot of skiing. The weather gave us conditions which most of us would not normally ski in. We had temperatures in the high forties every day so the snow was beyond soft. It became MANK, a term I had never heard of though it is very descriptive. The snow was wet and heavy while being quite soft.

Technique had to change in order to cope. Of course balance is the key to whole process. A great deal of dorsa flexion of the ankles is required to keep the shins against the tongues of the boots (try lifting the toes to the top of the boot to get the feeling.) This helps us to be centered on our skis. A much narrower stance was required for success in the mank even with wider skis.

The biggest change was the use of counter. That's right, I said COUNTER! Counter enabled us to get the skis moving down the

while developing a lot of upper and lower body separation. We had to get our feet away for our bodies. As an aside, counter seems to be making a comeback throughout the spectrum of skiing. It seems the more squared up technique with very little ski lead we've all been learning and trying to master for the past ten years or so causes some over rotation when pole touching so a more countered stance with a bit more inside ski lead (not shuffled) encourages the pole touch further in the direction of the turn and subsequently the body can keep up with the speed of the ski going into the turn. AND IT IS OKAY TO SAY AND TEACH COUNTER!!!

There is very little forgiveness in the mank so carving is very difficult. It was easier to SCHMEAR the turn. We found getting very "light" at turn transition and delaying applying pressure to the ski until further into the new turn was crucial. Applying pressure after the go (fall) line was most effective. One D-teamer when asked about pressure and rotary moves in the mank said: "Mank is so treacherous, it doesn't really matter when or how much of either is applied, your skis could go anywhere. As long as you are going in the same direction as one of them you will probably be okay!" After that the skiing became easier. We were able to determine if it was best to ski on, in, or against the snow. This will become food for thought. The thought or feeling is most important in the development of our turns. Feeling the bottom of your feet AGAINST the snow, no matter what the conditions are, gives us strength and power to move through any (most) obstacles.

Final Note

I think we all had a great time. The skiing though challenging was exceptional as was the educational experience. The National Academy experience is everything it is rumored to be. There is no restriction on certification level. Instructors of every certification level are welcome to attend. There are skier groups for any ability level from the most advanced to the least capable. Each person can walk away from academy with a new sense of confidence knowing he or she has kicked their skiing up a notch. D-teamers provide plenty of individual attention and are always available to help you become a better instructor. I highly recommend the National Academy to any NI instructor.



PSIA-Multi-Divisional-AASI SPRING EVENT at SUN VALLEY 9-11 April 2010



PSIA-NW office - 11206 Des Moines Memorial Drive, Suite 106 Seattle, WA 98168 Fax 206.241.2885

Name _____ Membership # _____ Cert Level _____
 Address _____ City _____ St _____ Zip _____
 Cell # _____ School _____ Email _____

Check here if any contact information has changed

<input type="checkbox"/> Slide with clinicians on Friday, box must be checked if you wish to attend <i>(Must be registered for Symposium to be eligible to attend)</i>	\$FREE \$ FREE
<input type="checkbox"/> Two-Day Instructor Package (No Lifts or Banquet) <i>(Includes Registration Fee, 2 Days Clinic and Souvenir)</i>	\$160.00 per person..... \$
<input type="checkbox"/> One-Day Instructor Package (No Lifts or Banquet) <i>(Includes Registration Fee, 1 Day Clinic and Souvenir)</i>	\$85.00 per person..... \$
<input type="checkbox"/> Family Clinic Name of family member(s) who will attend: _____ Alpine _____ Snowboard _____ <i>Must be able to navigate easy blue terrain.</i>	\$50.00 per person/per day..... \$
<input type="checkbox"/> Saturday Evening Banquet <input type="checkbox"/> Chicken Dish OR <input type="checkbox"/> Vegetarian Dish	\$40.00 per person..... \$
<input type="checkbox"/> Extra Souvenirs	\$15.00 each..... \$
Add a \$20.00 late fee after March 25 th , 2010	\$
<input type="checkbox"/> Check # _____ <input type="checkbox"/> Cash <input type="checkbox"/> Credit Card	Total Amount Enclosed..... \$
Visa/MC/Discover # _____	
Exp. Date _____ Signature _____	
Please list family members who will be purchasing lift tickets*: _____ _____	

*only participants in Symposium and family member(s) listed on the roster qualify for discounted lift tickets of \$30.

Mail application, with payment, to PSIA-NW, 11206 Des Moines Memorial Dr., Suite 106, Seattle, WA 98168, or fax to 206.241.2885. Application must be received by **March 25, 2010** to not incur the late fee, applications received after will be accepted only on space available and charged the \$20 late fee. **No refunds** unless injured (doctor statement required) less \$20 administration fee.

LIABILITY RELEASE FORM (release must be signed to attend):
 Recognizing that skiing/boarding can be a hazardous sport, I hereby **RELEASE AND FOREVER DISCHARGE PSIA-NW, PSIA-I, PNSIA-EF**, the host area and agents and employees of each from liability for any and all injuries of whatever nature arising during or in connection with the conduction of the event for which this application is made. Applicant hereby relinquishes and assigns to PSIA-NW, PSIA-I and PNSIA-EF all rights to the use of Applicant's name and likeness or pictorial representation in photographs, motion pictures or other representations concerning Applicant's participation in said Event.

Signature _____ Date _____

Flip this page over to choose your CLINIC TOPICS ()

Learn, Teach & Inspire

Return this sheet along with your registration form!

NAME _____

FRIDAY – Your **FREE** ski and ride day. Clinic groups in less formal settings with a variety of clinicians available! You must be registered for Symposium to attend and sign up in advance to take advantage of this free day!

Saturday, April 10th - Clinic Topics run 9-3

*Select your Saturday topics from the list below
(Please mark your 1st and 2nd choice)*

Sunday, April 11th - Clinic Topics run 9-3

*Select your Sunday topics from the list below
(Please mark your 1st and 2nd choice)*

Adaptive Clinic Topics for Saturday

Intro to Adaptive

Alpine Clinic Topics for Saturday

- All Mountain Skiing
- Beyond Level III
- Challenge Your Concepts
- Children's Real vs. Ideal Movements
- Drills for Skills
- How to be Offensive
- Legends
- Low-Fly or High-Fly Freestyle
- Shake and Bake
- Ski Like a Girl
- Small Bumps or Big Bumps
- Tactics for the Senior Skier
- Teaching with a Focus
- Tip to Tail
- The Balance Enigma
- The 'Eyes' Have It
- The Games We Play (when teaching kids)
- U B 30

Alpine Clinic Topics for Sunday

- All Mountain Skiing
- Beyond Level III
- Challenge Your Concepts
- Children's Real vs. Ideal Movements
- Drills for Skills
- How to be Offensive
- Legends
- Low-Fly or High-Fly Freestyle
- Shake and Bake
- Ski Like a Girl
- Small Bumps or Big Bumps
- Tactics for the Senior Skier
- Teaching with a Focus
- Tip to Tail
- The Balance Enigma
- The 'Eyes' Have It
- The Games We Play (when teaching kids)
- U B 30

Snowboard Clinic Topics for Saturday

- All Mountain Riding
- Low-Fly or High-Fly Freestyle
- Rippin' It Girly Style
- Trench it Out

Snowboard Clinic Topics for Sunday

- All Mountain Riding
- Low-Fly or High-Fly Freestyle
- Rippin' It Girly Style
- Trench it Out

Telemark Clinic Topics for Saturday

- Freeheel Fest
- Movement Analysis

Telemark Clinic Topics for Sunday

- Tele For All
- Movement Analysis

Track Clinic Topics for Saturday

- Classic Skills and Movement Patterns
- Skate Improvement

Track Clinic Topics for Sunday

- Classic Improvement
- Skate Skills and Movement Patterns

Family Clinic Saturday

- Tour the Hill (13 and up)

Family Clinic Sunday

- Tour the Hill (13 and up)

ADAPTIVE CLINIC TOPICS

Intro to Adaptive – Come find out what it is about. This introduction will provide you a basic foundation of information as to what is adaptive and opens the door for you begin to working with this client. **Saturday only.**

ALPINE CLINIC TOPICS

All Mountain Skiing – Challenge your skiing with a mountain tour de jour. Learn tactics and technique to ski a variety of terrain in the mountain environment.

Beyond Level III – You've been a Level III for a while, by now you've heard it all. What's left you say? Come and find out. Your goals are different, you've got the pin, not interested in any tryout but still have the desire and passion to continue to learn, teach and inspire.

Challenge Your Concepts – This clinic will focus on developing awareness of sensations, thoughts and visual cues to aid in the development of more efficient movements that can be applied on any condition or terrain. Expand your concepts of skiing by looking at equipment, mental challenges and physical movements.

Children's Real vs. Ideal Movements – Add to you bag of tricks and explore, learn and share experiences about how to play in a kid's world of real vs. ideal movements.

Drills for Skills – Come 'drill down' to see how the various use of drills effectively develops movement patterns. You'll spend time applying the drills and their tactical application in varying terrain and conditions to better enhance your edging, rotary, and pressure movements and increase balance.

How to be Offensive – Bring the mountain to its knees; don't be the passenger be the driver. Take command of your skiing, be it from wedge turns to that 'sick' line through the bumps or the trees. Don't keep saying 'move down the hill', learn and feel what it's all about.

Legends – Ski with a legend for a fun day designed for skiers of all ages. Let them show you a thing or two!

Low-Fly or High-Fly Freestyle – Come find out what the park is all about or push your skills to the next level. Groups will be split based on ability and comfort levels. The group(s) may be a mix of skiers and snowboarders, depending on sign ups.

Shake and Bake – It's all about the blending of the skills. This clinic will work to improve your skiing performance and understanding of the application of the skills concepts, efficient movements and the blending therein. Skill blending is a great prep for your Level II or Level III skiing exam.

Ski Like a Girl – Taught by top female clinicians. It's fun to ski with the girls and not always worry about keeping up with the boys. Come work on your personal skill development while enjoying the pacing and camaraderie found when skiing with this women's only group.

Small Bumps or Big Bumps – For skiers who have limited experience with the bumps or are accomplished bump skiers wishing to hone their skills with an aggressive group of skiers. Appropriate group splits will be made at the event. Clinics will focus on the technique and tactics of skiing bumps on terrain appropriate to the group's level.

Tactics for the Senior Skier – Low impact alternatives when working with the senior client for skiing a wide variety of terrain. This clinic will focus on various strategies and tactics for this demographic to ski more with less fatigue.

Teaching With a Focus – Focused teaching is where you want to be and your client needs you to be. This clinic will help the participant identify and describe, with precision and accuracy using the Teaching Cycle, skill blends and movement patterns in skiers of all ages and abilities in varied skiing tasks, snow conditions and terrain options.

Tip to Tail – Your tracks will tell the tale. This clinic will explore the art of carving in a safe and fun atmosphere. Learn to ski clean, efficient turns, tip to tail while exploring the hill.

The Balance Enigma – So you thought you were in balance....what is balance, when are you in balance, how do you enhance balance, how do you identify balance? This and many other questions will be addressed as you work through different drills to feel where and when you are in balance and what to do when you aren't.

The 'Eyes' Have It – Don't cast your ballot or be satisfied with only the effect. Make your vote count for identifying the root cause. In this movement analysis clinic you will learn to differentiate between cause and effect by developing your eye to unveil the cause.

The Games We Play (when teaching kids) – Using the "The Children's Skiing Games Reference" and "The Children's Snowboarding Games Reference" manuals we will put together some great new game ideas that help you teach with a purpose but make it fun at the same time!

U B 30 – You need to be 30 or under to hang with this group. Without the older dudes you will explore the mountain with your peers and work on skill improvement, tactical choices for given situations and understanding the how and why.

SNOWBOARD CLINIC TOPICS

All Mountain Riding – Challenge your riding with an upper mountain tour de jour. Learn tactics and technique to ride a variety of terrain in the mountain environment.

Low-Fly or High-Fly Freestyle – Come find out what the park is all about or push your skills to the next level. Groups will be split based on ability and comfort levels. The group(s) may be a mix of skiers and snowboarders, depending on sign ups.

Rippin' it Girly Style – Taught by top female clinicians. It's fun to ride with the girls and not always worry about embarrassing the boys because you outride them. Come work on your personal skill development while enjoying the pacing and camaraderie and found when riding with this girl's only group.

Trench it Out – Get your corduroy carving legs ready and come rip it up. This clinic will explore the art of carving in a safe and fun atmosphere. Learn to ride clean, efficient turns while exploring the conditions of the day.

TELEMARK CLINIC TOPICS

Freeheel Fest – Take the latest movement patterns from the national level and work to develop your skills to maximize your efficiency. Expect an all mountain clinic with the objective of maximizing your versatility with modern equipment in the conditions of the day. **Saturday only.**

Movement Analysis – This clinic will cover cause and effect and help you in your movement analysis skills to find the root cause of what you are seeing in your student's skiing.

Tele For All – An introduction to telemark with a twist. It will emphasize a progression that takes full advantage of the skills already honed in efficient alpine skiing to enjoy the telemark experience. Take the latest movement patterns from the national level and work to develop your skills to maximize your efficiency. For new and cross-over tele'ers. **Sunday only.**

TRACK CLINIC TOPICS

Classic Skills and Movement Patterns – Identify and learn how to analyze the skills and movements in student's skiing. Learn drills and exercises that work towards improving the student's skills. **Saturday only.**

Classic Improvement – Building your skills on your path to being a better skier. **Sunday only.**

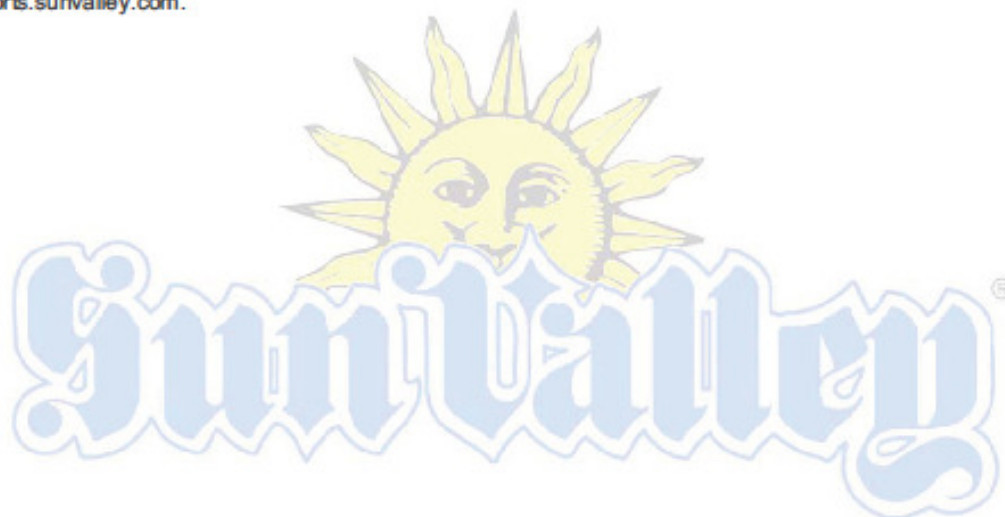
Skate Improvement – Building your skills on your path to being a better skier. **Saturday only.**

Skate Skills and Movement Patterns – Identify and learn how to analyze the skills and movements in student's skiing. Learn drills and exercises that work towards improving the student's skills. **Sunday only.**

FAMILY INFORMATION

Tour the Hill – Join us for a tour of Sun Valley and a lot of fun. We'll cruise around the hill and familiarize you with the runs you're comfortable on. For ages 13 and up; **must be able to navigate easy blue terrain.**

Sun Valley SnowSports School – Sun Valley is offering a 20% discount on lessons for your kids. For lesson information and to make a reservation please call 208.622.2289 or you may also visit their website at snowsports.sunvalley.com.



National/Northern Intermountain Partnership

Walt Coiner

Northern Intermountain has a great partner with the National organization.

The staff at National 'rocks'. They allow Northern Intermountain to function quite efficiently with no paid staff. While other divisions suffer from budget shortages, NI has a nice nest egg in case of disaster. We have signed on to the new central operating management system to track services for our members. Most of the 9 divisions have recognized the value of a central data base and found efficiency in operations as redundant services are eliminated. The old operating system was not keeping up with the needs of our membership. The new AMS create an entirely new standard for member service access. The National organization owns the software license and charges each division a nominal fee.

But the transition has not been easy or cheap. Many hours and dollars have already been spent compiling information, records and procedures. All divisions have had to

define who we are and what we do. We now have a consistent image with a focused direction. Even though we have one of the smallest memberships among the 9 divisions, Northern Intermountain needs are just as important at National as those of the bigger divisions. The new operating system will streamline the way information is delivered to and from our offices in Burley and also those in Lakewood.

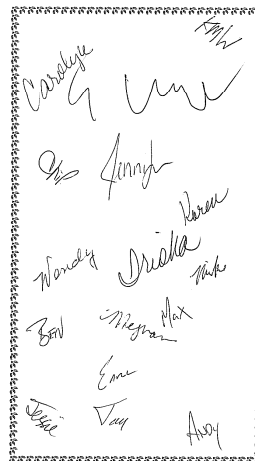
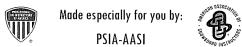
Computers are important to running any organization. We don't even own a computer, yet. Be assured Kennan Warner in the tech department does. Follow the National link and see what changes have been done.

Other departments at the National offices have been very active shaping our organization for the current and future needs of the membership. We have a world class marketing department under Andy Hawk. Ben Roberts and Earl Saline in the education department are pumping out programs and information to help all of us be better instructors. Wendy and her staff have published a world class trade magazine which is going digital online. Tom Spiess in accounting has kept the operation solidly in the black; membership is up 7% over last year. All of these people are guided by our Executive Director Mark Dorsey. Hats off to Mark

for putting this fine team together. Northern Intermountain could never put together a package of services that National has provided us. Northern Intermountain has the best of both worlds. We tell National who we are and what we need, and they do it for us. Big brother 'ain't so bad'.

The near future looks bright yet storms are always on the horizon. ASEA business is inner woven with ski resorts business. As the skier population ages, fewer and fewer skiers will come to resorts and ask for lessons. Michael Berry, President of the National Ski Areas Association, points out the need to develop a better message for the never ever skier and guest. Our future depends upon these guests and their families. On the fun side, we have a great interdivisional Spring Symposium planned for April in Sun Valley. This is a great opportunity to meet new instructors and learn a few new tricks. Rider Rally and National Academy offer further opportunities for higher level instruction. PSIA's 50th Anniversary celebrations are planned for Snowmass April 4-10th. And to cap it all off, we are bidding to host the World at Inner Ski at Mammoth Mountain in 2015.

We are two partners in one great organization. Together we have great team power.



**HAPPY NEW YEAR
AND
THANK YOU**

for your generosity and support
of the PSIA-AASI National Office



Carve' Diem

**CARVE' DIEM WILL BE PUBLISHED THREE TIMES PER
YEAR
(FALL—WINTER—SPRING)**

Please e-mail articles, photos, ads, etc. for publication to:

Ruth@bogusbasin.org

Subject: Newsletter Submission

We are on the Web!

www.psia-ni.org

www.psia.org

PSIA/AASI-NI

Instructors Newsletter

P.O. Box 548

Burley, Idaho 83318

Phone: (208) 678-8347

Fax: (208) 678-8348