



NORTHERN INTERMOUNTAIN DIVISION
 Professional Ski Instructors of America
 American Association of Snowboard Instructors

SPRING/SUMMER NEWSLETTER 2015

Letter from the President

Dear Northern Intermountain Division Membership,

I hope this newsletter finds you well and well on your way to Summer activities. The Board wrapped up the season in April. We welcomed three new Board members following the election. Angela Bovee, Christian Leuning and Fernando Veloz. We thank Mike Young and Casey Jeffus for their service during their term(s) on the NI Board of Directors.

We had a great Symposium this season at Tamarack Resort. Wolfe Aschcraft facilitated the venue. Loren Livermore organized an excellent Symposium right down to the banquet, raffle, auction, and member meeting. Robin Barnes, Alpine Team Member, along with our Education Staff provided excellent training in surprisingly wonderful snow conditions. We owe a great debt of gratitude for all who participated and supported Symposium this year.

Your Board will be reviewing and creating a budget for next, and the following seasons. With that in mind, the Board supports Discipline Chairs and staff as they continue to provide and develop educational and credentialing formats to help you improve your teaching, skiing and riding techniques. Chuck Chiu, Adaptive Chair is working with Weylin and members

to develop Adaptive Standards for Northern Intermountain Division. Jani Sutherland had a record season with Children's Accreditation. Jake Bolin, Freestyle Chair, plans for more Freestyle staff training and providing FS1 and possibly FS2 if there is enough interest. Eric Zimmerman is also working with members to develop a Senior Accreditation, which was introduced to our Division last December at the Sun Valley Ski and Board School. Tony Parkhill initiated bringing the Sr. Accreditation to NI. Steve Rath worked to organize the event. Tony was very generous to invite Eric and I to participate. The end of June 2015 marks the end of the 2 year CEU reporting period. 12 CEU's need to be completed by June 30th 2015. If you were unable to complete the 12 CEU requirement, you will have next season to fulfill

the requirement to be reinstated. Please review your educational transcript and report any missing CEU's to Weylin Barrett, Professional Development VP or myself and we will work with the National Staff to resolve any discrepancies. A final note from a National perspective, Eastern Division President sent an email stating his Division has signed off on their Affiliation Agreement, bringing all 9 Divisions in step with a signed agreement with the National organization. This ends 3 ½ years of work and I am hopeful we all can now collectively move forward with business at hand. Have a great Summer, keep active and look for more information of upcoming educational events for next season!

Best Regards,
 Tom Koto

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PSIA/AASI Northern Intermountain Division has *Gone Green!*

Enhanced member communications are being delivered via website, e-blasts, online newsletters and social media.

Email Seth@brundage.com or call (208) 634-6531 to request paper free only communications!

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Member of the Year, Scott Hurd

Growing up in McCall meant growing up at Brundage for Scott Hurd. During the ski season, Scott and his siblings would pile into the truck with their dad any winter day that school was not in session. They arrived hours before the hill opened because Scott's dad worked for Johnny Boydston as the assistant hill manager. With leather boots too stiff for Scott to lace up himself, his dad got him geared up and sent him off to explore the mountain all day. A stop at the lift shack for lunch, and skiing with ski patrol during their end of day sweeps are vivid and happy memories for Scott.

Scott moved back to McCall in 2000, and began teaching in Brundage's snowsports school that season. He sees his role as creating the space that allows students to be mentally present in the moment, to trust him, and to embrace the joy in the learning process together. With that approach, he finds that students feel safe to try things that may feel a bit awkward or new. The moment students think about all of the complicated techniques, or become consumed by fear of the unknowns, they lose sight of their "why." Often, the "why" is the exhilaration of gliding on the snow, and the excitement of trying something new in the beautiful outdoors.

Scott asks questions that get to "why" a student is at the hill in the first place. That makes the technical part of skiing and snowboarding manageable. Whether someone wants to slowly cruise down the fall line or jump off a cliff, Scott believes that success will look different for each student. Success is not based on getting to a certain point in the allotted time of a lesson. Scott does not come to a lesson with expectations. He is committed to create the spaces for students to achieve their highest potential.

After 15 seasons, Scott credits the relationships he has with students and coworkers at the hill as the reason he keeps coming back. He loves to see the development of his students over the years, and enjoys the lifelong friendships he has made. When not at the hill, Scott keeps busy as the owner-operator of Hurd Construction, a design/build

construction company. He lives in McCall with his wife, Rebecca, and furry family member Bella. You'll likely find them outside exploring in all seasons.



Scott is a certified level III alpine and telemark instructor and a certified level II snowboard instructor.

AWeSOMe Update

By Ed Woods

What's the AWeSOMe ski program at Brundage Mountain been doing lately? A lot, and having a fun and challenging time doing it!!

The Adaptive Wilderness Sports of McCall, (AWeSOMe,) hosted two Warfighter clinics this season. The first Warfighter clinic was tailored specifically for veterans with visual impairment and blindness. We put in two days of extra training to insure that we were on top of our game.

The second Warfighter clinic included all of the other adaptive disciplines, including mono ski, three track, and cognitive disabilities. We were very happy to have several instructors from Recreation Unlimited join us for the clinic.

They brought two ski- bikes that were used to accommodate two of our veterans. The fun, camaraderie, and bonding between our veterans and instructors made both of the events rewarding for everyone involved.

Between clinics we have been teaching our regular adaptive students. It is always wonderful to see so many returning students and also meeting those students that are just starting with us. Watching our returning students continue to progress from last year puts big smiles on all of our faces. Ya gotta love it!!

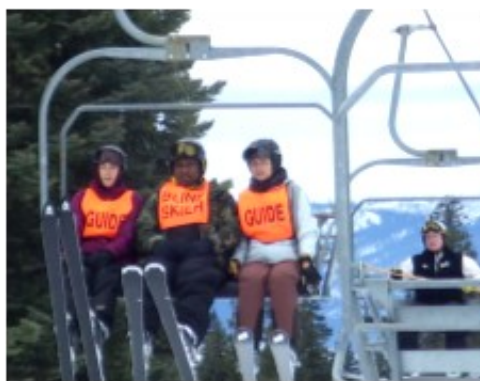


Keith and Teri Drury, parents of long time student Kaelyn, gave us a generous donation that allowed us to bring PSIA adaptive clinician and trainer Charley Phelan to Brundage. Charley put on a two day clinic for us where he introduced new adaptive equipment and methods of teaching. If anyone thought that they knew it all or had nothing new to learn, they were soon proven wrong. By the end of the clinic, we had been brought current on adaptive teaching.

Of particular interest was the tethering training. This included tethering bi skis and standup skiers. An interesting point was how Charley kept the tethers on his wrists and ready for use at anytime, without ever taking them off. He showed us the ease at which a standup skier can be controlled using a tether, including how to shape their turn, rhythm, speed, and stopping them across the fall line to teach them where to stop on a slope. I don't have enough room to describe how many things Charley went over with us.

Each of us took something different away from the training. Charley's refresher training brought us all up to speed on teaching, new equipment, and the application of the equipment. It also made us realize that sometimes it is easy to become too familiar and comfortable with the routine aspects of teaching, and that this could lead to taking shortcuts. If it is a shortcut in technique, then it is a shortcut to teaching and safety. We all need to remind ourselves to stay focused and not take things for granted.

It can be easy for any program or group to find reasons, (read that as excuses,) to put off refresher training. It has been our experience at AWeSOMe that the more we train, the easier teaching becomes. The lesson then becomes a better experience for both the student and the instructor.



AWeSOMe has grown over the past eleven years since Brundage Mountain graciously gave us a home. We now get many requests for adaptive lessons over Christmas and mid-week throughout the season. However, our teaching normally begins in early January to late April, and only on Saturdays. We are limited because of a small, (but fantastically dedicated,) staff and unfortunately can't accommodate all the requests. If anyone is interested in joining us to help us expand our program, please let us know. We'd love to have you!!

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Making the Trails a Path to the Slopes

By Matt Tock

For those who know me it is no secret that I love to run. For those that don't, well, I love to run! When I say run, I do not mean to imply that I put my running shoes on and hit the nearest road. As I talk about running I am thinking of the toughest, roughest single track trails navigating everything from mountainous landscapes to wide-open desert. In a name, it is trail running. The reality is that my involvement in the skiing community, and subsequently PSIA/AASI, stemmed from a desire to find work in the winter while allowing me to focus on trail running during the rest of the year. Along the way I uncovered a burgeoning passion for both trail running and Nordic skiing. Ultimately, when accounting for our seasonal mountain environments, the line that exists between actively participating in one or the other is fundamentally blurred. To this I say, for those who are skiers first, why not see where the trails of the off-season may take you?

In preparing an article for you instructors who may not have considered the sport of trail running, I went back to some teaching principals for help in forming a description. This helped me to get to the point and establish the basics for you; who, what, and where do you start with this sport of trail running? Learning any new activity is often as easy as setting out and doing it. However, the prospects of doing something entirely unfamiliar will often enough hold many of us back. This idea may be especially true of trail running when we consider that you are both figuratively and literally setting out into new territory. Looking further into my experience, I was also aware that many instructors, if not most, already have considerable experience being outdoors in the off-season and likely with trail running

itself. In that case, I wanted to touch on some of the higher order questions as well, mentioning both how and why it is worth growing with the sport.

The first question I had to ask myself was "who among you is likely to benefit from an active participation in trail running?" The overarching answer I found is that *absolutely anyone* can enjoy trail running. Like skiing and snowboarding, trail running is what most of us would call a "lifetime sport." As I have witnessed while running

they were not blessed with the body type to be a runner. I believe that this stereotype has developed from images of the lean, long-legged runners we often see competing at distant events in such top-tier competitions as the Olympics. To the contrary, one of trail running's most notorious pieces of literature, Christopher McDougall's Born to Run, highlights the arguments contending that all of us were designed to run. To go further, as snow sport professionals we all have been developing wonderful adaptations that



for enjoyment and participating in organized races there is a range of ages from school aged to your more "seasoned" athletes enjoying the trails and crossing finish lines. At a recent 50k trail race in Boise, one that boasts over 6,000 feet of cumulative vertical gain, sixty-one of the 125 finishers were ages forty and above. Eight of the finishers were older than sixty. One woman, currently at the age of seventy-two, has finished the race each of the last three years! I would like to know how many of my thirty and under counterparts have even considered such a task!

One argument that I often hear when discussing trail running with others is that

lend themselves quite well to the variable conditions of trail running. True, the long and lean look does often give runners the advantage on smooth pavement or track surface when they are able to stride out. But, the strong cores and stout lower bodies that we have developed while working down or along ski trails are advantageous for enduring the climbing and descents that are present in nearly all trail running environments. This idea is a good reason why participation in both sports is mutually beneficial.

Considering the question of who benefits from trail running, I am reminded of a discussion I once had with one close runner friend of mine on the topic of

personality types in running. His idea was that he saw at least four categories where a runner fit in regards to their connection to running ultra-marathon distances. When I think about trail runners in general I often refer to this conversation to understand their reasons for participation. For the sake of this article I have taken the liberty of simplifying the categories we discussed into the four “C” running types: Compulsive, Competitive, Community, and Cardio. The Compulsive type is compelled to run primarily because it helps them to maintain regularity in their life. With only a rudimentary understanding of type “A” or compulsive personalities, I see this type of runner as the one who is virtually unable to stop themselves from running after realizing the momentary peace of mind they derive from it. Over time I have come to terms with the notion that I clearly fit into this category, as I routinely feel out of sorts on days that I do not run.

The Competitor finds that their insatiable appetite for competition meets a modicum of satisfaction in the sport of trail running, especially in racing. Overall, running competition is one of the simplest outlets for the competitor when you consider that primary objective is to run faster than your counterpart. Trail running simply makes the competition more primal by taking to a natural environment. For the Community running type, this sport offers an outlet for those looking to participate in an activity as a member of a larger group. Just like our PSIA/AASI membership annals, the trail running community is both diverse and rapidly growing. Now, locating a running group that runs entirely on trails in your area is as easy as finding a Facebook group online. I would count my wife as a Community trail runner who is often most enthusiastic about her running when she has a group of friends to enjoy the experience with. Finally, I label the last type as Cardio runners because it is the most applicable “C” word to indicate what these runners seek in the sport. I think of the Cardio runners benefit in trail running in the same way as the individual who, for example, finds themselves on the treadmill at the gym for a time to achieve cardiovascular and weight management

benefits. Although similar to the Compulsive running type, the Cardio runner first seeks physical gains while the other looks for physiological satisfaction among the other benefits. In truth, every trail runner is probably mixed by some degree with all of the characteristics that I have described above. The point to remember is that there is a place for anyone who asks if trail running has room for them.

With the question of who can be a trail runner now settled, it is time to speak to what this sport entails. At a fundamental level, trail running simply requires you to take those road running shoes of yours and move them off-road. However, the highest aspirations of the sport includes pristine single track trail through wilderness wonderland where the natural sights and sounds of the place make you forget that your heart rate is elevated and that you are indeed exercising. For the devoted trail runners, we take our trails wherever we can get them. Our annual vacations are to places on our running bucket-list of National Parks and natural attractions, where we have long dreamt of losing ourselves to the beautiful scenery surrounding us. In between, Forest Service and old logging roads serve as connections with trails to get us out to our favorite local spots, such as a fire lookout stationed high along a ridgeline or a summit view that displays mountain ranges into the neighboring state. In any condition the ultimate goal is to experience as much and as many of these places as we can. Although the trail runner is always in pursuit of covering ground as fast and efficiently as their two feet can take them, the challenges of the terrain commonly reduces us to hard hiking or, in extreme cases, even low level climbing.

From all of this one should gather that a little more is required of the trail runner. First and foremost, a basic set of outdoor skills are necessary in order to ensure that you will complete your exercise safely every time you set out. While these skills do not extend as far creating fire-by-friction or orienteering by the moss of a tree, they do call for an ability to understand the place you are running and

a general awareness of the outdoors. Although, as outdoor professionals we all believe these skills of ours are top notch, the risk of running in these environments means that one error in judgment could put us miles off track in a short amount of time. One of my favorite strategies for getting to know an area is to do shorter out-and-back sections of trail before piecing them together into longer loops where I am familiar with turns and trail intersections. I also recommend these shorter trail runs in the beginning so that you can get better acquainted with your own physiology and eating habits while on the trail. If you run long enough, as you expend considerable energy navigating the irregular terrain of the trail, there will undoubtedly come a point when your energy level will begin to “bonk.” It is vitally important to learn how to restore that energy through food and pace management so that you can make it back to your starting point. Ultimately, this enlightenment in terms of your energy systems will also help you on the slopes when you are experiencing a similar low point.

Where trail running seems to diverge most drastically from hiking and backpacking is in the gear that may be required. Because trail running can convert a thirty mile backpacking loop into a single day affair, the sheer amount of necessary gear is vastly reduced. Gone are the sleeping bags, pads, stoves, pots and pans, and any other item that REI and its counterparts can convince you to put into your pack. Even without them, you will still take in all of the wonders that a long distance hike may hold without punishing your back and knees in the process. In fact, for the average trail running outing, little more is required than a trusted pair of shoes and perhaps a few snacks in your pocket. Trail runners are now notorious for just how far they can go on so little. The poster child for this “minimalist” movement is one Anton Krupicka, a specialist at racing 100-mile distances bare-chested and clad in only a small pair of running shorts and his patented New Balance trail shoes. But again, trusting yourself to backcountry

environments with minimal gear requires an even stronger set of skills to make up for the times when those clever pieces of gear might have bailed you out.

When I think of my essentials for trail running gear it always boils down to three things; what shoes will I wear, what will I eat, and how will I carry my water. All of the other gadgets out there, although they are useful and provide an extra measure of comfort while on the trail, really are superfluous to the trail runner. Born from the union of more traditional running and outdoor gear, it has come to the point where gear designed specifically for trail running endeavors provide better performance and comfort than the alternative. Trail running shoes, for example, remain very lightweight while also providing protection and traction appropriate for being on trail. Likewise, food options have been designed to be both easy to carry and pack a nutritional punch when needed. The methods for water carry range from ergonomic handheld water bottles to lightweight packs that hold water and food on the chest for easy access without stopping. While gear preferences in the trail running community are currently fueling an exploding market, one fundamental rule will always ensure that your needs are met on the trail; keep it simple, but keep it high quality. A few of the top quality manufacturers of clothing and equipment for our snow sport exploits, Patagonia, Salomon, and Scott, are some of my favorite trail running companies as well.

Now that you have begun to explore what you will need to be successful out on the trail, the next task is to look where you will find worthwhile trails. I have always gone to hiking and cycling guidebooks first for safe, established trails within a specific area. Guidebooks do a good job of outlining the whole trip for you, from the drive, to the trailhead, and to the route itself. They also typically make a note of the elevation gain/loss and distance of

each trail so that you can gauge how much of an effort you are in for. Another fantastic benefit of the guidebook is that most of the authors have already gone through and scouted an area for you. Their accounts often highlight the best trails and uncover hidden gems in places you may have never been before. This past year I picked up one of the classic guidebooks for my local area and committed myself to running every single trail in the book over the course of the year. Even though I have lived in or around that area for the better part of 13 years now, while completing those trails I was constantly amazed at how many spectacular local spots I had never seen before. Now, my volume of regular running trails within a half hour drive of my home is considerably larger and more diverse.

If the guidebook serves as your introduction to an area, eventually you will find that you are ready to graduate to exploring places on your own. Trail and forest maps are almost a must have item when taking off on trips into unfamiliar, and often even familiar, territory. Many times I have left my map in the car after “memorizing” a route only to find that an hour later I am scratching my head and playing eeny, meeny, miny, moe at a trail junction. A good trail map will also highlight other trails that you can take if you are feeling a little spry still and looking to improvise your run. The map put out by the agency that takes care of the trails in and around my local area includes routes that span from the center of town all the way to my home ski recreation area. The winter recreation terrain itself, those areas that we know intimately when we are navigating them by ski or snowboard, is ideal for trail running in the off-season. Running trails and cat tracks buried beneath snow through the winter can reveal an entirely new world when the surroundings change from white to greens, browns, and reds. If nothing else, the idea that you are physically fit enough

to run up a mountain in the summer when a chair-lift will carry you up in the winter should make you feel confident about your fitness abilities when the snow season comes.

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PSIA-AASI National Academy 2015 Take Away

By Heidi Scherthanner

Who Is A Master And What Makes Them So? A Question to Ponder from 2015 PSIA/AASI National Academy

A dusty pile of red and blue bamboo poles is tucked in the corner of our barn. I notice them and a nervous laugh escapes me. With a father from Austria, who made his own skis, and a mother from Maine, whose mother traveled New England and Eastern Canada on the Ski Train, I was destined to ski. I spent my first ski season in a backpack, my third Christmas brought me ski poles hand cut by Mr. Scott, and by the time I was six I skied around those red and blue bamboo gates. I remember lap after lap, fascinated and flabbergasted,

listening to my dad interpret the track enough for me to contemplate on my hike back up the hill.

The days of hiking with my dad are long gone, but my fascinated and flabbergasted mind is still contemplating mastery on the slopes. So when a video at 2015 PSIA/AASI National Academy was shown asking “why become a Master” and “what inspires... me, you, us”...I am fixated.

I cannot say I have the answer, only reference points and participating in PSIA/AASI National Academy is one. Although my family tradition is founded in skiing, I started snowboarding in my 30's. The bunny hill was terrifying, the balance constraining, and the falls brutal. Barely ahead of my students I found a passion and set my sites on becoming a Certified Snowboard Instructor to compliment my Alpine Certification. Today, I still love both sports, teach both sports, train instructors in both sports, and am inspired by both sports. Yet to call myself, or anyone, a “Master” is a bit beyond me.

Everyone has teachers and coaches remembered for one reason or another, yet were they “Masters”? Here are pieces I uncovered:

1. USA Men's Alpine Coach Sasha Rearick mentioned how athletes are natural problem solvers and willing to work, but still need to be inspired or coaxed.
2. When talking about 2015 Interski, Rob Sogard stressed how understanding the core fundamentals is only one piece of the USA's approach to teaching snowsports. And that much of our industry success stems from also integrating culture and a sense of connection into our lessons and lifestyle.
3. During the Education Achievement Award Presentation to Ellen Post Foster, co-author of the new 'Alpine Technical Manual', it is evident to me

that the willingness to learn, do, and share ideas is a key to being a Master.

4. I realize that I do not always recognize a Master when I am in his/her presence. It is only when what I learned inspires me.

What does it take to be a Master, to recognize and connect with a Master? Is a Master someone who helps me, you, us to be in the flow that makes the difficult possible, hard work a delight and the moment the only place to be?

Post 2015 National Academy, I remember my laps around the bamboo, going through my Alpine and Snowboard Certifications, and know that participating in the National Academy is an easy place to find a Master, many Masters. With five days on and off the snow with snowsport enthusiasts from all over the USA plus D-Team Members, Coaches, and Alumni from Alpine, Nordic, and Snowboard Teams, I found more love for the snow, the sport, and the stoke unending. I attend National Events for inspiration, connection and sharing, yet I uncovered

something deeper, something that will stay with me.

Where did I find Masters at National Academy? In Jennifer Simpson's Women's Alpine when I joined and followed her in the bumps on my snowboard; with Eric Rolls when I jumped through a rock shoot and with my groups to laugh, encourage, and discover Snowbird the fantastic adventure playground. I rode knowing I would experience challenge, adventure, and resolve, yet I discovered how to be in the flow that makes the difficult possible, hard work a delight, and the moment the only place to be.

What is a Master? Is it as simple as a willingness to be, share, inspire, play hard, and appreciate the day?

For me, teaching and learning is a haven and the slopes a gathering place for the continued opportunity to ski, ride, glide the thin line between apprehension and exhilaration. I thank the many Masters in my life. I am inspired by winter sports: learning, teaching, and coaching.



Functional Movements

Screen Indoor Clinic

By John Straka

On November 1st we held our first indoor clinic for division members. The topic was based around the Functional Movements Screen assessment. The FMS assessment was created in the mid-1990s by Gary Cook and Lee Burton (both are physical therapists and fitness coaches).

The FMS is a ranking and grading system that documents movement patterns that are key to normal function as well as movements we use in sliding on snow. By screening these patterns we can readily identify functional limitations and asymmetries. It creates a scoring system which is used to target problems and track progress. They are linked to the corrective exercises to restore mechanically sound movement patterns. In a nutshell the FMS:

- A. Identifies risk and dysfunction
- B. Provides a baseline to monitor progress
- C. Provides and designs a personalized creative strategy

For this clinic I enlisted the help of Jesse foster. He is the lead physical therapist and manager of the physical therapy department at St. Luke's Elks rehab center in Hailey Idaho. He has extensive experience and credentials with the FMS and physical therapy. He is also an accomplished skier. He has raced, coached and taught skiing so he can relate the movements we are assessing to movements we use on snow.

We had six participants thank you Walt, Holly, Mike, Kathy and Eileen. We started with a PowerPoint presentation explaining what the FMS is and how it can help us as instructors. The presentation included videos that showed how the movements relates to Alpine skiing, Nordic and snowboarding. Then we introduced the seven exercises that make up the FMS.

They are the: 1. deep squat, 2. hurdle step 3. in-line lunge, 4. shoulder mobility, 5. active straight leg raise, 6. trunk stability push-up, 7. rotational stability.

They were explained and demonstrated, we had a chance to practice with feedback and then scored. Jesse also gave us corrective exercises that were demonstrated and then practiced. What was fun was to watch the group dynamic as the clinic progressed. It was a very supportive group and what started to happen was our movement analysis skills started to kick in as Jesse described what he was seeing. Not only could we see what he was seeing but we could feel whether we were moving affectively or ineffectively and identify where in the body there was weakness or an asymmetry.

At the end of the day my take away from the clinic was everybody had a much better understanding of their own bodies, how they work, what our asymmetries are as well as improving our movement analysis skills which will help us assess our guests better.

My goal in developing this clinic was to address an aspect of our fitness that is overlooked. The ability to move correctly and improve balance, mobility and stability. I also think it is a good idea to develop a relationship with a physical therapist before we need one. They can help us prevent injuries and improve overall fitness and well-being. My goal is to make this clinic available to all members in the division at all the St. Luke's campuses Hailey, Boise, McCall before the ski season starts. For more information about FMS screening I recommend Chris Fellow's book Total Skiing. Visit www.functionalmovement.com, YouTube has great videos on the seven exercises if you want to see them preformed correctly and start practicing. Move well, move often, see you in the fall if not sooner.

The Snowboarder Mystery

By Beth McLam

Near the end of the Sun Valley winter season, a few of us involved in the Snowsports School spontaneously engaged in a "think tank" session. The hot topic: Snowboard Lessons. The "what's," "how's" and "when's" of our current lesson opportunities took center-stage. It seemed that bettering our chances of connecting with the snowboard culture settled on one question: "what do snowboarders want?" I'm a snowboarder, so don't I know what snowboarders want? The answer was supposed to help solve why so few guests participated in snowboard lessons at Sun Valley all season, --and the season before, and the season before that, and the season before that...

Fast forward to National Academy in April. I was back in the guest's boots. What did I want? Since I am very outcome-oriented, I brought with me my list of goals for the week. My goals included: ride anything I get pointed down, find answers to my stack of technical questions, and carefully watch other riders' styles. These are not typical goals of an average guest signed up for lessons. Therefore, remove my "instructor mind" from this list and it comes down to: I was at Snowbird to play. Play by riding new lines I'd never done before. Play by learning new mysteries of



technique. And play by being inspired from others' riding. These sound more like probable desires our guests may have at our home mountains.

I had never been to Snowbird before, so it was nice to be guided around the mountain. In lessons we give, some guests just want a "tour guide." But why only give a tour? The team at National Academy opened my eyes to what we can really give. We can give a vision of the playground. At Snowbird, as the team came upon a berm on the left: one snowboarder rode it like a banked turn, another dropped-in like entering a halfpipe. It was still open to be hit it like a quarterpipe with an alley-ooop or handplant. Once I realized all these playground options, I saw Mineral Basin differently. First run: Drop-in to the bowl with a big arcing toe turn, hip jump the wind lip on the ridge, then meet above "the rock" to try a tamedog flip into the deep powder. Second time: drop-in to the bowl with a mix of slash turns of different sizes, use the ridge as a transitional feature and exit switch, then veer over towards the tight liftline chute to dust off the moguls. Playing on the playground is being able to ride the mountain all day and never do the "same run" twice. We know our mountains: where the safe hits are, where to station a spotter, where the banks and berms are, what tree limbs to jib, and which terrain to lay out the eurocarving. Explore the endless options! Chunder balls left from snowcats: jump over them, or onto them, or off of them. Let's get good at seeing the playground and never capping the options to play on it.

The playground that we play on usually involves gravity. Snowboarding is a gravity sport. With sport comes technique. As the teachers of our sport, instructors are expected to know and teach technique. At National Academy, technique was taught not just as a way to efficiently get down the mountain. I learned how to use technique to be more playful. The second day at Snowbird, we explored a few downhill edge maneuvers, such as penguin walking down the slope on the downhill edge. Positioning of our

bodies over the working edge was a crucial element for success. Once I got it, the movements turned out to be very fun. And looked very creative and playful. Dialing in technique lends its way to experiencing that "Nailed it!" feeling. We know techniques for flatspin 360's, pure-line carved turns, standing in place on the downhill edge, switch back 1's, and zipper-lining the bumps. Why not see all these techniques and technical components as K'Nex pieces in our box of playfulness? Take the standing-on-the-downhill-edge piece, connect it to penguin walking, and what's synthesized is the tricky maneuver I worked on at Snowbird. Technique is partially about knowing what movement produces what action from the snowboard. Once we teach someone to move their bodies and/or the snowboard specifically, their own creativity is the limit to their playfulness.

Many times, our creativity is inspired by others. Watching how different snowboarders play on the mountain, painting turns on wide open mountainsides, or sculpting lines through narrow tree-laden drainages, can excite our own riding. My riding group at Snowbird encountered "crunchy" off-piste terrain on the final day. So we took it to

the groomers, which we hadn't hit all week. I was incredibly inspired by how other riders "expression sessioned" a trail called Regulator. Fist-pumping and "oh yeah's" came from turtle spins, dying cockroach and penguin slides, tail jibbing, and buttered spins at varying speeds. I tried the one-footed maneuvers along the catwalk that others were doing and quickly had a smile on my face. What great fun my observing had led to! Riding with us should be inspirational for guests. Learning a toe-side traverse should be desirable, because it opens the door for much more playing. We can show playfulness in a mogul field with ollies, hundreds of sizes of turns, and passionate shouts of joy as sweat soaks our baselayers. Guests are watching; shouldn't passion radiate from how we ride?

The snowboard culture seeks play. Similar to the skateboard and surfing culture, we pursue pure and unique feelings. We spot new lines and go on adventures in the mountain playground. There's a certain flare about our own synthesis of technical movements. Our riding is up for appreciation and inspiration. Let none of this be a mystery to our guests. It's simple: you and the snowboard, go play.



...Continued from page 6

To this point, my hope is that I have inspired some interest to check out the trail running world. It is easy to say that you will just put on your shoes, grab your trail map, and give it a try. But, once you begin to notice how capable you are beginning to feel, you may be inspired to do a little bit more. Although it is far from necessary, signing up for a trail running race is a good way to inject a training end-goal to inspire your running. When it comes to improving physical fitness for endurance sports such as ours, a stopwatch can serve as an incredibly simple and objective measure to assess your training efforts. I like to commit to putting a race date on a calendar a few times a year knowing that I will do everything that I can to be at my best for that day. Conversely, because I like to enjoy the race, the thought of how much harder the race will feel if I am unprepared motivates me to get out the door for my training leading up to it. The bonus of participating in an organized event like a race is that many of the other runners have put considerable time and energy into preparing themselves as well. Running with them will always inspire you to go a little bit beyond what you thought you could do before.

On the chance that you have not experienced a running race to this point, there are a few steps that I would recommend to get you ready. Like any worthwhile undertaking, step one is always to develop a plan. Within the running world this means adopting a training schedule. There are places you can go to find pre-developed training schedules that are designed to prepare you for races of varying distances; running manuals, websites, and coaches are a few. If you haven't run much at all to this point, setting your sights on a 5k (3.1 miles) trail race would be a good place to start. A good 5k training schedule would have you do moderate amounts of running regularly throughout the work week and then have

you run closer to the full distance for one day on the weekend. For more experienced runners or strong athletes, longer distances such as 10k, half-marathon, or marathon schedules would increase your running volume. The structure of the schedule would likely remain similar, shorter runs during the week with one longer run mixed in, since the key to distance training is to value running consistency over extreme distances. When I began preparing for my first marathon, I started with The Complete Long Distance Runner's Manual by Sean Fishpool and Sean Keogh. This book was short, simple, and decidedly to the point without drowning me in an ocean of running and scientific content that I didn't yet understand. Although the focus of this manual was on road running preparation, as most of the literature currently is, it is simple enough to take the plan and perform it out on the trails.

After starting with a good plan, my next recommendation would simply be to run your own race. This idea extends from the very beginning of the training schedule through your race day. Although it may be near impossible for those Competition types out there, the most redeeming quality of trail running for personal training is that it is based entirely upon you. One thing that I have come to embrace in trail running races is that every one of them is a challenge. As a result, the simple feat of finishing a race is one of the most rewarding things that I experience in anything that I do. The vast majority of trail runners line up to race knowing that they will be congratulated and feel like a champion regardless of what their time or position is when they cross the finish line. It is the most supportive environment that I have ever been around. With this in mind, whether racing or not, always remember to find your own pace and embrace it. If you continue to put in the time and effort your pace will almost certainly improve. The one thing that should remain constant is

the level of enjoyment you are receiving by getting yourself out on the trails.

This ultimately leads me to one final piece of advice for those thinking of racing or simply getting into trail running altogether. In order to best understand and come to terms with what you are capable of doing, find the ability to listen to your body as you run. As athletes, our bodies are constantly speaking to us through the languages of satisfaction, pain, pleasure, fear, hunger, thirst, and others like them. When they speak to us it is our job to figure out which action is bringing about each particular voice. Many people who begin running hear the cry of aching knees getting louder the more often and farther they run. Knee pain does not always mean that you are headed down the road to a replacement by the time you reach your middle ages. Instead, that pain might just be telling you things like, "You haven't done this in a while", "You should be stretching your quads and hips more", or, "There are deficiencies in your running stride." Trying to work on things in order to quiet that voice of knee pain may very well lead you to the point where you find yourself running considerably more with no pain at all. Overall, trail running can treat you to some of the best feelings imaginable. As your participation increases, believe it or not, it is very easy to get carried away by increasing the number of miles or races that you run (see Compulsive personality type above)! By finding the ability to listen to your body you will become capable of taking care of it and learn to patiently condition yourself. Without a doubt this is a skill that will lend itself to everything else in your life including the time that will be spent on the slopes. Ideally, the amount of time that you are on your skis or your board will increase considerably and, likewise, so will the enjoyment that you find there.

In coming to the end of this article, I will leave you with one reason why trail

running has a special place within the realm of outdoor sport and potentially as a part of your own lifestyle. More than the physical and mental gains that you might achieve by investing in trail running, I have begun to believe that the greatest merit of this sport is rooted in its stirring power of inspiration. Like winter sports, the trail running environment of majestic mountains and sweeping landscapes are beholden by the awesomeness of their magnanimity and power to give us perspective. When you are in the midst of these places they are a constant reminder that this world is without limits. As a trail runner powered by your own feet and the motivation to move, there is always another ridgeline to explore beyond the one that you can see directly. The besetting reality is that there is a lot of effort to be expended if you want to get there. Ultimately, the reward is in the satisfaction of undertaking the effort and surprising yourself on just how capable you can be when you put your mind to it.

My experience with other trail runners is that they all thrive in this environment. They are a hearty, outgoing bunch that loves to share their experiences exploring new trails and improving themselves in the process. The fact that I find those same types of people within the snow sport community is probably what solidified my passion for it as well. In these days, as trail running continues to grow, the expression of the sport seems to be constantly finding new avenues to let itself out. Many of the most talented and adventurous trail runners are becoming poets of sorts who pass on the richness of our existence and our truest nature as human beings. In the age of digital media, pictures, movies, blogs, and online articles are their publications that bring the exploits of these athletes to those of us eager to be inspired. I would encourage anyone interested in some of the things that I have mentioned to explore the names and projects of these runners whose images and firsthand accounts do

more justice to the sport than my words ever could. Kilian Jornet (www.kilianjornet.cat/en/), Anton Krupicka (www.antonkrupicka.com/), and Anna Frost (frostysfootsteps.wordpress.com/) are just a few that are ruling both the racing scene and the inspirational air waves at the moment. Local runners such as Jeremy Humphrey (stayvertical928.blogspot.com/) and Luke Nelson (challengeofbalance.com/) are using the same areas that we ski and board to train and race at a world class level. Aside from their websites, I would also recommend watching the movie *Unbreakable* (www.ws100film.com/), featuring Jornet and Krupicka among others, in the epic firsthand account of the 2010 Western States 100 Mile Endurance Run that was my own inspiration to begin racing.

In reality, it is easy to count yourself among these poetic trail runners. Like skiing or boarding, trail running offers the opportunity to share your appreciation for outdoor environments and your active life choices with others. Here in Boise, like most other areas, we have a couple of fantastic running shoe stores that organize weekly running groups that meet to run in the foothills (www.idahorunningcompany.com/, <http://pulserunning.com/>). What you are sure to find among these groups, or any trail running community that you become a part of, is a continuation of the joy that you experience during the winter months on the snow. Overall, trail running is an accessible, diverse, and challenging sport that will improve your fitness and readiness for the snow sport season. It may also make you more capable and confident than you ever thought possible before. I look forward to the day when we share those experiences together, on either the slopes or the trails!

Spring Symposium

By Gary Baarson

WOW!!! What a fantastic experience! Camaraderie, self improvement of skiing and teaching skills, fun,, renewing old friendships and making new friends It was a weekend event I'm glad I attended. The skiing was terrific; snow conditions were very skiable and well maintained by the Tamarack staff.

Robin Barnes was our guest clinician. I did not have the opportunity to ski with her, but everyone I talked with that skied with her said that she is an amazing skier and educator.

Saturday evening's banquet was a blast. The food, either prime rib or salmon, was outstanding, as was the service--very professional. The auction was successful, somewhat due to Tom Koto out-bidding everyone else. I have no idea what he's going to do with the fur collar vest he won. We had a professional auctioneer--Chad Bickford, who is also an instructor and comedian at Tamarack. Loren Livermore assisted with the auction and lottery drawing, and actually laughed and smiled, and it's documented on film. A good time was had by all.

Once again I was impressed by the quality, dedication and professionalism of NI's clinician's. Our division is fortunate to have them.

Next year's Symposium is a multi-divisional one at Sun Valley. Northern Intermountain, Northwest and Intermountain are all going to attend. This will be an opportunity to share ideas and ski with a multitude of clinicians. What a great learning opportunity this will be. **PUT IT ON YOUR CALENDAR---DON'T MISS IT--I won't. APRIL 2ND & 3RD 2016 AT SUN VALLEY.** I hope to see you there.

Carve' Diem

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