



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

EARLY WINTER NEWSLETTER 2014

PSIA/AASI Northern Intermountain Division is *Going Green!*

Enhanced member communications are being delivered via website, e-blasts, online newsletters and social media. **Email media@psia-ni.org with the title "Opt Out"**. All newsletters will be emailed and available on the website.

President's Letter

Dear Northern Intermountain Member,
Winter is finally here and as Seth Jacobsen put it last week, "it's crunch time!" I hope you had a wonderful holiday and had some quality time to spend with family and friends. Your Board, VP's, Discipline chairs and Education Staff have been working through the Fall in preparation for this season. Here are some of the events that happened this Fall:

- John Straka coordinated a Functional Movement Screening (FMS) for a group of instructors in the

Ketchum area, and plans to provide this screen throughout the Division.

- Fall Fest was our first dryland clinic. Weylin Barrett put this event together along with St. Luke's Concussion clinic for a full day CEU event. 41 participants from throughout the Division made this a very successful first time event.
- Education Staff Training at Sun Valley, December 1-2. We can thank our Discipline Chairs, VP's and Education Staff for their commitment and dedication to training to provide quality and consistent education, certification/ accreditation events.
- Tony Parkhill and Sun Valley Resort held a Seniors Accreditation. Recognizing a growing population and the need to better understand and accommodate, Ted Pitcher, Western Division Sr. Accreditation Clinician provided a 3 day clinic and assessment. Eric Zimmerman, Ed VP and I were invited to participate. The Sr. Accreditation was a great event. The opportunity to ski and learn with a very dynamic and experienced group, with a strong leader from Western Division run-

ning the event.

- Weylin Barrett, TJ Kauth, Jamie Zolber and Eric Zimmerman have put in long hours working with National staff to get events configured in CRM, so that we can register for CEU events online. You should see more events online, once they are configured and tested.

The new Technical Manuals for Snowboard, Alpine and Telemark are now available. Electronic versions which can be downloaded onto smartphones, tablets and other electronic devices are also available. These are the most advanced manuals produced to date and I encourage you to take a look and add them to your library.

The group at Tamarack are working on Symposium which will be held March 28-29, 2015. Look for an online event registration this season!

Wishing you a Happy New Year and successful season!

Tom Koto

Inside this issue:

A Systematic Approach to Setting Goals	2
Women's Summit	3
Procrastination Vacation	4
Improve Your Student's Bump Skiing - Ski	4
2014-2015 PSIA-AASI NI AI-Snowboard Events	5
Children's Specialist Events	6
	7

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A Systematic Approach to Setting Goals

By Sonja Huntsman

The start of a new season is always fun! For me, it is about meshing my passion for skiing and teaching with the rest of what I do. When I am not on the hill, I spend time with my family and in my other business of helping people buy and sell homes. What's great about meshing different parts of your life is that you can draw something useful out of one and use in the other!

As we begin the season training, I often get the question, "What are your goals for this year?" I know that answer immediately with my real estate career, as it is one of my main focuses. I realized I could use the same goal setting system from my off-hill experience to have clarity for what I want to achieve on the hill!

It helps to have your written goals in a place where they are easily accessible. Filing them in drawer might be harder to see than if it were posted in your locker or in a place that you might look on a daily basis! This way you will be more on track to meet your intentions.

Using a systematic approach to goal setting will allow you to hold yourself accountable for your future successes throughout the year or season! This approach is what is known as the 1:3:5:

1: What is the 1 main objective for the year to achieve? For example: 1. I want to ski non-stop down May Day Bowl with rhythm, style and grace!

3: What are the 3 goals that if you reach them, you will have achieved your main objective? For example: 1. Work on skiing down other runs non-stop; 2. Work on short smooth turns on a steep pitch; and 3. Work on effective turn shape and speed

control on bump runs!

5: What are the 5 strategies that you will use for each goal, that if work on them, you will achieve your three goals that will, in turn, help you achieve your one objective? For example: If I take the first goal of skiing non-stop runs, I would break it down from shorter runs to start and progressing to longer, steeper runs so I know I could have the stamina to ski the whole length of May Day Bowl. Break down each of the 3 goals like that so when it is put together, the one main objective is achieved!

There are many ways of getting to the end of your means. This one, though simplistic, has proven to be quite effective. Taking it a step further, place your strategies, goals and objective in your calendar so you can measure if you are on target. Not only can this be used in the success of our snow sports teaching career, but in all parts of our lives! Wishing you all much success this year!

Sonja Huntsman has lived in Ketchum for 20 fun filled years of skiing and teaching on



Bald Mountain, working in Ketchum on her real estate career with Keller Williams and cherishing the experiences of watching her 7 year old twins grow up in this great mountain community! Sonja is an alpine instructor, Level 111 PSIA certified, Level 1 USSA coach and a divisional clinician in training for PSIA-NI.



A weekend Summit Designed for Professional Women Who Love to Ski
Ski Coaches, Ski Patrollers, Ski Instructors

Join Us

Ski, learn, explore, share, challenge, experiment, laugh! Network with women colleagues and professionals. Join this FIRST event, bringing together professional women from all across the ski industry. No dabbling! LAUNCH into 3 fully packed days. Morning and afternoon on-snow clinics where you can explore skills and tactics to ski legendary Squaw Valley with old and new friends. Breakout sessions covering topics including: in-depth personal skiing focuses, developing coaching skills, developing diverse children's programs and more. Apres ski or evening sessions provide more topics and conversation as well as a TRADE FAIR to check out the new and the best.

Keynote Speaker Inger Norman

With over 15 years in sports marketing, Inger developed and marketed programs, including development teams, brand ambassador programs and conferences — all to deliver exceptional experiences for participants. After years of observing women in active settings, Inger created the Specialized Women Sports Camp to provide an environment where ladies can better understand their own relationship to endurance sports. Working with active people, sports professionals and organizations, Inger is passionate in her goals to create environments for personal growth and networking.

On Snow Clinic Leaders

Clinics will be led by top trainers from different parts of the country with national experience and exposure.

Lodging At

The Village at Squaw valley

Lodging is Subject to First Come-First Serve (rooms are not "on hold")

To reserve a room, call (888) 767-1907 and refer to "PSIA-WOMEN'S SUMMIT"

Save the Date and Get on the Email List

Please send us your email address to receive the latest on registration and program information. EMAIL Heidi Ettlinger at heidiettinger@aol.com

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Membership: Vacant

Procrastination Vacation

By Yuji Matsuyama

Waiting for snow makes December seem like the longest month of all. However, if we can't ski or ride, we still want to be productive. Reading the new manuals is at the top of an instructor's to-do list. Procrastination is easy, and the hundred plus pages on a manual can be intimidating. However, here are some ideas to help with your reading success this season.

Tip #1: Pick up the book today. It won't do any good just sitting on your desk or in your backpack.

Tip #2: Set a clear goal. Use the manuals to help achieve your certification or training goals.

Tip #3: Take small bites. No one says you have to read the book in one sitting. Read for 30 or 60 minutes each day. Re-read the sections you know you don't fully understand yet.

Tip #4: Work to understand, not memorize. Understanding will help you apply the concepts accurately.

Tip #5: Keep the book with you. When a question arises you will have the answer at your finger-tips. The new digital version is especially handy to view on a smartphone or tablet.

With these tips you will get the best out of your reading experience and the best out of your year. Hopefully, you will also avoid most of the December boredom. We will see you on the snow!

Improve Your Student's Bump Skiing - Ski Backwards

By Tom Moxham

We're not saying you need to ski the bumps backwards and link turns. Work on using a flatter ski, and improve your balance and ability to guide your skis and control your speed through the bumps. So how does skiing backwards help you do those things?

Bumps have a variety of slopes and faces that make it challenging to ski while staying in balance. By using a progression that builds a better feeling of being balanced and in control through the bumps, students will feel like they have more time and confidence to maneuver through a bump run. Here's how the progression can be used.

Start by sideslipping on an easy blue run in a corridor about a cat width wide. The goal is to get the skis sideslipping, then start to move the skis more at a 45 degree angle to each side of the corridor, part of the sideslip will be backwards, which encourages fore and aft movements to change direction. Look for skidding skis rather than railed tracks, flatter skis are what we are after in the bumps, they allow for a faster turning movement to control speed in tight areas like the bumps. Take a short run in some easy bumps trying to side slip through the bumps, with speed control. Point out those areas in the bump field where it is easier to ski through, this will help when they go backwards and can't see the tails of their skis as well. Practice more of that falling leaf sideslip, with some direction changes. Have your students change direction only while

they are traveling backwards. When they are traveling backwards they have to move the center of mass forward to stop the travel backwards, an important move in the bumps as well as good skiing in general. Again find an easy bump run, see if they can change direction or turn on top of a bump after they have guided their skis to the top of a bump, reinforce moving the center of mass forward down the downhill side of the bump. Keep reinforcing the movements of flatter skis on the groomed runs while making short turns. In the bumps see if they can sideslip through a number of bumps and then link a few turns together before returning to sideslip. Stay on an easy bump run or use the side of the bump runs, where the bumps aren't as large and intimidating.

Forcing the students and yourself to ski slower through the bumps while sideslipping will give them more time to see where it is easier to turn, and improve their balance, on the variety of bump sizes and shapes. The move forward down the hill through the bumps at the turn initiation will give the student control of the skis early in the turn, while their speed has slowed, avoiding that fast slide into the uphill side of the bump on their heels.

2014-2015 PSIA-AASI NI ALPINE EVENTS

The following is the Alpine Event Schedule for the 2014-2015 Season. In order to register for an event; go to: <http://community.thesnowpros.org/northernintermountaindivision/events/alpine>

click on the event title and make payment. Event Registration closes 7 days prior to an Education Clinic, and 14 days prior to a Certification Exam.

Event Name	Date	Location	Fee
Alpine Movements Analysis 100/200	1/3/2015	Bogus Basin	\$45
Alpine Evening Tech Talk	1/10/2015	Brundage	\$45
Alpine Evolution 100/200	1/11/2015	Brundage	\$45
Alpine Terrain Based Learning	1/18/2015	Sun Valley	\$45
Alpine Movements Analysis 100/200	1/19/2015	Bogus Basin	\$45
Alpine Skiing improvement 100/200	1/22/2015	Tamarack	\$45
Alpine Movement Analysis 100/200	1/24/2015	Pomerelle	\$45
Alpine Basic Fundamentals	2/1/2015	Sun Valley	\$45
Alpine Level 1 Exam	2/1/2015	Brundage	\$45
Alpine Challenge the Mountain 200/300	2/7/2015	Pomerelle	\$45
Alpine Challenge the Mountain 200/300	2/16/2015	Bogus Basin	\$45
Alpine Movement Analysis 200/300	2/17/2015	Brundage	\$45
Alpine Challenge the Mountain 200/300	2/19/2015	Tamarack	\$45
Alpine Level 2 Teaching/Technical Prep	2/21/2015	Brundage	\$45
Alpine Level 3 Teaching/Technical Prep	2/21/2015	Brundage	\$45
Alpine Ski Patrol Clinic	2/21/2015	Bogus Basin	\$45
Alpine Teaching/Technical Clinic	2/21/2015	Soldier	\$45
Alpine Level 1 Exam	2/22/2015	Soldier	\$45
Alpine Level 2 Skiing Prep	2/22/2015	Brundage	\$45
Alpine Level 3 Skiing Prep	2/22/2015	Brundage	\$45
Alpine Precision Teaching and Skiing 200/300	3/1/2015	Brundage	\$45
Alpine Precision Teaching and Skiing 200/300	3/1/2015	Pomerelle	\$45
Alpine Precision Teaching and Skiing 200/300	3/8/2015	Sun Valley	\$45
Alpine Level 2 Teaching/Technical Exam	3/14/2015	Brundage	\$90
Alpine Level 3 Teaching/Technical Exam	3/14/2015	Brundage	\$90
Alpine Level 2 Skiing Exam	3/15/2015	Brundage	\$90
Alpine Level 3 Skiing Exam	3/15/2015	Brundage	\$90
Spring Symposium	3/28,29/2015	Tamarack	\$45

2014-2015 PSIA-AASI NI SNOWBOARD EVENTS

And here is the Snowboard Event Schedule for the 2014-2015 Season. In order to register for an event; go to:

<http://community.thesnowpros.org/northernintermountaindivision/events/snowboard>

click on the event title and make payment. Event Registration closes 7 days prior to an Education Clinic, and 14 days prior to a Certification Exam.

Event Name	Date	Location	Fee
Snowboard 100 Freestyle for Beginners	1/11/2015	Brundage	\$45
Snowboard 100 Teaching & Technical	1/15/2015	Sun Valley	\$45
Snowboard Level 1 Exam	1/16/2015	Sun Valley	\$45
Snowboard 100 Freestyle	1/19/2015	Bogus Basin	\$45
Snowboard 200 Freeride	1/19/2015	Bogus Basin	\$45
Snowboard Level 1 Exam	2/1/2015	Brundage	\$45
Snowboard 100 Teaching & Technical	2/7/2015	Solider Mtn.	\$45
Snowboard Level 1 Exam	2/8/2015	Solider Mtn.	\$45
Snowboard Level 1 Exam	2/16/2015	Bogus Basin	\$45
Snowboard 200 Movement Analysis	2/16/2015	Bogus Basin	\$45
Snowboard Level 2 Riding Prep	2/23/2015	Brundage	\$45
Snowboard Level 3 Riding Prep	2/23/2015	Brundage	\$45
Snowboard Level 2 Teaching/Technical Prep	2/24/2015	Brundage	\$45
Snowboard Level 3 Teaching/Technical Prep	2/24/2015	Brundage	\$45
Snowboard 100 Teaching & Technical	3/3/2015	Sun Valley	\$45
Snowboard Level 1 Exam	3/4/2015	Sun Valley	\$45
Snowboard 100 Teaching & Technical	3/7/2015	Pomerelle	\$45
Snowboard Level 1 Exam	3/8/2015	Pomerelle	\$45
Snowboard Level 2 Riding Exam	3/21/2015	Brundage	\$90
Snowboard Level 3 Riding Exam	3/21/2015	Brundage	\$90
Snowboard Level 2 Teaching/Technical Exam	3/22/2015	Brundage	\$90
Snowboard Level 3 Teaching/Technical Exam	3/22/2015	Brundage	\$90
Spring Symposium	3/28,29/2015	Tamarack	\$45

2014-2015 PSIA-AASI NI CHILDRENS SPECIALIST EVENTS

Finally, the Childrens specialist Event Schedule for the 2014-2015 Season. In order to register for an event; go to:

<http://community.thesnowpros.org/northernintermountaindivision/events/childrens>

click on the event title and make payment. Event Registration closes 7 days prior to an Education Clinic, and 14 days prior to a Certification Exam.

Event Name	Date	Location	Fee
Children's Specialist Level 1 Prep	12/14/2014	Sun Valley	\$45
Children's Specialist Level 1 Assessment	1/15/2015	Sun Valley	\$45
Children's Clinic	1/17/2015	Pomerelle	\$45
Children's Specialist Level 1 Prep	1/28/2015	Sun Valley	\$45
Children's Specialist Level 1 Prep	2/8/2015	Brundage	\$45
Children's Specialist Level 1 Prep	2/12/2015	Sun Valley	\$45
Children's Specialist Level 1 Assessment	2/25/2015	Sun Valley	\$45
Children's Specialist Level 1 Prep	3/1/2015	Bogus Basin	\$45
Children's Level 2 Exam	2/21/2015	Sun Valley	\$45
Children's Specialist Level 1 Assessment	2/22/2015	Soldier	\$45
Spring Symposium	3/28,29/2015	Tamarack	\$45



Carve' Diem

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

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Or jwhiteman@northwestcrc.com

Subject: Newsletter submission

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