

INSTRUCTOR → TO ← INSTRUCTOR



PSIA-ROCKY MOUNTAIN-AASI
ROCKY MOUNTAIN SKI INSTRUCTORS
EDUCATIONAL FOUNDATION

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JOHN WILTGEN, WESTERN SLOPE
LINDA GUERRETTE, WESTERN SLOPE

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JONATHAN BALLOU - ALPINE CHAIR
DUSTY DYAR - CHILDREN'S CHAIR
JP CHEVALIER - MEMBER SCHOOL CHAIR
PATTI BANKS - NORDIC CHAIR
TONY MACRI - SNOWBOARD CHAIR



Why Your Vote Counts

By Dana Forbes; Executive Director



Americans vote less than any other people in Western societies. Just half of registered voters actually vote in presidential elections and many fewer vote in state and local elections. Perhaps I am “pushing a rope” as I sit here asking you to vote for our board positions but if you care about the vision and future of PSIA-AASI then you should.

This will be the fourth election I will witness and sadly, out of almost 7000 members if we combined all 3 past elections less than 10% of our total membership has voted. For many of you this is your livelihood so why wouldn't you take interest in

who is determining its future?

The board is comprised of twelve voting members and an ex-officio position that represents the national organization. The twelve positions include representation from each region (Western Slope, Front Range and Southern District) and four member at large seats. The role and responsibility of the board member is to be the visionary of the organization and to assure the fiduciary responsibility of the organization.

Enclosed in this issue of the “I to I” is a ballot and on it representation from each region, one of which will be yours. Take the time out to find out about the perspec-

tive candidates representing your region and decide on which one will be represent your views and your voice.

Which individual has an added skill set to better our division? Which person will full fill the time commitment and offer an added value that is not a personal agenda rather what's best for your region and essentially this division?

Now take two minutes out to fill in the ballot and mail it in to us. Just because you don't have time to sit on the board it doesn't mean that you can't do your part. Now go get a pen and start making difference.



National News

By Peter Donahue



What's the biggest news from your national association this year? The 50/50 celebration, of course... not to mention everything else: the matrix redesign, The Community forum on thesnowpros.org and the Strategic Education Plan.

Unless you have been living in a ditch getting your mail by mule, you have heard something about the upcoming party: the 50-year anniversary celebration of the founding of our association as a national organization in 1961. Now is the time to act to become part of it!

Not since Interski in Aspen 1968 has there been such an extraordinary gathering for ski instructors in this country. Aspen will once again be the venue where our founders and icons will come together to share our collective love for sliding April 4-9, 2011.

If for no other reason, you should come to help us honor "Papa Bear" Curt Chase with the National Lifetime Achievement Award for his contribution as a founder of PSIA, Director of the Aspen Ski School for 20 years and lifelong innovator in our sport. If you know anything about Curt and Aspen in the 60's, you will agree that a week-long party will be a great way to celebrate his free-spirited approach to snowsports instruction! (See "Legends of the Fall Line" by Weems Wesfeldt, Aspen Magazine, Winter 2000)

For information about the celebration, Check out thesnowpros.org, call (303) 987-9390, or write Karen Hagaman at

133 South Van Gordon Street, Suite 200, Lakewood, CO 80228-1703 and get it in the saddlebag ASAP!

Also newsworthy is the redesign of The Matrix on thesnowpros.org. Check it out on your smart-phone and see how it can be a great real time resource for you and your students. When you log in and land on the web-portal page, notice that in addition to the Matrix, there is a link to get "The Beta" on The Community. Click through and see the potential we are beginning to realize from being linked together in our new national database.

Last, but certainly not least is the Strategic Education Plan, a strategy for better aligning our Education and Certification programs across divisions. Our discipline committees around the country are working together with Ben Roberts and Earl Saline of the national Education Dept. to develop recommendations for consistent best practices for certifications. The three-year plan has provisions for ongoing review that will eventually lead towards accreditation from the NCCA, (the National Commission for Certifying Agencies,) under ANSI guidelines, (the American National Standards Institute,). This initiative will guide our association towards a new level of accountability and stature within the Snowsports industry. Stay tuned for more information as this important initiative moves forward. In the meantime, enjoy your sliding and I'll see you in Aspen next April! ❄️

INSTRUCTOR TO INSTRUCTOR

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PSIA - Rocky Mountain - AASI
P. O. Box 775143
Steamboat Springs, CO 80477
Phone: 970.879.8335
Fax: 970.879.6760

Executive director - dana@psia-rm.org
Director of Operations - carolyn@psia-rm.org
Director of Education - dave@psia-rm.org
Events Coordinator - ks@psia-rm.org

website - www.psia-rm.org

General Information

Submissions of articles, photos or other items for publication are invited. PSIA-Rocky Mountain- AASI members submitting articles of an educational nature with a minimum of 500 words will be reimbursed \$100 per published article. Type copy should be double spaced and sent to the editor at the above address. A disk may be submitted along with a hard copy in either PC or MAC formats.

All the submitted material is subject to editing. Use of all material will be at the discretion of the editorial staff. Articles are accepted on the condition that they may be released for publication in all PSIA/AASI National and Divisional publications.

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PSIA-RM-AASI Wants You!

By JP Chevalier, RM-MSM Committee Chair

You get excited about participating in snowsports and we get inspired about sharing our resources to help people become more enthusiastically engaged and effective at teaching snowsport experiences.

If you have already joined PSIA-RM-AASI for the 2010-2011 winter, thank you. If not, here are a few reasons to either stimulate you to renew or become a new member of PSIA-RM-AASI. Joining the association in 2010-2011 will open the door of collective knowledge, you will be made to feel welcome and then we will help you comfortably slide into our occupational culture and mountain lifestyle.

Annual dues cost \$50. This investment will enable you to access and connect with other quality people that share the same passion for exploring improvement at all levels of snowsports. Exchange ideas in unexpected ways, share experiences created in special places, inspire our guests that arrive in our meeting places and to keep our lifestyle and occupation as snowsports instructors alive and well.

Choosing PSIA-RM-AASI as the first place to go for information about snowsports, teaching and the industry, seems like a smart idea. The consensus in the content produced by our association over generations suggests that the value of joining PSIA-RM-AASI is high and proven, in terms of buy-in. To gain access into the people, resources, mountain industry and network of professional relationships for a lifetime, seems extraordinary for the small price of \$50.

PSIA-RM-AASI has been working closely with active members, national & divisional education staff, member school management, board of directors, national education managers, resort operators, our own administration team and many others to ensure we continue to evolve and improve our systems and services. Our current strategic educational direction is:

1. Increase the ease and access to all products, programs, and services; develop and communicate a clear path to success in our educational system.
2. Develop a quality assurance system to uphold standards for all products, programs and services.
3. Define success measures in order to evaluate PSIA-AASI products, programs and services.



4. Implement a leadership development program to ensure a broad pool of volunteers, so new ideas and energy can be used to create new products, programs and services.

Not only will PSIA-RM-AASI continue to provide support for you to grow and create exceptional guest experiences, but will also continue to find ways to certify your capabilities and commitment to endorse you for quality snowsports instruction. Member School Management supports the process and membership activity, by employing qualified pros, building pay systems around our education and certification levels. Your career and remuneration can be positively impacted by being active and connected to the annual membership alliance.

On a personal and added value note, the benefits of being an active PSIA-RM-AASI member, includes but is not limited to accessing;

- International, National and Divisional Events
- Subaru Discounts
- Personal health insurance
- Pro Deals on Equipment
- Discounted lift tickets at most resorts in the USA

• Access to cool Patagonia gear

- And many other items

The division has great people leading the

various committee roles for our division. Barbara/Adaptive, Patti/Nordic, Dusty/Children, Jonathan/Alpine and Tony/Snowboard always listen and share their thoughts, with their respective committees. They make adjustments to the processes and continue to strive for excellence on the values associated to being part of the greater divisional and national organization.

If you ever get bored and look on main stream teaching, stop take stock and diversify. The majority of our membership pursue education and qualifications in either alpine and snowboard. Often members stay involved in one zone, year after year. Challenge yourself and cross over between these main zones. Then if that's enjoyable, you can encourage yourself to do the grand tour and get active in all areas.

What's cool is if you are Level 3 Alpine active member, you can for example participate in Level 1 Snowboard or Nordic under your Alpine membership. In other words you don't have to joining twice.

With that said we asked Adaptive and Nordic committee chairs, on why you should join today and explore getting involved with these elements of our association. Here is what they had to say;

Board Briefs

November 19, 2010

The question for Barbara Szwebel was – What is the emotional value of being involved as an adaptive coach? Barbara's Answer: "Teaching students with special physical, emotional and cognitive needs often is more rewarding than teaching able bodied students. Getting them out to ski can change their life and as a rule they really appreciate your knowledge." This is a real grass roots emotional connection and why so many pros stay active with PSIA-RM-AASI. We are people that care, want to help and enjoy seeing our work enlighten people with snowsports experiences.

Patti Banks is a really passionate Nord and asked her – How and why have PSIA-RM-AASI members, positively engaged in the Nordic disciplines? Patti's Answer: "Most of our members who participate in telemark events come from other disciplines. Alpiners come to learn about Tele to broaden their teaching knowledge and skill base. Snowboarders want something new and different, as well as a quicker access to the back-country. Telemark has huge crossover movement patterns for both Alpine and snowboard and is a hoot to learn.

XC members join us to receive training that they may not otherwise get at their home areas. Also members from other disciplines want to learn XC for great way to work out, as well as honing in skills which will directly help in their other discipline. These are just a few of the many reasons why folks come play in the Nordic world but I believe the biggest reason they come is because it so much damn fun!!!!" So if you are curious, inspired or bored with your mainstream activity in alpine or snowboard get pro-active and connect with in these other snowsport zones. You will experience a great sense of personal pride, notch in a higher commitment and expand your capabilities. Thank you Barbara and Patti for always bring great perspective to the table. You are both profound and bring strength to our division.

Finally a perspective worth sharing is that strength comes in numbers. By joining today and sharing your individual passion for snowsports, we will listen to your contribution, grow from your involvement and continue to help the quest to never accept the status quo and always find a better way.

Thank you for renewing or joining in 2010-2011 and seeing the value of being locked into our non-profit association, whether it is in education, certification or celebration based events.

Have fun playing with gravity and snow surfaces this winter. ❄️



Discussion:

- Review of the roll of the secretary whereas the secretary is in charge of finding someone to take the minutes, they don't actually have to take the minutes.
- Office update: Detailed review of Fall Training, discussion on the Strategic Message, discussion about the new offices and settling in.
- Future review of participation numbers for different clinics. Desired outcome is to get an idea about what focuses are popular: example: MA, Personal sliding Improvement or Teaching, Skills.
- Initiative to save paper and go green by limiting unnecessary paperwork in event packets.

Earl Saline: Presentation on the National strategic message.

Dana Forbes: Presentation on business models. Review of current RM business model. Executive Director Update: discussion about committing money to members and member schools with official presentation to be made at March meeting.

Motion: "to acknowledge and move forward with the recommendation from legal counsel to transition our divisional educators from a contractor relationship to an employee employer relationship by the fiscal year 2011." Motion seconded, brief discussion, called to vote, motion approved 7 in favor, 1 opposed, 1 abstained

Discussion: The makeup of the board moving forward.

- To summarize the discussion, the 4 seats that are up for re-election will be filled by election, but the 2 seats recently resigned should be left vacant until the terms are up.

Motion: "to keep the 2 board of director's seats that have been resigned, vacant until the end of their terms."

Motion seconded, brief discussion, call to vote, motion approved 7 in favor, 2 abstained.

- Meeting closed
- Next meeting will be March 2, 2011 at the Frisco Town Hall, Frisco, Colorado.

Do You Speak Slide?

By Dave Schuiling, Director of Slideways Education

“If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away.”

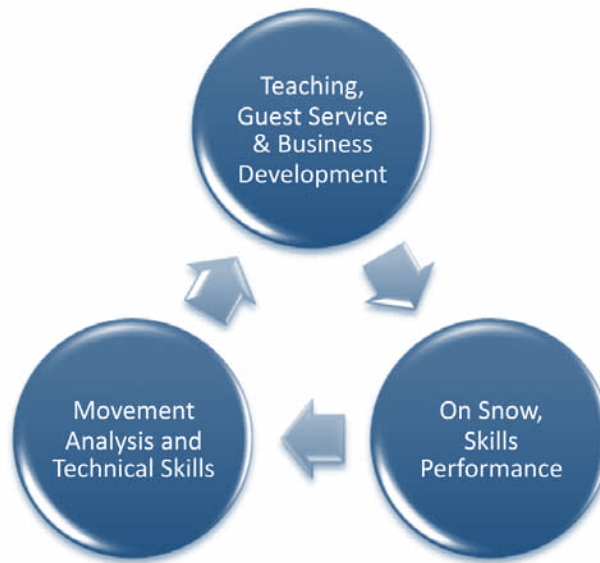
—HENRY DAVID THOREAU

In my last two articles, I made reference to branching out of the norm, first by expanding horizons through exploring other sliding disciplines. If you are primarily an alpine skier, give snowboarding or nordic skiing a try. Secondly, the “Switch” article focused on staying on your current device of pleasure, but changing the direction of travel from backward (switch) to forward or the direction of primary rotation to your unnatural or off side rotation. One of my Nordic colleagues mentioned that I forgot a very critical direction in the discussion; Up! Yeah, now we’re talking! What goes down must go back up. Earn that turn! I’m now extremely intrigued with the muscle groups that can be developed through “switch skinning”. By the time we’re done exploring the multi-directional, multi discipline workout opportunities presented through sliding, P90X (trade mark) will have nothing our new exercise program. Look for an infomercial coming soon to your extreme late night/early morning television viewing sessions. Your Rocky Mountain curriculum offers a wide variety of continuing education opportunities. Now it’s time to expand your horizons by branching out into new education avenues.

Most of my discussions up this point have referenced sliding in regards to cross training and have been related to the on snow performance aspect of our prospective sports. The three evaluative components we use to assess our abilities to teach sliding are on snow performance (skiing, riding, gliding), movement analysis/technical applications and teaching/guest service/professional development.

Our Certification exam assessments in AASI-Rocky Mountain-PSIA are actually divided into three separate days focusing on these components. Blend these three assess-

ments into one complete instructor package and voila, we typically have a well balanced, super versatile, teach anyone, anywhere, anytime instructor. Or do we? Pondering this makes you wonder; just what does make the incredibly popular, outrageously booked instructor tick? Another article written in this



publication by Jonathan Ballou, our Alpine Committee Chair makes reference that our current educational curriculum offerings are fairly balanced between teaching, sliding and technical applications. Despite this balance in curriculum, are we as instructors balanced? When the time comes to fulfill your continuing education clinics to maintain your certification, do you attend the same old, same old clinic offering or do you dance to the beat of a different drummer? Do you expand your horizons and try something new from an alternative educational focus?

During our fall training seminar, we met with resort managers and directors from all of our member schools. One of the hot topics of discussion was in the area of guest service and professional development. We asked the schools what type of products they’d like to see offered and gave us some insight on how our member schools value the current curriculum. Surprisingly, the focus was not centered solely around certification. An overwhelming

majority of our schools stressed the importance of continuing education through versatility and broadening skill sets with different avenues of education. Diversity won as the potentially the key training tool in expanding an instructor’s snow-sports teaching portfolio. One Director actually stated that a Level 3, single discipline instructor may not be as valuable to him as an instructor with lower levels of multi discipline certification combined with a children’s specialist or freestyle specialist certificate.

Historically, most resorts have focused pay scales and priority points systems through the certification levels exclusively. Instructors motivated to receive higher wages will train to pass the next level of certification. Many resorts are now acknowledging a much more diverse package of professional traits and are providing incentives to nurture professional development among their instructors. As guest retention is paramount to snow sports resorts’ success, instructors are rewarded for providing the ultimate guest service experience. The attributes of an instructor that is capable of providing this experience have been referring to as the “soft” skills. Although difficult to measure, our member school management described these skills as crucial to the success of the guest experience.

The Rocky Mountain curriculum offers many products that potentially enhance the soft skill set. Simply expanding into other educational disciplines provides an added level of versatility and confidence to mingle in many different arenas, with many different personalities. You do not need to teach kids to gain an incredible amount of knowledge from the Children’s Specialist products. Let’s face it; many adults certainly act like children while on vacation! Whether it’s officially time for continuing education or not, take a look at your Rocky Mountain curriculum with a different beat in mind. Go wild! Just don’t go to the eighties genre please. Sliding is a dance of individual expression. Pick your own rhythm and slide to the beat of a different drummer. ❄️

Alpine Committee News

By Jonathan Ballou

The off-season is over and many of you are experiencing some of the best early season conditions on offer in the past 15 years. Many of you have training or certification goals for this season or over the next few seasons; below is an overview of some exciting new tools/pathways that PSIA-RM has created for you to explore as you plan your season.

MODULAR CERTIFICATION AND EDUCATION

The first concept is not new, but one that has become more clear to over the last few years. It is the idea of integrating the various educational offerings that PSIA-RM offers and structuring our entire product line, from general education to certification, into curriculum. This concept began long ago and in recent years has manifested itself in Professional Development System, or PDS. Over the last year or so the PDS has evolved into a curriculum that groups our products by category and creates clear connections between our products that focus on development, such as our various educational offerings, and those that focus on evaluation, such as exams.

The chart (opposite) defines three areas of development that PSIA-RM focuses on. Those areas are Teaching & Communication Skills, Movement Analysis/ Technical Skills, and On-Snow Performance. All clinics and evaluations that we offer fit into at least one of the categories. Many of our offerings, although focusing primarily in one area, span multiple categories.

PSIA has three levels of certification. In PSIA-RM we divide each level of certification in the three categories, or certification components, previously mentioned and represented in the chart above. Successfully completed components never expire. When all of the components of a level have been achieved, then one has attained that level of National Certification, be it Level 1, 2, or, 3.

This chart doesn't in itself represent anything different from what we have been doing for the past several years but does represent a different way of viewing, thinking about, and representing what we do. The intent here is to create multiple options, or a "Stepping Stones" approach for members to move through our curriculum, successfully educating themselves and gaining qualifications that represent the time and effort put in at the skill level being trained for.

One of the things this way of viewing our curriculum does do is suggest the idea of pursuing certification in modules, or training for and sitting each component individually. This is a process that has worked very well for many PSIA-RM members.

By breaking up the exam process and training for each individual component, you can spread the stress and cost of the experience over a longer duration. In doing so, candidates often gain greater mastery of each area of learning, making them more successful in the exam process and increasing their effectiveness as teachers.

In order to encourage this we are offering both each day of the Level 2 and Level 3 process independently. In addition to the day of the evaluation, a relevant preparatory clinic will be offered the day prior to the evaluation.

Often these clinics will be delivered by the examiners tasked with

evaluating participants the following day, giving participants the ability to hone their skills and gain last minute clarity on the evaluation process. While highly beneficial, these preparatory clinics do not in any way guarantee success nor do they replace the need for thorough preparation.

Many PSIA-RM members enjoy or are at least comfortable with the traditional three day, back-to-back exam process. Ok, let's be realistic...

...Many PSIA-RM members tolerate and are successful with the traditional three day, back-to-back exam process.

Rest assured, this option has not gone away. PSIA-RM will still be offering all exams in three-day blocks. Remember, the underlying concept is to create more options for members as the move through our curriculum, not simply change the way we operate.

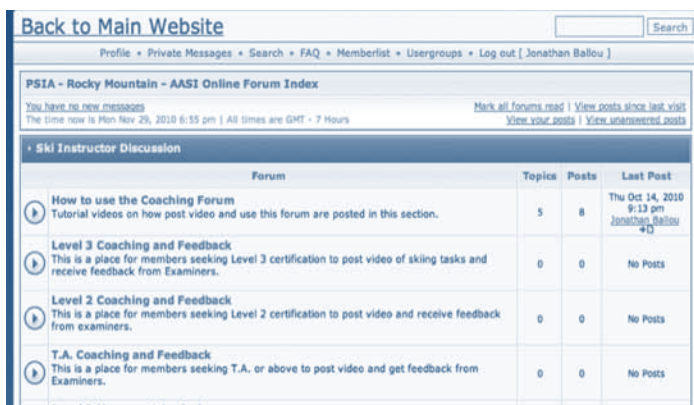
For more information on the training/certification options available to you please consult www.psia-rm.org, the PSIA-RM Curriculum Guide, or your local Trainer/Divisional Educator.

THE PSIA-RM COACHING FORUM

Many of you may not know this but PSIA-RM has had a member forum for several years now.

This is why we put a fair amount of time into redeveloping it early this fall. The forum has shifted from an open forum for industry-related conversations for RM members to a coaching-specific forum. This newly redesigned forum is a place for RM members to improve their skills through virtual coaching a feedback.

Members can post videos of freeskiing or task skiing in the various forums on the site and get feedback from PSIA-RM examiners from around the division. Forums are organized according to levels of certification being sought. In addition to using the specific forums, members may contact specific examiners from around the division through the private messaging system. The private messaging system may be used for video posting or general questions.



In addition to forums aimed at on-snow performance, there are level-specific Movement Analysis forums. Each forum is designed as a course to help members gain skills relative to their desired level of certification through relevant video analysis and structured questions that build from simple to complex.

<p>Level 3 Coaching and Feedback This is a place for members seeking Level 3 certification to post video of skiing tasks and receive feedback from Examiners.</p>	0	0	No Posts
<p>Level 2 Coaching and Feedback This is a place for members seeking Level 2 certification to post video and receive feedback from examiners.</p>	0	0	No Posts
<p>T.A. Coaching and Feedback This is a place for members seeking T.A. or above to post video and get feedback from Examiners.</p>	0	0	No Posts
<p>Level 2 Movement Analysis Appropriate level video will be posted here periodically. Members may practice M.A. and receive feedback from an Examiner.</p>	1	11	Tue Oct 05, 2010 8:18 am Jonathan Ballou #13
<p>Level 3 Movement Analysis Appropriate level video will be posted here periodically. Members may practice M.A. and receive feedback from an Examiner.</p>	1	10	Sun Oct 03, 2010 11:01 am Jonathan Ballou #13

Back to Main Website

Profile • Private Messages • Search • FAQ • Memberlist • Usergroups • Log out [Jonathan Ballou]

PSIA - Rocky Mountain - AASI Online Forum Index » How to use the Coaching Forum

The time now is Mon Nov 29, 2010 6:58 pm

Moderators: None
Users browsing this forum: Jonathan Ballou

NEW TOPIC

Page 1 of 1

Topic	Replies	Author	Views	Last Post
What is this?	2	Jonathan Ballou	64	Thu Oct 14, 2010 9:13 pm Jonathan Ballou #13
How to post to the coaching forum	1	Jonathan Ballou	38	Sat Oct 09, 2010 11:22 pm Jonathan Ballou #13
How to post a private message	0	Jonathan Ballou	25	Sat Oct 09, 2010 11:19 pm Jonathan Ballou #13
How to create a YouTube account	0	ss	31	Thu Sep 30, 2010 10:22 am ss #13
How to post videos to YouTube	0	ss	20	Thu Sep 30, 2010 9:57 am ss #13

Display topics from previous: All Topics 13 Go

All times are GMT - 7 Hours

For those new to using communication tools like this, there are a series of video and text tutorials posted in the uppermost forum titled, "How to use the Coaching Forum."

Each tutorial is easy to follow and will get you on your way to getting feedback and skill improvement on your own schedule.

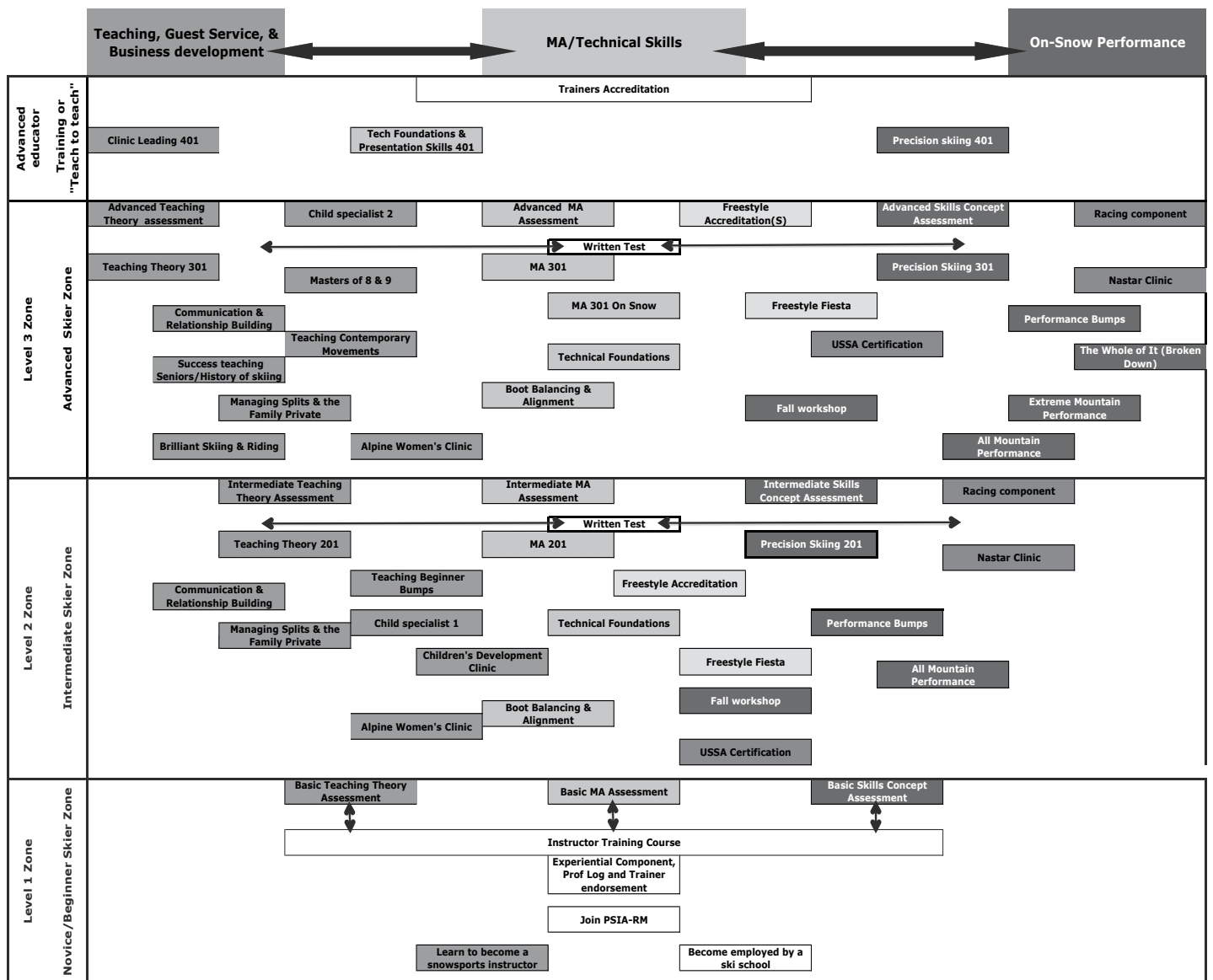
All forums are secure. PSIA-RM members are able to view and create threads but only current examining staff members are able to post feedback.

Lastly I would like to welcome two new members to the Alpine Committee, Randy Brooks and Jim Shaw. Both have proven to be

great assets to the team already.

Your current committee is made up of the following members: Jonathan Ballou – Chair, Gates Lloyd, Mark Raymond, Jenn Metz , Dave Hartman, Burt Skall, David A. Oliver, Randy Brooks, Jim shaw

As always we welcome you feedback on how we can improve training and training tools available to the membership. Feel free to contact members of the committee or myself with your suggestions. ❄️



Professional Ski Instructors of America-Rocky Mountain-American Assn. of Snowboard Instructors
P.O. Box 775143 , Steamboat Springs, CO 80477

OFFICIAL BALLOT

FOR REPRESENTATIVES TO BOARD OF DIRECTORS

Please Vote for **ONE CANDIDATE** in your District **ONLY** 

If mailed or delivered, Ballots Must **BE RECEIVED** in the RM Office by 5:00 P.M. on February 18, 2011

FAXED BALLOTS WILL NOT BE ACCEPTED

ONE PERSON FROM EACH DISTRICT WILL BE ELECTED FROM THIS BALLOT.

THE PERSON WITH THE NEXT HIGHEST NUMBER OF VOTES (FROM ANY DISTRICT) WILL BE THE MEMBER-AT-LARGE REPRESENTATIVE.

PSIA-RM member schools are grouped into Districts as follows:

Front Range: Adaptive Adventures, Arapahoe Basin, Breckenridge, Breckenridge Outdoor Education Center, Copper Mt., Echo Mountain Ski & Ride, Eskimo, Eldora, Foresight Ski Guides, Gold Run Nordic, Ignite Adaptive Sports, Keystone, Lake City Ski Hill, Loveland, National Sports Center for the Disabled, Rookie Academy, Snowy Range, Sol Vista Basin Ski School, Winter Park Ski & Snowboard School

Southern District: Adaptive Ski Program Ski School, Adaptive Sports Association, Angel Fire, Arizona Snowbowl, Challenge New Mexico, Enchanted Forest Nordic, Ernie Blake, Never Summer Sun & Ski Sports, Pajarito, Purgatory at Durango Mountain Resort, Red River, Sandia Peak, Santa Fe, Sipapu, SheRide Snowboard Camp, Ski Apache, Sunrise, Telluride, Telluride Adaptive Sports Program

Western Slope: Adaptive Sports Center of Crested Butte, Adaptive Athletic Specialists, Beaver Creek Ski & Snowboard School, Challenge Aspen, Colorado Discover Ability, Crested Butte, Monarch, Powderhorn, Ski Cooper, Ski & Snowboard Schools of Aspen, SOS Outreach, STARS, Steamboat, Steamboat Ski Touring Center, Sunlight, Vail Nordic Center, Vail Ski & Snowboard School, Vista Verde, Wolf Creek

Nominees for DISTRICT REPRESENTATIVE to the PSIA-Rocky Mountain-AASI Board of Directors Are:

FRONT RANGE

Choose only ONE candidate **IN YOUR DISTRICT** and print and sign on the signature line.



JP CHEVALIER - JP has been a snowsport-teaching professional for over 33 years; Certified in 3 countries and currently the school director at Copper Mountain. If re-elected, JP would like to provide feedback and perspective to help lead Professional Ski Instructors of America-Rocky Mountain-American Association of Snowboard Instructors and the Rocky Mountain Ski Instructors Educational Foundation to be viable non-profits. He would support the Executive Director and President's activities and be a strong voice both for members and member schools. JP Has been a volunteer for many community events and environmental/clean-up projects.



RICHARD L. GREENE - Richard has been a snowsport-teaching professional for 26 years, 3 years in Rocky Mountain; MBA Accounting, CPA. Richard has worked with NSCD for 26 years and with BOEC for the last 2 years and is a retired accountant/CPA. He would like to use his accounting, budget and analytical skills if requested, to promote the ski industry, safety and professional instruction based on 50 years of experience with skiing and to help PSIA create and improve career opportunities for full and part-time instructors during and beyond uncertain economic downturns.



ALICIA HOUCHEN - Alicia has been a snowsport-teaching professional for 16 years, 10 years in Rocky Mountain and is currently Assistant Director of Eldora Resort. Alicia is currently a member of the Rocky Mountain member school committee, Chair of the Eldora Mountain Resort Safety Committee. She was involved with Denver Children's Hospital for 3 years, a teen community service program and low income housing project in PA. Alicia's reason for applying to the board is to be involved with the change and make certain the direction we are heading is one that will benefit the future of the organization and its members. She would like to help make the overall vision of the organization clear to all members, create and facilitate a recruitment plan that keeps new members interested and excited, encourage mature members to extend their experience and knowledge to less-experienced members and add diversity and balance to the board with a female voice.



Picture
not
Available

TIM KENNEY - Tim has been a snowsport-teaching professional for over 10 years, 7 years in Rocky Mountain and currently teaching at Eldora. Tim has been involved as a volunteer with Bikes Belong activity day, Steamboat Marathon, SOS Outreach and ARC Denver. Tim is interested in guiding this organization in a direction that ensures the financial sustainability as well as adhering to the vision, mission and culture of the industry. He would like to be a grass roots voice for the organization taking the interests of snowsports professionals to the Board. He states "Should I be elected, my goals would be continued guidance of the organization that helps take PSIA-RM-AASI into a sustainable direction and into the future of the snowsports industry."



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Available

MATT LOLLEY - Matt has been a snowsport-teaching professional for over 10 years, 5+ years in Rocky Mountain, MBA-DU accounting minor and currently teaching at Breckenridge. Matt has been involved with the student hunger drive and is a Denver Rescue Mission volunteer. Matt's goals if elected are to help increase membership through advocacy for PSIA-RM-AASI, to contribute to the overall strategic direction, to utilize the organization and other members as a resource to become a better instructor and to cultivate relationships that will aid Rocky Mountain's mission and vision. "PSIA-RM-AASI is here to help facilitate all that goes into snowsports instruction and to make sure that its members operate at a high level. It is essential we members act in a group effort to let it be known that this is our passion!"

Member Name (please print)

Member Signature

Member Number

Only active status PSIA-Rocky Mountain-AASI members in good standing may vote.

OFFICIAL BALLOT

FOR REPRESENTATIVES TO BOARD OF DIRECTORS

Please Vote for ONE CANDIDATE in your District ONLY 

If mailed or delivered, Ballots Must BE RECEIVED in the RM Office by 5:00 P.M. on February 18, 2011

FAXED BALLOTS WILL NOT BE ACCEPTED

ONE PERSON FROM EACH DISTRICT WILL BE ELECTED FROM THIS BALLOT.

THE PERSON WITH THE NEXT HIGHEST NUMBER OF VOTES (FROM ANY DISTRICT) WILL BE THE MEMBER-AT-LARGE REPRESENTATIVE.

PLEASE SEE PAGE 1 OF BALLOT FOR DISTRICTS.

FRONT RANGE, CONT'D Choose only ONE candidate **IN YOUR DISTRICT** and print and sign on the signature line.

Picture
not
Available

CLARK MUSGROVE - Clark has been a snowsport-teaching professional for over 20 years, 16 years in Rocky Mountain; MBA-DU and currently teaching at Breckenridge. "As a manager of strategic planning for two international engineering companies I worked with and coordinated the activities of planners with diverse backgrounds and agendas and I understand the need and realities of compromise. As a business development manager for 2 companies that rent video cameras to ski resorts and ski/ride schools I have developed an understanding of the diverse needs and desires of ski resorts, ski/ride school and snowsports instructors." Clark has served on the Boards of Entre Computer Center, CADKIT and IMS.

Picture
not
Available

JANE TARLOW - Jane has been a snowsport-teaching professional for over 39 years, 28 years in Rocky Mountain; MBA-Harvard, education and currently teaching at Breckenridge. Jane's interest is to represent the district members. She would like to explore and increase interaction and feedback opportunities for members as new ideas, programs and strategic directions need to have a voice. She believes the members have much to contribute if we offer additional outreach and modes of communication. Serving on the board will give her a chance to experience the strategic message personally. "I believe the challenge is to maintain and exceed the expectations of the vision, mission and culture statements. As much as we are 'guest centered' in our teaching, we can be 'member centered' in service as an organization. Accountability matters and member goals need to be a fundamental consideration as the business and profession progresses."

SOUTHERN DISTRICT Choose only ONE candidate **IN YOUR DISTRICT** and print and sign on the signature line.

Picture
not
Available

ROBIN MAY - Robin has been a snowsport-teaching professional for 36 years, 31 in the Rocky Mountain division; University of British Columbia and currently the school director at Angel Fire. Robin has served on the Angel Fire Property Owners, Village of Angel Fire Recreation Board and Team Angel Fire Board among others. Robin sees all stakeholders like a mobile in balanced suspension. It is difficult to emphasize one stakeholder without affecting the others. If elected, Robin would like to establish a convenient amnesty program, develop an equitable multi-level school dues structure that helps build in education an school membership fees and improve communication. He would really like to be involved and help the organization.

WESTERN SLOPE

Choose only ONE candidate **IN YOUR DISTRICT** and print and sign on the signature line.



LARRY DEAN - Larry has been a snowsport-teaching professional for 21 years, 4 in the Rocky Mountain division; A.S. Aero Tech, B.S. Business Marketing and MBA Finance and currently teaching at Vail. "I will do my best to represent the membership of my district if elected to the Board of Directors. My main goal is to ensure that the members receive the highest quality of education, training and consistency of testing at all certification levels. Other goals of mine include fiscal responsibility of the organization, budget management, promotion of PSIA-RM-AASI within the snowsports schools and to new members, as well as building on relationships within the snowsports industry and fostering team work among the Board of Directors to produce tangible results."



JEREMY GROSS - Jeremy has been a snowsport-teaching professional for 6 years in the Rocky Mountain division; B.S. Commercial Recreation and Tourism and currently teaching at Vail. "My belief is that the vision, mission, culture and strategic message help to setup PSIA/AASI as the bond between member schools. It means that staff at all of our schools have access to the entire division as a resource that they can use to ensure a consistent, high level of training and education. My goal as a member of the board, if elected, would be to make sure PSIA/AASI continues to grow. I want to help draw more people to the organization and to higher levels of certification. I'd also like to be sure member needs are being met so members continue their learning and participation in the organization."

OFFICIAL BALLOT

FOR REPRESENTATIVES TO BOARD OF DIRECTORS

Please Vote for **ONE CANDIDATE** in your District **ONLY** 

If mailed or delivered, Ballots Must **BE RECEIVED** in the RM Office by 5:00 P.M. on February 18, 2011

FAXED BALLOTS WILL NOT BE ACCEPTED

ONE PERSON FROM EACH DISTRICT WILL BE ELECTED FROM THIS BALLOT.

THE PERSON WITH THE NEXT HIGHEST NUMBER OF VOTES (FROM ANY DISTRICT) WILL BE THE MEMBER-AT-LARGE REPRESENTATIVE.

PLEASE SEE PAGE 1 OF BALLOT FOR DISTRICTS

WESTERN SLOPE, CONT'D

Choose only ONE candidate **IN YOUR DISTRICT** and print and sign on the signature line.



NELS HINDERLIE - Nels has been a snowsport-teaching professional for 12 years, 6 in the Rocky Mountain division; BA in political science from Saint John's University and currently teaching at Vail. Nels has volunteered for Habitat for Humanity and an advocate for children. "I am a team player who loves to share the passion I have for snowsports. I would like to see an organization that delivers an extremely valuable product and service to its members and affiliated schools. My vision is to keep it simple while delivering excellence and being open, honest and transparent with all parties involved."



Picture
not
Available

DAVID N. OLIVER - David has been a snowsport-teaching professional for 14 years, 7 in the Rocky Mountain division; B.S. from W.S.C. of Colorado. David has volunteered for "Matt's Kids" in Montana and currently teaching at Vail. "My goal if elected is to provide programs and increase the relevance of events for members to help improve their ability to perform their jobs with increased confidence and help them to share their passions for our industry. I believe that it is the role of the board to listen to members about their needs, act as role models and help set standards to increase member ability to display and pass on their passion for snowsports."



RICK RODD - Rick has been a snowsport-teaching professional for 9 years, 6 in the Rocky Mountain division; B.S. Marketing - DU and currently teaching at Powderhorn. Rick has served on several boards in the last few years retaining his spot on the Hospice & Palliative Care of Western Colorado currently. "If elected I would like to convey the professionalism of the PSIA-RM-AASI organization to not only the ski instructors but also to the general public. so many people do not understand the depth of our training, I would like to get the word out. My talk-to-service groups tells me that more people need to know the training we go through to become great facilitators to them (the general public)."



TIFFANY TRUITT - Tiffany has been a snowsport-teaching professional for 22 years in the Rocky Mountain division and currently teaching at Beaver Creek. "Having founded and run two successful start-up companies I feel fully qualified to contribute to this board on all business levels. I have served on several profit and non-profit boards and am certain of my ability to uphold the ethical and operational standards defined for a board member. If elected I will stay focused on my responsibilities as a governing member as defined in the bylaws. I am interested in a seat on this board because I think the Board needs members with depth of experience in business operations. The fiduciary responsibilities and intricacies of running a non-profit organization should not be taken lightly and in running for this position I am acknowledging seriousness of being a member of this board. It is also my intention to assist in the development of the organization and pursue fund-raising opportunities that are allowed under non-profit status."



Picture
not
Available

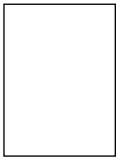
DAVID WIKMAN - David has been a snowsport-teaching professional for 15 years, 4 years in the Rocky Mountain division; currently teaching at Steamboat STARS and sits on their Board. If elected I would "help with providing a better understanding of a 'direct to parallel' for our adaptive instructors and guests - working with staff to promote a growing aspect of our sport. PSIA provides a high standard of teaching in which the guest and staff receive a solid foundation on which to base experience on-snow, giving the best product we can to make all involved help build and form teams to promote our passion."

Member Name (please print)

Member Signature

Member Number

Only active status PSIA-Rocky Mountain-AASI members in good standing may vote.



PSIA/AASI Rocky Mountain Division
P.O. Box 775143
Steamboat Springs, CO 80477

Using the CAP Model for Upper Level Lessons

By Josh Fogg

Recently, I taught a group of 10-12 year old boys who comfortably skied wider black diamond runs. They wanted to ski increasingly difficult terrain, like narrower single blacks and easier double blacks. They also made it clear to me that they did not want to stand around and listen to me teach. I realized I would have to set up the opportunity for them to learn by doing. Unfortunately, their motivation still didn't allow them to turn their legs and make linked short turns for speed control in the narrows and steeps. I decided to teach them a javelin turn to improve their ability to turn their legs and balance on their outside ski. To make it all work, I used what I know of the CAP Model.

First, I had to take the larger, more complicated task and break it into smaller pieces for the boys, who had shorter attention spans, to learn by doing.

We started by making turns on the outside ski, checking to make sure they picked up their new inside ski before starting the turn. We then switched gears and polished their hockey stops. They could all do them without a problem but I wanted to start easy before upping the ante and asking them if they could do the hockey stop on one ski, (the outside ski that is). Like the one-skied turn, they could finish a hockey stop on one ski but not start from one ski at first. So we practiced first picking up one ski and then making the hockey stop. The key to success is that they have to create some twisting motion in their lower body. Otherwise, they spun right around in a circle and fell over or finished going backwards. Once we figured this out, we tried the one footed hockey stop while keeping the inside ski pointed straight down the hill. Finally, we slowed down the hockey stop and linked the turns together- voila, a javelin turn!

I had a few options at the start of the day on how to proceed. Option one included spending a good portion of the morning learning how to do a javelin turn and then "rewarding" them by skiing harder trails. Option two: scrap the teaching and put them in the terrain with some helpful hints along the way. Or option three: spread the progression across the day using terrain that we normally would

have skied in order to get somewhere else.

In between each portion of the progression, we tried our new found skills in short bursts of more challenging terrain. I chose option three to appeal to their cognitive needs of keeping the information simple, easy to understand and logically connected to their goals. I also chose option three for their affective needs of skiing and being challenged as well as their physical needs of learning to make short turns using leg rotation. Once they saw the connection between the activities and their skiing, they were eager to learn the next piece of the progression. By using the CAP model, I was able to take a complicated piece of skiing and make it understandable, achievable, and fun for a group of upper level 10-12 year old boys. ❄️



Special Events



DEVIL'S THUMB

XC ACADEMY

JAN 31, FEB 1

*Classis and Skate Ski Improvement with PSIA Nordic Team member David Lawrence and special guest stars at Devil's Thumb during the SIA on snow show. Test slide the latest and greatest gear and share ideas with Nordis from all over the country and beyond. Let the Nordic creative juices flow!

ASPEN/SNOWMASS

RM ACADEMY

JAN 31-FEB 2

*This event is not to be missed for all Disciplines! Ride the four mountains of Aspen with National Team Members fresh off their international snowsports adventure at Interski in Austria. Shred the Highlands as well as session the Transworld award winning Snowmass Park. Snowboard Team members Scott Anfang and Gregg Davis and alpine team members Nick Herrin, Jim Schanzenbaker and David Oliver will be guiding through the goods.

STEAMBOAT

RM KIDS ACADEMY

FEB 7, 8 & 9

*Tricks are not just for kids! Come play with our Children's Education Training Team in the 'Boat! Check out the menu in your Curriculum Guide. "The child must move to learn, then learn to move and move to learn again." -KEPART

A-BASIN

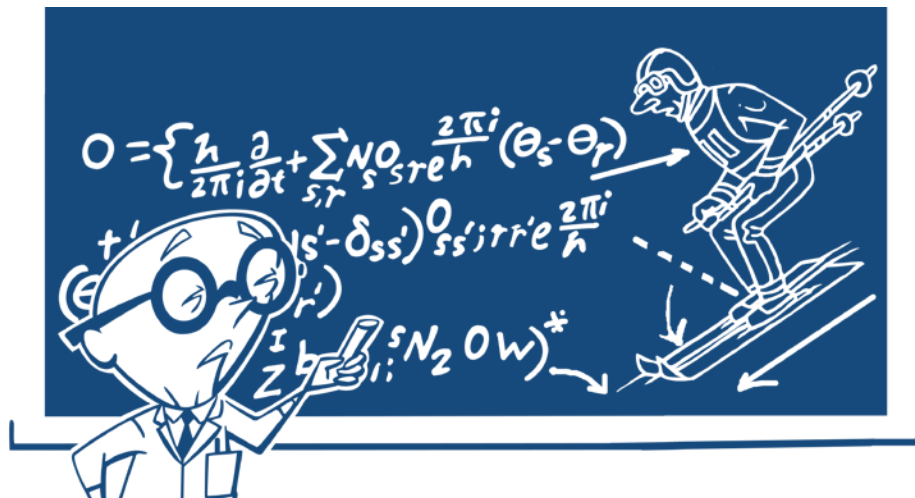
RM ASSESSMENT TRIALS (RAT)

APR 18 - 20

*Train and receive feedback on your quest for the National Teams Selection in 2012. This event is open to all Level 3 Alpine, Snowboard and Nordic members. Simulate the national selection process and gain valuable insight to set up you and your team members up for success. Download the application from the Trainer Ed materials sections in the RM website.

The Difference Between Coaching and Teaching

By Donnie Roth



I'm not the best skier, but I'm a great teacher."

How many times have we heard a statement along these lines?

We have struggled for decades to acknowledge the value of instructors that possess many of the traits of a great teacher. How do we recognize the instructor that communicates clearly, behaves as a consummate professional, understands the technical aspects of the sport and builds excellent rapport, yet for any of a variety of reasons will never be able to perform at the highest levels physically?

Is this person a tremendous asset to a ski school? Absolutely.

Can this person have a fulfilling career? Certainly.

Will most students enjoy their time and learn something while with this instructor? Definitely.

So shouldn't they be recognized as someone working at the top level of our profession? That's the age-old question.

One common justification often used for awarding this type of instructor full certification is to cite the common success of coaches whom possess lesser athletic ability than the pupil. It is well known, and obvious, that the coaches of world-class athletes do not perform at the same level – and probably never did. It is common to draw a parallel between this coach / athlete relationship and that of an instructor and student. This analogy is inaccurate because it fails to recognize the differences between the audiences.

By their nature, world-class athletes are highly kinesthetically sensitive. This is a basic building block for an athlete. What this means in simple terms is that the last thing a world-class athlete needs to be told is how something feels. They know exactly how they feel at any given moment of movement. What they don't always know is what they were actually doing when they felt a particular sensation. They also are not always sure of the right choice, and need some guidance. High-level coaches are the cerebral component that balances the kinesthetic dominance of the gifted athlete.

Typically, the folks that participate in ski school are not such gifted athletes. They are likely kinesthetically challenged. The typical student is probably capable of comprehending the concepts and skills required of a good skier, but have little clue what these things would feel like. This means that a ski instructor must address not only the conceptual and technical aspects of skiing, but more importantly, he or she must be able to convey the sensations associated with the movement.

Skiing is challenging, and rewarding, because it is a dynamic interaction between the environment and the body. The sensations of this interaction must be interpreted, so that we know how to react. Sensations are difficult to communicate. They become impossible to share if we've never experienced them. Think of the challenge of explaining the sensations of even familiar events – touching a

hot surface, coasting down a hill on a bike, or falling in love. How would you be able to share these things with others if you've never experienced them yourself?

As PSIA moves toward recognizing the many facets of teaching in a more modular fashion, there will be instructors that want to be "Level III" in the teaching and technical realms, but will accept that they are only "Level I or II" skiers. This is not impossible, but it's rare. The question is, does the instructor have the ability to relate to the student's feelings at the highest level of skiing?

Great teachers are such because of their efforts at learning. They remember vividly the sensations associated with learning a sport that is filled with play and romance – not simply mechanics and tactics. Like play and romance, there is frustration and heartbreak intermixed with elation and moments of clairvoyance. It is only firsthand knowledge of these swings that allow us to guide a student in the right direction.

Coaches succeed while focusing on technique and tactics because the athlete is reliable in describing his or her feelings. Instructors succeed because they can make the movements come to life by enhancing the sensations for a student that often has trouble detecting the differences on their own. Being a fully certified instructor means you not only "know" the sport, you can "share" the sport. This sharing must be rooted in personal experience.

Understanding the mechanics and tactics of skiing may allow you to be a great coach.

Being a great teacher means understanding the feelings associated with learning to ski and being able to relate them to all the different people that take lessons – and they are rarely athletically inclined.

It is imperative that instructors understand the skiing component of certification is not as much a test of present athletic ability as it is a way to enforce the process of learning to ski. Skiing is more than mechanics and tactics. In the end, our students do not really ask us, "How do I ski well?" More accurately, they ask, "What does good skiing feel like?" A great instructor will have an answer that the student will understand. ❄️

Synchro Competition at the 50/50

By Kelly Beirsto

In 2011 we will observe a very special year for the PSIA in Snowmass, Colorado with the 50/50 Celebrations marking the first 50 years of PSIA and the next 50 to come, April 4-9, 2011. Join the Divas and start the party early by competing in the 10th Aspen World Synchro Championships. April 1-3, 2011.

The 50/50 is a wonderful chance to look at past, present and future of the PSIA. Synchro skiing is a perfect reflection of all those times. Some of you are saying, 'those were the good old days, I remember when I used to do that, didn't that die off a long time ago?' It conjures up images of people in one piece suits all skiing in unison, with their legs close together, like an old clip from an 80's Warren Miller movie. Doesn't that bring a smile to your face?

So why are a group of diehard instructors dedicating themselves to various Synchro comps?

1. FUN!!!!
2. Precision skiing improvement
3. Team building and Networking
4. Swag

Did I mention that it's a blast? The event is a fun chance to be social while challenging yourself technically. Year after year we party with fellow competitors from around Colorado and from Germany and Turkey. We expect to see a record number of teams here this season from around the country combing the two events.

On the day of the event, it's a show. A crowd gathers with the music pumping on the deck of Bonnies Restaurant on Aspen Mountain enjoying the spectacle. Whether they are making fun or just having fun, guests around the mountain can be seen trying their hand at Synchro. Last year, the Aspen ski patrol even put in an effort on the competition hill between passes. It's contagious.

Precision skiing. Have you been to a level 3 course recently? Among the hardest maneuvers to pass the standard are the short turns. No, you don't magically improve with this formula, but like most things in life, you get out of it what you put in.

What better way to improve your shorts but to practice about a million and a half of them? I still remember Julie Brown's comment



the first year we created the woman's Synchro team in Mammoth, The Broad Squad. She admitted she had probably done more short turns that season than the past four put together.

Besides the sheer number of turns, the challenge of trying to sync off the leader forces you to look ahead and ignore any little...or big imperfections in your path. You just turn and turn again regardless. It builds skills, stamina, commitment and courage with touch. Add to that, lane changes by hitting the edge harder while keeping the same tempo, then breaking into long carving turns and then at speed coming back into shorts. Now that's a challenge for pressure management.

Sync skiers are only successful when they match mechanics, timing and blending of skills. To stay in sync you need to be getting the skis on edge at a similar time, with similar pressure, and with similar steering.

Not all of us are skiing day after day with that high level skier so skiing at performance level during Synchro practice for at least a run when the rest of your day is spent doing our bread & butter turn gives you a chance to sustain, work on & even improve your skill level.

Another dimension is teamwork. In a sport which is primarily individual, the instances when we work together are limited to lineups figuring out splits in levels & working with on multiple pro privates. At the end of the season you may realize besides a few training clinics & the odd day off you caught up with a friend or two or skiing with your friends en mass on the employee party day, most of your time on skis has been spent with our

guests skiing at their pace. Synchro training can give you an opportunity to ski at performance level with a fantastic group of friends on a regular basis.

It's very motivating! Some days when the alarm goes off that early & the mercury has dropped, let's face it, an 8am lift load does not sound worth it. Then when you get treated to the most amazing morning light & you are long past that difficult wake up and you are in this magical world with a great group of friends, you are reminded of the joys of this chosen profession.

Gone are the days of line up ski school, where we expect most of our work to come off the desk so another bonus is that this training group becomes part of your network.

Have you ever found yourself on a long stretch and realized you haven't felt the wind in your face or felt that thrill of speed that helped you fall in love with the sport in the first place. I know I'm not talking to everyone out there; there are many who are motivated to go for a run before & after work and on days off. However, if you recognize yourself at all I this description, then maybe the structure of Synchro can be that extra motivation to get you out there.

Another National Synchro competition is the USA Powder 8's, also held in Aspen since 2006. Dates for this year's event are Feb , 2011. In 2010, to reflect contemporary movements, the New England Powder 8's changed its' name to the Synchroski Carving Championships. The scoring criterion has evolved to award demonstration of good use of shape skis. In Europe last season there were several 'Demo' events in Germany, Switzerland, Austria and this at coming Inter-ski in St. Anton, Austria National teams have been strutting their stuff in the form of sync since 1951. Synchro is alive and well.

To find out how to form a Synchro team or for more information, Visit www.aspen-teamdiva.com/synchro or email teamdiva@hotmail.com.

Think Sync!



Kelly Beirsto—CSIA 3, PSIA 3, Aspen Team Diva Manager and Aspen World Synchro Championships event Organizer.

INSTRUCTOR TO INSTRUCTOR NEWSLETTER

The official newsletter of the Rocky Mountain Division is published four times per year with an average circulation of 6000. The schedule for submission of articles and advertisements is listed below:

ISSUE	SUBMISSION DEADLINE	DELIVERY
Fall	August 10	September
Winter	November 10	December
Spring	February 10	March
Summer	May 10	June

CLASSIFIED AD RATES

- Classified rate for members is \$15 for up to 200 characters, and \$2.00 for each additional 50 characters. Maximum ad length is 400 characters.
- Classified rate for non-members is \$30 for up to 200 characters, and \$4.00 for each additional 50 characters. Maximum ad length is 400 characters.

DISPLAY ADVERTISING RATES

- Ads submitted must be camera ready or in digital format.
- All ads will be printed in black and white only.
- No ad cancellations will be accepted after the submission deadline.

SIZE	PRICE	WIDTH X HEIGHT
1/12 page	\$60.00	2.5" x 2.5"
1/8 page	\$90.00	2.5" x 3.75" or 3.75" x 2.5"
1/6 page	\$115.00	2.5" x 5.0" or 5.0" x 2.5"
1/4 page	\$175.00	2.5" x 7.5" or 7.5" x 2.5" or 3.75" x 5.0"
1/3 page	\$220.00	2.5" x 10.0" or 5.0" x 5.0" or 7.5" x 3.35"
1/2 page	\$330.00	5.0" x 7.5" or 7.5" x 5.0" or 3.75" x 10.0"
2/3 page	\$420.00	5.0" x 10.0" or 7.5" x 6.67"
3/4 page	\$475.00	7.5" x 7.5"
Full page	\$600.00	7.5" x 10.0"

* Inserts, colors and special arrangements quoted upon request.

* All ad prices are quoted per issue.

Horst Abraham inducted into the Colorado Ski and Snowboard Hall of fame

Horst Abraham was born in Vienna, Austria in 1941. At age five, Horst received his first part of skis, crafted by Horst's older brother out of scrap wood from a cabinet builder's workshop.

After returning to Vienna after the war, Horst's he began to re-write the script for ski-teaching. In 1964, Horst immigrated to the U.S. and followed his future wife to Aspen.

During the late 1960's, Horst's work in the domain of ski methodology and technical thinking was beginning to be nationally recognized. Shortly after, he became Education Vice-President of PSIA and assembled a group of experts to build the National Education Committee. With the support of Vail and Aspen Ski Schools, the American Teaching Method (ATM) began to take shape, which emphasized the relationship between the learning process and the skills.

The ATM was recognized as a major breakthrough in the field of ski instruction and was enthusiastically accepted in the early 1980's. Since then, Horst has written "Skiing Right," the official PSIA handbook.



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Thank you to all the members who donated to the Educational Foundation during the 2009-10 season!!

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Scholarship Fund

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Bogenrief, Angela
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Rocky Mountain Ski
Instructors Educational
Foundation

\$1000-1500

Anonymous

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\$100-\$200

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Burr, Harry B.
Daley, Mark
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Grevle, Leif
Guy, Russell B.
Kenney, Jay P.
McDill, Becky
Mikulich, Robert
Orosco, Dolores
Rodd, Richard
Smith, Edward J.
Swain, Sara
VonDeak, Andrew
Zahradka, George M.

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Birnkrant, T. D.
Blackstock, Brian R.
Bouchard, Joseph

Carnie, Roderick
Geitner, Kay
Hagan, Alison A.
Hall, Johanna
Hall, Meredith A.
Hand, Thomas N.
Jones, Jeremiah
LaCome, Paul G.
Larson, Jay D.
Matthews, Andrew D.

Moran, Robert L.
Mortimer, Dave
Nixon, Gwen J.
Phillips, James C.
Price, Matthew
Ritzma, Paul
Rothrock, Michael
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Stein, Jerald L.
Teri, Maryann
Tronnier, Manfred W.
Tronnier, Rosemarie
Van De Wege, Harley
Wilde, Gary D.
Zalutsky, Gene

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Borthwick, Valerie
Bowen, Marshall
Bradley-Dunlop, Deborah J.
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Day, Steven
Degerberg, Jan C.
Eitel, Duane S.
Ertl, Kipp
Gomes Angelicchio, Pat
Gossard, Cody
Hagan, Paul G.
Halls, Andrew
Hayter, Sheila
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Novembre, Peter J.
O'leary, Prentice
Onstad, Jody J.
Popkin, Philip
Richey, Albert E.
Rose, Martha M.
Rose, Michael R.
Ross, Gary
Schmidt, Michael L.
Slizowski, Slawomir
Stephens, Jack L.
Viers, Lyle
Wright, Kenneth
Wyman, Stephen R.
Yost, Frederick A.

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Blount, Ben
Bonilla, Juan A.
Brown, Kerry
Browning, Dan
Bruce, Kristina W.
Busche, Judith G.
Caligaris, Robert
Carlton, David
Chevalier, JP
Christensen, Bruce E.
Comerer, Alan W.

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Dawson, Mike R.
Devlin, Stephen
Edberg, Steve N.
Edwards, Clifford
Edwards, Clifford
Enz, Lee A.
Fisher, Tom J.
Franberg, Ingegerd
Fritz, Joel B.
Gensch, Wolf
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Glauberman, Stuart
Goldmann, Noah
Grimaldi, Mark
Grun, Eli
Guercio, Vincent
Guilluame- Gentil, Remy
Hale, Darien T.
Harris, Gary J.
Harvey, Megan O.
Hill, David
Hinckley, Jon E.
Hinterreiter, Gernot
Hottle, Logan P.
Huffman, Jane E.
Hurwitz, Barbara A.
Jones, Nick
Kinman, Monard L.
Kirschner, John
Kissell, Harry W.
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DO NOT LET FEAR BE A FACTOR IN YOUR SKIING

By: Stanley Popovich



At times, our worries and anxieties can overwhelm us. In addition, our worries can distort our perception of what is reality and what is not. As a result, this may interfere with your skiing. Here is a brief list of techniques that a skier can use to help gain a better perspective on things during their anxious moments.

When feeling anxious, stop what you are

doing and try to do something relaxing. A person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music or do an activity that will give them a fresh perspective on things.

Remember that our fearful thoughts are exaggerated and can make problems worse.

A good way to manage your worry is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

When overwhelmed with worry, a person may encounter a lot of scary thoughts coming at them all at once. Instead of getting upset, remember that these thoughts are exaggerated and are not based on reality. From my interviews with various professionals, I've learned that usually it is the fear behind the thoughts that get us worked up. Ignore the fear behind these thoughts and your worry should decrease.

Remember that all the worrying in the world will not change anything. Most of what we worry about never comes true. Instead of worrying about something that probably won't happen, concentrate on what you are able to do.

In every anxiety-related situation you experience, begin to learn what works, what doesn't work and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a walk to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

It is not easy to deal with all of our fears and worries. When your fears and anxieties have the best of you, try to calm down and then get the facts of the situation. The key is to take it slow. All you can do is to do your best each day, hope for the best and when something does happen, take it in stride. Take it one step at a time and things will work out.

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: www.managingfear.com ❄️



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