



The Arctic Turn



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Fall 2009

First Tracks



Photograph courtesy of Jeffra Clough

Eaglecrest's Fourth of July float.

Thoughts from the President

The days are getting short, snow is moving up and down the mountains like a yo-yo, and all the new mass media ski magazines along with various trade journals have been filling my mail box. These are all sure signs that another Alaska ski season is just around the corner.

These sure signs of skiing have spurred me to get my personal back to ski ritual started. I've gone through my gear checklist and got my annual equipment upgrade and replacement schedule in motion. Although this is my 46th ski season I still continue to be amazed by the ongoing ski equipment evolution. This year I am going to try the "rocker" technology and can't wait to see what the buzz is all about.

In addition to equipment needs and wants I always try to see how much skiing time I can schedule for the upcoming season. Am I going to be able to take a ski

trip (or feeling optimistic- trips) away from my home area this season and if any significant advance planning is needed now is the time to get with such. This discussion is another important part of pre- season preparation.

As a long time ski instructor I always find fall a good time to evaluate and set my personal goals for the upcoming on snow season. The options are broad and exciting. Selections like raising ones level of certification, attending more training or even PSIA National Academy are important along with getting proficient/ certified in another snow sport discipline. All of these options are valuable and rewarding. However, this year I think I am going to focus on two basic fundamental aspects of being a professional ski instructor. I am going to teach more lessons and give more clinics. Teaching gives me the opportunity to introduce and refine skiing skills for our mountain guests. Conducting clinics provides the opportunity to develop and refine a dedicated instructor base to perpetuate the sport for the current and future generations.

I encourage all PSIA Alaska members to undertake a moment of self assessment as the 2009- 2010 winter season develops. Set your own personal goals for the year, write them down and check in the spring to see how things developed.

Welcome Back Winter,
Al Clough, President PSIA- Alaska

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The Arctic Turn is a publication of the Alaska Division of PSIA/AASI. The editorial staff reserves the right to edit submissions for content, clarity and space. Please submit articles and photos, along with a short bio as attachments to Warren Souther--telewarren@msn.com

This is the year to discover Eaglecrest!

By Jeffra Clough

Eaglecrest is getting ready for the season and the snow is starting to fall! For those of you who don't know, Eaglecrest is Juneau's community owned ski area that is located on Douglas Island just 12 miles from downtown Juneau. Three chairlifts and a surface lift provide access to 640 acres of skiable terrain. There is terrain for everyone.

It is an exciting time at Eaglecrest! We are completing the installation of our third chairlift, the Black Bear Chair into the area's East Bowl. This chair will operate on weekends and holidays as well as when weather conditions affect the Ptarmigan Chairlift.

Bids for installation of the areas 4th chairlift, the Porcupine chair will go out in January 2010 and the chair is expected to be installed during the summer of 2010. This chairlift will eventually replace the Platter surface lift. Through funds provided by the Alaska Trails Initiative, Eaglecrest was able to harden a portion of our lower Nordic Loop this summer and we expect to complete the entire loop next summer. Upgrades and improvements are not just limited to outside. This fall we upgraded to the Avatar Point of Sale System for Ticketing, Rental, Retail, & Snowsports School. The Day Lodge has



Photograph courtesy of Jeffra Clough

also received a new face lift with new carpeting, paint, and a new location for the Mountain Lift Coffee stand.

The Snowsports School is continuing to attract new guests to the mountain and keep them coming back for more. We will be participating in the Nationwide Learn a Snowsport Initiative with our Triple Learners Pack and other attractively priced Learn to packages. Eaglecrest will continue it's commitment to the youth of Juneau. We have held the prices on our mid-week school program and will be inviting schools from the outlying areas as well as throughout Alaska to discover the mountain when they

are in town. Returning instructors are key to a quality Snowsports School and we are lucky to have most of our staff returning for another year on the mountain. We will be looking to supplement our weekly in-house training with specialty clinics on children and adaptive skiing/riding as well as certification prep clinics.

For those of you who call Eaglecrest home – get ready for a fabulous season! For those of you who have yet to discover Eaglecrest, come for a visit. We think you'll like what you see! For more information visit our website at www.skijuneau.com.

Update on National Software

by Warren Souther

Have you signed onto the national website lately? If you have, you probably noticed some differences as well. Differences with you in mind!

For a quick update, the older software utilized for tracking certifications and the like was called IMIS. That system was becoming increasingly harder to work with due to it being so outdated. The old system also required most divisions to enter data twice and did not allow most updates that different divisions were asking for. This then forced those divisions to seek out software on their own to handle the requirements from their members. As you can imagine, nine different divisions with different software, tracking codes, accreditations and the like was going to send the message that PSIA is not a central organization. National delegates and presidents went to Colorado and asked for a solution.

After market research as well as input from ski schools and different Board members, in many different divisions



Photograph courtesy of Scott Jordan

and positions, National has been undergoing a make over. Some changes you have seen already are the change in the magazine from The Professional Skier to 32 Degree's, the change in website address from [PSIA- org](http://PSIA-org) to TheSnowPros.org and now the website is undergoing big changes as we speak. Online sign up and payment will become available as well

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as new members being able to sign up directly online are a few of the items we will have in Alaska.

What does this mean to you? Well, as you would imagine all changes experience growth pains. This will be no different. National has noticed a few individuals who have had wrong certifications show up as well as disappear. So PLEASE take the time to log on, review and update your individual profile online. Check for discrepancies and if you discover some please let us know at paulo@acsalaska.net or contact Trish Mair at tmair@thesnowpros.org.

Thank you for letting us help you.



Photograph courtesy of Scott Jordan

Marketing for YOU! Yes, YOU!

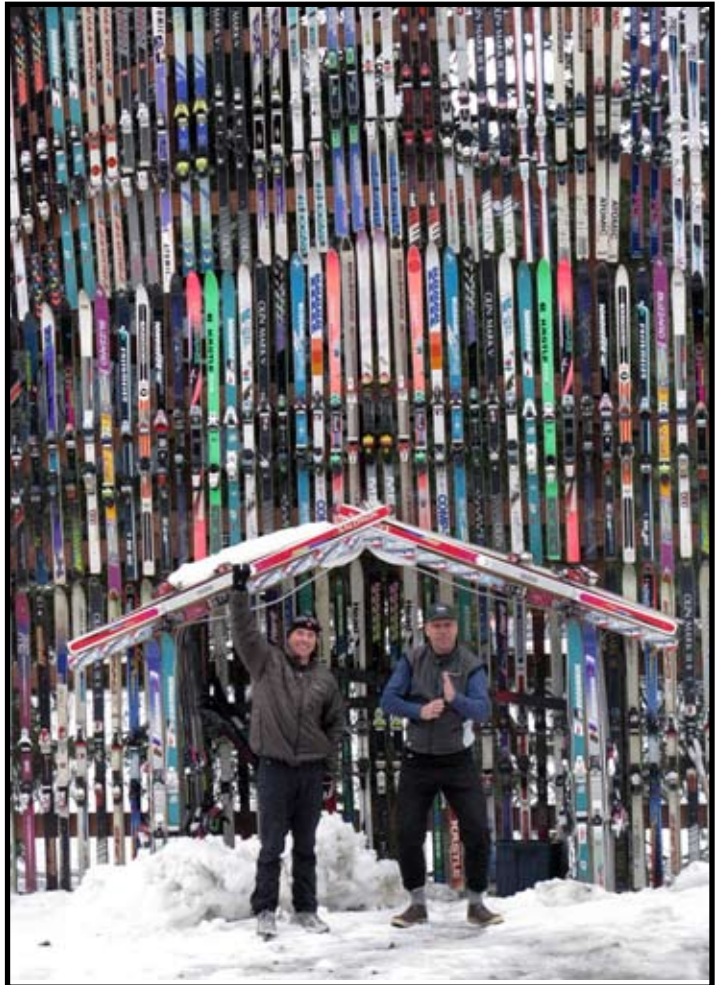
By Warren Souther

How would you like to have a video of yourself on the Alaska Division website showing how you ski and teach! Be the first on the block have these bragging rights, to tell your clients and while working on certification!

Have you seen Alaska's mission statement? It clearly states "marketing" as something we need to do for our instructors but how do we accomplish that? While trying out for the last Demo team an assignment given was to go out and film ourselves giving a one minute tip on skiing or teaching. Having finished we all sat down and graded the video's. It became apparent what each of us could do for improvements in our own video and I thought "how cool would something like this be for improving our skills for certification. How cool would this be to hand some one a business card with a website address and have some one see what type of teaching and skiing I do!" With this in mind I have asked and gotten the approval to place these videos onto our website!

So, this is what I am looking for in videos.

- Clearly stated name and ski area.
- Short, please. No videos over two minutes.
- Clean language is a must.



Photograph courtesy of Jeffra Clough

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- Video editing is encouraged but not needed.

My hopes are to develop a page on our website similar to the national Matrix that has ski and riding tips. It can work, but I need your help to develop it. Sound interesting to you?

Welcome Back Clinic Season Pass!!

By Warren Souther

After a year's absence, I am happy to say we are once again bringing back the Clinic Season Pass! Bigger, better and stronger just in time for the economy we all live in!

The CSP will once again allow you to attend all divisionally run events. In addition, it will give you a \$10 discount for every day you sign up for a clinic with a trainer from out of state! When you consider the savings, it is a great deal! The cost for the CSP for 2009-10 will be \$100.

So now I am sure you are wondering what will be different. We are working on getting the CSP put online for purchase. Watch the website at www.psia-a.org for more information on purchasing yours. I will update as soon as I know, until then the following rules now apply.

- I will send you a laminated card and a receipt.
- I will post your name online along with your CSP number
- YOU CANNOT ATTEND A CLINIC AND USE THE CSP UNTIL YOU HAVE ONE OF THE ABOVE ITEMS

The reason for the last item was the misuse in the past. This will allow all trainers a very clear guideline for who can attend clinics and who must pay.

So, looking forward I hope these changes will solve a few glitches in the past as well as making it clearer who does own a clinic season pass. So order one today! See your name on the website and encourage others to actively participate in the Alaska Division by purchasing one. If you don't purchase one this year, you will just be one year older when you do. This is Warren and I will see you on the snow at an event in your neck of the woods soon!

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Photograph courtesy of David Lawrence



After God created cross country skiing, he spent the next day nordic skiing in Alaska. God bless nordic skiing and god bless Alaska. Last year Warren Souther and Tom Brayton invited me to Alaska. Out of all the kilometers I've skied in my life, some of those were the very best.

Thank you Anchorage, Homer and Juneau for filling my hot summer nights with cold arctic dreams of another winter. To all of my new friends in Alaska, I hope to see you soon. To all of my Alaska friends I don't know, I can't wait to meet you. I've been working on lot's of fresh new content and teaching and coaching ideas for 2010.

Ski Fast!
David Lawrence
PSIA Nordic Team

Nordic News

By Warren Souther
Hello Nords!

Are you getting as excited for that first snowfall as I am! Time to try out new techniques, work on new teaching tips or just to feel the ski glide on fresh snow; fall is full of exciting times.

We will be having Dan Clausen, David Lawrence and Deb Willits coming up this fall/ winter for clinics on personal ski improvement, teaching tips and some kids games on skinny skis. Space will be limited so be sure to talk to your local club and sign up early online for those available slots!

The plan is to have exams held in the spring of 2010 for those interested so if you are interested please kick me an email at telewarren@msn.com so I can start planning for, as well as holding onto, a spot for you.

See you soon on the trails!

Summer Skiing – In America

By Garth McPhie

So there I was, trying to figure out how I can ski during the summer, and not travel over seas. What I found was summer skiing – in America. Mt. Hood, Oregon is the premier destination for easily accessible lift access summer skiing, where the US Men and Women Ski Teams and Canadian Ski Teams spend part of their summer months training. You can even participate in PSIA clinics in June and July, or just go ski with your family and friends in the public lane. So down I went, flew to Seattle, WA, borrowed a friends Chevy van, and made my way to Government Camp, Oregon which is the town right next to the base area of Mt. Hood Timberline. I was set for the next 2 weeks, living in the van with all my ski gear, ready to continue to improve my skiing and coaching skills, during the summer.

I awoke at 5:00 am, in the van, bursting with excitement and anxiety like when I was 4 years old, scrambling to gather my gear for the day. Remember that feeling? It was day one of a 3 day PSIA-NW Summer Race Camp, coached by the PSIA-NW Technical Team. During the summer, the skiing is best in the morning, early in the morning. We were to begin the upload at 6:30 am. As I put my skis on at the bottom, on carpet, I was thinking to myself "I put my skis on HERE?" Sure enough, at the top of the chair there was snow on the off-loading ramp. From here you ski down a hundred feet or so to the next chair which takes you to the top of the Palmer Glacier. Once on this chair, the bluebird skies allowed for a clear view of Mt. Hood as well as panoramic views of the surrounding valleys and forests. Now the fun begins. All the participants gather with the coaches, and within minutes groups are formed. It is always great to see some familiar faces and meet even more new ones. I was in a group with 4 other skiers, from Divisional Clinic Leaders

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PSIA-AASI member snowsports school

to non-PSIA members. We were a group from very diverse backgrounds, soon to become great friends.

Our coach got us started with a group focus: ski round turns, guiding both skis all the way through the entire arc. Our task was a Basic Parallel turn on easy blue terrain. We had the opportunity to practice this task with our focus before getting anywhere near a course. Some of the feedback we heard was about using the right amount of counter. Most of us were coached on not using too much counter, in other words we were using either too much counter or too much counter too early in the turn. Another bit of coaching was in regards to the inside ski leading or tip lead. Many of us were developing too much tip lead, so the focus was on reducing the amount or distance that the inside ski tip slid ahead of the outside ski tip.

And then the race course was set, starting with a fairly open course which is easier, on the same easy blue terrain. In these early courses, we were still able to focus more on our movements and technique. Each run was videoed, so immediately after the morning of skiing, we went through

the Movement Analysis process. As the camp continued, and the courses became more difficult, the coaching became much more tactically focused in addition to technical. Finally, on the third day, the course was set in a lane which is on quite a bit steeper terrain. This was the ultimate test of our progress over the course of the camp. It was interesting to note that the comfort level in the group had definitely increased over the 3 days. As a group we were more comfortable on the final course on steep terrain than we were in the first course on flat terrain. And of course, the Movement Analysis continued.

What an experience, skiing in the summer!! Think racing isn't for you? There are other, non-race, PSIA clinics offered at Mt. Hood during the summer. You would rather be fishing, mountain biking, climbing, rafting, and hiking? Well you can, the clinics are done by noon. What could be better than skiing in the morning, and summer activities in the afternoon? Nothing wrong with a nap either. Did I mention that it is between 70-80 degrees in the afternoons at Mt. Hood? I am already looking forward to summer skiing next year – in America.

So I get this call from Doug Woolley

By Charlie MacArthur

So I get this call from my friend Doug Wooley and he asked if I wanted to come teach some clinics at the top of the world and if my wife would like to work as well. Of course we said yes and off we went. We were treated like kings and queens with a trip to the hot springs, hot food and frozen apple Martini's in a spectacular ice castle. The castle had an igloo, 4 rentable bedrooms, full size jousting knights on horse back and an ice bar with ice shot glasses. Doug tricked me with a dribble glass and I smelled like a Russian version of Johnny Appleseed for the afternoon. We had a leisurely drive to a feast of a dinner. After a restful nights sleep... It was back to screw you Charlie, get to work!

Next day, we drove to one of the coolest sights... An inverted ski area with parking on top of the mountain. Skiland is a beautifully symmetrical, round bowl of mountain where you can pick any exposure to ski. With a maximum of only 25 ski days a season, the skiers were remarkably skilled. Warren, Jenny (my wife) and I coached some great people on telemark and alpine gear. We raced, ate barbeque and did video analysis with all the participants and Warren featured some video analysis using the V-1 software as well. My wife and I were impressed with the pride and dedication that the volunteer patrolman exuded. Everyone was very interested in improving their technique with a grin. Thanks Doug, Betsy, Warren and everyone for a great time! Thank you everyone once again from the heart of the Rockies!!

Charlie and Jenny MacArthur

Charlie MacArthur is serving his second term on the Demo Team, this time with Nordic. This is the first time anyone has served on two different teams! Charlie is also an alpine and telemark trainer in the Rocky Mountain Division.



Photograph courtesy of Doug Woolley

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