



The Arctic Turn

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First Tracks



Photograph courtesy of Jill Imsand

Scott Jordan, Jill Imsand, Ruth Kircher and Sue Parry, top of chair 6 acting like kids!

Children's Committee Work Session (October 2-3, 2008)

by Caroline Aherns and Jeffra Clough

Traveling from Anchorage to Denver in October may not seem like a hardship, but sitting inside a conference room for 6 hours, with windows out to a beautiful sunny 80 degree day made it just a touch harder. Along with Jeffra Clough, from Juneau and 18 other Children's Committee members, two from each division, we got down to work. The following goals were identified in advance by Peter Donahue, Task Force Chair:

- Identifying standards of current divisional Children's Accreditation/ Advanced Children's Educator programs to develop reciprocity agreement, and satisfy Association Management System implementation requirements.
- Discuss national standards and consistent curriculum elements for Children's Education specialists.
- Identify needs and format for the next generation of support materials from ASEA and discuss ways that the ASEA can be a resource for divisional programs in the future.
- Develop recommendations for a Children's Education Specialist track at National Academy.
- Establish venue for ongoing communication between division children's program chairs to promote cooperation and national consistency.

At the end of the Work Session the group agreed to propose that Children's programs for all divisions be called Children's Specialist I (must have a level I certification in any discipline, complete an on snow clinic as well as a written workbook) and Children's Specialist II (must have at least a Level II certification in any discipline, complete an on snow clinic/evaluation as well as complete a written workbook). The plan is to submit this proposal to the National Board in 2009. Because there are so many similarities in each Division's program, the group feels standardiz-

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ing Children's Accreditation will not be a difficult task.

A task force has been formed consisting of one member from each division to look at Children's Specialist Standards and Reciprocity. The task force will make a recommendation regarding curriculum, program length, & format. Each level will include a workbook that may be tweaked based on Division's needs. In addition, the 2009 National Academy will include a Children's Track.

Developing a Children's Accreditation program for the Alaska Division became the logical next step. Over 60% of our business is Children. We owe it to our members to implement a Children's Accreditation program during the 2008/2009 season. Because a National Accreditation program is on the horizon, it does not make sense at this point for Alaska to develop its own program. We looked at the Northern Rocky Mountain and Western divisions, both have a very well thought out

and organized program that have been in place for at least three years. Representatives of these divisions (as did all divisions) expressed an interest in helping Alaska implement a Children's Program. Marie Russell Shaw, author of many PSIA Children's educational resources originates from NRM and trained many of their examiners.



left to right: David McMaster with snowboard, Robert Martin, Tom Hall, Tom Brayton, Beth Weigel, Eliza Kuntz (NRM Examiner), Jeffra Clough, Al Clough, Barb Lindh, Caroline Ahrens, Kris Monson
Photograph courtesy of Caroline Ahrens

By adopting a current CSII program with a prerequisite of Level II, Alaska will have members who will then be granted the National Children's Specialist II Accreditation when this is approved by the National Board. Alaska will get a jump start on having a credible Children's Accreditation program and insure we are meeting the standards of other divisions which is important for reciprocity.

The Children's Task Force job, although further along, is not done and we plan to meet again to keep working on meeting the goals we have set before us

Nordic News in Alaska 2008-09

Things are continuing to grow!! I would like to thank the Nordic clubs of Fairbanks, Anchorage, Eagle River and Homer for supporting PSIA-Alaska through continuing education and attendance of clinics and exams held in state this last December! The events were well attended and allowed the division to bring in demo Team member, Dave Lawrence, as well as long time team member, Dan Clausen. The weather was great, the snow better and the coaches from the clubs were the best part of all! Interactive, excited and fun coaches made for a great experience for all!

We are having a cross country clinic/ exam in Juneau with Dave Lawrence. Then in Fairbanks we have Charlie MacArther coming in along with his wife, Jenny MacArther, to help teach clinics to the Fairbanks Ski Patrol.

Nordic is looking like the overall revenue generator for the Alaska division for a second year in a row! Last year we generated over \$9000 of gross income for the division. During the 2008 season the division purchased two tickets for a spring event but then it looked as though the weather



Photograph courtesy of Scott Jordan

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might go soggy on us. So, as a group the BOD made the decision to cancel the spring 2008 events. That resulted in looking (on the books) as though we lost \$3,000 but the actual loss was more like \$280. We utilized those tickets this last fall and recouped the tickets and earned back the money we lost. As of this writing, with two more Nordic events to go, we have generated an income of more than \$8,000 and we are money ahead!

I would really like to thank Doug Woolley and others for their donations of airline miles to the organization. Thanks to the efforts of Hugh Gellert members can make tax deductible donations. Another shout out goes to Judy Jonsen for following up, ensuring the division maintained our status

as a 503.1c organization. Donations to the organization, like airline miles, help the entire organization in offering clinics to its instructors at cheaper rates. The Alaska division has some of the cheapest clinics out there for its instructors.

I hope to continue with more Nordic events in the years to come. Please remember to vote in the upcoming elections to see these programs continue, I can't do this with out you. So, take part in these clinics and participate in your division. See you on the snow!

Warren Souther
PSIA-A Vice President/ Nordic Chair

Happenings To & Congratulations Due Around the Division

Submitted by Caroline Aherns

Scott Berger passed the Snowboard Level 3 Certification Examination. Bergertime is a full-time instructor at Alyeska.

Michelle Crow (Snowboard 2), on the birth of her son Porter in August 2008. Michelle works part time at Alyeska.

Jennifer Wingard (Alpine 1), on the birth of her daughter Jayma in September 2008. She and has been skiing with the Masters program at Alyeska.

Garth and Jodie McPhie, on the birth of daughter Sydney Ann in February 2009. Garth is the Director of the Mountain Learning Center at Alyeska and Jodie manages the Children's programs.

Scott Jordan (Snowboard 2, Assistant Snowboard Supervisor at Alyeska) married Margi Clifford in Girdwood just before the season started.

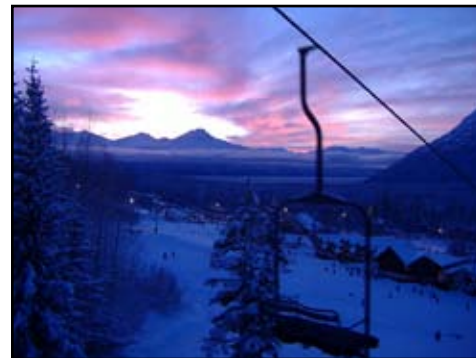
Scott Cumberland (Alpine 1, Alyeska), Brad Christensen (Snowboard 2, Alyeska) and Sean Rollnick (Snowboard 3, USASA Coach Alyeska) have qualified for the USASA National Championships being held in Copper Mountain in April.

Dane Christensen, Alpine 1 at Alyeska, received his hard earned Eagle Scout award in February 2009.

Roy Knowlin (NSP, Alpine 1, Fairbanks) has completed construction of his new 5 –Star Energy efficient house.

Jenny March (NRTRK2, Alpine1, Fairbanks) will complete her Masters Degree this spring.

Don Keill (NSP, Alpine 1 Fairbanks) and his son Jonathan



Photograph courtesy of Scott Jordan

safely completed a five week motorcycle journey through 4 states and 3 Canadian Provinces last summer.

Jerry Vonnahme (Alpine 1, NSP, Fairbanks) has finally completed the remodel of his home with lots of blood, sweat and beers.

Juneau High School Graduates 2009 that teach at Eaglecrest: Amanda Mosher (Alpine 1, Snowboard 1), Kohu McGuire (Snowboard 1) Kelsey Lovig (Alpine 1).

Mr. and Mrs. Robert Martin (Alpine 3, Juneau) on their December nuptials.

Mary Grayson (Nordic 3, Alpine 3) formerly of Juneau, is proud of her daughter Robyn (Snowboard 1) who now teaches at Eaglecrest.

Nancy Peel (Alpine 3, Juneau) proudly sent her son, Peter, off to compete in the Junior Olympics for his first time.

Carole Kung (Alpine 3, Girdwood) welcomes her son Kyle back during the U.S. Nationals at Alyeska. He will be competing in the Slalom.

Alaska Division Website

by Warren Souther

Have you seen your “new” division website? It has undergone a complete make over and now has functions that some larger divisions do not have!! The plan is to update the front page of the website every month with divisional happenings.

Log on at www.psia-a.org and pass your cursor around, you will notice that when

you pass your cursor over the different disciplines a drop down menu appears. We have Anchorage, Juneau and Fairbanks listed as well as Standards. Click on your area and you will see what clinics are coming up. If you don't see any clinics, you can click on the bold highlighted words and send an email to the person responsible for setting up clinics. Suggest clinics you would like to see!

There are five different areas with each discipline. You can click on the discipline itself and view training staff. Click on Standards and you will see all documents involved with that discipline.

Sign up for clinics! If you see a clinic you wish to participate in click on the sign up link. Fill in all the information and click submit. The information is sent to the website administrator, currently Warren Souther. The information is manually entered. This sign up method saved the division over a thousand dollars in initial set up! An email will then be sent to notify the sender they are registered. Click on the roster to see who is signed up for the group and to see your name. Clinician and examiners can now go to the web and print out who is attending a clinic before the event. They can customize clinics based on the participants. If there is limited interest the event can be cancelled, saving the division time and money. Early online registration will help the division track interest to better plan future events.

Another new addition is the “Division Forum.” Navigate to the left side of the front page you can log on to

view what is being said, but you must register to post comments. Sign on and discuss what you like, what you dislike and share your suggestions. As a result of the membership meeting we now have a forum site dedicated to folks who would like to volunteer for different positions. If you want the national forum click there and it takes you to the national website. Discuss technique, equipment, teaching tools, national items and lodging for starters. Read up on what is being discussed and keep up with what is current.



Photograph courtesy of Margi Clifford

The Arctic Turn (AT) has gone electronic to save money for the division. We will email to the division the new AT but all past AT's will also be listed on this link.

Are you interested in what is going on with your local BOD minutes or what the bylaws are? Click on that link and see what is taking place.

Click on the American Snowsport Education Association (ASEA) link to go straight to the national website. Make sure your certification and education hours are correct, as well as you're mailing address.

Upcoming Features:

An online bookstore – save on shipping.
Teaching tips from instructors in Alaska. PSIA-A is here to promote you! Send a short video file of yourself teaching your favorite tip. It will be posted online for all to see! This was a task used during the National Team Selection. It is an excellent tool to build up your private clientele all season long. Give them your business card with the website link to your segment.
Employment opportunities. Emails have been out to different schools in the lower 48 who are looking for work. Look for links to contact Alaska ski schools. So if you are thinking of trying out a new mountain give it a look this summer.

Use your new website, we welcome any feedback to further improve the usability of this division tool. See you online soon!

How to Pass an Exam

Taking an exam can be a stressful time but if you are prepared it can go smooth as silk for you. There are two keys to having a good time and getting the pin

1. Be prepared
2. Your attitude about the process

Here are some ideas that will help you get ready for the exam

1. Get a study partner Look at the standards read through the manual talk about what you read with your study partner

2. Use any and all sources of information Go on line, ask the older instructors in the crew room if they have any books you can read. Ask them to go ski with you and pick their brain find out how they teach something. I guarantee that the people that have level 3 already want to help you out. Eaglecrest has a library of materials. Spend lots of time researching.

3. Check out the Matrix on the National website It is only \$14, you can not buy a book for that price. It is an invaluable resource.

4. Right out lesson plans and get with other exam candidates on the snow and teach it to them .See what they think about your ideas. Be open to their thoughts on your work remember they want you to pass too.

5. Get on the snow with your study partners] Go teach each to other, help each other and most importantly learn from one another. Practice teaching a carved turn and a basic skidded turn. Compare notes on teaching a pole plant or even a first time rider or ski lesson.

6. Attend as many clinics as possible

7. Attend the AK Rider Rally or Mini Academy This the best way to tune up your skills and get your turns up to the standards needed to get that pin. Besides it fun and you do not have to teach the little kids for the day.

8. Give each other lessons. If you are going for a level 3 this imperative. You need to teach to the highest level, and practicing on each other is the best way to get that

practice. You may be thinking how can I help out such good athlete? Get out on the mountain with them and watch , it may take time but you will and if you are patient you will see some thing for them to work on. Get them [and yourself] on challenging terrain or snow or both it will make MA easier. You can always ask your partners what it is they need to work or if they have any goals. When you get home right out a lesson plan for that person.

9. Practice movement analysis the chair. When you are on the chair lift, look at people on the hill describe to yourself what you see. What are they doing that is effective?

What are they doing that is ineffective? What would you do to help them? Make up a quick progression that you would use to help that person out. Which stepping stones do they need to use to get across the river?

10. What are you waiting for get on the phone and find a study partner now . You can never start to soon when it come to being prepared

Your attitude toward will make the difference in getting the pin or not. If you can focus on process and not the progress you will have way more fun and you will get that pin much sooner in life. Focus-

ing on the process takes away the stress and lets you grow into a better snowsports instructor.

When you are in the exam, think of it as a clinic. When I took my first level 3 it quickly became apparent to me that I did not have what it takes. During the exam the examiners Jon & K.C. got me on the road to better short radius turns, showed me how to give an excellent lesson pushed my skiing and teaching abilities to new heights. And when it was all over they sat down with me and gave me a plan on how to get to level 3. It was a great experience. And possibly the best clinic I have attended all because of my attitude toward the exam was a little bit casual.

So start now getting prepared by studying, find other candidates to work with, and focus on the process. If you do that you will have a very good chance of passing and you may not need it but, Good luck any way.



Photograph courtesy of Scott Jordan

Catching Up with Brooke Edwards

Brooke Edwards has taken her Tele skiing to a whole new level, after achieving her Telemark Level 3 in 2006 she has gone EXTREME! I asked Brooke what was happening in her very busy life and this is what she said:



Photograph courtesy of and copyrighted by Heather Thamm

After skiing (and organizing) my first competition last spring, I was hooked on the adrenaline that competition offered. I finished 6th at the World Telemark Freeskiing Competition in April and went on to push myself further on the steeps of Valdez (with the generous help of John Byrne). Training

for the comp and skiing the Shadows Headwall where no public has ever skied before allowed me to take my skiing to a whole different level than I've experienced before. I learned how much skiing steeps is a head game. I learned how to face my fears and breathe into them, even when I couldn't see my next turn; which is often the case in Valdez. I decided that I liked where competing was taking my skiing and decided that this year I would enter the U.S. Nationals for Telemark Extreme skiing in Crested Butte, Colorado as well as the Worlds again held here at Alyeska during Telepalooza this April 1-5th.

This year also has the added benefit of me getting to "field trip" to other telemark festivals to see how they are



Photograph courtesy of and copyrighted by Heather Thamm

run. Joining forces with Stephane Reindeau, I am now part owner of Tough Guy Productions, a film-making and event organizing company that this year alone has run telemark comps in Alpine Meadows, Scufonida Italy, Crested Butte and soon, Alyeska. I was also offered the unique opportunity to be a telemark instructor down at the ColdSmoke

Powder Festival at Whittewater, B.C. Training for the Crested Butte comp has forced my skis to leave the ground;



Photograph courtesy of and copyrighted by Heather Thamm

learning to incorporate small "drops" into my line, and skiing short, steep rocky treed slopes has been my focus here at Alyeska. Though the Alaska terrain highlights my strengths so much more with its big mountain aspects, I will rise to the challenge of competing on a mountain that's not my own. Lucky for me, I have come to know the tight community of competitors that make up some of the best telemark skiers in the world and they are a very fun and supportive crew! I am forever grateful for the generosity of sponsors who help me make it happen. Thank you to John Byrne, Studio One Pilates, Atomic, Flylow, Roxy, Black Diamond and Rick Abbott, chiropractor. I also could not be where I am without the flexibility and understanding support of the two best bosses in the world: Garth McPhie, ski school director at Alyeska Mountain Learning Center and Kyle Kelley of Alaska Wildland Adventures. It's exciting to me that the sport I love most in the world, Telemark skiing, continues to challenge me and push me to new levels of learning. This, in turn, folds back into my instructing, renewing my passion through sharing this sport with others.

It's Child's Play in Juneau

by Caroline Aherns

Completing the fourteen page workbook gave me the idea that this was no cake walk. The first ever Children's Specialist II exam was being held in Juneau, Alaska for the Alaska Division. I had to go! Using the new Children's manual that came out in the fall, along with past experience as a children's instructor, I felt ready for the challenge. Eliza Kuntz, from Red Lodge Mountain, was our examiner. The exam would follow the Northern Rocky Mountain A.C.E.II outline.

Along with nine members of the Eaglecrest staff we immersed ourselves in two days of kid stuff. Any nerves I had were blown out in the first few minutes when Eliza started us off by, what else, playing a game. What followed was two days of in-depth coverage of the what's and whys of children and children's instruction. One of my favorite moments came on the "Platter Lift" hill where three "Logical Learners" tried to come up

with a game using props for turn shape. Insert "How many engineers joke here..." We all had a good laugh. And of course the joke from Eliza, "Knock knock." "Who's there?" "Ya!" "Ya who?" I love that and share it every-day I work.



Photograph courtesy of Scott Jordan

Having fun and learning is what it's all about. Having fun and learning is what we did! Congratulations to my fellow class of CSII, first in the state, Robert Martin, Al Clough, Beth Weigel, Barbara Lindh, Tom Hall, Kris Monson, Tom Brayton, David McMaster and Jeffra Clough. And thanks

again for the warm welcome, even from Monte (Jeffra and Al's German Shepard . . . my alarm clock and friend who vacillated between wanting to play with me and eat my clothes).

It's Child's Play at Alyeska

by Caroline Aherns

Congratulations to Sue Parry (Alpine 2, Adaptive 2, Challenge), Ruth Kircher (Alpine 3, Examiner, Alyeska) and Caroline Ahrens (Alpine 3, Alyeska) for completing and passing their Children's Specialist II exam held at Alyeska. Jill Imsand from Northern Rocky Mountain was the examiner who put us through our paces.



Photograph courtesy of Scott Jordan

The 30 minute teaching segment was the toughest and the line rotation game was the most fun. Thanks to

Jill for a great exam and new games to play.



Photograph courtesy of Scott Jordan

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 sco7tt@gmail.com.

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