There is a Method!
Gold Merit Blizzard Ski & Snowboard School is hiring PSIA-AASI certified instructors for the 2014/2015 season.

Blizzard is a members program that runs on Saturdays for the entire season. Candidates must have PSIA-AASI certification or be willing to obtain certification.

We are a family program that teaches 3 year olds through adults. Members excel through our regimented skill based program like nowhere else. Members are enthralled by their advancement and professionalism with Blizzard. We also provide privates lessons to members and the general public outside of our regular program.

Director positions are also available to the right candidates with supporting skills and experience.

Resumes now being accepted via email. Send resume to: blizzard.school@yahoo.com

Interviews & Hiring have commenced and are continuing.
With winter in full swing, hopefully you are busy doing that which brought you to PSIA-AASI Central Division in the first place. The timid temperatures of December which ushered us into the 2014-15 snowsports season have found courage, and temperatures are threatening to be well below zero this first week of January, at least here in Minnesota. As ski and snowboard instructors, we are not intimidated. Rather, we don our layers and toe-warmers, brave the cold and share our passion.

If you’ve been navigating our new website, which I highly recommend, you’ll have found updates about recent changes the board of directors executed in governance, event calendar offerings, and the election for open seats on the board of directors. A list of the candidates is included in this issue, and the full candidate statements are available on the website. I encourage you to read those carefully, make a choice, and then make your decision known by voting. The work of this division cannot be done without hardworking board members, and we need you to help us identify those people.

The Central Line has gone through a few changes of late, including a new editor and a new publisher. The overall look hasn’t changed too much, but this year the content will be rearranged to a certain extent. For the past few years, each issue has been focused on a particular discipline. While that general pattern will continue, we’re attempting to sprinkle each issue with articles about other disciplines. But that means we need an increase in the content submitted, and are therefore broadcasting a request: please send articles and photos about YOUR discipline, whether it be snowboarding or skiing - alpine, telemark, or cross-country. The editor will provide help if you need it, but without an increase in the breadth of articles submitted, it will be difficult to pepper each issue with something of interest to all of you. If you have a teaching tip that works well, or if you just love what you do, tell us, take a photo, share your insight, your work and your passion.

In closing, I’ll just mention that while there is no way I could spend an entire winter indoors, I have managed to rustle up a little sympathy for those people I encounter every winter, (even one in my own family), who simply cannot abide the cold and snow of a Central Division winter.

We are not those people.

Let’s ‘Think Snow’.
Several Education Staff members, from multiple disciplines, attended the National Fall Conference to interact and share information with representatives from all nine Divisions. The primary theme was to create a greater consistency in exams by implementation of the new National Standards, and to explore how they relate to our Educational programs for our members, along with creating meaningful learning experiences for guests.

Alpine held regional Education Staff Training sessions, at a cost savings, to roll out the new National Standards, and integrate the new language into our vocabulary, as we prepare for this season’s Educational offerings for our members. Additionally, the Alpine Benchmarks are being updated for any appropriate language changes or Standards related perspectives. New offerings for this season: One is a mock exam (exam prep) for Level 2 & 3. A second is the option of an online written exam for Level 2 & 3. We are also looking to add additional Education Staff members over the next several seasons.

Nordic has been holding a number of Traveling Education Staff Clinics to assist Nordic Clubs in their instructor education and to encourage new membership.

Snowboard held Education Staff Training at Boyne Highlands to roll out their new National Standards as well.

Adaptive will be holding a Level 2 Exam at Mt. Brighton sponsored by a generous donation from Walt Sappington. Thank You Walt!

Look for Email Blasts regarding event schedules, and/or changes, as we have had challenging weather so far this season. Think Snow!! I look forward to skiing with you soon.

Colleen Cleveland, Level 2 snowboard, Level 1 Freestyle and Children’s accredited instructor at Boston Mills/Brandywine, and professional photographer.
Welcome to 2015! We Have 44 events scheduled this season and we hope to see you out on the slopes! We do need to have classes consisting of at least 4 members, or more, to run events. We are targeting the SSD directors at each area where we will be running events to help ensure we will be able to run every event! We are sending email blasts to remind members when and where events will take place. We are working on a plan for members whose membership has expired-to bring them back.

This early season, we added the Professional Development Series (PDS) that was Snowboard specific. We had about a dozen snowboarders show up and they had a blast! They talked about the Snowboard National Standards, and how to get the most out of the document. They also discussed Movement Analysis issues, including how it is used, why it is important, and how to use video as a Movement Analysis tool. Those were only some of the topics covered.

Recently, I was asked to describe the benefits I receive from being a member. I would ask all members to share the benefits that come along with being a certified instructor. Although they are listed on the web site, here are several that come to mind:

1. The Central Line magazine
3. 32 Degree National magazine
4. Area Reps
5. The Movement Matrix…which is awesome to access great teaching/riding techniques
6. Business Card offers
7. Pro Offers! Some really great deals on equipment!
8. One of my favorites—discounted or even free lift tickets at many ski areas!

In October, I met with Examiners from many of the regions. We had a specific goal of going over the National standards, and when we concluded, the document was clearer and more concise to the point of removing 4 pages from the 17 page document. We believe the document is now much easier to understand in what is expected from members who take a certification event. They are listed on the web site, and hopefully you find them a great guide toward your development as an instructor!

“Progress is impossible without change, and those who cannot change their minds cannot change anything.” - George Bernard Shaw

Also, if you’re looking for something new, you can take Children’s educational events or freestyle events to help broaden your bag of tricks. You may also want to attend cross-over events in Alpine or Tele!

Just remember to come back to the board!

If you have any questions, please feel free to get in touch with me, I will be happy to help! Remember, a desk is a dangerous place to view the world…get out and ride!
THE STIVOT-NEW RUBBER ON AN OLD WHEEL

By Brad Miller

Leave it to Alpine Ski Racing to put new rubber on an old wheel. The Stivot Turn has been brought to the forefront by Ted Ligety during the past few years. Rolling off a knoll at 40 plus miles an hour, Ted often throws his skis sideways in attempts to check speed and/or re-direct his skis. As the turning radius of World Cup GS skis has increased, athletes are forced to use more rotary movements, to check speed and/or redirect, specifically when the spacing and offset of gates tightens the course. When performed efficiently, the Stivot happens between the initiation phase and the apex of a turn shape. By throwing both skis sideways above the Apex, little momentum is lost.

The Stivot is not unique to Alpine skiing and Alpine Racing. Situations where the turn is tighter than the radius of the plank(s) sidecut may require a form of the Stivot. The Stivot has also brought attention to the importance of rotary in advanced snowsports back in to the limelight.

The following few drills are designed to help throw new rubber on an old wheel.

Rotary Drills:

Kinesthetic Dry Land

Stand on a hard surface with two towels underfoot. Turn feet. Experiment by using different parts of your anatomy to create rotary movements.

On The Slope:

1. Wishy wash turns
2. Hockey Stop
   A. Hard edge set with release;
   B. Soft edge set with release
3. Pivot Slips:
   A. In a compact stance;
   B. In a tall stance;
   C. Work the pivot into a turn and back to the pivot.
4. 360 spins
   A. With a pause at 180 degrees
   B. Fast
   C. Slow
5. Three by threes with a spin between the three. It’s okay to spin in one direction when you start, however, try to spin in each direction.

6. Falling Leaf

7. Hop Hop Turns

8. Impossible Slalom
   A. Use brushes in a corridor
   B. 5 M down 4M offset
   C. With poles
   D. Without poles

9. GS turns with a smear in the top half of the turn

10. Medium Radius turns with a spin at the initiation.

11. Study your new Discipline Manuals.

To Stivot or not to Stivot is up to you. However, to be a well versed racer or snowsports participant, rotary is Rubber your old tires can’t do without!

Brad Miller, Alpine Level 3 (Alpine Education Staff), Nordic DH Level 3 (Nordic Education Staff), Children’s Specialist Level 2, and Cross-Country Level 2. Instructor since 1979.
PORTABLE TERRAIN PARK FEATURES: A 10-year EXPERIENCE

By Chuck Roberts

A portable terrain park feature is used as a training aid in beginning terrain park lessons, and for introducing more advanced terrain park maneuvers. Since terrain parks are often heavily trafficked, and because beginning features may not be available for the exclusive use of the ski school, I often utilize a portable feature which is used only by students during a class.

Previous articles (see References 1 through 3, below), introduced the concept of using portable terrain park features as teaching aids. This article reports on 10 years of experience in using a portable terrain park feature for teaching all levels of terrain park students.

Figure 1 shows a view of a portable feature that simulates a small box or dance floor. It is approximately 8 feet long and splits into two pieces for easy carrying. The top deck is composed of expanded polyethylene, which is light in weight, making it easier to carry. The top deck is mounted on a plastic conduit to raise the deck a few inches off the snow. This height will accommodate either cambered skis or snowboards while students are performing board slides. Snow anchors are provided to secure the feature to the snow. During a class, the portable feature faces parallel to the fall line on the snow and is used to teach various terrain park moves.

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Figure 1 shows a view of a portable feature that simulates a small box or dance floor. It is approximately 8 feet long and splits into two pieces for
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Figures 2 and 3 depict photographs of students performing an elementary move, the 50/50, or traveling straight down the long axis of the feature. (The term 50/50 comes from skateboarding where half the skateboard is on one side of a rail and half is on the other side). For the beginning free stylist, this move is certainly a less intimidating task on the portable feature, which builds confidence as the snowboard/skier graduates to more challenging features. Students practice ATML (Approach, Takeoff, Maneuver, Landing) - the essence of terrain park maneuvers. For beginners, the approach phase involves speed control and lining up properly. The takeoff is practiced by extension or “pop.”

Since the portable feature is close to the snow surface, there is no natural lift from the ramp; hence the “pop” is necessary. The maneuver phase is similar to most terrain park box features and the landing can be practiced by riding off or hopping off the end of the feature.

In Figure 4, the instructor utilizes the portable feature by helping the student achieve the proper stance and location on it. The student feels the difference between sliding on a feature and sliding on the snow. Depending on temperature and snow conditions, the resistance level (drag) of the feature may be more or less than that of the snow. Typical feature surfaces are constructed from high density polyethylene. Friction between skis and snowboards on this surface varies with temperature, snow coating, water coating and age. Practicing on the portable feature expands the student’s comfort zone so that they may more easily accommodate these variations.

In Figure 5, the instructor is shown statically explaining how the skier’s center of mass should be positioned on the feature, and illustrating a sliding exercise for those who have never ridden on one. The instructor is in complete control.
of the feature and does not have to worry about others outside the class interfering with the students in the class.

Figure 6 is a typical freestyle seminar (class) made up of ski club members who frequent the ski area on weekends. Usually, skiers and snowboarders with a variety of abilities attend the seminar, ranging from terrain park “rats” (experts), to those who have never been on a feature. The novices are generally interested in learning how to make “hits” (perform maneuvers on boxes and rails), while the experts are often there to show off their expertise and try out new moves. The instructor can take advantage of this circumstance by having the experts help set up the portable terrain park feature. Having students set up a portable feature under the supervision of an instructor, teaches technical aspects of feature layout and design. This knowledge serves them well when they are choosing which features to hit in the terrain park. It is a customary safety measure utilized to instruct students to check out features to ensure that they can successfully perform a particular move. Knowledge of feature layout from setting up a portable feature helps the student choose a feature in the terrain park that is manageable at his or her skill level.

As before, the feature should be set up with the long axis parallel to the fall line (this reduces the chance of sliding off either side), and on a relatively moderate slope to avoid excessive speed on the feature. A small snow ramp is made at the entrance of the feature to facilitate those who prefer ride-on, rather than gap-on, which is more advanced.

Speed control on a feature is determined by the approach phase, where braking using a wedge, or side slipping a board occurs. Attempting to control speed on the feature may result in a fall. Many students attempt to change direction or reduce speed by edging on a feature. Unlike skiing on snow where edges readily engage the snow, the ski edges will not engage the top surface of the feature. Trying to do so would result in a loss of balance due to the edge moving out from under the center of mass. Practicing on the portable feature helps students learn to adjust for this condition.

Figure 7 is a view of a student performing an intermediate move, called a board slide. The portable feature also works well for students perfecting their advanced moves, such as lip slides and rotary maneuvers.
Like any terrain park feature, portable features wear out over time, and the top deck may need replacement. However, since the device is made of plastic, it does not dull the edges of skis or snowboards.

In conclusion, a portable feature has proven to be a very useful tool in teaching beginning through advanced terrain park lessons. Unfortunately, no such training aids are available commercially at this time. However, for those interested in constructing a portable terrain park feature, details are described in Reference 1.

Using such a portable feature is not only a great teaching tool, but for snowsports enthusiasts of all ages and abilities, it is a blast!

References

Chuck Roberts teaches at Wilmot Mountain, Wisconsin. He is a Level III ski instructor and has been teaching skiing since 1970. He is also a Level II snowboard instructor. He has taught snowboarding since 1987.

**BONUS TIP:**
It’s not too early to think about renewing your membership

By the time the first “Renew Now” emails are sent or the postman delivers renewal notices, the Central Division season will be over, and many of you will be moving on to summer athletic pursuits. But ignoring your membership renewal has a price – and that price is increasing. National late fees are doubling – from $10 to $20. Central Division late fees will stay the same at a total of $10. That means you will pay a 25–35% penalty if you pay your renewal after June 30th. Mark your calendar now to allow plenty of time to pay by the deadline.
If you have had the opportunity to experience the season opening event at Boyne Highlands Resort in northern Michigan, then you understand how the event gets kicked off on Saturday Morning. Clinic leaders line up outside the main lodge on the snowpack leading to the Heather high-speed lift and hold numbered race bibs for easy identification. (Each group is assigned a number) This past December, my group, number 36, was the Children's Specialist group, and I was excited to get on the snow and begin skiing. The conditions were great. There was blue sky, sunshine, and this year more trails were open than had been in previous seasons. I was planning on taking my group to explore some new terrain and get in some quality laps, as I assumed that most of the members in my group were getting on the snow for the first time this season. What I did not plan for was the group of gentlemen that approached me as I stood ready and excited to begin the 2014-2015 ski season… a group of five snowboarders.

Now this was not to say that these fine fellows were unruly… Certainly not. They had big smiles on their faces, asked me if I was their group leader and with snowboards in hand one of them spoke for the whole group saying “Great! We are with you, Greg.”

Instantly, I felt like I was a new hire again at my home resort near Cleveland, Ohio meeting my first lesson as an instructor. Sure, I’ve had the training, but I was a bit intimidated. Could I teach a mixed group of skiers and snowboarders effectively? I have skied all of my life and have not dabbled in other disciplines. What could I show these guys that would be beneficial? How could I make sure that their needs would be met? After all, they paid for this event just like anybody else. Fortunately for me, the Children’s Specialist event is concerned with using concepts to teach kids that can be applied to all snowsports instructors—no matter the equipment they wear.

One of the most useful tactics to employ when working with kids of any discipline is to engage them through Visual, Auditory or Kinesthetic exercises (VAK). Instructors who regularly teach children quickly realize that the world is still new and fresh to most young kids. Seeing things, hearing things and feeling things are methods by which children learn every day, and instructors can tap into these senses in order to enhance their experience on the slopes.

After doing some warm-up runs with my group I jumped into a Visual exercise. For this one, I asked the group to envision that the trail we were riding on was a canvas and we were going to scribe some shapes into the snow from our tracks that people riding on the chairlift above could see. I asked the group to think of ways to make a Christmas tree and I started the task by first doing some side slips right down the center of the hill to form the trunk. Several group members created the tree’s branches by making some falling leaf tracks while others decorated the tree by doing spins. The visual component was the creation of the tree through ski and snowboard tracks, but the effective part of this exercise is that you can get your students to practice various movements through guided discovery. Their focus will be on creating parts of the tree but the instructor’s focus is to have the students practice different movements while creating the tree to enhance necessary skiing and snowboarding skills. Also, students can take an active role in the lesson by being allowed to add components to the drawing. The instructor is there to facilitate learning through the student’s creativity. This drill worked great on both skis and on snowboards.

Next was the Auditory aspect of our group event. I really enjoyed tuning into the sound our equipment made as it passed over the snow through a series of turns. I asked the group to take a run and simply listen. At the bottom of the hill, we reviewed all the sounds we had heard, both from snowboards and from skis. The discussion after this run was fascinating. We identified what the sounds and when we heard them, and then made analogies between those sounds and sounds from outside the ski world. One group member mentioned that the sound of linking turns was similar to that of waves crashing on the ocean’s shore. We agreed that getting students to identify these sounds would be extremely useful in helping them ski and ride more rhythmically, or to help them differentiate between skidded and carved turns.

For boarders, this concept does not work as well as snowboarders was feeling how the legs interacted with the board and with each other to get the board to twist torsionally (known commonly as torsional flex). In order for the exploration to be useful we had to come up with different “feelers” for skiers and snowboarders. As a result, the concept proved useful for both skiers and snowboarders alike.

From the very beginning to the end of the event, I realized that my group was simply awesome—they were very knowledgeable and creative and enjoyed sharing information. Every member of the group actively participated in the many discussions we enjoyed, and the snowboarders really helped to fill in the technical side of their discipline whenever I could not. Without knowing, the boarders erased any nervousness I might have had about leading this mixed discipline group. They bought into the discussion VAK ideas, played with them, explored them, and were excited to incorporate them into future lessons.

Conclusion:

VAK concepts, simply put, are methods which instructors can utilize to tap into their student’s ability to learn. The concepts can aid skiers as well as snowboarders, or even free heelers! And, as I learned, they can make it easy for a long-time-skier to run an event group containing a number of snowboarders. For those of you at home, I challenge you as I challenged my group at Boyne to come up with new and creative ways to access your students’ learning through visual, auditory and kinesthetic adventures. Such adventures can make a lesson exciting for your students, result in a successful outcome, and make it really fun for you, the instructor.
THE MOCK EXAMS FOR ALPINE LEVEL II AND ALPINE LEVEL III ARE HERE!

The new MOCK Exams will allow you to experience the rigors of an exam AND give you specific feedback based upon your performance under exam conditions. Led by experienced Examiners, this new educational offering offers the best of both worlds: you will build your confidence, earn education credit, and learn how ready—or not—you are.

**Day 1:** You will experience exactly the same conditions as an exam for the entire day. Your performance will be evaluated and documented.

**Day 2:** Your Examiner will create a day based on the needs of each participant according to individual performance on day one. You will get a chance to review your scores and comments as a group, to share observations with your group leader, to identify the most significant points of improvement that need to be addressed, and begin that process.

You will leave with a concrete idea of where you stand in your professional development. You will have experienced a real exam day. You’ll have nurtured relationships with other instructors who are on the same development path as you.

You’ll know if you are ready—or not.

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- Paoli Peaks, IN
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**Level II and III**
- Big Powderhorn Mountain, MI
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- Cannonsburg, MI
- Mt. Brighton, MI
- Schuss/Shanty Creek, MI
- Marquette Mountain, MI

Registration available at PSIA-C.org.

Pricing: $140 Early, $165 Regular, $190 Late
Minimum of 4 members required; maximum of 6. Completed portfolio not required, but 20 hours practice teaching is HIGHLY RECOMMENDED.

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NEW Alpine Level II and Level III online exams let you complete the professional knowledge portion of your certification where and when you want, giving you more time to do what you love — SKIING and TEACHING!

For all the details, and to order your exam, go to PSIA-C.org.
Here are the Board of Directors candidates for the 2015 election. Complete candidate bios and statements are posted to PSIA-C.org.

Let your voice be heard – VOTE! Online voting started January 15th and will continue through March 31st. All certified members in good standing and Lifetime Honorary members are eligible to vote in the discipline(s) in which they are certified. Members should vote in the Section in which they have legal residence. Members with legal residence outside the geographical boundaries of the Central Division, but work as an instructor in the Central division, may vote for candidates in the Section in which they work.

**Alpine Section 1**

John Chomeau, A3
Afton Alps Ski School

Peggy Erickson, A2*
Hyland Hills

Brooks Lillehei, S3, A1, FS1
Buck Hill Ski School

**Alpine Section 2**

Howard Bailey, A3
Snowstar Snow Sports School

Sherry McCabe, A3, CS2*
Big Powderhorn Mountain Resort

**Alpine Section 3**

Bart McClure, A3*
Hidden Valley, MO

Greg Ward, A3, H1

**Alpine Section 4**

Greg Fosler, A3, S1
Boone Mountain

Patrick John McCarty, A3
Caberfae Peaks

Richard Wren, A3, CS2
Boone Highlands

**Alpine Section 5**

Sally DeLange, A2*
Mt. Brighton

Jordan Wiener, A3
Boone Highlands

**Alpine Section 6**

Allen Parkes, A2

Julie Nitsche, A2
Boston Mills/Brandywine, OH

**Snowboard Section 4, 5, 6**

Bill Snyder, S3, FS3
Mt. Brighton

Scott Hartley, S2, CS1*
Mad River Mountain

**Adaptive All Sections**

Dennis Tierney, H1, A1
Mt. Brighton

**Nordic All Sections**

Bob Zwald, A3, TM1
Mt. Brighton
JP Lifetime Achievement Award Presentation

The attendees at the Boyne Highlands Resort banquet, on December 6, 2014, were honored to witness the presenting of the Lifetime Achievement Award to John Peppler. This highly prestigious award recognizes those exceptional few members who, over the years, have designed and implemented programs, projects, and procedures that have affected the association on a national level. They have exhibited dedication, devotion, and self-sacrifice while serving in national level leadership positions.

PSIA-AASI Board Chairman Ed Younglove and Executive Director/CEO Mark Dorsey traveled to Boyne Highlands to present the award. In his address, Ed Younglove highlighted not only JP’s service and experience at the national level, but also his personal observations from serving with JP for 10 years. These included JP’s passion for serving the members, his positive, “let’s get this done” attitude, and his ability to wrap up any tough issues which the board was addressing.

Central Division member and long-time friend of JP’s, Kris Agnew, shared JP’s multitude of accomplishments in his career as a ski instructor, coach, and an involved, truly dedicated member of our division.

This is only the 14th time in the history of the organization that this honor has been awarded. Previous recipients include PSIA co-founders Jimmy Johnston, Bill Lash, Max Dercum, Doug Pfeiffer, Donald Rhinehart, and Curt Chase. Others include past presidents Ray Allard and Mark Anderson, as well as PSIA-AASI members Junior Bounous, Hal O’Leary, Doug Pringle, Herbert Schneider, and Jerry Warren.

Congratulations JP on an honor which is well-deserved.
Join us for an EPIC celebration

Afton Alps
March 8-9, 2015

Adaptive • Children’s • Freestyle • Alpine
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details coming soon to psia-c.org