Gates, Reipelokke’s and Jumps, Oh My!
President’s Message

By Richard Wren, President,
PSIA-AASI Central Division

The ball is rolling and look out folks it’s not stopping. It’s the ball of change that I’m talking about.
I’d like to thank Michael Moenning, my predecessor, who started us on this course of change. Thank you, Mike for all of your efforts and I hope we can keep the vision moving forward.

Some change is good and some change is bad, some like change and some resist it. In Mike’s last article he talked about the changes that were coming, and I’d like to take a moment to update you on the changes that have happened so far. Our Central Division organization is comprised of many smart people with whom I have the privilege of working. Until stepping into the role of President of PSIA Central Division, I never realized how much work these really smart people do to make sure we “keep on a chugging.” Basically, the majority of the changes that have taken place so far involve the leadership in our organization.

We have completed the hiring process and have a new Executive Director for PSIA-AASI Central. Ron Shepard has accepted the challenge of assuming the role of being our Executive Director. Ron is a long time Member of PSIA first joining the organization in 1984 and most recently joining Central Division in 2008. For many years Ron has worked full-time in the snow sports industry at several different resorts from the East to the West. Most recently, Ron held the role of Director of Skier Services at Crystal Mountain, in Thompsonville Michigan. Ron has also participated as an Education Staff member in several divisions, including Central. The passion that Ron has for our sport and this industry is unmatched. I know that Ron’s history of strong leadership, knowledge of what we do, and his drive to better the industry will result in his being very successful as our Executive Director.

Due to the success we have seen utilizing the support of the PSIA-AASI National office to facilitate our administrative needs, we have chosen to extend that relationship and maintain the use of the National office to execute those needs. I feel that this is only a plus for our membership. This will allow us to go into the upcoming season with a strong, knowledgeable support staff that can attend to our members, Snowsports schools, and staff, in a much more timely and educated fashion. By continuing this relationship, our Executive Director will be able to truly evaluate our needs and focus on the leadership of the organization. I can’t say enough about how excited I am about going into this season with the strength and horsepower we have backing us right now.

Some other notable changes in leadership, Brad Miller of Traverse City, Michigan was elected by the board to follow in the footsteps of Sherry McCabe as Education Vice President. Sherry left some very big shoes to fill and I am confident that the very talented Brad Miller can do just that. Brad has been a multi-discipline member with the Alpine, Nordic and Children’s Education Staffs. Brad is stepping up from the role of Nordic Administrator to fill the role of Education VP. Brad’s experience in these multiple disciplines and his being a full-time industry member will provide him with both the experience and tools to lead the education side of our organization. Bart McClure continues as our Financial VP/Treasurer.

These are some of the key changes that have taken place so far directly impacting you as members. Other leadership role changes include: Sally DeLange as Executive Vice President, and Julie Nitzsche as Administrative Vice President/Secretary. These key leaders of our association are charged with taking a deep look into exactly what it is that we do as an organization and evaluating how our current programs support and facilitate the needs of our members by making adjustments to keep us on track and ensuring our success.

I am very excited with the direction in which we are moving and the progress we are making. All the changes that have happened so far and the changes that are coming will only support you, our membership, in a stronger and even better manner.
Greetings Central Nation!

Welcome to the 61st edition of PSIA-AASI Central. A flurry of activity is taking place within our disciplines concerning events and event offerings as of this writing. As an Education Staff member, former Nordic discipline Administrator, and now your Education Vice President, I know that your input is very important in letting us know “How are we doing?”

Although our website contains an event evaluation, I ask all of you to reach out and let us know how you feel about our events, our event offerings, our event sites and our Education Staff. Your input can play an immense role in helping us evaluate ourselves, now, and in the future. Links to myself, discipline administrators, and your respective discipline board representatives can be found on our website at www.psia-c.org.

Member input also includes Central Line, our division’s news magazine, which plays an important role in member education.

Having worked alongside thousands of members over the course of my PSIA-AASI career, I have enjoyed seeing many great ideas and lessons. If you have a great lesson or experience you wish to share don’t hesitate to jot it down and send it to your Central Line Editor Gary Evans (See Central Line 2017 issue 2, pages 4-5).

As your Central Division Education Vice President I want to thank all of you for supporting our great organization and more importantly for giving us your input. As Ben Franklin stated “The doors of wisdom are never shut,” and I can assure you our Education departments doors are open for business.
Hello Members,

In June, I succeeded Brad Miller as your Nordic Administrator. Words (appropriate for publication) can’t express my sincere appreciation to have worked with coach, ally, supporter, kindred spirit and friend, Brad Miller. He seems to think I’ve learned enough from him to carry on, so I will do my best. Congratulations to Brad on his promotion to Education Vice President. Brad is a man of tenacity and action. I look forward to his leadership and the opportunity to continue working together.

With Brad’s leadership we achieved the long-standing division goal of written exams for Telemark Levels II and III, and a Level 1 Workbook that is linked to the current National Telemark Technical Manual. Further kudos to Brad for initiating the XC Children’s Specialist accreditation program that Thomas Shaw, Amy Powell and Carole Mueller-Brumbaugh will continue to develop.

My immediate goal is to get the Tele workbook and written tests online. I would also like to add Telemark lessons at Alpine events, affording opportunities to cross-over to the Tele side. This fuels my goal of seeing real growth in telemark skiing. Maybe not everyone is looking to freeheel it on NTN gear in the back country. The oldest form of skiing can be a fun, new skill to add to your snowsports activities.

My home “hill” has been Hyland Ski and Snowboard Area, in Bloomington, MN, since 1986. Hill it may be, but it offers snowsports education of all types to all ages. I was an alpine instructor at Birch Park and Snowcrest before that. I am Alpine Level II, Tele Level III, and Children’s Specialist Level I. I continue to teach both Alpine and Telemark at Hyland, and I am a member of Hyland’s Education Staff. I became a member of the Central Division Education Staff in 2012. I am a cross-country skier in progress.

Sincerely,

John Fay
After 35 years of Alpine skiing in the Midwest, boredom was creeping in on me in 2003. While hiking 300 vertical feet elevations in cow pastures with cats by the name of “Lars,” and “Farmer Vinney,” as well as seeking new challenges on familiar slopes, I became addicted to Telemark skiing.

With gear help from multi-discipline guru, Mike King, and tough love from local Tele and bike icon, Lars Welton, necessity became the mother of invention and many things were left of my Tele shelf in an effort to survive. Although there was, and is, a long trail in front of me, there are a few important things that I try to keep on my Tele shelf, in an effort to efficiently free the heel—some are just for fun.

COMMON NAMES FOR TELEMARK SKIERS
Free Heelers, Pin heads, and Pine-Cone-Munchers in some corners.

COMMON SLOGANS
1: “Free the heel, free the mind ”
2: “Drop knees not bombs”

MYTHS
1: Pin heads do eat pine cones. They don’t.
2: Tele skiing is hard on the knees. Actually, Alpine skiing can place more skeletal and torsional stress on your joints.
3: Telemarking is harder for Snowboarders to learn. Actually, Snowboarders and Cross country skiers have a keen sense of how their ankles work and an even keener sense on how their muscle groups work to effect fundamental turn shaping. Albeit, you do have to explain ski poles to some snow boarders.
4: You will not get sales calls at dinner time from Telemarkers.

Myths aside, the number one issue starting Telemarking will be gear. The majority of snow sports stores in the Midwest do not carry Tele gear. The majority of snow sports areas do not rent such gear. If you can find the rare shop that rents Tele gear, or a pine-cone-crunching buddy, these are some tips which can make the learning experience more enjoyable.

Bindings: If you hail from the Alpine discipline you will find that a more active binding, with a stiffer spring, will help you to flex the boots bellows more easily, making it a simpler transition. If you’re a snow boarder, you may also like a more active binding. However, a less active binding, with lighter spring tension may feel less restricting.

If you are a Cross-Country skier, with no previous Alpine experience, a less active binding will give you the classic XC ski feel. Note: Boot bellows are the accordion-like-folds above the ball of the foot that allow the boot to flex when moved to the rear foot position. Remember the MPT (Metarsophalangeal) joint’s at the toes, particularly the first MPT joint), or big toe joint for layman like myself). The Bellows are easier to fold with an active binding.
Boots: Alpine skiers will adapt to a stiffer, taller cuff model of boot as it resembles their alpine boots. Snowboarders and Cross-Country skiers may prefer a softer, shorter cuffed boot. Proper boot size and flex are keys to successful Tele skiing.

Note: Yes, size matters – too small and “Ouch.” Leave that for Alpine racers. Too big, and performance suffers, so, leave that for the bowling alley (my personal size is a 9 street shoe, 25.5 Tele and Alpine and a 42 XC skate and classic shoe.)

Poles: Your Alpine poles will work for lift assisted skiing. Adjustable poles will work extremely well and adapt for back country ascents (for skinning) as well. Old school bamboo isn’t bad either.

Skis: You can find Tele specific skis, some that even come with fish scale kick pockets if you want to tour. The dirty secret is that Alpine skis work absolutely awesomely. Although I have used all types of skis for Tele, including 13 M Slalom skis with riser plates, I’ve found my favorite stick is a 16 meter 88 under foot ski for the Midwest.

A note to Midwest Alpiners: you can run with a bit longer and wider under foot ski to free heel with. SL skis are cool but not very diversified in Tele land.

THE SWITCH

Bio-Mechanically: Plan on using your muscles more than your skeletal strength. A key joint will be your MPT joint which can add an additional 30-40 degrees of dorsiflexion to the trailing boot. The muscles along the outside of your lower leg, peroneus brevis, peroneus longus and tibialis anterior will play key roles in steering and angle building (angulation) when applied to the rear foot position.

GETTING STARTED

For all disciplines, keep in mind that the lead change in the modern Telemark turn is used to primarily manage turn shape pressure – so you can tip the skis before you start the lead change. You can’t get away with being a lead change poser to be an effective Free-heeler.

On Easy terrain:

1: You want to feel a strong inside half with the bellows of your trailing boot compressed.
2: Parallel ski in your Tele gear for a few runs.
3: Shuffle through the middle of a turn and parallel through the apex. Keep increasing the duration of the shuffle until it is continuous. Think of it as classic Cross-Country skiing.

4: Wedge Christie Tele turns.
5: Mono Tele turns (stay in one lead change position throughout a series of Tele turns).
6: Jump and land in a Tele stance, straight run, traverse, and into a turn entry.
7: Classic Cross-Country skiing throughout the turn.

VECTORS

Center of mass between the lead foot and the trailing foot as viewed from the side.

Lead foot heel is down with the angle of the lower leg matching the angle of the spine as viewed from the side.

The angle of the lower leg of the Trailing foot should be approximately parallel in relation to the pitch of the slope, depending on terrain, turn shape and intensity. (side view).

Telemark rotational nuances derive from the trailing foot being behind the lead foot (hips follow the skis) and a softer, more flexible boot, allowing more muscular rotation sensation in the lower leg.

TAKE A LESSON

Take a two hour lesson from a professional if you want to save yourself years of aggravation. As good as I thought I was, I found that I really wasn’t, when Tele Education Staff members John Fay and Rob Arend got ahold of me. Through their efforts, I learned efficient and technically sound Tele fundamentals. Most recently, I was able to take it a step farther with Scotty McGee, Jim Shaw, Greg Dixon and Grant Bishop, current and former D-team members, who helped me gain even more knowledge. You can never learn enough.

Therefore, if you’re looking for some new adventures, such as hanging out with guys with names like “Lars and Farmer Vinny,” or sharing granola, Telemark skiing may be the calling for you. I hope a few things from the front of my shelf will help make your journey a bit easier along the way. Our Central Division and PSIA National both offer great Tele educational events. So, I recommend that you take advantage of our offerings and remember to “free the heel and free the mind.”

Bradferd Miller is your Education Vice President, Alpine 4 Section Representative, and the Education Committee Chair.

The two different, yet similar, techniques of cross country skiing are classic and skate. Classic skiing techniques are basic diagonal stride, double poling, double pole kick, and herringbone. Whereas, skate skiing techniques include V1 skate, V2 skate, V2 Alternate skate (V2A), no-pole skate (free skate, V0), and diagonal skate. Just like the gears of a car or a bicycle going from first gear of slow and easy, to the highest gear of fast and powerful, both classic and skate techniques have these “gears” of speed. Both styles use the Cross Country Technical Model: the elements of fundamental athletic body position, fundamental movement, timing, and power along with the skills of push-off, weight transfer, and glide – all within a continuous forward motion to achieve each technique.1

The first gear is the slowest of gears, which will be discussed later after reviewing other techniques. In second gear of slow and easy, classic skiing utilizes the basic diagonal stride, and the skate skiing uses the V1 skate. Both utilize push-off, weight transfer, and glide to move in a continuous forward motion. The basic diagonal stride is for general locomotion in gradual uphill terrain and climbing hills. It is much like walking and then running with opposite arm and leg swing for propulsion, but with push-off forward and then glide phase added. The movement of pushing down on the kick wax or pattern under the foot and then back with flexed ankles, knees, hip, and spine sets the wax pocket and pushes the skier forward. The weight transfer occurs when the skier transfers 100% from one ski to the other and then sets the wax pocket of the other ski. The result is the glide, which happens when the skier is propelled forward in a continuous forward motion while rotating within the sagittal (right and left) plane. The V1 skate is used for slow and easy, long uphill terrain and climbing hills. It uses an asymmetrical hand position. One side is a power side with the higher referred to as the “hang arm”. The other hand is slightly lower appearing like the hands are staggered. The skis do not have kick wax or a pattern; thus, they are positioned in a “V” and propelled by pushing one ski from the inside edged to flat ski and back to the other ski again from an inside edged ski to a flat ski. Like the diagonal stride, the weight transferred is in a sagittal plane rotating quickly to propel the skier in a continuous forward motion. With both classic and skate techniques, the goal is to 100% transfer weight only to one ski at a time rotating before the other ski is weighted. This takes practice; however, it is the goal.

The third gear is the next one for more power and speed, or fast cruising. In classic skiing, the double pole kick is the next gear in which both poles are planted at the same time and both arms extend forward as one leg extends back during the kick phase. It is used when conditions are too fast for the diagonal stride and too slow for the double pole (yet to be discussed) or as a transition technique. The V2 skate is used in the skate skiing, which uses symmetrical poling with every skate. The skier skates onto one ski, completes the arm recovery, then double poles before skating onto the next ski, recovers, and then repeats again; or skate, double pole, glide, skate, double pole, glide. The challenge for both the double pole kick and the V2 skate is the timing in various snow conditions and terrain to have a smooth tempo.

Fourth gear is referred to as the overdrive gear when ski conditions and terrain are too fast for the other techniques already discussed. In classic skiing, the double poling is executed using both poles while dynamically falling forward from the feet, ankles, lower body, core, upper torso, and arms using the gravity to propel forward and then back up after the glide in a continuous forward motion. The poles are parallel.

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**Classic Skiing** | **Skate Skiing**
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Herringbone | Diagonal Skate
Diagonal Stride | V1 Skate
Double Pole Kick | V2 Skate
Double Poling | V2 Alternate Skate (V2A)
No-Pole Skate (Free Skate, V0) |
Ellis, Lewis “Paul,” of Kalamazoo, passed away peacefully, at home, on January 28, 2017, in the arms of his wife Lori. Paul was born in 1958, in Detroit. He moved to Kalamazoo to attend Western Michigan University (WMU), where he obtained his BS and MA Degrees in Psychology. Paul was determined to live a full life, and a full life he lived. Despite a 40-year battle with ESRD, Paul persevered. He completed his schooling, married the love of his life, Lori, obtained his LLP certification, and started a private practice, treating patients with Traumatic Brain Injuries.

Paul was dedicated to his patients and would not let years of dialysis, numerous surgeries, two bouts of cancer, two kidney transplants, and his declining health prevent him from providing rehabilitative counseling to them and their families. He was a devoted psychologist. In addition to his passion for psychology, Paul had a great passion for skiing and teaching skiing. Paul started skiing as a child at Blizzard Ski School, was on the WMU slalom race team while in college, and obtained his Level II PSIA certification. He raced on the Timber Ridge Adult Race League, and taught there for over 30 years. If it was winter, and Timber Ridge was open, you would find Paul there teaching, skiing, or racing. His favorite line was, “one more run,” when fellow skiers wanted to go to the lodge. He considered Timber Ridge his second home.

When Paul’s illness prevented him from skiing at Timber Ridge, he started mono-skiing with Cannonsburg Challenged Ski Association, at Cannonsburg Ski Area. He was determined to continue skiing. He shared his passion for the sport with everyone he met. He was a true ambassador of skiing. Paul left many friends grateful, proud, and honored to be a part of his life. He will be missed dearly. In Paul’s honor, please perform an act of kindness for another today and always remember to make “one more run.”

In Memorium 2017
Lewis “Paul” Ellis

In both classic and skate skiing, the first gear is used only when all other techniques stall out the skier when climbing steep hills, which is why it is only now discussed. The classic technique uses the herringbone. The skis are turned out in a “V” and are propelled uphill, like a diagonal stride, using the inside edges of the skis transferring weight from side-to-side in a continuous forward motion to prevent the skier from siding downhill. The poles are also used like the poling in the diagonal stride, but planted closer to the torso, while the skier performs a “duck walk”. In skate skiing, the technique is the diagonal skate. It is like a gliding classic herringbone, swinging from side-to-side to propel the skier up the hill while in a continuous forward motion. Sometimes, it is referred to as a “siding herringbone”.

In conclusion, classic and skate skiing are similar yet different. Classic skiing techniques are basic diagonal stride, double poling, double pole kick, and herringbone. In contrast, skate skiing techniques are V1 skate, V2 skate, V2 alternate skate (V2A), no-pole skate (free skate, V0), and diagonal skate. Both classic and skate techniques have gears from first gear of slow and easy to highest gear of fast and powerful. Both styles use the Cross Country Technical Model, with the elements of fundamental athletic body position, fundamental movement, timing, and power along with the skills of push-off, weight transfer, and glide all within a continuous forward motion to achieve each technique.2

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After several days of skiing in the beautiful Colorado Rockies with friends, I arrive at the Breckenridge Hilton for Team Selection 2016. What is Team Selection, you may ask?

On paper, it is the process by which PSIA-AASI National chooses instructors to lead and facilitate the progression of snow sports instruction. In reality, it is a 3-4 day emotional rollercoaster that tests your ability and dedication as a skier, teacher, teammate, and PSIA member.

THE MEETING

For those of you who have never attended a National Team Selection, let me set the stage. On the first evening, you meet past team members, coaches and anxious candidates. Anxiety is a common theme at team selection. The Nords, both Telemark and Cross-Country, as well as the Adaptive candidates are in the same room this evening. You scan nametags to assess those with whom you will be competing. You greet friends and colleagues, then partake in a small ceremony and introduction. Finally, you’re released to prepare for the opening morning on snow. If you’re as fortunate as I, you brought along a good support person – preferably a friend, mentor, or coach. Mine happened to be all three. However, that doesn’t help you sleep when your mind is racing.

Skiing

Opening morning of team selection is the most exciting day of academic skiing you’ve had this season, or in any season. Despite a week at elevation touring on tele gear, cross-country skiing at 9000 ft is exhausting. Ski time is a mix of tasks, challenges, and teaching opportunities. The “rub” is being judged on your skiing the moment you step on the snow until the moment you take off your skis. The selectors are ever vigilant and steely in an effort to maintain a fair tryout. Don’t expect “high-fives” and positive encouragement from selectors on opening morning.

Skiing tasks are designed to show selectors what you know and what you can learn. You demonstrate athletic and technical ability as well as your comprehension of technical terminology and adaptability. So you ask, “What are the tasks?” Well, some tasks are very specific, such as: “Ski a V2 up this small pitch as hard as you can,” while some are more open-ended: “Ski around this loop as efficiently as possible.”

I can’t say exactly what tasks you will encounter at team selection. Expect anything in the technical manual and any crazy drill or game which you have ever played. Picture a group of Nords attempting to skip down the classic tracks as a group, poles and arms flailing about wildly, or skiing a string of 180s downhill on a ski trail. Of course, at some point, if you are a Nord, there is going to be a race.

By Zeke Fashingbauer
TEACHING
Teaching is the most difficult and most important portion of the on-snow tryout. You scramble to present something new and interesting to skiers who have probably heard it all before. You must challenge the other candidates as your students and maintain their interest. Some teaching topics are assigned, but most of the teaching is by the instructor’s choice. You have prepared a 40 minute skate and classic lesson for the occasion, but you also have to teach on-the-fly topics, or suggestions from the selectors. Don’t forget to practice lesson structure: beginning, middle, and end. The most challenging part of teaching at team selection is the lack of immediate feedback. Generally, even examiners will give you something after a teaching assignment. Don’t worry though since after all the candidates are selected on the last evening you will receive a laundry list from the selectors. I look forward to improving on my teaching this season based on feedback from the team selection process.

TEAMMATES
By lunch opening day the initial hesitation among candidates has worn off. You have seen each other ski and teach and, as a result, you are all becoming better skiers and instructors. I am very fortunate to be among some supportive fellow instructors who want to see each other succeed. We are all becoming close friends. It seems obvious that being a good teammate is critical to your interview for the National Team. However, team selection is an emotional experience and emotions range from grateful to angry and frustrated. Confidence and humility must find a balance. Candidates have very different goals for team selection. Some are confident that they will make it and others believe that they will not. Some are entangled in forces beyond their control: the snow conditions, tasks assigned, or the fairness of the selectors. Some are just glad to be here. In truth, the whole thing could make a great drama or comedy depending on whom you talk to and which characters you cast.

It is very important to keep an open mind and be receptive to others ideas at team selection. Go into the process as if all your fellow candidates and selectors are your teammates and you will have a good start. Ask yourself, how do they evaluate teamwork? Beside your interaction on-snow with fellow candidates, at least one evening will be spent going through some sort of group activity. Tonight, while working in large groups with candidates from all divisions and all disciplines you are asked to prepare and present ideas on issues challenging the ski industry and PSIA. Over several hours, you move quickly through 8-10 different stations. Each station allows your group 15 minutes to organize and present. A new challenge and a new format for presentation await you at each station. After this evening you are frazzled.

TIPS FOR PSIA MEMBERS
Always remember in your training that you are applying for a job with a storied organization that takes pride in its history and in its future. I will be seeking to improve my knowledge and understanding of PSIA. A good mantra might be, “As a member, how can I improve the organization?” Team selection is the best opportunity in which to meet instructors who have done amazing things for their students, but also for their fellow division and national members. Your dedication to the organization is evaluated by your credentials and resume, and evidenced by your preparation for selection. The process starts in your division. Be A Leader! Come to team selection with ideas about how you will improve the organization, both on and off the snow. The evening sessions and a traditional face-to-face sit-down interview with selectors are where your dedication will be tested.

TEAM SELECTION RESULTS
My experience at team selection is bittersweet, as I am not named to the team. However, it is also a most amazing experience. I have never been so fully invested in a cause, or surrounded by so many talented and dedicated professionals. The emotions felt by the candidates as the list is read in front of the group are awesome. You see instructors who have spent years training and trying out for the team rewarded with the opportunity to contribute more than ever to the snowsports they love.

CONCLUSION
If you choose to try out for the National Team, in the discipline in which you excel, you will expand your knowledge and passion for skiing and teaching while sharing your ideas and passion. You will receive criticism and feedback from the best instructors in the United States. If you are like me, you will feel proud of the way you represented yourself and be grateful to all of the members of Central Division who supported and helped you on the path to this great event. Looking for teammates for 2020.

Zeke Fasbinhauer lives in Minocqua, Wisconsin and spends winters at the local Nordic center, where he learned to ski as a child. Zeke manages the retail shop, teaches lessons, and coaches the local youth team. Most of his days off are spent traveling to Michigan’s Upper Peninsula to carve some turns or to take his young son on ski adventures. His enthusiasm for skiing and teaching has led him to join both the Central Division and CXC/USSA.

Zeke is a level 3 Nordic track instructor, level 2 Children’s Specialist, and a member of the Central division Education Staff. Zeke also holds a level 100 coaching certification from CXC/USSA. Skiing is a year round sport in Minocqua, moving to the water in the summertime. Zeke holds a firm belief that the best skier on the snow, or water, is the one having the most FUN.
The Nordic Corner

It's Fashion, It's Advertising, It's a Teaching Tool. It's the New Cross Country Education Staff Uniform!

When the Cross Country Education Staff set about designing a new uniform this past summer, they knew they wanted something that would satisfy the sport-specific demands of breathability, wind resistance, light weight and flexibility. They also wanted a design that reflected the cross country racing aesthetic. In addition, they sought a uniform that readily identified the clinician and advertised Central Division. The uniform also had to be attractive, since education staff members must acquire a uniform at their own expense. The staff also wanted a design that would work well for both men and women. It was important that the vast majority of the members like the design and that they would want to wear the uniform as a matter of “esprit de corps.”

Shaw and Beitz chose Wisconsin-based Borah Teamwear to produce a jacket, hat and neck wrap. Borah designs and produces uniforms and racing suits for many of the top clubs and ski teams. They offer stock design templates where the customer can choose color elements from an extensive palette. After mulling over several of these possibilities, the designer decided that only a completely custom design would satisfy all the requirements. "At least as important was that we identified a jacket that was available in both men's and

With those criteria in mind, Nordic Education/Certification Chair, Thomas Shaw, hired graphic artist Marc Beitz, of Minneapolis, to create a distinctive uniform. But, he added an unexpected requirement – he wanted the jacket to be a teaching tool. Mr. Shaw said that “In Cross Country, we pay attention to the athlete’s body positioning throughout the three phases of the stride. I thought we could design in features that would enhance the clinician’s demonstrations and emphasize body positioning.”

women's tailoring. While appearance was certainly a factor, the more important issue was freedom of movement,” says Shaw.

Using the flat electronic design templates provided by Borah, Beitz developed several potential design directions. These were vetted with the staff and narrowed down to one theme that seemed to have the most potential. This general idea was worked up in several possible colorways to test the level of contrast and visibility in various light conditions.

Once the staff had approved the final design (like all committee decisions, this required some frank and open discussion along with a good deal of compromise), the flat design was sent to Borah where the house designers worked it into a 3-D model using the final palette.

After the 3-D model was approved, Borah sent miniature samples of the jacket textile broken down into the pattern pieces. Evaluating these pieces is an important step because it confirms the relationship between the placement of design elements and seam allowances (photo 1).

You can judge the result for yourself. The bright-green fade background is easily seen at a distance. The unique design and graphics clearly identifies the clinician in a group. The blue and red bars reference the PSIA primary colors. The PSIA shield is displayed on all sides. All of these elements are printed on the textile. Borah will keep this design on file until we change the uniform. This allows us to provide the same design to future education staff members. The design is scaled according to size and is tailored slightly different between men’s and women’s garments.

So how can a jacket also be a teaching tool? The zipper is highlighted in black so that the centerline is clearly visible. Students can readily see where the centerline is positioned during all phases of the stride. The black horizontal chest stripe emphasizes the relationship of the shoulders to the plane of the snow. Black arm stripes provide a clear visual when demonstrating efficient arm/pole orientation. These design elements help the student focus on parts of the body that the clinician wants them to pay attention to. This in turn makes demonstrations more understandable and aids the acquisition of movement analysis skills.
Hello, and I hope you’re having a wonderful summer! I’m Bart McClure, and I was recently selected by the Central Division board of directors to be your representative on the PSIA-AASI National board for a three year term, effective July 1, 2017. I have the privilege of working with a dynamic group of people who are involved with directing and running our national organization.

Excellent communication is a goal that has permeated PSIA-AASI since its beginning. The internet era affords many avenues in which to expand our communication opportunities. We are dedicated to bringing to you, the members, communications that contain powerful and refined information, yet are not overwhelming. Towards that goal, National has taken many steps to provide communication tailored to its members, as discovered by surveys and instructor feedback.

National is continuing to make advances in E-Learning. The office is consolidating all current E-Learning modules by making those classes available to divisions and membership from one central location. The commitment to producing economies of scale, by placing all courses onto one platform, will bring efficiencies across the country through sharing information and delivering continuity to our membership.

National will be using Central Division’s movement analysis Webinar “Did You See That,” in conjunction with other division’s webinars as a base upon which to build the new product. Additionally, National is consolidating the online tests each division is currently using. The questions used by each division on each certification level exam are being reviewed, and a large pool of available questions are being assembled. When this process is completed and a participant signs up for an online exam, a unique combination of questions will be produced for each individual test.

National has also updated the Movement Matrix to better meet your needs and desires. There are now shorter videos along with short quizzes available on the matrix. Additionally, an appendix is being added to the Alpine Manual so you can review the latest thoughts from the National Alpine Team.

All nine divisions recently approved the new vision statement “Create lifelong adventures through education,” which helps focus our communication efforts. Whether it is the individual member sharing a newly discovered way of teaching an idea to clients, or the national team sharing its consolidation of these ideas, communication is a cornerstone of implementing ideas. Without excellent communication, the dissemination of ideas can and will get lost as they work their way from the national team down to our students. I look forward to being part of the team moving our communication into the future.
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Submissions, including articles and photos, are welcome. Articles should be emailed to garyski3@att.net in MS Word format with the following header: article name, date and author. Photos and graphics should be high resolution (300 dpi or greater and at least 2 inches in the smallest dimension) and submitted in JPEG or TIF format. A photo release must be obtained from any person(s) included in the submitted photo. Articles are accepted on the condition that they are released for use in all PSIA-AASI Central publications. PSIA-AASI Central reserves the right to edit all articles.

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Advertising rates and submission form are available at psia-c.org. Please contact the PSIA-AASI Central office with questions. Acceptance of advertising does not imply endorsement or approval of product or service advertised. The PSIA-AASI Central Division Board of Directors reserves the right to refuse an ad that they consider inappropriate or does not hold to the standard and principles of the association. Advertisements should be submitted to the PSIA-AASI Central office at info@psia-c.org in high resolution PDF, TIF or EPS format. Trim size is 8.5 inches by 11 inches. Live copy should be at least one-half inch from trim edge. Bleeds may be included on full page ads and must extend one-quarter inch beyond trim size on all four sides.

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GENERAL INFORMATION
To ensure the most effective representation, PSIA-AASI Central Division members should contact their Section Representative to share concerns or opinions on the policies, procedures or content of The Central Line. Materials that have been provided by persons not writing as PSIA-AASI Central officials are the responsibility of the author and are not necessarily endorsed by PSIA-AASI Central Division.

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All articles and photographs intended for publication in The Central Line should be submitted to the Editor.
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Save the Date!
Boyne Highlands, MI
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