OUR CUSTOM BOOTSFITTING provides you a wide selection of boots to satisfy the needs of skill, athleticism, body type, and your on-hill goals.

**FACT:**
Ski Boot liners are sometimes replaceable giving you a few more seasons of skiing. Bring your old boots into our store and have a look at new INTUITION LINERS.

**FACT:**
The sensation of cold feet can be mitigated with modifications to the boots you already own.

**FACT:**
Edge control - the essence of skiing or snowboarding - can be improved dramatically through better bootsfitting.

**FACT:**
For any skier or snowboarder experiencing foot pain there is a bootsfitting solution.

**FACT:**
We can custom fit your ski or snowboard boots.

Get in **EARLY!**
for your **SKI PRO DEALS** from

**VANCOUVER'S FAVOURITE CUSTOM BOOTSFITTERS**

604 984 7191 • 604 984 4394
1550 Marine Drive, North Vancouver • www.thedestination.ca
Although last winter was one to forget when it came to snowfall, there were some great highlights for the BC Region and much to be excited about for the coming season. I for one am eagerly anticipating my first turns after what was one of the longest and hottest summers in memory.

Incredibly, BC’s level one numbers were on par with last winter and the region again led the country in new instructor development. This despite unusually low snow packs from the Coast to the Rockies and a number of resorts closing early. This winter, the BC Region and our partnered Reseller Resorts, aim to increase the number of level one as demand for instructors remains high.

The success of the level one program last winter was due, in no small part, to Colleen Dunn who took on the regional coordinator position last fall. Colleen mastered a late start and a steep learning curve to ensure regional events and level one courses ran smoothly and seamlessly. Colleen is a big part of the awesome team serving the BC Region.

This team, which includes technical coordinator Ken Paynter, board secretary Jeanette Sha and the board directors, has been working hard to keep improving how we serve CSIA members in the region. This winter we continue to grow our events with Ignition Days and Women’s Only Workshops scheduled for the Coast, the Okanagan and the Kootenays. City Lights will continue and there will be a second event in the North, Northern Lights.

I’m also delighted to report that the CSIA is resolved to take a bigger role working with the ski industry to advocate for growing the sport. As part of this initiative, CSIA BC will be hosting a snow school directors’ meeting in conjunction with the Canada West Ski Area’s Association meeting at Sun Peaks in October. The goal is to share ideas and discuss ways the CSIA can better support ski schools and grow skiing.

I’m fired up about this winter and hope to see as many of you as possible at our regional events. Whistler Ignition Day will be kicking off the season along with our AGM. Please take the time to read about the seats up for election on Page 8, and the many regional events featured throughout the magazine.
Sharon and Anne Marie each won a pair of K2 Skis after bringing a copy of the K2 advertisement featured in last season’s ProView, to the K2 requisite, CSIA BC Regional Events they attended.

Sharon attended the WOMEN ONLY WORKSHOP in Whistler and Anne Marie attended the WOMEN ONLY WORKSHOP in Fernie.

Looks like WOW is not only successful as an Event, but also LUCKY for the attendees!

A SPECIAL Thank You goes to K2 from CSIA BC and our WOW WINNERS!

WOW! WE HAVE WINNERS!
CONGRATULATIONS! Our K2 Ski Winners!

Sharon Denny
& Anne Marie Fitzgerald

Sponsored by CSIA BC, Grouse Mountain, Mount Seymour & Cypress Mountain
- 50% lift tickets
- Reciprocal lift tickets for ski school staff of Grouse, Cypress, and Seymour

For more information:
BC website www.snowprobc.com
CSIA National www.snowpro.com/bc/events

MOUNT SEYMOUR
Tuesday, January 12, 2016 1 pm to 7:30 pm, followed by indoor social

CYPRESS MOUNTAIN
Friday, March 25, 2016 1 pm to 7:30 pm, followed by indoor social

GROUSE MOUNTAIN
Friday, February 12, 2016 1 pm to 7:30 pm, followed by indoor social
WOW! WE HAVE WINNERS!
CONGRATULATIONS!

Our K2 Ski Winners!

Sharon Denny
& Anne Marie Fitzgerald

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www.snowpro.com

REGISTRATION for ALL CSIA BC
AGM EVENTS and CLINICS are now being processed
ONLINE
www.snowpro.com

IGNITION DAYS *
- Northern Festival
- Northern Lights
- City Lights
- Women Only Workshops
- KICK ASS Camps
- COURSE CONDUCTOR Training

* AGM included at Whistler
Please refer to
EVENT SCHEDULES on page 12

* PDP can be found ONLINE
www.snowpro.com

Registration: snowpro.com/bc
Email: level1.bc@snowpro.com
Phone: 1 855 504 4511

PHOTO: John Evely
SKIER: Maggie Graham
“So tell me… With all the teaching you do …”

Uh Oh! When a guest starts with that, I brace myself as I do when I look down a narrow chute. It’s usually prefacing a question that I would probably not want to answer or don’t know how to answer without lying or laughing.

It goes something like this:

Client: “So tell me…” (yes, they usually repeat it because of my interminable delay in responding while my brain spins) …”What’s the worst client (experience) you’ve ever had?”

I can’t help but smile, because if I didn’t I would burst out laughing! How do I tell them without incriminating myself, the Snow School, the CSIA, Snow Pros, the whole industry and clients themselves? Extremely carefully, that’s how.

I tell them about the kid who had his boots on the wrong feet and insisted that they were more comfortable that way... I had to take the photo...

Client: “That’s just funny and kinda cute... We mean like... awful... the kind of student who makes you want to run away…”

OK... So I tell them about the kids who had just flown in on a day and a half flight from ‘somewhere else’ and had only slept for about 2 hours. Their mother, who was going to go back to the hotel to catch up on some sleep, handed me a huge bag of gummy bears and said, “Just give them each a handful if they get lazy…” I didn’t know that was a euphemism for tired until I looked at the dark circles under their eyes as they yawned, and when they simply sat down several times during the half day lesson.

That was during my first season at Whistler. Now I know...

Client: “No, but we mean, like... scary or naughty?” OK then – do I tell them about the kid who kicked me because, in his own 5-year old words, “Had enough of this stupid f-bomb lesson and would rather be playing video games instead of this punishment!”

PUNISHMENT?!?! OMG!!! Who is being punished here exactly? That was my very first lesson assignment at Whistler!

“What about the terrified people? Adults? After all, kids have no fear.” Clients assume and continue with the interrogation.

“But really. I have had younger and older guests who have been scared, but I love that challenge the most. Actually, I admire and absolutely LOVE those people!” is my honest response. Then I explain, “I remember what it’s like to be scared getting off my first chair and standing at the top of my first double black. I’ve got these in the bag. I know how to deal with these folk. The greatest strength is the art of gentleness and patience. And let’s not forget the art of distraction.”

I then see the penny drop. I tell them, “There are no terrible clients – but there are terrible ideas (on child rearing) and misunderstandings about jet lag and performance. And then, with all the other people that I have had the honour and pleasure of teaching – guiding really – these make up an infinitesimal few that make me sad, rather, or smile at best! And I learn a lot from them!”

That’s what teaching is all about LEARNING!

THE ONLY CONSTANT IS THAT THINGS CHANGE...

This publication has also changed the format so changes within CSIA BC reflect those at National.

We no longer have double page spreads for PDP Professional Development Schedules. As you will read or hear repeatedly, please go to our website or National’s www.snowpro.com, to view anything you may need or don’t find in ProView.

CSIA BC AGM, Ignition Days, Northern Festival, Northern Lights, City Lights, Women Only Workshops, Kick Ass Camps and Course Conductor Training are listed on Page 12.

Please note, there has been a change in how we process signing up for ALL EVENTS, CLINICS, CAMPS that are run by the BC Region.

Instead of being able to sign up for any events through snowprobc.com, you will be directed to do so through CSIA National at snowpro.com.

Education Credits have changed somewhat in that value is assigned based on educational content, time on snow, and relevance to and priority within the CSIA educational system and the consistency of delivery and training.

Full details are available at snowpro.com/bc

Have a Safe, and Wonderful Ski Season!
Dear Member,

Currently we have 3 Director’s seats up for election. Incumbent Directors, Paul Sauvé of the South Western Zone, Jonathan Mosley Director at Large and Tom Klingspohn of the Kootenay Zone will be running for re-election in each of their respective zones. These positions are available for members in good standing and are open to any member in that region. Nominations are being accepted for all seats up for election. The seats available are:

- 1 Director Seat from South Western Zone
- 1 Director Seat from Kootenay Zone
- 1 Director at Large.

In total, the CSIA BC committee has 4 zones with 7 directors:

- 2 Directors from the South Western Zone
- 1 Director from the Northern Zone
- 1 Director from the Okanagan Zone
- 1 Director from the Kootenay Zone
- 1 Director at Large.

To qualify for a Director’s position in a specific zone you must be a member in good standing, a resident of British Columbia, and reside in the zone for which you would like to run.

The Director Seat is held for a 3 year term. The person elected to a Director Seat can be re-elected for a maximum of 6 years – 2 consecutive terms.

If you are interested in becoming a Director in one of these zones please contact Paul Sauvé by email as follows: sauve.paul@gmail.com.

If you are unable to attend the AGM and wish to vote, a proxy form with instructions is available below, and will be available electronically on snowprobc.com in early October.

Sign up for IGNITION DAY!

Join us for Ignition Day on Sunday November 22 2015 from 9:00 a.m. – 2:00 p.m. followed by the AGM in Whistler. You won’t want to miss getting out on the snow to start your season off with some of the best Level 4s in BC with an opportunity to develop skills that will help you achieve your next instructor level or to work on Assessment and Development.

Please sign up at www.snowpro.com in advance to ensure that you get a space. We look forward to seeing you at the AGM and out on Whistler mountain!
Kelly truly enjoyed all sports. Over the years that I was privileged to share with him, I know he was passionate for skiing – especially racing slalom, hockey, and most recently, road riding. We also really enjoyed golfing because of the walk together.

You would never see Kelly go for a run, or to the gym, or stretching, but you would see him out playing. He would chase a soccer ball, he would run down fly balls in the ball game and rob the hitter of a home run, and he would windsurf until his arms would not work. He would unicycle for pre-season training and would later realize how much faster 2 wheels were!

Kelly was happiest when he was sharing. Be it his time, his knowledge, his talents or a few Kokanee.

Sports were about living an active lifestyle. He encouraged everyone he met to just try. He always cheered for the underdog and stand up for the little guy. Oilers fan to the end!

Kelly. My biggest fan, my biggest supporter – he made my dreams come true! I passed my CSIA Level 4 in spring of 1986... Kelly passed the CSIA Level 4 spring of 1987. We were out in Edmonton celebrating the Oilers 1988 Stanley cup Win when the Oilers came into the bar we were at with the Stanley Cup. It was passed around the bar and he drank from that cup!

Coaching kids or adults in sport was a way for him to create sport enthusiasts for life. He encourage active lifestyles. He always encouraged friends to be active – to just try. The team was about EVERYONE playing. Everyone plays! No one is left out! Your effort is most important as that is when and how your skill will be improved.

He commented that people new to town needed to enjoy the Whistler Lifestyle and not just be slaves to the 9-5 grind. He was not comfortable in a suit and tie.

He also never blamed his equipment, he won races on broken ski boots and rusted edges, while wearing old baggy clothing.... he was proud of the gate burns on the shins of his ski pants.

It was always about YOU and not your latest and greatest gear.

He never got sucked into trends and fads. He loved his meat and potatoes or ham and cheese omelettes. Back in our lake Louise days, he definitely won me over making breakfast in the morning before we would head to morning session! Of course, we were always hoping for morning powder...

Please be inspired to be active and share your passions!

Donie

When words are put on to paper they do not do justice to the man so keep sharing your memories.
introducing our CSIA BC Region

2015-2016 BOARD of DIRECTORS

Our BC COMMITTEE

MIKE MANARA PAST CHAIR
South Western Zone
Snow School Director & Rental Operations
Mount Washington Alpine Resort
CSIA 4, CSCF 2, CASI 1

PAUL SAUVÉ DIRECTOR
South Western Zone
Snow School Supervisor, Whistler Blackcomb
CSIA 4, CSCF 2, CANSI 1

DIANNE DAGNEAU DIRECTOR
Northern Zone
Ski Professional, Troll Mountain
Level 3 Teach, CSCF Member

TOM KLINGSPOHN DIRECTOR
Kootenay Zone
Technical Director, Fernie Alpine Resort
Senior Examiner
CSIA High Performance Team Coach
CSIA 4, CSCF 2,

TRACEY FRASER DIRECTOR
South Western Zone
Development Level Coach
Head of Training, Whistler Blackcomb
CSIA 4

RODGER POOLE DIRECTOR
Okanagan Zone
Silverstar Snowsports School Trainer
U12 Head Coach
CSIA 4, CSCF 2, CANSI 3

KEN PAYNTER
Level 1 Technical Coordinator, BC
Supervisor, Whistler Blackcomb
CSIA 4

JEANETTE SHA
Secretary / Treasurer

JILL SAGAN
PDP Coordinator, BC
Ski Professional
CSIA 4, CSCF 2

COLLEEN DUNN
Regional Coordinator, BC
CSIA 3, CSCF Level 2
It was nice to have more snow than usual in the East last season, however the extreme cold plagued local resorts’ efforts to capitalize on the great snow conditions.

Poor snow in Western Canada. Well, if you are reading this and you live in BC you probably just want to completely forget last year. We won’t go there!

Overall, participation in Level 2 & 3 Course Modules and Exams was up across the entire nation last season, especially in the West. Most notably the Level One courses the BC region conducted had the highest numbers in the country.

Kudos to our new BC Level One Coordinator, Colleen Dunn. I had the pleasure of working with Colleen this past year and even though it was her rookie season, she stepped up to the plate and hit it out of the park. Great job Colleen, you made British Columbia proud. Considering the snow season we had here in BC this is a tremendous feat and should not go unnoticed.

Looking forward and planning into the future, alongside with all the regional boards this past June in Montreal, the CSIA National Board came together and created our strategic plan for the next 3 to 5 years.

Some of the main highlights were as follows:

ONE – Continuing in our governance, education to be a more efficient alliance.

TWO – To advocate and try to drive membership in the profession, particularly younger members. We need to make sure that our new Level Ones, especially those who are age 25 years or younger, achieve the Level Two and become lifelong members in our organization. This is a key driver in our sustainability.

THREE – Member Experience. Strive to improve access of CSIA materials to the membership. One of the greatest objectives for the future will be a complete restructure of our IT software and hardware as well as web design so that our membership can use the full service offerings of the Canadian Ski Instructors’ Alliance.

FOUR – Education. Continuing to develop our technique, methodology, and general understanding of delivering the best product on-snow for members.

The last part of the National Report involves the recent departure notice by Dan Ralph, our Managing Director. Currently I’m participating on a Search Committee formed by the National Board of Directors tasked with assisting in the selection process of our next leader. Dan has agreed to remain in place until a new Managing Director is appointed.

We have been in good hands under Dan’s leadership and we will strive to choose his replacement carefully and with much consideration of the skills, competencies and passion needed to continue to move our organization forward.

Please note that this is a nation-wide search and we will pursue candidates for this position from across Canada.

Are you our next Managing Director?

Wade Sutton
CSIA National Board of Directors
British Columbia Representative
Instructor Training & CSIA programs
Whistler Blackcomb Snow School
CSIA Level 4
<table>
<thead>
<tr>
<th>EVENT</th>
<th>LOCATION</th>
<th>DATE</th>
<th>TIME</th>
<th>DURATION</th>
<th>COST</th>
<th>EARLY BIRD</th>
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<td><strong>IGNITION DAYS</strong></td>
<td>Whistler</td>
<td>Sun Nov 22</td>
<td>9am - 4pm</td>
<td>6hrs</td>
<td>$20.00</td>
<td>$20.00</td>
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<td>Red Mountain</td>
<td>Tues Dec 15</td>
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<td>6hrs</td>
<td>$20.00</td>
<td>$20.00</td>
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<td>Silver Star</td>
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<td>$20.00</td>
<td>$20.00</td>
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<td>$20.00</td>
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<td>Mountain Seymour</td>
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<td>6hrs</td>
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<td>$20.00</td>
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<td>$20.00</td>
<td>2</td>
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<td>Fri Mar 25</td>
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<td>Sat/Sun Jan 16-17</td>
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<td>12hrs</td>
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<td>2</td>
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<td>9am - 4pm</td>
<td>15hrs</td>
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<td>Sun Dec 13-15</td>
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</tbody>
</table>

**CSIA BC**
Regional Co-Ordinator

Colleen Dunn
1 855 504-4511
level1bc@snowpro.com

from
OCTOBER 1, 2015
LOOK FOR
REGISTRATION
and
UPDATES
on CSIA National website:
www.snowpro.com/bc
ONLINE REGISTRATION

www.snowpro.com

It is mandatory for all CSIA members to participate in a recall activity. This activity can be completed every year but is required at least once every three years.

Your recall year is displayed in your profile (on the website). Under the ONLINE LEARNING tab, you will find a link to the RECALL YEAR QUIZ, which will appear automatically upon payment of your membership dues. This 20 minute quiz reviews components of safe teaching, risk management, guest service, our code of ethics, and the CSIA mission statement and values. These form the basis of good teaching, so we encourage you to stay up to date. Many employers verify both your certification and recall year.

Participating in a certification course is the only other way to meet the requirements of the recall system. It automatically pushes the recall date forward three years.

*PLEASE NOTE* Participating in a PDP or a non-certification national program (module, convention, etc...) no longer fulfills your recall.

BC regional events are back with a twist! Ignition Days, City Lights, the Northern Festival, and (new this year) Northern Lights, are now categorized as educational clinics. This means there are 3 notable changes:

The clinics are modeled after the criteria established by National for educational accreditation within the regions. They are ski improvement clinics aimed at personal development & instructor training; they may be used towards advancement in certification. The events are worth 2 credits and are added to your member profile upon completion.

There is no limit to how many you can attend. Attend them all! (However Education Credits will only be awarded once per clinic type or category)

There is also a small fee for Ignition Days and City Lights: $20 (before tax), which is refundable if you cancel prior to the event date.

All of the events are still 6 hours and include an après ski social.
Sign up now at www.snowpro.com BC Region Events.

NEWS FLASH – RECALL YEAR

It is mandatory for all CSIA members to participate in a recall activity. This activity can be completed every year but is required at least once every three years.

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*PLEASE NOTE* Participating in a PDP or a non-certification national program (module, convention, etc...) no longer fulfills your recall.
My name is Dianne Dagneau and I am your newly elected Northern Director with the BC Committee.

I would like to personally invite you to this year’s Northern Festival January 16th & 17th at Tabor Mtn - Prince George BC.

This is a great weekend of ski improvement with our CSIA Level 4s!

The cost is $75 (CSIA Members) for both of these days.

*New since last year is the one day option - the cost is $50 (CSIA Members)

This fee includes a banquet dinner in Prince George and great draw prizes.

Back by popular demand is bring a friend (your friend should be a strong parallel skier)

The cost is $100 (Non Member) for both of these days.

*New last year is the one day option - the cost is $75 (Non Member)

This fee includes a banquet dinner in Prince George and great draw prizes.

Registration will be accepted until January 13, 2016. Please contact Dianne Dagneau ddagneau@gmail.com or 250.991.6884

SIGN UP NOW!
event in REVIEW

Troll Resort

2015
It’s such a pleasure being part of WOW. There is just something different about working with a bunch of women. We support each other, learn from each other, encourage and challenge each other. As a coach of the program, I always look forward to the day because I know that everyone who participates is there to learn, grow and of course be social! I also know that everyone in this day takes responsibility for their own learning and thus is open to asking questions and participate in discussion. This is extremely rewarding as a trainer as I also get to learn from my group. I’m already looking forward to this year’s WOW and what I can bring to enrich this year’s experience.

Tracey Fraser, WOW Trainer

Taking flight 6 years ago in Whistler, this training day is catching on. Last season WOW hosted its first workshop in the Kootenays. Winter 2015-16 the Okanagan region will be WOWed. The Women Only Workshop is spreading its wings.

This unique CSIA program incorporates mentoring within the structure of the training day. The goals and objectives promote the professional development of the female members and upcoming Level 4s with the opportunity to work alongside senior CSIA trainers. Empowering the participants sets WOW apart from the other programs. When women support each other, we move the women in the organization forward, we move the CSIA forward, and we move the sport forward.

WOW how time flies when you are having fun!
Thank you CSIA BC for expanding WOW’s horizons.
Kim Fournel WOW Organizer

How do I best describe it?!

It was the best of times and it was the worst of times... Horrendous weather conditions for any snow sport. Truth must be told; I was hoping to receive an email saying, "WOW is cancelled due to torrential rain". I wanted to bail but my buddy Jill convinced me to go.

At the Top of Whistler Mountain, forty brave women showed up for the Women Only Workshop. We geared up with plastic rain bags and gloves, split into groups and off we went... Our spirits were alive. Nothing could keep us from sliding down the slopes to enjoy the sport we love!

It is always a treat to be instructed by Level 4 women; these coaches understand our bodies and our fears. They keep us safe as we explore the outer edge of our comfort zone. It is by far my favorite type of training. The feedback is kind and precise! I wish to thank all the participants and coaches for a memorable day.

"It is a far, far better thing that I do, than I have ever done"... Charles Dickens  A Tale of Two Cities

Michele Charlebois, WOW Participant

Women Only CSIA BC Workshop

Designed by women for women, CSIA Levels 1 through Level 4

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Tracey Fraser, WOW Trainer
This is the first year that the CSIA BC offered the Women’s Only Workshop outside of Whistler. The program was well attended and had Wendy Reade as the fearless leader.

Encouraging her team of adventurers to take on challenges; she created a safe environment to laugh, play and explore. Wendy uses the terrain and her experience to design the optimum learning environment, knowing that it is only when one ventures out of a comfort zone and willingly takes a chance that a greater version of oneself is created.

WOW 2015 NEW ADVENTURE ZONE - The Kootenays’ first CSIA BC Women’s Only Workshop held in Fernie on Friday, February 13th.

Anne Marie Fitzgerald wrote:

Wow! Talk about empowerment! There’s something magical about a group of women skiing together and learning new skills.

Women’s only workshop is a must for sure! I loved the encouragement, strength, camaraderie and above all the laughs we shared throughout the day.
Whether you realize it or not, as a ski instructor or coach, you have a very fun but challenging physical job which demands a high level of fitness from you on a daily basis.

What some of you may not know, is that as an instructor you are on snow more than a National level athlete.

Skiing keeps us fit but also creates imbalances. Although skiing is active and does make you fitter in some areas, as a result of the sports we participate in, we end up developing sport specific muscle imbalances. Physiotherapists who work in ski towns see a lot of injured bodies, and although some injuries are unavoidable, many may not be.

During the winter season, we tend to see many injuries related to snow sports’ muscle imbalances (tight hip flexors and quads, weak gluteus and hamstring). These muscle imbalances tend to lead to knee and back injuries that could have been reduced or avoided by identifying these imbalances and implementing a corrective exercise program to counterbalance those issues.

In partnership with Whistler Blackcomb, the owners at Back in Action Physiotherapy (Whistler, BC) created a PRE-habilitated exercise program SKIRAD to help reduce the incidence of injuries from snow sports in mountain towns. SKIRAD stands for: Ski Ready and Avoid Damage.

Creating Awareness is the First Step

The goal of SKIRAD is to enable on snow staff to become aware of fit for snow needs and individual risk factors while providing practical strategies to address them. SKIRAD will be available as an App and will be launched for this winter season.

A part of the SKIRAD App is a Pre-snow fitness screen, a Fit For Snow pre-set conditioning program, a pre-snow Dynamic Mobility Warm-up, Post-snow Recovery Strategies, Concussion/Head Injury education, Equipment, Nutrition and Injury advice.

Fit For Snow Conditioning

The Fit For Snow Screen involves 15 exercises designed to identify limitations in mobility, strength-endurance, stability and agility relevant to snow sports. To be fit for snow, you should be able to perform all 15 exercises easily and at the standard presented in the video. If you have difficulties performing any or...
all of the exercises, then going through the Conditioning program will help you achieve those 15 movements to be fit for snow.

The Fit For Snow Conditioning Program involves 6 pre set exercise programs designed to develop and challenge relevant fit for snow needs including: strength-endurance, mobility, stability and agility before the snow season starts.

The pre set exercises range from beginner, intermediate to advanced and are accompanied with a video to demonstrate proper biomechanics. In addition to fit for snow, there are conditioning programs specific to ACL injury prevention, back injury prevention and core training.

**Dynamic Mobility Warm-ups**

The Dynamic Mobility Warm-up program involves short pre-set dynamic movements specific to skiing to increase body temperature while preparing joints, muscles and stabilizing mechanisms for activity.

A dynamic warm-up is different from a static warm-up as it not only increases your heart rate but will also prepare your body for the sport specific movements you will be doing throughout your day.

Warm-ups should be performed at the top of the hill prior to your first run of the day and should be reintroduced after sitting for longer than 30 minutes, such as after lunch time.

**Post-snow Recovery Strategies**

The Post-snow Recovery Strategies includes anaerobic cool down advice, strength and foam roller pre-set programs.

Participating in a Pre-habilitation program is essential to reducing your risk of injury and keeping you out on snow for this season and many seasons to come.

Check out your App store Mid-October for access to SKIRAD. Stay Fit, Have Fun and bring on the SNOW!!!
Where was I ???

Right , choosing a ski. Sorry gang! That happens to me all the time. Got caught up in the weeds!

Every year at Whistler Blackcomb they hold a pro night for ski instructors to help them select what skis they want for the coming ski season.

With so many options on the market, it can be difficult to choose.

Even to this day I still grab the ski catalog to find out exactly what skis I want for next season, six months down the road. It’s almost as if I’ve got the Sears wish book in front of me and I’m picking out toys for Santa to bring me for Christmas.

Here are a couple of ideas to make it easier for you to select a ski if you are training for a Level 2,3 or 4 Course.

First things first. There is no substitute for edge grip. If you go too wide it makes it more difficult to get a good grip from your edges directly under your foot. Here is where I would recommend skis that are between 70 mm wide to a maximum of 78 mm wide under foot. Any wider than this makes it more difficult to get the edge underneath the foot and create the grip you desire regardless of turn shape or snow condition.

Next is side cut which directly relates to turn radius: Somewhere around 14 m to 16.5 m. This may sound like a considerable amount for what’s out there on a performance ski – please keep in mind these are general parameters. Going with a longer turn radius like 16.5 m, once up on edge, actually relates to a much shorter turn radius. This is because of the new design in all skis, including performance and even World Cup skis since the advent of rocker or early rise in the ski. When you choose a ski that is too tight of a turn radius such as 12 m or shorter, you tend to have the side cut lock into the snow conditions and you have diminished steering versatility. For lighter and shorter skiers, generally women, this does not apply. For smaller skiers I would generally recommend a ski of between 12m and 15m which automatically translates to a much shorter turn radius. With some research you’ll find a ski that will be able to turn in the way YOU want versus turning strictly by its one-dimensional side cut.

Lastly, choosing your length will dictate what the side cut will be. If you choose too short it becomes very difficult to find ski that has a turn radius of 15 m or thereabouts. At the height of the side cut revolution my shortest ski was 170 cm. Now my choice is about 176 cm because of the rocker that is been built into the ski which is like a third dimension of your ski choice. Don’t be afraid to go a little bit longer, since 6 cm isn’t a lot considering three of those centimeters probably don’t even touch the snow on a hard surface due to the rocker. All of the above suggestions are only there to allow the skier who is taking a course to have the ability to choose different turn shapes at will, versus being locked into what

Have you ever seen the third edition of the Indiana Jones series, THE LAST CRUSADE? There is a scene in the movie where they have found the HOLY GRAIL. However it is filled with several choices…do not choose poorly or your face will melt like in the movie. Check it out – http://youtu.be/puo1Enh9h5k
the ski tells you to do. Think of the overall turns that you will need to do for most CSIA courses... long turns, short turns, bumps, and medium size turns done at an intermediate speed.

And now the fun part is choosing a ski to rip around powder, bumps, trees, high Alpine – pretty much all the stuff that we want to ski when the conditions are ripe.

Here is where I suggest you go to the other end of the spectrum. Try to choose something that is at least 100 mm wide under foot (90 mm for smaller people). As far as side cut is concerned you should try to find something between 17 m and 21 m for that all mountain feel. Keep in mind that the rocker which is much more evident in Fat skis will play a big contributing factor into the side cut, thus making a 20 m ski much more like a 17 m ski.

As you make decisions about length on these fun skis, make sure that you opt for at least 10 cm longer than your current performance ski. This may sound daunting – jumping up 10 full cm, however you have that big rocker and secondly the width of the ski, which combined helps the skier float over powder. Remember that the length of the ski will also distribute your body weight over that length enhancing flotation.

In summary, you can ride any ski in any terrain or snow conditions. Educate yourself on the turning characteristics of the ski you are choosing from, regardless if it’s a ski for fun or ski for courses. Keep in mind the width underfoot and turn radius, followed by a length that would best suit that side cut. A further consideration is the rocker which can affect the turn radius of the ski.

When the World Cup decided to go to a 30 m turn radius for a men’s GS ski, all the designers did was place a 30 m side cut on the ski. This created some rocker in the tip which automatically would allow the ski to pass the turn radius testing overseen by the World Cup. However, the rocker would allow the skier to turn the ski as if it was a much shorter turn radius.

We all need to remember when we’re choosing either a fat ski for powder and fun, as well as our performance skis, that 90% of the skis out there now have rocker built-in whether it’s a small amount or large amount. This can be confusing as it is so complex, so do reach out to the people who are there to help you make your choices. Discuss your needs with your trainers, and ski shop professionals who understand your goals and ability.

It’s like Christmas morning when you come down stairs with excitement and anticipation. It is meant to be fun and toys that we all like to play on. Have a good winter this year, Gang. Hopefully you find the skis that work for you and what you want them to do.

Wade Sutton
Instructor Training & CSIA programs
Whistler Blackcomb Snow School

NOTE: Wade is a 5’10” man and weighs in at about 165 lbs, so ski selection should allow for adjustments for lighter, heavier, more or less aggressive skiers.

WOMEN-SPECIFIC SKIS
Skis designed specifically for women are typically lighter, softer, and shorter. Women usually have a lower center of gravity and less body mass than men of the same height and therefore exert less leverage and force on their skis.

Women’s skis require less force to power and turn; this is accomplished by using thinner, softer cores and less laminate layers in the construction. Also, to tailor the performance to women, mounting positions are often a centimeter or so further forward on these skis.

There are plenty of hard charging skis built for women these days and the graphics often feature fewer trucks, skulls and blood than men’s graphics.

Of course there is no reason a female skier cannot ski well on a men’s ski, and vice versa.

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IMPORTANCE OF THE CORE

In skiers, the abdominal musculature plays a significant role in core stability providing a mechanical link between the lower core (pelvis & lower extremity) and upper core and arms. The core musculature includes muscles of the trunk, hips and pelvis that are responsible for the maintenance of stability of the lumbar spine and pelvis and help to generate and transfer energy from the large lower extremity to the small upper extremities during many sports activities.

Core strength is also important for injury prevention as many skiers can experience some form of low back (lumbar) pain and malalignment issues leading to muscle stiffness from skiing, training and other sports. This can negatively affect the lower extremity, especially the knees and contribute to injury.

THE DEEP CORE MUSCLES

(Diagram Courtesy of RacqueTECH Publishers)

IMPORTANCE OF CLOSING THE CHAIN

In skiers, the abdominal musculature plays a significant role in trunk and core stability providing a mechanical link between the lower core & legs and upper core & arms creating stability in the counter rotation position of a ski turn. They also play a key role in absorbing terrain and controlling the lower extremities throughout a turn.

The core musculature includes muscles of the trunk, hips and pelvis that are responsible for the maintenance of stability of the lumbar spine and pelvis and help in generate and transfer energy from the large lower extremity to the small upper extremities during many sports activities.

CONNECT THE CORE EXERCISES

The core muscles attach in groups forming functional slings from the hips through the lumbo-pelvic (lower core) to the scapula-thoracic (upper core) regions. These four slings of muscles have been described in the literature as the posterior oblique sling, the anterior oblique sling, the longitudinal sling and the lateral sling. (Vleeming et al, 1995), (Snijders et al, 1993).
For Skiers and participants in other sports, ground-based free-weight and stretch band resistance exercises with varying levels of balance instability applied at different points should be included as exercises to train and connect the core stability. These exercises help promote proper muscle balance by putting emphasis on muscles that are often overlooked and add additional force vectors of resistance to traditional training methods. They also promote stability in regions of musculature that are often weak as a result of training and workplace postural overuse that results in fatigue, active trigger points and palpable tissue tension.

By utilizing simple equipment like balls and bands to challenge balance and augment the functional slings, we can help skiers create a stable upper core and lower core platform for the extremities to skillfully move off to generate power and counter rotational stability during a turn.

The prescribed exercises should be individualized to the age, experience and fitness level of the skiing athlete. As a general rule start with 1-2 sets of 10 repetitions and progress to 2-3 sets of 15 repetitions. Use a slow tempo with emphasis on the eccentric (lengthening) phase of the exercise. For example doing a squat with a 3-0-1 tempo it is 3 seconds down (lengthening) 0 hold and 1 second up (shortening).

**BEGIN WITH WARM UP & BRIDGING EXERCISES**

Before starting this or any exercise routine, do some light dynamic warm-up exercises like assisted squats followed by some lying hip work and some bridging exercises. Your goal during warm up is to have a light glow on or have sweaty underarms.

**ASSISTED SQUATS**

**Training Tips:**
- Weight through your arms
- Switch on your core muscles
- With feet pointing straight ahead squat down slowly like sitting down in a chair
- Keep knees aligned over toes but not going past them

**LEG SWINGS**

Do 3 Different Ways:
- Swing leg front & back
- Swing leg side to side
- Swing leg in a figure of 8 pattern

**Training Tips:**
- Stand tall with soft knee (slightly bent) on stance leg
- Switch on your core muscles & do leg swings
- Do 2 sets of 10 repetitions with a 1-0-1 tempo

**BENEFITS OF CONNECTING THE UPPER & LOWER CORE STABILITY TRAINING**

- Improves postural set and helps maintain correct pelvic alignment.
- Improves strength of functional muscle slings that connect the upper and lower core.
- Improves joint and muscle position sense (kinesthetic awareness), helping to center the joint and absorb stress.
- Improves stability in a functional hip-extended position.
- Improves ability to counter-rotate or dissociate the upper and lower torso and extremities.
- Improves dynamic balance and movement efficiency.
- Adds additional force vectors of resistance to traditional training methods.
- Helps to improve athletic performance and helps the body to be able to react to unexpected events.
- Provides exercises that are versatile, practical, transportable and affordable.
SIDE LYING HIP ADDUCTION

Training Tips:
- Start lying on your side with top knee bent & placed floor a ball or small stool
- Keep bottom knee straight
- Switch on your core & raise bottom leg up off the mat
- Do 2 sets of 10 repetitions with a 2-2-1 tempo

QUADRUPED BRIDGE – OPPOSITE ARM & LEG RAISES

Training Tips:
- Start kneeling on all fours & find your neutral position with back flat
- Switch on your core muscles
- Now raise one arm & opposite leg up & hold for 2 seconds
- Repeat with opposite arm & leg
- Do 2 sets of 10 repetitions with a 1-2-1 tempo
LATERAL BRIDGING ON PHYSIO BALL A

Training Tips:
- Start in a lateral bridge position with feet on floor and forearm & hand on a physio ball
- Switch on your core muscles
- Place upper hand on hips & hold for 5 to 10 seconds
- Do 2 sets of 5 repetitions with a 1-4-1 tempo

LATERAL BRIDGING ON PHYSIO BALL B

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QUADRUPED BRIDGE & TORSO ROTATIONS WITH BAND RESISTANCE

Training Tips:
- Start kneeling on all fours & find your neutral position with back flat
- Hold a stretch band in both hands
- Switch on your core muscles
- Now take one arm & thread through other arm rotating torso
- Now rotate torso up raising arm with elbow bent retracting shoulder using stretch band for resistance
- Repeat with opposite arm
- Do 2 sets of 10 repetitions with a 2-0-1 tempo

CORE STRENGTH RULES

RESISTANCE BANDS PRECAUTIONS:
- When using resistance tubing or bands, ensure they are of high quality.
- Avoid placing resistance bands near heat or in direct sunlight.
- Avoid sharp objects and jewellery.
- Start gradually and get a feel for the resistance of the bands before progressing or increasing the tension.
- Regularly inspect the stretch band or tubing for wear and tear or weak spots and replace as appropriate.
- Ensure that it is securely attached before applying resistance.

EXERCISE BALL PRECAUTIONS:
- For individuals new to exercise, check with your physician before starting this or any other exercise program.
- Check your ball for flaws before each use.
- Avoid placing ball near heat or in direct sunlight.
- Avoid sharp objects and jewelry.
- Start gradually and get a feel for the ball before you begin to progress.

Quadruped Bridge & Torso Rotation RESISTED A

Quadruped Bridge & Torso Rotation RESISTED B

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SPLIT SQUAT WITH STRAIGHT ARM & TORSO ROTATION

Training Tips:
• Start sitting on a physio ball in a split squat position
• Hold a medicine ball in hands with elbows straight
• Switch on your core muscles
• Rotate torso rotating the medicine ball back & forth
• Do 2 sets of 10 repetitions with a 1-1-1 tempo

CONCLUSION

The challenge for busy professionals as well as fitness coaches, is how to effectively implement or prescribe ‘connect the core’ exercises that ensure optimal recruitment, balance, timing, deceleration control and mimic the performance demands of skiing. Connecting the core with simple exercises that either close or partially close the kinetic chain for both upper and lower extremities helps increase the 3 dimensional core stability. They ensure optimal recruitment, timing and performance during skiing and help protect against injury.

For hundreds more exercises see our new My Pocket Coach Fitness 1 www.my-pocket-coach.com and our Fit to Play™ & Perform Core DVD’s www.citysportsphysio.com.
WHISTLER – Friday, February 5th
FERNIE – Saturday, January 30th
SUN PEAKS – Saturday, February 20th

Attendance is recorded and 3 Education Credits are awarded in your personal profile in the CSIA National Database.

Come out and play. Join the fun, tackle terrain and explore new lines on some of BC’s best playgrounds. Sign up for WOW, the ultimate all day Workshop & Après. Now offered in 3 locations: Whistler, Fernie and Silver Star.

- Open to CSIA Members in good standing
- FUN and CAMARADERIE on Skis!
- Lift Ticket Discount
- Amazing Après
- Video Analysis
- Pedagogy

Kim Fournel, Leslie Glaysher, Joanne Younker, Tracey Fraser, Heather Bilodeau, Wendy Reade and Jill Sagan are among our CSIA Trainers.

Register Online NOW

www.snowprobc.com

$65 $80 within 10 days of WOW date

INFORMATION: csiabcregion@gmail.com

- 9 am – Sign In – Check with Snow School or csiabc
- 9:30 am – 3:00 pm Workshop
- 4:00 pm – Indoor Presentation and Après

ATTENDANCE is recorded and 3 Education Credits are awarded in your personal profile in the CSIA National Database.
When I think about boot fitting, I see it falling into four different approaches. Having personally experienced all of these approaches, I figured out what I think works best for performance and comfort. I’d like to present my comparison of these different approaches and hopefully it will help you figure out what will work for you:

• The ski shop approach “it hurts here, so let’s punch it in that spot”.
• The medical approach, which is to try and fix everything with a posted foot bed.
• The liner approach, which is to shell size a bit bigger and fill in the extra space with a thicker liner.
• And finally, the foot function approach, this approach involves extensive work to shell of the boot in order to help the foot function.

THE SKI SHOP APPROACH

I think it stands to reason the most common approach has always been, The ski shop approach: A large number of ski shops (especially those that don’t have a focus on fitting) will sell a boot with the understanding that the customer will test the boot and let them know if they have any issues. If the boot is shell sized properly, there is a very good chance that a pressure point will appear after a day of skiing.

The Customer takes the boot back into the shop, shows them where it hurts and the sales person punches the boot on that spot. If the customer is in luck, this could solve their problem but in most cases the issue will return. Another issue that may arise is the heel lift. “My heel feels like it is lifting” the solution: "let’s put a heel lift in the boot".

This may or may not seem to make much of a difference to the average customer. The concern with this approach relates to those who ski full time. By the time they make it back into the ski shop, it is highly likely that they not only have the pressure point issue but a very sore foot.

By this time, fixing the pressure point is no longer sufficient, as the skier now has a foot issue that may not resolve itself in the short term, thus affecting their performance and comfort on snow.

With full time skiing, the problem may even be exacerbated.
THE MEDICAL APPROACH
Here, the focus is on a posted foot bed (similar to an Orthotic). The notion is to try and keep the foot in a neutral position and change a skier’s alignment through the foot bed. This approach is based on the Gait cycle. Gait cycle is determined while a person walks barefoot straight ahead as illustrated in the diagram above.

By using a foot bed, which is usually quite stiff and rigid under the foot and especially in the arch, the result is that it supports your foot under the arch and pulls your foot away from the inside of the boot. This can help with your fit especially when it comes to sore ankles and naviculars as it prevents the foot from pronating and rolling inside to hit the shell.

The downside is that if the foot can’t make these fine adjustments then something else will compensate for it, usually higher up the upper body. While this may eliminate some fitting issues, it doesn’t help your skiing, and can in fact hinder it. For example it can result in excessive rotation and tipping-in to compensate.

THE LINER APPROACH
With this style of fitting, custom liners are great - they can be the icing on the cake. They can work very well for a narrow, low volume foot. But if the shell is not set up perfectly beforehand then chances are you will have similar issues to having a posted foot bed (limited motion) or your foot may eventually be back to moving around too much (when the liners pack out).

The most common custom liners are foam injected or heat moldable liners which are available as either wrap-style or with a tongue.

With a foam-injected liner, you need to have sufficient space between the foot and the shell. This will allow the foam to flow uninterrupted, through the liner to provide the best fit. If the shell is tight or the foot is touching the shell anywhere, this creates a spot where the foam stops flowing and bunches up in one spot.

Since the foam goes in under pressure, if the flow is affected and foam builds up, it can literally lift and shift the foot. This can prevent the foot from being able to make small adjustments and can also change a skier’s alignment. Wrap-style of heat moldable liners are closed-cell foam, heat moldable liners. They are great for keeping your feet warm and filling in space if your shell is slightly big.

Liners vary in thickness, so be mindful. This doesn’t sound like much, but if you have a good fitting boot with a foot bed, and you add a liner with as much as 4mm thick under the foot, it will probably feel like your foot is squished up against the top of the boot. If the shell size is on the big side, liners may feel great to start, but will eventually pack out and you will be right back to having a boot that is too big.

"WHEN YOU GO INTO A SKI SHOP TO BUY BOOTS AND THE SALES PERSON DOES NOT ASK YOU TO TAKE YOUR SOCKS OFF SO THEY CAN SEE YOUR FOOT - POLITELY LEAVE"
THE FOOT FUNCTION APPROACH:
The final approach, addresses the critical balance between performance and comfort. While it is more and more on the decline (an altogether different subject of discussion), the end results are significantly greater for the skier and for their feet.

This approach generally involves more modifications to the boot shell and can, therefore, be more time consuming. The approach is to give the foot sufficient room to be positioned appropriately down in the bottom of the boot, thus helping the foot relax in that position. This not only changes the skier’s alignment but also helps the foot make minor adjustments and roll towards the inside, thus helping edging and balance.

Should alignment still be required following the fitting, adjustments can be done through the bottom of the boot sole rather than the foot bed. This type of work is very specialized and involves planing the boot sole to remove material from the inside or the outside of the boot sole changing the angle; or using shimmmed wedges and lifters on the boot sole to change the angle of the boot sole.

While this is my preferred approach, there is no doubt that through your own experience and experimentation, you will figure out what approach works best for you and your foot.

In the meantime the best piece of advice I can give you is: “When you go into a ski shop to buy boots, if the sales person does not ask you to take your socks off so they can see your foot - politely leave”.

Barry Allison
**did you know...**

Some people have an extra bone called the accessory navicular.

Now that explains a whole lot!

Below is an X-Ray of accessory navicular, right, compared to normal navicular, left. Notice the thin space between the navicular and the extra accessory navicular. This is where the two bones are usually connected with a fibrous union, a site where injury occurs.
WHAT IS MINDFULNESS?
Mindfulness is the ability to be connected to the present moment. Fully engaging at the task at hand. How mindful are you when you brush your teeth? Probably, not very mindful! Personally, when I brush my teeth I am thinking about e-mails I have to reply to, things I have to do, meetings I have to schedule or chores that must be done. I can admit that while I brush my teeth I am engaging in mindless behaviour. Our days are filled with mindless tasks, our morning commute, chores, meals and work tasks. Our natural tendency is to behave mindlessly or think in a mindless manner. We often behave on autopilot without really thinking. However, by acting on autopilot our lives may be impacted by not always doing things that are in our best interest, which in the long run leads to higher levels of stress.

The motivation of man, because he sacrifices his health in order to make money, then he sacrifices money to recuperate health, and then he is so anxious about the future that he does not enjoy the present. The result of being, he does not live in the present nor the future, rather he lives as if he is never going to die, and then eventually he dies, having never lived” ~ DALAI LAMA

MINDLESS THINKING
Experts estimate that the mind thinks between 60,000-80,000 thoughts per day, that is an average of 2,500-3,300 thoughts per hour or 42-55 thoughts per minute. Generally, these are mindless thoughts. Mindlessness consists of behaving in a reactive and emotional manner. Thoughts are just thoughts until emotions are linked to thoughts. When emotions are linked, beliefs can be instilled, and these beliefs may or may not be rational which will lead to an increase in stress and a decrease in proper decision making.

When working with athletes, I like to bring a mindful approach to their training, because if they are mindful towards their thoughts they are likely to gain more control over their emotional reactions when faced with stressful situations. i.e. thinking rationally when irrational thoughts pop in their mind.

BEING IN THE MOMENT
Mindfulness brings you back to the present moment. If you are constantly letting thoughts of the past or the future control your actions, you are never actually in the now. It is so easy to focus on the future, on what you want to achieve, and where you want to go, that enjoying the process is quickly forgotten.
Athletes can easily lose sight of the present moment. Generally, goal achievement is an athlete’s #1 priority. However, by focusing on the next event, qualifier or medal, athletes can let their thoughts get the best of them. Thus, creating more stress, which will affect decision making, lower confidence and performance will be affected.

I have heard countless times developing athletes say at the start: “I can’t remember the course, I don’t know what to do, I don’t even know how to ski GS anymore”. This is stress talking. When athletes let their thoughts take over their mind, panic is instilled creating an irrational thinking process. How did the athlete get to this point? Being mindless is about being stuck in the past or in the future, and not being connected to the present moment.

WHY IS MINDFULNESS IMPORTANT?

Research shows that mindfulness leads to better focus, increases calmness, decreases stress and anxiety, develops skillful responses to difficult situations, increases empathy and understanding of others, and enhances physical and mental health.

Basically, when athletes become mindful of their thoughts, their inner voice or what I call ‘noise’ tends to quiet down, which leads to sharper focus, better decision making, increased confidence and decreased stress.

MINDFULNESS SKILLS TO DEVELOP:

Dr. Tyler Renshaw, a mindfulness specialist discusses the ‘mindful molecule’ which is; purposeful awareness, open and gentle attitude, intentionality.

Purposeful awareness is paying attention on purpose. What is happening internally and externally? Bring focus to the present moment. What are you feeling or thinking right now? What is going on around you? Do people seem happy? Upset? Why? What are they saying? Do you feel tense, relaxed, happy? Why?

An open and gentle attitude is being accepting and friendly to oneself. How often have you skied a bad run and said, “I SUCK!!!” Those words are just words, however as explained earlier, they are not just words when emotions are created and linked to those words. Once the link is made, belief is created, and believing in such harsh negative words can affect the rest of your day.

When making a mistake, be accepting of yourself. Everyone makes mistakes. Learn from them. What would your best friend tell you during a stressful time? Would they rile you up or try to calm you down? Act the same way towards yourself.

Intentionality is purposefully choosing your behaviour. Ask yourself is the behaviour I have chosen productive or harmful? Chose the productive path. Find the solutions to the obstacles you may be facing, rather than dwindling down the negative spiral.

By applying these three elements, resiliency is created, thus creating better emotional control and responses through stressful situations.
MINDFULNESS BASED PRACTICES:

Focus On Breathing

When stopping irrational thought process with athletes, I simply have them BREATHE. It is incredible the effects breathing can have on the human mind (and body).

Proper diaphragmatic breathing techniques help lower stress, which will help bring clarity in thought process, which leads to a decrease in irrational thinking, which will help with confidence, focus and performance.

While breathing, bring your focus to your breaths, how do your lungs feel when you inhale... exhale? Inhale for a count of 4, exhale for a count of 6. Bring your focus on muscle tension, and relax.

By bringing your focus on breathing, the chatter going on in your head will start to quiet down, and you will start living in the now (rather than the past or future). The more you practice breathing, the better you will get at it its just like building a muscle.

Another technique I use is the Mindful STOP Technique.

This process has four steps:

1. when your brain starts chattering a little too loud for comfort, STOP! imagine a stop sign, say stop anything that will stop the negative spiral.
2. take a deep breathe and bring your awareness to your breath. Notice and connect with the present moment.
3. Observe. What are you thinking? What are you feeling? What are the people around you telling you? What are they feeling? Be gentle to your thoughts, no judgements.
4. Proceed positively. You all have the answers to the problems. Stress clouds your answers. With mental clarity, decision making is clearer.

I challenge you to try mindfulness today.

You can start with a mundane task such as brushing your teeth. Focus on the task you are doing, connect with the action. The more you practice mindfulness, the better mind-body awareness you will have, which will help you perform better on snow.

If you know what your body is telling you, and you focus on finding solutions, ski improvement is bound to happen a lot quicker than if you wait for someone to tell you what they see is 'wrong'.

Enjoy the journey, and good luck!

Heidi Malo
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CSPA Member (Canadian Sport Psychology Association)
heidimalo@gmail.com
www.facebook.com/HeidiMaloMentalPerformanceConsultant
Do you want to get into shape or into better shape for next winter season? Do something that doesn’t require big investment to start with?

I FOUND AN ANSWER

START RUNNING! Trail running… Ultra trail running… Do you think I am insane? I thought you already knew!

WHAT DOES IT MEAN TO BE ULTRA TRAIL RUNNER?

For me, in the summer, it means going for a run at 6 am, coming back at 1 pm and this, I consider a short training. Oh! And you get to listen to your 5-hour play list if you find music a good motivator. :) Another summer alternative is to go for a full moon 3-hour run – you don’t even need a light.

In the winter, after day of skiing, I just go for an easy hour or two run to clear my head. I don’t even care if I feel tired, cold and it’s raining outside. Oh, have I forgotten to mention cold feet and toes?

WHY WOULD ANYONE DO IT?

Running has few advantages…

Almost no expenses… OK, the only things you really need to start are running shoes and sports bra (if you are a girl), and of course shorts and shirt. Though I would assume you have some of those items already.

Running is so convenient. You can go for a run anytime of the day or night.

The longer the run the more problems you solve or create! This part is completely up to you.

Running makes you drink more water. You don’t have to like it, you just have to drink it.

Running makes you eat healthier. I believe in the ’see food diet’.

Running makes you look hot – especially in 38 degrees Celsius!

And, let’s not forget the happy feeling before, during and/or after run.

DID I MENTION SKIING?

And have I mentioned it’s really good for your skiing? Technical downhill running is just like skiing. You pick the line and run it. Running in the snow or mud is like skiing powder. Just like relationships – you have to feel it.

And you need quick feet.

And have you ever run faster than you wanted to?

WHY LONG DISTANCE?

Why would you run long distance?

I would use Sir George Mallory’s famous quote: “Because it’s there.”

… Or the as written in Skyrunner’s manifesto: “Kiss the glory or die in the attempt.”

… Or my personal favourite, Spanish ski mountaineer and long-distance runner just like Kilian Jornet Burgada wrote in his book: “Perhaps I run because I need to be creative.”

… Or whatever works for you.

WHAT DID CHANGE IN MY LIFE SINCE?

Everything… I am more focused and more relaxed at the same time … I am more loyal to my friends … you know who you are… maybe more antisocial, I am happy with my own company…

PHOTOS: Taken by Anita Jetzer, August 2015 close to Cabane du Trient, 3170m – in the background is Plateau du Trient and Glacier d’Orny
A Big Bang of sorts also occurred around 50,000 years ago for mankind. Archeological records show that for 1.5 million years, humans and human predecessors, showed little or no progress in tool technology. We basically chipped away at rocks, with rocks, to create sharp flakes that could be used for cutting or hunting.

That’s it... that’s what we did for countless generations without anyone imagining, questioning, or testing that there might be a better way to ‘skin a cat’ (a sabre tooth cat in this case).

Then in the blink of an evolutionary eye, something magical happened! Lightweight ivory replaced heavy stone as our cutting and piercing material of choice and that allowed for us to make use of projectile technology. Spears and bows were born and that was a cultural game changer.

Over the next 20,000 years came an explosion of creativity not only visible in our tool technology but also in our art. Complex cave paintings, ornate soap stone carvings, shells... polished, pierced, and strung together for necklaces. Just some examples of the many finds that reflect that modern man had arrived.

I think we’re all familiar with the Big Bang Theory of how the universe was born. To refresh your memory, approximately 14 billion years ago, an explosion of infinite proportions released energy and sub atomic particles that eventuated in how the universe looks today.

Galaxies, stars, planets, and of course humanity all owe their existence to this unimaginably massive and instantaneous spark.

Skiing’s Big Bang Theory

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What the actual spark was that ignited this 'powder keg' of creativity is anyone's guess, and the subject of many theories, but there was no stopping us from that point forward as to becoming the planet's most dominant creature.

**INDIVIDUALS WILL HAVE BIG BANG CREATIVE TRANSITIONS**

They occur where athletic activity is concerned just the same way our human ancestors had so long ago. We must first learn the basics of an activity, and through repetition and feedback, become masters of the mechanics.

Once we have a high degree of mastery over the parts (that make up the whole), a creative spark occurs that ignites a person's interpretive artistic abilities. Sport becomes art. Athletes become artists.

**AT EARLY STAGES THINKING RELATES TO MECHANICS AND THEN TO EMOTIONS OR FEELINGS**

There is no better example of this Big Bang type of transition than in the sport of skiing.

If you were to ask an up and coming skier what they think about as they peer down a challenging bump run, you will get answers like this... 'I will... 'keep my hands forward', 'complete my turns', 'plant my pole at the top of the bump'.

Conversely, if you were to ask an elite skier what they think about as they peer down a bump run, you will get answers like this... I will... 'be powerful', 'be light and precise', 'be quick and flowing'.

One set of answers relates to mechanics, the other relates to emotions. In actual fact, the 'up and comer' is using left brained mechanical thinking while the elite skier is using right brained interpretive thinking. Skiing's Big Bang happens when this change in thinking occurs.

**THINKING IN MECHANICAL TERMS RELATES TO THE NEED TO RATIONALIZE SKIING ...AS A CLOSED SPORT**

Likewise, up and coming skiers often ask mechanical questions of their coach. They ask questions that reflect a need to rationalize skiing as a closed ended sport. Questions that ultimately have very unsatisfactory answers.

For example...

**Question...**

'Do I need to face downhill at the end of a turn or face where my skis are pointing?' Answer...'No'.

**Question...**

'Do I roll the ski on its' edge at the start of the turn or do I twist it a bit sideways at the start?' Answer...'It depends.'

Question...

'Do I extend my legs as my feet pass under my body, or do I extend my legs into the fall line?' Answer...'Yes, and everywhere in between.'

**BASIC SKILLS ARE ATTAINED SEQUENTIALLY**

If you’re an up and comer, you need to work on the basics. For example... Seek to develop a strong athletic posture (stance) that allows for effective lower body turning (pivoting). This will allow for the creation of angles in the body, effective ski grip, and direction change (edging). Once these basic skills are developed, the interpretive skills of pressure control and timing can be applied as the situation requires.

In the end, to experience skiing's Big Bang, seek to become master of the skills.

- Ski with purpose.
- Get lots and lots of mileage.
- Be an open minded student (of our open ended sport).
- Get expert coaching.

Good luck this season with your skiing evolution.

Ken Paynter
Head coach, Ken's Kick-Ass Camp
Co-author, Gravitational Singularity Theorems
A handful of studies that have been conducted on this subject indicate otherwise. A group of professors observed the effect of hydration on skiing status during a day of skiing at a resort in Utah (USA). The subjects who did not have access to water during their 2.75h morning ski session experienced dehydration. They lost more body weight, their urines were more concentrated and they showed lower blood volumes than the subjects who could drink during this ski session, as they carried a 3L camel-pack. (Ref: 1) This illustrates that skiing does create water losses… but how?

**WATER LOSSES**

When we ski, muscular contraction produces heat, which is transferred to the blood and body core. This heat needs to be dissipated to avoid detrimental increases in body temperature, which would reduce exercise performance. The body can use water as a transporter of this extra heat. For example, when sweat evaporates at the surface of the skin, heat is eliminated. (Ref: 2) Quality breathable ski clothing helps this phenomenon, as it encourages the passage of water out to the colder air. This is why skiers don’t always feel like they are sweating, although they do!

At altitude, air is also drier and colder. The body needs to humidify and warm the air before it enters the lungs. In turn, this warm water is eliminated or released by exhalation – the fog pushed out of our mouths during the colder ski days. In this case, more water is lost than when temperatures are warmer and humid.

Water loss occurs mainly from the body’s blood. Lower blood volumes put the cardiovascular system at strain, as the heart needs to work harder to convey oxygen and energy (glucose) to muscle cells. See Diagram 1. Also, less water is available to dissipate heat, which can cause increased body core and brain temperature, altered metabolic and central nervous system function and increased perception of effort. (Ref: 3) These conditions may alter ski performance as well as concentration which could also increase the risk of injury.

**ELECTROLYTES LOSSES**

In order to maintain optimal function, the body’s blood needs to be maintained at a certain concentration of elements, electrolytes as an example. These electrolytes, mainly sodium and chloride (or salt) also follow water out of the body through sweat. If only water is used to replace fluids, this will create a diluted environment within the blood, which will encourage your kidneys to eliminate this extra-fluid to restore proper concentration (Ref: 2,3). This is what explains frequent need to urinate when skiing, if only water is consumed. While
the skier is drinking profusely, he is still not able to rehydrate because the body is eliminating diluted fluids in the blood. See Diagram 2.

**CAN I BUY YOU A DRINK?**

Best rehydration drinks contain salt or sodium (50-70 mg/100mL), as well as carbohydrates (4-8g/100mL), such as sport drinks. The carbohydrates, in the form of glucose or sugars, will help provide the fuel to maintain energy during skiing. The above concentrations are ideal to encourage effective absorption of salt, energy and fluids. Indeed, water can move freely from the digestive track to the blood through the space between the cells of the intestines. On the other hand, salt and glucose need the help of a transporter to be pumped from the intestines to the blood. This pump also pulls more water into the bloodstream, resulting in faster absorption of the fluid as opposed to water alone. See Diagram 3. (Ref: 3)

Juice or soft drinks would not meet the above concentration, as they rarely contain any sodium, and too much carbohydrates (generally around 11g/100mL). This could cause stomach discomfort such as bloating if consumed during skiing because this high concentration of sugar will slow digestion. When such a beverage enters the intestines, water flows from the bloodstream to the intestines to help dilute the solution until the nutrients are absorbed. This can result in a slight decrease in blood volume, which can temporarily adversely affect rehydration. (Ref: 4)

**YUMMY RECIPES!**

You find the idea of a sport drink boring? Here are some beverage suggestions which contain roughly the same concentrations of sodium and glucose. On colder days, try a warm beverage in a thermos. It is so comforting, and will also help fight the cold. Drop it at your favourite lift, and sip it every run. This is preferable to drinking a large volume of liquid in a short period of time, as this may increase urine production as well as create stomach discomfort from liquids sloshing when skiing. If you can, carrying camel-packs are great for easy access fluids, although make sure to have an insulated wire to prevent the liquid from freezing. After all, most important is that your drink tastes good and is practical in order for you to want to sip it. So, drink up!

**HYDRATION BEVERAGE RECIPES**

<table>
<thead>
<tr>
<th>½ bottle water</th>
<th>½ bottle apple juice (warm or cold)</th>
<th>Dash of salt</th>
<th>Cinnamon and ginger</th>
</tr>
</thead>
<tbody>
<tr>
<td>300 mL flavoured tea (eg : chai, herbal tea)</td>
<td>15 mL maple syrup or honey</td>
<td>Dash of salt</td>
<td></td>
</tr>
<tr>
<td>500 mL hot water</td>
<td>4 apricots (cut up)</td>
<td>¼ teaspoon salt</td>
<td>Mint leaves / cinnamon / ginger / anis seed…</td>
</tr>
<tr>
<td>300 mL hot water or coffee</td>
<td>15 mL Nesquick *</td>
<td>Dash of salt</td>
<td></td>
</tr>
<tr>
<td>500 mL hot water</td>
<td>15 mL Gatorade powder *</td>
<td>Can be brought in a small container or Ziploc bag when skiing</td>
<td></td>
</tr>
</tbody>
</table>

On very cold and windy days, or if the skier is underdressed, the heat produced by muscles when skiing will help maintain body temperature. If that is insufficient, shivering may help produce more heat by contracting other muscles.

In this case, some skiers may feel a need to urinate more frequently: this is a body’s strategy to avoid wasting energy needed to maintain unnecessary fluids (urine) at higher body temperature.

So ladies, here’s the secret! Drinking liquid that contains salt will help restore fluids and electrolytes.

This encourages the body to better retain fluids, and therefore compensate for water losses. This may help you feel less thirsty, and decrease visits to the washroom!

**References**


Get Fit To THE NEXT LEVEL
Advanced Athletic Conditioning

Wishing you could be more agile, quicker and stronger on your skis? Of course you do!

Here’s an advanced athletic conditioning routine for you. I challenge you to give it a try until there’s enough snow covering the slopes for you to rip down ‘em.

Along with regular cardiovascular training and stretching, adopt this routine 3 x per week. If you are unfamiliar with strength training techniques, I strongly suggest you consult a trainer to coach you through, and perhaps adapt the exercises to match your fitness level and skills. These exercises should NEVER cause you joint pain or discomfort, muscle spasm, nerve tingling nor limb throbbing sensations. If any pain or discomfort occurs that feels different from normal muscle fatigue and body exhaustion, STOP and re-evaluate your form, decrease intensity, or modify the exercise to your needs.

It is of your responsibility to check with your doctor that you are fit to participate in this type of conditioning.

Enjoy!

Majorie Lauzon, B.Sc. Exercise Science, CSIA 4, CSCF 2

1. LADDER WORK

Following the pattern in the diagram, on one solid foot and ankle at the same time, jump your way forward through the ladder. Keep your trunk muscles braced and hands forward as if you’re skiing short turns in bumps.

5 x each leg

2. PUSH UPS

Refer to www.kinesiologywithmajo.com for the full workout which includes this exercise.

3. ALTERNATED LUNGES

Refer to www.kinesiologywithmajo.com for the full workout which includes this exercise.

4. BALL ABS ROLL & TWIST

Starting in a plank position with the ears, shoulders, hips and feet lined up, pull knees together toward one shoulder. Return to the initial position and repeat on the other side. Keep the trunk solid at all times.

3 x 5 each side

5. MONSTER WALK

With bar overhead and in a low-squatted position, walk mini steps forward and back with an elastic around the ankles. Keep the spine erect and well-braced, with head and shoulders lined-up over the hips, and knees pointed towards the middle of each foot.

4 x 10 steps forward and 10 back

Here are some other links to articles I have previously written for CSIA BC ProView that will help you in your ski preparation:

http://www.kinesiologywithmajo.com/blog/what-to-know-about-stretching-effectively/
http://www.kinesiologywithmajo.com/blog/stretch-out-for-ski-season/
This article is meant for ADVANCED use only. It is also only a partial document. Please feel free to download the complete document at: kinesiologywithmajo.com
At the end of the day, we are all skiers and skiing is our passion. It’s what we think about on a hot summer day, it’s what we dream about 365 days per year and it is this passion that we all share that has drawn us into teaching others so they too can feel the same way.

I stand at the bottom of the demo slope in awe of the top skiers and it inspires me to work on my skiing and get better, but developing my skiing takes time, practice and a process. So even though becoming a better skier is the goal, it’s the process in which skiers develop that excites me the most.

**EXPERIENTIAL EDUCATION**

Skiers don’t learn from what you tell them, they learn from what they do, and even more so, they learn from recognizing what they are doing, why and how to affect the outcome.

Experiential Education is a cycle of learning that does exactly this. So how do I change my skiing this season? How do I ski like the best skiers at Interski?

**THE LEARNING CONTRACT**

It all starts with a learning contract. I will determine my goals, list my experiences so far in my skiing career and reflect on how I feel physically and mentally. Based on that, I will look at the situation around me and look for opportunities relative to the conditions, environment and the terrain. I will choose a skiing objective and then design a motor skill development strategy.

**CHOOSING THE OBJECTIVE**

Creating a learning contract by assessing your student and being aware of the situation around you helps you determine what skiing objective is appropriate at the time. Do you want your student to speed up or slow down? Do you want them to
use a small or big turn shape? Do you want the turn carved or skidded? The skiing objective is a tangible target for our students; it gives them something to reflect upon after trying what the instructor asked them to do.

THE DEVELOPMENT PLAN
Achieving the skiing objective requires a motor skill development plan. This is ‘what’ is to be developed (Technical Reference) and ‘how’ it is to be developed (IACRCv and skills system). This is our methodology and it has sparked a new evolution of ski teaching around the globe.

SHARING OUR PASSION
Skiing is the common thread that brings us all together at Interski and in the CSIA, however, at the heart of who we really are is ski teaching. The real Interski makes everyone reflect upon that and inspires us all to share our passion and create lifelong skiers.

Interski is not a show or a week-long event, it is a surge of energy into all ski teachers around the world. I can just picture all of the smiles that will be on the faces of those who take a lesson this winter.

Warren Jobbitt
Interski Head Coach
Manager of Educational Development (West)
My perfect run is out there. It’s up to me to go find it.

The cold wind blows in my face as I stand atop the cornice, skis hanging out over the edge. My heart begins to race as I adjust my goggles, plant my poles and push off. Gravity takes over as I free-fall into the steep, powdery chute. A slight hip-check on landing as I sink into the blanket of fresh snow from last night’s storm. I begin to accelerate as I turn down between the rocks, fresh powder billowing over my shoulders. The chute begins to widen as I enter into the vastness of the alpine bowl.

I hold my breath as I dive into the powder, the snow exploding all around me. I feel weightless as I rise up and float from one silky smooth turn to the next. The adrenaline is rising and I take a hard right as the tree-line approaches. Branches whip by as I snake my way through the maze of trees, my eyes focused on the spaces that open up ahead. I veer left into a small clearing when suddenly the ground drops away as I find myself a nice pillow line. I launch off one rock then another and before I know it the trees close in on me again and I’m back in the forest. I see a creek bed and dive down the bank using the gully as a natural half-pipe. The trees begin to thin and I exit into a mogul field. The soft, fluffy bumps explode underneath me as I charge my way down, knees pumping as I try to maintain the rhythm. The bumps soon give way to a fresh groomer where I lay the skis over on edge and feel the power of the arc. The cat track approaches and I crank one last big turn before rocketing down the road. As I race back to the lift I’m breathing hard, my legs starting to burn, but yet I feel alive.

I wake up from my dream and begin to smile as I realize that my perfect run is out there somewhere. Now it’s up to me to go find it.
We Do Winter Right - COME SEE FOR YOURSELF.

Working as an instructor for Whistler Blackcomb will not only provide you with the most incredible experiences but gives you access to some of the best training in the industry. Come see for yourself why we are voted the #1 Resort in North America.

Warning: Working here is highly addictive, it is hard to stay for just one season.

APPLY TODAY
Visit whistlerblackcomb.com/jobs and click on Job Fairs