

# Central Division



## Memorandum

Date: September 2011  
To: Central Division Region Directors  
From: ASE / Skills Development Team  
(Jacobs, Loerch, Martschinke, Moss, Zedak)  
Subject: Accredited Senior Evaluator (ASE) Program

Gentlemen,

We are rapidly approaching the second season of our Accredited Senior Evaluator program. As you may remember, it's our intention to have an accreditation evaluation session at each of the three Division STW's in December. In order to properly plan for appropriate staff, we respectfully request that each region submit their list of candidates to Don Loerch [dloerch@sbcglobal.net] prior to October 30<sup>th</sup>, 2011. Ultimately, our Senior Program Supervisor will act as the point of record creating and maintaining our database for ASE participants. To assure positive outcomes, we continue to encourage each region to send their strongest alpine training and evaluation team leaders for certification.

As you formulate your individual candidate lists, please remember the following program participant notes and recommendations:

1. This certification program is for all current senior alpine evaluators (not just those opting out of PSIA certification)
2. The fee to attend will be \$30.00 per individual for the two day event.
3. Membership in the NSP-C Ski School is highly recommended.
4. Completion of NSP Instructor Development course recommended.
5. Please utilize our on-line registration at system located on the Division website at: <http://nspcentral.org> (see attached "Registration Sheet" for additional enrollment information).

Thanks to each of you in advance for your continued support and suggestions. Please feel free to contact any member of the Skills Development Team if we can be of service.

# Central Division



## Accredited Senior Evaluator Candidate Registration Form

### **2011 Exam dates/locations:**

December 3<sup>th</sup> & 4<sup>th</sup> / Tollhaugen Resort – Dresser, WI

December 10<sup>th</sup> & 11<sup>th</sup> / Boyne Highlands – Harbor Springs, MI

December 17<sup>th</sup> & 18<sup>th</sup> / Cascade Mtn. – Portage, WI

**FEE: \$30.00 (Register on-line at <http://nspcentral.org> on or before Nov. 13, 2011)**

Name: -----

Address: -----

E-Mail Address: -----

Home / Cell Phone: -----

NSP Member No.: -----

Region: ----- Patrol: -----

Your Equipment?

Skis                       Snowboard                       Telemark

Completed Senior Patroller requirements: ----- (date)

Recognized Region Senior Evaluator since: ----- (date)

Participated as a lead evaluator at a Senior Alpine Evaluation previously: Y N

Member NSPC-Ski School:    Last season                      (11-01-09/ 10-31-10)    Y    N  
    Current season                      (11-01-10 / 10-31-11)    Y    N

PSIA Certified:            Y    N                      Level of Certification: -----

PSIA Member ID No.: -----



## **Accredited Senior Evaluator/Trainer for Skiing/Riding (ASE)** (For All current CD evaluators)

### **Six Benchmarks for Success:**

#### **1. Senior Evaluator Assessment:**

**Provide information about the senior evaluation process and the successful use of the senior ski/board scorecard**

**Objective:** CD candidate senior evaluator (CSE) will utilize the senior ski/board scorecard in a demonstration about the senior evaluation and the senior evaluation process. + = -

#### **2. Senior Evaluator Assessment:**

**Assessment of Skiing/riding movement analysis of video or live demos**

**Objective:** CD candidate senior evaluators (CSE) are able to identify correct senior skiing./boarding movements using video and live demonstrations with 90% accuracy.

#### **3. Senior Evaluator Assessment:**

**Ability to provide feedback and corrective suggestions in a positive manner**

**Objective:** CD candidate senior evaluator (CSE) will demonstrate feedback by modeling positive corrective suggestions utilizing video and live demonstrations. This is + = -

#### **4. Senior Evaluator Individual Performance:**

**Provide evaluation demonstrations of the senior level skills as listed on the CD Senior scorecard.**

**Objective:** CD candidate senior evaluators (CSE) evaluations of the senior level skills at the senior level (skiing/riding) required on the CD senior scorecard. This is + = -

## **5. Senior Evaluator Individual Performance:**

**Personally performs effective Ski /board movements at or above the senior level**

**Objective:** CD candidate senior evaluators (CSE) will demonstrate effective ski/board movements at the senior level as defined in the senior manual. Evaluation will be based on observation by an ASE and recorded on the evaluation card. This is + = -

## **6. Senior Evaluator Individual Performance:**

**Assess technical knowledge using materials from the resource list for ASEA.**

**Objective:** CD candidate senior evaluators (CSE) will demonstrate a competent level of technical vocabulary on a written test with 90% accuracy.

**ASE is only awarded upon completion and maintenance of all the requirements. It is not recognition of attendance or a lifelong grant. Continuing education requirements must be achieved to retain accreditation.**

*An objective is an outcome statement that captures specifically what knowledge, skills, attitudes learners should be able to exhibit following instruction.*

CD: Central Division

CSE: Candidate Senior Evaluators

ASE: Accredited Senior Evaluator

## **Evaluation Key:**

**+** Candidate is recommended to be a senior evaluator/team leader

**=** Candidate is recommended to be a senior evaluator

**\_** Candidate is recommended to be shadowed during a senior test as an evaluator and be assigned a mentor

**Accredited Senior Evaluator  
(ASE) Candidate Evaluation - Central Division  
20 11-20 12**

<b>Lead Evaluator:</b>	<b>Location of Evaluation:</b>
<b>Candidate Name:</b>	
<b>Region:</b>	
<b>Final Evaluation: CSE demonstration Meets or Exceeds level in all areas + =</b>	
<b>Day 1: + = -</b>	<b>Day 2: + = -</b>
<b>Senior Eval. Assessment</b>	<b>Comments</b>
<b>Obj. 1:</b> utilize senior card in a demo about the senior evaluation  +       =       -	
<b>Obj. 2:</b> identify correct senior movements using video/ live demos  +       =       -	
<b>Obj. 3:</b> demo feedback by modeling positive corrective suggestions using video/ demos  +       =       -	
<b>Senior Eval. Performance</b>	
<b>Obj. 4:</b> eval. of senior skills at the senior level  +       =       -	
<b>Obj. 5:</b> demo of effective movements at the senior level (refer to senior scorecard)  +       =       -	
<b>Obj. 6:</b> competent level on technical vocabulary	<b>Written Test Score:</b>

**Evaluation Team :**

**Accredited Senior Evaluator  
(ASE) Candidate Evaluation - Central Division  
20 11-20 12**

<b>Evaluator:</b>	<b>Location of Evaluation:</b>		
<b>Candidate Senior Evaluator:</b>			
<b>Region:</b>	<b>Date:</b>		
<b>Day 1:</b>	+	=	-
<b>Senior Evaluator Assessment</b>	Competency as a senior level evaluator		
<b>Obj. 1:</b> utilize senior card in a demo about the senior evaluation  (Senior Card reprinted on back of this)			
<b>Obj. 2:</b> identify correct senior movements using video/live demos  (10 video clips)	<b>Assessment of video:</b> +    =    - <b>1.</b> <b>2.</b> <b>3.</b> <b>4.</b> <b>5.</b> <b>6.</b> <b>7.</b> <b>8.</b> <b>9.</b> <b>10.</b>		
<b>Obj. 3:</b> demo feedback by modeling positive corrective suggestions using video/demos			

**Day 1 Evaluation Team :**

**Accredited Senior Evaluator  
(ASE) Candidate Evaluation - Central Division  
20 11-20 12**

<b>Evaluator:</b>	<b>Location of Evaluation:</b>
<b>Candidate Senior Evaluator:</b>	
<b>Region:</b>	<b>Date:</b>
<b>Day 2:</b>	+                      =                      -
<b>Senior Eval. Performance</b>	Competency in senior level performance
<b>Obj. 4:</b> eval. Of senior skills at the senior level	
<b>Obj. 5:</b> demo of effective movements at the senior level (refer to senior scorecard printed on back)	
<b>Obj. 6:</b> competent level on technical vocabulary	<b>Written Test Score:</b>

**Day 2 Evaluation Team :**

**Accredited Senior Evaluator**  
**Suggested list of study materials for ASE candidates:**  
(Compiled by-Central Division Skills Development Team)

**Required:**

1. Central Division Senior Manual
2. Central Division Practices & Procedures
3. Central Division Senior Alpine Score Card

**Highly recommended:**

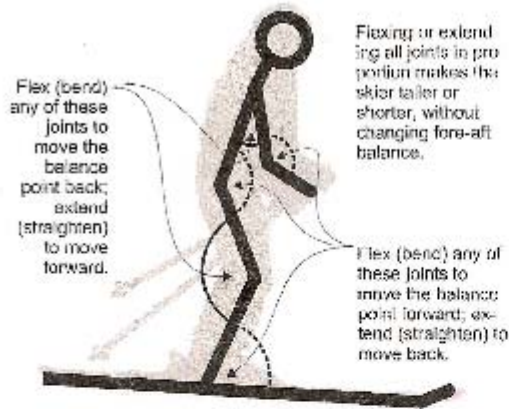
1. Core Concepts, *For Snow sports Instructors*, published by PSIA/ AASI
2. Alpine Technical Manual, *Skiing and Teaching Skills* (second edition), published by PSIA/ AASI
3. Tactics for All-Mountain Skiing, by *Chris Fellows*, published by PSIA/ AASI
4. Snowboard Instructors Guide, published by PSIA/ AASI
5. Nordic Manual (for telemark discipline), published by PSIA/ AASI
6. Educational web links for mostly free information
  - a. PSIA/ AASI – Central Division web site: <http://www.psia-c.org/>
  - b. PSIA/ AASI – National web site: <http://www.thesnowpros.org/>
  - c. PSIA/ AASI Alpine Study Guide – Level 1: [http://www.psia-c.org/Education/PSIA\\_AlpineLevel1Guide.pdf](http://www.psia-c.org/Education/PSIA_AlpineLevel1Guide.pdf)
  - d. PSIA/ AASI Alpine Study Guide – Level 2: [http://www.psia-c.org/Education/PSIA\\_Level2\\_SG.pdf](http://www.psia-c.org/Education/PSIA_Level2_SG.pdf)
  - e. PSIA/ AASI Alpine Study Guide – Level 3: [http://www.psia-c.org/Education/PSIA\\_Level3\\_SG.pdf](http://www.psia-c.org/Education/PSIA_Level3_SG.pdf)
  - f. PSIA/ AASI Alpine Portfolio Guide – Level 1: <http://www.psia-c.org/Education/Portfolio%20L1%20FINAL%2010.11.09.pdf>
  - g. PSIA/ AASI Alpine Portfolio Guide – Level 2: <http://www.psia-c.org/Education/Portfolio%20L2%20FINAL%2010.11.09.pdf>
  - h. PSIA/ AASI Alpine Portfolio Guide – Level 3: <http://www.psia-c.org/Education/Portfolio%20L3%20FINAL%2010.11.09.pdf>
  - i. PSIA/ AASI Movement Matrix - Available to members *at a cost*: <http://www.thesnowpros.org/priv/01/matrixx/>

**Additional resources:** (Note; Some of these resources may be out of print, please check with fellow Senior Evaluators and/or fellow NSP-C Ski School instructors for a copy to borrow.)

7. *Skiers Edge* by Ron LeMaster
8. *Skiing and the Art of Carving*, by Ellen Post Foster
9. *The Athletic Skier*, by Warren Witherell & David Evrard
10. *The Yikes Zone*, by M. Blakely



# Fore-Aft Balancing Moves

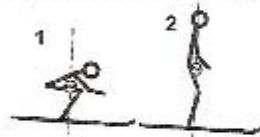


Flexing or extending all joints in proportion makes the skier taller or shorter, without changing fore-aft balance.

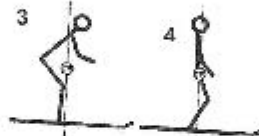
In addition to the joints illustrated, the spine and neck are also important fore-aft balance adjusters. In good skiing, most movements begin low, in the feet and ankles, and work their way up the body.

Note that stiff alpine ski boots significantly restrict the ankles' range of motion, so skiers must learn a new set of compensating movements in other joints of the body (see figures 7-10 below).

Fore-aft balance is deceptively complex! Beyond stance, the dynamics of motion affect balance. A skier must move back (or push the feet forward) when hitting sticky snow, for example, and must move forward when accelerating downhill, just to remain centered on the skis. A balanced stance in a braking wedge is much farther back than a straight run. Even the tune of skis affects balance—skis that don't slide easily will require the skier to move back.



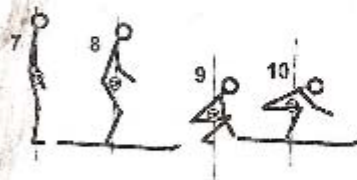
Skier 1 is flexing all joints proportionally, remaining in balance while in a deep crouch. Skier 2 is extending all joints evenly, remaining centered in a straight stance.



Skier 3 has little ankle flex, and compensates by flexing forward at the waist and reaching with the arms to remain in balance. Skier 4 is the opposite, overly flexed at the ankles, very upright in the upper body. These stances are typical of skis with boots that are too upright (3) or boots with too much forward lean (4).

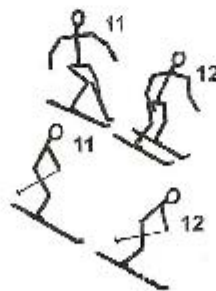


These skiers are both out-of-balance due to knees too extended (5) or too flexed (6), and no complementary movements of the other main joints (ankles, hips, or spine.)



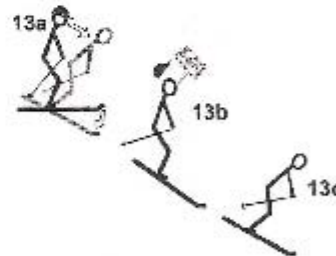
Note how joints must flex in different combinations for skiers, with stiff boots and restricted ankle motion, vs. non-skiers. A non-skier standing upright and in balance (7) extends all joints, while a skier (8), whose ankles are set at an angle, must compensate by flexing other joints for balance.

When a non-skier crouches low (9), the ankles bend and the knees raise, bringing everything forward, allowing the back to remain somewhat upright. The skier (10), with restricted ankle flex and no heel lift, must bend farther forward at the waist and react with the arms to overcome it. These new movements are skiside, the skills that must be learned!



## Dynamic Issues of Fore-Aft Balance

Skiers 11 and 12 are both in balance! Skier 11 has the brakes on hand, so what looks like leaning back is actually balanced. The same thing would happen in very sticky snow. Skier 12's skis are sliding well with the brakes off, so he is in balance, demonstrating a good natural stance.

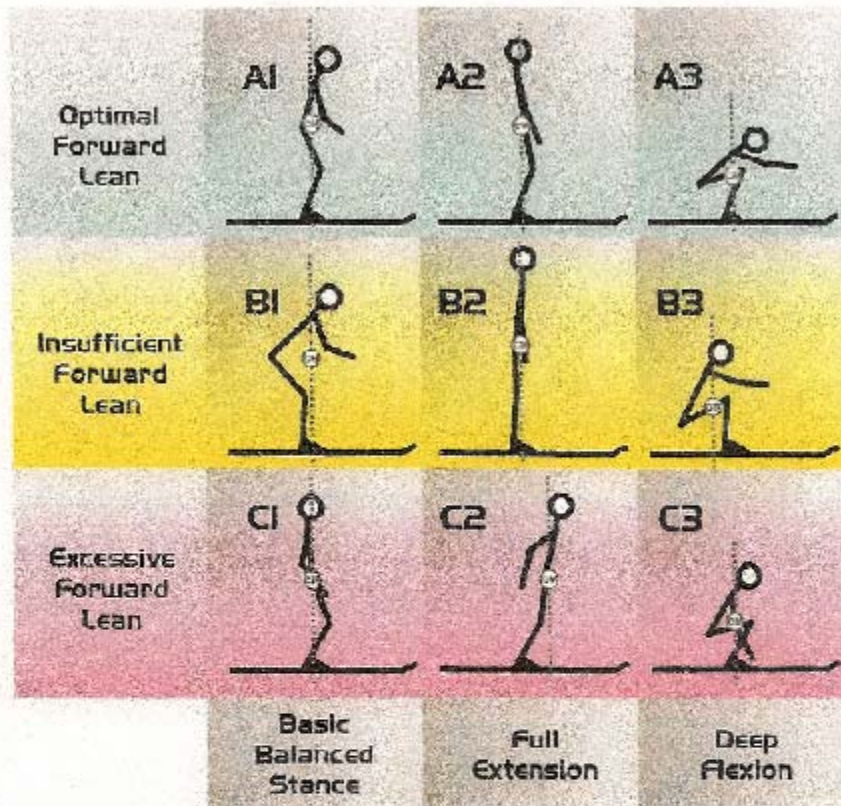


## Dynamic Issues 2

Skier 13 shows the effect of tilting a and compensating on skis. When going from level to an incline, the skier must move forward to remain in balance. Note that this is what happens every time we start a turn—when traveling across a hill, we are on a level surface; we must move forward when we turn down the hill.

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#### Forward lean affects basic stance and range of vertical motion.

A—Basic, relaxed stance with optimal forward lean (A1); note parallel shins and spine, slight flex of all joints, and balance over the midfoot. Optimized skier can extend tall (A2) and flex deeply (A3), while maintaining fore-aft balance over the ski's "sweet spot."

B—Typical basic stance of skier with boots too upright (B1), head forward at waist and reaching with arms to center balance. This skier can extend very tall (B2), but loses balance to rear when deeply flexed (B3). Because they cannot bend their knees much, such skiers tend to stand very tall and stiff, and have difficulty absorbing moguls.

C—Typical basic stance of skier with too much forward lean (C1), slouching, pelvis and knee forward with flex and arms back to center balance. This skier can easily extend tall (C2), but loses balance forward when extended tall. Because they cannot straighten their knees, these skiers rely on muscular (high) strength, and tend to fatigue easily.

(Note that these illustrations assume stiff, snug, high-performance boots. Softer boots that allow greater ankle motion sacrifice some performance, but they are more forgiving of forward lean misadjustment.)

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