

# Back to School : 2010 Fall Seminar

**SUMMER IS OVER. FALL HAS FALLEN, ALONG WITH THE LEAVES AND RAIN IN THE LOWER ELEVATIONS. THE FIRST DUSTING OF SNOW HAS ALREADY FALLEN ON MOST NORTHWEST PEAKS. WINTER AND THE 10-11 LA NIÑA SNOWSPORTS SEASON ARE JUST AROUND THE CORNER. AS IN THE PAST, FALL SEMINAR WILL BE OFFERED IN THREE LOCATIONS, MAKING THIS SEASON-OPENER EVENT MORE ACCESSIBLE FOR EVERYONE TO ATTEND.**

Whether you are a Fall Seminar regular or a new participant, it is our goal to help you kick off your season with the latest and greatest information, and get your mind ready to keep up with your legs. We look forward to welcoming in the new season with you!

Registration and refreshments for this indoor event begin at 8:00am. At registration you will receive a packet of information along with your name badge, on the badge will be your room assignments. Classes begin promptly at 8:30am.

We are continuing to offer Fall Seminar to non-members. Please feel free to invite a non-member

from your school to join you or someone who is interested in teaching this season and see why Fall Seminar is such a great pre-season educational event.

Like regular members, non-members will need to register and pay the event fee to participate. Additional applications are available for download at [www.psia-nw.org](http://www.psia-nw.org) or by contacting the PSIA-NW office at 206.244.8541. There is also an application on page 24 of this newsletter.

## **SPOKANE METRO**

**OCTOBER 16, 2010**

GONZAGA UNIVERSITY

## **PORTLAND METRO**

**OCTOBER 23, 2010**

MT. HOOD COMMUNITY COLLEGE

## **SEATTLE METRO**

**OCTOBER 24, 2010**

SEATTLE PACIFIC UNIVERSITY

## **FALL SEMINAR KEYNOTE SPEAKER**

### **Dan G. Tripps** **Seattle University Professor,** **Ph.D. Sports Psychology**



Dan G. Tripps is an author and professor who has devoted his life's work to understanding the psychology of achievement and to helping individuals find greatness professionally and personally.

In his two books, *In Search of Greatness: Attributes of Achievement* and *Lessons for Life* (Town Books, 2002), and *The Heart of Success: Conversations With Notable Achievers* (BainBridgeBooks, 2001), Dr. Tripps helps readers place their life journeys in perspective. He believes that people need to embrace the notion that they do not become great simply because their achievements have been broadcast on television or reported in the local paper. Based on his personal interviews with 160 acclaimed performers, athletes, and intellectuals, Dr. Tripps identifies qualities that ordinary individuals can develop in order to achieve personal greatness.

Dr. Tripps is Executive Director of the American Institute of Sport and affiliated human performance laboratory, and Chair of Seattle University's Department of Sport Studies where he teaches the Psychology of Leadership and Achievement. He has also been a guest lecturer on university

campuses throughout the United States and has served as a consultant to education, business, and government, providing training for senior level managers, nurturing organizational leadership, and enriching employee skills.

In his early career, Dr. Tripps coached more than forty nationally and world-ranked athletes and guided high school, college, and U.S. national teams to championship competition. He continues to assist elite level performers as a practicing sport psychologist. From 1980-1984, Dr. Tripps was President & Executive Director of the 1984 Olympic Scientific Congress, the sport science research program affiliated with the Olympic Games. In conjunction with his Olympic duties, Dr. Tripps founded Sport for Understanding, a U.S. State Department contract program that organized the international exchange of athletes and coaches.

During 1984-1986, he served as its first Executive Director and later Trustee through 1992. In 1986, Dr. Tripps established Sports for All, a UNESCO program that brings technical training to teachers and coaches in developing countries. Dr. Tripps remains the U.S. representative to the project.

Dr. Tripps joined the faculty of Seattle University in 2006 after serving as Chair of the Department of Physical Education & Exercise Science at Seattle Pacific University for twenty years. During that time he distinguished himself as a leader in high profile events including the 1987 Washington State Centennial Commission's Pacific Celebration and the 1990 Goodwill Games.

Between 1994-2000, he served as Director of the Raven Project, a joint effort of education and industry to design, build, and fly a record setting human-powered aircraft. In 2004-2005, Dr. Tripps donated his time as a loaned executive to restructure and revitalize Athletes for a Better World, a non-profit agency devoted to returning character and civic responsibility to sport.

Dr. Tripps' speaking engagements have included the Inquiring Mind series of the National Endowment for the Humanities and ceremonies at the National Baseball Hall of Fame. He is a frequent guest commentator on radio, a guest commentator in The History Channel's Top Speed, and currently working as Co-Executive Producer for a forthcoming television show about sport science and technology called SportsTechWorld.

Dr. Tripps has served as editor for ten textbooks in elite human performance, has written dozens of professional articles, and has delivered speeches for a wide range of national and international organizations.

Dr. Tripps obtained his Ph.D. in Sport Psychology from the University of Oregon and M.A. in Education from Stanford University. His undergraduate training was at the University of Southern California and San Francisco State University where he completed a B.A. in English and Social Studies.

# 2010 Fall Seminar Course Offerings

## Attention Deficit Hyperactivity Disorder: Creating a Positive

### Learning Experience for ALL Students

As instructors, all of us work hard to create fun, positive, learning experiences for our students but sometimes, even our best attempts are challenged by the attitudes or actions of our students. Up to 10% of all students in the United States have been diagnosed as ADHD. In this class we will define ADHD, describe some common characteristics/behaviors of ADHD students and then share some strategies that help to foster a climate that promotes success and safety for ALL students.

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## Bloom's Taxonomy: A Tool to Check for Understanding

Discover the theories of Benjamin Bloom, how his taxonomy, or classification system, can be used to understand and measure critical thinking skills. Bloom has created a classification system to help anyone move beyond the basic ability to recall information and realize they have successfully moved to complex cognitive functioning by utilizing real and consistent measurements; its format helps you determine how to know when the student has mastered new information. Incorporating this taxonomy into your education program can be utilized to meet one of the basic tenants of PSIA: a tool to check for understanding.

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## Creating the Successful Mindset for your Snow Sports "Assessment"

Explore how to develop the right plan to get yourself mentally ready for a successful lesson, exam or tryout. This class will challenge your objectives, motivations and attitudes and work to establish an overall success strategy towards personal growth in the pursuit of your next level, be it an exam, tryout or in creating a great eight week lesson plan. Material for this class comes from some of the greatest personal development gurus of all time including, Stephen Covey, Jim Rohn, Brian Tracy, Napoleon Hill, Og Mandino, W. Clement Stone and many more. Come change your mindset.

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## Developing Skill Excellence

Learn to develop peak skills in yourself and those you coach. The morning session focuses on developments and new understandings in the "process" of skill development (of any activity) ... no, it's not about "BERP" but on the how's and why's of methods that set high achievers apart. The afternoon session focuses

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on the understandings of how master coaches, combined with the right learning environment, utilize these principles to help produce skill mastery in their students. Note: must attend the morning session to attend the afternoon session of this same topic.

## Expert Skiing

"We don't teach beginning skiing. We introduce beginners to the skiing of experts."

Skiing has evolved so much in the last 10 years due to equipment evolutions. What does the sport look like at the top end these days and how does that effect what we coach our students? Three characteristics of experts skiing will be introduced and each component will be explored with discussion, photos, and video. Additional questions will surface and fuel discussion: How attainable is modern expert skiing? Does modern ski instruction promote expert skiing? If it does not, what is the cause of this disconnect?

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## Good vs Great Skiing: Advanced Movement Analysis

We may be able to identify "bad" skiing movements, but do we know what great movements in skiing look like? You will by then end of this session. We will review video of inspirational skiers in bumps, powder, groomers, variable conditions, race courses, etc., to identify what makes their skiing great and then take it into an interactive coaching session where you will compare video of great skiers to good skiers. By the end you be able to identify what a good skier needs to do (and why) to become a great skier...not just what they are doing wrong. In addition we will go through some indoor exercises to use to reinforce great skiing movements.

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## Good vs Great Skiing: The Beginning's of Movement Analysis

Are you new to movement analysis or would you like to hone your current movement analysis skills? Then this highly interactive, video intense session is for you. We will establish a foundation to identify good skiing movements by watching and studying great skiers in action. We will compare video of these skiers, on groomers and in gates, with video of our common students to identify the movements between good and great skiing. In addition we will explore a host of indoor demos you can try to feel these great movements.

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## The Gradual Release of Responsibility: An Instructional Model

Research shows this produces optimal learning. Teaching is both an art and a science. The Gradual Release of Responsibility gives us a scientific framework, based in research, in which to organize the information we are teaching. Effective teachers know, understand and apply the gradual release of responsibility when embarking upon new learning with their students. In this class, we'll define this instructional model, explore its purpose and the steps necessary to effectively implement this model in our everyday teaching.

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## Jedi Instructor

"To become a Jedi requires the deepest commitment and most serious mind. It is not a venture to be undertaken lightly."

All of us know that consummate ski pro. What does it take to make a successful, long-term career as a professional ski instructor? It's not a random act dependent upon a "high midi-chlorian count," or strict observance of a mystical invisible force. This presentation will explore the traits of the "ultimate" ski instructor. It will share with you the 7 attainable skills needed to earn Jedi status. We will also discuss where to look for guidance.

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## Learning Partnership with Children: Instructor Behaviors

How instructor actions can effect relationships and learning for children. What behaviors and characteristics do the best children's instructors possess? This class is about how your actions influence learning results you want to see. Be prepared to share your teaching strengths and needs.

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## Learning Partnership with Children: Student Behaviors

With emphasis on the child's perspective we'll explore factors which connect and disconnect kids with instructors. Expect to be involved in discussion based on personal class experiences.

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## Maximize Your Training this Season

Do you want to get more out your clinics/training this season? Let's discuss how we can control and become more responsible for own progress and improvement both as a skier and a ski teacher. Ever heard of the Learner's Responsibility Code? In this session we will utilize the "Vi-

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sual Cues of Efficient Body Movements in Skiing” to create and develop specific progressions for our own improvement.

### Phases of a Lesson

Explore a different way to organize your lessons. This is not a new form of the ATS Teaching Model and Teaching Cycle, but rather a format that helps you organize your time and pacing. These phases can be used sequentially and in order so that the lesson builds to a peak and then eases back down. We will learn the phases and then brainstorm activities for different lesson levels so that you leave with some specific tools for practical application this winter.

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### Shaping a Successful Lesson Environment with Creative Terrain Selection

This session will help participants build learning progressions for their students with understanding and usage in mind. From beginner to advanced we will go over concepts that will help instructors target and utilize specific types of natural and man-made terrain features to simplify and enhance the learning experience for their students. Plan on an interactive classroom experience with situational exercises to solidify these ideas so they are simple to implement in your teaching.

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### Skills and Drills (Alpine specific)

Is your ‘bag of tricks’ getting a bit dated, repetitive or just plain boring? Are you looking for a deeper understanding of tasks and drills and how they apply to skiing standards? Come to this interactive, participatory class and view video of different skiing tasks and exercises. The goal of this class is to help you broaden your base of understanding, possibly introduce you to new tasks and generate discussion of how drills and exercises can assist in changing movement patterns.

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### Teaching to Critical Demographics to Help Our Sports Grow

This session will focus on teaching tactics that will help women and children (especially kids under 6) find success in snowsports and get connected for life on their terms. Expect to discuss new methodology and tactics to create learning environments and progressions that are easier for the instructor to manage and easier for the student to accomplish. The goal is to create pathways for the youngest clients and support their participation

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by engaging the women who care for them. Snowboarding is a sport that is literally shrinking; to grow we need to refocus on developing a younger client and a more caring learning environment that will support female participation. The golden rule is 80% of buying decisions affecting our largest target demographic (12 to 24 years old) are made by women.

### Three - Dimensional Balance

We will re-define balance and describe how balance is achieved in three dimensional space. Come get off balance.

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### Tips and Tricks (Alpine Specific)

So you’ve been working through the drills, now it’s time for you or your students to take it into real skiing. As you know it can be very challenging to take your skiing to the next level, creating an awareness through tips or tricks can be the difference between getting it and not. Attend this class and we will develop tips and tricks to help you and your students raise their awareness in order to plug those skills into real skiing achieving that next level.

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### Your Body, Your Movements

We will focus on the realization that our body already has the base movements of skiing through walking and running and jumping. Through discussion activity and video each person will have a thorough understanding of how they work and how to transfer those feelings into their skiing. It will also provide a simple, proactive understanding of how the skills concept works for them.

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### What Turns the Skis? Action or Reaction

Left and right then repeat, right? Well, what gets those skis from left to right? We will dissect the turning impetus (that’s right, impetus) and see how this affects our movement analysis with regards to cause and effect.

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**Note: Topics offered are dependent on minimum number of sign-ups and may be cancelled or modified.**

# It's More than a Card



*I have been a member of the PSIA/AASI for 15 years. I have always enjoyed teaching and thought instructing would be a fun part time job while I was in college. I was right! Sharing my passion and teaching people to slide sideways was fun! The clinics and educational events improved my riding and ability to teach others. The certification processes helped develop me as a professional, allowing me the opportunity to travel and work full time in places like Lake Tahoe and several resorts in Washington. I have made many friendships along the way and look forward to seeing them at different educational events throughout the year. In addition to instructing students, I am able to train aspiring instructors how to teach and help veteran instructors prepare for certification thanks to the training I receive from the PSIA/AASI staff, educators and publications. The PSIA/AASI organization keeps me engaged and has made me a lifelong enthusiast for the snowsports industry!*

## Your name in lights!

If you happened to notice in the Summer 2010 Issue we listed the names of all the members who successfully passed an exam last season. Oops! We left out a few, so we want to let you know who these newly certified members are.

From Mt Hood Olympic Ski Bowl they are: **Vera McEwen - Level I Snowboard**, **Travis Mazingo - Level I Snowboard** and **Janus Kober - Level II Snowboard**. Well done!



# Fall Seminar 2010 Event Application

Name	Email Address	Cert Level	Member #
Address		City	State Zip
Primary Contact Tel #	Secondary Contact Tel #	Snowsports School	

PLEASE CHECK ONE LOCATION		
<input type="checkbox"/> <b>Spokane Metro</b> October 16, 2010 Gonzaga University Spokane, Washington	<input type="checkbox"/> <b>Portland Metro</b> October 23, 2010 Mt. Hood Community College Gresham, Oregon	<input type="checkbox"/> <b>Seattle Metro</b> October 24, 2010 Seattle Pacific University Seattle, Washington

PLEASE CHOOSE YOUR MORNING AND AFTERNOON TOPICS	
<b>Morning Topic</b> _____ First Choice _____ Second Choice	<b>Afternoon Topic</b> _____ First Choice _____ Second Choice

PAYMENT DETAILS
<input type="checkbox"/> <b>\$65 PER PERSON</b> <input type="checkbox"/> <b>\$12.50 Lunch Option (Seattle only)</b> <input checked="" type="checkbox"/> <b>\$15 Late Fee or On-site Registration</b> <b>\$_____ Your Total</b> CREDIT CARD NUMBER (PLEASE PRINT CLEARLY) EXP. DATE _____ YOUR SIGNATURE

MAIL WITH CHECK OR CREDIT CARD INFO TO:  
 PSIA-NW, 11206 Des Moines Memorial Dr., #106  
 Seattle, WA 98168

FAX WITH CREDIT CARD INFO TO:  
**206.241.2885**

Portland and Seattle event applications must arrive 14 days prior (Spokane event 7 days prior) to the event to NOT incur a late fee of \$15. All day-of-event sign ups will incur a \$15 late fee. Late applications will be accepted pending space availability only. No refunds or cancellations unless injured and unable to participate in an indoor session per doctor's note; a \$25 administration fee will be applied to refunds.

## LIABILITY RELEASE FORM (you must sign this release before attending any PSIA-NW event):

Recognizing that skiing/boarding can be a hazardous sport, I hereby RELEASE AND FOREVER DISCHARGE PSIA-NW, PNSIA-EF, the host area and agents and employees of each from liability for any and all injuries of whatever nature arising during or in connection with the conduction of the event for which this application is made. Applicant hereby relinquishes and assigns to PSIA-NW and PNSIA-EF all rights to the use of Applicant's name and likeness or pictorial representation in photographs, motion pictures or other representations concerning Applicant's participation in said Event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Professional Snowsports Instructors of America – Northwest

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*Inspiring Lifelong Passion for the Mountain Experience*