



## THE LEARNING CONNECTION & TEACHING SNOWSPORTS

### Presentation Supplement

United States of America Interski Delegation



# WELCOME TO INTERSKI!

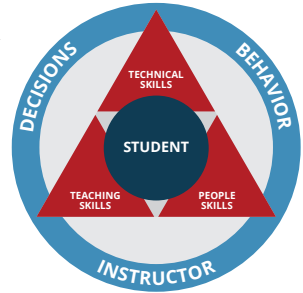
**A**t Interski 2015 in Ushuaia, Argentina, the PSIA-AASI National Team asked colleagues throughout the snowsports education world to consider one basic question: **“What is great teaching?”** This focus informs our ongoing research and development as the U.S. team refines the **Learning Connection<sup>SM</sup>** – a framework, first introduced in Ushuaia, that offers simple guidance for creating deeper connections between student and teacher.

The Learning Connection emphasizes that great lessons rely on the instructor’s ability to offer a blend of **people skills, teaching skills, and technical skills**. Whether students are new to skiing and riding or experts seeking greater mastery of their chosen sport, this approach creates informative, fun, and personalized experiences that keep students engaged in the learning process for life.

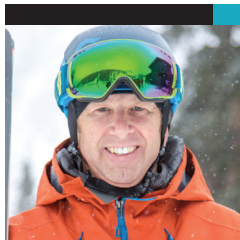
This week, we’ll show you how a balance of the three key skills of the Learning Connection can enhance all instructors’ professional development. Yes, instructors must be technically proficient in their sport, but they also need to relate to their students on a personal level *and* adapt their decisions and behaviors to create a more student-centered and inspirational learning experience. The outer ring of the Learning Connection graphic represents the critical role instructor decisions and behaviors play in the connections established in great instruction.

In 2015, we asked “What is great teaching?” The question we now pose is, **“What makes a great snowsports instructor?”** In developing new curriculum, we’ve worked to define the fundamentals of people, teaching, and technical skills. These fundamentals are at the core of specific “learning outcomes” instructors can use to enhance their skills and guide inspirational teaching.

We welcome our opportunity to collaborate with instructors from around the world on the Interski 2019 theme of “future.snowsports.” We believe the industry’s growth depends on instructors balancing technical knowledge and performance skills with interpersonal skills and solid teaching tactics to connect with a wider variety of aspiring skiers and snowboarders. Lifelong learning *when* you want it, *how* you want it, and *where* you want it is the *why* behind everything the PSIA-AASI National Team is focusing on for the future of skiing and snowboarding.



The Learning Connection



Jeb Boyd  
PSIA-AASI National Team  
Manager



Dave Schuiling  
PSIA-AASI Director of Education

Jeb Boyd & Dave Schuiling

# #INTERSKI2019

# FREE DIGITAL ACCESS TO EDUCATION MATERIALS

**P**PSIA-AASI's Interski 2019 lecture series will focus on the Learning Connection, and specifically tie into our new *Teaching Snowsports Manual*. **For a limited time – March 15 to April 12, 2019 – all Interski participants can receive complimentary digital access to this new manual and other PSIA-AASI resources available through the Snow Pro Library App.** Just follow these steps:

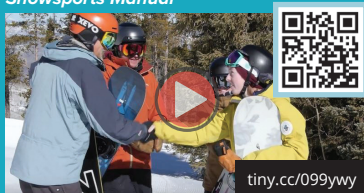


1. Scan this QR code.



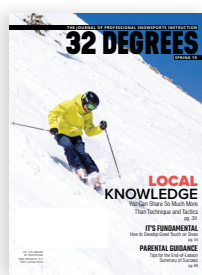
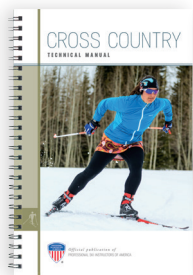
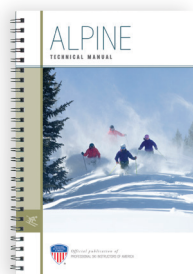
[tiny.cc/DigitalManuals](https://tiny.cc/DigitalManuals)

**View Video: Welcome to the Teaching Snowsports Manual**



[tiny.cc/099ywy](https://tiny.cc/099ywy)

1. Click on the cover image of the manual you wish to view.
2. Enter:
  - ▶ Username: interski2019preview@thesnowpros.org
  - ▶ Password: Interski2019
3. Or, find and install the “Snow Pro Library” app (available for Apple, Android, and Kindle Fire users) by searching for “PSIA,” “AASI,” or “Snow Pro Library” – then access manuals with the above username and password.



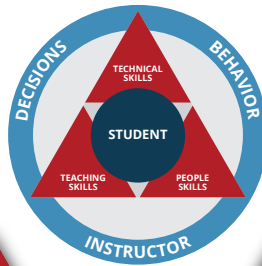
# THE LEARNING CONNECTION

## Fundamental Skills of Great Snowsports Instruction

**P**SI-AASI embraces a one-team concept that applies the Learning Connection framework across all snowsports teaching disciplines. This week, PSIA-AASI's indoor lectures and on-snow workshops will help you learn about all different aspects of the Learning Connection, as presented by current PSIA-AASI National Team members and Interski demonstrators.



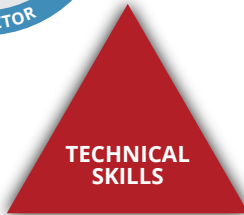
- ▶ Adaptive: 2 demonstrators (alpine and snowboard)
- ▶ Alpine: 15 demonstrators
- ▶ Cross Country: 3 demonstrators
- ▶ Snowboard: 7 demonstrators
- ▶ Telemark: 2 demonstrators



- ▶ Develop relationships based on trust.
- ▶ Engage in meaningful, two-way communication.
- ▶ Identify, understand, and manage your emotions and actions.
- ▶ Recognize and influence the behaviors, motivations, and emotions of others.



- ▶ Create an environment that promotes exploration, experimentation, and play while pursuing desired outcomes.
- ▶ Collaborate on short-term objectives and long-term goals.
- ▶ Facilitate the learner's ability to recognize, reflect upon, and assess experiences and sensations.
- ▶ Manage terrain selection, pacing, information, and activities.
- ▶ Reinforce effort and learning, and adapt the learning environment to accommodate the changing needs of the learner.
- ▶ Manage emotional and physical risk within the learning environment.



- ▶ Alpine Skiing Fundamentals
- ▶ Snowboarding Fundamentals
- ▶ Cross Country Skiing Fundamentals
- ▶ Telemark Skiing Fundamentals
- ▶ Understand/Apply Technical Concepts
- ▶ Movement Analysis: Observe, Evaluate, Prescribe



## INDOOR LECTURES & ON-SNOW WORKSHOPS

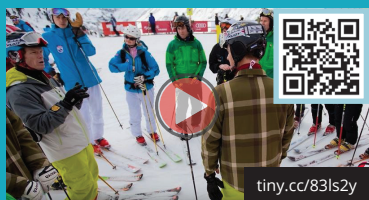
All on-snow workshops correlate to content delivered during indoor lectures. You can participate in on-snow workshops in every snowsports discipline: adaptive alpine, adaptive snowboard, alpine, cross country, freestyle, snowboard, and telemark. On-snow workshops will showcase how instructor decisions and behaviors blend people, teaching, and technical skills to create the ultimate spark for learning.

### THE AMERICAN TEACHING SYSTEM (ATS) & THE LEARNING CONNECTION (Indoor Only)

Learn about PSIA-AASI's student-centered philosophy, an evolutionary path for the future of snowsports, and how using people skills, teaching skills, and technical skills can help you provide a complete guest experience. From this lecture, you'll also learn:

- How Interski helped PSIA-AASI refine its teaching system
- Why, how, and where PSIA-AASI takes a multi-media approach to delivering its education resources
- How PSIA-AASI's "Three Cs" approach promotes association unity
- How PSIA-AASI's new Snowsports Institute of Higher Learning – being developed in collaboration with Penn State University – will offer university credits for certification credentials and degree programs

#### View Video: PSIA-AASI Interski



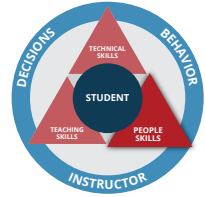
#### View Video: The Three Cs



# PEOPLE SKILLS FUNDAMENTALS (Indoor & On Snow)

## Indoor

People skills encourage an empathetic approach to students and their needs, which promotes a relationship based on trust and respect. This lecture will emphasize that building rapport helps instructors make decisions based on the guests' needs, motivations, and goals. Discover how PSIA-AASI's Learning Connection framework can help you identify people/interpersonal skills as a separate, trainable, essential skillset (and pick up handouts to use for training/evaluation).



Other topics include:

- How using interpersonal skills can help ensure a strong future for snowsports instruction
- PSIA-AASI's rationale for separating people skills from teaching skills
- How to elevate people/interpersonal skills by adapting instructor behaviors based on the changing needs of the learner.

## On Snow

Learn how to create deeper connections with a wide variety of learners and enhance your people fundamental skills by using group dynamics, engagement, motivation, and collaboration in the learning environment. You will learn how to:

- Develop "learned" skills of emotional intelligence and cognitive flexibility
- Create connections for deeper learning
- Elevate people/interpersonal skills by adapting to the learners' changing needs and motivation rather than using a prescriptive, set progression



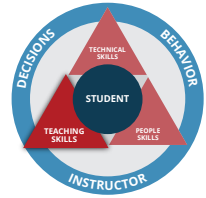
- Develop relationships based on trust.
- Engage in meaningful, two-way communication.
- Identify, understand, and manage your emotions and actions.
- Recognize and influence the behaviors, motivations, and emotions of others.



# TEACHING SKILLS FUNDAMENTALS (Indoor & On Snow)

## Indoor

Teaching skills build upon connections established through people skills, allowing instructors to effectively communicate methods, practical processes, and learning concepts. Since lessons represent a dynamic conversation between instructors and their students, teaching skills form the backbone of the learning partnership between learner and teacher. Think of teaching skills as a method for encouraging development and growth.



This lecture explores:

- How we learn
- PSIA-AASI's rationale for separating teaching skills and people skills
- PSIA-AASI's Learning Partnership and Teaching/Learning Cycle
- The instructor's role as designer of the learning environment
- Answers to the question of "What is great teaching?"

## On Snow

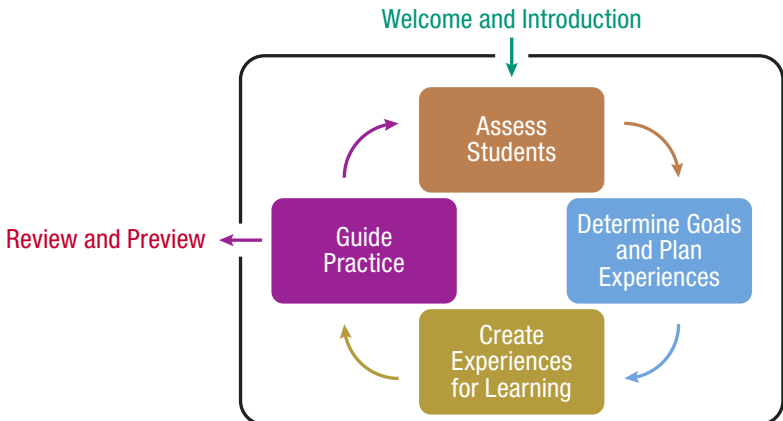
In this workshop, fundamentals of teaching skills come alive on snow through interactive learning experiences that explore:

- How to use the Teaching/Learning Cycle to create an experiential learning environment
- How your decisions and behaviors as an instructor help facilitate learning



- Create an environment that promotes exploration, experimentation, and play while pursuing desired outcomes.
- Collaborate on short-term objectives and long-term goals.
- Facilitate the learner's ability to recognize, reflect upon, and assess experiences and sensations.
- Manage terrain selection, pacing, information, and activities.
- Reinforce effort and learning, and adapt the learning environment to accommodate the changing needs of the learner.
- Manage emotional and physical risk within the learning environment.

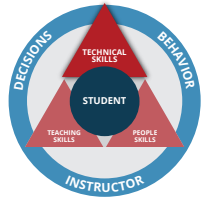
## Teaching/Learning Cycle



## TECHNICAL SKILLS FUNDAMENTALS (Indoor & On Snow by Discipline)

Technical skills bring teaching concepts to life with practical applications adapted to the student's ability level or desired outcome. In sharing technical skills, you communicate certain, discipline-specific aspects of movement. After building trust with your students and recognizing how teaching skills encourage a learning cycle, you can then determine the skills that will help your students accomplish their learning goals.

Each discipline – adaptive, alpine, cross country, telemark, and snowboard – has its own set of technical concepts to describe the fundamental mechanics of effective movement. These fundamentals provide guidelines for evaluating skiers and riders of all ability levels in order to determine what technical content to cover.

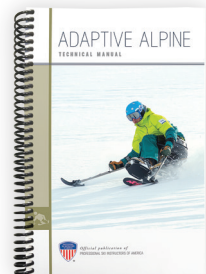


- Alpine Skiing Fundamentals
- Snowboarding Fundamentals
- Cross Country Skiing Fundamentals
- Telemark Skiing Fundamentals
- Understand/Apply Technical Concepts
- Movement Analysis: Observe, Evaluate, Prescribe

### ADAPTIVE (Skiing and Snowboarding)

#### Indoor Lecture: *Adaptive Alpine Technical Manual: Technical Skills*

Learn how ski- and snowboard-specific fundamentals apply – with modification, at times – in an adaptive context. Gain insights on teaching alpine/snowboard fundamental mechanics when using adapted equipment. Also, get an introduction to PSIA-AASI's new *Adaptive Alpine Technical Manual* (see page 1 for information on how, for a limited time, you can get free access to the digital version!)



#### On-Snow Workshop: *Adaptive Fundamentals Across All Disciplines*

Learn about adaptive skiing and snowboarding, and see how to use adaptive equipment – or equipment modifications – to help students apply discipline-specific technical fundamentals. Get tips on how to teach adaptive sports through the Learning Connection. Specifically:

- People Skills: Connect with the whole student and all disabilities.
- Teaching Skills: Apply teaching fundamentals to adaptive sports
- Technical Skills: Apply fundamental mechanics applied to progression-building



# ALPINE

## Indoor Lecture: Alpine Skiing Skills & Fundamentals

Learn about the situational application of PSIA's Alpine Skiing Fundamentals, which serve as the technical foundation for “what” is taught with regard to pressure control, edge control, and rotational control – all of which promote skiing in balance. Get insight on:

- ▶ Why PSIA uses the Alpine Skiing Fundamentals as the basis for technical content in ski lessons
- ▶ How to adapt the Alpine Skiing Fundamentals to various skiing situations (carving, moguls, steeps, basic turns, etc.) instead of one specific technique
- ▶ How to apply the fundamentals in the context of racing, big-mountain skiing, and freestyle

## On-Snow Workshop: Alpine Skiing Fundamentals

Learn why and how PSIA uses the Alpine Skiing Fundamentals as the foundation of technical content in ski lessons. See how we adapt the skiing fundamentals to various skiing situations (carving, moguls, steeps, basic turns, etc.)

### View Video: Fundamental Variety



SKILL	FUNDAMENTAL
Pressure Control	Control the relationship of the center of mass to the base of support to direct pressure along the length of the skis.
Pressure Control	Control pressure from ski to ski and direct pressure toward the outside ski.
Edge Control	Control edge angles through a combination of inclination and angulation.
Rotational Control	Control the skis' rotation with leg rotation, separate from the upper body.
Pressure Control	Regulate the magnitude of pressure created through ski/snow interaction.

## Alpine Technical Comparison: Females at the Forefront

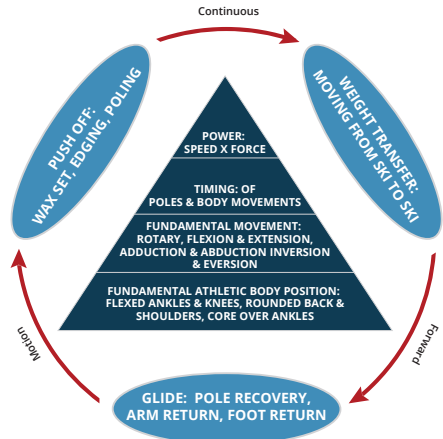
PSIA-AASI is committed to supporting and developing female leadership at the highest level of the snowsports industry. Five out of the 15 members of our alpine team are women, and one of our technical demonstrations will showcase their talent. (Women are also represented on our cross country and snowboard teams.) In addition to highlighting the depth of our team, this focus underscores our belief that female participation is a key to the future growth of snowsports.



## CROSS COUNTRY

### Indoor Lecture: Learning Connection Framework & Agility Drills

During this session, the PSIA Cross Country Team will use agility drills to highlight how the Learning Connection elevates on-snow learning experiences for students and athletes. Learn about PSIA's Cross Country Skiing Fundamentals for push-off, weight transfer, and glide – as well as teaching fundamentals and people fundamentals – by applying the Learning Connection framework to agility drills.



SKILL	FUNDAMENTAL
Push-off	Ski and pole push-off work together to create propulsion and forward movement of the skis.
Weight Transfer	Center of mass moves over the base of support to direct pressure along the length of the skis.
Weight Transfer	Center of mass moves from ski to ski to facilitate de-cambering of the ski during push-off.
Glide	Maintain glide that is optimal for speed of movement.



### On-Snow Workshop: Cross Country Skiing Fundamentals & Motor Learning

Take the Learning Connection and agility drills to the snow in this interactive workshop, where you'll:

- › Explore PSIA's Cross Country Skiing Fundamentals
- › Practice your people and teaching skills
- › Explore open versus closed learning environments
- › Learn about skill acquisition and retention-transfer concepts

**Indoor Lecture: Telemark Skiing Fundamentals**

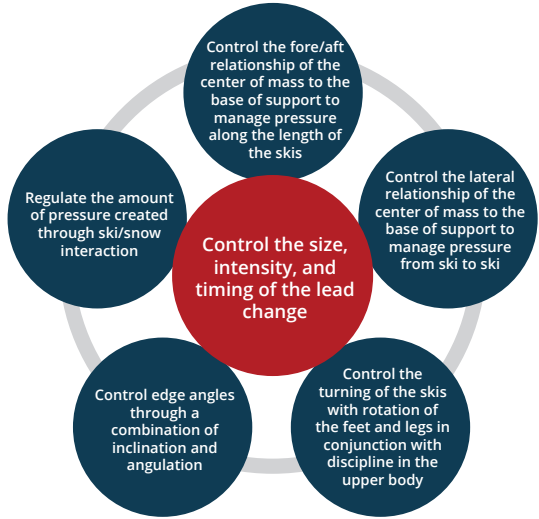
Learn about practical teaching applications that use the Telemark Skiing Fundamentals. Topics of this presentation include:

- ▶ Telemark Skiing Fundamentals (see below) and PSIA’s Skills Concept (which emphasizes that three skills – rotational control, edge control, and pressure control – are integral to all turns and are essential for maintaining balance)
- ▶ Teaching skiing movements through fundamentals to create high-end, diverse skiing
- ▶ Blending fundamentals for specific skiing performances

**On-Snow Workshop: Telemark Skiing Fundamentals**

Apply the telemark fundamentals across a broad spectrum of abilities to teach skiing movements by:

- ▶ Highlighting and blending the fundamentals to create high-end, diverse skiing
- ▶ Exploring how lead change connects to all skiing skills
- ▶ Balancing people, teaching, and technical skills to enhance deeper learning



<b>SKILL</b>	<b>FUNDAMENTAL</b>
Lead Change	Control the size, intensity, and timing of the lead change.
Pressure Control	Control the fore/aft relationship of the center of mass to the base of support to manage pressure along the length of the skis.
Pressure Control	Control the lateral relationship of the center of mass to the base of support to manage pressure from ski to ski.
Rotational Control	Control the turning of the skis with rotation of the feet and legs in conjunction with discipline in the upper body
Edge Control	Control edge angles through a combination of inclination and angulation.
Pressure Control	Regulate the amount of pressure created through ski/snow interaction.

# SNOWBOARD

## Indoor Lecture: Little Kids CAN Snowboard

Thanks to developments in education, terrain, and technology, learning to snowboard has never been easier – even for children as young as 3! Learn how the American Association of Snowboard Instructors, in collaboration with Burton Snowboards, is spreading the message that even little kids can learn to shred. The presentation will also offer insights on:

- **AASI/Burton Riglet PE Program and E-Learning Course** – This program and the related e-learning course is tailor-made for physical education (PE) teachers for kindergarten through fifth grade (but has great takeaways for parents and snowsports instructors too).
- **Interski Ski School** – Learn how AASI Snowboard Team members will work with Bulgarian schoolchildren to bring the mountain to gym class with special equipment and games. Then check out the on-snow workshop to see a demonstration on how to transfer newfound skills from the classroom to snow at Pamporovo’s custom-built Burton Riglet Park, which includes special terrain features and kid-centric equipment that make learning to snowboard easier and more fun.



## On-Snow Workshop 1: Classroom to Snow

Join the AASI Snowboard Team for demonstrations of real snowboard experiences with local kids during this Interski Ski School opportunity in a Burton Riglet Park.

View Video: Burton Riglet PE Program



View Video: Kids Can Snowboard





## On-Snow Workshop 2: Snowboarding Fundamentals

Work with the AASI Snowboard Team members to explore practical teaching applications of Snowboarding Fundamentals – which can be described as the combined movements of the body (flexion/extension and rotation) and Board Performances (pressure, tilt, pivot, and twist) that relate to the actions of the board and its interaction with the riding surface. In this workshop, you'll:

- Explore how movements of the body interact with Board Performances to create fundamental relationships of snowboarding
- Apply these fundamentals in practical teaching progressions to facilitate deeper learning

BOARD PERFORMANCE	FUNDAMENTAL RELATIONSHIPS
Pressure	Control the relationship of the center of mass to the base of support to direct pressure along the length of the board.
Pressure	Control the relationship of the center of mass to the base of support to direct pressure along the width of the board.
Pressure	Regulate the magnitude of pressure created through board/surface interaction.
Tilt	Control the board's tilt through a combination of inclination and angulation.
Pivot	Control the board's pivot through flexion/extension and rotation of the body.
Twist	Control torsional flex of the board using flexion/extension and rotation of the body.

## FREESTYLE SKIING AND SNOWBOARDING

### On-Snow Workshop: Fundamentals of Freestyle Skiing and Riding

Join members of the PSIA-AASI National Team to apply alpine skiing and snowboarding fundamentals to freestyle to enhance skill development. This workshop gives participants a chance to:

- Highlight and blend specific fundamentals for different skill-building outcomes
- Take part in a “Session Lesson” to explore experiential learning for a deeper learning connection
- Apply on snow various elements highlighted in PSIA-AASI's *Freestyle Technical Manual* (the digital version of which is available for a limited time to Interski delegations; see page 1 of this guide)



## HOW WE DIVERSIFY EDUCATIONAL OUTREACH

PSIA-AASI is committed to helping its member instructors work from solid foundations of people skills, teaching skills, and technical skills to create lifelong adventures through education. Since Interski 2015 in Ushuaia, we've also invested significant effort in diversifying how we present educational resources... and to whom.

### PSIA-AASI LAUNCHES E-LEARNING COURSES

Instructors have more ways than ever before to expand their personal knowledge base, including a broad range of e-learning courses they can access anywhere *and anytime* they have an internet connection. Here are just a few of the courses currently available at [tiny.cc/ELearningCourses](http://tiny.cc/ELearningCourses), and more are in development:



- ▶ **Alpine Level I and Snowboard Level I** – A certification prerequisite, each discipline-specific course provides a foundation of knowledge for Level I candidates prior to their on-snow exams
- ▶ **Alpine Movement Analysis** – Shows participants how to observe and apply specific movement analysis practices for accurate and relevant assessment of student skiing performance
- ▶ **AASI/Burton Riglet PE Course** – Helps PE teachers learn how to introduce snowboarding to kids in kindergarten through second grade
- ▶ **Course for New Instructors** – Helps participants learn about three key aspects of working as an instructor: what to expect, basic teaching principles, and safety considerations
- ▶ **Delivering the Beginner Experience (Alpine and Snowboard)** – These discipline-specific courses offer tips for helping first-time skiers and riders get comfortable with their equipment and feel the freedom of sliding on snow

### THE MATRIX

The Matrix is PSIA-AASI's one-stop shop for all ski and snowboard educational video content. Typically offered only to PSIA-AASI members, for a limited time – March 15-April 12, 2019 – we've opened up access to all Interski delegations. Just follow these easy steps:

1. Visit [thesnowpros.org/thematrix](http://thesnowpros.org/thematrix)
2. Click "The Matrix" link and log in:
  - ▶ Username: [interski2019preview@thesnowpros.org](mailto:interski2019preview@thesnowpros.org)
  - ▶ Password: Interski2019

You'll be able to watch videos on all disciplines – adaptive, alpine, cross country, telemark, and snowboard (as well as children's and freestyle) – and maximize your learning by sorting the videos you want to watch by conditions and terrain.



## PSIA-AASI FIRST CHAIR PODCASTS



Timely interviews with industry stakeholders – including PSIA-AASI National Team members and other key educators – provide perspective on all-things skiing, riding... and teaching.

- › iTunes [[itunes.apple.com/us/podcast/first-chair-psia-aasi-podcast/id1182071328](https://itunes.apple.com/us/podcast/first-chair-psia-aasi-podcast/id1182071328)]
- › SoundCloud [<https://soundcloud.com/snowpros>]



## DIRECT-TO-CONSUMER INITIATIVES

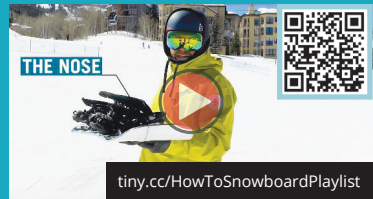
PSIA-AASI's educational outreach extends beyond the instructor community through initiatives aimed directly at the skiing and riding public. The goal is to diversify our programming – in terms of format *and* audience – to help students and the snowsports industry as a whole thrive now and for many years to come.

- › **The Beginner's Guide to Skiing and Snowboarding** – a video series PSIA-AASI produced with SNOW Operating (providers of the Terrain Based Learning™ program) to show new skiers and riders what to expect on their first day. Access at:
  - › **How to Ski:** [tiny.cc/HowToSki](https://tiny.cc/HowToSki)
  - › **How to Snowboard:** [tiny.cc/HowToSnowboard](https://tiny.cc/HowToSnowboard)
- › **Video Collaboration with Recreational Equipment Incorporated (REI):** [tiny.cc/REIPartnershipVideos](https://tiny.cc/REIPartnershipVideos)
- › Segment in **Warren Miller Entertainment's "Face of Winter" film:** [tiny.cc/FaceOfWinter](https://tiny.cc/FaceOfWinter)

**View Video:** Beginner's Guide to Skiing



**View Video:** Beginner's Guide to Snowboarding



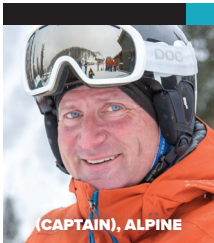
# #INTERSKI2019



## MEET THE PSIA-AASI NATIONAL TEAM

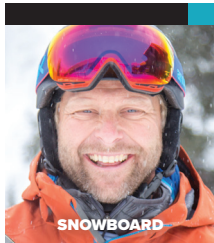
The PSIA-AASI National Team, formed through a grueling selection process held every four years, supports the association by training fellow instructors (at our premier education event – National Academy – and more than 500 division-based clinics each year), developing educational content, and furthering wide-ranging marketing and promotional initiatives. We're also committed to fostering collaboration with industry partners and snowsports professionals throughout the world, and look forward to sharing American innovations and gathering educational insights from our international colleagues. Together, we'll ensure success for the future of snowsports!

### ADAPTIVE



**(CAPTAIN), ALPINE**

Geoff Krill  
Loon Mountain, NH



**SNOWBOARD**

Josh Spoelstra  
Big Bear, Snow Summit, CA

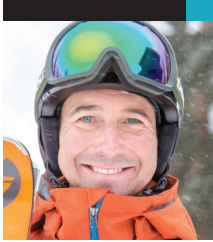


# ALPINE



(COACH)

Michael Rogan  
Heavenly, CA



Jonathan Ballou  
Aspen, CO



Robin Barnes  
Heavenly, CA



Matt Boyd  
Cannon Mountain, NH



(FREESTYLE SPECIALIST)

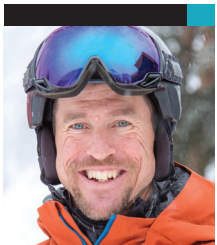
Ryan Christofferson  
Northstar, CA



Dusty Dyar  
Crested Butte, CO



Heidi Ettlinger  
Heavenly, CA



Josh Fogg  
Aspen, CO



Stephen Helfenbein  
Alta, UT



Brenna Kelleher  
Big Sky, MT



Eric Lipton  
Park City, UT



Dave Lyon  
Stevens Pass, WA



Ann Schorling  
Jackson Hole, WY



Brian Smith  
Gore Mountain, NY



Jennifer Simpson Weier  
Aspen, CO



## CROSS COUNTRY



(COACH)

David Lawrence  
Mt. Bachelor, OR



Emily Lovett  
Lake Catamount Touring  
Center, CO



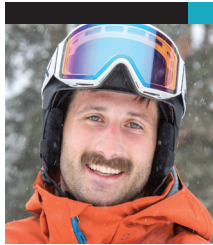
Greg Rhodes  
Aspen, CO

## SNOWBOARD

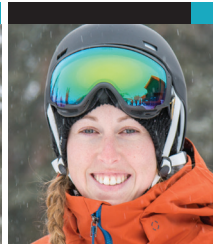


(COACH)

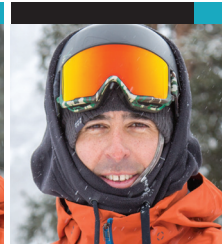
Scott Anfang  
Steamboat, CO



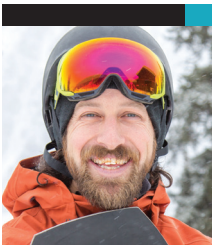
Nick Alfieri  
Keystone, CO



Amy Gan  
Mount Snow, VT



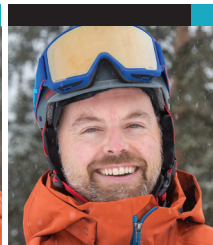
Tony Macri  
Copper Mountain, CO



Brennan Metzler  
Breckenridge, CO



Chris Rogers  
Vail, CO

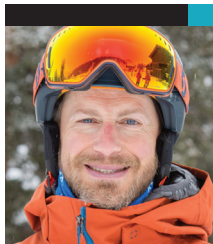


Eric Rolls  
Park City, UT

## TELEMARK



Grant Bishop  
Jackson Hole, WY



Greg Dixon  
Aspen, CO





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