Best Medicine
By Eva T. a 2X Alpine Olympian

Color Lenses
By Witold Kosmala, Certified Trainer

Never too Late
By Bill Close

Muscle Imbalance

Foot Strength

Juice Plus+

Changing for Good
By Bonnie Church, Certified ...
Contents

Best Medicine
Eva Twardokens

Page 3

Color Lenses
Witold Kosmala

Page 5

Never too Late
Bill Close

Page 6

Muscle Imbalance
Witold Kosmala

Page 9

Foot Strength
Witold Kosmala

Page 9

Changing for Good
Bonnie Church

Page 10

Juice Plus+
Witold Kosmala

Page 12

Photo on the
Summit

Winter beauty in the Town of Beech Mountain, NC, which is Eastern America’s Highest Town (5,506 ft.). Beech Mountain is abundant in charm, hospitality and mile-high tranquility. The Town has a full time population of 350, but the population swells to as high as 10,000 during the winter and 5,000 in the summer. Even though there are only 350 full time residents on Beech Mountain, there are over 2,350 dwelling units on the mountain.

Photographer: Witold Kosmala

From the Top

By Witold Kosmala
PSIA-E Alpine, Level III
Trainer at Sugar Mtn. Resort Ski School, NC
K2 Ambassador

Have you heard the great news? Peak Performance gazette is turning over yet another leaf – now it is nationally distributed. After being in existence for over 5 years with 48 issues behind it, the decision was to reach out to as many skiers as possible in the US, (even though in fact, gazette has also traveled outside the borders.) With as many likes as this gazette has received, it would be selfish not to share it. It is a free educational gazette and a super resource for everyone and every Ski School. The main purpose of Peak Performance is to promote snow sports to the best of the abilities. This gazette is not controlled by any organization. It will continue to publish outstanding educational articles pertaining to sports (snow sports in particular) as well as articles pertaining to skiing technique. Articles published by this gazette will continue to express only authors’ viewpoints (not the Editor’s) and all of them will continue to be in a positive spirit and with intentions of promoting our great sport. We will continue with 9 monthly issues per year: July and September thru April.

Whether you are a returning reader or a new one, I encourage you to look up previous issues of Peak Performance. They are on the bottom of my webpage

www.mathsci.appstate.edu/~wak/

or they can be obtained from a dropbox. Go to

www.dropbox.com/sh/wjrz16pzrpho63i/PQr004dmUj,

and click on the issue you want and then click “download.” Since there is a slew of articles contained in these publications, Gordon Carr of Sugar Mtn. Ski School, NC created a very convenient Index. It is posted along with all issues of Peak Performance.
Let me also tell you that I really enjoy conversations with our readers, so don’t hesitate to write me. Furthermore, all comments, article submissions, sponsorship commitments and anything else you can direct to me at

Kosmalaw@bellsouth.net.

For legality issues: the ideas, concepts and opinions expressed in Peak Performance are, as before, intended to be used for educational purposes only. Authors and publisher claim no responsibility to any person or entity for any liability, loss, or damage caused directly or indirectly as a result of the use, application or interpretation of the materials in these gazettes.

The summer time is for most skiers in this country considered to be the off-season. Now is the time to get yourself ready for the upcoming ski season. So, the first question is: what do you want this coming winter season to be like for you? Reflect back for a moment on the previous season. Did you wish your technique was better? Were there any slopes that you avoided? Where there any snow conditions that negatively affected your ski performance? Where your muscles sore at the beginning of the season, especially your quads? Did you develop a knee pain as the season went on? If you were an instructor, did you have hard time personalizing your lessons and you were teaching the same thing the same way to everyone? Were you concentrating on the outcomes or the causes? Were you able to demonstrate the skills which you were teaching? Did you feel like your teaching skills and methods could have been improved? How about your equipment; do you feel like it was holding you back? Did your foot movement affect your ski? How about your poles; did they vibrate on every pole plant? Now is the time to make the necessary improvements. Now is the time to strengthen your body and acquire the needed knowledge. Now is the time to acquire skiing muscle memory on dry land. It is a lengthy process, so don’t wait.

To become a successful athlete you need to monitor many things; like sleep, water intake as well as other nutrition, keeping an accurate log of good training program for strengthening and agility, and overall health and weight. Then, you need to improve the knowledge of the technique and the equipment. Also, there is a need for improving confidence and fear factor. Am I forgetting anything? Yes, of course, your appropriate clothing to deal effectively with weather elements, as well as head gear.

In this issue we are honored to start your preparation for overall body health by helping with monitoring your sleep. Eva Twardokens shares with us her peace pertaining to sleep. Being a 2-time Olympian and pushing herself to the limit, surly we can learn from her as to what it takes to get strong. See the bottom of this page.

How about your equipment? You know that well-adjusted quality equipment is the most important component of skiing. Your life depends on it. This means that some of your fear factor can be monitored by your equipment. If you fall, are you confident that your bindings will release the way they should? Surly you do not want to worry about that, as you are navigating down the hill. One time I was skiing on skis that had bindings that were recalled by the factory, but they were not taken back yet. Believe me, there is nothing worse then skiing on an uncertain equipment. In fact, there was one move I made and bindings unnecessarily released. Fortunately, it was a mild crash. Another time, a ski shop lowered my DIN adjustment since I forgot to make a special request. They went by my age (oops.) At one point on a double diamond slope one ski came off for seemingly no reason and I found myself suddenly skiing on one ski while trying to see where the other one was going. You know, on such steep slopes, a lose ski can go down pretty far. If you want to put yourself at ease, consider KneeBindings. See page 14.

And now, what about some dry-land training? Many training issues were previously published by Peak Performance, so you might wish to look at the Index that is in the above mentioned dropbox. There is additional information in this issue. I hope you enjoy reading this gazette and find it motivating as well as beneficial.

Main Course

The Best Medicine: Sleep

By Eva Twardokens
2X Olympian in Alpine Skiing

Sleep has come into the spotlight again. From the days of “high carb, low fat” diets and the “sleep is for pussies” era, we have arrived at an unhealthy place. One of the initial ways to get your health back on track is to improve your sleep. The
reasons for improving sleep are abundantly beneficial and affordable. Here’s how “early to bed and early to rise” will benefit your health.

Benefits:

Some of the main benefits of a great night’s sleep are: One, you will think clearer and have a consistently better mood pattern. Two, you will potentially lose weight or change your body composition. The potential to burn fat and build muscle increases when you get appropriate rest. Three, you will look better because your healing and replenishing patterns will be able to do their job. Four, you will help all of your hormones get back towards a natural state.

When 8 hours isn’t really 8 hours!

Eight hours really isn’t eight hours unless you live in a box with no light. Our body is programmed to deal with light rhythms, known as the circadian rhythm, in that your body’s hormones rise and fall with your exposure to light. So midnight to 8 a.m. is not going to give you the same replenishing rest as going to bed at 10 p.m. and sleeping until 6 a.m. Here’s why: At night your cortisol level starts to fall, and your melatonin level starts to rise. You simply get the best sleep when your cortisol levels are lower and your melatonin levels are higher. This is abundantly clear when you realize that the main job of cortisol is to increase blood sugar for immediate use in physical and emotional stress and that of melatonin is to cause drowsiness and lower body temperature. Cortisol starts to change direction and swing back up around 1-2 a.m. when melatonin is decreasing. Are you still sleeping when this happens? Yes, but the quality of your sleep diminishes as the waking hormone, cortisol, rises and the sleeping hormone, melatonin, falls. Ok, now for the doubters out there: some studies say we were two-phase sleepers back “in the day”. The sun went down, we slept for four hours, woke up for two social or productive hours, and then slept another four. The problem with this sleep model today is that now we have MML (man-made light). Remember all forms of light can kill melatonin secretion, and the environment we are dealing with, MML from computer screens, TVs and light fixtures forces us to be highly efficient sleepers and pack in a solid eight hours in order to get enough rest. Most of us don’t have 10 hours of darkness to play with!

“Fix It” Strategies

The first and simplest (not easiest) way to improve your sleep quality is to start turning down your electronics as early as possible. I am an advocate of putting my phone on “airplane mode” at 8 p.m. Most of my friends and clients know that if I’m not answering, I’m sleeping, or getting ready to. Avoid checking email and doing business unless it is urgent. What I’m saying is: start winding down and reduce your external stimuli as much as possible. Second, get your room as dark as you can, get blackout curtains, and keep the room at a cool temperature. NO light, period! That means no digital clocks, TVs, VCRs or other blinking type indicators. Some folks go as far as taking all electronics out of the bedroom. Reserve your bedroom for two things, ??? and sleep.

The other way to help you monitor your sleep is with an iPhone application like 24/7 by MotionX, which not only monitors your sleep, but also has an alarm that wakes you at the optimal time in your sleep cycle. That way, you have an easier time getting those feet on the floor and starting the day! I use this monitoring system EVERY night. It also shows me how long it took me to fall asleep, how long I slept, and it shows my light sleep and deep sleep cycles. You can even use it to track your heart rate! They say one of the best ways to improve something is by monitoring it. “Wait a minute! You just told me to shut off my electronics and now you want me to sleep with them?” No. Shut down your electronics earlier in the evening. This means turning down your screen brightness, getting your phone on ‘Airplane Mode’ and setting your alarm. Then when you get into bed, all you have to do is start your 24/7 by MotionX timer and you are off to lala land. No melatonin spared.

Wrap Up

Improving your quality of sleep is a major player in total health. Getting good quality sleep and letting your body repair and rejuvenate can really improve your overall quality of life. For practically every health and lifestyle issue out there, good sleep is a positive adjunct to improving everything you do, and how you feel about it! Do the best you can and take small steps in improving your sleep. You will see: It will make you Stronger, Healthier, and Happier!
Eva T. is a 2X Olympian in Alpine Skiing (Albertville and Lillehammer) and a 12 year veteran of the U.S. Ski Team. She has won 6 National Championships, Won a world Championship Bronze Medal, and is a World Technical Skiing Champion. She also is a Masters Weightlifting Champion. In 2011 she was inducted to the U.S. Ski and Snowboard Hall of Fame! She is now sharing her experiences from her athletic career and her knowledge in the Health and Fitness realm. As a sought after coach and consultant, she offers her services online as well as in person to help people experience an utmost quality of life! Check out Eva T. Strength and Conditioning website found at EvaTSC.com.

Color Lenses

By Witold Kosmala
PSIA-E Alpine, Level III
Trainer at Sugar Mtn. Resort Ski School, NC
K2 Ambassador

COLOR – it is amazing how powerful it can be. It can change your mood, feelings, emotions. It can change your blood pressure, metabolism and creativity. It can improve your balance, make you more anxious and increase energy. Didn’t you ever wonder why babies cry more in a room painted yellow, whereas they are calmer in a blue room? Did you know that orangey walls promote productivity and stimulate creativity? Did you know that color therapy, known as chromotherapy, sometimes called colorology or cromatherapy, is an alternative medicine method? Color is proved to be a powerful communication tool which causes different physiological reactions. With all this said, shouldn’t you know more about how color effects you personally so you can paint your rooms in your house or your office a certain color and get appropriate sunglasses and goggles? If you spend hours looking at colors that surround you, make it the best it can be. Some goggles change blues to greens. Do you like looking at a green sky? How does that affect you?

COLOR is truly an amazing thing. Back, in 1666, Sir Isaac Newton, a great English scientist and mathematician, discovered that when white light passes through a prism, it separates into basic visible colors, and all other colors are made up by mixing these colors together. Wow.

It is important to observe that color not only affects you in a certain way, but it also makes things you look at appear a certain way. Some colored glasses and goggles are more appropriate for different conditions. Choosing appropriate color will likely change clarity of vision, depth perception and glare. This closely reflects performance of an athlete. Here is what research shows pertaining to different color lenses.

GREEN:
Benefits: evenly transmits all colors, dims glare, brightens shadows
Activities: most outdoor sports
Weather: all weather

BROWN (AMBER):
Benefits: improves contrast and depth perception
Activities: skiing and other sports where clarity of vision is imperative
Weather: sunny, partly cloudy

YELLOW:
Benefits: improves clarity in haze, fog, flat light, but might cause color distortion
Activities: skiing, biking, tennis
Weather: early light, low light, late light, flat light, foggy, hazy

BLUE:
Benefits: reduces glare, improves color perception, reduces glare, fashionable
Activity: golf, spectator  
Weather: snow, mist, fog

GRAY:
Benefits: improves visual depth, reduces eye strain, helps with contrast  
Activities: cycling, skiing, driving a car  
Weather: snow, all weather

RED:
Benefits: increases reaction speed and reaction force, blocks out light  
Activities: racing, skiing  
Weather: medium to bright light

In addition to color selection, lenses can be polarized, photochromatic, possess UV protection and/or other features. Do you know what all that means, the benefits and a way to tell if your lenses indeed possess these features? Some of those secrets will be revealed in the September issue of Peak Performance. Be sure to choose wisely. The outcome of your activity may be changed by your choice.

Never too Late!!

By Bill Close  
PSIA-E Alpine, Level I  
Supervisor at Beech Mtn. Resort Ski School, NC

While browsing through the PSIA web site, I was reviewing the remaining instruction events for the 2013/2014 season. As a seasoned veteran of the slopes at 64 years of age and a level one certified instructor, I was looking for an event that would fit my skills, add to my education level, and challenge my physical abilities.

A-ha, I finally found it. “Senior Bumps Event.” My wife B.J. said, “Are you CRAZY??” Maybe a little, but I’ve never had the opportunity to have any instruction on bump runs. I’d heard about a senior bumps class but have never seen it on the schedule until now. After some research I found that the class is for participants 50 years of age and up, on older legs.

The signup deadline was only 24 hours after I became aware of the event. That was probably a good thing, so I didn’t have time to talk myself out of the crazy idea of taking a bumps class at my age.

Well, after 23 hours and 59 minutes I applied for the event and started planning my trip to Belleayre Mountain in the Catskill mountain range in New York State.

I called on my skiing mentor Witold Kosmala of Sugar Mountain, NC for some tips on drills to help me out on my journey to the bumps event. As in the past, Witold came to my assistance and donated his time to give me as much training as possible in a short period of time, without actually being able to train on bumps, because we don’t have any available in our ski area.

We worked on short radius turns, speed control, balance, planning a line through the bumps, side-slipping, and a number of additional drills to help me prepare for the upcoming bumps class.

Due to my very limited exposure to bump runs and no formal instructions, ever, I’ve had to deal with a lot of emotions about the safety and the final outcome of this event! In my classes as an instructor I always say to my students, “There is no such thing in my class as I Can’t Do This!” What I have just done is put myself in a position where I have to say what I always want to hear from my students. That is to say, “I can do this.” As instructors, we all know that a huge portion of our instruction package is to gain the trust of our students and instill in them the confidence that they can do this! Now I must believe in myself and move forward to my bumps class at Belleayre Mountain.

The first thing I heard upon arriving at our lodge in Belleayre, from two females that were taking the level two exam was how large and frozen solid the bumps were that day. As the temps weren’t expected to change much they didn’t see any softening in the bumps runs for the next day or two. Great! That’s all I needed.

When we were introducing ourselves to our group of nine bumps participants, I quickly realized I was skiing with seasoned veterans of 20 to 30 years experience, and all level two and three instructors. These guys had been skiing bumps for
years. The only thing that might slow them down was age. The only thing that I had going for me was my conditioning, that I’m always working on.

After three or four warm up runs, we started doing drills that prepared us for the bumps we were about to venture into. Our instructor, Martin Young, was very talented and a great communicator. He knew that the group had limitations in strength and endurance and was sensitive to it.

The first thing that he stressed was balance, balance, balance, and developing a tactical path through the bump run. To maintain balance, we needed to create maximum ankle flex, matching the upper torso angle to the angle from our knee to our shins.

Many of us think about pushing our toes down in our boots to create forward pressure. He showed us a drill that proved that we actually needed to push our toes up against the top of our boots to decrease the ankle flex angle thus allowing for increased forward positioning. It was critical to keep our hands way out front using pole plants in critical positions to set up our turns thru the bumps.

I found that there are three ways through the bump runs. One; In the bottom (Trough). Two; Around the side of the bump. Three; Over the top of the bump. It became evident very quickly that controlling my speed was also critical. It’s easy to get out of control and go too fast, which leads to a disaster. Just like in open terrain, it’s beneficial to finish a small radius turn around a bump with your skis slightly uphill for speed control. Side slipping on top of a bump slows you down, as well as entering the bump at a traverse angle.

Another facet of control, was keeping constant pressure on both skis at all times. The pressure wasn’t always equal, however it needed to be there, whether you were in the trough, on the side, or on top of the bump.

The last portion of our two-day clinic focused on the practical decisions getting through the bump run. We concentrated on drills that helped us look two or three bumps ahead and make a plan to get through the bump run, with the least degree of difficulty as possible.

As for my performance; I was able to understand and absorb the techniques that are needed to be a successful skier in the bumps. Although I wasn’t an expert at any one of the techniques at least I was able to get them in my head and feel the needed balance positions to get through the bumps successfully. By the end of the first day I felt that I was holding my own, considering I had never been in the bumps and never had any instruction in that area. In the AM session of the second day, I wasn’t so sure of the, ‘I was holding my own,’ feeling of the previous day.

However, the afternoon session concentrated on developing a tactical path through the bumps, quickly allowing my confidence to return. I finished the clinic knowing that I had learned valuable skills and was putting them into place on the bump runs.

It wasn’t until the next day after moving on to Hunter Mountain Resort for a day of free skiing with my wife BJ, that I realized what I had actually learned. I waited to go into the bumps until after lunch when the bumps thawed out and were softer than at Belleayre Mountain. I ventured into the bumps three times and was quite pleased with my performance each time. I had to go back a time or two just to make sure I wasn’t Dreaming!!

The results of this journey prove, ‘It’s Never Too Late,’ in your skiing career, to reach for the moon and expand your skiing skills.

Bill Close hails from upstate N.Y. just south of the Canadian boarder. He learned to ski in the Allegheny Mountains at an early age, on wooden skis with leather straps as bindings, in the late fifty’s. Bill moved to Florida in the early 70’s and didn’t rekindle his skiing career until 1990.

North Carolina would be his winter getaway to hone the sport he loved and missed so much. Sugar Mountain ski resort gave him the opportunity to become an instructor and gain his P.S.I.A. Level One certification. After moving on to Beech mountain resort, Bill continued teaching and received the Children’s Specialist certification.

Bill has been recognized as Instructor of the year on two separate occasions and won two awards for most return private requests in his teaching career. After the local ski season is over, he wraps up the season teaching at Killington in Vermont.
Gear of the Year

Throw a couple dozen testers at a boot or a ski, and you’re likely to get differing opinions, sometimes inexplicably divergent. So when consensus happens, you know you’ve got a winner. These picks reflect that process, with extra points awarded for freshness and innovation. Every year, stuff gets better. Meet the new benchmarks. By Joe Cutts

K2

Spyne, Spyre, Pinnacle: Rookie Sensations

K2 needed a boot. The easy route: acquire an existing brand and relaunch it. Instead K2 chose to build one from the ground up. Given the daunting complexities of boot design and manufacturing, it’s an ambitious undertaking, fraught with peril. K2 understood only too well from past failure. That makes the success of K2’s 2014 launch all the more laudable. The freshman-year offering is impressively broad: three all-mountain Spyne models for men, three Spyres for women, and two hike-ready Pinnacles for adventurously freeriders. There are thoughtful and effective technologies (rivet-free attachment of cuff and shell; a slick hike feature), and even our pickiest testers were impressed with the performance. Well done.

Clockwise from top: K2 Spyne 130, Spyre 110, and Pinnacle 130
Dry-Land Training

Leg Muscle Imbalance

By Witold Kosmala
PSIA-E Alpine, Level III
Trainer at Sugar Mtn. Resort Ski School, NC

Balancing muscle strength is extremely important to avoid injuries during the ski season. This needs to be done off-season, which means: NOW. Perhaps you noticed that after the first day of skiing in the Fall, your muscles usually ache. This is normal since skiing uses certain muscles more and in a different way than most other activities used in cross-training and dry-land. The muscles that hurt often the most are quads. (The Quadriceps are a group of four muscles found in the front of the thigh. Their main function is to straighten the knee joint from a bent position. The largest quad muscle also flexes the hip, that is: lifts the thigh upwards.) This is most-likely due to sitting back position. You might be skiing with flexed quads all day long, (which is not what skiing should be like.) Then, normally what happens is that quads strengthen with time, backseat position remains and becomes more comfortable and awareness of being in a poor home position goes away. This causes weak hamstrings, adductors and abductors. All these strength deficiencies result in knee pains where all those muscles converge. Knee braces will help, but they weaken the knees and make them more vulnerable to injuries. Why not avoid all this trouble by making your hamstrings stronger now, and avoiding the backseat later? A great way to fix the muscle imbalance (contrary to popular belief) is a bicycle. Look at the illustration given for the right leg. (Use symmetry for the left leg.) Apply pressure in the indicated places around the circle to strengthen the indicated muscles and relax the rest of the way around. You might want to shift to a higher gear or go uphill in order to get more resistance in your pedals. Work on one leg at a time, letting the other just stay on the pedal without applying any pressure. Toe clips or cleats will help.

Imagine an analog clock in the bike’s chainring, you are sitting on the bike’s seat and you are applying pressure with the right leg. Then, you are working:

- thigh if pressure is between 12 and 5 o’clock
- hamstring if pressure is between 4 and 8 o’clock
- shin if pressure is between 7 and 1 o’clock.

The leg muscles are big and they take time to build up, so don’t wait till the snow flies. Start now. As you do this, bike will help you with cardiovascular health, lower your resting heartbeat, and save gas.

Foot Strength

By Witold Kosmala
PSIA Alpine, Level III
Trainer at Sugar Mtn. Resort Ski School, NC

Do you suppose the foot strength is important in skiing? Most definitely it is, even though you don’t actually see the foot moving. You only see the results of the movements and the pressures. Correct foot twists and toe pressures will take your skiing to higher dimensions. It will permit you to ski slopes you only dreamed about skiing, snow conditions which you always feared, and improve your race results. But, you need to strengthen your feet before you put your feet into the ski boots.

Did you ever walk barefoot a longer distance on a beach with soft sand? (I am not selling any beach or sand!) Didn’t you find it more difficult then walking in snickers on a paved road? Didn’t you have sore feet when you finished? If so, then your feet and toes are in need of strengthening. Barefoot walking and running, if properly executed, will strengthen your feet. You might consider using five-finger running shoes to prevent ground scraping your feet and toes. Jumping rope will
be another super exercise. You can also use surgical cord to pull with one end tied around your foot and the other end fixed to a stationary object or held by your hand or the other foot. Different angles strengthen different muscles. See the photo of one such exercise.

Actually, I am afraid to say anything about any of this stuff after Vibram USA’s settling the $3.75 Million Class Action Lawsuit. But, since I am not selling anything, I should be OK. (Quoting from naturalrunningcenter.com: “The class-action suit originated with a runner by the name of Valerie Bezdek and the help of a high-powered law firm in Boston which targets large companies on consumer product issues. The suit alleged that its FiveFingers shoes could reduce the incidence foot injuries and strengthen foot muscles, despite the presence of scientific evidence. ... Vibram isn’t the only footwear company which has seen its financial toes stomped on. In 2011, Reebok was ordered by the Federal Trade Commission to fork over $25 million, a rather stiff fine that was prompted by the company’s claim that its line of shape-up shoes helped tone the body and give one a stronger butt and legs. The following year, Skechers agreed to pay $40 million to consumers who bought its rocker-tread shoes under the misleading impression that they helped promote weight loss and a more muscular body.”) Common sense tells us that if you were to use your feet in a smart way, then your feet will get stronger. If they just sit in a shoe, (and perhaps this shoe never walks or runs), then the strength will either come slower or not at all. You might be interested in reading more about what Dr. Nick Campitelli and other people say about this lawsuit on naturalrunningcenter.com.

In any event, strengthen your feet and toes, find out what you need to do inside your ski boots, and you will be ready to progress to the next level of skiing.

Another practice is trying to stand on the very edges of something like a cinder block and making sure feet stay flat, like in this photo. (Yes, my right leg is destroyed, and I wish that I had no other disabilities. But I am still alive and skiing.)

Health Course

Changing for Good

By Bonnie Church
Certified Life and Wellness Coach

Some people are tied in knots in their quest for perfection. Their shelves are filled with self-help books, yet
they are never content in their own skin. Others live self-destructive lives oblivious to the effect they are having on themselves and those around them. Neither extreme is healthy.

Yes, there are times we should focus on breaking a bad habit or changing the dynamics of a relationships. Yet, we need to also relax and be content with who we are. Knowing how to balance those dynamics, begins with taking inventory.

Pay attention to your moods and emotions. Is there an area of your life that is making you miserable? Do you feel frustrated, resentful, irritable, bored or depressed? Are you beginning to develop health issues related to your behavior? If so, you might need to make adjustments to your attitude, your habits or your reactions to people and circumstances.

Once you identify your point of pain here are some steps to help you navigate the process of change.

**Narrow your focus.** Focus on the things that are most pressing. Find the places in your life where the pain of staying the same is greater than the pain of making a change. Don’t try to overhaul every area of your life all at once.

**Confess your pain out loud [preferably to someone you trust]:** This is the first sign you are waking up from the slumber of denial. Denial is a coping mechanism. It can be described as refusing to admit that something is wrong or pretending it is, “No big deal.” It is the reason people stay in abusive relationships or engage in destructive behaviors.

The spell of denial needs to be broken before you can make a change. It starts with a long look in the mirror, and the admission that you are unhappy or unhealthy and something needs to change. It is helpful if you bring someone you trust into your confidence to share your pain.

**Connect the dots between your pain and your behavior:** Things happen in our lives that we have no control over. Circumstances can be imposed on us, against our will through others or through unfortunate accidents. Those situations cannot be changed, but your response to those situations can change.

An example: My health problems are the result of my sugar addiction. Sugar is my comfort food. It helped me cope with the stress of growing up with domestic abuse in our home. Now whenever I am stressed I crave sugar.

Obviously, you cannot alter your past. You can map out and practice a healthy response to stress in the future.

**Imagine what life will be down the road if you don’t make a change:** Change is by its very nature uncomfortable. So is staying the same. Project what life will be like a year from now, 5 years from now, 10 years from now if you don’t make a change.

**Think through and write out a clear goal:** Your goal statement will include answers to the following questions: What do I want? When do I want it? What am I willing to give up to get it? Without a clear idea of what ‘your change’ will look like, you will not be able to proceed with confidence and consistency.

**Construct an action plan:** Change involves a day by day cultivation of new habits. It involves a change of mind and a change of behaviors. An action plan is the process that turns your dreams into a reality. Be precise about what that process looks like.

This is a good time to review the books that can help you develop an action plan. Some of my favorites include:

- **Biting your nails through the day?** How to Stop Worrying and Start Living by Dale Carnegie
- **Not managing your time well?** Eat That Frog! By Brian Tracey
- **Dealing with issues of self-esteem?** The 15 Invaluable Laws of Growth by John Maxwell
- **Struggling with difficult relationships?** Nasty People: How to Stop Being Hurt by Dr. Jay Carter
- **Addicted to sugar?** Sugar Busters! Book by H Leighton Steward et. al.
Don’t try to control with will-power what you can control with environment. If you don’t want to eat junk food, don’t keep it on your desk or in your fridge. If you are trying to break your beer habit, don’t go to happy hour. If someone is creating misery in your life, minimize your time with them.

Build positive reinforcement into your life. Find that coach/therapist that can keep you on the path of change until your inner coach takes over. Seek out a support group of like-minded individuals that you can be honest with and accountable to.

Monitor and adjust as needed. The process of change for most is 3 steps forward, 2 steps back... Regularly ask yourself, “How am I doing?” When you find yourself “backsliding” into your old patterns, stop, reflect and correct. Being able to recover quickly from relapses is the key to lifelong change.

Enjoy the journey! Though challenging at times, you are worth it.

Bonnie Church, CNC, CTLC, CLC – Bonnie is a wellness columnist for All About Women Magazine, a Certified Life and Wellness Consultant and certified Trainer for the TLS Weight Loss Solution. Bonnie has conducted wellness and motivational seminars throughout the US. She served as a writer/consultant for an internationally marketed weight loss system for kids. She co-authored, with Lydia Martinez, “Coach Lydias’ No-nonsense Guide to Getting Off your Butt, Out of your Rut and On with your life.” Please, visit www.bonniechurch.com for more information.

Juice Plus+

By Witold Kosmala
PSIA-E Alpine, Level III
Trainer at Sugar Mtn. Resort Ski School, NC

Juice Plus+ is The Next Best Thing to Fruits and Vegetables. Juice Plus+ is whole food based nutrition, including juice powder concentrates from 25 different fruits, vegetables and grains. Everyone wants to eat right and maintain a healthier lifestyle – whether you’re a busy mom hustling to feed on-the-go children, a business traveler trying to stay fit, or an active boomer keeping up with grandkids. All of us try to eat better for good health, but a healthy diet is often a challenge. We simply don’t eat enough fruits and vegetables. And that hurts our health and wellness. Juice Plus+ helps bridge the gap between what you should eat and what you do eat every day. Not a multivitamin, medicine, treatment or cure for any disease, Juice Plus+ is all-natural and made from quality ingredients carefully monitored from farm to capsule so you can enjoy improved nutrition and wellness. The best way to reduce your risk of disease is to eat healthy. The right fuel in your body makes it run better. Fruits and vegetables are two key food groups known to contribute to better health. Juice Plus+ puts more of the valuable nutrition from fruits and vegetables back into your diet. We need more of the healthful whole food nutrition of fruits and vegetables in our diets every day. Give yourself a better diet and a healthier lifestyle. Juice Plus+ is the next best thing to fruits and vegetables. There’s no complete substitute for eating the real thing. But shopping for and cooking fruits and vegetables every day takes a lot more time than most of us have.

How many people really consume the antioxidants and other nutrients they need in a wide variety of fruits, vegetables, and grains every single day? Juice Plus+ is a
convenient, inexpensive way to ensure you and your family receive the benefits over time from adding more nutrition from fresh fruits and vegetables to your diet. It’s an easy way to feed a healthier lifestyle.

More than ever, our children’s health is at risk because of what kids eat – too much processed food, too much junk food, too much fast food. When Mom and Dad say “eat your fruits and vegetables,” it’s an unappetizing prospect to a generation fueled by sodas, fries, and candy bars. The Children’s Health Study proves what we knew to be true all along: Juice Plus+ makes a real difference in family health and wellness. It’s the result of whole food based nutrition. Those new to Juice Plus+ will be impressed by a survey of 150,000 parents which shows that children who take Juice Plus+ are

- Eating less fast food and more fruits and vegetables
- Drinking fewer soft drinks and more water
- Visiting the doctor less and attending school more

Good nutrition is the foundation of health and inspires other healthy lifestyle choices. The best time to establish good health and nutritional habits is in childhood. The key to getting children to adopt good health habits is parental involvement.

If you contact me, I can tell you how children can get Juice Plus+ free and how Juice Plus+ has improved my health and health of my children. Write me at Kosmalaw@bellsouth.net or visit me on http://witold.juiceplus.com.

Thoughts for the Month

- What would your skiing be like if your skis did not have any bindings?
- Can walking cause a knee pain?
- Why is there more steering when riding bicycle slow then when riding it fast? How about when skiing?
- Should skiers breath through their noses or their mouths?
- Give some dry-land exercises that promote long leg/short leg?

Elaborations on last month’s Thoughts for the Month.

Question: What does PSIA-E stand for? What is its Vision Statement? What is its Mission Statement?

Answer: Eastern Division of the Professional Ski Instructors of America organization. PSIA-E works to inspire life-long passion for snowsports. Mission is to provide professional development opportunities that continuously improve member fulfillment and guest satisfaction in order to strengthen the snowsports industry.

Question: What color sunglasses should you use? How about goggles? Why that color?

Answer: See article on page 5.

Question: What is a “short turn” versus a “short radius turn?”

Answer: Long turn and short turn have nothing to do with the radius, only with the amount of time spend while turning. For example, racers skiing through a flush make long-radius turns, but go from one turn very quickly to the other which results in short turns. In fact, these turns are often so short that they are made purely by tipping the skis. The skier’s position is at that point the tallest out of the entire racecourse. Look at the illustrations provided by my son Konrad.
Performance + Protection
Confidence

As an on-snow professional, you know how much you depend on your knees. We can help protect them.

Only KneeBinding has proven ACL protection - all without sacrificing performance. We offer industry-leading elasticity, responsiveness, leverage, edge-grip, and retention. We have cantilevered brakes, configurable ramp, precise toe-height, the widest mounts, the most stable platform, and the ONLY floating mount system for “flat” skis.

Insist on professional-grade KneeBindings for world-class performance AND dramatically fewer serious injuries.

Ski Better.
And still be able to walk to your car.

Click Link Below to Request VIPro™ Form:

http://www.kneebinding.com/KB-Contact-VIPro.aspx

PureLateral™ - LeverEdge™ - FlexFloat™

To see hi-res videos and learn more visit www.KneeBinding.com
Phone: +1 (802) 760-3026
© 2014 KneeBinding, Inc. Protected Trademarks

Made in the USA
Turn to Wisdom

- It’s better to die with a good name than to live with a bad one.
- The mighty oak was once a little nut that stood its ground.
- Be very happy when it hurts you. Be very worried when it doesn’t.
- If a task is once begun, never leave it ‘till it’s done. Be the labor great or small, do it well or not at all.

Deep Stuff

- How would you define “success?”

This and That

You do not have to stop skiing just because it is July. There are glaciers, there are indoor ski domes and there is always a Southern Hemisphere.

According to Mike Doyle, the top 5 indoor ski resorts are:

- Ski Dubai - Dubai, United Arab Emirates
- Snowfun Park - Wittenburg, Germany
- SNO!Zone - United Kingdom
- Snow Planet - Auckland, New Zealand
- Shanghai Snow Centre - Shanghai, China


A few ski areas in Southern Hemisphere that come to my mind are:

- Cardrona, New Zealand
- Queenstown, New Zealand
- Falls Creek, Australia
- Bariloche, Argentina
- Portillo, Chile

What do you think top ski racers do in the summer? You might get tired of vegetating, so get up and go!!!

Announcements

- PSIA-E scholarships will due in late September, so get busy making plans and preparing your application. See PSIA-E website at http://www.psia-e.org.
The Bottom Line

*Peak Performance* depends on its sponsors. If you find these publications worthwhile, I hope you will choose to support them. Every little bit helps. Sponsors of this issue of *Peak Performance* are:

- KneeBinding Company
- K2 Ski Company
- Juice Plus+ Company
- Anonymous individuals

Base of Support

I invite you to support this gazette. You can do this by one or more of the following:

- Send a monetary donation to Witold Kosmala, Dept. of Mathematics, Appalachian State University, Boone, NC 28607, USA.
- Sponsor the gazette and in return we will publish your ad for a month, several months, or a year.
- Submit an article for publication.
- Share *Peak Performance* with your friends.
- Send suggestions to me at Kosmalaw@bellsouth.net.

Don’t you miss this??