No Surprises! Ability vs Skill
Holding Another Skier

Skiing Trees Moving to Next Level
Protein Guide

“...enlightening read for over 6 years!”
Photo on the Summit

The cover image of Chris Anthony was a contribution to Peak Performance Gazette by VAIL Ski Resort.

Chris Anthony is a Colorado native and longtime Vail resident. For a good portion of his life Chris competed at an international level and traveled as an athlete and on-screen personality with the Warren Miller Film Team. Chris has filmed with the legendary action sports production company for 25 years and continues to do so. His feats are displayed in the annual Warren Miller feature film, as well as numerous television programs and documentaries such as “Warren Miller Global Adventures.” Find out more about Chris by going to www.chrisanthony.com.

From the Top

By Witold Kosmala
The Publisher and the Editor of Peak Performance Gazette
PSIA-E Alpine, Level III
Ski Instructor, Coach and Trainer mostly in NC
K2 Ambassador

Welcome to the Peak Performance Gazette, which was awarded a description of being an “enlightening read” in the skiing industry. Along side of ski organizations and other skiing publications, this gazette has proved to be a super skiers’ resource. I hope you will enjoy this new issue and you will reread it often. There are hundreds of outstanding articles published in Peak Performance Gazette over the last 6 years. I hope that you will flip through these publications and read and reread many articles found within. All issues alongside with the ARTICLE INDEX prepared by Gordon Carr can be looked up one of the following ways.

- Use the dropbox www.dropbox.com/sh/wjrz16pzrpho63i/PQr004dmUj
- Go to the website www.peakperformancegazette.com
- Look up the Facebook www.facebook.com/peakperformancegazette
- Google search “Peak Performance Gazette” and see the first item.
- Go to my university webpage www.mathsci.appstate.edu/~wak/. This one is easy for reading on line.
- Go to the ASU Library’s web page at www.library.appstate.edu.
I hope that you are having an awesome season. March is a perfect skiing month. Have you heard the saying that “Humans Were Never Meant to Hibernate?” Well, I hope that reading this gazette will get you pumped and going out to the slopes very soon.

Seven years ago today, March 4, was the day of my skiing accident, which I was not suppose to survive. But, miracle did happen and I am still here, and more – I am able to ski. Incredible indeed. I even adapted March 4, 2008 as my new birthday. This is when I was given another chance at life. Everyday is a day of celebration for me, how about for you? What was the highlight of the day for you today? Do you ever take time to look around you? What do you see, what do you feel and hear?

Don’t forget St. Patrick’s Day on March 17. A very special day indeed.

Take a minute and write me at Kosmalaw@bellsouth.net

and tell me what you think about this gazette. Perhaps you would like to get involved and share your knowledge with other skiers. Write an article, share a photo, tell us about your unusual or funny experiences, send a donation. I would love to hear from you. And – like us on Facebook.

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Main Course

No Surprises!

By Jim Hanson
PSIA-E Alpine, Level III
Children Specialist 1, Area Resort Trainer, Trainer Academy

You should never be surprised by any task at a PSIA Certification event.

PSIA pretty much gives you all the answers ahead of time with the National Standards, all the educational material, and people willing to help if you ask them.

What is usually missing, is the candidates doing what is necessary to be successful. Certification to level 1, 2, and 3 is not competition. It is meeting or exceeding the certification standards.

For the skiing portion at each level there are task you need to perform. The last thing you need to do at a certification exam is to have to learn something new.

So here is a list of task you need to nail before going for the different Levels. They are in a format that you can keep and check them off when you and your trainer agree you have done the task correctly. I left some blank spaces do add additional tasks you may want to be proficient at performing.

Most of these tasks can be viewed on an Alpine Exam Tasks 2014, DVD created by Dave Capron who can be contacted at dcapron1@myfairpoint.net for more information.
## Level 1

<table>
<thead>
<tr>
<th>Task</th>
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<tbody>
<tr>
<td>Wedge turn</td>
<td>Spontaneous Wedge Christie</td>
<td>Open Parallel</td>
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<tr>
<td>Short Radius Turns</td>
<td>Medium Radius Turns</td>
<td>Walk around on flat terrain</td>
</tr>
<tr>
<td>Free Run</td>
<td>Turning Around</td>
<td>Herringbone</td>
</tr>
<tr>
<td>Bullfighter turn</td>
<td>Turning legs</td>
<td>Crab walk</td>
</tr>
<tr>
<td>Sidestepping</td>
<td>Traverse to a wedge stop</td>
<td>Walk out of a traverse</td>
</tr>
<tr>
<td>Step out of the fall line</td>
<td>Edge skis slightly uphill</td>
<td>Turn legs more than torso</td>
</tr>
<tr>
<td>Forward sideslip</td>
<td>Side slipping</td>
<td>Tip legs for first parallel turns</td>
</tr>
<tr>
<td>Straight run and hop both skis softly</td>
<td>Wedge Buster-hopping/bouncing</td>
<td>Wedge buster - shuffling</td>
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<tr>
<td>Wedge buster stepping</td>
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## Level 2 (everything at Level 1 at higher skill level)

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<tr>
<td>Short Radius Turns</td>
<td>Medium Radius Turns</td>
<td>Bumps</td>
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<tr>
<td>Gates – Racing</td>
<td>4 short 4 medium turns</td>
<td>Lane Changes</td>
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<tr>
<td>Ski a Funnel</td>
<td>Ski a Hourglass</td>
<td>Open Parallel no poles</td>
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<tr>
<td>Accelerating and decelerating turns</td>
<td>Side slipping</td>
<td>Falling Leaf</td>
</tr>
<tr>
<td>Basic Leapers</td>
<td>Skate down the fall line</td>
<td>Rail Road Track turns</td>
</tr>
<tr>
<td>Outside to outside Ski Stem Christy</td>
<td>Thousand Steps</td>
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## Level 3 (everything at Level 2 at higher skill level)

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<td>Spontaneous Wedge Christie</td>
<td>Open Parallel</td>
</tr>
<tr>
<td>Short Radius Turns</td>
<td>Medium Radius Turns</td>
<td>Performance Short turns</td>
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<tr>
<td>Short shaped turns on Black Terrain</td>
<td>Gates – Racing</td>
<td>Un-groomed snow</td>
</tr>
<tr>
<td>Bumps</td>
<td>Pain in the S Turns</td>
<td>Lane Changes</td>
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<tr>
<td>Medium Radius no pole swing</td>
<td>Rail Road track Medium Radius</td>
<td>Rail Road track Short Radius</td>
</tr>
<tr>
<td>Pivot Slips</td>
<td>Tuck Turns</td>
<td>Thousand steps</td>
</tr>
<tr>
<td>Skate to Shape</td>
<td>One Ski skiing</td>
<td>One Ski Short Radius One Ski Railroad tracks</td>
</tr>
<tr>
<td>One ski lane changes</td>
<td>One Ski Free run</td>
<td>Outside to outside</td>
</tr>
<tr>
<td>Simultaneous Parallel Hop Turns</td>
<td>Simultaneous Parallel Hop Turns shaped</td>
<td>Sequential Converging Hop Turns</td>
</tr>
<tr>
<td>Hop to Shape</td>
<td>Leapers</td>
<td>White Pass Turns</td>
</tr>
</tbody>
</table>

All of these tasks will show your skill development. They require practice, and are great exercises to improve your skills and skiing.

Seek out the trainers at your mountain. They are more than willing to help you understand the tasks, and coach you to meet the standards.

Achieving the different certification levels does take some time and effort, being prepared and understanding what is required will help to make your experience successful.
Ability vs Skill

By Witold Kosmala
PSIA-E Alpine, Level III
Ski Instructor, Coach and Trainer mostly in NC

Should I use the word able or skill, or does it really matter? When I started my spring-board diving career, I was barely able to balance on the end of a board. After months of training, my balancing skills were tremendously improved. In view of the previous two sentences, does it mean that my balance on the end of a spring-board is an ability or a skill? How about after months of practice, was my quality balance on the end of a board actually a skill that I have developed?

Sometimes, it is easy to determine which word to use. Like: "I had money in the bank, so I was able to pay my bill." But, putting the money into the bank could have involved ability or perhaps even a skill.

Or, lets try this one: "I have a working car and everything that it takes to drive it, so I am able to go to the ski slopes. Sometimes though the roads are covered with ice and it takes some skill to drive without getting into an accident." So, does this mean that driving a car is an ability, and then with time and knowledge and practice driving in more demanding conditions, driving becomes a skill? Thus, when does ability end and skill begin?

Sometimes we might say that abilities are genetically predetermined characteristics of a person. They affect performance such as coordination, flexibility, balance, and strength. Abilities of this type are enduring and hard to change. Of course, looking back at the previous examples, if I have no money in the bank, then it becomes a skill to pay my bills. This indicates, that ability may have nothing to do with genetics but with particular situations.

Since this article is not a Ph.D. dissertation and covering all the different situations could become extremely tedious and lengthy, let’s just talk a bit about physical BALANCING in skiing. Is balancing an ability or a skill?

To start, here are definitions of the words. Ability is the possessions of the means to do something. Skill is a composite of abilities, techniques, knowledge and training. It is a level of proficiency on a specific task. Can one ever improve balance? YES, and in most sports balancing is the key element. Improvements in balance increase performance. It is difficult to focus on technique if you are constantly fighting to stay balanced. If you are in balance, you can use less strength to perform a given task. Better balance will reduce chance of injury. Skiers constantly work to improve balance. Cross-training like slacklining, surfing, paddle boarding, cycling, weightlifting and so many other activities skiers perform in order to improve balancing. Stronger you are, more in balance you will stay. Endurance is huge component as well. More tired you are, poorer the balance. Vision also plays a huge part in balancing.

With all this in mind, is continued improvement in balancing becoming now more of a skill then an ability? Wouldn’t you say that you don’t have a skill if you don’t have ability to perform it? Ability comes first, and then skill is learned?
OK, so let’s say you are traversing across a ski slope on the outside edge of the uphill ski with the other ski lifted up off the snow. At first you have hard time keeping balance. Ski skids, you can’t keep the edge engaged, you keep wobbling around. But, after practicing you become able to ride that edge cleanly across a slope. Does this mean that you improved your balancing skill over that ski, or you improved edging skill?

If the above is hard to answer, try this easier task. You are just standing across a slope with both uphill ski edges firmly engaged in the snow. You are not slipping. Your uphill leg is more flexed then the downhill leg. Now, you extend this uphill leg so the downhill leg comes off the snow. At first you have trouble balancing while extending. Your ski starts to move either forward or backwards or sideways, and the downhill leg is lifted only in the tip, or only in the tail, and you feel very unstable. You have a poor balance while lifting the downhill ski. But, you have physical ability to lift it; it’s just a new activity which was not mastered yet. After taking time to practice, you learned how to cleanly perform this task. Did you improve your balancing skill or an edging skill? In other words, can you lift this downhill ski because you improved your balancing over the uphill ski, or because you improved ski edging technique?

Let’s try one more situation. You are taking a straight run down a gentle slope with no one in the way. You are super at it. Now, close your eyes. All of sudden you tip to one side. So you practice this simple drill for a while. Eventually you are going to be able to ski down with closed eyes as well as with open eyes. What skill did you improve – rotary, pressuring, edging or balancing? Or, is balancing not considered to be a skill?

I will make the situation even simpler. You are standing in the lift line for instance. All is good, but then you close your eyes and you tip sideways. So, you practice and get to the point where you can close your eyes and remain standing solid. You did not move your skis. Did you improve edging and pressuring of your skis skills or balancing on the base of support?

Research shows that balancing movements are skill specific, and if you have physical ability to balance, then your balancing can be improved.

In skiing, is balancing a skill that can be improved upon, or the only skills are rotary, edging and pressuring???
Join Kamp K2 & Discover:

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All-Terrain ROX
Metal Laminate
Hyflex Sidewalls
Aspen/Paulownia Core
K2skis.com
Skiing Trees

By Witold Kosmala
PSIA-E Alpine, Level III
Ski Instructor, Coach and Trainer mostly in NC

Skiing trees is probably most different kind of skiing than anything else for one simple reason – turns are dictated for you. It is similar to going down a race-course except: snow conditions may drastically vary, trees are unevenly spaced and may have wells around them, there might be low branches, stumps and other obstacles, and you don’t have to ski as fast as possible.

Here are a few important tactics for skiing between the trees.

• Make sure you know the area or go with someone that does. You definitely do not want to get in a situation where there is no way out since trees got too dense.

• Always, did we say always? Always keep your shoulders and head pointing at the white snow between the trees. If you look at a tree, you will likely hit it. It is the same way as when you drive through a road construction and you do not look at the cones or a concrete wall on the side but the road in between.

• Depending on types of trees and a wind pattern, there may be wells around the trees. This is a space around a tree with very little snow in it. If you get too close to a tree well you might fall in. See the January 2015 issue of Peak Performance Gazette.

• If the snow is deep, make sure your ski tips do not go under logs that might be lying across your way. They sure will stop you in a hurry.

• Watch out for branches. They can grab you – your skis, you jacket, your head. Wear an old jacket that you don’t mind tearing, thick gloves for handling branches and other obstacles, helmet and goggles to protect your head, and be ready for close encounters.

• Choose wisely between which trees you want to ski and choose quickly. To keep speed down you might want to ski around a tree that is higher up the slope than some others. Make sure you don’t loose too much momentum trying to go around that tree. You might get to a point when you can’t change your mind and you will get too close to a tree, run into its branches or the well.

• You might need to ski under some low hanging branches. If you do not know what is past them, we do not recommend tucking down under them as your head will need to go really low and you won’t be able to see where you are going. It is better to sit back and have branches go over your stomach. Just make sure they are not too low. Watch your face. As soon as you clear them you will need to pop up and get back on your toes so you can navigate around the next tree. Don’t sit back too far as that strains your ACL and quads.

• Depending on snow conditions your stance should be wide or narrow. Since due to tree arrangement there may be no room to turn, you might want to side-slip. But, this may be hard if the snow is deep. This is just another reason why wide skis (100+ mm under foot) would be recommended. Also, try to use shorter skis with rocker so you can snap out short radius turns when needed.

• Take pole straps of your wrists so that if your pole gets caught, it will not yank you around.

As mentioned earlier, in skiing trees there is less “shopping” for your turns since trees in big part will dictate where to turn. So, here are some handy exercises, which will sharpen this skill for you.
• Ski down some race-courses. Public NASTAR gates are great.

• Play “follow the leader” game. Have someone ski down a slope using a variety of turn sizes. You get in their tracks right behind them and stay in those tracks.

• Have your partner ski the “pain in the ‘S’” turns. You ski right behind them and stay in their tracks.

• Ski down some mogul runs with moguls of various sizes.

• Play “the mouse and the cat” game with your partner.

You will also need to be able to mix all kinds of turns together. Try doing the following drills for practice.

• Ski in tracks of someone that constantly changes turn sizes.

• Perform “lane changes,” that is 5 short radius turns followed by one long radius turn.

• Ski a run with medium radius turns on a blue slope where you alternate 4 turns where you want to speed up and the next 4 turns where you want to slow down.

• Ski more mogul runs.

• Ski in a “funnel.” That is, start with large-radius turns and progressively shrink their radius to small.

• Do an “hour glass” turning where you start with large-radius turns and progressively shrink their radius to small and then make them larger again.

For powerful, short turns practice “Short Swing.” Don’t forget about the hop turns.

Work on your confidence. Start by skiing around trees which are spaced far away from each other and are on less steep slope. Progressively make your runs more challenging. You really need to have a strong mental. All the great equipment and technique you possess will not do the trick if you are afraid to use it. You need to be extremely versatile skier and then you can feel comfortable in uncertain conditions between the trees. You have to be able to make decisions fast and stick to them. Changing your mind and/or hesitating might make your run unsettled and nervous.

Remember not to get too close to the trees for several reasons.

• If snow is soft, it will give away laterally when you turn. So, if you are planning to turn right at a tree, you just might slide into it.

• If there is, say, a 10-foot base of snow or more, don’t you think that 10 feet of each tree is under the snow? Lower branches are usually longer than the ones you see. If your skis are under the snow’s surface those longer branches will physically grab you.

• Continuing with the previous idea, if, say, 10 feet of a tree is under the snow’s surface, you can imagine that the snow is not as compressed next to a tree like it is in an open space. This is because branches prevent the snow from falling all the way down. But, if you step on it, then your body weight will push it down in between the branches which are under the surface. What often happens is that when a skier comes close to a tree, their weight will suddenly compress the barely hanging on snow on covered up branches. Skier will all of sudden drop down, skis will get hooked on branches under the surface, and they will fall usually head first. They may be hanging upside down on a tree with snow filling up next to them when they wiggle. There will be little air to breath and what air there is is mixed with snow and almost impossible to breath. Avoid this situation at all costs. Great skier have suffocated in tree wells.
• Little trees that you see and ski around are actually tips of huge trees that can swallow you whole.
• If the trees are evergreens, then wells are easier to see because the snow which was to fall next to the tree is stopped by branches up above. However, the danger begins before you get to the part next to the tree that dips in.
• Another reason for tree wells is the wind. When it blows, trees act like a snow fence. The snow is removed from the up-side and piled below the tree. (Here we are talking about which way the wind blows and not which way the slope falls.) This makes the surface very irregular and bumpy. It drastically changes depending on which side of a tree you are on. If the wind circulates, then a tree well is formed as well.

Other safety precautions.
• Never go into the trees alone.
• Like we already said earlier, wear a helmet, goggles, thick gloves, as well as pants and jacket which you don’t mind getting torn.
• Remove pole straps from your wrists.
• Have wide skis that are well tuned and have proper DIN adjustment.
• If a tree well is really wide and you are in it, you can use skis placed straight up the snow bank with poles stretched between the bindings as a ladder. This opportunity rarely happens, so it is simply best to avoid those tree wells.
• As you are falling into a tree well try grabbing branches as you are going in to prevent from going very deep. Thick gloves will protect your hands and helmet with goggles will protect your head. (Oxygen would be also nice to have.)
• Avoid hitting a tree like a plaque and be a smart skier.
• Call out to each other so you may have some idea where each member of your group is at all time.
• Do not follow other tracks unless you know where they lead.

Training

Holding Another Skier

By Witold Kosmala
PSIA-E Alpine, Level III
Ski Instructor, Coach and Trainer mostly in NC

This photo of me (in red boots) with Victoria Wioskowski was taken by Anna Katherine Hartgrove – both ladies of Beech Mt Resort, NC. Have you ever done this exercise? Why and when? Which muscles am I exerting?

On Victoria, probably none, but if it was a 250-pound person and the slope was steeper with very narrow wedge with flat skis, then I would be exerting predominantly hamstrings and butt muscles. My leaning more forward would also work more on my calves.
Look at the photo on the previous page. It is a great teaching tool that you have surely used. A super way you can pull someone down a hill. I use it for mostly beginners who cannot control their speed or have problems with wedging.

Here are some benefits of this activity.

- Holding poles as pictured gives the instructor a way of holding the student without actually touching them.
- Holding poles with firm arms by both skiers places the student in a proper stance.
- Holding poles as pictured, keeps student from swinging their arms all over the place, and calms down their unnecessary upper body movements.
- Instructor holding the student gives student security and takes fear away.
- Instructor can have the student skiing down as slowly as they wish.
- Instructor can stop movement of both skiers whenever desired.
- Instructor can give instantaneous pointers.
- Student can look at their instructor instead of their skis, enhancing the stance.
- Instructor can see all upcoming out of control people from above and move out of the way to avoid an accident.
- Instructor can gradually and periodically let go of the student.
- Instructor can make appropriate turns so that student’s wedge is automatically improved.
- Instructor can gently turn from side to side while giving instructions to the student as to what they need to do.
- Instructor can demonstrate different lines of descent that student should take in the future.
- Instructor can take the student on a little steeper slope and not worry that the student will not be able to come down. This is especially good when teaching a group of skiers where one is weaker then the others. Then this one weaker student will not hold back progress of the others.
- Instructor can make a conversation with the student, taking perhaps their mind off exerted focus, stress, or whatever else.
- This is a great edging exercise for both people.

Here are some common problems students (and instructor) might have.

- Student bends their arms or makes arms flimsy, which might make them ski into their instructor and perhaps between instructor’s legs.
- Student has very flat skis on the snow, which do not create enough friction to keep speed down.
- Student squeezes their knees together putting skis on high edges and locks them into the snow, often skiing off to one side.
- Student panics and moves upper body rapidly backwards. This may result with falling backwards and possibly skiing between instructor’s legs. They might even pull instructor on top of them.
- Student puts weight of their upper body on the poles, making it hard for instructor to hold up.
- Student is very heavy and instructor cannot hold them back.
- Instructor has very dull edges on their skis and has hard time holding their student back.
- If the instructor is not accustomed to doing this activity, they can strain their hamstrings and butt muscles, they can get cramps in their hamstrings, or even in calves if leaning excessively forward.
- Instructor might not see someone that is behind them.
- Instructor might have flat ski tails and hook them on some uneven snow behind them.
Moving to the Next Level – Instantly!

By Witold Kosmala  
PSIA-E Alpine, Level III  
Ski Instructor, Coach and Trainer mostly in NC

Turning on skis is the hardest skill to master. It requires footwork, which takes place inside your ski boots, so it is impossible to see. The outcome of the footwork can determine whether you did it right or wrong. For skiers who are moving pretty quickly, steering gets blended with pressure, with decambering the skis, with edge angle and platform angle, with momentum and balancing. So, often it is difficult to isolate the steering movements from everything else that is going on, unless it is taken down to a very slow speed. This brings us to the following exercise: ski down an extremely gentle incline in a wedge, and insist that the snow gets on top of the front of the outside ski. Look at the photo below. Try to feel exactly what it is that you are doing because that’s exactly what you will need to do in practically ALL of your skiing. Say goodbye to excessive skidding. This easy exercise will take your skiing to the next level – instantly!!!

Here I am turning to the left. Snow hops onto the outside ski from the inside of a turn. This demonstration could be also done with skis parallel.

Health Course

Protein Guide

By Bonnie Church  
Certified Life and Wellness Coach

Did you know most of us need 60 plus grams of protein a day to optimize fat-burning? You also should be getting 20 grams of protein within 45 minutes of waking up in the morning to help maintain lean muscle and balance the hormones that suppress your appetite. This helpful guide will tell you how many grams of protein are in the foods you are eating,
DAILY RECOMMENDATION: 21 grams of protein per meal/15 grams per snack [two a day]

Meat Shortcut: An ounce of meat or fish has approximately 7 grams of protein if cooked, and about 6 grams if raw.

Beef
- Hamburger patty, 4 oz – 28 grams protein
- Steak, 6 oz – 42 grams
- Most cuts of beef – 7 grams of protein per ounce

Chicken
- Chicken breast, 3.5 oz - 30 grams protein
- Chicken thigh – 10 grams (for average size)
- Drumstick – 11 grams
- Wing – 6 grams
- Chicken meat, cooked, 4 oz – 35 grams

Fish
- Most fish fillets or steaks are about 22 grams of protein for 3 1/2 oz (100 grams) of cooked fish, or 6 grams per ounce
- Tuna, 6 oz can - 40 grams of protein

Pork
- Pork chop, average - 22 grams protein
- Pork loin or tenderloin, 4 oz – 29 grams
- Ham, 3 oz serving – 19 grams
- Ground pork, 1 oz raw – 5 grams; 3 oz cooked – 22 grams
- Bacon, 1 slice – 3 grams
- Canadian-style bacon (back bacon), slice, 5 – 6 grams

Eggs and Dairy
- Egg, large – 6 grams protein
- Milk, 1 cup – 8 grams
- Cottage cheese, 1/2 cup – 15 grams
- Yogurt, 1 cup – usually 8-12 grams, check label
- Soft cheeses (Mozzarella, Brie, Camembert) – 6 grams per oz
- Medium cheeses (Cheddar, Swiss) – 7 or 8 grams per oz
- Hard cheeses (Parmesan) – 10 grams per oz

Beans (including soy)
- Tofu, 1/2 cup 20 grams protein
- Tofu, 1 oz, 2.3 grams
- Soymilk, 1 cup – 6-10 grams
- Most beans (black, pinto, lentils, etc) about 7-10 grams protein per half cup of cooked beans
- Soy beans, 1/2 cup cooked – 14 grams protein
- Split peas, 1/2 cup cooked – 8 grams

Nuts and Seeds
- Peanut butter, 2 Tablespoons - 8 grams protein
- Almonds, 1/4 cup – 8 grams
• Peanuts, 1/4 cup – 9 grams
• Cashews, 1/4 cup – 5 grams
• Pecans, 1/4 cup – 2.5 grams
• Sunflower seeds, 1/4 cup – 6 grams
• Pumpkin seeds, 1/4 cup – 8 grams
• Flax seeds, 1/4 cup – 8 grams

Other
• TLS Whey with BCAA – 21 grams
• TLS Nutritional – 18 grams
• Choice Protein Bars – 15 grams

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.

Turn to Wisdom
• “You can never cross the ocean unless you have the courage to lose sight of the shore.” —Christopher Columbus
• “The pen that writes your life story must be held in your own hand.” —Irene C. Kassorla
• “The time is always right to do what is right.” —Martin Luther King, Jr.
• “The best career advice to give the young is, find out what you like doing best and get someone else to pay you for doing it.” —Katherine Whilehaen
• “Right is right, even if everyone is against it, and wrong is wrong, even if everyone is for it.” —William Penn

Deep Stuff
Most people would agree that life is a journey. To me life on earth can be represented by a flight on an airplane. Some questions that come to mind are:
• Is your ride smooth or bumpy?
• Do you trust your Capitan?
• Do you know where you are going?
• Is your trip short or long?
• Will you be happy once you get there?
• Will your landing be gentle or abrupt?
• Will you jump out before the landing?
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Thoughts for the Month

- What is the difference between “ability” and “capability?”
- Can you list locations of all aerial trams in the US?
- Is there a particular way that ski boots should be placed in a locker?
- Many of you know that I like to take my first warm-up run on a double diamond slope (if one is open) and ski it as slow as possible. Why would I want to do that? (Now, be careful, don’t use those words like “stupid” or “crazy.”)
- When a student wants to move from skiing in a wedge to skiing parallel, often the tail of the uphill (inside) ski gets caught in the snow. (This is when matching takes place in wedge Christies.) What causes that and how would you fix this issue? Are there benefits that can be drawn out of this situation?
- Is it easier to turn when skiing in a big wedge or in a narrow wedge? Explain.

Elaborations on last month’s Thoughts for the Month.

**Question.** What is the difference between “skill” and “ability?”

**Answer.** See article on page 5.

**Question.** Can you be in the back seat and still pressure your toes down?

**Answer.** Yes, you can, but why would you want to? More you pressure toes down while sitting back, more you are against the back of the boot, and calves get really tight. How long can you tighten those muscles for? Just think, it is equivalent to tightening your biceps, like my son Konrad is demonstrating in the photo. How long can he hold them tight for? The idea in skiing is to pressure toes down to the boot sole, or its sides, without working other things then the toes themselves. So, just go ahead and put your weight forward (most of the time) which will automatically pressure your toes to the boot’s sole.

**Question.** PSIA-E is partitioned into smaller sections called “Regions.” Is this the name used by all other Divisions of PSIA?

**Answer.** No, PSIA-C, for instance is subdivided into smaller six geographical regions called “Sections.”

**Question.** Geographically speaking, do you find anything strange in PSIA-E’s Region 4 versus Regions 5 and 6?

**Answer.** The Divisions in the PSIA-E are numbered mostly in an increasing order from north to south. The exception is that Region 4 consisting of PA and NJ is south of Regions 5 and 6 making up the State of NY, which is north of both PA and NJ.

**Question.** What is this drill pictured on the left all about? Which muscles am I exerting? This photo of myself (in red boots) with Victoria Wioskowski was taken by Anna Katherine Hartgrove – both ladies of Beech Mt Resort, NC.

**Answer.** See article on page 10.
This and That

KEEPING HEAD WARM

In the last month’s issue of Peak Performance, I commented about rubbing your head. That is definitely one way to keep your head warm. Another is to wear helmet. You can adjust temperature by opening and closing the vents. To make it even warmer you can wear a liner which can cover only head under a helmet or a whole face.

If you are wearing a hat, you can choose from million different styles of hats which cover different portions of the face, made of different materials. Selection is endless. But, if you get caught on the slopes in a hat and the temperature drops unexpectedly, one way to make more out of your hat is to wear it inside out. Normally, they will create a larger pocket of air which will sustain you for longer.

The Bottom Line

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