Director’s Turn

By Len Bauer
PSIA-E Alpine, Level III
AASI Snowboard, Level II

Director for 22 years
34 years at teaching
U.S. Ski Coach Assoc.

We Ride Together

It’s the Sugar Mountain staff, the resort, instructors, desk staff – it’s a collaborative effort to get people on snow, riding and having fun. Having fun, being safe and being around people is what I like. And love my kids being with me, doing what I love, skiing and snowboarding.

Anyone can agree that a day riding is a good day, and that a day riding and working with friends is even better. Together we all do this snowboard and skiing thing really well.

Instructors should always remember the principle of “safety, fun, learning,” which is based on the idea that if the instructor is primarily concerned with the safety of his/her students and tries to make the lesson fun, then learning will happen automatically.

People visit the mountains and ski resorts to have fun. Unless we reinforce fun in ski and snowboard lessons, and make the experience enjoyable, we may discourage return business or harm our reputation as a professional organization.

Safety and skier awareness is the biggest issue in the ski industry today. Instructor can make a significant contribution to the effort.

We give the chance for people to become skiers and snowboarders when they are safe and have a good time. They will be back to slide with us again and again for the rest of their life. Given people a chance, a family a chance to do
something together is a great thing. Life is good when you can do things together as friends and family, working together.

These days I go day by day, hour by hour, living my life. But when I get up in the morning, this is where I want to come – Sugar Mountain. A special thanks to everyone who does a great job.

I wish this was all of us, but unfortunately some did not make it to the photo shoot.

From the Top

By Witold Kosmala
PSIA-E Alpine, Level III
Ski School Trainer
K2 Ambassador

As you surly remember, January set record low temperatures for our region. It was bitter cold, day after day after day. But, all this cold did not produce that much natural snow, just high heating bills. Then February came and changed things around. Historical snowfall came and later scorching temperatures in the 60s appeared. But, being still a winter month, February left us with temperatures in the teens, telling us that there is still plenty of skiing and riding left this winter season. And so, how was your season thus far and what are your plans for the rest of it? Are you drifting away and loosing interest; are you all heated up from following Olympic events; or are you in the midst of your own training with plans of attending certification exams or other events? Were you able to free ski/ride much this season? Besides, what does free ski actually mean? Does it mean the same as ski free? What do you do when you free ski? What do you think about when you free ski, anything? Do you do it by yourself or with others? How does you free skiing differ from teaching someone how to ski? By the way, these
are loaded questions, so I would encourage you to think through them without jumping to conclusions. How about one more question: when do you actually train and how, so you improve?

Sorry, but I am not done yet. Consider this. All those Olympians last month wanted to do their very best, and you probably want to do your very best in whatever you are involved in, but why? So many people talk about being successful in life, but what does that really mean? Why do you want to do well, and what does successful really mean? Maybe figuring that out is more important than the actual success? What is it that drives you through the day? Questions, questions, questions. Like I have nothing better to do, right? And, in fact, I don’t. Writing to you at this moment is the best thing for me to do right now, because I care. I realize that without questions there are no answers and no progress (whatever progress means.) You can’t get anything done if you don’t start it or have no desire. There is no finish if there is no beginning. I strongly believe in soul-searching, setting goals and getting on the journey. So, why are you reading this message? (Here I go again!) Why are you reading this gazette? Does it speak to you? What does it really say?

This special month, I cannot end my message to you without reflecting on my skiing accident that took place on March 4 of 2008. I adopted that day as my new birthday, a start of my bonus life – if you will. Six years ago my life has changed in a split of a second, which according to many people, it was suppose to end a few minutes later on that day of March 4. Believe me, I asked myself many times over why in fact this life-threatening accident did happen and why I did have miraculous recovery. Throughout February of 2008, I had a very strong constant premonition of my accident that was about to happen. There was no way to prevent it. It was coming, I felt it in my bones. Just didn’t know what and when? I tried to prepare my family for whatever was to take place. Very strange, very scary, very emotional. But, so real. So, I am wishing to myself a Happy Birthday! I am so happy that I am able to share my life with you. Don’t misunderstand me – I am hardly in perfect condition. I am dealing with constant pain, severe nerve damage in half of my body, degenerate hip, zero dorsi-flexion in my right leg and lots of other issues. But ..... here, and living out the journey. And, I know, each one of you has your own story to tell. So, why don’t you.

Peak Performance came to its life less then a year after my accident. It is indeed close to my heart and I thank all our authors, and authors to come, for helping me in promoting our great sport. I thank all readers for reading and making our efforts worthwhile. Thank you to all of you who took time to write, call or speak your thoughts pertaining to our gazette. In the last 5 years we have published a tremendous amount of articles and touched numerous topics. None of that is obsolete, and often I reread many of our publications. Perhaps you might like to do the same. In fact, Gordon Carr has graciously created an Index of all published issues from years 2009 – 2013. You can find it all on my webpage located at www.mathsci.appstate.edu/~wak/.

So, go on and look up all the previous issues of Peak Performance. You do need to know that we are not being overlooked by any particular agency. Included in our gazette are authors’ viewpoints, and all of them are in a positive spirit and with intentions of promoting the snow sports to the best of our abilities. The ideas, concepts and opinions expressed in our Peak Performance are 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. Please, don’t hesitate to write me at Kosmalaw@bellsouth.net. April will be our next issue.

At this very moment I feel like Meg Ryan in the movie You’ve Got Mail who sends her email message out into the void. I wonder if anyone at all is going to read this one. I sure don’t want to delay you from moving on to reading featured articles in this gazette. They were all written with a passion. Their passion for the snowsports became their profession. How about you? Did your profession come out of the passion? Mine did. ZT speaks of it in his article. How about you? Do you let it show?

Don’t forget that March 17 is St. Patrick’s Day. And, do you know why we celebrate it? Finally, now I quit bombarding you with all these philosophical questions and ideas and let you relax and read on.

**Main Course**

**Succeeding Trough the “Reverse Progression” of Life**

*By Eva Twardokens*

I was discussing surfing with a friend of mine and he expressed what I thought was a cool way of saying, “We start to suck more as we age.” equating this with “reverse progression”. I thought, “wow, that’s a great term!” Let me first define “reverse progression” in my own words: it is the regression of skill through lack of practice or physical capability or both. For example: As we age our potential to acquire skills peaks out and regresses and we see a reverse progression that continues to the end of our lives. If I were to graph it, it might look like this. (Graph-red line, this is a very rough estimate).

The question is how do we deal with this and how do we slow it down? How do we keep the curve elevated and the descent of the curve as shallow as possible? (See graph-green line). We all want to be active and productive as we age, and instead of relenting to the norm and feeling defeated, let’s instead take a positive look at what is possible and move forward with an attitude of productivity on a day-to-day basis. We can start with the following….

**Attitude.** Instead of thinking about what you achieved last year or last week, think of your workouts and your training as personal achievements for “the day”. Try to create an environment of success with all of your
activities and fitness or training goals. How? Make the goals realistic and reachable. Give yourself breaks and come back to your goals with a fresh and different outlook. For example: You had had the back squat of your life at 38 years old and now you are 45 and it is 20 pounds less, don’t feel defeated if you cannot conquer that weight again. Instead, do all the things you can do to continue to lift productively and then, measure progress versus raw numbers. It also important to be smart about your goals, how you approach them, and how to create success in your day-to-day encounters with movement. You may find you succeed in the process, rather than the outcome.

**Strength.** Gain some muscle while you can. It’s not too late, even if you are over 65 you can still build some muscle mass. Muscle mass is the #1 biomarker for health and it will not only keep you moving as you age, but protect you from falls, and better your chances of surviving and recovering from a hospital stay. On top of doing resistance training, your high quality protein intake should be enough to support muscle growth, between 0.7 to 1 gram per pound of body weight (depending on your activity level). For example: If you weigh 175 pounds you will take in 122.5 to 175 grams of protein or 24.5 to 35 ounces of protein a day.

“Muscle produces proteins and metabolites in response to physical trauma. This response is essential to the body’s efforts to achieve recovery and resume homeostasis.”- Mark Sisson

**Lifestyle.** Did you know that making good lifestyle choices reduces systemic inflammation? That means reducing systemic stress by eating high quality foods, managing external stresses, and getting good quality sleep. You need to have these ducks in a row in order to keep and gain muscle, reducing the risk of future disease.

**High quality foods.** I recommend an elimination program to find out what your food sensitivities are. Robb Wolf’s book, “The Paleo Solution” and The Hartwig’s book, “It Starts With Food”, are good places to start (see my book links below). Eating foods that constantly attack your body accelerates aging through chronic inflammation. Reducing external stress is another way to reduce systemic inflammation.

**Coping mechanisms.** By scaling back workloads and focusing on what is important to you, it is possible to reduce systemic inflammation. Also, make sure your exercise load is not adding stress to your life. Participating in activities that feed your soul and are fun are not forgotten and are played often.

**Quality sleep.** Sleep duration and quality (see the October 2013 issue of Peak Performance) are certainly two of the most important factors in the big picture. Sleeping well helps the body repair and rejuvenate and is therefore the foundation of good health.

Being past the peak of your capabilities should not get you down. Celebrate the possibility of creating productive situations in your health and movement status as long as you can. Be creative in knowing you can be a champion at something daily! Even if it is rest! I hope my suggestions of a good attitude, increased strength and finding positive lifestyle choices will be a guide in the path of satisfaction and fun as you move into your later years functioning at your peak – Strong, Healthy and Happy!

**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.
Don’t worry about the definition of “vim” and “vigor”; they were just “V” words which sort of went with the “versatility” in the title. But we all should have those two characteristics in our teaching and on snow performance and also apply them to our personal self-improvement. I first imagined this article to be more relevant for advanced skiers and riders in our clinics and in our own personal performance improvement. Tragically I am just a skier…the years slipped by silently as I vowed each season to learn to ride…next year for sure! Hope springs eternal. But even in my ignorance, I believe the concepts and maybe even specific exercises apply equally well to riding and skiing. But for simplicity, I will use the word “skier” to cover all snow sport disciplines.

Surely the goals in learning one of our snow sports are ubiquitous: 1.) be safe; 2.) have fun; 3.) balance while moving; 4.) change direction by turning; 5.) stop on demand; 6.) ride a lift; and, 7.) have even more fun. Even at the initial learning level, when teaching beginners we instructors should have in mind the concept of “versatility”, because to our beginning snow sport enthusiasts everything is new.

Versatility applies to the content and goals of our first lessons…we are teaching people snow sport skills, albeit very basic ones, which they certainly are applying in new, to them, circumstances and conditions. At more advanced levels of performance, versatility extends to cover a much wider range of performance challenges. The man most responsible for mentoring my improvement journey, Peter Howard, PSIA-E Examiner and Sugarloaf Trainer frequently spoke to versatility in performance during training sessions. I paraphrase that information imparted to an aspiring skier (me). 'A truly expert skier (or rider?) has the ability to effect any skill action on either ski (foot) during any phase of a turn, in any snow condition and on any type of terrain'. Run out the various possibilities…from 100% of balance and support on the inside ski and wrong edge during an entire turn to “leapers” where directional change occurs in the air with 0% weight on either ski, and everything else in between. Pick any other skill set and run the combinations and you are exploring the versatility dimension. Versatility also implies skill combinations which permit performance with confidence in all conditions: ice, crud, pow-pow, breakable crust, mashed potatoes, steeps, narrow chutes, trees, off piste, and on and on.

But, how can you increase your versatility when your winter venue (I got that from the Olympics) is a smaller mountain with limited terrain and pretty constant and superbly groomed snow? Can you become proficient in skiing moguls when all your skiing occurs on corduroy? Can you improve your ice performance when only groomed trails are available?

Others may well disagree; this is only a personal opinion, admittedly from a person who still has a long way to go on the Versatility Trail. But I believe you CAN IMPROVE all your skills on groomed trails; but, you probably CANNOT become proficient and truly “expert” in handling other snow conditions and trail features unless you actually get out and get in it; you have to ski the ice, crud, steeps, trees, moguls, etc if you want to become proficient in those conditions. OK, so you can’t become an expert in handling moguls….etc. Is JUST IMPROVING YOUR SKILLS A BAD THING? I give a resounding “NO” to that question. Any addition to your skills while on your improvement journey is to be treasured!

So how do we improve skill sets for ( fill in the blank ) when all we ski on is beautifully groomed corduroy on mellow terrain? The basis for improvement always goes back to the fundamentals of expert skiing…versatility…the ability to effect any action on either ski (foot) during any phase of the turn. To help us develop skill sets there are a plethora of exercises aimed at isolating the balancing, rotational, edging, and pressure management skills. “Focus on” may be better words than “isolating” as we all know these snow sport
skills are interrelated; you can’t work on one without also improving the others. I am thinking here of balancing...fore-aft and lateral; applying rotational torque and resisting torque produced by the snow or trail conditions; edging... applying more or less edge to the snow tool and doing so in a smooth and seamless way throughout turns or edging abruptly as a tactical decision; pressure management...just handling developing forces from turn dynamics as well as adding to or decreasing pressure on the snow tool; and, any and all of these actions during any phase of the turn.

All the PSIA/AASI educational materials, the SnowPro, and 32 Degrees all contain information about an incredible number of specific exercises for skill development. Our own Peak Performance, now in its 6th year, has numerous articles suggesting specific on snow tasks which focus on enhancing specific skills. I encourage you to read (and re-read) all the above material and then find a mentor at our mountain to assist in your improvement journey.

For the remainder of this article, however, I want to focus on a training concept which I believe is of special relevance for those of us skiing great “groomers” on pretty mellow terrain most of the time but who still want to improve our skiing and riding. I start with an observation; most of us, who are not expert, tend to ski or ride the same trail in the same way over and over and over. We tend to stay with familiar and comfortable turns and make them on the same side of the trails. We get lazy and mindlessly stay in our “comfort zone”.

So one of the easiest things to do is first become aware of just exactly what and where is “our comfort zone” and when and how do we thoughtlessly make tactical decisions about speed and trail right or left to keep in our “comfort zone”. In other words on at least some of our free runs we need to concentrate a bit on internal feelings and if skiing trail right “automatically”, (for example) then immediately switch to trail left and observe if we are “less comfortable”. Frequently non-expert skiers will habitually ski the tree side of a trail with their dominant leg on the outside of the turn by the trees. That is, people with a strong and favored leg tend to ski the trail side with trees making that leg the support leg when turning away from trees (trees on trail left-making a right turn away from the trees-left leg and ski on the outside of turn). Subliminally this can keep us in the “comfort zone” and quickly lead to habitual patterns of trail path selection. Maybe we are equally comfortable on either side of the trail, but I doubt it. Habitually most of us ski and ride in familiar paths at similar speeds from run to run. So too with turn size; it is just too easy to become comfortable making the same old medium radius turn all the time. On selected runs try to determine what you do “habitually” through attention to internal awareness of feelings, remember your slope position, and then on the next run, DO THE OPPOSITE whether slope side, speed, turn size etc.

With this concept of personal improvement you are making yourself turn (or select speed, or choose a turn shape and size) “where you have to” (in this case by choice) not where you “want to” (through mindlessly skiing habitual patterns of speed, trail side, and turn size and shape). Chutes, gun barrels, steeps, moguls etc. all introduce an element of “turn where you have to” not just where you are comfortable, so any of the exercises above which alter your habitual and comfortable turn pattern encourage a move toward increased versatility.

Grab a partner and instead of blasting down the hill, play Follow-the-Leader and switch leaders halfway down. Force yourself to turn exactly in the track of the leader. For us “aspiring experts”, this is not as easy as it sounds when you truly stay EXACTLY in the leaders tracks. We are each of different heights, ski on different ski lengths, have different turn styles, differing percentages of carve/skid in our turns, and matching someone else’s natural style forces you to alter your familiar and comfortable turn patterns (and perhaps trail side). Maybe this is a small thing, but when taken seriously, it develops “turning where you have to” and can improve all the skills necessary to permit following a leader. This is an addition to your “versatility score card” and can be done on any trail.

A similar free run exercise is to synchro ski or ride. Where you turn is not the point; make your turn happen exactly when the leader turns. Of course the caveat is that you shouldn’t pass the leader or lag behind, and just counting cadence should not be the cue for when to turn. The leader should turn when and where she wishes in a Peak Performance
free flowing, natural way; the follower must turn “when” the leader’s turn occur. With this exercise there are countless variations: change relative positions with your partner from being behind to being along-side the leader, while still maintaining the synchro timing; ski hour glass shapes; ski funnels; ski diamonds; etc; anything which alters the timing of turns initiated by another person which you must match. Notice the couple at right; the woman’s arms are a bit higher and her heel lift is less than her synchro partner. He will have to practice more, but should be given credit for his efforts. With these described synchro exercises you are breaking your “habitual” turn patterns. Similarly to Follow-the-Leader, I guarantee that most any other person with whom you ski or ride in these exercises has a different size, shape, and timing of turns than you do so that synchro-ing with them will expand your versatility.

Finally, go to the least steep, best groomed slope available and ski as slowly as possible, but with absolute precision of movement. Alternate wedge Christies with stem Christies…ski wedge Christies with late matches and then gradually move the “match” of ski earlier in the turn on each successive turn. See how slowly you can parallel turn without a stem or wedge sneaking in to initiate the turn. See how far you can hold a parallel turn “uphill” till you almost come to a stop but can still make the cross over to the next turn without that wedge creeping in. All of these exercises can be done on ANY easy trail at ANY resort. In fact several of these are best done on mellow groomers. The set of exercises, described in this paragraph, probably are most effective when you have a mentor as an observer to give you accurate feedback on the relative precision of your movements. It really is hard to self-evaluate and accurately observe your own movements of balance, edging etc. But in any case, as we all know, having a mentor with greater technical skill and experience is crucial on our improvement journey. I know at Sugar Mountain I have several mentors to whom I turn (pardon the pun) for honest feedback…we are fortunate here to have high level skiers and riders as trainers, models, and mentors. Ask any of them for assistance; I know they will help. I also know for those reading our Gazette at other resorts that you have a cadre of training staff and high level skiers and riders who are more than happy to be of assistance. Has anyone reading this EVER come across a colleague with more skills who refused a request for mentoring? I haven’t! We all are instructors and we love to see our colleagues as well as our guests improve. But remember: WANTING TO GET BETTER IS THE FIRST STEP ON THE JOURNEY!

To Ski or Not To Ski; That is the Question

By Jennifer Pinkus

Do you ever feel like you have a love hate relationship with winter time? You can’t wait for it to come, but then can’t wait for it to go? You are so excited to get on the slopes, and then so excited for the snow to melt so you can take a day off from skiing and make your house livable again? You love your new gear, but desperately need a day out of your boots? I have heard this called a passive-aggressive relationship with the Mountain or mountain town claustrophobia. I like to call it Ski OCD, or the One Up Syndrome. Here are some suggestions to help you cure this disease, as I promise it will snow next winter, and the next winter too. With that being said, I am writing this article because I still have not come to terms with this concept.

I have been a ski instructor in Vail for 18 years and couldn’t think of a better place to be. However, after a series of long ski bookings, and skiing on all of my days off, I become very grumpy if I do not take a day away from...
being on the hill. It is crucial for my feet, body, and soul. It is extremely hard to do, especially this year when we have been blessed with infinite amounts of white fluffy powder. However, sometimes a break from the mountain is essential in order to complete the season with a smile and a body that works. So, every month I force myself to go some place where there are no chairs, no tourists, and no commercials. I will spend the day cross country skiing, ice climbing in East Vail (maybe this is not for everybody), or just leaving the Vail Valley to drive down a different road where there are different people and different stores (The Dairy Queen in Silverthorne is great, along with The Grill in Leadville). I always find myself refreshed and better able to deal with my next ten days on.

Another great way to prolong the burnout is to do half days on, half days off. That way you get the best of both worlds. When I telemark, a half day is enough, and a bonus is that I get to change my boots. I ski fast (since I am often on the beginner chair) from 9-1, get fresh tracks if there are some to be had, and then have the second half of the day to relax and be productive. This way I get my fix, but get a half day break to rejuvenate. I get a half day to pay all of the bills, and do all of the laundry that has been waiting so patiently for the flurries to end and for me to stop feeding my addiction. It might take two half days to catch up, but that is okay because at least I am not missing a full day on the hill.

Finally, when you are getting to the point where you can barely walk up the stairs and you are popping Vitamin I (Ibuprofen) on a regular basis, get a massage. If you are in Vail, go to the VAC and ask for Felix. Pamper yourself. You can do this by night and still ski by day! Go to your local spa and get a local deal, after all you deserve it! Living in a mountain town where it snows all the time is hard work! Being a ski bum is taxing on the body! The least you can do is comfort your tired bones with an executive spa day. No lifting, no cardiovascular, just sitting in the hot tub, or lying in the steam room. Go to yoga, take a hot shower, drink some green tea, and forget about the slopes. Say your “Ohms” and dedicate your practice to recovering from your strenuous life as a
skiaholic. Do something that soothes you, mellows you out, and relaxes your body so you can go make up for missing a day tomorrow.

Mind you all this is easier said than done. It is one of those things you have to discipline yourself to do. You have to calculate just the right day, at the right time in your winter schedule, before you are out of underwear, and after you have worked yourself hard enough to deserve it. I know you feel guilty just thinking about taking a day off; someone might get more vertical than you, your favorite run will miss you. But, I guarantee the mountain will be there the next day waiting, and you might even get untracked powder that your other OCD friend did not! So get past the what ifs. What if it is a 12 inch powder day tomorrow? What if Joe is out there, he is really fun to ski with? What if they open chair 17 after it has been closed all week? What if, what if, what if you gave your body a day to recover! Trust me you will feel better, and no one will think you are a slacker. They will go ski your favorite run though. However, you will be back tomorrow, fresher, stronger, faster than before, and maybe, it will be a 12inch powder day!

Jen lives in Vail, Colorado with her dog Lucy. She teaches skiing in the winter and guides mountain biking and rock climbing in the summer. In her spare time she likes to take pictures and write children’s books about her adventures.

A Passion for the Sport

By ZT Whiteside
PSIA-E Alpine, Level III
Ski School Trainer

Having a passion for the sport of skiing is not a bad thing, especially for a ski instructor. I have had it for a long time and it has been growing continuously.

I remember where it started. It was at Sugar Mountain. The year was 1980. Mike Lamb was Ski School Director and he decided to conduct a 14-day hiring clinic. Sugar opened on Nov. 7, and as I recall, we had about 16 prospective instructors signed up for the clinic.

Even after 33 years as a full-time instructor and having participated in untold numbers of clinics (PSIA, US Ski Coaches, and in-house clinics at Sugar and Keystone), Mike’s clinic was the most enjoyable, enlightening, and memorable of them all.
We did everything. We worked on our skiing. We did mock lessons using each other as students. We had homework with required reading. We had pop quizzes. We did ability drills: hop turns, short swings, Javelin turns, long turns, stem turns, White-pass turns and the dreaded inside, inside, outside, outside drill.

“Hey Mike, why are we doing all this stuff, I remember asking? He smiled and said, “You want to be a ski instructor don’t you?"

The clinic was comprehensive. We studied about ski and boot design. We learned about ski tuning and repair and the history of skiing.

I recall coming away from those two weeks thinking, “Hey, there is more to this than I thought.”

At the end of the clinic, Mike had all of us sitting in the locker room and each of us was called into his office, one at a time. When I was finally called in, Mike told me that he knew how hard I had worked and how much I had improved but that he was sorry…

Then, he smiled and said, “Go pick out your ski school jacket ZT.”

I have never lost my passion for the sport and neither has Mike Lamb. He is currently East Coast sales representative for Atomic and Solomon skis among other things.

I was telling Mike just a few years ago about the effect his clinic had on me in 1980. Once again he gave me that smile and said, “I’m sorry ZT.”

It just goes to show how well Mike understands what having this passion for skiing does to a person. Sacrifices have to be made and your life has to be adjusted to feed the passion.

That is okay though, I would not change any of it. Many of the best times in my life have happened on or around the ski slopes. I’ve met many of my closet friends working at the resorts.

I cannot imagine that the last 33 years of my life could have been any better doing something else.

Thank you, thank you, thank you Mike Lamb. You are the best.

Both of the photos are from *Daily Mail Ski & Snowboard*, Feb/Mar 2003 issue, where ZT was featured when working at Keystone, CO.
1,000 Words about 1,000 Step Exercise, according to Witold

By Witold Kosmala
PSIA-E Alpine, Level III
Ski School Trainer

(Actually 1,366 words for now, but could be more.) 1,000 steps turns are not as simple as one may think, and the drill will change depending on how long a given ski is actually on the snow and what sort of skis and terrain is used. Also, the pressure as well as edge and platform angles affect the ski severely since all of it is applied to only one ski at a time.

1,000 steps drill has 1,000 interpretations and outcomes (OK, I exaggerated a little), but the most basic idea in them all is to make long-radius turns while simply stepping from one ski onto the other. Sounds simple, right? (There is one more little requirement usually placed on this drill, and that is that there should be some gain in elevation when a skier is near the transition.) So, let’s talk about it some and see why there might be a variety in demos.

If steps are performed quickly (trying to actually make those thousand steps, like 2 steps per one second,) and the terrain is relatively flat, (like a green slope,) then skis are relatively flat, speed is low and so are the pressures. Whatever the equipment is used, the outcome is pretty much the same among all skiers. The tracks in the snow will resemble those left by the feet as if you were making a turn on the dry land, see the illustration. Looking at the tracks you will see a diverging step on the inside leg and right leg is placed parallel to it. The inside ski should be always placed on the outside, the little-toe side edge.

However, there might be a very different activity and a different outcome when the terrain is steeper. It all depends on what side-cut radius skis are used. Here we are still talking about making fast steps, like 2 steps per second. So, if skis have just the right dimensions for just the right pitched slope, it is likely that you can make 1,000 step exercise simply by lifting each ski directly up from the slope and then putting it into its own track. If the step is fast enough, the tail of the ski will be placed where the tip of the ski was just preceding the step. As the result, looking back at your tracks, you will see clean railroad tracks. Note, this scenario rarely happens.

If the steps become longer and the terrain is relatively flat, then each ski can be steered leaving somewhat disconnected wide parallel tracks. In this situation there is not much divergence, if any, on the inside ski.

However, if the steps are like one step per second on a steeper terrain, the pressure will build and speed will increase, unless there is an excessive amount of skidding. Therefore, to prevent slipping skis and to continue...
turning, they will have to be edged at least at the moment when stepping on to the other ski occurs. When you start going toward the fall line, which skis love to do, you can easily edge outside edges of the inside ski before the fall line is reached. This part is not too bad since pressures did not get big yet. The only difficulty you might find at this point is anticipating the acceleration and executing a proper inclination into the turn. More difficulty comes toward the end of the turn, when you are going faster and pressures are bigger. Usually the outside ski is not a problem. The inside ski is, and it is a big problem if the outside ski is not properly edged. If the outside ski skids excessively, then stepping onto the inside ski will be an issue. The reason is that it is hard to transfer your weight off of a ski which gives no lateral support. And then, when finally the inside ski is stepped on, it will be flat on the snow and it too will start to slip laterally, resulting in difficulty of steering. Then, of course, things don’t get much better when you have to go back to the outside ski. The only improvement might be if that outside ski gets edged. If not, there will be no shape to the turn and definitely no gain in elevation at the end of the turn.

The above description indicates that to properly execute 1,000 steps, when steps are on the intervals of one step per minute, or on a steeper terrain, is that the outside ski has to be on the inside edge and the inside ski has to be on the outside edge. So, now, look what that scenario causes. Speed is higher and this drill changes its nature. It becomes very dynamic and somewhat confusing. The reason is that when you need to move from the outside ski to the inside one, you need to move yourself at a diagonal all the way over to the outside edge of the other ski. To do this, you will most-likely brace yourself and push off of the outside ski. This move is actually a skating move and a long one at that (since the inside ski is shaped and turns away from the center when pressured on the outside and you need to move toward the front of that ski.) The move does not look like you are simply stepping onto the inside ski. It looks like one-sided skating. It is a diverging move onto the inside ski (and body.) This is often performed by racers when they want to get up onto a higher line, or make a first turn when the speed is still low.

With the above description you can see why 1,000 steps might resemble 1,000 skates where more pronounced skating occurs and takes place on both legs, or perhaps might look like a shuffle.

Since 1,000 steps is usually performed on blue terrain, it is a very dynamic drill. Here are some reasons why one might want to use this drill.

1. When coaching skiers on a cold day, or when snow guns are making a lot of noise and talking through another activity would be pointless.
2. When a dynamic activity is needed. A super warm-up drill.
3. Skiers are restless and like speed.
4. This drill is appropriate for EVERY partially skilled skier since it enhances concepts of:
   - edging
   - creating platform on the outside ski
   - long outside leg
   - long leg/short leg
   - inclination
   - diagonal movement of the torso
   - strong inside half
   - solid outside edging of the inside leg
   - pressure control of one ski at a time
   - cross-over in the transition
   - independent legs
   - moving with the ski
   - diverging skis
   - early transfer of pressure to uphill edge of the uphill ski
   - stance width.
5. This drill is helpful in:

- eliminating unnecessary A-frame
- improving foot-to-foot movements
- improving lateral balance and a forward stance
- eliminating backseat position
- eliminating park-and-ride
- riding on an edged ski
- carving
- one-leg skiing
- eliminating a favorite turning direction
- improving flexion and extension movements
- speed control through turn shape
- eliminating Z-shape turns
- eliminating squatted skiing position
- staying in the fall line longer
- eliminating fear of fall line and speed
- proper body movements
- eliminating wedging
- and many others.

For more effective coaching, you should tell individuals performing this drill why you chose it and what concept they should concentrate and focus on. Since 1,000 steps drill pushes many skills to their limit, some other exercises should be perhaps performed first.

1,000 steps should not be used routinely as a fix-all drill. There are just too many things happening in 1,000 steps and focus might be lost. Often isolating a skill to be learned and prescribing a drill that deals especially with that desired need should perhaps be used instead. Furthermore, as in every drill, same with 1,000 steps, there are drawbacks. 1,000 steps should not be used if:

- a skier has problems with excessive divergence of skis in normal skiing
- shoulder over-rotation is the skier’s problem
- a skier needs to improve upper/lower body separation
- a skier needs to improve skiing into a counter
- a skier needs to work on short-radius turns
- a skier needs to improve cross-under
- and the list goes on.

Coaching

Guided Discovery

By Witold Kosmala
PSIA-E Alpine, Level III
Ski School Trainer

Guided discovery is one form of teaching. An instructor presents a topic for a group to explore and to come up with a conclusion. Sometimes instructor needs to seriously intervene in the direction that the group takes. Instructor should not expect group to rediscover skiing, should not expect the group to come up with correct conclusions, and instructor should provide correct answers when the process is completed.
Guided discovery is often fun because it is interactive, but some participants may wish rather to be told what the answer is instead of trying to discover it. Guided discovery promotes a thought process of the individuals in a group, but may result in incorrect conclusions.

Let’s suppose that most of the group members ski with 2 short legs. To address this issue, instructor asks the group whether long or short leg of a skier is more stable. After group went through some tasks trying to examine the situation, it is likely that the group will conclude that partially short leg is more stable since it can flex and extend when needed. The instructor should expect this conclusion coming from the group because they were probably skiing on short legs for years and became comfortable skiing that way. So, now it is up to the instructor to guide the group through proper drills which will make skiers in the group start to doubt their conclusion.

For example, the instructor can ask the group members to traverse a hill on one leg, once flexed and once standing tall. Unfortunately, even then, they might stick to their wrong conclusion simply because tall stance is new to them. Then, to make a stronger point instructor can move to another drill where they will traverse a hill on one leg by flexing and extending it while sliding, with hopes that they will recognize that the extended leg gives them more stability. But, sometimes even this drill does not reach the point. But, instead of throwing the towel in, (that is, hitting them with a stick), the instructor can ask skiers to take skis off and walk a straight line once being all squatted down and once being comfortably tall. This activity should clearly tip the scale.

Guided discovery is a difficult way to teach and might be time-consuming. Instructor needs to be prepared to deal with every situation that the group comes up while the group searches for the right answers.

Health Course

What is Juice Plus+?

By Witold Kosmala
and Lana Steen

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.

USA skier & Juice Plus Children’s Health Study participant from Reno, **David Wise** won gold medal in half pipe by reducing oxidative stress with good nutrition. **Wise** scored a 92 on his first run, putting him in first. Athletes endure extreme intensive training to perfect their skill, with all of the physically and mentally challenging training comes heavy stress to the body, this particular stress is called oxidative stress, this can be reduced and/or illuminated with a healthy lifestyle and the right nutrition.

Dr. David Phillips is a former All-American swimmer who specializes in Sports Medicine. He advises that we should consume more whole food nutrition to reduce oxidative stress – and emphasizes that exercising doesn’t mean it’s okay to eat anything you want.

Dr. Phillips states, “I can’t stress enough the critical role that the thousands of phytonutrients found in fruits and vegetables play in helping protect our bodies from oxidative stress and free-radical damage – not only as a part of normal metabolism, but especially during exercise.” Athletes tend to focus on macronutrition by loading on carbohydrates and proteins but Dr. Phillips tells us that micronutrition, which can be found in fruits and vegetables, is equally important for a fitness diet. He sees micronutrients as “the oil that makes your engine run” and explains that the body will break down without it.

Dr. Phillips recommends Juice Plus+ for athletes and people of all physical activity levels for better health and longevity. “Juice Plus+ helps ensure that we are giving our bodies nutrition from the best sources of micronutrients — nutrition that is essential for helping us we are giving our bodies from oxidative stress.”

Dr. Phillips was an All-American swimmer at Harvard, two-time USA Triathlon All-American (2004 and 2007) and qualified as a member of Team USA for the 2008 ITU World Ironman Triathlon Championships in Vancouver, British Columbia.

For more information about Juice Plus+ you might wish to attend Dr. Brown and Dr. Smith’s session on March 6. See the flier. You will be amazed to hear how Juice Plus+ effects human’s performance of every sort.

If you contact me, I can tell you how children can get Juice Plus+ for free and how Juice Plus+ has improved my own health. Call me at 828-719-6884, write me at Kosmalaw@bellsouth.net, or visit me on [http://witold.juiceplus.com](http://witold.juiceplus.com). You can find Lana Steen at 828-260-2088 with lanafitness@gmail.com.

**Peak Performance**
Dr. Mike Smith, Naturopathic Physician
& Dr. Matt Brown, Lifestyle Physician at High Country Proactive Health Present:

Streaming Live – “Matters of the Gut: Understanding the Challenges”

Michael Smith, N.D. is a practicing naturopathic physician trained as a primary care physician, with expertise in natural medicine. He has advanced training in Classical Homeopathy and Clinical Nutrition, which is the basis for his practice at Carolinas Natural Health Center. In his practice he works with people with conditions ranging from ADHD, autism, diabetes, autoimmune disease, digestive disorders, anxiety, depression, chronic fatigue, and pain. Carolinas Natural Health Center is the leading holistic wellness center of the Carolinas.

A leader among Naturopathic Doctors of the Association of Accredited Naturopathic Medical Colleges, Dr. Smith has gained national attention through interviews with national television and print outlets, as well as guest speaking at locations such as the Wake Forest Medical Center. He recently served as an adjunct professor for the Southwest College of Naturopathic Medicine. He is currently the president of the NC Association of Naturopathic Physicians.

Currently practicing hospital medicine, Dr. Matt Brown
• Is board certified and recertified in internal medicine
• Has an undergraduate degree from Emory University
• Has a Doctor of Medicine from the Medical College of Georgia
• Did his Internship at the Naval Hospital in San Diego
• Completed his Residency at Duke University Medical Center
• Practiced abroad serving in the U.S. Navy for five years
• Co-authored a number of publications in well respected medical journals, including Lancet.

Dr. Brown is an avid mountain biker and competitive road cyclist. In his passionate and uniquely humorous & energetic style, he delivers cutting edge information on nutrition and healthy lifestyle choices.

March 6, 2014 - 7:00 pm EST
Doors open at 6:30 pm

Come in person or watch online!

$5 Ticket: https://www.eventbrite.com/e/matters-of-the-gut-understanding-the-challenges-live-broadcast-tickets-10493469249

Harvest House Performing Arts Venue
247 Boone Heights Drive
Boone, NC 28607

Turn off of 321 in Boone onto Boone Heights Drive at Burger King. Venue is in Boone Heights Shopping Center on the left.
For information please contact: Witold Kosmala, 828-719-6884 KosmalaW@bellsouth.net
Or Lana Streen 828-260-2888 lana@fitness@gmail.com
Turn to Wisdom

• The measure of a man’s character is not what he gets from his ancestors, but what he leaves his descendants.
• The secret of contentment is the realization that life is a gift not a right.
• Those who bring sunshine to the lives of others cannot keep it from themselves.
• Don’t mistake activity for achievement. Busyness does not equal productiveness.
• It’s the little things in life that determine the big things.

Thoughts for the Month

• Based on the earlier covered discussion of 1,000-step drill, can you answer the following questions?
  ❖ Does 1,000 strengthen the outside ski dominance?
  ❖ How would you compare 1,000 steps to wedge Christies?
  ❖ What are main difficulties in performing dynamic 1,000 step drill and what progressions might you use to prepare the skier for better performance of 1,000 steps?
  ❖ How would you compare 1,000 step drill to 1,000 skate drill? Which drill do you think is easier to perform?
  ❖ There are 2 different types of shuffling: feet back and forth in opposing directions or shuffle both feet forward and back at the same time. How would you compare those exercises with each other and how would you compare each of them to 1,000 steps? Which exercise should be taught before the other?
• Does all of US observe the Daylight Saving Time? By the way, it begins in NC on March 9.
• What are the Northern Lights? Here are several photos from Gordon Carr.
Elaborations on last month’s **Thoughts for the Month.**

**Question:** Name a few things that differentiate recreational skiers from racers.

**Answer:** Where they ski, how they train, what line they take, what skis they use, what they wear, what their goals are, what terrain they ski, what technique they use, what their tactics are, ... Should I go on? Now, can you list some similarities?

**Question:** When do you pressure back of a ski boot, if ever? When do you pressure the heels, if ever? Is pressuring the back of the boot the same as pressuring the heel?

**Answer:** In normal skiing one should not pressure back of the ski boot. In skiing powder you should also not pressure back of the boot. That will create very unstable shovels. More appropriate in powder would be pressuring heels down to the bottom of the boot. Furthermore, pressure on your foot changes as the turn progresses, starting from the toes and going toward the center of the foot, not necessarily as far back as the heel, but perhaps it could. However, don’t get me wrong. There are times you will pressure the back of the boot, for example right before you come to a sudden rise “up” in the slope in order to avoid kissing the shovels.

**Question:** What sort of things can you observe in this photomontage of Ted Ligety taken by Ron LeMaster? See more great photos by Ron on [http://www.ronlemaster.com/](http://www.ronlemaster.com/)

**Answer:** Definitely a perfect turn with lots of great observations that can be made. But here is one that one might miss: each frame is different. Ted constantly moves, not just down the slope but adjusts his skiing according to the continually changing conditions.

**Question:** Below is Lindsey Vonn making a diverging move. Is that good or bad?

**Answer:** At this point she is pretty much done with her right leg. She transfers weight to the uphill ski before transition and seeks a higher line by hanging on to her almost completed turn. In previous years, on pencil shaped skis, racers were making a similar action by making a diverging *step* with the uphill ski. Here she is gliding on the diverged ski across the hill hoping to get good hook on it at just the crucial moment and spot on the course. It is Lindsey doing it, so it must be right.
This and That

ATTACHING TICKET/SLOPE PASS

Here is an important comment. When skiing on days when temperatures can change drastically during the course of the day, and guests might want to dress down perhaps at some point, you might need to advise them how to properly attach their ticket to their garments. This may save you a lot of time when taking your guest(s) on the lift. The instructions below are taken from Sugar Mountain’s website. If you are at another ski area, follow their rules for properly attaching their pass (or card.) Furthermore, at remind your guests that a lesson ticket is not the same as a slope pass. (By the way, do you know what the difference is between a lift pass and a slope pass?)

- Do not let ticket/slope pass get wet prior to attaching to wire. On particularly cold days, it's also recommended that you attach your ticket/slope pass inside the building.
- Always use a wire provided by Sugar Mountain Resort. Do not use any other means for attaching your ticket/slope pass, including zip ties.
- Remove and discard all old tickets and wires. ALWAYS use a new wire and NEVER place new ticket/slope pass over an older one.
- Detach yellow and black stub, if your ticket/slope pass has one.
- Fold ticket/slope pass in half at center.
- Attach new wire to parka, sweater or button hole on upper body. Not on gloves or hat.
- Remove backing from ticket/slope pass.
- Place wire at center of ticket and fold halves together.
- Press over entire surface to seal.
- This ticket/slope pass is VOID IF REMOVED or not properly sealed. If you need to change placement of the ticket/slope pass, do not attempt to do so yourself. The lift attendants at the bottom of each lift can assist you, or you may come to the Administration Office from 8am until 5pm for assistance.

PHONE SCAMS

The Centrex Office received word this morning of a telephone scam. The following is the text of an article that explains the scam. The article was written by Joseph Steinberg and published in Forbes (online).

“A scam that repeats itself in modified forms every few years is once again spreading throughout the United States. Don’t be a victim!

Criminals target people simply by calling them. Intended victims receive a call on their phones from area code 473 which rings once and then disconnects, thereby arousing the call-recipient’s natural curiosity – “who just called me and from where?” Sometimes the caller actually allows the phone to ring long enough for the victim to answer — after which the caller (or the caller’s robocaller system) makes groaning sounds or otherwise indicates that he or she is in distress and then hangs up, enticing the victim to wonder what is going on and call back.
If either of these happens to you – don’t call back.

While area code 473 may appear to be domestic, it is not. This area code was created in the late 1990s for the islands of Grenada, Carriacou, and Petite Martinique, which, like the United States, use country code 1. Calls placed to 473 numbers are international calls and can be quite expensive – and, because the criminals sometimes establish the number which the victim sees on his or her caller ID as a premium service number – the rate can exceed $20 for the first minute!

473 is not the only area code from which this scam has been perpetrated. Beware calls coming in from area codes 809, 284, 649 and 876, which like 473 are international, and are known to have been used for similar scams. Of course, if you do not have a calling plan that includes calls to Canada, there are many other area codes for which you could be billed international dialing rates, but so-called “one ring,” “ring and run,” or “dial and disconnect” scams are not typically perpetrated using Canadian numbers.

If you have voicemail – as pretty much everyone does today – there is usually no reason to call back missed calls from numbers that you do not recognize, regardless of the area code from which they originated. If a caller has something important to say, he or she can leave a message identifying himself or herself (or send you a text message). Don’t let curiosity get the best of you.

“Ring and run” scams are not new; when 900 numbers and pagers were popular in the days before the proliferation of the Internet and cell phones (it’s hard to believe that was less than a generation ago), criminals would page people asking them to return calls to such numbers. Eventually, people learned not to call back anyone with a 900 number. Likewise, until shortly before the turn of the century, the Caribbean islands using the American country code 1 all used the same area code, 809; scams were perpetrated, but, after a while, people learned to avoid calling that single area code. The latest crop of scams exploits the advances in technology – the implementation of many new area codes makes it difficult for most people to recognize what is a domestic number and what is not, and the proliferation of cellphones (rather than pagers) means that sounds of trouble can be played to victims, exploiting their caring about others in distress.

The criminals’ new tactic reinforces the need for people to be aware of international area codes within the US country code of 1 – after all, how difficult would it be for criminals to leave a voicemail claiming to be a collection agency, doctor, police department, or other “real sounding” party and ask the recipient to call back at some domestic-sounding, but international, phone number? How many people would likely fall prey to such a scam?

While 809, 473, 284, 649 and 876, may be the primary sources of the current danger, here is a list of (non-Canadian) area codes that are international. All but a few are relatively new, having been split off from 809 in the late 1990s.

Stay safe!”

This message was delivered by Appalachian State University’s Announcements service.

And here is my (Witold’s) added suggestion. A good voicemail message that you can leave on your phone is: “Can’t talk now, I’m on the slopes.”

SCORECARD

On the next page is a copy of a scorecard used by PSIA-E examiners when they evaluate alpine certification exams. This may help you in your preparation.
OLYMPICS

There was a record setting 88 nations that competed in Sochi Olympics. A total of about 3,000 athletes competed in 98 medal events.

Here are a few interesting links that Justin Grimes is sharing with us:

- www.youtube.com/embed/_9EueL18MII?feature=player_embedded
- www.youtube.com/embed/YS0DKzdW-bI?feature=player_embedded
- www.youtube.com/embed/ATHwtSp2SeM?feature=player_embedded
- www.youtube.com/embed/RZGWNYW_rfQ?feature=player_embedded
PSIA-E NEWS

Hello Region 7 Members:

The first of two Region 7 Meetings is scheduled for Thursday, February 27 at Massanutten Resort. The meeting will begin around 4:30 PM with refreshments in the Slope Sliders Room on the first floor of the lodge. The second Region 7 Meeting will take place at Cataloochee Resort in NC on Tuesday, March 4 at 4:30pm. Ty Johnson will host this meeting upstairs in the Cat’s Lair Building. Both of our meetings are being held in conjunction with several alpine and snowboard events at both resorts. Please plan to attend and participate in the discussions going on. This is an opportunity to ask questions you might need an answer to. If we do not know the answer we will make every attempt to find the answer for you.

Please feel free to contact Ty or me whenever you have a question or concern. We will make every effort to supply you with the information you desire. Have a great season.

Paul Crenshaw – Region 7 Director  pcrenshaw@massresort.com
Ty Johnson – Region 7 Representative  styckman55@gmail.com

Announcements

• 2015 Spyder Sample Sale began Thursday, February 27th at Sugar Mountain Sports. It is worth checking out new designs and colors of next year’s Spyder apparel, and it is available at super discounted prices.

Pet of the Month

Do you remember that weasel pictured last month? They look so very sweet. Here is another photo of one.
But, they come with some nice TEETH. The weasel family also includes stoats, polecats, minks, martens, skunks, wolverine, otters, and badgers. But, what about their personalities? Are they indeed deceitful, cunning and sneaky, like people that carry their name?

Below is Chris Anthony, a Big Mountain skier who is a Colorado native and longtime Vail resident. For a good portion of his life, Chris competed at an international level, including World Cup, as well as traveled as an athlete and on-screen personality with the Warren Miller Film Team. His website is www.chrisanthony.com.