Welcome back to Sugar 2010 – 11

Each of you plays an important role in the operation of Sugar Mt. Resort. Your most important function as a Sugar Mt. Instructor is to provide our guest with the safest, most enjoyable experience possible. Treat our guests with respect.

Safety, Fun and Learning

Instructor is primarily concerned with the safety of his or her students and tries to make the lesson fun, then learning will happen automatically. The first time you meet our guests, on the phone, in the parking lot, on the slopes, inside the Bear room, or outside in the meeting area for lessons. This is when we win our guests over. Ask questions, stress fun and good times throughout the lesson. Keep the mood light, make them laugh, and their experience will be more fun and memorable.
We retain only 10% of what we hear, but 90% of what we do. So do and show and have them do a lot during the time they ski and snowboard with you. At the end of the day with Bears or at the end of the lesson, wrap-up. Skier’s Responsibility Code. Know the Code! Fill out progress cards and give out buttons for the kids. Review skills learned in the lesson. Stress the importance of the next lesson. Sell the next lesson with yourself. Tell them how good they did, and give them a goal to come back to us. Good humor, courtesy, concern, respect and understanding for others is a two way street. You will be surprised how much easier and more fun your job will be. Again: Safety, Fun and Learning. Safety suggestions:

1. Always keep track of your kids.
2. Count the student number several times during the lesson.
3. Keep kids together at all times out of the mainstream of traffic.
4. Always wear gloves.
5. Wrist guards on all snowboarders.
6. Helmets on all kids.
7. The Bear program, first time on lift 2 instructors are with the group.
8. At all times instructors in front of our students, unless you see fit otherwise.
9. Whenever you start skiing or snowboarding always check uphill for oncoming traffic.
10. Never dismiss your class until you are at the bottom of the mountain.

From the Top

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

Now that we heard from our Director, we are ready to get started. As Len says, we all need to stress safety, on and off the mountain. If our guest ends up in a hospital, or worse, we are certain they did not have a good time, and chances are that person and their friends will never come back to Sugar. They might never even go anywhere else skiing or snowboarding. Period. Their accident messes it up for the whole snow sports industry. And if that happened in your lesson – you are not getting your tip.

We must care about our guests more than they care about themselves. Our caring has to come naturally. Did you ever try to teach someone to care? That is one very difficult task. But, we are a very caring group of people for whom caring for other’s safety flows through our vains. We just need to focus on that often.

Many things can be done to keep a safety factor high on the mountain, and one of them is our quality skiing and riding. I strongly encourage you (and myself) to take every opportunity you can to take advantage of training sessions available at our mountain, to train and cross-train whenever possible, to obtain a quality equipment which your life will depend on, to practice self-imagery, and to read materials available to you on technique needed for quality performance like the one you are reading right now. It is my hope that this publication will help you in many ways. Remember that all previous issues of Peak Performance are posted and downloadable from my Web page found at:

www.mathsci.appstate.edu/~wak/.

I also hope that you will choose to contribute to Peak Performance by submitting the articles and other information to me at:

Kosmalaw@bellsouth.net.
Remember that *Peak Performance* is designed for us, Sugar Mtn. instructors, but it also travels to many different places, some of them very distant, on other continents. The bigger the circle, more learning goes on. I hope you will enjoy this publication nicely arranged by my son Konrad, and I hope you will have the best season you have ever had.

## Education

**It’s Not Job One (or Even Job 2!)**

*By Gordon Carr*

*PSIA-E Alpine, Level II*

We all focus on teaching our beginner guests the ski and snowboard skills necessary for them to enjoy the winter sport we all love so much. But instructing about the basic equipment, initial balancing muscle movements or foundational turning and stopping skills should not be our primary (in the sense of first) concern. As the title foreshadows, perhaps teaching those skills is not even our second overarching focus! What, then, are those more important snow sport goals on the learning list? I propose the top goals are: BE SAFE AND HAVE FUN, FUN, AND FUN. If safe participation in snow sports is not our constant and overarching goal, beginning guests, already perhaps a little anxious and fearful will quickly wonder if we *really* care about them. After all, “this snow is cold and slick, these slopes are pretty steep, and what about all those trees along side?” If you don’t feel safe learning a sport, you don’t do it! And to paraphrase all the PSIA/AASI children’s manuals, but equally applicable to ALL our “newbies”: IF IT AIN’T FUN, IT’S NOT WORTH DOING! In past seasons, I have seen and heard all of us in the Sugar Mountain Ski and Snowboard School greet guests and include the FUN factor while we are going through the learn to ski and board gig. There is a lot of laughter floating around the Magic Carpet slope and that is as it should be. So FUN will not be part of the theme of this article. But the primo goal, BE SAFE, will be the focus. I am going to relate a short story, totally true, but still, to me, unbelievable that it could ever have happened. I hope it will illustrate the subtle possibilities for teaching safe practices lurking in the shadow during our lessons and also point out some very easy ways to keep safety as Job 1 without taking time away from on snow skill learning.

Several years ago, at another resort, I was assigned to teach a group of five people for 1 ½ hours at the Blue/Black level (old level 6 or 7.) As always while waiting for the lineup groups to be constituted and then released, I went through introductions, team building, AND questioning folks where they had been skiing, what were favorite trails, what, if any, learning goals they had for the day, etc. All this was a way of checking whether anyone had overestimated their ability and experience and perhaps would be more appropriately assigned to a lower level class. If all truly were “beginning experts”, we were headed to terrain for the lesson which would be frightening and potentially dangerous to a less experienced beginning intermediate level skier. Fortunately, we were going by way of two lifts, the first onto beginning terrain, which “cat walked” over to another chairlift servicing Blue and Black trails only, so I’d have an opportunity to see the group members skate down and then up to the second lift. This would give me another shot at assessing actual on snow ability and the available green trail was a fall-back, bailout if needed.

It was an afternoon lesson and all members of the class talked knowledgably about specific trails and conditions, which I knew to be accurate reflections of actual morning conditions. I mentioned some potential trails for the lesson terrain and all claimed to have skied them that morning (they were popular Blue trails with short “black” challenges and were in great condition that day.) Skiing experience for folks in the group ranged from 8 to 30 years, so I was fairly comfortable with the collective “fit” of my group to the trail system I was going to use for the warm-up and then lesson.

So there we were riding the first double chair, which serviced green terrain… a fairly old clunker, but user friendly with a green exit ramp at the top. With 5 in the class, I took the last chair of the group accompanied by one of the class and was just chatting away with her about her past lesson experience, current self assessment of her abilities, and what hurdles she might hope to conquer either today or in the near future. I was happy as a clam or fat pig in the sunshine… take your pick. In either case, I was really looking forward to this class… I already sensed cohesiveness among members and a beginning trust developing between them and me. Using different words, they all said they wanted their...
nervous anxiety, and if there, I know the fear will have to be addressed before the lesson is over. I will insure the guest, ride?” They answer. Then I say, “Let’s have you ride the other side then.” I watch for signs of any serious fear or friendly as here! In private lessons, in a light and joking way, I ask the guest, “What is your favorite side of the chair to hear me say some Western resorts have SIX PERSON chairs with loading and offloading not being as casual and sides: left, right, middle; Sugar Mountain guests who are heading out West later in the season are frequently shocked to probably would have avoided a broken wrist. Ever since that experience, I always insist people ride all combinations of panorama and in obvious pain, she exclaimed, “I can’t believe this! It was nobody’s fault except my own. I can’t believe this! When we got to the top, I realized this was the first time EVER I had ridden on the left side of a chair and I panicked and didn’t let go of the support pipe with my left hand and it spun me around. I just fell on my arm! I can’t believe I did that. (In self awe) I can’t believe I’ve never ridden the left side of any chair lift. I just panicked!” All this while I was trying to ensure her further safety, comfort her pain and anxiety, direct the class to a safe waiting place close by and get relevant details and witness statements for my accident report! Ski Patrol was on the way; the Liftie had called. Not only had Shirley skied the mountain, she stated she had ridden this chairlift many, many times! So, what is the moral to the story? It was an eye opener for me and I realized how easily it would have been for an instructor in the past just to insist that ski lesson chair mates simply alternate riding sides. A short verbal statement to the class, “Hey guys during the lesson make sure you alternate chair sides on the rides up” would have prepared Shirley, and probably would have avoided a broken wrist. Ever since that experience, I always insist people ride all combinations of sides: left, right, middle; Sugar Mountain guests who are heading out West later in the season are frequently shocked to hear me say some Western resorts have SIX PERSON chairs with loading and offloading not being as casual and friendly as here! In private lessons, in a light and joking way, I ask the guest, “What is your favorite side of the chair to ride?” They answer. Then I say, “Let’s have you ride the other side then.” I watch for signs of any serious fear or nervous anxiety, and if there, I know the fear will have to be addressed before the lesson is over. I will insure the guest, even if they retain a “favorite side,” will be competent and comfortable riding any side of the chairlift. A quick relating of the above story during the chair ride and everyone does a big “Oh!” and “gets it.” This is stuff that is almost self teaching once attention is brought to bear. And addressing chair loading and offloading does not take away from on snow time for teaching skills. But it is a serious safety skill which the guest will have learned if only you view the chair ride up as something more than break time or a chance to chat up a guest. I thought Shirley was the unusual person about “sides” of the chair… the odd man out, so to speak. But when, that evening, I told my wife about the accident and how unusual I thought it was that a person had skied 28 years and NEVER ridden the left side of any chairlift, she looked at me and said, “I have a favorite side… haven’t you noticed when we ski?” Duh?!? Now I have! (We since corrected that lack of attention!)

What else makes for safe snow sports?: The RESPONSIBILITY CODE. Somebody will have to tell me how the acronym CLOVER translates as a memory aide for the code, I never can remember. But I just use a goofy sentence with visual image to remember the key points “Control People ahead Obstruct Uphill Runway Restricted areas, Ride safely.” I refer to the existence of the entire code, point out where to read it, but then I teach the 4 points most immediately relevant to beginners and any new skiers riding the chair with me. Always ski in control within your level of ability, and if you do have an accident with another person, you MUST stay on scene until the Ski Patrol arrives if any injury has occurred. People downhill from you have the right-of-way, and you must avoid them. But also, whenever starting downhill after a stop or when merging into the trail you MUST YIELD to others already on the trail even when they are “uphill” from your position. So, always look uphill before you merge into the trail and do not pull out in front of someone coming down the hill. And finally, chair rides are a great time and offer great visual perspective to point out places where NOT to stop when skiing or riding on the visible trails below; places which would either obstruct the trail or put you out of sight from those coming down from higher on the trail. This chair time discussing safety issues doesn’t take away on snow time for getting the gang moving to develop their balancing muscle movements. In group lessons I’ll sometimes quiz the class on why a particular area would not be a good place to stop. This begins to let them know I am always thinking of “safe” trail maneuvering and maybe they should too. Teaching safety and ensuring competence in chairlift riding doesn’t have to turn your lessons into lectures. But it is important that you set the tone for serious attention to safe on-trail practices. That is JOB ONE for snow sport Pros.

BE SAFE AND HAVE FUN
Online registration for Eastern Division events is NOW AVAILABLE!

To register online, go to our division website at www.psia-e.org/ev/schedule. There is a “Register Online” button on the home page that goes directly to the sortable schedule page. You can filter events based on event name, location, discipline, level, and more! Once you choose an event, scroll to the right and click where it says: Click here to register online!

In the process, you will need to log in at the national site, which means you will need your member number - which is your default username and password, if you have not changed it. From there, it walks you through the steps of registration, and when you are done, you will get 2 confirmation e-mails automatically from the system. You will later get an e-mail from the Eastern Division office with your registration details and more specific information.

Time to Go “Up 10 in ’10-’11”!

Season-long membership and events promotional campaign offers free membership, education & merchandise prizes as incentives!

At the June 2010 Board of Directors meeting our executive director, Michael Mendrick, proposed a new promotional campaign to help us boost both the number of new members we attract into our organization as well as the number of members that attend events and exams during the season. As such, the “Up 10 in ’10-11’” campaign was born. The title refers to the goal of increasing our new members and event registrations by 10% in 2010-11 vs. 2009-10. Last season we saw 1,265 new members; this season we’re shooting for nearly 1,400. Last season we had 6,200 event registrations; this season we are targeting 6,800.

How the “Up 10 in ’10-’11” campaign will work:

This is a campaign whereby you, our existing members of PSIA-E/AASI, will personally promote and recruit colleagues – who are non-member snowsports instructors - to join the organization. For playing the role of “sponsor” to the new member, as the recruiting member you will be eligible for various levels of incentives. Prizes include such great incentives as:

- Free divisional and national membership for a year
- Free registration to ProJam (or $400 in education dollars for the event of your choice)
- 40” high def LCD TV’s
- Ipod Touch
- Netbook computer
- Blu-Ray players
- BOSE sound systems
- Digital camcorders & cameras
- GPS systems
- $100 gift cards for Best Buy, Barnes & Noble & more
- Dozens of other options to choose from!

There are prize incentives for individual members, education staff members, snowsports school directors, area reps and volunteer leaders.
Alpine Level II and III Written Exam Now Online

The former alpine written exam will now be given online. This new online exam, which tests the teaching, technical and professional knowledge of a ski teacher is now taken as the first step to the exam process for the Alpine Level II and Level III exams. All other discipline written exams will be administered this season as they were last year. The AASI, Adaptive and Nordic Steering committees are reviewing and considering the online exam process for the future.

Members who wish to pursue their Alpine Level II or Alpine Level III certifications this season will be required to pass an online Professional Knowledge exam prior to registering for Part 1 of the exam process. This online exam takes the place of the written exam, previously administered in the afternoon at the Part 1 exam. The online exam consists of 50 randomly selected, multiple-choice questions and will have a time limit of one hour. A candidate will be well prepared for this exam if they are familiar with the information in the Alpine Exam and Study Guide and the required reading listed at the end of the manual. A candidate will have two opportunities to receive a score of 70% correct or higher to be successful. If the exam candidate fails the written exam twice, they must take an education course prior to future attempts. The required education course will be selected by the Director of Education & Programs or the Education/Certification chairperson upon review of the failed exam.

To register for the online exam, members complete a standard event/exam application. Your Snowsports Director Signature is not required to process the online exam registration. All exam applications including this one must be mailed or faxed to the PSIA-E office. Exam registrations cannot be done online. Once your application is processed, you will be sent a link via email to take the online exam. The 60 minute time limit begins after you accept the terms and conditions online.

Should a member require special arrangements for the exam, or does not have access to take the exam online, arrangements can be made through the Albany Office by contacting the Education and Programs Department at: 518-452-6095.

* Your Snowsports Director Signature is required to process all other exam registrations. Please refer to the Alpine Exam & Study for further information on exam procedures and qualifications.

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Equipment Turns

Laying Down the Baseline on K2 Snowboards

By Scott Squires and Mark Embler
K2 Ski and Snowboard Sales for Southeastern and Mid-Atlantic US

The big talk in K2 Snowboard this season is their Baseline Technology. The concept of baseline refers to where the board makes contact with the snow. Where the contact takes place at the nose, middle, and tail of the board make up each baseline’s profile. K2’s main goal with their six different baselines is to deliver a stable platform underfoot for the
rider. The six different baselines are each individually designed to by adding varying amounts of rocker to fit the style and needs of all the different types of riders on the mountain. K2 offers a baseline for the urban jibber to the first year rookie all the way to the backcountry powder hound. This article will give you the low down on K2’s Baseline technology.

**Camber:** Camber is your traditional board profile. Designed to give you solid power transfer while in the turn and a nice springy suspension to get you from edge to edge. A traditional camber board is going to give you that extremely stable platform and strong edge hold while riding in any condition. Great for any rider looking to keep the tradition alive. Traditional camber can be found on the women’s GB Pop model.

**Flatline:** This profile was demanded by the riders of K2. They wanted a stable, preloaded, and turn-ready style profile that they could take in any condition. Completely flat from contact point to contact point this profile gives you the best of both worlds. You get the quick response and strong edge and the smooth, more stable feeling underfoot. Not having any camber in the design makes the board not have that springy feeling found in camber. When you’re in the park you’re going to get that smooth flex and preloaded pop, when you’re on the groomers you will get that strong edge hold and really be able to rock this thing edge to edge. The Flatline profile can be found on the Zero, Slayblade, Believer, Darkstar, and Fling.

**Catch-Free Rocker:** The Catch-Free Rocker was designed for the progressing rider in mind. This profile is 95% flat and just 5% rocker. The rocker on the tip and tail makes the contact points come in a little bit closer to the bindings which makes the turn-initiation unbelievably easy. Also by moving in those contact points and bringing up the tip and tail a bit the board becomes “catch-free” while working on your riding. This design is perfect for that progression rider really looking to perfect the basics of riding. It will make the board easier to turn and less likely to toss you down the hill. You will find the Catch-Free Rocker on the K2 Brigade, Anagram, Moment, Kandi, Mini-Turbo, and Lil’ Kandi.

**Jib Rocker:** Jib Rocker is designed to cater to our more jibtastic riders. Being 80% flat and 20% rocker makes this design perfect for all freestyle riders. Just the right amount of rocker on the tip and tail allows the board to be extremely catch-free and really give it that loose, buttery feeling for keeping that smooth style intact. The ratio of flat to rocker also gives you great pop and strong edge hold while engaged. This rocker is going to give you confidence in the park and all over the mountain and your riding will show it. To taste the buttery goodness check out the K2’s new Fastplant, Parkstar, World Wide Weapon, VaVaVoom, and Vandal.

**All Terrain Rocker:** The true all mountain rocker design is going to be taken care of by the All Terrain Rocker. This 70% flat and 30% rocker directional design is great for the all mountain freerider who wanted to add a little more versatility. This design is going to have a low rise in the tail for less tail hook and a medium rise rocker in the tip for easier turn initiation and more performance in all snow conditions. Designed to be taken anywhere from the hardpacked greens up to the double-black tree run with a foot of fresh powder, the All Terrain rocker gives you the true all mountain rocker design that you have been looking for. Check out K2’s Turbo Dream, Raygun, Eco Pop, and Lunatique.

**Powder Rocker:** The powder rocker from K2 is going to be the largest and most noticeable base profile from the K2 line. Found solely on the K2 Gyrator, the powder rocker is designed for exactly what it calls for... POWDER. This profile is 50% flat underfoot and 50% rockered up on the tip and tail. The design gives you the ultimate floatation will in powder of any depth while still giving you the performance needed to hit a few groomers as well. Not only does the profile make up the baseline but with the Powder Rocker K2 also stiffens up the tip and the tail for added stability while charging through the pow. So if you have a taste for some deep powder then you should definitely check out the K2 Gyrator, here to make all your powder dreams a reality.

**Health Course**

We thank again Danica Goodman, who is a videographer, photographer, layout and graphic designer who freelances for several of the area magazines and newspapers, including All About Women and The Avery Journal-Times, for sharing her knowledge with us. Health is a big part of snow sports professionals who need to stay on top of the weather, strength, and public. Danica, thank you again for your help.
HEALTH BENEFITS of GREEN FRUITS & VEGETABLES

**Kiwifruit** is packed with potassium and vitamin C. Often it is reported to have a mild laxative effect, due to its high level of dietary fiber. Aside from being a good source of copper, magnesium, vitamin E and manganese, it also contains inositol, serotonin, and the protein-dissolving enzyme, actinidin. It is one of the best natural sources of lutein and zeaxanthin, two carotenoids associated with fighting age-related macular degeneration. Kiwi has been found to be one of the most nutritionally dense fruit.

**Broccoli** is a highly nutritious vegetable containing over 20 vitamins and minerals. It is an excellent source of folate and dietary fiber, as well as potassium, calcium, B vitamins and other essential nutrients. In addition to its sulforaphane content, which aids in increasing the levels of enzymes that block cancer, its indole-3 carbinol content has captured the attention of those looking to prevent hormone-related cancers including those of the breast and prostate.

**Kale** contains the highest antioxidant level per serving among fruits and vegetables. This means that kale is the top fighter in the combat against free radicals that are responsible for medical conditions including cardiovascular diseases, cancer, mental capacity and aging. One cup contains an astounding 9,620 IU of vitamin A and 1062 mcg vitamin K. Vitamin A has been shown to promote lung health—beneficial for patients with emphysema. In addition, people who eat vitamin A rich foods have been found to less likely develop skin cancer.

**Cucumbers** are a great source of vitamin C and are packed with molebdenum—a mineral that reduces the symptoms of allergy and helps prevent anemia by enabling the body to use iron. In addition to its vitamin A, D and E contents, this watermelon relative also contains vitamin K, a nutrient required to make at least three proteins essential for bone formation. A cup of cucumber contains 149 mg of potassium.

**Asparagus** is a member of the lily family and is packed with nutrients. It is an excellent source of vitamins K, C and A. The juice is effective in reducing the blood acidity by cleaning muscle tissues. Its phytochemicals produce an anti-inflammatory effect that is beneficial in arthritis and rheumatism. It is helpful for diabetic patients, as it helps control blood sugar levels. Also, it is a good body detoxifying agent. Not only is it beneficial for pregnant mothers for its folate content, it is good for nursing mothers because it helps stimulate milk production.

**The avocado** is known as one of the most nutritious fruits. It is famous for its cholesterol lowering benefits due to its oleic acid content, an omega-nine fatty acid. It contains twice the potassium of the banana and is packed with dietary fiber, vitamins E, K and B6, the busiest vitamin in the body. With more than 25 essential vitamins and minerals, it has been named as one of the nutrition superstars!

The green color of fruits and vegetables indicates the most nutrient dense and highest antioxidant content among produce. Other nutritious green plants include: cabbage, green bell pepper, bok choy, zucchini, celery, arilke, spinach and green beans.
Strong or Powerful, Revisited

Plyometric Exercises

By Witold Kosmala
PSIA-E Alpine, Level III

In the previous issue of Peak Performance we challenged the reader with difference between strong and powerful. In snow sports we want to be powerful. This quality can be developed without making yourself bulky. The off-season is a good time to work on the power that you will need on the hill. That’s what dry-land is for. The power building exercises are called plyometric exercises. Plyometrics are designed to help a person produce fast, powerful movements, and improve the functions of the nervous system. Plyometric movements, in which a muscle is loaded and then contracted in rapid sequence, use the strength, elasticity and innervation of muscle and surrounding tissues. Plyometrics is used to increase the speed or force of muscular contractions, providing explosiveness. We do these exercises so the muscle will generate as strong a contraction as possible in the shortest amount of time. Plyometric contractions involve first a rapid muscle lengthening movement, followed by a short resting phase, then an explosive muscle shortening movement. Plyometric exercises use explosive movements to develop muscular power. Plyometric training acts on the nerves, muscles, and tendons to increase an athlete’s power output without necessarily increasing their maximum strength capacity.

The most common plyometric exercises include hops, jumps and leaps. Popular plyometric exercise is jumping off a box and rebounding off the floor and onto another, taller box. These types of exercises increase speed and strength and build power. Another jumping exercise is hopping across the line. A variation of this exercise is to hop off of the right foot while standing on the left side of the line, and landing on the left foot on the right side of the line. Other exercise is to draw two crossing lines with a sidewalk chalk and jump from one square to another. Choose your own pattern. Or draw a long straight line with short lines crossing it every 2 feet, or so. Now, jump with both feet across the line at a diagonal so you land on the other side of the line but in the next square up. This gives a forward movement in addition to the lateral jumps. Can you see yourself skiing as you do this drill? And of course, never forget the jump rope. You can have fun with it and a good exercise at the same time.

Stadium stair workouts are other examples of plyometric exercises, which are outstanding for snow sports enthusiasts and professionals who want power. Running steps improves muscular endurance. It helps strengthen both the larger and smaller muscle groups in your lower body and core, and challenges your heartbeat as well. Here are some workout suggestions.

Warm up by walking up and down 90 or so steps twice. Next trip up bounce gently from one step up to the next. Next trip do the same but lift your knees as high as possible, thinking that the steps are very hot. Next trip up walk every other step. Then perform walking lunges reaching with your legs every other step, (just don’t hit your knee on the step that you are skipping.) This helps build strength without spiking your heart rate. Next trip up just run all out every other step. Remember that the workout is not over until you hop up the stairs on 2 legs, then on each leg separately. And then, of course, you should take a break and do it all over again. Don’t forget to stretch gently between each trip up the steps, and use your trip down as a rest.

Stadium stairs are a fun and effective way to condition in-season or off-season. Your lungs and legs will become more conditioned. The outdoor stairs as well as bicycling when temperatures are low will also condition your lungs for winter sports.

Backward running is good you have hurting shins. Alternate sides when looking back over your shoulder to prevent neck cramps. Workout with a forward-walking/running partner, if possible.

Running and swimming in the water is also a perfect type of conditioning, but it gets away from the topic of plyometrics. Let me just say that in addition to increasing the resistance of movement, being in the water decreases the stress on your joints, while increasing your range of motion. Because there is no impact, an injured athlete can train in the water and remain fit while injuries heal. An uninjured athlete can use water running and swimming as a low-impact cross-training method, similar to bicycling.
In plyometrics, make sure you develop a safe landing technique. This means, land softly on the toes and balls of your feet and roll to the heels. Landing like this helps dissipate the impact forces on the joints. The other key to proper landing is to avoid any twisting or sideways motion at the knee. Few key warnings:

- Warm up thoroughly
- Start slowly with small jumps and gradually build up
- Land softly and absorb the shock
- Rest adequately between drills and stretch
- Stop immediately if you feel any pain in your joints
- Use footwear with plenty of cushioning
- Perform exercises on soft or cushioned surfaces only

**Turn to Wisdom**

- A wise man learns by the mistakes of others, a fool by his own.
- The first step in the acquisition of wisdom is silence, the second listening, the third memory, the fourth practice, the fifth teaching others.
- It’s amazing what you can accomplish if you don’t care who gets the credit.

**Thoughts for the Month**

- In quality skiing, we should always try to have shoulders parallel to the slope; true or false?
- In quality skiing, both legs should be always parallel to one another, except one bend more than the other; true or false?
- In quality skiing, both skis should be always parallel to each other; true or false?
- In quality skiing, while performing railroad tracks, tracks of both skis should be always parallel to each other; true or false?
- *White* is another very meaningful color, or is it lack of color? What does it mean to you?
- How many ski areas are there in North Carolina? Can you name them all?

Elaborations on last month’s **Thoughts for the Month**.

- When does a skier use exclusively a lateral movement while skiing? The answer is: practically never. One would use it while standing across the fall line in order to edge the skis to prevent a sideways slip. Side-stepping is not usually in motion, and if it is, then one would not use exclusively lateral movement. Perhaps when one slides slowly in a traverse in a passive, non-intentional way, then there would be mostly lateral motion to prevent side-slipping. But if the traverse is intentional, then there is a diagonal move as well. If a boot is too soft, the ski will not feel adequately the forward and diagonal moves, which are present practically all the time. As Doug Washer says, as well as the rest of us, it is true that edging is the key beneficiary of lateral stiffness of a boot. But, in skiing, we need other moves in addition to the lateral ones.
• “Z” shaped turns do not slow the skier down as much as a skier thinks. This type of a turn makes a skier ski with a very irregular speed. The diagonal straight run, no matter how long, speeds the person up to an uncomfortable point. Then, a sudden push with the tails brings a skier across the hill and thus scrapes the excessive speed. And then the next turn does the same thing. It is not necessarily because a skier is afraid of the fall line. It is a result of an incorrect body movement which results in a very late edge change.

• Rounded “C” shaped turns make a skier go with a more uniform speed. It is not true that the skier stays longer in the fall line skiing these type of turns, since there is only one point in the shape of a “C” that is straight down. A skier skiing in a shape of “C” actually scrapes the snow at all times keeping the speed down (yes, even before the fall line), not just at the bottom of a turn. There is no “flat” spot during which the speed grows like in a “Z” turn.

• Blue is indeed a fascinating color. But why talk about it here? Skiing and riding is surrounded by life, and the color blue is a big part of it. (Perhaps we should wear blue jackets?) Besides, it is a cooling color, color of ice, deep water, and sky that surrounds us. It represents vastness. Blue is associated with depth and stability. Almost everyone likes some shade of the color blue. According to studies, it is highly accepted among males. More people claim blue as their favorite color than any other color. Blue cars have been among the top selling cars for decades. Blue denim is the most common clothing material in the western world. Blue is associated with freedom, strength and new beginnings. It symbolizes trust, loyalty, wisdom, confidence, intelligence, faith, truth, and heaven. Blue suppresses appetite. It is calming, especially the light blue, which is associated with health, healing, tranquility, understanding, and softness. Dark blue represents knowledge, power, integrity, and seriousness. Blue is also the color of protection. Blue, is a color of authority. Blue is power. Blue can also mean many things:

**True blue** is someone loyal and faithful

**Blueblood** is a person of royalty

**Blue ribbon** indicates the winner, a first rate performance

**Bluestocking** is an intellectual person

**Baby blues** indicates blue eyes in a baby, or a post-partum depression

**Bluebook** is a listing of socially prominent people

**The Blues** is melancholic music very popular in Louisiana

**The blues** is however, a state of depression or sadness, similar to feeling **blue**

**Into the blue** indicates entering the unknown

**Out of the blue** indicates the unexpected

**Once in a blue moon** is something that happens rarely

**Blue in the face** indicates a very long action

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![Vastness of blue](image)

![I have never seen one of these behind me, have you?](image)

![South Korea Police has Lamborghini Diablo VT, ¼ million dollars, over 500 hp. They do however admit that radio is still faster.](image)
Announcements

- Sugar Mountain opened for skiing and snowboarding on Saturday, November 6. This opening date is three weeks earlier than last season and just one day shy of Sugar's earliest recorded opening on November 5th back in 1976. Historical opening and closing data as well as recorded annual natural snowfall can be found at www.skisugar.com/press/stats.


- Don’t miss the Consumer Demos at Sugar during the SugarFest Dec. 11 – 12. A great chance to demo new equipment.

- Appalachian State University Ski Team and Snowboard Team is having their annual Swap Shop until Dec. 3 in the Blue Ridge Ballroom of the ASU Student Union, 10 – 5 daily. Cheap skis, snowboards, free tickets, winter clothing, goggles, gloves, everything you can think of you need for this winter will be for sale super CHEAP by the ski team! You can also bring things that you wish to sell and they will help you do just that.

- Don’t forget to look at the Event Schedule by PSIA-E/AASI and start planning for your event. There are a number of them offered in our area, including Sugar Mountain itself.