Welcome back to Sugar Mountain Resort

We are by far the strongest coaching, skiing and snowboarding school in the Southeast. Each of you plays an important role in the operation of Sugar Mountain. Your most important function as a Sugar Mountain instructor is to provide our guests with the safest, most enjoyable experience possible. Treat our guests with respect. Guests are not an interruption to our work – they are the reason we are here. Anything less than this will not be considered acceptable regardless of how well you perform your physical task.

It is your bag of tricks that you put together that makes you a good instructor. Here at Sugar we have the best trainers and coaches “anywhere.” The more you learn, the better coach you will be. I try to be open and learn every day. “Earn your rainbow each day”

1st color – red. In the morning get out of bed, get dressed, brush your hair and teeth, eat breakfast, drink water, get to work on time.

2nd color – orange. Have your “pass,” boots on and ready on time for the first lesson.

3rd color – yellow. Before you get your first class or Bears, have a plan where to go and what to do. Know snow conditions where is the best place to take your class.

4th color – green. Give your class the right amount of time. Bears 2 hours in the morning and 2 hours in the afternoon outside. Group lessons 1 hour 3 or less people. $ people or more, one and a half hours. Private lessons 1 hour. This means if you go out on time you come back on time. If you go our early, you come back early. Be on time!

5th color – blue. Drink water, eat something, drink water, let the supervisor know if you have any problems.

6th color – indigo. Safety, fun and learning. When you are done with your last lesson, check the lesson sheet to make sure you have been put down for
everything you did that day. Hours worked, clinics done, lesson, anything and everything.

7th color – violet. Drink water, eat a good dinner, take a shower, brush your teeth. Gather your things for the next day, get a good night’s sleep and be ready for a new day at Sugar Mountain.

You have earned your Rainbow for today.

From the Top

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

Another incredible ski season has started. This year it was November 13. It is fascinating how in the Fall we just can’t wait for the slopes to open, but at the end of the year some of us loose interest, get worn out and ready for a change. It is the same way with most anything – huge anticipation and then either an injury or loss of interest follows. The 2X Olympian, US Ski Hall of Fame member, Eva Twardokens comments on this for us in this gazette on page 3 pertaining to CrossFit. Don’t let this happen to you. Set your schedule in such a way that you will remain strong the entire season, and then some.

Don’t forget that the first moment on the hill is crucial because your body most-likely lost some muscle memory. So, either you remind it what it lost and go back to the old, or you take this opportunity to change and improve your moves. It is now the time to improve that stance which creates pain in the thighs and knees, makes skis jet and hard to control. It is now the time to improve practically everything in your skiing, unless of course you think that you are sooooo good that no improvement is necessary. In that case, we all will see you on the Olympic podium in February, right? But wait, even those elite athletes have coaches who tell them what to improve and when. Apparently, everyone can get better. Start that improvement NOW, with your first run. Try to feel your toes in your boots as you slowly make your first turn of the year. Observe, if you can, where each part of your body is during this turn. Is it where it should be? Have a partner look at you and give you feedback. Go slowly so you can have more time to feel your movements. Try to be as precise as possible. Slow and smooth is the key. Don’t let momentum cover up your imperfections. Remember, it takes only a few inches to put you in the backseat – a common mistake for skiers if performed continuously. Work on that right now. You get little pain in your thighs, then most-likely you are sitting back. Later, when your muscles get used to poor position and get stronger, you will not feel that pain and awareness will go away. Of course, these are just my suggestions. You take them or leave them.
So, what are you going to do to keep yourself plugged in all season long? Is it going to be joining a ski organization, like PSIA-E, for example? Or perhaps attending a workshop or a clinic? How about shooting for the next certification level exam? Perhaps a ski trip or just skiing at another local mountain? Make a plan and stick to it, perhaps a new New Year’s resolution? There are changes in the PSIA-E alpine certification process. We thank Don Haringa, PSIA-E/AASI Director of Education and Programs for sharing this information with us. See his article on page 5.

You can also get motivated and stay motivated by training in a group on regular schedule, no matter what the weather. Skiing in a small group will help you improve. Partner can see you better then you can see yourself. You can also read ski/snowboard literature. If you are reading this here and now, then you have already made that step by reaching to, hopefully, a good tool for motivation and learning. This gazette wants to keep you plugged in. We are so thankful to all our authors through the years for helping us share the love of snowsports with all our readers. Believe it or not, but Peak Performance is finishing its 5th year really soon. Wow, where has the time gone? This, and all the previous issues of Peak Performance, is posted and easily accessible. I strongly encourage you to look up these publications and reread some great articles they contain. Journey on to my web page that can be found at

www.mathsci.appstate.edu/~wak/

and look up at the bottom of the page. Also, please, don’t hesitate to write me at Kosmalaw@bellsouth.net. Remember that our intentions for Peak Performance are to promote the snow sports to the best of our abilities, so your ideas are most welcome!

Don’t forget that December is a great month. We have holidays like no other. The end of the year is approaching. I hope you finish it strong. Don’t wait till the last day to celebrate. Celebrate every day. (I did NOT say: party.) Live it to the fullest. Make a difference for the better. Share love and knowledge, and have a MERRY CHRISTMAS!!!

Main Course

Burned Out on CrossFit, But Love the Community? You don’t have to quit!

By Eva Twardokens

When folks workout at CrossFit days on end, I’m reminded of the Arabic idiom, “the straw that broke the camel’s back”, and wonder when that “straw” will indeed result in injury or burn-out, forcing them to take a break or quit. Most people get into this situation simply because they love the feeling of comradery and ambiance of the CrossFit community. Being in the gym has become not only a place to workout, but also a social staple. You don’t have to quit! You just need to make the workouts work for you. Below are some suggestions about how you can accomplish this goal. I’ve also added the tools to stay healthy, continue a learning path, and acquire some body awareness.

Talk to the trainer and make the workout work for you. This does not mean scaling! “Scaling is failing”. Deadlifting with a PVC pipe is not your answer! It means listen to your body. Avoid movements that might aggravate your injury. Choose the ones that you like to do and eliminate the ones you dread. Then, literally walk yourself through the workout. Set a time for yourself with a definitive end; you should not be “on the clock” and
pressed for time as you move through your workout. For example, you might take one movement out that you feel uncomfortable about and replace it with something that you love and gives you confidence. Also, look at the times on the board, and take about 15% off the average time, that is how long your workout should last. I also recommend, if it is a long workout, that you don’t go beyond 20 minutes. When your time is up, just stop.

**Get Strong.** Have the trainer set you up with a strength workout of squatting, deadlifting, pressing, bench pressing or power cleans. Pick 1 or 2 of the movements and do a 3x5, a 3x3 or a 3x10. Those are just suggestions, and your trainer should help you decide what sets and numbers are good for you.

**Work on a Skill.** Slow down. Find a skill you want to refine and work on it during the class time. This might be a clean or a snatch, or even a cartwheel! Just make sure you can do it safely without the trainer having to distract his or herself from the rest of the class.

**Get flexible or stable.** You may have a part of your body that is extremely stiff or unstable. Coming to class and just working on flexibility or stability still gives you the feeling of community, but lets you catch up on some body work you might have been neglecting. I recommend seeing a physical therapist to help you identify where you need to work on flexibility and where you need to work on stability, that way you can be sure you are keeping your efforts productive.

**Learn to Coach.** How about coming in and shadowing the trainer? Or, hanging out with your best friend and giving them feedback on their movement? When one person coaches – two people learn. Learning to coach is the best way to be in touch with your workout community, give you some needed time out, and help you enhance your gym experience.

These are tools that will primarily give your body a break, but also allow you to be with your social peers in the gym environment. You may be surprised at the positive physical and mental changes that result from pursuing a path that may be different form the rest of the class, but in tune with your body’s needs. I encourage you to discuss this with your trainers and make a plan for yourself. There are a lot of productive ways to keep yourself strong, healthy and happy, without having to quit your gym!

_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._
Changes in Alpine Exams

By Don Haringa
PSIA-E/AASI Director of Education and Programs
PSIA-E Alpine Examiner

Reprinted from Early Fall 2013 SnowPro

Eastern Division Board Votes to Increase your “Earning Power” at Alpine Exams

If you have been anywhere near the PSIA-E skiing rumor mill, you probably have heard something about changes to the Alpine Level 2 and Level 3 exam process. Yes, it is true that there are changes in the works for the 2013-2014 season. In this article I will do my best to explain the changes and how they will affect you if you are taking an Alpine Level 2 or Level 3 exam this coming season and beyond. In a separate article, Alpine Education & Certification Chairperson Peter Howard will explain the thought process behind these changes. We believe that the changes that we are making will greatly benefit the members. With that in mind, please read this carefully and in its entirety, as there are many details.

The exam format is the same as it has been for a while. The exam is still in 3 parts; a written exam, a skiing exam, and a teaching exam. You must still successfully complete the skiing exam and the written exam before you take the teaching exam. The requirements for each level and the pre-requisites are the same as they were, or were going to be, for this season. The skiing exam is still three ½ day sessions with a different examiner for each session. The teaching exam is still broken into 3 modules; Creative Teaching, Children and Youth, and Movement Assessment and Teaching.

Here is what has changed.

The Skiing Exam
The changes to the skiing exam will be barely noticeable to the candidate. The format is the same. The exam consists of three ½ day sessions, each with a different examiner. The candidate will ski a variety of tasks, demos, and skiing situations, as they have in the past. Starting this year, those skiing tasks have been formally categorized into three groups, known as performance areas. The performance areas are being called:

- Mountain Skiing
- Versatility/Agility
- Skiing at Skill Level (demos: wedge turn, wedge christie, etc.)

The tasks in these performance areas should be familiar, and they have all been included in the exams in the past. The tasks will be described in the Alpine Exam Guide that is available at www.psia-e.org. Each ½ day session will examine all three performance areas. There will most likely be several tasks in each performance area, and each task will be scored numerically. The scoring will be from 1-6 with a 1 being the lowest and a 6 being the highest. The scores of the tasks within each performance area will be averaged, and the candidate will need to have an average of 4 or better to successfully complete the performance area from that ½ day session. The exception is in the Mountain Skiing tasks. The candidate will still need an average score of 4 or better, but no single score can be below a 3 for the candidate to successfully complete the performance area. The candidate needs an average passing score from a minimum of two of the three ½ day sessions to successfully complete the performance area. If the candidate is successful in each of the three performance areas, he/she will have passed the skiing exam, and that achievement will be good for the lifetime of continuous membership for that member. The two-year time limit to complete the teaching exam has also been eliminated.

If a candidate successfully completes one or two performance areas, but not all three, the candidate will “bank” the performance areas with which they were successful, and they will be able to return to another exam and only be scored on the performance areas with which they were previously unsuccessful. The “banked” performance...
areas will not expire from season to season, so a candidate will have multiple seasons to attempt any performance areas that they still need to complete the skiing exam.

The Skiing Reassessment will be a one day exam and will consist of two \( \frac{1}{2} \) day sessions, each with a different examiner. The performance areas will be scored in the same fashion as the candidate’s original exam (although the tasks within each performance area may be different, depending on the mountain and the conditions) and the candidate will need to have an average score of 4 or better to successfully complete the performance area. The exception to the scoring for the Mountain Skiing tasks still applies. The candidate must acquire a passing score from both the morning and the afternoon session to successfully complete the overall performance area. Any performance area that the candidate successfully completes will be banked for the candidate’s lifetime of continuous membership. When the candidate has successfully completed all three performance areas, they will have passed the skiing exam and that achievement will be good for the member’s lifetime of continuous membership.

The skiing reassessment exam will be conducted in the same manner as the candidate’s original exam, with all three performance areas being evaluated. The candidate will not have to participate in any task from a performance area with which they were previously successful, but they must participate in all of the tasks for the performance area(s) with which they were previously unsuccessful. If the candidate chooses to, he/she may take part in tasks from the performance areas that they have previously banked, but they will not be scored on those tasks.

**The Written Exam**

The only change to the written exam is the length of time that it is good for. If you receive a passing score on the written exam, that achievement is now good for the candidate’s lifetime of continuous membership.

**The Teaching Exam**

As before, the teaching exam consists of three modules. They are Creative Teaching, Children and Youth, and Movement Assessment and Teaching. The exam is two days in length with the Creative Teaching and Children and Youth modules being held on the first day, and Movement Assessment and Teaching on the second day. When a candidate comes to the teaching exam for the first time they will participate in all three modules.

The first change is that to be successful in the teaching exam the candidate must now receive a passing score in all three modules. Previously, they only needed to successfully complete two of the three modules. When the candidate successfully completes all three modules, they will have attained the new certification level.

The other significant difference is in the case where a candidate is successful in one or two modules, but not all three. Starting in the 2013-2014 season any module that a candidate passes will be “banked” and considered good for the candidates lifetime of continuous membership. With that change in place, a candidate that has successfully completed one or two modules will be able to come to another exam and only participate in the modules that they were previously unsuccessful. Once the candidate has successfully completed all of the modules they will have attained the certification.

**How do these changes benefit the members?**

It is important to remember that for both the skiing exam and the teaching exam that an exam candidate can complete all of the requirements the first time. In that case there is no significant difference. The differences come when a candidate is partially successful. In the past if a candidate was not completely successful; to continue to seek the certification they would have to take the whole exam over again. This would mean that the candidate would have to be at another exam for a minimum of two days. In the new system, if a candidate is partially successful in the skiing exam, they may return for a one day retake. This will allow them to minimize the time that they are away from work, as well as hotel and food costs. If a candidate is partially successful in the teaching exam they can come to another exam and participate in just the modules that they were previously unsuccessful. Again, this gives the candidate the possibility of only having to be at the exam for one day. In addition, the reassessment exams will be priced less than the original exam, again saving the member money. It should be pointed out that the modules in the teaching exam are held on specific days. The Creative Teaching and the Children and Youth modules are held on the first day, and the Movement Assessment and Teaching
module is held on the second day. If a candidate needs to be reassessed on the Movement and Teaching module, and either of the other two modules, the reassessment will still require 2 days.

Another significant difference is the time limits. Whether it is the time between the skiing exam and the teaching exam, or the time it takes to get ready to attempt a module or a performance area, the successes the candidates have achieved are theirs to keep, as long as they remain active members.

Here are some things to keep in mind:

The first time a candidate attempts an exam they must take the whole exam. They cannot choose to only be scored in one or two performance areas, or only come for one or two modules. This also applies if the candidate has not been successful in any of the performance areas or modules. The candidate must have successfully completed a scoring area in the skiing, or at least one module in the teaching to be eligible for the reassessments.

**Continuing Education Credits**

Presently members are required to acquire 12 Continuing Education Credits (CEUs) every 2 years. As it was in the past, successful exam attempts qualify for CEUs, and unsuccessful exam attempts do not. With the new system many people will likely have successful portions of an exam, but they may not be completely successful. As such, for each success the candidate will receive 4 CEUs. If the candidate successfully completes the whole exam (skiing or teaching) they will receive 12 credits and will not need an educational event for 2 seasons. If they successfully complete two of the three performance areas or modules they will receive 8 CEUs. That candidate will either have to return for another exam and be successful, or they may take a one day educational event (6 CEUs) to be considered up to date. If a candidate successfully completes one performance area or module (4 CEUs), they will either have to:

1. Return for a reassessment and successfully complete the remaining two scoring areas or modules (8 CEUs) or,
2. Return for a reassessment and successfully complete one scoring area or module (4 CEUs) + take a one day educational event (6 CEUs) or,
3. Take a two day educational event. (12 CEUs)

Confused yet? The important thing is that now members can receive some CEUs for an exam attempt where they were partially successful, whereas before, they would not have. This is another way that the member may potentially save money when compared to the old system.

I am sure that many of you have questions. I will gladly read each and every one of them, but instead of replying individually to the same questions, I will write a FAQ article for the Fall SnowPro. Get together with your PSIA-E friends, figure out what you want ask and send your e-mails to: dharinga@psia-e.org.

Thank you for taking the time to read this. Please read Alpine Education and Certification Chairperson, Peter Howard’s article, as well. He will help you to understand why we felt this change was important as well as how we think these changes will benefit the membership. Happy Skiing!

**Twist and Shout (Ouch)**

*By Gordon Carr*

*PSIA-E Alpine, Level II*

This will be an expansion of a discussion begun in the November 2013 article, “Sugar Mountain Does It Again”, by Mike Trew and myself summarizing the PSIA-E workshop last season led by Tom Butler. The fundamental topic still concerns twisting movements of your legs and skis during turns and the desirability of its occurrence to be primarily due to the rotation of the head of the femur within the hip socket. The visual image of legs and skis twisting more than the pelvis and upper body during dynamic turns (especially medium short and short turns) which a skier is able to generate, defines an expert skier. It is a plateau of performance which separates experts
from less experienced beginning and intermediate level skiers who often initiate turns with whole body rotation and/or shoulder movements.

We said in the November article that rotating skis and legs totally from the movement of the femur head within the hip socket is something we can all do when sitting in the chairlift with our legs extended straight out. We are all able to move our skis back and forth simultaneously like windshield wipers, and because we are sitting on our tush it totally restrains our pelvis and upper body from moving. We can all do this and it is not hard to do in the chairlift. Here is another visual picture linked to some movement exercises which can be performed at home preferably in front of a full length mirror. These drills will help isolate kinesthetic sensations associated with the rotation of femur head within the hip socket. Stand with feet in a comfortable, shoulder width position as close to your “home base” skiing position as possible and SIDEWAYS to the mirror. Now, on the side closest to the mirror, rotate your head, shoulders, upper body AND PELVIS, until all that stuff faces the mirror. Don’t quit here until your pelvis is facing the mirror. Now return to your starting position. Keep practicing the movement until your rotation of all those body parts is happening easily and smoothly and without thought. Switch sides and perform the same rotation repeatedly until, again, the body parts, from the pelvis up (including the pelvis), move smoothly to face the mirror and return to the starting position. Now face the mirror, and rotate the pelvis and all above it back and forth slowly. Once the rotational movements are smooth and rhythmic back and forth, really focus on the muscular tension and kinesthetic sensations which these twisting movements produce at this level of your body. Remember it is a rotational movement of the pelvic girdle and ALL above it but with the feet planted firmly and unmoving on the floor. Of course what is rotating is EXACTLY opposite to what is moving when performing dynamic, expert level short turns, where the legs and skis are doing the rotating and the upper body (pelvis and up) is more stable and oriented down the hill. But, THE LOCUS OF THE ROTATION, head of femur within the hip socket, is the same, and the kinesthetic feelings are close to those when skiing such turns. Skiing adds flexion and extension movements and dynamically increasing and decreasing forces when making the turns and flowing down the hill. But again, the locus of flexibility, where the twisting is occurring, is the same (mostly). When skiing, so much is happening so quickly and uninterruptedly that it can be difficult to focus just on the kinesthetic feelings of your body’s rotation point. So in a sense, doing this at home, as slowly or rapidly as you wish once you get the correct movement going is a luxury…it is not cold and slippery and you don’t need worry about inaccuracies leading to a face plant.

Now back to the full length mirror at home. This time, perform a similar progression as above, except make your pelvis stay oriented toward the direction your feet are pointing. Meaning, make the flexible twisting occur within the spine above the pelvic girdle, a little above the level of your belly button. In fact, “aiming your belly button” can be a pretty good self instruction for this move…point it at where your feet are pointing. For most people, the belly button points in the same direction as the pelvic girdle. Again, stand sideways to the mirror with your right shoulder closest to the mirror and twist to the right such that your head and shoulders face the mirror, but your pelvis stays oriented toward where the feet are pointing. Return to the starting position and repeat this move until it occurs smoothly. Reverse directions so that you do the same twisting movements but to the left. When both are down pat, face the mirror and twist from right to left slowly with the head and shoulders and upper abdomen making sure the pelvis and feet stay pointing toward the mirror. Do these movements slowly so that you have time to really experience the muscular and other kinesthetic feelings associated with this kind of twisting.

Still facing the mirror, alternate doing each of the two rotational movements slowly to both sides; do it slowly enough that you have time to feel the different part of your body which is the level (or locus) of rotation. At least two things will become obvious, I think. First, there are HUGHLY different muscular sensations between the two different levels of twisting and I will suggest that the awkward feeling happens when the twisting occurs primarily within the hip socket. I don’t think we rotate or twist like this very much normally…the locus of rotation above the pelvis in the spinal column is (for me, at least) more familiar and therefore more comfortable. (Of course it is just possible, maybe, that the calendar disease influences my particular preferred level of twisting…I dunno…just maybe.) Yet, the basis of expert dynamic skiing is rotation coming primarily from the hip socket level, where your legs, feet, and skis rotate under a stable pelvis and upper body which stay mostly oriented “down the hill”. Second, I suspect, unless you are 2 years old, a gymnast, or a contortionist, when the rotation is within the hip socket, as you reach your maximum twist point, muscles and tendons and ligaments start to feel a bit tender and tell you, “Hey Bucko, if you keep this foolish twist going further, I’m gonna hurt...
All of which means, if you are twisting at the hip level at home on a level surface, without the secondary forces which accompany dynamic turns on a slick, slanted slope and you get a little twinge of pain as a reminder, imagine what happens on the slope under actual skiing conditions? In general, I can tell you what happens: our wonderful bodies take all sorts of actions to avoid pain and discomfort. If turning your skis just with rotation of the head of the femur within the hip socket starts to hurt a bit, then the body will just also let the pelvic girdle twist with the legs by relaxing the core muscles which are holding the pelvis and spine in orientation with the upper body. (Remember all that talk in ski mags about strengthening your core muscles...here is where it pays off.) Take a look at the pictures at right which show some but not all of the structural components of the stuff supporting and giving strength to the hip socket and the femoral connection to that hip socket while at the same time permitting flexible rotation of a ball and socket joint. Amazing ain’t it? Based upon my pains when doing this femur head in hip socket rotation gig when skiing, I am convinced my Piriformis and Illiacus muscles lack proper strength and flexibility. However, the hip socket support structures also include, contrary to accepted scientific and anatomical opinions, some chicken gizzards, pig fat and eye of Newt! And I know my pig fat is out of condition.

Now back to Tom Butler’s on snow workshop last season (summarized in the November issue of the Peak Performance). While our group did the exercise called “outrigger” with the poles linked front and back to magnify pelvic rotational movements during the turns, following one run, Tom ask me, “What do you feel trying to maintain a ‘down-the-mountain orientation’ of your pelvis while turning?” My reply?... “I feel Ouchy in the overalls!” I know Tom was trying to elicit awareness of muscular movements, and the locus of rotation, the whole point of the drill, but the “ouch” was honest. Which also tells me, all that stuff around my hip socket, especially the pig fat, is old, stiff, brittle, and probably out of shape. It apparently just isn’t a way in which I twist in usual life any more (if ever).

What to do…What to do? Beginners and intermediates (and maybe ourselves) when told to keep our upper bodies facing “more down the hill” on medium-short and short turns, or when told to “aim our upper bodies at some distant object down the hill” in order to stabilize the upper body, find it just too easy to point or aim our SHOULDERS down the hill. And this really is just twisting the spine ABOVE the pelvis. This level of twisting lets the pelvis follow the feet, which is antithetical to rotation coming mostly from the head of the femur twisting within the hip socket.

And yet this shoulder twisting is what invariably happens when new skiers are first instructed to keep their upper body facing more down the hill. Obviously a better instruction would be to have them “aim” their belly button more down the hill at some distant object. I think for most people, belly button and pelvis point the same direction; I can’t get them to do otherwise. But with awareness of the different sensations produced by twisting the spine vs. rotating the femur head in the hip socket can come a focus for learning and change. Just doing the exercises described in the beginning of this article in front of a mirror repeatedly until you can produce either level of twisting will tune you into selective control of locus of rotation. Once comfortable with the moves at home you should try them on the slope. The difficult thing however, is that when skiing, without a certain amount of speed, it is hard to let your legs and skis move out from under your body during the apex of turns. Without this move, which is a fundamental movement defining dynamic skiing, you can’t get the dynamic short turns going where the femur head/hip socket rotation is critical. Anyway, if letting your skis move out from under your body is not a familiar move, you may want to try it out at a slower speed. Fortunately, it is possible when doing Wedge Christies turns (correctly) to rotate at either the hip socket level (only legs rotating) or (incorrectly) to twist in the spine above the pelvis. If you are really tuned into kinesthetic feelings from your bathroom exercises (somehow that doesn’t sound right) you can, for practice and clarity, alternate your levels of twisting when doing these turns slowly. The easiest and least correct for later dynamic skiing is to “keep your shoulders” facing down the hill during Wedge Christie turns. After you really feel what that is...now ski so that you don’t feel that level of twisting anymore by only rotating the femur in the hip socket while keeping pelvis and shoulders aligned together. If you feel the spine twisting again, you have reverted to the less efficient and “incorrect” level of twisting. Focus on initiating the Wedge Christie with the new outside leg rotating ONLY within the hip socket. If this first half of the turn goes right, the matching with the new inside ski with a rotation within the inside leg hip socket is almost automatic. So you only have to get the first half of the Wedge Christie turn correct on this practice. Deliberately producing turns with movements which YOU DON’T WANT TO
HAPPEN LATER, is not a bad thing as long as you are aware and doing the “incorrect movement” deliberately. Being very aware of an inefficient or incorrect movement can help identify and define more vividly when the move is performed correctly. If I recall correctly deliberately exaggerating “incorrect movements” is part of lateral learning which often can really cement the habitual performance of a correct move. A somewhat similar dichotomous drill is to alternate performing stem christies and Wedge Christies so that the moves to initiate each are firmly entrenched.

Fortunately there is also an exercise machine which can help you strengthen and add flexibility to all those support muscles around the hip socket (including the pig fat). The photo at right of a quad strengthening workout station is ideal. (Photos complements of the Paul H. Broyhill Wellness Center/ Appalachian Regional Healthcare System, Boone, NC). As opposed to free weights used for quadriceps strengthening, where it is hard to move your feet around or worry about where your pelvis is pointing, with this machine, the movement environment can be much more static and under your control. With this machine, the feet are placed upon the platform, weight is adjusted within the pulley system, and it is the chair upon which you are sitting which retreats up the incline when the quads are engaged and legs straighten. You can see where this is going. Because you are sitting on your pelvis, it is like you are in the chairlift. If you move your feet back and forth from vertical, the rotation can only come from the head of the femur rotating with the hip socket. Some caution here…typically the trainers in the gym start with at least your own weight as the starting quad exercise level, when your feet are pointed vertically upward on the platform. I will tell you, if you try this one with your feet and legs rotated within the hip socket level either to the right or left in imitation of desired ski turn moves, you don’t want to start out at your “own weight” for resistance. Cut it way back till you feel what happens. Also don’t flex the knees to the max at first unless done slowly and with lighter weights.

I think what most people will discover is that when this machine is used with the feet rotated some pelvic/hip muscles are a bit weak and some tendons and ligaments are not as flexible as we might wish! I won’t even talk of the pig fat…it is beyond strengthening! After a bit of practice, you can add weight simulating short turns on steeper trails at higher speed (more force generated which your hip and quad muscles have to manage), you can alternate direction your feet face by giving an “extra boost on the “up” extension and then quickly rotating feet and legs in the other direction. You can do this rotation of your feet back and forth more rapidly with shorter quad dips done more rapidly simulating rapid short turns. You can (and eventually should) rotate both feet, but let one leg (quad) support more of the weight (which leg?? the outside leg of what would be the support foot during a ski turn of course) and then alternate to the other direction and leg (just like you do when skiing rhythmically). For giggles, you can deliberately support more weight on the wrong “inside” leg (quad) when alternating your feet directions much like White Pass Turns. You can cut the weight down and use just one leg, but still alternating directions which the foot points analogous to skiing on one ski exclusively for both right and left turns. In all the above examples, it must be clear that you are reproducing the movements and forces of ski turns pretty accurately and the machine is FORCING you to rotate only in the hip socket because you are sitting on your pelvis. If you haven’t been doing ski turns with this kind of rotation and in skiing if you are using upper body rotation of shoulders by twisting within the spine, YOU ABSOLUTELY WANT TO TAKE THIS EASY WITH LIGHT WEIGHT AT FIRST. The machine is prohibiting you from using your habitual muscle pattern, and you could injure yourself. By doing this exercise with the chair semi-upright, your kinesthetic sensations, I believe, will be a surprise. However, the chair can either be in a half upright position or can be lowered into a reclining position. After repeated use, you probably should use this in the reclined position as then your entire body is in a position more analogous to your normal skiing posture. However when the chair is reclined your pelvis, by lifting slightly off the reclined chair platform, is able to “follow the direction your feet are pointing”, which is NOT the move you want and does not allow exercise exclusively of the hip support muscles. So at least in the beginning if you have access to this machine, I recommend using it with the chair in the half upright position. Now because you are sitting on your pelvis, if your feet point from side to side, the rotation can only be coming from the femur head rotating within the hip socket.

With the above cautions, however, this machine is an eye opener at first about actual strength and flexibility of hip socket structures. Secondly, after awareness of a pattern of muscle movements perhaps previously not felt, then it can be a real asset in strengthening the muscles necessary to produce foot and ski rotation almost exclusively at the hip socket level. The critical movements to let you engage in true dynamic skiing with short
turns. If you are struggling with this particular plateau of performance and if you are serious about moving up a notch in skiing ability, then I firmly believe becoming aware of the sensations of femur/hip socket rotation vs. spine rotation will help you achieve your goal. With it all, good old linked pivot slips, linked hockey stops and tuck turns, all, when done correctly, will also add to your ability to begin the “dynamic skiing journey.” Bon Voyage!

SEE YA ON THE SLOPES!

Cross-Training

About Balance Community

By Jerry Miszewski
Founder & CEO
Balance Community: Slackline Outfitters

Slacklining is a balance sport, with its roots planted in Yosemite, California. Started by rock climbers, slacklining began by using climbing gear to tension webbing, between two objects, to walk on. Since then, slacklining has evolved and newer, safer, easier to use gear is available specifically for slacklining and highlining. Balance Community, started in San Luis Obispo, California in August of 2009, is a retail company specializing in slackline and highline specific gear and merchandise. At Balance Community, our mission is to provide high-quality, specialized slackline gear and merchandise in the hopes to increase people's enjoyment and love of slacklining.

Our founder, Jerry Miszewski aka "Slackin-Jer", is a California based slackliner, highliner, and longliner. Jerry spends most of his slacklining time pushing the limits. While trying to go higher and farther than anyone in the world on a slackline, Jerry found some problems with using non-slackline specific gear. Though these seemed like problems at the time, Jerry turned them into a blessing. Jerry started designing slackline specific gear and putting together slackline kits, and Balance Community was born. Now, with the proper gear continuing to be developed and the sport of slackline progressing further and further with each new development, there is no limit to what one can do on a slackline!

As time progressed, Balance Community has begun to carry a wide variety of slackline gear. Our store is full of slackline specific gear aimed at helping our customers reach the goals they have with the wonderful sport of slacklining. Our products are designed to make the setup part of slacklining something that need not be worried about.

As dedicated slackliners ourselves, we know how important quality slackline gear is to bettering yourself as a slackliner. With our years of experience and
attention to detail, we are able to develop the quality gear necessary to push the limits of slackline to the extreme. We carry only the top quality slackline equipment which we test extensively before we offer it to the community.

Not only are we concerned with the quality of the products we offer, we also take a firm stand with how our products affect the world as we know it. It's very important to us at Balance Community LLC to make sure we are running as green as we can. We use recycled
boxes to ship out orders when we can, we use recycled mail to pad the products in our shipping boxes, we print all our receipts on 100% post consumer paper. We do all we can to make sure that we make as little of an environmental impact as we can while still maintaining the highest quality slackline products possible.

It all started when I began slacklining on my 21st birthday in 2007, I was instantly hooked the moment I stood up on the line. I went out and bought my first slackline from the local climbing shop. I learned quick and was able to walk 50 ft. lines within the first couple of weeks. I then began trying longer and longer lines and soon came to the point where I needed new gear to fascillitate the lengths of lines that I was capable of walking. I then pondered the idea of starting my own slackline company during my highline tour in the summer of 2009. Balance Community was then born in August of 2009. From then my passion for slacklining has been taken to a whole other level.

Over the past few years I have brought Balance Community to the point where it is now a staple within the community. During this time I have also continued to push myself on longer and longer lines. Recently I walked the first highline that was longer than 700 feet (215m). I've also walked 15 highlines longer than 100m in length and several longlines longer than 300m.

I have plans to continue to push myself in the longline and highline realm for years to come while maintaining and growing Balance Community to be a full fledged highline and slackline brand.


Dry-Land Training

Moving forward – dry-land portion

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

“Move forward, and stay there! Stay forward!” These are the commands that we wish to discuss. “Moving forward” refers to moving the upper body more forward of the lower body, and leaving it there. It does not refer to just going forward, like in a car, on a bike or a bus. If you were to stand comfortably on a flat ground and then moved so that you would stand only on your toes, then we would say that you moved from a straight up and down position forward. Or, perhaps you just get up from a chair, wouldn’t that move you forward? Here are few more static drills which will illustrate what moving forward, and staying there, is.

1. Stand tall and squeeze the butt muscles.
2. Hold the coin between butt cheeks.
3. Go up to the open window, which has no screen, (don’t jump.) Now look out the window and see the ground beneath. This puts you in a forward position.
4. Pretend that you are standing upright and a very large woman approaches you to give you a hug. To respect her privacy, you will lean forward so your shoulders touch hers, but nothing else will touch. You moved forward. (We picked a large lady so you move forward over her you know what. Lady, because she should be shorter then you are.)
5. Stand with your feet about 4 inches apart keeping your body quite stuff. Try making circles with your whole body without moving your feet. Can you feel how your pressure moves from one toe to the next and then eventually onto heels and then back to your toes? When your body exhibits pressure on the toes, it is in a forward position.

Important comment: Expert skiers constantly move forward out of their “home position,” but then they return back to it. Some experts and racers will move their bodies forward and backward where their home position is in between and passed through according to their needs and desires. However, more often then not, we instruct people who are constantly much in the back seat, maybe even being in a vertical position, like trees on the side of a slope and they never move out of it. We want especially these skiers to move forward.
Next are a few drills that involve moving forward on dry land.

**Drill #1.** Have a partner look at you from the side and tell you what you did. You are going to start from standstill and start walking at a fast pace, but stepping only on your toes. (The movements are more pronounced if the pace is fast and only on toes, but it is just the same in normal walking.) Your partner’s observation should be that you tipped forward with the entire body, and it stayed that way as you walked quickly on your toes.

**Drill #2** is demonstrated by my son Henryk on a rocking horse. (This can also be done in a rocking chair if you disregard the fact that you are in fact sitting. Remember, we want to simulate skiing position, which hopefully is upright.)

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My son Henryk, in a “home position.” This position is measured by his back being perpendicular to the slope, which is the deck in this case. On the ski slopes this line is perpendicular to the slope. That is, it is NOT vertical. (Don’t be over-particular. The back is somewhat rounded. In fact, you do NOT want it straight like a soldier’s or at your parents’ dinner table. If you are on skis, you can, (and should) slouch.

Henryk has moved forward. If he stayed in this position, we would say that Henryk is in a forward position. Note, he did not have to move much in order to be forward of where his home position was. The same goes for skiing. Depending on the situation, skier needs to be just a little forward of his lower body, and sometimes he needs to be a lot forward. Note that some skiers move forward so they are not in the back seat any longer. In that case, they perhaps moved from a back seat position to the home position, where they should stay, unless they need to move even more forward. If Henryk was on skis, I would tell him not to look down.
Drill #3. Start walking up a flight of stairs. After a few steps, start to run up. Can you feel your upper body moving forward at the moment when you start to run? Can you tell that the forward moved upper body stayed forward the rest of your way up the stairs?

Drill #4. Start walking down a flight of stairs. After a few steps, start to run down. Can you feel your upper body moving forward at the moment when you start to run?

Drill #5. Start walking down a slick outdoor trail. After a few steps, start to run. Can you feel your upper body moving forward at the moment when you start to run?

Drill #6. Run down a pasture making turns as if the gates were stuck into the ground. Observe that at the beginning of every turn you will move your body forward so that you will not end up stepping on your heels which might slide out from under you resulting in your falling back on your butt.

Drill #7. Walk up a steep trail wearing tall boots, like work boots. Do you feel how you are pressuring the top portion of the boots and flexing them more than when simply standing on flat ground? This shows that you were in a forward position.

For contrast, Henryk moved back into a "back seat" position. There are reasons when skiers want to be in this position, but if they are in this position, they should be in it only for a very short time.

Training

Narrow Stance or Wide?
Clarification

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

In the October issue of Peak Performance, on page 11, I wrote an article pertaining to width of a skier’s stance. The main purpose of the article was to point out that, in my opinion, when skier has feet almost touching each other, the turning is more difficult than if the feet are 4 to 6 inches apart. Furthermore, excessively wide stance makes it difficult to get to the new edges in the transition and puts added stress on ACL. I pointed out at the beginning of that article that the discussion was pertaining to intermediate skiers. From numerous responses from our readers, I have a feeling that many of you skipped reading over that part. In my mind, intermediate skier is a person that can ski parallel on intermediate slopes in an intermediate way. That means, slopes are not very steep, pressures are not very big, position is relatively tall, angles are relatively small, snow is relatively firm and countered position is quite mild.
As a result (of my suggested width stance) of feet being 4 to 6 inches apart, an undesirable ski tip lead is provoked. To make our readers aware of this situation, I wrote about ONE lazy Susan. This idea also has drawbacks since it promotes body rotation. There is no drill which has no side effects – like medicine. But, if performed only as a drill and taken in moderation, it can be beneficial. Everything has to be taken with a grain of salt. It is true that in transition the uphill ski will have some tip lead, but if skiers do not continually try to reduce it, then it will get out of hand. If you exaggerate this reduction some, then the final outcome will be most-likely correct. (Perhaps some oblique lazy Susan?) Besides, skiing into a countered stance will automatically create tip lead, but look around on the hill, and you will see that most skiers have an excessively large tip lead, putting pressure on the tails of the uphill ski resulting in difficult turn initiation. AGAIN, I am talking about intermediate skiers.

Big danger with tip lead for intermediate skiers is that when they transition to the next turn, they end up pressuring the tails of the future outside ski. This ski jets and makes it difficult for them to steer it and turn to their liking. This is where park-n-ride begins.

Most people take everything into their own court. They think that the article is written about them and to them personally. Being advanced skier or a racer, you have no choice but to have a tip lead, especially large IF YOU ARE ON A FIRM SNOW. Your tip lead will be created by countered hips and stiff boots which cannot flex enough to tuck them under your body, (which you would not want to do any way.) But, as an advanced skier you know how to deal with the tip lead in the transition because you have very little pressure on the tail of that uphill ski that has a tip lead. On the other hand, IF THE SNOW IS SOFT, you probably do not have as much tip lead because you have more pressure on the inside ski and surly you do not want to pressure the ski’s tails, (except when specific need comes.) But, some tip lead will be necessary due to countered hips.

To make things even more complicated, tell me, how do you ski bumps? How big is your tip lead? If you have difficulties skiing bumps perhaps the place to start is to reduce that tip lead and think about only ONE lazy Susan. Now, how about drills which you will have to perform on every PSIA certification exam, like pivot slips. Where is your pivot point so that you can spin the skis all the way around keeping your feet sliding straight down the fall line?

The bottom line is: in general skiing tip lead will be there, but the amount of it has to be correct in order to perform to the best of your abilities. This amount depends on your dynamics, the built of your body, the steepness of the slope, the snow texture, the equipment you are on, and your desires. Every skier is different and every one needs specific improvements performed in a specific way. There is NO generic way to teach skiing. Even never-evers have their own problems putting skis on, or performing other basic skills.

Thank you to all our readers who chose to write me their opinions after reading my October’s article. Conversations are a healthy thing. The most important is that we stay open and observe that there is not ONE way to ski.

Thoughts for the Month

• In skiing, what are half-moons? Are they good to do or not?
• What is a gradient? Does it measure the angle at which a surface points downwards?
• Where should you pressure your ski boots, if at all?
• What effect does a ski boot with excessive forward lean have on a skier?
• What effect does a very soft ski boot, low flex index, have on a skier?
• How should you measure correct boot’s forward lean?
• If your ski coach tells you not to tuck, what does it mean to you?
• Here is a philosophical question, which many use and many hear. “Are you ready for Christmas?” What do you think they mean by this question and what would your reply be?
Elaborations on last month’s Thoughts for the Month.

**Question:** Move forward!!! We say this to practically every skier on the mountain, but few understand what that means, especially beginners. When you tell them to move forward, they think you are crazy. After all, they already are moving forward. Certainly they are not moving backward (except at some moments.) So, what does “moving forward” really mean? Can it be replaced by another expression that is more clear to a beginner?

**Answer:** See page 13.

**Question:** Does playing violin have anything in common with skiing?

**Answer:** Violins on the average cost much more then skis (like 10 times on the average), and they are played with arms and hands, whereas we ski with legs and feet. So, is there anything at all that can be common between playing a violin and skiing?

Yes. The slower you play, the harder it is. In skiing, the slower you ski, the harder it is. And on the other end of the spectrum – the faster you play, the harder it is, the same as in skiing. At slow speeds all the technical imperfections come out in both activities. In order to be fast, you have to slow down and clean up where the improvement is needed. The same goes with fatigue. Imperfections in both activities become much more obvious at the end of the day or after an intense practice. (So, if you are taking a certification exam, you need to fear your last run. You can ruin your whole day of quality skiing. The same goes for your violin concert. How would you like to finish it on a wrong note?)

More precision you have in either activity and more quality practice will yield a better result. To start with, the brain works the same way in both activities. They both require constant concentration, numerous movements need to be performed at one impulse, they both require movement memory, athletic ability, they both require mathematical abilities, dealing with fear, posture, discipline, working with others and the list is endless. Both sides of the brain are at work.

Can both of those activities be performed at the same time? I would not recommend that. Would I ever play my violin while skiing? No, not MY violin. But if you give me yours and you dare me, I just might.

**Witold**

**Question:** If your ski coach tells you to make more pole plants, what does it mean to you?

**Answer:** It means you need to make more pole plants, even if you don’t think you need to. Coaches, in most part, are NOT instructors. Coach will only give short comments with very few details. Sometimes they might be misunderstood due to shortness of their expression. For instance, let’s say a coach tells his/her ski racer to make more pole plants. This particular racer might in actuality not need to make ANY pole plants to begin with, so why would coach give them this feedback? In actuality, perhaps coach did not really deep down want that racer to plant those poles as the final product. But the coach said that pole plants were needed because the racer perhaps was in the back seat and pole plant would move them forward. Perhaps the skier had poor arm position and planting poles would automatically fix that problem. Maybe the arms did not have smooth and constant moves. Or maybe the racer was missing rhythm. Maybe the turn initiation was at a wrong angle and pole plant
would improve that. So, if you do not understand coach’s reasons or you question their motives, try catching
them on a chair ride or in a lift line or another place where coach will be able to take a moment to talk to you at
length. Right at the finish line is sometimes not a good place to talk as coach is watching other racers coming
down.

**Turn to Wisdom**

- Success in marriage is more than finding the right person. It’s becoming the right person.
- Life can only be understood by looking backward, but it must be lived by looking forward.
- Success comes in cans; failure comes in can’ts.
- Time is more valuable than money because time is irreplaceable.

**This and That**

**THE LEGACY CONTINUES**

If you are looking for a ski that will be good to you on most every terrain, you need to look
no further. Let me introduce you to 2014 K2 AMP Rictor 82XTI Ski (127/82/112), with
side-cut radius of 17m @ 177. The legacy continues with an all-new K2 Rictor built on a
more versatile and wider-waisted all mountain ski chassis complete with top shelf
performance, unmatched edge hold, and unrivaled control. This most versatile ski in its class
is loved by advanced and expert skiers, but is also very appropriate for lower level skiers as
it will help them move up to the next level. You should test run this ski. A great opportunity
comes on Dec. 14 and 15 as the demo days are part of our famous SugarFest.

If you are going for a PSIA event or a certification exam or any other event, especially in the
East, you need one ski that will allow you to ski EVERYTHING. The same goes for
teaching and coaching. If you have a ski that can handle any snow conditions and any
terrain, you can relax if you own a K2 Rictor. With confidence you can rely on the ski to
perform to your abilities and no less.

If you feel like you need a little more underfoot, try 2014 K2 AMP Rictor 90XTI Ski
(132/90/115), with side-cut radius of 18m @ 177. Both of these skis have an All-Terrain
Rocker which features an elevated tip for variable and soft snow performance, as well as
camber underfoot for power, energy, and edge-hold in firmer conditions. Go ahead and put
these skis to a test and you will see what versatility truly means.
TOUGH LUNGS

Skiing and riding takes more then tough thighs – it takes tough lungs. So, toughen up your lungs and don’t let the deep breaths of your first run of the season send you sick to bed, or cause some sort of illness and problems with vocal cords. Get yourself ready for the cold in your lungs by gently exposing them to cold temperatures. It is a good idea to toughen your lungs before you get to the slopes. Prevention instead of repair! Especially when you go to higher elevations, even walking up to your condo can get you winded and sick before skiing at elevations higher then 10,000 feet where the air is thin. Your huffing and puffing that thin, cold air may gang-up on you together with the elevation sickness resulting in a miserable situation.

It is relatively easy to get those lungs a little more cold-resistant. Simply, go outdoors, raise your heartbeat to about 120 (age and health permitting – ask your doctor just in case,) for gradually longer and longer periods of time. Running and cycling will easily do that for you, considering all these Appalachian mountains we have here that you need to climb. Continue exercising even when temperatures go below freezing. This is actually when you are on the slopes. Be sure your heartbeat is up and you take deep breaths. Talk to your doctor about this activity before you do it.

SUGAR MOUNTAIN’S NEW SLOPE

Sugar Mountain Resort’s Cutting A New Slope. The new ski slope drops off the dog leg of Northridge and Switchback. The blue square, intermediate level rated slope features a variety of changing terrain. Just off Switchback is a short steep section. It then gently transitions to a flat cruiser. From there the slope rolls to a challenging but pleasant steep pitch which eventually levels out to the left and finally merges with Easy Street. The new slope is expected to be 2,000 feet long, 150 feet wide and ready for skiing and riding at the start of the 2014-15 winter season. Snowmaking facilities as well as lights for night skiing and riding will be installed.

CHOOSE YOUR WORDS PROPERLY

In my opinion, language and expressions that instructors use when teaching adults skiing/snowboarding needs to be very carefully chosen. You have to remember that some of the people who come to us for lessons may be just the brightest that there are. And perhaps that’s why they came for a lesson – they realize that taking a lesson will get them better faster, they will acquire less bad habits, learn about the layout of the mountain, get to like the sport, be safer doing it and so on and so on. Besides, even if our guest was not the very brightest, they still have feelings and require your respect. So, don’t use expressions like:

- I already told you ...
- Can’t you see ...
- Told you so ...
- Why can’t you do ....
- Does this make sense?
- This is so easy, why can’t you do it?

Of course, words are one thing, but your tone of voice speaks louder then words, and so does your face expression. So, even if you are very frustrated with your guest’s performance or ability to process what it is that you want them to do, you need to remember that the lesson will be over eventually. Seeing the finish line you will be able to give a little more heart out and smile to those, perhaps also, frustrated guests. Be kind and don’t belittle anyone in any way. Use expressions that might involve you with them, like:

- Let’s try doing ...
- Perhaps if you did ... the outcome would be better.
- Do you see what I am trying to say?
- Try imitating me, (or that other person on the slope.)
• Do you think you could ...
• Hey, that looks like fun, let’s see if we can do the same

Your guest needs to feel like they are the focus of the lesson and that you are doing your very best to teach them in a kind manner, making it fun and safe for them and making them feel very special, like there is nothing out there for you that you would rather do then teach them. Be polite and wear an honest smile on your face. Don’t let them catch you looking at your watch.

Also, be forgiving. Little mess-up is OK. You don’t want your guest to be afraid to move because they might make an incorrect move. So often instructors want to show off their knowledge of the sport and their great abilities, that they forget that they are in a lesson for a different reason.

SUGARFEST

SugarFest is December 13 – 15. Look for the whole list of exciting activities on http://www.skisugar.com/sugarfest/. Highlights are: Adult Preseason Ski Clinic with 1994 Olympic Gold and Silver medalist, Diann Roffe as this year’s celebrity coach, equipment demos on Saturday and Sunday, and 1992 Olympic Silver medalist Paul Wylie’s ice skating show on Friday, just to name the few.

Pet of the Month

Frieda Carolina has had a highly varied athletic career in her short life. Foolishly, as a pup, she perfected her jousting skills believing jousting to be a premier Olympic event! Following her profound disappointment when reality so casually intruded, and still desiring Olympic fame, she switched to Track and Field, specializing in the Long Jump and the Cat Chase. Needless to say… she has finally come to her senses. For the past year she has become totally obsessed with soccer and is a huge fan of the USA Women’s Soccer Team. She is impressed with their past international success and is convinced that with “just a little more practice” (her words) the Team coaches will invite her to join the Team! Perhaps second string goalie? You go Girl!

By Gordon Carr