From the Top

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

So, what are your plans for the Labor Day? Are you going to plant a tree? Or, are you going for a parade and/or barbeque? Whatever it is, I hope you will have a wonderful and memorable day. This federal holiday is celebrated by all the States since 1894. Traditionally, Labor Day is celebrated by most Americans as the symbolic end of the summer. In U.S. sports, Labor Day marks the beginning of the NFL and college football seasons. For us skiers and riders the Labor Day should mark a beginning of serious dry-land training in the preparations for the upcoming winter season, if you did not start it already.

Beginning with this issue, Peak Performance will be published monthly through April. Please send all your submissions to me at Kosmalaw@bellsouth.net. All previous issues of Peak Performance are posted and downloadable from my web page found at www.mathsci.appstate.edu/~wak/.

Enjoy your Fall, but don’t forget to plan ahead. PSIA/AASI Events Schedule will be coming out soon. Make a plan to attend their activities. Don’t forget that scholarships are available. See the Announcements section in this publication for more details.

Main Course

The One You Never Forget

By Paul Crenshaw
PSIA-E Alpine, Level III
DCL Educational Staff for PSIA-E
On PSIA-E Board of Directors for Region VII

When I look back on my 36 years as a ski instructor I have my share of frustrating and funny stories. The ones you know you will never forget and those you wish you could. When those who do not ski ask me why I continue to teach skiing after so many years, when I could now just go free ski and enjoy myself, I always remember John. We probably all have a “John” somewhere in our past but my John was a wonderful experience I would like to share.

It was my first year as an instructor and like at most areas a first year instructor got what was left over after the more experienced staff took their classes and the best terrain. I was assigned my class.
by my director and after introducing myself and checking to see that everyone had everything they needed I asked the group to follow me. Getting out of the congested area was my first task. As my group and I walked away from the meeting area looking for a suitable spot to begin our beginner lesson I observed how everyone walked down the slope to a flatter area. It was one of those very crowded Saturdays that we all have. It turned out that finding a flat area which was not taken was going to be a challenge. As we walked we talked as a group and I got to know something about this group who had put the next hour and a half of their lives in my “hands.” We ended up walking over 100 yards down an incline to find a place where we could begin our lesson.

John was one of the 10 students I had in my class. It is funny that I do not remember anything about the others, but John had a trait, which was very different from the group. John was old. Now that I am “old” it does not seem strange, but as a first year instructor with very limited experience, to have someone as old as John was different. John did cause a few problems keeping up with the group and doing what he needed to do. Many times I had to wait on him and what I keep thinking about was at the end of class I needed to walk him and the group back up the 100+ yard incline we had walked down. I started becoming concerned over his physical safety in walking back up hill as I knew it was going to be a job for me and the rest of the group. I really did not know how old John was and I never ask anyone their age, but this time I could not help myself. During a relaxed moment in the lesson I asked, “John, just how old are you?” I did not want to appear rude and it was done with the utmost respect. He had no problem laughing and telling me he was 82 years old. My next question to John was, “what made you decide to take up such a strenuous sport at such a mature time in your life?” Once again he laughed and without any hesitation he said,” I decided to try it before it was too late.”

John completed the lesson and I got him back to where we started with no problems. We said our goodbyes and went on our way. He was back several weeks later and I got my first ever requested private lesson with him. The following season John returned with his own equipment and I would see him about every other weekend on our slopes. It was always a joy to see him practicing what we had worked on in our lessons together. I never saw John again after that second season and can only hope he enjoyed skiing until he could no longer do it.

The fact that John and those like him continue to try new challenges no matter their age is one of the main reasons I continue to teach skiing. He tried something which many of his friends I am sure thought was crazy. He enjoyed it and continued with it. I am a lot closer to the age of 82 now then when I first met John and hope I have his spirit and desire to continue to learn when I do reach his age.

Paul Crenshaw received B.S. Degree in Special Education (Teaching Emotionally Disturbed Children) and M.Ed. Degree in Special Education (Teaching Learning Disabled Children.) He spent 30 years teaching Emotionally Disturbed Children in Elementary Schools.

Paul started teaching skiing in the 1975-1976 season and has been a member of PSIA-E for 31 years. He learned to ski and have taught skiing at Massanutten Resort outside of Harrisonburg, VA his entire career. He earned his Level 1 in 1980 and continued his certification path and is presently a member of the PSIA-E DCL Ed. Staff. This position allows him to travel to neighboring resorts to conduct training which he finds to be one of the most enjoyable jobs he has ever held.

In October 2008, Paul became one of the two Region 7 members to the Board of Directors for PSIA-E. He is in his second term in this position, which allows him to work toward making our organization better and stronger for our members. Paul, thank you for the work that you do and have done, and thank you for representing PSIA-E Educational Staff at our clinics and exams at Sugar Mt. March 7–8 last season.
Perfectly Superior Individual Advancement –
Experience PSIA-E Clinic
March 7–8, 2011

Witold Kosmala  
PSIA-E Alpine, Level III

Doug Washer  
PSIA-E Alpine, Level II and AASI, Level I

Gordon Carr  
PSIA-E Alpine, Level II

Mike Simmons  
PSIA-E Alpine, Level II

The PSIA-E Clinic at Sugar Mountain March 7–8, 2011 was a memorable experience for many of us. It was great to have so many Sugar Mountain staff attain initial certification and membership in Eastern Division, the largest of the seven divisions of PSIA/AASI. It was also, if you remember correctly, two absolutely perfect snow days, with ideal temperatures and bright sun, sandwiched between rainy days before and after! Four of us (listed above) were members of a group of great skiers who had a first rate clinic leader, Vic Antonelli, from the Buffalo, NY Ski Club, who put into practice the dictum: “you have to move to learn.” We smoked the wax off our long boards! The authors thought it might be helpful to others if we summarized our experience by combining all our notes from the clinic, collated them, and then distilled the essence… trying to capture the kernel of what was, to us, one of the most exciting, fun, and beneficial PSIA-E learning experiences we have had!

This was a large group of 12 skiers, but really good skiers one and all! And this was a clinic lead by Vic who believed you improve your skiing skills BY SKIING!! But, what to do with 12 in a group? You partner up and buddy ski with a task, drill, or focus assigned and demonstrated by the leader. Your partner reports to you whether you have accomplished the assigned task and then you switch roles… skier and observer. So the first lesson of this clinic was large groups can be a boon… pairs ski and observe and give feedback to each other and the leader doesn’t spend inordinate time trying to observe and give feedback to a large number of people. Skiing time thus dramatically increases. And ski we did! Need we say that Vic was blown away by the snow conditions and grooming and the terrain variety offered by Sugar Mountain, that “southern resort?” This article will be mostly about the main educational themes of the clinic but we will just list the other interesting and fun tasks and drills skied during the clinic at the end of the article.

What, then, was the essence… the primary focus around which the clinic seemed to be organized? Remember, this was a group of really accomplished skiers who had no hesitation spending time on WHOOPDEDOO… we didn’t have to spend time on i.e. breaking a turn starting “stem habit,” a 1-2 move to start a turn, or other fundamental skills errors. In essence, by using many different drills and explanations, this was a clinic with two main themes:

Theme One: You need a balanced, centered stance over your skis where you always maintain Constant Cuff Contact (the CCC’s.) But even within the parameters of balanced stance and constant shin to boot cuff contact, you can, by choice, and when dictated by the need for tactical maneuvering, vary the exact point of balance under your foot. This dynamic balance point can vary from forward of center toward the ball of your foot to aft of center somewhere in front of your heel. You would do this, by tactical choice, based upon snow conditions, terrain demands, and/or desired snow tool performance. Some of the drills which isolated this subtle, but deliberate alteration of balance point were very interesting to say the least. In one, you imagine a golf ball (or stick from the trees or ski pole) under the toes, center, and heel of your boot, and you move your boot when out of the bindings to make marks in the snow accordingly. Each placement produces a different point of rotation… toes down the hill with the pivot point at the heel, heel up the hill with the pivot

With the use of a ski pole, Witold demonstrates what is meant by shin’s “cuff contact.”
under the toes, and butterflies with a dead center pivot point. Now put on your skis and repeat the marking of the snow, making a “forklift” mark with the pivot at your ski tips (heel up the hill,) a “symmetrical butterfly” mark with the pivot directly under the boot center line (butterflies,) and then a “windshield wiper move with the pivot at the heel” (toes down the hill) mark respectively. Now hit the trail with turns such that your skis duplicate the above identified points of pivot. Typically most skiers have a “habitual lock” on trying to have toes leading down the hill on all turns. Several drills with this focus explored tactical usage and versatility of using all three type balance point turns with comfort. Very illuminating!

A second drill which required perfectly centered stance and constantly flexed ankles with CCC throughout all phases of the turn was a partner exercise (there it is again… pairing up.) You would start skiing with medium radius turns and randomly at either the initiation, shaping or finish phase of the turn, your partner would yell, “Jump!” Your task was to completely jump up off the snow with level skis, no matter which phase of the turn you were in, a task impossible to perform if you were not: a.) centered over your skis; and, b.) in constant cuff contact with flexed ankles.

A third drill related to stance and balance was focused upon keeping “lead change” to a minimum at cross over and turn initiation. The Swiss National Team at the Interski in 2002 introduced an interesting concept. You stand, while in your skis, on flat terrain with ski tips and tails even. You draw a line in the snow at the outside of each ski boot when in a comfortable stance and then draw a line immediately in front of the toe pieces and right behind the heel pieces of your bindings. Then when actually skiing, your boots should not move out of this hypothetical box during turn transitions. This is a visual way to draw your attention to keeping lead change to a minimum and stance width constant. There were other “balanced stance” and “minimize the lead change” drills, but this gives you an idea of that theme and presents a few excellent practice drills.

Theme Two: Avoid “Park and Ride” at all costs. More specifically, a goodly portion of the clinic focused on how to identify and avoid the old “park and ride” static body position between turns, the bane of advanced intermediate skiers (probably riders too.) Your skis are always moving and reacting to ever changing snow and trail conditions… so, too, should your body Always be moving in concert with and complementing your skis’ movements. Think about it for a moment. The classic lateral example given in all ski technical manuals and magazine articles is imagine running down a boulder strewn stream bed, jumping lightly from rock to rock. Your entire body is constantly altering position to maintain center of balance over your feet. Now further visualize holding your arms stiffly at your side and imagine the effect of that stasis on your ultimate balance and performance. It would be devastating! The same is true in skiing. You may not be able to identify and verbalize what it is that in detail you are observing, but when you see that expert who is flowing like a drop of water down the slope, the final factor which adds the “smooth flow” is constant Entire body movements which are in perfect coordination with the movement of the skis down the ever changing trail. When you see it, you know it; it is a thing of seemingly effortless beauty. Initially, advanced intermediate skiers looking to improve further focus on trying to keep the torso (the chest, shoulders, and hips) moving in concert with the evolution of the turn… no small challenge. It is difficult, especially in medium to long radius turns, NOT to “ski into a POSITION” and then WAIT for the next turn, in effect creating a static traverse. The completion of one turn should seamlessly become the initiation of the next turn, no matter what turn radius you are making. Said differently, there should NEVER be straight edge tracks in recreational skiing (well, almost never… exam quiz: what would be one or two circumstances where straight tracks might be tactically desirable?) Generally your ski edge tracks should be connecting arcs with only an ever so brief period of flat ski 4 edge tracks at the cross-over between turns. To maintain that smooth coordination of whole body moving in tandem with the skis while continuing a relaxed but dynamic, functional tension is one of the characteristics of accomplished skiers (riders, too.) Go back mentally and visualize that “perfect you” lightly running down a boulder strewn stream bed and “see” the coordinated movement of your

Witold demonstrates the ski tip lead, meaning: one ski is too far forward and the other ski too far back. As you can see, leg angles are far from equal. The right leg exerts much pressure on the ski tails resulting often in over-steering and divergence. The left leg pressures the tips too much compared to the right leg, which causes not completing of a turn or skidding out at a transition since edges are low. Actually, one ski works against the other.
entire body. But there is an even more subtle coordination of bodily movements involved in this fluid flow down a slope by that expert skier. The arms, wrists, and hence the poles, are also a major part of this dynamic rhythm! We think many in our clinic, admittedly very accomplished advanced skiers, were surprised that this piece of the picture in their skiing was missing. When just walking (which we did through the woods off trail) your arms ALWAYS are either moving forward or backward and nowhere during this oscillation is there any static position! If there were, your overall coordination in a simple walk would become impaired. Try it. So then why in skiing is it so difficult to maintain a smooth, coordinated rhythm of alternating pole movements? No good answer to that… perhaps when we learned, if ever we found a “position” during which we didn’t fall, we continue to hold onto that position forever as a “safety stance;” or, so much of our learning focus was on what was happening under our feet in those concrete shoes with long boards under them in this slick and sloped world that we just forgot we had hands with sticks in them: Anyway, many drills in the clinic were directed toward increasing awareness of arm, hand, and pole movements.

One drill was simply to swing your poles constantly even though out of sync with the turns, alternating them, but constantly moving them. A second drill practiced opening your arms more into an “embrace of the mountain… feel the love” where your forearm faced more openly the apex of the coming turn. This resulted in forearms, wrists, and hand out wider, with your elbows more “tucked in” towards your torso. You see just the opposite on most intermediate slopes: elbows out and hands more centered, the “hug the beach ball look.” A third focus on poles and wrists was to assess the effect on overall stance and balance when you tried to keep your elbow LOWER than your wrist, hand pole grip when touching your pole tip during short turn initiation on moderate to steep terrain. This very slight change in arm position results in dynamic and major change in bodily angulation. (This focus is perhaps NOT desirable or even possible on VERY steep terrain when you must reach waaaaay down to even touch the snow.)

These, then were the underlying themes running through our clinic drills and tasks (if things can “… run through…”, why can’t they “…ski through… “?), ergo. These then were the underlying themes skiing through our clinic…. OH! Well, perhaps another time.) But let us again emphasize that all this was accomplished while skiing a lot, with discussions happening during lift lines, forming up at the top waiting for the rest of the group, and during evaluative observation of others in the class coming to the mid-trail meeting spots. No one was left out as during the course of the two-day clinic sometimes you were the observer and sometimes you were the observee. (A cleverly disguised, but none-the-less, to some of us, an easily recognized variant on ‘Sometimes you’re the windshield; sometimes the bug!’)

Following are a few of the other drills or tasks which we all identified in our notes as being helpful and memorable or just plain ole fun. Several were totally unrelated to the themes but were either just a hoot to do, or were drills which demonstrated an excellent way to isolate particular skiing movements. For more, see one of the authors, each of whom has several pages of specific notes on drills and tasks. If this one was any indication, don’t miss any PSIA-E/AASI clinic if possible. You will improve your performance immeasurably.

**Additional drills and tasks:**

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<th>Drill</th>
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<td>Partner skis down an intermediate slope in as wide a wedge as possible, stops and looks back to see you ski and to give you feedback. You are to stay within that narrow corridor left by your partners wedge. You are to make very short radius turns keeping skis on the snow.</td>
<td>You will not be successful if you do not do very active steering while keeping firm pressure on the ski boot cuffs, if you do not keep your torso facing down the fall line and/or use blocking pole plants.</td>
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<tr>
<td>If the sun is exactly right, you can use the shadows of the chairs on the lift coming at you as “flags” on a moving slalom course.</td>
<td>This exercise is fun and uses non-standard tools for learning. Also if your ski hits the shadow you don’t wipe out! And because the chairs are coming at you as you ski down the hill, the turns needed are much shorter than imagined. Your impression of the speed at which the “gates” are coming at you is also greatly magnified since chair speed is added to your actual speed. Thus the experience of “course speed” increases and this becomes a great reflex test drill. You can also use your shadow to see how active your upper body actually is.</td>
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Let’s get ready to hit the slopes!

Skiing Tips

Dry–Land Exercises

By Witold Kosmala
PSIA-E Alpine, Level III

As, further down you will read in the section THOUGHTS FOR THE MONTH, there are benefits of starting the ski season without being physically ready, but there are very few of those advantages. So, while you still have time, here are a few ideas you might wish to pursue.
For power and strength: do plyometric exercises, weight lifting, aerobics, running, swimming, hiking, jump rope, run up and down stadium stairs, do lunges

For agility: play basketball, soccer, Frisbee, tennis, racquetball, football, volleyball

For fore/aft balance: walk down a steep and slick trail; run down a hill, run down stairs skipping every other one; walk up a steep hill; ride roller skates or blades; hop on one leg; stand on a moving boat, train or bus; ride on a unicycle

For lateral balance: stand on one leg on a fluffy pillow (with eyes closed): walk in sand; ride bike in sand, mud or rocky trail; walk or ride a bike on a white line along a road; hop on one leg; stand on a moving boat, train or bus; ride on a unicycle; ride on a bicycle as slowly as possible

To simulate snow skiing: run down a slope, run down stairs skipping every other one; go water skiing; ride a scooter; ride a Trikke; stand across a slope with the downhill foot on a tennis ball and now start the next “turn”

Rolling knees together: swivel on a chair; swivel standing on one “lazy Susan” with both feet; (when riding up a chair lift pivot skis from one direction to another)

**Toe Articulation**

*By Witold Kosmala*

*PSIA-E Alpine, Level III*

Let’s first go through a simple test. Stand-up and take you shoes off. Count how long you can stand on one leg with eyes closed. As you are counting, can you tell what your toes are doing? Can you tell how you change pressure on your toes to keep balance? Now do the same on the other foot. There are several tests here for you: toe action and awareness, balancing, foot strength and foot dominance. All these are of vital importance in practically all leg-sports, in particular – skiing and riding. All good coaches talk about foot activities that take place inside of a boot. The consequences of these actions are visible outside the boot.

In skiing and riding all the pressures that effect the skis/boards must come to the skis and boards through your feet. You can move your whole body around, but your skis will react only to what your feet tell them. Of course, swinging your body from side to side puts certain pressures on your feet which takes the messages to your skis, but wouldn’t the messages be more accurate if they came directly out of your feet instead? Your feet should determine what your upper body should do and not the other way around. What you do with your feet directly effects your skiing.

The first thing you need to know is what it is that your feet (and especially toes) need to do when skiing, and then exercise your feet so they can perform the desired actions. The knowledge of the toes’ actions while skiing determines the skier’s skiing ability. Toes should actively move and pressure different places inside your ski boot depending on what it is that you need to perform, just like they did when you were standing on one leg with closed eyes. And, when you were standing on one foot with eyes closed did you notice that your movements and pressures jumped around your foot more and more actively with time? At first corrections were little and more accurate, and they got bigger and bigger as you grew more tired, until you could not correct enough and was forced to put the other foot down. Your shoulders did not grow tired – your toes did. The precision is sacrificed when one gets tired. So, how often do you exercise your toes? Your skiing level (and sometimes your life) depends on your toes.

There are many things that you can do to strengthen your toes and feet in general. Here is a short list.

- Walk without shoes (in the house for example.)
- Run without shoes.
- Stand on one leg and keep the other in the air, instead of braced on the leg that is on the ground.
- Do heel-rises.
- Do squats.
- Do lunges.
- Wrap a surgical tubing around your foot and attach the other end of the cord to a firm object. Pull with your foot by flexing at your ankle. Do in all different directions with each foot.
At the end of foot and toe exercises be sure to stretch your foot by rolling it on a rubbery racquetball or by leaning with your hands against a wall with one foot far behind you. And, next time you are on your skis/boards, think about your feet and articulate all your skiing and riding with strong toes. Let your skiing and riding move up to the next level.

**Health Course**

**ARE THERE ANY BENEFITS TO EATING YOGURT?**

Most brands of yogurt contain good-for-you bacteria. The words "live and active cultures" on the container mean that your yogurt has probiotics, beneficial bugs that live in your digestive tract and help crowd out harmful microorganisms that can cause intestinal infections and help the body absorb nutrients. Many varieties also contain special strains of probiotics meant to help regulate your digestion or strengthen your immune system.

Yogurt is loaded with vitamins. One serving is a significant source of potassium, phosphorous, riboflavin, iodine, zinc, and vitamin B5. Yogurt also contains B12, which maintains red blood cells and helps keep your nervous system functioning properly.

By Witold Kosmala

**This and That**

**THOUGHTS FOR THE SOUL:**

Did you notice that people like to talk about other people? Sometimes their conversations turn to gossip. Do you think you were ever a subject of such conversations? Can you guess what people say about you behind your back? Do you care what they say? Did you ever think about what you wished they said when talking about you? Would you need to change your life style in order for people to talk about you as you wish they did? Does it matter to you what your family and friends hear what is said about you?

By Witold Kosmala

**Turn to Wisdom**

**LIFE IS:**

- Life is like a taxi. The meter just keeps a-ticking whether you are getting somewhere or just standing still.
- We make a living by what we get, we make a life by what we give.
- Life is like riding a bicycle. You don’t fall off unless you plan to stop peddling.
- Life consists not in holding good cards but in playing those you hold well.
- Life is like a bar of soap. Once you think you’ve got a hold of it, it slips away.
- Life is like pictures in a photo album. You can look back on the moments, but you can never recapture them.
- Life is like a mirror. If you frown at it, it frowns back. If you smile, it returns the greeting.
Thoughts for the Month

- Is there any reason why zero training before the ski season would be good for skiing? Answer. If you are physically not ready for skiing then you can easily tell if you have a correct stance when skiing. If you are sitting back your muscles will scream at you almost right away since they are not used to that. If you are physically fit, you might not know that you are unnecessarily flexing your thighs and sitting back. If that is the case, you might have to wait and find out from your hurting knees that you are too far back.

- Can you name the highest peak in each State?

- What are poles used for in skiing?

- Is there a difference between a “pole touch” and a “pole plant?” If so, what is it.

Elaborations on last month’s Thoughts for the Month.

Question. People seem to talk about calories all the time, but do they know what a calorie really is? For example, 16 fl. oz. of Pepsi has 200 calories. What does this mean?

Answer: A calorie is a metric measurement of energy that is needed to raise 1 milliliter of water, (also equivalent to 1 gram of water.) by 1 degree Celsius. Food that is consumed by an individual is converted through a lengthy process to body fat and glycogen to be used for energy when needed. Different types of food carry different ingredients and have different calorie equivalences. Also, different activities the individual performs, different amount of energy he/she will use, that means different amount of calories he/she will burn.

Below are a couple of charts that indicate approximate number of calories a person will burn performing certain activities. Remember, this is very rough information since every body is different. So, on the average, it will take 2 hours for an average person to use up 200 calories taken in by drinking a 16-oz Pepsi since a carbonated drink is usually not drunk while exercising.

An average adult in the US needs to consume in one day food that has 2,000 calories in order to maintain their weight. Also, on the average, one pound of fat on a person’s body is equal to 3,500 calories. Remember, these are very rough figures, just to give you some starting point.

So, if you have one bowl of ice cream with chocolate syrup and plenty of M&M’s, you can easily reach 1,000 calories. That is, about half of your daily recommended intake. How quickly can you burn all that before it turns to fat?
Question: What do people mean by “negative calories?”

Answer: It is difficult for the human body to digest food. Digestion takes energy. If a certain food causes the body to burn more calories than the food actually contains, then this food is referred to as a “negative calorie food.” Examples of such foods are: fresh fruits and fresh vegetables.

Question: What do people mean by “empty calories?”

Answer: In dietary terminology, “empty calorie” food has little or no nutritional value. “Empty” does not mean that that food has no calories. On the contrary, these foods have a lot of calories but do not have valuable nutrients that the body needs. The “empty calorie” food will give a person a boost of energy, but if not used up right away, all the left over calories will turn to fat. The body has no benefit from those foods except mostly for a temporary pleasing of the mouth. Examples of these foods are: candies, soft drinks, and in general most processed and refined foods. On the other hand, foods which have low amounts of calories are nutrient-dense.

Question: What company makes the pictured car, and what is it called?

Answer: This is a SMART car made by both Mercedes Benz and Daimler Chrysler, as they are part of the same company. Here is a dibble of history. The idea behind a car that could fit straight into a parking spot where as normal car would have to parallel-park goes back to a Swiss watch company named Swatch. After unsuccessful attempts to partner-up with VW, in 1994 the Swatch and Mercedes build a car factory in France. The name SMART is an acronym for Swatch Mercedes ART. Do you suppose that GM will now build a Smorvette?

Question: What is the National motto of the United States?

The original motto of the United States was E Pluribus Unum (Latin for “one from many” or “one from many parts”), referring to the welding of a single federal state from a group of individual political units (the original colonies, now states). It remains on the National seal.

In 1956 the President Dwight D. Eisenhower approved a Joint Resolution of the 84th Congress declaring IN GOD WE TRUST the National motto of the United States.

Question: What is the motto of North Carolina?

Answer: “To be, rather than to seem.”

Question: Do you know where the mountain peaks of 6,000 ft. or more are located in the Eastern United States?

Answer: My dear friends in New England, I hate to disappoint you, but your great mountain – Mt. Washington, is not the tallest mountain in the East. It is not even in the top 10. The top 16 tallest mountains in the East belong to the South. And, in fact all other peaks over 6,000 ft. then your Mt. Washington live down south. Look at the chart below.

<p>| 1. Mt. Mitchell | 6684 ft. | NC | Black Mountains |
| 2. Mt. Craig | 6647 ft. | NC | Black Mountains |
| 3. Clingman's Dome | 6643 ft. | TN/NC | Smokies |
| 4. Mt. Guyot | 6621 ft. | NC | Smokies |
| 5. Balsam Cone | 6611 ft. | NC | Black Mountains |
| 6. Mt. LeConte | 6593 ft. | TN | Smokies |
| 7. Mt. Gibbes | 6571 ft. | NC | Black Mountains |</p>
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<td>8. Potato Hill</td>
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<td>36. Grassy Cove Top</td>
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<tr>
<td>37. Sam Knob</td>
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<tr>
<td>38. Shining Rock</td>
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<tr>
<td>39. Yellow Face</td>
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<tr>
<td>40. Cold Mountain</td>
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<tr>
<td>41. Mt. Sequoyah</td>
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</tbody>
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**Announcements**

- **Fall Jumping Event at Lake Placid.** Summer is flying by and the PSIA-E/AASI Fall Jumping Event will be here before you know it. Join us on September 7th and 8th at Lake Placid Jumping Complex for two days of outrageous fun. This event is open to all disciplines with some qualifications – specifically Non-members, Registered and Level I Members must interview with Mickey Stone (cpage3@aol.com) prior to registering. The jumping course does count towards your continuing education credit. Check out this link for a complete description and requirements – www.p sia-e.org/ev/desc/jump – and sign up online before the Friday, August 19th deadline!

- **Indoor Master Teacher Courses.** Get a jump-start on your season at the fall indoor Master Teacher courses being held at Seven Springs Resort in Pennsylvania on September 16th-19th. Complete schedule and course
descriptions are on the Eastern Website at http://www.psia-e.org/ed/MTC/fall.htm. These educational events satisfy your continuing education credit and a great opportunity to network with other professionals. All certified members may attend regardless if you are pursuing Master Teacher Certification. Please note – some courses have limited attendance and are filled on a first come first served basis. Sign up online before the August 29th deadline!

- **2011 Snow Pro Jam.** Mark your calendar! The 2011 Snow Pro Jam/Masters Academy will be held at Killington Resort on December 12–16, 2011. You will receive the application and complete details in the Summer Snow Pro issue. Sorry – no online registration for this feature event. Please use the application in your Summer Snow Pro issue, or click here to print an application. We will begin to accept applications post marked on September 19th.

- **Online Exams.** As you know, Alpine Level II and Alpine Level III Professional Knowledge Exams are now administered online. Members have two attempts to score 70% or higher on this exam prior to registering for the Teaching portion of the certification exam. Members will be able to register for these exams online beginning August 15th. Adaptive and Snowboard online exams will be available later this season. Break out those Exam and Study Guides and begin preparing early!

- **2011-12 Education Foundation Scholarships.** More than $15,000 in scholarship funds is available to members to support your professional development needs this coming season. Look for details in the summer issue of the SnowPro and check out the updated EF Scholarship page and application forms on the PSIA-AASI Eastern Division website at http://www.psia-e.org/ms/eastbenefits/scholarships/. All applications must be postmarked no later than Friday, Oct 7, 2001.

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**Funny Turn**

**YOU KNOW YOU'RE A SKI OR BOARD INSTRUCTOR WHEN...**

- When you meet someone who claims they've never skied or boarded before, you look at them like they're from a different planet.

- Your best day ever is when you have a group of kids who really enjoy their lesson.

- Your worst day ever is when you have a group of kids that complain and whine that they're rather be playing video games.

- Your summers are just "okay" in comparison.

- You know that first tracks = the best skiing of the day. all the more reason to be up at 6:30.

- Speaking of first tracks, you fully look forward to getting up at 6:30 to be at the mountain in time for the first chair up.

- Even when you're not working, you live at the mountain.

_Mike Hicks, thank you for amusing us with these statements. We can all relate to them. Mike was a ski instructor at Whitetail Resort, PA now for 20 years and going strong. He is an awesome skier and a wonderful person. Mike is a PSIA Alpine, Level III certified trainer for his ski school._

**INJURED EGO**

In 1984 Tom Macon is a new skier. He has gone to Lone Mountain in Montana. Here is his story:

I wanted to challenge myself, so I rode lift to just under an enormous cornice. I thought I would glide over to a portion of the slope without moguls. Much to my surprise I had to cross a series of hidden gullies each about six feet deep. Trav-
ersing the gullies caused me to reach a steeper slope than intended. After two turns into my run I fell and began a grand
descent on my stomach. I thought, "I wonder if this is going to kill me?" After what seemed like fifty yards of sliding I
stopped and looked up the slope. I saw ten neat furrows dug by my fingers. I could not have done that if my poles had
been in my hands. Right?

Five young ladies were gracefully skiing toward me. "Ah, they will bring my poles." I thought. Wrong! They passed my
poles! As they skied by, one after the other, they set their edges and showered me with snow. I sat there covered with
snow listening to them giggle and laugh as they sped down the slope. Someone brought my poles, and I skied the rest of
the way down, but not without an injured ego.

By Tom Macon

OH, TO BE YOUNG AGAIN

Normally I am not chosen to give a private lesson to an 8 year old who had skied previously, but on
the ride up the mountain Mikey and I had a lively conversation. He was spending the weekend at Sug-
ar with his family. When we were almost at the top, he got real squiggly-like. When I asked if he was
OK, he said he had to use the restroom. When asked if he could wait 45 minutes until the end of the
lesson, the yellow tint in his blue eyes told me what I needed to know. He said he was a pretty decent
skier, which I found to be true as he raced down the mountain to find the boys room. I finally caught
up with him half way down as he came to a skidding halt. He looked like he was about to burst, so I
led him off the trail and hid behind one of Sugar’s glorious pines. We were even hidden from the
chair lift right near one of those deep gullies. Before I knew it, this little guy was naked from the
waist down with his pants draped over his ski boots. It didn't take but a split second for him to let go
of his prime... He peed with a handsome 8-foot arch all the way across that gulley,,, for all the guests
on the chair to view. What a spectacular sight!

By Bill Peterson

Marketplace

- For sale: 2011 Atomic Nomad Blackeye Ti, 174cm, $425 and 2011 Rossignol Zenith boots. 100 flex, size 26.5,
  $250. Both items have signs of normal wear and tear but no major damage; they are just too big for me. I'll tune
  the skis before selling them. Any one interested can e-mail me, Ryan Puckett at rypuckett@gmail.com.

- If you are working with kids, or you simply need to get in and out of your ski boots fast,
  and you want them to be comfortable and of top quality, you might be interested in my
  NEW rear-entry Nordica Gransport Executive Ski Boots in size 28.5 with 95 flex index.
  Asking $249. Write me at kosmalaw@bellsouth.net or call at 828-719-6884.