



ski patrol

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**OUTSTANDING AWARDS
POWDERFALL 2017**





Baseline Skiing Standards

GOOD SKIING DOESN'T HAVE DIVISIONAL BOUNDARIES

BY JAY ZEDAK, NSP NATIONAL OET PROGRAM DIRECTOR

Over a decade ago, the National Ski Areas Association came to the National Ski Patrol board of directors and expressed concerns regarding patrolers' presentation of skiing skills to the skiing public. This led to a resolution at that time to develop a few pilot ski school programs within NSP divisions and resulted in three different such pilot ski schools within the NSP. These were located in the Alaska Division, Central Division, and Southern Division.

With the exclusion for ski instruction having been removed from our general liability insurance policy, the table has been set and the NSP National OET Team is ready to help NSP divisions embrace this change and work toward standardization across our NSP system.

To enhance ski teaching and evaluating, the OET Team is suggesting written education materials for skiing evaluation from PSIA. These tools will support evaluations of skiing and be easily accessible to the NSP membership, easier to understand, and more transparent to our NSP membership.

One huge step in the process is to standardize our delivery of the skiing portion of the OET Program. As such, we would like to introduce you to the "Five Fundamentals of Skiing," as outlined by the Professional Ski Instructors of America-American Association of Snowboard Instructors in their Alpine Certification Standards 2014. This is available for purchase by nonmembers on the PSIA website at <http://www.thesnowpros.org/shop/catalog/education>.

Skiing Fundamentals

- 1) Control the relationship of the Center of Mass to the base of support to direct pressure along the length of the skis.
- 2) Control pressure from ski to ski and direct pressure toward the outside ski.
- 3) Control edge angles through a combination of inclination and angulation.
- 4) Control the skis' rotation (turning, pivoting, steering) with leg rotation, separate from the upper body.
- 5) Regulate the magnitude of pressure created through ski/snow interaction.

We should also be using terminology in the correct way. Inclination refers to lateral movement of the skier (COM) toward the inside of the turn, while angulation refers to creating angles between the body parts, such as hips and knees.

The PSIA National Alpine Team created these fundamentals of the mechanics of skiing. They are not to be taught to improve skiing, but rather as a means to



PSIA National Alpine Team member Heidi Ettliger starting a turn.
Photo by Candace Horgan.



PSIA National Alpine Team member Heidi Ettliger shows good form.
Photo by Candace Horgan.



PSIA National Alpine Team member Heidi Ettliger finishing a turn.
Photo by Candace Horgan.



A patroller using her edges effectively. Photo by Scott Brockmeier.

“Across all our varied divisions, our members are faced with different requirements based on terrain, seasonal snowpack, and snow type.”

constructively provide meaningful feedback to our brothers and sisters when teaching them the skills to improve their skiing.

Regardless of factors such as snow type (powder, steeps, groomed, moguls, maritime, etc.), all quality skiing presents with these five fundamentals. From the Far West Division to the Eastern Division and all the way to the European Division, candidates/ students will receive feedback on their skiing movements based on these fundamentals. That way, it shouldn't vary based

on division. Good skiing doesn't have divisional boundaries.

Across all our varied divisions, our members are faced with different requirements based on terrain, seasonal snowpack, and snow type (maritime snowpack, machine-made snow, groomed snow, or powder conditions) that makes the skiing and toboggan performance expectations and toboggan-handling needs different between divisions.

Please keep in mind that these five fundamentals are ingredients. They are not a recipe for how to ski, but a tool for our NSP trainers to provide consistent feedback through improved communication from instructor to student with accurate and concise feedback. I am confident that our NSP instructors will rise to the challenge set forth by our industry partners and increase the “on-snow” presence for our membership by encouraging the development of skiing skills based on these five fundamentals. +



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