

- **Technology**
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**End-of
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our own



AUSTRALIAN PROFESSIONAL SNOWSPORT INSTRUCTORS

SnowPro



November **2017** edition

GENERAL MANAGER'S REPORT

ANDREW RAE

In this issue of snowpro: Big snow, technology as an aid & investing in you as a member.

It is always fun thinking back over the season & all the great things that happened, but let's face it the number one thing that I will remember is the snow. I managed to land myself in Hotham during two of the biggest snow storms I have experienced. The road closers may have been problematic but using fat skis on a level 4 course for the first time is something I will not forget.

There was a definite increase in participation of under 18's at public level one courses this year which can only prove there is good interest in snowsports instruction as a job. This does mean that as an association we need to look ahead, plan for the future & keep up with the way our newer members interact with technology. Don't worry Lexi will still be in the office if you cannot tell the difference between a dropstick & a facegram and would prefer to pay over the phone! We all thank her for her efforts. However, I hope most of you are digging into the new website and working out how to use it as a tool to make your instructing life easier.

It has been nice to note the multiple and varied ways the APSI board of management, technical committees and staff are doing their best to invest back into the APSI to benefit you as members. From new innovations like the app, to a substantial



upgrade of the website, to suggestions of a possible future vision for your association.

For those who may have missed the social media posts I had a substantial knee injury at the level 4 exam this winter and will be recovering in the office over the summer. My plan is to continue to keep you all updated with my progress, sharing the highs & lows of my experience as I prepare myself for winter 2018.

I would like to take a moment to thank those examiners and participants alike who helped at the time and to everyone for their words of support and encouragement after the accident. Support during this time was crucial to my recovery process.

However, I need to make a special mention to Paul Lorenz, Chris Allen & Tom Langtry who went above and beyond, I hope you know how thankful I am!

Happy reading everyone, I hope you all enjoy the following issue of snowpro as much as I did!

Andrew Rae, GM

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KEY DATES 2017/2018

OFFICE CLOSED

21 December - 3 January (+ limited hours first two weeks Jan)

Merry Christmas & Happy New Year!

DISCOUNTED MEMBERSHIPS

Now - 31 December

JAPAN COURSES

February 2018

JAPAN EXAMS

Early March 2018

TRAINER'S COORDINATION 2018

Week before opening weekend, dates TBC

KEEP AN EYE ON THE WEBSITE FOR EXACT DATES!

OFFICE NOTES

ALEXIA COLVILLE

Welcome to the 2017 end of season edition of SnowPro magazine.

Another busy winter is over and you can read more about in the following pages, but a few notes from the office first.

Our annual general meeting was held in June at Mt. Buller where Richard Hocking (Telemark Technical Director), Adam Hosie (Snowsport School's Representative) and Michal Bierczynski (Resort's Representative) were re-elected to serve another term on the Board of Management. Ashley Muller was awarded life membership to the APSI for his contribution to the development of snowboard as a discipline. Thank you to all that attended the AGM, it's an important forum for us to communicate with members and hear your thoughts. I encourage you all to attend next year if possible.

Once again, we celebrated the end of season with spring sessions at Perisher and drinks at Jindabyne Brewing. Spring Sessions was our best attended yet with groups for all disciplines and some fantastic telemark and backcountry gear was made available to demo thanks to Bruce at Wilderness Sports.

Thank you to Karl & Max at the Brewery for hosting the evening event, which was enjoyed by all! Due to generous donations and participation in spring sessions, we raised approximately \$11,000 towards sending the team to Interski in 2019.

Our major Summer task over 2016/17 was to upgrade the APSI website. Our website is the first point of contact for many new and existing members and an important tool for event registrations and membership records. The website has been developed in collaboration with Toldeoh, the same company that we worked with to develop the app. In the future we aim to integrate the app with



the website to provide cross functionality to both platforms. As is often the case with these types of big projects, we were down to the wire pre-season to get the website live for the winter. So, over summer the plan is to improve the content and resources available through the site and add more content to the app.

Membership renewals for 2018 are now available through the website. One-year early bird membership is \$100 instead of \$125. However, renewing for 3 years (\$280) is still the best deal! Early bird prices will only be available until December 31.

Finally, a big thank you to Andy, the technical directors and the APSI board for their continued support and also to you, the members, for your commitment to training and the APSI. I hope you all have a wonderful summer and I look forward to seeing you again next year!

Lexi

2017

BY THE NUMBERS

 **196**
events

 **1191**
current members (31.10.17)

 **11**
new trainers

 **686**
days worked by trainers

 **7**
additional prep/ training days

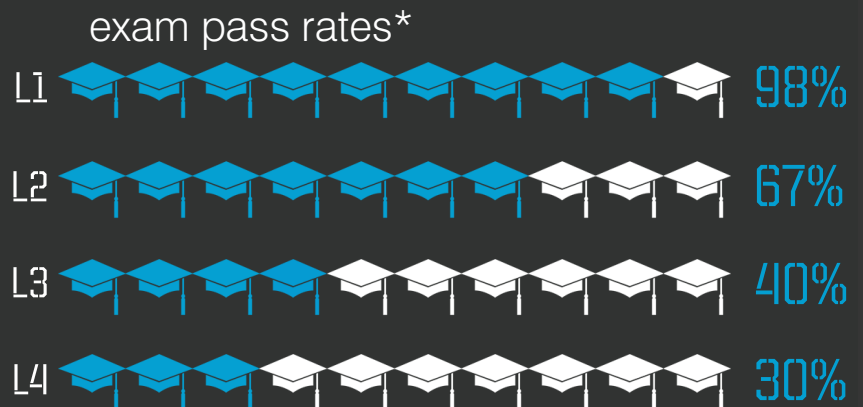
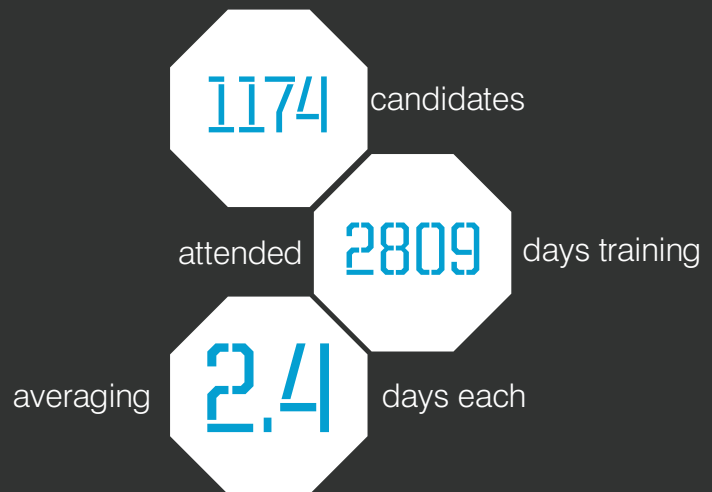
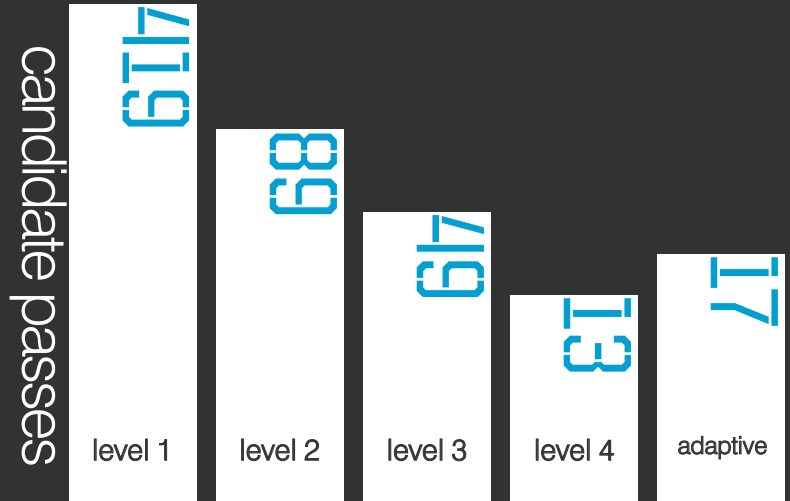
 **64,000**
kms driven by trainers

 **\$25K**
investment in new website

 **17,150**
chairlift rides

 **\$11K**
funds raised by the demo team

 **199CM**
seasonal snowfall (onthesnow.com.au)



*alpine exams, including Japan 16/17

IDEAS FOR 2018 -  - SEND YOURS TO

apsi@apsi.net.au

TREASURERS REPORT

DEBORAH MEEHAN



Last year the APSI made a net profit of \$72,017. The APSI is on track to achieve a similar net profit in 2017. Employee costs have increased as, two years ago, a decision was taken to increase trainer/examiner wages to compare more favourably with the resorts to retain experienced trainers and, in 2017, eleven (11) new rookie trainers were taken on board. Rookie trainers are a direct investment in the future capability of the association.

The Board is currently conducting another review of trainer and examiner wages and allowances paid to staff. The objective is to balance trainer/examiner retention and satisfaction with affordability

and sustainability of the APSI. This work will be completed over summer.

In the 2017 financial statements, as agreed at the AGM, the APSI will instruct the auditor to write off the debt from Dunstone. This does not mean the Board will stop pursuing the debt. Efforts will continue to recoup this money; however it will no longer be represented in the financial statements.

If the net profit forecast is achieved the Interski account will grow to around \$65,000. With further fundraising the APSI should be able to send the team to Interski without the need for external funding.

You may have noticed the new look **APSI website** that launched this winter (if not, check it out)!

Along with improved functionality, the new site gives you a dedicated “members only” area that will allow us to add many more resources.

We hope you found the site easy to use this winter and keep an eye out as we continue to improve the content over the Summer.

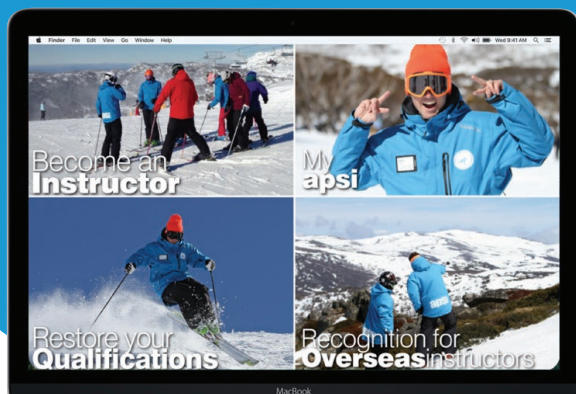
website hints:

to log in - click on the **my apsi** picture on the homepage

you use the same log in details to **access our app**

to register for courses / exams simply **go to the calendar** (under the store tab) and **click on the event** you'd like to sign up for

if you see a message in the shopping cart that says '**discount applied**' that means you already have membership and are not being charged again



“A HOME OF OUR OWN”

The APSI Board of Management (Board) is looking at both short and long-term investments to secure the future of the APSI. This paper addresses one specific long-term option - the feasibility of purchasing a residential unit to serve as an office and provide accommodation for some trainers/examiners during the winter season.

For this strategy to go ahead:

- **APSI members will be offered opportunities to ask questions & be involved in the discussion – via email and at the next AGM**
- **A majority of members must agree via an electronic vote open to all members**
- **The APSI will continue to prioritise the delivery of existing and new benefits to members**
- **In relation to Interski, the APSI will continue to work towards reducing its reliance on support from other industry organisations, and**
- **The Board and members will need to be confident that the APSI is, and will remain, financially sound.**

Why now?

Courses and exams in Japan have significantly boosted profits over the last couple of years, and demand for APSI training is strong and increasing. Until now the APSI has not been in a financial position to purchase an office without compromising member benefits or the APSI's financial viability.

Why buy?

- **An APSI-owned property provides certainty of location and a confirmed office address, not subject to change at end-of-lease**
- **Rent would be eliminated, along with annual rental rate increases**
- **Loan payments, less than the annual rental, is reinvested in the APSI which owns the asset (the unit)**

- **A property is an asset that has ongoing value. It can be sold and the proceeds returned to APSI at a future date if required, or rented to deliver a financial return should the office relocate**
- **It prevents disruption to the business and reduces burden and costs associated with negotiating a new lease, moving furniture and reconnecting utilities if a lease is not renewed**
- **Over time, a property is likely to increase in value at a much greater rate than cash in the bank.**

What are the arguments against buying?

- **A property is less liquid; it takes longer to access the money if funds are needed urgently**
- **A property ties the APSI head office to a specific location**
- **A property in Jindabyne ties the APSI head office to NSW which may reduce opportunities for Victorians to apply for vacant GM/Office Administrator positions.**

There is no better time than now for the APSI to invest in a 'home of its own' to enable the continued growth and success of the APSI. The Board is committed to securing the future of snow sport education and accreditation in Australia, and this strategy represents a long-term investment towards that objective.

The purchase of a property will not take place without consulting the membership. The Board is only exploring the idea: members will need to agree. By the time of a vote, we want you to have thought about the pros and cons, and be fully informed before you cast your vote.

Please send your thoughts, for and against, to apsi@apsi.net.au.

TECHNICAL DIRECTOR'S REPORTS

RICHARD JAMESON [ALPINE]



The alpine national demonstration team trained together on 2 occasions this winter to work on the direction and evolution of APSI skiing and teaching. Part of these sessions was to shoot photos and videos for educational materials and to work on synchronised formation skiing that will help showcase this to the world at Interski, Bulgari in 2019.

What a great year for APSI alpine events. We hope you are all enjoying the off-season some place warm and resting up after what was some of the best snow conditions our resorts have seen in a long time. Thank you and well done to those of you who took part in courses, exams and educational events this season. It's inspiring to watch how hard you all work and train throughout the winter months and it's always a privilege to be a part of this journey with you.

The snow conditions definitely provided a fun canvas this year to both work and train our skiing and riding on. Adventuring through lines we don't always get the opportunity to ski was a highlight and even the end of season exam candidates had some pretty awesome powder turns to showcase their skills on. It was a welcome change from our usual September conditions of hoping between slush patches around the fast approaching spring grass and flowers.

Top: The 2017 Spring Session participants enjoying blue bird powder days with Bruce Eastern from Wilderness Sports and the Higher Grounds crew at perisher. The APSI Spring Sessions is a fun end of season event for members to get away from certification based training and to come and ski and ride with demo team trainers on various clinics throughout the weekend. Smiles, apre parties, t-shirts and guaranteed powder are always on the menu.

Middle: The APSI Level 1 certification course continues to grow in popularity. Some happy candidates show off their new certification with Mt. Buller trainer/examiner Josh Laney.

Bottom: Level 2 NSW candidates participating in their teaching exam underneath a stunning rainbow at Thredbo in September.





Top: Some powder turns in September with colleagues and friends is a great way to wrap up the season! Ant Hill's training group laying some nice tracks down to Guthega the sneaky way.

Middle: Great snow seasons often come at a cost. Some bad weather is needed to produce all those storm systems. Road closures, full resort wind and lightening hold and even some frozen chairlift rides were part of the journey this year. Some of the toughest here enjoying their last chair ride on the Friday of the Level 4 Teach and Demos course at Mt. Hotham.

Bottom: Level 2 VIC candidates preparing for their snowplough turn demonstrations during the Hotham exams in September.

We hope you enjoyed participating in these APSI programs this winter and found them to be valuable for your job out in the snow sport schools.

Delivering industry leading educational products to help you in the real world of ski instructing, is always a key focus within the association. The APSI alpine technical committee, national demonstration teams and training/examining staff are continually looking at ways to give back to the members and to

strengthen our certification and training packages, to make them even more relevant to the jobs that we do. These leadership groups have already begun summer work on putting more video resources together for programs such as the APSI app. We are also looking at delivering free training days across the resorts by our senior trainers and demo team members next season. As well as increasing the connection and flow of information to you through various online media content. If you have any suggestions on what you would like the APSI to do for you, then please feel free to drop us a line. We certainly value this feedback to make things better for us all.

A 'quick tip' to leave you with and something chatted about with the demonstration teams this season. A hard concept to train, but a fundamental quality that makes up a great snow sport instructor, is their innate ability to CARE for the people they are working with. Whether that be a tiny tot experiencing the snow for their first time or a seasoned pro looking to take their skills to the next level. The really great instructors amongst us, make up for any short fall in technique and knowledge by being 100% invested in their students' needs and goals during the lesson. Our alpine trainers and examiners aim to model this every time they click into their bindings and we strongly believe it is a true advantage which an APSI instructor carries with them around the globe.

A couple of photo highlights to follow, but good luck to those of you heading overseas this northern winter and I hope to see all of you back safely in the Aussie mountains next year.

Cheers,
Richard

ADAM FEDERICO

SNOWBOARD

What a Winter!!!! Mother nature slept in a bit in 2017 and moved sluggishly into winter but when she decided to turn it on it was absolutely sensational! Easily some of the best snow conditions I've seen in Australia in my not so lengthy time in the industry. The snow seemed to be timed to perfection for both mid season resits and end of season exams!

Although it turned out to be a massive snow season it was challenging in many ways; record amounts of lessons in the majority of schools meant huge workloads for people limiting the time the you all could spend training and many of you I'm sure were exhausted by the end of the season. I know from experience that you can often feel a little flat and frustrated after what can sometimes feel like a busy and thankless season. I want to commend everyone from all disciplines whether you did training and exams or not, for hanging in there and doing a magnificent job not just with the guests but also with each other. In my limited time in the resorts (due to injury) this winter I saw you all do a great job encouraging and inspiring each other over the course of the season.

I must make special mention to the people that did step up despite the craziness to find time to attend courses and train throughout the winter. We saw some big numbers on the snowboard side especially at levels 3 & 4. I'm genuinely excited to be on the journey with you all to progress you and help you achieve your goals. Whether you were successful in completing your certification goals or managed to tick off some sections stay focused and keep charging to get where you want to go. For those

of you feeling a little bit disappointed on your cert I would like to share a quote from the GOAT,

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." - Michael Jordan.

A couple of final notes, a huge congratulations to everyone that was successful in achieving certification this winter, in particular, Jon Steel from Hotham on his level 4! It's definitely not an easy feat as many can attest to so well-done Jon. Thanks to my team for all your help this winter especially Oscar Alston for picking up the slack with me not able to be on snow much.

I hope everyone has a safe and fun summer and look forward to seeing you all in 2018!

Fed.



RICHARD HOCKING

TELEMARK



What a great season, lots of snow, even though a bit late and APSI telemark continues to grow. Telemark is gathering some steam with another boost to candidate, course and exam numbers on last year. There hasn't been this much activity in Telemark for at least a decade! If you've been thinking of trying telemark, or looking for a great second discipline now is the time to jump in. If you have a cert in another discipline you don't even need any prior time on Telemark equipment to do your level 1. If you're interested in doing a Telemark course the "APSI Telemark" facebook group is a great place to find out more.

Courses

Once again telemark has grown with 4 Level 1 courses, two Level 2 courses and a Level 3 course and the final module of a Level 4 all being run this season along with three one day events. There were 21 Level 1 candidates, 6 Level 2 candidates, 3 Level 3 candidates and a Level 4 candidate. Exam participation has grown with three exams conducted and an excellent pass rate.

Japan continues to be the hub of growth in APSI telemark due to the great work of Trevor Greenwood who works at NISS in Niseko. In Japan two level

1 courses ran with 13 participants and one level 2 course ran with 3 participants. If you're working in or near Niseko this Northern Winter is a great place to do a Telemark course.

Exams

2017 was also the most successful in many years. Three exams were run, one each at Niseko, Mt Hotham and Perisher. Congratulations to Rob Forbes, Taylor McDonald and Jane Sheer for passing their Level 2, Diana Rivera Garcia and Chris Lewczynski who passed both their Level 2 and 3 and to Sean Andrews for passing his Level 3.

Course Changes

Last season the Level 1 was rejigged to focus more explicitly on the structure of the APSI 4 skills model when working on the candidates skiing. This season the content of the Level 2 was extended to include Intro to Bumps and Medium Carve Telemark Turns to give the candidates a little bit more and to bring the course more in line with the Alpine Level 2.

The Level 3 received some more significant changes.

I've been wanting to include some time making Telemark turns on light weight equipment (synthetic leather boots and metal edged cross country skis) during a course for a long time, but I've had trouble finding the time to include it. This season however I've taken up Alpine as my third teaching discipline and I've really missed the flexibility of Telemark and the choices it allows a skier to make when I've been working and training on fixed heel equipment. To share that feeling of flexibility and choice with other Telemark Instructors and to better prepare them for when you do get the occasional lesson with a cross country skier who wants to learn to telemark better the Level 3 this season included telemarking on light weight equipment.

Despite the early frustrating of trying to make equipment which more resembles cross country gear than heavy resort equipment the candidates really appreciated how they had to be properly balanced on their skis to make them work. By the end of the

half day session everyone felt their skiing had really improved.

The course also included some time skiing with a Lurk, a 180 to 200cm long piece of timber. Historically people skied with a lurk to both push themselves along while they walked on the snow and as a rudder to change directions when turning. When the Telemark turn was the only way to turn skis people continued to ski with a lurk. The innovation of skiing with two poles only happened after the invention of the Christiania turn. The Lurk really changes how you turn and adds a new element to your skiing and is something the Germans are pushing in their system. The effect is best with a piece of timber rather than with a piece of conduit or bamboo.

Have a great Northern Season or Summer here in Oz.

Richard

The APSI **Board of Management** are looking to invest in **more** member **benefits**.

Member benefits currently include:

- Access to high quality courses and exams for certification - higher certification can mean higher pay!
- Spring sessions and/or any training days and professional development for certification updates - currency is required by resorts and/or to apply for jobs
- Member services - member letters, reprinted certificates, information service
 - World's best training resources (manuals, videos, the app)
- ISIA stamp (if eligible) - international recognition gets you more job opportunities, higher pay and benefits like discounted or even free lift tickets at many international resorts
 - A range of scholarships in all disciplines
 - Use of the member logo
 - A refreshed website for information and purchases
 - Snowpro and newsletters
 - Neckbuffs
 - Voting rights at the AGM
- Members pricing (discounts on purchase of merchandise & manuals)
 - A wide variety of Pro deals

What else can we do for you?

We have created a quick survey for you to give us any ideas on what initiatives you would like to see developed or implemented. Go to <http://apsi.net.au/news/member-survey> to have your say!

WARREN FEAKES

NORDIC

Nordic, as is normal for late snow and no snowmaking, had a chaotic start to the season.

Schoolies.

I had planned to hold a special Level 1 course as early in the season as possible and it looked doomed. This course was designed to qualify 16-year-old students from Wenona Girls school in Sydney. It was to be a pilot course for an annual Level 1 course to be held at the beginning of each season to qualify up to six handpicked interschool students from NSW.

Thanks to some very cold weather and the snowmaking at Blue Cow, the course was run with six students, two of whom are high performance Australian junior team athletes. It proved very successful and the three Wenona instructors proved their worth by instructing, albeit initially under supervision, during the heavy load Interschool training periods.

An added advantage of this course is that it recruited some national junior squad athletes. By exposing them to APSI methodologies, they understand the difference between Coaching and Instruction.

Another course, targeting students who have their 16th birthday before the season, is planned for early season 2018.

La Trobe.

A successful course and exam was again conducted with the Bendigo Campus, Outdoor Education of Latrobe University. Up to 20 students from 3rd year, are brought to Perisher and the Main Range area to have a 10-day elective on Cross Country skiing. Out of the 10 days, they have a tailored 3-day Level 1 (extended) course and an Exam day, to qualify them as APSI Level 1 instructors. The course and exam

are conducted under licence. All of the students become APSI full members. The proof of the worth of this course is that we see the APSI methodologies and professionalism filtering down to Victorian schools as these Outdoor Ed Teachers get jobs in schools with a snow sport program. Some of the teachers continue with their APSI membership and progress to Level 2 and beyond in later years.

The Australian Defence Force.

APSI finally cracked it. In Early August, 9 members of the ADF, (# each from Army Navy and Air Force) completed a Level 1 course and exam at Mt Hotham. The Army Adventurous Training System has avoided the formal track skills connection for Cross Country skiing for decades. They have concentrated on "bushwalking on skis" and "snow craft skills". Now there is a better link. Thank goodness there is now a better understanding that Ski Touring skills are not transferrable to the track and are indeed inefficient, now that we no longer use 220cm double-camber Kahru-Kinetix planks. However, a good grounding in Classic Technique skills on light track equipment gives the ski tourer the energy savings to go further and faster with less effort.

Victoria

Despite the effort put into the southern snowfields by Danny Monaghan and Keith Jephcott, we still had some difficulty getting Victorian courses to go ahead. We will continue to work with the Southern resorts in 2018 to ensure Victorian candidates have opportunities to not only attend level one courses but also refresh their qualifications and/or go on to higher levels.

The Future of APSI Nordic.

I am stepping down as APSI Nordic Technical Director at the beginning of next season.

Fortunately, we have some energetic and technically excellent contenders to take the baton.

The comprehensive Nordic manual, especially the Skills Section is now beyond last Draft. It has been a 12-year task for me.

APSI will hope to have two representatives at the next Interski. Certainly, what I brought back to Australian Nordic from Korea, Austria and Argentina have helped Nordic mature over the past decade. May it continue.

Warren Feakes

Technical Director "Nordic"



SODERGEN SCHOLARSHIP

The APSI offers a scholarship fund in recognition of the rising potential of snowsports instruction within our resorts; it is called the Sodergren Scholarship.

In 1997, the APSI Board of Management established the Sodergren Scholarships in memory of Mike and Mim Sodergren, very well-respected trainers/examiners that were tragically taken from our association as a direct result of the Thredbo landslide.

One scholarship is offered in each of the following disciplines:

In 1997, the APSI Board of Management established the Sodergren Scholarships in memory of Mike and Mim Sodergren, very well respected trainers/examiners that were tragically taken from our association as a direct result of the Thredbo landslide.

One scholarship will be offered in each of the following disciplines:

1. Alpine 2. Snowboard 3. Other (Nordic, Telemark, Adaptive)

And the scholarship recipients have all their course and exam fees covered by APSI for a season.

Once again, we received many outstanding applications for the 2017 scholarships. However, congratulations must be given to this year's recipients:

Alpine: Leon Tarbotton, Snowboard: Eleanor Harker, Other: Taylor McDonald (Telemark)

Applications for next year's Sodergren Scholarship Fund are open now until April 30 2018. Check out the members section of the website for more info or to apply!

TOM HODGES

ADAPTIVE



2017 was a frantic year for everyone, not to mention those in the adaptive world. We saw a huge increase students across every resort, and so many return guests that just couldn't get enough of the fantastic snowfall that seemed to keep coming and coming! I spent the most of my time at Thredbo and at Perisher where every week adaptive guests came flooding in. There were lots of sit skiers, more than a few visually impaired snowboarders, and heaps and heap of student with an intellectual or cognitive disability.

For some these can be the toughest guest to work with. But I have found that over the years, they can be the most rewarding, highest achieving, most loyal and by fair the most interesting and enjoyable students to instruct. For me it is all about understanding the student, their needs, their aspirations, what excites them, what motivates them, and what is it that will make them feel like they are a real skier. Once you have found that with any student they lesson can really flow. Put aside your 'normal' progressions, forget about the correct language or

being technically accurate. Feel free to explore other ideas, take (calculated) risks, trust your student, give them room to gain independence, to be scared, and to feel control. Show them that they are out there, far away from home, in a new place where they can reinvent themselves as a skier. Let them take the opportunity to be something else, someone else that they didn't know they could be. Go along on a journey with your student and be there for them when they need you. All the challenges melt away and all of a sudden your just there skiing with your buddy.

It happens to a lot of adaptive instructors everyday. Small breakthroughs happen more and more frequently and things that at first seemed impossible now are smoothed out. It is by far the most rewarding thing as an instructor to see your students succeed and all the more so if the hurdles to overcome are mighty.

Photo. NOT one instructor and four students with intellectual disabilities in some snow. But 5 snowboarders, with 5 fresh pow lines. The distinction is small but so very important.

2017 RESULTS

A WARM WELCOME TO:

LEVEL 4

ALPINE

Tyler Blamey
Benjamin Chapman
Emma Christiansen

Duane Dinham
Martina Dobosova
Shane Guest

Michael Holland
Ali McKenzie
Jack Percy

Nichole Scheuch
Richard Stewart
Nicholas Wells

SNOWBOARD

Jon Steel

TELEMARK

Daniel Monaghan

LEVEL 3

ALPINE

Joshua Armstead
Tristan Armstrong
Michael Benson
Scott Bowie
Celia Burrell
Matthew Conroy
Jack Davies
Lara Falk
Danielle Fergus

Stephen Gallop
Tom Gilmour
Renata Hercok
Joshua Himbury
Alex Jak
Bobbi Kelly
Tsung-min Lai
Zoe Lennard
David Little
John Lusk

Adam Lutton
Christopher Marsh
Lisa McComb
Melanie McCoy
Madison McLellan
Weixin Niu
Thea Powell
Mila Randall
Jan Scott
David Slingsby

Scott Smith
Dizzi Stern
Jamie Stevens
Cate Thomas
Gerrit Thompson
Lucie Winkler
Jason Wright
Long Zhang

SNOWBOARD

Josh Danet
Matt Dannenberg
Erik Flekander

Christopher Horsley
Dale Humphrys
Rhyddian Jones

Hector Laiglesia
Chris Meadows
Andrew Willink

NORDIC

Sean Andrews

Chris Lewczynski

Diana Rivera Garcia

LEVEL 2

ALPINE

Eliza Ashton	Callum Cornelius	Genevieve Hooke	Glen Page
Alastair Barber	Tony Creak	Madeleine Hunt	Luca Pellegrinelli
Delfina Barcellona	Cornelia Dahnell	Brittany Iliffe	Jasper Penfold-Low
Daniel Belcher	Oliver Daniell	Amy Ireland	Cameron Quirk
Sarah Beynsberger	Lewis Dean	Kathryn Keane	Kevin Rovati
Megan Blamey	Charlotte Dowding	Tayla Kneebone	Miranda Schroder
Matthew Botterill	Rory Drysdale	Harrison Korte	Aidan Sheehan
Keeley Bottoms	Alex Eisner	Chia chen Li	Fabian Stauder
Jeremy Bramble	Henry Eisner	Xiao Tong Lin	Patrick Stevens
William Brooke	Jack Fergus	Reuben Loftus	Abbey Stewart
Timothy Brown	Taylor Field	Jamaya Martin-Endres	Peter Stockwell
Alex Burt	Ruth Fryer	Gaelle Mazouer	Alexandra Taylor
Lucas Canavan	Chloe Gaffey	Luke McAulay	Jemma Vaughan
Elijah Canning	Zachery Gerasimou	Matthew McDonald	Rebecca Viney
Amelia Cash	David Hagel	Kurrin McGrath	Peter White
Wang Chao	Bailey Hayes	Abigail McKay	Brian White
Jake Cockburn	Nicholas Higginson	Christabel McClain	Chris Wright
Hugh Colwell	Richard Hocking	Charlotte Murphy	
		Atsunori Okahashi	

SNOWBOARD

Matt Davey	Chungfeng Liao	Joey Orme	Hugo Vaast
Jeffrey Fung	Jessica May	Emma Rhys	Tzu-Yang Yuan
Jessica Kendall	Maxim Oddoux	Melchior Schreuder	
		Indira Shin Rees	

TELEMARK

Rob Forbes	Chris Lewczynski	Taylor McDonald	Diana Rivera Garcia	Jane Scheer
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LEVEL 1

Isabeau Adamek	Alex Burt	Chloe Dawson	Madeleine Gay
Kevin Adcock	Leanne Cain	Lewis Dean	Claire Gay
Alessandra Albertini	Mitchell Callaghan	James DePettri	Chloe Gerasimou
Thomas Arrowsmith	Hamish Cameron	Teva Ditchburn	Laine Glasson
Eliza Ashton	Jay Campbell	Zara Dobson Harper	Jonathan Glenning
Douglas Atherton	Elijah Canning	Fletcher Dobson Harper	Jonty Goldsmith
Isabella Backwell	Samuel Cariss	Charlotte Dowding	Ella Gould
Alastair Barber	Peyton Cassar	Nicholas Drechsel	Oliver Gower-Brown
Delfina Barcellona	Nicholas Cavanagh	Michael Drew	Morven Grant
Sam Beaver	Graeme Chamberlain	Jack Duffy	Scott Gray
Jerome Bechaz	Hung yu Chen	Tom Eisner	Christopher Greenhalgh
Daniel Belcher	Kai Fan Amy Chen	Shay Eliot	Shannon Griffin
Ella Belfanti	James Chitty	Nicholas Ellerby	Brenton Griguol
Tilly Bertalli	Serena Clark	Jackson Ellis	Linden Groeneweg
Ella Best	Hugh Colwell	Elise Embrey	Karl Hall
Casper Bjarnson	Callum Cornelius	Emily Esposito	Lachlan Hargreaves
Jordan Black	James Cowie	Cleo Faulks	Daniel Harris
Cyril Blanc	Alexander Critchley	Austen Fendyk	Gabriel Harris
Cyril Blanc	Daniel Cross	Stephanie Ferguson	Courtney Harvey
Finn Bowes	Tim Cubit	Jessica Fordred	Lachlan Harvey
Thomas Brown	Oliver Daniell	Chelsea Forrest	Jessica Harvey
Nick Buckley	Grace Davey	Nicole Forsyth	Nina Hay
Jesse Bud	Annie Davidson	Bec Frew	Nicholas Higginson
Coco Burrell	Lachlan Davis	Harrison Fricker	Tori Hill

Sarah Hodgskin	Hsuan (Andy) Lin Yu	Camilla Payerne	Ella Swann
Katherine Holmes	Daisy Little	Mark Payne	Luke Swannell
John Holmes	Tallulah Lock	Luca Pellegrinelli	Karen Tamm
Isobel Honan	Reuben Loftus	Ying Tong Peng	Anoop Tanda
Evangeline Hooper	Henry Lotz	Millie Perkins	Jo Terlich
Madeleine Horsey	Henry Lourey	Henri Perl	Tess Teychenne
Neason Howard	Ian Low	Ella Pernice	Joshua Thompson
Ming-Chen Hsu	Jada Lyons	Annika Pest	Ryan Thomson
Cam Hudson	Jack MacKinnon	Nelson Phillips	Johanna Tikkanen
Maddy Hunt	Beatrice Malizia	Kristyan Plimsoll	Daniel Tonnet
Sam Hunt	Jessika Manda Gagula	Kate Powell	Hannah Tooke
Chloe Hunt	Jonathan Marrison	Lucy Price	Olivia Tozer
Edward Hussey	William Martin	Imogen Purcell	Harry Tregilgas
Jonathon Hutchins	Jamaya Martin-Endres	Thomas Purden	Lani Trevana
Alycia Hutton	Ella Matthews	Louise Ramsey	Erno van Alphen
Michael Ireland	Samuel Matthews	Georgette Randall	Jonah van Wachem
Amy Ireland	Andrew May	Kevin Raymond	Adam van Zuylen
Joel Jackson	James McConnell	Joseph Reed	Louise Vervetjes
Brett Jackson	Kurrin McGrath	James Revai	Sara Von Uthmann
Bibi Jaegers	Abigail McKay	Emma Rhys	Dan Walker
Caden Jensen	Abbie McKay	Amelia Roach	Alison Wallace
Daniel Johns	Christabel McLain	Indi Robertson	Seb Walsh
Benjamin Jones	Josephine McLaren	Claire Robertson	Jennifer Wang
Charlotte Jones	Blair McLean	Talae Rodden	Millie Warbrick
Madeleine Juhmann	Angus Michael	Julie Rosenfeld	Kim Watkins
Sarah Kamarulzaman-Hess	Sarah Milford	Kevin Rovati	Jack Weinert
Zoe Kempton	Jake Millikan	Sofia Rundgren	Claudia Wheatley
Jessica Kendall	Kira Millikan	John Russell	Peter White
Joonseok Kim	Connor Moloney	Miranda Schroder	Kaitlyn Whyte
Jet Knowles	Georgia Moody	Lily Schwarz	Lucy Widdup
Mia Kollevris	Hamish Moore	Bianca Senes	Clara Williams
Sammy Kune	Edward Morton	Harry Sheppard	Jami Williamson
Gabrielle Lacaze	Pascal Mouawad	Henry Sheppard	David Wilson
Diana Lambert	Chadia Mouawad	Holly Shergold	Alexandra Wilson
Joshua Lambert	Ross Mundell	Elysia Short	Jacob Winkler
Samiantti Lampela	Timothy Murray	Heidi Shvetsoff	Chris Wright
Giselle Lansell	Justin Naismith	Emma Simpson	Peichen Wu
Ruby Lappin	Stewart Newman	Conrad Sinclair	Chia Ming Yang
Cameron Lawrence	Kuan Hsiang Ni	Sebastian Smith	Ebony Yap
Chelsea Leahy	Max O'Leary	Brodie Smith	Aiden Young
Connor Leggett	Maggie O'Leary	Jessica Smith	Louis Young
Scott Leslie	Junpei Onishi	Yi (Estelle) Song	Nien-Hua Yuan
Doris Leung	Charles Osmond	Mardi Stapleton	Tzu-Yang Yuan
Sam Lewis	Abby O'Sullivan	Daniel Steele	
Ling-Te (Coffee) Lien	Jasmine Parrott	Peter Stockwell	
Yu-Kai (Patrick) Lin	Emma Parsonson	Melissa Struthers	

SNOWBOARD

Nicole Alford	Line Bjerrum Jørgensen	Ariane Compagnin	Yuan Feng
Kieren Alkemade	James Black	Matthew Conroy	Mollie Fernandez
Belle Allen	Tom Broons	Alexander Critchley	Rebecca Fleming
Finn Ambler	ChengMien Chang	Christopher Cupples	Jack Fordham
Zachary Anderson	Keith Chau	Madeleine Dahan	Vittawat Fuangsakorn
Ebony Axeford	Hung yu Chen	Matt Davey	Monique Golde
Georgie Barker	Lachlan Childs	Jackson Day	Simon Grayling
Adam Barlow	Kin Yan Chow	Emily Disborough	Shannon Griffin
Todd Beattie	Luke Chua	Yiji Doge	Mitchell Griffiths
Mitchell Beckman	Hsin Min Chung	Harry Duffy	Phil Griffiths
Coen Bennie-Faulk	Matthew Colbeck	Peiwen Fangzhan	Nicole Hayes

Barry Heaney	Shae Lucas	Simon Park	Jayne Small
Tom Henderson	Josh MacMahon	YingTong Peng	Danielle Steer
Daniel Hewitt	Lachlan MacMahon	Baie Perryman	William Torp
Courtney Higlett	Cajun Magennis	Maisie Phillips	Brock Triffett
Austin Hinde	Andrea Maiuto	Ryan Phillips	Hug Vaast
Duncan Hogan	Chantelle Man	Nicholas Plant	Jayden van Diggele
Bradley Holley	Grace Mann	Jean-Luc Praxmarer	Benny Wade
Joel Jackson	Elai Mann	Joseph Reed	Chao Wang
Emma Joughin	Peter Marshall	James Revai	Zhiqi Wang
Tom Kohlbus	Angus Marshall	Christen Richardson	Logan Wemyss
Hannah Lake	Max Mayer Rayment	Tom Ross	Bin Wen
Pete Lazarevic	Guthrie McGlynn	Kade Russell	Alex Wilson
Sarah Leggat	Ewen McKenzie	Melchior Schreuder	Liang Xu
Kim San Lim	Eleisha Mealing	Pip See	Yuchen Xue
Wen Hsien Lin	Joanna Morello	Samuel Shallue	Ming Zhang
Hongzhou Liu	Tim Muir	Brad Shean	
Reuben Loftus	Robbie Nestadt	Meng-Ting Shih	
James Long	Lachlan O'Connor	Kate Shillabeer	

TELEMARK

David Armstrong	Anita Kelly	Drew Nylen
Tess Boller	Christopher Lewczynski	Gareth Parry
Jeremy Bramble	Michelle Lindsay	Miyuki Sakurai
Danielle Brooke	Lachlan MacMahon	Tristan Skinner
Emma Christiansen	Luke McAulay	Andrew Stanger
Jack Howlin	Taylor McDonald	Will Stevens
Keith Jeffers	Ali McKenzie	Ryosuke Yamashita

NORDIC

Garry Boxsell	Chloe Hinckfuss	David Norris
Tegan Bubb	Sven Howorth	Tralee Reeves
Emily Champion	Jim Hutton	Lauren Simpson
Glen Clark	Isobel Logan	Chris Sullivan
Dominic Cooper	Sean McGrath	Peter Sutton
Taylor Field	Jonathan Merry	Chris Ware

ADAPTIVE

Tim Brown	Emma Joughin	Julie Rosenfeld
Bart Eykmans	Catherine McKeogh	Elizabeth Russell
Kate Forwood	Gemma McMillan	Emma Stafford
Ruth Fryer	Don Peterson	Louise Terley
Richard Hocking	Alexandra Poulos	Melissa van Driel
Alyssa Horsfield	Kaylee Richards	

SKI COACH

Tyler Blamey	Chloe Merry	Joanna Morello	Clive Tanner
Emma Christiansen	Ermond Morelli	Irina Ovcharova	

ROOKIE ARTICLES

TECHNOLOGY AS AN AID FOR INSTRUCTOR TRAINING.

ANGELA POPE

Technology is highly beneficial in today's instructor training. Technology aids, supports, supplements and reinforces teaching and training. Being able to use video on the hill and have instant playback is fantastic; allowing instructors to immediately review their movements with high-speed footage. The use of YouTube and being able to find videos online of skiers in various situations i.e. racing or difficult manoeuvres, gives trainers the ability to instantly view and analyse and compare to oneself is incredible. Coaching apps such as Coach's eye and the APSI app, allow for enormous amounts of knowledge to be made portable, giving instructors in training immediate access to technical information on the slope. Instructors are now more connected than ever, allowing feedback and analysis to happen freely and easily

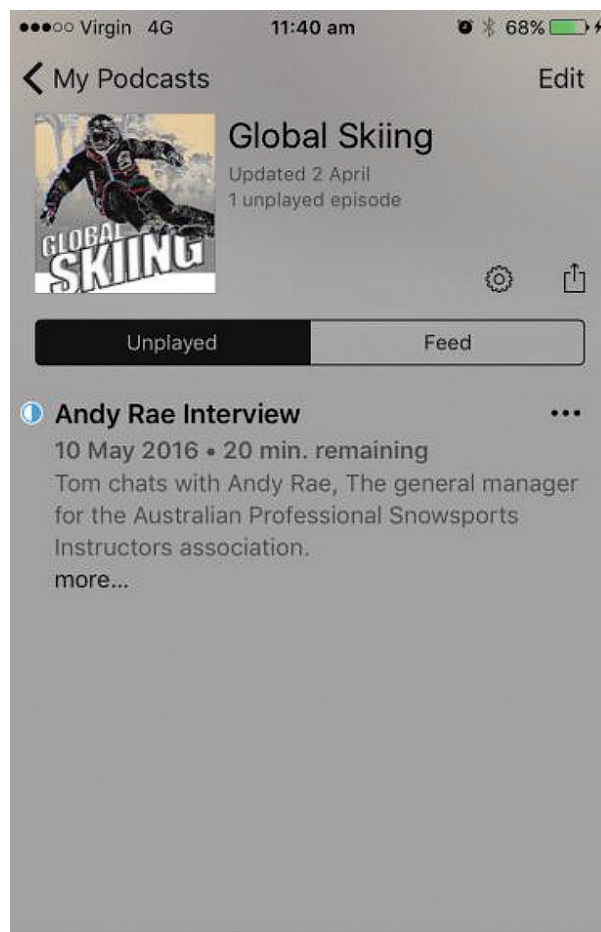
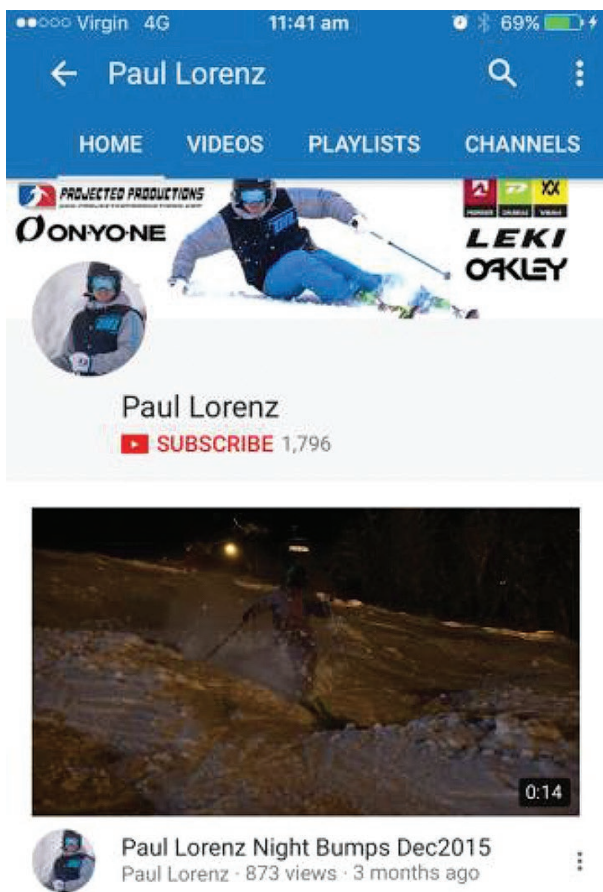
Technology today is accessible, as almost everyone has a smart phone. Being able to film and instantly review the footage means instructors can make improvements in real time. Video can help gain and hold the attention of learners who learn visually, and for other types of learners using video makes the training more interactive. At the end of the session the instructor can review the footage and this makes the training more tangible. Video analysis can also help develop body awareness; instructors can make links to what their body in motion was doing and relate it back to the feelings they were getting. Video data allows for performance to be compared to



previous performance, allowing to see ones progress or in some cases regression. Comparing ones skiing ability over a number of sessions or even seasons is a great progress-tracking tool and shows instructors their own skill development timeline.

Teaching scenarios are another situation in which being filmed is highly effective. Its not just an instructors skiing ability that is needed to make a great instructor, it is also their teaching ability and knowledge, and sometimes more so. You don't have to be able to throw down a 360 or lay over the perfect carve to teach and coach a student to achieve that outcome, it's your ability as a teacher. Watching yourself teach may be uncomfortable, confronting or even just strange but always eye opening! It shows how you move and speak, letting you know what works and doesn't work in your teaching. Especially for instructors just starting out, who's own teaching ability is still improving, having this knowledge is vital to improve your lessons.

The ability to cross reference and look at other skiing organisations, comparing form and technique through online video sharing is something that wouldn't have been imaginable 10 years ago. Now we can instantly access data across a variety of social media platforms and video sites. Technology is empowering highly regarded ski instructors, to make a name for themselves and gives instructors around the world access to their training, tips and thoughts. Tom Gellie with his podcast Global Skiing and his business Functional Movement



and Paul Lorenz’s Projected Productions shows how technology based platforms are giving the instructing world highly valuable resources. Having this technology available 24/7, and globally is productive and applicable for every training instructor. This combined with the various Social Media platforms and apps available, have allowed greater conductivity between instructors and trainers. Even if we are at different resorts, or even different continents we are still able to connect with our preferred trainer and receive consistent feedback. All from the convenience of a mobile device while on a chairlift ride.

‘TECHNOLOGY AS AN AID FOR INSTRUCTOR TRAINING’

EMMA CHRISTIANSEN.

Technology is now a huge part of our everyday lives, with smart phones, social media and electronics being used by all, and seen by most as something they cannot live without!

Indeed, technology has become an important part of the SnowSports industry, having an integral role in instructor training via the use of video cameras/

Technology greatly assists instructors in their own professional learning and development, but ultimately it helps the guests. How instructors are trained will be how they themselves will train and teach others. The higher the level of learning that technology allows is going to filter down to their guests. Instructors who have had the benefit of training with technology will enhance and drive our industry, from professional development through to helping their guests to reach their potential in a new innovative way.

smart phones, social media sites (Facebook, Vimeo and Youtube), and through numerous Apps and websites. Through this article I will discuss these various platforms and the ways they can be utilised.

VIDEO With video technology now so accessible to all trainers and instructors (video cameras, smart phones, GoPro etc), it has become an invaluable resource and tool for trainers everywhere.



One of the ways it is used most is for instructor training during sessions, with feedback both on and off the hill. The key to video related feedback is the instructor being able to see technique from a range of angles. This can then help both the trainer and therefore the instructor to understand the biomechanics of what they see with the physical sensation experienced during the exercise. This can often produce a 'light bulb moment' of understanding, which is in particular very helpful for visual learners.

WEBSITES AND APPS

Technology gives us access to a wealth of valuable resources; articles, manuals, ski specific websites, as well as forums with information on the latest skis, boots, equipment and training apps.

The APSI website itself is an excellent resource for trainers, as it makes it extremely easy to advise instructors and to see what's on offer with regards to membership, pre-courses, exams and training days with all the information needed provided. It also provides trainers' resources.

As a member you have access to the APSI app, which is a great instructor and trainer resource in your pocket. This app encompasses alpine and snowboard progressions and videos, as well as real time lift status for all Australian resorts. It makes the app an overall extremely useful resource for any trainer conducting a session.



SOCIAL MEDIA

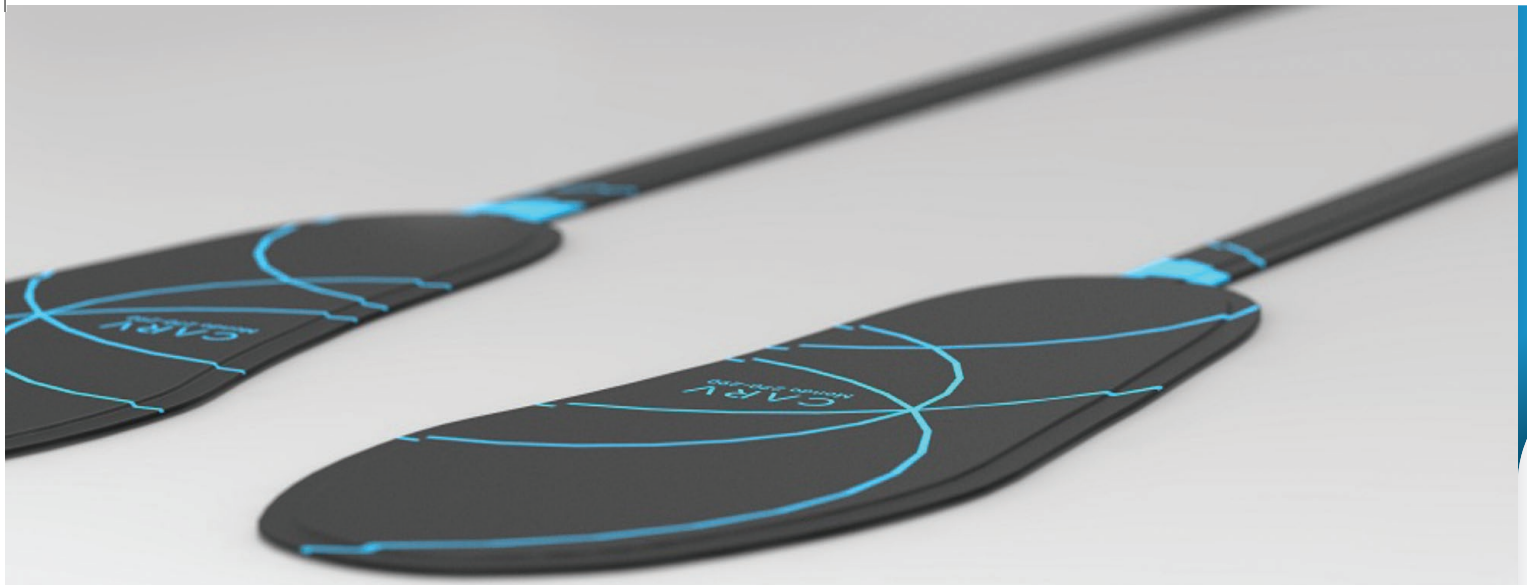
Social media via Vimeo, Youtube and Facebook is used heavily in modern society for everything from advertising, to news, to personal stories. Similarly it is easy to access information for all things ski related with some tailored towards instructors with 'how to' tutorials and ski technique videos. Indeed, some of the industry leaders have not only become 'mentor figures' but inspirational examples for many instructors around the world through the effective execution of social media.

Social media offers access to like-minded professionals and provides motivation through various forums. Giving the freedom to share information and ask questions; from equipment to training resources to enquiring about employment possibilities.

Technology has inevitably become an invaluable aid to trainers in the SnowSports industry. It provides instructors all over the globe with accessible and

varied learning opportunities via many resources as discussed above. However as we all know, technology is an aid, which should always be used alongside other recognised training methods.





Carv Footbeds: Could AI replace the ski instructor?

TECHNOLOGY AS AN AID FOR INSTRUCTOR TRAINING?

JAMES CROMPTON

Global technological advances of recent years have revolutionised almost every industry on the planet. The ski industry hasn't been excluded or left behind.

The development of web 2.0, the growth of

social media and the explosion of mobile devices are three key areas that instructors, ski schools and training/grading bodies are now exploiting to improve the services they offer. Instilling this use of technology, not only to stay competitive but to add real value to the products and services with offer, should be instilled with instructors during their training.

It's only right that the APSI leads by example and this piece aims to look at how it's already taking advantages of technology in its instructor training (✓) and ideas for how emerging technologies could add further value (>). It loosely uses the concept of the Nine Lesson Essentials to explore the context of where different technology is used by the association and its trainers/ examiners.

Introduction

✓Manual & complementary online video clips.

>Online copyrighted manual access. Online pre-course, interactive learning material, including videos introducing key personalities/staff at the APSI.

Goal Setting

✓Online images and video inspire students.

>Online pre-course learning resources could help identify a student's strengths and weaknesses, which in turn could help them negotiate their goals with the trainer earlier.

Technology in

Training Carv footbeds: could AI replace the ski instructor?

Planning the Lesson

✓Online course resources for trainers.

Supplemented by example video sessions and the APSI App. Maps, weather and online resort information can be accessed in real-time, on the mountain, using smartphones.

>Specific teach-to-teach sessions may also be helpful for Trainers in their planning and preparation.

Presenting Information

✓See above for the app and online videos, where the APSI is already a leader in its industry for digital content.

>Apps for drawing/sketching on a phone or tablet, and for note sharing. Powerpoint presentations.

Demonstrations

> Trainers can use online video content to augment live demonstrations both on hill (smartphones) and off hill (presentations).

Practice

√ Technology in the equipment setup. At an instructor level this should include custom footbeds and proper boot alignment.

> SkiA Sweetspot Trainers and other learning-aids can help with learners develop intrinsic feedback channels/

loops.

Movement Analysis

√ Videos analysis can be done on the hill, at the actual time, and indoors on a larger display, using apps like Coach's Eye.

APSI's movement analysis video clips are used in training and assessment of MA.

> Trainers working with students over a longer time period (like a coach/athlete relationship) can use online apps like Sprongo for feedback and progress tracking. In the right environment, it can be set up live so students can watch their video wirelessly on their way back up the lift. Like Dartfish, Sprongo also has video overlay options. These apps can be costly, however.

Feedback/Correction

> Carv, a wearable smart insert, is probably the first artificial intelligence device that tries to help people ski better. It's in its early days but has backing from several notable World Cup athletes and coaches.

It uses 48 sensors in two footbeds to provide feedback to skiers about their balance and pressure across the feet. Along a similar vein, Rossignol has teamed up with Piq to launch a 'connected ski' with a live display on the top sheet relaying information and feedback to the skier. It's here that technology is starting to move from MA into feedback/correction in itself.

Lessons Summary

√ The APSI App is really a really useful resource for assisting instructors in their continued development beyond courses and in the workplace.

> Technology could be used to compile and deliver recorded action plans could be provided to students following a course. With smartphone technology, these could take the form of notes, images, video or dictated/recorded speech, and distributed online.





Sprongo: Smartphone apps aid in several of the "Nine Lesson Essentials"

Anyone can buy an app online to tell them how to ski. But that is not 'teaching' someone how to ski. The value we can add as instructors is much to do about using:

- **Situational awareness to lead and maintain the safety of the learners**
- **Social skills**
- **Communication skills**
- **Understanding of performance**
- **Understanding of learning**

In order to:

- **Keep learners engaged and having fun (introduction onwards).**
- **Set the right levels of challenge (goal setting, planning, presenting).**
- **Choose the right terrain (practice).**
- **Demonstrate in a live environment.**
- **Gather information/observations about a performance from a range of appropriate sources (MA).**

- **Applying our knowledge and understanding of skiing to evaluate the performance (feedback) and our understanding of learning to develop that performance (correction).**

At present, technology struggles to do these things. The interpersonal skills, ability to reflect in the moment and make decisions in

an open and every-changing environment lie with the teacher/trainer rather than with technology - for now at least!

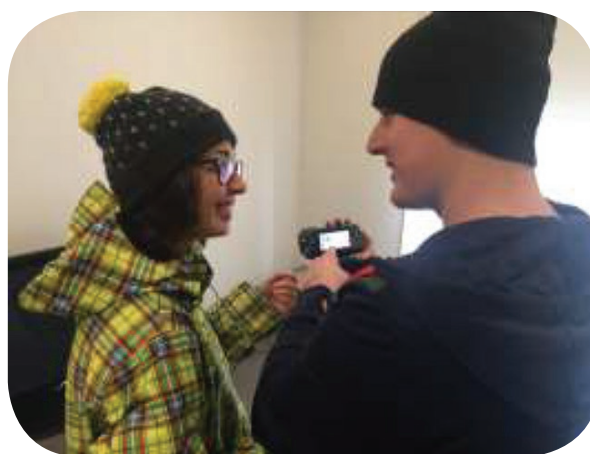
Whilst it cannot yet replace instructors, technology can certainly provide a useful aid to teaching skiing and to training instructors.

TECHNOLOGY AS AN AID FOR INSTRUCTOR TRAINING?

ASH THOMAS

Technology is constantly changing and evolving. Trainers are able to use technology to make it easier and more efficient for both the trainer and the trainee. There is a wide variety of audio and visual items that can be used to aid trainers. The video camera are currently widely used by trainers.

The ability to slow down and freeze footage allows trainers to see exactly what is going on in a crisp, clear and zoomed image. Trainers can easily see potential problems that may have been missed due to speed or distance of the trainee. Sharing this footage to trainees allows them to see what they are working on and if/how they are improving. Visual learners can see and compare their footage to previous footage or compare with other skiers assisting them to understand any issues throughout the phases of their turn. Kinesthetic learners will



understand what they are feeling because of the visual representation, enabling them to further improve their own ability. For most trainees, sharing the footage on the mountain once the run is complete whilst still fresh in their minds is ideal. The video can then be view in depth later in the training room.

Rossignol: Real-time information displays on the ski's top sheet



Recorded footage can also be added and viewed online via websites such as 'YouTube'. In the recent years there have been many instructional videos added to 'YouTube' by trainers and skiing organizations. The APSI has uploaded many demonstrational videos for anyone willing to learn.

These videos are a useful tool for trainers as a comparison to the footage they have collected of their trainees. On the mountain it's not always possible to explain what you are doing while demonstrating.

Watching online video can assist both trainer and trainee to note the difference in technique simultaneously.

Trainers who don't have a camcorder but have a smart phone are still able to use this same technology in a slightly different way. Apps like



'coaches eye' or 'technique' allow trainers to slow down footage, freeze frame and annotate over the top of a video. Although the footage and zoom isn't as clear as what can be achieved by a camcorder it is a great compromise.

Technology makes processes easier and more efficient. Thanks to technology, the APSI have been able to create the 'apsi app'. The app allows trainees to view mechanics, teaches and common problems. Many videos have been uploaded to the app as visual aids. This ensures users achieve the correct outcome when training. It also allows trainees to consolidate what has been taught and can be done on the mountain when there is no manual available.

The ability to view skiing footage is a huge benefit when it comes to training. In today's industry it is an essential piece of equipment used by trainers and trainees all over the world. Technology is constantly changing making training easier and more efficient. It is amazing to think what could come next.

INTERSCHOOLS SCHOLARSHIP

This year, the APSI offered a scholarship to students participating in the interschools program.

Our 2016 scholarship recipients, Dan Walker & Maisie Phillips successfully completed their level one courses this June and Dan even went on to work at Mt. Buller for the season.

Once again, we received many quality applications for the 2017 scholarships and it was difficult to select a winner. So difficult in fact that for 2017 we have decided to award scholarships to 4 recipients.

The winners of the scholarship are awarded the opportunity to attend a level one course and exam in 2018, free of charge.

Congratulations to:

CATHERINE HEYBURN from Melbourne Girls Grammar (Alpine)

HANNAH PRICE from Ivanhoe Girls Grammar School (Nordic)

JAMES WHITFIELD from The Scots College (Snowboard)

JASMINE WONG from Roseville College (Alpine)

WHAT OUR ADAPTIVE TD IS GETTING UP TO NEXT SHOULDER SEASON!

TOM HODGES

For many the period between between the northern and southern winter is a time to catch up on.

much needed rest, take part in activities you just can't do over the winter like a surf trip, or maybe a time that we can get back to work in our home towns to top up the old bank account.

For me, I love to take a trip somewhere warm and relaxing to give myself time to exhale after the winter and catch up on some sun and some surf. In the last few years I've been fortunate enough to spend time in Cuba, Thailand, Bali, Mexico as well as a huge chunk of Europe, not to mention the beautiful south coast of NSW and trips along the Murray River! Safe to say that I make the most of the shoulder season.

Next May will be different though, oh yes, very different! After the northern season 2018 I have entered in the ShitBox Rally. This is a HUGE charity event raising money for the Cancer Council.

For 9 years now over 200 teams, in 2-wheel drive cars worth less than \$1000 drive across the country. Next year its Brisbane to Darwin. Its going to be a huge event and a frantic push to get across some of the toughest roads in Australia all the way to Darwin. But the rally is just the fun part, the hard work is raising our goal of \$4000 to be eligible to enter. So please, if you have any

spare cash, spare a few bucks to help us raise our goal and most importantly help us give Cancer a big kick in the butt!

The rally officially starts in Brisbane, however our Shitbox journey starts right here in Jindabyne in May 2018. Stay tuned for announcements of a send-off party to see us on our way! Thank you all for your support. Hope you have an amazing winter, and maybe even more importantly an amazing, exciting, relaxing, productive, charitable shoulder season.

Donate to Team Desert Pow

Team Desert Pow is stoked to announce that we're taking part in Shitbox Rally in 2018!!

Shitbox Rally is the largest community lead fundraiser for the Cancer Council's in Australia and is now in its 9th year. Part of the participation is that all teams have to raise a minimum of \$4,000 but most teams raise well above this amount. These funds go to the Cancer Council and we are extremely proud to be doing our part to support such a worthy charity.



In May 2018 team Desert Pow are heading off in our Shitbox Mitsubishi Magna 'Snowflake' on the search for some desert pow... in full ski gear...via Brisbane and Darwin!

To help us raise our goal of \$4000 we are reaching out to the our friends, family, workplaces and the wider community to donate whatever they can. There are lots of different ways to help us along the way to Darwin. In-kind Donations, Cash Donations, and Sponsorship. So please get in touch if you are able to support us or if you have any questions. Remember all donations are tax deductible



Make sure to follow our progress on Instagram at 'Desert Pow' and our blog post on our support page.

Donations can be made at

desert-pow.shitboxrally.com.au

Many Thanks.

Tom & Byron
Desert Pow co-drivers
E: therealtom@hotmail.com
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desert-pow.shitboxrally.com.au

www.shitboxrally.com.au

SPRING SESSIONS

LISA HOGBEN



It was two weeks before the end of the epic 2017 snow season. And it had been an awesome year in Australia. The snow cover was still deep, consistent and eminently skiable. I had updated my ski-boots, my skis and even updated my hair colour, so now I was off to the APSI Spring Sessions to update my qualifications.

I felt like I was a character in one of those hand drawn vintage ski posters that hang in some chalets. After all I probably sat my Level 4 exams before most of the current crop of trainers were born. Nervous to mix it up again with young fellas half my age, since it was only a few seasons ago that I had broken my shoulder while trying to slalom around some trees, I was seriously considering defaulting at the last minute.

There is something about ski-ing that confronts everyone at some level sometimes. Whether it's the fear of ski-ing something fast and steep, with a potential avalanche sliding at your heels, or the idea that no matter how hard you try you will humiliate yourself with your attempt at the perfect snowplough turn. Having that knowledge is what makes us successful ski-teachers and by developing the sensitivity to see what our clients may be struggling with gives them the assurance, skills and confidence to take them through to the next level.

Feeling like I was arriving for my first day at school when I went to collect my breakfast from Aldo's Café, I glanced around to see the Perisher Terminal filled with the shiny happy faces of a bunch of very athletic looking young men and women dressed in some pretty cool APSI branded gear.

The chutzpah of my early career suddenly deserted me and I nearly abandoned my coffee and fled. What was I thinking? A middle aged woman amongst this lot. I should be at home knitting, I thought. It was the seriously cheerful attitude of the people sitting behind the registration desk and the chance meeting with some of my old colleagues from ski schools in the past that changed my mind for me. Instead of free skiing for the day I would definitely join a class.

Ant Hill. That was the name of the ski trainer that my old friend Chris Cantrel was ski-ing with. With a name like that surely he would have to have a sense of humour, because obviously his parents did. Signing



on for a technical brush up I had expectations of a dry and boring half day reminiscing about how the ski was meant to turn while we stood there missing out on the really great powder that had begun to fall overnight, being frustrated with complicated technical explanations.

Luckily Ant is a great teacher. Reading the group, he immediately asked us what we all wanted to achieve. I didn't really want to say that I just wanted to remain standing by the end of the weekend so I blurted out that I wanted to update everything. Well everything within reason that was.

The group set off and as we ventured out into the falling snow it became apparent that most of us were indeed beyond the first blush of youth. This was no beginners group of skiers and most of us had weathered plenty of storms out there on the mountain. We knew that it didn't matter what the day would throw at us we would rely on skills that we had learned through our previous APSI training.

Skiing is one of the few sports in which it doesn't really matter how old you are. As long as you can stay upright you are doing it. So while my skiing was a little old school and I was banking a little out of laziness, Ant's encyclopedia of corrective exercises was helpful to drag my style into the twenty first century. After all the physics of turning a ski are roughly the same as they were "back in the day".

It was a fun, social morning which proved enlightening about current APSI technique and that vibe continued into lunchtime. Peeling off our helmets and neck warmers revealed the grey hair, but most of us still had that glint in the eye, even though they were surrounded by crows feet.

It was the Saturday afternoon that proved that this was to be one of the best days of the season for many of us. This Spring Session was called "Just Shut Up and Ski" And we did. Following our guide to the top of the Perisher double chair, we neatly dropped into the back of a vast bowl filled with knee deep soft snow all the way to Guthega. Skiing Australia often gets a bum rap but this was as good as many as the places I have skied overseas. And to do it with a bunch of qualified ski- instructors? Its was the most fun I have had in years.

Of course there must always be après ski. Partying is a mandatory part of life for skiers and I believe ski-instructors are some of the best participants. So we gathered at the Jindabyne Brewery for some conversation and raffles and while there was an absence of my personal après party favorite, the limbo (known amongst those that can remember the "Pie and Darts" night as Dalgety Pub) there was time to catch up with mates and exchange stories of the epic powder days of yore.

After a Sunday morning running gates, again with Ant Hill and another afternoon session with Ben Jackson giving expert tuition on telemark skiing, with Wilderness Sports providing free gear for those who love the backcountry, the Spring Sessions were over for 2017.

Its the camaraderie of the trainers and members of the APSI that keeps me coming back to it, even after all this time. And while I may not want to hear the phrase "back in the day" again from someone who is young enough to be my son or daughter I realized that my love of skiing as it morphs through the years will be with me until I can no longer "stay upright". Hopefully that won't be before I have a chance to ski in another Spring Sessions.

ARTICLES

INTERSKI SUPPORTERS LLOYD MEEHAN



APSI members, friends, parents or snowsport enthusiasts - be part of a unique travel, networking and learning environment as an INTERSKI supporter.

Accompany the APSI Demonstration team to Interski 2019 in Pamporovo, Bulgaria.

Every four years, international snowsport instructor associations from around 30 countries gather at the Interski Congress to exchange information about snowsport teaching methodologies and to showcase techniques, teaching materials, resources and innovations in the industry.

The next Interski will be held in early 2019, at Pamporovo - Mechi Chia ski resort located 85 km from Plovdiv and 240 km from the Bulgarian capital Sofia. The resort is situated 1650 m above sea level in the Rhodopi mountain with over 20 lifts, and 30 runs offering skiing and snowboarding for all skill levels, and international standard hotel accommodation.

Once again, a supporter's program will be organised to take full advantage of the event and more information on various supporter travel and accommodation packages will become available over the next few months.

We will visit the resort, attend on & off snow workshops and lectures, sample local restaurants and entertainment venues, network with the Australian and International teams and share the excitement of Bulgarian hospitality with Interski supporters from around the world. Many supporter activities are included in the conference fees, while some are pay as you go, and all are discretionary. For example, you may choose to join the group for dinner in the evening or 'do your own thing'. Many supporters will also add their own holiday itineraries, taking time before or after Interski to visit other Bulgarian ski resorts and tourist attractions, or travel to nearby and exotic destinations such as Turkey, Greece or the Balkans.



Join a group of great supporters to watch our Aussie team 'strut their stuff' in Bulgaria!

For further information regarding our fabulous Australian demonstration team already in training visit: <https://apsi.net.au/our-community/our-team/>

To express your interest or share your ideas for a great INTERSKI 2019 supporter experience, contact me at interskisupporters@apsi.net.au



Наздраве - Nazdravye! Cheers! (or can I have another glass of that great Bulgarian beer that I cannot pronounce).

Lloyd Meehan

Interski 2019 Supporters Coordinator

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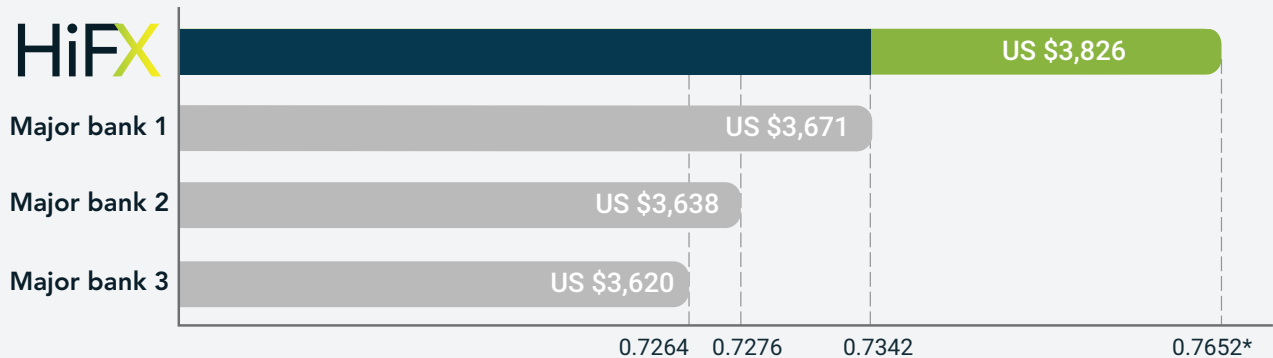
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