

*The Newsletter of the Perfect North Slopes Ski Patrol and Snow sports Instructors*

# SKI PERFECT

*January 2013*

*Volume 2 / Issue 1*

*[www.perfectnorth.com/patrol](http://www.perfectnorth.com/patrol)*



# SCHOOL

## Lessons Meet Here

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## *A Word From Our Patrol Representative*

I have some Great News to relate! We have two new AASI Level II Snowboard Instructors. Congratulations to Vern DeHaven and Jim Seeger, who earned their silver pin this past Sunday. They are now on track to becoming full Trainers to add more snowboard training opportunities to benefit our patrol.



The first Ski Enhancement Seminar of the season was held on January 8<sup>th</sup>, and it was a weekday clinic for PNS Patrollers. All who participated gave very positive responses about the one-day event. Many thanks to Ron Gerdes, Dale Mihuta, Tom Worley, Rose DeJarnette and Barb Reed for making the seminar happen. It was a great time for all that did participate. If you weren't able to attend the SES on January 8th, we still have a couple of more events coming up: Women's Clinic on January 22, and a Toboggan Enhancement Seminar on Feb 13. Please contact me if you are interested in attending one of these events, 859 466 8496 or [hammons@insightbb.com](mailto:hammons@insightbb.com)

Please act professionally, by being ready to ski/ride at the time your shift begins. The scheduled one-half hour overlap between patrol shifts is so that the prior shift can pass vital information to you and the rest of your incoming crew.

If you haven't signed up for your extra shift, please do so a.s.a.p. If you are having trouble with Kronos, please give me a call and I can assist you.

Regarding Electronic Incident Reports, many of the bugs that we have noticed in the software have been addressed. The system is saving data accurately, but please remember to hit save on each tab. The auto-save function is actively being worked on by epope studio, with the assistance of Bryon Lape and Scott Chapman. Thanks to both of these patrollers for stepping up to help resolve this issue.

See you on the slopes,

Sandi

859 466 8496



## ***OSGOOD SCHLATTER DISEASE***

***Dr. Al Weisbrot***

There are many occasions when adolescent skiers come to the patrol complaining of knee pain. It is important to recognize children approximately 12 to 14 years of age may have intermittent knee pain, which would increase after activity and improve with rest. One of these activities includes the overuse of the quads pulling on the patellar tendon, especially in skiing. These kids will complain of pain frequently that is not really related to a specific injury or fall, but may regardless get associated with perhaps a fall while skiing.

On physical exam, it would not be unusual to find a normal-appearing knee. There may not be any fluid or redness, but there will be tenderness over the patellar tendon insertion into the tibia called the tibial tubercle. This tibial tubercle is usually the site where people have "knobby knees". Matter of fact, as an adult if you have very knobby knees, then most likely you may have had Osgood-Schlatter disease back in the day. Perhaps the patient or skier may have actually fallen onto her the tibial tubercle and caused more pain. Squatting may actually reproduce this same pain. This is most commonly seen in boys after their prepubertal growth spurt. It usually is unilateral, and actually may be more common in children with a sibling who had the same problem.

X-rays actually may not be diagnostic, but they will be of benefit to exclude other significant worrisome causes of knee pain. Usually, conservative management is indicated once the diagnosis is suspected. The disease process itself is self-limiting, and resolves when the growth plate closes. The true cause is due to overuse injury, caused by chronic avulsion of the unfused portion of the tibial tubercle. This area will close during adolescence. With repetitive contraction of the quadriceps muscle from jumping or squatting or skiing, this mass pulls the patellar tendon away from the tibia tubercle or the tibial growth plate. It thereby causes an inflammatory reaction, resulting in the "knobby knee" look.

So, to make things complicated, if you see a child that has not really had any true injury and displays the following symptoms (complaining of knee pain just below the patellar tendon where it attaches and it is tender to touch after skiing), this may be related to Osgood Schlatter disease. This is especially indicated if it occurs around the age of 12-14, particularly in boys. There are other causes but this is very common in this age group.

It's the time of year to refresh our memory on a couple of administrative matters:

**#1. Follow-Up Questionnaires** (Given to guest who is NOT returning to skiing/snowboarding or snow tubing that day).

Follow-Up Forms must be completed correctly so here is a "How to Complete" the top (gray) section:

The photograph shows the top portion of the 'SKI PATROL ASSISTANCE FOLLOW-UP QUESTIONNAIRE' form. It includes fields for 'Date of assistance', 'Patroller Signature', 'Assistance Record #', and 'Name of person receiving assistance'. Below these are instructions for completion and a section for listing other persons who had to leave with the injured guest.

(This section to be completed by Ski Patrol)

Patroller Signature: 1.

Date of assistance: 2. Assistance Record #: 3.

Name of person receiving assistance: 4.

(For persons who had to quit skiing/boarding/tubing only)

Name of other person(s) who had to leave with the individual receiving assistance:

1. 5. 3. 5.

2. 5. 4. 5.

**1** Patroller completing the Follow-Up form **SIGNS THEIR NAME**

**2** Patroller fills-in the **DATE OF THE INCIDENT**

**3** Patroller fills-in the **INCIDENT NUMBER**

**4** Patroller prints the **NAME OF THE INJURED GUEST**

**5** Patroller completes the section:

- LIST OTHERS THAT HAD TO QUIT with the injured guest

-Up to 4 names on the lines provided (NO MORE THAN 4)

-IF no one else quits skiing with the guest - the patroller fills in this section with an "X" or "N/A" - never leave this section blank.

*PNS does NOT offer anything in lieu of complimentary tickets!*

## #2. Guest's personal equipment and belongings (**Always Document the location of the Guest's Equipment!**)

Guest's personal equipment and belongings brought in during an incident are either:

- Sent home in a personal vehicle with the guest and documented.

- If guest is sent out in squad and equipment/belongings are given to a friend or family member:  
**Document the name and relationship** on the incident form.

- If there is no friend or family member to release the equipment to,  
**BAG & TAG** (duct tape is acceptable) **all belongings together**

Include Incident number and name of guest clearly marked on the TAG.

It should then be GIVEN to the CREW CHIEF for lockup in the crew chief's office, **and document this on the incident form.**

Thank you for all that you do!

Denise

Pass Office Administrator

## ***PATROL BOARD ELECTIONS***

***Kim Durrum***

### Patrol Board Elections

Would you like to be part of the development and oversight of the Bylaws, Patroller Policies and Procedural Guidelines of the patrol? Here's your opportunity! It's time for the board elections. Patrol members elected to serve as member of the Board of Directors must be a Basic, Senior or Certified Patroller who have Perfect North Slopes as their primary registration with NSP. Candidates or inactive members cannot run for office.

There are 4 positions available this year. Three of these are present board member positions that will be up for re-election, and there is also one unfilled position on the board that is available for someone to fill. Each term is 3 years.

If you're interested in being a part of the Board of Directors, please submit your biography to [kmdurrum@yahoo.com](mailto:kmdurrum@yahoo.com) by FEBRUARY 15<sup>th</sup>, 2013. If you have any questions, please feel free contact me or any other board members.

Thank you,

Kim Durrum





## *MODERN HISTORY OF SKIING*

*John Cole*

### Modern history of skiing

Pioneer Sondre Norheim, from Morgedal in Telemark, Norway has often been called the father of modern skiing for inventing the equipment and techniques that led to modern skiing as we see it today. Having grown up in the farmlands of Norwegian Telemark, Norheim invented a “birch” binding that enabled skiers to ski without the risk of losing their skis. Then, in 1870, Norheim introduced a short, curved, flexible ski he crafted in order to allow for easy turning in soft snow. Norheim, at the age of forty-three, went on to become the winner of the first Norwegian national skiing competition in Christiania (modern day Oslo).

It is possible, however, that he actually did not invent anything, since there is little evidence to prove that he did. The story about Sondre as the father of modern skiing was largely constructed in Norway from the 1930s, especially in connection with the Olympic Winter Games in Oslo in 1952. Most of the inventions attributed to Norheim were known a long time before him. Even still, Sondre Norheim proved an inspiration for generations.

Modern recreational skiing depended heavily on mechanized transport. Mountain resorts became commercially viable when city folk could reach them in winter by train beginning in 1868,<sup>[6]</sup> and with the development of electrically-driven funiculars and aerial tramways beginning around 1880 (Karl Bittner, "Milestones in Ropeway History," 1984, Internationale Seilbahn-Rundschau).

Events in the development of modern skiing include:

- In the 17th century the baron of Valvasor wrote reports on skiing activities in Slovenia.
- The usefulness of skis for military purpose sped up their development and spread. The Norwegian military had skiing competitions from the 1670s.
- The first known civilian ski race took place in Tromsø, Norway, in 1843. (No supporting primary evidence supplied.)
- 1861, the first identifiable and ceaseless alpine ski club was formed at Kiandra, Australia. (Confirmed by International Ski Federation. May 2011.) (Kiandra snow shoe club) Club History -<sup>[7]</sup>-<sup>[8]</sup>
- 1861, unidentified ski clubs were reportedly formed at Onion Valley and La Porte, California. (See below Alturas ski club 1867.)<sup>[9]</sup>

- 1861, the "Trysil Skytte- og Skiløberforening" (Shot and Ski Practitioner Association) was founded in Trysil, Hedmark, Norway. Held their first competition January 1862.
- 1862, the first ski made specifically for organised alpine downhill racing was known as a "Skate" followed by the "Kiandra Kick-in" and "Butterpat". It was on this type of Australian ski, that the first fully documented ladies and children downhill events were held with names and results recorded.<sup>[10]</sup>
- Skis were used in the Sierra Nevada gold fields in 1850 and later to ferry mail from Carson City, Nevada, to Placerville, California, in 1856, crossing 94 miles (151 km) in 4 days. Downhill ski races (at up to 90 mph) were organized between competing mining camps by 1857, and hit their peak in 1869, under the rules of the Thompson Alpine Club.
- In 1867, the "Alturas Snowshoe (ski) Club", was formed at La Porte, California.<sup>[11][12]</sup>
- In 1875, the first ski club (?), and two years later the first ski school were founded in Kristiania (now Oslo).
- In the 19th century the Telemark ski revolutionized alpine skiing, being the first ski with a remarkable waist making it much easier for skiers to turn.
- The Englishman William Cecil Slingsby, the "father of Norwegian mountaineering", helped inspire ski mountaineering after his crossing of the 1,550 m high (5,800 ft) Keiser Pass, Norway, on skis in 1880.
- The gold mine owner Ignaz Rojacher from Rauris (Salzburg) and the German Wilhelm Ritter von Arlt brought the first pair of skis from Falun (Sweden) to Rauris in winter 1885/1886.
- In 1888 the Austrian Max Kleinoschegg had his first attempts on skis on the Ruckerlberg near Graz.
- Also in 1888, the Norwegian Fridtjof Nansen made the first crossing of Greenland, traveling from East to West on skis. The report on his expedition, *Paa Ski Over Grønland*, was published in 1890 in both Norwegian and English, and later in German. It aroused great interest in skiing in Europe and the United States, as well as creating a Norwegian national hero. From then on skiing was regularly in the news, and was soon adopted as a pastime and a sport by the wealthier classes of Europe, as well as being adopted by the military in several countries.
- The first ski club in central Europe was founded at Munich, Germany, during the winter of 1890 to 1891.
- In 1891 the Austrian hotelier Toni Schruf (in collaboration with Max Kleinoschnegg) ascended the Stuhleck (1782m) near Mürzzuschlag in the Semmering region, the first significant mountain in Austria which was ascended on skis.
- The German Wilhelm Ritter von Arlt made the first ski ascent of over 3,000 m, when he climbed the Rauris Sonnblick (3,105 m / 10,187 feet high) in 1894. In doing so, he became the father of ski mountaineering. He was also the starter of summer skiing, for he took the first significant summer ski tour on August 30, 1897
- The first ski tour in the Alps took place in 1894 when the local Branger brothers teamed up with Sir Arthur Conan Doyle--creator of Sherlock Holmes--for a traverse from Davos (Frauenkirch) to Arosa. Conan-Doyle was living in the area as his wife took the cure for TB. He ordered the skis from Norway & applied himself to learning to ski as a cure for his enforced idleness in the sleepy Alpine town.
- In 1896 the German ski pioneer Wilhelm Paulcke ascended the Oberalpstock on his Norwegian skis. In 1897 he crossed the Bernese Oberland in Switzerland and skied to 4,200 m on Monte Rosa in 1898.



- Dr. Hermann Seiler - President of the Monte Rosa section of the Swiss Alpine Club and coproprietor of the Seiler Hotels Zermatt - organizes the first ski-training course that ever took place in Switzerland in January 1902. Capable students, the 12 guides ascend Cima di Jazzi on their fourth day (cf. Neue Zürcher Zeitung, 8 February 1952, Nr. 282).
- The first packaged ski holidays took place in 1903, to Adelboden, Switzerland, organized on a commercial basis by Sir Henry Lunn under the guise of the Public Schools Alpine Sports Club, which booked entire hotels. Winter holidays in Switzerland had become very popular with the British aristocracy since the first winter tourists to St Moritz in 1864.
- A National Ski Tournament was held in Ishpeming, Michigan, in 1905, including a 393 ft (120 m)-high ski jump.
- Competitive skiing in America was organized with the founding of the National Ski Association in Ishpeming, Mich. in February, 1905 (today known as the U.S. Ski and Snowboard Association)
- 1908, the first fully documented International Alpine Ski Carnival was held in Kiandra, Australia. The alpine downhill event was won by Charles Menger (Denver, USA), second was R. Paterson (Australia) third was Earl Prince (England). (Kiandra snow shoe club)<sup>[13]</sup>
- In 1908 The Alpine Ski Club is founded by Arnold Lunn
- The first purpose-built cable to pull skiers was set up by Robert Winterhalder, a hotel owner in Schollach in Germany's Schwarzwald, in 1908. He took out a patent the following year. It was an overhead cable running on four or five wooden towers, powered by a water mill and later by an electric motor, itself powered by a small hydroelectric plant at the hotel. Cable run was 280 meters over a 32-meter vertical—about 100 feet. Skiers or tobogganers could grab a handle or harness.<sup>[14]</sup>
- A major downhill ski race, the *Roberts of Kandahar Cup* took place in Crans-Montana (Crans-sur-Sierre) in 1911, organized by Arnold Lunn with the cup donated by Lord Roberts of Kandahar (Frederick Roberts, 1st Earl Roberts), a distinguished Field Marshal in the British Army.
- 1924 saw the foundation of the International Ski Federation in Chamonix, France.
- The *Rottefella* (rat trap) lightweight toe binding was invented by Bror With of Norway. The binding was a great success at the St. Moritz Olympics the following year, and has been, in various forms, the preferred cross-country ski binding ever since.
- In March 1928, downhill and the modern slalom events were combined for the first time to form the Arlberg-Kandahar open international alpine skiing competition, organized by Arnold Lunn and Hannes Schneider in St. Anton, Austria. This event was to become the real starting point of international Alpine ski racing.
- At the invitation of the FIS, the Ski Club of Great Britain organized downhill and slalom races in parallel with the 1928 Second Winter Olympics at St Moritz.
- In 1929, Orland Bartholomew skied alone over 300 miles (480 km) of California's High Sierras from Cottonwood Creek to Yosemite National Park roughly following the line of the summer route that is now known as the John Muir Trail. This included the first winter ascent of the highest peak in the lower 48, Mt. Whitney. Bartholomew sustained himself on the expedition using food caches placed over the summer.
- The first resort-based ski school in the U.S. was opened in Sugar Hill, New Hampshire (at that time part of Lisbon) in 1929, by Katharine "Kate" Peckett, with her husband, Austrian immigrant ski instructor Sig Buchmayer. The same year, organized ski trains from Boston began running to the White Mountains of New Hampshire, where summer tourist trains had been going for decades.

- Ski jumping and cross-country competition were events in the 1932 winter Olympics at Lake Placid, New York.
- In 1931, Sir Arnold Lunn organized at Mürren the first World Championships in Downhill and Slalom Racing. He did the same in 1935, these being the only occasions in history when one country (Britain) has organized the World Championships of any sport on the territory of another country.
- First rope tow in America was developed in 1932, by Alex Foster and operated at Shawbridge, Quebec, using an old automobile with the rope looped around a wheel rim. Similar device copied and used in the U.S. in 1934, in Woodstock, Vermont.
- First aluminum skis, 1934, France.
- T-bar implemented at Davos in 1935, outgrowth of J-bar invented same year by Dartmouth Outing Club of Hanover, New Hampshire (first overhead-cable ski lift).
- First heel-grip cable binding implemented in 1935 by Kandahar.
- In December 1935 the Mt Baker Development Company began operating a cable-drawn sled called a "ski escalator" that carried skiers from Terminal Lake up Panorama Dome. Early in 1936, after the sled had been in operation less than a month, Arthur Brandlund, the developer of the lift, was killed in an avalanche that came off Panorama Dome.
- Used as a summer get-away for early Mormons in Salt Lake City, Utah, Brighton Ski Area began in 1936 when members of the Alpine Ski Club built a rope tow from wire and an old elevator motor.
- World's first overhead chairlift built at Sun Valley, Idaho, in 1936.
- Third Winter Games of Olympics, at Garmisch 1936, include world's first alpine events: downhill and combined slalom.
- First U.S. aerial tramway, installed at Cannon Mountain in 1938.
- In late 1939, the USSR invaded its small northwestern neighbor Finland. In the ensuing 3 and 1/2 months of intense combat of the Winter War, Finnish ski troops all but annihilate a Soviet flanking maneuver into northern Finland's forests. On long narrow wooden skis, precursors to modern cross-country skis, the Finns surround unwieldy columns of ill-trained Soviet conscripts bogged down in the snow, overrun and butcher them piecemeal. The invasion is thwarted; the Finns kill an estimated quarter-million Red Army troops and wound at least that many more. Finnish casualties total fewer than 10 percent of the Soviets'. The episode marks the largest-scale and most effective use of ski troops in history. It reinforces the arguments of US military skiing advocates just before America enters the war.
- In 1943, President Roosevelt authorized the formation of the 10th Mountain Division. At the termination of WWII, 10th Mountain members returned to the States & become a major force in the development of U.S. downhill skiing. Some of the notable 10th Mountain veterans include:
  - Montgomery Atwater founded the country's first avalanche study & mitigation program at Alta, Utah.
  - Pete Seibert, founder of Vail Ski Resort. Prior to deployment in Italy, the 10th Mountain Division trained at Camp Hale, Colorado, a few miles up a canyon from present day Vail, Colorado.
  - Paul Petzoldt, founder of the National Outdoor Leadership School
  - Bill Bowerman, track and field coach at the University of Oregon and co-founder of Nike, Inc.
- Artificially made snow, 1952 at Grossinger's in New York. Other evidence suggests that Art Hunt, Wayne Pierce and Dave Richey of Connecticut built a snowmaking device, using compressed air and water, which they implemented in 1950; the first use of artificial snow was in 1950 at

Mohawk Mountain Ski Area in Cornwall, Connecticut using a compressed air and water system developed by Walter R. Schoenknecht of Mohawk and Tey Manufacturing Company of Milford.

- Fiberglass skis successfully marketed in 1960 by Kneissl, Plymold, and Sailer.
- At the 1964 Winter Olympics in Innsbruck, American Billy Kidd won a silver medal in the alpine skiing slalom competition, the first alpine skiing medal ever by an American. With American Jimmy Huga capturing the Bronze medal in the same event; the United States experienced a boom in interest in alpine skiing and ski racing.
- All-plastic boots introduced by Lange in 1964.

2011 marks the 150th anniversary of Alpine Ski Clubs.



*RELEASE & ENGAGE EDGES CLINIC*

*John Cole*



## RELEASE and ENGAGE SKI EDGES

### *ENTRY LEVEL*

- **Roll skis to edges static**  
On flat terrain, stand with skis parallel and close to shoulder width apart, role both skis onto corresponding edges. NOTE: focus on moving the feet, ankles and knees to accomplish the task while keeping the center of mass centered. If having difficulties maintaining balance use poles for stability then without.

- **One ski edge lock across the hill**

On a slight pitch with skis pointing down the fall line at about a 45-degree angle traverse the hill with the down hill ski locked on edge. Reinforce skill of rolling flat ski onto edge as in previous exercise, slightly wider stance. NOTE: focus on maintaining proper stance and no slipping of the locked ski. Repeat in opposite directions.

- **Two ski edge lock across the hill**

Same exercise as **one ski edge lock** however using both skis with normal stance.

- **Straight run changing edges**

On beginner hill or similar pitch have the students start gliding straight down the hill on flat skis. Using skill acquired from previous exercises roll both ankles, knees, feet onto corresponding edges. Note direction change then roll feet, ankles, knees to allow the skis to move to the opposite edges. Focus on student maintaining proper stance, and NOT twisting ankles. Students try helping the turn by twisting their feet; do not allow this to happen.

## INTERMEDIATE LEVEL

- **Side slips**

Use intermediate terrain standing perpendicular to the fall line in a neutral stance with knees, and ankles slightly up hill to allow the uphill ski edge to be engaged. Using the ankles, feet, and knees release the ski edge allowing the skis to slip down the hill, and then reengage the skis uphill edge to stop. Repeat this several times then turn around and repeat using new edges.

- **Edge locks across the hill**

On an intermediate pitch with skis pointing diagonally across the fall line traverse the hill with both skis locked on edge. Observe the stance and that both skis are locked creating two knife lines in the snow.

- **Edge locks across the hill with release**

Same as edge locks across the hill except add the release and reengagement of the ski edges. As the students move across the hill engage and release the ski edges several times using the feet, ankles and knees. NOTE: The student tend to twist the feet during this exercise, do not allow. Also if centered up on the skis, weight even fore and aft, the ski will slip sideways if the weight is forwards the ski tips will seek the fall line. Do the exercise both ways so students can notice the difference.

- **Edge locks across the hill with release and into turn**

Same as edge locks with release however during the third release have the students add rotary to complete the turn to a stop. Once the student does this in both directions have them continue the exercise down the hill without stopping.

- **Link turns**

Link turns down the hill using skills learned above.

**CAUTION:** As yet we have not mentioned moving the center of mass into the next turn. This is where instructor judgment comes into play.

**KNOW YOUR STUDENTS.** Many students tend to exaggerate movements resulting in over rotation, twisting, leaning and do many contortions when this skill is introduced. However if the students have a strong stance and well-controlled movements you can add this skill during any of the above exercises.

### **ADVANCED LEVEL**

- **Diagonal straight run across the hill**

In a good skier stance point the skis diagonal to the fall line and traverse the hill maintaining a straight line. Do this by feathering the edge angle with your feet, ankles and knees maintaining a good stance. Repeat this in both directions several times. Do this on the Meadows or similar terrain.

- **Patient turns**

Start as in the diagonal straight run and complete one turn without letting the tails of the skis brush out. This should be accomplished by rolling the skis from one edge to the other using the feet, ankles and knees. As the skis move from one edge to the other edge the center of mass will crossover into the new turn. **CAUTION:** This is not an exaggerated lateral move rather a diagonal movement towards the apex of the new not turn.

- **Link patient turns**

On similar terrain link patient turns.

Note: As your feet and knees start to roll your skis onto their edges, your body follows and your skis begin to arc. As you tilt your lower legs, your upper body will flow into the turn.

- **Linked turns with even weight**

On moderate terrain ski open parallel turns trying to keep even weight on both skis. As you complete the turn note there is more edge engagement with the inside ski. This will allow a more positive edge engagement of the new turn when you role your feet, ankles and lower legs onto the new edges.

### **EXTRA**

- **Straight Run on moderate terrain**

On moderate or flat terrain have students get into a good skiers stance.

While stationary have them move their center of mass (belly button) towards the left ski tip. Note how the left ski flattens. Repeat on right side. Now repeat this movement while gliding straight down the hill. Note direction.

I have been getting a little feedback about the **Ski Perfect** newsletter from the Snowsports Instructors via the grapevine. To summarize the feedback I am receiving, the instructors are beginning to write off the newsletter as too focused on the Patrol. They would like to see articles about skiing technique, and also articles that provide information on snowboarding. Then the newsletter would have a broader appeal for all the groups that receive it.

The articles that you see published in the newsletter are written and submitted regularly to me by patrollers on patrol subjects. We are used to submitting articles for the newsletter, so that is the content available for publication. I don't write many articles myself, I am the editor of the newsletter and not its author.

The articles that you don't see are articles written by Snowsports Instructors, because they aren't being written and submitted, even when promised to me. The Instructor group must submit articles for me to publish in the newsletter if you want the content to reflect the expertise and important events of the Snowsports Instructors. No one will write these articles, if you don't. So please take time to get involved and make your contribution to the newsletter.

There is an issue with getting both my requests for articles for the newsletter, and also the newsletter itself distributed to the Snowsports Instructors. If you wish to ensure that you receive the newsletter and requests for articles, please send me an email and I will add you to the distribution list that I use for sending the newsletter to the Patrol.







# *Calendar*

## January

- 21** **Martin Luther King Jr. Holiday**  
On MLK Day, skiing, snowboarding, and snow tubing are open from 9:30am - 9:30pm. Tubing tickets are available for 2 or 3-hour sessions on this holiday.
- 22** **PNS Women's Clinic**  
PNS Women's Clinic by PNS Patrollers  
Contact Barb Reed to register
- 26-27** **Ohio Region Women's Clinic**  
Women's Clinic at Cascade Mountain, Illinois
- 27** **Patrol Ski-Along 2012**  
If you are interested in joining our patrol for the 2013-2014 season, complete an application to attend the event in January
- 27** **Ohio Region TES**  
Toboggan Enhancement Seminar, at PNS 0830am-4:00pm contact Sandi Hammons

## February

- 3** **Ohio Region SES**  
Ski and Ride Enhancement Seminar, at PNS 0830am-4:00pm contact Sandi Hammons
- 8-9** **College Nights**  
College student nights on Friday, February 8<sup>th</sup> and Saturday, February 9<sup>th</sup>, 2013, from 9:00 pm till 1:00 am. Friday night: Vitamin water party in courtyard 8-11pm. Saturday night: Big Air Competition. Present a current, valid college ID at the ticket window to receive special college pricing. Lift ticket only \$25. Ski or Snowboard rental \$15. Snow tubing tickets with valid ID are \$25 for the entire 9pm to 1 am period.
- 9** **Photo Annual Big Air Competition Presented by vitaminwater**  
Big Air Competition held in the Audition terrain park. Begins at 4:30pm and lasts until approximately 11pm. Novice at 4pm - \$15 (Registration 2pm-3:30pm) Pro Qualifier at 7:30pm - \$20 (Registration 2pm-7pm) Finals for pros to follow Qualifier.
- 13** **PNS TES**  
Toboggan Enhancement Seminar by PNS Trainers at PNS  
Contact Barb Reed to Register
- 18** **President's Day Holiday**  
On this Presidents' Day holiday, skiing, snowboarding, and snow tubing are open from 9:30am - 9:30pm. Tubing tickets are available for 2 or 3-hour sessions on holidays.



# *Calendar* <sub>p.2</sub>

## February

19-21

### **Perfectly Pink - Tubing for the Cure**

Come tubing at Perfect North Slopes Feb 19 - 21, 2013 and a portion of each regular tubing ticket purchased will be donated to Dearborn County's Tour for The Cure which raises funds for breast cancer research. 100% of the donations collected go to the Vera Bradley Foundation for Breast Cancer. Tubing hours on these days will be 1:00pm - 9:30pm

23-24

### **Senior Test S&T**

Ohio Region Senior Test at Boston Mills

## March

3

### **Annual Spring Carnival**

Annual carnival on the snow with many fun, family events. Take part in special events at the ski area, and at the tubing hill. A variety of activities are scheduled including the decorated box races, slush pit run, downhill dummy exhibition, and more. This event is held weather permitting.

3

### **Ohio Region Senior OEC**

Senior OEC Test at Brandywine

7-9

### **Division Certified Test**

Event to be held at Nubs Knob and Boyne Highlands

16-17

### **Pink Flamingo Camp #10**

Learn techniques for riding rails and hitting jumps at this freestyle camp for skiers and boarders ages 8 and older. Coaches focus on what riders want to learn while emphasizing Smart Style and Terrain Park Etiquette. Two-day camp includes breakfast and lunch both days, and access to exclusive PFC terrain on the Blue Lift. Cost: 2-day Camp is \$150 if paid before March 10, 2013. After that date, cost is \$175. Participants who purchase prior to March 10 receive a PFC T-shirt. No rental equipment permitted.

## April

27

### **Ohio Region Spring Meeting and Awards**

Meeting and Banquet at Mad River

## September

6-8

### **Division Fall Meeting and Awards**

Meeting and Banquet at Wausaw

22

### **Ohio Region Fall Meeting**

Location TBD