

# BASI NEWS

The Official Biannual Publication from the British Association of Snowsport Instructors

Spring 2019 Issue 127

## COACHING THE NEXT SNOWBOARD GENERATION

Jonathan Marrion reports on his  
experience working in China

## FROM OLYMPIAN TO FITNESS PRODUCT DESIGNER

Former Olympian, Tim Dudgeon, shares  
his light bulb moment and how he brought  
his Woodway Carver to market

# INTERSKI '19

A Successful World Interski for Great Britain

INTERSKI 2019



BURTON



# BORN FOR THE BLAST

Hurtling down a race course that's been sprayed with water and scraped of anything resembling soft snow at 60 miles per hour, all while blasting around every gate as your skis chatter over the ice with forces that would buckle the average knee. It may not be in your habits, but it's in your blood.



PROUD TO SUPPORT THE INTERSKI TEAM  
[WWW.SALOMON.COM/SKI](http://WWW.SALOMON.COM/SKI)

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## Editorial

Issue 128 October 2019  
Booking Deadline:  
Friday 27 September 2019  
Copy Deadline:  
Friday 6 September 2019  
Published: October 2019  
T 01479 861717  
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Cover image: Donald Musk. Design & Layout - Amy Conboy

Welcome to the spring edition of BASI News 127 – I hope your winter season was everything you were hoping for and more! Some welcome spring sunshine (and warmth) is helping to move me on considerably from the maelstrom of events that swept through this winter.

Firstly, congratulations and welcome to all the new members who joined us this winter and successfully took their first steps on the BASI qualification pathway.

Back in December we ran one of the largest course programmes yet in China and British Embassy staff representatives from Beijing were there to observe the work being done. Congratulations to Vanke Meisha Campus and Jianfei Winter Campus who both achieved successful BASI Approved Ski School status this January, taking the number of BASI approved schools in China to five (more than Europe).

Brexit leaving dates came and went and we all lost track of what our elected parliamentarians were voting for (or not voting for). The indecision and lack of clarity surrounding our departure from Europe is not providing the confident backdrop to encourage new entrants into snowsports teaching. Participating numbers in both BASI Business Partner courses and BASI's own course programme have remained robust this winter, but China apart, I suspect when we finish the year end (31 May) we are not going to be looking back on a big growth year.

Snow conditions throughout the season, and across the breadth of the Alps, has been as mixed as a bag of Liquorice Allsorts and for Scotland, sadly, a near empty bag at that. There were a few blue-sky opportunities in Scotland but the news at the start of the winter that Natural Retreats, the operators of CairnGorm Mountain after five years in charge, had handed back the keys and went into administration, did not bolster confidence in Scotland. The CairnGorm operation is now back in the hands of Highlands and Islands Enterprise, where we hope, the job will begin of sorting out the troubles that have befallen it.

Enough reflection... there were positive highlights too this winter!

BASI was superbly represented by the National Education Team at World



Interski 2019 in Bulgaria this March. The programme of on-slope and off-slope workshops had the highest participation numbers we have ever experienced at an Interski event and an emotional show case demo' run, which featured the EU flag, was met with a hugely appreciative response of solidarity from the assembled nations. It was a privilege to be there and part of the delegation.

Neuroscience seemed to be an emergent theme at the congress and a reminder that work on technical performance needs to be matched equally with investment in the other strands. This is a topic close to Phil Smith's heart (see page 9) and reflected one of BASI's workshop programmes at Interski (see Rupert Goldring's piece page 25).

Eight months into his coaching job in China, BASI snowboard member, Jonathan Marrion, shares his experiences of coaching China's next generation of snowboard Olympians. On the topic of coaching, the article by Lisa Steidl-Müller, Carolin Hildebrandt, Christian Raschner & Erich Müller; The Challenges of Talent Development in Alpine Coaching, is a thought provoking piece for anyone involved with coaching young athletes.

And, just to prove there is life beyond snowsports, former Freestyle Winter Olympian, Tim Dudgeon, recounts his lightbulb moment and epic journey in bringing a fitness product to market to rival the familiar Treadmill (see page 19).

Lastly, congratulations to all our new BASI Life Members; have a spectacular summer and roll on next winter.

If you would like to have an article included in BASI News, please email me:

[tania@basi.org.uk](mailto:tania@basi.org.uk)

## Dates for your Diary

- **10 May 2019**  
BASI 2019/20 International course calendar launch  
[www.basi.org.uk/BASI/Landing/2020\\_Int\\_Course\\_calendar.aspx](http://www.basi.org.uk/BASI/Landing/2020_Int_Course_calendar.aspx)
- **18 May 2019**  
Glasgow Scottish Telemark Club Festival, Braehead,  
[scottishtelemarkclub@hotmail.com](mailto:scottishtelemarkclub@hotmail.com)
- **29 – 30 June 2019**  
North West Telemark Festival, Chill Factore, Manchester,  
[www.mccsc.org.uk](http://www.mccsc.org.uk)
- **August 2019**  
BASI Summer BBQ - date to be confirmed
- **10 August 2019**  
Member subscription Direct Debit Deadline [https://www.basi.org.uk/BASI/Important\\_Stuff/Important\\_Stuff.aspx?WebsiteKey=211cffca-c436-4a06-844e-527af5a19586&hkey=a31fa8bd-8613-47af-aef6-afd2c2a4f4f9&Important\\_Stuff=4#Important\\_Stuff](https://www.basi.org.uk/BASI/Important_Stuff/Important_Stuff.aspx?WebsiteKey=211cffca-c436-4a06-844e-527af5a19586&hkey=a31fa8bd-8613-47af-aef6-afd2c2a4f4f9&Important_Stuff=4#Important_Stuff)
- **1 October 2019**  
Subscription renewal date for 2019/20

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Update your communication preference via your member area to receive your free copies of BASI E News and a monthly update from the BASI office straight to your inbox.

- BASI E News March 2019 [E NEWS March 2019 https://mailchi.mp/basi.org.uk/basi-e-news-march-2019?e=\[UNIQID\]](https://mailchi.mp/basi.org.uk/basi-e-news-march-2019?e=[UNIQID])
- March 2019 Monthly Report from the CEO and Chair [https://mailchi.mp/basi.org.uk/ceo-report-march-2019-world-interski-special-edition-newlink?e=\[UNIQID\]](https://mailchi.mp/basi.org.uk/ceo-report-march-2019-world-interski-special-edition-newlink?e=[UNIQID])



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# MISSION ACCOMPLISHED AT WORLD INTERSKI 2019!

Justo Luis Olivier, Technical Director from Argentina, paid tribute to Great Britain's achievements at Interski;

*"I say that for me, and I have been to many Interski's, at this event these were the top three teams for me; Great Britain, Switzerland and Austria - never mind the order!"*

## **BASI's Mission - credibility, employability, knowledge gathering and sharing.**

World Interski takes place every four years and far from being a "vanity project", where we send some of our best technicians to show off and look good, BASI's delegation was tasked with clear purpose for World Interski 2019:

- enhance our credibility
- promote our employability
- gather/share the knowledge we acquire from other nations attending the event

BASI's delegation was selected by virtue of their skills, knowledge and network in order to deliver for our association across the key aims. Whilst the event is over now for another four years, members will have reference to all the new workshop and lecture material gathered at the event via BASI's online resource page and the benefits of the meetings held and contacts made, will reap benefits on our BASI jobs board in the future.

Respect for the quality of BASI's qualifications and our position as snowsports educators was demonstrated by the comments received following our workshops and lectures and the interest shown in our collaboration with the University of Edinburgh.

Our delegation included our 16 strong demo' team, coached by Jaz Lamb and managed by Roy Henderson. Great Britain was led by BASI Chairman, James Lister and Chief Executive Officer, Andrew Lockerbie who also represented us at all the official congress meetings for ISIA and Interski International. Doctor Andrew Horrell and Professor Pete Allison from the University of Edinburgh represented BASI's interests at the IVSS presidium meetings and their presence afforded an objective overview of the delivery standards of 32 other nations compared with BASI! Donald Musk, with the co-operation of the demo team, gave us wall to wall social media coverage of demos, workshops and lectures and brought the event to the membership. Dave Renouf holds the position of VP Interski and, as part of the organising committee, had even less sleep than Donald, yet delivered a



considered and organised event programme with the local hosts. Tania Alliod, BASI's Partnerships Manager was there to further BASI's network of global contacts for instructor jobs and course opportunities and to help broker China's participation in global snowsports via the Interski family.

## Enhancing our credibility and reputation

### Achieved by:

- Showcase technical demonstrations that were rated in the top three, alongside Austria and Switzerland
- Biggest attendance and interest ever for our on-slope workshops and off-slope lectures
- Meetings with key snowboard nations to research how BASI can increase profile and depth of our snowboard discipline
- Joint PSIA/BASI Adaptive workshop and lecture - a first in national collaboration at World Interski

## Source, and where possible, secure access to employment opportunities for members around the world

### Achieved by:

- Follow up meeting with Andorra in June 2019
- Collaboration with Chinese Ski Association delegates and meeting secured in China for April 2019
- Enquiries from school representatives interested in promoting BASI qualifications and countries employing BASI members
- Directed enquiries via social media and printed postcard towards the BASI jobs board

## Knowledge exchange

### Achieved by:

- Lecture write ups and critical reviews of workshops delivered by other nations to share with membership (see resources, next column)

- Workshop videos and voice overs of other nations' workshops to share with membership (see resources below)
- Great Britain's workshop video overviews and supporting lecture material for comparison (see resources below)
- Library archive of all gathered resources disseminated and stored on [www.basiinterski.org.uk/resources/](http://www.basiinterski.org.uk/resources/) for member reference

## Resources for members

You will find the resources, relating to the workshops and lectures Great Britain delivered at World Interski 2019, together with the information and knowledge gathered by the team from other nations' workshops on the resources page - [www.basiinterski.org.uk/resources/](http://www.basiinterski.org.uk/resources/)

Over the next few months there will be more resources added as the team members submit their write ups and commentary and Donald Musk continues the editing process!

## World Interski 2019

Lecture abstracts are available here. <http://interski2019.net/congress-activity/lectures-and-workshops/>

## Great Britain - the highlights

We invited you, to join us at World Interski and keep up-to-date by following the team on social media. We posted everything we delivered and learned on our BASI Interski website and via our BASI National Team Facebook and Instagram page.

TV highlights, links, facts and figures from World Interski 2019 can be found in the **March 2019 Chair/CEO report**.

[https://mailchi.mp/basi.org.uk/ceo-report-march-2019-world-interski-special-edition-newlink?e=\[UNIQID\]](https://mailchi.mp/basi.org.uk/ceo-report-march-2019-world-interski-special-edition-newlink?e=[UNIQID])





You can learn to control emotions just as you do technique. Photo: Phil Smith with former BASI Trainer and Chairman Gareth Roberts on the top of Volcano Llaima. Snowworks Chile Adventure.

# ARE YOU DEVELOPING ONLY 25% OF YOUR STUDENTS' SKIING POTENTIAL?

By Phil Smith, Snowworks

*Former BASI trainer, Phil Smith, from Snowworks, shares a favourite theme in his article below. It's a timely piece as several of BASI's National Education Team members, recently returned from World Interski 2019 in March, commented that "neuroscience" was an emergent theme across a number of workshops. Visit BASI National Team ([www.basiinterski.org.uk/resources](http://www.basiinterski.org.uk/resources)) to explore resources and commentary from World Interski 2019 and see NET member, Rupert Goldring's, overview on one of BASI's congress lectures, that reflects the theme in Phil's article.*



Phil Smith, Director Snowworks Ski Courses, former BASI trainer, Race Coach.  
Photo: [www.snowworks.com](http://www.snowworks.com)

**T**echnique, technique, technique. For many it appears to be what skiing is all about. But are you really fulfilling your potential with the endless pursuit of technical excellence?

Like all sports, there is a lot more to achieving excellence than following solely technical advice.

Skills in all sports can be divided into four distinct categories, what we call the PERFORMANCE THREADS. 'Technical', 'Psychological', 'Physical' and 'Tactical'. They are called the 'Threads' as all four intermingle and run through everything we do.

All sports differ in the importance given to each thread. Weightlifting, shot put and hammer throwing, for example, may have a strong emphasis on the 'physical thread'. Other sports, especially team sports like football, rugby and sailing, may have a high emphasis on 'tactics'. Then there are those sports where 'psychological skills' play the most important role and of course other sports that could be said to be very 'technical'.

When we ask new skiers on our courses, what their perception of the balance of the four threads are in skiing, the answer is usually always the same "about even between all four threads, 25% of each". However, when we follow up with the question; "If competence in skiing is an equal balance of all four threads, how much of your time have you invested in the development of each thread?"

The answer is always the same and telling – mostly technical.

For some, development in the technical thread takes as much as 90% of their time, even 100% for a few. One thread, just 25% of potential achievable!

So why does it appear that much ski instruction focuses on 'technique' if at best it only equates to 25% of the performance? Why do ski lessons and coaching often appear to be mostly about 'technique'? The answer, I believe, is simply, we are all blinded by what we see.

Technique is easy to see, easy to describe, easy to assess,



Strength and Physical conditioning allow you to move in a way that goes far beyond technical competence alone.  
Photo: [www.racer-ready.co.uk](http://www.racer-ready.co.uk)



Develop and value all 4 strands equally and your performance goes well beyond what is known.  
Photo: [www.racer-ready.co.uk](http://www.racer-ready.co.uk)



Devote equal time to all four strands to maximise performance.



You can see technique, it's easy to give and get feedback on, but can you see confidence, focus, optimum arousal, tactical astuteness?  
Emma Carrick-Anderson, 4 time Olympian and former BASI trainer conducts a coaching session.

easy to give feedback on and easy to correct. We can't see the thought processes going on inside someone's brain, we can't see how performers process information and conjure up tactical decision making. When skiers arrive with us for lessons, we are rarely able to do much about their physical state. So, for many skiers, technique it is, and the 25% performance threshold is where they get to.

To break out of this colossal entrapment in the world of ski teaching and the dependency on technical development, you first need to value the other three categories; tactical, psychological and physical skills as highly as technical. Easy to say but not easy to do when the last ten years of your investment may have been solely in technical development.

I remember well one of my lessons a long, long time ago with a group of trainee ski instructors. I had opted for a session which would develop tactical skills. After the lesson I felt smug with what I had delivered. I actually rated it as my best lesson ever! I even went as far as to tell my fellow instructors how great a lesson it was later that day. Yes. I was boasting at how good I had been, sad I know.

That evening the head coach came up to me and asked for a word. With a smug look on my face I was preparing myself for vast compliments, but what I received was completely the opposite. The head coach went on to tell me it was the worst lesson he had ever witnessed. The group had learned absolutely nothing and if I had been one of his instructors I would have been sacked on the spot. He requested that I went

back to developing their technique which is why they had all booked lessons in the first place. The next day I did a standard 'run of the mill' lesson on some aspect of ski technique that anyone could have delivered by reading it from a sheet of paper. The group was over the moon, great delivery and great content. We were back to the 25% threshold of development. Slaves to perceived technique.

On another occasion I was with a group developing psychological skills, and no matter how hard I tried to get the group to buy into my coaching and get involved, they were just not interested. After two hours of trying my absolute hardest to develop psychological skills I turned to one of the group and said, "I've noticed your ankles are over flexed". His eyes widened as he turned to me, suddenly alert and interested. "I never knew that!" he said. He had taken the bait, so I continued "yes, your ankles are generally flexed at about 20 degrees from the vertical, whereas they need to be about 5 degrees less than that". "Is that true?" he replied with a sudden realisation he was about to get some 'real' tuition. "No" I responded, "it's utter crap, but it got you interested. What will really develop your skiing is what I've been doing for the last two hours on psychological development when you showed no interest whatsoever".

Valuing technical development much higher than the other categories is what is holding back many aspiring skiers back. The adult brain longs for concrete information that is tangible – hold your hands here, press this much, stand like this, flex here, extend there, edge this amount. It's concrete and tangible. We

gradually turn into technical robots. Do what we're told, when we're told, programmed by our coach or instructor.

We all understand that a base level of technical competence is required to perform safely and to prevent injury to our bodies and not put undue stress on our joints. But what about the other threads? Do instructor examination bodies value the four threads equally? This is an open question I leave for further debate.

You can see 'slavery to technique' in action when discussing skiers and their qualities. It's rare for observers to recognise great assertiveness, a beautiful line, an artistic descent, amazing recovery skills, great concentration, little fear, physical prowess. Observers immediately are biased to how skiers 'look'. What they can immediately 'see', i.e. their 'technique'.

Take some time to look at top level sports stars. You will notice they are all different. If they were the same they would not be top level sports stars. Take all four threads, mix them all together in infinitely variable amounts and you have great individual performances. Bode Miller in skiing, Michael Johnson in running are fine examples; both went against every technical model going, even though they were both the fastest men in the world. In team sports we often see the slavery in adhering to the technical model interfere with flair and passion, stifling individuality.



Humble in victory, gracious in defeat. Psychological skills weave their way through all behaviour, before, during and after the performance. Photo: [www.racer-ready.co.uk](http://www.racer-ready.co.uk)

At Snowworks we go for the 100% potential, developing all four threads and our teaching and coaching is a reflection of this. Our challenge is to get our clients to value all four threads the same.

To explore a student's full potential, it's time to re-visit where we as instructors place that emphasis; value all four threads equally if you don't already. Spend the same amount of time developing each one and attach equal importance to all four.

I would love to see all ski instructor exams going the same way, giving the same value to all four categories. Maybe some already do. When this happens we will have ski instructors and their clients all looking differently, skiing different and all having their own individual style.

*Snowworks run summer and autumn Pro Training for all levels including Eurotest and Test Technique.*  
[www.snowworks.co.uk/pro-ski-courses](http://www.snowworks.co.uk/pro-ski-courses)

## BRITISH INDOOR TELEMAR CHAMPIONSHIPS 2019

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THE NORTH WEST TELEMAR FESTIVAL





Jonathan Marrion –

*When the call came into the BASI office regarding a snowboard coaching opportunity in China, we did our due diligence before posting the job advert on the BASI jobs board. Jonathan Marrion did his due diligence too and called the office to ask if the job was for real! Yes, it was, and Tania Alliod caught up with Jonathan eight months into the role to find out how it was going.*

## A BASI member's Chinese Odyssey

### Coaching China's Future Snowboard Olympians - from scratch...

#### *What motivated you to apply for the job in China?*

I wasn't sure it was for real and decided to call you in the BASI office! The office offered some sound advice and I decided to apply. I have always aspired to be a freestyle coach but didn't think the opportunity would come so early in my career. The chance to work full time on a team was more than enough to persuade me to move to China. I have also travelled quite a bit in-between seasons and love the new experiences and challenges it brings.

#### *Describe what happened to you in the first few months?*

Upon arriving in China, I was soon put to work training a large group of kids who had been selected predominantly from a martial arts school and who had never snowboarded before. I turned up for my first session and there were 200 students and not a snowboard or slope in sight... you said expect the unexpected! We spent 2 weeks off-snow at a sports training centre learning all about the culture, basic techniques and terminology of snowboarding. We also did a lot of fitness exercises and I learned loads about fitness training from the

team's Chinese fitness coach. We then moved to a local indoor snow dome where I introduced them to the sport, developed their riding and prepared them for their first mountain experience. I feel very lucky being able to work with the same wonderfully polite, hardworking athletes every day and build a bond with each of them over time. I am literally teaching them everything I know and love about snowboarding

#### *How are you communicating with your athletes?*

The company provides every foreign coach with their own interpreter to not only translate the lessons for the kids but to help with your day to day needs of being a foreigner in China. Snowboarding is becoming much more popular in China but is still widely unknown in areas away from the mountains so it takes some time to also teach your translator the many complex and often funny snowboarding terms so they can translate them correctly for the kids. I am also enjoying learning Chinese while I'm here and it helps me a lot if I can shout quick feedback like the classic "bend the knees!" in Chinese.

*What are the key challenges that come with working in China? What support do you get?*

Not being able to speak Chinese is obviously a biggie but the interpreter helps with that. The second most challenging thing is what's often called "The Great Firewall of China"; basically, many websites like Google, Facebook, Instagram, YouTube and so on are blocked from use which is frustrating when trying to get learning resources for lessons. This can be fixed by downloading a paid VPN "Virtual private network" service which makes it look like you're browsing the internet from another country. This is totally legal and there is lots of advice online on how to do it. Finally, the most important thing is, it helps to have a very open mind with everything from the way you work and do business to everyday things like eating and going shopping. The many small differences in culture can add up over time and become draining if you're not able to laugh at them and accept them as all part of this crazy life experience you're having.

*What are the benefits of the role as you see them?*

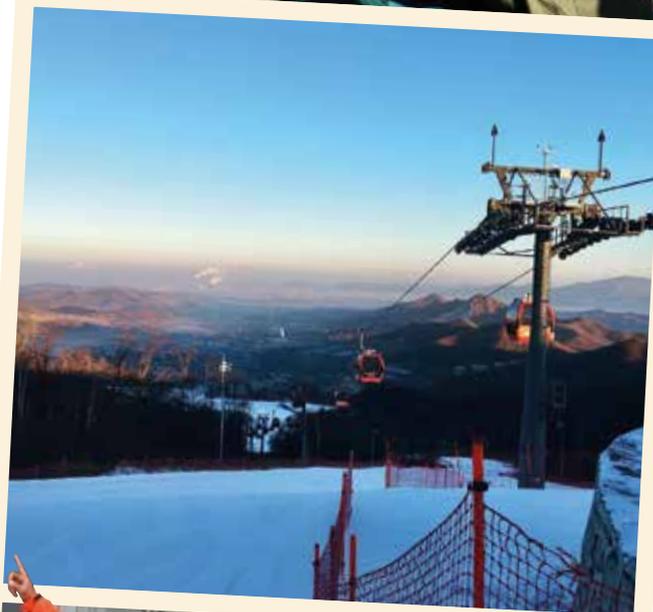
Being able to work with the same kids every day as opposed to new ones every day or week is such a huge factor of why I'm really enjoying my role so far. On hard days, when I'm feeling worn out, they never fail to cheer me up! Also, it's very rare for a person with my amount of experience to be able to find a full-time position in snow sports like this with space for a long-term progression of my skills. And of course, the possibility of being able to travel the world, following the best snow for training and competitions, is too good to miss!

*How long are you planning to be there?*

I arrived in China on a short visa for a trial period with the company and having completed that I am now on a one year contract with a sponsored visa. I plan to stay here as long as I keep enjoying being with the amazing kids and continue to progress my coaching skills. It would be truly amazing to still be here in China in four years' time and be able to be involved somehow in the Beijing Olympics!

*Any advice for fellow BASI members thinking about it?*

This is a real company, really coaching a very large number of kids! I wasn't sure before I came because I couldn't find any information about it online but that is because the Chinese internet and the rest of the world's internet are at completely different places. If you have an open mind to new food, experiences and challenges, then this could be the place for you. This is an opportunity of a lifetime to progress your coaching/instructor career and if you aren't afraid of occasionally working long hours, not always on the snow, or if you're like me and stuck in a cycle of going to the same resort every year because it's so easy to go back, but feeling like you need a new challenge to grow yourself and your skills, then this could be the change you need.



# BASI Life Members



Congratulations to our BASI members who received their life membership this winter season.



Charles Hope on Combe du Loup

Robert Frew (2351)  
 Robin Clark (1054)  
 Gordon Crawford (463)  
 Brian Greenaway (2359)  
 Charles Hope (1223)  
 Keith Taylor (1427)



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<b>24/06/19</b>	<b>1 - 5 WEEKS</b>	<b>TIGNES, HINTERTUX</b>
<b>21/10/19</b>	<b>1 - 9 WEEKS</b>	<b>TIGNES, CERVINIA, STELVIO</b>

#### CAREZZA & ALP D'HUEZ TESTS

Train and join the Snoworks 'Race Support' group for the first Eurotests and Test Techniques of the season in early December.

#### WHY SNOWORKS?

Snoworks has established itself as one of the leading ski course providers in the UK. Our 'Open' philosophy will literally prepare you for any eventuality the mountain and the race course throws your way. To read more about 'skiing open' Google 'Snoworks Go Open'.





## Other events:

**Manchester  
Telemark Festival  
29<sup>TH</sup> JUNE**

**British Indoor  
Telemark  
Championships  
29-30<sup>TH</sup> JUNE**

**FOR MORE INFO:  
[www.mccsc.org.uk](http://www.mccsc.org.uk)  
[telemark@mccsc.org.uk](mailto:telemark@mccsc.org.uk)**

# SAT 18<sup>TH</sup> MAY

# GLASGOW TELEMAR FESTIVAL

**Time:** 10-8pm

- Ski sessions 10-12.30pm & 1.30-4pm
- Dinner social after skiing 5.30pm

**Venue:** Snow Factor, Braehead, Glasgow

**Cost:** £40 STC members, £45 non members

**Who:** All abilities welcome

**Kit:** Limited cable kit rental available

**Contact:** [Scottishtelemarkclub@hotmail.com](mailto:Scottishtelemarkclub@hotmail.com)



## BASI Trainers' Uniforms sent to Nepal



The charity that will distribute the suits via their Porter Clothing Bank is called KEEP and you can read about their work here. <https://keepnepal.org/campaigns/porters-welfare-program/> Thanks to Sam Palmer from Nethy Bridge, who delivered the uniforms to KEEP on our behalf this April.

In times gone by, BASI trainers' uniforms were either kept by the trainer or returned to BASI and some even ended up on the backs of the public at large, which usually caused raised eyebrows! The quality of the kit from Avalanche is so good that, even used, the uniforms still have life in them. So, BASI has hooked up with Katmandu Environmental Education Project (KEEP) and the trainers' uniforms are dispatched to Nepal where they get a second life. KEEP run a porters' welfare programme and all our current uniforms are sent to KEEP for redistribution to the climbing porters of Nepal. We will have more suits to send to KEEP so, if you know anyone heading for Nepal from the UK who would be willing to deliver, please get in touch with Tania Alliod in the BASI office.

## Aston University Snowsports



Aston University Snowboard team, zero to hero with their first ever Snow Sport Trophy in Aston's history (KINGS Dryslope League) and second place in the Snowboard Indoor BUCS Indoor Competition 2018/19.

Congratulations to Lilla Albert and her team from Aston University Snowsports for their achievements over the past three years in university competition. Aston is a small university and considered complete underdogs in the university snowsports competitive scene. They have been competing in the Kings League for four years now and had never received a British University & College Snowsports (BUCS) medal prior to 2015/16. In just four years they have reached BUCS finals and won four British University & College Snowsports medal places and even a league trophy - overall in the midlands - in the Kings championship. As a team they managed to set a new record in every snowsports discipline for Aston.

## Winter Triathlon Success for BASi Nordic Trainer Keith Jenns



Keith Jenns with Nicholas Farnell at the World Winter Triathlon Championships in Italy.

Once again, Keith Jenns has led GB's winter triathletes to medal success in this year's European (Romania) and World Championships (Asiago, Italy). The event includes; mountain biking, running and Nordic skiing and across both championships Britain bagged 9 medals; 3 gold, 4 silver and 2 bronze.



World Winter Triathlon competitors

# SLIDE AWARDS/SIGB SKI AND BOARD TEST 2019



The Slide tradeshow, which is organised by the Snowsport Industries of Great Britain (SIGB), took place in January at the International Centre in Telford showcasing next season's snowsport products. It's where BASI go to catch up with the manufacturers and importers who provide BASI with all our unbeatable Pro Deal offers.

Each year, exhibiting brands are eligible to enter their top products into the Slide Awards to celebrate the very best new products for the following season. There are four categories: hardware, software, accessories and the Fresh Brand category for new brands or first-time exhibitors. *Here are this year's winners!*

## Hardware Category

**Brand: Atomic**

**Model: Backland Carbon Boot**



Five years after launching the revolutionary Backland boot, this next-generation Backland boot features the new Free/Lock 4.0 ski/walk system making transitions quicker; the BOA closure system wrapping the foot; lightweight Prolite construction increasing power transfer to the skis; frictionless pivot and a highly customisable, climate controlled liner.

## Software Category

**Brand: Planks**

**Model: The People's Series**



Planks Clothing presents The People's Series. The People's Series is designed to present a true unisex collection of products for skiers, developed with a regular fit combined with an evolving silhouette throughout the size offering. The People's Series adapts to suit all different body shapes and individual styles!

## Accessories Category

**Brand: GoPro**

**Model: Hero7 Black**



Gimbal like video that's insanely smooth. Smart capture superpowers for the best, most brilliant photos automatically. Battle tested and waterproof without a housing. This is HERO7 Black – the most advanced GoPro ever.

## Fresh Brand Category

**Brand: Gogglesoc**

**Model: Gogglesoc**



A Gogglesoc is simple: a stretchy cover for your ski goggles designed to protect expensive lenses from scratches. Gogglesocs are made from recycled plastic bottles and come in a variety of trendy prints. Founded by three Brits, Gogglesoc's popularity has been skyrocketing in North America; now it's launching into Europe!

# New Board Directors Elected and proposed Articles Adopted



James Lister  
Chairman



Henry Meredith-Hardy  
Trainers' Director



Stephen Moll  
Snowboard Director



Robert MacVicar  
Legal Director

At BASI's recent General Meeting, held in Hintertux on 28 April 2019, the membership voted for the election of four Board members and the adoption of proposed new Articles of Association.

Job done! Thank you to everyone who took the time to vote and consider the voting resolutions.

We have a new set of Articles of Association (we will post these on the BASI website). Many congratulations to Henry Meredith-Hardy and Stephen Moll who were elected as new members to the Board of Directors and to James Lister and Robert MacVicar who were both re-elected for a second term as Chair person and Legal Director respectively.

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# FROM WINTER OLYMPIAN TO FITNESS PRODUCT DESIGNER

Meet Tim Dudgeon

BODYCarver was pioneered by BASI member and former Winter Olympian British Freestyle skier Tim Dudgeon. Tim is also a fully qualified instructor holding British, Canadian and French qualifications. After competing in the 1998 Winter Olympics in Nagano, Tim retired from competitive skiing and entered the world of fitness. Whilst working as a personal fitness trainer, Tim realised that there wasn't a specific machine to focus on ski fitness and the idea for BODYCarver was conceived!

Tim teamed up with **Yin Chien Yeap**, senior software developer from **Playko Games** and then **Woodway**, specialist in treadmill technology, to form a three way collaboration that brought the concept to life.

The Carver has recently featured in Men's Health magazine and the official world launch of the Woodway Carver was in March 2019 at IHRSA, the world's premier health and fitness exhibition in San Diego, California.

## BRITISH WINTER OLYMPIAN

Tim worked for Cairdsport in Aviemore as a ski instructor for two seasons between 1986-89; he passed his old BASI Grade 3 in May 1987 and began his freestyle mogul skiing career in 1989. Tim based himself in Morzine and started training with the local Club des Sports and competing locally.

By 1990 he was selected for the England Freestyle Ski Team and competed on the Europa Cup tour for four seasons, basing himself in Chamonix, France. In 1995 he was selected for the British Freestyle Ski Team and, in February 1997, Tim qualified for the 1998 Winter Olympic Games in Nagano, Japan, fulfilling his dream to be a British Winter Olympian.

## A LIGHT BULB MOMENT

Mogul skiing took a physical toll on Tim's body. During his career he recovered from two ACL ruptures and 3 knee operations! After the Olympics in 1998 Tim retired from competitive skiing and started work as a personal trainer in a friend's gym in Kent.



It was whilst he was working with a client on a treadmill that Tim had his "light bulb" moment.

*"What if I could make a ski and board machine for use in gyms?"*

His goal was to develop a piece of fitness equipment that was unique, fun and functional.

## RESEARCH & DEVELOPMENT – THE HIGHS AND LOWS

From 1998-2011, Tim used his own money, raised investment funding from friends and family, and designed a total of eight prototypes. Throughout the research and development phase there were emotional and financial highs and lows, but Tim always believed the idea was a good one and he would get there in the end.

*"My resilience came from my experiences in competitive skiing; I have always had a never give up attitude and always kept believing."*



Asked if he would do anything differently, Tim was philosophical in his response;

“Good question! My answer is probably no! The whole development of the Carver has been a long and personal learning process and you can only improve yourself and whatever you are trying to achieve by learning from the mistakes you make on the way.”

### PROVING THE PRODUCT COMMERCIALY

In 2011, Tim opened a small personal training studio, called Club Alpine, in his home town of Canterbury, Kent to prove the concept of the Carver in a commercial environment.

The studio was equipped with just a prototype “Carver” ski machine, a TRX suspension trainer, some free weights and a Bosu balance trainer.

It was during this period that the engineering prototypes introduced me to software developers Playko. Playko has helped to develop the technical and creative software that is a crucial part of the Carver experience.

Over four years the studio completed 7,000 individual sessions with members of the public. Over 60% of the clients were non-skiers or boarders and came regularly because of the great physical benefits the Carver delivered.

### COMMERCIAL PRODUCTION WITH WOODWAY U.S.A.

Tim was ready to move into commercial production but needed a distributor with reach in the fitness sector and clout. He did his research and in January 2016, he approached Doug Bayerlein, President of Woodway USA. Woodway is a premier commercial treadmill manufacturer based in Wisconsin, U.S.A. Tim went straight to the top

and asked if they would be interested in developing the Carver and adding it to their range of products.

Tim found a true innovator in Doug, who really liked the concept and Woodway invested a further two-and-a-half years in prototypes before it entered production in 2018.

### FIRST PRODUCTION CARVERS FOR THE CITY OF LONDON

The first production Carvers were installed in the brand new Third Space Health Club in the City of London in August 2018.

The Carvers have proved incredibly popular with members whether they are skiers, boarders or just members looking for an alternative piece of equipment to the usual suspects of rowing, bike or running treadmill to include in their fitness programmes. It is also proving to be a very good rehabilitation product; due to the very low impact exercise it delivers.

### WHAT NEXT?

Following the official world launch of the Woodway Carver on 14 March 2019 at IHRSA, the world’s premier health and fitness exhibition in San Diego California, It was also shown at FIBO in April 2019. The Carver proved popular with show visitors, attracting fitness users of all ages and skill levels. Facility operators were impressed by the uniqueness of the Carver experience and there has been serious interest expressed for premium and mass market clubs in North America and Europe.

The future is looks very promising for the Carver and Tim’s dream goal is to see the product become as common place in the fitness industry as Treadmills. We wish him every success. Tim’s story highlights the ingenuity and drive that comes from individuals and the world of snowsports.



## FAREWELL TO

# John Swift: 1945 - 2018 and Stanley Davies: 1928 - 2019

BASI and the world of snowsports lost two special individuals over the course of this winter season. John Swift, a former BASI trainer and Ski Supreme instructor and Stanley (Stan) Davies, also a BASI member, and life-long friend to Eilif Moen and one of his stalwart instructors at Scottish Norwegian Ski School on Cairngorm Mountain. Thank you to John Swift's life-long partner, Sue Smith, and Robin Beard and Stan's friends; David Clegg, Sue Hall, Vivien Moen, Tricia Eccles and Iain McLaren for permission to share their eulogy's and memories of two special gentlemen. Our thoughts are with you.

## Eulogy for John Swift

by Robin E. Beard

BASI Licence No: 823

I first met John in 1986 when we started working for the Joint Services Mountain Training Centre Ski School, the JSMTTC based at Kingussie, along with Evelyn McLean. We were working with three BASI trainers, Jimmy Smith, Ian Baxter and George Adams, a small team of six people. To gain ski instructor and teacher qualifications is quite a challenge and this was a great opportunity to raise the level of our skiing. John took advantage of it and passed the BASI Grade 1 exam; this led to the International Ski Teacher Diploma and the "Equivalence" that enabled him to work in France.

I worked for four seasons alongside John and we became close friends. Apart from working on Cairngorm there were trips to Pitztal and The Kitzsteinhorn Glacier in Austria and to Tignes in France and quite a lot of free skiing together in between instructing. We couldn't believe our good fortune!

I moved on to ventures new, but we remained close friends and later we worked together again with the JSMTTC and in Courchevel.

Although it was only evident, if you new him well, John was quite a sensitive soul and liked to keep within his comfort zone. Throughout his journey to working in France, John had to step out of his comfort zone on several occasions, but he adjusted to the new challenge and carved himself a niche in the Ski Supreme School in Courchevel.

For John, and for me also, the opportunity to work for Ski Supreme in France was beyond any dreams that he might have had at the beginning of his ski teaching career. I am sure this added a new dimension to his life and gave him a great deal of pleasure and satisfaction. John was not inclined to say much but I have no doubt that he was very grateful to JSMTTC and Ski Supreme for this opportunity.



*John Swift with Willie MacMillan, Kenny Dickson, Swifty and Alan Askins.*

John was a rock climber, a snow and ice climber and an all-round mountaineer but he was somewhat dismissive of simple hill walking. However, we went out several times on the Scottish Hills and, as I was ticking off the Munros, he began to realise that the Munros offered a more significant challenge than he had thought and set about completing the lot, 284 in all, which he achieved.

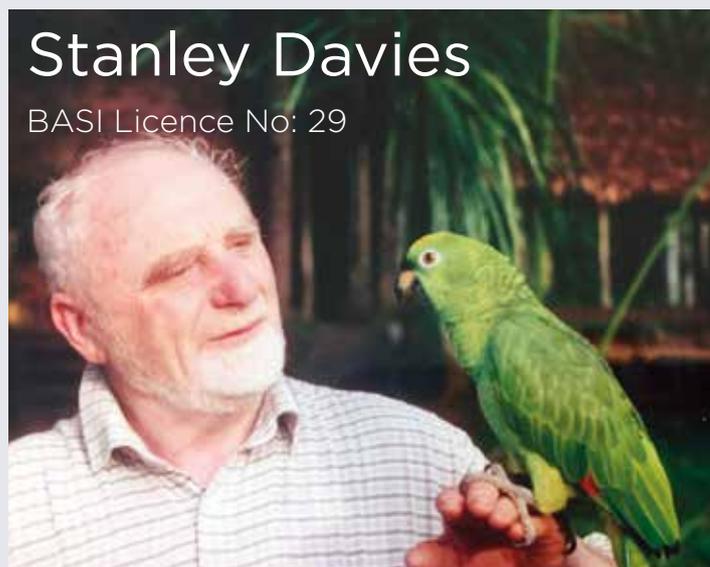
Climbing mountains with John was not without its problems. We all know that John was always "as fit as a butcher's dog" and I was sometimes hard pressed. I dreaded seeing anyone on the hill above us, as I knew immediately what would happen. He would step up the pace. He couldn't stand having anyone in front of him. Result, I would arrive at the summit knackered. Also, he liked to go straight up the hill, rather than take the long but easy way round by a ridge, so up the heather and boulders we would climb. Again, the result, I would arrive at the summit knackered. I can remember on one occasion when I was desperate for food and a rest. John didn't even sit down while he waited. Not exactly relaxing for me. This all sounds as if he was not the best man to go out on the hills with, but this was not the case, in fact quite the opposite. John was a great companion on the hills. I always felt at ease in his company. I would not have ticked off about a quarter of the Munros with him had this not been so.

On days out in the hills your senses are intensified particularly when you are challenged, and I have a wealth of wonderful memories of mountain and skiing days with John. Particularly a week of "off piste" skiing in Chamonix.

In the last few years John and I regularly skied together on Cairngorm. On one of these occasions he told me that he had been free-skiing with Evelyn Mclean on his last visit to Courchevel and she had said, I quote "John you make every turn count, don't you?" John appreciated that remark and I know what she meant. He hated the idea of making even one casual or sloppy turn. He was a perfectionist in those matters that concerned him.

On 26th March 2018, I skied on Cairngorm with John and Sue. John was in remission from the cancer. We all know that Scottish skiing can be challenging but on this day the sun was shining, the sky was blue, there was no wind, plenty of snow and all perfect for skiing. Better than an Alpine day. We had only planned to ski for two or three hours but we had our lunch at the Ptarmigan and skied all afternoon. John was making every turn count. We finished with a drink at The Day Lodge. A magic Cairngorm day. It was the last day I was in the hills with John. It is a special memory for me, and I have no doubt for Sue also.

John was a great companion and friend and will be missed by me and many others.



## Stanley Davies

BASI Licence No: 29

### SUE HALL

Stan was an extremely gentle person and loved animals. His two dogs, Duster and Sophie were his treasures that went everywhere with him.

Never have I known him say an unkind word about anyone. He was a free spirit that saw so much of the world in his travels. He always said, "It's what you get away with" and I do hope he went away with the feeling of true friendship from those that truly loved him.

Stan was a curious traveller. His travels were always done in a rush and always on a lean budget.

One minute he was in a coach in Chicago and the next stop would be Canada. That was Stan!

On one occasion he was travelling on the Trans-Siberian Railway and had us on the edge of our seats as he retold an incident that involved drug smugglers, boarding the train, lifting all the seats to collect the drugs and then leaving as swiftly as they had arrived! His travels were never dull.

### PATRICIA ECCLES

As a young 24-year-old, I suffered my first day on skis in weather worse than anything I have ever had on Cairngorm since. I was so despondent, and my instructor husband thought that was it! "Never again, I howled!"

We drove down the hill in our Army Land Rover and found Stan, who had broken down in his iconic and familiar 'clapped out' SAAB. We towed him to a garage and in the car, he noticed my distress. He also spotted I was wearing borrowed trousers: two sizes too big, lace up boots (long after ski schools were using modern clip-boots) and a clapped-out pair of Army skis. As a 'thank you', he offered to take me for a day's private lesson.

Firstly, he found me the latest kit. Then he drove me up the hill and I had the most glorious day in the sunshine, with one of the kindest, most understanding instructors ever. When I joined my original class the next day, I was flying! So confident was I that I even guided the class down from the top of Coire Cas by myself while our instructor looked after a student having an anxiety attack!

We made it to the bottom, and I had a fantastic day and was so proud of myself! I had fallen quite nastily towards the end of my new found 'ski guiding' career but I did get them down safely.

Many good times and fond memories were had in Nethy Bridge with Stan, one of the most well-loved and fun instructors on Cairngorm. He regularly joined us for Christmas dinner and when I said it was black tie, he would turn up in his RAF uniform which brought forth many new anecdotes. We have our Christmas meal in the evenings, and it was many years later that we found out that Stan would have Christmas lunch in the mess halls prior to joining us for dinner!

### IAIN MCLAREN

Stan taught me to ski back in the 1960's when I was around five years old.

I vividly remember Stan picking me up either from Rothiemoon Farm or the Nethy Bridge Hotel and will never forget the comforting smell of his two dogs; Sophie and Duster, as I got into the car to head for another day on Cairngorm in his company!

Stan was a genuine and authentic individual who oozed warmth and affection.; a wonderful and patient instructor and someone who was a significant influence in my life. Stan was never a wealthy man in the material sense (some of his travel adventures and modes of transport being testament to that), but his personality and his character were abundant and all encompassing, he was a true gentleman.

My greatest regret is not being able to see him one last time, but I remain thankful for the wonderful moments and memories we shared together.



Stan in the back row with his two dogs, Duster and Sophie

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# Challenges of Talent Development in Alpine Ski Racing: A Narrative Review

Lisa Steidl-Müller, Carolin Hildebrandt, Christian Raschner & Erich Müller

Pages 601-612 | Accepted 15 Aug 2018, Published online: 24 Jan 2019  
<https://www.tandfonline.com/doi/pdf/10.1080/02640414.2018.1513355?needAccess=true>

## ABSTRACT

Alpine ski racing is one of the most popular sports in many countries; nevertheless, selection disadvantages and severe injuries result in high dropout rates. In this review we summarise existing knowledge about the specific challenges associated with selection bias and injuries, and their effects on talent development in ski racing.

The relative age effect (RAE) appears in all age categories of national Austrian and international alpine ski racing. Relatively younger athletes seem to only have a chance for selection if they are early maturing. Talent selection processes should consider both the biological maturity status as well as the relative age; additionally, a competition system based on a rotating cut-off date might contribute to a reduction of RAE. Youth and adolescent ski racers report lower injury rates compared to World Cup athletes. The

knee was the most affected body part in relation to traumatic injuries. The most frequently reported overuse injuries were knee pain (youth) and low back pain (adolescent level). Athlete-related modifiable risk factors were core strength, neuromuscular control, leg extension strength and limb asymmetries. Based on these findings, prevention measures should be expanded to contribute to long-term injury prevention. In future research more multi-disciplinary, longitudinal studies should be performed.

To link to this article:

<https://doi.org/10.1080/02640414.2018.1513355>

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# Using the TIED Model to Develop Adaptable Technicians and Adaptable Teachers

by Rupert Goldring, BASI trainer and NET member

The development of adaptable teachers was BASI'S key theme at this year's Interski conference.

BASI has undeniable success in creating instructors that can fit into any school anywhere. A BASI instructor is unbound by a prescriptive technique or an imperative lesson plan. It is not a new achievement. BASI has long embodied pragmatism and inclusion. A BASI instructor has always been considered a safe-pair-of-hands however disparate the situation.

BASI instructors work far and wide, from dry slopes and snow domes at home, to rolling carpets in South Africa, to the Alps, Rockies, Southern Alps, Snowy Mountains, Andes, Hida Mountains, and the Bulgarian Rhodope Mountains of the congress. British instructors have always had to adapt or fail. The Interski lecture and workshop we delivered, explored a process BASI uses to continue to develop and augment versatile teachers.

The TIED model (*Task - Information - Evaluation - Development*) was presented as a means to sculpt an adaptable instructor. Specifically, the lecture focused on the evaluation element: why is the student not able to achieve the desired outcome? The lecture highlighted the need for an adaptable instructor to find solutions that are not merely technical but may be resolved in other *Performance Threads*.

## EQUIPMENT

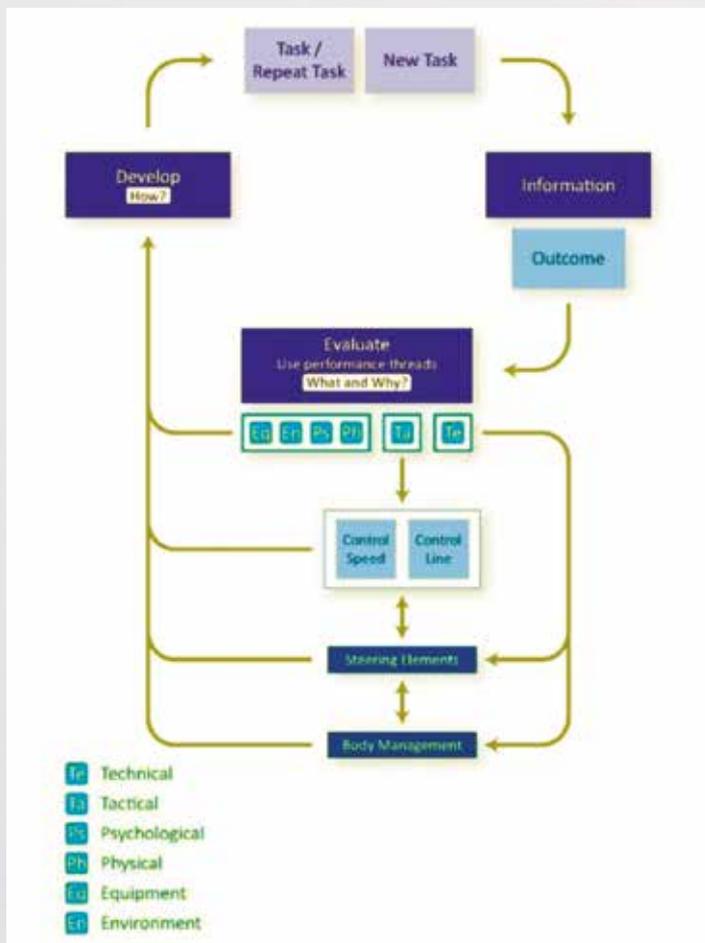


The lecture expressed the importance of trainee instructors being able to identify and understand specific blockages in performance that equipment can cause, from ski choice and tuning to boot stiffness, last, cuff adjustment and leg alignment.

## ENVIRONMENT



- Visibility
- Temperature
- Snow conditions
- Difficulty of terrain
- Altitude



The lecture emphasised the importance of relating back to the TIED model, for instance adjusting the difficulty of the task.

## PSYCHOLOGICAL



Can you imagine tackling this?

- Attentional focus
- Arousal levels
- Emotional thresholds

The lecture reinforced the need for aspirant instructors to be trained on the psychological aspect of performance and the basic tools that they should have knowledge of.

## PHYSICAL



- Strength and power
- Agility
- Physical application when performing
- Stability

There are two sides to this:

1. The actual physical strength/power/agility of the performer and how they can be better prepared.
2. The application of whatever physical power they have in the live performance. Are they underpowered / overpowered?

HOW MUCH TRAINING DO INSTRUCTORS GET IN THIS AREA?

## TACTICAL



- Methods of speed control
- Turn shape

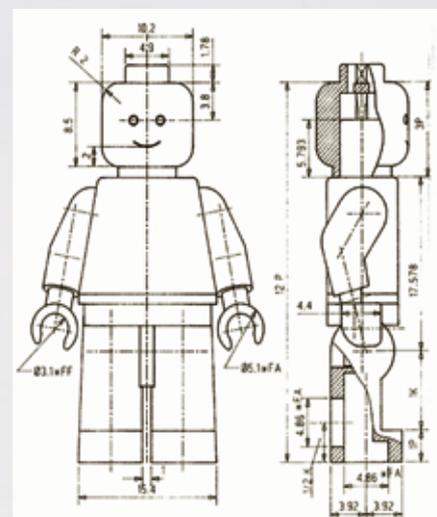
At this point the lecture turned to the strand of bumps as a salient means to highlight the tactical thread (and indeed no other strand so immediately pulls together the requisites of equipment, environment, physicality, psychology, tactics, and technique). View the videos that support the tactical three explanation.

<http://www.basiinterski.org.uk/using-the-tied-model-to-develop-adaptable-technicians-and-adaptable-teachers/>

## TECHNICAL

- Steering
- Movements
- Posture & balance

It was suggested that trainee instructors understand this is sometimes the least important area that can be developed, and the other threads should have been attended to equally and as effectively as possible.



## CONCLUSION

The lecture affirmed the general target of BASI, to produce well-rounded, adaptable teachers. It used the TIED model and the evaluation element to show one way that BASI is striving to achieve this, and make the skill of versatility ever more important in the training and assessment of aspirant teachers. The lecture asked a pertinent question: how much emphasis is put on the training of instructors outside of the technical strand? By embracing the performance threads, where technique is a mere element, a coach can develop a rounded and pragmatic skier, able to react and make decisions at will. By embracing the performance threads, a trainer can develop rounded and pragmatic teachers, able to deliver better performance efficiently and effectively.



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