



NOVEMBER 2020

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2020 - 2021 Race Schedule

Stay tuned for updates.
Further information available in the
Racing Director's message
Refer to page 4 of
this newsletter.

LEAGUE RACE RESOURCES:

Nan Carnal; Sierra League Race Chair:
nan.sierraleague@gmail.com;
530-550-5228 (h); 510-520-7338 (cell)

John Walsh; Singles League Race Chair:
johnwalsh37@sbcglobal.net; 416-596-7234

Debi Phelps; Open League Director of Racing
openleagueraing@gmail.com





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775-787-7556
jo_simpson@sbcglobal.net

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coreydoolin@att.net

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patpierucci@yahoo.com

Treasurer: Open

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530-550-5228
nan.sierraleague@gmail.com

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pavel@bosin.net

President's Message

*By Jo Simpson,
Sierra League & Sierra Council
President*



Hello everyone! I am so looking forward to getting on the slopes with friends. It's been a very long time, almost nine months, with little to no social activities and skiing will allow us to socialize safely outdoors.

Sadly, the annual holiday party has fallen to the Covid-19 situation, but with vaccines on the horizon we can look forward to celebrating next year.

I am happy to report to you that once again A J Hurt is the recipient of Sierra Council's Frank App Memorial Scholarship for promising young racers. A J is on the U.S. Ski Team's C Team. She will turn 20 next month and she has been on the U.S. Ski Team since 2018 when she was just turning 17.

Our scholarship is administered by the FWSA scholarship program which selects the scholarship recipients. The scholarship rules allow U.S. team racers to continue to receive scholarships since C Team members or their parents are responsible for much of their travel expenses.

Typically Sierra fundraises for the scholarship at the holiday party. Since it isn't being held this year, donations would be welcome. You can send checks made to Far West Ski Foundation to me at 1691 Ashbury Ln, Reno, NV 89523. There is also a donate button on the Sierra website under the "Racing" tab that accepts PayPal donations.

I wish you a wonderful AND safe Thanksgiving.

See you on the slopes! Jo

Member Clubs and Contacts

Alpine Ski and Snowboard Club

Las Vegas, NV
www.alpineskiandsnowboardclub.com
Craig Cables, President
alpineskiclub@embarqmail.com

Las Vegas Ski Snowboard & Sports Club

Las Vegas, NV
www.lasvegasskiclub.com
Mark McNeil; President
info@lasvegasskiclub.com;
mark42750@cox.net

Reno Ski & Recreation Club

Reno, NV
www.renoskiandrec.com
Dianne Hilliard, President
renoskiandrecreationclub@gmail.com

RU SKI Club

Campbell, CA
Pavel Bosin, President
pavel@bosin.net

Sequoia Ski Club

Visalia, CA
www.sequoiaskiclub.com
Mike Bowers, Membership
bowersm02@comcast.net

Sugar Bowl Ski Club

Norden, CA
www.sugarbowlskiclub.com
Dan Gross, President
president@sugarbowlskiclub.com

Tahoe Donner Senior Alpine Ski Club

Truckee, CA
www.tdski.com
Bill Wang, President
president@tdski.com

Top Gun Ski Club

Greg Peairs, President
shifty@aol.com

Ski Area Websites:

Alpine Meadows/Squaw Vly: <http://squawalpine.com>

Badger Pass: www.yosemitepark.com/BadgerPass.aspx

Bear Valley Ski: www.bearvalley.com

Boreal: www.rideboreal.com

Ski China Peak: www.skichinapeak.com

Diamond Peak: www.diamondpeak.com

Dodge Ridge: www.dodgeridge.com

Donner Ski Ranch: www.donnnerskiranch.com

Granlibakken: www.granlibakken.com

Heavenly Valley: www.skiheavenly.com

Homewood: www.skihomewood.com

June Mountain: www.junemountain.com

Kirkwood: www.kirkwood.com

Las Vegas Ski & Snowboard resort: www.skilasvegas.com

Mammoth Mtn: www.mammothmountain.com

Mountain High Ski: www.mthigh.com

Mt. Baldy: www.skibaldy.com

Mt. Rose: www.skirose.com

Mt. Shasta Ski Park: www.skipark.com

Northstar: www.northstarcalifornia.com

Sierra At Tahoe: www.sierratahoe.com

Snow Summit: www.snowsummit.com

Snow Valley: www.snow-valley.com

Soda Springs: www.skisodasprings.com

Thank you to our sponsors (s):



www.habervision.com



RACING NEWS, w/Nan Carnal, Sierra League Race Director

As for just about everything, the COVID-19 pandemic is making our potential racing season challenging. Race directors for Sierra, Open and Singles leagues have been working together throughout the summer and fall to arrange a racing schedule.

As of now, we have the following tentative, i.e. penciled in, race dates: Jan 23-24 GS races at Alpine Meadows and Feb 27-28 SL races at Sugarbowl. We do not yet have a venue for the race weekend we hope to schedule in March. Please know that resorts are not making commitments at this point, so any or all of these dates could change or be canceled.



We and resorts are working to host all activities around racing in a safe way to prevent exposure to and spread of the SARS-Cov2 virus. We will follow all resort restrictions. On our end, we are working to set up online pre-race registration and check-in along with pre-payment of race fees that will place the racer on the race start list. More details on this will be forthcoming. If we do successfully schedule 6 races, Sierra League will offer a race pass (and concomitant automatic registration and check-in for all races) as well as the option of registering and paying in advance for an individual race.

Assuming we are able to race and eliminate much of the in-person check-in, a challenge for us will be enlisting hill workers. We really can't run the races without volunteers. When the time comes, please commit to volunteering for at least one race. Know that we need your help to make this work. Thanks so much.

Hopefully all of this will work out and we will be able to enjoy racing. I know I am looking forward to both racing and the upcoming ski season. Meanwhile, I hope to see you on the slopes. Stay safe. Happy Thanksgiving.

Nan Carnal, Sierra Race Director

FRANK APP SCHOLARSHIP



Congratulations to A J Hurt as the recipient of the Frank App Memorial Scholarship for 2020 -2021.

AND

Congratulations to A J as the newly crowned US Slalom National Champion. A J won the US Slalom title on 11/21 at US National Championships held at Copper Mountain Ski Resort, 11/16-11/22.

Sierra League and Council Membership Options

Club Membership

There are 8 ski clubs affiliated with Sierra League and Council. Please contact a club near you for membership information. Their contact information is listed at <https://www.sierraleague.com/contact.html>. Several of them have websites updated with activities and member benefits. Contact information is also available on page 3 of this newsletter.

Direct Membership

If you do not belong to an affiliated ski club, you may join Sierra League and Council as a direct member. To coincide with the [Far West Ski Association](#) our annual membership year begins May 1 and ends April 30.

The annual fee is only \$10 for each individual. This allows you all member privileges including:

- Sierra Council [Travel Program](#)
- Sierra League [Race Program](#)
- [Far West Ski Association Member Benefits](#), Services & Discounts
- The [Sierra League and Council Newsletter](#)
- Other events that might be temporarily suspended due to the Covid-19 pandemic. These include the annual Winter Holiday Party and summer barbecue.

Application, Dues and Information

[Application Forms](#) for individuals:

Fill in, print and sign the application form (and associated waiver) for each individual joining. The form and waiver are available at the league website under "about". The form and waiver are included in this newsletter on the following two pages.

How to submit by mail:

- Write check for \$10 made out to Sierra Ski Council
- Mail both completed form including waiver and check to:
Corey Doolin, membership
PO Box 394
Tahoe City, CA 96145

How to submit online:

- Pay Sierra Direct [Online Membership Dues through PayPal](#)
- Scan completed application and waiver form, attach as a .pdf file and email to: al-pinesnow@att.net

Corey Doolin
FWSA Sierra League and Council VP Membership

**Sierra League & Council
2020-2021 Membership
Application**

New Member

Renewing Member

Name: _____

Address: _____

Phone: (home) _____
(cell) _____

Email: _____

Mark all that you are interested in:

Racing

Travel Program

List Trips: _____

Emergency Contact Information:

Name: _____ Relationship: _____

Phone: (home) _____ (cell) _____
:

I have read and signed the Acknowledgement and Assumption of Risk Agreement.

Signature: _____ Date: _____

Dues: \$10

Completed Application can be emailed to alpinesnow@att.net, and payment through PayPal on the Sierra League and Council website, or:

Mail completed application and waiver, along with personal check, cashier's check, or money order payable to "Sierra League & Council" to:

**Corey Doolin, Membership
P.O. Box 394
Tahoe City, CA 96145**

9/17/2020

**Sierra League & Council Waiver
2020-2021 Membership Year**

**SPORT PARTICIPANT RELEASE OF LIABILITY, WAIVER OF CLAIMS, EXPRESS ASSUMPTION OF RISK AND INDEMNITY AGREEMENT.
Please read and be certain you understand the implications of signing.**

Express Assumption of Risk Associated with Sport, Venue Use and Related Activities.

I, _____ do hereby affirm and acknowledge that I have been fully informed of the inherent hazards and risks associated with all activities of Sierra League & Council including but not limited to alpine skiing, snowboarding, tubing, and tobogganing, and certain additional risks, dangers and hazards including, but not limited to boarding, riding, and disembarking ski lifts, transportation of equipment related to the activities, and traveling to and from activity sites in which I am about to engage. **Inherent hazards and risks include but are not limited to:**

1. Risk of injury from the activity and equipment utilized is significant including the potential for broken bones, severe injuries to the head, neck, and back or other bodily injuries that may result in permanent disability and death.
2. Possible equipment failure and/or malfunction or misuse of my own or others' equipment.
3. **I AGREE THAT I WILL WEAR APPROVED PROTECTIVE GEAR AS DECREED BY THE GOVERNING BODY OF THE SPORT I AM PARTICIPATING IN.** However, protective gear cannot guarantee the participant's safety. I further agree that no helmet can protect the wearer against all potential head injuries or prevent injury to the wearer's face, neck or spinal cord.
4. Variation and/or steepness of terrain, variation or changes in surfaces including but not limited to snow surfaces, ice, bare spots, rocks, stumps, debris, cliffs, trees, fences, posts, trees, light poles, signs, buildings, roads, walkways, ramps, rails, stairs, pyramids, manual pads, bowls, half-pipes, jumps, padded and non-padded barriers, other persons, and other natural and man-made hazards.
5. My own negligence and/or the negligence of others, including but not limited to operator error and guide decision making including misjudging terrain, weather, riding surfaces or other obstacles.
6. Exposure to the elements and temperature extremes may result in frost nip, frost bite, heat exhaustion, heat stroke, sunburn, hypothermia and dehydration.
7. Dangers associated with exposure to natural elements include but are not limited to avalanche, rock fall, inclement weather, thunder and lightning, severe and or varied wind, temperature and other weather conditions.
8. Accidents or illness occurring in remote places where there are no available medical facilities.
9. Fatigue, exhaustion, chill, and/or dizziness, which may diminish my/our reaction time and increase the risk of accident.
10. Impact or collision with other athletes, spectators, facility employees, pedestrians, motor vehicles, and cyclists.

***I understand the description of these risks is not complete and unknown or unanticipated risks may result in injury, illness, or death.**

Release of Liability, Waiver of Claims and Indemnity Agreement

In consideration for being permitted to participate in the above described activity(ies) and related activities, I hereby agree, acknowledge and appreciate that:

1. **I HEREBY RELEASE AND HOLD HARMLESS WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER CAUSED BY NEGLIGENCE OR OTHERWISE,** the following named persons or entities, herein referred to as releasees: **Sierra League & Council and their directors and officers, and their successors and assigns.**
2. To release the releasees, their officers, directors, employees, representatives, agents, and volunteers from liability and responsibility whatsoever and for any claims or causes of action that I, my estate, heirs, survivors, executors, or assigns may have for personal injury, property damage, or wrongful death arising from the above activities whether caused by active or passive negligence of the releasees or otherwise. By executing this document, I agree to hold the releasees harmless and indemnify them in conjunction with any injury, disability, death, or loss or damage to person or property that may occur as a result of my engaging in the above activities.
3. By entering into this Agreement, I am not relying on any oral or written representation or statements made by the releasees, other than what is set forth in this Agreement.
4. This agreement shall apply to any and all injury, disability, death, or loss or damage to person or property occurring at any time after the execution of this agreement.

This release shall be binding to the fullest extent permitted by law. If any provision of this release is found to be unenforceable, the remaining terms shall be enforceable.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, I FULLY UNDERSTAND ITS TERMS, I UNDERSTAND THAT I HAVE GIVEN UP LEGAL RIGHTS BY SIGNING IT, AND I SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

S/ _____	_____	_____
Signature of Adult Participant	Name of Adult Participant (Please Print)	Date

FOR PARTICIPANTS OF MINORITY AGE: *This is to certify that I, as Parent, Guardian, Temporary Guardian with legal responsibility for this participant, do consent and agree not only to his/her release of all Releasees, but also to release and indemnify the Releasees from any and all liabilities incident to his/her involvement in these programs for myself, my heirs, assigns, and next of kin.*

S/ _____	_____	_____
Signature of Parent or Adult Legal Guardian if Participant is a Minor	Name of Parent or Adult Legal Guardian (Print Clearly)	Date

SKI & SOCIAL EVENTS WAIVER (does not include racing)

Sierra Man & Women of Year Nominations

The Sierra League and Council is seeking nominations from each of member clubs for the Far West Ski Association's Man & Woman of the Year award. Each year the Sierra League and Council selects a Man and Woman from these nominations to represent the Council for the FWSA's Man and Women of the Year award. Further information about this award can be found at the Far West Ski Association website: www.fwsa.org and select "Awards".

Member ski clubs can submit names with a narrative of accomplishments to the Sierra League and Council at alpinesnow@att.net. These nominations should be submitted no later than January 15, 2021. The Council will then evaluate all submissions and select candidates to represent the Council at the Far West Ski Association Convention to be held June 10 - 13, 2021 at the Marriott Mission Valley, San Diego, California. The selectee must agree to attend the convention and will be reimbursed for one night at the convention hotel. The selectee will be contacted for assistance in completing the [formal application](#) due in March.

The Far West Ski Association is one of the country's largest ski associations. Ten active councils represent more than 50,000 skiers and boarders in more than 150 clubs in twelve states—Alaska, Arizona, California, Colorado, Hawaii, Idaho, Nevada, Oregon, South Dakota, Utah, Washington and Wyoming. Each of the active councils will be selecting nominations from their members to compete for the award at the San Diego Convention.



The grand prize is a 5-day ski/board package at Big White Ski Resort in Canada for two that includes 5 nights lodging at Big White Inn in Big White (dbl. occ.), 5 day lift ticket, and 5 day equipment rental. For information about Big White Resort, go the website: www.bigwhite.com

The Far West Ski Association unfortunately had to cancel the 2020 convention so there were no Man and Woman of the Year Awards. In future years, the Far West Ski Association will consolidate the awards to a single Person of the Year award. This is a great opportunity to recognize club members and officers now for their achievements. Submit names by January 15, 2021 to:

Corey Doolin, Vice President Sierra League and Council
alpinesnow@att.net

Travel Updates from Carlene Boutacoff , VP of Travel

Welcome Sierra skiers and travelers. This current period of uncertainty has created some unique challenges for FWSA travel and 2021 Ski Week, but we are ready to go!!

Sierra has over 30 travelers that will be attending FWSA Ski Week in Sun Valley, Idaho from January 30-February 6, 2021.



The state of Idaho has been in Stage 4 of re-opening since June and Sun Valley Resort is preparing for our group. That is all good news! Ski Magazine just announced that Sun Valley has been named the #1 ski resort. Great information about Sun Valley is available on their website: www.sunvalley.com

Like most resorts, protocols will be in place such as wearing face masks and maintaining social distancing when in lift lines, on the ski hill and in indoor venues.

Since Sun Valley is an Epic partner this year, your Epic pass gives you access to the mountain. Daily lift sales will be limited but if you are traveling with FWSA, you can purchase group lift tickets and be assured you can ski during the week.



Currently 2021 Ski Week is sold out but if you are interested, we can place you on a wait list.

Please contact Carlene Boutacoff at cboutacoff@gmail.com for further information.



**FWSA 2021 SKI WEEK,
Sun Valley, Idaho
January 30 to February 6, 2021**

<https://www.sierraleague.com/>

**Join Sierra League & Council
At the Birthplace of Destination Skiing**

Package Prices \$1335-\$1575

Sierra League & Council Package

- | | |
|-------------------------------|----------------------------|
| Welcome Party | 7 Nights Lodging (dbl occ) |
| Après Council Gatherings. | Race Events |
| Special Sierra Council Dinner | Mountain Picnic |
| Banquet with Dancing | Farewell Après Party |



Lodging & Package Pricing

- Sun Valley Inn, King Hotel Rooms \$1345.00
- Sun Valley Inn 2 Queen Hotel Rooms \$1345.00
- Sun Valley Lodge 2 Queen Hotel Rooms \$1575.00
- Sun Valley Lodge Apts. 2 bdrm, K,Ts \$1335.00
- Sun Valley Lodge Apts. 3 bdrm K,Q,Ts \$1335.00
- All lodging options include access to the amenities of the Sun Valley Lodge. Pricing is based on double occupancy and includes the FWSA amenity package and Sierra Council activities.

Options for Purchase

Group Air & Ground Transportation (REAL ID or Passport required for domestic flights starting October 2020)

5-day lift tickets \$345 6-day lift ticket. \$393

\$50 off lodging if IKON/EPIC pass purchased through Winter Ski & Sports

For an Information Packet, Registration Forms, Ski Week Schedule, Payment Schedules and Cancellation Policy, visit the Sierra League and Council website, <http://www.sierraleague.com> or contact your Sierra Council trip leader:

Carlene Boutacoff, cboutacoff@gmail.com (650) 208-4839

Travel Insurance highly recommended.

Our travel operator has another ticket option: 3 of 5-day lift pass for \$223. <https://www.winterskiandsport.com/shop>

\$200.00 deposit now. No cancellations fees and 100% refunds up to October 10th

<https://www.sierraleague.com/travel>

SAFETY - Skiing in a COVID World

“Know Before You Go!” / “Arrive Together, Ride Together”

The following information is provided by our VP of Travel, Carlene Tonini-Boutacoff.

Winter sports enthusiasts be ready for a season of CHANGE

Many of your favorite resorts have already announced their new protocols for this upcoming season. You may want to review current policies before you head out on your first ski adventure. To summarize, some of the changes you may see are:

Reservations systems: Depending on the type of season pass you have purchased; you may have to reserve your ski days ahead of time. Even within the same system (Epic, Ikon, Mountain Collective) there may be different reservation policies from one resort to another. For example, a Vail owned EPIC resort may have different reservations policies compared to an EPIC “partner” resort.

Window sales of tickets: Be aware that many resorts will not be offering window sales of lift tickets on peak days.

Social distancing: You may find changes in “user flow” patterns as resorts attempt to maximize distancing and eliminate jam-ups. Parking areas and shuttle services may be modified. Lift lines, gondolas and chairs may require various versions of “social distancing”. Restrooms and indoor venues may have limited access.

Mask requirements: Did you know that buffs and fleece gaiters are not acceptable mask substitutes? Some indoor venues are already declining “Buffs” as a face covering. The best advice is to carry a multilayered mask with you that completely covers your nose and mouth and does not have vents. If in doubt, check the ski area’s mask requirements before heading out for the slopes.

Once you are on the mountain, you will feel free again. Enjoy the season.

For additional information on staying safe this season go to:

- PSIA-AASI’s COVID-19 Snowsports education resources, Navigating the 2020-2021 Snowsports Season at <https://thesnowpros.org/educaton/covid-19-updates/>
- National Ski Areas Association Resources, Ski Well, Be Well, Ski Area Operating Best Practices, Winter 2020-21 at <https://nsaa.org/skiwellbewell>
- PSIA-AASI Western Division COVID-19 Updates at psia-w.org/home/events/covid19updates/
- Centers for Disease Control at <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- World Health Organization at <https://who.int/westernpacific/emergencies/covid-19/information>

SAFETY—Getting in shape for skiing during COVID-19

The following article from the Denver Post outlines 11 exercises that may be done at home and feel safe.

<https://theknow.denverpost.com/2020/10/05/ski-exercises-workouts-conditioning/245743/>

*“Get ready for ski season with these 11 exercises
(and throw in some hikes while you’re at it)”*

IF YOU AREN'T COMFORTABLE GOING BACK TO THE GYM YET, YOU CAN DO THESE AT HOME”

BY [JOHN MEYER](#), *THE DENVER POST* OCT 5, 2020, 6:00 AM

Now that fall is here, it's time to start thinking seriously about ski conditioning. Pardon the annoying reminder, but you probably already know you need to get in some ski-specific workouts and exercises to make the most of that ski pass that cost you hundreds of dollars.

For expert advice to make your skiing safer and more fun this winter, we went to the CU Center for Sports Medicine and Performance in Boulder, where physical therapist Chelsea Holt showed us what to do and how to do it. And because many people either don't have access to a gym, or don't feel comfortable working out in one yet because of COVID-19, we asked her to focus on things you can do without one.

First, cardiovascular workouts such as running and cycling are obvious, although you may do those year-round anyway. Incorporate hikes that involve climbs and descents — Mount Falcon or North Table Mountain, for example — because they build strength in the quads, glutes and hamstrings.

“I think you have to have that speed endurance that running can give you,” Holt said, “and then that strength and power that hiking will give you.”

But to be in optimal condition for skiing, you need more than aerobic endurance workouts. A strong core and exercises that improve balance and proprioception — the body's ability to sense the position of its parts in space and motion, and to make instantaneous corrections to prevent injury — can keep you safe on the slopes.

If you've ever sensed a sprained ankle about to happen while running but felt your lower leg muscles fire to prevent it without you even thinking about it, that's proprioception. Proprioception can be improved through practice, Holt said, and those reactions are especially im-

Safety—continued

Proprioception is improved by exercises called plyometrics. Holt recalls the adage “Practice makes perfect” but amends it: When it comes to proprioception, “*Perfect practice makes perfect.*”

“Everyone has some balance, but some people have way better balance because they practice it,” Holt said. “Plyometrics are important to get reaction times faster. It’s important to learn how to absorb shock in the correct way. If you practice absorbing it, when you’re out there skiing, your mind’s not going to be like, ‘Where should my knee be?’ Your knee needs to be programmed into that pattern.”

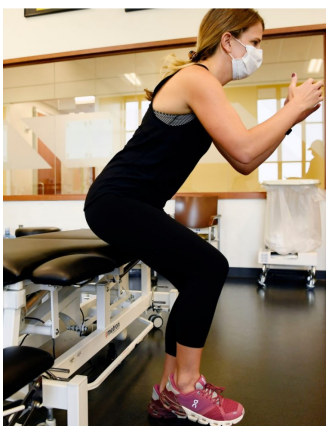
That includes doing dynamic exercises that involve hops, squats and other movements, and practice them with proper technique, such as preventing knees from falling inward through the movement. And because many ski injuries occur at the end of the day when skiers are tired, Holt recommends doing plyometric exercises after you go for a run.

“You need to be fatigued enough to where it’s more challenging, but you also have to be able to control it.” Holt said

Here, then, are some exercises that can help you ski better and more safely.”

NOTE: All photos of the exercises described are performed by Physical Therapist, Chelsea Holt at The Sports Medicine and Performance Center at The University of Colorado Boulder. (Photographer, Rachel Ellis, The Denver Post)

“Wall sits: With your back against a wall, bend your knees, slide your back down the wall into what looks like a seated position, and hold that position. You don’t only want to feel a burn only in your quads, Holt said; you want your glutes to work, too. Make sure your knees are over your ankles. For extra credit, you can lift one heel, then the other, or you can lift one leg, then the other. Make sure your hips stay level. Do it three times for 20 seconds at first, building up to five times of 1-minute duration.



Single leg sit to stand: Standing with one leg extended off the ground in front of you, lower yourself as if you’re sitting down, tapping a chair with your behind, then stand back up. The important thing is that the knee in the leg supporting you stays stable, not falling inward. “Don’t actually sit; just slowly control yourself down with one leg, tapping the chair, and remaining erect,” Holt said. “If you can engage your glute and use it to counter the temptation to let your knee fall inward, you will reduce your risk of knee injury.” Start with three sets of five to eight reps, working up to three sets of 15.

Safety—continued

Single leg bridge: You can do this with your feet on the floor, or make it harder with your feet on a foam roller. Lying on your back, knees bent with your feet on the floor or the roller and your shoulders on the floor, lift your trunk off the floor using glutes and hamstrings. You can keep your arms down for more stability or raise them to make the exercise more difficult. While holding that position, straighten one leg for 5 seconds, then the other. Make sure you don't let your hip drop or arch your back. Try to do two sets of 12 reps on both sides.



Bridge with hamstring curl: If you have a stability ball or foam roller, lay on your back with your feet on the ball or roller, lift your trunk off the floor, then roll the ball or roller back and forward with your heels. Start with two sets of eight.

Standing fire hydrant:



If you have access to resistance bands, wrap one around your legs just above your knees and tuck your core while standing. Lift one leg, bend the knee 90 degrees and rotate that knee out and back while making sure the knee of the other leg stays in proper position, knee over foot, not falling inward. "You don't want to lean, you don't want that knee to fall in, and you don't want that hip to drop," Holt said. "For more of a challenge, move the band around your ankles." Start with two sets of 12, working up to three sets of 15.

Plank with rotation: Planks, which are commonly performed from a prone (face-down) position, require holding the body up in a flat position using the elbows and the knees or feet. They are great core exercises, but Holt likes to add a rotation. "If you just hold a plank, that gets your core really strong staying still, but we need to be really strong with movement," Holt said.

To add the rotation, support yourself with one arm, rotate the other arm underneath your torso while rotating your body, then rotate in the other direction to a side plank with that arm straight up in the air. Start with no weight in the moving arm, adding light weights for an extra challenge. Begin with two sets of five and work up to two sets of 10 when you get stronger.

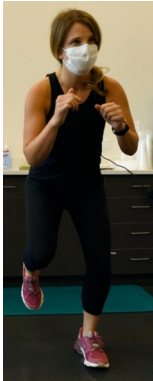


Safety—continued

Stir the pot: With your elbows on a stability ball, execute a plank from your toes, then move the ball in a circle. This one primarily works your upper body, but it also forces you to use your hips to stabilize your lower body. Start with two sets of five circles in each direction, working toward three sets of 10.

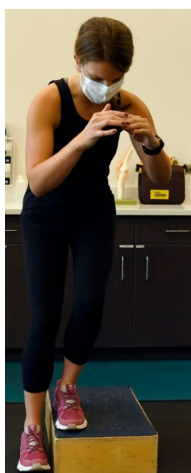
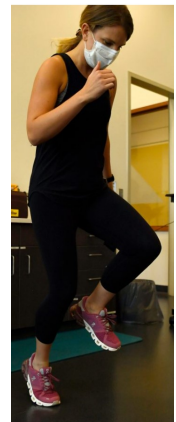


Jump squats: From a standing position, drop into a squat, then extend your legs to jump a few inches off the ground, swinging your arms back and forward. When you land, make sure your knees are bent and that they are over your feet. “Make sure to absorb the shock of landing with your hips and knees by sinking back into a squat,” Holt said. “Another reason we see injuries in skiing is that people don’t absorb shock by bending; they land with stiff knees. You want to make sure you’re bending at the waist as you’re loading before jumping, as well as when you’re landing.” Perform three sets of 20.



Lateral single-leg hops: Hop side to side from one leg to the other, arms in front of you and elbows bent for balance, making sure you land with the knee over the foot, not falling inward. Perform two sets of 12 on each leg.

Single-leg forward hops: Start in a standing position on one leg with hip and knee slightly bent and hop forward. Just like the double leg squat, bend both your hip and knee to absorb shock correctly. “You don’t want to overload the anterior (front of the) knee, so when you do these, you really want to load that hip as well,” Holt said. “You really need to practice it correctly. Knee in line with hip, not in or out, and you don’t want your knee going past your toes. The quad is going to be working, but you want your hip to help you absorb that shock.” Start with one set of 10 on each leg.



Lateral step down: Use a small box that will support your weight or a stair step in your house. Place one foot on the box or step. Loading that hip and bending at the knee, lower your body and tap the floor with your other foot off the box or step. “On this one you really want to make sure your pelvis is level,” Holt said. “Control is more important than power. Power is good — it’s going to make you a good skier — but control is going to make you a safe skier.” Start with one set of 10 on each leg. To make it more of a challenge, increase the height of the box or step.”

TRAVEL OPPORTUNITIES

The Far West Ski Association (FWSA) is one of the largest associations of snowsport enthusiasts in the U.S. FWSA covers 12 states with 10 regional Councils with more than 150 Clubs and a combined membership of over 50,000 skiers and snowboarders. As a member of a club that belongs to the SIERRA Council, you are automatically a member of FWSA and entitled to all benefits. You may also join Far West as a Direct Member.



North American Travel

FWSA Ski & Snowboard Week 2021: Sun Valley, ID; January 30-February 6

FWSA Mini Ski & Snowboard Week 2021: Zermatt Resort & Spa, UT; March

FWSA Convention:

FWSA Convention 2021; San Diego, CA: June 10-13, 2021

FWSA International Travel:

FWSA International Ski Adventure 2021: Sölden, Austria; February 19-27

FWSA Extension Trip to Southern Spain 2021: February 27-March 7

FWSA International Ski Adventure 2021: Chili, summer, TBA

FWSA International Ski Adventure 2022: Madonna di Campiglio, TBA

Dive/Adventure/Cruises

NOTE: Due to COVID-19 the 2020 trip to Croatia is rescheduled to September 10-19, 2021.

This trip is SOLD OUT at this time. Contact Debbie Stewart regarding the Wait List

Alaska Cruise & Denali Tour 2021: June 19-30

2021 Scuba Dive Trip: October 9-16

Africa; 2022 TBA

Galapagos Islands; 2024 TBA

Please contact the trip leader and/or check the FWSA website for further information regarding travel/housing/schedules, registration forms, waivers, payment schedules, etc.

FWSA travel website: <http://www.fwsa.org/Travel/travel.html>

FWSA VP North American Travel:

Nancy Ellis, vpnorthamericantravel@fwsa.org

FWSA VP International Travel:

Debbie Stewart: vpinternationaltravel@fwsa.org

FWSA Mini Ski Week, March 2021

Zermatt Resort & Spa; Midway, Utah

Stay Tuned for Specific Dates and Pricing

FWSA Package Includes:

- 5 nights lodging in 2-Queen Alpine or 2-Queen Deluxe Alpine or 2-bedroom Villa Units
 - Welcome Reception
 - Farewell Party
 - Happy Hours
- Optional for purchase: 1 or 2 day lift tickets to Deer Valley & Park City resorts, 1 day lift ticket to Sundance Resort
 - Not Included - Air & Ground transportation



The ZERMATT RESORT welcomes you to a charming Alpine village setting on 18 acres, inspired by the area's Swiss heritage. Enjoy a European ambiance of authentic architecture, exquisite artwork and breathtaking Wasatch Mountain views.

Located 18 miles from Park City, the resort features a hot tub and fitness center and 2 on-site restaurants. There is free shuttle service and gift shop at the property.

This resort has a ski pass sales point and ski equipment and bike rental are available. Salt Lake City is 46.2 miles from Zermatt Utah Resort and Spa, and Sandy is 48 miles from the property. Salt Lake City International Airport is 51.3 miles away.

Winter activities include world-class skiing/snowboarding at Deer Valley Resort, Park city Resort and Sundance Mountain resort; snowshoeing; outdoor ice rink; winter tubing; and cross-country skiing. The resort offers complimentary shuttles to Deer Valley and Park City.

The onsite Spa includes Massage Therapy, Wellness Plans, Body/Facial Treatments, Nail Treatments and much more.

For further information:

Gloria Raminha, Trip Leader

12707 Windy Ridge Drive

Bakersfield, CA 9331266

1-800-8229 [C]

1-661-829-5996 [H/F]

2021 FWSA Convention

The Voice of the Western Skier



88th Annual

Far West Ski Association

Convention

June 10-13, 2021

Hosted By the
San Diego Ski Council



CONVENTION HIGHLIGHTS

Travel Expo
Silent Auction/Trade show
Snow sports/Leadership Academy
Public Affairs Panel
Saturday Awards Luncheon
Celebrity Speakers
Saturday Awards Banquet
FWSA General Meeting
Elections

Optional Activities

Thursday: Sail around San Diego Harbor
Slice of Little Italy tour
Taste of San Diego Pub Crawl
Friday:
14th Annual Michael German Golf Tournament
Biking or Hang Gliding
Optional Activities TBA

DEBBI KOR
FWSA CONVENTION
CHAIRPERSON
fwsadebbi@comcast.net
503-314-7078



CHRIS GILL
BARBARA BLASÉ
HOST COUNCIL
COORDINATORS
CMG@SAN.RR.COM
858-382-1427
bblase@san.rr.com



"The Voice of the Western Skier"



FAR WEST SKI ASSOCIATION ALASKA CRUISE—CORAL PRINCESS

June 23—30, 2021 ANCHORAGE/WHITTIER PORT TO VANCOUVER, BC

Per Person Rates:

\$1,274.00 INSIDE ROOM (2)	Category IB (Decks 5, 10, 11, 12)	\$799 3rd or 4th Person
\$1,819.00 WINDOW ROOM (2)	Category OC (Decks 5, 6)	\$799 3rd or 4th Person
\$2,329.00 BALCONY ROOM (2)	Category BB (Decks 11, 12)	\$999 3rd or 4th Person
\$2,599.00 MINI SUITE (2)	Category MB (Decks 9, 12)	\$999 3rd or 4th Person

\$260.00 PORT FEES & TAXES PER PERSON

INCLUDES:

- Welcome Cocktail Party
- \$25 per cabin credit (\$12.50/person)

www.princess.com to view staterooms

SPECIAL

Sign up and book room before Feb. 28, 2020 and get the following

FREE (approximate value up to \$900.00)

- >Premium Beverage Package
- >Wi-Fi
- >Gratuities

SHIP DEPOSITS: \$250 PER PERSON TO BOOK ROOM NUMBER

Check payable to "FWSA"

Send check to: Nancy Ellis, P.O. Box 9681, Truckee, CA 96162

NO PENALTY TO CANCEL PRIOR TO MARCH 1, 2021

CANCELTION PENALTIES BEGINNING MARCH 2, 2021

Trip information: Contact Nancy Ellis, VP North American Travel, fwsatravelnancy@sbcglobal.net

FWSA CST #2036983-40

ALASKA CRUISE CONTINUED

PORTS:

Day 1: Hubbard Glacier (scenic cruising)

Day 2: Glacier Bay National Park
(scenic cruising)

Day 3: Skagway 7:00 am—8:30 pm

Day 4: Juneau 6:30 am—4 pm

Day 5: Ketchikan 10:00 am—6:00 pm

Day 6: Fun Day at Sea

Day 7: Vancouver Docks 7:30 am

Additional Costs:

- Air to Anchorage (Cruise only people)
- Ship airport transfers to Whittier: \$88 (Cruise only people)
- Ship Transfers to Vancouver Airport after Cruise: \$ 34
- Air from Vancouver, BC end of cruise
- Capt. Cook Anchorage Hotel & 2 bus transfers \$285/person (2) Cruise only if you stay in Anchorage prior to boarding ship. Can fly in same day you board.

DENALI TOUR ONLY OR ADD DENALI TOUR TO CRUISE

June 19—23, 2021 FAIRBANKS TO DENALI TO ANCHORAGE (TOUR ONLY)

June 19—30, 2021 FAIRBANKS TO DENALI TO WHITTIER PORT TO VANCOUVER, BC (DENALI & CRUISE)

Special Denali Tour arranged by Sandy Gaudette, Skigroup.net Tour Operator

Per Person Double Occupancy: \$1,660

Includes:

- Saturday & Sunday: Fairbanks River's Edge Resort 2 nights with Breakfast
- Sunday: Riverboat Ferry Discovery Cruise Fairbanks
- Monday: Alaska Railroad DOME train Fairbanks to Denali with full Breakfast & Drinks
- Monday & Tuesday: Denali Park Village Hotel River View Rooms
- Tuesday: Kantishna Wilderness Trail Tour (full day park tour)
- Wednesday: Private bus Denali to Anchorage (Denali Tour Only) or to Whittier to cruise ship (Denali/Alaska Cruise). Departs Whittier Wednesday June 23, 2021
- No host lunch stop in Anchorage

Not included: Air to Fairbanks, Air/Transfers Anchorage home (Denali Only Tour), bus driver and tour guide tips

**CONTACT: Nancy Ellis, VP North American Travel, for more information:
fwsatravelnancy@sbcglobal.net; (530) 414-8261. SIGN UP BEFORE FEB. 28,
2020 FOR CRUISE SPECIAL. \$250 DEPOSIT TO BOOK ROOM**

FWSA 11th Annual Scuba Dive Trip – Roatan, Honduras



October 9-16, 2021



Anthony's Key Resort

Diver Land Package = \$1534.00pp Key Deluxe Room - Double Occupancy *
Snorkel Land Package = \$1419.00 Key Deluxe Room – Double Occupancy **
Non-Diver Land Package = \$1304.00pp Key Deluxe Room - Double Occupancy
Single Supplement Add = \$257.00 Key Deluxe Room
(air transportation not included in above pricing)

Price Includes:

- 7 nights at Anthony's Key Resort – Dbl. Occupancy with 3 meals daily
- Use of paddle boards, kayaks, and snorkeling
- Day excursion to Maya Key and admission to Roatan Museum
- Airport transfers from Roatan Airport to resort
- Complimentary Wi-Fi
- Resort taxes (gratuities not included)

* In Addition, the Dive Package includes:

- 6 days of 3 tank boat dives & 2 single tank night dives
- Buoyancy control workshop
- Shore diving during shop hours

** In Addition, the Snorkel Package includes:

- 2 snorkels daily by boat with guide and 1-night boat snorkel
- Underwater fish ID card
- Slide show and 1 Dolphin Encounter



*Experience Honduran
Culture & Entertainment*



*Dive, Kayak, snorkel, spa
services and more...*



Enjoy a Beautiful Resort



Contact: Randy Lew
FWSA Dive Trip Leader
829 SE 11th Place
Battle Ground, WA 98604
Cell: 530/304-0802
E-mail: FWSA13Randy@telis.org

*You must be a Member of a Far West Ski Assn.
affiliated club or a FWSA Direct Member!*

(photo credits: AKR Photo Shop & FWSA)

CST # 2036983-40

SKI INDUSTRY NEWS

Ski industry news from the National Ski Club News, National Ski Council

Ski Resorts struggle to Hire as President Trump Temporarily Bars Variety of Foreign Worker Visas. As ski resorts try to figure out how to operate safely during the coronavirus pandemic, by requiring face masks, enforcing social distancing in lift lines and eliminating dine-in service, Trump's order has added another obstacle heading into the winter: hiring enough temporary workers to fill crucial jobs like operating chair lifts, serving food and cleaning hotel rooms. *USA Today*

President Trump's ban on visa workers breathes new life into college-age ski bumming in Colorado's resort towns. College kids are filling a critical gap for resort companies that need hundreds or even thousands of seasonal workers. And with President Donald Trump's June 22 executive order that paused all foreign-worker visas to expand opportunities for American workers, the challenge of landing seasonal workers has grown for ski areas that have long struggled to fill positions in remote — and pricey — mountain communities. *Colorado Sun*

Ski Well, Be Well. The National Ski Areas Association supports a thoughtful return to outdoor winter recreation. An advisory group of ski industry leaders developed the Ski Well, Be Well operational best practices based on scientific guidelines from experts. SIA

Resorts Ask Skiers to Play Their Part This Winter. As more and more ski areas publish their plans for operating this winter during the COVID-19 pandemic, a common theme is emerging – a polite emphasis on skiers and snowboarders to play their part by actually abiding by all the pandemic-spread prevention measures resorts themselves are putting in place. *InTheSnow.com*

Big White resort in BC Canada has recently published a series of images and sought to initiate conversations on social media asking people to think about why they're wearing a face masks in public areas now, months before the ski season is due to begin.



Southwest Airlines Adds New Colorado Ski Destination to Network. Southwest Airlines is planning new nonstop services to a ski destination. From December 19th, the airline will be flying to Steamboat Springs, Colorado, through the Hayden Yampa Valley Regional Airport (HDN). Simple Flying

Best Ski Resorts for Christmas & New Year's Snow. It's never too early to start planning for the upcoming winter season and that includes the popular time around the Christmas and New Year's holiday. *OpenSnow*

NASTAR is still happening. After a recent game of hot potato, America's longtime gateway into racing is in new hands. *Ski Racing*

Amazon Patents Ski Tow Drone. Amazon has been keen on drones for some years now, wanting to use them to make deliveries, but a new patented drone that can pull a skier up a ski slope is a whole new dimension. *InTheSnow.com*

SKI INDUSTRY NEWS

Ski industry news from the National Ski Club News, National Ski Council

Alterra Mountain Company: Ikon Pass holders will not need reservations at most destinations this winter. This winter, Alterra will provide Ikon Pass holders priority access to its mountains and, instead of requiring reservations will “temporarily regulate or eliminate a number of day ticket products,” to help avoid overcrowding. Freeskier

Judge’s Forceful Rejection of Trump’s Ban on Visa Workers May Come Too Late for Colorado ski Resorts. A district court ruling suspends a ban on J-1 and H-2B visa workers, opening doors for ski areas that rely on the seasonal immigrant workers. But resorts that typically have visa employees on deck by fall are seeing surging applications from locals. *The Colorado Sun*

U.S. Airlines Eliminating Change Fees: What You Need to Know. At long last, there’s good news regarding fees: Some of the major U.S. airlines have recently announced that they are getting rid of change fees. Triplt

Varied Conditions and Operating Plans as More Resorts Open. The 2020-21 ski season has begun, with more resorts confirming opening dates even as COVID-19 cases surge across the U.S. Ski Area Management (SAM) has been tracking the virus. This week, SAM spoke to several operators, and all are confident in the operating plans they’ve developed in accordance with local, state, and federal guidance. <https://www.saminfo.com/headline-news/9714-covid-insights-tracking-the-virus-and-combatting-it>

Aspen Mountain Chairlift-Gondola Hybrid on West Side of Ski Area Approved by Tramway Board. The lift has yet to be named but is being referred to as ‘Lift 1,’ after the first ski lift built on Aspen Mountain in 1946, according to the Aspen Times. At that time in 1946, it was the longest chairlift in the world. SnowBrains

Forest Service Approves Snow King Mountain Resort, WY Expansion Plan. The Bridger-Teton National Forest gave Snow King Mountain Resort the go ahead to implement several proposals of their master development plan starting in 2021.

U.S. Ski Resorts Look To La Niña For Plentiful Snow This Ski Season. Preparing for this winter, resorts are trying to avoid a repeat of last spring, when many mountain communities were disproportionately affected by COVID-19. Resorts are working hard to ensure that guests can stay safe, while closely watching forecasts to see how much snow the winter will bring. *Forbes*

How Snow Guns Work. The idea behind snowmaking is simple; you spray water into cold air and it freezes into snow as it falls to the ground. But there’s more to it than that. Engineers have spent nearly 70 years developing snow machines, and as a result, modern snowmaking is really good. Check out this link to get an idea what goes into the art of snowmaking. <https://snowbrains.com/how-snow-guns-work/>

Check the evolution of ski and snowboard fashion since the 1980’s via the following link to Snowbrains: <https://snowbrains.com/ski-snowboard-fashion-evolved-100-years/>



www.sierraleague.com

