



February 2011

[www.sierraleague.com](http://www.sierraleague.com)

# 2010-2011 Racing Schedule

START

Mar. 5	Super G clinic	Northstar
Mar. 6	Super G	Northstar
Mar. 12	GS	Diamond Peak
Mar. 18-20	Norcals	Sugar Bowl
Apr. 1-3	FWRA Championship	Alpine Meadows

Weather may cause cancellations and changes. For the latest information always check the Sierra League website [www.sierraleague.com](http://www.sierraleague.com).

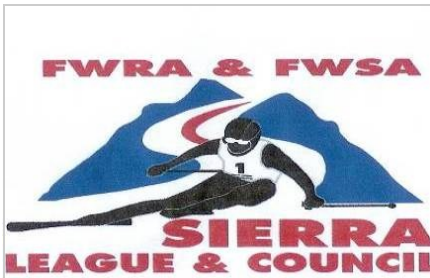
## Here is a Safety Tip from Lauri Thompson:

### ARE YOUR PANTS POCKETS EMPTY!

Three years ago I clipped a gate in Super G training and went down on the Follow Me run at Northstar. As falls go it was not very spectacular. I fell and rolled like a pencil to a stop, 100 feet down the hill. It was a beautiful sunny day, too warm for a jacket so before heading to the gondola I stuck everything from my jacket pockets into my pants pockets, exchanged my jacket for a vest, saw that I was running late so headed for the hill planning to empty the pants pockets before the Super G Clinic. I forgot about the concave disk that opened to become a hair brush with a mirror that I had put in my pocket. I don't remember the fall but I ended up with bones broken in four places. As my friend says, the higher speed the higher the penalty. I got that and see how the fall broke the arm in two places, but what did not need to happen was the broken pelvis. At some point during the fall that concave disk came between my pelvis and the hill and provided a fulcrum for my pelvis to wrap around. Not being flexible the pelvis broke in two places. Had I not had the disk in my pocket I'm sure that I would not have broken my pelvis, my left side did not break. I spent a month in a wheel chair and three months with my arm in a sling. I needed help with almost everything. Life would have been much easier with just a broken arm. A big word of caution, check your pants pockets, don't rush and forget, like I did.

**Be safe and keeps those pockets empty!**  
(Please see more Safety info on later pages)





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## President's Message

—By Jo Simpson, Sierra League & Sierra Council President

Greetings Sierra Council!

Our week at Sun Valley was fabulous. What's better than skiing all day and partying every evening. A big thank you goes to Debbie Stewart for her great organizing skills. Organizing 72 people on a trip is a huge effort. Many of us are already looking forward to Jackson Hole next season. Contact Debbie if you want to reserve a spot. The Far West Ski Weeks enable even the smallest clubs to experience a great ski trip. (See photos in online Newsletter)



We have completed six of our scheduled races, which is already two more than we completed last year when we had great powder but not great racing conditions. Coming up are the popular Super G at Northstar and what should be a fun GS at Diamond Peak, followed by the NorCals and Finals. I am excited by the increase in racers for Sierra League this season. We have welcomed a number of new racers. Sharing the race hill with the Singles League continues to be enjoyable and cost effective for both leagues.

Continue to enjoy the GREAT snow!



*The Ski Season is in full swing....*

*Want to improve?!*

## Endless Slope Ski Simulator

We offer professional ski coaching and fitness instruction on our 7 x 12 foot ski deck!

Professional training available from Bob Howard.

Used by many world class athletes including Bob Howard and Bob Salerno. Our program will get you ready by teaching you how to ski, refining your abilities and limiting injuries through ski fitness.

Check us out on Facebook at Tafari Adventures

Call Kris Buttenberg for info at 775-851-0696  
or email at: krisbuttenberg@att.net

## Member Clubs and Contacts

### Cabernet Ski Race Club

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### Las Vegas Ski Club

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### Reno Ski & Recreation Club

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### RU SKI Club

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### Sacramento Fagowees

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### Sequoia Ski Club

www.sequoiaskiclub.com  
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### Sugar Bowl Ski Club

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### Tahoe Donner Senior Alpine Ski Club

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### Top Gun Ski Club

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**Note from the Editor:** We are now well into the ski season and everybody feels good about their skiing. This can make us complacent and increase the risk for injury in many ways. Therefore I'm including some **Skier Safety Tips** I've found. (note: 3 NL pages have Safety info)

## How to Ski Safely

By Mike Doyle, [about.com Ski Safety](#)

First and foremost, skiing safety is everyone's responsibility. While on the slopes, you will see people using alpine skis, cross country skis, and other specialized equipment, such as the adaptive skis used by skiers with disabilities. You will see skiers of all levels - from beginners enjoying their first day on the slopes to expert skiers with years of experience. It is always your responsibility, regardless of the equipment used or the level of skier that you are, to be courteous to others and to be aware that skiing safely makes the ski slopes safer for all of us.

One of the best skiing safety tips is really a matter of personal choice - to wear, or not to wear, a helmet while skiing. Both the NSP ([National Ski Patrol](#)) and the PSIA ([Professional Ski Instructors of America](#)) encourage wearing a helmet, but, it isn't mandated.

If you consider those who routinely wear protective headgear, including football and baseball players, construction workers, horseback riders, rock climbers, bicyclers, auto racers, and motorcycle riders - it certainly makes sense that skiers should be just as careful. The most important safety tip that I would personally give to any level skier, is to wear a certified helmet. The other safety tips listed below are important too.

## National Ski Patrol Responsibility Code

- Always stay in control, and be able to stop or avoid other people or objects.
- People ahead of you have the right of way. It is your responsibility to avoid them.
- You must not stop where you obstruct a trail, or are not visible from above.
- Whenever starting downhill or merging into a trail, look uphill and yield to others.
- Always use devices to help prevent runaway equipment.
- Observe all posted signs and warnings. Keep off closed trails and out of closed areas.
- Prior to using any lift, you must have the knowledge and ability to load, ride and unload safely.

At each and every ski resort, this Skier Responsibility Code is taken very seriously. Any failure to ski responsibly, and to use good judgment and common sense, can result in the revocation of skiing privileges. There typically isn't much tolerance for those who disobey the rules. Be aware, that in many cases, state law becomes involved in flagrant violation of boundary restrictions and unreported collisions.



# Travel

Debbie Stewart, Sierra League & Council Travel VP



✓ The Far West Ski Association (FWSA) conducted its site inspection of **Jackson Hole Mountain Resort** and numerous lodging properties February 11<sup>th</sup> to 13<sup>th</sup>, 2011 in preparation for its 2012 Ski Week. Led Spencer Long, Sales Manager of Jackson Hole Mountain Resort, and Mike Hibbard and Sara Clemons of Sports America, the FWSA travel staff and 9 ski council trip leaders toured the mountain, viewed lodging properties, and identified venues for its ski week events. FWSA plans on bringing 500+ participants to Jackson Hole Ski Week January 28<sup>th</sup> to February 4<sup>th</sup>, 2012.

✓ **Far West Racing Championships April 1-3, 2011** at Alpine Meadows; Special Pricing; Special Lift Ticket Pricing ; Special Lodging Pricing; Individual and Team Awards; Special Junior Racer Price Silent Auction and Banquet; Look for details on schedule and pricing coming shortly.

✓ **FWSA New Zealand Ski Trip- July 24 - August 5, 2011**; Rarotonga Pre-Trip and New Zealand; August 5-12 Sydney/Cairns Australia Post Trip Extension. For more information, call Norm Azevedo at (925) 944-9816 [begin\\_of\\_the\\_skype\\_highlighting](#) or email [fwsaitravel@sbcglobal.net](mailto:fwsaitravel@sbcglobal.net).

✓ **Chamonix-Mont-Blanc, France 2012 Annual International Ski Week.** Put this ski week on your 2012 planning calendar.

✓ **FOR FAR WEST TRIP FLIERS & DETAILS GO TO: [www.fwsa.org](http://www.fwsa.org)** Or contact Norm & Mary Azevedo, for International Travel at [fwsaitravel@sbcglobal.net](mailto:fwsaitravel@sbcglobal.net) (925-944-9816 [begin\\_of\\_the\\_skype\\_highlighting](#)end\_of\_the\_skype\_highlighting)

**Check the FWSA website: [www.fwsa.org](http://www.fwsa.org) or the Sierra League and Council website: [www.sierraleague.com](http://www.sierraleague.com) for information about the above trips.**

## Thanks to our Sponsors

Thanks to Clif Bar and Gary Erickson  
for sponsoring Sierra League racing



Thanks to Dave Garner of Reno Mountain Sports for his sponsorship of Sierra League and Council. Visit Reno Mountain Sports for your skiing and racing needs.

[www.Renomountainsports.com](http://www.Renomountainsports.com)



**Habervision** is a sponsor for the FWRA. Save **50%** off retail prices for polarized sunglasses and ski goggles. Go to the website: [www.habervision.com](http://www.habervision.com). Enter the affinity member code: **FWRA** giving credit to FWRA for your purchase.



# FWSA NEWS

—Highlights from Barbara Bryant's Newsgroup on the FWSA website



## Join the FWSA News Group

Receive monthly "FWSA Hot Sheet" with short bullet points of information about FWSA and Travel with links to the web site. You can unsubscribe at any time. Your email address will not be visible to other members of this group, and it will not be used by any other group or sold to anyone.

Go to <http://sports.groups.yahoo.com/group/FWSAnews/> OR [www.fwsa.org](http://www.fwsa.org), click on FWSA News, click on subscribe; OR contact [membership@fwsa.org](mailto:membership@fwsa.org) and the FWSA VP of Membership will add your email address to the newsgroup.

## Benefits to belonging to Far West Ski Association

✓ At Travel Guard we understand that your vacation can take a year to save for, but only a second to ruin. While you can't do anything to prevent an unexpected storm from closing the airport, you can do something to help cover your travel investment - buy travel insurance. Travel Guard is pleased to offer The **National Ski Council Federation** and club members an affordable insurance program for 7% of your vacation cost. The user name is ski club and the password is member.

✓ **The Sports Exchange** in Truckee offers a 50% off rentals when you present your FWSA membership card. **Click here . . .**

## Far West Ski Association

✓ The 79th Annual FWSA Convention and Snowsports Leadership Academy will be held June 9-12, 2011 at the fabulous Pacific Palms Hotel & Conference Center in Industry Hills, hosted by the Los Angeles Council of Ski Clubs. Pacific Palms is now taking room reservations. Just log into our special reservations site at: [www.pacificpalmsresort.com/FWSAlogin.htm](http://www.pacificpalmsresort.com/FWSAlogin.htm). The **Login** is fwsa and the **Password** is 2011. In addition to the Snowsports Leadership Academy, this year's Convention will feature a special Multi-Media Presentation in conjunction with the Convention theme - *Making History*, the Annual Silent Auction and Travel Expo, plus a variety of fun optional events. For complete information about the Convention, log into [www.fwsa.org](http://www.fwsa.org). Click on Convention 2011 / 2011 Delegate Information and select Convention Flyer from the list. Delegate packets will be sent to all clubs in early March. For information about the Convention, log into [www.fwsa.org](http://www.fwsa.org). Click on Convention 2011 / 2011 Delegate Information and select Convention Flyer from the list. Delegate packets will be sent to all clubs in early March. For information about the hotel, go to [www.pacificpalmsresort.com](http://www.pacificpalmsresort.com).

✓ **Nominations for FWSA Officers:** Mike Sanford is taking nominations for officers to be elected during the upcoming convention in LA. Offices that will be elected are: President, Secretary, Treasurer, and VEEPS for North American Travel, Public Affairs and Council Services. Additionally, two Trustee positions will be elected. You may contact Mike at [bubasanfrd@aol.com](mailto:bubasanfrd@aol.com) if you would like to make a nomination, nominate yourself or obtain more information. Job descriptions are available upon request. A formal nomination announcement will also appear in the upcoming Councilman. The current slate of office holders can be found on the FWSA webpage at [www.fwsa.org](http://www.fwsa.org).

✎ **FWSA Athletic Scholarship Raffle Sets a New Record**—This year's FWSA Ski Week athletic scholarship raffle at Sun Valley yielded \$350; a raffle record. Winner of the Karbon snowsports outfit was Dan Trozak from Modesto Ski Club. Dan will have the choice of a Karbon outfit (jacket and pants) from the 2011 Karbon catalog. The outfit will specially made for Dan. The athletic scholarship committee extends its appreciation to all the attendees who supported this very special program. A special thanks goes to the following volunteers who so graciously volunteered their time to sell raffle tickets: Sherry Parshall, Jean McCCasey, Fran Long, Mary Alexander, Jo and Ken Simpson, Dan Jeffry, Judith Miller, Jane Wykoff, and Paula Hazzard. Finally, our appreciation goes to Schure Sports Inc. ([www.karbonmail.com](http://www.karbonmail.com)) who has been a loyal supporter of this program since its inception.



✓ **Athletic Scholarship Recipients:** The 2010-2011 junior racing began early with a late summer international race in New Zealand. Two FWSA Athletic Scholarship recipients finished among the top competitors with Nicolo Monforte, Squaw Valley, and Dylan Murtha, Sugar Bowl, finishing overall 10<sup>th</sup> and 13<sup>th</sup> respectively. Both broke into the top ten in at least one GS race. In December, Morganna Murphy, Squaw Valley, reached the podium in FIS races in Alyeska, AK, with a 3<sup>rd</sup> in SL, while Diamond Peak's Lila Lipanja won two first places in SL at Mammoth. Lila went on to take a 3<sup>rd</sup> place in SL and in GS at races in Snowbird, UT, and Park City, UT, while Morganna racked up two 2<sup>nd</sup> places in SL at Sugar Bowl, CA. In January, Jordan Schweitzer competed at the NORAMs in Lake Louise, Alberta. Jordan finished 25<sup>th</sup> and 23<sup>rd</sup> in Downhill; respectable finishes for the 16 year old from Mt. Bachelor given that she was racing against C and D level members of several national ski teams.

## Safety

✎ FIS safety research project managed by University of Salzburg in Austria focuses on 3 of 5 main injury risk factors for alpine ski racing - snow conditions, course setting/speed, and equipment (combination of ski, binding, plate and boot) as part of FIS Injury Surveillance System (launched in 2006). Forerunners at 10 world cup events as of February 2011 were equipped with GPS devices and sensors to evaluate impact of course setting and snow conditions. Also a FIS equipment safety project is developing special ski prototypes with testing underway of downhill and giant slalom skis.

✓ **Airbags for Skiers**<sup>a</sup>Skiers and snowboarders can already benefit from [Airbags](#), albeit a different type of airbag than you'd see in a car. Avalanche airbags from companies like Snow Pulse and Backcountry Access are designed to inflate in the event of an avalanche, helping the victim to stay afloat on the snow and protecting his head and neck from blunt force trauma. If Italian company Dainese has anything to say about it, skiers will also have access to a more traditional type of airbag designed to protect them in the event of a crash. The company's D-Air wearable airbag was originally designed for motorcycle racing and will soon launch in a street and racing version.

## Ski Training and Fitness Tips

✓ It's easy to get fired up about ski workouts in October. However, by February or March, when the snow is swirling and you're finding your rhythm on the hill, it's easy to abandon the gym altogether. Don't. To finish the season strong and injury-free, maintain two or three off-hill training sessions each week. Just make sure to vary the routine with different exercises: It's tough to stay motivated when you're slogging through the same exercises week after week. (Research shows that people stick with varied workouts longer than repetitious ones.) Resuscitate your dryland training [with nine new ski-specific moves](#).

✓ **Get Fit:** How to Get Back into Skiing Shape<sup>a</sup>Greg Riester, a coach at Woodward at Copper, takes us through his ski conditioning class. He focuses on sport-specific exercises, building explosivity, and getting strong so you don't get hurt.

