

99 things to do

to prepare for YOUR exam

1. Get a specific season-long training partner.
2. Plan out steps you need to take to be ready for an exam this season.
3. Join PSIA-AASI.
4. Download and read the your Division's Certification Guide PDF.
5. Attend Indoor exam prep and/or MA clinics.
6. Read the Alpine Technical Manual and highlight every time any of the 5 Fundamentals are referenced.
7. Attend the PSIA-NW Immersion event.
8. Ski/Ride with a Divisional Clinic Leader.
9. Have someone video you doing the specified tasks listed in the certification guide for your discipline.
10. Use YouTube to find videos and practice movement analysis.
11. Make exam note cards to carry in your pocket with information to reference during your exam (such as task/exercise options per skill, a list of the task/versatility exercises and their descriptors, MA info, teaching prompts, 5 Fundamentals, etc).
12. Compile your collection of 32 Degrees, NW Snowsports Instructor and Ski Magazines as bathroom reading materials.
13. Attend the PSIA-NW Winter Blast with National Team Members.
14. Watch videos on MATRIX.THESNOWPROS.ORG.
15. Schedule specific days to go ski and work on specific tasks on your own.
16. Attend the PSIA-NW Fall Seminar indoor event in October.
17. Practice talking and presenting in front of your peers.
18. Study biomechanics; see Juris Vagners and Ron LeMaster
19. Know, understand and use the Visual Cues for Effective Skiing/Riding and Movements.
20. Ski/Ride a minimum of 30 days per season.
21. Attend as many school clinics offered you can – not just certification based clinics.
22. Self-assess your skiing, professional knowledge and teaching against the National Standards.
23. Compile all of the study materials in a binder and bookshelf.
24. Email your clinicians with questions you encounter as you study
25. Maintain a teaching log recording what you did in every lesson you teach including what went well and what you'd change.
26. Assemble a group of exam candidates and take turns teaching one another while providing each other feedback.
27. Take a mock exam led by your Division or school.
28. Add a copy of Ultimate Skiing by Ron LeMaster to your library.
29. Ski/Ride 50 days per season, instead of 30.
30. Ski/Ride with those who have the certification level you hope to achieve.
31. Practice in the most challenging snow conditions you can find.
32. Get and read the Teaching Handbook for your discipline.
33. Get and read the Technical Manual for your discipline.
34. Ski/Ride at the resort the exam will be held on your own prior to the exam to get to know the terrain.
35. Start and maintain a workout program to improve your physical conditioning; ask Jenn Lockwood for more info.
36. See a custom boot fitter to dial in your stance, alignment, canting and flex.
37. Choose and practice on the best tools for the exam tasks and performance outcome expected.
38. Download, print, read, highlight and understand the National Standards PDF.
39. Set realistic goals for yourself, and include a timeline and plan to reach them.
40. Register for the written exam and take it no less than 30 days prior to the on-snow modules (per your Division).
41. Attend the PSIA-NW Divisional Academy event held in March.
42. Know, understand and use The Feedback Model.
43. Sign up for your exam modules via the website well in advance of the module(s) you will attend.
44. Ski with a PSIA-NW Technical Team Member.
45. Forgo free skiing/riding days and use them to train on blue and green terrain.
46. Ask clinicians at Divisional events for direct feedback regarding your skiing/riding.
47. Teach diverse lessons with students of different levels, backgrounds and ages, including children and first timers.
48. Attend to the PSIA-NW Symposium event in April.
49. Learn another discipline - it's humbling to be a beginner again.
50. Shoot video of yourself teaching a lesson and review.
51. Document the feedback you receive in clinics you attend.
52. Print out a pocket reference card with the 5 fundamentals listed and use it to help you formulate your lessons.
53. Ask your school's trainer to shadow a lesson you are teaching and provide feedback.
54. List of your top 3 core beliefs on what is good skiing/riding.
55. Get a Children's, Freestyle, or Senior Specialist Accreditation.
56. Read Core Concepts for Snowsports Instructors.
57. Read the Children's Instruction Manual.
58. Study, know and practice the steps of Movement Analysis (Observe, Describe, Analyze, Prescribe).
59. Ski/Ride 80 days a season, instead of 50.
60. Have your school's Training Director to sign your exam paperwork signifying you are ready for the exam.
61. Study the physics of skiing or riding- see Juris Vagners.
62. Teach a season in the southern hemisphere
63. Shadow a lesson of an instructor who inspires you.
64. Attend the PSIA-AASI National Academy in April.
65. Spend 5-10 hours a week studying and practicing.
66. Go up to the mountain on non-work days to attend trainings.
67. Take notes of every clinic you attend.
68. Get and read the Children's Teaching Handbook.
69. Know what to expect on exam day by speaking with your trainer, a DCL or examiner.
70. Get and use a mentor for developing your craft.
71. Study the history of your discipline and PSIA-AASI.
72. Help your peers who are a level below you prepare for their certifications.
73. Make sure you are current on PSIA-AASI dues & CEUs.
74. Set up a short meeting with your training director, discussing your readiness for the exam well in advance of the exam.
75. Write out logical progressions, from simple to complex, appropriate for the skill level of each student and relevant to task and desired outcome.
76. Challenge your core beliefs about skiing/riding.
77. Try teaching a beginner lesson with a new approach.
78. Talk about your lesson successes and struggles with others in the locker room.
79. Identify the skier or rider on youtube who inspires you and why.
80. Try a variety of different skis or snowboards so you know how they each perform and why.
81. Develop your teaching vocabulary that is easily understood.
82. Take a day off from skiing to allow your body to rest.
83. Evaluate your diet and monitor when you feel your best - it can be different for different people.
84. Perform the skiing/riding tasks outlined in the certification guides so that they seem easy to do - if they're not east to do there is a reason. Find out why.
85. Develop a plan for internal and external cues for performance enhancements
86. Ask to attend a trainer specific clinic as a shadow.
87. Ski or ride as many days as you can in the summer.
88. Socialize with your fellow instructors after lessons are over - you may learn something even at the bar.
89. Look at other country's system for snow sports instruction i.e. CSIA, NZSIA, BASI, etc.
90. Compare and contrast USSA and PSIA-AASI.
91. Read and contribute to the PSIA-AASI Community Forum.
92. Join the Elite Skiing Facebook Group.
93. Visit another snowsports school and observe their operations.
94. Submit an article for consideration to be published in your Divisional and/or National publication.
95. Ski or ride at another mountain other than your home area.
96. Ski from top to bottom without stopping.
97. Obtain and read the Freestyle Technical Manual.
98. Study more – flashcards, notes, practice written exams, etc.
99. Attend your school's Certification Prep Clinics.

