

# NorCal Winter Rally



Sugar Bowl, California



January 13 - 14, 2019



WESTERN  
DIVISION



Step up your game. Improve your skiing. Improve your teaching.  
Socialize. Hang out. Meet and ski with elites. Have fun!



## GUEST CLINICIANS



### Daron Rahlves

**Daron Rahlves** is a former American World Cup alpine ski racer and freestyle skier whose racing career includes seven U.S. National titles, fifteen U.S. National podium appearances, twelve World Cup wins, twenty-eight **World Cup** podium appearances and three **World Championship** medals. Join him both mornings of the **Winter Rally** for an isometric warm up at the **Mt. Judah Lodge**.

Later, he'll be on the snow providing tips on how to find your best line in any terrain and to take you out of your comfort zone to improve your skiing.



### Chris Fellows

**Chris Fellows** is the founder and director of the North American Ski Training Center. He is a former PSIA National Alpine Team member and the author of two books, "**Total Skiing**" and "**Tactics for All-Mountain Skiing**". Chris will be providing personalized movement coaching as he takes you through exercises and drills.

He will be discussing steps for reaching your full potential and providing tips on how you can pass on constructive feedback to your students.

The Western Division is also excited to welcome

## National Team Member Special Guests



### Brennan Metzlar

Snowboard National Team  
from Breckenridge, CO



### Dusty Dyar

Alpine National Team  
from Crested Butte, CO



### Robin Barnes

Alpine National Team  
Heavenly, CA and Portillo Chile

# Clinic Options



**9:30am - 4:00pm Clinic Options**

## Alpine and Snowboard Certification Prep Clinics

### *Certification Prep Clinics:*

Overview of the fundamentals for Technical, Teaching and Professional Knowledge required for Level 1-3 Certification.

Includes an overview of preparation materials and assessment updates.

## Education Improvement Clinics

Education clinics will focus on Ski/Ride and Teach Improvement. You are guaranteed an amazing educational experience and an all-mountain adventure given the wide variety of terrain available at Sugarbowl.

All topics will include personalized coaching and may include some of the following (weather and snow conditions permitting).

## Children and Senior Clinics

### *Children*

Need some new tricks to teach Children? The children education clinics will offer you many.

### *Seniors*

The West is on the cutting edge of Senior Skiing Development and Education. If you teach a lot of seniors (50+) or if you are a senior instructor, take advantage of our senior clinics.

## Body Movements and Awareness as it Applies to Skiing

### *With Paula Smith and Terry Peters*

Start the morning with a Pilates warm up and work on core awareness and body alignment. Take that awareness on snow and start putting the sensations, movements, and actions into practice.



The event will include a showing of the new Red Bull film, Race the Face, which puts downhill champion Rahlves against Swiss freeskier Jeremie Heitz in a head-to-head, top-to-bottom race in all natural-terrain in the Swiss Alps. We will also show clips from Warren Miller's, Face of Winter with National Team Member Brennan Metzler. This is exciting!

Find out more at [psia-w.org/event](http://psia-w.org/event)



**January 13 | 4:30 - 7pm at Alibi Ale Works**



**10069 Bridge St. Truckee, CA 96161**

# APRES EVENT