

Hello!

As we put our skis away and get ready for spring and summer, we would like to share some details and stories from the 2020/21 SSASS season.

This was an unusual year with a reduced program and no out-of-town students. Despite the challenges, our students and instructors managed to have a good time and stay safe. We had a total of 48 students, compared to 102 last season and 36 instructors, compared to 59. Our instructors gave a total of 357 lessons compared with 563 during the 2019/20 season

We'd like to share a couple stories from our students and new instructors. If our instructors sound like they were having too much fun, think about volunteering next year! SSASS welcomes reasonably adept down-hill skiers and snowboarders who have a desire to help others who otherwise would not be able to participate in the sport.

And if you know someone who could benefit from our lessons, please contact us. We can be found at [ssass.bc.ca](http://ssass.bc.ca) or [info@ssass.bc.ca](mailto:info@ssass.bc.ca). We'll send our next newsletter in the fall when we know what is happening with the 2021/22 season.

### SSASS RACE PROGRAM 2020/2021 SEASON END



This was an unprecedented season for sure and we certainly “adapted” to our altered schedule. It was challenging at times but the four of us – Dominique Borgeaud, Matthew Leach and two coaches – stayed in our race tuck to the end 😊

We were able to complete 40 hours of training (4 hours per week for 10 weeks) and in our last session we reviewed the season learnings - peddle turns, weighting the turning ski, pole planting, pivoting at the hip joint, quick edge changing to promote ski rebound in the direction of the turn, roller training to work on flexing/extending legs for terrain changes. We also discussed reflective learning, visualization, learning curves, making notes weekly and reviewing regularly for long term retention. We covered various turn shapes (GS and Slalom), race starts, proper gate passage and recovery, finishes, racer/guide communication for Matthew, our visually impaired racer, and confidence building for all. We did synchronize skiing drills and all kinds of other fun stuff because it's not always about gate training, it's also about fun. We did Double Black Diamonds, Glades and Deer Park (with Dominique leading) to work on stance and balance, reaction to changing terrain and enable confidence. Our racers were asked to recap and demo some of the things they learned this year, and both got excellent marks.

This is a “Learn to Race” program and not a speed program. We believe that one should never sacrifice technique for speed. We are pleased to report that Matthew and Dominique improved tremendously, and they are both very confident to ski the whole mountain.

It's a wrap! “Ski” you next season 😊

Colette Laplante and Dan Cook



Hi everybody, I'm Jerry and 2020/1 was my first season with SSASS and I understand quite different compared to previous seasons! I retired to Canada from the UK in 2005 and actually learnt to ski in the highlands of Scotland where the conditions are amazing ..... if you like slush or ice with rain! My daughter talked me into trying snowboarding almost 10 years ago now and I must say, loved it! There's no better feeling than pushing the snow off the slopes for the skiers following behind you down the mountain! I started teaching snowboarding at Crystal Mountain in West Kelowna where I completed a Level 1 program and really enjoyed teaching with the schools before they shut down.

I was 'roped' into SSASS when Eddy R. invited his neighbour (Lars) around one evening when I was visiting. Before even being introduced to his wife, Lars had me signed up for the coming season. I hadn't even had a chance to sample the wine that was being served that evening. Waking up the following morning I remember thinking 'what have I done?'

Joking apart, it's been an interesting experience. I love teaching and being able to add into the mix that the students we teach are trying to overcome additional challenges of their own, for me, makes it even more rewarding. For my first season, I was teamed up with Dave O., a fellow SNOWBOARDER and together we worked with Logan Herrington, what an awesome guy (Logan not Dave)! He's improved so much this season and now has the confidence to head off with Mom down Milky Way, even stopping halfway down so that she can catch up and even offers her words of encouragement!

High five Dave! Job well done!

Above is a picture I took of Dave and our student Logan. We work our students hard for maximum progress and here you can see Dave encouraging Logan ... two minutes into our lesson!

Looking forward to next season.



This was my first year volunteering with the adaptive program and it has been an absolute pleasure teaching, and learning from Laurie F. I come with a background in teaching biking but the only ski instruction I have had is with the Silver Star Adaptive instructor/volunteer day on skis. I came to the program through my friend Erin W. who can't recommend it enough. She was 100% right that you will get a ton of joy out of this volunteer role and it is something I look forward to every week.

Our adaptive student is a hoot and he came to us with zero downhill experience but a strong desire to learn, natural athletic ability and he is a total thrill seeker. The thrill he gets is contagious from playing on the bumps, launching and falling because man does our kid love to fall, I think sometimes he likes it more than the skiing! I am looking forward to our final lessons where he will get to show us what he has learned and where he wants to go — watch out Peanut trail here we come.

Thanks for making my Wednesday's awesome!

Rosemary



**SSASS Students – Dane and Lily**

Dane and Lily first skied with SSASS in winter 2020. They were both “Never Evers” having never skied before. Their Mom and Dad, Laura and Jonas, signed the kids up for 8 lessons with SSASS. Their first lesson required sizing for boots and skis and helmets followed by tromping around the snow in the village, gliding on one ski, then on two skis. It was obvious very early on that these two youngsters were naturals on the snow and would take to skiing like Ducks to water. And they did! After a couple of lessons on the Magic Carpet, it was over to the Silver Queen Chair. There was anxiety over their First ride on a chair lift, but they were reassured to learn that if they didn’t like the chair they could ride the tube town carpet. Well Tube Town was closed that day, so with an instructor on each arm the kids were away and sailing in the air up the hill on the chair lift! “Okay you can breathe now, everything is just fine”. And it was. Silver Queen was great. Dad Jonas, could stand by the bottom of Tube town, coffee in hand, and watch his kids. Well, that was short lived. The Kids soon graduated to the Comet Chair and then the Gondola and so it was bid farewell to Dad. But after a couple of lessons missing seeing his kids progress, Jonas decided to bring his skis and follow along. A great family outing on the snow!

Along comes the 2021 Season and the entire family are now outfitted with skis, boots and seasons passes. Fantastic! One day, Mom Laura joined the kids for a ski adventure. The kids insisted on taking her on their favourite runs, Bunny Hollow, where Jacquie taught them to ski bumps and jumps and Far out, where Dane showed his Mom his favourite resting spot, Dane’s hill, and both Dane and Lily taught their Mom, “to slow down and look up hill when you cross main street”, and the 4 ways of controlling your speed when you ski! This year, aside from SSASS lessons, the whole family gets out and skis together on the weekends and school holidays! A Family that Skis together . . . ! Everyone who has skied with Dane and Lily has learned exactly how many chairs each chair lift has and what colours and numbers are the cars on the Gondola!

Thanks to all the wonderful SSASS instructors we appreciate you all to no end! Thanks for a wonderful season, the kids have definitely made major advances. See you next season! Warmly, Laura, Jonas, Dane and Lily.



I'm brand new to both SSASS and mountain sports on the whole as I've only been to Silver Star one time, approximately fifteen years ago, as a snowboarder, and I didn't even make it off the bunny hill!

That being said, I've far surpassed the bunny hill as a paraplegic. Lars, Andy, and Peter have been fantastic ski instructors; the best I've ever had! They made the whole experience a ton of fun and they were always ready with heaps of helpful critiques or shameless ego affirming bloviations. Jokes aside, their knowledge is truly indispensable and I'm a better skier for having it. After only half a season, they've got me running blue level runs with some degree of competency! In addition to marginal competency, they've instilled me with a safety driven perspective that will serve me immensely as I progress.

Because of this program, I'm on the fast track to being an independent skier; as was the goal I approached adaptive skiing with. I look forward to getting on the mountain with my friends and family because my spinal cord injury, as I have come to learn, is an incredibly small obstacle. Next year is going to be a killer season for skiing; watch out Silver Star and thank you SSASS!

Francis Laderoute

### **SSASS AGM**

The SSASS AGM will be held by Zoom this year on May 5<sup>th</sup>. The formal notice will be emailed shortly to all members. See you all next winter!