



# Ireland @ Interski 2019

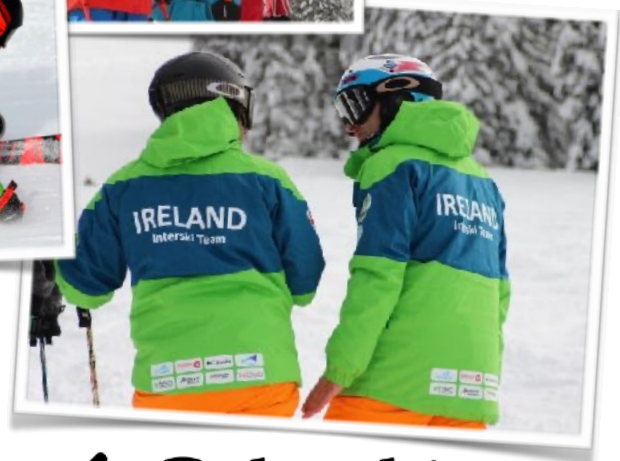
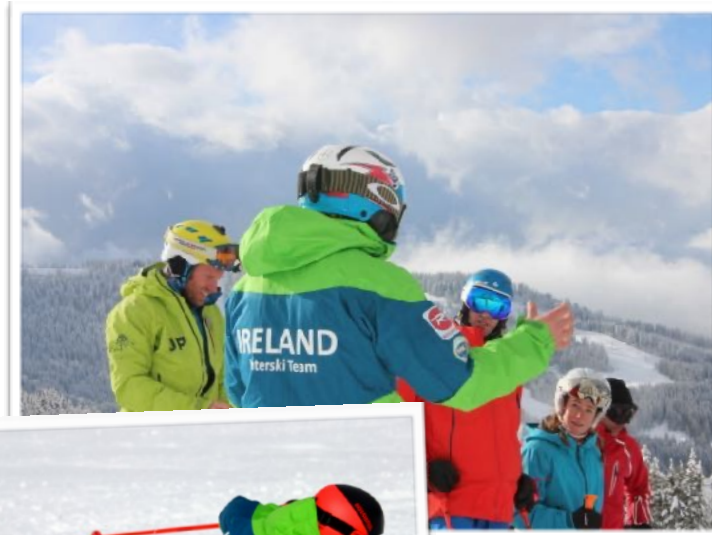
future.snowsport



# Three steps to wellbeing for snowsports instructors and the guests they teach

Helping create 'future.snowsport'

**Learn it** || **Love it** || **Live it**



KYMIRA SPORT



# Ireland @ Interski 2019

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## Introduction

### Future.snowsport and Ireland's contribution

Mental health, social and emotional wellbeing of individuals and communities is very important in today's society and as we move into the future. With that in mind, Ireland's contribution to the Interski 2019 congress theme of Future.Snowsport is to share how our philosophy, education system and research is aimed at helping both snowsport instructors and their guests to flourish and thrive in today's world by using snowsport as the vehicle to achieve this goal.

### Learn it, Love it, Live it, THE three steps to wellbeing

The Learn it, Love it, Live it philosophy was first introduced by Ireland at the 2015 Interski Congress in Ushuaia, Argentina.

**Learn it** means being open to learning, having a growth mindset and having an interest in new activities. Our goal is to encourage people to take up snowsports and by using **the four key concepts** they will not only learn new skills in a safe, effective and efficient way but they will derive great enjoyment from the sport and develop a genuine passion for the activity. In other words they will begin to love it.

**Love it** requires sufficient practice and full engagement on the task in hand hence developing the skill of focused attention through mindfulness can help to foster flow experiences which in turn leads to greater enjoyment.

**Live it** follows on naturally from enjoyment and love of the sport as the activity becomes an integral part of the participant's life. It is vital to note that this philosophy works on multiple levels and is just as important to the snowsport instructor working their way through their education and certification as it is to the guests that they teach.

So in summary using our **four key concepts** (discussed in more detail later in the document) combined with our three step philosophy of Learn it, Love it, Live it, there is a greater chance that snowsport instructors and their guests will have better mental health and wellbeing.



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## Overview of our presentations

### On snow demonstrations - Theme - 'Being free to ski'

Showing what **being free to ski** is all about. High end skiing that blends the IASI skills to illustrate sound basic principles producing exciting and playful performances that use creative variation in the execution of the skill.

The **Demo Team** will show how our skiing relates to our technical, teaching & learning ideas with the 'performance' and 'flow' stages of the Diamond Model of skill acquisition being shown by our demonstrators.

#### **Technical Demos** (4 demonstrators from the Alpine demo team)

- 1st run - short - long - short turns
- 2nd run - long - short - long turns

*Commentary by Pete Gillespie*

### Evening Shows

- 1st run - (with full alpine demo team and two telemark demonstrators)

*Original traditional music track specially composed by IASI member Stephen Chadwick*

- 2nd run - (full alpine demo team and two telemark demonstrators)

*Well known popular Irish music track*

### Closing Show

- 1st run - (full alpine demo team and two telemark demonstrators)
- 2nd run - (full alpine demo team plus telemarkers and other delegates)

Finally, it is important to understand the essence of our tag line 'Being free to ski'. **Being** refers to the quality of attention that we bring to the activity with full engagement and concentration on the task in hand helping to facilitate optimal experiences. While **free** refers to the creative aspect of our performance brought about through mindful learning.



*Mark Shaxted and Shona Tate showing the beauty and freedom of  
synchronised performance #beingfreetoski*



The video below is a round up of our final training camp at Pila Ski Resort, Aosta Valley, Italy prior to going to Pamporovo for the Congress itself.

## On snow workshop - Title - 'How you learn is how you live'

While the title of our workshop **how you learn is how you live** is fairly 'broad' it is deliberately so because we want to stress that every component of the IASI system is geared toward our philosophy of **Learn it, Love it, Live it** and developing well being in the instructors that we train and consequently in the guests that they teach.

In practical terms the workshop deliverer will look at one component (key concept) of our system, which is **The IASI Skills Model**, which is covered in detail in chapter 7 of our new IASI manual and freely available to all.

During the workshop we will explore this model and how we teach skills so as to ensure we work toward our overall philosophy. We will also relate and link this to the other three key concepts of our system.

Our new IASI manual contains detailed information on all of these ideas but to summarise **the four key concepts** that underpin our system are;

1. **The Basic Principles** (BP) - the fundamentals we need to ski/ride efficiently and effectively: *Forces, Movements, Balancing, Steering*.
2. **Core Skier/Rider Development** (CSD/CRD) - the stages we move through from beginner to proficient skier/rider.
3. **The IASI Skills Model** - what we teach - developing the skills of rotation, *edging, pressure control and timing* so that the Basic Principles are achieved. In effect the skills model brings the basic principles to life!

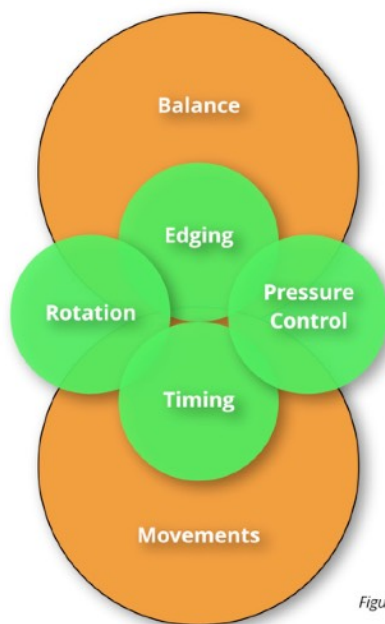
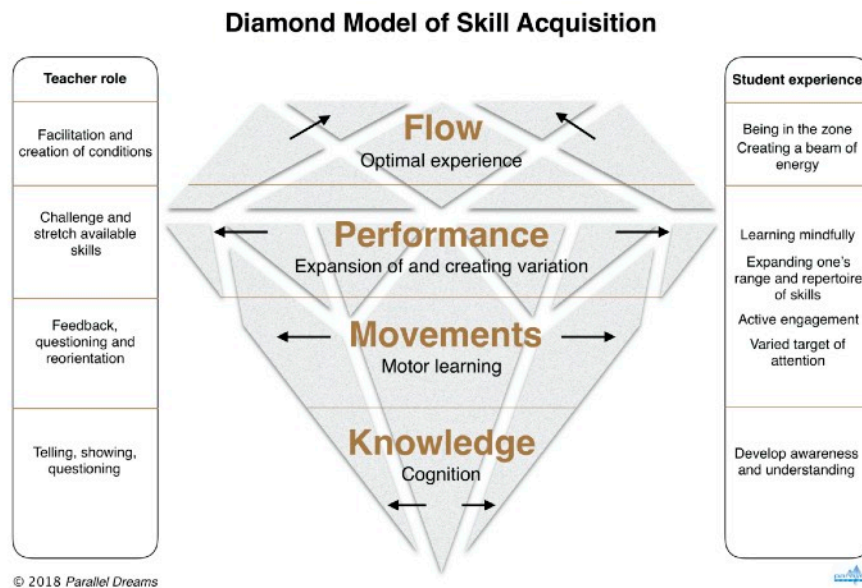


Figure 1

The IASI Skills Model (Figure 1 opposite) has at its core the skills that we teach: rotation, edging, pressure control and timing. These skills are all of *equal* importance and are embodied within the overriding fundamentals of balance and movements. Reflecting back to the basic principles (in chapter 2 of the IASI manual) the essence of the message here is that skiing works from the snow upwards and then back to the skis! In other words, we respond to and create forces, with appropriate movements, to aid effective balancing, allowing for accurate steering of the skis. Therefore, the skills that we teach allow us to acquire the basic principles of skiing and it is the interplay between these skills, balance and movements that are fleshed out in chapter 7 of the IASI manual.



- 4. **The Diamond Model** - how we learn - using this innovative model of skill acquisition that not only covers the stages that the learner moves through mentally and physically as they acquire skill but also places importance on fostering the student's wellbeing and enjoyment as part of the process.

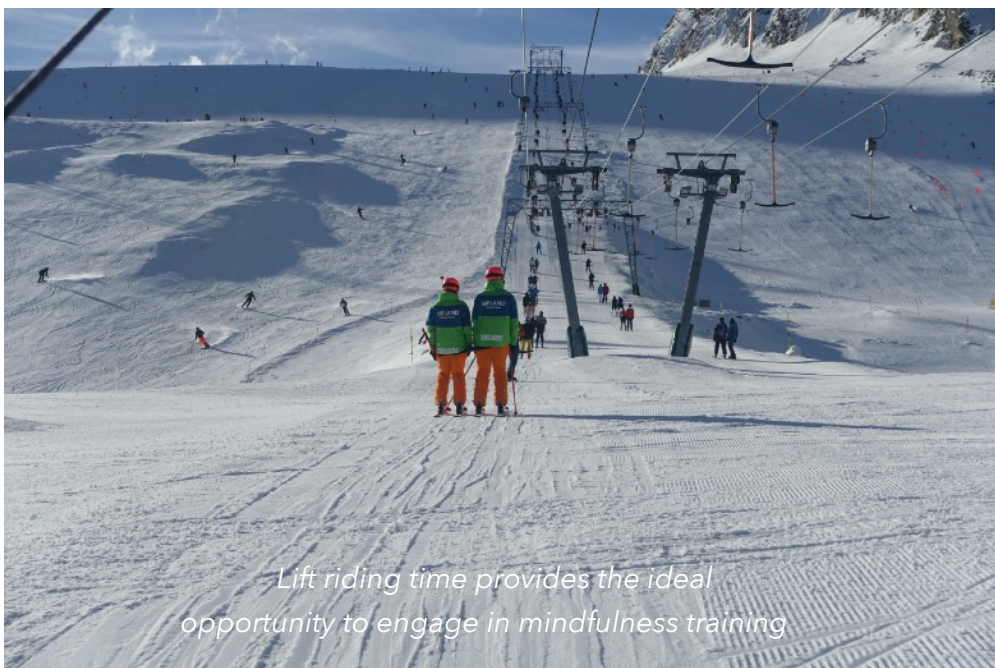


## Off snow lecture - Title - 'Flowing with mindfulness'

Our off snow lecture, **flowing with mindfulness**, will show how we are developing our snowsport instructor education programme to incorporate mindfulness training with a view to setting the stage for more flow experiences. This will potentially enhance enjoyment of the sport both for the instructors themselves, as they progress through the certification system, and for the guests that they work with. The sport of skiing will, in effect, become the vehicle by which all participants will 'live it' and increase their overall wellbeing.



The **lecture presenter**, Derek Tate will explain and share how this addition to the education programme for snowsport instructors is part of his ongoing research for his masters dissertation in applied positive psychology (MAPP) through Bucks New University in England. The research participants are the Irish demonstration team itself and they have been engaged in mindfulness training both on and off the slopes as part of their overall training and preparation for the congress.



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## Acknowledgements

### The Irish Interski Team

The Irish Interski Team (IIT) for Pamporovo 2019 consists of 21 delegates all of whom are members of the Irish Association of Snowsports Instructors (IASI). The team was selected following the selection weekend in St. Gervais/Megeve, France, 19 - 21 January 2018. The team is entirely voluntary with all members paying their own way hence we are very grateful to all of our sponsors.

The delegation leader, **Derek Tate** is also the current chairman of IASI and this will be the fourth time he has represented Ireland at an Interski Congress. The demo team coach, **Jamie Kagan** is also the current Head of Education for IASI and he is assisted by IASI Educator & Examiner **Federico Sollini**. The video below is a discussion by the aforementioned during the build up to the congress covering Ireland's preparation for the event and what the team hope to achieve. It was shot during the training camp in Kaprun, November 2018.

The team consists of three groups each of which has an important role:

The **Delivery Team** are all highly experienced snowsports teachers with many years

experience teaching all levels, ages and guests with different needs. Their role during the congress is to deliver the on-snow workshop and communicate Ireland's technical and teaching philosophy.

The **Demo Team** consists of 10 alpine and 2 telemark skiers. This will be the first time that 'Ireland' has had a demonstration team at an Interski Congress and illustrates how both Irish snowsports and IASI are growing and developing.

The **Research Team** play a very important role at the congress as they use their expertise as snowsports teachers to attend workshops and lectures delivered by other nations and then write reports and communicate this information back to the IASI membership and the wider snowsports community. They will be responsible for writing articles and blog posts.

The whole team for the congress in Bulgaria can be viewed on <https://www.irishinterskiteam.com/ireland-s-interski-team-2019>

In addition to the 21 strong delegation there will also be an official supporters team who are also members of IASI and keen to support the Irish team and learn from other nations.

## Our sponsors

We are extremely grateful to all of our sponsors making our attendance at the congress a little easier but above all supporting the professionalism of our team members.

Our headline sponsors for Interski Pamporovo 2019 are Columbia, Rossignol and Kymira Sport.

**Columbia** have been supporting the Irish Interski Team since St. Anton 2011 and we are delighted that they are supplying the team uniforms once again. We are also very grateful to **The Ultimate Promotion Company Ltd.** who have once again done all the printing on the uniforms. <https://www.columbiasportswear.co.uk>

**Rossignol** are one of the world's leading brands of ski equipment and we are delighted to be working with the UK importer, for Rossignol equipment, AMG Group who have put together a fantastic package for the team including brands **Look, Anatom, Teko** and **Vango**. <https://www.rossignol.com/uk/>

**Kymira Sport** are not only supporting the Irish Interski Team but they are the "Official Thermal and Recovery Wear Supplier" for IASI offering great deals to it's members. Their great range of infrared sportswear has been designed based on scientific research and helps to enhance performance. <https://www.kymirasport.com>





In addition we are being supported by Graystone Action Sports Academy Manchester, Parallel Dreams, The Snow Centre, Hemel Hempstead, Jason Clark Photography and Stephen Chadwick Music. And the Telemark team have been supported by Blossom Skis and Rottefella bindings.

### The 'hub'

One of the important aspects of Ireland's participation at Interski Congresses since St. Anton 2011 is the desire to 'share' information and in effect act as an information hub for all participating nations and the wider snowsports community. Recognising that we are one of the smaller and younger snowsports nations we feel that it is our duty to learn from other nations especially those that have a rich history and depth of knowledge.

We have actively shared other nations documents, photos, videos and social media posts through our Facebook page <https://www.facebook.com/IrishInterskiTeam/> and through the Irish Interski Team website <https://www.irishinterskiteam.com>. Indeed, the website provides a considerable catalogue of information from St. Anton 2011 and Ushuaia 2015 but also more historical information from many previous congresses as well as the history of Interski itself. And we have recently set up a Facebook community group

'Interski 2019' <https://www.facebook.com/groups/2611344335607044/> where ALL participating nations can share their information pre, during and post congress.

## Links and credits

**Bucks New University** - who deliver the MSc Applied Positive Psychology (MAPP) <https://bucks.ac.uk/courses/postgraduate/health-and-social-sciences/pt/applied-positive-psychology-pt>

**Flowing with Mindfulness** - The online platform for the masters dissertation research work used by the Irish Interski demo team. <https://www.flowingwithmindfulness.com/irish-interski-team>

**Irish Association of Snowsports Instructors** - The national education and certification body for snowsport instructors in Ireland. [www.iasisnowsports.com](http://www.iasisnowsports.com)

The **Diamond Model of Skill Acquisition** and technical content derived from the book Parallel Dreams Alpine Skiing is © Parallel Dreams and is used with permission.

All references to **Flow** or **Optimal Experience** are based on the original work of Mihaly Csikszentmihalyi.

Authors: This document has been written by Derek Tate with assistance from Jamie Kagan, Federico Sollini and Shona Tate.



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Stephen Chadwick  
COMPOSER - PRODUCER - ARRANGER

