

Stevens Pass Snowsports School

THE WORD

Winter 21-22' | Issue 13 | Mar. 4, 2022

March Madness



Come join other staff members from the Ski and Snowboard School for the last night operations from 5pm to 10pm in the Locker room! The locker room will be open until 10:30pm with music, ski movies, food, coffee and tea available. I hope you join us!

5pm – Food

7pm – Trivia w/ Prizes

9pm – Group Ski/Ride



[RSVP here so we can order adequate food!](#)

We are now at **62/63** days without an employee injury for the year and **215** days for the 21.22 season!! Do you know which city has the area code of 215??? Answer on the bottom of page 2!

Upcoming Clinics

Saturday 3/5 4-6pm – Development

- SKI – Ski with a Manager w/ Alicia O.
- SNB – Rider Improvement w/ Tiana P.

Sunday 3/6 4-6pm – Cert Prep #8 w/ Bruch Q, David O., & Tiana P.

Monday 3/7 8:45am – PSIA & AASI Level 1 Exams

Wednesday 3/9 10am & 1:30 “Exam Prep” w/ Tiana P. & Russ P.

Thursday 3/10 6pm & 7pm – SKI & SNB Movement Analysis Online

Friday 3/11 7:30am – Full Time Early Ups w/ DOD & Ken B.

****Now available to all staff, sign up through instructor.snow.com*****

Please RETURN all BOOKS and MANUALS to the locker room library.



You know who you are!

Policy Update

As shared on Wednesday via email, we will no longer require our guests to wear face coverings indoors starting **March 12**, when the King County mask mandate expires. For employees, you must continue to wear your face covering in indoor spaces where you are interacting with guests; however, it is optional to do so in our employee-only spaces. If you would like to continue wearing a mask, you should absolutely feel comfortable doing so.

Also, in accordance with the federal mandate that remains in place, **everyone must still wear a face covering on buses/shuttles.**

Weekly Reflection

We have been getting some great feedback and have made process towards finding solutions to some of the challenges you are all facing. Please keep the feedback coming, we want your voices to be heard!

[Click here for Weekly Reflection Survey](#)

KEY DATES:

- **March 8th**- International Women’s Day
- **March 13th**- MARCH MADDNESS! End of Nights SSBS Party!
- **Summer 2022**- BIKE PARK RETURNS☺



Thank you from EEX

EEX wants to thank YOU for all YOUR handwork and dedication this very challenging season.

We have partnered again with HelloFresh to bring you more well-deserved delicious meals! You will be choosing two meals and they will show up on your doorstep the week of March 28th! [Ensure your order is in](#) by this Saturday, March 5th! This is a hard deadline and cannot be extended.



Raffle Winner

Congratulations Jose Gonzalez on this week's school raffle! Hope you enjoy your new goggles!



TRAINING CORNER

Coaching Confidence:

Whether you are working with a guest towards riding their first black diamond run or you are preparing yourself for an upcoming exam, confidence plays a huge role in determining performance and success.

SELF-CONFIDENCE = SELF-BELIEF x EVIDENCE

The Critical Confidence Equation is simple and can help you understand how to coach and develop a student's or your own confidence. Self Confidence = is a person's self-belief



A person's self-belief can include factors like their values, character, and genetics. Self-belief becomes fixed at an early age, so athletes with a strong sense of self-belief need very little evidence to help them develop self-confidence, see image of overly confident alligator enthusiast. We all know that person!

On the other hand, we probably know someone who has great skills but has no self-confidence because of low self-belief. For this person, providing more evidence will help them improve their self-confidence and in turn their performance.

An evidence-based approach to developing self-confidence comes down to PREPARATION. As a coach, you control your students' preparation and environment. Create an environment where the opportunity for success is increased. You have all heard that quote "success breeds success." This speaks to facilitating an environment of success built into preparation and will provide the evidence necessary for self-confidence to grow.

What are other ways to provide evidence and promote self-confidence with students?

- Create opportunities for students to learn by doing.
- Learn by problem solving and overcoming adversity
- Set high and attitudes high
- Teach students how to lead and to take responsibility
- Re-set the bar, success is a moving target