

Stevens Pass Snowsports School

THE WORD

(Bi-Weekly Summer Edition)

Summer 22' | Issue 2 | June 24, 2022

Summer & Sunshine



And like that, we are open for summer operations! Well, sort of...due to current conditions, we will be open this weekend and next for hiking, scenic rides and disc golf only. F&B and retail will also be available with limited operations. Thankfully, some nice weather is in the forecast and the trails are quickly melting out.

Fingers Crossed for an early July Bike Park opening.

Did you Know?

21/22 winter seasonal employees who ended their season in good standing qualify for limited summer perks. This includes:

- Free Scenic Lift rides
- 50% discount on a Bike Haul Pass (does not apply towards daily Bike Haul tickets)

Plus, leftover 21/22 Winter coupons for F&F are good for free bike haul and scenic lift rides!

Infrastructure Update



Earlier this month, our GM, Ellen, announced that Kehr's Chair will receive an upgrade ahead of the 2023/2024 season! Construction of the new quad chair will start during the 2023 summer. At that time, more information regarding timeline and the plan for the old chairs will be announced.

Fun Fact: Renamed to celebrate one of SP's founders, Bruce Kehr, the former Big Chief chair was built in 1964 to replace four rope tows that offered skiers access to terrain off Big Chief Mtn. One of the problems with the rope tows were that dips and bumps would form in the snow making it difficult for guests to ride up. Partner that with steeper terrain and the situation could become quite treacherous.

Safety Reminder

After the cold dreary month we've had, I'm sure all of us are excited to enjoy the sunshine. Whether you are hiking, biking, hanging out by a lake or in your own backyard, **DON'T FORGET YOUR SUNSCREEN!** Nobody wants to suffer the consequences, so make it a habit to apply and reapply throughout the day. You'll thank yourself later.



KEY DATES:

- June 24th – Opening Day!!
- July 4th – Independence Day



Is My Reality Real? - Tami Lyon

If you are anything like me, summer is time for big plans and goals; things I'd like to do and accomplish before next winter. How do we turn those plans and goals from dream to reality? The first step is to get REAL with ourselves.

We all like to fantasize about being famous or winning a million dollars, or being the next Mikaela Shiffrin, Travis Rice, Chloe Kim, or Simon Dumont. Dreams are great! They are part of the goal setting and accomplishing process. They are the starting-off point from which we make a plan. Sometimes, when our journey gets hard, dreams and fantasies are what keep us trying. But dreams and fantasies are not reality. Problems arise when we confuse our dreams and the "real" steps we've taken toward our goals. To be successful, we must dream big and be grounded in reality. How do you know if you are grounded in reality or drifting in fantasy?

You are probably dreaming if:

1. The "winning" portion of the plan is easy to imagine and see in detail. You can see EXACTLY the placement of your Level 3 pin on your coat.
2. The steps or process taken to achieve the plan is a bit cloudy and indistinct. Is your certification preparation plan the sum total of "I'm going to freeski more and get fit?"
3. Obstacles and mistakes are minimized or not expected at all. It is always the fault of the wax or tune, snow conditions, examiner's eyesight. Never the party the night before or the Pop Tarts and Top Ramen dinner.
4. "Life" after the fantasy is generalized. "I don't know exactly what I'll do different for my snowsports school with my new endorsement, but boy it will be GREAT!"

Reality is based on experience. Actions that you take, lessons you learn, pain you feel. Reality is rarely easy. If you are lucky enough to have already moved close to your dream without feeling fatigue, hunger, pain, frustration, discomfort...just wait it will come.

How do you get started turning your dreams into reality? It's simple; ask yourself some real-life questions. For instance, a professional snowsports instructor with certification goals might ask themselves:

- How many servings of fruit and vegetables did I eat yesterday? How many were rich in antioxidants?
- Identify the macronutrient in each of the following foods: pears, oatmeal, romaine lettuce, hamburger, beans, tomato, rice, cherries, and salmon.
- Have I had fast food or alcohol more than once this month?
- How many minutes did I spend on the exercise ball, Bosu or balance board today?
- Have I done at least 120 minutes of cardiovascular training this week?
- How much have I increased my leg strength by (1%, 5%, 10%) since last winter?
- How many nights did I spend 10 or more minutes visualizing myself skiing/riding correctly?
- Who were the most recent equipment testers in SKI Magazine? Which equipment won Gold Medal award classifications?
- What are the latest updates to the Movement Matrix? When did I last log-in?
- When did I attend my last divisional or national clinic?
- If my idol or mentor were asked these same questions today what do I think their answers would be?

Each of us has the ability to develop the physical skills and mental toughness to rise to the top and achieve our goals...even our dreams. The question is whether or not we are willing to put in the REAL work to get there.

