

Snow Tracks

The GPAS Adaptive Snowsports Newsletter
Volume 4, Issue 4 – Season End 2011



Mission of Greek Peak Adaptive Snowsports

To provide snowsports experiences and skill development for people with disabilities utilizing the safest and most effective adaptive equipment and qualified/trained volunteer staff in a fun, supportive and positive learning atmosphere

Season Officially Ends

- Sunday, March 13, 2011
- End of Season Awards Picnic - March 12 and 13, 2011



NOW HIRING: Interim Executive Director!!

Please see the last page of this newsletter (or the website) for the position announcement for an interim executive director for Greek Peak Adaptive Snowsports. Review of applications begins April 30, 2011, with the position starting November 1, 2011. The board of directors will act as the search committee. Please share the position announcement with potential candidates who meet the qualifications!

Your GPAS Board

| | | | |
|---------------------------|--|--|--|
| Jim Cappellett, President | jmcappellett@yahoo.com | Mark Friebe | mcfriebe@gmail.com |
| Kathy McHugh, Secretary | kathymcq@gmail.com | Robyn King | robynking@roadrunner.com |
| Jeanne Mack, Treasurer | mackjeanne@yahoo.com | Gregg Macey | penboy123@aol.com |
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| Richard Anechiarico | rlaraa@att.net | Pat Crowley <i>Greek Peak Liaison</i> | pvcasailor@aol.com |

Changes for the GPAS Board

Please welcome our newest board member, Al Millus! Al will bring wonderful needed expertise to the board, as well as provide another parent's perspective. Learn about all the board members at: <http://www.gpadaptive.org/Board-information.html>

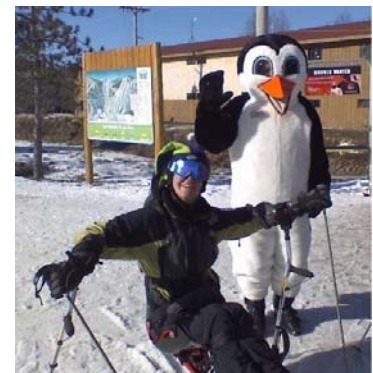


Documentation Training Session

If you missed the "Documentation at GPAS" training session on February 20, you can now access the powerpoint slides on the GPAS website at this link: <http://www.gpadaptive.org/tips/index.html>. The training provides tips on how to document accurately and usefully on the participant progress notes.

Congratulations to Brian Kaplun on Attainment of Adaptive Level II Certification

Congratulations to our newest PSIA Level II - Adaptive Instructor, Brian Kaplun!! Brian traveled to Belleayre Mountain in the Catskills to take the final module of his level II Exam. Most of us do not realize the preparation and skiing/teaching knowledge one must be SOLID on to pass all modules of the Level II - Adaptive exam, and sincere congratulations are in order. Please make sure you High-5 Brian the next time you see him. Congratulations Brian!!



News in the Syracuse Post Standard! Adaptive skiing program at Greek Peak makes for super Sunday for participants and volunteers

From *The Post-Standard*

Published: Monday, February 07, 2011

By Scott Rapp

Blind since birth, East Syracuse's Heather Galko on Sunday did not join the 100 million or so television viewers expected to watch the Super Bowl and its stupefying plethora of pre-game hype. Instead, she skied downhill most of the day. Galko, 38, skis on Sundays through the adaptive skiing program at Greek Peak Mountain Resort, south of Cortland. The non-profit, all volunteer program offers discounted skiing and instruction to participants who have a wide range of emotional, mental and/or physical challenges. Skiing, Galko said, helps glide her into a good place – both mentally and physically. "It gives me a thrill ... and puts me at peace," Galko said as she rode in a chairlift to the top of one of the trails. Overnight snow had coated the tall evergreens off to both sides of the chairlift with a layer of icing that looked like frosting on a cake.

It was a sweet day, as well, for volunteers like Hurf Sheldon, 65, who lives outside Ithaca. Sheldon has taught challenged skiers for the past 13 years and said he benefits as well – if not more -- from participating in the program. "You get a lot more out of it than you put into it," Sheldon said.

Greek Peak started the program in 1974 and provided the land for construction of the program's ski center where volunteers and participants mingle, get dressed and grab their equipment. Today the program numbers some 125 volunteers in total – all of whom ski for free -- and 25 to 50 skiers with disabilities of all ages on Sundays. Some of the participants are blind like Galko, or have autism, have had limbs amputated, experienced strokes or are paralyzed. Many of the volunteers take certified training courses and each skier is assigned at least one instructor for the morning and afternoon sessions.

At the top of Castor, a long and wide sloping trail, veteran volunteer Martin Berrgren was guiding Galko down hill. Berrgren, 50, skied about 10 feet behind and to the right of Galko as they snaked back and forth at a slow speed. Berrgren used steady vocal commands to direct the East Syracuse woman, who grew up skiing with her family and also rides horses competitively. "Turn left ... and hold ... and hold. Turn right ... and hold ... and hold," guided Berrgren, who has two young children with physical disabilities skiing in the program. Like Sheldon, Berrgren is a trained certified teacher and got hooked on the program from about the time he started in the late 1980s. "You have to give something back to society ... and this is a lot more (rewarding) than pulling out your checkbook and pen," Berrgren said.

Skiers with disabilities like Brian Kaplun ski seated on a single ski, called a monoski. They shift their weight back and forth to turn the ski and hold small skis in each hand, called outriggers, to help guide them down hill. Kaplun, 26, started skiing in the program after he was left paralyzed from the waist down in a mountain bike accident five years ago. Now the engineer at Lockheed-Martin in Owego teaches other monoskiers in the program. Like Galko, skiing gets his juices going and puts him at peace, Kaplun said. "I just really feel like I belong there. It doesn't matter what happens. I can be having a cruddy ski day or whatever, I just feel at peace," Kaplun said.

Winter Challenge Week a Success!

January 30-February 3, 2011 was another successful year for Winter Challenge Week. Here is some feedback from Aaron Holm, one of the Winter Challenge Week participants:

"The instructors were terrific. They were great coaches and provided the instruction needed for each step and then were quiet – and let you apply what you had learned. From the outside I can see where the program could be intimidating for someone who has never skied before. I would encourage anyone and everyone to seriously consider the program – regardless of whether you have skied before. The program and instructors provide everything that is needed for your success – and will work with you at the pace that you are comfortable with.

On a scale of 1–5, and assuming that 5 is the highest mark, I would rank my personal experience a 5. I look forward to mono-skiing again and hope that the sport can become a lifetime sport / activity.

Keep up the excellent work Greek Peak. I appreciate the opportunity, the hospitality and the experience! Top notch!!"

Thank you to the volunteers, under the fearless leadership of Robyn King, for providing such a high quality snowsports experience!



(This newsletter is available in alternate formats by contacting Lynn Anderson at lynn.anderson@cortland.edu)



Congratulations to Our Winter Olympians!

Several GPAS skiers competed in the 2011 Special Olympics Winter Games on February 4-5, 2011. Congratulations to the many medal winners, including Dominic Calleo, Clifford Conger, Neelam Naslund, Megan Mahon, Johanna Baker, Elizabeth Trotman, Joseph Pedro, Patick Miller, Thomas Mack, Jacob Maxwell, Michael Szabelski, James Millus, Austin Peak, David Crane, Joe Krebbeks, Tim Hertel, Jerry Crosby, Daryle Jennings, and Ariel Myers.

Full results are available here:

<http://nyso.org/WinterGames/Winter%20Games%202011%20website/winter%20games%20web%20fixed%20nordic1/index.html>.

End of Season Announcements

● **Lockers and Locker Room:**

- All lockers are to be emptied after Greek Peak's season is over and locks are to be taken off.
- The locker room should also be emptied of your gear.
- Anything left will be treated as abandoned.
- The suggested donation for a locker next season will be \$35, and we will begin assigning lockers on a first come basis starting with the orientation meeting in November.
- Those who cannot make the first meeting or who are eager to get a locker can send a check made out to GPAS starting October 1st and mail it to:
GPAS
P.O. Box 8538
Endwell, NY 13762

● **Jackets:**

- All jackets are to be turned in by March 13th.
- We plan on dry cleaning them again this year, so do not launder them.
- Be sure the pockets are empty, lift tickets and wickets are removed, the hood is secured, and your name and the jacket number are written out and placed in the inside clear pocket. We will be checking in the jackets as you return them.

● **Building Use:**

- Greek Peak Housekeeping will clean the building after the March 13 picnic. Then it is up to those who use it to clean up after themselves.
- Please do not leave things in the refrigerator; it will be turned off and cleaned after Greek closes.

● **Season Pass Eligibility - A Change**

- The Season Pass eligibility list for the **2012 season** will be created using the same formula as in the past:
- Individual Pass: 45 credited hours with training hours and teaching away from Greek Peak receiving 1/2 credit.
- Family Pass: 60 credited hours for the past 2 consecutive years with training and teaching away from Greek Peak receiving 1/2 credit.
- For the **2013 season** the total hours and computation remain the same; however:
 - to be eligible for an individual pass there will be a minimum of 12 real hours of training (6 hours credit) and a minimum of 35 hours of actual teaching of participants;
 - to be eligible for a family pass there will be a minimum of 12 real hours of training (6 hours credit) and a minimum of 45 hours of actual teaching of participants.
 - Of course, these are the hours worked next season (2012).
 - This is in keeping with GPAS's renewed emphasis on volunteer training, preparation, and professionalism.

Have a happy and safe summer!

See you in November for the Dry Land Training and General Meeting.

Keep checking the GPAS website all summer for updates and announcements.

Thanks for a great season!



(This newsletter is available in alternate formats by contacting Lynn Anderson at lynn.anderson@cortland.edu)



Greek Peak Adaptive Snowsports, a non-profit organization dedicated to providing snowsports opportunities to people of all abilities, is accepting applications for an Interim Executive Director. This is a seasonal position beginning November 1, 2011 and ending March 31, 2012.

Responsibilities: Seeking a candidate with strong skills, knowledge, education, and experience in managing and administering outdoor recreation programs, particularly with people with disabilities and a large volunteer base. The position involves management and administration of the GPAS program and facilities under the direction of the board of directors, provide guidance and leadership toward the achievement of organization's philosophy and mission, implement organization's strategic goals and objectives, provide direction and leadership throughout the day-to-day operations of Greek Peak Adaptive Snowsports, including programs, finances, fundraising, public relations, staffing and volunteers. A detailed position description is available upon request.

Qualifications: Bachelor's degree in related field, experience in outdoor recreation programming, non-profit organizations, fundraising, and volunteer management. Degree in outdoor recreation, therapeutic recreation, recreation management, public administration, or closely related area is preferred, as well as experience in an adaptive snowsports program.

Salary: Commensurate with experience. This is a seasonal five-month position, with a commitment of at least 20 hours per week, with more hours expected each week during the peak snowsports season.

Application Deadline: Review of applications will begin April 30, 2011 until filled.

Application Procedures: To apply, submit a letter of application, resume, and a minimum of 3 professional references and their contact information to GPAS Search Committee Co-Chair Dr. Lynn Anderson, Recreation, Parks and Leisure Studies Department, PO Box 2000, SUNY Cortland, Cortland, NY 13045. Questions may be directed to Search Committee Co-Chairs, Dr. Lynn Anderson at (607) 753-4942 (or lynn.anderson@cortland.edu) or Robyn King at (607) 334-4990 (robynking@roadrunner.com). (Travel costs for an onsite interview will be the responsibility of the applicant).

About Greek Peak Adaptive Snowsports: The mission of GPAS is to provide snowsports experiences and skill development for people with disabilities utilizing the safest and most effective adaptive equipment and qualified/trained volunteer staff in a fun, supportive, and positive learning atmosphere. Our vision is that, in 10 years, Greek Peak Adaptive Snowsports will have opportunities for year-round outdoor adventure sports/experiences for people with disabilities and their friends and families in central New York and beyond.

Greek Peak Adaptive Snowsports is an AA/EEO/ADA employer. We have a strong commitment to the affirmation of diversity.