



COLORADO SNOWSPORTS HALL OF FAME NOMINATION
ELLEN POST FOSTER

SPONSORED BY JAMIEN HAWKINS
CATEGORY SPORT BUILDER
ACHIEVEMENTS 1972 – PRESENT





Colorado Ski and Snowboard Hall of Fame
231 S. Frontage Road East
Vail, CO 81657

January 26, 2018

Dear Colorado Ski and Snowboard Hall of Fame Selection Committee:

I would like to nominate Ellen Post Foster to the Colorado Ski and Snowboard Hall of Fame. Ellen's contribution to the world of skiing is hard to quantify as you can see from the list of achievements below.

In 1977, Ellen traveled to Colorado after being filmed in Switzerland for Warren Miller's movie, *In Search of Skiing*. She came to Winter Park to compete in an international freestyle competition and has made Colorado her home ever since.

Ellen was inducted into the U.S. Ski and Snowboard Hall of Fame class of 2016 in the Snowsports Builder category for her contributions in skiing as an Educator. She was also recognized for her accomplishments as a world-class athlete on the professional freestyle circuit. Over the years, she has touched the lives of young people in our sport, as well as the people who coach them, and her instructional books and articles have educated and inspired instructors in Colorado and nationwide.

As a world-class freestyle competitor in 1975, Ellen was awarded "Rookie of the Year" honors for finishing 2nd overall in the women's Professional Freestyle Association's World Freestyle Tour. She is one of only 2 women to ever win an international event in each discipline (aerials, ballet, moguls, and the combined) all within a single year.

In 1980, Ellen became the youngest member of the PSIA National Demonstration Team. During her 8-year term, she devoted herself to helping young skiers excel and played an invaluable role in the conception and formation of the USSA Youth Ski League (1984). Her books, *The Alpine Skills Achievement Manual*, *Technical Skills for Alpine Skiing*, and *Race Skills for Alpine Skiing*, provided highly sought-after instruction for coaching young skiers. Ellen received the Russell Wilder Memorial Award from USSA (1993) for "outstanding achievements in focusing the interests of America's youth on the sport of skiing."

Ellen is a revered clinician, coach, and author who has been instrumental in the evolution of how ski instructors understand and teach skiing. She brought the concept of the Mountain Playground to the ski world when it became a central focus for the U.S. Team's Interski presentation in Banff, Canada (1987). She is known for her in-depth knowledge of technique and her articulate leadership and writing styles. Her award-winning book, *Skiing and the Art of Carving* (1996), was the definitive book of its time on ski instruction and how to maximize performance on today's shaped skis.

Most recently, Ellen co-authored the *PSIA Alpine Technical Manual* (2014), received the PSIA-AASI Award for Educational Excellence (2015), and is currently co-authoring PSIA-AASI's *Core Concepts* teaching manual, which will be published in the fall of 2018.

Ellen's body of work continues to have a huge impact on not only our employees here at Beaver Creek, but on skiing professionals across the state. I constantly hear from people in the snowsports industry





about how lucky we are to have her as a staff trainer. None of Ellen's lifetime of contributions to growing our sport were done with personal gain in mind. Her selflessness, humbleness, and desire to see the entire industry benefit from her offerings are what make her the perfect nominee.

Thank you for considering Ellen for induction into the Colorado Ski and Snowboard Hall of Fame.



Jamien Hawkins
General Manager
Beaver Creek Adult Ski & Snowboard School
970 754- 5306 Office
jphawkins@vailresorts.com



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EXPERIENCE OF A LIFETIME



Ellen Post Foster

Ellen's commitment to the betterment and advancement of our sport has spanned decades. Her 1970's freestyle career alone is highly distinguished, and her contributions to instruction across all levels have shaped our entire instruction industry's evolution. Having Ellen's accomplishments recognized by the U.S. Ski and Snowboard Hall of Fame preserves her selfless contributions forever, and informs the world what PSIA-AASI has known for years – Ellen is a national treasure.

~ Eric Lipton, PSIA National Alpine Team, 2017

U.S. Ski and Snowboard Hall of Fame

Induction video:

<https://youtu.be/ps-ZU2Ninac>

Awards and Recognition

- 2016 U.S. Ski and Snowboard Hall of Fame, Class of 2016
- 2015 PSIA-AASI Educational Excellence award "In gratitude and recognition of prolonged and outstanding educational contributions to PSIA-AASI"
- 2011 Pioneers of Freestyle award, U.S. Ski and Snowboard Hall of Fame
- 1993 USSA Russell Wilder Memorial Award for "...outstanding achievements in focusing the interests of America's youth on the sport of skiing."
- 1986 Top Skiing Women, *SKI Magazine*
- 1975 Rookie of the Year, Professional Freestyle Association

Books Authored:

- 2018 PSIA-AASI Core Concepts Manual (co-author)
- 2014 PSIA Alpine Technical Manual (co-author)
- 1996 *Skiing and the Art of Carving*
- 1995 *Technical Skills for Alpine Skiing*
- 1994 *Race Skills for Alpine Skiing*
- 1993 *Conditioning Skills for Alpine Skiing*
- 1992 *Alpine Skills Achievement Manual: Wedge Turns to Race Turns*



Movies and Videos:

- 1998 *Skiing and the Art of Carving, the Film* (author, co-producer)
- 1988 *Perfecting Parallel Skiing* (author, demonstrator, director)
- 1987 *PSIA Center Line National Standards* (demonstrator and contributing writer)
- 1977 Featured in *In Search of Skiing*, a Warren Miller movie filmed in Switzerland

Accomplishments

- 1992-2000 Co-founder of Turning Point Ski Foundation, a non-profit organization created to provide educational materials (books, videos, articles) for instructors, coaches, and parents to help young skiers strive for excellence.

- 1984-99 Editor, USSA Youth Ski League's *Alpine Star* newsletter and the *Kid's Klub* column in *International Ski Racing* newspaper
- 1984 Created the USSA Youth Ski League with Walt Evans
- 1982-2017 Numerous articles published in 8 ski-specific periodicals



Competition Highlights

- 1987 1st place Giant Slalom, Japanese National Ski Instructor's Race, Madarao, Japan
- 1985 1st place, Ski Meister Championships, Winter Park, CO (Nordic jumping, cross-country, SL, DH)
- 1976 4th place, Women's Overall Championship, Colgate Women's Freestyle Tour
- 1975 2nd place, Women's Overall Championship, PFA World Freestyle Tour
- 1975 A 1st place finish in each discipline: aerials, ballet, moguls, and the combined all within one year of international freestyle competition
- 1973 1st place, Junior National Championship of Exhibition Skiing, Waterville Valley, NH



National Positions

2013–present	Clinician, USSA Sports Education and Evaluator, USSA SkillsQuest
2012, 2016	Selector, PSIA National Alpine Team
1987	Clinician, PSIA National Demonstration Team, Madarao, Japan
1987	Interski Demonstrator, PSIA National Demonstration Team, Banff, Canada
1983	Interski Demonstrator, PSIA National Demonstration Team, Sesto, Italy
1980–88	Member, PSIA National Demonstration Team (clinician nationwide)



Coach and Instructor Positions

2014–present	Staff Trainer, Beaver Creek Ski and Snowboard School
2016–present	PSIA-RM Education Staff member
1988–89	Head Coach, Vail Development Team, CO
1979–86	Race Coach and Age Class Program Director, Winter Park Race Team, CO
1980–90	PSIA-RM Education Staff member
1978–80	Instructor, Winter Park Ski School, CO
1972–73	Coach, Jiminy Peak Junior Freestyle Team, MA

I submitted Ellen Post Foster to the U.S. Ski and Snowboard Hall of Fame...As a kid, Ellen taught me discipline, work ethic, and focus through her books and in person. She has surrounded her life with our sport and has made an impact."

~ Steven Nyman, U.S. Ski Team

Ellen's contributions to ski instruction in the U.S. are unique, far reaching, lasting, and ongoing. Her involvement with the PSIA Alpine Technical Manual, and it's supporting documents and videos, will help to guide the careers of the next generation of American Snowsports leaders. I personally owe much of what I have learned and am able to pass on as a PSIA Alpine Team member and instructor trainer to her significant contributions and efforts to grow our sport.

~ Jonathan Ballou, Director of Operations
Ski & Snowboard Schools Aspen Skiing Company

The lessons learned from Ellen have helped me develop a clear philosophy on coaching and a continual pursuit of deeper knowledge that led me into the position of Sport Education Director for the U.S. Ski and Snowboard Association. She made us students of the sport.

~ Jon Nolting, Athletic Director
Steamboat Springs Winter Sports Club





ROCKY MOUNTAIN DIVISION
Professional Ski Instructors of America
American Association of Snowboard Instructors

January 15, 2018

Dear Colorado Ski and Snowboard Hall of Fame voting panel:

It is my pleasure to write a seconding letter in support of Ellen Post Foster's nomination to the Colorado Ski and Snowboard Hall of Fame. I have known of Ellen Post Foster since I entered the snowsports industry in 1998 when I bought her book *Skiing and the Art of Carving*. Since then, I have gotten to know Ellen both professionally and personally through the Vail/Beaver Creek Ski Schools and through her current role as an Education Staff member for PSIA-Rocky Mountain. I can't think of a more deserving person to be inducted into Colorado's Ski and Snowboard Hall of Fame.

Over Ellen's career as an educator, she helped create the current foundation of knowledge and understanding in the snowsports education field. Most recently, she co-authored PSIA's Alpine Technical Manual and is currently co-authoring PSIA's new Core Concepts manual. These manuals are considered the current "bibles" for alpine and all snowsports education nationally and here in Colorado. Her ability to articulate concepts and technique through her writing and presentations have given snowsports instructors the baseline of knowledge to impact Colorado's resort guests and help resort schools grow the sport.

As a resident of Colorado, Ellen has also demonstrated world-class athleticism and skill throughout her career that began with winning national and international freestyle competitions. She was selected twice to PSIA's National Demonstration Team where she represented the US as an Interski demonstrator in Canada and Italy. Her skiing has been documented through images in manuals and such movies as Warren Miller's *In Search of Skiing*. Most recently, she joined the PSIA-RM education staff in 2016 where she conducts education clinics and facilitates exams for our membership. These roles require her to demonstrate at the highest level of PSIA's national alpine standards.

When I think of ambassadors of the sport, Ellen comes to mind. In fact, I'd call her an inspirational ambassador. She has proven success with PSIA, USSS (formerly USSA), competition, authoring a variety of manuals on education, race and technique, and also working as a boot fitter. She has the experience and respect to draw attention and respect from all corners of the snowsports industry. Her accomplishments led to her induction into the US Ski and Snowboard Hall of Fame in 2016. In my mind, Ellen's career achievements make her an icon in the snowsports industry here in Colorado and in the United States.

I hope you will agree with me that Ellen Post Foster belongs in the Colorado Ski and Snowboard Hall of Fame. She is soft-spoken, but when she speaks, Colorado and the entire country listen.

Sincerely,

A handwritten signature in black ink, appearing to read "D. Goo", is written over a white background.

Director of Education
PSIA-AASI Rocky Mountain



Professional Ski Instructors of America
American Association of Snowboard Instructors

January 15, 2018

Colorado Ski and Snowboard Hall of Fame

Dear Hall of Fame Induction Committee,

On behalf of the PSIA-AASI, please accept our highest recommendation for Ellen Post Foster's induction to the Colorado Ski and Snowboard Hall of Fame. Already named to the U.S. Ski and Snowboard Hall of Fame, Ellen continues to give back to the industry where she has made her home and family. With tireless commitment and passion, her educational contributions have inspired and influenced so many instructors and coaches. As a mentor, her desire to see the potential greatness in others is what has defined Ellen's career in the snowsports industry.

Ellen continues to push and drive the industry, earning the Educational Excellence Award for PSIA-AASI in 2015. As she is a long time Colorado local, living in Edwards, CO., we have had the pleasure to work with Ellen as she co-authored the PSIA-AASI Alpine Technical Manual and Core Concepts Teaching Manuals. Working as the project manager, Ellen works with subject matter experts from around the industry including fellow educators within the Colorado region of the association. She has published numerous educational resources and books for professional growth in snowsports instruction and has served as a technical reviewer for countless PSIA-AASI articles.

From 1980-88, Ellen served on the PSIA-AASI National Education Team, devoted to representing the association at the highest level of education. Since her term, she has been an inspirational mentor to so many Colorado instructors, instrumental in the planning and preparation of the National Team selection process. Her involvement in the 2012 and 2016 selection processes included facilitation of scoring the application components and evaluating performance on snow. Ellen worked to train and mentor aspiring rocky mountain instructors applying to the selection through regional training events. As an active Examiner, Ellen continues to teach, train and coach within the Rocky Mountain division of PSIA-AASI and mentor instructors at Beaver Creek, CO.

Ellen is truly an exceptional person who has always worked incredibly hard to help others achieve what they did not think was possible. Her tenacious spirit to push and drive initiatives, simply inspires everyone around her to be better. It is an honor to recommend Ellen Post Foster to the Colorado Ski and Snowboard Hall of Fame as we cannot think of a more deserving candidate.

Thank you for the opportunity and consideration.



Dave Schuiling
Director of Education
PSIA-AASI



Nicolas Herrin
CEO
PSIA-AASI

Ellen Post Foster was inducted into the U.S. Ski and Snowboard Hall of Fame class of 2016 in the Snowsports Builder category for her contributions as an Educator. An 8-year member of the PSIA National Demonstration Team, she has educated and inspired instructors in Colorado and nationwide. Author of 5 instructional books, including *Skiing and the Art of Carving*, Foster is a revered clinician, coach, and author who has been instrumental in the evolution of how ski instructors in Colorado understand and teach skiing. She also co-authored PSIA's Alpine Technical Manual and PSIA-AASI's Core Concepts teaching manual.

