

Julia Heiden  
Bromely Mtn. YAP

I have participated in the Young Adult Patroller Seminar at Bromley Mountain. This was the first one I had been to even though this is the end of my second season as a ski patroller. I patrol at Mountain Creek in Vernon, New Jersey. This past January I turned 17 and have been training since I turned 15.

For as far back as I can remember, I've dreamed of being a ski patroller. When I was 10 I would go with my dad and watch him and the other patrollers care for injured guests and keep the mountain safe. Skiing is my favorite thing to do. I love being a Ski Patroller because I am able to do two things I love; ski and help people.

I remember when I was skiing with my father one day and everyone was out taking care of accidents. We ended up finding an injured snowboarder. The patient's pants weren't ripped, but beneath them his knee was cut open to the point where I could see his bone and muscles. With no one else to help, I stood there and handed my dad bandages. At the time I was around 10 years old so my dad had been worried about how I felt about it. When he asked me, I told him that it didn't bother me because I wasn't the one hurt. That's when he said he knew I was going to be a good ski patroller.

Bromley is a beautiful mountain and everyone there was so friendly. Through the training that we had every night I learned about search and rescue and new techniques to bandage and splint injuries. We participated in leadership and team-building activities. All of the other young adults at the seminar were fun and easy to work with.

The sled and toboggan portion of the competition was in the moguls. Mountain Creek never gets moguls on a trail so I never had the opportunity to train in them. I was first to pull the sled in my group. The two of my other team members had both done it before

and instead of being upset they had to work with me they gave me encouragement and help.

I won the award for the Best Patient Assessment. This was an honor for me considering all of the intelligent and hard-working individuals I competed against. My assessment would not have won without the phenomenal instructors I had.

Being a member of NSP is extremely rewarding. It is full of a great group of people. Being a Ski Patroller pushed me towards becoming an EMT. Thanks to all I have learned through being a Patroller, I became an EMT in December. I plan on being a Ski Patroller for the rest of my life. There is nothing else I could see myself doing in the winter.