



## U.S. Ski Team Recommended Publications

### Psychology:

Burton, D. & Raedecke, T. *Coaches Guide to Sport Psychology*. Human Kinetics Publishers.

Csikszentmihalyi, Mihaly. *Flow: The Psychology of Optimal Experience*. Harper Perennial 1990  
ISBN 0060920432

Dweck, C. S. *Mindset: The new psychology of success*. New York: Random House 2006

Hammermeister, J.J. *The Art and Science of Coaching Excellence*. Warde Publishers

Hammermeister, J.J. *The Building Blocks of Success for Sport Coaches and Teams*. Warde Publishers. Nov. 2009

Hammermeister, J.J. *Cornerstones of Coaching*, Copper Publishing Group, 2010

Orlich, Terry. *In Pursuit of Excellence: How to Win in Sport and Life Through Mental Training*. Human Kinetics 2000. ISBN 0736031863

### Physiology:

Holmberg, Hans-Christer. *Physiology of Cross-Country Skiing*. 2005 ISBN 9185910953

Bompa, Tudor O. *Periodization: Theory and Methodology of Training 4<sup>th</sup> Edition*. Human Kinetics 1999. ISBN 0880118512

Costill, David L., PhD. *Inside Running*. Cooper Publishing Group, LLC 1986

Olbrecht, Dr. J. *The Science of Winning*. Published by Jan Olbrecht 2000

Rusko, Heikki. *Cross Country Skiing*. Blackwell Science Ltd 2003.

USSA. *Cross Country Training System*, 2010 [http://educationshop.ussa.org/Nordic\\_c\\_7.html](http://educationshop.ussa.org/Nordic_c_7.html)

### Pedagogy:

USSA Level 100 Coaching Manual, 2011

[http://educationshop.ussa.org/Level-100-Cross-Country-Exam\\_p\\_93.html](http://educationshop.ussa.org/Level-100-Cross-Country-Exam_p_93.html)

NENSA Coaches Manual, 2007 <http://www.nensa.net/publications/>



**U.S. Ski and Snowboard Association**  
The National Governing Body for Olympic Skiing and Snowboarding

**Nutrition:**

The Roll of Adequate Nutrition for Performance and Health for Female Cross Country Skiers  
2006/7 (Free PDF)

<http://www.fis-ski.com/data/document/nutrition-for-female-cross-country-skiers-0607.pdf>

**Lifestyle:**

Vordenberg, Peter. *Momentum: Chasing the Olympic Dream*. Out Your Backdoor Press 2003

**Technique:**

United States Ski and Snowboard Association, Cross Country Technique Fundamentals CD. 2007

[Http://educationship.usa.org/Nordic\\_c\\_7.html](Http://educationship.usa.org/Nordic_c_7.html)

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