



LEVEL 200 – ALPINE TECHNIQUE & TACTICS Clinic Information

The Level 200 Alpine Technique and Tactics course is a 3-day course designed to build on the Alpine Ski Fundamentals introduced in the Level 100 clinic and on basic course setting principles. We will introduce racing tactics, and discuss its relationship with a racer's ability, the course, and technical skills. Progressions will be presented that span all of our training modalities, from freeskiing through drills in gates and outside of gates and into race simulation training. Coaches will learn new gate drills to accomplish technical and tactical goals, and will gain experience in setting these. Classroom discussion following the on-hill sessions will cover a more in depth discussion of tactics, course setting, course inspection, course reports, and race day planning. At the end of the clinic, coaches will have a strong understanding of the relationship between technique and tactics and will have a broad range of drills and exercises they can use to teach these skills. In addition, coaches will learn how to be more effective on race day to help their athletes perform with confidence and consistency.

What to bring (*-optional items if you have them):

- ✓ Drill
- ✓ Gate wrench
- ✓ Range finder*
- ✓ Course setters tape*
- ✓ Notebook/pencil for on-hill notes

Clinic schedule (subject to change, specific locations and details will be emailed):

Day 1

- 8:00 Meet instructor indoors, review clinic program, pick up lift tickets
- 8:30-11:30 On-snow - exploring the training environment & effective use of the mountain
- 11:30-12:30 Lunch
- 12:30-3:30 On-snow - transitioning into gates: gate drills with a technical emphasis
- 3:30-4:00 Break
- 4:00-6:00 Classroom – introduction to tactics

Day 2

- 8:30-11:30 On-snow – know the course, finding the right tactics
- 11:30-12:30 Lunch
- 12:30-3:30 On-snow – tactics gate drills
- 3:30-4:00 Break
- 4:00-6:00 Classroom – tactics, course inspection, course reports, and race day

Day 3

- 8:30-11:30 On-snow – gate drills: hands-on setting
- 11:30-12:30 Lunch



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



12:30-2:30 On-snow – gate drills: hands-on setting
2:30-3:30 Classroom – review & wrap-up

Clinic materials:

As part of the clinic registration, participants will receive two USSA Sport Education CD's: Alpine Training Environment and Alpine Tactics. The instructor will hand these out at the clinic. Participants will also receive a pdf copy of the Alpine Course Setting Handbook.

Clinic exam:

To receive Level 200 certification, clinic participants must pass an on-line exam covering the materials from the clinic. A link to the exam will be emailed to participants following the clinic, we encourage participants to take the exam right away. The exam is open book/CD and includes both multiple choice and open-ended questions based on video to test the participant's understanding of the material.

Level 200 certification:

The Alpine Technique and Tactics course and exam are one part of Level 200 coach certification. To complete Level 200 coach certification, the coach must also become a Level 1 Alpine Referee and complete four sport science and/or sport management requirements. For details, go to <http://www.ussa.org/magnoliaPublic/ussa/en/formembers/coaches/certviewer.html>.

For more information:

Contact USSA Sport Education at (435) 647-2050 or email education@ussa.org.



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