



USSA Level 300 Speed Technique & Tactics On-Snow Clinic Outline and Schedule

This Level 300 Speed Technique and Tactics On-Snow Clinic is only a generalized schedule. It is subject to change depending on the instructor criteria, lift operation times, etc. Changes to the schedule will be sent via email to those registered for the clinic.

Day One

- 7:00am: Meet with instructor for introductions and registration
- 8:00-9:00am: Course/venue inspection, risk management and safety issues
Athlete observation and discussion for jumping & terrain and tactics
- 9:00-9:30am: Break
- 9:30-11:30am: On-snow coaching assessment for jumping & terrain and tactics
- 11:30am-12:30pm: Lunch
- 12:30-3:00pm: Athlete observation and on-snow coaching assessments for carving & transitions, stance & balance, gliding & aerodynamics
- 3:30-7:30pm: Classroom session
-Daily review
-Speed DVD review

Day One

- 7:00am: Meet with instructor for introductions and registration
- 8:00-9:00am: Course/venue inspection, risk management and safety issues
Athlete observation and discussion for jumping & terrain and tactics
- 9:00-9:30am: Break
- 9:30-12:00pm: On-snow coaching assessment for jumping & terrain and tactics
- 12:00-1:00pm: Lunch
- 1:00-4:00pm: Afternoon classroom session
-Daily review
-Speed DVD review
-Level 300 continuing education
-Wrap-up and Q&A