

# Ski Jumping/Nordic Combined Coaches Seminar

July 28-29, 2010

USSA - Center of Excellence

1 Victory Lane

Park City, Utah



*Coaches, officials, athletes, families & friends:*

*Please attend this year's Ski Jumping & Nordic Combined Coaches Seminar. We have assembled a trio of experts to share information that will help TEAM USA in their ongoing quest to be BEST IN THE WORLD. We hope you will join us for this year's presentations. See you in Park City!*

*USSA Staff*

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Wednesday, July 28

12:00-13:30: FAT DON'T FLY – Nutrition for Ski Jumping & Nordic combined athletes  
Adam Korzun – USSA Sports Nutritionist  
\*Light lunch served

13:30-15:00: GET STRONG – Strength & power training for ski jumping and Nordic combined skiing  
Alex Moore: USSA Strength & Conditioning Manager

Thursday, July 29

19:30-21:00: BEST IN THE WORLD – Planning for excellence in Nordic combined skiing  
Dave Jarrett – Head Coach, US Nordic Combined Team  
*This presentation follows the national championship reception at Utah Olympic Park*

**RSVP: [gpoirier@ussa.org](mailto:gpoirier@ussa.org)**

**\*There is a \$20 donation to cover seminar incidentals**