

USSA COACHES EDUCATION- 07 FEBRUARY **BULLETIN**

General News

Welcome to the USSA Coaches Education monthly update. The goal of the bulletin is to regularly update our members through an easily accessible medium. The update will be organized under general topics for quick identification and access. The bulletin will be a helpful tool for coaches to stay current on USSA education news. Be sure to check out the information below.

World Championships – Are, Sweden:

Julia and Lindsey have continued where they left off at the World Cup – establishing themselves as the two best '84s in the world! Together they are taking on the world and bringing the rest of the team with them. Success stimulates more success, and Kaylin Richardson, Libby Ludlow, Resi Steigler, and Jessica Kelly have all responded with some of their best result ever, including 4 women in the top 20 in the downhill on Sunday. Hang on to your skis, the Worlds are not over yet – there is more to come.

Clinic Scheduling for 2007-08 Season:

It's not too early to start planning for your 2008 Level 100 or Level 200 clinics. We are already receiving requests for "Program" clinics, as well as regular open clinics. Save you and your coaches time, travel, and lifts tickets, by hosting a "Program" clinic at your ski area. Contact Erin Bordley with possible dates for the 2007-08 season.

Cross Country Technique Fundamentals CD: Limited Time offer for Cross-country coaches and athletes!

Developed by US Ski Team coaches, the brand new Cross Country Technique Fundamentals CD is a revolutionary teaching tool that features Olympic and National Team members Andy Newell, Kikkan Randall, Chris Cook, Andrew Johnson, Kris Freeman and more. This CD lays the foundation for both Classic and Freestyle techniques on which we can build a consistent technical program that will continue to develop great cross-country skiers for years to come. For use by coaches and skiers of all ages and abilities, this highly interactive CD features:

- How mastering these skills will improve your athletes skiing
- Detailed explanations and videos of 20 new cutting-edge drills demonstrated by members of the USST and top junior racers
- World Cup footage of these skills used in races.
- Templates for designing customized lesson plans

Whether you are a recreational XC skier, a weekend-warrior, or an elite racer, mastery of the drills and concepts demonstrated within this video will sharpen your skill set with a new edge.

To get \$5 off until March 1, 2007, use Discount Code: **X-Country**

To order go to: <http://educationshop.ussa.org>

From US Snowboarding: A Theory of Revolution DVD: Limited Time offer for Snowboard coaches and riders!

Great music, just the right amount of tech-talk, and SUV-loads of the finest video take the guesswork out for aspiring pipe riders, and make it easy for you to get out there and do this stuff ASAP. Watch, listen, and learn – then go do it. Get to know the riders, listen to the coaches talk, and watch as the video speaks for itself. If you're looking to progress in the pipe, it doesn't get any better than this. Off-the hook bonus sections will get you stoked, and put you in the proper mood. Add the tricks outlined in this volume to your personal collection. Learn them, put your own twist on them, and then get ready for more.

Featuring Olympic gold and silver medalists Hannah Teter and Gretchen Bleiler, with bonus inspiration provided by 2006 Head Olympic Halfpipe Coach Bud Keene, this video will help to accelerate progression in the halfpipe. Whether you are a rider, a coach, or a parent this DVD will enhance your role. Listen to the best in the world tell it like it is, and like it needs to be told.

To get \$5 off until March 1, 2007, use Discount Code: **Revolution**

To order go to: <http://theory.ussnowboarding.com/>

Coaches Apparel Shop:

Visit the Coaches Apparel Shop at the U.S. Ski Team Online Shop for authentic USSA Coaching apparel - complete with the U.S. Ski Team logo on the front and 'USSA Coaching' embroidered on the back. Plus, USSA Coaches get a 10% discount at the shop! For a limited time, receive a FREE U.S. Ski Team Short-Sleeve Logo Tee with the purchase of a jacket or vest from the Coaches Apparel Shop. This Special Offer will pop up once you've added these products to your cart. Offer expires on 2/28/07.

<http://shop.ussskiteam.com/store/home.php?cat=281>

<http://shop.ussskiteam.com/store/home.php>

Officials Corner

In an attempt to integrate Coaches Education with the Officials Committee we will now be including an "Officials Corner" in the monthly email blast. This section will include information on rules, the competition guide and general officials information we feel is important for coaches to know. The first entry is a question taken from the Level 100 Alpine Ski Fundamentals examination. The reason we have included this question is that it is generally answered incorrectly. The question will be posted below. The answer will be posted with the corresponding rule on The Coaches Ed Forum.

In general, the _____ makes decisions on all questions not clarified by the USSA Alpine Competition Regulations.

- a) Technical Delegate
- b) Chief of Race

- c) Jury
- d) Organizing Committee