

USSA COACHES EDUCATION-2007 JANUARY 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.

U S Ski Team World Cup Success:

Another World Cup - another win! Mancuso wins the Cortina Super G for her third victory of the season in three different events! While a World Cup victory is still very hard to achieve, the team continues to expand the number of American athletes scoring World Cup points and achieving personal bests. The team is currently number two overall as they head into the World Championships in Sweden this February. The success of the team is based on many factors and one of which is the system used to teach the fundamentals of technique and tactics. That system is the same system taught in USSA Level 100 and Level 200 clinics. While Coaches Education stresses that our system is not the only way to teach skiing, it is a system that is tested on the World Cup, Europa Cup, and Nor-Am circuits' week in and week out. We encourage all coaches to participate in various USSA educational opportunities: on-snow clinics, using the Coach's Resource Center, and applying the wide variety of educational CD-ROMs.

Fundamentals of Giant Slalom (new posting on the Coaches Resource Center)

A new posting on the coaches' resource center is a presentation of the Fundamentals of Giant Slalom by Finn Gundersen (This is an expanded article from the USSA Master's fall issue – with corrections for a “miss-numbered” Blardone montage). Using three Ron LeMaster athlete montages (Italian Massimiliano Blardone, Canadian Francois Bourque, and American Bode Miller), the presentation describes the common GS fundamentals that are relevant and useful for all competitors. The posting is not designed as a complete discussion of all the elements of GS, but more a listing of a number of the key fundamental elements that would be helpful to all coaches and athletes. Further comments and contributions are welcome.

SL Course Setting with Delay Gates

A frequently asked question at our Level 200 clinics is: “Are delay gates still used within the maximum 13meter distance and how are they counted?” (Or variations of this basic question). After reviewing the FIS Precisions and Instructions for the 2006/07 Season, Edition 2, and after consulting with FIS TD and USSA Staff member Lester Keller, the answer is: the delay is not considered a turning gate, the 13meter maximum distance from turning pole to turning pole applies (in other words a setter doesn't get a few extra meters because he/she inserted a delay). Therefore are delays out? Yes and no. Racers are seeing less but delays are still used as needed to change rhythm, change course direction, maneuver around a piece of terrain, etc. Delays were used at the Beaver Creek World Cup. Advice - whether in training or races, set delays within the FIS/USSA regulations as

needed. Using the delay gate within the 13m will often appear to “crowd” or “clutter” the set, but they are still being used and should be practiced.

World Cup Winning Runs 2005-2006

World Cup Winning Runs 2005-2006 is now on sale! Check out over 100 winning runs in Slalom, Giant Slalom, Super G and Downhill from the 2005-2006 season. This year's Winning Runs includes more American skiers pulling runs from American women who finished within the top ten and American men who finished within the top five, including the historic Beaver Creek 1-2 punch from Daron Rahlves and Bode Miller in the Downhill and Giant Slalom.

Get your copy today with a special 10% Discount on all **World Cup Winning Runs DVDs**. Enter **Groundhog** as the discount code when checking out. Offer expires February 2, 2007!

USSA Coaching Spyder Jackets

Check out the hot new Spyder Coaches Product available now at the U.S. Ski Team Online Shop. Click on the link below to go to the Coaches Apparel Shop and have a look at these great authentic Spyder styles with the USSA Coaching logo embroidered on the back. The U.S. Ski Team Online shop is the only place to purchase these authentic USSA Coaching products. Plus, register on the shop with your USSA Coaches Membership and you'll receive your 20% member discount.

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

Coaching Clinics

The following clinics will be offered around the country over the month of February. Coaches Ed is beginning to set the spring clinic schedule. Check the Education Shop for updated clinics!

Eastern:

Mt. Cranmore Level 200 Alpine Training Environment February 2-3, 2007 (spots still available)

Mt. Creek Level 100 Alpine Ski Fundamentals February 10-11, 2007 (spots still available)

Wachusett, MA Level 100 (**Rescheduled**) February 25-26, 2007 (spots still available)

Central:

Cascade, WI Level 100 Alpine Ski Fundamentals February 17-18, 2007

Rocky:

No clinics scheduled for February

Western

Not confirmed yet = Northstar Level 100 Alpine Ski Fundamentals week of February 12, 2007.