

USSA COACHES EDUCATION - JULY 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 alpine news. Be sure to check out the information below.

2007-2008 Coaches Clinic Schedule

Check out our website on September 1, 2007 to view the new 2007-2008 Coaches Clinic Schedule. Online registration will open for all posted clinics on October 1, 2007 at <http://shop.usskiteam.com/store>

July 18, 2007 – Groundbreaking for the USSA Center of

Excellence Last week was a historic day for your association – the start of construction on the new Center of Excellence (C.O.E.). For more complete details go to the ussa.org website for the complete story on the new headquarters for USSA. Education will play an expanded role in the Center – offering clubs, coaches, and athletes, valuable educational opportunities both on-site and through Internet delivery. Over the coming year and a half, Education will begin to describe all the educational benefits for our members that will be housed in the Center.

New Educational Resources – 2007 WINNING RUNS

The 2006-2007 World Cup Winning Runs DVD is out! This year's 2 disc DVD, featuring over 100 Winning Runs in all 4 disciplines, continues the trend from last year of adding more Americans. The DVD also features a number of races in enhanced HD quality for even better viewing. The 2007 Winning Runs is the best collection of World Cup skiing available. To order, visit us at the education shop at ussa.org.

Coaches Resource Center – Web Update

Reminder - the Coaches Resource Center at www.athletics.ussa.org is operational. The site contains: General Alpine Information, a Coaches Forum, and a site for posting available job opportunities that are viewed frequently by coaches around the country. We urge all coaches to become familiar with the Resource Center. On a related note - USSA is currently in the midst of a complete evaluation of its operating websites – stay tuned for further information on this exciting new development.

2007 USSA Elite Performance Conference – Report

In June, Park City was the site of the first Level 300 and above Elite Coaches Conference. Invitations were sent to 150+ coaches from the top development programs in the country. Over two days, 17 presentations were made from sport

science to the latest trends on the World Cup to a video slalom study of Junior I-II-III athletes. As the season approaches, a number of these presentations will be posted on the Coaches Resource Center and used in various fall educational seminars throughout the country.

Coming in October...

We are in the middle of developing of newest Educational DVD – Core Training (final title to be determined). It's a 2-DVD Set, on Disk 1 there are over 100 core exercises that will be demonstrated and explained in detail, and on Disk 2 – there are 9 Core Workouts that Olympic Athletes will be leading. We had great participation from a lot of our top athletes from all our sports, Ted Ligety, Steve Nyman, Lacey Schnoor, Alissa Johnson, Jessica Jerome, Shannon Barhke, Landon Gardner, and Billy DeMong. Workouts were shot in the USSA Training Center as well as down at the Olympic Training Center at Chula Vista, CA with several athletes from other Olympic Teams. The best part of all – it will be a DVD! (So Yes! It can be used it in Macs, PCs, and in TVs!) Coaches and athletes will find invaluable, complete with printable PDF exercises and workouts. Reserve your copy at a special **Introductory Price of \$24.99!** To be added to the list, email Dave McCann at dmccann@ussa.org. Don't Miss This Opportunity!