



USSA Alpine Coach Education System Update – Fall 2010

In an effort to better meet the needs of USSA member alpine coaches, USSA Sport Education has made a few changes to the alpine coach clinic and certification structure. This document is to summarize these changes and to update coaches on the new developments in the Sport Education department for the upcoming season.

Level 200 clinic re-alignment and pre-requisite

The Level 200 on-snow clinic has been consolidated into a 3-day clinic covering Alpine Technique and Tactics. This content will build on the Alpine Ski Fundamentals discussed in the Level 100 clinic, bringing in gate drills and discussion of line and technique for racing in all the alpine disciplines. For coaches to get the greatest benefit from the gate drills and tactics discussions, we are requiring that coaches have experience in course setting prior to attending this clinic. To that end, we have created a 1-day Introduction to Course Setting clinic (see below) that will serve as a pre-requisite to the Level 200 clinic. Coaches who are already experienced course setters may opt out of the Course Setting clinic by submitting a course setting recommendation form completed by a Level 300 coach or higher, or a Level 2 chief of race or referee. This will allow all coaches at the Level 200 clinic to get meaningful hands on experience taking their course setting to the next level using appropriate gate drills and training aids to achieve their training goals with their athletes. The on-line exam for Level 200 will include the topics covered at the Alpine Technique and Tactics clinic, as well as topics of course setting rules and principles.

Introduction to Course Setting clinic

This is a new, one-day clinic that is open to any interested coach to learn or gain insight in course setting. Previous course setting experience is not required. All participants will get hands-on practice with slalom and giant slalom courses. The course will cover setting to the rules, setting for safety, setting for training goals, and setting for competition. Concepts will be followed up on in the classroom after the on-snow training. Participants will receive a Course Setting handbook prior to the clinic to help them prepare. The goal of this clinic is to give coaches the confidence in their ability and the knowledge to set safe and fair courses in training or competition.

National Coaches Academy

The Fall Alpine Coaches Academy will be held November 6-9 in Colorado. This 3-day event marks the return of higher education for ski coaches, and is open to Level 200 certified and higher level coaches. There are three full days with on-snow sessions with the U.S. Ski Team staff and athletes, followed by classroom presentations by U.S. Ski Team coaches and other USSA experts. This Fall Academy will be an annual educational event. A spring coaches school is in the works as well.

Level 300 GS Clinic

The Level 300 on-snow clinic series is completed with the debut of the new Level 300 Advanced GS Technique and Tactics clinics. The first Level 300 GS clinic will be held November 18-19 at Loveland, CO. The supporting curriculum in sport science and sport management are being developed.

Center of Excellence TV

USSA Sport Education continues to post videos with analysis of ski racers from the World Cup through juniors in competition and training for coaches to use as examples and their own education. We are targeting posting many more drills this season that coaches can use with their athletes at all levels. All coaches can watch, download, and play these videos free of charge on their computer this season. Dartfish has a new FREE player program that allows coaches to organize their downloaded clips, and play them at any speed with the coaching points and key frames preserved (just click on the download option and it will ask you if you want to install this free program). For all the videos, go to www.dartfish.tv/ussa.

World Cup Winning Runs DVD

The new 2009/10 World Cup Winning Runs DVD set has some new features, including commentary on selected runs and venues by U.S. Ski Team coaches, technicians, and experts, to give you a unique perspective into the World Cup. As usual, you also get over 150 of the year's fastest runs, including the best runs by the U.S. skiers. The Winning Runs DVD set can be purchased at <http://educationshop.ussa.org>.

Staff Updates

Ron Kipp joined USSA Sport Education as the Alpine Education Manager in June and will manage the alpine clinics, academies, curriculum, and content. David Green started in the new position of Sport Education Resource Developer in August and will work to increase the quality and quantity of video resources provided by USSA both free through Center of Excellence TV and for purchase through the Education Shop. Chelsea Steinbach will continue to handle coaches administrative needs for clinics and certification. Jon Nolting oversees the Sport Education Department, working with all USSA sports, including alpine.

Contact Us

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