



USSA Eastern Region – Alpine Fall Festival
Radisson Hotel and McIntyre Ski Area, Manchester, NH
October 4-6, 2013

Friday, October 4

(Radisson Hotel)

7 – 8pm

Welcome Reception (Recommended for: All Attendees)

Please join the USSA staff in the Hotel Lobby for a short reception. This is an opportunity for membership to meet their contacts at USSA.

Saturday, October 5

(Radisson Hotel)

9 – 9:30am

Welcome Address (Recommended for: All Attendees)

Opening remarks by USSA Eastern Staff.

9:45 – 10:45am

Presentation: Conditioned for Success (Athletes, All Attendees)

Martin Guyer, Eastern Region Development Coach, and Eastern members of the USST talk about ways to get fit going into the season, how it can help you avoid injury and how to get to the next level from the East.

Presentation: Being a Ski Racing Parent (Parents, Club Leaders)

Join Brian Krill, USSA Club Development Manager, for a talk about how to most effectively support your child, their coaches and their club.

11 – 12pm

Forum: Youth Development (All Attendees)

Talk about keys to youth development with members of the Eastern Children's Racing Committee.

Forum: Changes in Equipment (All Attendees)

Hear about the changes in equipment, how they are affecting ski racers, what they mean for your athlete and what you can look for going forward.

Activity: Get to Know Your Eastern Teammates (Athletes, Coaches)

Come meet and get to know USSA Eastern Staff, Eastern members of the USST and athletes from outside of your home state.

12pm

Lunch

1 – 2pm

Presentation: Club Excellence (Club Leaders, Coaches, Parents)

Brian Krill presents the new Club Development program and how it can help your team.

Forum: Trust in the East (Coaches, Club Leaders)

As coaches and club leaders, how can we learn to trust each other and USSA in order to benefit the athletes?



U.S. Ski and Snowboard Association
The National Governing Body for Olympic Skiing and Snowboarding

2 – 5pm **Activity: Age Specific Physical Assessment** (Athletes, All Attendees)
Martin and Tom Ashworth, USSA Eastern Youth Coordinator, will roll out age specific physical assessment as outlined by USSA Sport Science Department and host other activities assisted by Eastern USST members. Parents and coaches are encouraged to join in.

2:15 – 3:15pm **Presentation: Technical Observations** (Athletes, All Attendees)
Ron Kipp, USSA Alpine Education Manager, presents observations he's made in his role working with coaches, clubs and athletes across the country.

3:30 – 4:30pm **Forum: Getting Started as an Alpine Official** (All Attendees)
Learn about the different officials on the hill and their roles and how you can get involved with ski racing by becoming an alpine official from members of the Eastern Alpine Officials Committee.

Sunday, October 6

(McIntyre Ski Area)

9 – 9:30am **Welcome Address and Forum: USSA Eastern Website 101** (All Attendees)
Patti Nichols, USSA Eastern Alpine Manager, welcomes you and walks you through the new USSA Eastern Website.

9:30 – 10:30am **Presentation: SkillsQuest and Ski Technique** (All Attendees)
Jon Nolting, USSA Sport Education Director, talks about how SkillsQuest improves technique in developing ski racers.

11am – 12pm **Activity: Mountain Course** (Athletes, All Attendees)
Time to throw down!

Presentation: MythBusters (Parents, Club Leaders, Coaches)
Jon Nolting delivers straight talk about what really matters for your alpine ski racer.

Forum: Staging B-Net (Coaches, Club Leaders, Parents)
Jeff Sirjane and Jim Komarmi, of World Cup Supply, teach you how to protect your venue.

12pm **Lunch**