



Spring Alpine National Coaches Academy Mammoth Mountain, CA May 3-10, 2014



The 2014 Spring Alpine National Coaches Academy is designed to fulfill the educational requirements for the aspiring Level 300 coach, and to provide a comprehensive and interactive learning opportunity for high-level alpine coaches who have already achieved Level 300 or higher certification. Based at Mammoth Mountain, participants will ski with the U.S. Ski Team's coaching staff in slalom, GS, and speed events. In the afternoons, participants will dig deep into topics that are important to ski coaches, with classroom discussions ranging from periodization to movement analysis, and from biomechanics to performance psychology. Afterwards, there will be an on-hill examination for those seeking Level 300 certification. The final day of the program will be training for those who wish to become a SkillsQuest accredited evaluator, or to learn more about the SkillsQuest program and scoring.



Mammoth is a hotbed for alpine skiing activity this time of year, and the setting is perfect for learning, networking, recreating, and socializing with a veteran group of coaches.

Program:

May 3	SkillsQuest evaluator accreditation (optional, 8am-5pm)
May 3	7:00pm check in and welcome address
May 4-9	On-snow and classroom sessions
May 10	Level 300 examinations and awarding of certification

On-snow sessions

Six days on-snow covering the content of the Level 300 Slalom, GS, and Speed clinics and delivered by U.S. Ski Team coaches, USSA clinicians and PSIA national team members. Participants will be expected to ski at a high level, working on their own skiing in and out of training courses.



Classroom sessions

Classroom sessions will cover the full sport science requirement for Level 300 certification, with valuable learning for any high level coach in the areas of:

- Advanced technique & tactics
- Kinesiology
- Movement analysis
- Physiology
- Motor learning
- Performance psychology
- Advanced pedagogy
- Equipment modification

Theoretical and practical application specific to alpine ski racing will be covered.

Level 300 examination

Coaches wishing to obtain their Level 300 certification will need to complete and pass the examination which will include a written exam with theoretical and practical components and an on-snow assessment of fundamental skiing skills, coaching, and movement analysis.





SkillsQuest evaluator accreditation

Level 300 certified coaches, as well as PSIA Examiners and National Team members, can become accredited evaluators for SkillsQuest by attending this session. It will cover the scoring and organization of SkillsQuest events with a half-day of on-snow content and a half-day of classroom. The session will conclude by 5:00pm.

Who can attend:

Attendees must have complete all aspects of their Level 200 certification prior to the academy, and must apply for acceptance by **April 18, 2014**. Experienced coaches who have not yet completed the Level 200 may attend the Level 200 clinic April 30-May 2 at Mammoth and attend the coaches academy with prior approval from USSA Sport Education (email your request to education@ussa.org).

Level 300 certification candidates who have already attended some or all of the Level 300 clinics will find the academy a great way to finish their Level 300 requirements. Coaches who are already Level 300 certified or higher are invited to attend for continuing education, and take advantage of the current curriculum led by U.S. Ski Team coaches.

Academy registration:

Cost: \$1,100, includes a seven day lift ticket; on-snow program; classroom sessions; special functions; USSA Level 300 Slalom, GS, and Speed Technique & Tactics DVD's; and welcome gift. Coaches who have already taken one of the Level 300 on-snow courses may deduct \$50 per course from the academy fee.

Registration application: Due April 18 with a deposit of \$200. Late applicants will be accepted only if space is available, late fee of \$150 will apply.

FAQ's:

I've already taken a couple of the Level 300 courses.

Do I have to attend the whole academy?

You will need to attend the full academy. The classroom presentations that take place each afternoon are necessary to fulfill the sport science requirement of the Level 300 certification. Your previous clinic experience should prove helpful for





the exam, and the opportunity at Mammoth to hear the perspective of the U.S. Ski Team staff and interact with a national group of coaches will really complement what you've already learned.

What will the on-snow content look like?

We will go through the Level 300 Advanced Technique and Tactics content in slalom, giant slalom, and speed individually. These sessions are interactive and hands-on, working in live training environments with gate skiing and freeskiing. Participants will be expected to ski in courses and on a variety of terrain. Bring appropriate equipment for high level skiing. Helmets will be required.

I'm already Level 300 certified. Should I attend this academy?

Most of you with Level 300 certification got your certification over a decade ago. In that time, what we know about alpine ski racing has continued to evolve. The comprehensive content of this academy will include new and valuable information for any coach, and the opportunity for networking with other top coaches and national team staff cannot be matched anywhere else. Attendance would satisfy your continuing education requirements as well, important for your involvement in regional and national development projects. In 2015 we plan to add a Level 400 curriculum to be delivered as a separate track at the spring academy.

Can I attain all of the Level 300 certification requirements at this academy?

Yes. The on-snow and classroom portions and examination represent the full Level 300 curriculum. However, coaches must also meet the Level 2 referee certification requirement and be current with their First Aid and CPR certifications.

Why an application process?

The Alpine National Coaches Academy has historically been very well attended and valued by coaches, and to ensure that the academy size allows for the quality learning environment you should expect we want to be sure that attendance is managed to allow for active, working coaches to take part. The information collected from the application will also help us focus the on-snow content at the right level.

What is involved in the examination?

The examination will have several parts, all of which may be completed at the academy. A written exam will test knowledge covering the technical, tactical, sport science, equipment, and pedagogical areas for a Level 300 coach. Coaches will be



required to submit a periodized training and competition plan for their designated group of athletes. In addition, an on-snow evaluation will be conducted assessing the coach's fundamental skiing skills and a movement analysis of upper level athletes in a live training environment. All Level 300 aspirants must complete this examination as their final step to Level 300 certification. The on-snow evaluation and written exam will take place on May 10.