



2014 USSA Alpine Strength and Conditioning Symposium
SYMPOSIUM PROGRAM

18-19th May, 2014

USSA Center of Excellence
1 Victory Lane, Park City, UT 84060

Proudly brought to you by:
U.S. Ski & Snowboard Association
USSA Coaches Education
USSA High Performance

To register, please visit
<http://educationshop.usa.org>



2014 USSA ALPINE STRENGTH AND CONDITIONING SYMPOSIUM

Date: 18-19th May, 2014
Venue: USSA Center of Excellence, 1 Victory Lane, Park City, UT, 84060
Fee: \$100 USSA members
\$150 non-USSA members
For Who: Strength and conditioning coaches who work with alpine ski racers and ski coaches whose responsibilities include the strength and conditioning of their athletes

THE PROGRAM

SUNDAY 18TH MAY:

6:30 pm Welcome function in the Center of Excellence foyer. Includes welcome and a tour of the Center of Excellence training facilities. Dinner and refreshments served.

MONDAY 19TH MAY:

9:00 am Fitness status of alpine skiers – Mike Bahn, Strength & Conditioning Coordinator
9:20 am Strength assessment for alpine skiing – Bob Poehling, Strength & Conditioning Coach
9:40 am Mobility and squat assessment – Tschana Schiller, Senior Strength & Conditioning Coach
10:00 am Break
10:15 am Energy systems of alpine skiing – Dr Troy Flanagan, High Performance Director
10:45 am Periodization of the alpine season – Tony Beretzki, Senior Strength & Conditioning Coach
11:15 am Break
11:00 am Training software and program analysis - Chad Gerhard, Strength & Conditioning Coach
11:20 am Effects of travel on performance – Mike Bahn, Strength & Conditioning Coordinator
11:40 am Warm up and recovery – Michael Naperalsky, Strength & Conditioning Coach
12:00 pm Lunch break - lunch provided
1:00 pm Injury prevention - Kyle Wilkens, Medical Director
1:20 pm Return to ski and snow protocols - Jen Kimball, Senior Rehabilitation Specialist
1:40 pm Screening for injury prevention - Bob Poehling, Strength & Conditioning Coach
2:00 pm Practical Workshops:
Dynamic movements workshop
Core training workshop
Alpine specific exercises workshop
Recovery nutrition workshop
3:20 pm Q&A Session
4:00 pm Close

REGISTRATION:

Please visit: educationshop.ussa.org to register. For more information, please contact USSA Sport Education (435) 647-2050 or education@ussa.org. Registration closes May 5, 2014 at 5:00pm or earlier if all 70 places are sold out.

RECOMMENDED ACCOMMODATION:

Hampton Inn and Suites, 6609 N Landmark Dr, Park City, UT 84098. Phone (435) 645-0900
Marriott Park City, 1895 Sidewinder Drive, Park City, UT 84060. Phone (435)649-2900

VENUE:

The USSA Center of Excellence is located at 1 Victory Lane, Park City, UT 84060. It is located at Quinns Junction, near the Park City Medical Center Hospital. It is a 40 minute drive from Salt Lake City International Airport.