



US Ski and Snowboard

Western Regional Cross Country Coaches Conference

Featuring:

- **5 Motivating Keynote Presentations**
 - Pamela Lemons, PHD, CMPC. Olympic Sport Psychologist
 - Any Newell: Olympian, World Cup Racer, Founder of Nordic Team Solutions
 - Bryan Fish, US Ski and Snowboard Cross Country Sport Development Manager:
- **US Ski and Snowboard Level 100 Coaches Education**
- **US Ski and Snowboard Level 200 Coaches Education**

"It's what you learn after you know it all that counts," John Wooden.

September 13-15, 2019 at Central Oregon Community College.

The clinic is made possible by the generous support of the [Oregon Nordic Ski Foundation](http://OregonNordicSkiFoundation.org) and hosted by [MBSEF](http://MBSEF.org).

For additional information contact Dan Simoneau, at dan@mbsef.org or 541-350-9126

Register at mbsef.org

Bryan Fish, US Ski and Snowboard Cross Country Sport Development Manager: Bryan Fish is the driving force behind the US development pipeline and is leading US development skiing to unprecedented success. Under Fish the US World Junior program has risen to one of the top 4 teams in the world with regular international podiums and the first ever World Junior Championship Gold Medal for the US. Fish will be leading the Level 200 Conference and doing a keynote address Friday night. His keynote presentation entitled: *The Success of USA XC Ski Development: Simple Lessons Why USA is Now a Junior Podium Contender* will be free to all OISRA, MBSEF, BEA, and other junior athletes.

Pamela Lemons, PHD, CMPC. [Dr. Lemons](http://DrLemons.com) is an Olympic sport psychology consultant guiding athletes in several specialties on the US Ski Team and other Olympic sports. She is credited with being a key part of the current support staff for the Nordic team as they continue to achieve ever higher levels of success. Dr. Lemons will do a keynote address on Saturday titled *Building a Positive Team Culture*, and a second address Sunday morning focusing the practical application of the principles learned Saturday evening.



Any Newell: Olympian, World Cup Racer, Founder of [Nordic Team Solutions](#). Newell is a 17 year member of the US World Cup Team, has stood on three World Cup podiums, has appeared at three Olympics and has been on seven World Championship teams. Today Newell continues to race and is the founder of Nordic Team Solutions a cross-country ski training and consulting company based in Bozeman, MT.

Newell will do a keynote presentation on Saturday evening titled *Applying the World Cup to Junior Skiers*. Also on Saturday he will do a dryland (on foot) session on ski specific training techniques and body position. On Sunday he will join the Level 200 clinic for a roller ski session of Agility Skills Development and the Games Approach to Learning and Teaching Ski Technique.

Adam St. Pierre, Head coach of the Boulder Nordic Junior Race Team (Colorado), Chairman of the National Cross Country Committee of US Ski and Snowboarding, and a coach for Carmichael Training System. Adam will lead the level 100 Clinic in the classroom and in the field.

Conference Registration is available at mbsef.org. The options are:

- \$160, Level 200 clinic and keynote presentations
- \$110, Level 100 clinic and keynote presentations
- \$25, Five Keynote presentations – Adults
- \$10, All Five Keynote presentations – all OISRA, MBSEF, BEA, and other junior athletes.
- Free to all OISRA, MBSEF, BEA, and other junior athletes: Bryan Fish, Keynote, *The Success of USA XC Ski Development: Simple Lessons Why USA is Now a Junior Podium Contender*. Friday at 7:45P (Other keynote presentation require a paid registration.)



Clinic Costs and Prerequisites

US Ski and Snowboard Level 100 Clinic: \$110 and Includes:

- Level 100 classroom training
- Level 100 practical training
- Western Coaches Conference keynote presentations

Prerequisites

- Clinic attendance in Bend has no pre-requisites
- Clinic attendance in Bend does not require US Ski and Snowboard membership.

US Ski and Snowboard [Level 100 Certification](#):

In order to be certified as a Level 100 Coach, the following requirements must be met.

- Current U.S. Ski & Snowboard Coach Membership
- Prior completion of the US Ski and Snowboard Fast Start Coaching course
- Prior completion of the [SafeSport Training](#) - once you are on the SafeSport site, create an account using the individual membership ID number provided to you by U. S. Ski & Snowboard

The following pre-requisites do not need completion prior to accessing the course, but the coach will not be listed as a Certified coach until these are completed.

Submit the following to SportEducation@usskiandsnowboard.org:

- Current 1st Aid/CPR Training (we accept any online or in-person training)
- [CDC Heads Up Concussion](#) training or equivalent

Level 100 Cross Country technique in-person clinic and manual and exam must both be completed for level 100 certification.

Coaches that complete the Level 100 online test but still have addition steps to complete the practical section, First Aid, etc will be allow to register for the Level 200. You need to sign up for the L100 online, receive the manual, and pass the test. You will not be certified L100 until you complete all the steps.

US Ski and Snowboard Level 100 Curriculum Changes

Very soon US Ski and Snowboard will be launching changes in the Level 100 XC curriculum. Those changes also include a still unannounced price increase. In Bend we will teach and test to the current curriculum. Coaches registered for the L100 in Bend will receive a PDF of the current and new curriculum. If you plan to test through the L100 online to take the L200 in Bend, you may get the current or revised curriculum depending on exactly when they release the revisions.



US Ski and Snowboard Level 200 Clinic: \$160 and Includes:

- Level 200 classroom training
- Level 200 practical training
- Western Coaches Conference keynote presentations

Prerequisites

In order to be certified as a Level 200 Coach, the following requirements must be met.

- Current U.S. Ski & Snowboard Membership
- Prior completion of the full XC Level 100 Certification

The following pre-requisites do not need completion prior to accessing the course, but the coach will not be listed as a Certified coach until these are completed. Submit the following to SportEducation@usskiandsnowboard.org:

- Current 1st Aid/CPR Training (we accept any online or in-person training)
- [CDC Heads Up Concussion](#) training or equivalent
- [SafeSport Training](#) - Once you are on the SafeSport site, create an account using the individual membership ID number provided to you by U. S. Ski & Snowboard

Cross Country Level 200 manual and exam will be given to you when you register for a level 200 in person clinic

TRAINING PLAN ASSIGNMENT:

The hands-on training plan assignment will be conducted in small groups (approximately four-six per group). Attached is the spreadsheet template for building four weekly training plans. One weekly plan for the spring, one weekly plan for the summer, one weekly plan for the fall and one for the winter. The goal is to create weekly training plans that use progression and periodization strategies, so the previous plan builds towards the next. Each weekly plan will include one training session that outlines how you would incorporate technical and tactical training strategies directly within the training session. Each of you will submit an individual plan to me via email, however, you will collaborate with your coaching group to create one overall group plan and then individually adjust training sessions of your choosing. In short, this is exactly how our national team or regional staff works with the ski community when generating a national or regional camp training plan. There is a general plan created and each athlete comes to camp with an individual plan that incorporates approximately 80-90% of the general plan.



XC Level 200 Clinics

Cross Country Level 200 manual and exam will be sent to you by email when you register for a level 200 in-person clinic.

US Ski and Snowboard Level 100 Certification:

In order to be certified as a Level 100 Coach, the following requirements must be met.

- Current U.S. Ski & Snowboard Coach Membership
- Prior completion of the US Ski and Snowboard Fast Start Coaching course
- Prior completion of the [SafeSport Training](#) - once you are on the SafeSport site, create an account using the individual membership ID number provided to you by U. S. Ski & Snowboard

The following pre-requisites do not need completion prior to accessing the course, but the coach will not be listed as a Certified coach until these are completed.

Submit the following to SportEducation@usskiandsnowboard.org:

- Current 1st Aid/CPR Training (we accept any online or in-person training)
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2019 Western Regional Cross Country Coaches Conference Agenda

Friday, September 13th

6:00P-7:30PM	Bryan Fish	Level 200 Classroom
7:45P-8:45PM	Bryan Fish	Presentation – <i>The Success of USA XC Ski Development: Simple Lessons Why USA is Now a Junior Podium Contender</i>

Saturday, September 14th

9:00A-12:00P	Bryan Fish	Level 200 Classroom	Adam St. Pierre	Level 100 Classroom
12:00P-1:00P	<i>Lunch Break</i>			
1:00P-3:00P	Bryan Fish	Level 200 Classroom	Adam St. Pierre	Level 100 Hands-On Technique Clinic
3:00P-3:15P	<i>Break</i>			
3:15P-5:00P	Andy Newell	Practical – Teaching Ski Specific Technique (On-Foot)		
5:00P-6:00P	<i>Dinner Break</i>			
6:00P-7:00P	Andy Newell	Applying the World Cup to Juniors		
7:00P-7:15P	<i>Break</i>			
7:15P-8:45P	Dr Pam Lemons	Building a Positive Team Culture		

Sunday, September 15th

8:30A-9:45A	Bryan Fish & Andy Newell	Level 200 Rollerski Agility/ Games Approach to Teaching and Learning Ski Technique
9:45A-10:00	<i>Break</i>	
10:00A-12:00P	Dr Pam Lemons	Performance Psychology Practical Application
12:00P-1:00P	<i>Lunch Break</i>	
1:00P-2:00P	Bryan Fish	Level 200 Classroom
2:00P-3:00P	Bryan Fish	Level 200 – Hands-On Training Plan Design Group Project