



Presentation Series

USSA Sport Education will host five presentations in late summer/fall 2011 for coaches covering various topics. Speakers will include USSA High Performance staff and other sport experts. The presentations are offered by live webcast, or in person attendance at the USSA Center of Excellence in Park City. Webcast participants will be able to follow the presentation in real time, ask questions of the presenter, and will receive a link to the recorded webinar following the presentation. These webinars count toward the continuing education requirements for USSA certified coaches. **These webinars are presented by GreenLight Collaboration, official web, video, and audio conferencing provider to the USSA.**

Registration (in-person or webinar):



Non-USSA member coaches: \$20/presentation, or \$60 for all five

USSA member coaches: \$15/presentation, or \$45 for all five

USSA current (2011-12 season) certified coaches: \$10/presentation, or \$30 for all five

Register at the USSA Education Shop (<http://educationshop.ussa.org>)

Dates: August 23, September 13, September 27, October 11, October 25

Time: 6-7pm Mountain time

Presentations:

August 23: *Periodize Your Way to the Podium, by Ron Kipp*

By understanding periodization and adjusting training variables it is possible to get maximal gains in athletic performance. A coach that trains his or her athletes with a periodized mentality can train less while garnering greater results. Periodization is a constantly changing strategy for the snow sport coach. Understanding the basis behind the decisive variables and the phasic nature of biological compensation the coach can construct, alter, and modify training to peak at one or more important targeted competitions.

About the presenter: Ron is the USSA Alpine Sport Education Manager, and has done significant work with sport science and coaching at USSA, PSIA, and the Norwegian Ski Federation. He has taught graduate courses in Training Planning & Periodization at the University of Utah.

September 13: *Beyond the Physiological Factors in Long-Term Athlete Development, by Jon Nolting*

In last year's Sport Education Presentation Series we discussed the physiological factors behind many of the recommendations in the USSA Training Systems, identifying critical periods of accelerated development. How athletes learn and what motivates them in their sport also changes as children develop along with several other factors that are important for the coach to understand for effective, age-appropriate training approach.

About the presenter: Jon is the USSA Sport Education Director, and has played a key role in the development of the USSA Training Systems. He was the project director for USSA national alpine children's development and competition projects in the late 1990's and a key innovator for Junior Olympic events over the last decade.



September 27: Mental Strength Training, by Dan Freigang, PhD

About the presenter: Dr. Dan currently works with the U.S. Women's Alpine national teams as a sport psychology consultant. He also works with various professional and youth teams in hockey, soccer, and other sports. As a former internationally ranked athlete and national team coach, he has a unique ability to help coaches understand how they can best help their athletes be strong in mind and body.

October 11: Competition Day Preparation and Recovery, by Troy Flanagan, PhD

At the elite levels, the margin of victory is too small to leave any element of preparation to chance. In this presentation, we'll share lessons learned with the national team that are relevant at the club level, and critically important for coaches to teach so their athletes can maximize energy, focus, and confidence for superior performance when it counts.

About the presenter: Troy is the USSA High Performance Director, head of one of the leading sport science programs in the world at the USSA Center of Excellence. His planning and level of detailed preparation for the teams leading up to the 2010 Winter Olympics is one of the big reasons the U.S. athletes performed at their peak earning a record 21 Olympic medals.

October 25: Implications of Altitude on Training and Performance, by Jim Stray-Gundersen, M.D.

How much effect does altitude really have on performance? The answer may surprise you. What can you do about it? As a coach you need to be aware, as very few of your athletes live at an altitude where they will not be impacted. From the standpoint of getting the most productivity from a training project in the early or late season, often done at elevation, or for getting the best performance at an important event, a coach must prepare and plan accordingly.

About the presenter: Jim is a world-renowned expert in high altitude training and has led the research in this field. He currently splits his time between USSA as Head Physiologist and his SG Alter-G Center for Maximal Performance, Nutrition, and Recovery. He's worked with NASA's astronaut teams as part of the D2 Space Shuttle Mission, and serves on the FIFA Executive Committee to establish altitude recommendations.

For more information, contact USSA Sport Education at 435.647.2050 or email education@ussa.org.