



## **On-Snow Coaches Education Clinics Whiteface Mountain/OTC November 23-25, 2018**

This is a new addition to NYSSRA'S Coaches education initiatives. Housing, meals and indoor presentations will be at the Olympic Training Center in Lake Placid with the on snow portion at Whiteface Mountain. The focus for this project is to look at progression patterns for transition and pole usage.

Talking with many NYS coaches we have noticed that athletes moving up to U14 and U16 age groups have limited understanding of timing, position, and usage of poles, and how this relates to helping a stronger platform for movement into the new turn.

Additionally we will look at the movements and timing of weight transfer, edge change and body position that links turns from fall line to fall line.

Friday, Nov. 23

Please arrive by 7:00 to the OTC in Lake Placid where we will have opening discussions in the Adirondack Room.

Saturday Nov. 24

8:00	Meet at NYSEF Training Center for lift tickets, intro, group assignments
8:45	On snow in groups- Review Basics, progressions
11:45	Lunch
12:45	On snow in group- What happens in transition, progressions
3:00	Wrap up and schedule review for Sunday
6:00	OTC presentations and development round table discussion

Sunday Nov. 25

8:00	Meet at NYSEF Training Center break into new groups
8:30	On snow in groups- Progressions for pole usage (plant)
11:45	Lunch
12:45	On snow in groups- group demonstrations
2:45	Wrap up NYSEF Training Center

Our goal is to ensure that all coaches have a firm grasp on essential concepts for building progressions to introduce skills to athletes. We will discuss ways to develop stronger communication among the NY coaching community and uniformly strive to develop stronger athletic skills.

Registration is online at the NYSSRA web site, under Coaches Tab



New York Ski Racing Association, 5 Southside Dr. Suite 11-173, Clifton Park, NY 12065  
518.302.6052 [www.nyssra.org](http://www.nyssra.org)