

Coaches Ed Events '23-'24

Course Descriptions

5 more ways to improve your craft this season!

- **L100 preparation**

1 day on-snow event designed to give candidates the knowledge and a non-scored critique of their coaching skills to prepare them for the L100 assessment (**or just be a better coach!**). Participants will explore strategies for movement analysis, skiing fundamentals and receive coaching on their presentation of skills concepts, drills and progressions. On line course work is suggested but not required

- **L100 on snow assessment**

1 day on-snow assessment of skiing and presentation skills as a required part of attaining L100 certification with USSS. **The L100 will be the minimum requirement for coaches working at a sanctioned event starting December of 2024 (so you must get it done this winter!)**. Candidates will receive a scored assessment of their coaching abilities from a certified USSS Coach Developer. Online course work is required

- **L200 preparation**

1 day on-snow course designed to teach the nuances of setting training environments and developing constraint progressions in preparation for the L200 assessment (**or just be a better coach!**). Bring your drill, tape and range finder or borrow one. This is a very active, "hands on" day to practice setting environments with great coaching and zero pressure. Online course work is suggested but not required.

- **Introduction to course setting**

1 day on-snow assessment that provides hands on course setting instruction. **This is a pre-requisite to taking the L200 certification.** Coaches will receive a written assessment of their course setting abilities in slalom and GS from a certified USSS Coach Developer. Online course work is required.

- **L200 on snow assessment**

This is a very active 3 day course and assessment, with the focus on skill development of phase 3 and 4 athletes and pre-season and in-season responsibilities. All 3 days are "hands on" and full of peer attained tidbits that will improve your coaching skills. Candidates will receive a written evaluation of their coaching abilities from a certified USSS Coach Developer. Online course work is required.