



## Book Your Council's Coaches Education Event!

NYSSRA Board has approved one day of coaches education in each of our six councils. These sessions will be available to coaches free of charge and will be conducted by USSS coach developers and National Faculty.

Please schedule your date, location and session preference below and return prior to October 4th to: Aaron Dewey  
aarondewey@me.com

We have several distinct groups that ideally will need different content and approaches if we want to provide value (stuff they can use in their job at their level of competency).

### **NEW TO COACHING AND RACING**

- **New coaches with no personal race experience** (a growing demographic, it seems)
  - Needs:
    - Learning the common language, conversational structure, and movements of skiing fundamentals
    - Skills concept and related movements
    - Teaching and learning styles
    - How to look at movement (MA)
    - How to change that movement (ski drills and progression building)
    - Personal skiing improvement

### **L100 PREP DAY**

- **Coaches enrolled in or about to be enrolled in USSS L100 certification.** Designed to support online curriculum and provide guided practice of on snow skills.
  - Application of progression development
  - Coaching skills and strategies
  - Demonstration refinement
  - Personal skiing improvement
  - Evaluation of progress toward L100 success

### **L200 PREP DAY**

- **Current L100 coaches preparing for the L200 2 day on snow assessment**
  - Real time movement analysis with athletes or video
  - Progression development
  - Drill demonstration/skiing improvement
  - Evaluation of progress toward L200 success

### **SLALOM SETTING DAY**

- **Current L100 coaches that want to advance their craft and L200's prepping for L300**
  - Course setting philosophy
  - Rules and best practices
  - Terrain considerations
  - Use of offset and distance
  - Use of combinations
  - Situational setting
  - Adding helpers and setting practice environments

### **GS SETTING DAY**

- **Current L100 coaches that want to advance their craft and L200's prepping for L300**
  - Course setting philosophy
  - Rules and best practices
  - Terrain considerations
  - Use of offset and distance
  - Delays
  - Adding helpers and practice environments

All clinics will consist of a 45 minute zoom meeting the week prior and 6-7 hours on snow. The 2 course setting days will require dedicated hill space and home venue gates for setting.

