Thank you for bringing this Alpine Ski Fundamentals clinic to your club program. We encourage you as club leaders to use this curriculum as a starting out point for your staff training. For coaches seeking Level 100 certification, all topics in the course outline contained within must be covered, but you can change up the order and deliver over whatever period of time works best for you – evenings, early mornings, etc. – that allows your coaches to also take care of their coaching responsibilities, and in many cases, work their "real jobs". Feel free to use the topics as jumping off points to discuss club procedures and philosophies, and we recommend that you involve other coaches on staff that are already Level 100 to enhance the discussion and team learning. However, we ask that the instruction for the clinic parts be led by head coaches or program directors on your staff with current Level 300 certification.

The lesson that USSA Sport Education has learned, from hundreds of evaluations from past clinic participants, is the educational value and ultimate success of a clinic is in direct proportion to the quality of, and delivery by, the clinic instructor. Candidates comment again and again on how their instructor brought the material to life, making it relevant to their needs, whether in the classroom or on-snow. This is a great opportunity for you to inspire your staff and get them moving forward together in the right direction for the season. Please take this to heart as you lead your clinic.

This course is designed to be the first step in the formal education process for alpine ski coaches, covering the fundamentals of alpine skiing at the core, while also introducing the topics of philosophy, coaching style, coaching ethics, pedagogy, communication, learning styles, progressions, feedback, alpine competition rules, the Alpine Training System and long-term athlete development, and about the tools and resources available to coaches through the USSA Sport Education program. There is much to cover in a short period of time. The instructor's goal should be to cover the fundamentals thoroughly, and give the participants in the clinic base knowledge along with motivation to learn more about the supporting topics.

At the conclusion of this 14 hour course, the participant will be able to:

- Lead, manage and inspire a group of athletes
- Create yearly, camp, lesson, and drill plans
- Understand the concepts of the USST Alpine Ski Fundamentals
- Evaluate skiers in the fundamental skill areas related to fore/aft balance, side-to-side balance and rotational balance
- Formulate a basic progression to improve a skill area
- Understand and present the USST philosophy and principles of athlete and coach development
- Exhibit a passion and love for skiing

Instructors are urged to manage the clinic as they would a group of racers learning new skills, with an energy and commitment that is immediately felt and contagious. A coach is a teacher who works with people who want to learn. Leave the clinic with the knowledge and satisfaction that, as an instructor, you did all that was possible to make it a valuable professional learning experience.
CLINIC RESOURCES

The content for the clinic is based around the new Level 100 Alpine Coaching Manual. Participants will receive the manual in pdf format and are encouraged to review it before the clinic begins.

A powerpoint presentation has been developed for instructors to guide participants through the classroom portion. There are several individual and group exercises included within. The club delivery clinic leader can cater these activities to club-specific examples if they wish. As an instructor, be sure to review the powerpoint in its entirety before presenting to become familiar with the material to be ready to facilitate good discussion.

CLINIC FORMAT

The clinic consists of 10 hours on-snow and 4 hours in the classroom. In the club delivery setting, the instructor can spread these 14 hours over several weeks as time allows, so long as all topics are covered in a logical sequence. A generic clinic schedule as is commonly used for a traditional 2-day clinic is presented here. Any schedule change is left to the discretion of the clinic instructor(s).

Indoor (classroom) - Used to discuss USSA philosophy, the Alpine Training System (ATS), coaching principles, USSA Competition Guide and Rules, and review and practice with the Alpine Ski Fundamentals.

On-snow – A day and a half or some combination of 10 hours of on-snow time is used to cover the content as outlined in the schedule following.

Level 100 Clinic Policies and Procedures

Age – All candidates must be 18 years (16 and older may be granted permission with previous approval by USSA) of age by the first day of the clinic.

Pre-registration – All participants must pre-register, even for club delivery clinics. The club may enter all coaches on one page, or ask coaches to individually register on a private registration set up by USSA Sport Education (email education@ussa.org or call 435.647.2050 to set up).

Medical Emergency during the clinic – If a non-life threatening injury happens during any part of the clinic, contact the appropriate medical services immediately. Complete a First Report of Accident form and mail it to: USSA Human Resources Department, 1 Victory Lane, Park City, UT, 84060. If a life threatening or very serious injury occurs, phone Athletic Vice President, Luke Bodensteiner, first at 435.647.2055 (office), or 435.640.8541 (cell). Next call The Human Resource Director, Shauna Vanderlinden, immediately at: 435.647.2003 (office), 435.645.9295. USSA will not refund any fees after the first day of the clinic.
Injury or Illness (missing the clinic) – The participant should send a letter or email from a medical doctor, on the doctor’s letterhead, to USSA for review, to see if any portion of the fee can be refunded.

Haley Smith, USSA Sport Education Coordinator, will be your primary contact. Phone is 435.647.2050 and email is hsmith@ussa.org.

Clinic Roster:

Make sure your clinic roster matches Haley’s, meaning that all coaches are properly registered. Coaches who are not USSA members must have a signed liability release completed and on-file with USSA Sport Education before participating in the clinic.

USSA Educational Clinic Material:

Key Site Requirements:

Meeting location and time to be determined – It is the responsibility of the club contact to communicate these details to participants.

Classroom location & facilities to be determined – It is the responsibility of the club contact to make these arrangements. A quiet room with seating for all participants; preferably close to the on-snow site. Desks or tables would be optimal. Dry-erase board or flip chart and screen (or white wall is a necessity) would be useful.

On-snow – The instructor will select a specific area(s) to implement appropriate areas for drills and free skiing exercises. Ideally, the site should contain a wide variety of teaching terrain (flat to steep and all snow conditions) to demonstrate on. In addition, a closed area for setting drills (a ski club’s training hill) is desired.

On-snow – Athletes to demonstrate drills: Instructor responsibility: contact host / ski club; find out their training schedule so you can watch athletes in training for movement analysis. This is not a required part of the clinic, but would enhance the learning experience.

Equipment:

LCD projector or large-screen TV & Laptop – For classroom powerpoint presentation.
Mailing/shipping address: USSA Sport Education, PO Box 100, 1 Victory Ln, Park City, UT 84060
Fax number: (435) 940-2790
Email: education@ussa.org

Staff contacts:
Haley Smith, Program Coordinator 435.647.2050 (o) 435.640.1576 (c)
Ron Kipp, Alpine Sport Education Manager 435.647.2049 (o) 435.714.2923 (c)
Jon Nolting, Sport Education Director 435.647.2078 (o) 435.602.9828 (c)

USSA CRITICAL INCIDENT COMMUNICATIONS
If a critical incident occurs during the clinic involving any coaches in the clinic, USSA must be notified immediately.

Communications Procedure
1. Incident occurs
2. Athlete or staff stabilize and manage situation on-site
3. Immediately upon stabilization (minutes, not hours) contact Luke Bodensteiner USSA EVP, Athletics.

Luke Bodensteiner
Office: 435.647.2055
Mobile: 435.640.8541
Home: 435.654.1460

If unable to contact, then:

Tom Kelly
Office: 435.647.2010
Mobile: 435.602.9799
Home: 435.649.6704

1. USSA EVP, Athletics will evaluate situation and make determination on next steps
2. USSA EVP, Athletics will make all next contacts including USSA CEO, Medical, Communications, Legal, etc.
3. **ANY PUBLIC COMMUNICATIONS WILL COME IMMEDIATELY FROM USSA COMMUNICATIONS ONLY, BASED ON EVALUATION WITH USSA EVP, ATHLETICS AND/OR MEDICAL DIRECTOR.**
4. Any private communications will come immediately from respective areas, based on evaluation with USSA EVP, Athletics.
This is a standard schedule – for the club delivery clinic it can be modified as needed. It is recommended, however, to do the on-snow teaching in the order presented here.

By the end of the day the coach will have an understanding of:
- Rules-of-thumb for a general skiing stance
- Balance/Equilibrium with regards to fore/aft, side-to-side, and rotational balance
- An appreciation for the dynamic aspects of technique
- Identify fore/aft balance and demo pertinent drills for improvement
- How to manage and adjust pressure
- Identify side-to-side balance and demo pertinent drills for improvement
- Identify rotational balance and demo pertinent drills for improvement

Day One

Arrive: At least 1 hour before the clinic begins for set up and preparation to greet participants (may need to arrive the night before).

8:00 a.m. – 8:10 a.m.
Registration: (meet in designated area) There is no formal registration, check off attendees on the registration list sent by USSA.

8:10 a.m. – 8:40 a.m.
Introduction - First meeting – may take place indoors or out, try for indoors for 30 minutes – quiet corner of the base lodge or classroom.

Welcome – Your name and experience with USSA Sport Education, participants introduce themselves - home area, brief coaching/racing history, what age/ability level athletes they coach (for instructor’s information as well as participants).

Overview – State the goal of the clinic: “Introduce the USSA Fundamentals of Alpine Skiing and Basic Philosophy of Coaching,” review the two days, schedule, classroom location, and any on-snow issues. Let them know that safety will always be a primary concern for the group and the individuals involved. If at any time they feel uncomfortable doing a drill or any other aspect of the day, they should feel free to excuse themselves from that aspect of the clinic.

8:40 a.m. – 9:00 a.m.
Warm-up & Group Dynamics – Ask for volunteers (or select one or two participants) to lead a group warm-up, while waiting for the lifts to open.

On-snow: Ski racers (and coaches) cannot learn without skiing! For the instructor, there is always a fine line between how much time is spent explaining the drill/concept and taking the time to comment on everyone’s skiing, and skiing. There is no easy answer; it depends on the ski and experience level of group, weather, snow, etc. This may be the most important component of the entire Level 100 Club Coach clinic: the clinic participants should leave understanding that racers will improve their skills the most by skiing, even if they do not fully understand every little technical element. The coach’s role (and instructor’s) is to exhibit a passion for skiing so that the racers
(and participants) leave excited to come back for more. Having said that, a clinic with coaches only may result in a little more time spent talking then skiing (tell them this ahead of time, warn them against using excessive talking when back with their athletes).

As coaches, we don’t have complete control over all of the factors that determine athlete participation, enjoyment, and finally sport retention. However, the one critical element a coach does have control over is their own enjoyment of skiing and ski racing and how they demonstrate that passion. This is particularly relevant for younger racers (and coaches) who are just beginning or “testing” the sport.

**9:00 a.m. – 12:00 a.m.**

**Free ski warm-up as a group**

30 min: Free ski in a group as a warm-up, instructor observing and evaluating overall level of participant’s skiing skills. Begin to explore ski area, main training area, and any other on-snow issues. If the group is made up of participants from all over, instructor may want to suggest specific ski warm-up exercises: SL turns, GS turns, a variety of turn shapes, etc. Learn the participants’ names.

**General Stance**

30 minutes: Start with key features or rules-of-thumbs for a “general stance”. Be sure coaches understand that “stance” is a very dynamic and it will change with every moment of the turn. Specifics of stance are a product of the environment and situation only. Rules of thumb that can be used for a reference-of-correctness:

- Feet are hip width apart
- Ankles are of even flex
- Center-of-mass is above the feet
- Back is rounded
- Hands are held out and in front of the body
- Vision is forward
- Muscles are in tension but not stiff

**Balance/Equilibrium**

1 hour: Experiment with positions/postures/motions that effect balance. Include fore/aft, side-to-side, and rotational situations that get athletes into balance problems. Ask them what they see in their athletes, and try and mimic these techniques. You can include:

- Skiing extremely forward and back
- Tipping in at start and end of turn
- Rotating the hip, shoulder, and entire body to start the turn
- Tip to rotate (use for cause and effect)
- Rotate to tip (use for cause and effect)

**Fore/aft Balance**

1 hour: Spend some time with specific drills. The object is not just to check the drills off the list but to leave the coach with a level of mastery that they can impart a good demo to their athletes. If the group is of a low skill level, it would be better to concentrate on fewer drill with the objective of some level of mastery. Use one or two of the drills and break them down into a progression so the coaches can see the logic of a progression.

- Statically leaning far forward and moving far aft-ward
- Push and pull on ski tips
• 1000 steps
• Backwards skiing
• Hop turns with tips on snow
• Hop turns with tails on snow
• Hop turns switching between tips and tails on snow
• One ski skiing
• Patience turns
• Skating
• Skiing in moguls
• White Pass turn

Pressure Control
1 hour: Ski terrain, moguls that will challenge ski to snow contact. Ski turns that reduce in radius and turns that increase in radius. Ski turns that have flexion in the lower body and turns where the lower body stays at the same length and turns where the lower body extends during the turn. Encourage coaches to try determine where the pressure is in the turn. Some pressure control exercises:

- 1000 steps slow, fast
- Airplane turns landing lightly
- Falling leaf
- Fish hook shaped turns
- Flexion/extension during long turns
- Large radius turns with multiple snow sprays
- Leg extension during the turn
- Leg flexion during the turn
- Long radius turn in the moguls
- Shuffle feet forward and back during the turn
- Ski 50/50 between left and right ski
- Ski 60/40, 70/30, 80/20, 90/10
- Skiing in the crud
- Step turns from downhill ski only
- Step turns from uphill ski only
- Turns on the flexion
- Whirlybirds
- White Pass turns

Side-to-side balance
1 hour: Explore the needs for inclination and angulation changing with speed and radius. This is a good time to also start to sneak in the what body mechanics it takes to angulate as this will come back around in the rotation section.

• 1000 pole plant exercise
• 1000 steps
• 2 step turns
• Arms crossed across chest with short turn
- Changing corridor
- Changing radius
- Double pole plants
- High tuck turns
- Long radius turns in the moguls
- Schlopy drill
- Sideslip drills with edge sets
- Step turns
- Swallow
- Synchronized skiing
- Traversing with downhill hand on downhill knee
- Wedge turns emphasizing angulation
- White Pass turns

12:00 p.m. – 12:45 p.m.

**Lunch** – Summarize the morning, explaining how the pieces are starting to fit together. If you cannot eat lunch together let the coaches know where and when to regroup. Be aware some coaches may have brown bag lunches. Lunch is a good time to talk with participants and ask them how the clinic is going. You can also answer specific questions in more detail with time to give more philosophical rationales for some coaches seeking further justification.

12:45 p.m. – 3:30 p.m. (or 4:00 p.m.)

**Free warm-up run**
Take one or two runs to warm-up. Hopefully you have created or stimulated a lot of thought within the coaches. This is a good time for them to sort out some of the morning endeavors.

**Summarize the morning again.**
Ask again for questions and let them know what the afternoon brings.

**Rotational balance**
1-2 hours: This is the most difficult section to comprehend, and with extreme side-cut ski, a generation may see rotational balance as irrelevant. You may need to spend additional time to stress its importance. You can demonstrate by pushing on a shoulder or hip of a skier standing still. As you push a countering of your push is provided by the standing skier. Point out that something needs to be done by the skier or they will just spin in circles. (If you need more background check out the Level 300 GS DVD and script).

Exercise to explore rotational balance:

- Double pole plants
- Hands in front holding shafts of poles horizontally like a tray
- High tuck turns
- Hockey stops
- Wedge swing hops
- Counter rotation emphasis
- Emphasis on facing down the hill
Technique
2-3 hours: Now that they have learned to separate movements you can start to put them back together and concentrate on the blending and timing of movements. Incorporate a movement analysis section here. If athletes are available use them. If not you can use the group for the movement analysis. Direct them in their analysis to specifics. Such as; “does the athlete re-center and then cross over?” or “where in the turn does the leg extend?” or “where is the weight (percentage of inside or outside ski) when they release their edge?” Ski a lot in this section. Everyone has “their” turn. This is a great opportunity for them to have fun breaking down dependent aspects of their technique. Can they only plant one pole? Can they flex or extend in differing parts of the turn?

4:00 p.m. – 4:30 p.m.

Break and set up for classroom portion.

TYPICAL CLASSROOM SCHEDULE/COACHING POINTS

3-4 hours: This indoor section covers skiing fundamentals and teaching concepts. For the skiing section this is where drills and exercise that were learned, performed, practiced and mastered are given greater life. While the goal on the hill is execution, the indoor goal is understanding. The powerpoint is intended to stimulate discussion and to allow the participants a chance to put the exercises and concepts learned on-snow together in progressions to solve common skiing issues. For this reason, the skiing portion of the classroom presentation is best done after the first day’s on-snow portion.

The instructor should use the powerpoint included to guide the classroom presentation. The order of the topics in the powerpoint presentation are:

- Long-term athlete development and the Alpine Training System
- Skiing fundamentals and SkillsQuest
General principles of coaching
Basic racing rules
Concussion awareness
USSA coaching resources and certification requirements

The participants receive folders that include supporting materials. The powerpoint follows the flow of the USSA Level 100 Coaching Manual that is distributed via email. There is a notes page included in the folder where participants can take notes and fill in answers on the group discussion topics included in the powerpoint.

The instructor may choose to skip or use alternate group and individual discussion topics based on the experience of participants and to specifics of the club. Interaction and discussion is encouraged – make it meaningful for your club situation.

Day Two
8:30 a.m. – 9:00 a.m.

Meet (same place – depending on lift opening time – could be earlier) Group warm-up – ask for different volunteers or set up the night before so they are prepared to lead the group.

9:00 a.m. – 12:30 p.m.

9:00 a.m. – 9:15 a.m.: Review day one – Ask participants to explain what they felt were the key concepts they learned and demonstrate if possible. Ask if there are any questions – something they don't understand or don’t agree with. Deliberate practice was touched upon during the indoor session. Re-emphasize this aspect of training and how it pertains to your day. Mileage is important, but deliberate mileage or practice is where learning and improvement comes from. Practice can be made deliberate through challenge of the task or conditions, but many times it is the mental aspect to the turn. For example, rotation of the skis for an advanced skier is easy. Although to maintain a WALL it takes a continual cognitive feedback during every part of the turn. Remember that the WALL is not an average position throughout the turn but an exact position for every moment of the turn. This could be a segway into the rotational balance review.

Note: if all of day one’s content could not be accomplished, you may want to use some of this time to finish it.

9:15 a.m. – 9:30 a.m.: Rotational balance review
30 minutes: The coaches have had time to think and reflect about rotational balance. Now that you know the coaches a bit better see if you can review or present the concept in a different format.

Phases of the Turn
The class room portion broke up turn phases by ski actions and technique. While amorphous in nature it can be used to describe gross motor movements in the turn. Spend a bit of time asking for specific problems the coaches may see and how these relate to phases of the turn. Be mindful
for cause and effect. At this level inexperienced coaches will come up with effects. Rewind these backwards so they can start to tease out the causes. For example; the athlete that ends up on his inside ski at the end of the turn. Was it from banking?... or was it from the over-rotating earlier in the turn which lead to the banking?

**9:30 a.m. – 10:00 a.m.:
Pole usage**
This is the easiest aspect of technique to see because it is set apart from the skis and the body. Poles usage is a dilemma in that their action needs to have a independent aspect while at the same time be able to contribute to the timing and rhythm of skiing. For example we don't want the athlete that can only initiate or release their edges or transfer their weight after some sort of arm/pole movement. Meanwhile we want the athlete that can utilize the pole to assist movement of the center-of-mass into the turn or assist with stabilizing the upper body during an edge set. Be sure and cover pole two types of pole action; one that coincides with edge release/center-of-mass movement and the other with a pole touch or plant that coincides with edge set.

**10:00 a.m. – 10:30:
Gliding**
Aerodynamic and ski/snow interaction. We don't want to be screaming around the mountain in a tuck, but we do want the coach to be able to demonstrate and appreciate the critical aspects of an aerodynamic or tuck position. This is probably best learned or examined statically. Check for parallel skis and vision forward. Explain that every body type will have a slightly different position, but there we want to present a small frontal area to the wind. Therefore hands are used to break or pierce the air and while the rest of the body follows in this hole made in the air. You can start to bring in ski/snow interaction with regards to the tuck that is over constricting will not allow lower body movements necessary for optimal ski snow interaction. With this in mind have the coaches move into and out of a high and low tuck.
For the ski/snow interaction, have the coaches experiment with making round carved turns with minimal ski penetration. Also experiment with pressure in differing parts of the turn and what influences that has on turn shape.

**Jumping**
By now you have explored the mountain and seen what features, natural or man-made, are available. These do not necessarily need to be used but can create conversation as to the advantages there use can afford the developing athlete. We include jumping bullet points in the indoor lecture and these can be also performed statically.

**10:30 a.m. – 1:00 p.m.
Teaching segment**
Each coach should get the opportunity to lead the group. They should have something in mind after the classroom presentation. This should be delivered in a progression of two to four steps. The idea is that they need to demonstrate their "coaching" skills for Level 100 and this will provide the group a greater opportunity to gather additional progressions. Remember that this group of coaches may have limited experience, so there may be repeat drills. Use these instances to break drills down further or extend the learning into a more advanced stage.

**1:00 p.m. -1:30 p.m.:
**
Designed as a review period and finishing any drills still remaining or one final free skiing run working on participant skiing skills.
1:30 p.m.
Wrap-up
Brief review, Q & A. Encourage participants to follow through on earning their Level 100 certification.

After Clinic is Over:
Email Haley list of attendance if anyone was added or did not attend.
Let Haley know if anyone did not meet the skiing standard.
Level 100 Certification Requirements

Attendance of this clinic does not fully complete the requirements for Level 100 certification for coaches. In the folders sent for each participant there is a document that explains these full requirements to complete the Level 100 certification. Please review this with your coaches and encourage them to finish these steps so they are ready for the next level of training.

Requirements for certification:

1) Level 100 - Alpine Ski Fundamentals Course: attend the course, pass the ski evaluation and on-line exam (see below).
2) First Aid/CPR certificate: Pass and maintain certification, send (or fax) a copy to USSA Sport Education. Any recognized course will do, there are a wide variety of classes available in all communities. Email to education@ussa.org, or fax to 435.940.2790, or mail to USSA Sport Education, PO Box 100, Park City, UT 84060.

Criteria for – Skiing Evaluation: The candidate for Level 100 needs to be able to demonstrate skills to a bronze level through Phase 3 of SkillsQuest: This would imply, but not necessarily involve, skiing each individual drill in Phase 2 and 3 of SkillsQuest. In other words the coach has demonstrated the skill level needed to perform at the gold level by the conclusion of the Level 100 clinic. Furthermore, they must demonstrate that they have the skiing skills and understanding to execute all ski drills in both the USST Alpine Ski Fundamentals CD-ROMs I & II (exceptions will be given for jumping drills depending on the coaches age and abilities), and the physical fitness to maintain a high level of skiing performance throughout the entire 10 hours of the clinic. There is no formal ski exam process. The candidate is evaluated during the entire clinic on their overall skiing skills as well as drill demonstration abilities. The instructor will notify the Sports Education department (Haley) of any failing coaches. Instructors should offer feedback to all the candidates on their skiing, both positive attributes and areas needing improvement. For a failing candidate, the instructor should keep detailed notes on his or her skiing weaknesses for immediate feedback to the candidate.

Criteria for – On-line Exam: The exam will be on-line. When the instructor turns in the list of participants at the end of the clinic, each participant will receive a coupon, good for one year, which will give them access to the on-line test at no cost. Encourage the participants to follow through on taking the exam. The exam will cover topics from the Level 100 Coaches manual, indoor presentations, and the on-hill activities. The test is "open book" in that the coaches can use any resources, but should not get help from other people.

Criteria for - Failing any part of the exam process is considered non-certification: Skiing: If the candidate does not pass the skiing portion of the clinic, the candidate must attend, at their cost, the Level 100 Alpine Ski Fundamental clinic again until their skiing skills meet the certification criteria (the cost would be $80.00, plus lift ticket, and would not include the two CD-ROMs). They do not have to retake the written portion if they have previously attained a passing mark. On-line Exam: If the candidate
receives a failing mark twice, they may, at their discretion, retake the written exam for a fee of $20.00 (two attempts) until they achieve a passing mark.

**Maintaining Certification** – To maintain certification, a coach must have a USSA coaches membership, and every two years, take a continuing education unit (refer to the USSA.org Sport Education website for further information on continuing education requirements).

### Rules and Regulations Review

**Review these points regarding single pole SL:**
- Where must both outside pole and turning pole be installed? *First gate, last gate, delay, combinations (hairpin, flush, vertical)*
- What is the definition of "gate line" for single pole SL? *Imaginary line from turning pole to turning pole*
- What is the definition of "clear passage"? *Skier follows the natural race line above the turning pole*
- How far does a hiking competitor have to hike after missing a single-pole gate? *Back up and around the top of the turning pole*

**The rules for interference, provisional starts, and reruns are often misunderstood by coaches. Review these questions with the coaches from the 2010/11 Alpine Officials update:**

**PROVISIONAL STARTS OR RERUNS:** When making a determination on the validity of a provisional rerun, the Jury must evaluate the following, many of which are included in the very clear provisions of 623:

1. Did the competitor cross the finish line?
2. If obstructed while racing, did the competitor stop immediately and apply to any member of the Jury for a rerun?
3. Does the claimed obstruction meet the requirements of 623.2 – Grounds for Interference?
4. Did the claimed obstruction cause significant loss of speed or lengthening of the racing line and consequently affect the competitor’s time?
5. Was the competitor’s request for a rerun not valid because they had committed a fault (gate fault or start procedure fault) prior to the obstruction/interference? (628.7)
6. Does the Gate Judge have any comments or notes? (666.1)
7. Any competitor who is granted a “provisional” start or run must be reminded of its provisional nature. Granting a “run”/”start” and not clarifying its “provisional” nature will not allow the Jury to address the validity of the competitor’s request.
8. Only the Jury can validate a provisional start or run.

There are no provisions in USSA/FIS rules that allow for the penalization of a competitor who is having a slow run and who is subsequently granted a provisional rerun because of an obstruction as defined by the rules.
RERUNS REQUIRED BY BROKEN GATES: Every case must be checked individually; the Jury on site is the only group that can decide, based on the particular and detailed circumstances, if interference occurred.

COMPETITOR’S OFFICIAL TIME: Time is taken when a competitor crosses the finish line and triggers the beam between the finish cells. (611.3.1) Rules do not allow a competitor who misses a gate adjacent to the finish line, crosses the finish line and triggers a finish to hike up and complete passage of the missed gate. Disqualification of the competitor is mandatory under these circumstances.

If time allows, review these questions from the Alpine Referee Study Guide. Encourage the coaches to find the specific rule references in the Competition Guide – Alpine Competition Regulations to support their answer.

1. A racer falls, misses a gate and hikes back up. Because of the delay, a course worker mistakenly believes the racer is DNF and moves into the race line. The racer, who is back on course, sees the course worker, stops and immediately skis out and requests a provisional rerun based on interference. His provisional rerun is successful and the Jury must now decide whether or not to confirm the rerun. What issues must the Jury address? Does the fact that the racer had to hike prior to the interference have any bearing on the Jury’s decision? What is the racer’s status? Assuming the racer hiked the appropriate distance and was not disqualified prior to the interference with the course worker, the rerun will stand. The fact that the racer hiked before the interference has no bearing on the validity of the rerun as long as the racer legally passed the gates prior to the interference.

2. In Slalom, a competitor falls, slides past a combination and hikes back up. What is the competitor’s responsibility? What is the Gate Judge’s responsibility to the competitor? If the event is a Single Pole Slalom, how far does the competitor have to hike to clear a missed single-pole gate? A missed double pole gate? It is the competitor’s responsibility solely to know how far to hike. The gate judge, if questioned by the competitor, must inform him if he has committed a fault, using the commands “Go” or “Back”. For a missed single pole gate the competitor must hike back up and around the top of the turning pole. For a missed double gate, the competitor must hike back up and across the imaginary line from the outside pole to the turning pole of the missed gate.
# USSA LEVEL 100 ALPINE SKI FUNDAMENTALS INSTRUCTOR MANUAL

## Alpine Training System

### Foundation Stage

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<tr>
<td>Participation</td>
<td>Participation</td>
</tr>
<tr>
<td>Ski around 1 day a week</td>
<td>Ski 2-3 days a week</td>
</tr>
<tr>
<td>At least 60 free skiing</td>
<td>At least 90 free skiing</td>
</tr>
<tr>
<td>Play many other sports</td>
<td>Play many other sports</td>
</tr>
</tbody>
</table>

### Pre & Post Puberty

<table>
<thead>
<tr>
<th>PHASE 3</th>
<th>PHASE 4</th>
<th>PHASE 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Biological Age</td>
<td>Biological Age</td>
<td>Biological Age</td>
</tr>
<tr>
<td>Pre-Puberty</td>
<td>Pre-Puberty</td>
<td>Post-Puberty</td>
</tr>
<tr>
<td>Before Growth Start</td>
<td>Growth Sport</td>
<td>After Growth Sport</td>
</tr>
<tr>
<td>Age</td>
<td>Age</td>
<td>Age</td>
</tr>
<tr>
<td>Girls: 10-12, Jr (J5-J3) Boys: 11-14, Jr (J4-J3)</td>
<td>Boys: 12-15, Jr (J4-J2)</td>
<td>Girls: 12-15, Jr (J4-J2) Boys: 14-17, Jr (J2-J1)</td>
</tr>
<tr>
<td>Training Age</td>
<td>Training Age</td>
<td>Training Age</td>
</tr>
<tr>
<td>4-8 years in sport</td>
<td>4-8 years in sport</td>
<td>5-9 years in sport</td>
</tr>
<tr>
<td>Participation</td>
<td>Participation</td>
<td>Participation</td>
</tr>
<tr>
<td>Ski 3-4 days a week</td>
<td>Ski 3-4 days a week</td>
<td>Ski 4-6 days a week</td>
</tr>
<tr>
<td>At least 90% free skiing</td>
<td>70-100% free skiing</td>
<td>At least 90% free skiing</td>
</tr>
</tbody>
</table>

### World Class Performance

<table>
<thead>
<tr>
<th>PHASE 6</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Biological Age</td>
<td>Full Maturation</td>
</tr>
<tr>
<td>Age</td>
<td>Female: 16-17; Male: 17-18</td>
</tr>
<tr>
<td>Training Age</td>
<td>Minimum 14 years in sport</td>
</tr>
<tr>
<td>Participation</td>
<td>Ski 4-5 days a week</td>
</tr>
<tr>
<td>At least 10% free skiing</td>
<td>At least 10% free skiing</td>
</tr>
<tr>
<td>Competition Period</td>
<td>Competition Period</td>
</tr>
<tr>
<td>Ski 9-10 days a week</td>
<td>Ski 6-10 days a week</td>
</tr>
<tr>
<td>At least 10% free skiing</td>
<td>At least 10% free skiing</td>
</tr>
<tr>
<td>Number of races: 25-35</td>
<td>Number of races: 25-45</td>
</tr>
</tbody>
</table>

## Conditioning Emphasis

- Emphasis on play, fun, skiing and balance.
- Emphasis on play, fun, basic skills, balance and coordination. Incorporate activities that develop foundations (5-15 sec) and general endurance.
- 1-2 conditioning sessions per week in season.
- Further development of physical components. Emphasis on aerobic conditioning. Incorporate various body weight training and body awareness training.
- 1-2 conditioning or recovery sessions per week in season. Increase aerobic conditioning and balance/alignment/yearly, particularly through growth spurts. Begin light external resistance work using bands, cigarettes, etc.
- 2-3 conditioning or recovery sessions per week in season. Strength and power improve progressively more anaerobic training, emphasis, complex agility and balance.
- 4-5 conditioning or recovery sessions per week.

## Technical and Tactical Emphasis

- Active start – learning and fun environments.
- Ski and play on snow.
- Active start – skiing all season.
- Free play, guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing.
- Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body coordination for acquisition, and pole plant.
- Technical stage – develop the skills to carve.
- Install sound fundamental technical skills. Execute linked, connected turns with all technical components in a variety of terrain types.
- Acquire specific technical and tactical skills including: gate blocking, speed elements, course inspection, anticipation and situation, snow and turn style.
- Free ski all terrain with competence, with an emphasis on balance and carving.
- Technical stage – developing the skills to carve.
- Install sound fundamental technical skills. Execute linked, connected turns with all technical components in a variety of terrain types.
- Acquire specific technical and tactical skills including: gate blocking, speed elements, course inspection, anticipation and situation, snow and turn style.
- Use a variety of course sets, conditions and terrain to teach the skier adapt to different situations.
- Technical and Tactical Refinement stage – event specific technical and tactical skills.
- Refine technique and tactics after growth spurt. Integrate the increased speed, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.).
- Advanced tactics for difficult situations (in-bounds race course, difficult conditions and terrain).

## Equipment Selection & Preparation

- Learn USSA rules for all equipment selection.
- Skis: 1 pair of skis is sufficient for the group. Height, weight and skill level.
- Boots: Proper boot fit with soft forward flex for ankle movement to facilitate a balanced, athletic stance.
- Protection: Helmet required at all times.
- Poles: Optional – introduce at older levels as skill level develops.
- Adhere to USSA rules for all equipment selection.
- Skis: Baloon, GS and super G skis. Develop racing skills.
- Boots: Proper boot flex and flex are critical for performance. Boot flexes and responds to intensifies as it interacts with the ski plate.
- Protection: Head, arm, shoulder, back, teeth (mouth guard) and shin protection recommended. Based on event.
- Poles: GS-standard length, SL-pole guide for blocking & protection, pole may be slightly shorter.
- Adhere to USSA and FIS rules for all equipment selection.
- Skis: Baloon, GS and super G skis with training skis. Tuning skills continue to improve. Insight into racing and preparing for future success.
- Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as the ski interacts. Performance considerations may include: flex, cant, forward lean angle, and angle of tooth.
- Protection: Head, arm, shoulder, back, teeth with mouth guard and shin protection recommended. Based on event.
- Poles: GS-standard length, SL pole guide for blocking & protection, pole may be slightly shorter.
- Adhere to USSA and FIS rules for all equipment selection.
- Skis: Baloon, GS and super G skis with training skis. Tuning skills continue to improve. Insight into racing and preparing for future success.
- Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as the ski interacts. Performance considerations may include: flex, cant, forward lean angle, and angle of tooth.
- Protection: Head, arm, shoulder, back, teeth with mouth guard and shin protection recommended. Based on event.
- Poles: GS-standard length, SL-pole guide for blocking & protection, pole may be slightly shorter. Custom pole sizing and contouring for individuals.

## Fun, variety, positive reinforcement and perseverance. Positive parental support is essential.

- Sampling Years
  - Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with skills.
- Sampling Years
  - Positive self-talk, work ethic and perseverance with a focus on the process not results. Encourage the use of imagery and visualizing visual techniques. Develop team and sportsmanship.
  - Positive parental support and club involvement.

## Performance Psychology Emphasis

- Commitment
  - Develop and refine race day plans. Develop mental rehearsal routines, refine goal setting process, what to focus on, what works on race day, develop “athletic plan” to approach training sessions and race. Document through journaling.
  - Parents continue to support the commitment of the athlete in the sport.

## Specialization and Mastery

- Refine performance psychology skills. Imagery: goal achievement, performance planning, attention and focus: self regulatory skills: confidence and performance state. Dealing with pressure, failure and loss. Parents continue to support the commitment of the athlete in the sport.

## Competition Emphasis

- Local competition: Innovative with FIS/FISU competition.
- Local racing leads to state and divisional championships which may lead to regional events and Junior Olympics.
- Local racing leads to state and divisional championships which may lead to regional events and Junior Olympics.
- Regional FIS Series, FIS U, NOR- AM and European FIS races.