

## US Ski & Snowboard Level 100 Coaching Clinic, Massanutten, VA

Clinician: Cindy Brown

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Dec. 28-29<sup>th</sup>, 2017

### ***Clinic Logistics***

Participants (that need them) will receive complimentary lift tickets both days.

#### **Dec. 28<sup>th</sup>-29<sup>th</sup>** (Tentative Schedule)

8:15-9:00 am	Meet in the lobby of the Mountain Cruiser Bldg.
9 am-2:00 pm	On-snow/Lunch/On-snow
2-4:00 pm	Indoor session

### ***Information about Level 100 certification, Pre-requisites, Costs, and Registration***

#### **Coach Certification - Level 100**

The US Ski and Snowboard Level 100 Coach Certification is designed to give new coaches a solid foundation in the fundamentals of coaching young athletes. Oftentimes, a young athlete's first coach in the sport has the greatest impact on their future development. The Level 100 Certification program is designed for new coaches to give them the knowledge, skills and abilities to support developing athletes to reach their highest potential in the sport. Great coaching is more than just teaching great skiing or snowboarding, it's about developing strong connections with athletes that inspire them to bring out the best in themselves and pursue their chosen sport with passion, grit, drive and determination.

#### Level 100 Coach Certification Program

The Level 100 course is designed to be the first step in the formal education process for snow sport coaches, covering the fundamentals of sport, while also introducing the topics of long term athlete development, pedagogy, coaching ethics, training environments, effective planning and more.

All Level 100 Certification Courses will start with a series of online modules containing a variety of topics ranging from broad coaching concepts to sport specific aspects of skiing and snowboarding. The online course consists of 7 Coaching Core modules, followed by 4 Sport Specific Modules. Once the online modules are completed, the Level 100 Candidate will attend an on-snow clinic at a location of their choosing. Once the candidate passes the on-snow coaching assessment in the clinic, they will take an online final exam to complete the certification program.

It is recommended that coaches take this course before or within their first year of coaching, but the content presented is of value for a coach with several years of experience as well.

At the conclusion of the course, the participants will have the knowledge, skills and abilities to:

- Apply the concepts of the US Ski and Snowboard Training Systems.
- Lead, manage and inspire a group of athletes.
- Accurately demonstrate, coach and evaluate the fundamentals skills of the sport.
- Create yearly and daily coaching plans based on the principles of Long Term Athlete Development.
- Understand and apply a comprehensive athlete development philosophy.
- Exhibit a passion and love for coaching developing athletes

**PRICE:** \$160 (U.S. Ski & Snowboard Members Only). Includes online modules, on-snow and classroom clinic and participant materials (Level 100 Coach Manual, and more) as well as Level 100 online exam. Lift tickets additional (most resorts offer discounted tickets for participants).

**PRE-REQUISITES:** In order to be certified as a Level 100 Coach, the following requirements must be met.

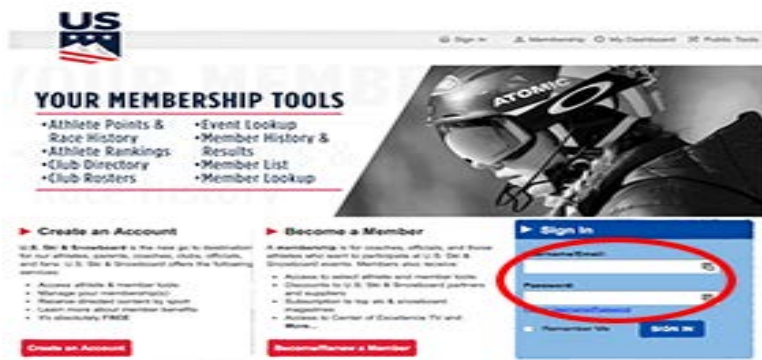
- Current US Ski and Snowboard Membership
- Prior completion of the US Ski and Snowboard Fast Start Coaching course

The following pre-requisites do not need completion prior to accessing the course, but the coach will not be listed as a Level Certified coach until these are completed. There is a section in the online platform where certificates of completion can be uploaded.

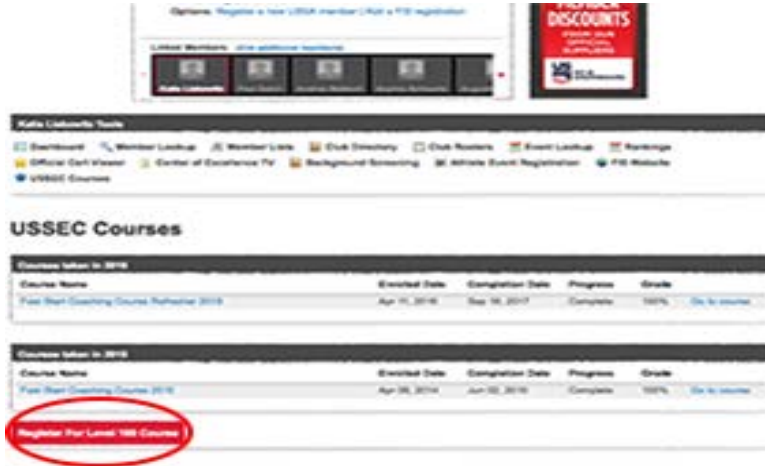
- Current 1st Aid/CPR Training (we accept any online or in person training)
- [CDC Heads Up Concussion](#) training or equivalent
- [SafeSport Training](#) Use this access code to register with SafeSport **NBUD-E6QB-WGT3-BW7Z**

### TO ACCESS THE COURSE\*:

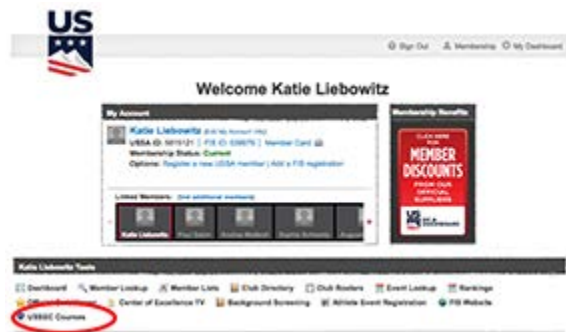
**Step 1** - Sign In to [My USSA](#) with your member username and password.



**Step 2** - Select USSEC in the toolbar.



**Step 3** - Register for Level 100 Course



**Step 4** - Check the Clinic Schedule to make sure there is a clinic you can attend. Pay for the course and access the online learning modules. Please contact [education@ussa.org](mailto:education@ussa.org) if you have any questions. Snowboard and Freeski Coach Programs are accessed through USASA at: <https://www.usasa.org/index.php/officials/coaches/coaches-clinics>