



**Coaches Task Force Working Group
Wednesday, May 2nd @ 12:45 pm**

Desired Outcomes:

- **A shared understanding of the Level 100 coaches education platform**
- **A shared understanding progress that was made this year**
- **A shared understanding of what still needs to get done**
- **An agreement on next steps for coaches education**
- **A shared understanding and agreement on USANS coaching Policy**
- **A shared understanding of USANS Coaches application**
- **A shared understanding of changes occurring throughout the US**

Topic:

Overview of US Ski and Snowboard Level 100 Platform and Process

- Shared status and platform that we will be using

Current Status and Progress Needs

- Still need to finalize portfolio questions
- Need videos of coaches in the field
 - Get feedback from coaches taking the course about what videos of coaches in the field would be valuable and add later
 - Coaches task force should decide on how to get videos
- Create a Nordic Combined supplement that talks about how to build skills on XC skis and some technique pieces
 - Would be good to see what XC has and borrow technique pieces from them
 - NC piece should be mandatory for all Level 100 coaches

Next Steps

- Level Planning
 - L100 – Phase 1 & Phase 2 (U!0)
 - L200 – Phase 3 (Age 9-14)
 - L300 – Phase 4 (Age 13-16)
 - L400 – Phase 5 (Age 15-18)
 - L500 – Phase 6 (Age 17+)
 - NC & SJ are combined through level 300
 - Level 400 & 500 are Sport Specific
- Resources for USANS Website
 - Terminology/Language
 - Already have glossary of terms on website
 - Facebook equipment exchange
 - Already have link to page on our website
- Training Plans/Documents
 - Possibly give access to Visual Coaching
 - How to structure a training session
 - More in-depth warm up
 - Year Round training plan
- Have more coaches clinics at Springer and clubs
- Videos
 - Continue with Tech Tips & and videos about very basic stuff

USANS Policies

- Discussed USANS coaching policies and shared documents and applications that have been created.

- Group decided on age appropriate hill sizes for competitions and it is USANS policy that clubs follow these guidelines and only allow athletes to ski one hill size up from their age group.
 - This will be put on website in Coaches Corner

Changes Throughout the US

- Shared updates to coaching numbers and coaches education

Action Steps:

- Build out coaches education framework – Coaches committee should try to present at Springer
- Build out Visual Coaching – Alan, Blake, Clint, and Jed can work on this
 - Determine how this will be available for clubs
 - Fee
 - Membership
- Clinics for Clubs – During visits, Jed can do this
- Tech Tips as needed – Clint & Jed