



HOW TO BECOME A CERTIFIED COACH

USA Nordic Membership:

- www.usanordic.org
 - Coaches membership: **FREE**
 - Parents membership: **FREE**

US Ski and Snowboard Membership:

- <https://usskiandsnowboard.org/membership>
 - Coach/Official membership: \$135
 - Volunteer membership: \$65

US Ski and Snowboard Coaches Education:

- <https://usskiandsnowboard.org/sport-development/coaches-development/welcome-ski-jumping-level-100-coach-certification-course>
 - Level 100: \$160

First Aid/CPR Training:

- <http://www.redcross.org/take-a-class/cpr>
 - Online Course: \$35

Concussion Training:

- www.cdc.gov/headsup/youthsports/training/
 - Heads Up Training from CDC: **FREE**

TOTAL COST:

Min: \$65

Max: \$330