

YOUTH DEVELOPMENT WORKSHOP For Parents and Coaches October 20-21, 2018 Cannon Mountain, NH

Come learn from the best and get some coaches education credits! This incredible lineup of speakers will deliver valuable and practical knowledge that will help you become a better coach or parent as we all seek one common goal: To deliver the best programming and experiences to our young skiers.

Cost: \$20 Register at:

SkiReg.com/youth-workshop

PLUS - Sunday, 9:00-11:30 FREE outdoor physical education/testing session for kids U12 and up! Led by staff members from US Ski & Snowboard High Performance Centers!

Schedule for the weekend:

SATURDAY, OCTOBER 20

1:00 - Sam Damon: Youth Workshop Welcome and Introductions As Eastern Regional director, Sam will introduce the rest of the regional staff and briefly discuss the motivation for creating the Youth Workshop.

1:45 - Brendan Toohey: Playworks: Social & Emotional Learning for Youth Ski Racers We will dive into proactive group management strategies for our young athletes, talk about the social and emotional benefits of a safe, healthy, and welcoming program, and explore ways to integrate play into systems and structures for the upcoming competition year - both on the hill and off. Be prepared to play!

3:30 - Sue Kramer: Games on Snow: Coaching Skills through Play Playing games on snow does not have to feel like a waste of time, but rather, should be productive. After all, young children learn best through play. Through this informative, entertaining and interactive session, we'll cover relevant aspects of child development and alpine technique to turn mundane drills into "fun and games."

4:30 - Sally Utter and Beattie Schluter: U12 Best Practices Roundtable Discussion A roundtable discussion led by two of our region's best and most experienced youth coaches. This is an excellent opportunity to hear and share ideas and suggestions for a common set of best practices in youth ski racing.

5:30 - Reception at New England Ski Museum Come join in for a social hour at the New England Ski Museum. Wine, beer, and soft drinks will be available.

SUNDAY, OCTOBER 21 8:00 - Shelley Davis Stop the Bleed Initiative* Shelley will discuss the “Stop the Bleed” initiative which aims to curb the type of serious bleeding injuries that have arisen with greater frequency since the advent of machine-tuned skis. Certification practical opportunities will be available on site!

*not required for Coaches Ed. credit

9:00-11:30 - U12+ Physical Education/Testing Session Using the US Ski Team fitness testing as a framework, this is an opportunity for kids to not only go through the testing battery but also to spend time working on the skills involved in each test. Coaches from the US Ski & Snowboard High Performance Centers will lead small groups of kids

9:00 - Steve Mergenthaler and Kathy Okoniewski Training Environments With Terrain Steve and Kathy will discuss ways to use terrain and varied course sets to promote self discovery and skill development, including some functional ideas for working with a ski area to get new and varied environments built.

9:55 - Ellen Adams Club Excellence: Goal Setting and Measuring Results This presentation will share ways for your club to assess performance and measure results in athletic, parent, and community performance. This process can help your club enhance the ski racing experience for your members, as well as to reinforce your identity, reputation, and credibility.

10:50 - Fred Turton Coaches Eye: Identifying Common Problems With Youth Ski Technique and Equipment Sharing methods and experience from 45 years of coaching children, this video session with Fred Turton will look at some of the most common sticking points with youth ski technique and equipment, and will suggest some approaches to overcoming them.

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SUNDAY, OCTOBER 21, ctd...

12:00 LUNCH BREAK - Meals available on site

12:30 - Dave Galusha Sports Psychology: Tools and Applications for Youth Coaches Success in our sport often hinges on an athlete's ability to change gears mentally: switching from social to competitive, casual to focused, or disappointed to optimistic. Dave will discuss some ideas and techniques to use with young athletes to help them learn to change gears when they need to.

1:30 - Finn Gundersen How to be a Better Coach: Brain Development and Skill Acquisition Finn's presentations always stir up good conversation. The latest in neuroscience research focusing on how to learn new skills and the implications for coaching. Many of the traditional methods of coaching are turning out to be the least productive – prepare to be challenged!

2:30 - Wrap Up Drive safely home!