

Hello Rocky-Central and Western Coaches!

Please share this email widely!! Divisional and Regional Leadership – please share with your clubs!

Winter is approaching and we are just days and weeks away from some of the country's early skiing! L100 certification is on the minds of many coaches and clubs right now, so I have compiled a list of helpful resources to get everyone moving towards this finish line!

Below is a list of links of US Ski & Snowboard Coaches Resources. (Links at bottom of page!)

*Alpine Fundamentals Guide*

*Skillsquest*

*Alpine Training Systems*

*US Ski & Snowboard vast video library*

*L100 sign up instructions and info*

*Eastern Region Webpage...and more*

Please note at the bottom, the directions to getting enrolled in the L100 online course.

I have also created "Office Hours" for Western and Rocky Central Coaches, whom may have questions for me and our Western Region and Rocky Central Region Coach Developer Trainers. These office hours will run for the next 5 weeks 10/20-11/17 on Wednesday's @2pm EST (9am/AK, 11am West, 12pm Rocky, 1pm Central) Please join us! We are here for you!

Join Zoom Meeting – Reoccurring

<https://us02web.zoom.us/j/87110933958?pwd=MXdueWITdGhSeDI3dmErMk1iQlQxdz09>

With the Spring of 2022 deadline approaching for L100 certifications, it is EXTREMELY important to get enrolled in the L100 online learning modules. The online portion of this certification will take approx.. 14-16 hours, so PLEASE plan accordingly. YOU MUST have your online modules complete before you can sign up for the on-snow assessment portion of the clinic.

The Sport Education Staff and Coach Developer Trainers have been busy calendaring L100 & L200 on-snow assessments in every Division & Region. We will have that calendar posted by early November.

Again, you must complete your online learning modules BEFORE you can sign up for the L100 on-snow assessment (L100 on-snow clinic).

For Clubs looking to calendar an "Open" or an "In-House" L100 On-Snow Assessment, please fill out the form in the link below and submit.

[https://docs.google.com/forms/d/e/1FAIpQLSfm-0Wvj2qI6mm\\_\\_1QmAKtK1jcFxcGAChBsZkkxPwuyndX4Nw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfm-0Wvj2qI6mm__1QmAKtK1jcFxcGAChBsZkkxPwuyndX4Nw/viewform?usp=sf_link)

And...If you have questions, please contact [Kathy.okoniewski@usskiandsnowboard.org](mailto:Kathy.okoniewski@usskiandsnowboard.org) or [anna.hosmer@usskiandsnowboard.org](mailto:anna.hosmer@usskiandsnowboard.org)

Finally, don't forget to get signed up for your membership!

With Highest Regards,

Kathy Okoniewski &

Rocky-Central and Western Region Coach Developer Trainers

Ron Lawrence

Stacy Garrish

John Rust

Gillian Esson

Jennifer Danza

US Ski & Snowboard Alpine Training Systems

<https://usskiandsnowboard.org/index.php/sport-programs/training-systems>

US Ski & Snowboard Alpine Training Systems Matrix

<https://usskiandsnowboard.org/sites/default/files/files-resources/files/2017-11/Alpine Training Systems 11-16-17.pdf>

US Ski & Snowboard Alpine Video Library

<https://videos.usskiandsnowboard.org/alpineed>

US Ski & Snowboard – L100 Info page & Clinic Schedule Calendar

<https://usskiandsnowboard.org/sport-development/coaches-development/welcome-alpine-level-100-coach-certification-course>

Alpine Fundamentals Guide

<https://shop.usskiandsnowboard.org/u-s-ski-snowboard-alpine-guide-to-ski-fundamentals-10-pack.html>

US Ski & Snowboard Shop

<https://shop.usskiandsnowboard.org/coaches.html>

SkillsQuest: On Snow Skills Assessment and Fitness Assessment

<https://usskiandsnowboard.org/sport-programs/skillsquest>

Western Region News Updates

<https://usskiandsnowboard.org/sport-programs/regions-divisions/western-alpine-region/western-region-news>

Rocky-Central News Updates

<https://usskiandsnowboard.org/sport-programs/regions-divisions/rocky-central-alpine-region/rocky-alpine-division-news>

## **How to Sign up for L100 & 200 clinics:**

### **TO ACCESS THE COURSES\*:**

**Step 1** - Sign In to [MY.USSKIANDSNOWBOARD.ORG](https://my.us Skiandsnowboard.org) with your current membership username and password.

**Step 2** - Select the Coaches Education Tab in the MY.USSKIANDSNOWBOARD toolbar.

**Step 3** - Register for Level 100 Course Click the RED REGISTRATION BUTTON at the bottom of your screen

**Step 4** - You will pay \$160.00 for the online course and in-person assessment

**Step 5** - Complete step 1-4 in the course then in step 5 of the course you will have the ability to register for your one day, L100 on-snow assessment.

**Kathy Okoniewski**

Eastern Region Youth Coach

[U.S. Ski & Snowboard](https://www.us Skiandsnowboard.org)

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