



2009 U.S. Coaches Education Conference

Minneapolis Marriott City Center Minneapolis, MN September 25-27, 2009

| FRIDAY, SEPTEMBER 25 | | | |
|------------------------|------------|---|------------------|
| BEGIN | END | PRESENTATION | PRESENTER |
| 2:00 p.m. | 2:10 p.m. | Welcome | Matt Whitcomb |
| 2:10 p.m. | 3:40 p.m. | Training and Physiology, part I | HC Holmberg |
| 3:50 p.m. | 5:10 p.m. | Developing Young Skiers | Sverre Caldwell |
| 5:15 p.m. | 6:30 p.m. | U.S. Development Discussion | Rick Kapala |
| SATURDAY, SEPTEMBER 26 | | | |
| 8:00 a.m. | 9:20 a.m. | Coaching Kikkan Randall and the APU Nordic Ski Team | Erik Flora |
| 9:30 a.m. | 11:00 a.m. | Training and Physiology, part II | H.C. Holmberg |
| 11:05 a.m. | 12:30 p.m. | Cross Country Ski Technique Video Analysis | Justin Wadsworth |
| 12:30 p.m. | 2:00 p.m. | LUNCH | |
| 2:00 p.m. | 3:15 p.m. | Ski Service Presentation | Randy Gibbs |
| 3:20 p.m. | 4:30 p.m. | Cross Country Injuries and Prevention | Saari, Finnoff |
| 4:45 p.m. | 5:45 p.m. | Industry Hour | |
| 6:00 p.m. | 7:00 p.m. | JO Course Trail Run / Walk | Reid Lutter |
| 8:00 p.m. | TBD | Coaches Social Event | |
| SUNDAY, SEPTEMBER 27 | | | |
| 8:00 a.m. | 9:15 a.m. | Long Term Athlete Development | Finn Gunderson |
| 9:20 a.m. | 11:00 a.m. | Motivation | Dan Jansen |
| 11:10 a.m. | 12:00 p.m. | U.S. Ski Team | Peter Vordenberg |

- To reserve your spot in this conference please contact mwhitcomb@ussa.org.
 Space is limited. Payment will be due by the first week of September.
- Conference cost (not including room and board): \$275.
- Schedule is subject to change. Presentation topics and order may be adjusted.
- Official conference hotel is Marriot at Minneapolis City Center. Click to reserve: http://www.marriott.com/hotels/travel/mspcc?groupCode=usjusja&app=resvlink&fromDate=9/25/09&toDate=9/27/09

