



MARAs Alpine Coaches' Education Guideline

MARAs Alpine In-House Coaches' Training

Classroom (10 hours; estimate) and On-Hill Training (16 hours; estimate)

Topics covered:

1. On-hill safety and protocol
2. Group Management
3. Athlete Care On and Off Hill
4. Equipment, Alignment
5. Course Setting
6. Curriculum
7. Progression
8. ATS Matrix
9. Racer Management
10. Inspection
11. Schedule
12. Technical and Tactical approach
13. Rules
14. Sportsmanship
15. Team Concept

Other resources: USSA continuing education.

MARAs Other Coaches' Meetings

Topics covered:

1. Training/Lesson Planning
2. Training Logistics
3. Groups' Review
4. Individual Athlete Review
5. Travel Plans

(One to two hours meetings: when available.)



USSA Coach and Official Training and Certification

- USSA Alpine Level 100 Clinic biannual/triannual @ Mt A. Next Clinic December 21, 22, 2019- Tentative.

Other training for future consideration:



- Bi-Annual USSA Coaching Symposium. Send advancing MARA Coaches to regional USSA Coaching Symposium every other year in November.
- Annual Referee Clinic, certification and update. Held regionally each fall.



Safesport Certification

- Education, Training and Certification in the following:
 - Emotional and Physical Misconduct, Sexual Misconduct Awareness and Mandatory Reporting.



**American
Red Cross**

First Aid Certification

- Red Cross first aid certification based on the best and latest science in emergency medical care. All coaches must be current and have refresher courses every two years.