



Dear Coach,

Space for the upcoming USSA Cross Country Coaches' Symposium is filling up quickly. The conference registration is now open to all coaches, but space is limited. If you have yet to reserve your spot, please contact me. You'll find a link to the registration form that can be emailed.

As a reminder:

When: October 21-23, 2011, from noon Friday until noon Sunday

Where: USSA Center of Excellence, Park City, UT

Lodging: Park City Marriott (special discount using rate code "USNL")

The following link will direct you to the registration form:

http://media.ussa.org/forms/athletics/nordic/Symposium_Reg_Form.doc

We are looking forward to sharing this special educational opportunity with you!

Best regards,

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USSA Cross Country Coaches' Symposium

Park City, Utah October 21-23, 2011

Friday October 21

1:00-2:00 PM	Jon Nolting	Long Term Athlete Development
2:00-3:30 PM	Dr. Oyvind Sandbakk	Solving the Puzzle of Optimal Training for XC Skiing Part 1: Analysis of the Demands of XC Ski Racing
3:30-3:45 PM	<i>Break</i>	
3:45-5:00 PM	Adam Korzun	Nutrition for Endurance Athletes
5:00-7:00 PM	<i>Dinner Break</i>	
7:00-9:00 PM	Roundtable Discussion	Key Presenters + USST Staff

Saturday October 22

9:00-10:30 AM	Dr. Carol Dweck	Mindset: Helping Athletes Reach Their Potential
10:30-10:45 AM	<i>Break</i>	
11:00-12:00 AM	Tara Fontenot	Common Nordic Skiing Injuries / Deficiencies and Proactive Treatment / Prevention Strategies
12:00-1:00 PM	<i>Lunch Break</i>	
1:00-2:30 PM	Dr. Oyvind Sandbakk	Solving the Puzzle of Optimal Training for XC Skiing Part 2: Analysis of Medal Winners and their Coaches Over the Past 50 Years in Norway
2:30-2:45 PM	<i>Break</i>	
2:45-4:45 PM	Jon Arne Schjetne	From Kid to Olympic Champion
4:45-5:00 PM	<i>Break</i>	
6:00-10:00 PM	Dinner and Drinks	Wasatch Brew Pub – Upstairs 250 Main Street

Sunday October 23

8:30-10:00 AM	Alex Moore	Strength Training for Elite XC Ski Racers
10:00-10:15 AM	<i>Break</i>	
10:15-11:45 AM	Dr. Jim Stray-Gundersen	Training Monitoring in the Elite Winter Sport Athlete
11:45-12:00	Chris Grover	National Performance Goals

Key Presenters

Dr. Carol S. Dweck

Mindset: Helping Athletes Reach Their Potential

Carol S. Dweck, Ph.D., is one of the world's leading researchers in the field of motivation and is the Lewis and Virginia Eaton Professor of Psychology at Stanford University. Her research has focused on why people succeed and how to foster success. She is particularly known for her work on how self-theories (or mindsets) affect learning. She has held professorships at Columbia and Harvard Universities, has lectured all over the world, and has been elected to the American Academy of Arts and Sciences. Her scholarly book *Self-Theories: Their Role in Motivation, Personality, and Development* was named Book of the Year by the World Education Federation. Her work has been featured in such publications as *The New Yorker*, *Time*, *The New York Times*, *The Washington Post*, and *The Boston Globe*. She has appeared on *Today*, *20/20*, *Good Morning America*, the *BBC*, and *NPR*. Her recent book, *Mindset*, has been widely acclaimed and has been translated into 18 languages.

Jon Arne Schjetne

From Kid to Olympic Champion

Jon Arne was a coach for the Norwegian National Team from 2003 to 2011, working as a Junior Development coach (2003-06), Assistant Women's Coach (2006-09) and Women's Sprint Coach (2009-11). He has a master's degree in Sport Science from the University of Trondheim. Jon Arne has worked with many successful Norwegian athletes including Petter Northug Jr, Martin Johnsrud Sundby, Simen Østensen, Maiken C. Falla, Astrid Jacobsen, Ingvild F. Østberg, and Celine Brun-Lie.

Dr. Oyvind Sandbaak

Solving the Puzzle of Optimal Training for XC Ski Racing

Dr. Sandbaak is currently working on his post-doctorate at the Norwegian University of Science and Technology, Department of Human Movement Science with a special focus on XC ski research. He is responsible for research and development of the Olympic Committee in mid-Norway. Dr. Sandbaak has a PhD in Human Movement Science with a BSc and a MSc in Sport Science and a BSc in Psychology. He is also president of the Norwegian Ski Federation's Association of XC Ski Coaches. He lives in Trondheim, Norway.