



## 2013 CXC COACHES CONFERENCE October 18-20, 2013

### ABOUT

This year's CXC Coaches Conference will be focused on USSA Level 100 Coaches Certification and practical experience that a coach at any level can simply integrate into their training program. Coaches will be able to complete full certification during the weekend and receive certification license and a patch.

### LOCATION

Cable Community Center  
County Highway M, Cable, WI 54821

### REGISTRATION

<https://www.wepay.com/events/cxc-coaches-conference-1>

### TENTATIVE SCHEDULE

Friday, October 18

2:00pm - Check-In  
3:00pm - Developing Successful Training Plan  
4:30pm - Athletic Training for Cross Country Skiing  
6:00pm - Dinner  
7:00pm - USSA Fast Tracks Course (required for certification)

Saturday, October 19

7:00am - Breakfast  
8:30am - Level 100 Principles of Training  
10:30am - Level 100 Test (required for certification)  
11:30 - Lunch  
12:00pm - How to Implement Effective Technique Video Review and Analysis  
1:30pm - Level 100 Technique Clinic (required for certification)  
6:00pm - Dinner  
6:30pm - Round Table Discussions (Training, Strength, Technique, Recovery/Injury Prevention)

Sunday, October 20

7:00am - Breakfast  
8:00am - First Aid and CPR Course and Test (required for certification)  
11:30 - Lunch

More details and registration coming soon.

NOTE: Coaches who are already USSA Level 100 Certified can attend the full conference at discounted rate.

### REGISTRATION FEE

\$195.00 - Certification and Conference  
\$245.00 Certification and Conference with meals  
\$75.00 - Conference only  
\$125.00 - Conference with meals

Last Updated: 9/2/2013



**COMMUNITY OLYMPIC  
DEVELOPMENT PROGRAM**  
CENTRAL CROSS COUNTRY SKI ASSOCIATION



Please register by Wednesday, October 16 in order to receive certification materials on time.

#### WHAT IS INCLUDED

- 2013/14 CXC Coaches Membership
- 2013/14 USSA Coaches Membership
- USSA Level 100 Cross Country Coaches Education Manual
- Training Plan Template
- Athletic Training Modules
- Technique Video Files

#### PRESENTATIONS

"Level 100 Principles of Training" (Dr. Jim Mullen)

There are many attributes that lead to cross country skiing success. It is critical that the Level 100 coach understands the most fundamental steps. There is little shortage of information. The goal is to sift through the information and understand how to prioritize. A coach must recognize what is truly fundamental.

"Athletic Training for Cross Country Skiing" (Steve Myrland)

This presentation will discuss the physical and mental characteristics essential to achieving athletic goals: speed, agility, quickness, power, acceleration, balance, stamina, durability and the mental focus and confidence required of a complete athlete. All participants will receive sample of training modules to take home and will have an opportunity to try presented exercises.

First Aid and CPR Course (Jonathan Stone)

First Aid: Learn how to respond to common first aid emergencies, including burns; cuts; head, neck and back injuries. CPR/AED: Learn how to respond to cardiac and breathing emergencies in adults, including the use of automated external defibrillators (AED). Certification is issued upon successful completion.

Coaches Certification Technique Clinic (Yuriy Gusev)

Level 100 Coaches certification is recommended for coaches working with all ages and levels of cross country skiing, from youth to adult and introductory level to world class. It is designed for the coach to learn the fundamentals for effective coaching in cross country skiing and to demonstrate basic knowledge in these areas.

#### PRESENTERS

Steve Myrland is a performance and conditioning coach for competitive athletes at all levels of development. While with the University of Wisconsin (1988 – 2000), Steve assisted with Big-Ten and National Championship efforts in Hockey, Soccer, Cross-Country, Tennis, and Rowing. In 1993-94, he took a one-year leave-of-absence from the UW to work with the SAN JOSE SHARKS of the National Hockey League. The '93 – '94 SHARKS set an NHL team record for single-season improvement, boosting their league standing point total by fifty-eight over the previous season's record. Through Steve's close association with Vern Gambetta (GAMBETTA SPORTS TRAINING SYSTEMS, INC.) he has had the opportunity to work with the CHICAGO WHITE SOX (Major League Baseball), the TAMPA BAY MUTINY (Major League Soccer), and assist Vern with seminars and presentations on athletic performance.

Dr. Jim Mullen currently resides in Hazelhurst, WI with his wife Diane and sons Keegan and Kieran. Jim was born in College Station, Texas in 1957. He began his senior playing career in soccer at the age of 15 as a player for the Madison Soccer Club in 1972, which he led to a league championship at age 17. As a three-year starter for the UW-Madison he was the midfield leader and a leading goal scorer, Team Captain, team MVP, All-State selection in 1978 and 1979, and an annual All-Tournament selection.

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As a midfielder with the Madison 56ers, Jim provided the midfield leadership in leading them to the top of the WSA Major Division and multiple State and Cup Championships. His skills and tireless work rate was recognized by his peers with multiple regional All-Star selections. In addition to playing soccer, Jim earned a position on the U.S. National Speed Skating Team for six years, skating with Eric Heiden, including participation in the 1980 and 1984 Olympic Trails. Jim started coaching soccer will at the UW-Madison as an Assistant Coach at Memorial High School and then as the Head Coach for both boys and girls at Madison Edgewood HS. He was a UW-Madison Men's Assistant Coach and regularly selected as both a Madison and Wisconsin youth teams Select Team Coach. After Medical School, Jim continued his soccer participation as the Medical Director for Teams USA, traveling to Europe and the Soviet Union.

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