

From Mike Prado...

Hello Athletes and Parents,

Welcome to the start of a great training season! I would like to introduce myself. My name is Mike Prado, but you can call me "Prado", and I'm from Lake Tahoe, CA where I learned to ski in the Mighty Might program. I raced competitively on the Western Region FIS circuit as a member of the WEST Team, and then raced NCAA while attending the University of Nevada, Reno. After college, I enlisted in the United States Navy for 7 years. Upon fulfilling my duties with the military, I immediately returned to ski coaching. I've worked with all levels of the US Ski Team including the Women's World Cup and Development Teams. Most recently I was the Women's FIS coach at Squaw Valley, also coaching U16 and U14 athletes. I am excited to be the new Western Region Head Coach. I am looking forward to a 2018-19 race season filled with fun and hard work. I hope you are as well!

I am very happy to have the opportunity to coach and train talented athletes. I realize that coaching these young adults is a privilege, as well as a tremendous responsibility. I will do my best to ensure that each athlete has a motivating and high-level learning experience while at home and on the road. However, I cannot do this alone. I need your help. We need to be partners in this learning process. The tools used by our coaches will range from on hill drills and training, to sports psychology and physical fitness.

I look forward to this year and many more with the Western Region. I view athlete development as a long, steady process. We will not focus on early race results, but pay great attention to the learning process; creating a sturdy foundation to further an athlete's racing career.

Thanks, and I hope to meet and work with all of you very soon!

Mike Prado
U.S. Ski Team
Western Region Head Coach