



## 2019 Cross Country National Coaches' Symposium Schedule of Presentations

### St Louis Park Recreation Center Banquet Room

3700 Monterey Drive, St. Louis Park, MN 55416

#### **Friday September 27**

2:30-3:30 PM	Brit Baldishol	Development and the Role of the Coach for Under-14 Cross Country Skiers
3:30 – 4:30 PM	Dr Nicole LaVoi	Developing Physically Active Girls
4:30 – 4:45 PM	<i>Break</i>	
4:45 – 6:15 PM	USST Staff	Classic and Skate Technique: A Closer Look at Efficient Cross Country Ski Technique (include Rollerski Safety)

#### **Saturday September 28**

7:30-8:30 AM	Wirth Park – Ski Lodge	Group Run & Review of the MSP World Cup venue
9:30-10:30 AM	Dr Nicole LaVoi	Leadership: Importance of Women in Coaching
10:30-10:45 AM	<i>Break</i>	
10:45-12:00 PM	Allan Serrano	A Closer Look at Classic Technique: Navigating Turning Zones and Diagonal Technique Zones
12:00-1:00 PM	<i>Lunch Break</i>	
1:00-2:15 PM	Brit Baldishol	A Focus on Long Term Success: Norwegian Model for Under-20 and Under-23 Skier Development
2:15-2:30 PM	<i>Break</i>	
2:30-4:00 PM	Allen Tran	Fueling for Endurance Sport: Best Practices and Potential Pitfalls
4:00-4:15 PM	<i>Break</i>	
4:15-5:15PM	Ellen Adams	Principles and Practices of High Performing Ski Programs

**Roctoberfest (2-8PM) at the St Louis Park Recreation Outdoor Center** - Bavarian-themed setting including live music, food trucks, beverages, beer, games and challenges for all ages. Coaches' Symposium participants will receive complimentary admission to Roctoberfest. Event mugs are available for \$10.

#### **Sunday September 29**

8:00-9:30 AM	Bryan Fish	A Review of the US National Development System Performance Data: Evidence and Observations of USA Junior Progress and Where we might evolve in the future
9:30-10:30 AM	Mike Bahn	Building Robust Athletes: Teaching Skiers General Movement Literacy to Excel in Skiing (& other Sports)
10:30-10:45 AM	<i>Break</i>	
10:45-11:45 PM	Justin Beckwith	#SkiLikeAnAmerican: Ramping Up - Speed and Agility on Rollerskis "

## **KEYNOTE PRESENTERS:**



### **Nicole M. LaVoi, Ph.D.**

Director, [The Tucker Center for Research on Girls & Women in Sport](#)  
School of Kinesiology, 203 Cooke Hall [\[map\]](#), MPLS, MN 55455  
University of Minnesota [nmlavoi@umn.edu](mailto:nmlavoi@umn.edu),

Nicole M. LaVoi, Ph.D. is a Senior Lecturer in the area of social and behavioral sciences in the School of Kinesiology at the University of Minnesota as well as the Director of the Tucker Center for Research on Girls & Women in Sport. Through her multidisciplinary research she answers critical questions that can make a difference in the lives of sport stakeholders—particularly girls and women. As a leading scholar on gender, leadership and women coaches LaVoi has published numerous book chapters, research reports and peer-reviewed articles across multiple disciplines. Her seminal research includes the annual *Women in College Coaching Report Card* which is aimed at retaining and increasing the number of women in the coaching profession, a groundbreaking book *Women in Sports Coaching* (2016), and a documentary *GAME ON: Women Can Coach* (2018). *GAME ON* is the third collaborative film project with tptMN, the first *Concussion & Female Athletes* (2011) was Emmy-nominated, the second *Media Coverage & Female Athletes: Women Play Sports, Just Not in the Media* (2013) won a regional Emmy for best sports documentary. As a public scholar she speaks frequently to sport stakeholders, fields media requests, and serves on national advisory boards for Gustavus Women in Leadership, Sports Advocacy Network of the Women's Sport Foundation, espnW and WeCOACH. LaVoi is also part of the core teaching faculty at the NCAA Women Coaches Academy. LaVoi played collegiate tennis at Gustavus Adolphus College where her teams took 1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> place during her tenure at the NCAA-III National Championships and she was a two-time Academic All-American. Prior to her career in the academy, she was an assistant coach at Carleton College, and the head tennis coach at Wellesley College.



**BRIT BALDISHOL**  
**Development manager, Cross Country**



Brit Baldishol has worked with the Norwegian Ski Federation for nearly twenty years in various positions. She started in Norwegian Ski Federation at age 30, working for several years with the Norwegian Sport Association in the data department to develop online event systems. She then spent three years as an assistant coach and three years as a coach for the Norwegian Junior National Team. Brit has been the camp director for 2 Olympics, 6 World Ski Championships, and 7 Junior World Ski Championships. Additionally, she is the founder of the Equinor International junior camp, which has been running for nine years and each August includes over 150 athletes from over 20 nations.

At 51 years old, Brit is married and has two children (ages 19 and 21). Her personal skiing career saw her compete at the national level until she was injured (meniscus removed) at 17 years old. She started coaching at the club level shortly after at age 18. At the time, she was the only woman participating in educational meetings and courses in Norway at a higher level. She studied sport at the Norwegian School of Sport (Cross Country), and was a trainer at the club level. At 21 years old she was a Regional trainer in Buskerud (16 girls on high junior level), and at 23 years old she became the first full time female trainer for the sport of Cross Country in Norway.



## ***CONTRIBUTING PRESENTERS:***

**ALLEN TRAN, MS, RD, CSSD**  
**High Performance Dietitian**  
**US Ski & Snowboard**

Allen Tran is the High Performance Dietitian and Chef for U.S. Ski and Snowboard. As a member of the multi-disciplinary Sport Science department, he oversees the delivery of high-quality foods to fuel the athletes of the U.S. Olympic Ski & Snowboard teams.

As the team dietitian, Allen holds individual nutrition consults, team talks, and oversees the team dietary supplement program. Working in the Sport Science team with strength coaches and sports medicine, Allen also researches the latest developments in sports nutrition science to separate best practices from the non-effective hype.

With the US Ski & Snowboard teams consisting of diverse athletes with a variety of nutrition needs and conditions, Allen is attuned to customizing nutrition plans with specific performance goals.

Allen has a diverse background, previously working in fine dining environments such as the prestigious French Laundry restaurant in Napa Valley, CA, as well as holding two Master's degrees from the University of Utah in Sports Nutrition and Exercise Science. In combining culinary training with being a registered dietitian certified in Sports Dietetics, Allen brings distinct expertise in the needs of the elite athlete/performer while paying keen attention also to the culinary side, the goal in making high performance food taste delicious.

**ELLEN ADAMS**  
**Club Development Manager**  
**U.S. Ski & Snowboard**

Ellen is the Club Development Manager for U.S. Ski & Snowboard. She grew up ski racing in Vermont and received her BA from Middlebury College, where she was Captain of the Alpine Ski Team, two-time national champions. Throughout her career, she has been a leader and advocate for the winter sports and outdoor recreation industries as an athlete, coach, official, board member, volunteer and administrator. Ellen is passionate about improving organizational culture and performance through teamwork, collaboration, innovation and education. In her current position, she works with ski and snowboard clubs across the country, providing them with education and resources to put them on a path of continual improvement, resulting in increased mission impact and the potential to realize their vision. Ellen also leads a Diversity and Inclusion Working Group and a Gender Inclusion in Ski and Snowboard Coaching Task Force for U.S. Ski & Snowboard.

**JUSTIN BECKWITH**  
**Competitive Program Director**  
**New England Nordic Ski Association**

Justin is in his third year as the Competitive Program Director of the New England Nordic Ski Association. He is thrilled to share the concepts and success of Eastern rollerski programming. Justin Beckwith grew up in central New York where he learned to ski in the woods behind his home and down the road at a family run ski area named Indian Hill. He migrated east for his senior year of high school at the Stratton Mountain School and has ever since called Vermont home. He attended Middlebury College where he raced at Junior World Championships, a World Cup and two-NCAA's. After college he chased mountains and rivers for a few years in his kayak and telemark skis before his passion for skinny skis returned. He served as the program director and coach of the Green Mountain Valley School from 2006-2015 where he instilled adventure and developed well rounded skiers - several of which went on to win Junior Nationals.

**MIKE BAHN**



Mike currently consults with private businesses and professional and elite sport organizations in the successful implementation High Performance Programs that integrate medical, training, nutritional, psychological and sport technology and data analysis into competitive environments.

From 2012-2017, he served as the Strength & Conditioning Coordinator of the United States Ski & Snowboard Team, coordinating performance services to nearly 200 athletes across 13 disciplines that make up the National & Olympic Teams. Prior to that position, he spent 7 years as the Strength and Conditioning Coordinator for the Phoenix Coyotes of National Hockey League, working extensively with all facets of performance programs including player development and performance management. From 2002-2005, Mike was the Minor League Strength & Conditioning Coordinator of the Arizona Diamondbacks of Major League Baseball, coordinating development and performance services to 200 athletes across 6 minor league teams.

Mike earned his undergraduate degree in Exercise Science from the University of Puget Sound and his graduate degree in Human Movement and Performance from Western Washington



University. His experiences across a broad spectrum of sport gives him a unique perspective for athlete development across an athlete's career and lifespan.

**ALLAN SERRANO**  
**Cross Country Official's Consultant**  
**U.S. Ski & Snowboard**

Allan is currently the U. S. Ski & Snowboard Cross Country Official's Consultant. He became a Technical Delegate in 2006, a Homologation Inspector in 2009, the USA representative to the FIS Committee for Rules and Control in 2014. He has served as the Technical Advisor for US Ski and Snowboard since 2010.

Allan is committed to bringing together the perspective of race organizers, competitors, and team staff to foster an environment of exciting and fair competitions. He was inspired to focus on race organization and officiating after spending two years on the IBU World Cup witnessing the development of new race formats, venues, and event organization. In returning to domestic racing, he observed that the general state of race organization was not matching the level of professionalism that the coaches and athletes, this led him to become involved in event and venue organization and officiating.

Allan learned to ski at an early age but came to racing relatively late. His relationship with skiing was dramatically changed when he entered college and was introduced to his first "real" coaches. His college coach was Ahvo Taipale who introduced him to the concept of 24/7/365 athlete and a deep passion for the sport. While in college, he joined Team Birke led by coach Steve Gaskill. Steve was a critical mentor, introducing the fundamentals of sport science and empowering him to become a coach. This experience sent him on a career as a professional coach and he spent the next 14 years coach college teams, clubs, and the US Biathlon Team.

**JASON CORK**  
**World Cup Coach**  
**U.S. Ski Team/ U.S. Ski & Snowboard**

Jason is currently a World Cup coach for the U.S. Ski Team. He has a bachelor's degree in Exercise Science from Fort Lewis College in Durango, CO. Prior to working for the U.S. Ski Team, he coached for CXC Team, Michigan Technological University, Durango Nordic Ski Club and Crested Butte Nordic. He resides in Park City, UT, in the summers, and spends his winters coaching on the FIS World Cup circuit.

**MATT WHITCOMB**  
**World Cup Coach**  
**U.S. Ski Team/ U.S. Ski & Snowboard**

Matt is currently a World Cup coach for the U.S. Ski Team where he is entering his fourteenth year. Matt grew up ski racing as a member of the Berkshire Trails Nordic Ski Club in Massachusetts and considers that successful club, his motivating coach Ed Hamel and his supportive parents and siblings as the reason he remains passionate about cross country



skiing. He is a 2001 graduate of Middlebury College, a fly fisher, and has a cabin and sauna in East Burke, VT. He can be reached via email at [Matt.Whitcomb@USSkiandSnowboard.org](mailto:Matt.Whitcomb@USSkiandSnowboard.org)

**CHRIS GROVER**

**Head Coach**

**U.S. Ski Team/ U.S. Ski & Snowboard**

Chris Grover has been the Head Coach of the U.S. Ski Team since 2010. He is currently in his 19th year with the U.S. Ski Team. Prior to coming to the national team, Chris coached at the Stratton Mountain School, the Sun Valley Ski Team and the Mt. Bachelor Ski Education Foundation. He grew up ski racing in Anchorage, Alaska and is a 1993 graduate of Dartmouth College. Chris lives in Hailey, ID. He is married to fellow ski coach Svea Grover, and together they naturally have two cross country ski racing daughters.

**BERNADETTE (BERNIE) NELSON**

**D Team/ Development Coach**

**U.S. Ski Team/ U.S. Ski & Snowboard**

Bernie Nelson joins the U.S. Ski Team coaching staff this year as the new D Team/Development Coach. Prior to working for the national team, Bernie was the program director for the Bend Endurance Academy and coached for the Bridger Ski Foundation and Montana State University. She was born and raised in Truckee CA and currently calls Bend OR home. You can find her chasing her partner Dakota and their two vizslas around Central Oregon when she isn't on the road with the team. Bernie can be reached at: [Bernadette.nelson@usskiandsnowboard.org](mailto:Bernadette.nelson@usskiandsnowboard.org)

**BRYAN FISH**

**Cross Country Sport Development Manager**

**U.S. Ski & Snowboard**

Bryan is starting his second year as the Cross Country Sport Development Manager after being the U.S. Ski Team as the Cross Country Skiing Development Coach since 2010. He was the Central Cross Country (CXC) Elite Coach beginning in 2006 prior to his work with U.S. Ski & Snowboard. From 1999-2006, Bryan was a part-time cross country ski coach for his alumna mater, the University of Wisconsin – Green Bay, as well as a full timer engineer in Green Bay. He resides in Park City, UT, and enjoys spending time at his cabin in northern Wisconsin where he likes to bike, trail run, kayak, and ski. He can be reached via email at [bryan.fish@usskiandsnowboard.org](mailto:bryan.fish@usskiandsnowboard.org)



## NATIONAL COACHES' SYMPOSIUM COST: \$300.00

Conference Availability: 100 symposium seats are available

Coaches' Symposium priority goes to U.S. Ski & Snowboard licensed coaches with Level 100 or Level 200 certification

First 75 Registratants receive a U.S. Ski and Snowboard Backpack

## NATIONAL COACHES' SYMPOSIUM REGISTRATION LINK:

[http://ussa.3dcartstores.com/2019-Cross-Cross-Country-National-Symposium--September-27-29-2019--Minneapolis-MN\\_p\\_1160.html](http://ussa.3dcartstores.com/2019-Cross-Cross-Country-National-Symposium--September-27-29-2019--Minneapolis-MN_p_1160.html)

### Host Lodging:

#### Holiday Inn Express

6051 Golden Hills Drive, Golden Valley, MN

Conference Code: **U.S. Ski & Snowboard National Coaches' Symposium**

Standard king: **\$112/night**

Standard double queen room: **\$122/night**

### Booking Link: [US Ski/Snowboarding Link](#)

Release Date: September 15<sup>th</sup>, 2019

(book before the release date to GTD rate)

## FOOD OPTIONS ADJACENT THE ST LOUIS PARK RECREATION CENTER

For the coffee lovers, there are two Starbucks within walking distance (Excelsior and Grand and at the Target). There is also a Caribou coffee in the Lunds and Bylerly's (also walking distance).

- McCoy's Public House is great for lunch or dinner. <https://mccoysmn.com/>
- Lunds and Byerly's has a great salad bar and hot food bar for lunch. <https://lundsandbyerlys.com/our-stores/locations/st-louis-park/>
- Pannekoeken Huis has a good breakfast. <https://www.allmenus.com/mn/st-louis-park/500311-pannekoeken-huis/menu/>
- Chipotle, [https://locations.chipotle.com/mn/st-louis-park/5580-excelsior-blvd?utm\\_source=google&utm\\_medium=yext&utm\\_campaign=yext\\_listings](https://locations.chipotle.com/mn/st-louis-park/5580-excelsior-blvd?utm_source=google&utm_medium=yext&utm_campaign=yext_listings)



## **OTHER U.S. SKI & SNOWBOARD COACHES' EDUCATION CONFERENCES:**

### **REGIONAL COACHES' CERTIFICATION CONFERENCES:**

**LEVEL 100** - <https://usskiandsnowboard.org/sport-development/coaches-development/cross-country-level-100-coach-certification>

**LEVEL 200** - <https://usskiandsnowboard.org/sport-development/coaches-development/xc-level-200-coach-certification>