

To: All Western Region Members
From: Jeff Pickering
Title: Western Region Development Coach
Re: Year End Report

Greetings Western Region. First I would like to thank all of the members of the Western Region, ACC and the immediate staff I work with, Bill Gunesch, Darryl Whitaker and Gwynn Watkins for their support this past season. Secondly to the Programs, Coaches, Athletes, Parents, Equipment Companies, Ski Shops and Ski Areas that have invested more than just time and money into the development of young athletes that have big dreams.

I am very proud to represent the West in the role as the Development Coach. As your Programs are winding down at this time of year and future planning is in motion I would like to ask you to give thought what the role of the Western Region Development Coach is. Your input is appreciated more than you know so please speak up. This is a short list with key goals for me to continue to steer in the correct direction.

- 1) Provide a project based model that can be the best in the World.
- 2) Identify, track, manage and coach Regional athletes and help them advance in the USSA Development system.
- 3) Assist members of the Western Elite Ski Team (W.E.S.T) in their development within the athletic pipeline of USSA.
- 4) Promote development of elite athletes in the 5 divisions of the Western Region.
- 5) Assist in development of professional coaches in USSA.
- 6) Communication through out the Western Region.
- 7) Stick with in budget guidelines and reporting.
- 8) Represent Western Regions views, needs and beliefs.
- 9) Be current and stay educated on developing trends technically, tactically and keep up with equipment changes.
- 10) Work closely with National Development Director and Regional Development staff in programing, developing and implementing projects through out the season.

Coming on board in August under the new Leadership of National Development Director Chip Knight energized me as I listened to his thoughts about bringing our Country together with project based opportunities. Tri and Bi Regional projects are not a new concept, and have been very successful in the past. But when Chip said in season projects for U-19 men I was a little skeptical due to the time frame we had to prepare and plan and introduce this concept to our respective Regions. The NPS “National Performance Series” was launched this season with fundamental goals in mind that directly focus on performance in the immediate future. Disciplines were SL, GS & SG. 2 training days per discipline followed by 2 NJR races per discipline.

- 1) Tri-Regional exposure with top U-19 Men training and competing together.
- 2) Staffing projects with staff that travels closely with this age group.
- 3) Adding pace generating a sensible penalty creating better start positions.
- 4) Competing ,preforming and scoring at a higher level.

NPS sites were excellent, unfortunately we missed out on going back East to Stowe. A big thanks you to all of the sites that hosted these projects.

NPS was rolled out this season and had a very positive impact for the staff and athletes involved. This is exciting, innovative and positive to the development of US Skiing.

On the Women’s side do we need this in place at the U-19 level? Personally I do not think so since so many Women are skiing and scoring at the Nor-Am level. I believe that Tri- Bi Regional Prep Projects would be of great value. These projects are lining up for this season. NPS for U-16 Women & Men I believe would have great value and are being programmed now and we will see this happening in the Comp period in the 16-17 season.

2015 Prep Projects:

Mammoth RTG May:	(Harjo)	
Mammoth Flt. School May:	(Harjo)	
La'Parva 9.10 – 9.25	9 Women – 4 Men	4 Event
Copper RTG 11.10 – 11.16	9 Women – 9 Men	SL,GS,SG
Copper U-16 11.19 – 11.24	8 Women – 11 Men	SL,GS,SG
Copper NA Prep 11.29 – 12.4	7 Women – 13 Men	4 Event

2015 – 2016 Competition Period re-cap. At the Nor-Am level that I was very present at we are for sure seeing a deeper field and I would say a more competitive field especially on the Tech side that carried through the Nor-Am calendar. Various National Teams, Foreigners and strong a college presence bringing in point profiles that make it very difficult for our Western guys to have a start position (as it should) on a course that is not hacked up. There are Jr's getting a second run and a handful making the flip on the Men's side. On the Women's side of the Tech Nor-Ams the Western girls had a few good results but I believe this group of girls know they can attack those opportunities more next season.

On the speed side of the Nor-Ams we had some good results in SG with Men & Women. Downhill side very small Women's fields. From my perspective the fundamental skill development and focusing on GS will be a high priority on how we integrate and develop speed skills this upcoming Prep Period. For sure we have a pretty young group and becoming familiar with venues is a process that takes time to gain experience and confidence.

January European project: I have heard nothing but good comments from this project. I extend a huge thanks to especially Gwynn Watkins for her persistence in following through and making this project happen as well as Bill Gunesch. I know I put a strain on our staff during this time frame.

U-19 Copper Co. Big project, Great group of athletes and coaches to work with. Western Region ranked 2nd this year though Western Women ranked first overall in every discipline and great individual results on the men's side. The event and Ali's crew did an excellent job in hosting this Championship Event, the snow was almost to perfect every day... and all races where very fair.

2016-2017 Prep Projects & Goals:

#1 Group: RTG.

Dates: May 14-20, 2016

Goal: GS – Terrain “Extension of previous season”

Location: Mammoth Mtn. Ca.

Invitees: 10 W – 10 M +2x per gender discretion

YOB: 98, 99, 00 as well as any current member of WRT.

Selection 98, 99: US U-19 National Team and or US Senior National Team

Selection 00: US member of U-16 National’s placing top 15 in GS and or SG and or top 5 in GS / SG at U-16 Regional’s

#2 Group: U-16. “Flt. School”

Dates: May 22-26, 2016

Goal: Refinement and proper jump technique, terrain management and fundamental skiing skills in speed environments.

Location: Mammoth Mtn. Ca

Invitees: 10 W – 10 M + 2x per gender discretion

YOB: 01

Selection: US member of U-16 Nationals. Top 15 “01” placing in SG/GS and or top 10 in SL in the 01 respective age group at Regional’s.

#3 Group: U-16 – U-14 (New)

Goal: SL / GS Fundamental *Tri-Regional Project*

Dates: June 25-30, 2016

Invitees: 18 U16s (top-3 per gender from U16 Nationals, next 2 best per region, per gender from U16 Regionals)

18 U14s (top-3 per region, per gender from U14 Regionals)

#4 Group: U-16.

Dates: August 1 – 5

Goal: Can-Am Slalom Project. Western Region & Alberta Can. Top U-16 athletes and staff’s working together.

Location: Mt. Hood Or.

YOB: 01 – 02

Invitees: 10 W – 10 M +2x per gender discretion

Selection: US member of U-16 Nationals. Top 10 SL/GS at Regionals.

#5 Group: RTG

Dates: Aug 20 – Sept 2

Goal: 4 event training & 3 event racing

Location: La’Parva Chile

Invitees: 10 W – 10 M 2x per gender discretion

YOB: 98, 99, 00 as well as any current member of WRT.

Selection 98, 99: US U-19 National Team and or US Senior National Team

Selection 00: US member of U-16 National’s placing top 15 in GS and or SG and or top 5 in GS / SG at U-16 Regional’s

#6 Group: RTG

Dates: Oct 8 – 13, 2016

Goal: SL / GS

Location: Mt. Hood

Invitees: Invitees: 10 W – 10 M 2x per gender discretion

YOB: 98, 99, 00 as well as any current member of WRT.

Selection 98, 99: US U-19 National Team and or US Senior National Team

Selection 00: US member of U-16 National's placing top 15 in SL and or GS
and or top 5 in SL / GS at U-16 Regional's

#7 Group: Tri-Regional

Dates: Nov 7-14, 2016

Location: Copper Co

#8 Group: NPS Men

Goal: Technical Training & Racing

Dates: Nov 16 – 22, 2016

Location: Copper Co

#9 Group: RTG / WEST Team / Nor-Am Prep

Goal: Nor-Am Event Prep

Dates: Nov 25th – Dec 3, 2016

Location: Panorama BC

Invitees: Invitees: 10 W – 10 M 2x per gender discretion

Invitees: TBA

#10 Group: Tri-Regional U-16

Goal: Speed Project

Dates: Dec 5-9, 2016

Location: Beaver Creek

Invitees: TBA

Selection: TBA

Wishing Alex Colby, Isabella Wright, Sophia Yubero and James Lebel quick recoveries and we cant wait to see you back on snow.

Thanks to everyone! Have a great Spring and Summer. Please fell free to contact me at any time.

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