



Level 400 Coach Certification Program of Study

The US Ski & Snowboard Level 400 program is for highly experienced coaches seeking professional development beyond Level 300 and have high expectations for their future in snowsports coaching. The Level 400 coach should be a leader in the snowsports community and display a high level of experience, knowledge, skills and abilities as a coach in their chosen discipline. Coaches at this level should possess an in-depth knowledge of all aspects of Long Term Athlete Development. They will have worked with athletes at all stages of development—from Sport entry to elite levels of competition. The Level 400 Certification represents a high level of integrity and professionalism in all aspects of sport coaching and leadership.

The Level 400 Process

- Meet prerequisites
- Application
- Coach Academy- both indoor and on-snow activities
 - Leadership Training
 - Sport Science
- Professional Development Plan
- Final Project
- Evaluation and Certification by Level 400 Advisory Committee

Prerequisites:

- Currently working as an active coach and registered as a member of US Ski & Snowboard.
- US Ski & Snowboard Level 300 for a minimum of 2 years
- Actively coaching full-time, employed as coach over 1000 hours annually
- Completed and current with:
 - 1st Aid & CPR,
 - USOC Safe Sport
 - CDC Concussion
 - US Ski & Snowboard BRASS Avalanche Awareness KBYG Online Course (currently under development) or possess Avalanche Level 1 or higher certification.
- Must have attended at least one US Ski & Snowboard Congress in the past 5 years.
- Actively coaching athlete's competing in national or international events
- Documented history of High Level Performance from Athletes
 - Athletes that have been nominated for National Team Selection
 - Top 20 results in elite level national or international competition
- Submit Letters from (2) Athletes that you have coached to success at events.
- **Snowboard and Freeski Candidates ONLY:**
 - Coached at US Project Gold Camp or FIS Junior Worlds as part of a Junior National Team.
 - FREESTYLE Snowboard and Freeski coaches must have attended IJC Judging Clinic

Application Materials:

- Cover Letter
- Resume
- Coaching Competition History
- Significant Athlete Results
- (2) Athlete Letters of Recommendation
- CDC Head's Up Concussion Training Certificate of Completion
- USOC SafeSport Certificate of Completion
- Copy of 1st Aid/CPR Card
- US Ski & Snowboard Coach Membership Card

Acceptance:

A panel consisting of the US Ski & Snowboard Sport Education Director, US Ski & Snowboard Coach Education Manager, and representatives from each sport will decide if the applicant is accepted into the Level 400 program. Acceptance is based on candidate qualifications, experience and goal.

Specific areas of application evaluation:

- Can affect change in athlete development from sport entry to elite competition
- Leadership qualities or holds leadership position within club
- Coach educator and mentoring
- Involved in their division or region – committees and/or projects
- High expertise in programming and planning
- Able to take on and lead at regional and national projects
- Able to work with athletes at all levels of competition up to and including elite national and international events.

Coach Academy:

Upon acceptance to the Level 400 program, the coach should plan to attend Coach Academy within 2 years of notification. Coach Academy for Level 400 candidates will cover three main areas:

- Leadership Workshops
- Sport Science Presentations
- On-Snow Training and Activities

Professional Development Plan:

At or shortly after Coach Academy, the Level 400 Candidate will submit a professional development plan to be completed in conjunction with the Final Project. There will be a session at Coach Academy where coaches can outline their personal and professional goals, identify areas for improvement and submit an outline of how to achieve those goals. The candidate will be expected to maintain a log of activities supporting their efforts and formalize their progress in a final presentation to be submitted with their final project.

Final Project:

A specific area of study will be declared to finish the Level 400 program. A summary of the candidate's final project will be submitted to the Level 400 Advisory Group at Coach Academy. The final project must be completed within 2 years of attending Coach Academy. The final project should outline a detailed question the project addresses. Research into the area of study should be stated and intended outcomes clearly defined in the project plan. The final project can be completed through:

- Academic research
- Internship or apprenticeship
- Higher education (college level or above) or other approved course
- Certification or diploma from a related field (i.e. NSCA certification)

Example areas of study:

- Strength and conditioning
- Equipment
- Mental skills training
- Sport management
- Coaching Pedagogy
- Leadership and Team Building
- Sports Psychology
- Long Term Athlete Development

Define a committee:

Along with the US Ski & Snowboard Sport Education Director and the Coach Education Manager the candidate will define two additional professionals that can guide and assist them in their major topic. The committee will advise and guide the candidate through their Level 400 final project and evaluation.

Presentation of Final Projects:

The Level 400 Coach Candidate needs to be able to demonstrate that they can explain and share the outcomes of their project. Possible avenue for delivery:

- Present the curriculum based equivalent at the US Ski & Snowboard Coaches Academy or Level 300 event
- Presentation at US Ski & Snowboard Coaches Symposium
- Delivery of an in-person, specialty clinic or presentation to an appropriate level of coaches, parents or athletes.
- Writing an article for US Ski & Snowboard Sport Education, Excellence Newsletter or other media outlet
- Development and distribution of a multi-media (video, interactive graphic, etc.) asset.

Final Evaluation and Confirmation of Level 400 Status:

Upon completion and delivery of the Final Project, the Level 400 Advisory committee will review all materials and determine confirmation of Level 400 Status. The candidate will be notified of confirmation within 2 weeks of completion of the program. Level 400 Certification is valid for 5 year and the coach must comply with any continuing education requirements to maintain their certification. Once confirmed with the Level 400 Certification, the coach is expected to continue as a leader in the snowsports community and serve as an example of the high standard of knowledge, skills and ability the Level 400 represents.