

Hello Athletes,

As you all face the challenges and disappointments of a very sudden season end due to the novel corona virus (COVID-19), please know that U.S. Ski & Snowboard's Athlete Career and Education (ACE) remains engaged and available to help you transition temporarily. At this critical time, we want to provide support as you consider next steps (both short and long term).

Our greatest priority is the safety and health of you all – all athletes, staff, families, and our communities. Therefore, we are ready and capable of working remotely and connecting with you through Google Hangouts, Facetime, Zoom, or Skype for virtual advising and guidance - academically, professionally. We can set up this remote work based on your preferences or needs to provide meaningful, effective service.

Please let us know if you want or need support in any of these vital education, career, and life skills areas during this (temporary) transition period:

- enrollment into (or back into) colleges or universities
- finding relevant online school programs
- creating an education/academic plan through this period
- creating a career plan through this period
- networking with external support services – e.g. CN Solutions Group or college specific services
- finding employment opportunities where and when needed
- ensuring resumes, skill profiles, and interview preparations are ready to implement

PLEASE NOTE: Mackenzie St. Onge also remains available to support - and she will be leading the current tuition reimbursement process. mackenzie@usskiandsnowboard.org

As a reminder, it is important that we all **take steps to avoid spreading the virus**. Most importantly, we must all **wash hands often, not touch faces, avoid large public gatherings, and avoid close contact with others**. [To read the CDC's complete recommendations for preventing the coronavirus, click here](#). Also, make sure we can **identify COVID-19 symptoms**. If you begin to display [any of these symptoms](#), please notify your medical contact, parents, coaches, and team manager - stay home and avoid contact, except to get medical care.

Please consider these mental health resources should you need them for any reason:

[COVID Mental Health Considerations - WHO](#)

[Coping with COVID – CDC](#)

[Q & A on COVID Mental Health – WHO](#)

Please contact us directly with any questions or ACE needs!

Julie.glusker@usskiandsnowboard.org

(435) 714 -8581

mackenzie@usskiandsnowboard.org

(802)760-9192

Be well and stay safe, strong, and resilient!

Julie and Mackenzie

U.S. Ski & Snowboard Athlete Transition Services and Resources

<https://usskiandsnowboard.org/sport-development/athlete-career-education>
julie.glusker@usskiandsnowboard.org / (435) 714-8581

U.S. Ski & Snowboard Transition Camp – stay tuned for dates and delivery details!

A one day online, virtual workshop to support retired athletes across transition areas: identity awareness, educational goals, career development, skill identification, networking, and key resources and services.

U.S. Ski & Snowboard Tuition Reimbursement - up to \$6K annually toward tuition reimbursement for college courses taken by alumni. If an athlete took courses while active on the team, they are eligible for tuition reimbursement for 2 years post retirement. Reimbursement occurs twice annually. Please contact Mackenzie St. Onge for details: Mackenzie@usskiandsnowboard.org

College Guidance - personalized college advising for retiring athletes who plan to transition into full or part time student status and/or complete a college program.

Career Development

- Career / employment search
- Resume preparation
- Interview skills
- Networking

Internship opportunities:

- Steadman-Phillippon Research Institute (Vail)
- Economic Development Corporation (SLC)
- PandoLabs (PC)
- Various financial services firms and/or corporations via the Foundation trustees/donors
- Local Park City companies

U.S. Ski & Snowboard Foundation

The Foundation provides fundraising, development, communication, education and marketing support as requested by U.S. Ski & Snowboard. The Foundation provides a network of support for the educational needs and career aspirations of our elite and alumni athletes through connections to trustees and donors as well as engagement in various events and fundraising activities throughout the year.

USOPC Pivot Workshops – April 18-19 in Colorado Springs, CO

Applications are open! **Apply by April 3.** Contact your career coach or terris.tiller@usopc.org for more information about future Pivot Workshops and ACE services for retired/retiring athletes.

The purpose of the ACE Pivot Program is to assist retiring athletes in their health and well-being as whole people beyond athletics by providing tools, techniques and a support system to discover and cultivate their next passions and goals as they transition out of elite competition. Athletes will realize

they are not alone, have the opportunity to share and relate their experiences with others going through the same transition, and receive support for future success. <https://www.teamusa.org/athlete-resources/athlete-career-and-education-program/life-skills/pivot-program>

USOPC ACE Career Services

- 1:1 Career Coaching
- Employer Network
- Hire an Athlete

Dartmouth College TUCK Next Step – Spring 2021

Online learning phase: begins February 8

Residential learning phase: April 11-21

Next Step brings elite athletes and veterans together to leverage their leadership, discipline, problem-solving, team-building, and operational abilities. TUCK's program enables athletes to build on and translate their real-world experiences in ways that will accelerate a successful transition into a rewarding and meaningful career in business. <http://nextstep.tuck.dartmouth.edu/program/>

U.S. Ski & Snowboard Communications

The communications team is an in-house resource for athletes to help manage injury and retirement messaging and stories. Each team (alpine, cross country, freeski / snowboard and freestyle) has a dedicated Communications Manager who can help athletes plan how to announce injuries and / or retirement news through U.S. Ski & Snowboard and each athlete's own communications channels. Your points of contact are:

Alpine:	Megan Harrod, megan.harrod@usskiandsnowboard.org
Cross Country:	Tom Horrocks, tom.horrocks@usskiandsnowboard.org
Freeski / Snowboard:	Andrew Gauthier, andrew.gauthier@usskiandsnowboard.org
Freestyle:	Lara Carlton, lara.carlton@usskiandsnowboard.org

Speaker's Bureau

Danny Slomoff and his team donate their expertise annually to the U.S. Ski & Snowboard Speaker's Bureau, a year-long, intensive, dedicated training program for up to 10 athletes who want to learn to be effective keynote speakers. The Speaker's Bureau is an excellent opportunity to learn and hone the skills necessary to be a paid speaker, and *many companies want to hear stories about your experience, passions, beliefs, and lives!*

The Sideline Perspective - Where injured and retired athletes come together to share experiences, find community, and move forward with purpose.

The Sideline Perspective is an online story sharing platform where injured and retiring athletes can voice their experiences stepping away from competitive sports. It is built around fostering community in athlete transition, helping individuals to answer the questions "who am I" and "what next" *together*. You can choose to just read the stories or boldly write and share your own - either is a valuable opportunity to know you're not alone in this new chapter. Check with Mackenzie (ACE Services Coordinator) for more info: mackenzie@usskiandsnowboard.org / info@thesidelineperspective.com

- Website: thesidelineperspective.com
- Instagram: [@thesidelineperspective](https://www.instagram.com/thesidelineperspective)