



July 2013

2nd Edition



July 2013 by Alan Alborn

June has been an exciting time with both USASJ and WSJ-USA athletes ascending to the 7,000 that Park City has to offer. The early summer temperature swings between night and day has served up some gusty days for the athletes. Despite the gusty conditions both teams have been hard at it training and sweating out the unusually hot days this June.



WSJ-USA is gearing up for their annual fundraiser and we would love to have your support. Visit our site at www.rallyme.com/rallies/94 for more information. Any dollar amount will help us get the #1 team in the world for 2 years to the first ever Winter Olympic Event in Sochi this coming winter!

Not only will you help the team to Sochi you will be helping the future generations of the sport. I have been pushing for development to be a big piece of what WSJ-USA is all about and I

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am proud to say we have officially kicked off this summer with our first ever development group training in Park City. They are rubbing shoulders with World Champions Sarah Hendrickson and Lindsey Van. Not only that, both USASJ men and WSJ-USA women share the weight room and ski jump on a daily basis.



Development Athletes Shown:

Elyse Hoffmann, Nick Mattoon, Emilee Anderson, Kevin Bickner, Manon Maurer, Brian Wallace, Will Rhoads and Elizabeth Wallace.



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Bine Norcic during final preparations and training in Stams, AUT.

USASJ is fighting for Olympic Quota spots. They are currently in Europe for 2 weekends of Continental cups in Austria and Slovenia. The Team of Anders Johnson, Peter Frenette, Nick Fairall, and Nick Alexander. the weekend of June 29/30 is in the books and Nick Alexander lead the team with a strong 23rd place in Saturday's competition. The USASJ team has a goal of qualifying 3 athletes to the Sochi games in February. To do that the athletes need to be ranked in the top 70 in the world which is no small task.

The Ladies will need to have earned a fis point in a Continental cup, summer grand prix, or a world cup to be eligible by fis to ski in the 1st ever Winter Olympic event in Sochi. If an athlete has earned a fis point then it is up to the NOC National Organizing Committee which is USSA/ WSJ-USA to decide who fills the 4 spots we are allowed if our results are strong enough as a nation to earn the 4 quota spots. Currently the Visa Women's Ski jumping team has been the #1 team the last two seasons so we are looking good. We are still going to send athletes to some summer competitions to make 100% sure we will have all 4 quota spots.



USASJ checking out some new bindings in Slovenia!



Nick and Peter work on skis at the first COC of the season in Stams, Austria. The team has now moved to Kranj and will return to competition this coming weekend.

COC OPENS AT STAMS

By: Peter Graves

STAMS, AUSTRIA---The first salvos have been fired of this dramatic 2014 Olympic season this past weekend in this picturesque mountain village not far from Innsbruck.

With the start of the prestigious Continental Cup fans of international ski jumping are a buzz, about what the results mean.

USA Ski Jumping is represented by a quartet of athletes, among them Nick Alexander, Nick Fairall, Peter Frenette and Anders Johnson. Accompanying them are Head USA Jumping coach Clint Jones and the newly named USA European coach, Bine Norcic.

The Canadians have a number of jumpers working with the USA program, notably among them, the Calgary-based Mackenzie Boyd-Clowes.

Following the weekend, we caught up with Coach Jones who gave us a postscript on the weekend. Following Day 1, Jones noted..."I think our guys could have done better, maybe some of it was first competition jitters, but now it's out of the way and we can start moving forward." Nick Alexander—recovered from his mid-season injuries—led the Yanks with a solid 23rd place. According to Jones, Alexander's effort was solid, but he noted that "his jumping was not too bad in the comp, but after seeing what he had produced (earlier in the week in Stams) we were looking for even better results."

Jones called the training days in Stams had been “very positive” for the entire USA squad. The first day saw rain and almost no wind, making things challenging, with very low in-run speeds.

Day 2 saw an improving team effort for the American men, and a bit more wind. “Although luck was not on our side, most of the team had better jumps on Sunday”, Jones offered. While Jacob Janda took the win for the Czech Republic, the talk of the day in the North American camp centered on a strong performance for Canadian Boyd-Clowes, who tied for 8th place, with the winner of Day 1, Poland’s Krzysztof Biegun. Americans finishers last Sunday were Nick Fairall in 34th, Pete Frenette in 45th, Anders Johnson in 46th and Nick Alexander in 55th.

“Mackenzie was a highlight” said Jones, “both of his jumps were quite good, and without great conditions, he was able to finish with a solid result.” Battling back from his own season-ending injuries last February, this was a great boost in fortunes for the Calgarian.

Team USA left the Austrian town on Sunday following the comp and took the drive to Kranj, Slovenia. Nestled into their lodging—in the hometown of their coach Bine Norcic-- the team will train there and will have, according to Jones “a very busy week with suit, boot and ski testing along with physical training.” Jones is also arranging a Fourth of July party for the team in celebration.” Kranj will be the site of this weekend’s next COC.

July 2013 Newsletter Article - Rex bell

USASJ was formed in 2010 by a small group of ski jumping enthusiasts who had the vision that one day the US could have one of the best jumping programs in the world.

In the last 3 years USASJ has grown from a concept of what could be, to an organization that is steadily growing and is now is providing meaningful services and programs to the US ski jumping community.

The recent accomplishments and the growth of USASJ is due in large part to the collaborative effort of many people from around the country who have committed time, energy and dollars to advance the cause of the sport of ski jumping in the US.

Although much has been accomplished in the last 3 years, in order to better serve our clubs, coaches and skiers, USASJ needs more people to share in the heavy lifting and the organization need more funding to support its programs.

The ski jumping community is small but if we all work together towards a common vision we can accomplish amazing things.

If ski jumping has ever touched your life or the life of someone close to you, please consider how you can play a part in helping the US ski jumping program become one of the best in the world.



Athlete Profile



Nick Fairall

AGE: BORN JULY 6, 1989

HOMETOWN: ANDOVER, NH

LONGEST JUMP: 208 METERS,
PLANICA, SLOVENIA, MARCH 2013

Nick has been one of the nation's top talents for some years now and has been ski jumping for fifteen years. In recent years, he has enjoyed the results to back up his reputation.



* Fairall was the first American Male to win an FIS Cup event in Eisenerz, AUT.

Nick began jumping at the age of six under legendary coach Tim Norris, at the Andover (NH) Ski Club. His favorite hills are the K120 at Lake Placid and the K185 ski-flying hill in Planica, Slovenia.

Off the ski jump, Fairall has been captivated in Military Arnis, a mixture of Filipino stick fighting, jujitsu and karate... "it helps to build coordination, mental fitness and confidence", he says. For favorite sports teams you don't need to look further than his native New England... "the Patriots. The Celtics and the Boston Red Sox, I was born in New England, so that's the reason."

Latest Results:

Continental Cup Stams Austria June 2013

June 29th 61st

June 30th 34th



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Coaches Tips



Example movements:

Cardio:

Bike Jog/Run
Jump Rope Jumping Jacks
Light sports (soccer, basketball, etc.)

Active:

Spiderman Walk Inchworm
Glute Grab Lateral Lunges
Lunges Glute Bridge
Arm Circles Leg Swings
Sumo Squat Reach & Twist
Knee Hugs Ankle Grabs

Dynamic:

High Knees Butt Kicks
Skipping Carioca
Med ball throws Push-ups
Trunk Twists Speed Ladder

And remember...

- Perform any static stretching only after fully warm
- In the gym, on the road, or on snow, warm-up is crucial to optimal performance
- Warm-up to train, don't train to warm-up.
- Make the warm-up specific to the activity or requirements that day (e.g. upper body lifting vs. on-hill ski or snowboard).

Anders Johnson likes it!



ACTIVE-DYNAMIC WARM-UP

Essentially, Active-Dynamic Warm-Up is a signal to your body that you're beginning an exercise bout.

Dynamic warm-up has two main goals:

1. Improved performance
2. Injury prevention

Active-dynamic warm-up accomplishes some very important things:

- Increased breathing and heart rate – delivers more oxygen and nutrients to working muscle
- Increased muscle temperature – warmer muscles are more elastic and produce more force
- Initiate sweating – regulate body temperature for steady performance
- Increased metabolic rate – initiating and increasing aerobic metabolism to provide fuel for exercise
- Exciting the nervous system – "ramping up" your nervous system for maximal response
- Moving muscles and joints – moving through progressively greater ranges of motion to help prevent injury
- Specific mobility exercises – these have the ultimate goal of correcting imbalances or asymmetries to improve range of motion, balance, coordination, and strength, and prevent injury.

What goes into a warm-up?

- **Cardio** = start with light activity to ramp up heart rate, breathing, metabolism, and sweating
- **Active** = deliberate physical activity by the athlete
- **Dynamic** = centered around movement and activity (as opposed to Static stretching)
 - Lower body – hips, knees, ankles
 - Upper body – torso, shoulders, wrist, and neck
 - Core – trunk and hips



The Park City Nordic Ski Club is proud to be host to the 15th annual Jindro Mayer Springer Tournee July 29th – August 4th.

This year we have a great program lined up for everyone. Parents we have a fun social event planned for you while we take the kids on the UOP adventure course while you make new friends and learn more about being a parent of a competitive athlete. Ski jumping education and Coaches education level 1 is also in the plans for the week. For full details visit: www.pcnordicskiclub.org and look for 15th Annual Springer Tournee invitation.





15th Annual Springer Tournee Schedule

Monday July 29

10a-5p	Open training all hills	<i>Split training groups</i>
6p-7:30p	Team leaders meeting Men's start Bobsled	

Tuesday July 30th

9a-12p	National testing day (Center of Excellence or UOP)	
1p-5p	Open training all hills	
	Parent mixer/Parent of athletes education Quinney Welcome Center 1st Floor	
6p-8p	Kids ropes course & activities base of Large Hills	

Wednesday July 31st

9a-12p	National team camp up to HS-68	
9a-12p	Open training HS-100/134	<i>Split training groups</i>
1p-4p	Open training all hills	<i>Split training groups</i>
4:30p-6p	Ski jumping education Q&A theater room	

Thursday August 1st

9a-5p	Open training all hills	<i>Split training groups</i>
1:45 - 4p	Springer Splash event in the pool	
6p-8p	Coaches education Level 1 (COE)	

Friday August 2nd

9:00a	HS-68 Trial round, 1>2 rounds Springer Tournee #15	
10-11:30a	Open training HS-10 - 42	
12p	HS-10/42 2 rounds Springer Tournee #15	
12-5p	Open training HS- 68 - 134	
8p-10p	Rock climbing event at the UOP pool (Tickets required)	

Saturday August 3rd

8:00a	HS-100 Trial round Springer Tournee #15	
9:00a	HS-100 1st round possible cut to 30 and reverse for 2nd round	
3:30p	Roller ski course open for warm-up	
4:00p	Springer Tournee Hill climb roller ski at UOP U20/U17	
5:00p	Springer Tournee Running races U15 and under UOP lower trails Basin Rec	
7-8p	Team captains meeting for US Championships HS-134 start house/cabin	
8-10p	Possible movie night in the Legacy center 2nd floor	

Sunday August 4th

8:00a	Official training/Trial round HS-134 US Ski Jumping Championships	
9:00a	1st round ski jumping, 2nd round cut to top 30	
	Flower ceremony & awards following final round	
	15th Annual Springer Tournee awards and food to follow	

WSJ-USA team at the new exhibit at the Utah Olympic Park in The Quinney Welcome Center museum. The exhibit will be on hand for 1 year for all to see. If you are in Park City, stop in and take a Look!



Until next month