



Spring 2013



6/1/2013

June 2013 by Alan Alborn

This is the first edition of the combined newsletter between USASJ & VISA Women's ski jumping team. In efforts to collaborate and move towards the future we will be sending out combined monthly newsletters from both organizations. Our vision is to inspire the nation with the latest news from our coaching staff and organizations USASJ & WSJUSA.

The Visa Women's ski jumping team has been training in the gym starting 1st week of May. The team of Sarah Hendrickson, Abby Hughes, Alissa Johnson, Lindsey Van, and Jessica Jerome had a great spring and had some time away from the sport. The first week of May, the team has been working hard and ready to refine their great base strength they have been working hard on for 2 years.



Summer has settled in the Rocky Mountains and we are flying off of the jumps at the Utah Olympic Park.



2013-14 Visa Women's ski jumping team nominations

A – Team

Sarah Hendrickson

B – Team

Jessica Jerome
Lindsey Van

C – Team

Alissa Johnson
Abby Hughes
Nina Lussi

D – Team

Emilee Anderson
Elyse Hoffmann
Elizabeth Wallace
Manon Maurer



Team will officially be named Sept 2013



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USA SKI JUMPING NAMES 2013-14 NATIONAL TEAM

By *Pete Graves*, Public Relations & Communications Director

PARK CITY, UT--USA Ski Jumping (USASJ) announced recently the 2013-14 USA Ski Jumping National Team from it's Park City, UT headquarters.

In making the announcement USASJ Athletic Director Alan Johnson called the athletes a strong and balanced group. "From our top team with skiers like Peter, Anders and Nick (Alexander) to a growing and talented Development Team, we believe these athletes have what it takes to achieve international excellence and we are really pleased to see their dedication to the sport. We are pretty excited about the future."

Named to the National "A" Team are returning athletes Peter Frenette (Saranac Lake, NY), Created my Alan Alborn

Anders Johnson (Park City, UT) and moving up from last year's Development Team is Nick Alexander (Lebanon, NH). Frenette, who grew up jumping in Lake Placid scored World Cup points last season placing a fine 20th in Sapporo, JPN., while he also placed 12th overall in the FIS Summer Grand Prix. Alexander placed third in a COC in Germany delighting US jump fans. Five USASJ jumpers scored COC points last season in a fine display of growing American depth.

Selected to the National "B" Team are Chris Lamb and Nick Fairall, both of Andover, NH.

Named to the National Development Team are Brian Wallace (St. Paul, MN), Nick

Mattoon (Eau Claire, WI), Alex Haupt (Park City, UT), Christian Friberg (St. Paul, MN), Will Rhoads (Park City, UT), Kevin Bickner (Wauconda, IL), and Miles Lussi (Lake Placid, NY).

The new season approaching--including the upcoming 2014 Olympic Winter Games in Sochi, Russia, the first camp for the team will be the annual physical testing and training camp, complete with team meetings and media training will begin June 8-12th at the Alpine Clinic in Franconia, NH.

The USASJ's Rex Bell echoed Johnson's comments about the newly named teams noting, "Our USASJ community is working hard--pulling out all the stops--to make this program be all it can

be. The athletes show true commitment to excellence and are making solid progress, and we see quantitative progress. This is a tribute not only to the athletes and coaches, but also to the jumping community and our sponsors and venues, clubs, coaches, officials and friends of the sport that are deeply committed to our mission. We are very encouraged about our direction."

Former USA ski jumping Olympian Clint Jones begins his fourth year at the helm as the USA Head Jumping Coaching, while Blake Hughes has recently been tapped for an development position on the coaching staff based in Park City in a partnership with Utah Olympic Park, along with a yet-to-be named coach to be based in Europe.



USA MEN HEAD TO ALPINE CLINIC

Members of the USASJ National Team squad along with Development Team athletes will head to the White Mountains of New Hampshire this week for the official start to this season's training. This marks the third season that the Alpine Clinic

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located in beautiful Franconia, NH will host America's best ski jumping male athletes.



Jessica Thornton-Sherman

The testing, conducted under the able direction of USASJ Sports Medicine Director Dr. Andy Chen and his staff will include a battery of physical testing, fitness testing, media training and a variety of other meetings and seminars. Our recently-appointed Sports Physcologist, Dr. Dashi Hu, of Dartmouth College, will also be working with the team, along with Physical Therapist Jessica Thornton-Sherman, who has accompanied the team on many domestic and international competitions.

The camp will also make time for team-bonding sessions and some hiking in New Hampshire's famous (and steep) White Mountains. "This camp is super important for us to start the season off in a strong and inspired way" said USASJ Athletic Director Alan Johnson, "

The folks at the Alpine Clinic (an official USASJ Sponsor) not only roll out the welcome mat but they also provide us with testing data and information that help us guage our athlete's forward progress. Andy (Chen) and his staff provide a vital service to us, that can't be duplicated, we can't wait to get started."

The Camp will run from June 8-12 at the Alpine Clinic.



SNOWPLOW

Stormy Kromer
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Coaches Tips



POST WORKOUT NUTRITION

Post workout nutrition is a 2 stage process that begins immediately after a training session and continues into the meal following. Stage 1 will immediately begin the process of recovery post workout and Stage 2 will continue the process.

Combined, these two stages of post workout nutrition will help:

- Replenishing glycogen
- Decreasing muscle breakdown
- Promoting muscle protein synthesis
- Boosting immune system
- Re-hydrate

How to refuel

Stage I recovery is a low fat carbohydrate and protein rich SNACK that needs to be consumed within 30-60 minutes after finishing a training session:

- **Carbohydrate.** Eat 30-100 grams of carbohydrate to begin replenishing depleted glycogen stores and

maintain a strong immune system.

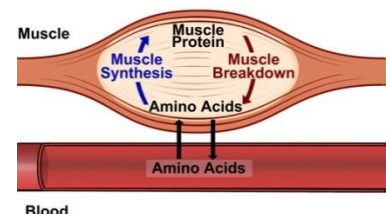
- **Protein.** Eat 10-20 grams of protein to begin to repair damaged tissue.
- **Fat.** Too much fat will delay the absorption of carbohydrates and protein, so try to keep your fat intake to <3g per 100 calories.
- **Fluid.** Drinking 20-24 ounces of water and/or sports drink for every pound that you lose during training will help your body get re-hydrated.
- **Stage I of recovery** - It is not necessary to overload during; a quick snack containing carbohydrate/protein will do the trick. The size of the snack (amount of carbs and protein) should depend on the type and intensity of the workout.
 - For example: Low Intensity – 10 oz chocolate milk or string cheese and fruit
 - Medium Intensity – fruit smoothie or bowl of cereal w/ milk or turkey sandwich
 - High Intensity – sandwich and chocolate milk or smoothie and boiled eggs
- **Stage II of recovery** - Should be the meal that you have within 2-3 hours of training to continue and maximize the refueling and recovery process.
- Many athletes fall into the trap of becoming

reliant on sports food supplements, believing this to be the only and/or best way to meet their recovery goals. Unless you are in a rush, save the sports supplements (bars and beverages) for when you are traveling and go for real food when you can!

Convenient Carbohydrate-Protein Recovery Snacks

- 12oz Yogurt and fruit smoothie
- 10-16oz low fat chocolate milk
- 1 large bowl (granola, mini wheats etc) cereal with 1 %milk or yogurt
- PBJ Sandwich
- Turkey and cheese sandwich of bread or flatbread
- Greek yogurt and fresh berries w/ museli
- 2 Light string cheese and a piece of fruit
- 3 Hard boiled eggs and banana
- Hummus and veggie pita w/ hard boiled eggs

Schematic of protein breakdown & synthesis



Hypertrophy occurs when

Muscle Synthesis > **Muscle Breakdown**