



**2022 Cross Country National Coaches' Symposium
Schedule of Presentations
All times below in USA Mountain Time (CET -7)
Zoom link:**

COST: \$50.00

REGISTER HERE:

https://usskiandsnowboard-org.zoom.us/webinar/register/WN_jx5MUx5MQdG1cq31mwigIMQ

Friday October 28

Bryan Fish	9:30	Welcome
Jen Kimball	9:45 – 10:45	Common Cross Country Injuries & Musculoskeletal Deficiencies
Tschana Schiller	10:45 – 11:45	Competence of movement / developing strength / high velocity movements
<i>Break (15 min.)</i>	<i>11:45 – 12:00</i>	
Dr. Tod Olin	12:00 - 13:30	Team asthma protocol, vocal cord dysfunction, & air quality training protocol
<i>Break (10 min.)</i>	<i>13:30 – 13:40</i>	
Hans Stadheim	13:40 – 15:10	Coaching the Norwegian and British National Programs – similarities and differences
<i>Break (10 min.)</i>	<i>15:10 – 15:20</i>	
Jessica LaRoche	15:20 – 16:50	Wellness Passport, Engery Balance, Red-S, Resources



Saturday October 29

Johan Olsson	11:00 – 12:30	Lesson's from Olympic and World Champion Johan Olsson
<i>Break (10 min.)</i>	<i>12:30 – 12:40</i>	
Bryan Fish Greta Anderson	12:40 – 14:10	U.S. Development Philosophy & Pathway
<i>Break (10 min.)</i>	<i>14:10 – 14:20</i>	
Matt Whitcomb	14:20 – 14:35	NNF
Jason Cork	14:35 – 16:00	Jessie Diggins' Beijing Peaking & Performance Plan & Training History



2022 Cross Country National Coaches' Symposium Presenter Biographies

Johan Olsson: Former cross-country skier Johan Olsson is one of Sweden's most successful athletes with 14 Olympic- and World Championship-medals. Perhaps mostly known for his world title in 2013 at the 50k after being solo for over 30k. Being a late bloomer, and retiring from skiing at the age of 37, he made his way to success by breaking new grounds in training being one of the absolutely first skiers to systemize training on a treadmill. His post-career assignments includes national team coach and TV-expert, as well as inspirational speaker that devotes a lot of his success to the long time mental training, helping him to manage doubt, and keeping a sustainable motivation."

Hans Stadheim is the Endurance Performance Coach for the British Cross Country National Ski Team and has a PhD in Sport Sciences and Endurance. Prior to joining the British Ski & Snowboard organization, he spent over 12 years coaching in his home country, Norway. He moved over to British Nordic after a season as Head Coach at Team Leaseplan Tigers in Norway and before that coached the two-time Norwegian Champions in relay, Lyn Ski. He has coached three of the current Norwegian team athletes and was also involved in an Under 23 World Championships gold medal.

Jessica LaRoche (MS, RDN, CSSD) – Jessica is registered dietitian and sport nutritionist with works with the U.S. Olympic & Paralympic Committee and Women's Tennis Association (WTA). She works in the greater Salt Lake City area at Internmountain Healthcare. Jess has worked directly with the U.S. XC Ski Team on development and support of their Health Passport and provides performance nutrition talks and counseling to the senior XC USST athletes and National XC Junior programs.

J. Tod Olin, MD, MSCS

*Associate Professor, Department of Pediatrics, Division of Pulmonary Medicine
Department of Medicine, Division of Pulmonary, Critical Care & Sleep Medicine
Director, National Jewish Health Exercise and Performance Breathing Center, Denver, Colorado
Respiratory Consultant, United States Olympic and Paralympic Committee and USA Swimming*

Dr. Tod Olin is a pediatric pulmonologist and director of the Exercise and Performance Breathing Center at National Jewish Health. He is specifically interested in helping children and adults exercise safely and comfortably across the spectra of health and performance. He has invented two novel therapies for exercise-induced laryngeal obstruction, a condition for which Dr.



Olin is considered a field leader. This and other work has been featured in the Washington Post, New York Times, National Public Radio, and the Wall Street Journal. Dr. Olin also values working with sporting bodies to inspire and promote population health, serving as a respiratory consultant for both the United States Olympic and Paralympic Committee and USA Swimming. He aims to inspire the next generation of professionals through educational work at the University of Denver.

Jen Kimball DPT, OCS, SCS graduated from the University of Utah with Masters of Physical Therapy in 2002, and later (2011) completed her transitional doctorate through Regis University. Jen completed a rehabilitation specific pilates training through Polestar Pilates in 2007 and 2008. Jen maintains Clinical Specialist Board Certifications in both Sports (2023) and Orthopaedics (2031). From 2007-2012 Jen traveled as a volunteer rotational physical therapist for US Ski and Snowboard a couple of weeks a year while working in an outpatient sports medicine clinic. In 2012, Jen began working for US Ski and Snowboard in Park City, managing long term rehab and injury management. In 2019 Jen began assisting the Cross Country team with team medical management, and travels a few times a year in support of WC travel and team training camps. As part of the University of Utah Sports Medicine team, Jen is fortunate to have maintained her position at US Ski and Snowboard through University of Utah Health sponsorship. Jen's clinical expertise lie in helping individuals with both surgical and non-surgical management of complex knee injuries and shoulder instability return to a high level of sport, and she has interest and experience exploring and combating the neurocognitive changes that occur with injury, and athlete health and wellness in the endurance athlete.

Tschana Schiller is the Director of Sport Science for action and endurance sports at US Ski and Snowboard. She started with the organization in 2006 and has been an athletic development coach for many of the ski and snowboard disciplines including Aerials, Snowboard Cross, Nordic Combined, Snowboard Halfpipe and Slopestyle. Tschana has been working primarily with the Cross Country Ski Team for strength training and sport science projects since 2014. When not at work, T can be found biking, running, trying to learn jiu jitsu, and enjoying the outdoors with her family.

Jason Cork has been a coach for the U.S. Cross Country Ski Team since 2012, and has coached Jessie Diggins since 2010. He was named the U.S. Olympic & Paralympic Committee's Olympic Coach of the Year in 2018 and has been recognized as U.S. Ski and Snowboard's international coach of the year five times. He is a graduate of Fort Lewis College.

Greta Anderson is the Development Coach for the U.S. Cross Country Ski Team. She began working for the U.S. Ski Team in 2021, and has since been working with athletes around the country from the U16 age category to the U23/national team level. She is passionate about creating world class opportunities for junior athletes. Greta enjoys weightlifting and mountain biking. She grew



up in Anchorage, Alaska, and is from the home-club, Alaska Winter Stars. Over the years she has coached for that program as well as Alaska Pacific University Nordic Ski Center and Steamboat Springs Winter Sports Club in Colorado. Greta currently resides in Alaska. You can reach her by email: Greta.Anderson@usskiandsnowboard.org

Matt Whitcomb is the head coach for the U.S. Cross Country Ski Team. He began working for the U.S. Ski Team in 2006, and has since held positions including head development coach, World Cup coach, and women's team coach. He is passionate about helping teams create a winning environment. Matt likes to fly fish and mountain bike. He grew up in Worthington, Massachusetts, and belongs to the Berkshire Trails Ski Club. He currently resides in East Burke, Vermont. You can reach him via email: Matt.Whitcomb@usskiandsnowboard.org Twitter: @Matt.Whitcomb

Bryan Fish is the Cross Country Development Director for U.S. Ski & Snowboard. Bryan has been with the organization since spring of 2010 where he was brought on as the U.S. Ski Team Development Coach. Bryan aims to support the dreams of the next generation of cross country skiers. Bryan lives in Park City, UT and enjoys returning to his cabin in Northern Wisconsin where he grew up. His hobbies include mountain biking, trail running, kayaking and skiing.