

This is a machine-generated summary of podcast Episode 11, with Andy Newell. It has not been independently reviewed for accuracy.

- **Skiing career and entrepreneurship with former US Ski Team member Andy Newell.** [0:03](#)
 - Andy Newell, 4-time Olympian & ski coaching expert, shares insights on training & strength.
 - Speaker 2 grew up in Southern Vermont, started skiing at a young age, and attended Stratton Mountain School.
 - Speaker 2 transitioned from high school to US Ski Team camps, working with coaches Chris Grover and Pete Borden.
 - Speaker 2's musical background includes playing multiple instruments, not just skiing.
- **Skiing career accomplishments with a former World Cup athlete.** [6:34](#)
 - Andy Newell reflects on his ski career, citing Bill Koch as an inspiration.
 - Newell discusses the changing landscape of US Ski Team in the early 2000s.
 - Speaker Andrew Johnson describes the early days of sprint racing in the US, with limited resources and low expectations.
 - Johnson's determination and lack of intimidation by international competitors helped him earn his place on the World Cup.
- **US Ski Team's growth and success, highlighting key athletes and milestones.** [11:43](#)
 - Speaker 2 reflects on their journey from humble beginnings to success with the US Ski Team, feeling proud of their role in setting the stage for current scheme culture and development structure in the country.
 - Speaker 2 recounts their early days in the sport, including their first top 15 finish at a sprint race in Italy in 2005, and their subsequent success at World Champs in 2006.
 - Speaker 2 reflects on US cross-country skiing's resurgence in the mid-2000s, highlighting the team's innovative training approach and notable results from athletes like Chris Freeman and Karl Swenson.
 - Speaker 2 credits the team's success to a willingness to try new things, despite a lack of established ski culture, and cites Chris Freeman as the best distance skier the US has ever had, with multiple World Championship medals.
- **Changes in World Cup skiing, athlete's adaptability and memorable results.** [17:09](#)
 - Speaker 2 reflects on changes in World Cup racing, including waves of dominant nations (Germany, Norway, Russia) and evolving race formats (sprinting).

- Speaker 2 describes the impact of Russia's absence from the World Cup due to political reasons, citing the loss of great rivalries and degraded competition.
- Speaker's ability to stay relevant on the World Cup for 10+ years, adapting to different racing formats and scenarios, is something they're most proud of.
- Speaker has memorable results in distance races, such as 24th place in a 15k Classic in France, despite not being on the podium, which are the most fulfilling for them.
- **Athlete's career highlights and challenges, including doping scandals and crashing. [22:32](#)**
 - Norris shares his passion for racing and competing at a high level.
 - Host praises skier for being honest about challenges in endurance sports
 - Skier shares lessons learned from experience as professional athlete
- **Altitude training for athletes, evolution of thinking over time. [26:21](#)**
 - Host has seen coach John Butler multiple times, including at altitude camps in Park City and Deer Valley.
 - Speaker 2 lived in Park City for 2 summers at 7000-8000 feet, and also stayed in a higher-altitude house above the mountain.
 - Speaker 2 trained at lower elevations (Park City, Heber) and slept at higher elevations (Park City, house above mountain) to optimize altitude training.
- **Altitude training for athletes, including benefits and drawbacks. [30:48](#)**
 - Speaker lived at high altitude for 3-4 weeks, then returned to sea level for 3-4 weeks before repeating the cycle.
 - Speaker tested the optimal time window for high-intensity training at low altitude to adapt to different race altitudes.
 - Speaker 2 discusses the effectiveness of structured altitude training for athletes, highlighting the importance of testing for altitude response and planning training sessions accordingly.
 - Speaker 2 shares their experience of returning to Vermont after training at high altitude, noting that it's crucial to balance altitude training with other forms of preparation for optimal performance.
- **Altitude training and qualifying in cross-country skiing. [35:32](#)**
 - Speaker 2 suggests altitude training may be less important in skiing due to equipment advancements and shorter races.
 - Skier found qualifying fast and fun, enjoyed versus-course mentality.
- **Qualifying for skiing competitions and dealing with criticism. [39:16](#)**
 - Speaker 2 won qualifiers and was ranked #1 in the world in 2007-2008, but struggled with longer sprints as they increased in length.

- Speaker 2 crashed out of the 2010 Olympics despite being well-prepared for a medal, highlighting the importance of pacing in sprint events.
- Speaker's lack of competitiveness and preference for fun on skis limited his podium finishes.
- Speaker's qualifying skills and risky maneuvers on course earned him criticism from commentators.
- **Cross-country skiing, freestyle moves, and the development of jib skis.** [43:41](#)
 - Host praises guest's skiing skills, mentions video of guest performing aggressive moves on roller skis.
 - Guest shares video of themselves performing backflips and grinds on Nordic skis in a park.
 - Speaker Andy Parsons discusses his experience with freestyle cross-country skiing in the mid 2000s, including his involvement with Fischer skis and the development of the jib skate ski.
 - Parsons recounts the challenges of marketing and promoting freestyle cross-country skiing in the US, including insurance hurdles and limited terrain park options at ski resorts.
- **Importance of patience and adaptability in skiing career.** [49:26](#)
 - Speaker emphasizes importance of keeping skiing fun and enjoyable, even at high levels of competition.
 - Speaker stresses the need to focus on the present moment and enjoy the training process, rather than solely focusing on future results.
 - Speaker reflects on adapting techniques and training theories throughout their career.
- **Why Norway is dominant in cross-country skiing, with insights on cultural factors, training methods, and age-specific aerobic activity.** [53:48](#)
 - Norway's skiing culture emphasizes racing proficiency early on, leading to a higher number of athletes at the World Cup level.
 - US skiers have a lower number of athletes at the World Cup level due to a lack of focus on technique and racing early on.
 - Speaker 2 discusses the importance of early training and aerobic activity in developing skiing skills, citing the example of Norway's strong development pipeline.
 - Speaker 2 notes that US athletes often lack early training and may struggle to improve their view to max later in life, making it harder to reach the World Cup level.
- **US skiing development and challenges.** [59:17](#)
 - Host discusses the challenges of retaining young skiers in the US, citing the popularity of other sports like halfpipe and big air.

- Speaker 2 agrees, noting that many talented athletes are funneled into other sports at a young age.
- Speaker 2 discusses the evolution of US ski development, highlighting the shift from a centralized to a club-based model.
- Speaker 2 emphasizes the challenges of fundraising for independent clubs like BSF, while acknowledging progress in collegiate and super tour racing.
- **US junior ski racing development, coaching education, and geographical challenges.** [1:04:45](#)
 - Speaker emphasizes importance of accessible and appealing racing for kids.
 - Speaker 2 highlights coaches education as a major obstacle in junior athlete development in the US.
 - Speaker 2 shares insights on living life on the World Cup circuit year after year, revealing the most surprising aspects of the experience.
- **The unique culture of the US Ski Team and the importance of camaraderie and shared vision among teammates.** [1:09:14](#)
 - Unknown Speaker highlights team culture's importance in US Ski Team, emphasizing collaboration between men's and women's teams.
 - Speaker shares personal experiences with side projects outside of competitive ski racing, such as environmental lobbying and guitar playing with teammates.
 - Speaker misses camaraderie of teammates and shared pursuit of World Cup performances.
 - Speaker misses feeling of executing a top performance and the physical and mental challenge of ski racing.
- **Coaching ski athletes, team culture, and funding challenges.** [1:14:41](#)
 - Speaker 2 reflects on missed opportunities due to injuries, valuing every race opportunity as a privilege.
 - Coach models team structure after Grover and Matt, prioritizing culture and teamwork.
 - Coach focuses on life coaching, problem-solving, and technique development for athletes.
 - Funding challenges persist for athletes, impacting their ability to stay in the sport financially.
- **College skiing's growth and its pros and cons for athletes.** [1:21:05](#)
 - Host highlights Finn Hoth's journey from high school to World Cup, emphasizing the importance of college skiing for developing talent.

- Host discusses pros and cons of talented athletes choosing college skiing over US Ski Team pipeline, citing examples of Finn Hoth and Jesse Diggins.
- College coaching has improved in the US over the past 20 years, with more collaboration between US Ski Team and college coaches.
- College athletes now have access to quality coaches, consistent race calendars, and better development structures.
- Speaker 2 emphasizes the importance of professionalism in ski racing, expecting athletes to answer emails on time and help with junior practices.
- Speaker 2 holds athletes to a high standard, with no room for complainers or those who can't manage their time effectively.
- **Coaching style and communication with athletes.** [1:28:07](#)
 - Coach evolves communication style based on athlete's mental maturity and gender.
 - Coach learns to tailor feedback to individual athletes' responses.
 - Coach emphasizes communication and service in athletic coaching.
 - Coach prioritizes athlete support over personal achievements.
- **Coaching and athlete development, with a focus on patience and problem-solving.** [1:33:15](#)
 - The speaker believes that athletes today are more supportive of each other than they were 30 years ago.
 - The speaker thinks that mental health and work-life balance are more top of mind for athletes now than they were in the past.
 - Speaker 2 notes that some kids may be behind socially due to COVID, and coaching them requires being an adult and investing in a professional training environment.
 - Speaker 2's approach to coaching involves executing training sessions with simplicity and attention to detail, rather than complicated training plans.
 - Coach emphasizes the importance of communication and problem-solving with athletes.
 - Coach reflects on the challenges of transitioning from athlete to coach, citing patience as a key factor.
- **Improving cross-country ski training with technology and a mechanics-based approach to technique.** [1:41:10](#)
 - Video analysis has been a significant contributor to cross-country ski training improvement over the last 5 years.
 - Video shooting and review on the snow or road has been a game-changer for athletes and coaches.

- Speaker emphasizes importance of appropriate technology use in ski development, suggesting that young athletes should focus on basic skiing skills before worrying about training zones.
- Lactate testing and video analysis are valuable tools for creating high-quality training sessions in skiing, but should be used appropriately based on athlete development.
- Speaker emphasizes importance of connecting dots between strength, endurance, and technique training to improve skiing performance.
- Speaker advocates for mechanics-based approach to ski technique, focusing on creating momentum forward and maximizing muscle recruitment.
- **HRV measurement accuracy using chest straps, wrist devices, and Polar watches. [1:48:28](#)**
 - Host discusses HRV with exercise physiologist and shares a story about an athlete's experience with the topic.
 - Host recalls physiologist's statement on accuracy of HRV measurement devices.
- **Ski training techniques, including the importance of proper warm-ups and cool-downs, and the use of simple, low-tech methods to measure [1:51:28](#)**
 - Speaker 2 discussed the importance of measuring training load in endurance sports, highlighting the limitations of HRV and the benefits of low-tech tests like the orthostatic test.
 - Speaker 2 demonstrated the orthostatic test, which involves measuring heart rate changes after standing up from a resting position, and showed how it can provide valuable insights into an athlete's physiological response to training.
 - Speaker 2 advises against seeking shortcuts or flashy training methods in favor of traditional, simple techniques.
- **Prioritizing training frequency, duration, and intensity for optimal performance. [1:56:14](#)**
 - Speaker emphasizes importance of frequency, duration, and intensity in training.
 - Frequency is key before increasing intensity, says speaker.
 - Alex Honnold and Robbie McEwen emphasize the importance of hard work and dedication in achieving success.
- **Financial challenges faced by US skiers on the World Cup circuit. [2:00:55](#)**
 - Host discusses the financial requirements and stress of being on the World Cup, impacting athletes' development.
 - Examples of high-level funded athletes, such as Susan Dunkley and Claire Egan, are cited with budget figures of \$50,000.

- Speaker 2 discusses the financial challenges faced by US ski teams, including the cost of qualifying athletes for World Cups and the lack of support from US Ski and Snowboard.
- Speaker 2 believes there should be a better structure in place to allocate resources and support athletes, given the improvements in US skiing results over the past 20 years.
- **Funding for US Ski and Snowboard athletes, with a focus on the financial burden on athletes and the need for more support for lower [2:05:47](#)**
 - Speaker 2 suggests US Ski and Snowboard should allocate more funds to fully fund World Cup starters.
 - Host acknowledges US Ski Team's efforts but highlights the complexity of allocating resources fairly among athletes.
 - Host discusses financial challenges faced by US ski team athletes, including high expenses and limited support from US Ski Team.
 - Speaker 2 highlights importance of clubs like BSF as development pipeline for US Ski Team, and need for better funding to support athletes.
- **Athlete mental preparation and execution during races. [2:11:00](#)**
 - Speaker 2 agrees that flopping at the finish line has become a concern in skiing, but doesn't have a strong opinion on the matter.
 - Speaker 2 suggests that athletes should focus on their own racing execution plan during a race, rather than worrying about others' behavior.
 - Speaker emphasizes importance of focusing on preparation and execution during races, rather than results.
 - Speaker highlights the need to evaluate and improve race preparation for high-quality performances.
- **Goal setting, nutrition, and body image in sports. [2:17:01](#)**
 - Host and Speaker 2 discuss the importance of setting goals in sports psychology, with Speaker 2 emphasizing the need to focus on process-based evaluations rather than just performance-based ones.
 - Host and Speaker 2 also discuss the challenge of getting high school athletes to think about long-term goals, as they have a lot going on and may struggle with long-term planning.
 - Coach should not directly address athlete's weight or body image, instead seek consultation from experts.
- **Coaching strategies for young skiers, including resource constraints and seeking expert advice. [2:21:51](#)**
 - Coaches are seeking advice on how to manage classic ski testing for young athletes.
 - World Cup coaches have struggled with managing USDM skis, with varying levels of success.

- Coaches should be proactive, not reactive, and source information from experts.
- **Coaching gender and hiring coaches for ski teams. [2:25:56](#)**
 - Speaker 2 emphasizes the importance of recognizing one's limitations as a leader and seeking expertise when necessary.
 - Host and Speaker 2 discuss the challenges of coaching gender and the need for open and honest dialogue to address the issue.
 - Speaker 2 emphasizes the importance of diversity in coaching, including gender diversity, to achieve effective team coaching.
 - Speaker 2 believes in collaborative coaching, where all coaches work together as a team, rather than hierarchical structures.
- **Balancing diversity and technical capabilities in hiring coaches. [2:30:34](#)**
 - Host questions whether hiring less qualified candidate for diversity goals is productive.
 - Speaker 2 highlights FIS initiatives to increase female coaches in skiing, citing success in leveling the playing field.
- **Improving athlete selection process for World Cup skiing. [2:33:59](#)**
 - Speaker 2 suggests improving athlete selection process for World Cup by considering factors beyond on-snow performance, such as mental and physical preparation.
 - Speaker 2 believes current process sets athletes up for failure due to lack of support and resources, leading to burnout and poor performance.
 - Speaker 2 explains the democratic process of selecting teams for the World Cup, with objective markers for ranking players.
 - Coach emphasizes importance of athlete selection for World Cup team, citing democratic committee process.
 - Coach stresses need for athletes to be on same page as coaches regarding World Cup as development tool.
- **Reducing carbon footprint in skiing industry. [2:41:01](#)**
 - The World Cup's carbon footprint could be reduced by rethinking the travel schedule and prize money.
 - The number of World Cups could be reduced from 35-36 to 20 to reduce travel and make races more important.
 - Speaker 2 suggests FIS should consider long-term strategies to reduce World Cup's environmental footprint.
 - Speaker 2 believes flying athletes to DC for climate advocacy is worth the carbon emissions, as it can lead to substantial change through lobbying and rallying constituencies.
- **Climate change and political advocacy. [2:46:01](#)**

- Host and speaker 2 express empathy for Gus, who was ambushed by Senator Robert Kennedy during a House Subcommittee hearing.
- Speaker 2 believes the ski community should be better prepared to handle situations like this, acknowledging the current political climate and potential for mischievous actions.
- Speaker 2 explains the science behind climate change, emphasizing the importance of reducing CO2 emissions to mitigate its effects.
- Speaker 2 criticizes politicians for prioritizing constituent opinions over their own beliefs, highlighting the power of public opinion in shaping political action.
- **Improving funding for US skiing by increasing exposure and sponsorship opportunities. [2:51:56](#)**
 - Speaker 2: "Monetize by letting people know athletes' needs, like Logan Diekman's wax tech costs."
 - Speaker 2: "Build broad support by improving funding picture, not just regional."
 - Speaker 2 suggests leveraging media and sponsorship to grow US ski racing popularity.
 - Organizer hopes to increase prize money and live streaming for Super Tour events.
- **Optimizing US Ski Team performance with small changes. [2:57:16](#)**
 - Speaker suggests small, continuous improvements rather than drastic changes for US Ski Team.
 - Host shares his experience of meeting a CEO of a \$23 billion dollar company while skiing, who was impressed by the host's lightweight bike.
 - Host emphasizes the importance of putting in the work and not relying on quick fixes or easy solutions.
- **Skiing career, advice for young athletes. [3:01:30](#)**
 - Speaker reflects on memorable moments from World Cup experiences with friends, rather than podium moments.
 - Coach advises young self to embrace opportunities with confidence and not let them slip by.
 - Host expresses gratitude to Andy Newell for his career and contributions to skiing.