

BOULDER NORDIC JUNIOR RACING TEAM
HEAD COACH

General

- Contribute to a positive and motivating environment to foster a lifelong love for the sport of Nordic skiing
- Support mission and vision of BNJRT
- Foster an inclusive and cohesive team dynamic among athletes and coaches
- Emphasize, practice and teach good sportsmanship at training sessions and races
- Adhere to approved budget; notify BOD if unexpected expenses are incurred or expected to be incurred
- Collaborate with BOD and assume a major role with recruitment and team development

Team Organization & Management

- Understand and adhere to the USSA Code of Conduct, Rocky Mountain Nordic (RMN) Code of Conduct and Ethics, and the BNJRT Code of Conduct (including no drug use or pot consumption at any time)
- Report to BNJRT Board of Directors any and all violations of BNJRT Code of Conduct
- Report to BNJRT Board of Directors and participate in monthly board meetings
- Participate in budgeting process with Board and adhere to approved budget
- Collaborate with BOD and assume a major role with recruitment and team development
- Support team night at BNS and help with equipment selection
- Responsible for waxing equipment, including inventorying and ordering wax, and ski racing equipment
- Responsible for the security and maintenance of BNJRT wax and waxing equipment
- Assist with distribution and collection of team rental skis and poles
- Assist with BNJRT fundraising and outreach events including annual ski swap
- Track and manage maintenance and repair of the team van

Coaching and Athlete Training

- Emphasize athlete development in the context of a balanced, holistic, and fun approach
- Design schedules and training programs
- Development and management of weekly, monthly, and annual training schedules and plans for BNJRT athletes, including use of Training Peaks or other training software
- Generate timely and excellent communications with skiers and their parents, including weekly emails regarding training location, schedule, and priorities for each age group
- Responsible for supervision, leadership, training, and oversight of the coaching staff and implementation of training
- Coach skiers with a technique focus - using extensive knowledge of classic and skate techniques with the ability to communicate technique to the athletes
- Schedule video sessions and conduct video analysis of U16+ athletes 3 times per season prior to mid-February
- Help athletes set short and long-term goals that will be used to develop training programs and measure performance throughout the season; review progress towards goal and provide written feedback/report to parents

- Instruct skiers in applying kick wax and glide wax to their skis throughout the season at practices and at races
- Coach beginner, intermediate and advanced cross country skiers in dryland skills, strength and endurance development
- Conduct fall dry-land training sessions and the winter ski training sessions
- Announce at the beginning of each practice what the practice plan and goal is for the day
- Periodically participate in training sessions with all age groups to ensure quality and training goals are being achieved
- Develop a Race and Training Camp schedule
- Drive team van for daily practice and race/camp travel

Racing

- Manage all aspects of JNQ races including: administrative tasks for race weekends, waxing equipment, coordination of waxing assistance from assistant coaches and parents, wax testing, pre-race preparation with athletes including, but not limited to reservations, entries, fees, bibs, skier management and preparation, waxing, results
- Travel with team to all Rocky Mountain Nordic (RMN) Junior National Qualifying (JNQ) races
- Attend Junior Nationals as part of RMN staff
- Attend U.S. Senior Nationals (depending on the interest level of BNJRT skiers)
- Be involved in race organization of any xc ski races conducted by BNJRT
- Secure and maintain the BNJRT test ski fleet
- Attend Team Captain's meetings at races
- Organize and hold an organizational meeting each day prior to race day for team members and parents

Marketing and Communications

- Responsible for timely preparation and submittal of press releases to the Daily Camera after each JNQ/Jr. Nationals
- Responsible for posting or providing website updates after each race weekend
- Help maintain content of website in collaboration with communication lead
- Regularly maintain team blog on BNJRT website
- Communicate training schedules and details with athletes and parents weekly via email and/or blog
- Develop regular reports and communications to the BNJRT Board of Directors at a mutually determined interval
- Maintain training calendar on team website

Tentative team training schedule

Winter - on snow, Dec - Apr: Mon - Thurs after school and Saturday mornings

Preseason - dryland training, Sept - Nov: Mon-Thurs after school

Spring/summer - dryland program - May - Aug - 4-5x per week, weekday afternoons, evenings, some weekend days - compensation outside of salary

Minimum Qualifications

- 3 or more years of coaching experience preferred
- Extensive classic and skate technique skills
- Driver's license – clean record
- Experience towing a trailer
- CPR/First Aid
- Minimum Level 1 USSSA Cross Country Certification
- Position: August - April
- Compensation DOE