



ALPINE SKI RACING EDUCATION CONFERENCE

October 17th, 2026

Olympic and Paralympic Training Center
Lake Placid, NY

Join us for an afternoon filled with thoughtful presentations and activities. Plus earn *coaches education credits if you attend the conference in person.*

This conference will provide you with valuable tools and ideas to help your club, kids and coaches reach their full potential.

Cost: The Conference is FREE TO ATTEND!

(Lodging is on own and lunch at OPTC is available for \$10.00 payable in person)

[Click here to register online](#)

Schedule of events:

FRIDAY OCTOBER 16

9:00am- Eastern Development Committee (EDC) Fall 2026 Meeting

[ZOOM MEETING LINK for EDC](#)

1:00pm - Eastern Children's Committee (ECC) Fall 2026 Meeting

[ZOOM MEETING LINK for ECC](#)

6:00- 8:00pm- APRES and coaches social* - Northwood School Innovation Hub
2495 Main St. Lake Placid, NY **Appetizers and drinks will be served*

All committee meetings are open to current USSS Eastern members and will take place at the Olympic and Paralympic Training Center in Lake Placid, NY. Meetings will also be streaming on ZOOM and recorded (see the [Governance page on the Eastern Region website](#) for meeting recordings)

SATURDAY OCTOBER 17

9:00am Eastern Alpine Competition Committee meeting (EACC)

[ZOOM MEETING LINK for EACC](#)

12:00pm - Coaches Education Conference - Arrival, check in and lunch available at the Olympic & Paralympic Training Center

12:45- 1:30 - Peter Stokloza - **Updates from U.S Ski and Snowboard Sport Education and Club Development**

1:30-3:00 - Sasha Rearick, Phil McNichol and Paul Epstein - **Live Q & A with U.S Ski and Snowboard Alpine Program leadership and Head coaches**

Moderator: Martin Guyer

[ZOOM MEETING LINK FOR LIVE Q & A SESSION](#)

3:15-4:45 - Carolyn Beckedorf - "**The Third Pillar: Mental Performance and Well-Being for *Athletes* and *Coaches* in Alpine Ski Racing.**"

5:00-5:30- Martin Guyer - "**Breathwork and meditation practice for mind set and focus shift**".

SUNDAY, OCTOBER 18

8:30- 12:30- Skills Quest Fitness (SQF) testing event
Northwood School campus [Click here for SQ-F registration](#)

