

USA Cycling Webinar Registration Form

Name: _____

Day Phone: _____ USAC Membership # _____

E-Mail Address¹: _____

Check all that Apply: Coach _____ Member _____ Non-Member _____

Cost: USAC Coach \$25, USAC Member \$35, All Others \$50

2007 Webinars

Check the webinar(s) that you wish to attend	Date	Topic	Presenter(s)
	October 9 4pm MDT	Off Bike Conditioning for the Cyclist	Harvey Newton, Newton Sports
	October 10 4 pm MDT	Interval Training II	Stephen McGregor, PhD, Eastern Michigan U and Peaks Coaching Group
	October 11 4pm MDT	Health Issues for the Female Cyclist	Sheryl Oleski, MD
	October 16 4pm MDT	AntiDoping Policies and Procedures (USADA)² (FREE)	Chad Weikel, US AntiDoping Agency
	October 17 4pm MDT	Training on Limited Time	Hunter Allen, Peaks Coaching Group
	October 24 4pm MDT	Off Bike Conditioning for Endurance Cyclists	Bob Seebohar, CSCS
	November 6 4pm MST	Training on Limited Time³	Barney King, BarneykCoaching
	November 8 4pm MST	Sudden Cardiac Death² (FREE)	John Vitarello, MD
	December 6 4 pm MST	Field Testing Procedures	Corey Hart

Make checks payable to: USA Cycling. USA Cycling accepts VISA and Mastercard. Fees for the webinar are non-refundable. Registration is also available through the MY USACYCLING function at the USAC website. If you use this form, you will be charged an additional \$10 per webinar⁴. There is no additional cost for paying through the MYUSACYCLING option.

Registration closes at noon MDT/MST on the day before the webinar. Phone calls are not an acceptable manner of registering.

Number of Webinars _____ Handling Fee (# of webinars x10) _____

Total charge _____

Credit Card Number _____ -- _____ -- _____ --

Expiration Date _____ Signature _____

Send registration form and fee to:

USA Cycling, Coaching Education Bldg 6
1 Olympic Plaza
Colorado Springs, CO 80909
Fax: 719-866-4764 (credit card payments only)

¹ The email address needs to be one that you check often as all information will be sent to that address.

² There is no charge for the USADA presentation or the Sudden Cardiac Death presentation. You may register directly at the GoToWebinar website.

³ This presentation is a repeat of an earlier presentation.

⁴ This policy is effective with registration for webinars scheduled after October 1, 2007.

Webinar Overview

A webinar is a seminar delivered online via the internet and a phone line. You will need a computer and a phone in order to participate in the webinar. Over the computer you will see the presentation and over the phone you will hear the presenter. During the presentation you will be muted so that everyone else does not hear your background noise. At selected times during the webinar, the phone lines may be opened up to answer questions. This will vary from presentation to presentation.

You will be responsible for the charges to call in to the conference.

You should log onto the webinar website 5 to 10 minutes before the scheduled webinar to allow time to download the necessary software or applet to your computer. USA Cycling will not be able to provide technical support should you have computer problems. You do not need to call in to the phone number until a few minutes before the start of the webinar.

During the presentation you will be able to email questions for the presenter (or another expert).

When possible, webinars are recorded and may be played back at the discretion of USA Cycling.

Registration Process

The Registration procedure has two steps. **Both steps must be completed for you to be registered!**

Step 1: Submit Payment for the webinar(s).

Option A: Log onto the MY USACYCLING function at the USAC website, click on the VIEW AVAILABLE CLINICS link at the USA Cycling Coaching Clinics “box” in the upper right hand corner. Complete the information. Please list your name and email address as that will be used to verify your registration and to communicate with you. Complete the payment information.

Option B: Print out the [registration form](https://www.usacycling.org/news/clinics_coaches.php) (https://www.usacycling.org/news/clinics_coaches.php) from the USAC website. Complete it and send it to the address on the form.

There are no refunds for webinars unless USA Cycling cancels the webinar. While the webinar organizer will assist in anyway possible with technical issues, the organizer (USA Cycling) cannot be responsible for failures on the attendee’s part to login properly.

Step 2: You will receive an email with instructions on registering at the webinar website. You will need to register there no later than noon MDT (or MST) the day before the webinar.

Click on the webinar name in the registration form to register at the Webinar website. You are not officially registered until payment is received. Once you register you should be re-directed to a page that will give you a description of how to pay.

The attendee is responsible for toll charges on the conference call.

Please be aware that emails can end up in SPAM or Quarantine folders so please check those folders. If an email from the “gotowebinar@citrixonline.com” appears in your spam folder, please adjust the settings to allow for those emails not to be blocked.

For the technical (computer) requirements for attending a webinar, please visit [here](#).

Presentations

Goal Setting with the Athlete by Kristen Dieffenbach, PhD. Coaches can (and should) play a major role in working with an athlete to development goals as an athlete, if not as a person. A coach can assist an athlete in setting realistic short- and long-term goals that are clear, achievable and definable. Too often athletes set vague goals that might not be measurable. Some athletes set goals that might not be attainable in the time frame he/she would like. A coach can assist the athlete in structuring those goals to be attainable or give feedback on realistic time lines. Dr. Dieffenbach is an assistant professor of coaching at West Virginia University and a coach of endurance athletes herself. She works USA Cycling regional development camps along with other USA Cycling National Program Camps. Her coaching company is Marathons, Mountains and More.

Off Bike Conditioning For Cyclist by Harvey Newton, Newton Sports. Mr. Newton will offer his views on strength and other off-bike training for cyclists. The presentation will discuss appropriate exercises for cyclists who choose to do off bike conditioning and how to integrate the exercises into an overall training scheme.

Interval Training II (Lactate Threshold) by Stephen McGregor, PhD. This presentation will be a continuation of Interval Training I with a focus on lactate threshold development. Included will be a discussion on lactate threshold and various operational definitions. Dr. McGregor is an associate professor of exercise science at Eastern Michigan University and a USA Cycling Level 2 coach. He is a coach with PeaksCoachingGroup.

Health Issues for the Female Cyclist by Sheryl Oleski, MD. In addition to speaking on the female athlete triad, Dr. Oleski will discuss other medical issues facing female cyclists.

Antidoping Policies and Procedures by Chad Weikel, USADA. Mr Weikle will provide an overview of the US AntiDoping Agency's policies and procedures for testing. The presentation will also examine ethical and medical issues surrounding doping and the use of performance enhancing drugs. **This presentation is being offered at no charge.**

Training on Limited Time/Training on Limited Time by Hunter Allen, Peaks Coaching Group, Level 1 USAC Coach. Mr. Allen will offer his views on training athletes whose training time is limited to 7 to 10 hours per week. What are important considerations in establishing priorities in training? How can an athlete in this situation optimize training?

Off Bike Conditioning for the Endurance Cyclist by Bob Seebohar, CSCS. Mr. Seebohar will offer his views on strength training for endurance cyclists. He will cover the rationale for cyclists strength training, the types of exercises to use and how to integrate them into a training schedule.

Training on Limited Time is presented by Barney King. Barney has coached athletes juniors, pros and state champions as old as 70+ . Barney will focus this presentation on athletes whose time for training is limited by jobs, family and other obligations to 10 hours or less a week. What are the important considerations for what is most likely the norm. It could be argued that coaching pros is easy as they have nothing else to do but train and recovery; coaching master's with a spouse, kid and (hopefully) a job requires a deft touch from an experienced coach. Barney is a USAC Cycling Level 1 coach and works with the USAC National Junior program as a coach/team director and development camp manager. Barney's coaching company is BarneyKCoaching. **This webinar is a repeat of a webinar aired in August 2007.**

Sudden Cardiac Death is presented by John Vitarello, MD. Dr. Vitarello ("Dr. V") will provide an overview of sudden cardiac death in athletes and offer his views on identifying risk factors. Many of these deaths would be prevented if a person were aware of the risk factors and potential symptoms or if the person received regular medical check ups. The goal of the presentation is to reduce the number of sudden cardiac deaths. **The presentation is offered at no charge.**

Field Testing Protocols is presented by Corey Hart. Mr. Hart is a USA Cycling certified coach who has developed field testing protocols used at USAC Development Camps. In addition, he has developed guidelines for developing and using field testing protocols.