



HOW TO BECOME A CERTIFIED COACH

USA NORDIC MEMBERSHIP:

- <http://www.usanordic.org>
 - Coaches membership: **FREE**
 - Parents membership: **FREE**

USSA MEMBERSHIP:

- <http://www.ussa.org/membership/start>
 - Coach/Official membership: \$115
 - Volunteer membership: \$45

USSA COACHES EDUCATION:

- http://educationshop.ussa.org/Level-100-Ski-Jumping-Manual-and-Online-Exam_p_639.html
 - Level 100: \$50

FIRST AID/CPR TRAINING:

- <http://www.redcross.org/take-a-class/cpr>
 - Online Course: \$25

CONCUSSION TRAINING:

- <http://www.cdc.gov/headsup/youthsports/training/>
 - Heads Up Training from CDC: **FREE**

CONDUCT WITH ATHLETES TRAINING:

- <http://training.teamusa.org/store/details/1>
 - SafeSport: **FREE**

TOTAL COST:

Min: \$45
Max: \$190