

RAUL GUISADO, USSA Alpine Coach - Level 500
Snow and Water Sports Expert

PROFESSIONAL EXPERIENCE

2014 to present **Robson Forensic, Inc.**
Associate

Provide technical investigations, analysis, reports, and testimony toward the resolution of commercial and personal injury litigation involving:

- Snow skiing, snowboarding, sledding, snow tubing
- Surfing, SUP, water skiing, wakeboarding, wakesurfing
- Strength and Conditioning

1995 to present **Ski and Snowboard Coach**
World Cup/Olympic Coach (USSA Alpine-Level 500 Coach)

- World Cup and Olympic Alpine Ski Coach and Official since 1995
- Coached athletes who competed in the 1998, 2002, 2006, 2010, 2014 and 2018 Winter Olympic Games
- USSA/FIS International Certified Coach and Official: Alpine-Level 500
- Provide technical and tactical on-snow coaching as well as strength and conditioning coaching for ski and snowboard athletes at a variety of levels
- Alpine Skiing (Slalom, Giant Slalom, Super G, Downhill, and Super Combined): Ski Cross, Alpine Snowboard (Parallel Slalom and Parallel Giant Slalom), Snowboard Cross
- USSA, FIS, FIS Elite, National Junior Championships, Junior World Championships, USCSA, NCAA, National Championships, Continental Cup, World Cup, World Championships, Olympic Winter Games and Winter X Games

Coaching:

- On-snow coaching and arrange on-snow training
- Set and maintain courses
- Direct groomers
- Free-skiing drills and terrain park training
- Video capture and analysis
- Strength & conditioning, cross-training, training programs, and dryland training camps
- Equipment preparation
- Course inspection, course reports, and race day support
- Mental training
- Injury prevention and rehabilitation
- Travel, lodging, logistics, and budgeting
- FIS meetings and FIS/USSA registration
- Sponsorships, sponsor relations, and media relations

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Officiating:

- FIS race referee
- Ensure that competitions run efficiently and fairly
- Responsible for the safety of the event (e.g. fencing, trail layouts, area closures, crossings, on-hill protection, course maintenance, use of terrain, terrain visibility, fall zones, equipment, snow conditions. etc.), as well as accuracy of timing, judging, and scoring

Operations:

- Responsible for evaluating, directing, and ensuring a safe on-snow environment for skiers and snowboarders
- Installation and maintenance of various types of fencing
- Set and maintain closures
- Ensure that necessary hazard protection and padding is in place
- Ensure that fall zones are clear and unobstructed
- Appropriate use of terrain
- Ensure safety of snow conditions
- Use of salt and water to create safer and optimal snow conditions
- Establish safe start and finish areas
- Course maintenance
- Ensure adequate visibility of the course and terrain

1995 to
present

Sports Performance Consultant

Snow and Water Sports Coach/Strength and Conditioning Coach

- Design and implement strength/conditioning, cross-training, and performance training programs for athletes in various sports: alpine skiing, alpine snowboard, ski cross, snowboard cross, surfing, SUP, water skiing, wakeboarding, wakesurfing, golf, tennis, soccer, football, baseball, basketball, water polo, road cycling, mountain biking, running, swimming, and triathlon
- Camps and workouts for individuals, groups, and teams
- Surfing Coach: shortboard, longboard, and stand-up paddle surfers at various levels

2000 to
2001

Axis Performance Centers

Team Leader

- Responsible for training and leading strength and conditioning coaches, athletic trainers, personal trainers, and physical therapists
- Strength and conditioning coach for athletes at a variety of levels in numerous sports
- Responsible for ensuring a safe and effective training environment for athletes and trainers

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1995 to
1999

United States Ski Team

World Cup/Olympic Ski Coach

- Technical, tactical, and strength/conditioning coach for World Cup/Olympic team
- USSA/FIS International Certified Coach and Official: Alpine-Level 500
- NSCA: Certified Strength and Conditioning Specialist
- Provide technical and tactical on-snow coaching as well as strength and conditioning coaching for Alpine Skiing (Slalom, Giant Slalom, Super G, Downhill, and Super Combined)
- Junior World Championships, National Championships, Continental Cup, World Cup, World Championships, and Olympic Winter Games
- Coaching: on-snow coaching, arrange on-snow training, course setting, course maintenance, free-skiing drills, video analysis, strength and conditioning, cross-training, training programs, training camps, equipment preparation, course inspection, course reports, race day support, mental training, injury prevention/rehabilitation, travel/lodging logistics, budgeting, FIS meetings/registration, sponsor relations, and media relations
- Responsible for providing a safe on-snow training environment – proper fencing, start/finish areas, closures, tower padding, course maintenance, visibility, unobstructed fall zones, appropriate use of terrain, and snow conditions
- Worked with sport science, physical therapists, and physicians to prevent/rehabilitate injury
- Worked with equipment suppliers, sponsors, and media
- Worked with U.S. Olympic Committee Sport Psychologists to implement mental training program
- Maintained training equipment

1989 to
1995

Race Crew and Ski Coach

(Part-time seasonal - while also ski racing)

- Fencing, course setting, timing, course preparation/maintenance, salting, start construction, and start/finish area closures for a variety of races and events
- FIS races, USSA junior races, high school races, town leagues, corporate ski challenges, U.S. Pro Tour events
- Assisted with coordination of training for various ski teams
- Assisted in all aspects of on-hill ski area operations
- Worked closely with resort management and patrol on skier traffic flow, trail closure techniques, hazard and obstacle identification and protection, and advised on snow grooming for races and events
- Provided technical/tactical coaching for junior ski racers

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PROFESSIONAL CREDENTIALS

International Fitness Professionals Association
Biomechanics of Sport and Exercise (2017-Present)
Fitness Facility Manager (2017-Present)
United States Ski and Snowboard Association
Alpine Coach – Levels 100 - 400 (1989-2014)
Alpine Coach – Level 500 (2014-Present)
FIS International Coach (1995-Present)
United States Ski Team Coach (1995-1999)
World Cup Coach (1995-2018)
World Championships Coach (1995–2017)
Olympic Winter Games Coach (1995-2018)
USA Water Ski and Wake Sports
Level 1 Instructor Certification (2019-Present)
National Strength and Conditioning Association
Certified Strength and Conditioning Specialist (1996-1999)
Axis Performance Centers
Functional Training Program (1999)
Sierra Emergency Medical Services Agency
Emergency Medical Technician (1995-1997)

EDUCATION

Graduate Level Sports Psychology Courses, John F. Kennedy University, Orinda, California, 1999-2000
Bachelor of Arts, Biological Sciences, University of California, Santa Barbara, California, 1995
Undergraduate Level Kinesiology and Biomechanics Courses, Colorado University, Boulder, Colorado, 1990-1993

Continuing Education:

International Conference of the International Society for Skiing Safety, April 2019

- Session 1: Epidemiology
- Session 2: Risk/Resort Management
- Session 3: Bindings
- Session 4: Biomechanics 1
- Session 5: Jump Modeling
- Session 6: Biomechanics 2
- Session 7: Upper Extremity
- Session 8: Other Mountain Activities
- Session 9: Injury Risk Prediction and Reduction
- Session 10: Technology
- Session 11: Treatment & Health Outcomes

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International Conference of the International Society for Skiing Safety, April 2017

- Session 1: Epidemiology of Winter Sports Injuries
- Session 2: Head Injuries
- Session 3: Ski Racing 1
- Session 4: Ski Racing 2
- Session 5: Avalanches
- Session 6: Health Aspects of Downhill Skiing
- Session 7: Knee Injuries 1
- Session 8 : Knee Injuries 2
- Session 9: Gender Aspects of Ski Binding Settings
- Session 10: Neurophysiology
- Session 11: Psychology/Pedagogy
- Session 12: Mixed Topics
- Session 13: Equipment 1
- Session 14: The Economics & Tourism of Winter Sports
- Session 15: Posters
- Session 16: Biomechanics
- Session 17: Proprioception, Vision, and Hearing
- Session 18: Ski Bindings
- Session 19: Equipment 2

PROFESSIONAL MEMBERSHIPS

International Society for Skiing Safety (ISSS)
ASTM International Committee F27 on Snow and Water Sports
ASTM International Committee F08 on Sports Equipment, Playing Surfaces, and Facilities
National Ski Patrol (Associate Member)
United States Ski and Snowboard Association (USSA)
Professional Ski Instructors of America and American Association of Snowboard Instructors
(PSIA-AASI)
International Ski Federation (FIS)
Far West Skiing (USSA Division)
USA Water Ski and Wake Sports
National Strength and Conditioning Association (Professional Member)
American College of Sports Medicine (Alliance Member)

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PUBLICATIONS

The Art of Surfing: Developing/Competitive Surfer Training Manual (2003, 2012)
Cross-Training for Endurance Athletes (2005)
Surfing California (2005, 2013)
California Sports Trivia (2011)

PRESENTATIONS

International Society for Skiing Safety, Innsbruck, Tirol, Austria, 2017 International Conference, *What can Recreational Skiers and Snowboarders Learn from the Snow Conditions at the 2014 Winter Olympic Games?*

EXPERT NOT RETAINED