

Coaches Ed Get racers to "win on their own"



CVA COACH COCHRANE IS A FIRM BELIEVER IN SELF-MOTIVATION

BY HILARY LUND

COACHES AT ALL levels can learn a lot from the perspective and focus shown by Chip Cochrane. Carrabassett Valley Academy's Cochrane was named the USSA Domestic Coach of the Year for the 2006-07 season. With Cochrane's regional and international efforts being recognized across the globe and many of his athletes snagging trophy after trophy, here's what Bode Miller's former coach had to say about the season, his award and his future.

Ski Racing: What does this award mean to you?

Chip Cochrane: I never thought too much about the award. I knew it was out there, but I never knew what it took to get it. I'm very honored to have gotten it, to say the least. I work my hardest for the kids, and it's nice to get some results from that over the years. That's the right reason for getting it — for the kids. I was surprised to get the award because I didn't think anyone was really watching me. I wouldn't be able to do what I do without the support of Sugarloaf and CVA.

SR: What were some highlights of the season?

CC: Ben Morse getting third at Topolino in the slalom and going over there with the American team was definitely a highlight. It was an outstanding performance. Ben got fourth and second followed by a first in the combi event at Canadian nationals. He's skiing well and will have a bright future, and it's nice to be a part of that success.

SR: What do you do as a coach to be part of an athlete's success?

CC: Getting the athletes to believe in themselves

by self-motivation while having them light their own flame is a main goal. I want them to want to win on their own. All athletes eventually have to come around to that. I try and turn them onto the fun parts of the sport along with hard work.

Winning is the ultimate fun, and hard work equates to winning. They can carry that onto their everyday life, into the real world. That's what I love to see.

SR: What are your goals as a ski coach?

CC: I don't look at goals as only putting athletes on the U.S. Ski Team. I'm working with the younger kids, with the J3s, so I want to develop fundamentals. I want to see them at the top of their age groups, and after seeing Ben, I see what it takes. A lot of it was even his own doing. He appreciated the direction I gave him and it's really a team effort. I don't like to tell them how to race, how to succeed, because I want each kid to find that on their own. I want to help them discover their success, their potential.

SR: What's next?

CC: If I wanted to be a U.S. Ski Team coach, I would have done that a long time ago. I love working with the regional groups. It's great to work with a top group of peers in any region, because with that group can emerge the top kids in the world. We really saw that this year. They all push each other. It keeps the kids in touch with the talent within their own region.

This is who they will be skiing with the rest of their careers. This is what I want to continue emphasizing. **SR**