

"The sport is 'ski racing', not 'racing'. Therefore skiing comes before racing and is an absolute necessity for fast ski racing.

Good skiers make good ski racers because they possess basics and fundamentals that are essential building blocks for success.

The challenge for the coach practitioner is separating the basics from the stylistic movements that cloud our interpretation of the sport.

Technique that is fast is imbedded in movements that are fundamental or basic."

Ron Kipp - USSA's Alpine Sport Education Manager. Ex U.S. Ski Team's Director of Athlete Preparation. Ex Norwegian Men's Alpine National Team Coach

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Monday Night Sessions



Agenda

- › Why
- › How
- › Structure
- › How Much
- › Rules
- › Q & A



Why

- › Changing coach each week
- › Children currently in groups based on age and subjective ability, NOT learning goal
- › Most children have one or more issues with their fundamental technique
- › Enhancing issues not dealing with them
- › Skiing the course only teaches line and timing!
- › Currently EP limited to 20 kids

How

- › Individualised training for EVERY child
- › Appropriate grouping based on child's development need at any given time (learning goal)
- › Emphasis on basic skills leading to good technique
- › Intensive 5 week back to back sessions with JR Racing
- › More coaching consistency
- › Continual assessment using Skills Quest
- › Video feedback – available online to parents and kids

Balance

- Fore & Aft
- Lateral Balance

Body Management

- Arm Carriage
- Body Position



Pressure Control

- Timing of Pressure
- Direction of Pressure

Rotation

- Rotational Separation
- Rotation Point
- How!

Edging

- Timing of Edge
- Range of Edge
- How!



Structure

QUANTILE SKILLS GROUP	QUANTILE 1		QUANTILE 2		QUANTILE 3	
	Weeks 1-4	5	Weeks 6-9	10	Weeks 11-14	15
PRESSURE / BALANCE	LUKE AND/OR MIKE*	TIMING	JOHN AND/OR MIKE*	TIMING	STUART AND/OR KIRSTY	TIMING
EDGING	STUART AND/OR KIRSTY	TIMING	LUKE AND/OR MIKE*	TIMING	JOHN AND/OR MIKE*	TIMING
ROTARY	JOHN AND/OR MIKE*	TIMING	STUART AND/OR KIRSTY	TIMING	LUKE AND/OR MIKE*	TIMING
CONSOLIDATION (ALL SKILLS IN AND OUT OF THE COURSE)	JO/JR (U16+/U18)**	TIMING	JO/JR (U14/U16-)**	TIMING	JO/JR (MINIS)	TIMING

Structure Cont.....

- › 15 week plan, 3 blocks per year.
- › Each child trains in the most appropriate group developing their weakest skill. Still spend 30 mins plus in the gates
- › On the 5th week we run a timing night where we assess for the following segment
- › Based on continual assessment the groups can be flexible at all times in order to accommodate EVERY child
- › 4 week 'Consolidation' segment with JR Racing to fine tune basics and take skills into course
- › Children come together as age categories for 'Consolidation'

Coaches Eye

Coach's Eye + TEAMS START YOUR FREE TRIAL 



IZZY NOWELL 2017

LC JN

<p>7 DAYS AGO</p>  <p>IMG_0668 IZZY NOWELL .STRAIGHT RUN</p>	<p>7 DAYS AGO</p>  <p>IMG_0678 IZZY NOWELL.STRAIGHT RUN</p>	<p>7 DAYS AGO</p>  <p>00:00:14</p> <p>IMG_0648 IZZY NOWELL.FREE-SKI WITI</p>
<p>7 DAYS AGO</p>  <p>00:00:12</p> <p>IMG_0658 IZZY NOWELL FREE-SKI WITI</p>	<p>7 DAYS AGO</p>  <p>00:00:11</p> <p>IMG_0711 IZZY NOWELL SHORT-SWINGS</p>	<p>7 DAYS AGO</p>  <p>IMG_0689 IZZY NOWELL-1 SKI 8 GS TU</p>
<p>7 DAYS AGO</p>		

Reporting

Membership / Bib Number

182

Year

2016 2017

Month


Jan Mar May Jul Sep Nov
Feb Apr Jun Aug Oct Dec

SNOZONE Membership

Yes

Snozone Expiry

28 August 2017



Full Name

Isabel Nowell x

Training Group

CG

Address & Contact Details

House name/num... Street Town/City County Postcode Home Tel Mobile number Mobile Tel Email Membership Mojo URL

[REDACTED]

Linked To

Julian Nowell

Monday Racer

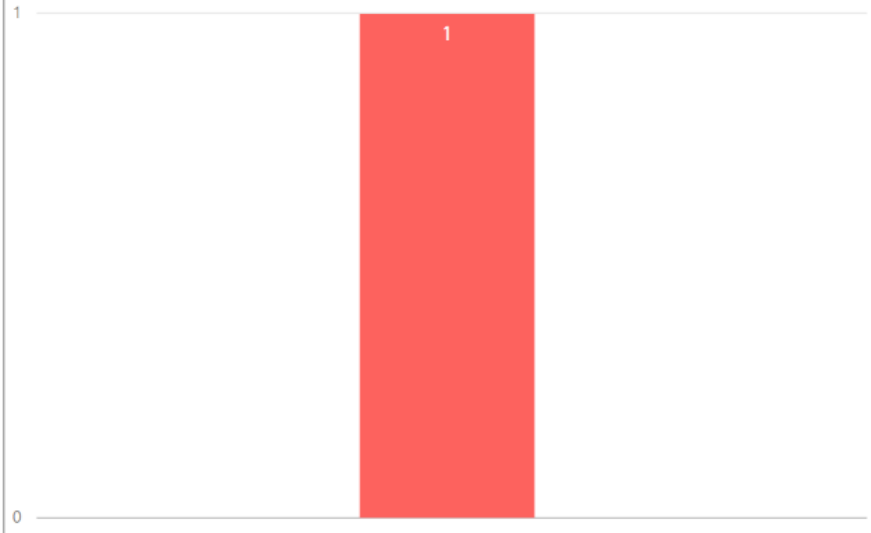
yes

Snow Life Info

Last Assessment Date	Last Assessment Outco...	Last Snowlife Level Assessed	Snowlife Assessment Notes	Snowlife/Training Notes
09 January 2016	Pass	9	PDS in Avoriaz 9/1/16	

Attendance

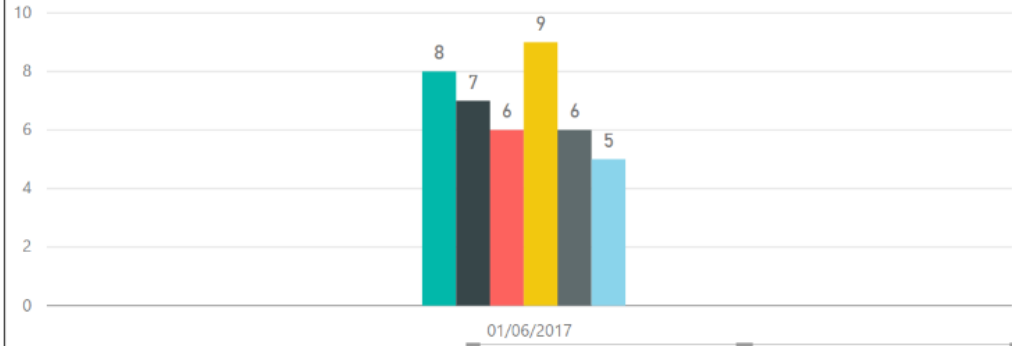
WeekOfMonth Num ● 2



June

Monday Night Assessment

● 1 Ski (8 GS Turns) ...
 ● 1 Ski (8 GS Turns) ...
 ● Free Ski with Pole...
 ● Run Through Stub...
 ● Short Swings
 ● Straight Run to Pi...



01/06/2017

Mini Mayhem Points

25

Mini Mayhem Times

Date	1st Run	2nd Run	Best Time
21 May 2017	16.43	16.13	16.13



How Much

- › £50 for 15 Week Plan (approx based on expected numbers)
- › Same cost as current EP for more
- › Total session cost of £22.32

Rules

- › Mandatory for all trainees under 16 years old. Maximum 21 years old or active FIS racer
- › All programme trainees must name Lions as their indoor club on SSE registration
- › All trainees will be expected to be active racers. This will be at the discretion of the Race Coaching Co-ordinator
- › A 'Non Programme' group will be formed to accommodate those older than 16 who did not want to be part of the programme and any instructors who wanted to do the odd race training session. There would be no guarantees for this group, including having a coach available
- › Anyone not willing to meet these requirements will be asked to attend on Sundays for race training rather than Mondays

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Q & A