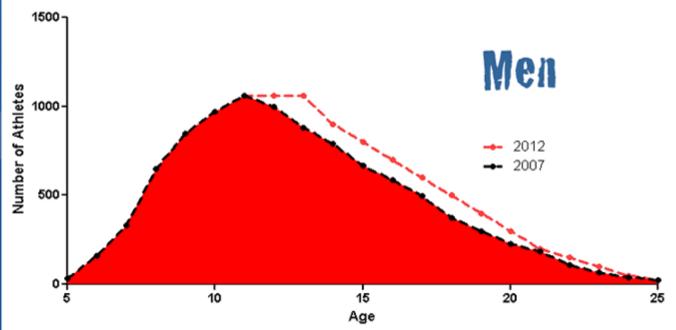
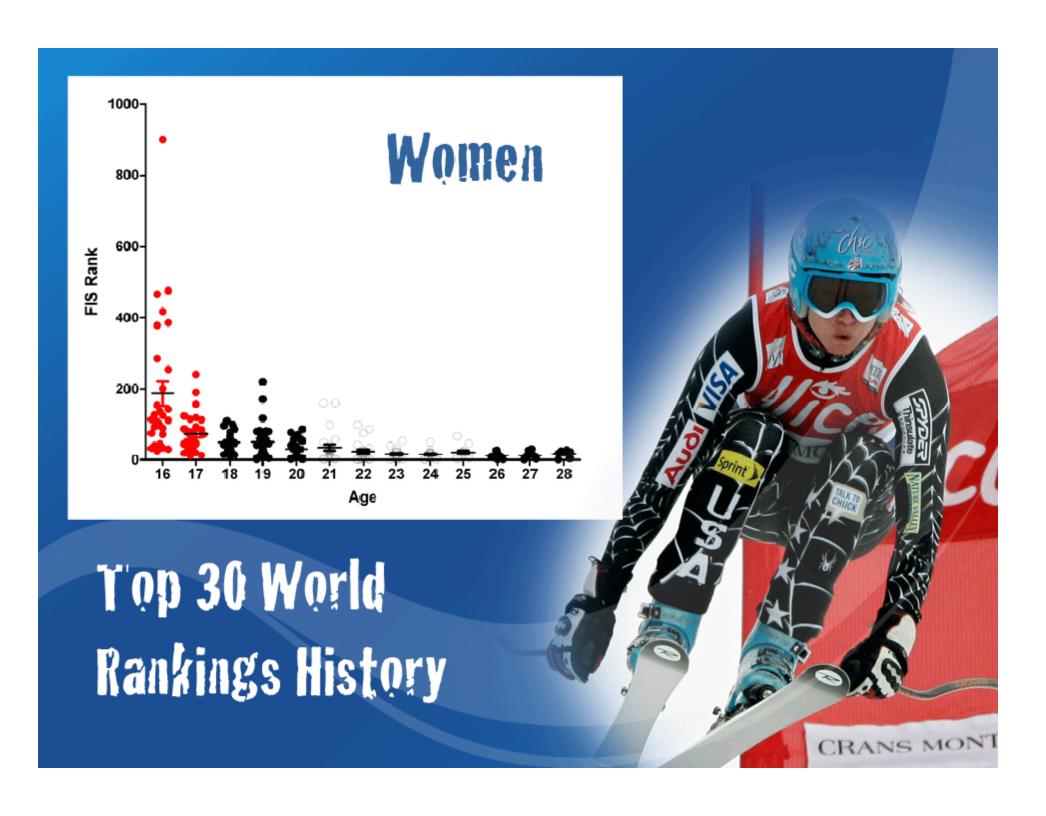
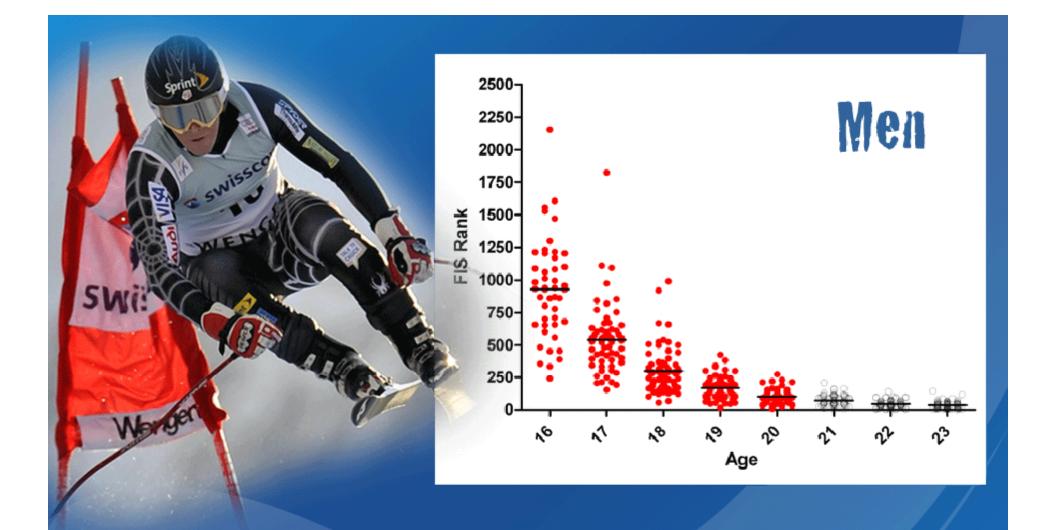


Retention Goal









Top 30 World Rankings History

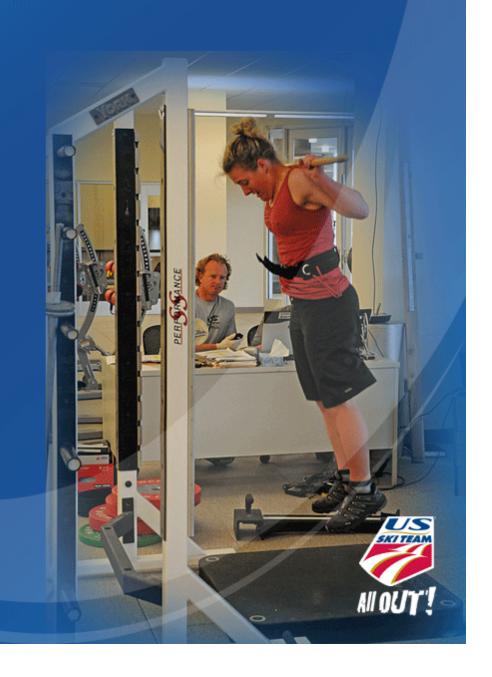






SPORT SCIENCE

What's the answer!

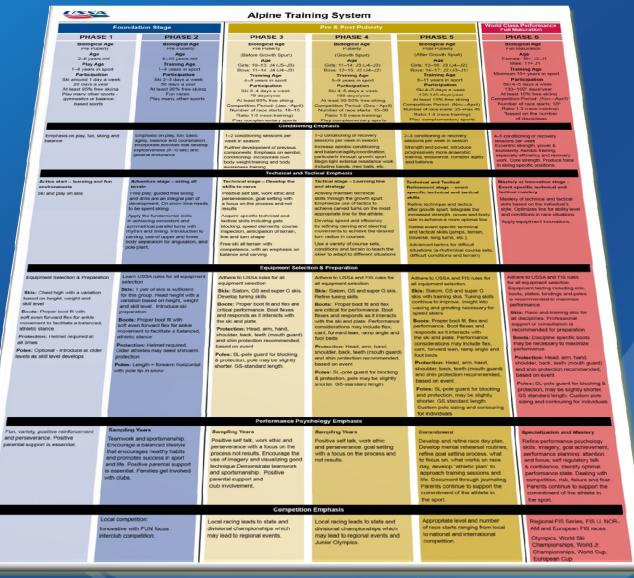


"Two more sets and you can have your bottle!!"



Age Appropriate Training!





Alpine Training System (ATS)















Foundation Stage

PHASE 1

Biological Age Pre Puberty

Age

2-6 years old

Play Age

1-4 years in sport

Participation
Ski around 1 day a week
20 days a year
At least 95% free skiing
Play many other sports gymnastics or balance-

based sports

PHASE 2

Biological Age Pre Puberty

Age 6–10 years old

Training Age

1-4 years in sport

Participation

Ski 2–3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports

PHASE 3

Biological Age Pre Puberty

(Before Growth Spurt)

Age

Girls: 10-13: J4 (J5-J3) Boys: 11-14: J4 (J4-J3)

Training Age

4-8 years in sport

Participation

Ski 3-4 days a week 70 days/year

At least 60% free skiing Competition Period: (Jan.–April) Number of race starts: 10–15 Ratio 1:6 (race:training)

Play complementary sports

PHASE 4

Pre & Post Puberty

Biological Age Puberty

(Growth Spurt)

Age

Girls: 11-14: J3 (J4-J3) Boys: 12-15: J3 (J4-J2)

Training Age

5-9 years in sport

Participation

Ski 4–5 days a week
100 days/year
At least 30-50% free-skiing
Competition Period: (Dec.–April)
Number of race starts: 15–30
Ratio 1:5 (race:training)

Play complementary sports

PHASE 5

Biological Age Post Puberty

(After Growth Spurt)

Age

Girls: 12–16: J3 (J4–J2) Boys: 14–17: J2 (J3–J1)

Training Age

6-11 years in sport

Participation

Ski 4–5 days a week
120-140 days/year
At least 15% free skiing
Competition Period: (Nov.–April)
Number of race starts: 25–max 45
Ratio 1:4 (race:training)

Play complementary sport

World Class Performance Full Maturation

PHASE 6

Biological Age Full Maturation

Age

Female: 16+ J2-J1 Male: 17+ J1

Training Age

Minimum 10+ years in sport

Participation

Ski 4–5 days a week
130–150* days/year
At least 10% free-skiing
Competition Period: (Nov.–April)
Number of race starts: 55*

Ratio 1:3 (race:training)
*based on the number
of disciplines

Understanding the ATS

















Foundation Stage

PHASE 1

Biological Age Pre Puberty

Age

2-6 years old

Play Age

1-4 years in sport

Participation
Ski around 1 day a week
20 days a year
At least 95% free skiing
Play many other sports gymnastics or balance-

based sports

PHASE 2

Biological Age Pre Puberty

Age 6–10 years old

Training Age

1-4 years in sport

Participation

Ski 2–3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports

PHASE 3

Biological Age Pre Puberty

(Before Growth Spurt)

Age

Girls: 10-13: J4 (J5-J3) Boys: 11-14: J4 (J4-J3)

Training Age

4-8 years in sport

Participation

Ski 3-4 days a week 70 days/year

At least 60% free skiing Competition Period: (Jan.–April) Number of race starts: 10–15 Ratio 1:6 (race:training)

Play complementary sports

PHASE 4

Pre & Post Puberty

Biological Age Puberty

(Growth Spurt)

Age

Girls: 11-14: J3 (J4-J3) Boys: 12-15: J3 (J4-J2)

Training Age

5-9 years in sport

Participation

Ski 4–5 days a week
100 days/year
At least 30-50% free-skiing
Competition Period: (Dec.–April)
Number of race starts: 15–30
Ratio 1:5 (race:training)

Play complementary sports

PHASE 5

Biological Age Post Puberty

(After Growth Spurt)

Age

Girls: 12–16: J3 (J4–J2) Boys: 14–17: J2 (J3–J1)

Training Age

6-11 years in sport

Participation

Ski 4–5 days a week
120-140 days/year
At least 15% free skiing
Competition Period: (Nov.–April)
Number of race starts: 25–max 45
Ratio 1:4 (race:training)

Play complementary sport

World Class Performance Full Maturation

PHASE 6

Biological Age Full Maturation

Age

Female: 16+ J2-J1 Male: 17+ J1

Training Age

Minimum 10+ years in sport

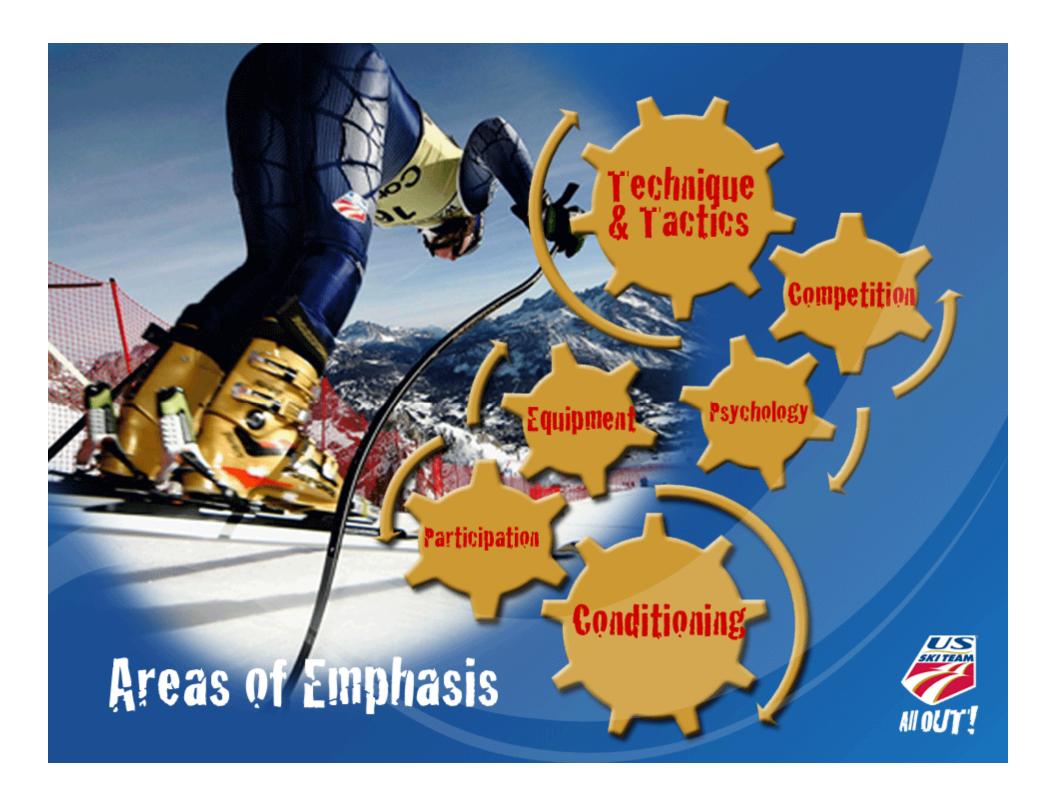
Participation

Ski 4–5 days a week
130–150* days/year
At least 10% free-skiing
Competition Period: (Nov.–April)
Number of race starts: 55*

Ratio 1:3 (race:training)
*based on the number
of disciplines

Understanding the ATS

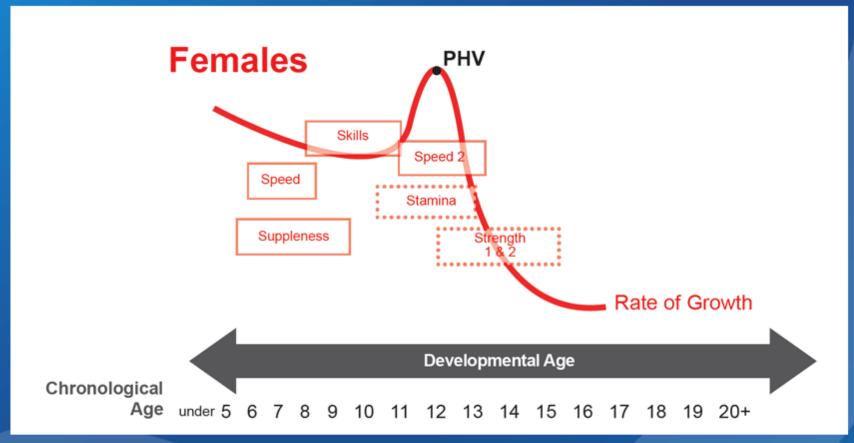




| USSA | | Alpine Trair | ning System | | |
|--|---|--|--|--|---|
| For | Indation Stage | | Pre & Post Puberty | | World Class Performance Full Maturation |
| PHASE 1 | PHASE 2 | PHASE 3 | PHASE 4 | PHASE 5 | PHASE 6 |
| Divileged Age Pre- pre- pre- pre- pre- pre- pre- pre- p | Divingation Age Fire Publishing Age 0—10 years old Training Age 14 Fire Publishing Age Age Age Age Age Age Age Age Age Ag | Biological Age Pier Pulcety (Balance Crowth Spect) (Balance Crowth Spect) (Balance Crowth Spect) (Boys: 10-13, J4 (26-25) Boys: 11-14, J4 (24-J3) Training Age 4-3 years in sport (34) 3-4 days a week (70 days) year All heast 50% free ships (Compression Prince) (Jain-April) (Comp | Distrigued Age Publishy (Growth Speet) (Growth Speet) (Growth Speet) (Day 12-15 26 (44-42) (Day 12-15 26 (44-4 | Biological Age Pool Puberly (After Growth Sport) (A | Browspeck Ager Full Mahration Age Female: 19-32–31 Maker 179-31 Maker 179-32 Maker |
| Emphasis on play, fun, skiing and balance. | Emphasis on play, fun, basic agilty, balance and coordination, incorporate activities that develop explosiveness (0-10 sec) and general endurance | 1–2 conditioning sessions per week in season Further development of previous components. Emphasis on serablic conditioning, incorporate over body weight training and body envereness training. | 1-2 conditioning or recovery sessions per week in season increase aerobic conditioning and balance/apilly/coordination, particularly through growth spurt. Begin light external resistance work including bands, med belis, etc. | 2–3 conditioning or recovery sessions per week in season Strength and power, introduce progressively more anaerobic vaning, endurance, complex agility and balance | A-6 conditioning or recovery sessions per week. Eccentric strength, power & explosivity Aerobet training, sepeniately efficiency and recovery work. Core strength. Produce force in sking specific positions. |
| | | | ectical Emphasis | | |
| Active start - Inaming and fun environments: Six and play on skis | Adventure stage – skiling all terrain. Five pisty quicked the skiling and drifts are nitrigarily part of development. On snow time needs to be speet skilled and still are not shall be not supported to the speed skilled in accitiventy consistent and symmetrical parallel Limits will highly marked stillings, it would use the speed of the speed | Technical stage - Develop the skills to carry. Positive self lake, work eithe and perseverance, posit eithing with a focus on the process and not results. Acquire specific self-critical and accords skills including gate biologic, speed elements, course respection, entropist not ferrain, time with term shape. There as its dismans. There as the dismans. | Tactical steps – Learning line and strategy. Activity maintain technical skills brough the good's sport Emphasize use of sector is not supported to the state of sector in the state of the | Rechoical and Tactical Reformment signs—event approfit technical and tactical skills Refine tichnique and factics after growth sport integrate the increased strength, power and body size to active as some optimal time. Refine event specific technical and tactical skills (urgns, terrain, traverse, tong turns, etc.). Advinced stactics to deflocut shadoos ja rhythricial course sets, difficult conditions and strength | Mastery or innovation stage — (Errert specific behalical and faction mastery). Mastery of technical and faction mastery. Mastery of technical and faction statis based on the includuals shall be provided to the stage of the shall be shall be shall be shall be and conditions in since situations. Apply againtment improvations. |
| | | Equipment Select | ion & Preparation | | |
| Equipment Selection & Preparation Salas Cheel Ingli with a variation based on Insight weight and Salid level Benetic Project bood fit with soft owner format with fit or aims movement to bedfalle a belanced, white states white states and the selection of the selection to the selection of the selection of the selection to the selection of the sel | Learn USSA rules for all equipment statection. Bids: 1 pair of siks is sufficient for this group. Heat happy using a variation based on height, weight programment to be successed on height, weight programment for benefits and earned processed on the successed of the sufficient format files for another movement for footbase a balanceed, althold states or the successed of the sufficient programment footbase as balanceed, althold states or the sufficient programment footbase and programment footbase and programment footbase of the sufficient programment footbase (sample of the sufficient footbase). | Achiere to USBA nelses for all equipment selection and super O side. Develop strong saits. Blacker, OS and super O side. Develop strong saits. Blooks: Proper foot if and flex are critical performance. Boof flexes and responds as it references with the sit and partie. Protection: Head, arm, hand, shoulder, back, level (month) guest) and distrip protection recommended, based on event Poless: EL-pole paraf for blocking. A protection, pole may be slightly shorter. OS-slandard length. | Address to USSA and PTS rules for asi experiment secretion. Blake, Blakon, GS and super G skie, teams having attention from the secretion of t | Adhere to USSA and FIS rules for el equipment selection Side: Silano, 10 and susper O state with rearing also. Turing stells continue to improve Insight ento wanning and granding increasing for speed share. Bootes, Proper boot 16, files and proposed and an interescipt with the sid and plate Performance consideration may include files, cont, forward ben, ramp angle or foot bods. Protection: Head of, arm, hand, shoulder, back, seels, (mouth guar based on event Pulses 15, pole guard for blocking end protection, may be supply shorter. US standard length. Calletin pole as large and combusing for insidebullar. | Protection: Head, arm, hand, shoulder, back, teeth, (mouth gus and ship protection recommende to tassed on event. Potes: SL-pore guard for blocking protection, may be slightly shorted on standard larger. Custom pool standard and confouring for individual. |
| n, variety, positive reinforcement | Sampling Years | Sampling Years | Sampling Years | Commitment | Specialization and Mastery |
| d perseverance. Positive ental support is essential. | Teamwork and spotsmanning. Encourage a behanced filestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is assential. Familiais get involved with clubs. | Positive self talk, work eithic and prereversione with a bous on the process not results. Encourage the use of imagery and visualizing good technique. Demoistate team-work and sportsmensips. Positive parents support parents support club involvement. | Positive self talk, work ethic and perseverance, good setting with a focus on the process and not results. | Develop and refine rice day plan Covereop merital retriesas routin refine goal setting process, what to focus on, what works on race day, develop "ethietic plan" to approach i sering seasons and life. Document through journalin Parents continue to support the commitment of the athlete in the sport. | performance planning, attention and focus, self-regulatory talk. & confidence, identify optimal performance state. Dealing wit |
| | ocal competition: | Competition | | Accounted to the state of | |
| | | Local racing leads to state and divisional championships which may lead to regional events. | Local racing leads to state and divisional championships which may lead to regional events and Junior Olympics. | Appropriate level and number of race starts ranging from local to national and international competition. | Regional FIS Series, FIS U, N AM and European FIS races. Otympics, World Ski Championships, World Jr. Championships, World Cup, European Cup |

Conditioning Emphasis

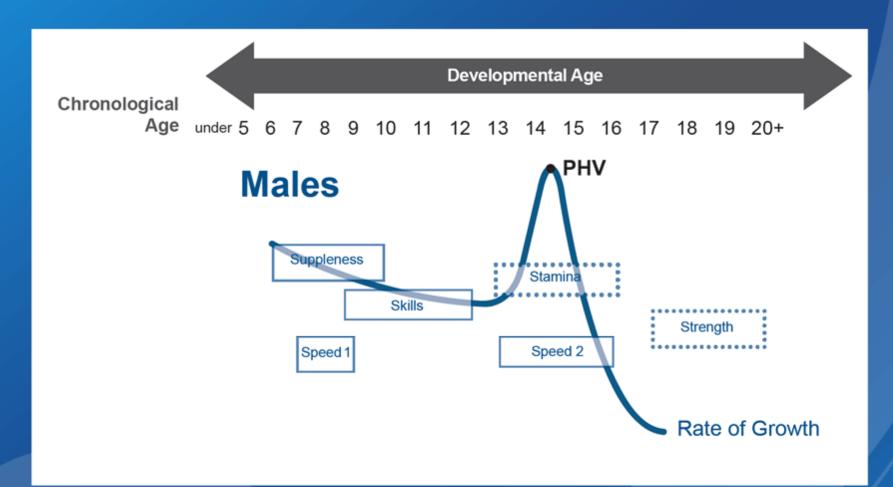




Optimal Windows of Trainability (Balyi and Way, 2005)

Windows of Trainability





Optimal Windows of Trainability (Balyi and Way, 2005)

Windows of Trainability





T'echnical & T'actical Emphasis







Equipment Selection & Preparation





| USSA | | Alpine Trair | ning System | | |
|---|--|--|--|---|--|
| Fou | undation Stage | | Pre & Post Puberty | | World Class Performance Full Maturation |
| PHASE 1 | PHASE 2 | PHASE 3 | PHASE 4 | PHASE 5 | PHASE 6 |
| PHASE 1 Boolgreat Age Pire Futborly Age 2-0 years and 1-4 years in good 1-4 years in good Participation Sill around 1 days a veels 20 days a year A least of fire the samp fire promotion or salamone based sports Emphases on play, fun, sking and balance. | Briningstein Age Fire Prüserty Age G-10 years old Training Age 1-4 years neyori Participation D-2 Septiment Septiment D-2 Septiment All least 90% fire sking Fire races Flay many other sports | Biological Age Pier Picetry (Balance Crowth Spect) (Balance Crowth Spect) (Balance Crowth Spect) (Boys: 11–13. J4 (26–27) Training Age 4–3 years in sport (Bill 3–4 days a week 70 daysylvear All bast 50% free ships (Competition Princip (Jain-April) (Bill 5–6 or partners) (Bill 5–6 or partners) (Bill 6–6 or partners) (Bill 6–7 or partners) (Bill 7–7 or partners) (Bil | PHASE 4 Boilegreial Age Puberly (Crowsh Spert) Age Grant Spert) Charles (Sal-2) Charles (Sal-2) Training Age 6-9 years in sport Participation Sil 4-5 dys a research All seat 30-50% fere-aking Competion Period (Deo-Apell) Naminer of new starts 15-30 Fact 15 (since training) Fact 15 (since tr | PHASE 5 Beringsian Age Post Puberly After Genoth Burth Age Gine To Age Table To Age To Age | PHASE 6 Broispread Age Full Maturation Age Gungetistion Periodic New-April Maturation of Inces Index Age Gungetistion Periodic New-April Maturation Age Gungetistion Periodic New-April Maturation Age Gungetistion Periodic Gungetistion Age Gungetist Age Gungetist Age Gungetist Age Gungetist Age Gungetist Age Gunge |
| | | body weight training and body awareness training | Begin light external resistance work including bands, med balls, etc. actical Emphasis | and balance | work. Core strength. Produce force in skiing specific positions. |
| Active start - teaming and fun environments: Ski and play on skis | Advenues stage—skiling all terrain. Fine play guided feet skiling and diffus are an integral part of development. On some time needs to be spent skilling Apply the furnishments skilling in achieving consistent and symmetrical penaltic stars with highly man deliming through color to covering, use of upper and lower body separation for any plateon, and pulse plant. | Technical stage - Develop the skills to carry. Positive self lak, work eithe and perseverance, good stemp with a floor, on the process and not results. Anogene specific technical and accides skills including gate bocomy, speed elements, course respection, entropiation of terrain, time and them shape. There as tell elements on believe and carry or compresses on believe and carry and the stage processes on believe and carry processes on processes on processe | Tactical steps – Learning line and strategy. Activity mantains technical skills brough the growth sport Emphasize use of stacks in a cachine cavest larms on the most appropriate line for the arbitist. Develop speed and efficiency by refining caving and efficiency consistent and experience of the conditions and sterning to be sent the skiller to display to different subsports. | Vischioola and Tactical Redirement stage—veret approfit technical and tectical skills Redire technique and faction state growth gust Integrate the increased strength, power and body size to actives a more aptimal line Redire event specific technical and section stalls (pumps, terrain, *Verents. tong turns, etc.). Advanced tactics for difficult slutations (art hybritical course sets, difficult condition and terrain). | Mastery or incorvation stags — (Evert specific technical and tactical meetery Mastery of technical and factical skills based on the individuals skylls. Optimizes but he ability level and conditions in race shadons. Apply significant innovations. |
| | | Equipment Select | tion & Preparation | | |
| Equipment Selection & Preparation Bake: Chest Figh with a variation leased on height weight and all femal Selection | Lam USS Aries for all equipment unertition. Sales 1 per of all is a sufficient for the group of the sales and the sales are sales as a sufficient for this group. Here are a variation based on height, weight and sail level. Horoschou, sale preparation. Bookes Proposition for the short and an area of the sales and sales a belancated at a sales and a sales and sales are a belancated. Sales are sales and predictions from the sales and sales and sales and sales are a belancated and sales and sales are a sales and predictions. Here are sales and predictions are a sales and sales and sales are a sales and sales and sales and sales are a sales and sales and sales and sales are a sales and sales and sales and sales and sales are a sales and sales and sales and sales and sales are a sales and sales and sales and sales and sales and sales are a sales and s | Adhere to USSA rules for all ecoupriest selection. Selection of the select | Address to USSA and PTS rules for all equipment secretion. Skike, Balon, CS and super C skie, stems having attent for the Books: Proper boot fit and fise Books: Proper boot fit and fise the skie and responds as it beforeits with the skie and painer, Pertormond considerations may include fits, card, soward less, many paright and foot bods. Profescion: Head, arm, hand, shoulder, back, lestif (mouth guard) and ship postocion recommendou, based on event. Polax: SL-pose guard for blocking. § Polax: SL-pose guard for guard for guard for guard for g | Athere to USSA and FIS rules for et equipment selection. Shirt Search 20 selection of shirt Search 20 and super G shirt Search 20 selection of continue to improve Insight shirt waxong and graving increases yet especial shirts. Book Search 20 selection of the special shirt shirt shirt shirt shirt expected as it shirt shirt shirt shirt expected as it shirt shirt shirt shirt expected as the shirt shirt shirt considerations may include fisc. care, for well sheet, reapy periple and to to book problems of the shirt shirt shirt shirt and shirt shirt in excession shirt and shirt shirt in excession shirt will shirt shirt shirt shirt shirt will shirt shirt shirt shirt shirt and shirt shirt shirt shirt will shirt shirt shirt shirt shirt shirt shirt shirt shirt shirt shirt shirt for individuals. | Protection: Head, arm, hand, shoulder, back, teeth mouth guard of beautiful protection recommended, based on event. Podes: SL-pole guard for trocking protection, may be slightly shorter. Us standard length. Custom pole sizing and contouring for individual |
| variety, positive reinforcement | Sampling Years | Sampling Years | Sampling Years | Commitment | Specialization and Mastery |
| | Teamwork and sportsmanning. Encourage shanneal filestyle that encourages healthy habits and promotes success in sport and file. Positive parental support is essential. Earniles get involved with clubs. | Positive self talk, work othic and prerevenance mith a focus on the process not results. Encourage the use originary and susualizing good schripping Demoistable terminoids and apprintmentable. Positive patential support and club incovernant. | Positive self talk, work ethic and previously, good setting with a focus on the process and not results. | Develop and refine race day plan Develop merrial retremes routine refine goal setting process, what to bous on, what works on race day, develop 'retrieto jam' to approach to string sessions and life. Document through journaling Perents continue to support the communitient of the athlete in the aport. | skills limagery, goal achievement performance pierning, attention and focus; sell regulatory talk & confidence, identify optimal performance state. Dealing with |
| | Local competition: | | | Assessment in an and a supplementary | Project File Co. Co. |
| | | Local racing leads to state and divisional championships which may lead to regional events. | Local racing leads to state and divisional championships which may lead to regional events and Junior Olympics. | Appropriate level and number of race starts ranging from local to national and international competition. | Regional FIS Series, FIS U, NO AM and European FIS races Onympics, World Ski Championships, World Jr. Championships, World Cup, European Cup |

Performance Psychology



| USSA | | Alpine Trair | ning System | | |
|--|--|--|--|--|---|
| Fou | undation Stage | | Pre & Post Puberty | | World Class Performance Full Maturation |
| PHASE 1 | PHASE 2 | PHASE 3 | PHASE 4 | PHASE 5 | PHASE 6 |
| Brotogock Age Per Futberly Age 2-0 years old Play Age 10-10 years old Play Age Description District Age All best 90% fee skirty All best 90% fee skirty Bray rother sports gornessed sports Esseed sports | Givingoise Age Fire Priberty Age 0-10 years old Training Age 1-4 years old 1-4 years old 2-3 days a veek 50 days a year At least 50% fire sking Fire races Filey many other sports | Biological Age Pie Puberty (Bulare Circush Bjeur) (Autoria Circush Bjeur) (Aut | Divingues Age Publishy (Growth Speed) (Growth Speed) (Bry 12-15, 25 (44-42) Bry 12-15, 25 (44-42) Brassing Age Participation (Sk 4-5 days a week) 100 days awar 100 days a | Discipgion Age Post Puberry (After Growth Govt) After Growth Govt) George 15-16, 35 (A=-22) Bryss, 16-17, 25 (35-41) G-11 years in sport Participation Sill 4-5 days a week 170, 14-60 days years Annual Companyone Companyo | Brindrage Age Full Manardon Age Female: 154: 22–31 Main: 174-31 Main: |
| Emphasis on play, fun, skling and balance. | Emphasis on play, fun, basic agility, balance and coordination, incorporate activities that develop explosiveness (0-10 sec) and general endurence | 1—2 conditioning sessions per week in season Further development of previous components. Emphasis on serobic conditioning, incorporate over body weight training and body awareness training. | Emphasis 1—2 conditioning or recovery sessions per week in season increase aerotic conditioning and balance's agifty/coordination, particularly through growth sport. Begin light external resistance work including bands, med balls, etc. | 2–3 conditioning or recovery seasons per week in season Strength and power, introduce progressively more anaerobic training, endurance, complex agility and balance | 4–6 conditioning or recovery sessions per veels. Eccentric strength, power & explosively, Architectraming, segecially efficiency and recovery work. Care steering. Produce force in sking specific positions. |
| | | | actical Emphasis | | |
| Active start - Inaming and fun environments Siki and play on skis | Adventure stage—skilling all terrain. Fire pility guided the skiing and difficial are an integral part of development. On smort time needs to be spent skilling and adventure call promised survivalent and symmetrical promised survivalent and symmetrical promised survivalent stages and symmetrical promised survivalent stages and symmetrical promised survivalent stages and symmetrical symmetrical symmetrical symmetrical promised survivalent stages and symmetrical s | Technical stage - Develop the skills to carry. Fostive self talk, work either and perseverance, good setting with a flow, on the process and not results. Acques specific technical and account self-self-self-self-self-self-self-self- | Tactical stage – Learning line and strategy – Activity manties technical skills through the growth sport Emphasize use of tactics to Activities caved that are on the most appropriate time to the arthur. Develop spece and efficiency by referring caving and sizemy by referring caving and sizemy homeometric to active the desired ham refers in ourseas. Use a variety of course seek, conditions and terrain to lean the laker to delight before its substitions. | Technical and Techcian Freferement stage—event appecific technical and techcal sability. Freferement stage feeling the post of technical and a ground year! Integrate the event seed strength, power and body size to bodives a more optimal time. Feeling event specific technical and a techcal stall (surpa, ternar, teverens, tong tarra, etc.). Advanced tacks for difficult stall actions in the properties of the stall control of the stall control of the difficult conditions and ternals). | Mastery or innovation stags – (Errect specific technical and faction mestery that the control of technical and faction statistic of technical and faction statistic based on the individual's stage. Optimizes that statistic just and conditions in secs shadows. Apply significant innovations. |
| | | Equipment Select | tion & Preparation | | |
| Equipment Selection & Preparation Bikin: Chest high with a variation based on height weight and said level Selection of the selection of the Selection of the Selection of the Selection of the Selection of the Protection: Height required at all times. | Learn USSA rules for all equipment searching searching. SSI(s) I per of alia is sufficient in the searching of the searching s | Adhere to USSA rules for all ecoupries selection. Selection of the selecti | Adhere to USSA and PIS rules for all equipment selections are equipment selections. So and super O site, recens in any site of selections in a selection of selections and selections are selections and selections and responds as a transaction of selections and responds as a transaction of selections and responds as a transaction of selections and responds as a selection fear, curvant selection Pretermance considerations may include fear, curvant selection Pretermance considerations and responds and selection production. The selection of selections are selected as a selection of selections and selection selections are selected as a selection of selections and selections are selected as a selection of selections and selections are selected as a selection of selections and selections are selected as a selection of selections and selections are selected as a selection of selections and selections are selected as a selection of selections and selections are selected as a selection of selections and selections are selected as a selection of selections are selected as a selection of selections and selections are selected as a selection of selections are selected as a selection of selections and selections are selected as a selection of selections and selections are selected as a selection of selections are selected as | Adhere to USSA and FIS rules for all epighness resection Shake Silemon, 30 and super G silemon programment of the second second second continue to irreptions insight show womang and gramman processors for speed siders. Borete: Proper boot fit, fine and performance. Boot feeres and responds as it seemed with responds as it seemed with expected as it seems and responds are seemed with consistentiation may include fixed consistentiation may include fixed consistentiation ready include fixed consistentiation ready include fixed consistentiation ready include fixed consistentiation ready consistentiation ready consistentiation ready consistentiation ready consistentiation ready for the consistential ready seemed as a seemed processor of Professional seems and processor of processor | Protection: Head, arm, hand, shoulder, back, teeth mouth guard of his protection recommended, based on event. Podes: EL-poile guard for stocking protection, may be slightly shorter. US standard length. Custom pole sizing and contouring for individual |
| an, variety, positive reinforcement | Sampling Years | Sampling Years | Sampling Years | Commitment | Specialization and Mastery |
| d persoverance. Positive ental support is essential. | Teamvork and sportsmanship. Encourage a balanced filestyle that encourages beatily habita and promotes success in sport and iff. Postive paretal suport is essential Familias get involved with clubs. | Positive self talk, work ethic and persevenence with a locus on the process not results. Embourage the use of imagery and visualizing good technique. Demostrate learnwork and sportsmanning. Positive parental support and club involvement. | Positive self talk, vook ethic and perseverance, good setting with a focus on the process and not results. | Develop and refine race day plac Develop and refine race day plac refine goal setting process, what to focus on, what works on race day, develop 'ethietic plan' to approach i sening seeasons and life. Document through journalin Parents continue to support the commitment of the athlete in the sport. | Refine performance psychology ins. shills, imagery, goal achievement performance planning, attention and focus, self regulatory talk & confidence, Identify optimal performance state. Desiring with |
| | Local competition: | Competition | | Assessed to be advent | |
| | | Local racing leads to state and divisional championships which may lead to regional events. | Local racing leads to state and divisional championships which may lead to regional events and Junior Olympics. | Appropriate level and number of race starts ranging from local to national and international competition. | Regional FIS Series, FIS U, NO AM and European FIS races Onympics, World Stal Championships, World Jr. Championships, World Cup, European Cup |

Competition Emphasis





So, What do you do on Monday!





