

ALPINE TRAINING SYSTEM

"I got what I needed
at the right time
and progressed at my own rate."

Lindsey Vonn, two-time World Champion



WHL



What's the opportunity?



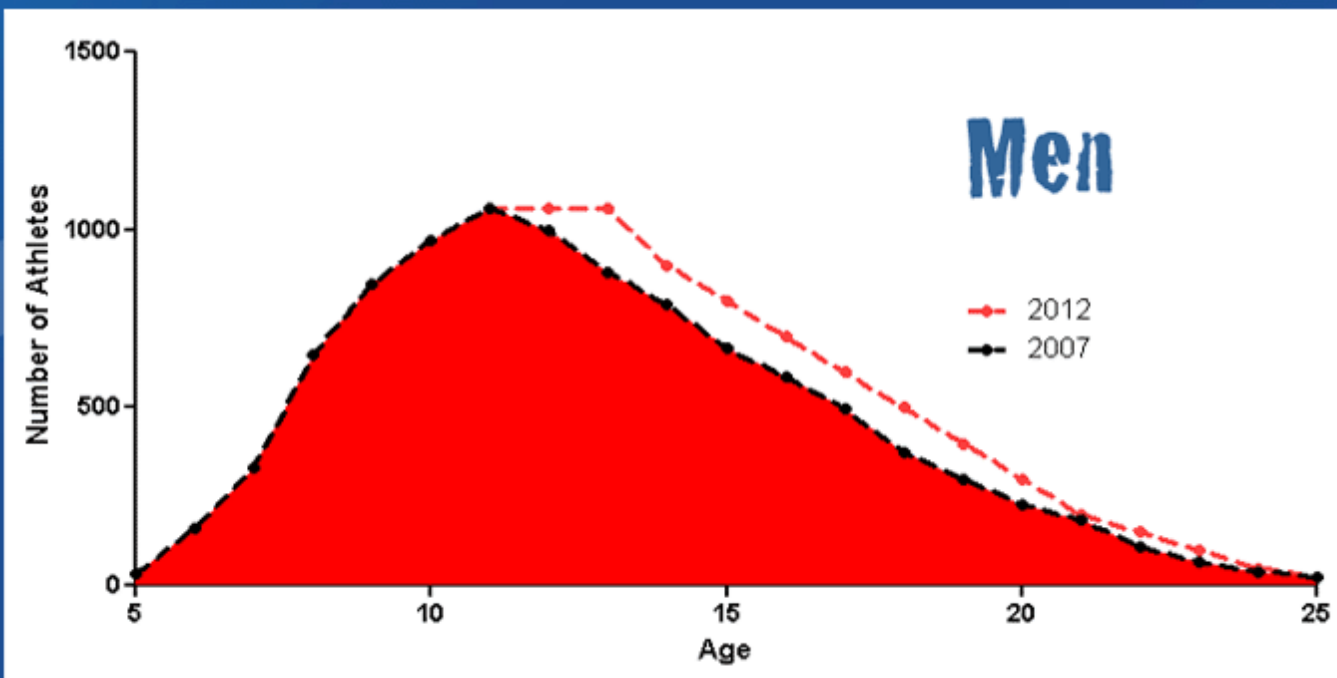
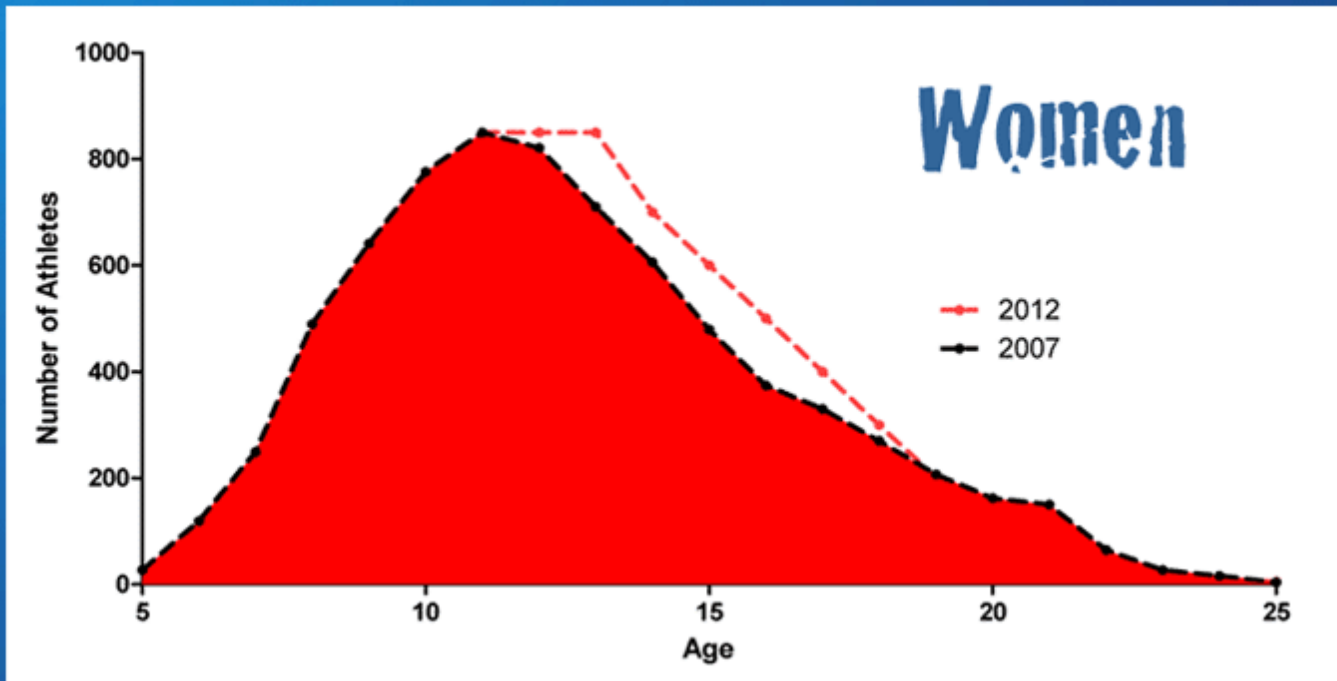


Bigger Talent Pool Better Fundamentals

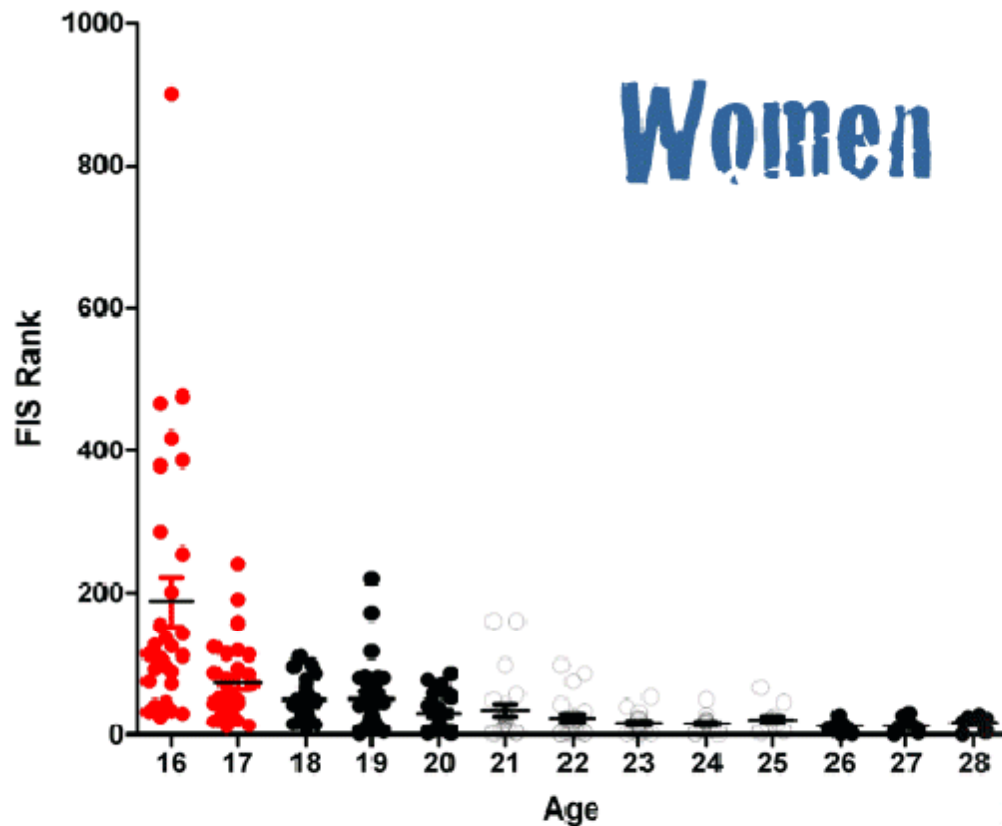
Talent Pool



Retention Goal

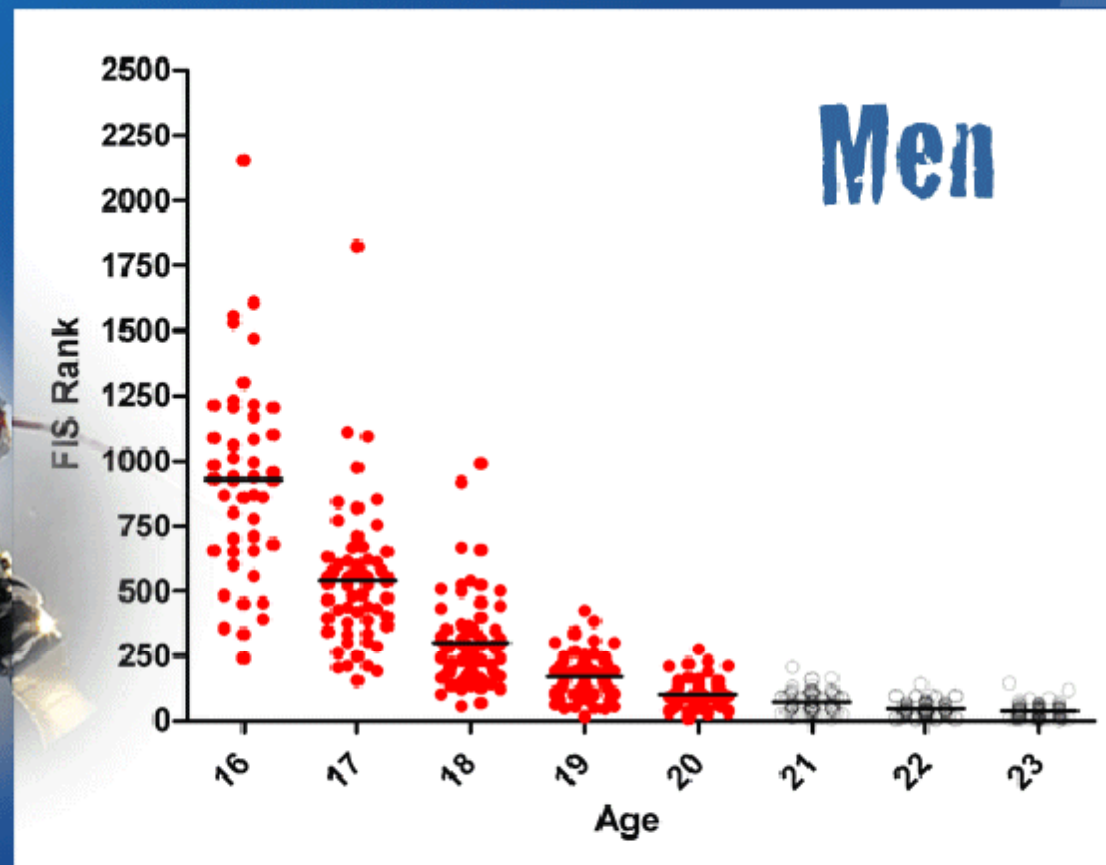


Women



Top 30 World Rankings History





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

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
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	Biological Age Pre Puberty Age 6-10 years old Training Age 1-4 years in sport Participation Ski 2-3 days a week 30 days a year At least 90% free skiing Fun races Play many other sports	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 1:5 (race:training) Play complementary sports	Biological Age Puberty (Growth Spurt) Age Girls: 11-14, J3 (J4-J3) Boys: 12-15, J3 (J4-J2) Training Age 5-8 years in sport Participation Ski 4-5 days a week 100 days/year At least 50% free-skiing Competition Period: (Dec-April) Number of race starts: 15-20 Ratio 1:5 (race:training) Play complementary sports	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 150-140 days/year At least 10% free skiing Competition Period: (Nov-April) Number of race starts: 25-max 45 Ratio 1:4 (race:training) Play complementary sports	Biological Age Full Maturation Age Female: 16-17, J1 Male: 17-18, 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: 50+ Ratio 1:3 (race:training) *Based on the number of disciplines
Conditioning Emphasis					
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, 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 aerobic conditioning. Incorporate own body weight training and body awareness training.	1-2 conditioning or recovery sessions per week in season Increase aerobic conditioning and balance/agility/coordination, particularly through growth spurt. Begin light external resistance work including bands, med balls, etc.	2-3 conditioning or recovery sessions per week in season Strength and power. Introduce progressively more anaerobic training, endurance, complex agility and balance.	4-5 conditioning or recovery sessions per week Eccentric strength, power & explosivity. Aerobic training, especially efficiency and recovery work. Core strength. Produce force in skiing specific positions.
Technical and Tactical Emphasis					
Active start - learning and fun environments Ski and play on snow	Adventure stage - skiing all terrain Free play, guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation for angulation, and pole plant.	Technical stage - Develop the skills to carve Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results. Acquire specific technical and tactical skills including gate blocking, speed elements, course inspection, anticipation of terrain, line and turn shape Free ski all terrain with competence, with an emphasis on balance and carving.	Technical stage - Learning line and strategy Active maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in courses. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.	Technical and Tactical Refinement stage - event specific technical and tactical skills Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technique and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a-rhythmical course sets, difficult conditions and terrain)	Mastery or innovation stage - event specific technical and tactical mastery Mastery of technical and tactical skills based on the individual's style. Optimizes line for ability level and conditions in race situations. Apply equipment innovations.
Equipment Selection & Preparation					
Equipment Selection & Preparation Ski: Chest high with a variation based on height, weight and skill level Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance Protection: Helmet required at all times Poles: Optional - introduce at older levels as skill level develops	Learn USSA rules for all equipment selection Ski: 1 pair of skis is sufficient for this group. Head height with a variation based on height, weight and skill level. Introduce ski preparation. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance Protection: Helmet required. Older athletes may need shin/arm protection. Poles: Length = forearm horizontal with pole tip in snow	Adhere to USSA rules for all equipment selection Ski: Slalom, GS and super G skis. Develop tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event Poles: SL-pole guard for blocking & protection, pole may be slightly shorter. GS-standard length.	Adhere to USSA and FIS rules for all equipment selection Ski: Slalom, GS and super G skis. Refine tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended based on event Poles: SL-pole guard for blocking & protection, pole may be slightly shorter. GS-standard length.	Adhere to USSA and FIS rules for all equipment selection Ski: Slalom, GS and super G skis with training skis. Tuning skills continue to improve. Insight into waxing and grinding necessary for skis. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event Poles: SL-pole guard for blocking and protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals	Adhere to USSA and FIS rules for all equipment selection Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance Ski: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation Boots: Discipline specific boots may be necessary to maximize performance Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event Poles: SL-pole guard for blocking & protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals
Performance Psychology Emphasis					
Fun, variety, positive reinforcement and perseverance. Positive parental support is essential.	Sampling Years Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with clubs.	Sampling Years Positive self talk, work ethic and perseverance with a focus on the process not results. Encourage the use of imagery and visualizing good technique. Demonstrate teamwork and sportsmanship. Positive parental support and club involvement.	Sampling Years Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results.	Commitment Develop and refine race day plan. Develop mental rehearsal routines, refine goal setting process, what to focus on, what works on race day, develop "athletic plan" to approach training sessions and life. Document through journaling. Parents continue to support the commitment of the athlete in the sport.	Specialization and Mastery Refine performance psychology skills. Imagery, goal achievement, performance planning, attention and focus, self regulatory talk & confidence. Identify optimal performance state. Dealing with competition, risk, failure and fear. Parents continue to support the commitment of the athlete in the sport.
Competition Emphasis					
Local competition: Innovative with FUN focus interclub competition.	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, NOR-AM and European FIS races Olympics, World Ski Championships, World Jr. Championships, World Cup, European Cup.	

Alpine Training System (A.T.S.)





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

Pre & Post Puberty

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

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 AT'S







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

Pre & Post Puberty

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

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 AT'S







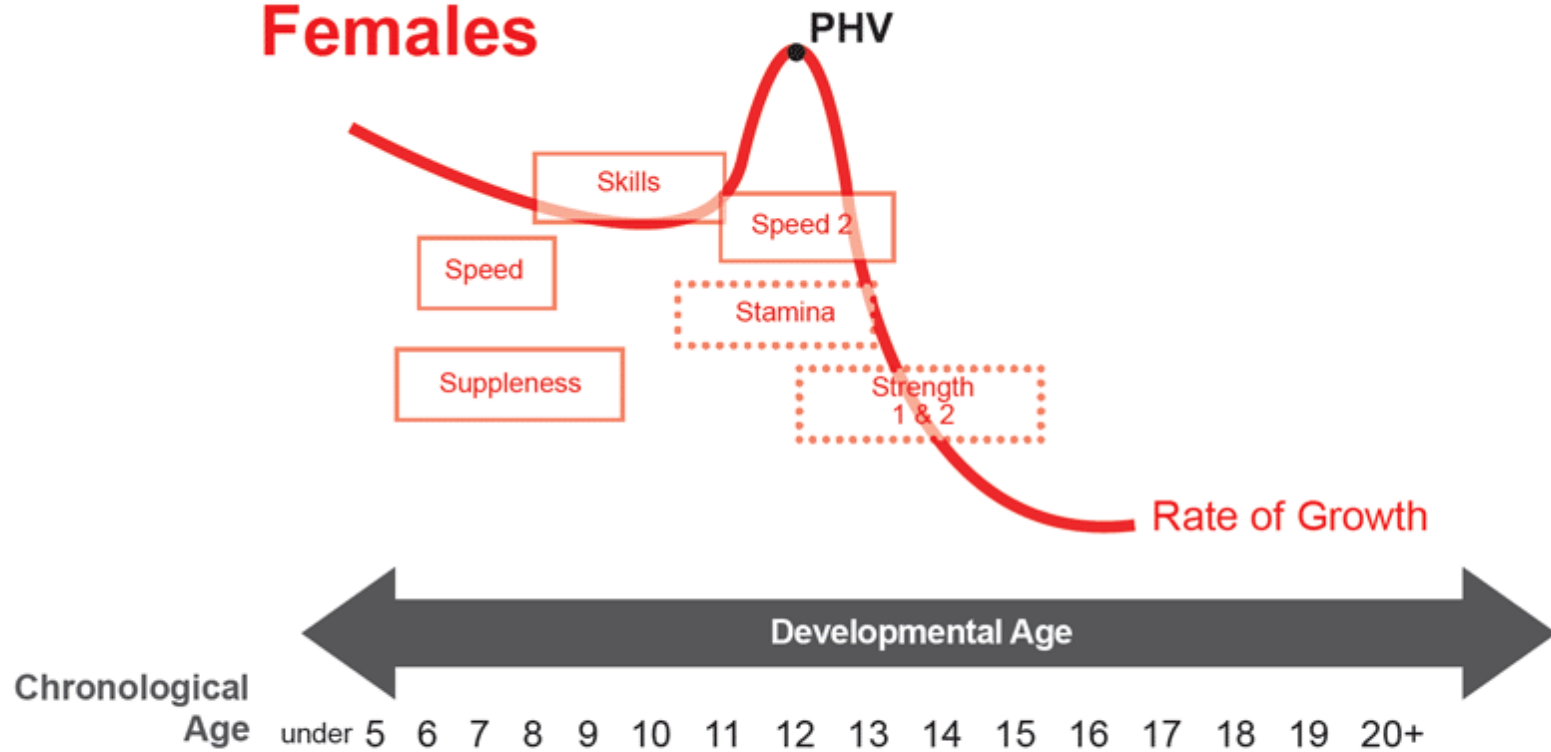
Alpine Training System

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
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 90% free skiing Play many other sports - gymnastics or balance-based sports	Biological Age Pre Puberty Age 6-10 years old Training Age 1-4 years in sport Participation Ski 2-3 days a week 20 days a year At least 90% free skiing Fun races Play many other sports	Biological Age Pre Puberty Age (Before Growth Spurt) Age Girls: 10-13, 24 (20-23) Boys: 11-14, 24 (21-23) Training Age 4-8 years in sport Participation Ski 1-4 days a week 70 days/year At least 80% free skiing Competition Period (Jan-April) Number of race starts: 10-15 Ratio 1.8 (race training) Play complementary sports	Biological Age Puberty Age (Growth Spurt) Age Girls: 11-14, 25 (24-23) Boys: 12-15, 25 (24-22) Training Age 5-9 years in sport Participation Ski 4-5 days a week 100 days/year At least 80% free skiing Competition Period (Dec-April) Number of race starts: 15-30 Ratio 1.5 (race training) Play complementary sports	Biological Age Post Puberty Age (After Growth Spurt) Age Girls: 12-16, 25 (24-23) Boys: 14-17, 25 (23-21) Training Age 6-11 years in sport Participation Ski 4-5 days a week 130-140 days/year At least 10% free skiing Competition Period (Nov-April) Number of race starts: 25-max 45 Ratio 1.4 (race training) Play complementary sports	Biological Age Full Maturation Age Female: 18+ 22-31 Male: 17-31 Training Age Minimum 10+ years in sport Participation Ski 4-5 days a week 130-150+ days/year At least 12% free skiing Competition Period (Nov-April) Number of race starts: 50+ Ratio 1.3 (race training) *based on the number of disciplines
Conditioning Emphasis					
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, balance and coordination. Incorporate activities that develop responsiveness (5-10 sec) and general endurance.	1-2 conditioning sessions per week in season Further development of previous components. Emphasis on aerobic conditioning. Incorporate diet, body weight training and body awareness training.	1-2 conditioning or recovery sessions per week in season Increase aerobic conditioning and balance/agility/coordination periodically through growth spurt. Begin light external resistance work including bands and body lifts, etc.	2-3 conditioning or recovery sessions per week in season Strength and power, introduce progressively more anaerobic training, endurance, complex agility and balance.	4-6 conditioning or recovery sessions per week Explosive strength, power & agility. Aerobic training. Recovery efficiency and recovery work. Core strength. Introduce force in skiing specific positions.
Technical and Tactical Emphasis					
Active start - learning and fun environments Ski and play on skis	Adventure stage - skilling all terrain Free play guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation for angulation, and pole plant.	Technical stage - develop the skills to carve Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results. Acquire specific technical and tactical skills including gate booking, speed elements, course inspection, anticipation of terrain, line and turn shape. Free ski all terrain with competence, with an emphasis on balance and carving.	Tactical stage - Learning line and strategy Actively maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in corners. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.	Technical and Tactical Refinement stage - event specific technical and tactical skills Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a technical course sets, difficult conditions and terrain).	Mastery or Innovation stage - event specific technical and tactical mastery Mastery of technical and tactical skills based on the individual's style. Optimize line for ability level and conditions in race situations and conditions in race situations. Apply equipment innovations.
Equipment Selection & Preparation					
Equipment Selection & Preparation Skis: Clearest high with a variation based on height, weight and skill level. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required at all times. Poles: Optional - introduce at older levels as skill level develops.	Learn USA rules for all equipment selection. Skis: 1 pair of skis is sufficient for this group. Head height with a variation based on height, weight and skill level. Introduce ski preparation. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required. Older athletes may need shin/knee protection. Poles: Length - forearm horizontal with pole tip in snow.	Adhere to USA and FIS rules for all equipment selection. Skis: Stalom, GS and super G skis. Develop tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, pole may be slightly shorter. GS-standard length.	Adhere to USA and FIS rules for all equipment selection. Skis: Stalom, GS and super G skis with tuning skills. Tuning skills continue to improve. Insight into tuning and grinding necessary for speed skiers. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking and protection, pole may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.	Adhere to USA and FIS rules for all equipment selection. Skis: Stalom, GS and super G skis with tuning skills. Tuning skills continue to improve. Insight into tuning and grinding necessary for speed skiers. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking and protection, pole may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.	Adhere to USA and FIS rules for all equipment selection. Skis: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots: Discipline specific boots may be necessary to maximize performance. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, pole may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.
Performance Psychology Emphasis					
Fun, variety positive reinforcement and perseverance. Positive parental support is essential.	Sampling Years Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with clubs.	Sampling Years Positive self talk, work ethic and perseverance with a focus on the process not results. Encourage the use of imagery and visualization good technique. Demonstrate teamwork and sportsmanship. Positive parental support and club involvement.	Sampling Years Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results.	Commitment Develop and refine race day plan. Develop mental rehearsal routines, refine goal setting process, what to focus on, what works on race day, develop "athletic plan" to approach training sessions and life. Document through journaling. Parents continue to support the commitment of the athlete in the sport.	Specialization and Mastery Refine performance psychology skills. Imagery, goal achievement, performance planning, attention and focus, self regulatory talk & confidence. Identify optimal performance state. Dealing with competition, risk, failure and fear. Parents continue to support the commitment of the athlete in the sport.
Competition Emphasis					
Local competition. Innovative with FUN focus interclub competition.	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, NOR-AM and European FIS races Olympics, World Ski Championships, World Jt. Championships, World Cup, European Cup.	

Conditioning Emphasis



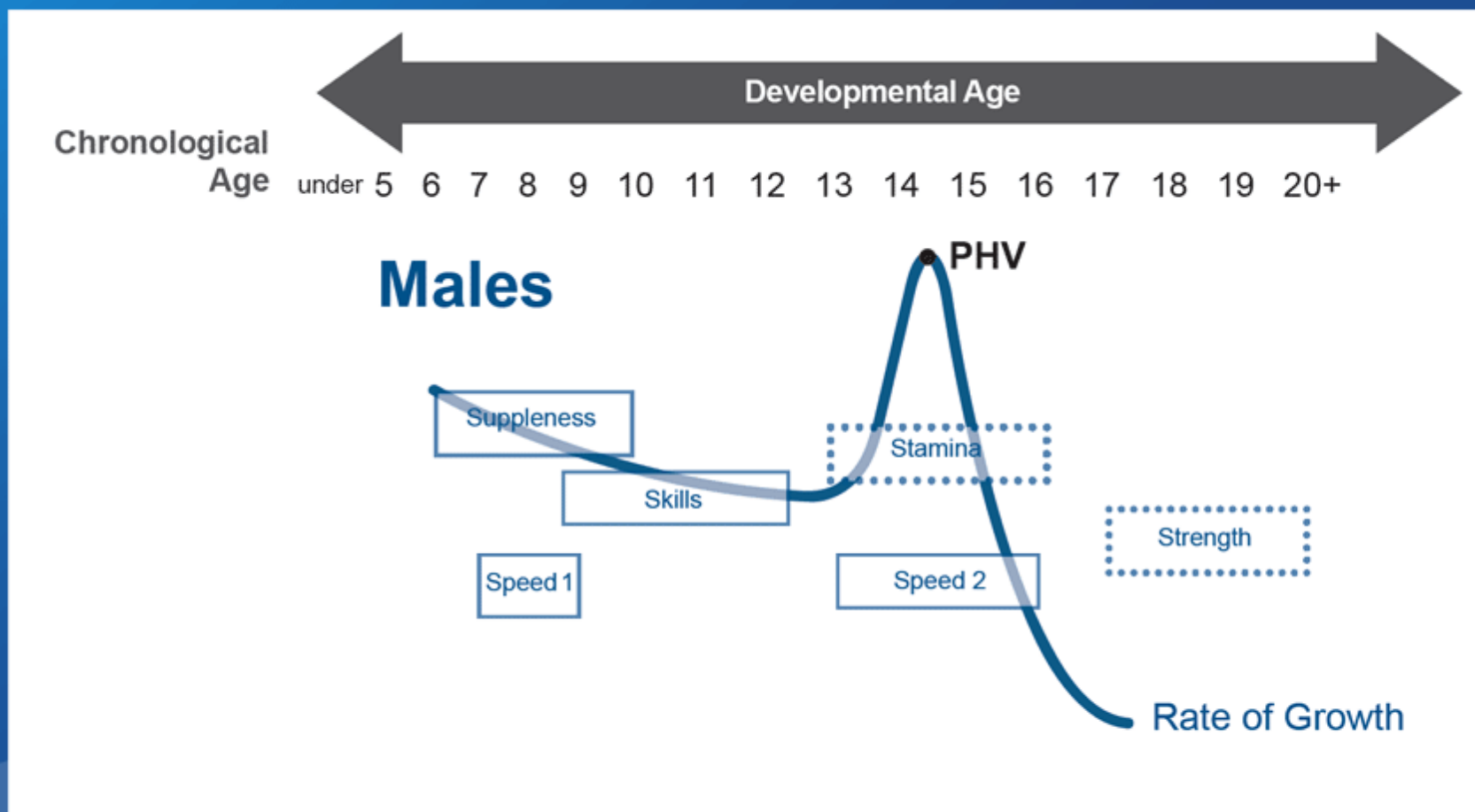
Females



Optimal Windows of Trainability
(Balyi and Way, 2005)

Windows of Trainability





Optimal Windows of Trainability
(Balyi and Way, 2005)

Windows of Trainability





Alpine Training System

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
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 90% free skiing Play many other sports - gymnastics or balance-based sports	Biological Age Pre Puberty Age 6-10 years old Training Age 1-4 years in sport Participation Ski 2-3 days a week 30 days a year At least 90% free skiing Fun races Play many other sports	Biological Age Pre Puberty (Before Growth Spurt) Age Girls: 10-13, 24 (10-23) Boys: 11-14, 24 (11-23) Training Age 4-8 years in sport Participation Ski 3-4 days a week 70 days/year At least 80% free skiing Competition Period (Jan-April) Number of race starts: 10-15 Ratio 1.8 (race training) Play complementary sports	Biological Age Puberty (Growth Spurt) Age Girls: 11-14, 25 (14-23) Boys: 12-15, 25 (14-22) Training Age 5-9 years in sport Participation Ski 4-5 days a week 100 days/year At least 80-90% free skiing Competition Period (Dec-April) Number of race starts: 15-30 Ratio 1.5 (race training) Play complementary sports	Biological Age Post Puberty (After Growth Spurt) Age Girls: 12-16, 25 (14-23) Boys: 14-17, 25 (13-21) Training Age 6-11 years in sport Participation Ski 4-5 days a week 130-140 days/year At least 10% free skiing Competition Period (Nov-April) Number of race starts: 25-40 Ratio 1.4 (race training) Play complementary sports	Biological Age Full Maturation Age Female: 18+ 22-31 Male: 17+ 31 Training Age Minimum 10+ years in sport Participation Ski 4-5 days a week 130-150+ days/year At least 12% free skiing Competition Period (Nov-April) Number of race starts: 50+ Ratio 1.3 (race training) Based on the number of disciplines
Conditioning Emphasis					
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, balance and coordination. Incorporate activities that develop neuromuscular (P-10 sec) and general endurance.	1-2 conditioning sessions per week in season Further development of previous components. Emphasis on aerobic conditioning. Incorporate diet, body weight training and body awareness training.	1-2 conditioning or recovery sessions per week in season Increase aerobic conditioning and balance/agility/coordination periodically through growth spurt. Begin light external resistance work including bands, body lifts, etc.	2-3 conditioning or recovery sessions per week in season Strength and power, introduce progressively more anaerobic training, endurance, complex agility and balance.	4-8 conditioning or recovery sessions per week Excessive strength, power & agility. Aerobic training, recovery efficiency and recovery work. Core strength. Introduce force in skiing specific positions.
Technical and Tactical Emphasis					
Active start - learning and fun environments Ski and play on skis	Adventure stage - skiing all terrain Free play, guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation for angulation, and pole plant.	Technical stage - Develop the skills to carve Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results. Acquire specific technical and tactical skills including gate booking, speed elements, course inspection, anticipation of terrain, line and turn shape. Free ski all terrain with competence, with an emphasis on balance and carving.	Tactical stage - Learning line and strategy Actively maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in corners. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.	Technical and Tactical Refinement stage - event specific technical and tactical skills Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a technical course sets, difficult conditions and terrain).	Mastery or Innovation stage - event specific technical and tactical mastery Mastery of technical and tactical skills based on the individual's style. Optimize line for ability level and conditions in race situations and conditions in race situations. Apply equipment innovations.
Equipment Selection & Preparation					
Equipment Selection & Preparation Ski: Cleat high with a variation on height, weight and level. Boots: Proper boot fit with even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required at all times. Poles: Optional - introduce at older levels as skill level develops.	Learn USA rules for all equipment selection. Ski: 1 pair of skis is sufficient for this group. Head height with a variation based on height, weight and skill level. Introduce ski preparation. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required. Older athletes may need shin/knee protection. Poles: Length - forearm horizontal with pole tip in snow.	Adhere to USA and FIS rules for all equipment selection. Ski: Stalom, GS and super G skis. Refine tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, pole may be slightly shorter. GS-standard length.	Adhere to USA and FIS rules for all equipment selection. Ski: Stalom, GS and super G skis. Refine tuning skills. Tuning skills continue to improve. Insight into tuning and grinding necessary for speed skiers. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking and protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.	Adhere to USA and FIS rules for all equipment selection. Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance. Ski: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots: Discipline specific boots may be necessary to maximize performance. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.	
Performance Psychology Emphasis					
Fun, variety positive reinforcement and perseverance. Positive parental support is essential.	Sampling Years Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with clubs.	Sampling Years Positive self talk, work ethic and perseverance with a focus on the process not results. Encourage the use of imagery and visualization good technique. Demonstrate teamwork and sportsmanship. Positive parental support and club involvement.	Sampling Years Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results.	Commitment Develop and refine race day plan. Develop mental rehearsal routines, refine goal setting process, what to focus on, what works on race day, develop "athletic plan" to approach training sessions and life. Document through journaling. Parents continue to support the commitment of the athlete in the sport.	Specialization and Mastery Refine performance psychology skills, imagery, goal achievement, performance planning, attention and focus, self regulatory talk & confidence. Identify optimal performance state. Dealing with competition, risk, failure and fear. Parents continue to support the commitment of the athlete in the sport.
Competition Emphasis					
Local competition. Innovative with FUN focus interclub competition.	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, NOR-AM and European FIS races Olympics, World Ski Championships, World Jt. Championships, World Cup, European Cup.	

Technical & Tactical Emphasis



Technical and Tactical Emphasis

*Freeskiing is
important
throughout the
phases*





Alpine Training System

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
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 90% free skiing Play many other sports - gymnastics or balance-based sports	Biological Age Pre Puberty Age 6-10 years old Training Age 1-4 years in sport Participation Ski 2-3 days a week 30 days a year At least 90% free skiing Fun races Play many other sports	Biological Age Pre Puberty Age (Before Growth Spurt) Girls: 10-13, 14 (10-13) Boys: 11-13, 14 (14-13) Training Age 4-8 years in sport Participation Ski 1-4 days a week 70 days/year At least 80% free skiing Competition Period (Jan-April) Number of race starts: 10-15 Ratio 1:8 (race:training) Play complementary sports	Biological Age Puberty Age (Growth Spurt) Girls: 11-14, 15 (14-13) Boys: 12-15, 16 (14-12) Training Age 5-9 years in sport Participation Ski 4-5 days a week 100 days/year At least 80-90% free-skiing Competition Period (Dec-April) Number of race starts: 15-30 Ratio 1:5 (race:training) Play complementary sports	Biological Age Post Puberty Age (After Growth Spurt) Girls: 12-16, 17 (14-13) Boys: 14-17, 18 (13-11) Training Age 6-11 years in sport Participation Ski 4-5 days a week 130-140 days/year At least 10% free skiing Competition Period (Nov-April) Number of race starts: 25-45 Ratio 1:4 (race:training) Play complementary sports	Biological Age Full Maturation Age Female: 18+ 22-31 Male: 17-31 Training Age Minimum 10+ years in sport Participation Ski 4-5 days a week 130-150+ days/year At least 12% free-skiing Competition Period (Nov-April) Number of race starts: 50+ Ratio 1:3 (race:training) Based on the number of disciplines
Conditioning Emphasis					
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, balance and coordination. Incorporate activities that develop suppleness (D-10) and general endurance.	1-2 conditioning sessions per week in season Further development of previous components. Emphasis on aerobic conditioning. Incorporate diet, body weight training and body awareness training.	1-2 conditioning or recovery sessions per week in season Increase aerobic conditioning and balance/agility/coordination, periodically through growth spurt. Begin light external resistance work including bands, med balls, etc.	2-3 conditioning or recovery sessions per week in season Strength and power, introduce progressively more anaerobic training, endurance, complex agility and balance.	4-8 conditioning or recovery sessions per week Explosive strength, power & agility. Aerobic training. Recovery efficiency and recovery work. Core strength. Produce force in skiing specific positions.
Technical and Tactical Emphasis					
Active start - learning and fun environments Ski and play on skis	Adventure stage - skilling all terrain Free play, guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation for angulation, and pole plant.	Technical stage - Develop the skills to carve Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results Acquire specific technical and tactical skills including gate booking, speed elements, course inspection, anticipation of terrain, line and turn shape Free ski all terrain with competence, with an emphasis on balance and carving	Tactical stage - Learning line and strategy Actively maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in corners. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.	Technical and Tactical Refinement stage - event specific technical and tactical skills Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a physical course sets, difficult conditions and terrain).	Mastery or Innovation stage - event specific technical and tactical mastery Mastery of technical and tactical skills based on the individual's style. Optimize line for ability level and conditions in race situations and equipment innovations.
Equipment Selection & Preparation					
Equipment Selection & Preparation Skis: Clearest high with a variation based on height, weight and skill level. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required at all times. Poles: Optional - introduce at older levels as skill level develops.	Learn USA rules for all equipment selection. Skis: 1 pair of skis is sufficient for this group. Head height with a variation based on height, weight and skill level. Introduce ski preparation. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required. Older athletes may need shin/knee protection. Poles: Length - forearm horizontal with pole tip in snow.	Adhere to USA rules for all equipment selection. Skis: Stalom, GS and super G skis. Develop tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot shape. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, pole may be slightly shorter. GS-standard length.	Adhere to USA and FIS rules for all equipment selection. Skis: Stalom, GS and super G skis, tuning skis. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, pole may be slightly shorter. GS-standard length.	Adhere to USA and FIS rules for all equipment selection. Skis: Stalom, GS and super G skis with tuning skis. Tuning skis continue to improve insight into tuning and grinding necessary for speed skis. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking and protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.	Adhere to USA and FIS rules for all equipment selection. Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance. Skis: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots: Discipline specific boots may be necessary to maximize performance. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.
Performance Psychology Emphasis					
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Competition Emphasis					
Local competition Innovative with FUN focus Interclub competition.	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, NOR-AM and European FIS races	Olympics, World Ski Championships, World Jt. Championships, World Cup, European Cup.

Equipment Selection & Preparation



Equipment Selection & Preparation

*"You can only be as strong as
your weakest link and equipment
is often that weakest link in
junior skiers"*

Thor Verdonk



ALL OUT!



Alpine Training System

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
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 90% free skiing Play many other sports - gymnastics or balance-based sports	Biological Age Pre Puberty Age 6-10 years old Training Age 1-4 years in sport Participation Ski 2-3 days a week 30 days a year At least 90% free skiing Fun races Play many other sports	Biological Age Pre Puberty (Before Growth Spurt) Age Girls: 10-13, 24 (J2-J3) Boys: 11-14, 24 (J2-J3) Training Age 4-8 years in sport Participation Ski 3-4 days a week 70 days/year At least 80% free skiing Competition Period (Jan-April) Number of race starts: 10-15 Ratio 1:8 (race:training) Play complementary sports	Biological Age Puberty (Growth Spurt) Age Girls: 11-14, 25 (J4-J5) Boys: 12-15, 25 (J4-J5) Training Age 5-9 years in sport Participation Ski 4-5 days a week 100 days/year At least 80-90% free skiing Competition Period (Dec-April) Number of race starts: 15-30 Ratio 1:5 (race:training) Play complementary sports	Biological Age Post Puberty (After Growth Spurt) Age Girls: 12-16, 25 (J4-J5) Boys: 14-17, 25 (J5-J6) Training Age 6-11 years in sport Participation Ski 4-5 days a week 120-140 days/year At least 10% free skiing Competition Period (Nov-April) Number of race starts: 25-max 45 Ratio 1:4 (race:training) Play complementary sports	Biological Age Full Maturation Age Female: 18+ 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 12% free skiing Competition Period (Nov-April) Number of race starts: 50+ Ratio 1:3 (race:training) Based on the number of disciplines
Conditioning Emphasis					
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, balance and coordination. Incorporate activities that develop neuromuscular (P-10 sec) and general endurance.	1-2 conditioning sessions per week in season Further development of previous components. Emphasis on aerobic conditioning. Incorporate diet, body weight training and body awareness training.	1-2 conditioning or recovery sessions per week in season Increase aerobic conditioning and balance/agility/coordination, periodically through growth spurt. Begin light external resistance work including bands, and balls, etc.	2-3 conditioning or recovery sessions per week in season Strength and power, introduce progressively more anaerobic training, endurance, complex agility and balance.	4-8 conditioning or recovery sessions per week Explosive strength, power & agility. Aerobic training. Intensity efficiency and recovery work. Core strength. Produce force in skiing specific positions.
Technical and Tactical Emphasis					
Active start - learning and fun environments Ski and play on skis	Adventure stage - skilling all terrain Free play, guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation for angulation, and pole plant.	Technical stage - develop the skills to carve Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results. Acquire specific technical and tactical skills including gate blocking, speed elements, course inspection, anticipation of terrain, line and turn shape. Free ski all terrain with competence, with an emphasis on balance and carving.	Tactical stage - Learning line and strategy Actively maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in corners. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.	Technical and Tactical Refinement stage - event specific technical and tactical skills Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a technical course sets, difficult conditions and terrain).	Mastery or Innovation stage - event specific technical and tactical mastery Mastery of technical and tactical skills based on the individual's style. Optimize line for ability level and conditions in race situations and conditions in race situations. Apply equipment innovations.
Equipment Selection & Preparation					
Equipment Selection & Preparation Learn USA rules for all equipment selection. Skis: Clearest high with a variation on height, weight and level. Boots: Proper boot fit with even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required at all times. Poles: Optional - introduce at older levels as skill level develops.	Learn USA rules for all equipment selection. Skis: 1 pair of skis is sufficient for this group. Head height with a variation based on height, weight and skill level. Introduce ski preparation. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required. Older athletes may need shin/knee protection. Poles: Length - forearm horizontal with pole tip in snow.	Adhere to USA and FIS rules for all equipment selection. Skis: Stalom, GS and super G skis. Refine tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, pole may be slightly shorter. GS-standard length.	Adhere to USA and FIS rules for all equipment selection. Skis: Stalom, GS and super G skis. Refine tuning skills. Tuning skis continue to improve insight into tuning and grinding necessary for speed skiers. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking and protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.	Adhere to USA and FIS rules for all equipment selection. Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance. Skis: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots: Discipline specific boots may be necessary to maximize performance. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.	Adhere to USA and FIS rules for all equipment selection. Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance. Skis: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots: Discipline specific boots may be necessary to maximize performance. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.
Performance Psychology Emphasis					
Fun, variety positive reinforcement and perseverance. Positive parental support is essential.	Sampling Years Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with clubs.	Sampling Years Positive self talk, work ethic and perseverance with a focus on the process not results. Encourage the use of imagery and visualization good technique. Demonstrate teamwork and sportsmanship. Positive parental support and club involvement.	Sampling Years Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results.	Commitment Develop and refine race day plan. Develop mental rehearsal routines, refine goal setting process, what to focus on, what works on race day, develop "athletic plan" to approach training sessions and life. Document through journaling. Parents continue to support the commitment of the athlete in the sport.	Specialization and Mastery Refine performance psychology skills, imagery, goal achievement, performance planning, attention and focus, self regulatory talk & confidence. Identify optimal performance state, dealing with competition, risk, failure and fear. Parents continue to support the commitment of the athlete in the sport.
Competition Emphasis					
Local competition Innovative with FUN focus interclub competition.	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, NOR-AM and European FIS races Olympics, World Ski Championships, World Jt. Championships, World Cup, European Cup.	

Performance Psychology





Alpine Training System

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
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 90% free skiing Play many other sports - gymnastics or balance-based sports	Biological Age Pre Puberty Age 6-10 years old Training Age 1-4 years in sport Participation Ski 2-3 days a week 30 days a year At least 90% free skiing Fun races Play many other sports	Biological Age Pre Puberty (Before Growth Spurt) Age Girls: 10-13, 14 (10-13) Boys: 11-13, 14 (14-13) Training Age 4-8 years in sport Participation Ski 1-4 days a week 70 days/year At least 80% free skiing Competition Period (Jan-April) Number of race starts: 10-15 Ratio 1:8 (race:training) Play complementary sports	Biological Age Puberty (Growth Spurt) Age Girls: 11-14, 15 (14-13) Boys: 12-15, 16 (14-12) Training Age 5-9 years in sport Participation Ski 4-5 days a week 100 days/year At least 80% free-skiing Competition Period (Dec-April) Number of race starts: 15-30 Ratio 1:5 (race:training) Play complementary sports	Biological Age Post Puberty (After Growth Spurt) Age Girls: 12-16, 17 (14-13) Boys: 14-17, 18 (13-17) Training Age 6-11 years in sport Participation Ski 4-5 days a week 130-140 days/year At least 10% free skiing Competition Period (Nov-April) Number of race starts: 25-45 Ratio 1:4 (race:training) Play complementary sports	Biological Age Full Maturation Age Female: 18+ 22-31 Male: 17-31 Training Age Minimum 10+ years in sport Participation Ski 4-5 days a week 130-150+ days/year At least 12% free-skiing Competition Period (Nov-April) Number of race starts: 50+ Ratio 1:3 (race:training) Based on the number of disciplines
Conditioning Emphasis					
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, balance and coordination. Incorporate activities that develop suppleness (5-10 sec) and general endurance.	1-2 conditioning sessions per week in season Further development of previous components. Emphasis on aerobic conditioning. Incorporate swim, body weight training and body awareness training.	1-2 conditioning or recovery sessions per week in season Increase aerobic conditioning and balance/agility/coordination, particularly through growth spurt. Begin light external resistance work including bands, med balls, etc.	2-3 conditioning or recovery sessions per week in season Strength and power, introduce progressively more anaerobic training, endurance, complex agility and balance.	4-6 conditioning or recovery sessions per week Excessive strength, power & vigour. Aerobic training, intensity efficiency and recovery work. Core strength. Produce force in skiing specific postures.
Technical and Tactical Emphasis					
Active start - learning and fun environments. Ski and play on skis	Adventure stage - skiing all terrain Free play, guided free skiing and drills are an integral part of development. On snow time needs to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction to carving, use of upper and lower body separation for angulation, and pole plant.	Technical stage - Develop the skills to carve Positive self talk, work ethic and perseverance, goal setting with a focus on the process and not results Acquire specific technical and tactical skills including gate booking, speed elements, course inspection, anticipation of terrain, line and turn shape Free ski all terrain with competence, with an emphasis on balance and carving	Tactical stage - Learning line and strategy Actively maintain technical skills through the growth spurt. Emphasize use of tactics to achieve carved turns on the most appropriate line for the athlete. Develop speed and efficiency by refining carving and steering movements to achieve the desired turn radius in corners. Use a variety of course sets, conditions and terrain to teach the skier to adapt to different situations.	Technical and Tactical Refinement stage - event specific technical and tactical skills Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size to achieve a more optimal line. Refine event specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.). Advanced tactics for difficult situations (a physical course sets, difficult conditions and terrain).	Mastery or Innovation stage - event specific technical and tactical mastery Mastery of technical and tactical skills based on the individual's style. Optimizes line for ability level and conditions in race situations. Apply equipment innovations.
Equipment Selection & Preparation					
Equipment Selection & Preparation Skis: Clearest high with a variation based on height, weight and skill level. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required at all times. Poles: Optional - introduce at older levels as skill level develops.	Learn USA rules for all equipment selection. Skis: 1 pair of skis is sufficient for this group. Head height with a variation based on height, weight and skill level. Introduce ski preparation. Boots: Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance. Protection: Helmet required. Older athletes may need shin/knee protection. Poles: Length - forearm horizontal with pole tip in snow.	Adhere to USA rules for all equipment selection. Skis: Stalom, GS and super G skis. Develop tuning skills. Boots: Proper boot fit and flex are critical for performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, pole may be slightly shorter. GS-standard length.	Adhere to USA and FIS rules for all equipment selection. Skis: Stalom, GS and super G skis with tuning skis. Tuning skis continue to improve insight into tuning and grinding necessary for speed skis. Boots: Proper boot fit, flex and performance. Boot flexes and responds as it interacts with the ski and plate. Performance considerations may include flex, cant, forward lean, ramp angle and foot beds. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking and protection, may be slightly shorter. GS-standard length.	Adhere to USA and FIS rules for all equipment selection. Equipment testing including skis, boots, plates, bindings and poles is recommended to maximize performance. Skis: Race and training skis for all disciplines. Professional support or consultation is recommended for preparation. Boots: Discipline specific boots may be necessary to maximize performance. Protection: Head, arm, hand, shoulder, back, teeth (mouth guard) and shin protection recommended, based on event. Poles: SL pole guard for blocking & protection, may be slightly shorter. GS standard length. Custom pole sizing and contouring for individuals.	
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Competition Emphasis





So, What do you do on Monday?





Summary



ALPINE TRAINING SYSTEM

“Fundamentals and free skiing
were the keys to my
Olympic gold medal.”

Ted Ligety, Olympic gold medalist

