



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 50 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 1:6 (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 5–9 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	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	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
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 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 Instill sound fundamental technical skills. Execute linked, carved turns with all the technical components in a variety of terrain. 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 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 technical 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 Skis: 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 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/arm protection. Poles: Standard length = forearm horizontal with pole tip in snow.	Adhere to USSA rules for all equipment selection Skis: 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: GS-standard length. SL-pole guard for blocking & protection, pole may be slightly shorter.	Adhere to USSA and FIS rules for all equipment selection Skis: 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: GS-standard length. SL-pole guard for blocking & protection, pole may be slightly shorter.	Adhere to USSA and FIS rules for all equipment selection Skis: Slalom, GS and super G skis with training skis. Tuning skills continue to improve. Insight into waxing 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: GS standard length. SL-pole guard for blocking and protection, may be slightly shorter. 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. 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: GS standard length. SL-pole guard for blocking & protection, may be slightly shorter. 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. Continue to use imagery and visualize good technique. Teamwork and sportsmanship. Positive parental support and club involvement.	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 Cup, World Ski Championships, World Jr. Championships, European Cup