



# AUSTRALIAN NATIONAL CHILDRENS PROGRAM



Theo Coates, Pokal Loka 2014 (SLO)

Northern Hemisphere 2014/15

LEOGANG - AUSTRIA

[www.skiteamaustralia.blogspot.com](http://www.skiteamaustralia.blogspot.com)





Training Stadium Almbahn, Leogang

## THINKING BIG TO WIN

As a small alpine nation, we need to think BIG to WIN! The national sporting federation, Ski & Snowboard Australia, the National Alpine Committee, the Alpine Director and highly qualified and experienced coaches have set their goals high to achieve International success.

Our established Northern Hemisphere training base at Leogang (Austria) is set-up around the following pillars of success:

### 1. Train in a competitive environment

If you strive for success, you need to be surrounded by the best. At our programs you will train with Austrian local ski clubs, national skiing academies and state teams.

### 2. Compete regularly with the Best

Regular regional, state and international competitions form an important part of our program. The athletes are exposed to constant competition and challenge when competing against the best Austrian athletes on a regional and state level, and against Europe's top level athletes at international FIS level competitions.

### 3. Access an incredible variety of training hills in short proximity

We have dedicated training stadiums within a short proximity, water-injected slopes, speed-training hills and a glacier. This area is the preferred training location of the World's best athletes and teams.

### 4. Austria - The mekka of alpine ski racing

In Austria ski racing is the national sport No. 1 ... we live for ski racing. We try to make the Australians part of this culture and tradition and of course we visit the Worldcup events at Kitzbühel, Schladming and Saalbach-Hinterglemm.

### 5. Coaching by professionals

We take coaching serious, as we are Thinking Big To Win! Our coaches are fully qualified ski race coaches, have competed themselves, have a huge amount of experience from Children's to National Teams, from Topolino to the Olympics, understand the responsibilities which come with developing young athletes and are absolutely passionate and committed to the long-term success of the athlete.



Zach Zontsich, Pokal Loka 2014 (SLO)

## INTRODUCTION

After the success of the last 3 years, SSA will continue to operate programs for the National Children's Squad and the National Junior Squad out of Leogang in Austria.

The SSA programs are run side-by-side to the MSR (Maierskiring) programs, which are direct feeder programs into the SSA National Teams. We are fortunate to have Christoph "Stoffl" Maier managing all the operations in his home-town Leogang.

In addition to the alpine athletes in the National Pathway, the NSWIS/SSA Ski Cross development team will also be based in Leogang. With around 40 athletes and up to 10 coaches, the Australian base guarantees a competitive training environment and a supportive overseas living environment for the Australian athletes.

We will again have a team of world class coaches; many of whom are returning to Leogang for their fourth consecutive year. Our coaches are dedicated to the long term advancement of alpine ski racing in Australia. Our aim is to bring together the best athletes in Australia in a cooperative and competitive team environment. Ski & Snowboard Australia together with the National Alpine Committee have committed funding and support to underpin and subsidise this important initiative.

**Australia's best athletes working with Australia's best coaches in the heart of one of the World's best training locations is a key platform for future success!**

## THE LOCATION

This area; in the heart of the Salzburger Land, is home to many National teams and boasts world class training venues and facilities to cater to the needs of all of our athletes.

Leogang offers access to exceptional free skiing and training opportunities for our National programs. The Skicircus Saalbach/Hinterglemm/Leogang is one of the biggest connected ski resorts in Europe offering over 200km of trails and 55 lifts. Athletes will have the Salzburger Super Ski Card, which offers unlimited access to 23 ski resorts in Salzburg and Tirol.

Most importantly, Leogang is ideally located to access the following world class training venues:

Injected training hills

- Hinterreit (15 min drive)
- Zell am See (20 min drive)
- Kirchberg (50 min drive)

Tech and speed training hills

- Leogang (3 min drive)
- Hinterreit and Maria Alm (15 min drive)
- Kaprun Maiskogel and Kitzsteinhorn glacier (30 min drive)
- Hinterglemm (35 min drive or skiing access via Leogang / Saalbach)

Ski cross training venues

- Leogang (terrain park – SX elements training)
- Saalbach (SX track - 30 min drive or skiing access via Leogang)
- Reiteralp (SX track - 60 min drive)

## THE COACHES

**Christoph “Stoffl” Maier** will be managing the National Children’s program as well as coaching the National Children’s Squad

- Masters degree in Sports & Science (University of Innsbruck)
- C-Trainer license (highest Austrian coaching qualification)
- Staatlicher Skilehrer (highest Austrian ski instructing qualification)
- Austrian Ski guide
- Organising race training programs in Austria since 2003 (maierskiracing.com)
- MBRC race coach 2003-2006
- Sportsmarketing Manager for an Austrian Newspaper 2007
- AUS National Development Team Program Provider 2008-2010
- MBRC program director since 2010

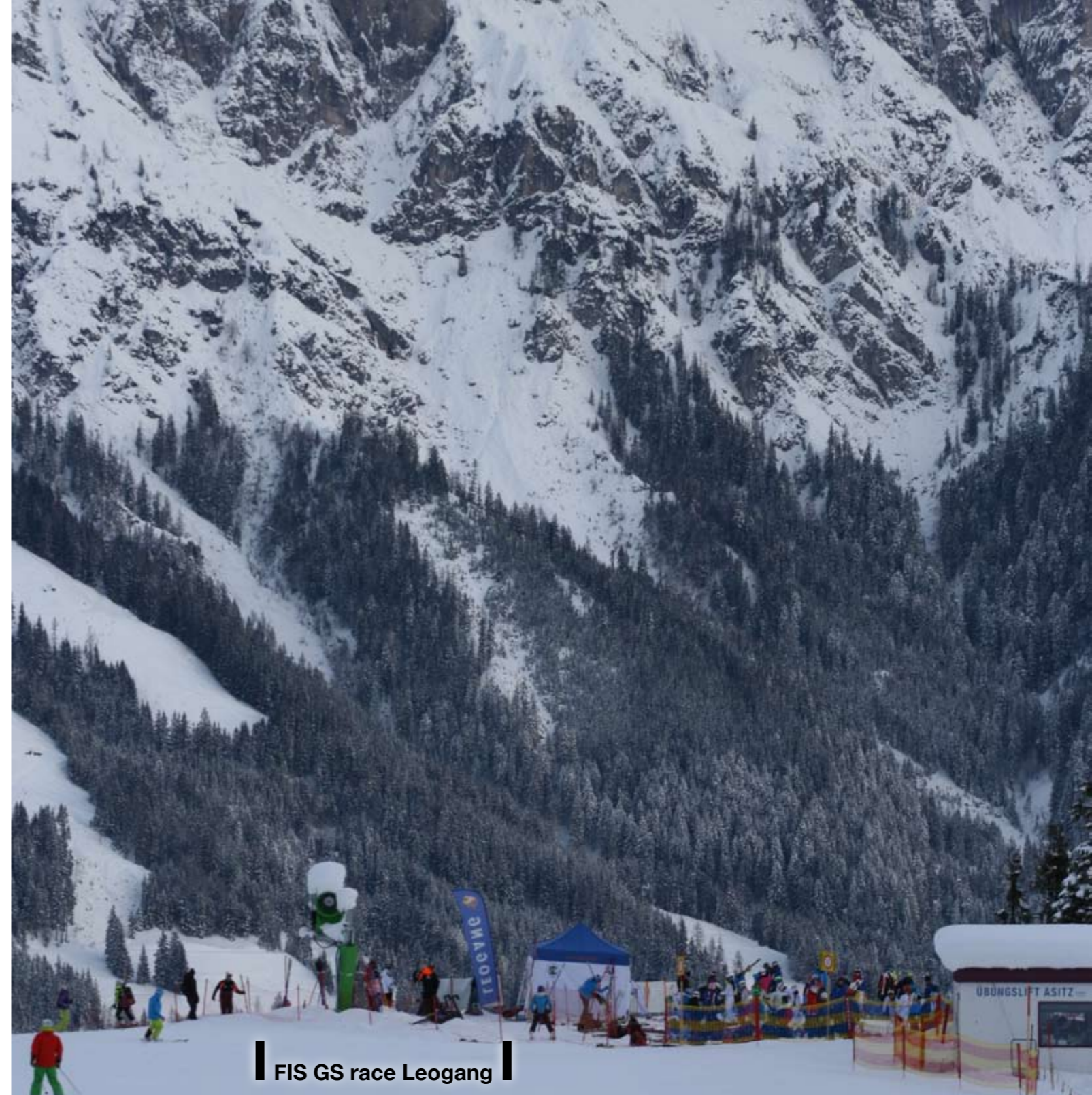
**Annie McCormack** will work with Stoffl, coaching the National Children’s Squad and fill the pastoral care role

- MBRC Children’s coach since 2006
- Level 4 fitness instructor with the Australian Institute of Fitness 4 years experience as a personal trainer
- APSI certified ski instructor & examiner

**Bradley Wall** will be overseeing all of the National programs

- SSA National Program Director
- Burke Mountain Academy, head J2 men’s coach for 3 years
- Member of the 2002 Salt Lake City & 2006 Torino Olympic teams
- Bachelors in Psychology; Dartmouth College

The SSA coaching team at the base in Austria will further consist of Chris McKnight (AUS National U18 Team), Danny Geiger (OWI Skicross Team) Shawn Fleming (AUS National Skicross Team), Ollie Lyons (AUS National Skicross Development Team) and other Austrian fully qualified coaches who are coaching at Leogang for Maierskiracing.



FIS GS race Leogang



SSA coaches 2013/14



GS race Leogang 2012



Topolino Competition Stadium 2014



Training stadium Almbahn, Leogang

## ATHLETES - WHO CAN ATTEND?

Numbers in the SSA Children's Program are limited and National Children's Squad athletes will have priority in being selected. There may however be an opportunity for non-National Squad athletes to be selected on a case by case basis. It is imperative that all interested athletes (National squad and non-National Squad) register their interest by following the link on the SSA website, and submitting an expression of interest / application form for the SSA Northern Hemisphere Program.

Once all applications have been submitted the selection committee will select athletes based on ranking and coaches input taking into account generic selection factors such as past performance, fitness, attitude, motivation, coachability and potential to improve.

If SSA program applicants are unsuccessful, we encourage them to join the MSR program, which is operating out of the same base.

## PHYSICAL REQUIREMENTS

All participants are expected to participate in any state based SSA physical conditioning initiatives (Boot Camps/other programs) as they arise. They are also expected to be continually working on their general levels of physical fitness and strength throughout the year - not simply in the camp environment.

## COMPETITIONS

- approx. 5 Bezirkscup events (regional level) in the program 1 period
- 10 Landescup events (state level) in the program 1 and 2 period – Landescup events are subject to qualification at the Bezirkscup events
- International FIS Children's events:
  - End of 01/15 – Vratna Interkriterium (SVK)
  - End of 01/15 – Ricky Ski Interkriterium (CZE)
  - 14./15.02.2015 – Stari vrh Pokal Loka (SLO)
  - 06./07.03.2015 – Folgaria Trofeo Topolino (ITA)
  - 20./21.03.2015 - Trofeo Pinochio Abetone (ITA)

\* International FIS Children's events are subject to qualification.

## ACCOMMODATION

The Australia House Pension Mayrhofer is our home base. There will be two athletes per room in single beds with ensuite bathrooms. Breakfast and lunch fixings will be served at the base.

**NEW for this upcoming season:** Dinner will be catered according to a specialized nutrition plan and will be served at the Australia House.

**The Australia House offers the following facilities:**

- Double rooms with en-suite bathrooms
- Breakfast / lounge area
- Weekly serviced rooms
- Wireless internet access
- **NEW: Upgraded ski storage and tuning facilities**, sauna and video room, laundry
- **NEW: Upgraded in-house gym** (ergo bikes, dumbbells, swissballs, airpads, boxsack etc.)
- Local supermarket within walking distance (150m)

The base accommodation is conveniently located near the following **physical training venues:**

- Indoor sports hall and climbing wall (100m)
- Indoor sports hall (40m)
- Fully equipped gym (Life for Fitness) located in Saalfelden (5 mins drive).



Australia House Common Area



Tuning areas Australia House



Australia House Studio Units



Australia House Pension Mayrhofer

## PROGRAM DETAILS

### SSA National Children's Program 1: December 8 – January 25 (7 Weeks)

- High training volume and intensity
- Deliberate progression from technical free skiing, to drills courses and finally into full length courses utilizing appropriate course setting and terrain.
- Balanced approach to training days and race days depending on athletes progression.
- Opportunities to compete in regional children's races (Bezirkscup), Salzburg state children's races (Landescup) and FIS international Children's races: Ricky (CZE), Vratna (SVK). All Children's FIS races are subject to qualification.
- Fitness component

### SSA National Children's Program 2: December 8 – March 22 (15 Weeks)

- Volume and training focus will be purposefully managed, integrating the schooling/tutoring system into the daily training routine. View the tutoring details on the last page.
- Balanced approach to training, race and rest days depending on athletes progression and well-being.
- Regional (Bezirkscup) and state (Landescup) competitions in preparation for FIS Children's Series Stari Vhr/Pokal Loka (SLO), Folgaria/Topolino (ITA) and Abetone (ITA)
- Fitness component

### SSA National Children's Program 3: Topolino Camp: February 16 – March 8 (3 weeks)

- Focus on preparation for Children's FIS event Folgaria/Topolino (ITA) including 10 days on snow training and competition period
- Fitness component
- The Topolino Camp is mandatory for all athletes planning to compete at the Topolino event.

Further program extensions are available in November 2014 and March/April 2015 upon athlete interest.

## CAMP FEES

SSA National Children's Program 1 (7 weeks):  
08.12.2014 - 25.01.2015  
\$9,800 AUD\* (\$1,400/week)

SSA National Children's Program 2 (15 weeks):  
08.12.2014 - 22.03.2015  
\$18,000 AUD\* (\$1,200/week)

SSA National Children's Program 2 (3 weeks):  
16.02.2015 - 08.03.2015  
\$4,200 AUD\* (\$1,400/week)

\*Prices are indicative until final numbers are confirmed

### Deposits

Interested participants will need to provide a deposit of \$1500.00 to confirm their spot on the program. You can submit your deposit by completing the online form on the SSA website.

### Inclusions

- Program and athlete management
- Program coordination and coaching
- Base training fees
- Base accommodation
- Meals at Base (breakfast inc lunch fixings and dinner)
- Base season pass
- Gym fees
- Coaches base expenses
- Base ground transportation
- Pastoral care and supervision
- All training equipment (on- and off-snow)
- Access to tuning space
- Off-snow activities (ie. go-kart, ice-skating, bowling, Red Bull Hangar 7, Salzburg, etc.)
- Team Uniform (Uniform items TBC)

### Exclusions

- Airfare
- Excess baggage
- Costs associated with away races
- Travel and competition insurance
- Incidental costs and personal spending money
- International competition licence
- Wax and tuning equipment
- Travel to the base outside of scheduled days
- Some off-snow social and fun activities



Topolino Prep-Camp 2013



Indoor sports hall Leogang



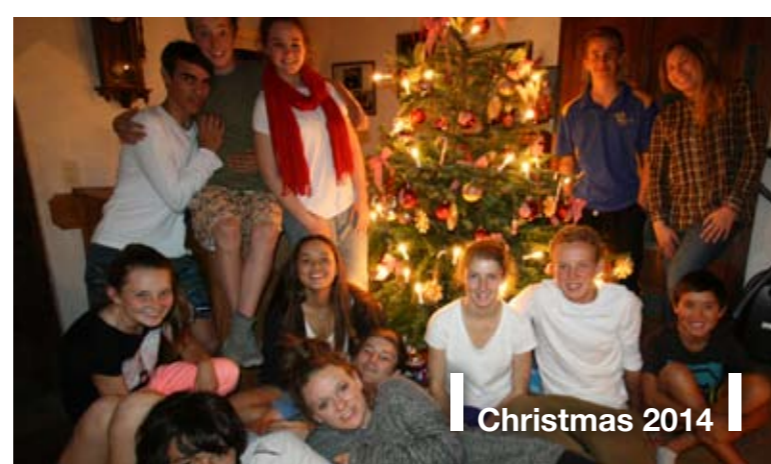
Pokal Loka Event 2013



SSA team vans



Topolino Event 2014



Christmas 2014

## YOUNG MASTERMINDS

Young Masterminds is an educational organisation founded in 2011 by Tracey and Peter Hand. Tracey and Peter are passionate and highly qualified teachers who understand that every child has an innate capacity to learn and that it is the experiences and guidance provided by parents and educators that have the greatest influence on their educational outcomes.

The team at Young Masterminds is committed to working with students, parents and schools to maximise the academic development of young people. Tutors employed by Young Masterminds are qualified, passionate and successful educators.

Young Masterminds have developed a range of flexible learning options to support and tutor children who take time off school to pursue ski racing. Staff also liaise with each athlete's school, their teachers and develop individualised learning programs to ensure they are not academically compromised whilst they are away from school skiing.

Young Masterminds can support and assist students to reach their academic potential whilst they pursue their passion for ski racing.

To learn more about the services of Young Masterminds, mail [info@youngmasterminds.com.au](mailto:info@youngmasterminds.com.au)



Oliver Thompson, Leogang 2013

## CONTACT

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Mike Rishworth \_ Kitzsteinhorn Glacier 2011

View our Northern Hemisphere journey on  
[www.skiteamaustralia.blogspot.com](http://www.skiteamaustralia.blogspot.com)



Robbie Morrisson, Leogang 2013