Program Partners and Corporate Supporters

Principal Partner

Australian Government
Australian Sports Commission

Key Supporter

Corporate Supporter

Institute Program Partners

Resort Program Partners

Industry Development Partners

International Resort Program Partner

www.skiandsnowboard.org.au
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This Athlete Handbook has been prepared by Ski & Snowboard Australia (SSA) in conjunction with the National Alpine Discipline Committee (NAC).

The Handbook contains information that will increase your level of understanding about the Alpine Skiing discipline and the programs, pathways and resources available for Australian athletes.

The Handbook references material available on the SSA website which is an important conduit for the latest information on Alpine skiing. Thus, If you have any questions regarding the content of this handbook, or seek further information, please visit the website, www.skiandsnowboard.org.au or contact Ski and Snowboard Australia (SSA) on (03) 9696 2344.

About SSA

- SSA is the nationally and internationally recognised authority governing competitive snowsports in Australia.
- SSA is affiliated with the Federation Internationale de Ski (FIS), Australian Olympic Committee (AOC), and the Australian Sports Commission (ASC).
- SSA manages the athlete pathway, conducts events and develops opportunities for athletes of all abilities across each of its 11 ski and snowboard disciplines.

SSA Vision

To create snowsports champions by providing clear and supported athlete pathways.

The role of SSA is to be innovative and progressive in developing systems and partnerships to foster High Performance success. Effective pathway management and support of the various program partners is essential in order to ensure consistency and security of results into the future.

SSA Success

Skiing and Snowboarding are multi Olympic Gold Medal winning sports. From the Torino Olympic Games in 2006 through to Vancouver 2010, the winter sport disciplines of skiing and snowboarding have amassed 77 medals at the World Cup/World Championship level. This is over a quarter of the 256 medals won in Australia's 75 year winter sport history.

At the 2010 Vancouver Olympic Winter Games, Ski & Snowboard Australia (SSA) placed 8th on the International Ski Federation (FIS) ranking of the 110 nations taking part in the Games, ahead of such winter sport powerhouses as Russia, France, Italy and Finland. Skiing and Snowboarding in Australia continues to achieve results that appear out of proportion to the size and status of the sport in Australia.

SSA Alpine Skiing - Our Mission

“A Small Alpine Nation Thinking BIG to WIN”
Building pride in our alpine athletes, coaches and system by setting out to achieve International success at World Cup, World Championship and Olympic level through professional leadership and direction nationally – at all levels of the sport.

SSA - National Alpine Committee (NAC)

The SSA Alpine Committee (National Alpine Committee) is responsible for the conduct of alpine racing, training, coaching and development programs at the national and international levels.

Alpine ski racing is organised by the NAC, State and Territory Ski Associations, SSA Pathway Programs, resorts and others. The State and Territory Associations and clubs are responsible for racing at the state and lower levels under direction from the NAC.

The current members of the National Alpine Committee are; Lachlan Clark (Chairman), Alistair Guss, Manfred Wolscher, Greg McCormack (Honorary Member), Cliff Mason (Honorary Member), Scott Sanderson, Jono Brauer, Brad Wall (National Program Director), Matt Lyons, Thomas Reitstatter (Awaiting Board Approval).

The SSA CEO (Michael Kennedy) is an ex-officio member of the NAC. Members of the NAC are appointed by the SSA Board and serve at the discretion of the Board according to new Discipline By-Laws adopted for all SSA Discipline Committees. A copy of these By-Laws is available on the SSA website. To find out more about the key responsibilities, the income and expenditure of the NAC, go to the Alpine section of the SSA website and click the About NAC link.
Australian Alpine Skiing Olympic Honour Role

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Alpine skiing, commonly known as downhill skiing, is a rigorous outdoor sporting and recreation activity filled with action packed athletics, excitement and enjoyment. Skiing challenges many skills including: coordination, balance, courage and confidence and the love of the outdoors. Skiing is one of the few lifelong family activities that skiers can begin as toddlers and enjoy well into their retirement years.

Alpine ski racing is all about time and navigation. The athlete who can ski from the start to finish, correctly passing through a series of control gates in the fastest time, is the winner.

Alpine Disciplines:

There are five disciplines in alpine ski racing, these can be grouped into speed, technical and combined disciplines.

- The fastest speed discipline is **Downhill (DH)**. The racer must navigate through a series of gates that follow the terrain of the mountain. There are fast sweeping turns and jumps. Top downhill racers attain speeds of over 140 km/h with acceleration from 0 km/h to 100 km/h in approximately 3 seconds in many courses. A race usually consists of a single run down the mountain, but may be conducted over two runs in areas with restricted vertical drop. The discipline is not competed in Australia due to limitations of terrain, snow and vertical drop.

- The next fastest discipline by speed is **Super-G (SG)**. The racer navigates through a series of control gates that follow the terrain of the mountain with rhythm. Super-G is the second of the speed disciplines with top racers sometimes attaining speeds approaching 120 km/h. The gates are set closer together than in Downhill, with more turns over a shorter distance. Super-G is also conducted over one run.

- The most common discipline is **Giant Slalom (GS)** where the racer navigates through control gates that form sections of rhythm down the mountain with direction changes that follow the terrain. The control gates are set closer together than in Super-G and with more turns over a shorter distance again. Giant Slalom is the fastest of the technical disciplines and racers must demonstrate the majority of the skills required in alpine ski racing. For this reason, it is often the first discipline taught to children when they start racing, and is commonly the discipline used in Interschool’s alpine events. Speeds in GS can reach 100 km/h at the highest level. This discipline is conducted over two runs generally down two different course sets with total time determining the winner.

- The quickest discipline in terms of direction changes and the most technically complex is **Slalom (SL)**. Whilst Slalom is the slowest (in speed) of the technical disciplines, it combines many changes of rhythm, vertically set control gates and delay control gates. Commonly a top level athlete will complete a turn in under 0.7 of a second. In this time they may cover the straight distance of up to 13 metres between gates. Greater emphasis should be given to Slalom in training children at a younger age. Again, this discipline is conducted over two runs down two different course sets with total time determining the winner.

- The newest of the alpine disciplines is **Super Combined (SC)**. This can be a combination of a shortened Downhill run or a Super-G run followed by a single Slalom run with total time determining the winner. In the Australia New Zealand Continental Cup races, the Super Combined is conducted in New Zealand as a combination of Super-G and Slalom. At the highest levels of competition (World Cup and Olympics), it is a combination of Downhill and Slalom. The aim is to test the overall skills of the racer in handling the requirements of high speed and technical complexity.

Australia and Olympic Alpine Skiing:

- Zali Steggall created history at the Nagano Games in 1998 when she won Australia’s first individual Winter Olympic medal, a bronze in the slalom. Steggall finished her career after Salt Lake 2002 as a four-time Olympian.

- Australia has been represented by 40 alpine skiers at the Winter Olympics with the first being at the 1952 Oslo Winter Games.

Ski Cross:

FIS class Ski Cross in the Freestyle Skiing discipline, however SSA recognises that in terms of athlete development and the athletes and programs that compete in this discipline come from the Alpine discipline, Ski Cross in Australia should be represented by the National Alpine Committee.

Ski cross courses have both naturally occurring terrain and artificial features including big-air jumps, “tabletop” jumps (where the take-off point is at a similar level to the landing spot), rollers (rounded and/or wavy terrain) and high-banked turns.

But what sets ski cross apart from other sports, is the fact that there’s more than one skier racing down the course. Four to six racers go head to head, at the same time, with the aim of finishing first.

The unique combination of technically-challenging terrain and head to head racing make ski cross a thrilling spectator sport. Contact between racers is frowned upon, but the sport’s format mean thrills and spills are all but guaranteed.
Australian Alpine Skiing Handbook

Athlete Pathway

**Train to Win**
Perfecting discipline specific skills and fitness

*Ages: 18 +
Category: U21, Open*

- SSA National Team (A/B)
- AIS/OWI Ski Cross Program

**Train to Compete**
Consolidating discipline specific skills and fitness

*Ages: 16 - 20
Category: U18, U21*

- SSA National Team (C/D)
- NSWIS/SSA Ski Cross Program
- SSA National Junior Squad Programs

**Train to Train**
Developing discipline specific skills

*Ages: 12 - 16
Category: U14, U16, U18*

- SSA National Junior Squad Programs
- SSA National Childrens Squad Programs
- SSA Pathway Programs

**Learn to Train**
Fundamental sport skills

*Ages: 10 - 14
Category: U12, U14, U16*

- SSA National Children Squad Programs
- SSA Pathway Programs
- SSA Futures

**FUNDamental**
Fundamental movement skills

*Ages: 6 -10
Category: U8, U10*

- Pathway Programs
- Interschools Programs
- Resort Ski School Programs

**Events**

- Olympic Winter Games
- World Cup
- World Championships
- Europa Cup
- World Junior Championships
- Youth Olympic Games
- Nor Am Cup
- AUS/NZ Continental Cup
- World Junior Championships
- FIS Events
- SSA National Child Series
- SSA State Childrens Series
- Interschools
- Resort 'Grand Prix' Events
- SSA State Childrens Series
- Interschools
- Resort 'Grand Prix' Events

**Stakeholders**

- SSA/NAC
- OWI
- AOC
- AIS
- NSWIS
- VIS
- Ski Resorts
- Pathway Programs
- SSA/NAC
- NSWIS
- VIS
- ACTAS
- Pathway Programs
- Ski Resorts
- NSWACT
- VAC
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- Ski Resorts
- NSWACT
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- SSA/NAC
- Pathway Programs
- Ski Schools
- Ski Resorts
- Interschools
- SSA/NAC
- Pathway Programs
- Ski Schools
- Ski Resorts
- Interschools
Long Term Athlete Development Model

FUNdamentals

Age: 6 - 10 / Pre Puberty
Training Age: 1 - 2 years

Overview: The FUNdamentals stage should be structured and fun. The emphasis is on developing basic agility, balance and coordination. In order to develop fundamental movement competencies successfully, participation in as many sports as possible is encouraged. Speed, agility, endurance and air awareness should be developed using FUN activities and games. In addition, athletes should be introduced to the simple rules and ethics of sports.

Develop the athlete's:
- ABC's (Agility, Balance, Coordination and Speed)
- RJT (Running, Jumping, Throwing)
- KGBs (Kinesthetics, Gliding, Buoyancy, Striking with a body part)
- CKs (Catching, Kicking, Striking with an implement)

Key Focus: To develop physical capacities and fundamental movement/skiing skills. Learn to play on skiis

Key Delivery: SSA Pathway Programs, Resort Ski Schools, Interschools Programs.
- Perisher: Winter Sports Club/ Snowsports School
- Thredbo: Race Club/ Snowsports School
- Mt. Buller: Race Club/ Snowsports School
- Mt. Hotham: Race Club/ Snowsports School
- Falls Creek: Race Club/ Snowsports School

Participation:
Target Days: 50+

DAYS on snow:
- Southern (AUS): 20 - 50+
- Northern: Unstructured family skiing during the northern hemisphere winter (optional)

Competitions:
- Southern (AUS): 2+
- Northern: Not applicable
- Train : Race ratio: 9 to 1

On Snow Focus
- Free skiing: 50%
- TFS / Drills: 25%
- Drill courses: 20%
- Gates: 5%
- Race simulation: 0%

Discipline Focus:
- Slalom: 70%
- Giant Slalom: 22.5%
- Super G: 2.5%
- Downhill: 0%
- Ski Cross: 5%

Other:
- Time Trials (fun) : Build competitive spirit
- Play many other sports
Alpine Ski Specific Skills:
Fundamental skills developed in a free ski setting all over the mountain; emphasis on balance and basic skills with as much mileage as possible, on snow time should be spent skiing. Work towards symmetrical parallel turns with rhythm and timing. Introduce carving, upper and lower body separation for angulation, and pole plant.

Competition Emphasis:
Athletes should participate in:
- Interschools competitions
- Club ‘fun’ events
- Simulated competitive games relating to Alpine skiing
Focus on:
- Fun and participation versus individual results.
- Completion of skills should be emphasised and recognised.

Physical Conditioning Emphasis:
- Emphasis on physical literacy through games and as much fun as possible.
- Strength and coordination to stand, jump and land on skis
- Stamina to ski the full length of a run
- Speed, agility and balance
- Body, spatial and air awareness
- Coordination and flexibility

Psychological Emphasis:
Athletes should focus on:
- Fun and encouraging skiing activities
- Confidence building and sense of achievement
- Reaction/ response and adjustment training
- Participation in a safe, structured, group environment
- Self-awareness and respect for others
- Positive parental support is essential
Athletes should be introduced to environmental education, and learn how to deal with:
- Variable weather conditions
- Variable snow conditions
- Wearing appropriate clothing and equipment
- Packing a day pack with appropriate food, water and spare clothing/ equipment

Equipment Needs:
- Skis: One pair is sufficient at this age. Chin to head height with variation based on height, weight and skill level
- Boots: Proper fit with soft forward flex for ankle movement for a balanced and athletic stance.
- Protection: Helmet required at all times
- Poles: Optional - introduce at older levels as skill level develops.
- Introduce ski maintenance and preparation

Recommended Coach Certification:
- SSA SKI Coach Level 1

Other:
Athletes should regularly view inspirational/ technically sound video performances.
Learn to Train

**Age:** 10 - 14 / Pre Puberty (before growth spurt)
**Training Age:** 2 to 4 years

**Overview:** The Learn to Train stage should emphasise skill development through a variety of training methods. While the focus is on training, competition should be utilised to test and refine skills. During this stage, athletes should learn how to train and develop the skills in all alpine disciplines in proportions below.

Participation in complimentary sports is encouraged (i.e. those sports which use similar energy systems and movement patterns).

Athletes should also learn basic technical/tactical skills, and ancillary capacities including:
- Strength and conditioning
- Warm up and cool down
- Stretching
- Hydration and nutrition
- Recovery
- Relaxation and focusing

**Key Focus:** To develop fundamental sport skills, including specific Alpine skiing skills.

Emphasis on physical literacy developed through a variety of games that challenge agility, balance and coordination, explosiveness and general endurance.

**Key Delivery:** SSA National Childrens Squad Programs, SSA Pathway Programs, SSA Futures
- Perisher: Winter Sports Club/ Snowsports School
- Thredbo: Race Club/ Snowsports School
- Mt.Buller: Race Club/ Snowsports School
- Mt. Hotham: Race Club/ Snowsports School
- Falls Creek: Race Club/ Snowsports School

**Participation:**
**Target Days:** 70 –100+
**DAYS on snow:**
- Southern (AUS): 35 – 60+
- Northern: 35 – 45+

**Competitions:**
- Southern (AUS): 4 – 6+
- Northern: 2 – 6+
- Train : Race ratio: 8 to 1

**On Snow Focus:**
- Free skiing: 40%
- TFS / Drills: 25%
- Drill courses: 20%
- Gates: 10%
- Race simulation: 5%

**Discipline Focus:**
- Slalom: 55%
- Giant Slalom: 35%
- Super G: 5%
- Downhill: 0%
- Skier X: 5%

**Other:**
- Play complimentary sports
- Dry-Land physical conditioning
Alpine Ski Specific Skills:

Technical:
- Develop the skills to carve on all terrain and in all snow conditions. Biomechanically sound skiing sought in all conditions and on all terrain.
- Linked, carved turns with correct technical elements in all snow conditions and in all terrain.
- Acquire specific technical and tactical skills including gate blocking, course inspection, speed elements, terrain adaptation, jumping and terrain park features.
- Free ski all terrain at speed with confidence and with emphasis on carving and balance in all planes.

Tactical stage:
- Introduce line and strategy
- Emphasis on the use of tactics to achieve carved turns on all terrain and in all conditions 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

Competition Emphasis:
Introduction to sport specific competition with a very small focus on results. Emphasis on building a passion for competing.

Athletes should participate in:
- SSA National Child Series
- SSA State Children Series
- Interschools

Physical Conditioning Emphasis:

In season:
- 1-2 specific conditioning sessions per week. Emphasis on aerobic conditioning.

Out of season:
- Further develop; physical literacy with increased focus on the energy systems, general strength, coordination, flexibility and muscular endurance.

Introduce:
- Speed, skill and agility movements (i.e. Lateral hops, foot drills, etc.) should be prioritised
- Body weight exercises (medicine ball, swiss ball, etc.)
- Sport specific movement exercises
- Flexibility, range of movement
- Physical monitoring through fitness guidelines
- Body awareness training (trampoline, gymnastics)

Psychological Emphasis:
- Work ethic and perseverance valued above all
- Confidence building and sense of achievement
- Reaction/response and adjustment training
- Participation in a safe, structured group environment
- Self-awareness and respect for others
- Team work, sportsmanship

Introduce:
- Positive self talk
- Process driven goal setting
- Relaxation Techniques
- Basic imagery and visualisation
- Maintaining focus
- Making decisions

Equipment Needs:
- Skis: SL and GS skis (super G where appropriate); race and train skis where appropriate based on skiing volume and competitive aspirations. Refine tuning skills and knowledge of wax, grinding, etc.
- Boots: Proper foot fit and flex are critical for optimal performance. Performance considerations include flex, forward lean, ramp angle, alignment and foot beds.
- Protection: Helmet for all, shin, arm and shoulder protection, mouth guard recommended. Back protection encouraged for all.
- Poles: Discipline specific for SL, GS & speed (where appropriate)

Recommended Coach Certification:
- SSA SKI Coach Level 1/ Level 2

Other:
Athletes should regularly view inspirational/technically sound video performances.
Train to Train

Age: 12 - 16 / Puberty (Growth Spurt)
Training Age: 4 to 6 years

Overview: During this stage, athletes should continue to focus on the technical disciplines with an introduction to speed elements. Overall physical capacities should be trained and enhanced with particular emphasis on increasing the athlete's aerobic base. There should be greater individualisation of fitness and technical training. Focus should be placed on training rather than competition and training should consist of high volume, low intensity workloads. High volume, low intensity training cannot be achieved in a limited time period, and therefore, the time commitment to training should increase significantly.

During the Train to Train stage, athletes should learn correct weight lifting techniques, and “own body weight” exercises with assistance from medicine balls and Swiss balls.

Athletes should further develop knowledge of how and when to stretch, how to optimise nutrition and hydration, mental preparation, establish pre-competition, competition and post competition routines.

Key Focus: To develop overall physical capacities, sport specific fitness, discipline specific skills, consolidate basic alpine skiing skills and introduce year-round training programming.

Introduction and gradual integration of independent, self-reliant learning concepts.

Key Delivery: SSA National Junior Squad Programs, SSA National Childrens Squad Programs, SSA Northern Hemisphere Alpine Base, SSA Pathway Programs
- Perisher: Winter Sports Club/ Snowsports School
- Thredbo: Race Club/ Snowsports School
- Mt.Buller: Race Club/ Snowsports School
- Mt. Hotham: Race Club/ Snowsports School
- Falls Creek: Race Club/ Snowsports School
- Perisher: Winter Sports Club/ Snowsports School
- Thredbo: Race Club/ Snowsports School
- Mt.Buller: Race Club/ Snowsports School
- Mt. Hotham: Race Club/ Snowsports School
- Falls Creek: Race Club/ Snowsports School

Participation:
Target Days: 90-115 +
DAYS on snow:
- Southern (AUS): 35 – 60+
- Northern: 45-60+
Competitions:
- Australia (SH): 4-6+
- Northern (NH): 8-12
- Train : Race ratio: 6 to 1
On Snow Focus:
- Free skiing: 25%
- TFS / Drills: 25%
- Drill courses: 25%
- Gates: 20%
- Race simulation: 5%
Discipline Focus:
- Slalom: 50%
- Giant Slalom: 35%
- Super G: 10%
- Downhill: 0%
- Skier X: 5%
Other:
- Dry-Land physical conditioning
Alpine Ski Specific Skills:
Tactical stage learning line and strategy. Refine events specific technical and tactical skills (jumps, terrain, traverse, long turns, etc.)
Technical:
• Actively maintain technical skills through growth spurt.
• Refine steering and carving movements to adjust turn shape in courses.
Tactical:
• Emphasise tactics to maintain carved turns on the appropriate line determined by the athletes ability.
Course Setting:
• Challenge the athletes with advanced tactics for difficult situations. Utilise a-rythmical sets in difficult and challenging terrain and snow conditions.

Competition Emphasis:
Athletes should increase their range of competitions, however the focus should remain on refinement of skills, rather than performance outcomes. Athletes should target appropriate level and number of race starts ranging from local to national and international competition. Athletes should target the following events:
• FIS NJR/CIT Events
• National Championships
• Australian FIS Events
• FIS Child Events
• SSA National Child Series

Physical Conditioning Emphasis:
Focus on general and discipline specific training related to:
• Aerobic capacity, speed and endurance
• Speed, agility and coordination
• Physical monitoring through fitness guidelines
• Learn correct weight lifting technique
• Strength training and flexibility
• Injury prevention
Athletes should workout 3-5 times per week including dryland (gym) and acrobatics.

Psychological Emphasis:
Work ethic and perseverance valued above all. Refine process driven goal setting skills and positive self talk. Continue to develop mental imagery with focus on good Technical and tactics.
Further develop:
• Positive thinking
• Setting and completing goals
• Relaxation techniques
• Imagery and visualisation
• Maintaining focus
• Making decisions
Introduce:
• Annual training plans
• Athlete log books
• Pre, post and during competition preparation
• Debriefing and video analysis
• Strategies to deal with extended periods away from home, changing environments, cultures and living conditions

Equipment Needs:
• Skis: SL and GS skis (super G where appropriate); race and train skis where appropriate based on skiing volume and competitive aspirations. Refine tuning skills and knowledge of wax, grinding etc.
• Boots: proper foot fit and flex are critical for optimal performance. Performance considerations include flex, forward lean, ramp angle, alignment and foot beds.
• Protection: Helmet for all, Shin, arm and shoulder protection, mouth guard recommended. Back protection encouraged for all.
• Poles: discipline specific for SL, GS & speed (where appropriate)

Other:
Athletes should regularly view inspirational/ technically sound video performances. Read sport specific magazines and explore the SSA and FIS websites for valuable information.
Train to Compete

Age: 16 - 20 / Post Puberty (After Growth Spurt)
Training Age: 6 to 10 years

Overview: During this stage, athletes should refine technical and tactical skills all alpine disciplines. There should be continued emphasis on physical conditioning with focus on maintaining high volume workloads with increasing intensity.

Training should also focus on developing maximum strength gain through the use of weights. This should be combined with continued work on aerobic capacities, core body strength, power and agility. Athletes should learn to perform refined discipline specific skills under a variety of competition simulation scenarios during training.

Strength and conditioning programs, recovery programs, psychological preparation and technical/tactical development should be individually tailored to the athlete's needs.

Key Focus: To introduce athletic professionalism, fitness preparation, consolidate discipline specific skills and learn to compete. Develop and refine independent, self-reliant learning capacity.

Key Delivery: SSA National Junior Squad Programs, SSA National Team (C/D), SSA Northern Hemisphere Alpine Base, SSA Pathway Programs
- Perisher: Winter Sports Club/ Snowsports School
- Thredbo: Race Club/ Snowsports School
- Mt.Buller: Race Club/ Snowsports School
- Mt. Hotham: Race Club/ Snowsports School
- Falls Creek: Race Club/ Snowsports School

Participation:
Target Days: 120-140 +
DAYS on snow:
- Southern (AUS): 35 – 60+
- Northern: 60 - 80+
Competitions:
- Australia (SH): 8-10+
- Northern (NH): 15-20
- Train : Race ratio: 5 to 1
On Snow Focus:
- Free skiing: 20%
- TFS / Drills: 25%
- Drill courses: 20%
- Gates: 25%
- Race simulation: 10%
Discipline Focus
- Slalom: 35%
- Giant Slalom: 35%
- Super G: 15%
- Downhill: 10%
- Skier X: 5%
Other:
- Dry-Land physical conditioning
Long Term Athlete Development - Train To Compete

Train to Compete (continued)

Alpine Ski Specific Skills:
Technical and tactical refinement stage. Event specific Techni-
cals and tactics emphasised. Refine Technical and tactics after
growth spurt.

Technical:
- Refine technical skills over terrain change, jumps, traverse,
  long turn etc

Tactics
- Refine tactical approach to terrain changes, jumps, traverse,
  long turn etc

Course Setting:
- Athletes should be challenged through advanced tactical
  situations, set a-rythmical courses over a variety of terrain
  and conditions.

Competition Emphasis:
Appropriate level and number of starts ranging from local, na-
tional and international. Athletes should be challenged above
their ability on occasion.

Athletes should target the following events:
- Europa Cup
- Youth Olympic Games
- Nor Am Cup
- AUS/NZ Continental Cup
- World Junior
- Championships

Physical Conditioning Emphasis:
Athletes should:
- Be able to maximise specific strength, power and agility
- Enhance power/ agility through plyometrics/weight lifting
- Utilise individual recovery, regeneration and injury preven-
tion exercises/ methods.
- Adhere to fitness guidelines as set by sport science/ strength and conditioning staff.
- Endure the rigours of training and competition while im-
  proving technique and performance.
- Be introduced to a multiple periodisation plan supported
  by a sport science and medical treatment team.

Psychological Emphasis:
Athletes should focus on:
- Decision making, self management.
- Advanced mental preparation.
- Psychosocial awareness and team dynamics
- Adapting to changing environments and committing to full
  athletic professionalism
- Execution of the whole run while avoiding major mistakes to
  increase the likelihood of being able to perform to their skill
  level as that skill level increases.
- Refined individual performance mind set.
- Structured and trained pre-competition routine, which in-
  cludes all physical and mental exercises/ rehearsals that en-
  able optimal performance.
- Simulate competition and real performance on demand
  situations during training.
- An even level of emotion and energy output per session on
  and off hill “Business as usual”, where the athlete is held ac-
  countable for their individual output per session.

Equipment Needs:
- Skis: Adhere to all FIS regulations. SL, GS, SG skis with train-
ing skis. Continue to refine tuning skills, take a vested inter-
est in grinds and waxing preparation especially for speed
  skis.
- Boots: Correct fit and flex to optimize performance, consid-
  erations may include flex, cant, forward lean, ramp angle,
  and foot beds.
- Protection: Helmet for all, Shin, arm and shoulder protec-
  tion, mouth guard recommended. Back protection encour-
  aged for all.
- Poles: Discipline specific for SL, GS & speed (where appro-
  riate)

Other:
- Athletes should regularly view inspirational/ technically sound
  video performances. Read sport specific magazines and ex-
  plore the SSA and FIS websites for valuable information.
Train to Win

**Age:** 18+ / Full Maturation  
**Training Age:** 10+ years

**Overview:** At the final stage of an athlete’s preparation, the athlete’s physical, technical, tactical, mental, personal and lifestyle capacities are now fully established and the focus of training has shifted to the maximisation of performance. Athletes train to perform on demand and peak for major competitions. Therefore, all aspects of training should be individualised for specific events.

Training is characterised by high intensity and relatively high volume with appropriate breaks to prevent over training.

Athletes encouraged to become interactive with the coaching staff in working together to build skills and planning for optimal competition performance.

**Key Focus:** Maximise athletic professionalism, fitness preparation, discipline specific skills and performance on demand. Continued commitment to independent, self-reliant learning

**Key Delivery:** SSA National Team (A/B), SSA Northern Hemisphere Alpine Base, SSA Pathway Programs.

**Participation**  
**Target Days:** 130-150 +  
**DAYS on snow:**  
- Preparatory Phase: 55-65  
- Northern (NH): 90-110  

**Competitions:**  
- Varies depending on athlete’s annual program, and discipline specialisation.  
- Train : Race ratio: 3/4:1

**On Snow Focus:**  
Variable based on individual’s specialisation and competitive plans  
- Free skiing: 10%(+-)  
- TFS / Drills: 15%(+-)  
- Drill courses: 5%(+-)  
- Gates: 20%(+-)  
- Race simulation: 50%(+-)

**Discipline Focus:**  
Variable based on individual’s specialisation and competitive plans
Train to Win (continued)

Alpine Ski Specific Skills:
- Mastery or innovation stage.
- Event specific technical and tactical mastery.
- Master tactical approach for athletes specific technical and athletic skills.

Course Setting:
- Optimal performance and tactical mastery expected in all conditions and terrain.

Competition Emphasis:
Athlete should demonstrate the ability to:
- Maximise performance and minimise risk on a multitude of different courses.
- Competition plans should be refined and operate to maximise performance within the athlete's ability.

Athletes should target the following events:
- Olympic Winter Games
- World Cup
- World Championships
- Europa Cup
- World Junior
- Championships

Physical Conditioning Emphasis:
Athlete's physical capacities should be fully developed by this stage.

Athletes should be able to:
- (Through guidance of support staff), maximise individual training programs.
- Meet all physical testing guidelines.
- Optimise strength to weight ratio.
- Utilise individual recovery, regeneration and injury prevention exercises/methods.
- Endure the rigours of training and competition while still being able to maximise performance at target events.
- Adhere to a multiple periodisation plan supported by sport science and medical treatment teams.

Psychological Emphasis:
- At the Training to Win stage the athlete, coach and designated sport psychologist work interactively in the field to optimise real life performances.
- Master performance psychology skills: imagery, performance planning, attention and focus.
- Identify optimal performance state dealing with risk, performance, fear of failure.
- Parents continue to support the dedication of the athlete.

Equipment Needs:
- Adhere to all FIS regulations.
- Equipment testing including skis, boots, plates, bindings and poles recommended.
- Skis: Race and training skis for all competitive disciplines. Professional support for preparation is recommended.
- Boots: Discipline specific boots may be necessary to maximise performance.
- Protection: Helmet for all, Shin, arm and shoulder protection, mouth guard recommended. Back protection encouraged for all.
- Poles: Discipline specific for SL, GS & speed (where appropriate).
- Other: Continue to refine tuning skills, take a vested interest in grinds and waxing preparation especially for speed skis.

Other:
- Athletes should regularly view inspirational/technically sound video performances. Read sport specific magazines and explore the SSA and FIS websites for valuable information.
Ski Racing Equipment

Coaches around the world recommend technique as the most important factor in performing well, but the right equipment will assist you in the skill development process. Specific tasks are best completed with specific tools.

Variables to consider when purchasing new boots:
- Boot type
- Fit
- Flex
- Cuff height
- Forward lean

Variables to consider when purchasing new skis:
- FIS specifications
- Ski type
- Ski sidecut
- Ski length
- Ski flex / Stiffness (brand, plate design, etc)
- Construction (brand characteristics, intended function, etc)

Personal variables to consider when purchasing new equipment:
- Skill
- Strength
- Physiology (height and weight)
- Competitive aspirations
- Rate of growth (past, present & projected future growth)

Equipment FAQ’s

How often should I buy new skis?
- Generally speaking, skis will be good for at least one year, based on southern and northern winter training and racing. The frequency of purchase is largely dependant upon the competitive aspirations of the racer and their current training volume. The athletes rate of growth and budget are primary factors.
- The more you ski, the more often new skis will be needed.

Do I need training and racing skis?
- No, you don’t. It’s nice to have 2 pairs of each (SL & GS), but this is not a requirement by any means.
- This should be based on competitive aspirations and training volume. Unless you’re a serious racer training full time volume (northern and southern winter), you will not require more than one pair of skis per discipline.

Is it a good idea to purchase used skis?
- Yes, no and maybe. Purchasing used skis can be a cost effective means of purchasing quality equipment. However, please ensure that the skis are in great shape with plenty of life (rebound / camber) and edge left.
- You should consult your coach prior to purchasing used equipment.

Where should I purchase our new equipment?
- Through the Australian distributors of the world’s best ski companies, SSA has created an alpine equipment initiative giving SSA registered athletes access to world class equipment at competitive prices. Visit the SSA website or contact the SSA office for details.
- Visit your favourite local ski shop, preferably one that specializes in race equipment.

When should we purchase our new equipment?
- The SSA alpine equipment initiative states order deadlines for many of the brands. As most equipment is shipped from Europe, as much lead time as possible is always appreciated by both the retailers and ski importers.

Who should I contact if I have more questions?
- Most information can be found under the alpine tab of the SSA website. For further details contact your coach, or club director.

Guidelines for Ski Selection for Entry Level Children

Due to improved design and construction, kids are learning to carve clean turns at younger ages and lower skill levels. Shaped skis will allow for accelerated skill development, when compared to conventional or straight skis. When choosing skis, it is better to go with a shorter ski as opposed to a longer one. A shorter ski will assist with turning, encourage a quicker progression of skills, and increase of confidence. The ski should measure between the nose and the top of the forehead. Longer lengths will become appropriate as the child develops his/her skills and strength.

- As a general rule, go with skis that are chin to forehead height for U10’s; please refer to the summary on the next page for an approximate overview of ski length selection.
- SL skis are designed to be skied shorter than GS skis (chin height for SL / forehead + for GS).
- Again, height and skill should be the primary determining factors in ski selection in the cases of unusually strong and skilled young athletes.

<table>
<thead>
<tr>
<th>Height</th>
<th>Minimum</th>
<th>Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td>90cm</td>
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<td>85cm</td>
<td>95cm</td>
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<tr>
<td>105cm</td>
<td>90cm</td>
<td>100cm</td>
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<tr>
<td>110cm</td>
<td>95cm</td>
<td>105cm</td>
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<tr>
<td>115cm</td>
<td>100-105cm</td>
<td>115cm</td>
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<tr>
<td>120cm</td>
<td>105-110cm</td>
<td>120cm +</td>
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<tr>
<td>125cm</td>
<td>110-115cm</td>
<td>125cm +</td>
</tr>
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<td>140cm</td>
<td>125-130cm</td>
<td>140cm +</td>
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<tr>
<td>145cm</td>
<td>130-135cm</td>
<td>145cm +</td>
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<tr>
<td>150cm</td>
<td>135-140cm</td>
<td>150cm +</td>
</tr>
<tr>
<td>155cm</td>
<td>140-145cm</td>
<td>155cm +</td>
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</table>
## Equipment Guidelines - FIS Specifications

### Equipment Summary: Suggestions & Requirements

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<thead>
<tr>
<th>Item</th>
<th>U10</th>
<th>U12</th>
<th>U14</th>
<th>U16</th>
<th>U18</th>
<th>U21+Open</th>
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<td><strong>Skis</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Slalom ski</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Giant slalom ski</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Super G skis</td>
<td>Not required</td>
<td>** individual</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Downhill skis</td>
<td>Not required</td>
<td>Not required</td>
<td>** individual</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Twin tips</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Poles</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Straight poles (aka SL poles)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Bendy poles (aka GS poles)</td>
<td>Not required</td>
<td>** individual</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>SG / DH poles</td>
<td>Not required</td>
<td>Not required</td>
<td>** individual</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Protection</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shin guards (slalom)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Pole guards (slalom)</td>
<td>** individual</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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<tr>
<td>Chin guard (fits on helmet)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Mouth guard (in month)</td>
<td>Not required</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Stealth top</td>
<td>Not required</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Back protection (ski specific)</td>
<td>STRONGLY SUGGESTED; back protection for ALL on snow activities</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Approved racing helmet</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Goggles (w/ double lens)</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Spare lenses for goggles</td>
<td>Not required</td>
<td>** individual</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Clothing</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Downhill suit</td>
<td>Not required</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Training shorts</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>2nd pair of gloves / mitts</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td>Rain gloves</td>
<td>SUGGESTED; they definitely come in handy on the wet and windy days</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Rain/wind jacket (start jacket)</td>
<td></td>
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</tr>
</tbody>
</table>

**Key**

- **Based on competitive aspirations, training plan and anticipated training volume**

**-5cm tolerance permitted for FIS races only (not applicable to Continental Cup (COC) events)

WC: World Cup | EC: Europa Cup | WSJC: FIS Junior World Ski Championships | COC: Continental Cup
Competitive age divisions

Like most competitive sports, alpine competitions are based around age divisions. For the 2012/13 season there has been an adjustment in the first year of eligibility in FIS. The age categories moving forward are outlined below.

<table>
<thead>
<tr>
<th>Season</th>
<th>Age Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Open</td>
</tr>
<tr>
<td>2012/13</td>
<td>91 &amp; older</td>
</tr>
<tr>
<td>2013/14</td>
<td>92 &amp; older</td>
</tr>
<tr>
<td>2014/15</td>
<td>93 &amp; older</td>
</tr>
</tbody>
</table>

When and where can I compete in Australia

Competitions are held throughout NSW and Victoria during the domestic season June to September and are based around the age divisions as explained above. There are also different levels of races available such as Club, Interschools, Regional, State, National and International Series. These races cater for athletes of all skiing abilities.

Most races are listed on the SSA Alpine Calendar (accessible via the SSA website). It lists the most prominent races available throughout NSW and Victoria as well as International races held in New Zealand.

Do I have to be a member of a club to race

You do not have to be a member of a race club to compete in a race. However, most of the competitors throughout the world do belong to a club so as they have access to training facilities and qualified training personnel. Strong clubs are the cornerstone of the alpine racing system and as in other sports, most athletes maintain their affiliation with their Club after gaining state or national team representation.

Alpine ski racing is one of those sports where training not only allows you to perform better but reduces the risk of injury. If you do not train in the correct environment under the supervision of a coach you could increase the risk of sustaining an injury. Injuries can occur either through lack of physical preparedness, lack of skill, experience or knowledge. However some injuries are still due to the unpredictable nature and speed of the sport.

Before you enter a race you must determine if the race and the course is at a level that you feel confident with. If you are a member of a race club you will be able to ask your coach for advice on the appropriate races to enter, or contact the SSA Office/Alpine Program Director.

Types of Alpine Skiing Competition

Interschools

Competitors from all ability levels are encouraged to enter the Interschools, which places emphasis on fun and participation. It is also generally the first discipline specific competition that athletes in the pathway will compete in. For this reason, Interschools forms a fundamental part of the SSA Athlete pathway, and is a great opportunity for Talent Identification into SSA recognised pathway programs. The success of the Interschools is evident when you consider the five Australian athletes who took home medals at the 2011 FIS World Championships all received their start with Interschools events.

Interschools is a team-based competition for students attending the same school, although individuals can enter when insufficient competitors are not available to form a team (except for the Cross Country Relay which is a team only event). Teams and Individuals compete in their school divisions: Division 1 Years 11 & 12, Division 2 Years 9 & 10, Division 3 Years 7 & 8, Division 4 Years 5 & 6, Division 5 Year 4 and below. The top 5 teams and top 10 individuals from the two state events are considered for an invitation to the Australian Championships.

To achieve a team score, teams need to include:

- 3-4 competitors for Alpine. Fastest 3 times in each run needed to achieve team result.
- 2-3 competitors for Ski cross, Freestyle Moguls, Snowboard Giant Slalom and Snowboard Cross. Fastest times/scores in each run needed to achieve team result.
- 3 competitors for the Cross Country Freestyle and Relay. Aggregate of 3 team member finishes used for Freestyle team place.
Club Races

SSA Pathway Programs and various other Alpine Ski racing Clubs often run ‘club-level’ competition. These events are not necessarily sanctioned to receive SSA points and/or FIS points, instead they stand to offer club athletes the opportunity to test their skills against other athletes of similar ability level. Details on Club Races can be found on the SSA Alpine Calendar, or by visiting the respective Race Club’s/ Resort website.

State or National Races

Race Organisers conducting State/ National events must adhere to strict course and timing specifications to ensure that an appropriate standard of race is executed. A National Technical Delegate (TD) or independent Jury Member is appointed by the NAC to ensure that the rules and safety regulations are upheld in accordance with National Standards.

If you are entering as an individual and you have no club affiliation then you must obtain, fill out and return the entry form with payment to the race organiser (which could be a club, resort or other organisation) by the date specified on the race entry form. Usually a Team Captain’s meeting will be held prior to the event, in which case it would be necessary to inform the race organiser that you will/ will not be attending this meeting. Generally, if you are unable to attend, you should source a coach to represent you or you could ask the race organiser to represent you.

If you wish to earn SSA points in the State races or compete at the Australian races you must be a member of an NAC recognised race club/ recognised SSA Alpine Skiing Pathway Program or pay a $500 fee to the nominated race club to become a “racing member”. This fee is a contributes to successful running of such State/ National events and some of the great work that race clubs do for the sport.

Children’s Race Series:

Children are often introduced to alpine ski racing through participation in the various regional or state based Interschool’s events, however, these are a mix of individual and team based races and are conducted under rules specifically designed for Interschool’s.

For a budding young skier to progress beyond this level into the state and national SSA sanctioned races, they will should start competing in the SSA State Series Children’s races and if they meet certain standards at this level and are U14, or U16, then they can enter the National Children’s Championships.

At both State and National events, trophies or medals are awarded to athletes who finish 1st, 2nd and 3rd in their age and gender Category. Further trophies are awarded within age categories for the Combined results in a particular discipline over the two races in that discipline. An Overall State or National Champion is usually declared in each age/gender category based on Grand Prix type points (see below) awarded for each race.

State and National Children’s Series Grand Prix Points:

A ‘world cup’ points scoring system will be used for the both the Children’s State Races and the Australian Children’s National Finals.

<table>
<thead>
<tr>
<th>Place</th>
<th>Score</th>
<th>Place</th>
<th>Score</th>
<th>Place</th>
<th>Score</th>
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<tr>
<td>1st</td>
<td>100</td>
<td>6th</td>
<td>40</td>
<td>11th</td>
<td>24</td>
<td>16th</td>
<td>15</td>
<td>21th</td>
<td>10</td>
<td>26th</td>
<td>5</td>
</tr>
<tr>
<td>2nd</td>
<td>80</td>
<td>7th</td>
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<td>12th</td>
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<td>3rd</td>
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<td>28th</td>
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<tr>
<td>4th</td>
<td>50</td>
<td>9th</td>
<td>29</td>
<td>14th</td>
<td>18</td>
<td>19th</td>
<td>12</td>
<td>24th</td>
<td>7</td>
<td>29th</td>
<td>2</td>
</tr>
<tr>
<td>5th</td>
<td>45</td>
<td>10th</td>
<td>26</td>
<td>15th</td>
<td>16</td>
<td>20th</td>
<td>11</td>
<td>25th</td>
<td>6</td>
<td>30th</td>
<td>1</td>
</tr>
</tbody>
</table>

Athletes score points according to their position in each technical discipline (SL and GS) according to the above table. The athlete in each category (U14 and U16 Boys and Girls) who scores the greatest number of points in each discipline will be declared the winner with 2nd and 3rd places also awarded. Similarly, overall winners will be declared for gaining the greatest number of points across both disciplines at the National Championship races.

This scoring system and the points awarded are only used in the SSA State Series. The primary method for determining National Children’s Squad selection is SSA Children’s Points, which is described on the following pages.
FIS Competition

What is FIS?
FIS stands for ‘Fédération Internationale de Ski’ and is the International Federation (governing body) for Olympic-eligible ski and snowboard competitions worldwide. FIS is headquartered in Oberhofen, Switzerland.

FIS is comprised of representatives from National Associations, such as SSA and works closely with the International Olympic Committee (IOC) and other winter sport federations.

What are FIS events?
FIS events are open-level, international competitions. They are the next step upwards from Interschools, club races and SSA events in ski and snowboard competition.

How do I enter a FIS competition?
Make sure you hold the appropriate registration and Alpine membership with SSA, and are age eligible for a FIS license.

Entering a FIS competition varies depending on the event:
- **Australian FIS Events**: Open to all athletes who hold a valid FIS license, and meet the entry requirements of the specific event (if required). Registration for Australian FIS events goes through the Event Organisers (resorts).
- **International FIS Event**: Open to all athletes who hold a valid FIS license. Entries need to come through the National Federation (SSA). Depending upon the quota allocation awarded to Australia, final entries to the event will be determined by athlete rankings from the relevant, published SSA criteria.
- **Europa Cup/ Nor-Am**: Open to all athletes who hold a valid FIS license and meet SSA criteria. Entries need to come through the National Federation (SSA). Selection for Europa Cup/ Nor-Am Competition is per the SSA published criteria. Depending upon the quota allocation awarded to Australia, final entries to the event will be determined by athlete rankings from the relevant, published SSA criteria.
- **World Cup**: Invitational only. Each nation is given a specific quota of starting spots. Selection and final entries to the event will be determined by athlete rankings from the relevant, published SSA criteria.

Australia New Zealand Cup (ANC)

Australia competes in the FIS continental cup (COC) series known as the Australia New Zealand Cup (ANC). This series is extremely competitive and on par with other continental cups such as Europa Cup and Nor-Am Cup. There is a lot at stake in this series as the overall winners and discipline winners (from AUS or NZL) secure themselves a World Cup start position (subject to minimum FIS requirements for WC). In addition, the winners qualify to start 31 in any other continental cup series which can be a great improvement especially in Europa Cup events.

The Australia New Zealand Cup series also attracts a competitive international field vying for ANC titles. Foreign competitors who win a discipline title also qualify to start 31 in any other continental cup series in that discipline.

More information regarding the COC series can be found at the FIS website

Masters Competition

Masters racing is recreational ski racing for everyone. The common link is a love of a race and a love of being on the mountains. Competitors don’t need to be speed demons or wear a tight outfit, though some do. Certainly, racing gives you a chance to go fast on the mountain without worrying about being pulled over by the speed police or running into other skiers. The challenge and improvement in your free skiing are two of the benefits for the racers, many whom only start as adults.

The camaraderie, friendship and being able to ski with like-minded people are all important to Masters racers. Most resorts have training groups with experienced coaches specific to Masters. If you are new to racing, such programs help to build your skills and confidence progressively and If you’re an old hat, they hone your technique ready for the races.

Masters races have five-year age divisions in Australia, making sure you compete against those of similar age to you. Training sessions are held at most resorts leading up to a race.

For more information follow the master link on the SSA website.
FIS and SSA Points

The SSA Children's Points system is closely modelled on the sophisticated FIS points system, developed over several decades. Unlike a Grand Prix points system, the FIS points system does not score all winning performances equally. Instead, it takes into account the quality of the field competing in an event and the margins by which the winner beat the top athletes in that event.

The FIS points for everyone else in the race are then determined by how close their time was to the winner’s time. This means that a mid-field result in a very strong race may score better than a win against weaker opposition and that a close 2nd will score better than a distant 2nd.

An athlete's best two results in each discipline are then averaged to give the athlete's FIS points for that discipline. By taking into account the strength of the field in each race, the FIS points system makes it possible to compare results from FIS races around the world and to give every FIS racer an international ranking.

FIS points and FIS point rankings are used by SSA to select national teams and to determine eligibility to compete in events such as the Olympic Winter Games.

SSA Childrens Points:

SSA Children's points are published on the SSA website for each athlete registered with SSA. They are calculated separately for SL and GS and are used:
- to determine start positions in the National Children's Races
- as the primary basis for selections for the Australian Children's Alpine Squad at the conclusion of each Australian season
- to determine eligibility for FIS Children's events where the number of applicants for an event exceeds Australia's quota for that event

SSA Children's Points are calculated for each run in the Child 1 and Child 2 State Heats and for each run in the Australian Children's Championships. Each athlete's best two results in each discipline over the past 12 months are then averaged to give the athlete's SSA Children's Points for that discipline.

How are they calculated?
The methodology used for calculating the SSA Children’s Points for each run is based on the system used by FIS which provides an objective and transparent means of comparing results from FIS races around the world. In essence, the FIS points system assesses the strength of the field in an event by averaging (a) the FIS points of the 5 highest ranked racers amongst those who finished within the top 10 in the event and (b) the FIS points of the top 5 seeds at the start of the event. The FIS points system also takes into account the margins (in percentage terms) by which the winner beat the skiers referred to in (a). The FIS points score awarded to the winner as a result of these calculations is known as the “penalty” for the event. The FIS points for every other competitor in the event are then determined by adding race points to the penalty to reflect the margin (in percentage terms) by which they were beaten.

International FIS Children’s events include the following:
- Trofeo Topolino held at Panarotta-Levico, Italy
- Whistler Cup, Canada
- Stari Vrh, Slovenia
- Abetone, Italy
- Val d'Isere, France

Where can I find the latest SSA Children's Points list?
The Points Lists are published on the SSA website. The Points Lists are published at the start of each season, updated after the State Heats have been concluded in both New South Wales and Victoria and then updated again after the Australian Children's Championships have been held.

Race Calendars

Domestic and international competition calendars are based on:
The Winter Cycles
- Southern Hemisphere (SH) Competition Season (Australian domestic season)
- Northern Hemisphere (NH) Competition Season (European/ North American season)
- The Annual FIS International Competition Calendar (1 July 2011 to 15 April 2012)
- The Olympic Cycle – a 4 year cycle (2010/11 was the start of the first phase of the 2014 Olympic winter quadrennial)
SSA Membership
SSA membership period is May 1 – April 30 of each year.
All athletes who wish to take part in SSA and/or FIS Sanctioned competition must be a member of SSA.
To become a member, you can register through the SSA website, by clicking on the ‘Membership’ tab.

Membership Benefits:
- Enables you to compete in domestic SSA sanctioned competitions*
- Enables you to compete in FIS sanctioned competitions**
- Free reciprocal membership with one state Sporting Organisation (SSO). The SSO’s are Snowsports ACT, NSW Snowsports, Tasmanian Ski Council and Victorian Snowsports Association
- Free subscription to SSA E-Newsletter
- Discount on SSA Merchandise and tickets to SSA events
- SSA Freestyle Handbook
*Alpine Introductory Junior, Alpine Junior and Alpine Senior memberships
** Alpine Senior membership

<table>
<thead>
<tr>
<th>Title</th>
<th>Fee</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alpine + Ski Cross - FIS Registered</td>
<td>$399.00</td>
<td>Includes individual SSA Membership, Alpine registration and FIS Registration for alpine and ski cross. Must be born in 1996 or earlier to be eligible for this registration. Includes a $110 development levy, $38.50 National Alpine Committee and $38.50 to the relevant State Alpine Committee.</td>
</tr>
<tr>
<td>Alpine - Introductory Junior</td>
<td>$66.00</td>
<td>The Alpine Introductory Junior registration includes Junior SSA Membership (Under 16) and Alpine Registration for an entire SSA Alpine rookie season.</td>
</tr>
<tr>
<td>Alpine - Junior</td>
<td>$220.00</td>
<td>Includes Junior SSA Membership and Alpine Registration. Must be born in 1997 or later to be eligible for this category. Includes a $110 development levy, $38.50 National Alpine Committee and $38.50 to the relevant State Alpine Committee.</td>
</tr>
<tr>
<td>Alpine - Masters</td>
<td>$60.50</td>
<td>Alpine Masters registration includes Individual membership of SSA, Master Alpine Registration and FIS Alpine Masters Registration.</td>
</tr>
<tr>
<td>Alpine - Senior</td>
<td>$247.50</td>
<td>Includes SSA Membership and Alpine Registration. Must be born in 1996 or earlier to be eligible for this category. Includes a $110 development levy, $38.50 National Alpine Committee and $38.50 to the relevant State Alpine Committee.</td>
</tr>
</tbody>
</table>

International Competition License & Competition/Travel Insurance
As per FIS rules, to compete internationally in FIS sanctioned events it is a requirement of SSA to ensure that all Australian athletes entered have insurance that specifically covers competitive skiing and snowboarding. SSA are able to provide a snowsports focused travel insurance policy with the additional cover for snowsports competitions.
Athletes will also require to purchase an International Competition License. This license is used when entering competitions overseas to ensure SSA athletes have the appropriate competition insurance. The ICL needs only be purchased once a membership year, but is only activated once confirmation of competition insurance is provided to SSA.

Insurance
Ski & Snowboard Australia provides a number of insurance policies for clubs, athletes, coaches/officials and snowsports supporters. SSA have provided Ski and Snowboard clubs, both competitive and recreational clubs, with public liability insurance for a number of years. We also provide a policy for Australian athletes who require cover while competing internationally and a standard ski based travel policy for their family members and supporters of SSA. All policies help support Australian snowsports programs and athletes. To view the specifics of the policies made available by SSA please visit the website www.skiandsnowboard.org.au.
## Athlete Classification

<table>
<thead>
<tr>
<th>Category</th>
<th>Definition</th>
<th>Interpretation</th>
</tr>
</thead>
<tbody>
<tr>
<td>World Class Athlete</td>
<td>• Proven medal round performance(s) at benchmark competitions</td>
<td>“Medal Performance”: Top 3</td>
</tr>
<tr>
<td></td>
<td>• Proven medal round performance(s) at World Cup level</td>
<td>“Final Round Performance”: Generally top 12, after the qualification round</td>
</tr>
<tr>
<td></td>
<td>• Capable of medal performance(s) at benchmark competitions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Capable of consistent final round performances at World Cup level</td>
<td>“Benchmark Competitions”: Olympic Winter Games, World Championships</td>
</tr>
<tr>
<td></td>
<td>• Capable of maintaining performance level</td>
<td>“World Cup Level”: FIS World Cup or equivalent highest-level competition (X-Games)</td>
</tr>
<tr>
<td>International Class Athlete</td>
<td>• Capable of a final round performance at a benchmark competition</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Capable of a final round performance at World Cup level</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Proven medal performance at Continental Cup or equivalent competition standard</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• World Cup Competitor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Capable of retaining or progressing performance level</td>
<td></td>
</tr>
<tr>
<td>Developing International Athlete</td>
<td>• Capable of a medal performance at Continental Cup or equivalent competition standard</td>
<td>“FIS Level Competitions”: Competitions sanctioned by FIS (International Ski Federation)</td>
</tr>
<tr>
<td></td>
<td>• Capable of consistent final round performances at Continental Cup, FIS events or equivalent competition standard</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Capable of progressing performance level and achieving at least International Class Athlete status in 1-3 years</td>
<td></td>
</tr>
<tr>
<td>Potential International Athlete</td>
<td>• Capable of/ progressing towards final round performance at FIS level competition or equivalent</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• FIS Level Competitor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Capable of progressing results into the next tier athlete status category</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Achieve benchmark scores in strength and conditioning, physical testing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• In the case of injury, athlete’s results at the time of the injury will be considered in selection</td>
<td></td>
</tr>
</tbody>
</table>

## Generic Selection Factors

| Performance in Competition | • Competition results during the preceding 12-month scholarship period       |                                                                                |
|                            | • Achieve KPI’s as set by the coach and/ or scholarship provider             |                                                                                |
|                            | • Achieve benchmark scores in strength and conditioning, physical testing   |                                                                                |
|                            | • In the case of injury, athlete’s results at the time of the injury will be considered in selection |                                                                                |
| Potential to Progress      | • Coaches recommendation                                                    |                                                                                |
|                            | • Achieve KPI’s (Key Performance Indicators) as set by the coach and/ or scholarship provider |                                                                                |
|                            | • Capable of progressing results into the next tier athlete status category  |                                                                                |
|                            | • Achieve benchmark scores in strength and conditioning, physical testing   |                                                                                |
|                            | • Medical (Injury status), commitment, coachability, psychological, consistency (competition results and training) |                                                                                |
| Behaviour                  | • Adherence to the athlete code of conduct and Anti-Doping Policies          |                                                                                |
|                            | • Commitment to training                                                    |                                                                                |
|                            | • Adherence to the athlete pathway, and selection protocols                 |                                                                                |
|                            | • Availability for sport pathway initiatives                                |                                                                                |
| Positive Intangibles       | • A strong overall desire, exemplified through the athletes actions          |                                                                                |
|                            | • A work ethic that can handle large volumes of skill development and strength and conditioning work |                                                                                |
|                            | • Self motivation and enjoy the process of a high performance program        |                                                                                |
|                            | • “Par performance abilities” – being able perform at a level consistent with present skill level on a consistent basis in competition |                                                                                |
| External                   | • Psychosocial development/ awareness                                       |                                                                                |
|                            | • Ability to manage work/ education/ life balance                           |                                                                                |
|                            | • Ability to spend a long period of time away from home                      |                                                                                |
|                            | • Ability to access and take advantage of athlete services                  |                                                                                |
Institute Scholarships Opportunities

Olympic Winter Institute (OWI) | Australian Institute of Sport (AIS)

The Australian Olympic Committee provides base funding to the OWI which is an official Olympic Training Centre recognised by the Australian Olympic Committee. The OWI is a partnership program of the Australian Institute of Sport (AIS) and receives support from the Australian Sports Commission and benefits from the sport programs and from the many experts based at the AIS in Canberra. The OWI also works closely with respective National Sporting Federations and State Institutes of Sport, to supply an overall National technical direction for the individual sport throughout the athlete pathway in Australia.

The clear short term objective of the OWI is focusing resources on the areas where the best results and medals can be achieved at the Sochi Olympic Winter Games (OWG) in 2014. Also important is the provision of experiences and fundamentals during the OWG quadrennial period, which may increase the possible medal tally at future OWG.

Program Scholarships
The OWI currently operate snowsports programs for AIS Scholarship athletes in Aerial Skiing, Mogul Skiing, Ski Cross, Snowboard Cross and Snowboard Halfpipe.

AIS Scholarships for ‘A’ and ‘B’ Team are awarded in accordance with objective performance standards as set by the OWI, where ‘C’ Team scholarships are awarded in consultation with the OWI Selection Committee and Head Coach recommendation, taking into account ‘generic selection factors’.

Selection Criteria/ Scholarship Overview

<table>
<thead>
<tr>
<th>Team/ Scholarship Level</th>
<th>Entitlements (Scholarship Year)</th>
<th>Per diem allowance at training camps</th>
<th>All Program Airfares</th>
<th>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</th>
<th>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</th>
</tr>
</thead>
<tbody>
<tr>
<td>'A' National Team</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. 1 x World Cup Victory OR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. 2 x Top 3 World Cup results OR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. 1 x Top 3 World Cup result if less than 60% of the seasons events are participated in due to strategic or budget choices made by the OWI program OR</td>
<td>Per diem allowance at training camps</td>
<td>+</td>
<td>All Program Airfares</td>
<td>+ 'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
<tr>
<td>4. Top 5 World Cup final standings OR</td>
<td></td>
<td>+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Top 5 World Championships OR</td>
<td></td>
<td>+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Top 5 Olympic Winter Games OR</td>
<td></td>
<td>+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. As a medallist OWG/WCH/WC standing AND</td>
<td>+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. Achievement of minimum testing standards OR</td>
<td>+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Progress towards the achievement of minimum testing standards; demonstrated by a marked improvement from the previous testing period (evaluated at S&amp;C staff discretion).</td>
<td>+</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>'B' National Team</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1. 1 x Top 3 World Cup result OR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. 2 x Top 5 World Cup results OR</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. 1 x Top 5 World Cup result if less than 60% of the seasons events are participated in due to strategic or budget choices made by the OWI program OR</td>
<td>+</td>
<td></td>
<td>+</td>
<td>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
<tr>
<td>4. Top 10 World Cup final standings OR</td>
<td></td>
<td>+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Top 10 World Championships OR</td>
<td></td>
<td>+</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Top 10 Olympic Winter Games AND</td>
<td>+</td>
<td></td>
<td>+</td>
<td>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
<tr>
<td>1. Achievement of minimum testing standards OR</td>
<td>+</td>
<td></td>
<td>+</td>
<td>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
<tr>
<td>2. Progress towards the achievement of minimum testing standards; demonstrated by a marked improvement from the previous testing period (evaluated at S&amp;C staff discretion).</td>
<td>+</td>
<td></td>
<td>+</td>
<td>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
<tr>
<td>'C' National Team</td>
<td></td>
<td>+</td>
<td>+</td>
<td>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
<tr>
<td>1. Coach nomination AND</td>
<td></td>
<td>+</td>
<td>+</td>
<td>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
<tr>
<td>2. Approval by selection panel AND</td>
<td></td>
<td>+</td>
<td>+</td>
<td>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
<tr>
<td>3. Progress towards the achievement of minimum testing standards; demonstrated by a marked improvement from the previous testing period (evaluated at S&amp;C staff discretion)</td>
<td>+</td>
<td></td>
<td>+</td>
<td>'C-Team Scholarship' including, coaching, accommodation, training fees, ground transportation, gym, World Cup &amp; Continental Cup competition entry fees, overseas competition insurance and uniform privileges.</td>
<td>AIS or SIS/SAS Support Services for Scholarship Athletes (depending upon individual program)</td>
</tr>
</tbody>
</table>

Selection panel consists of: OWI CEO, OWI Head Coach, NSWIS Head Coach, SSA Discipline Committee Chairman & SSA CEO.
# State Institute or State Academy of Sport (SIS/SAS)

## NSWIS Program Scholarships

The New South Wales Institute of Sport (NSWIS) operates National Snow Sport Programs that directly underpin the elite high performance programs operated by the OWI. These programs are operated by NSWIS in partnership with SSA and the AIS via the OWI. NSWIS programs aim to provide world-class coaching, training and competition, facilities and support services to facilitate the movement of athletes through the athlete pathway. NSWIS currently operates programs in Mogul Skiing, Snowboard Halfpipe, Snowboard Cross and Ski Cross which directly underpin programs operated by the OWI.

Program Scholarships are awarded in accordance to published criteria (where applicable) OR in consultation with the respective SSA Discipline Committee and Head Coach recommendation, taking into account the ‘generic selection factors’.

## VIS Program Scholarships

The Victorian Institute of Sport (VIS) operate a talent transfer Aerial Skiing program, recruiting athletes from an acrobatic background and teaching them to ski, with the aim of creating World Cup and Olympic aerial skiing athletes. This program is restricted to a small intake of athletes each year. Selection is upon application and based upon a range of factors which can be found on the SSA website.

NSWIS Individual Gold (Associate) Scholarships

In addition to the NSWIS programs, there is also opportunity for individual (gold) scholarships in the Olympic disciplines of Alpine, Cross Country, Ski Halfpipe and Ski and Snowboard Slopestyle. Individual Gold (Associate) Scholarships of up to 10 are awarded each year to NSW based athletes. Scholarships are awarded in order of priority to athletes as defined in the ‘athlete classifications’ table (on page 5). Priority is as follows, ‘World Class’, followed by ‘International Class’, ‘Developing International’ and then ‘potential International’ standard. Scholarship period runs from July 1st to June 30th each year.

## VIS Individual Athlete Scholarships

Support through the individual athlete scholarship program is offered annually to athletes from sports which do not have a Tier 1 program. Athletes are awarded individual scholarships by way of application in accordance with the VIS selection criteria. Scholarship period runs from July 1st to June 30th each year, with applications generally opening in April. Information and application forms can be found on the VIS website - www.vis.org.au.

### NSW Institute of Sport Scholarship Levels

<table>
<thead>
<tr>
<th>Scholarship Level</th>
<th>NSWIS Gold Program Scholarships (OWI Dual-Scholarship Athletes)</th>
<th>NSWIS Silver Program Scholarships</th>
<th>NSWIS Green Program Scholarships</th>
<th>NSWIS Gold Individual Scholarship (Maximum of 10 Scholarships)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Athlete Classification</strong></td>
<td>World Class Athletes</td>
<td>Developing International Athletes</td>
<td>Potential International Athlete</td>
<td>World Class Athletes</td>
</tr>
<tr>
<td><em>(Defined on page 5)</em></td>
<td>International Class Athletes</td>
<td></td>
<td>International Class Athletes</td>
<td></td>
</tr>
<tr>
<td><strong>Scholarship Entitlements</strong></td>
<td><strong>Priority access to Athlete services as determined by OWI Head Coach</strong></td>
<td><strong>Priority access to Athlete services as determined by NSWIS Head Coach</strong></td>
<td><strong>Limited access to Athlete Services as determined by NSWIS Head Coach</strong></td>
<td><strong>Priority access to Athlete services as determined by NSWIS Coordinating Coach and Own Coach</strong></td>
</tr>
<tr>
<td></td>
<td><strong>NSWIS Athlete Services:</strong> Strength &amp; Conditioning, Sports Psychology, Nutrition, Athlete Career/ Education Physio/ Medical Screening</td>
<td><strong>NSWIS Athlete Services:</strong> Strength &amp; Conditioning, Sports Psychology, Nutrition, Athlete Career/ Education Physio/ Medical Screening, Coaching: NSWIS Head Coach with guest training opportunities with OWI Head Coach</td>
<td><strong>NSWIS Athlete Services:</strong> Strength &amp; Conditioning, Athlete Career/ Education Physio/ Medical Screening, Coaching: Club Program Coach with guest training opportunities with NSWIS Head Coach</td>
<td><strong>NSWIS Athlete Services:</strong> Strength &amp; Conditioning, Sports Psychology, Nutrition, Athlete Career/ Education Physio/ Medical Screening, Coaching: Own Coach to deliver training sessions in consultation with the NSWIS Coordinating Coach. <strong>Limited uniform supplied by NSWIS</strong>, <strong>Access to domestic training venues</strong>, <strong>Athlete support of up to $2000</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Coaching: OWI Head Coach</strong></td>
<td><strong>NSWIS Head Coach</strong></td>
<td><strong>NSWIS Head Coach</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Uniform supplied by: OWI</strong></td>
<td><strong>Uniform supplied by: NSWIS</strong></td>
<td><strong>Limited uniform supplied by NSWIS</strong></td>
<td><strong>Limited uniform supplied by NSWIS</strong>, <strong>Access to domestic training venues</strong>, <strong>Athlete support of up to $2000</strong></td>
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<td><strong>Access to domestic training venues</strong></td>
<td><strong>Access to domestic training venues</strong></td>
<td><strong>Limited access to domestic training venues</strong></td>
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</tr>
</tbody>
</table>
The AOC has exclusive responsibility for the representation of Australia at the Olympic Winter Games (OWG). Its objectives for the 2014 OWG’s are to:

- Place within the top 15 nations on total medal standings (for which it is anticipated 4 or more medals will be required); and
- Win medals in more than 2 sports disciplines in which the Australian Olympic Winter Team won medals in 2010.

To help achieve these objectives the AOC will provide funding known as “AOC Funding” or, in the case of Direct Funding to Medallists adidas Medal Incentive Funding.

**adidas Medal Incentive Scheme (MIS)**

Athletes who won medals at the 2010 Olympic Winter Games or win medals in 2010/11, 2011/12 or 2012/13 at World Championships or other major international events of a comparable standard in events on the 2014 Olympic Winter Games program (agreed in advance by the AOC as appropriate “benchmark competitions”) will be considered for AOC Direct Funding under the adidas Medal Incentive Scheme (MIS). The purpose of this funding is to help athletes gain selection to represent Australia at the 2014 Olympic Winter Games in Sochi and win medals.

(Overview of adidas MIS in the years leading up to 2014)

<table>
<thead>
<tr>
<th>Season</th>
<th>Gold</th>
<th>Silver</th>
<th>Bronze</th>
</tr>
</thead>
<tbody>
<tr>
<td>2010/11</td>
<td>$15,000</td>
<td>$10,000</td>
<td>$7,500</td>
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<tr>
<td>2011/12</td>
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<td>$10,000</td>
<td>$7,500</td>
</tr>
<tr>
<td>2012/13</td>
<td>$20,000</td>
<td>$13,400</td>
<td>$10,000</td>
</tr>
<tr>
<td>2013/14</td>
<td>$20,000</td>
<td>$13,400</td>
<td>$10,000</td>
</tr>
</tbody>
</table>

**Olympic Solidarity**

AOC Funding from Olympic Solidarity will be considered for programs designed to assist sports development including coaching. AOC Funding of $53,000 is budgeted for this program.

AOC Funding of an estimated $322,000 is budgeted for Olympic Solidarity Scholarships for Athletes “Sochi 2014”.


**Australian Sports Commission (ASC)**

**Australian Government Direct Athlete Support (DAS)**

In May 2010 the Australian Government announced a new direction forward for sport in Australia: “Australian Sport – the pathway to success”. This new direction recognises the critical importance of investing in our current and future champions so that they can focus on training in preparation for representing Australia. To enable this, the Government has committed to providing targeted World Class Athletes with financial assistance through Direct Athlete Support.

Funding under the scheme will be provided to targeted ‘World Class’ Athletes. These athletes will be selected on the basis of medal potential and individual need. The funding is provided to assist athletes with their training needs as they prepare for upcoming benchmark competitions which are of significance to Australia’s international sporting image.

Approved ‘World Class’ Athletes with a top 1 – 4 benchmark competition result and/or world ranking will receive a approximately $18,000 per annum. Approved ‘World Class’ Athletes with a top 5 – 10 benchmark competition result and/or world ranking will receive approximately $10,000 per annum.

SSA submit DAS applications on behalf of Australian snow sports athletes. The ASC then inform SSA of the outcomes.

More Information on ASC funding opportunities can be found by visiting: [http://www.ausport.gov.au](http://www.ausport.gov.au)
Victorian Alpine Committee (VAC) - Victorian Snowsports Association (VSA)

The Victorian Alpine Committee (VAC) consists of representatives of the three recognised alpine SSA Pathway Programs in Victoria; Falls Creek Race Club (FCRC), Mt Buller Race Club (MBRC) and Mt Hotham Race Squad (MHRS).

The objectives of the committee are:
- To foster the development of child-age and FIS-age athletes on the alpine ski discipline in Victoria
- Where appropriate, to facilitate programs as part of the athlete pathway
- To provide a forum for FCRC, MBRC and MHRS to discuss matters of mutual interest and concern
- To sanction and assist the clubs in the running of alpine ski races at a State level for child-age and FIS-age athletes in Victoria.

The VAC plays a major role in the national pathway. Particularly in the delivery and facilitation of on snow and conditioning programs, communication and coordination with SSA Alpine, working in line with the national vision.

Victorian Junior Development Program

The VAC established the Victorian Junior Development Program as a pathway to assist Victorian athletes in meeting their aim of achieving national team selection. The program does not supplant programs run by the three Victorian race clubs rather it complemented them by providing members with practical direction, support and monitoring to achieve their goals.

These programs provided guidance and mentoring in both on-snow and dry-land training environments, sports psychology services and comprises a number of on-snow and off-snow training activities.

VAC Fitness Testing

The VAC supports all fitness testing undertaken by the NAC, this includes:
- The planning, management and delivery of fitness testing
- Format and timing; testing protocol and procedures
- Data collection and management (monitoring and tracking).

All registered athletes in a recognised Alpine Skiing SSA Pathway Program are eligible to attend the testing sessions.

NSWACT Alpine Committee - Snowsports ACT (SACT) / NSW Snowsports (NSWS)

NSW Alpine and its counterpart, ACT Alpine, work together through a joint committee, NSWACT Alpine, which collaborates with SSA’s National Alpine Committee in the development of the National Alpine Athlete Pathway and in the delivery of the programs which support that pathway.

NSW Alpine also works closely with the NSW Race Clubs, Thredbo Ski Racing Club and Perisher Winter Sports Club, in relation to the holding of FIS and Children’s races and in the delivery of NSWACT Alpine programs.

NSW Alpine also seeks NSW Government grants to assist with the running of programs. Current programs run by NSW Alpine include, fitness training for Alpine athletes, Course Officials training, the Alpine Rising Stars Awards for Interschools athletes and assistance to the NSWACT Children’s, Junior and Open teams.

NSWACT Alpine teams

The selection criteria for the NSWACT teams can be found under the state teams section on the alpine drop down menu on the NSW Snowsports website at: www.nswsnowsports.com.au

The NSWACT Alpine Open and Junior Teams are named in May each year and the NSWACT Alpine Children’s Team is named at the end of the Australian ski season.

In addition to the NSWACT Alpine Teams, a small number of athletes are awarded scholarships each year by the South East Regional Academy of Sport (SERAS) and ACT Academy of Sport (ACTAS)

NSWACT Fitness Testing

NSWACT supports all fitness testing undertaken by the NAC, this includes:
- The planning, management and delivery of fitness testing
- Format and timing; testing protocol and procedures
- Data collection and management (monitoring and tracking).

All registered athletes in a recognised Alpine Skiing SSA Pathway Program are eligible to attend the testing sessions.
Representing Australia

If you have the determination and focus to represent Australia, then opportunities for athletes as young as twelve years old are possible. Members of the Australian Children’s Squad compete at FIS International Children’s events around the world and they may be from 12 to 15 years of age. Of course, the ultimate goal for many athlete’s is to represent Australia at the Olympic Winter Games, and prior to this, at World Alpine Ski Championships, World Cups and World Junior Championships.

To become a member of the Australian Team at these elite events and make the progression from a member of the National childrens squad, athletes are required to train and compete to achieve benchmark performance levels defined at each step of the Long Term Athlete Development (LTAD) model and the relevant event/ program/ team selection criteria.

The National Selectors:
- Lachlan Clark – NAC Chairman
- Cliff Mason – NAC Member
- Scott Sanderson - NAC Member
- Brad Wall – National Program Director
- Jeff Books – Vic Coaching Rep
- Jono Brauer - NSW Coaching Rep

Criteria for Alpine Event Selection:
SSA has specific Event Selection criteria for all FIS level competition, from the Olympic Winter Games through to World Cup, World Championships, Continental Cup, World Junior Championships, FIS races and FIS Childrens events. These selection policies are reviewed and updated on an annual basis relative to the events scheduled in the proceeding twelve months to two years. To review specific Event Selection Criteria, go to the Alpine page on www.skiandsnowboard.org.au and click Rules / Criteria.

Rules governing entry to NAC, EC and WC races:
Enter to World Cup, North American Cup and Europa Cup races is in accordance with the relevant published criteria and at the discretion of SSA. Approval must be sought prior to entry to any of these events. This is in addition to the quota and qualification standards set by FIS under the International Competition Rules, World Cup Rules and Continental Cup Rules.

In general, only members of the Australian National Team may enter World Cup, NorAm and Europa Cup events. The main exception to this would be the provision that permits the Yellow Bib winner of a particular discipline in the Australia New Zealand Cup (ANC) Series to gain a personal quota spot in the World Cup in that discipline, provided they meet the basic WC qualification of a ranking < 350 in the world.

Similarly, members of the National Junior Squad Team may be permitted to compete in either NorAm Cup or Europa Cup events as part of their development. Non-members of the National Teams would need to gain special permission from SSA or the NAC to enter these events and this will be considered on a case by case basis.
Team Selection Criteria

Australian National Alpine Ski Team (NAST) - 2012/13

Please refer to the SSA Website for more information and the most up-to-date criteria. Use this outline as a guide only.

Qualification Standards

Athletes that have achieved an A, B, C or D Qualification Standard are all members of the National Alpine Ski Team. Varying levels of program support may be applied in accordance with the level of qualification achieved.

The Qualification Standards for selection are:

- **A-Qualification Standard**
  Top 60 World ranking in one discipline or a top 15 World Cup Result in the preceding year or a top 10 World Championship or Olympic result within the past two competition years.

- **B-Qualification Standard**
  Top 120 World ranking in one discipline or a top 200 average ranking in two disciplines or two World Cup top 30 results in the past two competition years or a Europa Cup podium result in the past competition year.

- **C-Qualification Standard**

- **D-Qualification Standard**

**Age Group** | **Best Discipline** | **Two Discipline Average** | **Provisional Selection**
--- | --- | --- | ---
Born 1979 to 1981 | N/A | N/A | Under 25pts
Born 1982 to 1984 | Under 20pts | N/A | N/A
Born 1985 to 1987 | Under 25pts | N/A | Under 30pts
Born 1988 or 1989 | Under 30pts | N/A | Under 35pts
Born 1990 to 1995 | Under 35pts | N/A | N/A

Selection and Provisional selection to the National Alpine Ski Team is subject to each selected athlete signing an SSA athlete agreement.

Physical Benchmarks

All athletes meeting the criteria will also have to meet the minimum fitness standards set out by the NAC.

Further Information

At the discretion of the Selectors, provisional selection may be made when an athlete has not quite met the team criteria. Discretionary selection is considered in line with the SSA Generic Selection Factors and with the following variables in mind:

- Competition results within circuits of credit
- World Ranking
- Junior World ranking where applicable
- Age of athlete
- Physical maturity and ability as assessed through a battery of tests
- Mental capacity and development
- Attitude and potential
- Approach and temperament of the athlete
- Professionalism towards team and supporters
- Ability to fully commit to team functions
- On the guidance from National Coaches to retain current members of particular squads/teams

Provisional selection does not necessarily confer any right to access funding/support benefits that may otherwise be available to athletes that meet the normal standards for selection to the National Alpine Team.

The initial provisional period is 1 July to 31 October with re-evaluation post the Southern Winter and Spring Conditioning camps. Final provisional selections for the Northern Winter will be published post the October NAC meeting. Final interpretation of this criterion lies with the National Alpine Committee Executive, which will be advised by the Selectors.

Timing

Team selections will be made from the FIS base list which is published in the middle of June each year. The October selections will be made from the most current FIS list.

**June selection:** The June selections will be made from the FIS Base List which is published in the middle of June each year. Unless otherwise stated, selections will be for the period 1 July to 30 June in the following calendar year.

**October selection:** October selection provides a means for including new athletes to the squad based on southern winter performance. Selections will be announced in October and squad status run until April 30th.
Qualification Standards
The National Junior Squad is designed to identify talented junior athletes and provide them with the opportunity to take part in group specific training programs, act as a possible basis for selection of National representative teams to attend specific events such as World Juniors, Youth Olympics etc. and gain future selection to the National Team. The National Junior Squad is part of the National Alpine Team Structure managed and coordinated by the NAC, Alpine Program Director, in conjunction with the National team coaching staff.

Eligibility
- Previous National Children’s Squad athletes that are now new to the in FIS for the first year (U16 1st YR) will be included in the southern winter B-Squad, with re-adjustment at the October Selection.
- 2nd and 3rd year U21 athletes are able to maintain selection if they do not qualify for the National Team, however “new” squad inclusion at this point is only achievable with outstanding results from an athlete.

Selection and Provisional selection to the National Alpine Ski Team is subject to each selected athlete signing an SSA athlete agreement.

Timing
Initial selections are made from the FIS base list which is published mid June each year. October selections will be made from the most current FIS list.

June selection
The June selections will be based on the FIS base list. Unless otherwise stated, selections will be for the period 1 July to 31 May in the following calendar year.

October selection
October selection provides a means for including new athletes to the squad based on southern winter performance. Selections will be announced in October and squad status run until May 31st.

Selection and Provisional selection to the National Alpine Ski Team is subject to each selected athlete meeting minimum physical benchmarks set out by the NAC and signing an SSA athlete agreement.

Further Information
At the discretion of the Selectors, provisional selection may be made when an athlete has not quite met the team criteria. Discretionary selection is considered in line with the SSA Generic Selection Factors and with the following variables in mind:
- Competition results within circuits of credit
- World Ranking
- Junior World ranking where applicable
- Age of athlete
- Physical maturity and ability as assessed through a battery of tests
- Mental capacity and development
- Attitude and potential
- Approach and temperament of the athlete
- Professionalism towards team and supporters
- Ability to fully commit to team functions.
- On the guidance from National Coaches to retain current members of particular squads/ teams

Final interpretation of this criterion lies with the National Alpine Committee, which will be advised by the Selectors.
Team Selection Criteria - National Childrens Alpine Squad

National Childrens Alpine Squad - 2012/13

Please refer to the SSA Website for more information and the most up-to-date criteria. Use this outline as a guide only.

The National Children’s Squad will comprise 24 children to be selected following the Australian Winter. The selection will be via SSA points (two discipline average) for each of the U14 and U16 categories, calculated by 30 September each year and issued as the final SSA points of the Australian Season. Athletes must all meet minimum physical benchmarks to be named in the National Children’s Squad.

The squad will be selected as:

<table>
<thead>
<tr>
<th>Category</th>
<th>Age</th>
<th>Girls</th>
<th>Boys</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>U14</td>
<td>12, 13</td>
<td>3</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>U16 (1st year)</td>
<td>14</td>
<td>3</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>U16 (2nd year)</td>
<td>15</td>
<td>6</td>
<td>6</td>
<td>12</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>12</td>
<td>12</td>
<td>24</td>
</tr>
</tbody>
</table>

In addition to the 24 children selected as part of the National Children’s Squad the NAC Selection Committee reserves the right to add up to 4 extra Children who have:
1. Performed to a level of top 15 in their age group at a FIS Children’s event in the Northern Hemisphere in the previous season; and/or
2. Were members of the NCS from the previous year who are able to demonstrate that they have been unable to participate in the current Australian Children’s series due to injury or other extenuating circumstances. Only Children selected in the Australian Children’s Squad are eligible to compete in FIS Children’s Races in the northern winter.

*Selection to the National Childrens Squad is subject to each selected athlete signing an SSA athlete agreement.
Athlete code of Conduct

SSA Code of Conduct
General Code of Behaviour

As a person required to comply with the SSA Member Protection Policy, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by SSA and in any role you hold within SSA:

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealing with others.
3. Be professional in, and accept responsibility for your actions.
4. Make a commitment to providing quality service.
5. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
6. Be aware of, and maintain an uncompromising adhesion to SSA standards, rules, regulations and policies.
7. Operate within the rules of SSA including national policies and guidelines which govern SSA.
8. Understand your responsibility if you breach, or are aware of any breaches of this Code of Behaviour.
9. Do not use your involvement with SSA to promote your own beliefs, behaviours or practices where these are inconsistent with those of SSA.
10. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
11. Refrain from any form of abuse towards others.
12. Refrain from any form of harassment towards, or discrimination of, others.
13. Provide a safe environment for the conduct of the activity.
14. Show concern and caution towards others who may be sick or injured.
15. Be a positive role model.
Anti-Doping Policy

What is SSA's position on doping?
SSA condemns doping as fundamentally contrary to the spirit of sport. The purpose of this Anti-Doping Policy (ADP) is to protect Athletes’ fundamental right to participate in doping-free sport and to ensure harmonised, coordinated and effective antidoping programs at the international and national level with regard to detection, deterrence and prevention of doping.

Who does this ADP apply to?
This ADP applies to Athletes and Athlete Support Personnel as defined under the Code. It also applies to Members, employees and contractors of SSA and any other Person who has agreed to be bound by it.

Background
1. Under a referral dated 1 April 2006 Ski & Snowboard Australia (SSA) referred the following anti-doping functions, powers and responsibilities (“anti-doping functions”) to the Australian Sports Anti-Doping Authority (ASADA):
   - investigating possible anti-doping rule violations within Snowsports;
   - issuing infraction notices or other matters under the determined results management process;
   - convening hearings before the Court of Arbitration for Sport (CAS). There is no other hearing body for anti-doping matters in Snowsports;
   - presenting allegations of anti-doping rule violations and all relevant, incidental matters in hearings before CAS; and
   - notifying the results of investigations and hearings and all relevant, incidental matters to relevant bodies including SSA and the FIS. Any notification will be subject to the Australian Sports Anti-Doping Authority Act 2006 (ASADA Act) and privacy legislation.
2. SSA and ASADA acknowledge and agree that under the ASADA Act, ASADA has the function of supporting and encouraging the development and implementation of comprehensive programs and education initiatives about sports drug and safety matters. SSA will assist ASADA with such matters and will provide education and information regarding anti-doping rules and matters to persons within Snowsports within the framework established by ASADA.
3. ASADA will perform and conduct the anti-doping functions in accordance with this referral and the ASADA Act. ASADA will use its best endeavours to ensure the FIS anti-doping rules are recognised.
4. SSA refers the above anti-doping functions to ASADA on the basis that:
   - ASADA will as soon as practicable, subject to the ASADA Act and privacy legislation, provide to SSA (and if necessary FIS) copies of relevant documents including but not only test results, infraction notices and hearing documents;
   - SSA retains the right to appear in anti-doping hearings before CAS as an interested party. SSA will determine whether it wishes to exercise this right upon notification of a hearing by ASADA. If SSA wishes to appear at any anti-doping hearing before CAS it will pay its own costs of such appearance;
   - all costs of any investigation and hearing (including but not only CAS application costs and any legal costs associated with any investigation and/or hearing) undertaken by ASADA will be paid by SSA;
   - SSA will immediately advise ASADA of any alleged anti-doping rule violation in Snowsports and will provide assistance to ASADA in any investigation that ASADA might reasonably request; and
   - ASADA will, subject to the ASADA Act and privacy legislation, provide such reports to SSA on ASADA’s conduct of the above anti-doping functions as may be agreed between ASADA and SSA.
5. SSA will recognise and enforce any sanction determined by CAS in respect of an anti-doping rule violation in the sport of Snowsports and in any other sport.
6. SSA will use its best endeavours to ensure its Members, Athletes and Athlete Support Personnel are aware of this referral of the anti-doping functions to ASADA and assist and co-operate with ASADA in the conduct of the anti-doping functions. SSA otherwise recognises ASADA’s powers and functions under the ASADA Act.
7. SSA has amended its anti-doping policy (ADP) to reflect the roles and responsibilities under the referral. The ADP adopts and reflects the World AntiDoping Code (Code) which is annexed to and forms part of this ADP.
8. Where an Athlete or Athlete Support Personnel is bound by FIS’s anti-doping rules as well as this ADP, that Person shall be bound to, and have obligations in respect of, both policies.

About ASADA
The Australian Sports Anti-Doping Authority (ASADA) is a government statutory authority that is Australia’s driving force for pure performance in sport.
- ASADA’s mission is to protect Australia’s sporting integrity through the elimination of doping.
- To achieve its mission ASADA focuses on three key themes - to deter, detect, and enforce:
  - ASADA deters prohibited doping practices in sport via education, doping control (testing), advocacy and the coordination of Australia’s anti-doping program;
  - ASADA detects a breach of a sport’s anti-doping policy via its doping control (testing) and investigation programs; and
  - ASADA enforces any breach of a policy by ensuring those violating anti-doping rules are prosecuted and sanctioned.

OUR PURPOSE
To protect Australia’s sporting integrity through the elimination of doping.

OUR VISION
Australia’s driving force for pure performance in sport.
Talent Identification Opportunities

SSA Futures

SSA runs a series of athlete development and talent identification programs under the name SSA Futures. With a vision to further develop the opportunities and resources for athletes in the SSA athlete pathway and to engage with athletes who show potential, SSA Futures participants are provided the opportunity to train alongside Australia’s elite, national team athletes and coaches in the surrounds of elite sporting environments.

The aims of SSA Futures is to:

- Increase participation in SSA Pathway Programs
- Bridge the gap between Interschools competition participation and Club Program involvement
- Introduce developing athletes to elite sport opportunities and elite sports people
- Increase knowledge of the athlete pathway, selection criteria and the various opportunities, resources and programs available to Australian snow sports athletes
- Establish a consistent and unified approach to Long Term Athlete Development
- Engage our National Team athletes in pathway initiatives
- Enhance technical ability, athleticism and competition performance while educating developing athletes in ‘what it takes’ to become an elite athlete
- Encourage involvement in SSA domestic ski/snowboard events

Please visit the SSA website or ssafutures.com.au for information regarding upcoming camps/programs

SSA Northern Hemisphere Program

SSA, with the NAC operate elite northern hemisphere programs catering primarily to athletes named in the National Children’s Squad, National Junior Squad and the National Alpine Ski Team. Athletes outside of these teams may be invited on a case by case basis.

The NAC strive to create a team of Australia’s best coaches who are dedicated to the long term advancement of alpine ski racing in Australia. The program goal is to bring together the best athletes in Australia in a cooperative and competitive team environment.

Leogang, Austria is the primary base for these northern hemisphere programs, although the NAC is always looking to expand its programs for greater variety and ideal age appropriate training and racing opportunities.

Leogang offers access to world class on snow and off snow training facilities including phenomenal free skiing terrain. National Teams and Squads train alongside some of the world’s best alpine ski racers in this hot spot of elite training and competitive opportunities.

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!

For more information, go to the SSA website and watch for program announcements via the alpine update.
Perisher's Winter Sports Club (WSC) conducts a variety of season long programs specially designed for enthusiasts to develop and progress their snow riding skills. No less than eleven members of the 2010 Australian Olympic Team trained and developed their skills in Perisher. Just about all had at one time participated in Perisher’s Winter Sports Club programs as a pathway to their Olympic dreams.

**Perisher Winter Sports Club (WSC)**

**Alpine and Ski Cross recognised Pathway Program**

Kids Alpine Ski Team (8 to 10 Years)

Kids will have fun developing strong all mountain skiing skills in varied conditions, while gaining some experience in gates and skier cross. This program aims to build lifelong skills and passion in winter sports. Athletes in this team will be considered CE (Born in 2003/2004) and C0 (Born in 2001/2002).

Junior Alpine Ski Team (11 to 15 Years)

For the committed junior athlete (C1 – Born in 1999/2000 and C2 – Born in 1997/1998) who is aiming to further their alpine ski racing skills, the focus is on all mountain skills, free-skiing in challenging terrain, developing solid race techniques in gates and achieving goals in a fun environment.

FIS Alpine Ski Team (16+ Years)

This program is for experienced athletes (J1 - Born in 1995/1996, JS – Born in 1992/1993/1994) who want to develop the skills required for long term success in the sport. As they continue to develop key skills in alpine disciplines, the focus on competition increases. Physical fitness and appropriate equipment is a mandatory aspect of training.

Alpine Ski Teams Program Information

**Core Program:** 28 Days, includes 14 weekends throughout the season.

**Mid Week Program:** Available in 4 day or 3 day packs, mid-week training is consecutive and restricted to the individual training week and can only be purchased in addition to the core program.

**Casual Training:** Available as a 10-pack (no single days), flexible participation within training schedule.

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Perisher WSC Athlete Pathway

<table>
<thead>
<tr>
<th>Development Emphasis</th>
<th>Program / Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Performance</td>
<td>FIS ALPINE SKI TEAM Ages: 16+</td>
</tr>
<tr>
<td>Talent Development</td>
<td>JUNIOR ALPINE SKI TEAM Ages: 11 - 15</td>
</tr>
<tr>
<td>Talent Identification</td>
<td>KIDS ALPINE SKI TEAM Ages: 8 - 10</td>
</tr>
<tr>
<td>Participation</td>
<td>JNR DEVELOPMENT SKI PROGRAM Ages: 5 - 7</td>
</tr>
<tr>
<td></td>
<td>MINI MIGHTS SKI PROGRAM Ages: 3 - 4</td>
</tr>
</tbody>
</table>
Training Programmes 2012
- 11 and under (2001 onwards)
- 13 and under (1999-2000)-K1
- 15 and under (1997-1998)-K2
- FIS (1996 and older).

Junior Programme
This programme is for children born during or after 2001 (i.e. turning 11 in 2012 or younger). This is the recommended (and usual) starting point for many athletes. Importantly it does not have the 7am early morning starts of the older groups. The weekend schedule is the same as the K1s and K2s.

K1 (99-00) and K2 (97-98) Programme
All training members in this age group must meet a certain skiing ability. The Head Coach, President and Club Captain will assess prospective members’ suitability at the beginning of the season.

This program includes training for the 3 weeks of the NSW school holidays (with 2 days off), every weekend during the ski season, and the Fridays before the Children’s Series races - TSRC Cup, Blue Cow Cup (or Buller Races) and the National Children’s Championships.

FIS Training Program
This programme includes daily training during the 3 weeks of the NSW school holidays (with 2 days off), weekends during the ski season, the Friday before the TSRC Cup, and additional days through the FIS races: Buller FIS slalom races Australian and Australian Junior Championship week and ANC race week at Hotham.

Thredbo Ski Racing Club (TSRC)
Alpine Skiing recognised Pathway Program
Since its inception in 1972, Thredbo Ski Racing Club has been one of Australia’s premier alpine ski racing clubs. The primary goal of TSRC is to provide a safe, enjoyable, yet challenging ski racing environment for its athletes, and to assist each athlete maximize his or her potential in the sport. TSRC caters for all levels of racing athletes, facilitating development from young eager competent ski racers to the highest-level racers in the country.

Training as a member of the TSRC “community” offers unparalleled opportunities for an athlete to develop his or her skiing skills while enjoying friendships within the skiing fraternity. TSRC provides younger athletes with support, advice and inspiration from older athletes, and older athletes the opportunity to train and compete with other advanced racers. This is integral for athletes to develop and improve their skiing ability while also encouraging emotional maturity and independence.

The training programmes are supervised by the TSRC Head Coach Jo Draxl and his team of experienced race coaches.

Contact:
Thredbo Ski Race Club
Ramshead Chairlift | Valley Terminal
Thredbo NSW 2625
Phone: 02 6457 6101
Email: info@thredboskiracing.com
Web: www.thredboskiracing.com
Mt. Hotham Racing Squad (MHRS)

Alpine Skiing recognised Pathway Program

Fit, fast & smart!
Since 1972, Mount Hotham Racing Squad (MHRS - a not for profit society) has been focused on the development of alpine ski racing and ski cross. Our programs are designed to consistently develop the key athletic, mental, personal management and sport specific skills required for athletic success and personal growth. Our programs are based on a community culture and core values (community - passion – can do – respect – professionalism)

Vision
To create tomorrow’s champions today – developing participation opportunities, great athletes and even better people

Mission
To be a world leader in athletic development – best at every level

Ages & Curriculum
Aspiring athletes progress through a skill based curriculum with a focus on building the skier and, equally importantly building the passion for a work ethic, accountability and a healthy lifestyle.

• 5-7 years in the Grommets program
• 7-10 years in the Heroes program
• 10-12 years in the Alpine Development Group (ADG) program
• 12-16 years in the Alpine & FIS Development Group (FDG) programs
• 16+ in the FIS program
• Once the athletic journey is over…it’s time for the Masters – 2 programs to choose from with the Mountain Masters and Race Masters

Programs
Confidence and self-discipline are developed through sequential programming, camaraderie, friendly competition and a family environment. Athletes will learn the true basics of athletic skiing while building skills and friendships that will last a lifetime.

• School holiday programs
• Part time programs - weekends and holidays
• Full time programs – 6x days per week
• 12 month structured physical training including special projects (ice hockey skills camps, surf & multi sport camps, parkour, martial arts, athletics etc.)
• Year round athlete management
• Year round training opportunities available
• On mountain school annexe
• School and sport balance essential
• Performance Enhancement Team consisting of sports scientists, physiotherapists, sports psychologists, sports physicians, nutritionist and strength and conditioning coaches to ensure that MHRS programs are relevant, progressive and science based

Staff
Professionally designed and managed programs with coaches from around the globe

Facilities
4 level clubhouse featuring
• Dedicated fitness areas
• Well equipped gymnasium including a climbing wall, 12x spin bikes, Olympic lifting racks, TRX’s, heaps of med balls, swiss balls & balance equipment, hurdles
• Kitchen and lunch room
• Administration offices
• Ski room
• Locker room
• Drying room
• Rest rooms

Contact
Jeff Books
Director of Athletics and Sport Development
Email: jeff@mhrs.org.au
Phone: 0431 071 121
Web: www.mhrs.org.au

Brett Smalley
Program Director
Email: brett@mhrs.org.au
Phone: 0439 106 209
Club Phone: 03 5759 3538
Falls Creek Race Club (FCRC)

Alpine Skiing recognised Pathway Program

Its aim is to promote all the skills of skiing and snowboarding and to improve the safety and enjoyment of the sport for all age groups. As an athlete's skills improve so they can begin to train and race at Children’s level races and move on to Junior and Senior levels, possibly aspiring to the Masters Circuit or State and National Teams.

Hundreds of children have been involved over the past four decades and the program has produced a number of skiers who have been successful at national and international levels. Most importantly, the children involved in the program have made new friends, improved their skiing skills, and learned to enjoy and respect our mountain environment.

Falls Creek has produced Olympians Ross and Malcolm Milne, Joanne Henke, Jenny Altermatt, Steven Lee in Alpine skiing. Dick Walpole and Chris Heberle in Cross Country skiing. Britteny Cox, Paul and Adrian Costa in Freestyle Moguls.

Many others have represented in National Teams including Michael Clarke (World Junior Mogul Champion), Tom Costa, Lisa Spargo, Megan and Tim Scott.

Membership

It’s easy and rewarding to join the Falls Creek Race Club. Members are eligible for discounted season passes, discounts at participating businesses and many other benefits. Membership of the Falls Creek Race Club is a great way to join in and get involved in the local community.

Club Facilities

- FCRC Club rooms have admin area, kitchen, ski tuning and storage room, video analysis area with dart fish and a cafe with public area setting 100 people.
- Access to Resort GYM
- Agility room
- 3 full time training lane's and full time Mogul and Ski-X courses.
- A year round Primary School where children have 3 afternoon sessions during school hours doing X-country, moguls, snowboard or Alpine.

Fulltime Programs 2012

FIS Fulltime Alpine Race Team / Also available as Part Time Program option

- Competition birth years: 1996 or earlier

This intensive program is either for first year FIS athletes or for the experienced competitor, 14 years of age and above. It is based on a 6 day training week. Athletes will strive towards perfecting their skills in the highest level of competition and compete in FIS competition in VIC & NSW. Physical fitness is a mandatory aspect of training.

Fulltime U16-U14 Alpine Race Team / Also available as Part Time Program option

- Competition birth years: 1997/98

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children’s Race Series. It is based on 5 days per week, with Tuesday - Thursday as half days and Friday to Sunday all day training. The focus is on freeskiing in challenging terrain, developing solid race techniques and achieving goals in a fun environment.

Part time Plus U14-U12 Alpine Race Team

- Competition birth years: 1999/00

For the committed junior skier who wishes to further develop their alpine racing experience and intends to compete in the Children’s Race Series. It is based on 3 days per week, with Friday to Sunday all day training. The focus is on freeskiing in challenging terrain, moguls, developing solid race techniques and achieving goals in a fun environment.

Weekend Warriors U10 Alpine Race Team

- Age Group: Birth years 2001, 02, 03

This program is the foundation for the Children’s Race Team and is specially designed for younger age groups. Training is all day and weekend orientated, with the Victorian school holidays included in the program. With an emphasis on skill development and freeskiing in all snow conditions and varied terrain, athletes will also work on moguls, terrain park introduction, race technique and competition in a fun and supervised environment.

Development Squad

- Ages 7 to 10 years (younger athletes may be accepted at Program Directors discretion)

The Children Development Team is the next step up from the Snowsports School’s Kangaroo group. The daily schedule is based on 4 hours per day except on race days when the program is all day. The focus is on improving basic skills, such as correct stance and turn shape, to develop strong parallel skiing, moguls, terrain park introduction, gate training and entry level races in a fun and safe environment.
The Mt Buller Race Club was formed in 1987 for the benefit of young Alpine racers (both ski and snowboard) at Mt Buller. It is a non-profit organisation incorporated under the Associations Incorporation Act.

MBRC offers a part-time and full-time race training program for skiers and snowboarders of school age that commences at the start of the July school holidays and concludes at the end of Term 3. Part-time athletes train during the two weeks of the July school holidays, and on each weekend during Term 3. Full-time athletes live at Mt Buller during Term 3, train during the July school holidays, and for six days per week during Term 3.

MBRC athletes have the opportunity of participating in a number of races during the season, including the Buller Cup (open to both skiers and snowboarders), as well as a range of FIS and SSA sanctioned races.

The Club has its own Clubhouse on Summit Road. The Clubhouse is used by the Club staff during the season, for theory training and video analysis, and for some Club meetings. The Club also has its own Operations Manager, as well as its own Head Alpine Coach.

MBRC forms a crucial part of the athlete pathway in the disciplines of alpine skiing and snowboarding. Many of Australia’s top winter sports athletes have developed their skills at Mt Buller Race Club; Anna Segal (Ski Slopestyle), Joh Shaw (Snowboard PGS), Steph Hickey (Snowboard Cross), Alex Chumpy Pullin (Snowboard Cross), Daniel Morissy (Snowboard Cross), Katya Crema (Ski Cross), Anton Grimus (Ski Cross), Mike Rishworth (Alpine Skiing), just to name a few.

**MBRC Programs**

**mbrc GROMS**

This is MBRC’s entry level program, where young athletes will be making their debut into our Club. The program aims to develop versatile skiers/boarders by focusing on variety and most importantly, a fun environment. The work towards the complete skier/boarder starts here.

**PROGRAM FOCUS**
- Loads of skiing/riding mileage
- Developing All-mountain skills (Off-piste & groomed, Bumps & Jumps, Park, GS Gates and Slalom stubbies)
- Starting to understand ski/board techniques

**mbrc ALL-MOUNTAIN**

This is MBRC’s progression program. Here we create the solid foundation with more specific training tools i.e. introducing tools that challenge their basic skills, where in GROMS they would have mastered the norm, now we start taking them out of their comfort zone, pushing them to challenge themselves.

**PROGRAM FOCUS**
- Loads of skiing mileage, Increase in skiing intensity
- Developing and maintaining race training routine
- Ability to adapt ski/riding technique to any conditions and terrain
- Improve GS and Slalom race technique
- Expose to speed
- Continue to improve All-mountain skills (Off-piste & groomed, Bumps & Jumps, Park, Gates)
- Cross-pollination into TBR program days (moguls, park)

**mbrc RACE**

mbrc RACE athletes spend more time in gates and specific training environments. Their solid foundation from ALL-MOUNTAIN is now automated, allowing the athlete to work on the technical specifics of each discipline. Athletes are exposed to State and National level competitions. Desire to perform is nurtured and developed.

**PROGRAM FOCUS**
- Further develop & sharpen race technique
- Implementing race tactics
- Increase gates training volume and intensity
- Intense focus on GS, Slalom and Speed disciplines (Alpine) and GS, PGS (Snowboard)
- Introduce mental training component
- Understanding mechanics of equipment

**mbrc ALL-MOUNTAIN advanced**

This program is the direct pathway to the FIS/Junior skicross/boardercross program. The program will feature SX/SBX specific elements as well as GS gates training. The program will be versatile, continuing athletes’ exposure to all-mountain terrain. Exposure to these different areas (ie. Jumps, obstacles etc) is critical to get athletes comfortable with individual elements of a SX/SBX track.

**PROGRAM FOCUS**
- Sharpen All-mountain skills (Off-piste & groomed, Bumps & Jumps, Park, GS Gates)
- Cross-pollination into TBR program days (moguls, park)
- Introduce skicross/boardercross specific elements i.e starts, berms, rollers, obstacles, jumps
- Challenge speed
- Implementing race tactics (alpine & skicross)
- Introduce mental training component
- Understanding mechanics of equipment

**mbrc FIS:** The FIS/Junior programs are tailored to the individual needs of the athlete. The discipline specific programs are performance focused and are the link to National team initiatives. The PROGRAM FOCUS points are: Improve race technique, Implementing race tactics, Introduce specific training methods (on-skis).
Strength and Conditioning

Strength and conditioning training (known as dry-land training in snowsports) is concerned with enhancing the five S’s of Training and Performance:

- Skill
- Speed
- Stamina
- Strength
- Suppleness

Strength and conditioning training is essential for all sports from recreational to professional and can help improve:

- aerobic, anaerobic capacities
- power and force output
- strength
- sport specific body shape, specific sport fitness
- agility, quickness, reaction, speed, acceleration
- flexibility, core stability, injury prevention

Principles of Training

- **Progressive Overload**
  
  Physiologic adaptation occurs in response to stress, if you do not stress a system with training, minimal improvements in fitness will occur.

- **Specificity**
  
  The adaptation that occurs is specific to the stress the system is placed under. The 4 factors that determine the type, rate and magnitude of response are:
  1. Frequency of training stimulus
  2. Intensity of training stimulus
  3. Time duration of training stimulus
  4. Type of exercise / muscles used

  For example; strength training has minimal effect on your capacity for aerobic work.

- **Individuality**
  
  Different people have different training sensitivity with respect to rate and magnitude of response to training.

The fitness requirements for all sports fall into 3 broad categories:

1. **Energy System Training**
   - All work (activity) requires energy
   - There are 2 main pathways that can be adapted with training.

2. **Aerobic Energy System Pathway**

3. **Anaerobic Energy System Pathway**

4. **Neural System Training**
   - Strength, power and speed are about “switching on” the right muscles at the right time
   - Strength training promotes an increase in the FORCE generating capability of a muscle or group of muscles
   - Power training promotes and increase in the FORCE and VELOCITY capabilities of a muscle or group of muscles
   - Speed training promotes an improvement in the VELOCITY capabilities of a muscle or group of muscles

3. **Posture Training**

   - Postural Control - This includes aspects of training such as abdominal muscles, back muscles, muscles that control hip movement, muscles that control shoulder movement
   - Flexibility - The purpose of this training strategy is to improve range of movement about joints through stretching the muscles. There should be a static and a dynamic aspect to this training.

The following table indicates the type of training athletes should be undertaking in the different stages of their development.

<table>
<thead>
<tr>
<th>Approx age</th>
<th>FUNdamentals</th>
<th>Learn to Train</th>
<th>Train to Train</th>
<th>Train to Compete</th>
<th>Train to Win</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – 10 years</td>
<td>Team games, play many sports</td>
<td>Team games, play complimentary sports</td>
<td>Team games, mixed with running and riding</td>
<td>Specific running and riding, some cross training</td>
<td>Full Periodised Training Program</td>
</tr>
<tr>
<td>10 - 14 years</td>
<td>Introduction to body weight programs, Gymnastics, Acrobatics, Trampolining</td>
<td>Structured body weight program, Introduction to weight lifting techniques</td>
<td>Structured weight lifting program (towards the end of the stage), Introduction to full periodised training program</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12 - 16 years</td>
<td>Gymnastics, Acrobatic, Trampolining</td>
<td>Gymnastics, Acrobatic, Trampolining</td>
<td>Gymnastics, Acrobatic, Trampolining, Introduction to specific core training</td>
<td>Gymnastics, Acrobatic, Trampolining, Specific core training</td>
<td></td>
</tr>
<tr>
<td>16 – 20 years</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18+</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Off Season Sessions per week</th>
<th>3 - 4 sessions</th>
<th>4 - 5 sessions</th>
<th>5 – 6 sessions</th>
<th>6 – 10 sessions</th>
<th>8 – 12 sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>On Season Sessions per week</td>
<td>2 sessions</td>
<td>2 - 3 sessions</td>
<td>2 – 3 sessions</td>
<td>2 – 3 sessions</td>
<td>2 + sessions</td>
</tr>
</tbody>
</table>
Flexibility Training

Flexibility is an important component of strength and conditioning and is specific to the type of movement required by freestyle skiing athletes. Before stretching, it’s important to warm up the muscles and joints. Stretching cold, tight muscles can lead to injury, so perform some gentle joint rotation exercises and an easy aerobic exercise first.

For a stretch exercise to improve flexibility, it needs target the specific joint and provide enough stretch to the muscles and ligaments over time to allow an adaptation to a new, increased, range of motion. The recommendation is to stretch to the point of mild discomfort but not to the point of pain.

Below are some examples of stretches to increase flexibility.

1. **Calf - Wall Push**
   - Split stance, hands on wall
   - Keep back foot flat & leg straight
   - Lower chest toward wall
   - Move back foot backward to increase stretch
   Hold for 15 seconds, Repeat 2 times.

2. **Glute - Lying - Legs Crossed**
   - Lie on back, knees bent
   - Place one foot across opposite knee
   - Grasp shin of the support leg
   - Pull toward chest
   Hold for 15 seconds, Repeat 2 times.

3. **Hamstring - Lying - Towel**
   - Raise one leg off the ground
   - Wrap towel around foot
   - Keep leg straight
   - Pull leg toward chest
   Hold for 15 seconds, Repeat 2 times.

4. **Quadriceps - Standing**
   - Stand, bend one leg & grasp the ankle
   - Pull ankle to buttock
   - Stand tall
   Hold for 15 seconds, Repeat 2 times.

5. **Pectoral - Wall**
   - Stand, place forearm against wall, perpendicular to floor
   - Elbow slightly above shoulder height
   - Turn chest away from wall
   Hold for 15 seconds, Repeat 2 times.

6. **Posterior Shoulder - Single Side**
   - Stand, raise one arm to shoulder height
   - Place arm across chest
   - Pull elbow towards opposite shoulder
   - Arm parallel to floor at all times
   Hold for 15 seconds, Repeat 2 times.

Recovery

Athletes need good recovery for top performance and the sooner you recover, the sooner you can train well again.

**Recovery is most important after:**
- Long sessions
- Training twice a day
- Performing weight training
- Competing regularly
- Athletes with high injury rate
- High levels of fatigue/damage

**Types of Recovery Interventions**
- Warm-down and stretching
- Nutrition (eg, sports drink)
- Hydrotherapy
- Compression garments
- Nutrition (meal)
- Massage

**Popular Recovery Techniques**
- **Sleep** - probably the most significant and important thing
- **Stretching** - Primary purpose is to relax the muscle, and is best achieved by short, static stretches of 6-10 sec. Stretching may increase range of motion and decrease risk of injury.
- **Active recovery (light exercise)** - During the ‘warm-down’ phase, active recovery enhances the removal of lactate as the result of increased blood flow
- **Contrast Water Therapy** - The application of alternating hot and cold water to the whole body can help recovery by increasing blood flow, stimulating the central nervous system, decreasing swelling, decreasing stiffness, increasing range of motion, decreasing muscle soreness and increasing the removal of metabolites.
- **Cold Water Immersion and Ice Baths** - may be an effective treatment to decrease skin, muscle and core temperatures, decrease metabolism, reduce inflammation, enhance blood flow, decrease pain and reduce muscle spasm.
- **Periodised training program**
- **Compression Garments** - have been found to decrease muscle soreness, reduce swelling, decrease lactate levels, increase blood flow and increase venous return.
Acrobatic Training

Acrobatic training is one of the most valuable forms of cross training. It teaches your mind and body how to control and master both upright and inverted jumps. In addition, acrobatic training teaches you aerial, spatial and body awareness, coordination, balance and strength. Different forms of acrobatic training include; Gymnastics, Trampolining, Tumbling and Diving. Like any form of training, it is important to be taught correctly from the start, a solid fundamental base will develop into strong acrobatic skills.

Specific types of training

Body tension – understanding how to maintain body form throughout skills and tricks performed.

Skills

- Technical straight jump – focusing on head, arm and body position
- Technical tuck jump – focusing in head, arm and body position as well as timing
- Spinning skills (360, 540 & 720) – focusing in body form and vision
- Landing drills – landing from different heights and directions with control
- Standing back tuck – focusing on takeoff position and timing
- Front tuck – focusing on takeoff position and timing

The table below lists a number of recommended gymnastics and trampolining clubs in NSW and VIC

<table>
<thead>
<tr>
<th>NSW</th>
<th>VIC</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ACTION SPORTS TRAINING</strong></td>
<td><strong>CHELTENHAM YOUTH CLUB</strong></td>
</tr>
<tr>
<td>Jindabyne Sport and Recreation Centre</td>
<td>52 Tarnard Drive</td>
</tr>
<tr>
<td>207 The Barry Way</td>
<td>Braeside VIC 3195</td>
</tr>
<tr>
<td>Jindabyne NSW 2627</td>
<td>Tel: 03 9590 9300</td>
</tr>
<tr>
<td>Tel: 0415 942 238</td>
<td>Fax: 03 9590 9322</td>
</tr>
<tr>
<td><strong>SYDNEY OLYMPIC PARK</strong></td>
<td>Web: <a href="http://www.cyc.net.au">www.cyc.net.au</a></td>
</tr>
<tr>
<td>Sydney Olympic Park Sports Centre</td>
<td></td>
</tr>
<tr>
<td>Olympic Boulevard</td>
<td></td>
</tr>
<tr>
<td>Sydney Olympic Park NSW 2127</td>
<td></td>
</tr>
<tr>
<td>Tel: 02 9763 0111</td>
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</tr>
</tbody>
</table>

Dry-Land Training - Acrobatic Training
Peak Performance Sports Psychology

A free mind allows you to access your intuition and skiing intuitively is the basis for peak performance. Engage in a mindful process to discover and master the following concepts so you can create a free mind and so deliver peak performance on demand – any time, any day, any event, all possible course challenges and snow conditions...

Focus
Performance Focus
- Controllables – focus only on self and your approach to mastering the course
- Skills/Technique – ideal approach for the course challenges/conditions
- The Feeling – create and maintain your ideal feeling (emotional state and arousal level) for personal best performance
- The Moment – allow your mind to fully absorb into performance now

Performance Perspectives
- Adapt to uncontrollables by discerning the value > integrate from 0-100%
- Create performance and goal achievement – commit to the process
- Simplicity (v. “complexity”) of doing the basics well for peak performance
- Mastery (v. “perfection”) approach for enhancing/expanding performance
- Intention (v. “expectation”) to achieve outcomes and deliver personal best
- Intensity (v. “pressure”) of physical/mental energy for peak performance
- LOVE (v. “fear”) the challenge, opportunity and experience

Feeling
Peak performance is all about feeling it rather than thinking it. The thinking part is done in training and through the core elements of event preparation, such as completing mindful course inspection and fine tuning your equipment. When it is time to be ready and deliver performance, it is also time to let go of the “thinking” and absorb into your ideal feeling to perform. This allows your intuitive mental game to be available, and so gives you the greatest opportunity to deliver peak performance.

Your ideal feeling is whatever feels right for you. There is no one “universal feeling” for all athletes and there is no right or wrong. Your ideal feeling for peak performance will simply include:
- Ideal Emotion/s – “happy” “confident” “excited” “aggressive” “ready”
- Ideal Arousal – level of physical arousal/activation/adrenalin in the body, may range from “calm and relaxed” to “highly amped and energised”

It is essential for you to know your ideal feeling intimately so you can quickly create and maintain this feeling to perform to your best, on demand!

Performance Preparation
Practical Preparation
Your mind will be free and at ease when you know you have completed all the necessary practical preparation for the upcoming training session or competition. A simple way is to pack your bag the night before with all you may need for each core element of your moguls performance:
- Mind – all you need to keep the mind free, happy and focused for the day, for example, ipod/music, a book to read, relaxation/meditation tape, focus cues
- Body – all you need to keep the body fuelled, hydrated, warm, and to warm up
- Equipment – all equipment and accessories along with tools and back up
- Snow – anything specific to the predicted/actual snow conditions for the day, such as ideal goggles for the light, outer wear/gloves for the cold/wet etc.

Also remember your lift pass, event accreditation and any other documents or items you may need for the mountain, training session, event, transport
Mental Preparation
Mental preparation for performance in training and competition involves centering focus and creating your ideal feeling for peak performance.

Strategies you can use to centre ideal performance focus include:
- Mindful breathing
- Conscious self talk – positive, objective, realistic
- Focus cues or mantras – visual, verbal, written Listen to ipod and/or hum/sing to self
- Physical action to prepare the body for performance, such as stretching, light yoga
- Focus on skill/technical element/s to apply for the run
- Physical and/or mental rehearsal of skill/technical element/s for the run
- Mental imagery/visualisation of upcoming performance and/or the ideal feeling for peak performance

You may have also discovered other strategies that enable you to centre focus in the moment and allow you to absorb into your ideal feeling for peak performance.

Strategies you can use to create your ideal feeling for peak performance include:
- Mindful breathing Repeat personally meaningful mantra to self
- Remember vividly an image or cue directly associated with your ideal emotion/s
- Physical action to calm or activate the body as required for ideal arousal
- Allow mind to absorb into the moment and the love of the challenge, opportunity, experience

You may have also discovered other strategies that enable you to absorb fully into your ideal feeling for peak performance. It is best to create a reasonably short, simple mental preparation routine for performance that includes just a couple of key strategies to centre focus and create your ideal feeling for peak performance.

Goal Setting
Goal setting is a simple three step process:

SET GOAL > PLAN PROCESS > REVIEW GOAL ACHIEVEMENT

Setting specific goals for your training and competitive season assists to clarify your own performance and competitive targets as well as plan the process you will follow to achieve them. Once you have delivered on the plan, mindful review of the process and level of goal achievement is also very helpful to highlight what worked/did not work and identify key strengths and learning to apply to the next phase of goal setting for performance enhancement and competitive success.

Step One – Set Goal
- Be clear, concise, specific and realistic
- Set performance goals to achieve outcome goals

Step Two – Plan Process
- Outline the process you will follow to achieve the goal
- Specify technical/skill focus required
- Specify ideal mental approach, focus cue/s, ideal feeling to create
- Describe any particular equipment or other resources you may require
- Outline how you will adapt to varying course challenges and snow conditions
- Set a date to review goal achievement – ensure you allow a realistic time frame

Step Three – Review Goal Achievement
- Describe level of goal achievement – not achieved/mostly achieved/fully achieved
- Highlight what worked in the plan/process to build on
- Highlight what did not work in the plan/process to either modify or remove
- Identify key strengths – physical, mental, technical, adapting to conditions
- Identify key learning to apply for enhanced performance and ongoing success
- Ensure you give yourself a reward for demonstrated effort, learning and success
Food is your fuel!

What you eat before, after and during training, on rest days and in between will affect how your body grows and how you perform. You are ultimately building the framework and foundations of the athlete you are now and that will remain part of you for the rest of your life.

Dietary habits and the food you eat can have a huge impact on your:
- Energy levels - so you aren’t heading into training tired and flat
- Immune system - so you recover from sickness and injury faster
- Concentration - performance and focus in training sessions
- Body composition – to achieve gains in muscle mass and strength

Food = Kilojoules = Energy

Eating more food/energy than the body uses = weight gain
Eating less food/energy than the body uses = weight loss

All food will provide ‘energy’ that can be burnt off – however, it’s what you put in and how your body uses the energy it gets from food that makes a difference. Food provides a combination of different types of energy from macronutrients which are used differently to perform specific roles to help the body grow and function effectively. Getting the right balance of macronutrients in adequate amounts is essential to target all the body’s requirements to have the best effect on the body.

Where does energy come from?

- Carbohydrates - the preferred fuel for muscle contraction to train and perform, they are essential for your brain to help with fine skills, agility and performance. Your body will constantly be using carbohydrates such as bread, pasta, rice, cereal, potatoes, corn, fruit, milk, yoghurt and sugars as fuel over the course of the day, especially during training and recovery.
- Proteins – required to help build muscle tissue and repair muscle damage created during training. Dietary sources of protein such as red and white meat, fish, eggs, low fat dairy, tofu and legumes consumed consistently over the day provide sufficient amounts of protein to fuel muscle growth.
- Fats – some fats are healthier than others, but any fats are only required in small amounts to aid delivery of fat soluble vitamins and as a layer of insulation for protection. Fats aren’t used as effectively during training especially for high intensity, short bursts of activity.

Food = Nutrients = Health

Consuming a variety of healthy foods throughout the day provides exposure to a range of essential micronutrients – required for increased immunity, muscle regeneration and repair of the body around training. The greatest variety of nutrients can be found in the following groups:
- Vegetables/Fruits – including a variety of different colours
- Whole grain and high fibre bread and cereal
- Lean meat, legumes, eggs and nuts
- Low fat dairy
- Oily fish/walnuts and almonds/avocado in small amounts

Recovery from training and competition

The quality of recovery after training will determine how good your strength gains are and how well you perform in the next training session. Poor recovery can mean arriving at a competition or the next training session with depleted energy levels and unable to perform at your best. Timing and balanced meals are two key strategies to plan and apply for an effective recovery.

What do I eat?
The body needs carbohydrates to replenish stores and to assist with muscle repair and recovery. The body also needs protein for muscle growth and repair damaged muscles to limit muscle soreness. To start the recovery process aim to include a protein and carbohydrate food source in a post training/competition meal as soon as you can after finishing.

Carbohydrate approx. 1 - 1.2 g/kg body weight
Protein approx. 10 - 20g

Recovery food should be low in fat as fat slows absorption and may delay delivery of nutrients and fuel to the muscles.

When do I eat?
20-30 minutes following activity is the most crucial time to replenish protein and carbohydrates to aid in muscle recovery. Leaving it longer that this can delay the recovery process by slowing the body’s ability to build and repair muscle and adequately accumulate fuel stores for the next training session.

The Run-in to Competition

Accumulating fuel stores to be used in competition does not happen in just one meal. A process of regular meals and snacks spaced out over the days prior to competition should be followed rather than one large meal the night before competition, as the increased load on digestion may interfere with sleeping patterns. Increasing hydration through regular sipping on fluid and water in the lead up to competition is essential, even if you don’t feel thirsty. A good test to judge hydration is urine colour; aim to have urine a light colour in the morning after waking and to run clear before bed.

What should I eat when loading?
Food choice leading into competition should be high in carbohydrates, contain some protein and should be low in fat, especially saturated fats as these can be heavy and hard to digest. Don’t try unfamiliar or unusual foods; eat food you would usually eat around training so you know that food sits well in your stomach when active.

When should I eat?
Start the loading process around 24 hours before competition begins. Determine the time competition starts then work backwards from the time to plan when and what meals should be consumed. eg; if competition starts at 2pm start loading at lunch the day before; if it’s at 8am start loading at breakfast the day before and aim to eat every 2-3 hours.
SSA National Coaching Accreditation Scheme

Athlete Development Phase

Train to Win
Perfecting discipline specific skills and fitness
Ages: 18 +

Train to Compete
Consolidating discipline specific skills and fitness
Ages: 16 - 20 +/

Train to Train
Developing discipline specific skills
Ages: 12 - 16 +/-

Learn to Train
Fundamental sport skills
Ages: 10 - 14 +/

Fundamentals
Fundamental movement skills
Ages: 6 - 10 +/-

Definitions
ASC: Australian Sports Commission
NCAS: National Coaching Accreditation Scheme
SSA: Ski & Snowboard Australia
APSI: Australian Professional Snowsport Instructors
RPL: Recognition of Prior Learning
RCC: Recognition of Current Competency

Coach Level Description
NCAS discipline specific Level 3, high performance coaches are targeted to operate programs at the elite and underpinning levels, focussing on international and world class athletes.
Level 3 coaches will have the opportunity to further their knowledge and skill base through module based learning and shadow coaching experience with National/Development Team Coaches.

NCAS discipline specific Level 2 coaches are targeted to operate at the club program level with specific knowledge and experience in a specialised discipline.
Level 2 coaches are required to complete the ASC Intermediate Coaching General Principals course as a prerequisite to sitting a discipline specific Level 2 course.

NCAS Ski/Snowboard Level 1 coaches are targeted to work with; seasonal resort ski school programs; Interschools programs, and entry level club programs with a focus on coaching for sport/competition.
Level 1 coaches are required to complete the ASC Beginning Coaching General Principals online course as a prerequisite to sit either the ski or snowboard Level 1 course.

Coaching principles
Fundamentals of coaching and athletic performance
Sport specific
Skills, techniques, strategies and scientific approaches to the particular sport
Coaching practice
Practical coaching and application of coaching principles

SSA Coach Level 3
Discipline Specific, High Performance Coach
- SKI Freestyle
- SKI Alpine
- SNOWBOARD Freestyle
- SNOWBOARD Alpine/Cross

SSA Coach Level 2
Discipline Specific, Talent Development Coach
- SKI Freestyle
- SKI Alpine
- SNOWBOARD Freestyle
- SNOWBOARD Alpine/Cross

ASC Intermediate Coaching General Principals Course

SSA SKI Coach Level 1
Entry level sport specific coach
Coaches will develop knowledge and experience in multiple skiing disciplines, as well as an understanding of core coaching and sport principals, relating to entry level competition.

SSA SNOWBOARD Coach Level 1
Entry level sport specific coach
Coaches will develop knowledge and experience in multiple snowboarding disciplines, as well as an understanding of core coaching and sport principals, relating to entry level competition.

ASC Beginning Coaching General Principals Online Course

APSI Level 2 Qualified Ski or Snowboard Instructor
Former or current Athlete or Coach who meets RPL/RCC standards
Role of Parents/ Guardians

Parents Need to Recognise

Over Competing and Under Training
Many athletes spend too much time resting, traveling, competing and recovering from competition and not enough time preparing for it.

Too Much Emphasis on Winning at Young Ages
Often, coaches and parents focus on the results in competition, rather than the individual's personal performance. This attitude is contradictory to the SSA Long Term Athlete Development (LTAD) model outlined earlier in this handbook and leads to long-term failure as coaches may forgo the development of skills to focus on specific competition/event tactics.

Inappropriate Training Programs
Often, adult training programs are imposed on children, and boys programs used for girls. Children are not small adults and girls develop differently than boys. Training programs should be in line with the principals outlined in the LTAD model.

Specialisation
As athletes get older, they will need to specialise in 1 or 2 sports if they are to be successful. Younger athletes should participate in several sports and all sports should spend some time developing basic skills such as running, jumping, throwing, balance, agility, coordination and speed. An all around athlete will have the ability to play a variety of sports well and specialize later. An early focus on just one or two sports often leads to injuries, burn-out and limited skill development.

Why Your Child Plays Sports

Children have their own reasons for participating in sports and physical activities but coaches and parents are not always in harmony with their motives. Children commonly play sports:

- to have fun.
- to experience thrills.
- to be with friends or make new friends.
- to do something they are good at.
- to feel good about themselves.
- to feel accepted.
- to improve and learn new skills.

Before you sign up or involve your child in a sport or activity, take time to talk to your child about his or her interests. Children are far more likely to continue in the activity if they are satisfying their own motives and have the support of their parents.

They are also more likely to want to achieve excellence in competition for the same reasons.

Why Parents Encourage Sport

Parents often have their own reasons for seeing their children in sports, and problems arise when their motives conflict with those of their son or daughter. The result can be a very negative sporting experience for the child. Some of the most common problems arise when parents:

- place too much emphasis on winning.
- push their children to specialize in one sport too early.
- live their own dreams through their children.

The ideal situation is when your child finds intrinsic reward in participating in the activity.

When the emphasis shifts towards external rewards from parents (extrinsic motives) or being “pushed” to participate, children are far less likely to enjoy and continue in the activity and they become more susceptible to burnout and dropout.

SSA Parent/Guardian Code Of Behaviour

In addition to the General Code of Behaviour, you must meet the following requirements in regard to your conduct during any activity held or sanctioned by SSA or a SSO and in your role as a parent/guardian of a participant of SSA or a SSO:

1. Treat your child the same irrespective of them winning or losing.
2. Remember that your child participates in the sport of Snowsport for their enjoyment not yours.
3. Try to have fun when you are around your children at competitions. Well-directed humour can be a great de-stressor.
4. Look relaxed, calm and positive on the sidelines.
5. Try and make friends with other parents at competitions.
6. Get involved in appropriate ways if your child or the coach behaves in unacceptable ways during competitions.
7. Let the coach do the coaching.
8. Understand that children will benefit from a break sometimes and that involvement in other sports is okay.
9. Be there when your child performs poorly. Be an understanding listener rather than a critic, judge and/or fixer.
10. Be prepared to give your child some space so that he/she can grow and develop as an independent person.
11. Let your child know that your love for them is not associated with their sporting performances.
12. Communicate with your child and ask them how they are really feeling about their sport and about competing in particular.
13. Occasionally let your child compete without you being there and hovering over them.
14. Emphasise the good things your child did in preparing for and during the competition.
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Snow Australia
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Current FIS Technical Delegates (TD)

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- Scott Sanderson

References

BrianMac Sports Coach, www.brianmac.co.uk

NSWIS Nutrition and Sports Psychology Departments

Introduction to Long-Term Athlete Development for Canadian Freestyle Skiing, Canadian Freestyle Ski Association, Version 1.1, August 2006

USSA, Training Systems