

NATIONAL CHILDREN'S SQUAD

Northern Hemisphere Program

LEOGANG
AUSTRIA



SKI &
SNOWBOARD
AUSTRALIA



Australian Government
Australian Sports Commission



INTRODUCTION

After the success of the last 2 years, SSA will again be operating programs for the National Children's Squad, National Junior Squad and the National Alpine Ski Team out of Leogang in Austria. This area; in the heart of the Salzburger Land, is home to many National teams and boasts world class training venues and facilities to cater to the needs of all of our athletes.

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

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

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

LOCATION GENERAL INFORMATION & FACILITIES

Leogang; Austria offers access to exceptional free skiing and training opportunities for our National programs. [Skicircus Saalbach/Hinterglemm/Leogang](#) is one of the biggest connected ski resorts in Europe offering over 200km of trails and 55 lifts.

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

Injected training hills

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

- Kirchberg (50 min drive)

Tech and speed training hills

- Leogang (3 min drive)
- Hinterreit (15 min drive)
- Zell am See (20 min drive)
- Kaprun / Kitzsteinhorn glacier (30 min drive)
- Hintertglenn (35 min drive or skiing access via Leogang / Saalbach)

Ski cross training venues

- Leogang (terrain park – SX elements training - 3 min drive)
- Saalbach (SX track - 30 min drive or skiing access via Leogang)
- Reiteralm (SX track - 60 min drive)

PROGRAM DETAILS

National Children's Squad Main Program: December 9 – January 26 (7 Weeks)

- Volume and focus will be purposefully managed relative to participation in ext camp 1.
- Deliberate progression from technical free skiing, to drills courses and finally into full length courses utilizing appropriate course setting and terrain.
- Balanced approach to training days and race days depending on athletes progression.
- Opportunities to compete in regional children's races (Bezirkscup), Salzburg state children's races (Landescup) and FIS in International Children's races: Ricky (CZE), Vratna (SVK), Folgaria/Topolino (ITA). All Children's FIS races are subject to qualification.
- Fitness component

National Children's Squad Extension 1: November 26 – December 8 (2 Weeks)

- High volume
- Focus on technical free skiing
- Transition into drills courses as appropriate
- Fitness component

National Children's Squad Extension 2: January 27 – March 17 (7 Weeks)

- Focus on preparation for FIS Children's Series Stari Vhr (SLO), Folgaria/Topolino (ITA).



- Balanced approach to training days and race days depending on athletes progression.
- Fitness component.

Topolino Camp: February 22 – March 15

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

Competitions

- 4 Bezirkscup events (regional level) in the main program period
- 10 Landescup events (state level) in the main/extension 2 period – Landescup events are subject to qualification at the Bezirkscup events
- International FIS Children's events:
 - o 28./29.01.2014 – Vratna Interkriterium (SVK)
 - o 24./25.01.2014 – Ricky Ski Interkriterium (CZE)
 - o 15./16.02.2014 – Stari vrh Pokal Loka (SLO)
 - o 14./15.03.2014 – Folgaria Trofeo Topolino (ITA)

COACHING & SUPERVISION

Bradley Wall will be managing all of the National programs

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

Christoph Maier will manage on ground logistics as well as coach the National Children's Squad

- Masters degree in Sports & Science (University of Innsbruck)
- C-Trainer license (highest Austrian coaching qualification)
- Staatlicher Skilehrer (highest Austrian ski instructing qualification)
- Austrian Ski guide
- Organising race training programs in

Austria since 2003 (maierskiracing.com)

- MBRC race coach 2003-2006
- Sportsmarketing Manager for an Austrian Newspaper 2007
- AUS National Development Team Program Provider 2008-2010
- MBRC program director since 2010

Annie McCormack will work with Christoph coaching the National Children's Squad and fill the pastoral care role

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

The SSA coaching team at the base in Austria will further consist of **Nils Coberger** (AUS National Team), **Chris McKnight** (AUS National Team), **Shawn Fleming** (AUS Skicross Development Team) and other local coaches.

ATHLETES

Who can attend?

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

In the application, please be sure to specify which program you would like to attend.

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

ACCOMMODATION

The Australia House [Pension Mayrhofer](#) will be our home base. There will be two athletes per room. Breakfast and lunch fixings will be served at the base. Dinner will be served at the 4* Hotel



Kirchenwirt, which is just 100m next to the Australia House.

The base accommodation offers the following facilities:

- Basic gym, ski storage and tuning facilities, sauna and video room, laundry
- Double rooms with en-suite bathrooms
- Breakfast / lounge area
- Weekly serviced rooms
- Wireless internet access
- Local supermarket within walking distance (150m)

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

- Large indoor sports hall and climbing wall (100m)
- Small indoor sports hall (40m)
- Basic gym located at the base accommodation (ergo bikes, free weights, swiss balls etc.)
- Fully equipped gym ([Life for Fitness](#)) located in Saalfelden (5 mins drive).

LIFT ACCESS

The [Salzburger Super Ski Card](#) offers unlimited access to 23 ski resorts in Salzburg and Tirol.

CAMP FEES

**National Children's Squad and invitees
Main Program, (7 weeks)**

\$8,610 AUD* (\$1,230/week)

Extension 1 + Main Program (9 weeks)

\$10,555 AUD* (\$1,172/week)

Main Program + Extension 2 (13 weeks)

\$14,422 AUD* (\$1,109/week)

**Extension 1 + Main Program + Extension 2
(15 weeks)**

\$ 16,367 AUD *(\$1,091/week)

*Prices are indicative until final numbers are confirmed

DEPOSITS

Interested participants will need to provide a deposit of **\$1500.00** to confirm their spot on the

program. You can submit your deposit by completing [this form](#).

Inclusions

Program and athlete management
Program coordination and coaching
Base training fees
Base accommodation
Meals at Base (breakfast inc lunch fixings and dinner)
Base season pass
Gym fees
Coaches base expenses
Base ground transportation
Pastoral care and supervision
All training equipment (gates, brushes, timing)
Access to tuning space

Exclusions

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

PHYSICAL REQUIREMENTS

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

CONTACT

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