



*Phillip Bellingham, Team Sprint  
2015 World Championship, Falun, Sweden  
Photo by [www.flyingpointroad.com](http://www.flyingpointroad.com)*



# Australian Cross Country Skiing Handbook



# Cross Country Program Partners & Corporate Supporters

Cross Country Skiing Principal Partner

SSA Principal Partner



Australian Government  
Australian Sports Commission

## SSA Olympic & Institute Partners



## Cross Country Pathway Programs



## Cross Country Official Suppliers



## Cross Country Supporters



## SSA Initiatives



# Table of Contents

Introduction	4
National Team Program	5
Cross Country Skiing Techniques	6
Cross Country Skiing Events	8
National Team	10
Selection	11
Major International Competition	12
Australian Competition	15
SSA Cross Country Skiing Athlete Pathway	16
Long Term Athlete Development Model	17
- FUNdamentals	17
- Learn to Train	18
- Train to Train	19
- Train to Compete	20
- Train to Win	21
SSA Pathway Programs	22
SSA Futures	24
Competition Rules	25
Fundraising / XC Towards 2018	28
Membership, Insurance, Licensing	29
State Institute Support / Athlete Code of Conduct	30
Community Support	31
SSA Athlete Responsibilities	32
Social Media	34
Contacts	35





# Cross Country Handbook Introduction

This handbook contains information that will increase your level of understanding about cross country skiing and the programs, pathways and resources available for Australian athletes.

If you have any questions regarding the content of this handbook, or require further information, please visit the website, [www.skiandsnowboard.org.au](http://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 Cross Country Committee

The vision of the SSA Cross Country Committee (SSA XC) is to provide cross country ski racing opportunities for all levels of athletes and achieve international excellence through high quality programs and pathways supported by a vibrant skiing community. Specific programs and duties of SSA XC include:

- Cross Country Skiing High Performance Program
- National Race Calendar
- Competition Rules
- Athlete Development Pathways
- Grassroots Development
- Coach Education
- Officials Education
- Fundraising
- Media & Promotion



## SSA XC Committee Members

- Peter Cunningham (Chair)
- Ben Derrick (Strategic Planning)
- Finn Marsland (High Performance)
- Chris Darlington (Athlete Development)
- Anthony Evans (Selection)
- Allison McArdle (Coaching)
- Andrew Walker (Rules)
- Michelle Armstrong (Media and Communication)
- Toni Hulme (NSW Grassroots)
- Ronice Goebel (VIC Grassroots)
- Paul Kovacs (Athlete Representative)
- Ashleigh Spittle (Athlete Representative)

## SSA XC Executive

- Finn Marsland
- Ben Derrick
- Peter Cunningham
- Chris Darlington

## Chair / National Race Secretary

Peter Cunningham  
E: [peter.petercunningham@gmail.com](mailto:peter.petercunningham@gmail.com)  
M: 0477 356 835

## High Performance Manager

Finn Marsland  
E: [finn.marsland@gmail.com](mailto:finn.marsland@gmail.com)  
M: 0408 147 940

## National Coaching Director

Allison McArdle  
E: [allison.c.mcardle@gmail.com](mailto:allison.c.mcardle@gmail.com)

## National Technical Delegate Coordinator

Andrew Walker  
E: [munro.walker@bigpond.com](mailto:munro.walker@bigpond.com)



# National Team Program



## Falls Creek National Training Centre

During the Australian winter the National Training Centre (NTC) at Falls Creek is the official home of the Cross Country Skiing National Team. On-snow training camps are conducted at Falls Creek at the start and end of the winter, and throughout the winter many of the team athletes train at Falls Creek under the guidance of the National Team coaches. The National Team and Falls Creek Resort Management work together to ensure that on-snow conditions for training are world class.

### Training Camps and Regional Training

In addition to on-snow training camps, dryland training camps are conducted regularly throughout the year. Annual physiological testing takes place at the Australian Institute of Sport in Canberra. Cross country skiers are renowned for having the high V02 capacities, and XC athlete Callum Watson hold the current AIS record. Many National Team athletes are at school or at university, in between training camps they train together in different regional groups and also on training camps with the State junior teams.

## International Program 2015-2016

Between November and March each year National Team athletes head overseas to train and compete, representing Australia at every level of international competition. For 2015-2016 season support will be provided at the following events:

### 2016 World Junior Championship Team

A team of Junior and U23 athletes will be sent to the 2016 World Junior / U23 Championship in Rasnov in Romania. The full team will assemble for a pre-camp in central Europe prior to travelling to Romania. A Junior/U23 training base may be established for 4-6 weeks beforehand. Coaches and support staff for the team will be appointed during the Australian winter.

### 2016 Winter Youth Olympic Games

Two XC skiers under the age of 18 (one male, one female) will represent Australia at the 2016 Winter Youth Olympic Games in Lillehammer, Norway. These athletes will be selected based on performances from two weekends of races during the Australian winter.

### World Cup Team

Specific World Cup events will be targeted throughout the season in combination with racing at other levels of competition.

### 2016 Canadian World Cup Tour

In March 2016 a World Cup Tour event will be held in Canada for the first time and an Australian Team will take part. The tour will feature eight World Cup events at five locations across Canada in a 13 day period.



# Cross Country Skiing Techniques

There are two main styles of techniques used for cross country ski competition – **Freestyle** and **Classic**. Freestyle is also known as skating, and is recognisable by the distinctive V-shape of the skis used in all techniques. In Classic skiing the skis stay parallel during most techniques and special parallel tracks are set for competitions. Classic skis have a section in the middle of the ski base that provides grip on the snow when the ski is kicked down, either using ski wax or a fishscale-style pattern. A skier using Freestyle techniques in a Classic competition will be disqualified, however, it is allowed to Classic ski in a Freestyle event.

## Freestyle Techniques:

### Single Time

Single Time is used when the slope of the track varies from flat to slightly downhill. It is used when skiers are travelling at a fast pace and want to maintain their speed. Whether a skier poles when transferring their weight from right to left, or left to right depends on the angle of terrain and/or personal preference.



Single Time



Double Time

### Double Time

Double time is used on flat or gradual uphill terrain. This technique is often used when acceleration is needed, or to maintain a high speed in situations that permit this powerful technique to be used effectively and efficiently. This technique requires good balance and very efficient weight transfer so it is often difficult for inexperienced skiers to master.

### Offset Skate

Offset Skate is used primarily for climbing hills. As a skier becomes more proficient at the other skating techniques the amount of time spent using offset will decrease. The ski to which a skier steps onto as they pole depends on the angle of the ski trail or on personal preference if the trail is even.



Offset Skate



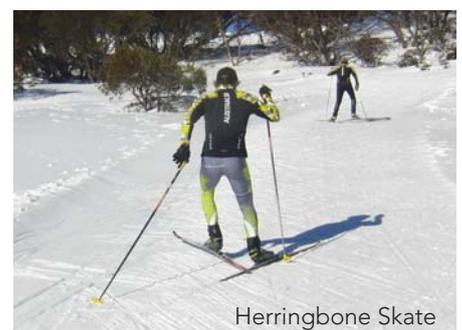
Tuck Skate

### Free Skate / Tuck Skate

Free skating is employed when velocity is too great for the poles to be used effectively. Used mainly on slight downhill or very fast level tracks, skiers are able to easily maintain momentum skating with their legs and swinging their arms like a speed skater. When an athlete is conserving energy then they may choose to tuck their arms into a more aerodynamic position.

### Herringbone Skate

Herringbone skate (or diagonal skate) is used when the gradient of the hill is too great to effectively maintain offset technique. This technique allows a skier to maintain forward and upward momentum. While rarely used by elite skiers it is commonly used by inexperienced skiers and in steep sections of marathon length races when skiers become too fatigued to produce other skating techniques.



Herringbone Skate

## Classic Techniques:

### Diagonal Stride

Diagonal stride is the most commonly used classical technique. While it can be used on flat terrain by beginners it is used mostly when climbing hills. Diagonal stride uses the same rhythmic arm and leg movement as walking and running, with the main difference that there is a glide phase. As skiers become more efficient at transferring their weight they will be able to stride up steeper hills without having to herringbone. Proper weight transfer and balance go hand-in-hand in this technique, one cannot occur without the other.



Diagonal Stride

### Double Pole

Double pole technique is generally used on flat terrain and slight uphill, but can also be used by elite skiers for short steeper uphill. It is important to keep the hips up and forward and to initiate the poling action using the core. Double poling can also be mandatory at the start of mass start skating races, as it reduces the chances of skiers tangling skis. When executed by a fit and experienced skier, double pole is the fastest and most powerful technique.



Double Pole

### Kick double pole

The kick double pole technique is used on flat terrain and on gradual uphill. The technique is often employed when the skier's speed is too fast for striding and too slow for ordinary double pole. Kick double pole combines the strengths of the kick with a strong poling action to create greater power than the ordinary double pole action.



Kick Double Pole

### Herringbone

Herringbone is used when the gradient of a hill is too steep for a skier to stride effectively, or their wax is not working. It is also a useful technique for beginner skiers to allow them to climb steeper hills. An experienced skier can change quickly from diagonal stride to a herringbone run to avoid slipping and losing time or energy. Herringbone is the only classic technique in which the skis come out into a V, and it is important that no gliding occurs so that it doesn't become herringbone skate!



Herringbone

## Downhill and Turning Techniques:

### Tucking

This technique is used on downhill sections to save energy and gain speed. The skier tucks to reduce their surface area and therefore air resistance, usually with their skis in the set parallel tracks to reduce snow friction and further enhance speed gains.

### Step Turns

Step turns can be used in both Classic and Freestyle events, so long as they are only being used to change direction. Step turns are usually faster than any other type of turn (see below) as there is no sideways sliding involved, however the challenge is negotiating tighter corners in control at higher speed.

### Parallel Turns,

When the speed becomes too great and sliding is needed to stay in control or slow down, parallel turns become more effective than step turns. As soon as enough speed is washed off it is important to accelerate out of the corner using step turns.

### Telemark Turns

All alpine skiing turning techniques can be performed on cross country skis, but the Telemark turn is a special turning technique that can only be done on cross country skis. While the telemark can be used to negotiate tight corners in races, it is better suited for back-country skiing or recreation after racing.



Tucking



Parallel Turn



Step Turn

# Cross Country Skiing Events

## Interval Start

In an Interval Start event skiers start at timed intervals, typically 30 seconds for distance and 15 seconds for sprint events. The winner is the skier who records the fastest time for the distance. Skiers are usually seeded into different start groups according to their current rank in the event. Normally the best ranked skiers start at the back of the field, so that they can get information on the skiers starting ahead of them and also so that the race builds to an exciting finish.



## Mass Start

In a Mass Start event all competitors start and race together, with the winner the first athlete across the finish line. Normally in championship events each class and sex has a separate mass start, however for club events and citizen events such as the Kangaroo Hoppet the entire field starts together. In World Cup and Olympic mass start events the field is arranged in an arrow format with the best-ranked skier at the point of the arrow. Mass starts can make for very tactical and fun racing, and it is not uncommon for these races to be decided in a sprint with multiple skiers lunging for the line.



## Distance Events

Distance events are competitions that normally take place over distances of 5 km to 50 km, but also down to 1 km for junior racers. Race distances vary dependent upon age groups, gender, and the level of competition. They can be conducted using interval start or mass start formats. Championship events are often conducted on multiple loops, at World Cup level the minimum loop size is 2.5km.



## Skiathlon

A Skiathlon is a mass start competition that involves both classic and freestyle techniques in the one event. Skiers race the first half of the event in classic technique, then make a fast 'triathlon style' equipment change to freestyle poles and skis, to allow for the completion of the second half of the event in freestyle technique. The winner is the first athlete across the finish line after both techniques have been completed.



## Sprint Events

Sprint events involve skiers racing head to head over short distances. Course lengths range from 400m to 1.8km and competitions normally have two sections – a qualification round and then final rounds. The qualification round uses an individual time-trial to rank the skiers for the finals. Then the fastest 16 or 30 skiers compete head to head in heats, semi-finals and finals. Typically 4-6 skiers race together in each heat, with the fastest two skiers progressing through to the next round. At World Cup and Olympic level the final heats are timed, and "Lucky Losers" can also progress to the next round based on the heat times. In the finish straight lanes are marked and athletes may only change lane if they are overtaking and if they do not hinder and athlete in another lane.



## Team Sprint

The Team Sprint involves two persons skiing alternate relay legs over a sprint distance. Skiers change between laps by physically touching their teammate on the body without interfering or obstructing other competitors. The winners are the first team to cross the line after the completion of all laps. The number of laps can vary, but at World Cup and Olympic level each skier completes three laps of the course thus a total of 6 laps as a team. At this level semi-finals are held, with athletes progressing to a final of 10 teams made up of a combination of places and times using the same Lucky Loser system used in Sprint finals.



## Relay

Relay events involve teams of 3-4 skiers skiing the same distance. A Relay can be held with all legs using in the same technique (freestyle or classic), or a combination of both techniques. Major international competitions usually involve two classic and then two freestyle legs. In an Olympic and World Championship relay each leg of the men's event is 10 km, a total of 40 km for the team, and for the women it is 5 km, a total of 20 km for the team. Even after 40 kilometres of skiing the men's event can often still be decided by a sprint finish.



# 2014-2015 National Team

## World Cup Team

Esther Bottomley / Aimee Watson / Jessica Yeaton

Phillip Bellingham / Callum Watson / Paul Kovacs



## Continental Cup Team

Anna Trnka\* / Casey Wright\*

\*also U23 Team

## U23 Team

Jackson Bursill / Nick Montgomery / Mark Pollock



## Australian Junior Team

Stella Ajani	Damon Morton
Xanthea Dewez	Hamish Roberts
Katerina Paul	Liam Burton
Gabrielle Hawkins	Hugh Pollard
Darcie Morton	Abe Wright
	Finlay Clarke
	Matthew Bull

## National Team Support Staff

### National Team Coach

Finn Marsland

### Sports Doctor

Dr Jane Fitzpatrick

### Physiotherapist

Tim Retchford

### Strength & Conditioning Coach

JC Legras

### 2015 Falls Creek Training Centre Coach

Kein Einaste (Estonia)



SKI & SNOWBOARD AUSTRALIA



FallsCreek

# Selection Criteria



## 2014-2015 National Team Selection

National Teams for the following year are selected after the Australian winter. To be eligible for a National Team an athlete must achieve two results of the competition standards listed below. The results can be any combination of distance, sprint or technique. Where FIS Point results are required, results of the appropriate standard must have been achieved within the preceding 12 months.

<h3>World Cup Team</h3> <p><b>FIS Point Standard</b> Men: 75 FIS Points Women: 90 FIS Points</p> <p><b>World Cup Standard</b> 75% of Field</p>	<h3>Continental Cup Team</h3> <p><b>FIS Point Standard</b> Men: 120 FIS Points Women: 140 FIS Points</p>
<h3>U23 Team*</h3> <p><u>National Selection Races</u> Distance: 10% behind the fastest Australian Sprint: 7.5% behind the fastest Australian</p>	<h3>National Junior Team*</h3> <p><u>National Selection Races</u> Distance: 10% behind the winner Sprint: 7.5% behind the winner</p>

\* Athletes qualifying for the World Junior and U23 Championships via FIS points are also automatically selected. The full selections policies for each team are available on the SSA website.

## Selection for Major International Events

### Olympic Winter Games / Youth Winter Olympic Games

Selection for the Australian Winter Olympic Team and Youth Winter Olympic Team is made by the Australian Olympic Committee. Athletes seeking selection should read the full selection and nomination policies as published on the AOC and SSA website.

### World Championship, World U23 Championship, World Junior Championship

Selection of the Australian Teams for the World Championships are made by the National Selection Panel. In principle the selection standards are set prior to the Australian winter of the year preceding the championship. For 2016 onwards the qualification standards for the World Championship are:

World Championship	World U23 Championship	World Junior Championship
<p><b>(A) Standard</b> Men: 1 result under 90 FIS points Women: 1 result under 120 FIS Points</p> <p><b>(B) Standard</b> Men: 1 result under 120 FIS Points OR 2 results under 140 Points Women: 1 result under 140 FIS Points OR 2 under 160 FIS points</p>	<p><b>(A) Standard</b> 1 result under 120 FIS Points OR 2 results under 150 FIS Points</p> <p>From 2016 there is no (B) Standard for the U23 World Championships</p> <p>(Additional criteria may apply)</p>	<p><b>(A) Standard</b> 1 result under 150 FIS Points OR 2 results under 180 FIS Points</p> <p><b>(B) Standard</b> 2 results under 5% behind the winner in AUS National Selection Races</p> <p>(Additional criteria may apply)</p>

The full selection policies are published on the SSA website.

### World University Winter Games

Selection for the WUWG Team is made by Australian University Sport. Generally the WUWG qualification standard is comparable to the World Junior Championship qualification standard.

### Continental Cup

Any FIS registered athlete may seek a start in a Continental Cup event. Nation quotas may apply at some Continental Cup events outside of Australia.

### Worldloppet

National Team athletes seeking a seeded start should contact the Kangaroo Hoppet Office via [info@hoppet.com.au](mailto:info@hoppet.com.au)

# Major International Competitions

## Olympic Winter Games

The Olympic Winter Games (OWG) are held every four years. The next OWG will be in Pyeongchang, South Korean in 2018. There are 12 cross country skiing medal events at the OWG, six for each gender.

Sochi (RUS) 2014 Olympic Events		Pyeongchang (KOR) 2018 Olympic Events	
Women	Men	Women	Men
10 km Classic Interval Start	15 km Classic Interval Start	10 km Freestyle Interval Start	15 km Freestyle Interval Start
15 km Skiathlon (7.5C+7.5F)	30 km Skiathlon (15C+15F)	15 km Skiathlon (7.5C+7.5F)	30 km Skiathlon (15C+15F)
Sprint Freestyle	Sprint Freestyle	Sprint Classic	Sprint Classic
Team Sprint Classic	Team Sprint Classic	Team Sprint Freestyle	Team Sprint Freestyle
30 km Freestyle Mass Start	50 km Freestyle Mass Start	30 km Classic Mass Start	50km Classic Mass Start
Relay 4x5 km	Relay 4x10 km	Relay 4x5 km	Relay 4x10 km



## FIS World Championship

The FIS Nordic World Championships (WSC) are held every two years. The event styles at the WSC and the OWG alternate from year to year, which means that the WSC event styles in years either side of the OWG are the same.

Lahti (FIN) 2017 WSC Events		Seefeld (AUT) 2019 WSC Events	
Women	Men	Women	Men
10 km Classic Interval Start	15 km Classic Interval Start	10 km Freestyle Interval Start	15 km Freestyle Interval Start
15 km Skiathlon (7.5C+7.5F)	30 km Skiathlon (15C+15F)	15 km Skiathlon (7.5C+7.5F)	30 km Skiathlon (15C+15F)
Sprint Freestyle	Sprint Freestyle	Sprint Classic	Sprint Classic
Team Sprint Classic	Team Sprint Classic	Team Sprint Freestyle	Team Sprint Freestyle
30 km Freestyle Mass Start	50 km Freestyle Mass Start	30 km Classic Mass Start	50km Classic Mass Start
Relay 4x5 km	Relay 4x10 km	Relay 4x5 km	Relay 4x10 km



## World Junior Championship and World U23 Championship

The FIS World Junior and U23 Championships (WJC and WU23C) are held every year. Athletes are eligible to compete in the WJC in the year that they turn 20 and in the WU23C in the year that they turn 23.

Rasnov (ROU) 2016 WJC Events		Park City (USA) 2017 WJC Events	
Women	Men	Women	Men
5 km Classic Interval Start	10 km Classic Interval Start	5 km Freestyle Interval Start	10 km Freestyle Interval Start
10 km Skiathlon (5C+5F)	20 km Skiathlon (10C+10F)	10 km Skiathlon (5C+5F)	20 km Skiathlon (10C+10F)
Sprint Freestyle	Sprint Freestyle	Sprint Classic	Sprint Classic
Relay 4x3.3 km	Relay 4x5 km	Relay 4x3.3 km	Relay 4x5 km

Rasnov (ROU) 2016 WU23 Events		Park City (USA) 2017 WU23 Events	
Women	Men	Women	Men
10 km Classic Interval Start	15 km Classic Interval Start	10 km Freestyle Interval Start	15 km Freestyle Interval Start
15 km Skiathlon (7.5C+7.5F)	30 km Skiathlon (15C+15F)	15 km Skiathlon (7.5C+7.5F)	30 km Skiathlon (15C+15F)
Sprint Freestyle	Sprint Freestyle	Sprint Classic	Sprint Classic



## World University Winter Games

The World University Winter Games (WUWG) are held every two years. Unlike the other major world championships, the event styles at the WUWG do not alternate from year to year. Athletes must be enrolled at university and be under the age of 27 to be eligible for selection. The WUWG are one of the few events similar to the Winter Olympic Games that bring all winter sport disciplines together at the one event.

Strbske Pleso (SVK) 2015 WUWG Events		Almaty (KAZ) 2017 WUWG Events	
Women	Men	Women	Men
5 km Classic Interval Start	10 km Classic Interval Start	5 km Classic Interval Start	10 km Classic Interval Start
Sprint Freestyle	Sprint Freestyle	10 km Skiathlon (5C+5F)	15 km Skiathlon (7.5C+7.5F)
15 km Freestyle Mass Start	30 km Freestyle Mass Start	Mixed Team Sprint Classic	Mixed Team Sprint Classic
Relay 3x5 km	Relay 4x10 km	Sprint Freestyle	Sprint Freestyle
15 km Freestyle Mass Start	30 km Freestyle Mass Start	15 km Freestyle Mass Start	30 km Freestyle Mass Start
		Relay 3x5 km	Relay 4x10 km

## Winter Youth Olympic Games

The Youth Winter Olympic Games (WYOG) were held for the first time in Innsbruck in 2012. The number of starters are limited and most nations can enter a maximum of one male and one female athlete. The next WYOG will be held in Lillehammer in 2016.

Innsbruck (AUT) 2012 WYOG Events		Lillehammer (NOR) 2016 WYOG Events	
Women	Men	Women	Men
5 km Classic Interval Start	10 km Classic Interval Start	5 km Freestyle Interval Start	10 km Freestyle Interval Start
Sprint Freestyle	Sprint Freestyle	Sprint Classic	Sprint Classic
		Cross Country Cross	Cross Country Cross



## FIS Continental Cup

FIS Continental Cups are race series of high standard in different regions around the world. The following cross country skiing Continental Cup series are recognised by FIS:

- Australia / New Zealand Cup
- OPA (Central Europe)
- Super Tour / NORAM Cup (North America)
- Scandinavian Cup
- Eastern European Cup
- Balkan Cup
- Far East Cup
- Slavic Cup

The winners of each Continental Cup receive all expenses paid starts for selected World Cup events (if World Cup qualified).



## Wordloppet

The Wordloppet is a series of long distance ski races around the world, comprising 20 races in 20 countries. Australia's Worldloppet event the Kangaroo Hoppet was established in 1991, and has distances of 42km, 21km and 7km.

- Kangaroo Hoppet (AUS)
- Dolomitenlauf (AUT)
- Gatineau Loppet (CAN)
- Jizerská Padesátka (CZE)
- König Ludwig Lauf (GER)
- Tartu Maraton (EST)
- La Transjurassienne (FRA)
- Finlandia-hiihto (FIN)
- Marcialonga (ITA)
- Sapporo International Ski Marathon (JPN)
- Birkebeinerrennet (NOR)
- Bieg Piastow (POL)
- Demino Ski Marathon (RUS)
- Vasaloppet (SWE)
- Engadin Skimarathon (SUI)
- American Birkebeiner (USA)
- New Races from 2015
- Ushuaia Loppet (ARG)
- Vasaloppet China (CHN)
- Fossavatn (ISL)
- Merino Muster (NZL)

For more information go to [www.worldloppet.com](http://www.worldloppet.com)

# Australian Competitions



The Australian winter has a full calendar of cross country skiing competitions across resorts NSW and Victoria. The SSA Cross Country Race Calendar and event information and results are posted SSA website and on the AUSXC website.

## FIS Australia – New Zealand Cup

The FIS Australia - New Zealand Cup (ANC) is the only cross country skiing Continental Cup series in the southern hemisphere. The 2015 ANC has five events in Australia and three in New Zealand. The ANC events in New Zealand are held at the Snow Farm near Queenstown. The 2015 overall winners of the ANC were Esther Bottomley and Phillip Bellingham.



## Australian Championship

There are four Australian Championship events, including two distance races and two sprints. The events are held on two sprint/distance weekends, one in NSW and one in Victoria.

2015 Australian Championship Events			
Date	Location	Women	Men
July 25	Perisher Valley	Sprint Freestyle	Sprint Freestyle
July 26	Perisher Valley	5 km Classic	10 km Classic
August 1	Falls Creek	Junior Sprint Classic	Junior Sprint Classic
August 2	Falls Creek	Junior Distance Freestyle	Junior Distance Freestyle
August 15	Falls Creek	Sprint Classic	Sprint Classic
August 16	Falls Creek	10 km Freestyle	15 km Freestyle

## Australian Junior Championship

The Australian Junior Championships are held on a stand-alone weekend. There are two sprints and two distance events, one of each technique. For distance events there are five age classes, U12, U14, U16, U18 and U20. For sprint events the only official age classes are U16 and U20.



## State Championships

ACT and NSW Championships are always held at Perisher Valley in NSW, catering for open and junior categories. In Victoria only individual Junior Championship events are held, plus the Interclub Relay Championship

## Kangaroo Hoppet

The Kangaroo Hoppet at Falls Creek is Australia's Worldloppet event, and has three race distances of 42km, 21km and 7km. The Hoppet is the only race in Australia that has significant prize money, with a purse of over \$5000 distributed to the top 10 men and women in the 42km. Scholarships of \$500 are awarded to the highest placed U23 skiers in the 21km, and the top U18 and U14 skiers in the 7km Joey Hoppet.



## Club Races

Club races are held on every weekend in July and August at the various ski resorts, open to competitors of all ages. Victoria has an Interclub Challenge that includes eight different club races, while NSW runs a Masters series of 12 races. NSW Cross Country Week in August features seven races in nine days.

## Interschools

Australian Interschool events alternate between Victoria and NSW each year. Athletes qualify for the Australian event through the state interschool championships. At both state and national level an individual mass start event and a relay event are held.





# Long Term Athlete Development Model

## FUNdamentals

**Age:** 6 - 12 (+/-)

**Key Focus:** To develop physical capacities and fundamental movement/ skiing skills.

**Key Delivery:**

- Club Programs
- School Programs
- Family Recreational Skiing
- Commercially Operated Programs

**Participation:**

- Ski 5 – 10 weekends per domestic winter season
- Participate in a multitude of different summer and winter sports
- Encourage active play and games on snow
- Fun competitions
- 50% of participation should be classic technique

**Number of Competitions Annually:** All activities should be based on having fun and the decision to compete should come from the child. Interschools competitions are recommended.

**Focus Discipline(s):**

Participate equally in:

- Classic
- Skate

**Overview:**

The FUNdamentals stage should be structured and fun. Fundamental movement skills are mastered and motor development is emphasised in the first half of the period, with an optimal window of trainability for motor coordination in the second half. In order to develop fundamental movement competencies successfully, participation in as many sports as possible is encouraged. For optimal sport specific skill acquisition, all basic skills, both classic and skating should be learnt by the end of this period.

**Athletes should develop their:**

- 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)

**Cross Country Specific Skills:**

**Athletes should be able to demonstrate:**

- Basic ski technique
- Equal focus of classic and skating technique
- Skiing down hills with speed and control

**Athletes should be introduced to:**

- Skating to both sides
- Different skate techniques
- Weight transfer in classic and skate



**Competition Emphasis**

**Athletes should participate in:**

- Interschools competitions
- Club 'fun' events
- Lake Mountain Mini-Series
- Junior Joey
- Paddy Pallin Junior

**Focus on:**

- Fun and participation versus individual results
- Skill competence should be recognised and emphasised

**Physical Conditioning Emphasis**

**Athletes should develop:**

- Motor-coordination
- Flexibility
- Speed towards the end of the period using fun games
- Strength using balls and body weight towards the end of the period
- Hopping and bounding
- General agility
- Aerobic capacity building towards the end of this stage
- Adventure based activities and skill development games should be included

**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**

- Light weight ski clothing, thermals, jacket, gloves, hats, etc.
- **Boots** - 'Combi' boots allow for classic and skating
- **Skis** - Patterned base classic or skating skis (Either one pair of 'combi' skis, or a pair of skate and a pair of classic skis)
- **Poles** - 2 pairs. Skate (chin to nose height), classic (arm pit to shoulder height)
- Sunglasses or goggles

## Learn to Train

**Age:** 11 - 16 (+/-)

**Key Focus:** To develop fundamental sport skills, including Cross Country skiing skills.

### Key Delivery:

- VIC Junior Squad
- NSW Junior Squad
- ACT Junior Squad
- Club Programs
- SSA Futures

### Participation:

- Ski 2 - 4 days per week
- 90 / 10 Training to Competition ratio
- Dry-land physical conditioning including roller skiing
- Participate in a multitude of complementary sports
- Move towards an 8 – 10 month training plan by the end of the phase
- Participate in some sport at least 4-6 times per week and increase to 6-9 times towards the end of the period

**Number of Competitions Annually:** 2 - 6 events initially. Build towards 10 by the end of the stage

### Focus Discipline(s):

Train equally:

- Classic
- Skate

### Overview:

The Learning to Train stage emphasises 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 cross country specific skills. The optimal window of trainability for aerobic capacity begins at the onset of the major growth spurt. Therefore, lots of skiing at low intensity while practicing good technique is important after the growth spurt commences. Team building, group interaction and social events are also very important. 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
- Hydration and nutrition
- Recovery and stretching
- Relaxation and focusing

### Cross Country Specific Skills:

**Athletes should continue to improve/ be able to demonstrate:**

- Moderate to good classic and skating techniques on a variety of terrain.
- Ability to balance on one ski
- Ski down hills with increasing speed and control.
- Weight transfer
- Hip drive and a good kick in classic technique
- Correct timing of all technique
- All different skate techniques – single time, double time

### Competition Emphasis:

Introduction to sport specific competition through Interschools and junior cross country events with a very small focus on results.

**Athletes should participate in:**

- Interschools competitions
- Club Events
- State and National Junior Championships
- Joey Hoppet



### Physical Conditioning Emphasis:

Further develop: aerobic capacities, strength, coordination, flexibility, stamina, agility and balance

**Introduce:**

- Speed and agility movements (i.e. Lateral hops, foot drills, etc.)
- Body weight exercises (medicine ball, swiss ball, etc.)
- Sport specific movement exercises such as bounding, ski striding and rollerskiing
- Flexibility, range of movement
- Physical monitoring through fitness guidelines
- Begin periodisation in the training plan
- Development of aerobic capacity
- Speed training at the beginning of this phase for girls and at the end of the phase for boys
- Adventure based activities and skill development games / drills can be included

### Psychological Emphasis:

**Further develop:**

- FUN and engaging 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

**Introduce:**

- Positive thinking/ confident behaviour
- Setting and completing simple goals
- Relaxation techniques
- Basic imagery and visualisation
- Maintaining focus
- Making decisions
- Pre competition plans
- Ability to cope with stress and nervous feelings

### Equipment Needs:

- Light weight ski clothing, thermals, jacket, gloves, beanie.
- Consider a race suit
- **Boots** - 'Combi' boots allow for classic and skating
- Aim to have a pair of skate and a pair of classic boots by the end of this phase
- **Skis** – 'Combi' skis can be used.
- Aim to have a pair of skate and a pair of classic skis by the end of the period.
- Begin to use waxable classic skis mid-way through the phase
- **Poles** - 2 pairs. (1 skate and 1 classic)
- Sunglasses or goggles
- Ski waxes for grip and glide
- Use of expensive 'fluoro' waxes is strongly NOT encouraged for this level

## Train to Train “Building the engine”

**Age:** 15 - 20 (+/-)

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

### Key Delivery:

- National Junior Team
- VIC Junior Team
- NSW Junior Team
- Club Programs
- SSA Futures

### Participation:

- Train 9-12 days per week
- 75 / 25 Training to Competition ratio
- Dry-land physical conditioning including roller skiing
- Consider travelling internationally for training/ competition
- Play complementary sports
- FIS Events

**Number of Competitions Annually:** 15+ events

### Focus Discipline(s):

Train and Compete:

- Classic
- Skate

### Overview:

During this stage athletes begin to specialise and focus on a specific event. Overall physical capacities should be trained and enhanced with particular emphasis on increasing the aerobic capacities of the athletes. There is 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 Training to Train stage, athletes should learn correct weight lifting techniques, and continue “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, how and when to taper and peak, establish pre-competition, competition and post competition routines.

### Cross Country Specific Skills:

Athletes should demonstrate the ability to:

- Execute consistent and accurate performance of skills
- Ski with sound technique on a variety of challenging terrain in adverse conditions, including when fatigued.
- Develop tactical skills for various race formats such as sprints, relays and long mass start events.

### Competition Emphasis:

Athletes should increase their range of competitions, however the focus should remain on refinement of skills and fitness, rather than performance outcomes.

- Athletes should begin to target events or event periods
- International events should be considered

Athlete should target the following events:

- Australian/New Zealand Continental Cup
- State and Junior National Championships
- Junior World Championships
- Youth Olympics
- FIS Events
- Club Events



### Physical Conditioning Emphasis:

Focus on general and discipline specific training related to:

- Major strength development opportunity
- Males: Begins 12 – 18 months after peak height velocity
- Females: Immediately after peak height velocity
- Development of aerobic power post the ‘Peak Height Velocity’
- Develop anaerobic lactic power (20 – 60 sec intervals)
- Close monitoring of training, recovery, medical and musculoskeletal development through fitness guidelines
- Further develop ancillary capacity
- Plyometric strength training
- Learn correct weight lifting technique
- Strength training and flexibility
- Injury prevention

### Psychological Emphasis:

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

## Train to Compete “Optimising the engine”

**Age:** 20 - 23 (+/-)

**Key Focus:** To optimise athletic professionalism, fitness preparation, consolidate discipline specific skills and learn to compete.

### Key Delivery:

- SSA National Continental Cup Team

### Participation:

- Train 9-15 times per week
- 60 / 40 Training to Competition ratio (competition percentage including competition-specific training activities)
- Train/ Compete in Southern/ Northern Hemisphere winters
- Dry-land physical conditioning including roller skiing
- FIS Events

**Number of Competitions Annually:** 15+ events

### Overview:

During this stage, athletes should refine technical and tactical skills specific to their chosen discipline. 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 aerobic capacities and strength gain through the use of weights. This should be combined with continued work on 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.

### Cross Country Specific Skills:

Athlete should demonstrate the ability to:

- Learn to correct technical flaws and tendencies in all skills.
- Consistently perform and execute desired technique on a multitude of different course and in adverse conditions, including when fatigued.
- Execute consistent and accurate performance of skills
- Refine tactical skills for various race formats such as sprints, relays and long mass start events.

### Competition Emphasis:

Competition plans should be refined and operate to maximise performance within the athletes ability.

Athlete should target the following events:

- World Championships
- World U23 Championships
- Continental Cup
- FIS Events

### Physical Conditioning Emphasis:

Athletes should:

- Enhance power and agility through plyometrics/weight lifting
- Utilise individual recovery, regeneration and injury prevention exercises/ methods.
- Adhere to fitness guidelines as set by sport science/ strength and conditioning staff.
- Endure the rigours of training and competition while improving technique and performance.
- Adhere 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
- Refined individual performance mind set.
- Structured and trained pre-competition routine, which includes all physical and mental exercises/ rehearsals that enable optimal performance.
- Simulate competition and real performance on demand situations during training.

## Train to Win “Maximising the engine”

**Age:** 23 +

**Key Focus:** Maximise athletic professionalism, fitness preparation, discipline specific skills and performance on demand.

### Key Delivery:

SSA National World Cup Team

### Participation:

- Train 9-15 times per week
- 30 / 70 Training to Competition ratio (competition percentage including competition-specific training activities)
- Train/ Compete in Southern/ Northern Hemisphere winters
- Dry-land physical conditioning including roller skiing
- Benchmark events

**Number of Competitions Annually:** 15+ events

### 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.

### Cross Country Specific Skills:

Athlete should demonstrate the ability to:

- Refine tactical skiing skills and approach as applied to competition
- Refine technical skiing skills, and correct any tendencies
- Consistently perform and execute desired technique on a multitude of different course and in adverse conditions, including when fatigued.
- Execute consistent and accurate performance of skills
- Refine tactical skills for various race formats such as sprints, relays and long mass start events.

### Competition Emphasis:

Competition plans should be refined and operate to maximise performance within the athletes ability

#### Target Events:

- Olympic Winter Games
- World Championships
- World Cup
- Continental Cup

### 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.

Athletes should continue to focus on:

- Decision making, self management
- Advanced mental preparation
- Refined individual performance mind set
- Simulate competition and real performance on demand situations during training

# Pathway Programs



**SKI & SNOWBOARD AUSTRALIA**

Pathway Program

The SSA Athlete Pathway relies on a variety of different sport program providers to operate programs at the elite, underpinning, development and grass-root level. These include a mix of institute providers, resorts, clubs, schools and commercial operators.

With the recent inclusion of new winter sports to the Olympic program and the ongoing growth of some of the existing disciplines that make up the SSA Athlete Pathway, there is an increasing demand for a structured and consistent approach to sports programming. With an increasing portfolio of sport programs that operate both in Australia and overseas, SSA Pathway Program Recognition seeks to formally recognise and provide support to the programs which play a vital role in the development of athletes in the pathway.

Through its endorsement of various clubs/ programs, SSA Pathway Program Recognition aims to provide guidance to athletes and give recognised clubs/ programs a point of difference in the market place. By ensuring that each club/ program that achieves 'Pathway Program' recognition meets the necessary requirements, it will provide a level of quality assurance and confidence for athletes and their families when making a decision on which program to commit or aspire to.

## Victorian Junior Squad / Development Squad

The Victorian Junior Ski Squad is a group of approximately 30 athletes aged 14 – 20 years of age, with most athletes entering the squad at the Learning to Train stage and progressing to the Training to Train stage in their later years. The purpose of the squad is to develop the physiological and psychological skills of junior cross country skiers in a fun and supportive environment, acting as a stepping for the Australian Junior Team.

### Selection

Athletes are selected onto the squad based on results from the Victorian and Australian Junior Championships, the Victorian Interschools and Joey Hoppet events. The main performance criteria is skiing a time under 10 percent behind the fastest Victorian skier. Selection in the Development Squad is based on participation in a minimum of three of the nominated races.

### Program

Camps are held year-round in various locations such as Anglesea, Lake Mountain, Mount Beauty, Falls Creek and Warburton. Training camps are conducted on and off snow utilising training methods such hill bounding, roller skiing, running, mountain biking, ski-specific strength workouts, stretching and recovery methods along social and team building activities.

The on-snow camp and weekend clinics aim to improve athletes technique development and assist with race specific skills in the freestyle and classic disciplines. Athletes are also educated on race planning, ski preparation and pre and post competition routines, including nutrition.

**Coaches:** Jean Claude Legras, Ewan Watson, Rob Jones

**Manager:** Ronice Goebel



### Contacts

Ronice Goebel

**m:** 0409 332 642

**e:** ronice.goebel@gmail.com

Jean-Claude Legras

**m:** 0478 616 210

**e:** skijc00@gmail.com

Robert Jones

**m:** 0451 522 717

**e:** ski.rvjones@gmail.com

## NSW Squad / Team

New South Wales Cross Country (NSWXC) provides a range of opportunities for new and developing athletes with Junior Team, Squad and Club programs available to skiers. The purpose of the Club program is to learn more about training and racing and help progress skiers through the Learning to Train stage. Through regular coaching sessions and training camps skiers will build good skiing foundations to help them progress into the Training to Train stage and qualify for the state and national teams.

### Selection

Athletes are selected onto the NSWXC Team or Squad based on participation and results in state or national championship races and some of the larger club events. Squad members are required to participate in training activities and participate in a minimum of three of the nominated races. To be selected onto the Team an athlete must participate in at least four of the nominated races and finish within 10% of the first state skier. An average of the best two results is taken to determine the overall percentage. Both Team and Squad athletes must be turning 12 as of 31 December 2015 to be eligible.

### Program

NSWXC conducts weekly dry-land training sessions and also monthly dry-land training camps during the non-winter months. Training is held on a regional basis both in Jindabyne and Sydney with combined camps in September/October and the Queen's Birthday Weekend. Sessions are open to all athletes who are members of the NSWXC Team and Squad and new athletes are welcome to come and try the programs before considering becoming part of the NSWXC Squad. The camps aim to help encourage athletes to remain focused on cross country ski training by using a wide variety of training activities to develop physical literacy and build a whole athlete with age-appropriate sport specific training sessions targeted at skill development

On-snow training sessions are held regularly throughout the winter and cover skill building and race preparation in both classic and freestyle disciplines. An intensive school holiday program is held for Club, Squad and Team athletes at the start of the winter.

**Coaches:** Alasdair Tutt and Petr Jakl  
**Manager:** Michael Bull



### Contacts

Michael Bull

**m:** 0408 400 576

**e:** michael.bull@connecthearing.com.au

Alasdair Tutt

**m:** 0466 256 166

**e:** tutty\_skisfast@live.com.au

NSW Team App

**www:** www.teamapp.com/nswxc

## Fast & Female Australia

Fast and Female Australia is dedicated to the empowerment through sport of young women ages 9 to 19. Fast and Female hosts events led by athletic champions who serve as healthy role models and inspire girls to gain the confidence and leadership they need to reach their full potential in life and sports. In parallel, Fast and Female educates parents, coaches, and sports leaders to ensure they foster the most supportive environment for their young female athletes. By increasing retention rates of girls in sport, Fast and Female aims to provide the building blocks to help combat youth obesity, mental illness and increase participant knowledge of how to live a healthy, happy and active life.

In 2015 Fast and Female cross country skiing events will be held at Lake Mountain, Falls Creek and Perisher. For more information and event details, head to: [www.fastandfemaleaustralia.org](http://www.fastandfemaleaustralia.org)



# 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 are 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 [www.skiandsnowboard.com.au](http://www.skiandsnowboard.com.au) for information regarding upcoming camps/ programs



# Competition Rules



Only selected rules from the 2015 Australian Competition Rules are included in this handbook. The complete rules are available via the SSA website.

## General Rules

### 1.1 MEMBERSHIP AND RACE LICENCES

- 1.1.1 To enter in National championship races an entrant must be a member of Ski & Snowboard Australia (SSA) and must purchase an appropriate SSA race licence.
- 1.1.2 The different categories of SSA cross country race licences are:
- International Cross Country Racer
  - National Cross Country Racer
  - Sport/Junior Cross Country Racer
- 1.1.3 To enter in State championships an entrant may also need to be a member of SSA and may need to purchase a SSA race licence depending on the requirements of the State sporting organisations.

**Full details for each level of race licence and membership can be found on page 28 and also on the SSA website.**

### 1.2 AGE CLASSES

- 1.2.1 The following age classes are used for National Championships and are recommended for other races.
- 1.2.2 Date for age classes is December 31st of the current year.
- 1.2.3 Junior Age Classes

Juniors	MWU12	MWU14	MWU16	MWU18	MWU20
Age Years	11 & under	12-13	14-15	16-17	18-19
2015 Y.O.B	Before 2003	2002 + 2003	2000 + 2001	1998 + 1999	1996 + 1997

- 1.2.4 Overall Junior Class  
In addition to the age classes listed in 1.2.3 there is an Overall Junior Class which is an aggregation of all of those juniors skiing the same distance as MU20 in the case of junior males, and WU20 in the case of junior females. The Overall Junior Class is used to determine Australian Junior Rankings and the overall Australian Junior Champion for a particular event.

- 1.2.5 Juniors skiing within and outside of their age class
- 1.2.5.1 Junior athletes should normally ski within their specified age class.
- 1.2.5.2 A junior athlete may elect to ski against an older age class only if the distance specified for the older class is longer.
- 1.2.5.3 If a junior elects to ski in a longer distance they will be included in the results for that distance but will not be eligible to receive any age class place awards.
- 1.2.5.4 If a junior elects to ski in a longer distance they will be included in any overall results that may be compiled for that distance and will be eligible to receive any place awards for those overall results.

- 1.2.6 Open and Masters Age Classes

Open	MWU20	MWU23	MWU30		
Age Years	19 & under	20-22	23-29		
Masters	MWU40	MWU50	MWU60	MWU70	MWO70
Age Years	30-39	40-49	50-59	60-69	70+

- 1.2.7 Juniors in open competition  
The MWU20 age classes are the youngest age classes recognised in open competition. Skiers in MWU18 and below who ski in open competition are placed in the MWU20 age class and will be eligible for MWU20 results and for open results.

When open and junior competitions are conducted together and junior classes compete over the same distance as the open senior classes, junior athletes are automatically included in the overall open results and their own age class and are eligible to receive any place awards in the overall results.

# Competition Rules

## 2.0 FIS INTERNATIONAL COMPETITION RULES

All National Championship races, and by agreement with the state skiing organisations, all State Championship races are to be conducted under the FIS International Competition Rules (ICR), with some minor exceptions that are detailed below under Australian Competition Rules. The latest version of the FIS ICR can be found at this address on the FIS website:

<http://www.fis-ski.com/uk/disciplines/cross-country-rules/cross-country-rules/rules.html>

## 2.1 AUSTRALIAN COMPETITION RULES

The Australian Competition Rules have been written specifically for national, state and club events sanctioned by SAXC. These rules follow the same guidelines as the FIS rules but have been simplified to meet the needs of Australian competitions. The full ICR and Australian Competition Rules are available on the SSA website. A selection of these rules are included here in this handbook.

### ICR 314 Technique Definitions

314.1.1 Classical technique includes the diagonal techniques, the double poling techniques, herringbone techniques without a gliding phase, downhill techniques and turning techniques. Single or double-skating is not allowed. Turning techniques comprise steps and pushes in order to change directions. Where there is a set track, turning techniques with pushing are NOT allowed. This will also apply to competitors skiing outside of the set track.

314.2.1 Free technique includes all Cross-Country skiing techniques.

Restrictions can apply at the start for a limited distance, particularly during freestyle mass start events where the organising committee may specify that only double poling techniques be used for a set distance at the start.

### ICR 340 Competitors during the Competition

340.1.1 In all training and competition situations the athlete must act with due care taking into account the course conditions, visibility and competitor congestion.

340.1.2 The competitor is responsible for arriving at the start and starting at the correct time. Competitors must follow the marked course from start to finish and must pass all controllers and behave in a fair manner towards other competitors. They have to cover the whole distance using only their own means of propulsion. Help from pacemakers or pushing is not allowed.

340.1.3 In all competitions poles may be changed. A single ski or a pair of skis may be changed only if:

1. A ski or binding is broken or damaged. The equipment failure must be proven to the Jury after the competition.
2. Equipment exchange boxes are in place at the competition.

In the case of any ski exchange, the competitor must do it outside of the track without help from any other people.

Waxing, scraping or cleaning of the competitor's skis during the competition are forbidden. Exception: In classical technique competitions competitors may scrape their skis to remove snow and ice, and add wax if necessary. Competitors can only be handed tools and materials that are available in retail stores (wax, scrapers, corks). The competitor must do this outside of the track without help from any other people.

340.1.4 In all competitions obstruction is defined as deliberately impeding, blocking (by not following best line), charging or pushing any competitor with any part of the body or ski equipment. When overtaking occurs, competitors must not cause any obstruction. In general it is the responsibility of the overtaking skier to avoid any obstruction.

340.1.5 In an interval start competition a competitor who is being overtaken must give way on the first demand except in marked zones (see 340.1.6).

340.1.6 Once the competitors enter a zone where corridors are marked they must remain in their chosen corridor unless they are overtaking another competitor in the same corridor.

### 341 Officials and Others during the Competition

341.1.1 If required, the TD will issue special regulations for officials, media and service people and any other non-competitors, which will ensure order on the course, in the stadium and in the team preparation area before, during and after the competition.

341.1.2 For order and control on the courses the following principles apply:

- from 5 minutes before the start until the time the course closers have passed, all officials, coaches, non-competitors and other accredited persons, are no longer permitted to ski on the course.
- while giving intermediate times and information to competitors, officials, coaches and others are not allowed to run more than 30 meters beside the competitors
- while doing this work officials and others have to ensure not to obstruct competitors.
- a wireless support connection between competitor and coach is not allowed.

**SSA 2.2.12** At some resorts and for some levels of competition it is not possible to close the course to non-participants. In these circumstances non-participants are advised that a race is in progress and to keep out of the way of competitors where possible.

ICR 341 still apply for all competitors, coaches, parents or other non-participants connected with participants in the competition.

341.1.4 Wax testing and warming up on the ski competition course must always be done in the competition course direction. Anyone testing skis on the competition course must consider the safety of others on the course and the course preparation. Electronic timing devices used for testing skis will not be allowed on the course during the competition.

### ICR 393 Protests

393.3 Deadlines for Submission of protests

- 393.3.1 Against the admittance of a competitor: - before the draw
- 393.3.2 Against the course or its condition: - not later than 15 minutes after the end of official training
- 393.3.3 Against another competitor or competitor's equipment or against an official because of irregular behaviour during the competition: - within 15 minutes after the last competitor has passed the finish.
- 393.3.4 Against the timekeeping: - within 15 minutes after the posting of the unofficial result list.
- 393.3.5 Against decisions of the Jury: - within 15 minutes after the posting of the unofficial result list.
- 393.3.6 Against clerical errors or violations of the FIS Rules after the competition: - within one month of the competition.

393.4 Form of Protests

- 393.4.1 Protests are to be submitted in writing.
- 393.4.2 Protests must be substantiated in detail. Proof must be submitted and any evidence must be included.
- 393.4.3 CHF 100.– or the equivalent in another valid currency must be deposited with the submittal of the protest. This deposit will be returned if the protest is upheld.

SSA 2.2.17.1 For non-FIS events AU\$ 100 must be deposited.

- 393.4.4 A protest may be withdrawn by the protesting party before the publication of a decision by the Jury. In this case, the money deposit must be returned.
- 393.4.5 Protests not submitted on time or submitted without the protest fee are not to be considered.

393.5 Authorisation: The following are authorised to submit protests: - the National Ski Associations; - team captains.

SSA 2.2.17.1 Protests may be submitted by athletes or coaches.

### ICR 394 Right of Appeal

394.1 The Appeal

- 394.1.1 It can be made: - against all decisions of the Jury  
- against the official result lists. This appeal has to be directed exclusively against an obvious and proven calculation mistake.
- 394.1.2 Appeals must be submitted to the FIS by the NSA.

SSA 2.2.18.1 For non-FIS events appeals against jury decisions should be submitted to SSA and will be addressed by an Appeals Commission set up by SSA. Appeals may be submitted by athletes or coaches.

- 394.1.3 Deadlines
  - 394.1.3.1 Appeals against the decisions on the Jury are to be submitted within 72 hours of the publication of the official results list
  - 394.1.3.2 The appeals against the official results are to be submitted within 30 days, including the day of the competition.
- 394.1.4 The decision concerning the appeals are taken by
  - the Appeals Commission
  - the FIS Court.



## FIS Technical Delegates

Technical Delegates (TDs) are responsible for ensuring that events are conducted safely and according to the competition rules. Australia currently has 16 TDs accredited at FIS level, and additional TDs at National level.

### Australian FIS TDs:

Rob Barrow	Peter Cunningham	Ben Derrick	Laurie Fitzsimons
Brian Keeble	Allan Marsland	Finn Marsland	Carl Melvey
Graeme Power	Andrew Walker	Peter Ward	David Wells



# Fundraising XC Towards 2018

XC Towards 2018 is an initiative of the SSA Cross Country Committee in conjunction with the Australian Sports Foundation, NSW Snowsports, Snowsports ACT and Ski Cross Country Victoria. This campaign follows on from the successful XC Towards 2010 and XC Towards 2014 projects that assisted three athletes to compete in Vancouver 2010 and four athletes to compete in 2014.

Since 2013 a boost in fundraising efforts have seen an increase in the amount of funds raised to around \$25,000 annually. In addition to supporting athletes competing on World Cup and at the World Championship, this has enabled financial support to be directed to athletes competing at World Junior Championship, World U23 Championship and World University Games competitions. All XC Towards 2018 funds go directly towards the expenses of athletes competing at these sort of international events and building towards Pyeongchang 2018 and beyond.

Donations to Ski & Snowboard Australia via the Australian Sports Foundation are tax deductible. Every donation makes a difference, reducing the amount of funds that athletes have to raise individually. Please visit the SSA website for more information and donation options.

## Annual Fundraising Events/Activities

- August 7 - Sundeck Cup - Perisher
- August 19-21 - Kangaroo Hoppet Waxing - Falls Creek
- August 22 - Kangaroo Hoppet Drive for 25 - Mt Beauty
- September TBC - Spring Cocktail Party - Melbourne

Watch [www.ausxc.com](http://www.ausxc.com) for details of upcoming fundraising events.



# Membership | Insurance Licensing



## 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 Include:

- Enables you to compete in domestic SSA state and national competitions\* and FIS sanctioned competitions\*\*
- Free reciprocal membership with one state Sporting Organisation (SSO). The SSO's are Snowsports ACT, NSW Snowsports, Tasmanian Ski Council and Ski Cross Country Victoria.
- Free subscription to SSA E-Newsletter
- Discount on SSA Merchandise and tickets to SSA events

\* Cross Country Sport and National memberships / \*\* Cross Country International membership

## Membership Types

### Cross Country – Sport Racer \$33.00

Sport Cross Country Racer registration includes Associate SSA Membership and is for skiers competing in Sports Class (including Masters) at Senior Championship events and all Junior (U/20) Championship events. Please note junior athletes wishing to be eligible for Senior ranking and Senior National Team selection will require 'National Racer' registration. Junior athletes requiring FIS registration will need to purchase 'International Racer' registration.

### Cross Country – National Racer \$93.50

National Racer includes Individual SSA Membership and Cross Country Registration. This category is for athletes of all ages who wish to compete domestically in Australian Championships and NSW and ACT Championships. Competitors in this category are eligible for Senior National Ranking and Senior National Team selection.

### Cross Country – International Racer \$159.50

International Racer includes Individual SSA Membership, National Cross Country Registration, FIS Registration and the International Competition License (ICL)\*. Applicants must be born in 1997 or earlier to be eligible for this registration. \*The ICL is required for International Competitions and will only be activated once insurance covering competitive Cross Country Skiing is provided to the SSA Office.

## 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 XC recommends travel insurance covering cross country ski racing that has been arranged through Justine Couper. When contacting Justine via email refer to XC Ski Insurance in the subject line and also indicate whether there are any pre-existing medical issues as this takes a longer time to process.

Justine Couper:

m: 0421 808 410

e: [couper.justine@gmail.com](mailto:couper.justine@gmail.com)

## Ambulance Cover

It is highly recommended that all athletes training or racing in the Australian snowfields have insurance including ambulance cover. This can be as part of private health insurance or specific ambulance cover directly with Ambulance Victoria or NSW Ambulance. While an accident requiring an ambulance is something we'd all like to avoid, the cost of an air evacuation to the nearest hospital will be an additional shock to the system.

Ambulance Victoria: [www.ambulance.vic.gov.au](http://www.ambulance.vic.gov.au)

NSW Ambulance: [www.ambulance.nsw.gov.au](http://www.ambulance.nsw.gov.au)

*Freak accidents can happen.  
Don't take a risk - ensure you  
have ambulance cover and avoid  
a hit to your bank balance.*





# State Institutes & Academies Support

## NSWIS Individual Athlete Scholarships

NSWIS currently offers scholarships in their Winter Snowsports Program for two cross country skiing athletes. These scholarships are awarded with respect to the following general guidelines:

1. One athlete to be prioritised as 2018 OWG potential
2. One athlete to be prioritised as 2022 OWG potential
3. Ability to access NSWIS services and/or leverage additional support from scholarship status

More information about NSWIS scholarships can be found by visiting [www.nswis.com.au](http://www.nswis.com.au)



## 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 VIS 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.

More information and application forms can be found by visiting [www.vis.org.au](http://www.vis.org.au).



# 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 adherence 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.

# Community & Local Support



There are a range of grants and funding opportunities for athletes and supporting clubs/ organisations that exist at the local, state and federal government level. A snapshot of opportunities relevant to ski and snowboard are included below. For a more comprehensive list, please visit: [www.ausport.gov.au/supporting/funding/grants\\_and\\_scholarships/other\\_sources](http://www.ausport.gov.au/supporting/funding/grants_and_scholarships/other_sources)

## **Australian Sports Commission - Local Sporting Champions**

The Local Sporting Champions program is an Australian Government initiative designed to provide financial assistance for young people aged 12-18 towards the cost of travel, accommodation, uniforms or equipment when competing, coaching or officiating at an official NSO endorsed state, national or international sporting championships or a School Sport Australia state or national championships.

For more information please go to [www.ausport.gov.au/participating/schools\\_and\\_juniors/local\\_sporting\\_champions](http://www.ausport.gov.au/participating/schools_and_juniors/local_sporting_champions)

## **The Layne Beachley Foundation - Aim For The Stars**

The Layne Beachley Aim for the Stars Foundation was built to encourage, motivate and provide for all aspiring women. Encompassing academic, sport, cultural and community pursuits, Aim for the Stars offers ambitious and dedicated females an opportunity to receive financial and moral support to help them achieve their goals.

Scholarships are awarded to applicants who best demonstrate their aspirations to succeed in their chosen pursuit and how financial and moral support would further their education or personal development and the community.

For more information please go to [www.aimforthestars.com.au](http://www.aimforthestars.com.au)

## **NSW Olympic Council - Athlete Grant Program**

The New South Wales Olympic Council (NSWOC) Athlete Grant Program is designed to provide financial assistance for junior sportsmen and women in New South Wales.

The NSWOC will distribute five \$1,500 cash grants to elite athletes, non-professional and non-NSWIS scholarship holder, athletes who compete in sports on the Olympic Program and reside in New South Wales.

For more information please go to [corporate.olympics.com.au/soc/nsw](http://corporate.olympics.com.au/soc/nsw)

## **Sport and Recreation Victoria - Elite Athlete Travel Grants Program**

The Elite Athlete Travel Grants Program provides grants of up to \$2000 to assist elite Victorian athletes with travel to compete at national championships or international events.

For more information please go to [www.dtpli.vic.gov.au](http://www.dtpli.vic.gov.au)

## **Amelia McGuiness Australian Snowsports Development Foundation (AMASDF)**

The AMASDF is dedicated to providing practical support (for equipment, training, and resources – not cash grants), to up-and-coming winter snowsports athletes from the age of 10 to 19 years old, across all disciplines including disabled snowsports.

For more information please go to [www.nswsnowsports.com.au](http://www.nswsnowsports.com.au)

## **Manuela Berchtold - Future Olympians Scholarship Programme**

The Future Olympians Scholarship Programme is aimed at helping young athletes from the Snowy Mountains region achieve their dreams in their chosen sport.

Applications are called for after the Australian winter season and can be accessed by emailing [info@highcountryfitness.com.au](mailto:info@highcountryfitness.com.au)

## **Rob Kneller Youth Foundation**

The Rob Kneller youth foundation was established in December 2013 by Scott and Luke Kneller in loving memory of their late father. Proceeds raised from the foundation are targeted to increase both participation and excellence in snowsports for the local Snowy Mountains community. Initiatives include subsidising the cost of the school skiing programs, subsidising the SERAS levy, equipment scholarships, subsidising the cost of SSA futures programs and hosting workshops coached by world class athletes.

For more information please go to [www.robknelleryouthfoundation.com](http://www.robknelleryouthfoundation.com)

# SSA Athlete Responsibilities

## Overview of Responsibilities and Obligations of SSA Athletes

The purpose of this overview is to provide athletes and their significant others with information about:

- a) the role that SSA performs in administering competitive snowsports in Australia;
- b) the important relationships SSA maintain with partner organisations (and the role SSA plays as a conduit between these partner organisations and individual athletes); and
- c) the responsibilities and obligations as an athlete;

This overview has been taken from the SSA Athlete Agreement, in which all athletes on the AWE Athlete Categorisation List and members of National Teams are required to enter into.

### Athlete's Relationship with SSA

- a) As the NSO responsible for snowsports in Australia, SSA has an important "conduit" relationship for all snowsport athletes in relation to the following organisations:
  - b) International Ski Federation (FIS);
  - c) Australian Olympic Committee (AOC);
  - d) Australian Institute of Sport (AIS)/ ASC;
  - e) OWIA/ State Institute/ State Academy of Sport (SIS/SAS); and
  - f) Australian Sports Anti-Doping Authority (ASADA) / World Anti-Doping Agency (WADA).
- g) Additionally, athletes competing at all levels of competition (from FIS Races through to Olympic level) do so under the various selection and participation criteria as established by SSA. These criteria can be found on the SSA website.
- h) Further explanation of the athlete responsibilities to SSA and also through SSA to the organisations listed above is clarified in this overview.

### Athlete's Obligations to SSA

- a) Be a current financial member of SSA prior to June 15 each year in order to remain FIS registered.
- b) Be a registered competitor and hold a license to compete in the relevant discipline of SSA;
- c) Agree to comply with all SSA polices including codes of conduct, member protection, social media, anti-doping and any others as listed in the "Policies" section of the SSA website;
- d) Obtain an international Race License which requires proof of adequate competition insurance cover;
- e) Complete appropriate Expressions of Interest applications to compete in accordance with published timelines and guidelines;
- f) Understand relevant event and team selection criteria;
- g) Accept the obligation to complete athlete profile/biography as required;
- h) Agree, where reasonable and appropriate, to acknowledge publically the support of SSA. Otherwise, the Athlete acknowledges and agrees to refrain from making any negative comments or criticism, in public or private, about other athletes, the organisations of SSA, the ASC and the AIS and any of their staff or supporters, sponsors, equipment suppliers, services or products; and
- i) Agree to reasonable requests to promote SSA and/or SSA operated team sponsors during competitions, training, when being photographed, filmed, interviewed or when participating in SSA activities;
- j) Agree to reasonable requests to promote during competitions, training, when being photographed, filmed, interviewed or when participating in SSA activities, support of the ASC and/or the AIS;
- k) Participate from time to time in reasonable requests by SSA in media events, public appearances and other SSA promotional opportunities for SSA and its sponsors and/or supporters;

### Athlete's Obligations to FIS

- d) Be registered with FIS (via SSA Membership system) prior to June 15 each year.
- e) Complete the FIS athlete declaration;
- f) Recognise the responsible for lodging an Injury Form with SSA to freeze FIS points in the case of injury, study lay off or other extenuating circumstances as outlined by FIS;
- g) With respect to FIS anti-doping, recognise that SSA is solely responsible for managing communications between athletes and FIS regarding the FIS Registered Testing Pool (RTP). This includes instructions on the Anti-Doping Administration & Management (ADAMS) system, notification of inclusion to FIS RTP and reminders for athletes to provide whereabouts submissions;
- h) Recognise that SSA is ultimately responsible for delegating all athlete entries into International FIS Events including Continental Cup, World Cup, Junior World Championships and World Championships; and
- i) Recognise that SSA manages the sanctioning of all domestic FIS events.

### Athlete's Obligations to the AOC

- a) Recognise that SSA confirms the annual benchmark events with the AOC in relation to Medal Incentive Funding (MIF)
- b) Recognise that SSA is responsible for the nomination of snowsport athletes and officials to the AOC for selection to the Olympic Winter Games Team and Youth Olympic Winter Games Teams;
- c) Recognise that SSA establishes a shadow team criteria and nomination criteria (which is ultimately approved by the AOC);
- d) Recognise that SSA advises the AOC on matters relating to performance planning;
- e) Recognise that SSA advises the AOC on aspects of athlete logistics including travel, etc.;
- f) When requested, complete SSA Shadow Team declaration and return to SSA;
- g) Complete consent to nomination and team membership agreement and return to SSA;
- h) Recognise that SSA is responsible for the collection of additional information/agreements on behalf of the AOC from time to time; and
- i) Recognise that SSA is responsible for acquittal of IOC solidarity grants in certain sport program areas.

### Athlete's Obligations to the AIS/ASC

- j) Recognise that SSA submits application for dAIS to the AIS on behalf of all ski & snowboard athletes;
- k) Provide information regarding dAIS in a timely manner;
- l) Be truthful in their eligibility to receive dAIS according to the guidelines of the dAIS scheme;
- m) Recognise that SSA confirms Australia's Winning Edge (AWE) athlete categorisation with the AIS in accordance with the published criteria;
- n) Recognise that SSA reports on athlete's Individual Performance Plans (IPP) for AWE categorised athletes; and
- o) Submit IPP in accordance with published guidelines.

### Athlete's Obligations to the OWIA/VIS/NSWIS

- a) Recognise that SSA has a contractual relationship with each of the OWIA/VIS/NSWIS to deliver athlete programs and individual scholarship programs on its behalf;
- b) Recognise that SSA is represented on joint management committees (JMC) of the OWIA/VIS/NSWIS; and
- c) Recognise that SSA affords certain commercial rights over its National Teams to the OWIA for the sports in which OWIA operate programs.

### Athlete's Obligations to ASADA/WADA

- a) Recognise that it is the athlete's responsibility to be familiar with rules and regulations regarding anti-doping including banned substances and practices under the code.
- b) Recognise that anti-doping rule violations are handled under the SSA anti-doping policy. Athletes are expected to be familiar with the policy and take advantage of any education offered;
- c) Recognise that SSA is notified directly by ASADA of any potential doping violations including missed tests; and
- d) Recognise that SSA maintains communication with ASADA regarding lists of athletes on the testing list.

### Athlete's Obligations to SSA Operated Programs

- a) Recognise that SSA operates programs both at the National Team level and throughout the athlete pathway;
- b) Recognise that where SSA operates programs, athletes may be required to complete relevant documentation including but not limited to:
  - c) Athlete declaration;
  - d) Squad/ Team agreement;
  - e) Medical profile;
  - f) Consent to authorise medical treatment; and/or
  - g) Cognitive testing consent form if applicable.

### Athlete's Obligation to have Insurance

- a) The Athlete acknowledges and agrees that it is the Athlete's sole responsibility to obtain ambulance cover whilst in Australia and to ensure that international competition insurance cover is confirmed before traveling overseas.



The SSA XC National Team uses the social media handle @ausxc on the following platforms:

- Blog: [www.ausxc.com](http://www.ausxc.com)
- Facebook: [www.facebook.com/ausxc](http://www.facebook.com/ausxc)
- Twitter: [www.twitter.com/ausxc](http://www.twitter.com/ausxc)
- Instagram: [www.instagram.com/ausxc](http://www.instagram.com/ausxc)
- Flickr: [www.flickr.com/ausxc](http://www.flickr.com/ausxc)
- Youtube: Search ausxc OR [www.youtube.com/user/banooer](http://www.youtube.com/user/banooer)



You may also like to consider using the following tags for various purposes:

- #ausxc – everything connected with the National Team and skiing in Australia (more below)
- #xcski – anything cross country skiing
- #fallsxc – when skiing/racing at Falls Creek
- #PXC – when skiing/racing at Perisher
- #rollerskiing – strangely enough, when rollerskiing

Help us to spread the word and raise the profile of cross country skiing in Australia!

Australian Cross Country Skiing Olympic Honour Role		
Athlete		Olympic Games
Phillip	Bellingham	Sochi 2014
Colleen	Bolton	Lake Placid 1980
Esther	Bottomley	Torino 2006, Vancouver 2010, Sochi 2014
Clare-Louise	Brumley	Torino 2006
Christopher	Ellis-Allan	Sarajevo 1984
Anthony	Evans	Albertville 1992, Lillehammer 1994, Nagano 1998
Mark	Gray	Lillehammer 1994
Paul	Gray	Albertville 1992, Nagano 1998
Bruce	Haslingden	Oslo 1952
Christopher	Heberle	Calgary 1988
David	Hislop	Sarajevo 1984, Calgary 1988
Ross	Martin	Grenoble 1968
Paul	Murray	Torino 2006, Vancouver 2010
Ben	Sim	Vancouver 2010
Cedric	Sloane	Oslo 1952
Richard	Walpole	Squaw Valley 1960
Callum	Watson	Sochi 2014
Aimee	Watson	Sochi 2014



# Contacts



## Ski & Snowboard Australia

Level 1, Icehouse, 105 Pearl River Road  
Docklands, Victoria 3008  
Ph: 03 9696 2344  
Fax: 03 9696 2399  
Email: info@skiandsnowboard.org.au  
www.skiandsnowboard.org.au

## Snowsports ACT

PO Box 376, Canberra ACT 2601  
Ph: 0422 240 483  
Email: info@snowsportsact.com.au  
www.snowsportsact.com.au

## NSW Snowsports

PO Box 934, Jindabyne NSW 2627  
Ph: 0406 447 374  
Email: info@nswsnowsports.com.au  
www.nswsnowsports.com.au

## Ski Cross Country Victoria

Secretary  
Email: seantelemark@gmail.com

## Victorian XC Junior Squad

0409 332 642  
Email: ronice.goebel@gmail.com

## NSW XC Junior Squad

0409 338 978  
Email: nswxc1@gmail.com

## FIS

www.fis-ski.com  
Cross Country: www.fisscrosscountry.com

## Olympic Winter Institute

Level 1, Icehouse, 105 Pearl River Road  
Docklands, Victoria 3008  
Ph: 03 9686 2977  
Fax: 03 9686 2988  
Email: office@owia.org  
www.owia.org

## ASADA

PO Box 1744 Fyshwick ACT 2609  
Ph: 13 000 ASADA (13 000 27232)  
Fax: 02 6222 4201  
Email: asada@asada.gov.au  
www.asada.gov.au

## Australian Sports Commission

PO Box 176  
Belconnen ACT 2617  
Ph: 02 6214 1111  
Fax: 02 6214 1836  
www.ausport.gov.au

## Snow Racer

Email: info@snowracer.com.au  
www.snowracer.com.au

## Snow Australia

Email: contact@snow-australia.com  
www.snow-australia.com

## Snow Trek & Travel

Wodonga  
Ph: 02 6056 6605  
E-mail: wodonga@snowgum.com.au  
www.crosscountryskier.com.au

## Falls Creek Nordic Centre

Falls Creek  
Ph: 03 5758 3408  
Email: windy.corner@ymca.org.au  
www.fallscreen.com.au/Crosscountry

## Lake Mountain Ski School

Lake Mountain  
Ph: 03 5957 7222  
E-mail: admin@lakemountainresort.com.au  
www.lakemountainresort.com.au

## Mountain Adventure Centre

Jindabyne  
Ph: 02 6456 2922  
www.mountainadventurecentre.com.au

## Wilderness Sports

Perisher Valley  
Ph: 02 6457 5966  
E-mail: info@wildernesssports.com.au  
www.wildernesssports.com.au

## K7 Adventures

Perisher Valley  
Ph: 0421 862 354  
E-mail: skischool@k7adventures.com  
www.k7adventures.com/crosscountry.htm

## Stirling Experience

Mt Stirling  
Ph: 0421 862 354  
E-mail: info@stirling.au.com  
www.stirling.au.com

## Eastern Mountain Centre

Melbourne  
Ph: 03 9817 1477  
E-mail: emc@snow-ski.com.au  
www.snow-ski.com.au/

## References

Brian Mac Sports Coach  
www.brianmac.co.uk

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

USSA, Training Systems

## SSA Officers

Title	Name	Email
Chief Executive Officer	Michael Kennedy	mkennedy@skiandsnowboard.org.au
National Pathway Coordinator	Ramone Cooper	rcooper@skiandsnowboard.org.au
National Office Manager	Ryan Taylor	rtaylor@skiandsnowboard.org.au
Accounts	Steve Brown	accounts@skiandsnowboard.org.au

## ACKNOWLEDGMENTS

This handbook was developed by Ski & Snowboard Australia with assistance from National Cross Country Ski Team Coaches and the SSA Cross Country Committee.

### Ramone Cooper

National Pathway Coordinator  
P +61 3 9696 2344|F +61 3 9696 2399  
E rcooper@skiandsnowboard.org.au

### Finn Marsland

Cross Country Skiing High Performance Manager  
P +61 408147940|F +61 3 9696 2399  
E finn.marsland@gmail.com

### Photos courtesy of:

Steve Fuller - flyingpointroad.com  
David de Gama - www.digitalsportimages.com  
Ramone Cooper - SSA  
Australian Team athletes and coaches

## SSA Board Members

Dean Gosper (Chairman)	
Richie Biggins	Nick Kennedy
Kim Clifford	Steve Cooper
Susie Warwick	Hugh Whan
Manuela Berchtold (Athlete's representative)	





**SKI &  
SNOWBOARD  
AUSTRALIA**