

NATIONAL ALPINE COMMITTEE

ALPINE UPDATE 2010 Volume 10

23 AUGUST 2010

Mid-Season SSA Children's Points List published

If you haven't already spotted it, the mid-season SSA Points List for Children has been published on the SSA website, thanks to the hard work of our National Points Coordinator, Greg Lewis. Just follow the link [SSA Mid Season Children's Points List](#). This list includes results from the State Children's Heats and was the basis of the points list for the National Children's event at Mt Buller and the Blue Cow Cup last weekend. Another mid-season list will be produced for the Australian Children's Championships at Perisher on 4 – 6 September.

FIS racing kicked off at Mt Buller with the Tom Mathias Memorial Cup Races

These races were dedicated to Tom Mathias, one of Mt Buller Racing Clubs most promising Junior athletes (and member of the National Junior Team) who tragically succumbed to a rare secondary cancer from a melanoma. National Team member, Michael RISHWORTH addressed the first Team Captains meeting as part of a fund raising campaign for research into the disease. Visit www.iskifortommy.com for more information. He went on the next day to win Silver with a 19.52 point result in the first FIS Slalom race of the Australian season against a strong international field. Fellow team member Hugh STEVENS was paced 5th.



In the first Women's Slalom, Australian girls took out the first seven places with the exception of Alexandra TILLEY (GBR) who came second after Emily BAMFORD (AUS) in 1st place. Elizabeth STUIBBS (AUS) won the Bronze. Day 2 of the Buller FIS races saw Swedish men take the first three places followed by Hugh STEVENS (4th) and Anton GRIMUS, Luke LAIDLAW and Mike RISHWORTH

filling 7th to 9th places. Emily BAMFORD and Elizabeth STUBBS took Silver and Bronze just behind Barbara KANTOROVA (SVK) demonstrating a very consistent performance in the series.

The Tom Mathias Memorial races were preceded by a very successful National Junior Squad Training Camp conducted at Mt Buller by our joint Alpine Program Directors, Scott Sanderson and Jeff Books. From all reports, this was the most successful of these camps conducted so far with all athletes reporting positive feedback and development. The thanks of the National Alpine Committee of SSA go to MBRC and the Buller Lift Company for their strong support of this camp and the following FIS races.



TIMOSHENKO
National Alpine Ski Team



CHEVALIER
National Alpine Ski Team



BAMFORD (NAST), TILLEY (GBR), STUBBS (MHRS / NJS)



LIDLAW
National Alpine Ski Team

Australia New Zealand Cup (ANC) Series start at Thredbo and continues in New Zealand

As you will have read in the last two Alpine Updates, the proposed ANC alpine races at Mt Hotham this week were cancelled and three of these races were re-allocated to other resorts. Thredbo Ski Racing Club successfully hosted the first of these races, an ANC Slalom last Friday 13th August. In the Men's Slalom, National Team members Hugh STEVENS (TSRC) finished 5th with a career best 17.90 FIS points, Michael RISHWORTH (MBRC) 7th, Marc POCCARD (MHRS) 10th and National Junior Squad member Callum BROWN 14th behind a strong field of Swedish, Slovak, Austrian and GBR skiers. All earned valuable ANC points.

In the Women's Slalom, National Team member, Emily BAMFORD (MBRC) won Silver behind Czech skier Martina DUBROVSKA with Lavinia CRYSTAL from Thredbo 3rd, Brooke DUNLEAVY 5th and Elyse TIMOSHENKO 6th. Each of these won ANC Slalom points. It was great that Thredbo was able to give our Aussie skiers at least one of the ANC races on home snow and a head start in the series.

The ANC Series continued this Monday and Tuesday at Coronet Peak (NZE) with replacement GS and SL races that featured members of the USA and CAN World Cup teams, including Bode MILLER. About half a dozen Aussies made the trip at short notice and considerable cost to compete and their results follow. In the Men's Giant Slalom, the US National Team (Nickerson, Ligety and Miller) took the podium places with Michael RISHWORTH 25th, Hugh STEVENS 36th and Callum BROWN 43rd in a very strong field. Unfortunately, only Mike scored ANC GS points.

In the Women's GS, Canadian and Norwegian WC Team members took podium spots with Emily BAMFORD just being pushed into 10th spot by 2/100th second by NZE National Team athlete Sarah JARVIS. Toni HODKINSON finished 24th but only Emily won ANC points. Tuesday saw the second ANC Slalom in the series with both Aussie ladies unfortunately not finishing.

In the Men's Slalom, the Canadian WC Team had a clean sweep of placings. Hugh STEVENS had a credible 12th placing but just missed out on earning ANC points. The series continues at Coronet Pk on 2nd September with the Finals to follow at Mt Hutt starting 6th September. The Aussie Team members are vying for the valuable leaders Yellow Bib in each discipline that gives WC entry and expenses and preferred start places in the Europa & NorAM Cups.

Very Successful National Championships at Thredbo

Despite greatly varying weather conditions during the event which included gale force winds and snow and a lovely sunny day, all four National and National Junior Championship events were completed on schedule at Thredbo. It is a credit to Thredbo Ski Racing Club and their volunteers that they were able to complete the series once again without losing a race, and to go on and host the replacement ANC race on their Weather Day. The results were:

Event	First	Second	Third	AUS Champion	Runner-up
Men's NC GS	Michael HUBER (AUT) 1:46.39	Johan OEHAGEN (SWE) 1:46.66	Tim LINGREN (SWE) 1:46.77	Jono BRAUER 4 th place 1:46.90	Hugh STEVENS 8 th place 1:48.12
Women's NC GS	Barbara KANTOROVA (SVK) 1:50.40	Martina DUBROVSKA (CZE) 1:52.19	Lavinia CRYSTAL (AUS) 1:54.21	Lavinia CRYSTAL	Brooke DUNLEAVY 8 th place 1:56.16

Men's NJC GS	Tim LINGREN (SWE) 1:39.17	Michael HUBER (AUT) 1:39.77	Adam ZAMPA (SVK) 1:40.06	Sam ROBERTSON 11 th place 1:43.15	Jackson COULL 20 th place 1:45.03
Women's NJC GS	Martina DUBOVSKA (CZE) 1:44.44	Emily BAMFORD (AUS) 1:44.52	Joelle CHEVALIER (AUS) 1:44.57	Emily BAMFORD	Joelle CHEVALIER
Men's NC SL	Adam ZAMPA (SVK) 1:45.39	Grant JAMPOLSKY (USA) 1:47.77	Tim LINGREN (SWE) 1:48.46	Hugh STEVENS 5 th place 1:49.27	Anton GRIMUS 6 th place 1:49.47
Women's NC SL	Lavinia CHRYS TAL (AUS) 2:00.92	Teagan PALMER (USA) 2:01.83	Greta SMALL (AUS) 2:04.13	Lavinia CHRYS TAL	Greta SMALL
Men's NJC SL	Johan OEHAGEN (SWE) 1:40.21	Noel BAXTER (GBR) 1:41.59	Tim LINGREN (SWE) 1:42.42	Nicolas KARLOWATZ 12 th place 1:49.50	Callum BROWN 13 th place 1:49.64
Women's NJC SL	Barbara KANTOROVA (SVK) 1:49.95	Martina DUBROVSKA (CZE) 1:50.31	Emily BAMFORD (AUS) 1:50.85	Emily BAMFORD	Brooke DUNLEAVY 5 th place 1:55.01

The weather on the third day (National SL Championship) was so bad that only ten (10) of the 45 female starters completed the two runs, but in the process, Lavinia CHRYS TAL won the race with a career best 29.80 FIS points result.

NJS CAMP UPDATE

NJS SL Camp by the #'s

- 17 athletes from 5 clubs and 1 independent program provider
 - 10 women & 7 men
- 1x team dinner
- 450 SL gates
- 1800 turns (approx.) in drills / free skiing
- 1x yoga session
- 1x agility session
- 2 excellent days of racing w. the 3rd annual Tom Mathias Memorial FIS SL Series

Day 1

- Session 1: SL drills
 - Plan A for SL training on Little Buller, however this was not possible due to snow conditions (decision made by BSL on Sunday afternoon)
 - Plan B for SL training on the Summit, not possible due to limited visibility & high winds

- The session consisted of 4 turn shapes / drills; designed as an athletic audit of sorts, determining trends amongst the group; strengths and weaknesses
 - SL turns
 - Short turns w. poles
 - Short turns w. out poles
 - Stem turns
 - Rhythm change / varied radius not possible due to snow conditions / on mountain traffic
- Session 2: School turns
 - Slow speed / precise skiing w. a focus on position (stable & precise)
- Session 3: Agility / coordination
 - Linear and directional speed
- Session 4: SL review
 - Emphasis on similarities and differences at the elite level based on physiology
 - An overview of what is fast in SL

** followed by individual interviews w. the NJS men (15-30 min's each)

Day 2

- Session 1: SL gates (Little Buller Spur)
- Session 2: SL gates (sprint on the Summit)
- Session 3: Recovery / yoga

** followed by individual interview w. the NJS women (15-30 min's each)

Congratulations to all for your participation and strong performances during the TMM races.

	Last name	First name	Club	Gender
1	BUCKLAND	Emily	MHRS	F
2	COATES	Matilda	PWSC	F
3	DUNLEAVY	Brooke	MBRC	F
4	HODKINSON	Toni	TSRC	F
5	HOEDEMAKER	Djoeke	MHRS	F
6	MOORE	Alia	PWSC	F
7	MORRISON	Rebecca	FCRC	F
8	PILAT	Alexandra	TSRC	F
9	POTOCZNY	Ewa	MBRC	F
10	STUBBS	Lizzy	MHRS	F
11	HOOD	Ben	PWSC	M
12	KARLOWATZ	Nick	TSRC	M
13	LEWIS	Tom	TSRC	M
14	MORRISON	James	FCRC	M
15	ROBERTSON	Sam	TSRC	M
16	STEWART	Richard	PWSC	M
17	WONG	Jono	FCRC	M



Brooke Dunleavy

Thank you...

- Ross Taylor, Laurie Blampied and Buller Ski Lifts for the excellent support...hill space, lift tickets (and awesome weather)...thank you!
- Christoph Maier (MBRC Program Director), Chris McKnight (Head FIS Coach) and the Mt Buller Race Club for their support
- To all of the attending athletes for their effort and enthusiasm
- Marcus Hlebaina (FCRC) for his assistance during the camp
- Andy (Yoga instructor) for the great recovery sessions (separate men & women's sessions) on Tuesday afternoon





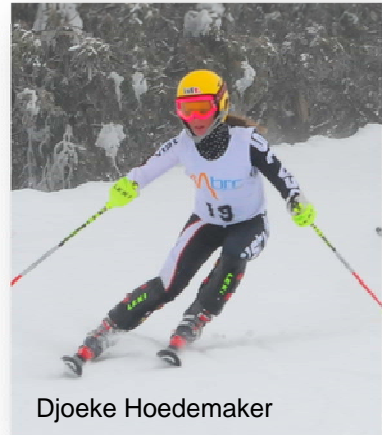
Sam Robertson



Lizzy Stubbs



Alex Pilat and Scott Sanderson



Djoeke Hoedemaker



Yoga



Alex Pilat

Other News ...

- A full report on Children's racing including the results of the Victorian and NSW Children's Heats at Falls Ck and Thredbo, and this last weekends first National Children's Event at Mt Buller and the Blue Cow Cup will follow in a separate Alpine Update in preparation for the Australian Children's Finals at Perisher in two weeks time.
- The Annual meeting of Club Presidents, Program Directors and Head Coaches will be held Friday afternoon 3rd September at 4.00pm (Meeting Room, Perisher Ski Tube Terminal) in conjunction with the Australian Children's Championships at Perisher. This meeting traditionally reviews rules and programs for children's racing including the new National Children's Series and will also discuss plans for the Australian Junior Team and Children's Squad camps in the northern hemisphere season.
- Competition amongst Australian and New Zealand athletes for the coveted regional Yellow Bib in each of the disciplines of the Australia New Zealand Cup (ANC) is now well underway. Current ANC Men's standings can be viewed on <http://www.fis-ski.com/uk/disciplines/alpineskiing/cupstandings.html?suchen=true&suchcompetitorid=&suchseason=2011§or=AL&suchgender=M&suchcup=ANC&suchnation=&discipline=ALL&search=Search> and just click "L" and Search to view the Women's standings. These will be updated automatically as the rest of the ANC Series is conducted in New Zealand.

As this update goes to press, wish the members of our World Junior Championship Ski Cross Team well as they depart for Lake Wanaka (NZE) for the World Junior Freestyle and Snowboard Championships next week. The team has just completed a pre-championship training camp at Mt Hotham, host of the ANC Ski Cross championships this weekend.

Cliff Mason, NAC Chairman