

Date Season

Legend	
3	Ideal
2	Needs Improvement
1	Gap

ALPINE CANADA INDIVIDUAL PERFORMANCE PLAN						
Athlete		DOB	Coach		Years	Team
Event/ Discipline	Benchmark Event	Current Season Benchmark	Benchmark Met? (Y/N)	Next Season Benchmark	Goals	
DH						
SG						
GS						
SL						
SC						

MID SEASON REVIEW						
Event/ Discipline	Benchmark Event	Adjusted Season Benchmark	Benchmark Met? (Y/N)	Adjusted Next Season Benchmark	Mid-Season Goals (Comments/Adjustments)	
DH						
SG						
GS						
SL						
SC						

Technical Skills	Coach/IST Rating	Athlete Rating	Comments on Gaps	Performance Solutions
Athlete's basic skiing skills (Position, balance and movements).				
Ability to change balance point on the ski to maximize speed				
Efficient biomechanical alignment to handle the forces throughout the turn				
Athletic discipline - understanding of movement patterns of upper and lower body				
Carving skills/edging skills and pressure distribution				
Modifying the arc relative to turn radius				
Ability to link multiple turns relative to the discipline in varied terrain				
Ability to re-direct an unloaded ski into the fall line				
Dynamic balance in transition				
Gliding Skills (touch and aerodynamics)				
Least amount of drag turning and tucking				
Touch - minimal pressure and edging relative to snow conditions				
Skills in terrain				
Ability to anticipate move and react to terrain				
Ability to maintain a clean arc through terrain				
Ability to manage ski pressure through terrain				
Jumping skills				
Balanced body movements at approach, takeoff and landing				
Calibrate movement pattern relative to speed				
Uses the appropriate movement pattern for the type of jump.				

Tactical Skills	Coach/IST Rating	Athlete Rating	Comments on Gaps	Performance Solutions
Ability to execute inspected plan				
Ability to choose line relative to terrain and slope				
Turn apex placement (depth) relative to fall line				
Risk management				
Tactical adjustments relative to course conditions				

Physical Capacities	Coach/IST Rating	Athlete Rating	Comments on Gaps	Performance Solutions
Lower body strength				
Lower body power				
Aerobic capacity				
Anaerobic capacity				
Body composition				
Ski-specific athletic abilities				
Strength Endurance and Power Endurance				

Health and Wellness	Coach/IST Rating	Athlete Rating	Comments on Gaps	Performance Solutions
Sleep hygiene				
Recovery skills				
Nutrition				
Structural tolerance / injury susceptibility				
Illness susceptibility				
Stress Management				

Athletic Character	Coach/IST Rating	Athlete Rating	Comments on Gaps	Performance Solutions
Ability to execute under pressure				
Mental toughness				
Heart				
Willingness to prepare				
Goal setting				
Arousal control				
Teamwork				
Respect for fellow athletes, coaches and team				
Race planning				
Debriefing				
Professionalism				
Student of the sport				

Goal Summary/Comment Section

Mid Season Evaluation/Comment Section

Athlete Name and Signature _____

Coach Name and Signature _____