

ALPINE CANADA



ACA SKILLS COMBINE

ALPINE CANADA ALPIN
U16 SKILLS COMBINE

ROC OPERATIONS MANUAL





2022
ACA U16 SKILLS COMBINE
ROC OPERATIONS MANUAL

March 28 – April 3, 2022

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CREDITS

The ACA Skills Combine is produced by Alpine Canada Alpin in partnership with the provincial and territorial coaching leads.

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Cover Photo Image: GEPA





OVERVIEW

The ACA U16 Skills Combine consists of a series of skiing and fitness skills evaluated during the U16 National Championships. The objective of the ACA Skills Combine is to assess and recognize an athlete's skill development separate from traditional racing events.

Five (5) skiing skills and three (3) fitness skills have been identified within the 2022 ACA U16 Skills Combine Protocol. However, should appropriate terrain, weather, and personnel resources become unavailable to ensure a safe and fair Skills Combine, the ACA representative present can adjust the skills evaluated at the Team Captains Meeting the evening before the event.

Appropriate test administration and recording are crucial for reporting accurate data that will benefit both athletes and coaches. All ACA Skills Combine staff and volunteers will respect and understand that all data, results, belong to the athlete and maintain the confidentiality of an athlete's ACA Skills Combine results.

PRE-EVENT ORGANIZATION ON SNOW

ACA SKILLS COMBINE ANNOUNCEMENT

The official U16 Nationals Race Announcement includes the ACA U16 National Skills Combine protocol: <https://ltad.alpinecanada.org/news/aca-skills-combine>.

ACA SKILLS COMBINE AWARDS

ACA will provide the ACA Skills Combine awards to the Local Race Organizing (ROC) for the Top 3 overall each gender. Only the fitness and skiing skill combine results will be used to calculate the overall ACA Skill Combine winners.

ACA LEADERSHIP

ACA will provide staff lead(s) for the ACA Skills Combine. This staff lead(s) will work with the local ROC in the coordination of setting up and executing the ACA U16 Nationals Skills Combine, inclusive of the Skiing Fitness Skills Combine.

The ACA Staff lead(s) will arrive on-site a minimum of one (1) day before the event to complete a venue inspection to review the identified trails to ensure they meet the slope requirements specified in the ACA Skills Combine document. In addition, the ACA Staff lead(s) will assist the ROC in the set-up of the score recording sheets and assignment of athletes to manageable groups.

The ACA Staff lead(s) will host a separate meeting with the Skill Station Leads and Evaluators the day before the event to review each skill station's set-up, timing, scoring, and management throughout the event.

The designated ACA Staff lead(s) for the Combine event will work with the ROC and the PTSO in advance of the event to ensure that event is well integrated into the complete event program

ASSIGNMENT OF ACA SKILLS COMBINE ADMINISTRATOR (SCA)

It is suggested that this individual be separate from the race administrator (RA) to ensure the RA can focus solely on the racing events. This individual will manage registration, data entry, and results reporting with the ACA Staff lead(s).



Ski racers will keep the same bib numbers assigned for the racing event. The SCA will ensure that all score recording sheets reflect each day's correct bib number assignment. The SCA will distribute a list of competitors to the starter and finish recorder at each Skill Combine station so that each Skill Combine station lead can verify bib numbers. The SCA will also produce a start list with the athlete's name and assigned bib number to ensure athletes are wearing the correct bib numbers before starting.

The Skills Combine Administrator will create a list of athletes and coaches in attendance. The SCA will ensure that every athlete and coach on the roster has a correct email address on file. The SCA will also provide the athletes Club affiliation, and province designation are accurate. The results of the ACA Skills Combine will be sent to the coaches and athletes' parents via email after the U16 Nationals Championships concludes on April 3, 2022.

SKILL STATION LEADERS

Each Skill station will have a dedicated Skill Station Leader. They will be responsible for the set-up of the skill station, the volunteers assigned to their skill station, and the skill station's safe operation. They will work with the volunteer(s), evaluators, and finish timer (where required) to execute the skill evaluation.

STATION VOLUNTEERS IN TIMED EVENTS

- **Starter** communicates with station lead and finish timer. They send the next athlete when the finish timer is ready. They track the bib order of skiers leaving the start gate throughout the event.
- **The Finish Timer** is responsible for timing the event and recording the athletes' time on the recording sheet in the timed events.

STATION VOLUNTEERS IN EVALUATION EVENTS

- **Starter** communicates with station lead and finish timer. They send the next athlete when the finish timer is ready. They track the bib order of skiers leaving the start gate throughout the event.
- **Evaluators** each evaluation skill station must have three (3) evaluators for the qualitative events, outside ski turns and speiss. *Coaches serving as evaluators must be Performance Level Trained or above.*
 - Each evaluator at the qualitative skill stations will have a different viewpoint to ensure skill execution is evaluated from the front, back, and side views. The evaluators will use the qualitative scoring rubric, as provided, to assign a score for each athlete based on the athlete's execution of the skill from their perspective.
 - Timed events do not require evaluators.

GENERAL VOLUNTEERS

- **Slippers** in case of snowfall/track deterioration. Group leaders can also assist with the slipping.
- **Score sheet runner(s)**
 - Collects the score sheets from the Finish Timer and Evaluators and delivers them to the data entry personnel.
- **Data Entry Assistant**
 - Assists Skills Combine Administrator with data entry from evaluator and finish timer scoresheets into the computer.

GROUP LEADERS (COACHES)

- Assigned in partnership with the PTSOs at after final team entries are received from PTSOs on March 21, 2022.

Key Responsibilities:

- Lead groups of no more than (10) through each skill station, starting with their first assigned skill station.



- Ensures that athletes are wearing the correct bib number by verifying the athletes' bib number using the start list and then lining the athletes up in bib order at the start.
 - Keep the group moving and ensure all athletes complete each skill station.
 - Ensuring the athletes understand the skill to be executed, athletes are encouraged to practice the skills before arriving at the skill station during a warm-up run.
 - Ensures all participants have a score or time recorded before moving the next station.
-



DAY OF EVENT (ON-SNOW)

EQUIPMENT & VENUE PREP REQUIRED (provided by the ROC and/or PTSO)

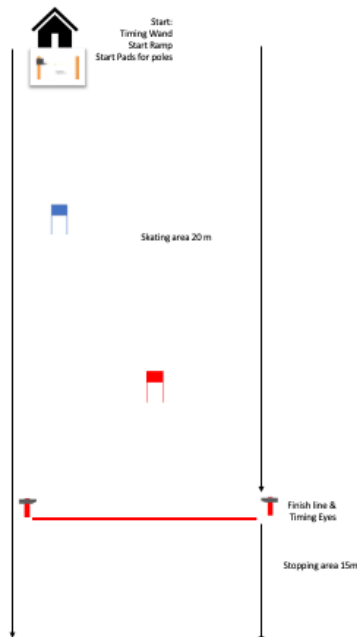
- Scoresheets, clipboards, pencils are estimated at 30 for the entire event.
- Scoresheets are available in Appendix A
- Radios for each station with a designated channel (5 channels). It is estimated that 26 radios will be required over the five (5) stations. (**number of radios may vary once on site and final determination of the roles –individuals assigned to a station can have have two roles*)
 - One (1) start radio x 5 stations
 - One (1) finish radio x 5 stations
 - One (1) radio Station Leader x 5 stations
 - Three (3) radios per qualitative skill station for evaluators (Outside ski turns/Spiess) x two (2) stations
 - One (1) radio ACA Skills Combine TD
 - One (1) radio Skills Combine Administrator.
- Timers – three (3) timing units (i.e., Brower or TAG TIMY) required for the following stations:
 - Timed Skating Starts – Start wand and one (1) set of timing eyes.
 - Carved Turns Through Wave Track – one (1) set of timing eyes at the start and one (1) set of timing eyes at the finish
 - Timed Skating without Poles – one (1) set of timing eyes at the start and one (1) set of timing eyes at the finish
- Venues should be closed to public access with lane markers or closures noted to the public.
 - B-net should be set where protection is necessary.
 - Specific venue set up instructions are provided below in the next section: Individual Skill Station set up.
- Wave Track is constructed two (2) days before the event per guidelines in ACA U16 Skills Combine Protocol (*width of wave track = two cat widths to ensure room to set turns*)
 - US Ski and Snowboard Wave Track Building Video
Link: <https://videos.usskiandsnowboard.org/alpineed/detail/videos/tactical/video/5308117452001/building-a-wave-track>
- Markings for start and finish
 - Panels to denote the start of the station
 - Finish line dyed red with brush or panel indicators to note finish line.
 - Blue dye available for marking evaluation zone and or terrain in wave track if the light is flat.
- Race bibs
 - Race bibs numbers will remain the same as for the racing event held that day to ensure accurate results and tracking.
 - Athletes must wear their bibs, so the bib number is visible by the evaluators and timers at all times.
 - Athletes will keep their bibs and turn their bibs in at the finish after completing their last Skill Combine station.
- Start lists
 - Start lists should be generated for the Group Leads, Station Leader, Starter, Assistant Starter, Finish Timer, and Finish Recorder. The start list helps the volunteers and coaches identify and track the athlete throughout the event.
 - **Note:** evaluators will not receive a start list. The evaluator will mark down the bib number they receive over the radio next to the skill execution raw score the evaluator has assigned to that bib number.



INDIVIDUAL ON SNOW SKILL COMBINE STATION SET-UP OVERVIEW

TIMED SKATING STARTS

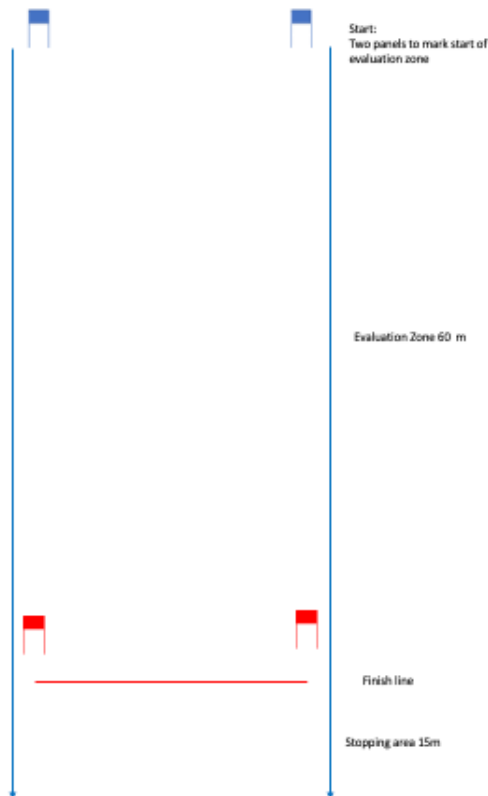
- Piste/Terrain:
 - Realistic start ramp with 45-60m total distance from start to end of stopping area.
- Equipment:
 - Start pads
 - Frozen into start to provide solid pole placement in start
 - Timing Unit:
 - Timing Start Wand
 - Finish Eyes
 - Scoreboard/Print out for recording times
 - Gates:
 - Two (2) GS panels for turning gates (1 red, 1 blue)
 - Two (2) GS panels to mark finish line (same color)
 - Red Dye
 - To mark finish line and end of stopping area
 - Office Supplies
 - 3 Radios on their own individual channel
 - 4-5 clipboards depending on personnel listed below
 - 1 recording sheet for timed events
 - 4 start lists with athlete names and bib numbers (starter, assistant starter, finish)
 - 6-7 sharpened pencils for writing times and checking off athletes at start
 - 4-5 plastic sheet covers for clipboards in case of wet weather
- Personnel (2 - 3 people):
 - Skill Station Leader – can also serve as the starter or finish timer
 - Starter – communicates with finish timer and writes down bib numbers that leave the start
 - Finish Timer/Recorder – Uses scoreboard or print out from timing unit to write down athletes times, provides course clear





OUTSIDE SKI TURNS

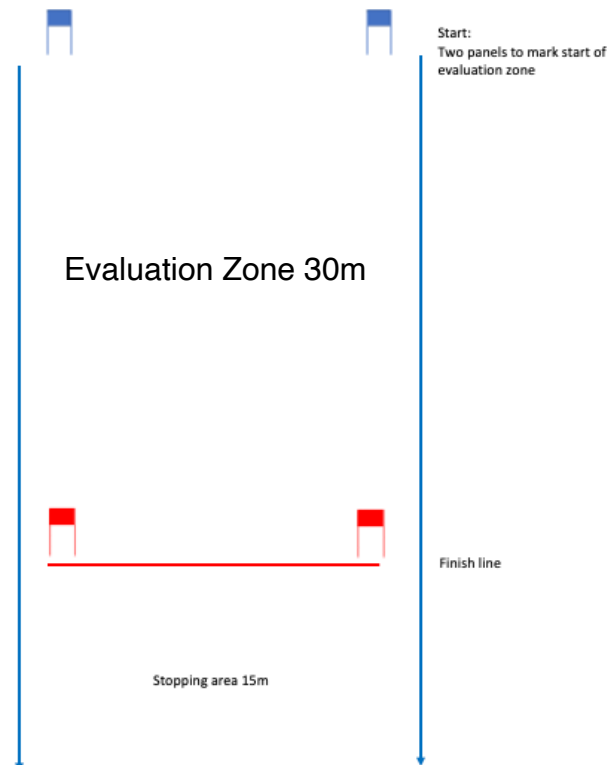
- Piste/Terrain:
 - Easy intermediate groomed terrain
- Equipment:
 - On Hill Equipment
 - 4 GS Panels to establish the beginning and end of the evaluation zone
 - 20 brushes or blue dye to outline the width of the evaluation zone
 - Office Supplies
 - 5 Radios on their own individual channel
 - 4-5 clipboards depending on personnel listed below
 - 3 recording sheets for qualitative on-snow events
 - 5 start lists with athlete names and bib numbers (starter, assistant starter, finish)
 - 4-6 sharpened pencils for writing times and checking off athletes at start
 - 4-5 plastic sheet covers for clipboards in case of wet weather
- Personnel (3 - 4 people)
 - Skill Station Leader – can also serve as the starter and possibly an evaluator
 - Starter – communicates with the evaluators and writes down bib numbers that leave the start
 - 3 Evaluators (Performance Level trained coaches or above) preferable PTSO Head Coaches and/or PTSO Technical Directors
 - One evaluator will be designated as the lead evaluator and provide the course clear to the start





SPIESS (HOP TURNS)

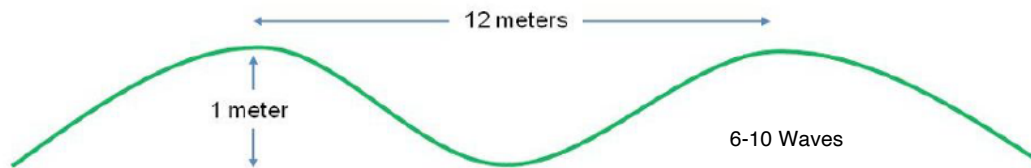
- Piste/Terrain:
 - Intermediate groomed terrain
- Equipment:
 - On Hill Equipment
 - 4 GS Panels to establish the beginning and end of the evaluation zone
 - 20 brushes or blue dye to outline the width of the evaluation zone
 - Office Supplies
 - 5 Radios on their own individual channel
 - 4-5 clipboards depending on personnel listed below
 - 3 recording sheets for qualitative on-snow events
 - 5 start lists with athlete names and bib numbers (starter, assistant starter, finish)
 - 4-6 sharpened pencils for writing times and checking off athletes at start
 - 4-5 plastic sheet covers for clipboards in case of wet weather
- Personnel (3 - 4 people)
 - Skill Station Leader – can also serve as the starter and possibly an evaluator
 - Starter – communicates with the evaluators and writes down bib numbers that leave the start
 - 3 Evaluators (Performance Level trained coaches or above) preferable PTSO Head Coaches and/or PTSO Technical Directors
 - One evaluator will be designated as the lead evaluator and provide the course clear to the start



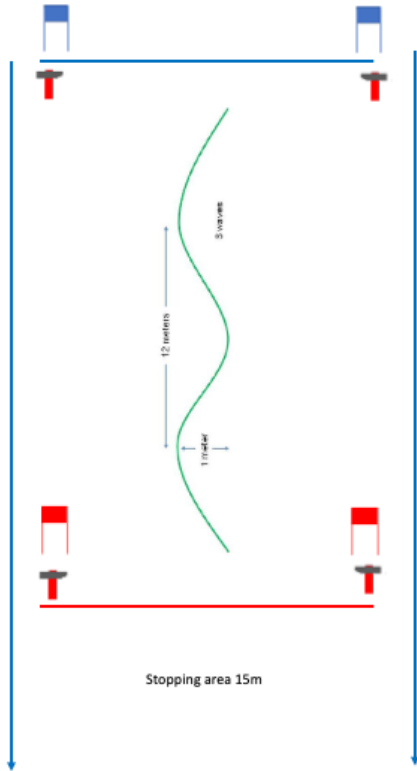


TIMED TURNS IN WAVE

- Piste/Terrain:
 - Beginner to intermediate
 - 6-10 waves constructed by a snow cat that are one meter high when measured from the bottom of the trough to the apex of the roll. Waves are perpendicular to the fall line and spaced about 12m apart from crest to crest. The width is two (2) cat grooming widths or about 10-15m.
 - Wave Track is constructed two (2) days before the event per guidelines in ACA U16 Skills Combine Protocol (*width of wave track = two cat widths to ensure room to set turns*)
 - US Ski and Snowboard Wave Track Building Video
Link: <https://videos.us skiandsnowboard.org/alpineed/detail/videos/tactical/video/5308117452001/building-a-wave-track>



- Equipment:
 - Timing Unit:
 - One (1) set of timing start eyes
 - One (1) set of timing finish eyes
 - Scoreboard/Print out for recording times
 - Gates:
 - Two (2) GS panels to mark start (same color)
 - Six (6) Turning gates or brushes (3 red, 3 blue) to mark turns in wave track
 - Two (2) GS panels to mark finish line (same color)
 - Red Dye
 - To mark finish line and end of stopping area
 - Blue Dye
 - Available to mark terrain changes in case of flat light
 - Office Supplies
 - 3 Radios on their own individual channel
 - 4-5 clipboards depending on personnel listed below
 - 1 recording sheet for timed events
 - 4 start lists with athlete names and bib numbers (starter, assistant starter, finish)
 - 6-7 sharpened pencils for writing times and checking off athletes at start
 - 4-5 plastic sheet covers for clipboards in case of wet weather
- Personnel (3 - 4 people):
 - Skill Station Leader – also works to ensure track is maintained with rake
 - Starter – communicates with finish timer and writes down bib numbers that leave the start
 - Assistant Timer (if available) – helps to line up athletes
 - Finish Timer/Recorder – Has scoreboard and writes down athletes times, provides course clear
 - Possible extra person required to help maintain the track, can be filled by an ACA Staff lead



Start:
Two panels to mark start
with timing eyes and blue
dye

Not to Scale – 6 to 10 waves 12m apart estimated
60m to 120m for wave track
Add another 10m for the start area and 15-20m for
the finish/stopping area

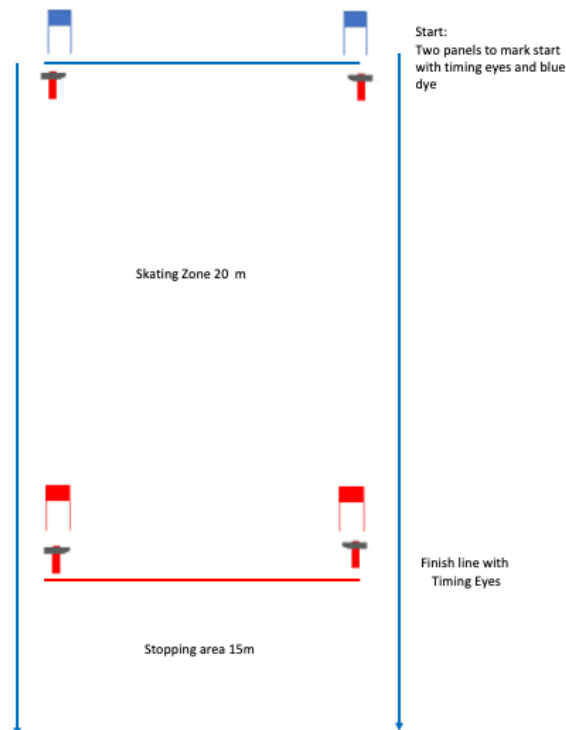
Finish line with
Timing Eyes

Stopping area 15m



TIMED SKATING

- Piste/Terrain:
 - Flat terrain 15-20m in length
- Equipment:
 - Timing Unit:
 - One (1) set of timing start eyes
 - One (1) set of timing finish eyes
 - Scoreboard/Print out for recording times
 - Gates:
 - Two (2) GS panels to mark starting line (same color)
 - Two (2) GS panels to mark finish line (same color)
 - Red Dye
 - To mark finish line and end of stopping area
 - Office Supplies
 - 3 Radios on their own individual channel
 - 4-5 clipboards depending on personnel listed below
 - 1 recording sheet for timed events
 - 4 start lists with athlete names and bib numbers (starter, assistant starter, finish)
 - 6-7 sharpened pencils for writing times and checking off athletes at start
 - 4-5 plastic sheet covers for clipboards in case of wet weather
- Personnel (2-3 people):
 - Skill Station Leader – can also serve as the starter
 - Starter – communicates with finish timer and writes down bib numbers that leave the start
 - Finish Timer/Recorder – Has scoreboard and writes down athletes times, provides course clear





COACHES MEETING

During each U16 Nationals Team Captains meeting (TCM), the ACA Skill Combine Technical Director will review the next day's plan as it pertains to the Skills Combine following the race component of the TCM.

Details include:

- Confirmation of skills to be evaluated the next day
- Confirmation of all athletes participating. Athletes must be free of any contraindications to participate fully. The Team Captain confirms attendance and participation of athletes at the TCM; this is required.
- Team Captains must provide the ROC with a list of selected group leaders (coaches) for both Skill Combine days on their entry form, due March 21, 2022.
- Location of the skill station start and finish area, estimated time for completion and best transportation route to the venue.
- Reviewing and confirmation of group allocation – coaching leads and assigned athletes
- Station start times for each group along with which group will start where a shotgun start is utilized
- Time of results reporting and feedback

GENERAL SKILL STATION SETUP

The ACA Skill Combine lead(s) will oversee the overall Skill Combine in collaboration with the PTSO athletic directors and a representative of the Local Race Organizing Committee, including the individual stations, station leaders, volunteers and materials required.

The Station Leaders will work with the ACA Skill Combine Lead(s) to ensure their skill station setup matches the prescribed setup in the ACA U16 Nationals Skills Combine document.

- The volunteers for each station will check in with the Skill Station Leader after assignment to review the set up and operation of the Skill Combine station they have been assigned
- The Skill Station Lead and the ACA Skill Combine Lead(s) will confirm that the slope and snow conditions meet the requirements outlined in the ACA U16 Nationals Skills Combine exercise descriptions. Including that the area is:
 - Adequately sectioned venue off from the public.
 - All fall zones are protected, including the stopping area at the end of the exercise.
 - Safety installations such as B-netting will be used if necessary and available if requested.
 - The start and finish should be adequately marked for each station. Unless the exercise description states differently, the athlete will be evaluated from start to finish.
 - All skill stations requiring timing must be set up and tested before the first athlete performs the skill to ensure all athletes will receive a time.

VENUE SAFETY

- The venue should be closed to the public
- Helmets are required for all athletes
- Terrain and snow conditions must be appropriate for the exercise
- There should be an adequate stopping area at the end of each station that is always clear.
- Fall zones must be adequately protected.
- Wave track must be of the proper dimensions, shape (rounded, no sharp edges) and slope
- The Station Leader will monitor the track conditions throughout the event
- The ACA Skill Combine Lead(s) will inspect all venues with the individual Skill Combine Station Leaders before starting the event.



ORGANIZER REQUIREMENTS

- Provide the materials and support personnel as required to run each station successfully
 - At the minimum, a Station Leader/Starter and a Finish Timer
- Provide the roster of athletes participating, including parent and coach email, PTSO and Ski Club Affiliation
- Provide a start list for each skill station showing the athlete's name and bib number
- Provide appropriate terrain for the skill exercises being evaluated

FLOW-THROUGH STATIONS

- Athletes will be grouped with group leaders (coaches), and starting times assigned for each group to minimize waiting at stations.
- Group Leaders should lead the athletes through a warmup run to practice the skills before arriving at the skill station.
 - Groupings may be by province, or athletes will be randomly mixed with assigned coaches to encourage socialization and meet new people.
 - Once the ROC receives all entries for both coaches and athletes on March 21, 2022, the ACA Technical lead and Skills Combine Administrator will create the groupings.
 - Some athletes may be group with out of province coaches to ensure adequate staffing is maintained on the SG venue.

TESTING AT A STATION

- Group Leaders (coaches) organize their athletes at the start, in bib order. A first-come, first-served order may be used in the Skills Combine if it runs simultaneously with the racing event.
- When a new group arrives at a skill station, the Station Lead/Starter reads the skill description and the essential elements for perfect execution from the ACA U16 Skills Combine Document.
- Starter announces the athlete's bib number to the finish timer/recorder and evaluators.
- The lead evaluator or finish timer gives the clear to go.
- After receiving the clear, the starter records the bib that just left the start gate on the recording sheet.
- In the case of the qualitative events, the evaluators will individually record their scores on the scoresheet after watching the athlete perform the skill.
 - Evaluators should make their score recording as efficiently as possible to minimize the athletes' wait at the start.
 - The scoring decisions of the evaluators are final.
- In the case of the timed events, the finish timer will record the time on the recording sheet next to the athlete's bib number.

ENTRY OF SCORING DATA FROM SKIING SKILL COMBINE

- Two individuals should be available after the event to enter the scoring data into an Excel spreadsheet (as provided by ACA). ACA Lead(s) will assist the Skill Combine Administrator.
- Enter scores from the skill event on the matching score tab in the Excel spreadsheet.
- Be sure to complete the header data, including the evaluators' name and their position (front, side, rear) view.
 - It is recommended that one person read the bib number and scores to the person entering the scores and check off each box on the scoring worksheet as each score is entered.



- The person reading the scores should have the score sheets from each evaluator and/or finish timer in the order shown in the Excel spreadsheet. The person reading should read all scores from all evaluators for each athlete before going to the next athlete.
- After entering the scores, review each tab to ensure no scores are missing, cross-check with score sheets as needed to ensure accuracy in results reporting.
- Composite scores are automatically calculated in the Excel spreadsheet. The scoring from each event is used to establish the athletes' ranking to assign world cup points in each of the skills events.
- The world cup points earned in both the free skiing skill and fitness combines will be summed to calculate the overall combine score for all athletes.

REPORTING/POSTING OF SCORES AND AWARDS

- Results of the Skiing Skills Combine should be available to athletes and coaches after the event. With a PDF report emailed to the coaches of the athletes, including the home coach.
 - The awards presentation for the top 3 overall ACA U16 Skills Combine winners will be presented at the final U16 Nationals Awards Presentation on April 3, 2022.
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PRE-EVENT ORGANIZATION

FITNESS SKILL COMBINE

ACA SKILLS COMBINE ADMINISTRATORS

The ACA U16 Skills Combine structure used during the Skiing Skill Combine will roll over into the Fitness Skill Combine. The personnel in the following two positions remain the same throughout the Skiing Skill and Fitness Combines.

- ACA Staff lead(s)
- Skills Combine Administrator

SKILL STATION LEADERS

At all Skill Combine stations, a primary Skill Station Leader will be identified. The Skill Combine Station Leader is responsible for the set-up of their skill station, the volunteers assigned to their skill station, and the skill station's safe operation. In addition, they will work with the Skill Combine Station Results Reporter and Group Leaders to ensure the safe and efficient execution of the skills.

STATION VOLUNTEERS

Each of the Fitness Skill Combine stations will require at the minimum:

- Results recorder
- Timer
- Designated measurer or number of repetitions counter.

GENERAL VOLUNTEERS

Data Entry Assistant (if available)

- Assists ACA Skills Combine Administrator with data entry from the scoresheets from the individual fitness skill stations.

GROUP LEADERS (COACHES)

- Assigned at Team Captains meeting (or before) by ACA Staff lead
 - Lead groups of no more than ten (10) athletes through each skill station, starting with their first assigned skill station.
 - Ensures the athletes are wearing the correct bib number by verifying the athletes' bib number using the start list.
 - Keep the groups moving and ensure all athletes complete each skill station.
 - Ensures the athletes are adequately warmed up and understand the skill to be executed at each station.
 - When requested, assists the Skill Station Leader but travels to the next station with their group.
-



DAY OF OPERATION FITNESS SKILLS COMBINE

EQUIPMENT REQUIRED (provided by the ROC and or PTSO)

- Flat, non-slip/stick surface for Penta Jump test, recommended **minimum** 30m long, 15m wide
- Stack of cones (minimum 20)
- Athletic Tape to mark the start of Penta Jump, tape down the measuring tape
- Two (2) Metric tape measures at least 20m in length
- One (1) Stopwatch
- Audio Playing & Listening Device (Computer, iPhone, Tablet & Speakers)
- Push-up Audio Track
- Five (5) Solid/hard (wood) Boxes 40cm (height) x 40cm (width) x 40-50cm (length)
- Scoresheets, clipboards, pencils at least 10 in total for the event to test multiple athletes simultaneously.
- Venue a large conference room where five (5) box jump stations can sit, 30m in length for Penta Jump test and space for five (5) push-up stations.
- Athlete Numbers
 - Bib numbers remain the same as the racing event held on snow that day to ensure accurate results and tracking.
 - Athletes will be given numbered stickers that match their bib numbers from the SG race to place on t-shirt sleeves or on shorts/leggings
- Start lists should be generated for Group Leaders, Station Leaders, and Recorders.



INDIVIDUAL FITNESS SKILL COMBINE STATION SET-UP OVERVIEW

PENTA JUMP

Space Required:

- Non-slip floor 30m in length and 2-3m wide

Equipment:

- Two (2) tape measures
- Roll of masking tape to tape the tape measures and mark the start line
- Two (2) long poles (yard stick/broom stick/gate shaft) to place behind athletes' heels to ensure accurate measurement

Personnel (2 - 3):

- Skill Combine Station Leader
- One (1) measurer
- One (1) recorder

Office Supplies:

- 3 clipboards
- Recording sheets for recording distances jumped
- Start lists with athlete bib numbers and names
- 6 sharpened pencils

MAX PUSH-UPS (TEMPO IMPOSED)

Space Required:

- Non-slip floor 25m x 25m to place five (5) push-up stations

Equipment:

- Max Push-Up (Tempo Imposed) Audio File
- Computer, Phone or Tablet to play audio file
- Speakers to broadcast audio file to athletes and counters
- Optional five (5) mats

Personnel (4-5):

- One (1) Skill Combine Station Leader/can run audio file and record repetitions
- Five (5) repetition counters/recorders at each station

Office Supplies:

- 5 clipboards
- 5 sets of recording sheets for recording repetitions completed
- Start lists with athlete bib numbers and names
- 7 sharpened pencils



90 SECOND BOX JUMPS

Space Required:

- Non-slip floor 30m x 30m to place five (5) 90 second Box Jump stations

Equipment:

- One (1) Stopwatch
- Five (5) Wooden Box Jumps built to specifications

Personnel (11):

- One (1) Skill Combine Station Leader/Timer
- Ten (10) Box Jump Holders – five (5) of the holders will be repetition counters (adults/coaches)
 - Box jump holders can also be group leaders (coaches) along with athletes who have completed their fitness testing.

Office Supplies:

- 5 clipboards
- 5 sets of recording sheets for recording repetitions completed
- Start lists with athlete bib numbers and names
- 8 sharpened pencils

COACHES MEETING

During each U16 Nationals Team Captains meeting (TCM), the ACA Skill Combine Technical Director will review the next day's plan as it pertains to the Skills Combine following the race component of the TCM.

Details include:

- Confirmation of skills to be evaluated the next day
- Confirmation of all athletes participating. Athletes must be free of any contraindications to participate fully. The Team Captain confirms attendance and participation of athletes at the TCM; this is required.
- Team Captains must provide the ROC with a list of selected team leaders (coaches) for both Skill Combine days on their entry form, due March 21, 2022.
- Location of the skill station start and finish area, estimated time for completion and best transportation route to the venue.
- Grouping allocation – coaching leads and assigned athletes
- Station start times for each group along with which group will start where (shotgun start)
- Time of results reporting and feedback

GENERAL SKILL STATION SET-UP

The ACA Lead(s) will oversee the overall Skill Combine in collaboration with the PTSO technical leads and a representative of the Local Race Organizing Committee, including the individual stations, station leaders, volunteers and equipment required.

The Station Leaders will work with the ACA Lead(s) to ensure their stations are set up according to the prescribed set-up included in the ACA U16 Nationals Skills Combine document.

- The volunteers for each station will check in with the Skill Station Leader upon arrival.
- The Skill Station Lead and the ACA Lead(s) will confirm that the skill station matches the requirements outlined in the ACA U16 Nationals Skills Combine exercise descriptions. They also ensure that the venue is adequate to provide all fall zone areas, including the stopping place at the end of the exercise, are clear.



ORGANIZER REQUIREMENTS

- Provide the materials and support personnel as required to run each station successfully
 - If possible, one Station Leader a results recorder.
- Provide the roster of athletes participating, including parent and coach email, PTSO and Ski Club Affiliation
- Provide a start list for each skill station showing the athlete's name and bib number
- Provide an appropriate venue to execute the skill exercises (gym or large conference room)
 - 30m in length for Penta Jump and wide enough to host an area for warmup/cool down along with Max Push-Up Stations (5) and 90-second box jump stations (5)

FLOW-THROUGH STATIONS

- Athletes will be grouped in groups of ten (10) with Group Leaders (coaches), and starting times assigned for each group to minimize waiting at stations.
- Group Leaders should lead the athletes through a warmup run to practice the skills before arriving at the skill station.
 - Groupings may be by province, or athletes will be randomly mixed with assigned coaches to encourage socialization and meet new people.
 - Once the ROC receives all entries, the Skills Combine Director and Skills Combine Administrator will create the groupings.

TESTING AT A STATION

- When possible, the Skill Station Leader organizes athletes at the station in bib order. A first-come, first-served order may be used when the Skills Combine runs smoothly.
- When a new group arrives at a skill station, the Skill Station Leader reads the skill description from the ACA U16 Skills Combine Document.
- Skill Station Leader announces the bib number of the athlete to the Recorder.
- The Skill Station Leader gives the clear to go once everyone has confirmed they are ready to begin. The Skill Station Leader will start the timer and/or audio file when all athletes are ready.
- The Recorder will record the distance jumped or repetitions completed on the recording sheet next to the athlete's bib number.

ENTRY OF SCORING DATA FROM FITNESS SKILL COMBINE

- Two individuals should be available after the event to enter the scoring data into an Excel spreadsheet (as provided by ACA). ACA lead(s) will assist the Skill Combine Administrator.
- Enter scores from the skill event on the matching score tab in the Excel spreadsheet.
- Be sure to complete the header data, including the evaluators' name and their position (front, side, rear) view.
 - It is recommended that one person read the bib number and scores to the person entering the scores and check off each box on the scoring worksheet as each score is entered.
 - The person reading the scores should have the score sheets from each evaluator and/or finish timer in the order shown in the Excel spreadsheet. The person reading should read all scores from all evaluators for each athlete before going to the next athlete.
- After entering the scores, review each tab to ensure no scores are missing, cross-check with score sheets as needed to ensure accuracy in results reporting.
- Composite scores are automatically calculated in the Excel spreadsheet. The scoring from each event is used to establish the athletes' ranking to assign world cup points in each of the skills events.
- The world cup points earned in both the skiing skill and fitness combines will be summed to calculate the overall combine score for all athletes.



REPORTING/POSTING OF SCORES AND AWARDS

- Results of the Skiing Skills Combine should be available to athletes and coaches after the event. With a PDF report emailed to the coaches of the athletes, including the home coach.
 - The awards presentation for the top 3 overall ACA U16 Skills Combine winners will be presented at the final awards on April 3, 2022.
-



APPENDIX A
SKILL COMBINE RECORDING SHEETS
QUALITATIVE SCORE SHEET

Skill Combine Station: _____ **Evaluator Name:** _____

Position of Evaluator (circle 1) Frontal View Rear View Side View

Skill Combine Date: _____ **Skill Station Leader:** _____

Athlete Bib #	Score 1- 6	Comments	Athlete Bib #	Score 1- 6	Comments



TIMED EVENTS SCORE SHEET

Skill Combine Station: _____ **Finish Timer Name:** _____

Skill Combine Date: _____ **Skill Station Leader:** _____

Athlete Bib #	Time in Seconds <i>Example - 25.432 sec</i>	Athlete Bib #	Time in Seconds <i>Example - 25.432 sec</i>



PENTA JUMP SCORE SHEET

Skill Combine Station Leader: _____ Skill Combine Date: _____

Athlete Bib #	Trial 1 Distance (m)	Trial 2 Distance (m)	Trial 3 Distance (m)	Best Penta Jump Score Distance (m)



MAX PUSH-UPS (TEMPO IMPOSED) SCORE SHEET

Skill Combine Station Leader: _____ Skill Combine Date: _____

Athlete Bib #	Number of Push Ups	Athlete Bib #	Number of Push Ups	Athlete Bib #	Number of Push Ups



90 SECOND BOX JUMP SCORE SHEET

Skill Combine Station Leader: _____ Skill Combine Date: _____

Athlete Bib #	# Jumps @ 30 sec	# Jumps @ 60 sec	# Jumps @ 90 sec	Total # Jumps in 90 sec



APPENDIX B
SKILL COMBINE ON-SNOW CHECKLIST

Number	Personnel Position	Name
1	Skill Combine Lead(s)	J. Stielow (ACA)
1	Skill Combine Administrator	TBC (SQA Assistance)
5	Skill Station Leaders:	ROC Assigns
	Timed Skating Starts	
	Outside Ski Turns	
	Spiess	
	Timed Turns in Wave Track	
	Timed Skating w/o poles	
5	Starters: (can be covered by station leaders)	ROC Assigns
	Timed Skating Starts	
	Outside Ski Turns	
	Spiess	
	Timed Turns in Wave Track	
	Timed Skating w/o poles	
2	Head Evaluators (PTSO ADs)	ACA works with PTSOs to assign
	Outside Ski Turns	
	Spiess	
4	Evaluators	ACA works with PTSOs to assign
	Outside Ski Turns evaluator 1	
	Spiess – evaluator 1	
3	Lead Timers for timed events	ROC Assigns
	Timed Skating Starts – Lead Timer	
	Timed Turns in Wave Track – Lead Timer	
	Timed Skating w/o Poles – Lead Timer	
10	Group Leaders by PTSO (1 per gender)	ACA works with PTSOs to assign
	Atlantic Coach – Women	
	Men	
	Quebec Coach – Women	
	Men	
	Ontario Coach – Women	
	Men	
	Manitoba/Saskatchewan Coach – Women	
	Men	
	Alberta Coach – Women	
	Men	
	BC Coach – Women	
	Men	



Number	Equipment Required (PTSO or ROC Provides)	
5	Different Radio Frequencies	
20	Charged Radios (5 per station + Admin & Tech. Director)	
10	Blue GS Gate Panels	
10	Red GS Gate Panels	
10	Red Brushes	
10	Blue Brushes	
	Blue Dye to define evaluation zones	
	Red Dye to define finish line	
1	Timing Unit (like Brower, TAG TIMY)	
	1 Start Wand & Start Posts	
	1 Set Timing Eyes with posts for Finish	
	1 Scoreboard or Print out of times from timing unit for recording	
2	Timing Units (like Brower, TAG TIMY)	
	2 Sets Timing Eyes with posts for Start	
	2 Sets Timing Eyes with posts for Finish	
	2 Scoreboards or Print out of times from timing unit for recording	
4	Rakes	
	1 Rake Timed Skating Starts	
	2 Rakes Timed Turns in Wave Track	
2-3	Shovels (only in the case of bad weather)	
	Timed Skating Starts	
	Timed Turns in Wave Track	
20	Clipboards in large plastic Ziploc bags	
50	Sharpened pencils	
100	Start lists for each station and group lead (coaches)	
	Scoresheets for each station	
3	Timed Skating Starts	
4	Outside Ski Turns	
4	Spiess	
3	Timed Turns in Wave Track	
3	Timed Skating w/o poles	



APPENDIX C
SKILL COMBINE FITNESS CHECKLIST

Number	Equipment Required (PTSO or ROC)	
2	30m tape measures (Track and Field)	
2	Rolls Masking or Painters Tape to mark start line/stations	
1	Set audio speakers for Max Push Ups (Tempo Imposed)	ACA Provides
1	Computer or Phone to play audio file Max Push Ups	ACA Provides
14	Clipboards	
	Stickers with Numbers = Bib number of athlete	
30	Pencils	
1	Stopwatch/Timer	ACA Provides
5	Wooden Boxes built to specifications in ACA Skills Combine Protocol for Box Jump	
1	Large room/gym 30m in length and wide enough for good traffic flow and 5 push up stations + 5 box jump stations	



Number	Personnel Position	Name
1	Skill Combine Technical Director	J. Stielow (ACA)
1	Skill Combine Administrator	TBC (SQA Assistance)
1	Assistant Combine Administrator (if available)	TBC(SQA/ROC/ACA)
3	Skill Station Leaders:	ACA & PTSO Assign
	Penta Jump	
	90 Second Box Jump	
	Max Push Ups (Tempo Imposed)	
1	People to measure distance in Penta Jump	ROC/PTSO/ACA Coordinate
	Measurer 1	
1	Timer with Stopwatch – 90 second Box Jumps	ROC/PTSO/ACA Coordinate
1	DJ to start and stop Max Push Ups (Tempo Imposed) Audio File	Max Push Up Station Lead
16	Score Recorders	ROC/PTSO/ACA Coordinate
1	Penta Jump Recorder 1	
5	Max Push Ups Repetition Counter/Recorder 1	ROC/PTSO/ACA Coordinate
	Max Push Ups Repetition Counter/Recorder 2	
	Max Push Ups Repetition Counter/Recorder 3	
	Max Push Ups Repetition Counter/Recorder 4	
	Max Push Ups Repetition Counter/Recorder 5	
10	90 sec. Box Jump Holder/Recorder 1	ROC/PTSO/ACA Coordinate
	90 sec. Box Jump Holder/Recorder 2	
	90 sec. Box Jump Holder/Recorder 3	
	90 sec. Box Jump Holder/Recorder 4	
	90 sec. Box Jump Holder/Recorder 5	



ALPINE CANADA

Alpine Canada is the national governing body for alpine, para-alpine and ski cross racing in Canada. With the support of valued corporate partners along with the Government of Canada, Own the Podium and the Canadian Olympic Committee, Alpine Canada develops Olympic, Paralympic, world championship and World Cup medallists to stimulate visibility, inspiration and growth in the ski community.

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