

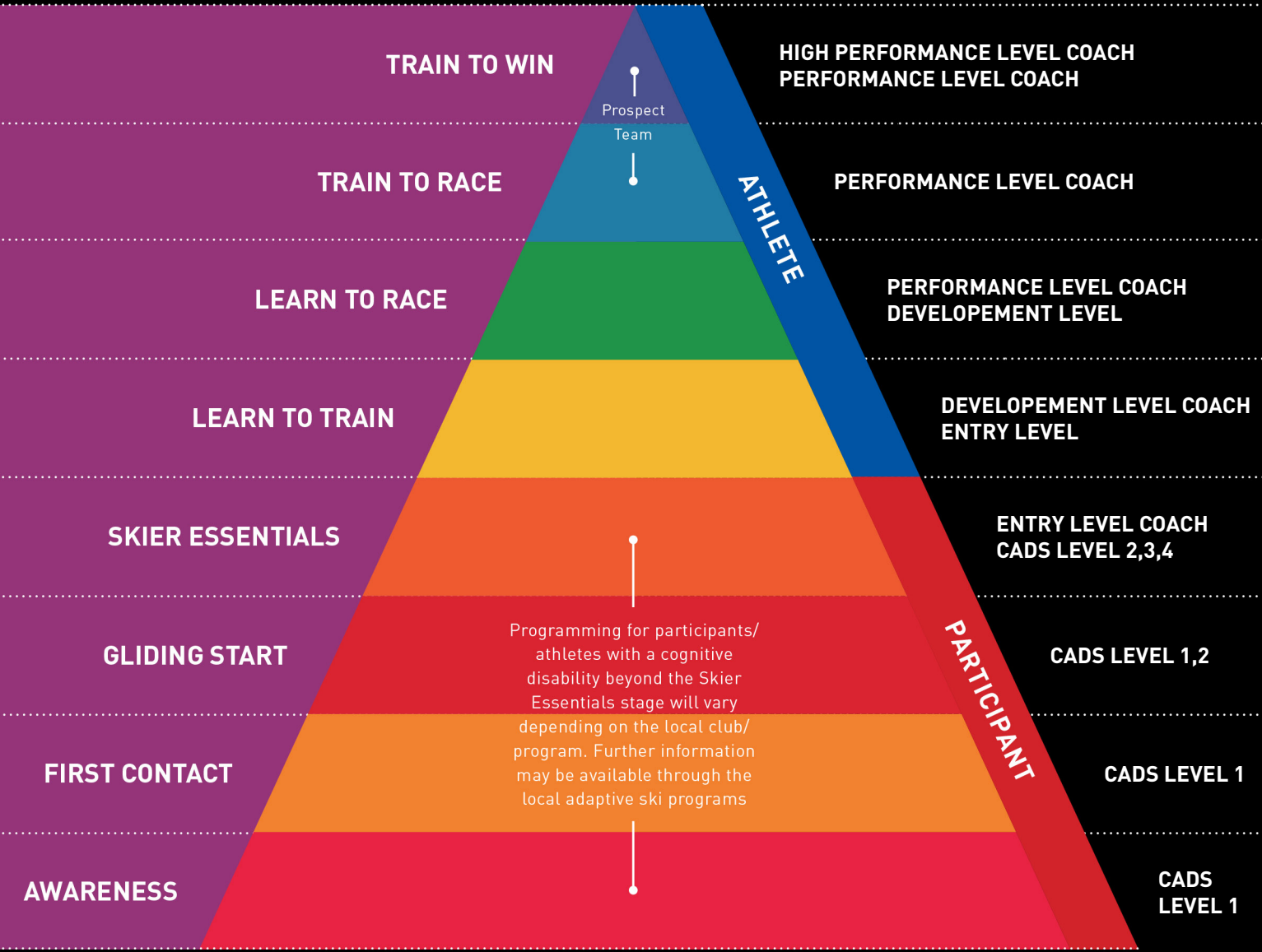
> CRITERIA & RESPONSIBILITIES

	Criteria / Prerequisites	Responsible	Overview	Key Performance Indicators
Awareness	Promote learn to ski programs with advertising and events.	Partner Adaptive Ski organizations. -CPC, CADS National/ Divisions/ Programs, Local resorts/hills, Canadian Ski Instructors Association (CSIA). -CADS National role in developing an overall strategy that local programs can use. -PSOs play a role in funding, information delivery and referrals. -Local ski schools, resorts and clubs play a role in awareness and referrals.	Create more opportunities for persons with disabilities (both acquired and congenital) so they become more aware of programs available to them. Create awareness amongst parents and people who work with individuals with disabilities.	Not applicable.
First Contact	Welcoming first introduction to the sport where CADS learns about their disability and assesses their condition and participants learn about CADS program opportunities.	Partner Adaptive Ski organizations. CADS (National, Division and Programs), parents, teachers, ski hills/ ski resorts, snow schools.	Ensure a positive first experience. Need to create the right conditions for successful integration. Includes securing sufficient volunteers, funding and appropriate equipment available.	Not applicable.
Gliding Start Ignighting the spark	Age of experience: 0-2 yrs. First Contact made with local CADS club or adaptive ski organization.	Partner Adaptive Ski organizations. CADS National and Divisions, as well as local programs, Independent, Snow School or Partner Adaptive Ski organizations.	Teach the basic elements of skiing. Encourage and create a fun environment.	-Basic stance and balance. -Basic mobility (moving and balancing with equipment) -Balancing on skis (with adaptive equipment where required). -Sliding on snow. -Straight running on a gentle slope. -Stopping (terrain assisted, straight, then single turn to a stop). -Basic linked turns. Note: Skill focus is on stance and balance, and basic pivoting skills. Edging is introduced not actively but as a result of maintaining stance and balance while pivoting the ski on beginner terrain.
Skier Essentials Forming the Foundation	Age of experience: 1-3 yrs. Have been introduced to skiing and have started skill development. Must master fundamental movement skills before moving to sport specific skills. Beginning to link turns together.	Partner Adaptive Ski organizations. CADS volunteers/instructors. CPC (equipment grants).	Have fun and be active, through lessons and other ski opportunities and special events such as CADS Festival, fun races, etc. Not all skiers will progress past this stage; the focus for these participants is active participation in sport and their goal may be Skiing for Life.	-Learning a good athletic position. -Balancing on the outside ski for grip against the snow. -Pivoting - turning the legs and/or adaptive devices to achieve change of direction -Use of edging to improve control and performance (lateral balance). -Use of turn shape to control speed. -Ability to link turns on beginner/ easy intermediate terrain.

	Criteria / Prerequisites	Responsible	Overview	Key Performance Indicators
Learn to Train Learning the Sport	<p>Age of experience: 3-4 yrs.</p> <p>Able to ski independently. Introduced to a learn to race program.</p> <p>Exposure to different snow and terrain conditions.</p>	<p>CADS: volunteers/instructors.</p> <p>Local race programs: clubs (able bodied or para).</p> <p>CPC: (equipment).</p> <p>ACA: Carving The Future camps throughout Canada.</p>	<p>Primary responsibility starts to shift from CADS & independent learn-to-ski programs to the local race programs/clubs (able-bodied and/or adaptive programs).</p> <p>CADS programs, local race programs and and PSOs initiate talent identification.</p>	<ul style="list-style-type: none"> -Fundamentals of ski tuning introduced -Loads and unloads lift independently. -Refining balance and coordination movements. -Correct use of pole plant or adaptive turning device. -Comfortable skiing on intermediate terrain with some introduction / exposure to advanced terrain. <ul style="list-style-type: none"> -Understanding of how to adjust turn shape relative to pitch and snow conditions and also to desired speed. -Understands basic concept of carving (idea of adjusting turn shape by increasing/ decreasing the edge angle). -Exposure to and basic understanding of Slalom and Giant Slalom and how to ski them. -Introduction to speed event elements.
Learn to Race Building the Racer	<p>Age of experience: 4+ yrs.</p> <p>Take part in Local, Provincial and IPCAS races.</p> <p>Ski and loading lift on own.</p> <p>Comfortable skiing on all terrain.</p>	<p>PSO: Provide a calendar of para races.</p> <p>ACA: Provide funding for provincial races, run a Carving The Future Camp alongside a provincial event.</p>	<p>The PSO starts to identify para athletes with race potential.</p> <p>There should be opportunity for the athletes to demonstrate this to the PSO. (i.e. race, camp, other.)</p>	<ul style="list-style-type: none"> -Understands race procedures and rules. -Introduction of the training effect (periodization, dryland training, mental preparation, sport nutrition, etc.). -Fundamentals of ski tuning developed -Confidently skis intermediate and advanced terrain independent with a solid understanding of basic ski skills -With direction, can work independently on skill development and provide feedback to coach regarding progress and development. <ul style="list-style-type: none"> -Can independently ski intermediate to advanced terrain in gates. -Carves the ski and balances throughout the turn. -Adjusts turn shape to suit the variations of a race course. -Ability to adjust balance, coordination and speed as required. -Refinement of basic technical skills and consolidation of advanced technical skills in free skiing and gates. -Consolidation of tactical skills (line, risk management, decision making). -Initiation to the Speed disciplines.
Train to Race Optimizing the engine	<p>Age of experience: 4+ yrs.</p> <p>Seeking to compete on CFAST</p> <p>Have all own equipment.</p>	<p>PSO: Have a para provincial team that will compete in IPCAS, Provincial, and NorAm events.</p> <p>ACA: Organizing NorAm events, provide training for upcoming athletes. (Prospect)</p>	<p>PSO and ACA work together to provide the best opportunity for athletes to excel and reach their potential. (i.e. through camps, races, other.)</p>	<ul style="list-style-type: none"> -Accountable for their actions. -Understanding of being a self sufficient athlete and can seek different funding opportunities. -Understands and demonstrates the training effect (periodization, dryland training, mental preparation, sport nutrition, etc.). -Fundamentals of ski tuning enhanced <ul style="list-style-type: none"> -Independently and confidently skis any terrain on the mountain. - Independently skis all terrain on the mountain in gates. -Can create speed throughout the turn. -Refinement in advanced technical skills and tactical skills in gates on advanced terrain. -Skis and competes in all 5 disciplines.
Train to Win Professional	<p>Age of experience: 4+ yrs.</p> <p>Member of Canadian Para-Alpine Ski Team.</p>	<p>ACA: Manage and organize athletes at this level.</p>	<p>ACA takes full responsibility for the athletes at this stage, including coaching and instruction, funding, competitions, facilities, athlete support, selection criteria, sport science, etc.</p>	<ul style="list-style-type: none"> -Strong mental composure. -Increased knowledge of nutrition, mental training and strength. -Demonstrates a variety of advanced technical and tactical skills. <ul style="list-style-type: none"> -Adapts to new conditions and environments quickly and efficiently. -Has mastered advanced race skills, and is refining them to make them better and faster. -Specialization in one or more disciplines.
Skiing for Life Coaching/ recreation/ volunteer/ official/ alumni	<p>Age of experience: n/a.</p> <p>Anyone who has been involved with adaptive/para-alpine skiing at any of the LTSD stages.</p>	<p>All of the above.</p>	<p>Consider the 'giving back' opportunities for former participants/ athletes. Includes advocacy, funding, coaching and instruction, officials training, accessibility, etc.</p>	<ul style="list-style-type: none"> -Loves the sport of skiing

The Para pathway is a visual chart that illustrates the stages that a participant/athlete will move through to become a para-alpine athlete. Not all participants/athletes are expected to move through all stages. In fact, most will remain Skiing For Life at the Skier Essentials stage. A few will progress to the Train to Win stage. It is important that the pathway is identified in order to assist participants in reaching their highest potential.

SKIING FOR LIFE



COACHING EDUCATION PATHWAY

Selection to CFAST, compete in Paralympics, World Cup, World Championship and NorAm events. Mastery of all skiing skills in a competitive environment. Winning is the major objective.

Selection to Provincial para race team and participation in IPCAS and NorAm events. Improve strong technical skiing through exposure to complex and demanding competitive situations. Engaged in formal strength & conditioning programs. A desire to excel in performance.

Participation in Carving the Future camps and other local and provincial para events. Develop specific technical skills and elements of skiing first. Incorporate strength and conditioning program.

Join local ski club program or CADS para race program. Learn the basics of para ski racing, race in local and provincial events. Take part in a Carving The Future camp.

Mastering fundamental movement skills and working on skill development through local adaptive ski organizations. Introduction to local adaptive para ski programs and other special events.

Moving on skis. Active participation for FUN in local adaptive para ski programs. Moving on skis acquisition of basic elements of skiing.

Have access to conditions for a positive first adaptive experience. Undergo assessment and orientation by local adaptive para ski programs.

Become aware of adaptive/para-alpine skiing opportunities through local adaptive para ski programs.