

> MARCH 2013

ADAPTIVE/ PARA-ALPINE SKIING LONG TERM SKIER DEVELOPMENT (LTSD)



PARA-ALPINE



Canadian
Association for
Disabled
Skiing

alpinecanada.org
disabledskiing.ca

Background

Alpine Canada (ACA) and the Canadian Association for Disabled Skiing (CADS) joined forces in April of 2012, to host a Sport Summit sponsored by the Canadian Paralympic Committee. The collective goal was to define a clear pathway for Long Term Skier Development (LTSD) as it relates to adaptive/para-alpine skiing in Canada. Thirty-three participants met, with representation from CADS at both the national and division levels, from Alpine Canada, from provincial sport organizations (both able-bodied and adaptive), and from the Canadian Paralympic Committee.

It was acknowledged at this meeting that the connection between the grassroots programs for para-alpine skiing and the high-performance programs is tenuous. Stakeholder groups and their roles were identified and an early version of a pathway for para-alpine skiing was created.

An outcome of the summit was the formation of a Steering Committee of stakeholder representatives, tasked with guiding the pathway of LTSD in detail over the next year. Since the summit, CADS National has hired a Technical Coordinator on a part-time contract basis, who will work closely with an Alpine Canada staff equivalent to further develop the LTSD plan, seeking input from and reporting back to the Steering Committee on a regular basis. The following represents the efforts to date.

What is Long Term Skier Development (LTSD)?

LTSD is a nine-stage training, competition and physical literacy pathway guiding an individual's experience in sport and physical activity from childhood through all phases of adulthood, from simple to more complex skills. It respects and utilizes the natural stages of physical, mental and emotional growth in participants and athletes and matches skills and activities to each individual's stage of development. It is recognized that an individual may acquire an injury after birth and thus enter the LTSD pathway at any age. It ensures a participant's potential is maximized. It encourages lifelong participation.

Alpine Canada currently has a document called Alpine Integration Model- Aim 2 Win/Para-Aim 2 Win, which can be found here: <http://www.alpinecanada.org/alpine/development>. This document is under revision and the updated edition, to be released later in 2013, will include para-alpine pathway information throughout, based on the findings of the Steering Committee.

- * **"Age of experience"** It is important that each athlete be evaluated based on their developmental stage rather than a purely chronological stage, as some para athletes may only be at the active start stage at ages in their teens or beyond. The assessment of a para athletes developmental stage is referred to as their age of experience.

> DEFINING ROLES AND RESPONSIBILITIES:

Alpine Canada Alpin (ACA):

- Recognized as the NSO (National Sport Organization) for alpine and para-alpine skiing
- Develop a promotional strategy, including branding, social media and web, in association with CADS
- Mandate to deliver a world class high performance program (senior national team, development program) that produces champions and promotes alpine and para-alpine skiing in Canada
- Plan/organize IPCAS, NORAM, WC events
- Provide support to provincial teams – season planning, best practices, etc.
- Provide financial support to provincial organizations – para provincial races
- Liaise with CADS to build development pathway for LTSD
- Offer development camps across the country
- Provide exposure (media) for the sport where possible
- Promote para certification of coaches
- Advocacy and partnerships
- Resource development

Canadian Association for Disabled Skiing (CADS) National:

- Partner with ACA as the adaptive para alpine ski experts at the entry level
- Develop a promotional strategy, including branding, social media and web, in association with ACA
- Responsible for CADS membership services
- Provide planning for a national festival/conference
- Provide educational content to course instructors/volunteers
- Provide process for delivery of LTSD
- Be educated on the development pathway options available for participants and the realistic goals/time frame associated with each
- Provide communication platform for all programs, volunteers/participants
- Provide an annual educational forum for senior instructors
- Volunteer recognition
- Where possible, communicate with independent and/or partner Adaptive Ski Programs regarding progress on development of LTSD for Adaptive/Para-Alpine Skiing
- Promote certification with volunteers

CADS Divisions:

- Coordination/support role for local programs and clubs
- Liaison between local programs/clubs and national organization
- Local outreach

- Develop a Division-specific promotional strategy
- Deliver CADS training and certification to instructors/volunteers at the program level
- Coordinate equipment purchases
- Promote programs
- Deliver competitive stream programming (in some cases)
- Volunteer recognition
- Promotion in schools

CADS Local Programs:

- Deliver first contact and learn-to-ski programs locally
- Deliver competitive stream programming (in some cases)
- Purchase and maintenance of adaptive ski equipment
- Volunteer recruitment
- Student/Participant recruitment
- Program promotion
- Liaison with local ski hills/resorts
- Promotion in schools

Independent, Snow School, or Partner Adaptive Ski Programs:

- Deliver first contact and learn-to-ski programs locally
- Deliver competitive stream programming (in some cases)
- Purchase and maintenance of adaptive ski equipment
- Volunteer recruitment
- Student/Participant recruitment
- Program promotion
- Liaison with local ski hills/resorts

Canadian Paralympic Committee (CPC):

- Deliver financial support to the Canadian Para-Alpine Ski Team (CPAST) for Paralympic Games
- Negotiate and promote para sport media coverage during games
- Promote para sport through educational and health care systems
- Offer grant opportunities where applicable for targeted areas of para sport

Provincial Sport Organizations (PSO):

- Provide the link in the progression from local race programs to ACA for skiers moving along the race continuum. 'Note', Adaptive/para ski PSO relationships vary across the country
- Promote Sport throughout their province
- Deliver a performance program; provincial team athletes, with a goal of putting athletes on the CPAST
- Plan/organize provincial championships/IPCAS races
- Provide communication platform for all volunteers/participants
- Coach education
- Advocacy and partnerships
- Resource development

Participants/ Students:

- Have Fun!
- Take part in learning to ski and non-competitive programs
- Take part in awareness and promotional events offered by clubs/programs
- Pursue Skiing for Life

Athletes:

- Have Fun!
- A 'participant' becomes an 'athlete' somewhere between the LTSD stages of Skier Essentials and Learn to Train
- Compete in the race events hosted by different organizations
- Educate themselves on the requirements of each step of the development pathway
- Work hard on and off the snow
- Set realistic goals that will help them achieve their full potential
- Seek out additional support where needed (sport psychology, nutritionist, doctors, physiotherapy)
- Maintain equipment
- Pursue Skiing for Life

Instructors:

- Teach individuals the skill set required to be independent skiers
- Promote the sport and encourage participation from all people involved
- Be educated on the development pathway options available for their participants and the realistic goals/time frame associated with each option
- Have fun with participants
- Provide link to race opportunities for those with potential for moving into a competitive pathway
- Skills enhancement through training, experience and certification
- Provide the link to high end/advanced adaptive recreational programs (where available) for participants who do not want to follow/pursue a competitive stream
- Pursue personal growth as an instructor through increased training/experience and certifications

Coaches:

- Develops athletes to be a ski racer
- Deliver an annual training plan for each athlete
- Set realistic goals with the athlete(s)
- Provide support and coaching to the athlete both on and off the snow
- Provide a link to support where needed (sport psychology, nutritionist, doctors, physiotherapy)
- Review seasonal goals
- Be educated on the development pathway options available for their athletes and the realistic goals/time frame associated with each
- Maintain relationships and channels of feedback and resources with instructors
- Pursue personal growth as a coach through increased training/experience and certifications

Parents:

- Involved in awareness and first contact, helping to create a positive initial experience
- CADS programs rely heavily on parents to register participants, get skiers to the hill and ready to ski, etc., much more so than in an able bodied program. In many cases parents often volunteer with their children (e.g. helping with transporting sit skis up the lift).
- Provide opportunity for children to be involved in skiing
- Be educated on the para development pathway options available for their children and the realistic goals/time frame associated with each
- Volunteer to help with their child's program
- Have fun and encourage their children

Volunteers:

- Play a large part in CADS, a mostly volunteer-driven organization
- Freely give time and resources to help a participant or athlete achieve goals
- Teach individuals the skill set required to be independent skiers
- Promote the sport and encourage participation from all
- Be educated on the development pathway options available for their participants and the realistic goals/time frame associated with each
- Support race events (time keeping, gate keeping, race organizing committee [ROC])
- Have fun with participants
- Provide link to race opportunities for those with potential for moving into race skills enhancement through CADS, CSIA (Canadian Ski Instructors' Alliance) and CSCF (Canadian Ski Coaches Federation) certification processes

	Criteria/ Prerequisites	Responsible	Overview
Awareness	Promote learn to ski programs with advertising and events.	<p>Partner Adaptive Ski organizations.</p> <p>CPC, CADS National/ Divisions/Programs, Local resorts/hills, Canadian Ski Instructors Association (CSIA).</p> <p>CADS National role in developing an overall strategy that local programs can use.</p> <p>PSOs play a role in funding, information delivery and referrals.</p> <p>Local ski schools, resorts and clubs play a role in awareness and referrals.</p>	<p>Create more opportunities for persons with disabilities (both acquired and congenital) so they become more aware of programs available to them.</p> <p>Create awareness amongst parents and people who work with individuals with disabilities.</p>
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.	<p>Partner Adaptive Ski organizations.</p> <p>CADS (National, Division and Programs), parents, teachers, ski hills/ ski resorts, snow schools.</p>	Ensure a positive first experience. Need to create the right conditions for successful integration. Includes securing sufficient volunteers, funding and appropriate equipment available.
Gliding Start Igniting the Spark	<p>Age of experience: 0-2 yrs.</p> <p>First Contact made with local CADS or adaptive ski organization.</p>	<p>Partner Adaptive Ski organizations.</p> <p>CADS National and Divisions, as well as local programs, Independent, Snow School or Partner Adaptive Ski organizations.</p>	<p>Teach the basic elements of skiing.</p> <p>Encourage and create a fun environment.</p>
Skier Essentials Forming the Foundation	<p>Age of experience: 1-3 yrs.</p> <p>Have been introduced to skiing and have started skill development. Must master fundamental movement skills before moving to sport specific skills.</p> <p>Beginning to link turns together.</p>	<p>Partner Adaptive Ski organizations.</p> <p>CADS volunteers/instructors.</p> <p>CPC (equipment grants).</p>	<p>Have fun and be active, through lessons and other ski opportunities and special events such as CADS Festival, fun races, etc.</p> <p>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.</p>

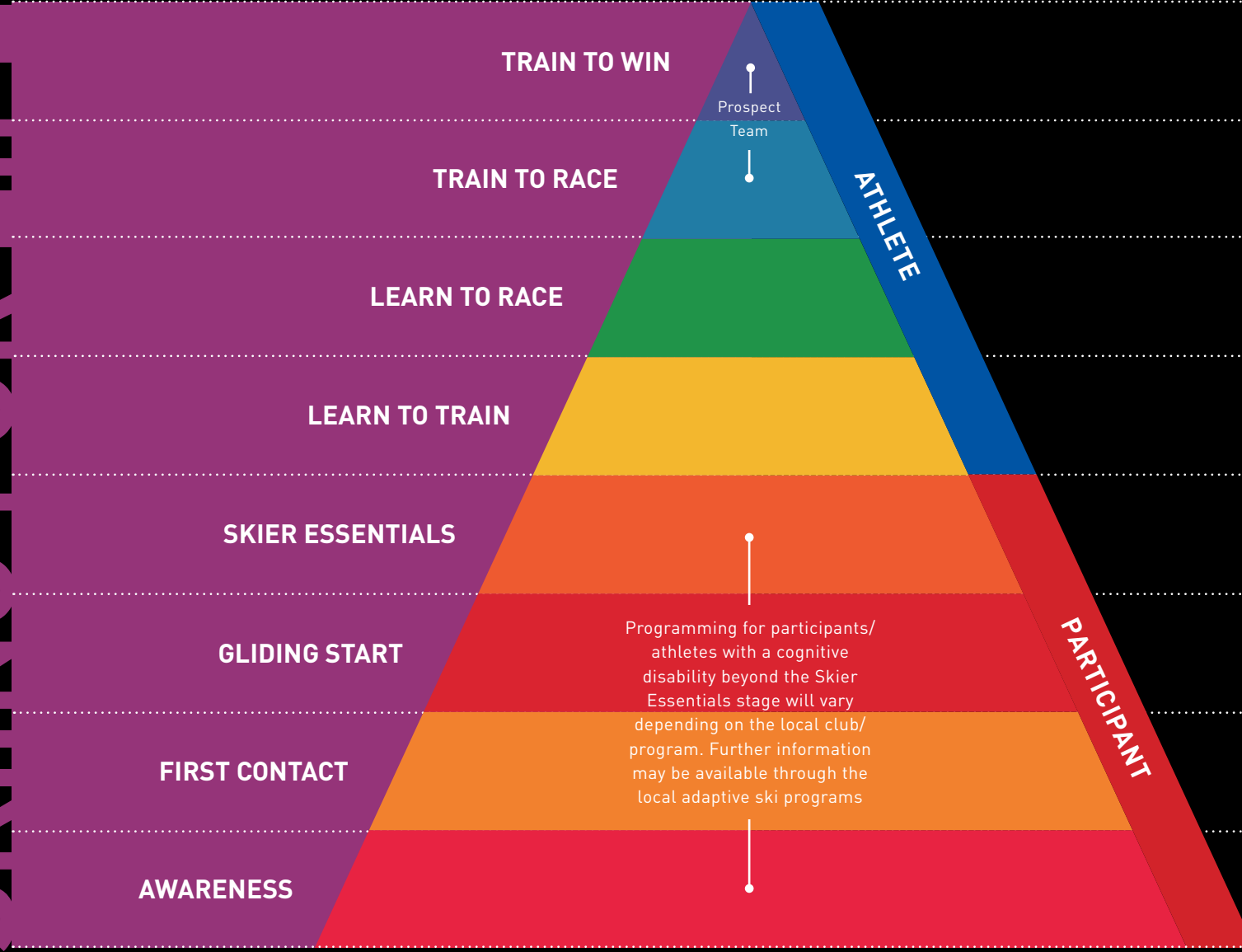
	Criteria/ Prerequisites	Responsible	Overview
Learn to Train Learning the Sport	Age of experience: 3-4 yrs. Able to ski independently. Introduced to a learn-to-race program. Exposure to different snow and terrain conditions.	CADS: volunteers/instructors. Local race programs: clubs (able bodied or para). CPC: (equipment). ACA: Carving The Future camps throughout Canada.	Primary responsibility starts to shift from CADS & independent learn-to-ski programs to the local race programs/clubs (able bodied and/or disabled programs). CADS programs, local race programs and and PSOs initiate talent identification.
Learn to Race Building the Racer	Age of experience: 4+ yrs. Take part in Local, Provincial and IPCAS races. Ski and loading lift on own. Comfortable skiing on all terrain.	PSO: Provide a calendar of para races. ACA: Provide funding for provincial races, run a Carving The Future Camp alongside a provincial event.	The PSO starts to identify para athletes with race potential. There should be opportunity for the athletes to demonstrate this to the PSO. (i.e. race, camp, other.)
Train to Race Optimizing the engine	Age of experience: 4+ yrs. Seeking to compete on CPAST Have all own equipment.	PSO: Have a para provincial team that will compete in IPCAS, Provincial, and NorAm events. ACA: Organizing NorAm events, provide training for upcoming athletes. (Prospect)	PSO and ACA work together to provide the best opportunity for athletes to excel and reach their potential. (i.e. through camps, races, other.)
Train to Win Professional	Age of experience: 4+ yrs. Member of Canadian Para-Alpine Ski Team.	ACA: Manage and organize athletes at this level.	ACA takes full responsibility for the athletes at this stage, including coaching and instruction, funding, competitions, facilities, athlete support, selection criteria, sport science, etc.
Skiing for Life Coaching/ recreation/ volunteer/ official/ alumni	Age of experience: n/a. Anyone who has been involved with adaptive/ para-alpine skiing at any of the LTSD stages.	All of the above.	Consider the 'giving back' opportunities for former participants/ athletes. Includes advocacy, funding, coaching and instruction, officials training, accessibility, etc.

LTSD Stages from a teaching perspective: Note: ages in adaptive/para-alpine skiing are not governed only by chronological age. Participants can enter the early stages at any age. If a participant has a history in sport, it may not take as long to move to the next stage. Thus we have referred to 'Age of Experience' as one of the criteria for each stage, with the understanding that this can differ by individual.

> LTSD PARA PATHWAY:

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



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.

Moving on skis. Active participation for FUN in local adaptive para ski programs.

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

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



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