


Please note this guideline shows the required volumes and quantities required to develop a performance ski cross racer over several years.
Ski clubs, parents and coaches should create, as a team, individual performance plans according to the ski racers goals, aspirations and demographics of the developing ski racer to ensure they develop the technical skills required for high-performance ski racing and skiing for life.

SKI CROSS PROGRESSION TABLE							
LTAD FOCUS	IGNITING THE SPARK	FORMING THE FOUNDATION	LEARNING THE SPORT	BUILDING THE SKI RACER	BUILDING THE SKI RACER & OPTIMIZING THE ENGINE	OPTIMIZING THE ENGINE	PROFESSIONAL SKI RACER
	PLAY AND DISCOVER	PLAY AND DISCOVER DEVELOP ATHLETICISM DEVELOP SKIING SKILLS IN A VARIETY OF ENVIRONMENTS	PLAY AND DISCOVER DEVELOP ATHLETICISM DEVELOP SKIING SKILLS IN A VARIETY OF ENVIRONMENTS	CONSOLIDATE SKIING SKILLS & TRANSFER TO COMPETITION BEGIN TO APPLY TACTICAL STRATEGY SPECIFIC SPORT SKILL STRATEGY AND TACTICS CONTINUE TO BUILD FITNESS FOUNDATION & ATHLETICISM	REFINE SKIING SKILLS & TRANSFER TO COMPETITION CONTINUE TO REFINE TACTICAL STRATEGY CONTINUE TO BUILD FITNESS FOUNDATION & ATHLETICISM	REFINE SKIING SKILLS, APPLICATION OF TACTICAL STRATEGY AND FITNESS FOUNDATION BEGIN TO SPECIALIZE AT THE END OF THIS STAGE	PERFECTING DISCIPLINE SPECIFIC SKIING SKILLS, FITNESS, EXECUTION OF WINNING STRATEGIES
DEVELOPMENT STAGE	GLIDING START (GS)	SKIER ESSENTIALS (SE)	LEARN TO TRAIN (L2T)	TRAIN TO TRAIN (T2T)	TRAIN TO RACE Stage 1 (T2R)	Stage 2 (T2R) Transition TRAIN TO RACE RACE TO WIN (R2W)	RACE TO WIN (R2W)
AGE CLASSIFICATION	U6	U8/U10	U10/U12	U14/U16/U19 Adolescent Growth Period	U19/Post Adolescent Growth Period	U19-U21+	U21+ (est. entry at 22 -24 years of age)
TRAINING AGE <i>ESTIMATED TIME PARTICIPATING IN SKIING</i> <i>Will vary from skier to skier based on region and individual growth and development</i>	0 - 2 years	0 - 4 years	2 - 6 years	5 - 7 years	6 - 8 years	7 - 12 years	12 - 15+ years
COMPETITION RECOMMENDATION	N/A	1 SX Kinder Kombi competition, skills and alpine ski race competitions	1 - 2 Local SX events, skills events and alpine ski race competitions	2 - 4 SX competitions Continue to race alpine skiing	4 - 8 SX competitions Continue to race FIS Alpine	Determined by individual training and competition plan	Determined by individual training and competition plan
COURSE GUIDELINES <i>For more information on course builds please contact kuocera@alpinecanada.org</i>	Small Resort Built Course Minimal or NO Airtime Rollers/Bank Features Introduce SX start gate	Small Resort Built Course Minimal or NO Airtime Rollers/Bank Features SX start gate with small start feature	Small Resort Built Course Minimal Airtime Rollers/Bank/Jump/Features SX start gate with Small Start Feature	Small/Medium Resort Built with ACA Guidance Rollers, Banks, Jumps, Features	Medium/Large Purpose Built Course meeting FIS standards/requirements	Large/Extra Large Purpose Built Course meeting FIS standards/requirements	Large/Extra Large Purpose Built Course meeting FIS standards/requirements
COMPETITION LEVEL	Play and Discover through participation in FUN Skill Competition events	Play and Discover through participation in FUN Skill Competitions, Alpine ski racing events including Kinder Kombi Ski Cross events FUN Speed Skill development courses with timing Park and Pipe Jam events	FUN Ski Cross/Speed Skill development courses with minimal airtime Participate in Introductory/Local Ski Cross events, Skill competitions and Alpine ski racing Park and Pipe Jam events	Begin regional Ski Cross events Alpine ski racing including SG Local Ski Cross events	Regional Ski Cross NorAm Ski Cross FIS Alpine & Ski Cross racing National Junior Championships Youth Olympic Winter Games	Regional Ski Cross NorAm Ski Cross FIS Alpine & Ski Cross racing National Junior Championships Youth Olympic Winter Games	Europe Cup(EC) Ski Cross World Cup (WC) Ski Cross National Champs (NC) World Champs Olympic Winter Games
PERFORMANCE BENCHMARK EVENTS	Snow Stars Levels 1-3	Snow Stars Levels 1 - 5	Snow Stars Levels 3 - 5	West/East SX Series Top 16 Top 25 CanAm U14/U16 Canada Winter Games	NorAm Ski Cross top 12 for men & top 8 for women 1st years progressing to top 8 for men and top 4 for women NJC/YOG/EC top 32 Sub 150 points FIS Giant Slalom and Super G progressing to sub 90 points in both disciplines	NorAm Ski Cross top 4 for men & winning for women NJC/Top 8 WJC/Top 16 EC progressing to top 4 EC, WJC, & National Champs with exposure to World Cup Sub 80 points FIS Giant Slalom and Super G progressing to sub 60 points in both disciplines	Top 4 EC Ski Cross top 4 and National Champs Top 24 World Cup Progressing to Top 8 at all levels with specific breakthroughs Sub 30 points FIS Giant Slalom and Super G progressing to sub 15 points in both disciplines
TEAM	Local Ski Club	Local Ski Club	Local Ski Club/Zone Team	Local Ski Club/Zone Team	Zone Team/FIS Team	Provincial Team/NextGen Team	National A/B/C Teams
RACE FORMAT <i>Goal is to mirror FIS Format</i> <i>Day 1: Inspection & Training</i> <i>Day 2: Inspection, Training & Individual Qualification Time Trial</i> <i>Day 3: Inspection, Training & Finals (heats 4 up head to head)</i>	FUN Ski Cross/Speed Skill style courses with and without timing. Skiers run down the course individually <i>Encourage skiers to complete as many runs as possible</i>	Progression starts with: Individual runs 2-up team event with an individual qualification -> 4-up team event with an individual qualification time trial <i>(minimum 3-4 runs including Qualification & 2-up event for all skiers)</i>	Progression starts with: Timed runs Double elimination round robin fun events 4-up team event with an individual qualification time trial -> 4-up heats with qualification time trial	Progression starts with: 4-up team event with an individual qualification time trial -> 4-up heats with qualification time trial	Progression starts with: 4-up team event with an individual qualification time trial -> 4-up heats with qualification time trial	4-up heats with qualification time trial	4-up heats with qualification time trial