<table>
<thead>
<tr>
<th>LTAD FOCUS</th>
<th>TRAINER AND COMPETITION FOCUS</th>
<th>DEVELOPMENT STAGE</th>
<th>AGE CLASSIFICATION</th>
<th>STRUCTURE</th>
<th>ACTIVITY</th>
<th>FUNCTION</th>
<th>ENVIRONMENT</th>
<th>rhyme and reason, and develop the skier's skills in a variety of environments.</th>
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<tr>
<td>TRAINING AND COMPETITION FOCUS BY DEVELOPMENT STAGE FOR ALL ALPINE SKIING DISCIPLINES</td>
<td>forma the foundation</td>
<td>Gliding Start (GS)</td>
<td>U12</td>
<td>Skier Essentials (SE)</td>
<td>Learn to Train (L2T)</td>
<td>Learn to Train (T2T)</td>
<td>Train to Race (T2R)</td>
<td>Win Race (R2W)</td>
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<tr>
<td></td>
<td>Username</td>
<td>Snow Stars &amp; RISING STARS</td>
<td>No formalized event</td>
<td>Compete in &quot;mini-contests&quot; for</td>
<td>No formalized event</td>
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<td>Participate in Provincial and Regional Events</td>
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<td></td>
<td>FORM THE FOUNDATION</td>
<td>Username</td>
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<td>FUN Local Club Competitions &amp; Inter club events</td>
<td>No formalized event</td>
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<td>Regional &amp; Provincial Competitions</td>
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<td>LEARN THE SPORT</td>
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<td>BUILD THE SKIER RACER</td>
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<td>OPTIMIZE THE ENGINE</td>
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<tr>
<td></td>
<td>PERFECTING DISCIPLINE SPECIFIC SKIING SKILLS, FITNESS, EXECUTION OF WINNING STRATEGIES</td>
<td>Username</td>
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<td>Regional &amp; Provincial Competitions</td>
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<td>MAINTAIN ABILITY TO SKI THE WHOLE MOUNTAIN IN ANY DISCIPLINE, FITNESS &amp; DURATION OF SKIING, GIVING BACK TO THE COMMUNITY</td>
<td>Username</td>
<td>No formalized event</td>
<td>Compete in &quot;mini-contests&quot; for</td>
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**Snow Stars & RISING STARS**

- **No formalized event**
- **Compete in "mini-contests" for FUN Local Club Competitions & Inter club events**
- **Participate in Provincial and Regional Competitions**
- **Participate in International, National, Provincial & Regional Events**

**Competition Event Types**

- **Always race with very little inspection and complete as many runs as possible.**
- **Always race with very little inspection and complete as many runs as possible.**
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**Free Ski Volume during Training**

- **Includes fun skiing and technical free skiing.**
- **Debrief Practice and Play**
- **Technical & Tactical Skiing Skills Training for skiing skill enhancement.**
- **Transfer to competition environment.**

**Training Focus**

- **Minimum of two days of training per competition start.**
- **Fun courses with turn radius equal to the child’s skiing radius.**
- **Fun courses with turn radius equal to the child’s skiing radius.**
- **Fun courses with turn radius equal to the child’s skiing radius.**

**Ski Cross Progression**

- **Snow Stars Level 1 - 3 Skills**
- **Small park terrain**
- **Indoor Ski Cross competition with heat racing on tracks with small Park Cross features.**
- **Ski Cross competitions with heat racing on full Ski Cross courses and proper start gate.**
- **Ski Cross competitions with heat racing on full Ski Cross courses and proper start gate.**
- **Ski Cross competitions with heat racing on full Ski Cross courses and proper start gate.**

**Speed & Movement over Terrain**

- **Ski over gentle terrain, rollers, side hills, bank turns, and small jumps to create a sense of weightlessness.**
- **Jump over fun lines on flat terrain.**
- **Develop speed skills of gliding, tucking, moving over terrain and jumping skills.**
- **Place Super G develop speed elements of gliding, tucking, moving over terrain and jumping skills in Super G**
- **Place Super G develop speed elements of gliding, tucking, moving over terrain and jumping skills in Super G**
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**Para Alpine Progression**

- **Teach the basics of para skiing in a creative, fun environment.**
- **All activities are FUN-based including some structured competition.**
- **Learn the basics of para ski racing, participate in local and provincial races.**
- **Improve strong technical skiing through exposure to complex and demanding competitive situations.**
- **Selection into Provincial Para-Apline team.**
- **Race to excel in performance.**

**Ski for Life (SL4)**

- **Become a coach, volunteer or participate in the ski training and coaching experience.**
- **Enjoy skiing and spending time in the ski environment.**
- **Ski for the fun and enjoyment.**
- **Give back to the sport via coaching, becoming an official or supporter of para-alpine skiing.**

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**Please note this guideline shows the required volumes and quantities associated with performance programs. 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.**