


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.

TRAINING AND COMPETITION FOCUS BY DEVELOPMENT STAGE FOR ALL ALPINE SKIING DISCIPLINES

LTAD FOCUS 	IGNITE THE SPARK	FORM THE FOUNDATION	LEARN THE SPORT	BUILD THE SKI RACER	BUILD THE SKI RACER AND OPTIMIZE THE ENGINE	OPTIMIZE THE ENGINE	BE A PROFESSIONAL SKI RACER	SKI FOR LIFE
	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 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 APPLY TACTICAL STRATEGY BUILD & MAINTAIN FITNESS FOUNDATION BEGIN TO SPECIALIZE AT THE END OF THIS STAGE IN 1 -2 DISCIPLINES	PERFECTING DISCIPLINE SPECIFIC SKIING SKILLS, FITNESS, EXECUTION OF WINNING STRATEGIES	PERFECTING SKIING SKILLS TO MAINTAIN ABILITY TO SKI THE WHOLE MOUNTAIN IN ANY DISCIPLINE, FITNESS, ENJOYMENT OF SKIING, GIVING BACK TO THE COMMUNITY
DEVELOPMENT STAGE	GLIDING START (GS)	SKIER ESSENTIALS (SE)	LEARN TO TRAIN (L2T)	TRAIN TO TRAIN (T2T)	TRAIN TO RACE (T2R) Stage 1 (T2R)	Stage 2 (T2R) Transition TRAIN TO RACE (T2R) RACE TO WIN (R2W)	RACE TO WIN (R2W)	SKI FOR LIFE (S4L)
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 year of age)	Enter at any age
SNOW STARS & RISING STARS & IN SEASON TRAINING CAMPS	Snow Stars skill development Club Team or Ski School	Snow Stars Skill Festivals Club Team or Ski School	Snow Stars Skills Festivals In Season Regional & Provincial Training Camps Club Team	U14 Snow Stars Skills Festivals U16 Provincial Training & Competition Projects Rising Stars National Projects Club Team	U19 Provincial & Regional Training & Competition Projects Transition from Club to Provincial Team	Ski Racers begin to specialize Attend Training & Competition Projects that fit individual needs and progression Provincial Team Transition to NextGen CAST/SX/Para-Alpine A & B Team	Attend National Team Training & Competition Projects that fit individual needs and progression CAST/SX/Para-Alpine A & B Team	Become a coach, official, or volunteer. Attend training camps as part of lifelong learning and enjoyment of skiing or attend a Master's race camp in the summer
COMPETITION LEVEL	Participate in FUN skill development events No formalized competition	Compete in "mini-competitions" for FUN Local Club Competitions & Inter club events	Compete in "mini-competitions" for FUN Local Club Competitions Inter club Events Zone Racing Regional & Provincial Competitions	Compete in Provincial and Regional Events (Para-alpine, Ski Cross, Alpine) Participate in some Zone and Inter Club Events CanAm Events as Qualified Competitive U16 exposure to National and International Competition	Compete in Internationally Introduction to national and provincial FIS Racing (provincial, national & NorAm) European FIS exposure (training & racing) in Provincial & National training projects Ski Cross FIS & NorAm Youth Olympic Games	Compete in International, National, Provincial and Regional Events International FIS & FIS University Competitions (NCAA) NorAm & European Cup World Junior Championships European exposure Ski Cross FIS, World Cup & NorAm Transition to World Cup	Compete in International FIS, National, Provincial and Regional Events FIS University Competitions (NCAA) NorAm & European Cup FIS World Cup Olympic Winter Games (Para-alpine, Ski Cross, Alpine) European exposure Ski Cross FIS, World Cup & NorAm	National and International Master's races participate in local club fun events, provincial, national and international events as desired
COMPETITION EVENT TYPES	Encourage fun family races where the whole family can participate with local club	Always race with very little inspection and complete as many runs as possible. Giant Slalom & Slalom Panel Slalom & Dual/Team Events Kinder Ski Cross & Kombi GS/SL Obstacle Courses FUN Mogul and Free ski competitions Sprint format events	Always race with very little inspection and complete as many runs as possible. Giant Slalom & Slalom Panel Slalom & Dual/Team Events Kinder Ski Cross & Kombi GS/SL & GS/SG Kombi Simulation Races FUN Mogul and Free ski competitions Sprint format events	Giant Slalom, Slalom, Super Giant Slalom, Downhill, Alpine Combined Parallel Slalom & Dual/Team Events Ski Cross Simulation Races & Time Trials Sprint format events Competitive U16 - National projects and events (individualized) GS is core event	Giant Slalom, Slalom, Super Giant Slalom, Downhill, Alpine Combined Parallel Slalom & Dual/Team Events Ski Cross Simulation Races & Time Trials Sprint format ACA Para-alpine Carving the Future camps, local and provincial para-alpine GS is core event focus on 3 strongest events	Giant Slalom, Slalom, Super Giant Slalom, Downhill, Alpine Combined Parallel Slalom & Dual/Team Events Ski Cross Simulation Races & Time Trials IPCAS and Para-Alpine NorAm & WC	Giant Slalom, Slalom, Super Giant Slalom, Downhill, Alpine Combined Parallel Slalom & Dual/Team Events Ski Cross Simulation Races & Time Trials IPCAS, Para-Alpine NorAm & WC	Participate in favourite events in any skiing discipline
FREE SKI VOLUME DURING TRAINING <i>Includes free skiing & technical free skiing Deliberate Practice and Play</i>	90% Acquiring Basic Skiing Skills	75% Acquiring Basic Skiing Skills	50 - 65% Consolidating Basic Skiing Skills	40-50% Technical & Tactical Skiing Skills Striving for skiing skill refinement	35% Technical & Tactical Skiing Skills Striving for skiing skill refinement beginning to innovate	35% Mastering Skiing Skill application in HP competition environment	25% Skiing skill innovation & Creative Variation in HP competitive environment	Freeski As often as possible for enjoyment and fun continue to practice skiing skills
TRAINING FOCUS <i>Minimum of two days of training per competition start</i>	Fun courses with turn radius equal to the child's ski turning radius Keep any course sets simple and focus on developing fundamental skiing technique first and foremost.	Fun courses with turn radius equal to the child's ski turning radius Keep any course sets simple and focus on developing fundamental skiing technique first and foremost.	Fun courses with turn radius equal to the skiers ski turning radius Keep any course sets simple and focus on developing fundamental skiing technique first and foremost.	Courses begin to simulate competition environments, utilize drill courses to refine technique and tactics.	Training simulates competition environments, utilize drill courses to refine technique and tactics.	Training simulates competition environments, utilize drill courses to refine technique and tactics.	Training simulates competition environments, utilize drill courses to refine technique and tactics.	Training focus varies on the individual interest and often is specific to one of the many ski disciplines. Continue to refine ski technique and ski all over the mountain in all types of conditions.
TRAINING EVENT TYPES	Brushes and Ski Cross panels, dye and stubbies make friendly markers in the snow for children to ski around.	Brushes, single gates, Panels & Ski Cross panels, dye and stubbies make friendly markers in the snow for children to ski around. Giant Slalom and Slalom Radius Sets Rhythymical and Arrhythymical Sets SL/GS Kombi Kombi Ski Cross w/spine Practice Starts & Finishes	Brushes, tall gates, panels and Ski Cross panels, brushes, dye and stubbies. Giant Slalom and Slalom Radius Sets Rhythymical and Arrhythymical Sets Kombi SL/GS & SG/GS Kombi Ski Cross w/spine Practice Starts with start gate, Finishes, Delays & Combinations	Giant Slalom, Slalom, Panel Slalom Super G using full gates, brushes, stubbies, dye and Ski Cross Panels Giant Slalom and Slalom Radius Sets Rhythymical and Arrhythymical Sets Team Event Ski Cross Course Practice Starts with start gate, Finishes, Delays & Combinations	Giant Slalom, Slalom, Panel Slalom Super G using full gates, brushes, stubbies, dye and Ski Cross Panels Giant Slalom and Slalom Radius Sets Rhythymical and Arrhythymical Sets Team Event Ski Cross Course Practice Starts with start gate, Finishes, Delays & Combinations	Giant Slalom, Slalom, Panel Slalom Super G using full gates, brushes, stubbies, dye and Ski Cross Panels Giant Slalom and Slalom Radius Sets Rhythymical and Arrhythymical Sets Team Event Ski Cross Course Practice Starts with start gate.	Race to Win athletes focus on their strengths and mastery of skiing skills and the application of effective decision making and strategy in a variety of competitive environments to strengthen their performance in their chosen discipline(s).	Focus on having fun; competition is not required but should be fun. Ski for enjoyment.
SKI CROSS PROGRESSION	Snow Stars Level 1 - 3 Skills Small terrain park features	Kinder Kombi Ski Cross in a variety of terrain environments Spines, roller waves and bank turns Small terrain park features Public Ski Cross Course	Kinder Kombi Ski Cross with Spines, roller waves and bank turns. Progress to Introductory Ski Cross on tracks with small features and start gate Medium terrain park features Public Ski Cross Course	Introductory Ski Cross competitions with heat racing on tracks with small ski cross features and start gate. Medium terrain park features.	Ski Cross competitions with heat racing on full Ski Cross tracks and proper start gate. Terrain park features match ability level of skier.	Ski Cross competitions with heat racing on full Ski Cross tracks and proper start gate. Terrain park features match ability level of skier.	Race to Win athletes have an individual training and competition plan specific to developing their skills at the elite level Mastery of all skiing skills. Winning is the goal.	Participate for enjoyment and fun. Continue to refine movement over terrain skills if coaching.
SPEED ELEMENTS & MOVEMENT OVER TERRAIN	Ski over gentle terrain, rollers, side hills, bank turns, and small jumps to create a sense of weightlessness. Hop on skis when on flatter terrain.	Introduce speed elements of gliding, tucking, moving over terrain and jumping skills. Jump over dye lines on flat terrain, train in big GS courses.	Develop speed skills of gliding, tucking, moving over terrain and jumping skills. Jump over dye lines on flat terrain. Begin to train in SG courses.	Race Super G develop speed element skills of gliding, tucking, moving over terrain and jumping skills in Super G and DH courses.	Continue to develop speed element skills of gliding, tucking, moving over terrain and jumping skills in Super G and DH courses. U19 race DH.	Continue to develop speed element skills of gliding, tucking, moving over terrain and jumping skills. Race Super G and Downhill dependent on individual desire	Race to Win athletes have an individual training and competition plan specific to developing their skills at the elite level and specialize in their event(s).	Participate for enjoyment and fun. Continue to refine movement over terrain skills if coaching.
PARA-ALPINE PROGRESSION	Teach the basic elements of skiing in a creative, fun environment	All activities are FUN-based including some structured competition.	All activities are FUN-based including some structured local 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 to Provincial Para-alpine team. Racer has desire to excel in performance.	Mastery of skiing skills in competitive environment, desire to excel and win.	Participate in skiing for fun and enjoyment. Give back to the sport via coaching, becoming an official or supporter of para-alpine skiing.