


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 VOLUME 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 SKIING 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 years of age)	Enter at any age
TRAINING AGE <i>Estimated time participating in the sport of skiing. 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	
PARA ALPINE AGE OF EXPERIENCE <i>Assessment of a para athletes developmental stage</i>	0 - 2 years	1 - 3 years	3 - 4 years	4+ years	4+ years	4+ years	4+ years	4+ years
TARGETED NUMBER OF DAYS ON SNOW PER YEAR <i>There will be differences in all regions due to the length of the season and the prescribed number of days on snow should serve as a benchmark. The number of days on snow will vary based on the goals and aspirations of the individual athlete.</i>	As many days as possible	40+ Days	60+ Days Competitive Pathway 80+ *Based on individual performance plan	80+ Days Competitive Pathway 100+ *Based on individual performance plan	100+ Days Competitive Pathway 120+ *Based on individual performance plan	110 + Days Competitive Pathway 130+ *Based on individual performance plan	130 - 150+ Days *Based on individual performance plan	Days based on individual desire
WEEKLY TRAINING VOLUME <i>Includes free skiing, technical free ski & drill courses to acquire, consolidate, and refine sport specific skills in various technical and tactical situations. Skiers are encouraged to ski all day from lift opening to close. Include night training and mid-week skiing when possible.</i>	Minimum 2 days per week; as often as possible with parents	2 to 3 days per week	Minimum 3 days per week	3 to 5 days per week Based on individual performance plan	4 to 6 days per week Based on individual performance plan	4 to 6 days per week Based on individual performance plan	5+ days per week Based on individual performance plan	Days based on individual desire
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	Free ski As often as possible for enjoyment and fun continue to practice skiing skills
RECOMMENDED DAYS ON SNOW PRIOR TO COMPETITION	N/A	10 to 15	10 to 15	U14 15 - 30 U16 30+ before Dec. 1	U19 40 - 50 before Dec. 1	T2R 40 - 50 before Dec. 1 *U19 R2W 50 - 70 before Dec. 1 U21	U21+ 50 - 70 days before Dec 1	Days based on individual desire
NUMBER OF COMPETITION STARTS QUALITY NOT QUANTITY <i>Minimum of two days of training per competition start Consistent race performance is critical to becoming a World class ski racer.</i>	Formalized competitions are not recommended	U8 4 -6 starts U10 6-8 starts	U10 8 -10 starts U12 10 - 12 starts	U14 12 - 20 starts U16 16 -24 starts	T2R 22 - 34 starts Individually designed FIS Program	T2R 33 - 40 starts*U21 R2W 44-54 starts Individually designed FIS Program	R2W 44 - 66 starts Individually designed FIS Program	Number of starts dependent on individual desire
FREE SKI FOR ENJOYMENT	Ski with parents as often as possible	Ski with friends and family as often as possible	Ski with friends and family as often as possible while balancing rest, school and recovery needs	Ski with friends and family as much as possible while balancing rest, travel, school and recovery needs	Ski with friends and family as much as possible while balancing rest, travel, school and recovery needs	Ski with friends and family as much as possible while balancing rest, travel, school and recovery needs	Ski with friends and family as much as possible while balancing rest, travel, school and recovery needs	Ski with friends and family as much as possible while balancing rest, travel, work and recovery needs
OFF SEASON TRAINING CAMPS <i>Spring, Summer, Fall</i>			Optional Camp (7 to 10 days)	1 to 3 Camps (10 to 30 days)	2 to 4 Camps (30 to 40 days)	2 to 5 Camps (40 to 70 days) *Based on individual performance plan	3 to 5 Camps (50 to 70 days)	Based on individual desire