



National Capital Outaouais (NCO)
Alpine Ski Team

Juvenile Program Outline and Plan

2001/2002

May 26, 2001

INTRODUCTION

The amalgamation of the elite teams of the Outaouais Ski Zone and the National Capital Division provides for an exceptional training and racing environment for elite athletes in the region. This program will allow the athletes to develop the technical, tactical and mental skills required to achieve their potential as a ski racer as well as achieve personal growth as individuals.

PREMISE

The design of the program is built on the following premises:

- Bringing the best athletes together as a team is an accepted method of providing an effective program for success and elite athlete development.
- Support from the Division, Zone and all Club programs in the region is essential to the future of the NCO Program and to the development of its athletes within the Canadian ski racing system.

OBJECTIVES

The NCO Program has the following specific objectives:

- To provide an exceptional elite racing and training program in a competitive, enjoyable atmosphere that will help each athlete mature and reach his\her maximum potential as a ski racer and young adult.
- To help develop properly prepared athletes for Ontario, Quebec and National Team programs.

VOLUNTEER PROGRAM MANAGEMENT

A "management committee" supervises the NCO Team programs. The day to day dryland preparation and on snow programming will be designed and run by the coaching staff. The members of the Management Committee are:

- Luc Lalonde - OSZ Chair
- Mike McKay NCD Chair
- Monique Chartrand - OSZ Rep. and Committee Treasurer
- Peter Goodman - NCD Rep. and Committee Chair
- Jeff Singer - OSZ Rep. Debbie Davidson - NCD Rep.

PROFESSIONAL COACHING STAFF

The NCO Juvenile Program is fortunate to have outstanding staff whose qualifications and long experience will provide a great opportunity for the athletes. For the 2001/2002 season, the following coaches are committed:

Alistair Scott - Level 3 CSCF - Level 4 CSIA – NCO Juvenile Head Coach

Alistair will be assuming the role of Juvenile Head Coach after a very successful first season of developing technical skiers as an NCO Juvenile Coach. Prior to last season, Alistair was the Head Coach of the Fortune Ski Academy for two years. With Alistair's background in coaching and instructing, we are fortunate to have him as Head Coach for next season.

Catherine Grenier – Level 2 CSCF – Level 2 CSIA – NCO Juvenile Coach

Catherine comes to the NCO team with a wealth of experience. During the past season, 'Cat' coached athletes of all ages at Club Descente. Her hard work and dedication to her athletes is second to none. Previous to last season, Cat was a member of the Quebec Ski Team, where she developed many insights into the world of ski racing. We are excited to have Cat as part of our team next season.

Tim Gfeller - Level 3 CSCF - Level 2 CSIA - NCO Program Director

Tim will be assuming the role of program director after a very successful first season with the Juvenile Team. Prior to this season, Tim worked for two years as NCD Juvenile Coach and two years as NCD Juvenile Head Coach. Tim, also a product of the NCD Juvenile and FIS Teams, is currently completing his degree in Human Kinetics at the University of Ottawa.

The coaches are continually learning and updating their skills through experiences, seminars, discussions and other professional development opportunities.

GENERAL PHILOSOPHIES - NCO TEAM - "TRAIN TO TRAIN"

The NCO Coaching staff operates under certain philosophies, which promote individual athlete development: technically, physically and psychologically.

GENERAL

- Athlete development is a long-term process. Athletes arriving on the JUV team will begin a two-year plan to develop properly for the next level of ski racing. Our general two year plan can be found in Appendix A.
- It is the coaches responsibility to plan an athlete's season depending on individual need.
- It is the coaches responsibility to develop technically proficient skiers before developing fast ski racers. This will provide the athlete with technical skills necessary to succeed at the next level.
- It is the coaches responsibility to provide athletes with experiences necessary to be successful at the next level of ski racing.
- In order for individual athletes to be successful on snow, the team must be a cohesive unit, supporting each other and building off one another.

PHYSICAL

- Athletes at this level must be in a structured aerobic and anaerobic program.

MENTAL

- Athletes must be provided with the tools necessary to develop mental training skills, including but not limited to, visualization, focusing, relaxation and development of pre-race plans.
- Athletes must be involved in goal setting sessions before and throughout the season.

ON-SNOW

- The racing schedule is built around the training schedule, not vice-versa.
- Race/Training ratio will follow Alpine Integration Model (AIM) guidelines (these are minimum guidelines).
 - 1:4 for K2 athletes
- Each training session will have a specific purpose and goal.
- Basic technical skills must be mastered before advanced topics are introduced.
- Athletes will enter each competition with a clear vision of their goals for that particular race. Not all races will have results oriented goals.
- Athletes will have individual training and racing needs depending on their stage of development.

TRAINING and RACING – JUVENILE TEAM

The philosophy of this program is that the immediate goal of a Juvenile ski racer is **technical development**. Too often in this country we see Juvenile age skiers with the short-term goal of race results. While this may provide for short-term success, these athletes eventually lack the technical skills required to excel at higher levels. The long-term vision of the NCO program is more about training and less about racing at the Juvenile level. This may mean that some traditional Juvenile race starts are eliminated in favor of additional training opportunities.

The season planning and periodization for Juvenile athletes is based on one major race series, Ontario or Quebec Provincials. The rest of the time is used for training and skill acquisition. Some athletes may have additional race starts depending on individual athlete needs and training performances. The coaching staff will select these additional starts. Race selection is the responsibility of the hired professionals.

Early season training will consist of several four-day camps. This will allow for recuperation and allow racer to focus on their studies on a regular basis. These camps will be within a short traveling distance - Laurentians or Mont Ste-Anne. Our regional training sites will vary throughout the Outaouais region depending on snow conditions, training needs and availability.

There will be an optional fall camp in western North America available to Juvenile athletes. This camp will consist of 15-17 days on snow in early November. The camp is very beneficial as athletes will have early, focused technical training and will be literally skiing beside the best in the world as numerous World Cup Teams are in the final preparation stages for the World Cup openers in the USA.

Training is scheduled so athletes miss the minimum amount of school. The average Juvenile team member can expect to miss approximately thirty (30) days of school over a five month period with a heavier concentration from January to March. There will be approximately 60 to 80 days of training. The program is designed with flexibility in mind in order to accommodate individual athlete needs. It is very important that athletes and parents understand that missed training or racing opportunities are not viewed as a negative.

EDUCATION

Athlete education is a top priority. During the fall, coaches are available to meet with individual school principals or teachers to explain the program as well as to help map out a student plan for the season. Coaches can often develop communication links with teachers that facilitate academic progress reports throughout the season.

When the team is on the road, the coaches are dedicated to providing daily mandatory study time helping racers achieve their academic goals for the season. The coaches will assist any racers with their educational needs but parents must inform coaches about special and/or specific needs. It is important for the athletes and parents to realize that if the athletes' academic goals are not being met, on-snow training days may have to be temporarily reduced.

PROGRAM FEES

The Juvenile team cost reflects the full time commitment to the program. Each athlete may have different schedules due to different needs. The Juvenile team costs include Ontario and Quebec Provincial Championships but do not include National Championships, Whistler Cup or Taschereau. These are considered add-ons.

The program fee includes the following:

- Coaching
- Seasonal athlete planning
- Competition expenses at all competitions except those identified below.
 - 18-20 race starts
- Accommodation while on the road
- Transportation for away training and racing
- Breakfast and dinner (except travel days when training or competing away)
- All local training and away training camps (excluding optional Colorado camp)
 - Approximately 70-90 days on snow including races
- Lift passes
- Transportation to and from T&L to local training sites
- Team uniform (jacket, pants, track top & fleece top) Dryland training - fall and winter (from September)
- Professional dryland programming (Athletic Conditioning Centre - 3 months)
- Special race waxes for selected competitions
- Binding mounting and equipment modifications at T&L through coaches

The program fee does NOT include the following:

- Participation at National Championships, Whistler Cup or Taschereau
- Colorado camp
- Spring or summer dryland training costs
- All lunches throughout the season
- Hard goods (skis, boots, bindings, poles)
- Racing accessories (helmets, goggles, protection etc.)
- Day to day wax requirements
- Ski tuning equipment

Program fees are set with the following assumptions in mind:

- Snow conditions enable training and racing to proceed generally as planned
- Race schedule generally proceeds as planned
- Sufficient quota is obtained for races
- There are a sufficient number of athletes in the program
- Everyone participates in fundraising to achieve income levels
- Unforeseen circumstances do not arise i.e. major van breakdown

Should costs be higher or revenues lower than anticipated, every effort will be made to reasonably adjust the program. In the event that this is not possible, an additional cash call will be required at year-end. The NCO committee will attempt to provide ample notice in such an event.

Parents can be assured that monthly monitoring of program revenues and expenses is an integral part of the NCO management committee's mandate. The coaching staff and NCO treasurer will monitor this. Monthly financial reports will be made to NCD and OSZ Boards as part of the NCO management committee's terms of reference.

INJURY - SICKNESS - SCHOOL - EXAMS - DISCIPLINARY ACTION

In the event that an athlete sustains a major injury that terminates the training and racing season early, a credit will be applied towards the program for the following season. The credit will be calculated weighing fixed costs and variable costs. Variable costs include only:

- Race entry fees for races that the athlete would have raced in.
- Food and accommodation at races that the athlete would have raced in.

Traditionally this has translated to approximately \$90.00 per day.

Training or competition time missed as a result of minor injury, sickness, school exams, specific schooling requirements or disciplinary actions will not be refundable.

EQUIPMENT

Racers in need of equipment will be required to make a list of equipment needs very soon. After equipment needs have been identified, the coaches will meet with individual families to review the options (brands, sizes etc.). In most cases, the coaches will make recommendations depending on the needs of the athletes and quality of current equipment. The earlier this is accomplished, the easier it will be to fulfill all equipment needs in time for fall camp. The coaches, with the assistance of T&L staff, will look after all mountings and equipment modifications (boot punching etc.)

RESPONSIBILITIES

ATHLETES

Athletes are expected to show respect for coaches, parents, officials and other athletes. Personal and team equipment is expected to be treated in a responsible manner. The athlete will commit to a dryland program, proper rest, diet and an aggressive ski program under the guidance to the coaching staff. The athletes must read, understand and sign the NCO Athlete Contract before participating in any program activities.

PARENTS

Along with commitment to the program comes a commitment to fundraising. Parents will be called upon to participate in Bingo, the Team auction at the end of October, race duties at selected races and raffle events. The sole purpose of fundraising is to reduce the cost of the programs - the more everyone get involved, the more everyone benefits. Parents must be willing to commit to fundraising activities before athletes are admitted to the team. Fundraising activities will start July 1, 2000 and continue to June 30, 2001. Parents will be asked to read and sign the Partner Code of Conduct Agreement.

There is NO option to reduce parent commitment to fundraising by paying additional fees. FULL participation at all fundraising events is expected. Parents are part of the team that will make the program successful.

COACHES

Before undertaking their duties, all NCO coaches will have signed an employment agreement that includes a specific contract, job description and agreement to conduct themselves according to the Alpine Coaching Code of Ethics. Coaches will commit to providing a safe, responsible and enjoyable environment for the athletes during racing and training activities. They will drive team vehicles in a responsible manner. Supervision will be provided in an appropriate fashion at local and away events. For any program concerns or additional information, please do not hesitate to contact:

Tim Gfeller, Tel: 823.1661 Email: ncdjuv@magma.ca

DEVELOPMENT LADDER - NCO REGION

CANADIAN ALPINE SKI TEAM
TRAIN TO WIN



NATIONAL DEVELOPMENT TEAM - PROVINCIAL TEAMS



NCO FIS TEAM
TRAIN TO COMPETE



CLUB JUNIOR PROGRAM - NCO JUVENILE TEAM
TRAIN TO TRAIN



CLUB JUVENILE PROGRAMS - NCO JUVENILE TEAM
TRAIN TO TRAIN



CLUB ENTRY LEVEL PROGRAMS
FUN-damentals

APPENDIX A - GENERAL 2-YEAR PLAN

YEAR 1

- Physical** The goal for the first year athlete is to develop in three areas of physical performance. The primary focus is aerobic and anaerobic energy systems. The second area is the development of core muscle strength. Finally, the development of body awareness and coordination will lead to increased skill development on hill. Maintenance throughout the winter is key.
- Mental** During the first year, the athletes will be introduced to several aspects of the mental game. These areas will include relaxation, refocussing, visualization and activation control. During the season the athletes will be introduced to pre race planning and evaluation.
- On Snow** The primary area of focus is on technical development. Emphasis will be directed towards development of the 5 planes of balance. The athletes will be exposed to basic aspects of skiing tactics primarily relating to turn shape. Athletes will complete no more than 20 race starts during the season. Approximately 60-80 days of training during the season.

YEAR 2

- Physical** In the second year of the program, athletes will continue to develop the cardiovascular and muscular systems. A greater emphasis will be placed on anaerobic power. Maintenance throughout the season will increase in priority.
- Mental** Continued development of the major areas. Major focus will be on the utilization of mental skills within the training environment and integration of the basic mental aspects into the pre race plan. Post race evaluation will be used to personalize pre race plans.
- On Snow** Continued development of technical and tactical areas. The primary focus is to integrate learned skills into the racecourse. Tactical development will revolve around the maintenance of correct turn shape within race and training courses. Athletes will complete no more than 20 race starts during the season. Approximately 60-80 days of training during the season.

APPENDIX B - SEASON TRAINING PLAN - 13 YEAR OLD

SUMMER

June - August

During this period, the athlete is participation in a variety of different activities. Increased Coordination and aerobic development is achieved through cross training with non skiing related sports such as soccer, cycling, swimming, etc....

FALL

August - November

The training focus shifts towards increased utilization of the anaerobic system. Core Strength is increased through participation in a weight training program. Emphasis on increased flexibility is key for effective use of increased strength during dynamic movement. The athletes participate in team building sessions and basic mental skills are introduced. Field testing will occur at the beginning and end of this phase in order to gauge progress. Dryland intensity will taper prior to on snow activities to allow for proper activation.

WINTER

Pre competitive season

November - January

This period is marked by rapid development of technical skiing. The volume of training is at its peak in order to ensure maximum skill retention. This phase is divided into several micro (3 or 4 day) camps which allows for targeting of specific skills required for development. Many drills and exercises are included to introduce and develop basic skills. There is an increased emphasis on the development of the basic mental skills. This is made possible as a result of the controlled training and resting environment during micro camps. Maintenance of dryland training gains is key throughout the winter.

Competitive season

January - April

The training to race ratio is 3 or 4:1. Emphasis remains solidly focussed on technical improvement. Athletes spend a progressively increasing amount of time in drill and training courses to allow learned skills to be applied to an environment similar to that of competition. Local series races provide a means to implement and experiment with technical, tactical and mental skills in a competitive environment. Post race reviews are introduced .

Training is directed towards a single training peak at the Quebec/Ontario provincials. Peak events are an opportunity to gauge the athletes ability to perform learned skills to the best of ability. Success is not strictly measured by the results board.

SPRING

April - June

Technical development remains a focus until the completion of the skiing season. Competition emphasis is gradually tapered. However, competition is used as a primary motivation for continued training. From the completion of the competitive season, athletes are eased into a recovery period.