

Summit Head Coach's Report

May 3, 2009

Season Highlights:

- ❖ **Summit Ski Club wins overall Provincial Championship MASD at all competition levels**
- ❖ **Steven Horbas wins as Overall Provincial Champion, MASD**
- ❖ **Kristen Master achieves second place overall, MASD**
- ❖ **Steven Horbas, Evan Kettler and Colin Ross (part-time) all proudly represented Summit as athletes on MASD Provincial Team (Camps in Mt. Hood, Farnham Glacier, Banff areas. FIS Level Competitions in Mid- USA and Thunderbay)**
- ❖ **Summit athletes, Colin Ross and Tori Hyslop compete at International Event of Whistler Cup.**
- ❖ **Jim Cordingley launches refreshed version of www.summit.skiclub.com**
- ❖ New ACA Level 2 Officials: Rob Grycko and Jim Tokarchuk.
- ❖ En route to completing ACA Level 3 Officials: Rob Gerry, Cathy Horbas, Greg Ross and Bruce Eyford
- ❖ Erin Black attains CSIA Level 2
- ❖ Steven Horbas attains Development Level (Level 2) CSCF Coach as “Trained” status
- ❖ Summer, fall and winter fitness training sessions enhances fitness growth of athletes while continue to grow group dynamics.
- ❖ **Summit Nancy Greene athletes rocked ... at the Barclay Snowbyrd, Holiday Mountain,** strong individual showing of athletes who visited the podium.
- ❖ Nancy Greene athletes participate in their second, annual speed camp opportunity ... a season highlight for many.
- ❖ Great participation by Summit athletes at the Husky Snow Stars weekend, Asessippi, followed by Kombi race.
 - ❖ Pepsi Bottling Group continues to proudly support Summit Ski Club

Year at a Glance: 2008-09 Goals

Theme: The Fast Line to Ski Racing ...

Learning how to ski the fast line through a ski race course requires strong skiing skills and learning the tactics of racing the correct line. Skiing the correct line is like making the right selections of shots in tennis. Athletes practice these tactics and skills in a “competitive spirit” type of environment, while being exposed to a variety of on-hill training methods.

Goal 1: To provide our E1- K2 athletes with a variety of drills and course sets to enhance skiing tactics and improve skiing skills.

To highlight a few areas:

❖ To continue to reinforce good inspections to training and race courses- all levels. Few older E2 and especially K1 to spend time inspecting at race and training with less direct coach intervention. Coaches and athletes to follow-up with discussions prior to and where possible, following the race. Reflections should occur, whenever possible, to enhance inspection and race skills. Athletes at K2 and older levels in Summit Ski Club are more used to this type of inspection procedure.

❖ To have coaches acquire a functional understanding of the new Alpine Integration Model (Aim 2 Win) “Long Term Skier Development for Alpine Ski Racing”**To further emphasize next season.

Goal 2: To continue to enhance abilities of our K2 – J2 athletes to make critical reflection (continuation of a great goal from 2006-07 season).

This involves innovative coaching methodology that encourages athletes to problem solve, review and reflect, in order to make decisions in relation to technical, tactical and psychological aspects of performance.

To highlight a few positive areas:

❖ Athletes, depending on their individual levels (see AIM Document), will require enhancement in their abilities and challenge their thinking to learn to ski a strong line. Athletes should use meta-cognition abilities to reflect.

❖ To utilize aides such as brushes to reinforce the tactics related to strong line. In particular to use brushes in such a manner that choices can be reflected on in relationship to the lines chosen. More than one line also means more than one way to ski (one of the goals of the CSCF and ACA).

❖ To utilize timing equipment, where possible to provide feedback for our athletes. This will be a reflection opportunity. (Note: new timing personal)

❖ Use of electronic timing: Extra focus for next season (a few times for younger athletes as well)

❖ Video feedback and journal reflections (for older athletes) have been very useful to teach and enhance skills

Note: Shaded sections above = further considerations for next year.

Next year:

❖ To look at new criteria's for coach licensing requirements

❖ To look at a plan for Summit PD sessions

❖ Possible- Fall '09 fitness sessions for coach knowledge, possible MASD involvement

❖ Entry level drill setting seminar for Summit Coaches

❖ See Three Year Plan, of which, we have just completed year two.

Hats Off to our Summit Ski Club Executive and to our Coaches for the great work that they perform for our program.

B. Hatherly

Head Coach