



Summit Seasonal Theme and Goals for 2018-2019

Seasonal Theme: Challenging athletes for success, at all skill levels!

- Looking to celebrate success in reaching and competing at the Canada Winter Games
- Developing success through differentiated (athlete-centered) coaching
- Developing athlete success through multiple levels of challenging environments (use of variable setting, coaching successes from previous goals- *Pulling it Together!*)

Program Goals

- 1. Parents and Athletes:** To provide opportunities for *Summit athletes to develop knowledge and skills* related to alpine skiing through attendance at Nov 3rd CSIA seminar presentations;
 - a. Sport Psych, “Mental Training for on Snow Success” (part 2 from last year’s presentation) with David Telles-Langdon
 - b. Christian Hillier, Sidecut Tuning, “Ski Tuning for Performance”. There is always more to learn!
- 2. Canada Winter Games, U14, U16, U18:** To engage as many Summit athletes as possible to compete in the CWG 2019. To have at least one Summit Coach attend as support.
 - a. 3 X U16
 - b. 1 x U18
 - c. 1 x coach Maclean Hatherly

See Goal 3 below.

3. Coaching Goal:

- A. U14+ Goal:** “Hard first” concept in training will require a strong push of athletes who have attended summer and fall camps on snow and, for those athletes competing for spots on CWG Teams.
 - a. This mean that we will continue to require creative on-hill programming
 - b. Diverse skill levels require multiple levels of challenge in relation to setting environments for ***athlete success*** ie. This will look like various sets of courses in vertical length and width of the run, and in addition to laps of free skiing at times.

Essential questions to consideration-

- Will we (coaches) be able to adequately check in with athlete/parents at times, to make sure that we are achieving success?
- How will we know when we are achieving success?

- B. U12 Goal:** To continue to place a strong emphasis on carving the outside ski. This is an emphasis (but was not a goal area) from the past two years.
 - a. This requires strong modelling by coaches and athletes/peers
 - b. Strong emphasis on appropriate course setting to achieve success

Essential questions to consideration-



- How will athletes know when they are attaining some success at carving?
- “Am I skiing faster”? How do I know?

Officials Goal: To engage parents in some of the various MASD opportunities of Officials update and level 1- 3, for officiating competition environments.

Level 2: Claude Roy (level 3 as a goal)

Level 3: Rob E, Bruce King, Mike Sauer (TD training as a goal)

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“Summit Ski Club is a non-profit alpine ski organization based in Winnipeg, Manitoba, Canada. Members cooperate to encourage growth in knowledge and skill development of young athletes, in a safe, fun, and supportive environment” ... with a competitive spirit!