



## ***Summit Seasonal Theme and Goals for 2019- 2020***

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

- Developing athlete success through continued use of exciting training environments (varied drill and training courses, variation of terrain- when possible).
- Providing variations in the competitive environment during Summit Club events:
  - Relay race
  - Pro- style bump/jump
- To use Ski-X types of features, course where possible??

### **Program Goals**

- 1. Parents and Athletes: To provide opportunities for Summit athletes to develop knowledge and skills related to alpine skiing through the following seminar education opportunities:**
  - a. Concussion information session, Open House Nov 3, 2019
  - b. SideCut Tuning session Feb 1, 2020
- 2. Coaching Goal (1): To enhance skills by providing video feedback opportunities for all levels of athletes.**
  - a. This will require coaches to share video indicating strengths, challenges and next steps for improvements.
  - b. Video sessions will need to display exemplar demonstrates for comparison ie. SnowStars benchmark videos; [https://youtu.be/F\\_mC7gn9IMc](https://youtu.be/F_mC7gn9IMc)
  - c. 7 Year old Champ!! <https://youtu.be/x3cLaiaaF0M>
  - d. Use of Summit Club athletes' demonstrations in video as exemplar models for other athletes.
- 3. Coaching Goal (2): Providing opportunities for the general membership of athletes to be on-snow for training will offer a head start to enhance skills!**
  - a. Early season start (Nov): MB Alpine Open Camp in Banff (U12- U16), Giants Ridge (possible Bottineau)

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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!***