



Summit Theme and Goals, 2011- 2012

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*.
- Young athletes practice these tactics and skills in a “competitive spirit” type of environment with a variety of training course sets and lead-up drills required to develop tactics. Train to Train and Train to Race athletes (AIM 2 Win Document) will continue to require frequent use of timing in addition to drills and other forms of feedback.

This is a continuation of last year’s seasonal theme.

Goals

Goal 1: To provide a more frequent use of video feedback for E1 and E2 level athletes.

Indicators: Athletes will receive video feedback on a basis of once every three weeks.

Strategies: To provide a video training session for Summit coaches. Timeline: Fall of 2011.

Goal 2: To develop all mountain skiing abilities in all athletes.

Indicators: Athletes will be challenged with a variety in terrain including bumps, ski cross, powder, steeps.

Strategies: To have athletes attend opportunities for camps in the mountains and in ski cross situations. We will need to develop ski cross terrain in Manitoba.

Goal 3: To provide opportunities for Summit coaches to enhance course setting at the Rising Stars level to further challenge our athletes.

Indicators: All coaches will attend one session for course setting on snow.

Strategies: Two course setting opportunities will be schedule for coaches.

Other PD Ideas for 2011- 2012

- To review and further develop our coaches’ understandings of the new (2008) Alpine Integration Model (Aim 2 Win) “Long Term Skier Development for Alpine Ski Racing”. This will enhance the development of our athletes.

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