



Summit Goals 2014- 2015 Season

Theme: *Keeping the passion of skiing alive!*

Encouraging the love of the sport of Alpine Ski Racing requires athletes to be engaged through the following approaches:

- To have fun while working to acquire new skills and strategies
- To be challenged with innovative approaches and in a variety of training environments
- “Athlete-centered approach” (learner centered)
- Athletes need time for free play experiences
- To foster- “Skiing For Life” (CS4L- Canadian Sport for Life, Long Term Athlete Development Model)

Goal Areas:

Program:

- Coaches will continue to pursue the use of the Big Ideas about athlete performance for achieving athlete success. Enhanced learning and development requires the coach to optimize on the essential skills, strategies and tactics without losing sight of our Big Targets. (Year 2).
- To lead with a sense of “passion” and to provide opportunities where “passion” is explored!

Coaching:

- To provide opportunities for all coaches to boost their course setting/drill setting repertoire (through mentoring and workshop format) ... to optimize athlete development
- To explore such technology as the new CSCF- Alpine Coach app. This is a tool designed to enhance our coach’s planning for optimal training sessions. iPad minis will be shared amongst coaches of U12 athletes in year one of this project. Our use, and the app will be assessed.

Athletes:

- For Summit to be well represented on Team Toba at Canada’s Winter Games, Prince George, BC.
- To continue to utilize the mentoring opportunities within the diverse age and skill range of our athletes’ for enhanced overall growth.

Brian Hatherly, Head Coach