

# ENGLISH ALPINE SKI TEAM SELECTION 2004-5



The following pages outline the selection criteria and considerations that Snowsport England intends to apply for England Alpine Squad selection in 2004-5.

The following sections are included.

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Participation in the England Team programme requires a significant commitment from both the athletes and parents in order to operate successfully. Parental support to the teams' activities (such as assisting in logistics or as a house parent on camps) helps to reduce the overall expense of running camps.

The overall aim of the team is to provide the opportunity to achieve British Team level skiers. To achieve this, athletes are required to have technically sound skiing and high levels of fitness in addition to low FIS points.

All athletes wishing to be considered for selection to the England Alpine Ski Team, or wishing to train/race with the team by invitation should complete the selection application form.

- The Snowsport England office (details shown below)
- as a PDF file download from [www.britski.org](http://www.britski.org)

Completed forms must be received by the Snowsport England office by Friday 30<sup>th</sup> April 2004.

If you have any specific questions please do not hesitate to contact us.

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# ENGLISH ALPINE SKI TEAM

## Selection 2004-5

### 1. Selection Guidelines for 2004-5

#### 1.1 Introduction

The England Alpine Ski Team exists to identify and develop ski-racers with the potential to compete at the highest International level.

The aim of the selection process is to identify the athletes who merit and want inclusion in the England Alpine Ski Team training and racing programme. The aim of the programme is to develop skiers for selection to the British Alpine Ski Team in year 3, 4 or 5 of Junior FIS Racing (age 17-19). We emphasise that the priority in these early years of FIS racing is to lay the technical foundations for later competition success. The England Team programme will focus on training more than racing.

The England Team will provide a racing and training programme for FIS junior athletes (YOB '85-'89) to achieve this aim within the constraints of budget and educational commitments.

#### 1.2 Selection Overview

Selection will look at the following critical elements of ski-racing required as a platform for development to competing at high international level.

BASIC SKIING TECHNIQUE	SKIING DRILLS	GIANT SLALOM SKIING	SLALOM SKIING	FITNESS	FIS POINTS
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The most fundamental skills required are the ability to:

- Create a clean carve throughout the turn
- Stand with the weight in the middle of the ski
- Be able to apply pressure forward without breaking at the waist
- Ski with shoulders level
- Ski with upper body and arms stable
- Ski with shins parallel

Through the years of Junior FIS training and racing the emphasis for selection will gradually shift from the more fundamental elements of ski-racing technique to the more race specific skills and measurement of FIS points. FIS points become increasingly important once there has been sufficient opportunity to train and compete. They are the principal recognised selection criteria for progression to the British Junior and Senior Teams.

It is assumed that racers hoping for selection will already be following a committed and structured training programme, and that within this there will have been sufficient opportunity to demonstrate their true performance level in FIS Competitions.

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### 1.3 Selection Criteria and Performance Targets

The England Team intends to provide the environment for progressive improvement of the 'percentage behind' the best in the world in each year of birth, based on FIS points. These targets are represented as FIS points and show the approximate level required for entry to the A and B status levels of the England Team. These values are approximate. Please note that there are variations between disciplines and male and female.

The guideline figures for 2004-5 are shown below. Within this framework it is anticipated that the best English Racers will be at an appropriate level for selection to the British Alpine Ski Team in years 3-5 of Junior Racing.

FIS Junior	TARGET % BEHIND		APPROX POINTS REQUIRED								
			MALE				FEMALE				
	A	B	SL		GS		SL		GS		
A			B	A	B	A	B	A	B		
At start of											
1 <sup>st</sup> year (1989)	12%	15%									
2 <sup>nd</sup> Year (1988)	12%	15%	120	135	145	170	100	120	130	155	
3 <sup>rd</sup> Year (1987)	10%	13%	90	110	115	140	80	100	105	130	
4 <sup>th</sup> Year (1986)	8%	10%	70	80	90	105	55	70	80	100	
5 <sup>th</sup> Year (1985)	6%	8%	50	60	60	80	40	50	60	75	

#### Athletes entering first year Junior 1

For athletes coming into their first year of FIS competition, selection will be based on the coach's reports, fundamental skiing skills as noted by the selectors and reported on by the coaches and also from results in British and International Children's Races.

#### Fitness and Conditioning.

Fitness testing in line with British Alpine Team fitness targets will become a criteria for on-going selection to the team. Athletes will be expected to maintain and improve fitness within these parameters. These tests will be run in early Summer, late Summer and in the Autumn.

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### 1.4 Code of Conduct

All team athletes will be required to sign and abide by a Code of Conduct. This document will be issued with offers of selection.

### 1.5 Selection Status

There will be two levels of selection.

#### A status

- The athlete is clearly within the relevant selection criteria in Giant Slalom and Slalom.
- The athlete is able to meet fitness targets.
- Considerations are: consistency, performance level, rate of improvement, commitment to a committed training programme and fitness levels.
- Gives priority access to the programme (in order of merit) and subsidies

#### B status

- The athlete is close to selection criteria in both Giant Slalom and Slalom disciplines.
- The athlete's potential is strongly endorsed by coaches.
- Considerations are: age, fundamental skiing and technical ability, rate of improvement and performance level.
- Athletes will be offered access to the Summer and pre-season training programme, and inclusion in the Winter training and racing programme as opportunities and available space allow. Access will be offered in order of merit.
- B status athletes should be prepared to undertake parts of their annual programme with other training groups.

#### C status

The opportunity to train and race in the programme will be extended to other athletes close to the main England Team selection levels as available space permits. We aim to encourage and offer the opportunity to race and train in a FIS level environment to as many English athletes as possible. The aim is to increase the levels of participation in English Junior ski-racing in co-operation with clubs and other Junior race and training groups.

### 1.5 Notes

#### • Opportunity and Continuity

2-3 years of continuity in a well planned and managed training programme should give each athlete the opportunity to reach an appropriate level of performance for on-going selection to the England Team, or promotion to the British Alpine Team.

The England Team hopes to offer all selected athletes this kind of continuity of training and developmental support.

Please note that this is not a guarantee of ongoing selection.

#### • Performance / Potential

Athletes showing potential and ability not supported by evidence of performance will be invited to train with the team on a trial basis, and may subsequently be offered team status.

#### • Consistency and Improvement

Consistency of form and a regular rate of improvement in results are generally the strongest arguments for selection. One off results will be considered in context as far as possible.

#### • Injury

Historic results from the season 2002-3 may also be taken into account for athletes who have been unable to complete a full season in 2003-4 as a result of injury.

#### • British Junior and English Championships

Both these events will be used as primary selection events, as they offer the opportunity for direct comparison. All selected athletes will be expected to attend these races if school commitments permit.

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## 2 2004-5 Training and Racing Programme

### 2.1 Description – a very brief overview !

Training for success at FIS Junior level requires a far greater degree of commitment and expense than at Children's level. Equipment and training requirements become more specific.

**Technical training, fitness and conditioning programmes need to be strongly addressed in the Summer and Autumn periods. This is the most important part of the programme.**

**Summer and Autumn are crucial for development and the value of quality time on snow at this time of year can not be understated. A competitive peer group environment is essential. The most effective group size at this time is 2-3 coaches with 5-8 athletes per coach.**

In the competitive season, racing at FIS level involves extensive travel; and time off school is often required. The group size becomes smaller for logistical reasons; normally 1 coach with 5/6 athletes.

At this time the balance between racing and training is difficult to get exactly right. A common error is to become pre-occupied with racing, forsaking on-going technical training that makes success in the longer term far more likely. Our training opportunities are relatively rare. It is important to make the most of them, and to maintain momentum in the training programme.

Our overall aim is to have enough races to ensure steady improvement of FIS points, and progression towards the British Team selection levels.

The England Team intends to run a part time programme and provide access to a more extensive full time programme in 2004-5. These are summarised below.

#### **PART TIME PROGRAMME**

For the majority of English Junior racers it will only be possible to follow a part time programme. This will need to be tailored to fit in with educational commitments and other constraints. We hope to be able to offer academic support for training and racing during term time.

Athletes will not necessarily be expected to take up every part of the programme, but to use the programme to as great an extent as possible. The programme can be followed in co-operation with clubs and other trainers or organisations. Athletes will be required to commit and pay for camps in advance, in order to effectively plan the calendar.

We intend to run a continuous programme of activity throughout the year, approximately the same as this season, as shown on the following page.

#### **FULL TIME PROGRAMME**

Snowsport GB has developed a full time all year round development team training programme. This is intended for athletes who have minimal or few educational commitments and can commit to more training and racing activities. This will be based in the European Alps.

English athletes may put themselves forward for selection to this programme. Ultimately selection for this programme rests with Snowsport GB. Application forms for the full time programme will be forwarded to Snowsport GB by Snowsport England.

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### 2.2 PROGRAMME DATES

The following is an outline of the type of programme that we intend to run.

Venue	Dates	Duration	Training Focus
Alpine Venue	May / June half term	1 week	Preparation Camp
UK based – Milton Keynes	On-going June to December	Weekend and 2-3 day camps	Continuity, fitness development and technical background
Alpine resort base Les Deux Alpes	July 3/4 weeks	Whole or half of period	On snow technical training Fitness education
Zermatt	August 1 week	1 week	Speed Camp with Scottish Team
Alpine resort base Saas Fee	August 3 weeks	Whole period or in weeks	On snow technical training Fitness education
October half term	October/ November	1 or 2 weeks	On snow technical training
Alpine resort base	November / December	Week periods	On snow technical training and race build up.
Sweden / Norway	Xmas / New Year	3 weeks	Training and racing camp
Alpine Resort Base and race venues	January – March	Week periods, long weekends	Training and racing camps
European / Scandinavian race venues	February Half term	Week periods	Racing Camps
Race Venues	Easter Holidays	2-3 weeks	Preparation week British Champs English Champs

**BREAK DOWN APPROX 80 DAYS TRAINING; 20-30 DAYS RACING**

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### 2.3 Costs

There are four contributors to the cost of the overall programme

- Individual athlete contribution
- Sport England Grant Funding
- Snowsport England Alpine Racing Budget
- Sponsors + Fundraising Activities

There is a need to change the format of the funding for this season by way of a monthly participation fee to the England Team Budget. The primary purpose for this is to guarantee the team high quality coaching through the season by the contracting of a head coach. This fee is to be confirmed, and final details will be included with offers of selection. The expected cost is £100 per month from selection through Easter, i.e. approx £1000 per athlete.

NB Any England Team athlete that is subsequently selected to follow the full time British Team programme will have the participation fee redirected to SnowsportGB against the cost of participation in that programme.

Camp prices will vary as the actual basic expense cost of the camps is slightly different. No coaching fees will be applied to the cost of the camps. The estimated cost of all part time programme activities is £7000.

The total level of support that Snowsport England is able to guarantee to provide is uncertain. Support will be made (wherever possible) in subsidies of camps and purchase of the team equipment.

Snowsport England has a sponsorship committee that is continually looking for additional revenue sources for the team, which will be added to the central budget. The support of the athletes and parents in finding sponsors, and supporting fundraisers all helps to reduce the actual athlete cost of the programme.

The overall cost of participation is expected to be the same as this years programme.

### 2.4 Programme Organisation and Management.

The part time programme is run on a camp by camp basis. Camps will usually only be run if there is demand of at least 6 athletes to each coach. This ensures some degree of cost efficiency. Most of our communication is by email.

The programme coaching, management and admin is financed by the England Team budget. Camp expenses, including the cost of vehicles are met in part by contributions from the athletes and where possible by subsidy from England Team budget. Individual expenses such as hotels, food, and lift passes paid at our best estimation of cost by contribution of a daily sum. Payment is taken for each athlete in advance of each camp. Camps will be costed with a small contingency fee, which can either be carried forward to the next camp, or refunded after the camp. All bills are then paid centrally by England Team Staff when in resort or prior to departure.

The only exception to this is for flights to the continent. Flights are usually booked individually, and wherever possible we use the budget airlines. In these cases heavy equipment (skis, gates etc) is collected centrally and taken out to the camp venue beforehand in one of the minibuses. This is cost efficient and ensures minimum loss of training time, and also that the athletes arrive fresh and ready to train.

On longer camps we will always try to take a house-mother / assistant with us. A contribution to the related expenses of £5-£10 per day may also be made.