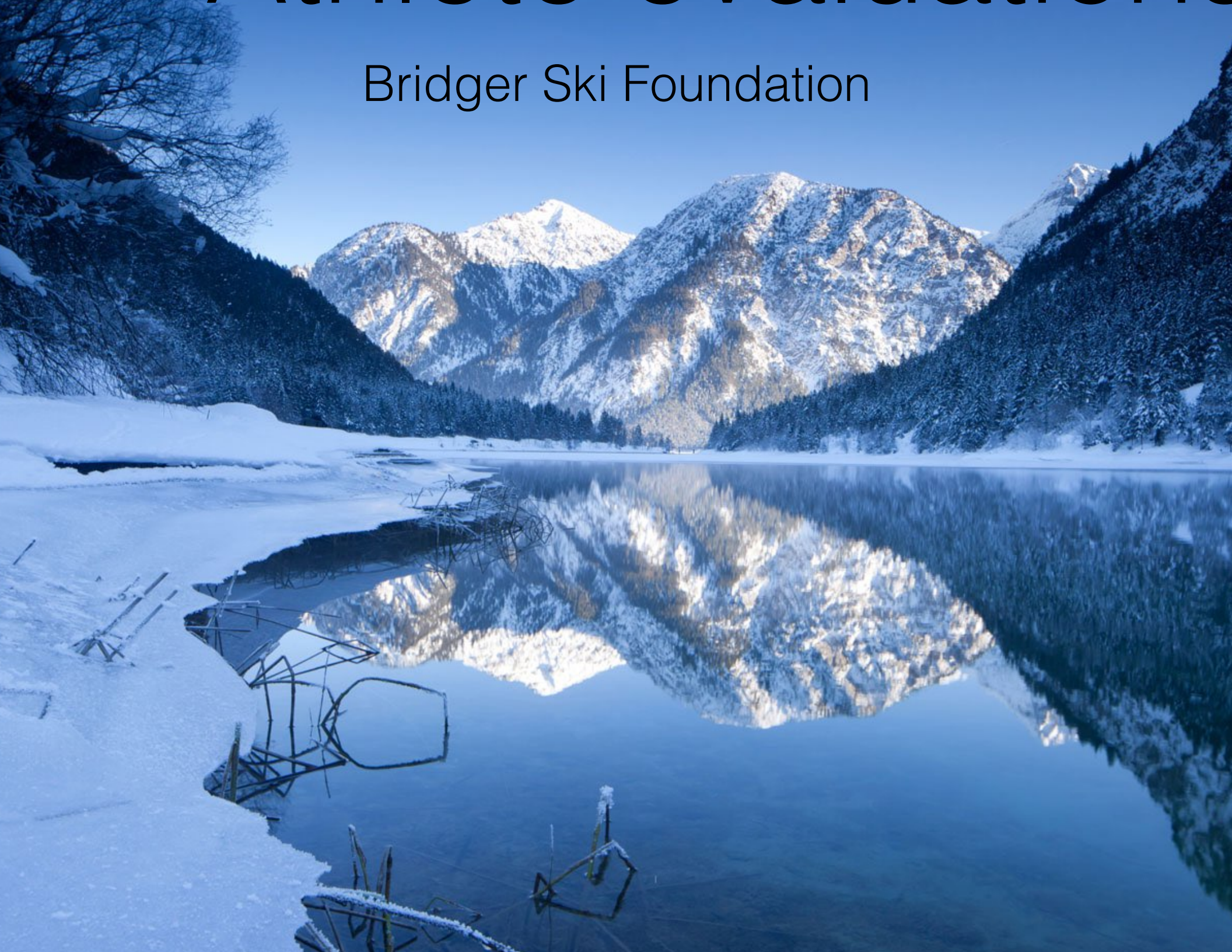


Bridger Ski Foundation



Appropriate levels

Physical, Mental and Social

*Optimal at age appropriate
levels*

*Committed and engaged at
all levels to increase athlete
enrollment, conversion, and
retention.*

PHASE 1 - 2-6 years of age, 1-4 years in the sport, skiing 1-2 days a week + days a year, 95% free skiing. Athletes in Phase 1 benefit greatly from playing many sports. Gymnastics and balance based sports are optimal. Fundamental skiing skills will be strongly emphasized with skiers learning to follow a designated line by skiing around cones, playing follow-the-leader, exploring the mountain and terrain, and race introduction via obstacle coursed and rhythmical NASTAR type courses.

Evaluation on equipment:

Availability – Were all the necessary components in place? Proper adjustment, fit (not always). Relationship with reputable shop important. Rental fleet good for all ages.

Do parents carry out recommendations?

Performance – Appropriate ski length, soft flexing and properly fitted boots, poles appropriate.

Regular maintenance and care of equipment. Did athlete come with equipment in "good" condition? Educating parents on equipment care and tuning.

Is the equipment appropriate for learning basic fundamentals?

OF Phase 2 Nordic examples

2- 6-10 years of age, 1-4 years in the sport, skiing 2-3 days a week, 25% free skiing. Conditioning emphasis on play, fun, basic agility, balance, coordination(A,B,C). Starting to develop explosiveness (1-10 sec) and general endurance. Fundamental skiing through games, relays and play on hills on snow. Basic understanding of mechanics coordinating of arms and legs (classic and skating). Basic concept of body positioning(classic and skating). Basic concept of weight transfer(classic and skating). Initial engagement of upper body(classic and skating)

Conditioning emphasis evaluations examples

works well with others

basic understanding of the practices

team up, technique “drills”, games, improving technique, games, relays, and games for fun. Relays: for fun, speed, and improving technique.

basic understanding of the role in the group.

understands Teamwork(rules, follow directions)

PHASE 3 - *Girls 10-13, Boys 11-14 years of age, 4-8 years in the sport, skiing 3 times a week, 70+ days a year, 60% free skiing. Athletes in Phase 3 benefit greatly from playing many sports. Gymnastics and balance based sports are optimal. 2-3 times a week conditioning to build aerobic base.*

Technical/ Tactical: *Technical stage- ability to execute a carved turn and explosive supported trampoline skills. Sounds fundamentals and technical skills in place. Specific skills for all freestyle sports are introduced. Athletes should be comfortable in moguls, terrain parks, half pipe, all mountain skiing and on aerial site. Fundamental inverted skills should be introduced and athletes should focus on form and consistency.*

Technical and Tactical emphasis evaluation

Athletes natural talent for the sport (i.e. natural talent vs hard work)

Athletes basic skiing skills (position, vision, balance, and movements)

Moguls: Upper body movements (i.e. pole planting skills)

Moguls: Carving transition skills (ability to balance on a carving ski and link turns)

Moguls: Absorption/extension

Jumping: Take off and acrobatic skills

Style: Creativity with a competitor depends their chosen line: Air, tricks, spins, grabs,

Freeskiing: Switch take off's and landings

Freeskiing: Directional-ability with jumps and rails.

SE 4 - *Girls 11-14 years of age, Boys 12-15, 5-9 years in the sport, skiing 3-5 days per week, 80-100 days per year. At least 30-50% free skiing with a competition period running from Dec-April. Approximate ratio of training days to competition days should be 5:1. A variety of course sets, terrain, and conditions will be important. Skiers in this phase can make significant gains in stamina but do not yet have a well-developed anaerobic energy system. A mix of short and long runs will be used. Recommended disciplines include giant slalom, slalom, parallel slalom, G, duals, terrain and jumping elements, and skills competitions.*

Psychology evaluation examples

Younger athletes – “Attitude” evaluation. A general statement of their level of interest, behavior, effort, and engagement. Nutrition also important here.

Older athletes – “Mental Skills” evaluation. Touch on the 5 areas of Sports Psychology: Mental Training Modules. (Goal Achievement, Performance Planning, Focus, Energy Management, Imagery)

Give the written/verbal evaluation directed to and speaking to the athlete and make it understandable by both the athlete and parents.

Confidence building. Be constructively critical. Compliment sandwich approach.

SF Phase 5 Nordic example

5- Girls age 12-16, Boys age 14-17 years of age, 6-11 years in the up to 380; U16 - 450-475; U18 - up to 520

competitions emphasis evaluations examples

- Goals
- Classic
- Skate
- Psycho-Social Domain
- Coaches' Task
- Athletes' Task
- Equipment
- Races recommended for this age: about 12-17
- Recommended training: 50% Skate, 50% classic

Phase 6 B3F Example

6 - Girls 16 and up, Boys 17 and up, minimum of 10 years in the sport

Long term balance evaluations emphasis

During pre and post puberty stages emphasis on parents and athletes understanding they can work through all phases of the LTAD and having fun with it.

Teamwork and Sportsmanship.

Positive parental support and support club involvement.

Looking forward with realistic goals and different avenues for retention
National Teams or US Team Status, NCAA, USCCA, Club level etc