



## **SkillsQuest Achievement Stickers**

The SkillsQuest Achievement Stickers program is designed for coaches to recognize and reward athletes for effort and achievement in skill-based actions relating to SkillsQuest and the Alpine Training System (ATS). SkillsQuest athletes are encouraged to put the stickers they earn on their helmet, ski locker, training journal, tuning box, skis or whatever else they can think of. There are two types of stickers that skiers can earn:

### **SkillsQuest Skiing Assessment Achievement Stickers**

- Large sized color SkillsQuest stickers that athletes can earn at a sanctioned SkillsQuest Skiing Assessment
- Four different colors based on achievement
  - Gold – earns a score of 8.0 or better
  - Silver – earns a score of 6.0 or better
  - Bronze – earns a score of 4.0 or better
  - White – participation in skills competition

### **SkillsQuest Club Achievement Stickers**

- Small, oval, black and white stickers that athletes earn from their USSA club program for various skills achievements
- Club and coach can award the stickers at any time
- Coaches can use their discretion on how to award the stickers, but they should be based on developmental phase specific achievements in any area of the ATS

Some ideas for the club achievement stickers:

- Skied a non-stop run on one ski (on both legs)
- Fastest time on an obstacle course
- Waxed, scraped and brushed own skis for training
- Used all positive self-talk through camp
- Sportsmanship award

Have Questions or Need stickers? Contact the USSA SkillsQuest Coordinator at [skillsquest@ussa.org](mailto:skillsquest@ussa.org).

For more information on SkillsQuest, go to [www.ussa.org](http://www.ussa.org) and search SkillsQuest