



For ski racers to achieve long-term success and enjoyment, they must develop into great skiers first, and only then they can become great ski racers. By doing SkillsQuest, athletes can be rewarded for working on those things that will bring out their full potential in the long run. Coaches can track their progress and parents can see how their children are growing in all aspects of their sport.

SkillsQuest is for use in training and competition. It includes skiing skill assessments that athletes can use to evaluate and track progress. Skills scores have been shown to be a good indicator of future racing success!

**Meet the faces of SkillsQuest.** U.S. Ski Team racers Mikaela Shiffrin and Ryan Cochran-Siegle are SkillsQuest athletes, and they are taking the world by storm. Still juniors, Mikaela is already a World Champion and Olympic gold medalist and Ryan is a two-time World Junior Champion. Both had an extensive skills focus throughout their development and are seeing the rewards!



**Did you know?** SkillsQuest skiing exercises are part of the U.S. Ski Team's tryout process each spring. SkillsQuest competition is part of the U16 National Champions project, with the SkillsQuest results combined with results from race runs to determine a U16 National Champion!

*"Mikaela has been fortunate in having had a coach who views skills acquisition and quality training, particularly during key developmental years, as critical elements to future success. Racing was always secondary to mastery. Mikaela is continually striving for improvement. She can then race feeling well prepared, confident, and supported, which makes that part of the sport so enjoyable for her."*

Mikaela's parents, Jeff and Eileen

**Talk skills with your racer and their coach!** For juniors, racing results alone don't give a full picture of a skier's potential. The best time to work extensively on skiing skills is when athletes are younger, and much of this training is best done outside of gates. With SkillsQuest, and its supporting exercises, there is now a good system to develop these skiing skills. With different maturation rates in skiers, the benefit of this skill development may not show in race results right away. However, seeing progress in SkillsQuest will lead to future performance in races, and is necessary to sustain it. Encourage your skiers to work hard on their skills!



***With skills, it's like the foundation of a house. You don't see it, but without a strong one the house may stand for a while, but it will soon fall down."***

Erik Schlopy, World Championships medalist and SkillsQuest ambassador

### The SkillsQuest Way:

Focus on skills that will set skiers up for future success.



Always have a new challenge and goals to reach for.



Reward effort in developing skills.



Young racers stay in the sport longer.



Have fun with skills!

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