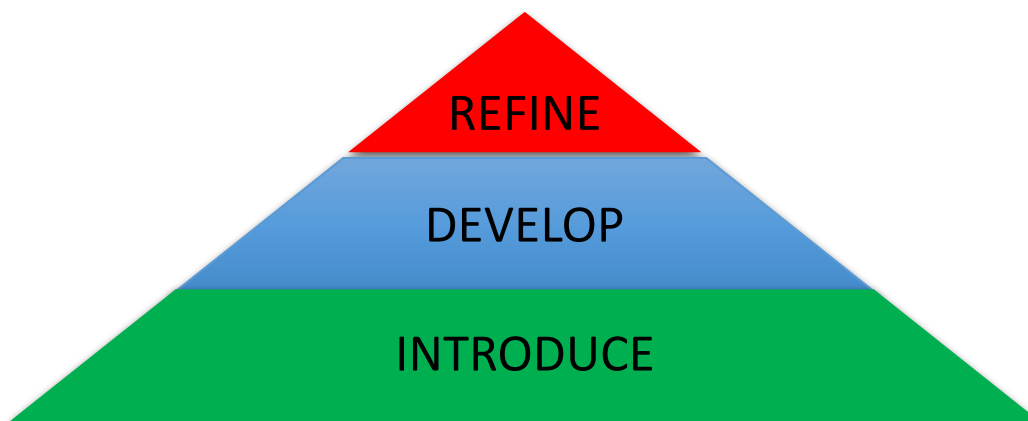


## ESSEX Ski Racing Training Criteria

This document aims to set out the criteria that athletes are encouraged to achieve in order to progress through each of the training groups that make up the training programme for Essex Ski Racing Club in line with the club's Performance Pathway model.

### Training sessions format:

The 3 training sessions are set out in the following format:



### **INTRODUCING PERFORMANCE:- Saturday: 10:00 – 12:00**

- Entry level group and athletes are accepted as total beginners and developed into competent all round skiers. Introduction to basic racing techniques.
- Generally aimed towards athletes up to adolescent ages.

### **DEVELOPING PERFORMANCE:- Saturday: 17:00 – 19:00 (Winter) 16:00 – 18:00 (Summer)**

- The Development group aims to build on the skills learnt and developed during the Saturday morning sessions but with a more specific racing approach.
- Aimed at all ages who meet the criteria required to ski in the group.
- Focus on athletes racing at Club and Regional level.

### **REFINING PERFORMANCE:- Thursday: 19:00 – 21:00**

- Athletes focusing on and aspiring to compete in National and International competitions on artificial surfaces and snow.
- Helping athletes to master and refine performance and develop a multitude of skills.

### Technical Criteria used for progress and evaluation:

The criteria for the **DEVELOPING PERFORMANCE** & **REFINING PERFORMANCE** Training sessions are based on the 'Skills Quest' program currently being used by Snowsport England to select the Home Nations teams which was developed by the USSA and has been instrumental in influencing the success that the US Ski Team has achieved in recent seasons. In conjunction with the 'Skills Quest' program, athlete's attitude will also be taken in to consideration by the coaches. Although this is taken into account, it is an expectation of the Coaches and the Committee of the Club that all athletes will adhere to the Athletes' Code of Conduct which is a requirement for all athletes to follow.

### Skills acquisition for the following training sessions:

## INTRODUCING PERFORMANCE & DEVELOPING PERFORMANCE

### Pole Jumpers in a Tuck

**Objective:** To jump while maintaining a tuck and clear a series of poles placed at 90 degrees to the skier's direction of travel.

**Primary Skill:** Pressure.

**Justification:** Adjusting pressure under the foot and along the fore/aft axis of the ski is a critical component of balance. Clearing a series of poles while maintaining a straight path down the hill is accomplished with a take-off, flight and landing each having specific pressure control solutions. The ability to maintain a tuck while having an independent lower body capable of performing proficient jumps demonstrates independence and is used for aerodynamics.

**Location:** Main slope between lower and mid ski lift exits (depending on conditions).

**Set-up:** Eight poles are laid at 90 degrees across the fall-line at 8 meter spacing. The poles can be secured or unsecured to the surface. The start is approximately 12 meters above the first pole and the finish is approximately 12 meters below the last pole.

#### Description:

- Ski in a straight run down the fall-line in a tuck position.
- Skier jumps once to clear each pole.

- Tuck position is between a high and low tuck.

#### Criteria for perfect execution:

- Skier maintains a straight path down the fall-line.
- Skier maintains a tuck position such that if the skier were to pull their elbows back without moving their shoulders or hips, their elbows would touch some part of their thighs with elbows no wider than the knees.
- Equal distance maintained between both skis and knees.
- Jump off and land on both feet simultaneously.
- Skis do not touch poles.
- Economy of movement from the jumping skier.

#### Marking:

- Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.



#### CHILD-FRIENDLY INSTRUCTIONS:

- Ski straight down the slope in a tuck.
- Jump over the poles without your skis touching the poles.
- Keep your skis and knees the same distance apart.

- Jump and land with both feet at the same time.
- Jump from your legs, keeping the rest of your body quiet.
- Stay between a high and low tuck – if you moved just your elbows back, they should touch somewhere on your thigh.
- Your elbows should not be wider apart than your knees.

## 'One Ski' Skiing

**Objective:** To ski solely on one ski connecting medium radius turns (2-3 ski mat widths turn apex to turn apex).

**Primary Skill:** Edging.

**Justification:** The ability to adjust pressure fore and aft as well as regulate pressure through the transition and turn are essential for ski racing. Having one ski eliminates the balance advantage of being able to move from foot to foot and demands that the ski racer adjust their center-of-mass from one ski only.

**Location:** Main slope, mid ski lift exit.

**Description:**

- Skier wears one ski.
- Make eight linked medium radius (2-3 ski mat widths) turns.
- Foot without ski is held completely off the surface and maintains a non-swinging position.
- Skier will demonstrate right and left leg.

**Criteria for perfect execution:**

- Free ski boot never touches the surface.
- Free ski boot is not used for balance adjustment.
- Speed is consistent throughout entire maneuver.
- Turns are relatively round, carved, and of consistent radius.
- Ski poles are not used inappropriately for balance.

### Marking:

- Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is a perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

### CHILD-FRIENDLY INSTRUCTIONS:

- Ski on one ski for eight medium size turns, with the other ski off the surface.
- Do not touch your free boot on the surface or swing your foot.
- Turns are round, carved, and the same size.
- Keep your speed up through all the turns.
- You may plant your pole to turn, but do not drag your poles or use them for balance
- Switch legs and repeat.

## Pivot Slips

**Objective:** To go straight down the fall-line and be able to rotate both skis simultaneously in each direction until the skis are perpendicular to the fall-line with sideslips between pivots while not losing excessive speed.

**Primary Skill:** Rotary.

**Justification:** Upper body and lower body separation is demonstrated by rotation of the skis while maintaining a quiet upper body in space is essential for efficient ski racing.

**Slope:** Main slope, mid ski lift exit.

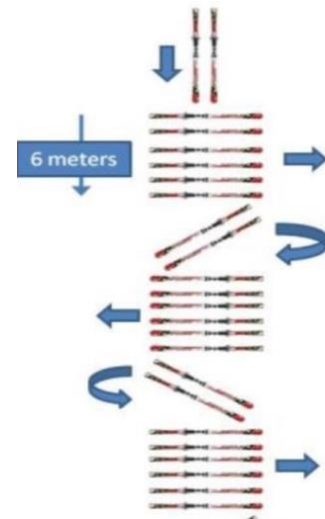
### Description:

- Skier starts in a straight run down the fall-line.
- Skis are maintained at hip width throughout the drill.
- Skier travels 15 meters then pivots both skis across the fall-line.
- Skier sideslips for six meters in a corridor down the fall-line and then pivots both skis in the opposite direction into a sideslip down the fall-line for another six meters.

- Drill is concluded after the fourth sideslip, with an edge set that is timed with a pole plant and holds a stopped position for 3 seconds.

### Criteria for perfect execution:

- Skier stays within a ski-width corridor without deviation from the fall-line through entire drill.
- Skis are pivoted simultaneously.
- Hip width stance in all phases of the drill.
- Skier loses a minimal amount of speed during the sideslips.
- Pole plant coincides with edge set at conclusion of drill.



### Marking:

- Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

### CHILD-FRIENDLY INSTRUCTIONS:

- Ski straight down the slope to get up to speed.
- Then quickly pivot your skis to turn them across the slope, turning both feet sideways at the same time.
- Slip sideways straight down the slope, trying not to lose much speed.
- Quickly pivot your skis to turn them across the slope in the other direction followed by another sideslip.
- You'll do four sideslips in all, two to each side.
- Try not to lose much speed and stay in a straight line down the slope the whole time.
- Keep your skis hip-width apart the whole time.
- After the fourth sideslip, stop by setting your edges and planting your downhill pole.
- Hold still for 3 seconds.

## Freeski – Lane Changes

**Objective:** To ski with an established rhythm and turn shape, then break that rhythm and re-create the same rhythm and turn shape in a new fall-line.

**Primary Skill:** Balance.

**Justification:** To combine the skills of rotary, edging, and pressure.

**Slope:** Top of main slope.

### **Description:**

- Skier skis three turns in the fall-line of even size, rhythm and speed in a 1-2 ski mat wide corridor and then traverses across another 1-2 ski mat wide corridor to a new fall-line corridor and repeats for three turns.
- The drill consists of six short turns sequences linked by five traverses.

### **Criteria for perfect execution:**

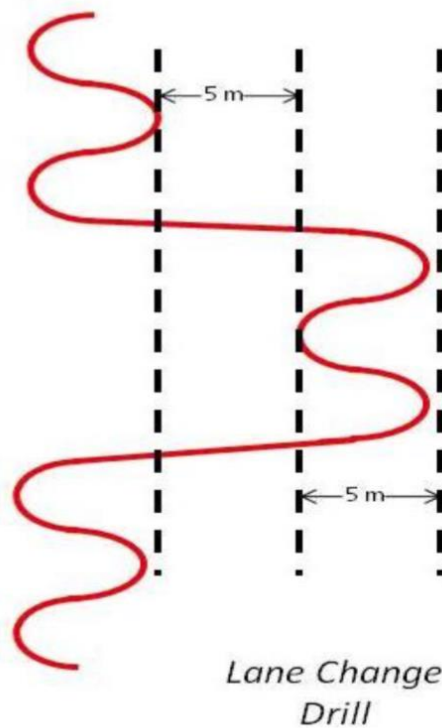
- Balance is maintained in all three planes.
- Turns are relatively round, carved, and of consistent radius.
- Changing lanes is accomplished by a radical rhythm change where the skis continue across the fall-line without changing the radius of the exiting turn or the first turn in the new corridor.
- Consistent speed is maintained throughout all portions of the maneuver.
- A pole swing coincides with edge release and center-of-mass movement into the new turn.

### **Marking:**

- Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

### CHILD-FRIENDLY INSTRUCTIONS:

- Ski three short radius turns in a 0-1 ski mat wide corridor.
- After the third turn, continue across the slope for about 1 ski mats wide and start another three short turns section.
- Ski six short turn sections connected by traverses.
- Stay in balance.
- The turns are carved and linked together.
- All turns are of the same shape, but the third turn is taken across the slope to a new corridor.
- Speed is maintained for all of the turns.
- Use a pole swing or plant for each turn.





**Skills acquisition** for the following training sessions:

## DEVELOPING PERFORMANCE & REFINING PERFORMANCE

### Straight Run in Undulating Terrain:

**Objective:** Using flexion and extension of the lower body to manage pressure against the surface over undulating terrain in an aerodynamic position.

**PrimarySkill:** Pressure.

**Justification:** Ski racers need to manage undulating terrain. On another level, the ski racer needs to have the ability to manage ski/surface pressure, either to create speed or to maintain speed.

**Slope:** Top three bumps from the top of the main slope.

**Set-up:** Waves are perpendicular to the fall-line.

**Description:**

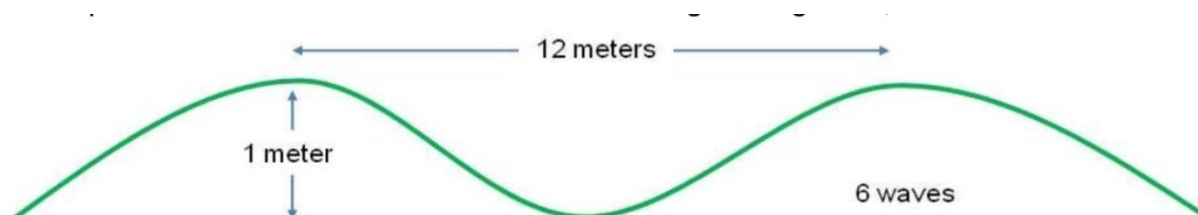
- The skier enters the wave with speed.
- The skier skis in a straight run maintaining a consistent high tuck position such that they can absorb the "waves" through flexion and extension of the lower body.

**Criteria for perfect execution:**

- The skier's upper body remains at the same relative elevation above the horizon that is consistent with the pitch of the slope.
- Lower body absorbs the rolls and maintains or increases pressure on the downside of the rolls.
- Skis remain flat against the surface and run straight along the fall-line .
- Skier maintains equal distance between both skis.
- Skis have even pressure between left and right.
- Skier adjusts fore/aft pressure to increase speed

### Marking:

- Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.



## One Ski Skiing with Lane Changes

**Objective:** To ski exclusively on one ski with an established rhythm and turn shape, then break that rhythm and re-create the same rhythm and turn shape in a new fall-line.

**Primary Skill:** Edging

**Justification:** In linked rhythmical turns, edge angle is constantly increased followed by an immediate decrease in edge angle. The ability to disrupt this rhythm is key for rhythm changes found in race courses.

**Slope:** Top of the main slope.

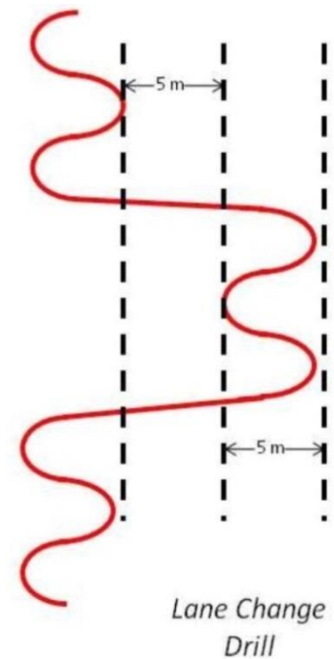
### Description:

- Skier wears one ski.
- Skier skis three turns in the fall-line of even size, rhythm and speed in a 2 ski mat wide corridor and then traverses across another 2 ski mat wide corridor to a new fall-line corridor and repeats for three turns.
- The drill consists of six short turn sequences linked by five traverses.
- Foot without ski is held completely off the surface and maintains a non-swinging position.

- Do complete drill with left and right leg separately.

**Criteria for perfect execution:**

- Free ski boot never touches the surface.
- Free ski boot is not used for balance adjustment.
- Speed is consistent throughout entire maneuver.
- Turns are relatively round, carved, and of consistent radius.
- Ski poles are not used inappropriately for balance.



**Marking:**

- Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task

**Sideslip to Straight Run to Sideslip**

**Objective:** To go straight down the fall-line and be able to rotate both skis simultaneously in each direction until the skis are perpendicular to the fall-line followed by a sideslip, and then rotate the skis back into the fall-line without an excessive loss of speed from the sideslip.

**Primary Skill:** Rotary

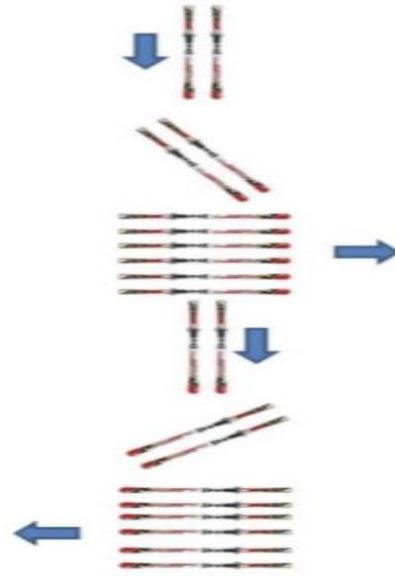
**Justification:** Upper body and lower body separation is demonstrated by rotation of the skis while maintaining the upper body quiet in space which is essential for efficient ski racing.

**Slope:** Top of the main slope

**Description:**

- Skier starts in a straight run down the fall-line.
- Skis are maintained at hip width throughout the drill.
- After about 10 meters the skier pivots both skis across the fall-line in one continuous motion.

- Skier sideslips for 6 meters in a corridor down the fall-line.
- The skis are then rotated back so they point down the fall-line for 6 meters followed by another 6 meter sideslip in the opposite direction.
- Drill is concluded after the fourth sideslip, with an edge set that is timed with a pole plant and holds a stopped position for 3 seconds.



#### Criteria for perfect execution:

- Skier stays within a ski width corridor without deviation from the fall-line through entire drill.
- Skis are pivoted simultaneously.
- Hip width stance in all phases of the drill.
- Skier loses a minimal amount of speed during the sideslips.
- Distinct straight run between sideslips.
- Pole plant coincides with edge set at conclusion of drill.

#### Marking:

- Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

## Freeski Hourglass

**Objective:** To gradually decrease the radius of the successive turns, then gradually increase the radius back to the original turn size.

**Primary Skill:** Balance.

**Justification:** Turn size and shape need to be able to be dictated by the skier. Gradual changes in turn size demonstrate the skier has fine motor control with regards to body mechanics. Perception and anticipation of where to place the arc without gates, suggests that the skier has control and can initiate and conduct the intended turn.

**Slope:** Tope of the main slope.

**Set-up:** Define the start and finish. Place two brushes half way down the slope 3 ski mat widths apart across the slope.

**Description:** The drill is 10 turns in duration.

- Starting with GS-sized turns, gradually decrease the turn radius until a slalom size turn is achieved at the half-way point while skiing between the two brushes.
- After the brushes, the turns will become gradually larger until the GS- sized turn is reached at drill conclusion.

**Criteria for perfect execution:**

- Balance is maintained in all three planes.
- Carved round turns are linked without traverse.



- Turns gradually become smaller than larger without abrupt changes in turn size or shape.
- Relatively consistent speed is maintained throughout.
- Hourglass is symmetric from left to right.
- Hourglass is symmetric from top to bottom.

**Scoring:**

- Based on the description and criteria for perfect execution above, the skier will be judged on a scale from 0 to 10 where 10 is perfect demonstration of the skill and task and 0 is the inability to demonstrate the skill and task.

**Skills Quests' Evaluation Model:**

Score		Skill	Task
10	Perfect	Flawless execution	Nothing to change
9	Outstanding	Smallest of change needed	Smallest of alteration desired
8	Excellent	Couple of small changes needed	One turn or dimension may need slight refinement
7	Very good	Skills are refined	Several turn or dimensions may need slight tuning
6	Good	Skill level is above average	Task is performed above average
5	Average	Skill level is average for this level	Average performance of task
4	Fair	Adequate skills	No problem identifying the task although needs improvement
3	Mediocre	Substandard skills	Slight problem identifying the task although needs improvement
2	Poor	Vague demonstration of skills	Task performance is vague
1	Very poor	Grossly deficient skills	Task performance is difficult to distinguish
0	Inability	Nothing resembling the skills	Task is unrecongnizable

**Attitude Evaluation:**

Score	
10	Perfect
9	Outstanding
8	Excellent
7	Very good
6	Good
5	Average
4	Fair
3	Mediocre
2	Poor
1	Very poor
0	Inability

The 'Skills Quest' Evaluation will take place periodically and the dates will be made public closer to the time by the coaches and the committee. **Evaluation Grid:**

<b>Athlete's name:</b>	<b>A) INTRODUCTION</b> <b>B) DEVELOPMENT</b> <b>C) REFINE</b>  <i>(Select appropriate one)</i>	<b>Date of Evaluation:</b>
	<b>Skill Quest</b>	<b>Grading 10-0</b>
Introduction and Development sessions criteria	Pole jumpers in a tuck	
	One ski skiing	
	Pivot slips	
	Free-ski lane changes	
Development and Refine sessions criteria	Straight run in wave track	
	One ski skiing with lane changes	
	Sideslip to straight run to sideslip	
	Free-ski hour glass	

*\*This grid is to be printed off and used during the Evaluation session.*