



MSC Coaching Programme

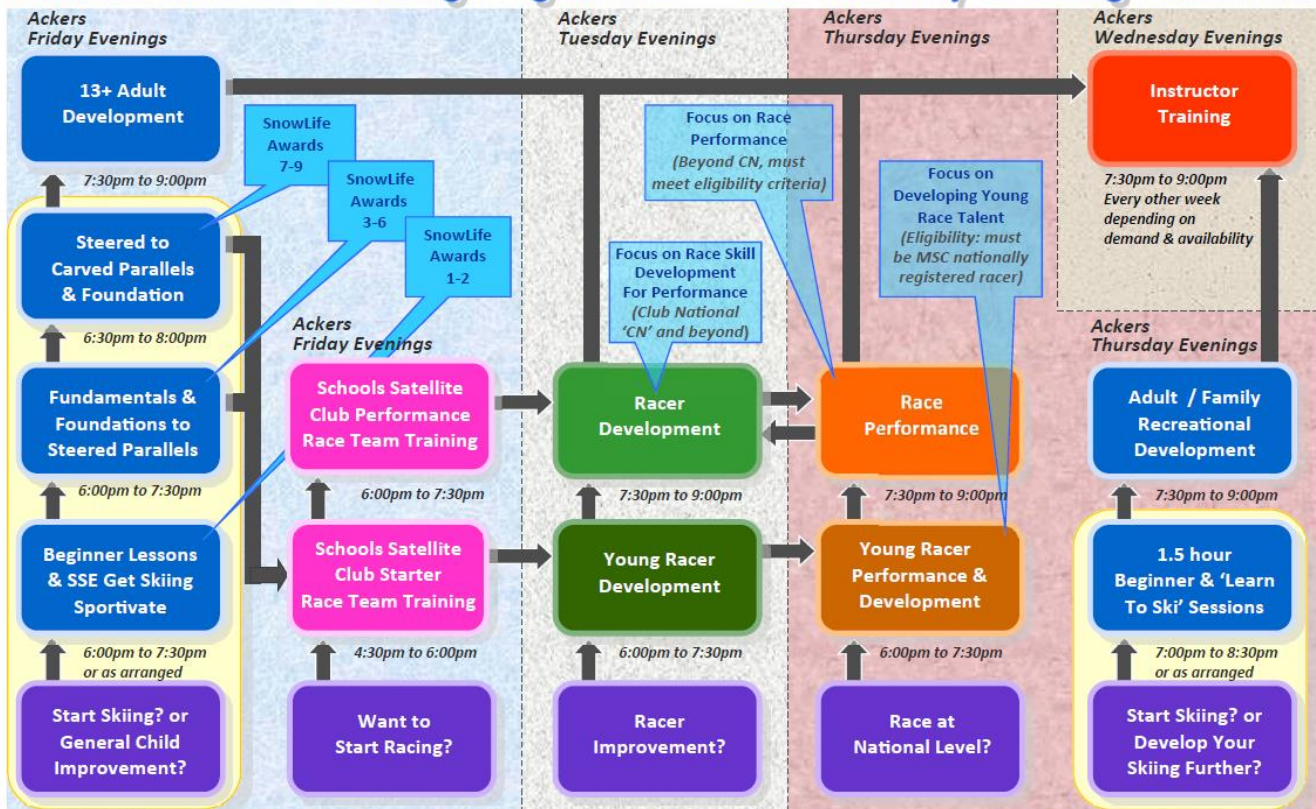
MSC Coaching Programme Update

The Alpine Skiing coaching programme offered by the club has been reviewed and a number of changes put in place to reflect the needs of members. Additionally, the criteria for attendance at these sessions have been reviewed.

- The Coaching Programme is shown in the diagram below, and the attendance criteria for the sessions is published on the following pages.
- Any comments on either please speak to one of the coaching team, or email coach@midlandski.org.uk

Midland Ski Club: Producing **great skiers**, that become **great racers**, that achieve **great results** whilst respecting individual aims, ambitions and commitment

Midland Ski Club Coaching Programme — Your Pathway to Skiing Excellence



MSC Encouraging & Producing... Great skiers, Great racers, achieving Great Successes... Join in with the fun and excitement

Larger views of images are supplied as appendices.

MSC Coaching Programme Session Criteria

General Criteria for all coached sessions:

- Be a member of the Midland Ski Club
- Must want to take part, enjoy skiing or snowboarding, be prepared to take on learning
- Must wear long sleeves, long trousers and gloves when on slope
- Children & Juniors under the age of 18 must have and use a helmet, all other ages are advised to do the same
- To ski on any slope, other than the nursery slope, the skier must be able to use the lift and at a minimum ski linked snow plough turns, controlling speed and line in a safe manner.
- Agree to and always abide by the Midland Ski Club Code of Conduct
- Session attendance will be based primarily on acquired skill levels, maturity, learning style and any special requirements.

General Race Training Criteria (for all race sessions):

- Must want to race, enjoy racing, prepared to compete and take learning seriously
- Must have and use a helmet which should have a chin guard
- Ski linked turns, controlling speed and line
- Able to ski at a fast pace around a series of set obstacles brushes, stubbies and slalom gates etc.
- Other useful equipment: pole guards, shin guards, protective good condition.

MSC Coaching Programme Session-Specific Criteria

Friday Night Early Sessions

- Aimed at developing and acquiring core skiing skills to a high level, by establishing good foundation skills from the fundamentals of skiing upwards that supports a strong pathway to skiing excellence
- These are a block of flexible sessions that should remain as stable as possible that is delivered in a way that is relevant to the skiers requirements and needs.
- Group attendance will be based primarily on acquired skill levels and the MSC Performance Awards, these awards enable skiers to work towards the SnowLife Awards.
- Groupings will be determined by skier skill level, attendance patterns, skier requirements and coach availability.

NB: Although stability of session coaches and attendees are highly desired to deliver a consistent high quality service, it must be recognised that from time to time these sessions may vary.

Early Thursday 'Young Racer Performance & Development' Sessions:

- First year racers looking to start racing competitively
- Not necessarily have competed in the previous season
- Want to race in entry-level races such as:
 - Regional Fun Races
 - Schools Races
 - Gloucester Summer Race League
- Introduction to medium level races such as Club National competitions
- Run on a demand basis
- Could include schools groups

Early Tuesday 'Young Racer Development' Sessions (6:00 to 7:30pm):

- Keen interest in racing expressed
- Aimed all those that want to explore the fundamentals of skiing and build sound skiing foundations
- Further develop their skiing technique together with technical racing skills
- Although titled 'Young' these sessions are suitable for all ages but it tends to attract the younger racer due to session times
- Want to race in entry- and medium-level races such as:
 - Regional Fun Races
 - Schools Races
 - Gloucester Summer Race League
 - Club National
- Could include schools groups

Late Tuesday 'Racer Development' Sessions (7:30 to 9:00pm):

- Keen to explore their interest in racing and develop further
- Looking to excel in the fundamentals of skiing and build sound skiing foundations,
- Further develop their skiing technique and technical racing skills
- Suitable for all ages but attracts the junior & adult racers due to session times
- Expected to have competed at least reasonably well in races such as the Gloucester Summer Race League and already regularly compete in Club National competitions
- Want to improve and race well in medium to high level races such as:
 - Club National
 - GBR Series Competitions

- National & British Championships etc.
- Complements the Performance oriented Late Thursday Session by concentrating on the mastery of skill needed to improve performance.

Early Thursday 'Young Racer Performance & Development' Sessions (6:00 to 7:30pm):

- Would be expected to have had previous race experience at Club National level or equivalent and be able to demonstrate appropriate skills
- Intend to compete or have competed in medium level races such as:
 - Gloucester Summer Race League
 - Schools Races
 - Midland Ski Club Races
 - Snowsport England Club National Series
- Intend to compete in at least three Club National competitions in the current or following race season
- Will be registered with Snowsport England as a Performer against Midland Ski Club as their 1st (primary) club.

Late Thursday 'Race Performance' Sessions (7:30 to 9:00pm):

- Expected to have competed very well in seeded
- (BARTS) races such as:
 - Club National Competitions
 - Previously in GBR (Grand Prix and Celtic Cup) Competitions or
 - Other club based competitions deemed to be in this category
- Racers will aim to have reduced their seed point ranking to a maximum 250 points.
- Intend to race 3 or more high level competitions in the current or following race season such as:
 - GBR Series Competitions
 - National & British Championships
- Intend to race many medium level competitions in the coming season such as Club Nationals.
- Will be registered with Snowsport England as a Performer against Midland Ski Club as their 1st (primary) Club
- Complements the 'Late Tuesday' sessions by concentrating on the development of Performance.
- Expected to have competed very well in seeded

Ability testing and interviews will take place prior to acceptance on any person on any session to ensure safety, appropriate learning and alignment of the many sessions on offer.

- **For Late Tuesday 'Race Development' and Late Thursday 'Race Performance' Sessions the following will apply:**
- Racers will be required to regularly demonstrate 'acquired' base skill level through a series of tests designed to support competition at a higher level such as:
 - strong movement patterns,
 - dynamic balance,
 - coordination and
 - Independent leg action.
- The ability to demonstrate these tasks at the right level will be judged by the Head Coach and /or the regular Session Coach. All test criteria: 6 turns in 80 meters, accurate to 2 mats wide demonstrating in general:
 - Accurate symmetrical turns
 - Centred balance
 - Good upper / lower body separation,
 - Keeping quiet stable upper body
 - Appropriate hand, arm, shoulder, back and hip control,
 - Flexed posture, good stance and appropriate balance
 - Accurate leg alignment and rotation control through all phases
 - Good flexion and extension control
 - Well timed rhythmical movements
- Tests:
 - 1, Carving Technique – Carve continuously linked arcs:
 - Actively using both skis
 - Continuously keeping skis in contact with surface
 - 2, Outer Ski Balance & Control – Carve linked arcs on outside ski:
 - Lifting inner ski for 75% of the turn
 - Accurate inner leg matching to outer leg alignment
 - 3, Dynamic Balance Control - Carved Jump turns demonstrating:
 - Dynamic balance and co-ordination,
 - Good leg alignment through jump phase
 - Take off and landing both skis simultaneously

Race Training Periodisation

What is it?

It is the way we vary the skill development mix within the training programme over the course of a year depending on the demands of the racing calendar

Why vary it?

It makes a lot of sense to change what we are doing to match what you need to do to help you attain your goals.

When do we do what?

From the generalised diagram below you can see from the percentages that we do more technical skill based training in Winter and less gate training, compared with more gate training drills and less technical work in Summer and Autumn. Through this process of periodisation we aim to deliver the right sessions at the right time, so that you get the results you deserve.

MIDLAND SKI CLUB - ANNUAL RACER COACHING PROGRAMME PERIODISATION

	EARLY AUTUMN September, October	AUTUMN / WINTER October, November, December, January, February, March	SPRING March, April, May	SUMMER June, July, August																																				
RACING	Major National Championships ESSkiA Schools Championships Club Championships	Snow races BARSC – Christmas & New Year Welsh Championships - January English Championships - Feb School Half Term Scottish Championships - Easter British Championships - Easter	Easter Snow Races (see Winter) Artificial Plastic Races – Start to Mid Season Artificial Snow Race – Start to Mid Season Regional Schools Races Series Early Summer Race League Series	Southern Hemisphere Snow Races Artificial Plastic Races – Mid to End Season Artificial Snow Race – Mid to End Season																																				
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Winter

For us this is development time - time to focus and work on developing those technical skills that need improving for the next race season:

- What would you like to do better next year???
- Have you written them down???
- Have you asked your coach???

If you have set any goals

- Have you told your coach and discussed them???
- Are you prepared to put the effort in to achieve them???

Spring - Preparation time, getting ready to start racing again together with some races.

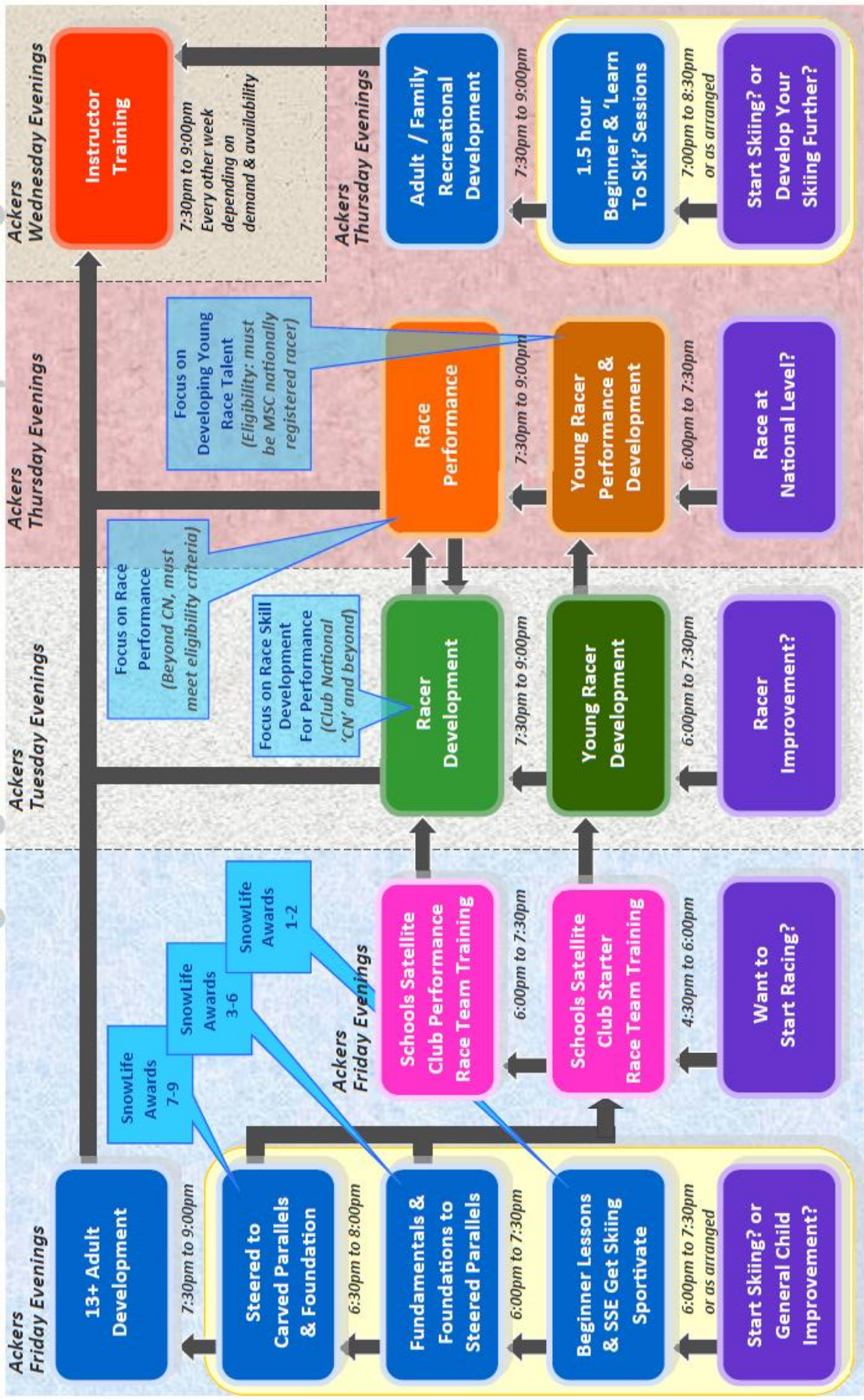
Summer - Racing time - late May, June, July and early August see the bulk of all the races.

Autumn - Championship time - when peak performances is required.

Our aim - is to make you into great skiers, that become great racers, that achieve great results.

When and what does it apply to? All race training sessions.

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