

Telluride Mountain School 2005-2006 Alpine Program

The Telluride Mountain School Alpine Program is designed to teach each student athlete the need to set goals, make decisions, and take responsibility for themselves. It is a technical program that provides the resources and coaching for student athletes to compete and be successful at the local, regional, national, and international levels.

The Alpine program offers technical coaching for free-skiing, slalom, giant slalom, super G, and downhill. With the students and the age groups that we have this year we will be free-skiing most of the time and focusing primarily on having FUN, periodically working on improving our B.A.S.E. (Basic Alpine Skills Evaluation) drills and running courses with the older students. Training progressions for the student-athletes will be focused around the United States Ski Association's Alpine Athlete Competencies publication that outlines the development of alpine racers from the first turn a child takes to the World Cup Competitor. This comprehensive document specifies five domains; Technical and Tactical, Physiological, Psychological and Sociological, Training and Competition, and Equipment. Certain competencies have been identified in each domain that the athlete should be working towards attaining at each phase of their development. This document will be a guiding light for the program in that the activities practiced in training will be based on fulfilling the competencies outlined. The competencies listed in this alpine program curriculum are goals that each athlete can aim at accomplishing before the end of their high school years. All students who are interested in competing will attend sanctioned United States Ski Association events that are primarily hosted by the USSA Rocky Mountain Division.

The season will be divided into five phases, each with its own objectives and goals. A strong emphasis will be placed on helping each athlete establish individual goals that are in tune with the general phase objectives. I will meet individually with each student-athlete and discuss the benefits of having a goal-setting program and how it will help produce positive results in their skiing as well as in their life. We will have these meetings periodically throughout the season to evaluate their progress and re-access their goals. This method of goal-setting will replace the outdated method of just simply sending out a "report card". This new way will actually keep the student-athlete involved and excited about setting and accomplishing their goals. It will be an ongoing practice that hopefully stays with the student-athlete long after the ski season is over. Each athlete will keep a training log in order to map out goals for each season, phase, week, and day and in turn keep track of the activities and skills practiced in order to reach those goals. At the same time the coaches will be keeping their own logs in order to provide detailed athlete evaluations upon the conclusion of each phase. The concept here is not only to establish effective progressions and strong athlete-coach relationships but also to encourage each athlete to take responsibility for their training, develop a stronger understanding of the skills, and in essence become their own best coach.

Dryland Training: Nov. 1st to Opening Day

Ramping Up: Thanksgiving Weekend to January 1st

Competition Phase: January and February

Peak Phase: March

Unloading: Last Competition until April 15th

Dryland Training is a mandatory one-month ski specific conditioning program. The objective is to gain a higher level of fitness coming into the ski season. The basis of the fitness program will be on developing core strength, functional strength, aerobic and anaerobic capacity, and flexibility.

Athletes will be tested at the beginning and end of the phase in order to monitor progress. The test will include sit-ups, push-ups; pull-ups, vertical jump, and box jumps. The first half an hour of practice will be devoted to a thorough warm up, stretch, and core work. The next half hour will encompass the objective workout like a leg circuit or agility session. Finally the session will close with some type of fun game or activity.

Activities

- Roller Blading
- Leg circuits
- Circuit training
- Agility ladders
- Plyometrics
- Variety of core/stomach exercises
- Sprints
- Relay races
- Sports– soccer, ultimate Frisbee, touch football, etc.
- Stretching
- Balance
- Cross country skiing
- Nutrition and Hydration handouts
- Training Logs

Ramping Up is a one-month phase where athletes progress from their first turns of the season to competition readiness by the end of December. Technical training on groomed slopes, directed free skiing, and ski conditioning will be the focus during this period. Brushes and stubby gate courses will be part of the progression before athletes begin full course training as we head towards the competition phase of this session. The activities used and some of the competencies to be working towards during this period are listed below.

Activities

- Directed freeskiing
- Technique drills
- Brushes
- Stubby gates
- On snow conditioning
- Video analysis
- Training logs/ Goal setting

Technique Competencies

- Exhibits appropriate balance and stance while skiing a variety of terrain, conditions, and turn shapes
- Demonstrates appropriate upper/lower body separation
- Demonstrates independent leg movement
- Utilizes ankle flexion to pressure the front of ski at initiation of turns
- Performs precise weight transfer in the transition phase of the turn and builds pressure progressively through the turn on the outside/turning ski in all terrain and speeds
- Is able to pivot the skis into the fall line in short radius turns and exit the fall line with a carved arc
- Demonstrates and understands angulation and how the creation of appropriate body angles with external forces maximizes turn effectiveness
- Demonstrates the ability to decrease or increase turn radius through the increase or decrease of pressure on the ski
- Exhibits knowledge of pressure and how to manage it during terrain changes
- Utilizes edging movements and pressure control to link arc to arc turns with completely clean railed tracks in a full range of medium and large radius turns
- Manages pressure throughout a turn to maximize acceleration out of the turn
- Demonstrates proficiency through all turn sizes and shapes, snow conditions, and slopes, with different types of skis (slalom, GS and downhill skis)
- Recognizes how to control pressure for optimal speed appropriate to the terrain and snow surface

The **Competition Phase** encompasses January and February when the bulk of the competitions are held. Training focus will shift to tactical training, competition preparation, psychological discussions, and individualized skill training. The technical skills emphasized during the ramping up phase will be applied to specific gate course training on the ski area alpine venues. Close attention will be paid to upcoming competitions so that the appropriate training sessions are dictated in preparation for the races. Video analysis will be done to enhance individualized coaching. Competitions will be recommended for each athlete according to age and ability.

Activities

- Brush training
- Stubby gate training

- Slalom and GS training (milk run and competition hill)
- Speed event training
- Free-skiing
- Training Logs/ Goal setting
- On snow conditioning

Tactical Competencies

- Demonstrates and understands tactics in combinations, rhythm changes, and terrain changes
- Uses pole plants to stabilize the upper body and maintain balance
- Versatile and efficient in using the proper outside arm clear in appropriate slalom turns while maintaining a proper and quiet upper body position
- Creates smooth edging movements that minimize deceleration of the center of mass while achieving the direction change required by the course
- Has refined understanding and execution of competition tactics in all events
- Utilizes the entire space available between gates to complete the required change of direction, and minimizes the effect of ski/snow friction to link turns.
- Links long radius turns in a variety of tuck positions
- Performs presses, pre-jumps, and/or pops when and where necessary
- In gliding and high speed turns, performs precise weight transfer in the transition phase and builds pressure gradually through the turn on the outside ski
- Incorporates course inspections, and course reports, into tactical preparation for all events

Psychological Objectives

- Visualization techniques
- Positive Reinforcement
- Building confidence
- Coping with pre-competition anxiety
- Stopping negative energy
- Breathing and relaxation

Peak Phase includes the season ending regional and national competitions. The goal here is to have each athlete mentally and physically prepared to put forth his or her best personal effort and performance of the season. An emphasis will be placed on pointing out the improvements and successes of the season and instilling a strong sense of confidence and readiness in each athlete for the biggest competitions of the season.

Finally the **Unloading Phase** begins with the last big race of the year and concludes in April. This is the time to enjoy the sun, spring corn snow, and blue skies. Practices will be more flexible and entirely based around having fun free-skiing or course training. During this phase we will take a look back at the season, quantify the successes and failures of each athlete, and set goals for summer training and the following season.

Training Venues and Safety

The specific training venues for the Alpine program include Milk Run, Competition Hill and hopefully a third venue TBD. In order to create a safe training environment coaches are expected to maintain these venues and set courses with a keen eye for possible hazards. Close attention will be paid to changing snow conditions, spill zones, and weather in order to ensure athletes are training safely.

Video Analysis

Video analysis is a crucial part of our athletes training and will be used throughout the season. It is a great learning tool that helps athletes put together what they are feeling on the slopes with the concepts the coaches are teaching them. Most competitions will be videoed and watched as a group following the competition.

In addition, video of the latest World Cup and Olympic footage will be shown during video sessions to bolster certain technique objectives.

The Alpine Program at the Telluride Mountain School is a synergistic program that accommodates the recreational skier to the aspiring Olympic competitor. We acknowledge that competition is not for everyone however; we believe that by offering the resources for the most driven athletes to pursue their dreams, we are creating an environment in which all students will be challenged to put forth their best effort and achieve their personal goals. The type of work ethic, commitment, and time management skills learned while participating in the Alpine Program will not only make great skiers, but also give students vital life skills that they can apply to any task in any arena they become involved in.