



## **Selection Criteria and processes for entry and inclusion to the British Children's Ski Team Annual Programme**

### **PLEASE NOTE**

*The new Children's Selection Policy document is circulated with the added proviso that, because of the current changes (new appointments, etc), there may be some further modifications to be made with less than the usual full season's notice, but these will be made with the approval of the Alpine Executive.*

December 2007



## Selection Criteria and processes for entry and inclusion to the British Children's Ski Team Annual Programme

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### 1.0 Introduction

SnowsportGB aims to identify a clear performance pathway with defined selection criteria and a process for selection to the appropriate age categories, and follow this process to select athletes qualifying for the British Children's Alpine Ski Team.

The objective of the British Alpine Ski teams is to support a long-term performance pathway, the development of athletes and the delivery of programmes to produce World Class performances.

### 1.1 Aim

The aim of this document is to identify the selection criteria and process for selection to the British Children's Alpine Ski Team. Criteria are laid out within the age group categories as defined by the International Ski Federation (FIS) and identified within this document.

The aim of this policy is to provide a fair pathway and clear selection criteria and selection process. Policies and procedures will be reviewed on an annual basis.

### 1.2 Formation and Remit

Selection committees are appointed by the SnowsportGB board and are tasked to select the British Teams to take part in the programmes for this age category as defined by FIS.

### **1.3 SnowsportGB Children's Alpine Selection Committee**

Chairman  
National Performance Manager  
Children's Coordinator

*The National Performance Manager and Children's Coordinator are ex-officio members without a vote.*

#### **Selectors**

Children's Team Head Coach  
English National Coach, or nominated substitute  
Scottish National Coach, or nominated substitute  
Welsh National Coach, or nominated substitute  
BARSC Representative

The Chairman of the selection committee may invite others with specialist knowledge to contribute for part of a meeting depending on the availability of individual members and the specific areas for which it is selecting. Committee members should be free from external conflicts of interest in the selection process.

### **2.1 British Children's Squad & Team**

SnowsportGB aims to identify athletes who meet the acceptance criteria and to provide a programme for them that offers an advanced level of training and competition within a strong peer group environment, and also to ensure that selected athletes access programme elements that are suitable for their level of preparation and performance.

#### **Annual Programme**

The British Children's Annual Programme runs from April to April.

The Squad programme includes fitness elements, the summer training camp and sport-related education for young athletes.

From this Squad, athletes will be selected to the Team for an October Training Camp and participation in international children's races. Additional Team members may be selected in early January (see Stage 6).

#### **SnowsportGB approved Children's Programmes**

If an athlete is unable to participate in one or more elements of the Children's Programme, he/she must inform the selection panel in writing, giving reasons. In addition, he/she must submit details of his/her programme; such alternative elements must be approved by the Alpine Executive. Failure to comply will result in the athlete being dropped from the programme.

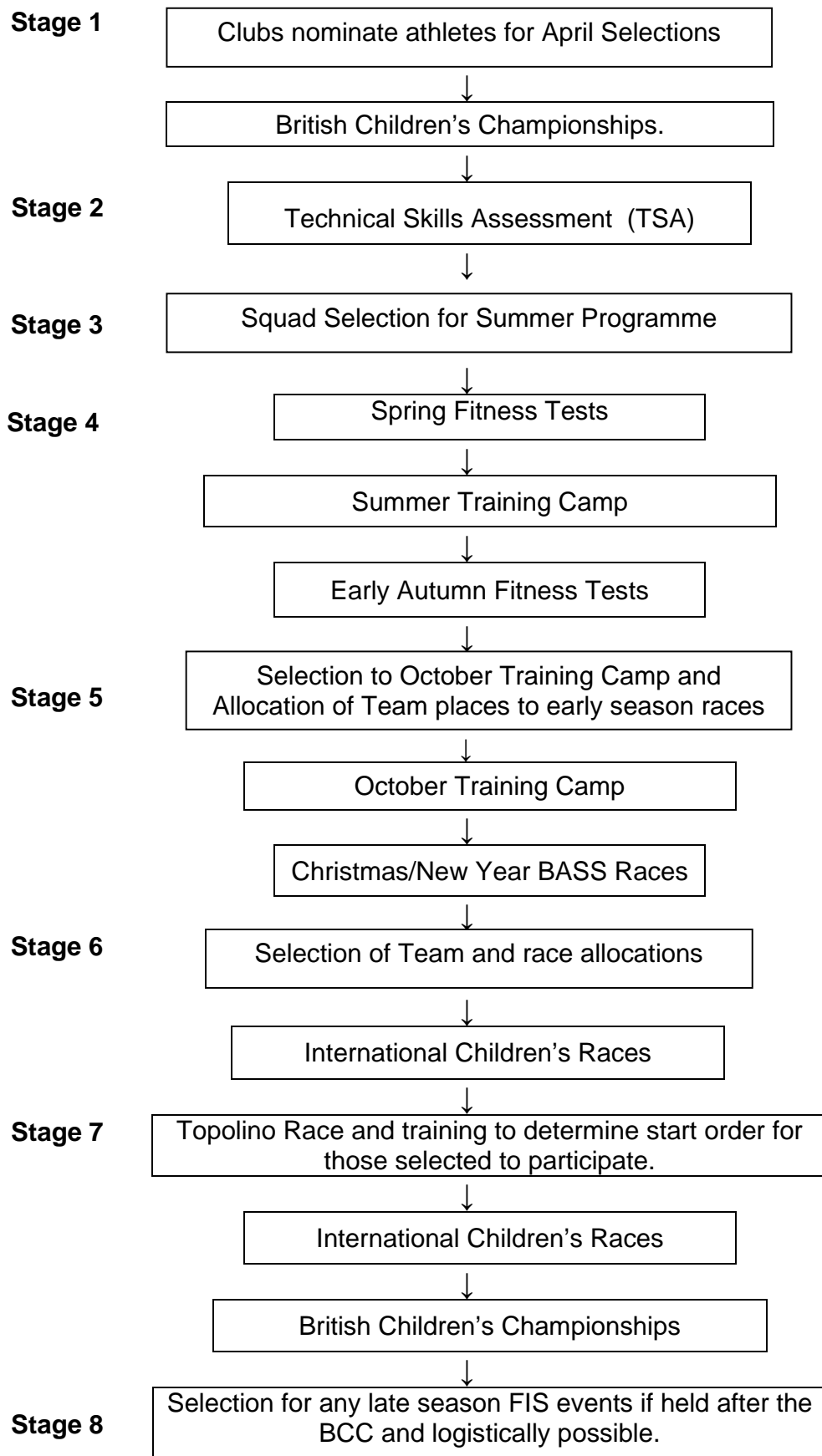
#### **Time Trial format**

Time trials may be run by the coaches and will follow the format as defined in Appendix A1 below.

#### **Fitness Tests and Targets**

These will be published annually as a separate document.

## 2.2 British Children's Programme and Selection Process diagram



## **2.3 Timetable and Explanation of Selection Process**

### **Stage 1**

#### **Clubs nominate athletes for Selection**

- Clubs nominate their athletes by email on the "Snowsport GB Children's Team Nomination Form which may be downloaded from the SnowsportGB website after 1<sup>st</sup> February; applications must be submitted by 1st March.
- Late nominations are possible (on coaches' recommendations), but these must reach SnowsportGB at least 3 days before the first Team Captains' Meeting of the British Children's Championships.
- Coaches' reports must accompany all nominations.
- Results from the previous British Children's championships and Christmas/New Year races or FIS events from the current season should be included with the nominations.
- All nominated athletes will be expected to meet the minimum requirement of level 3 in the SnowsportGB fitness tests during the summer/autumn. Athletes who have not previously met level 3 or who have not been previously tested may be selected on a trial basis. Clubs are strongly encouraged to run fitness programmes and tests.
- Selectors reserve the right to refuse all nominations not backed up by a minimum of one top 5 placing in one run of any one discipline the relevant year of birth at the British Children's Championships.

### **Stage 2**

#### **Technical Skills Assessment (TSA)**

Technical Skills Assessments will be run by SnowsportGB during the British Children's Championships. To be eligible for Stage 3 athletes must take part in these TSA.

### **Stage 3**

#### **British Children's Squad Selection (April/ May)**

- Selection is based on performance at the British Children's Championships and on TSA scores as per stage 2. Performance at other events may be taken into consideration.
- The number of athletes selected will be based on race results and TSA scores.
- There will be no target score owing to variations in snow conditions.
- Athletes who win a discipline overall at the British Children's championships or who win a discipline on adjusted results\* will be invited to join the British Children's summer squad.
- All selected athletes will be invited to the summer training camp and to the spring and early autumn fitness tests.

\* Adjusted results are based on the forthcoming season's age categories.

### **Stage 4**

#### **Fitness Tests**

Only athletes who do reach the minimum requirement of level 3 in the SnowsportGB fitness tests will be invited to the October Camp.

### **Stage 5**

#### **October Team Training Camp Selection (after 31<sup>st</sup> August)**

Invited athletes will comprise

- all athletes who won a discipline (overall, or on adjusted results based on the forthcoming season's age categories) at the British Children's championships, provided they have achieved level 3 in the SnowsportGB fitness tests.
- Additional selections may be made based on performance at the summer camp; these athletes too must achieve level 3 in the SnowsportGB fitness tests.
- Some race allocations for Team places at early season international competitions will be made after 31st August, for logistical reasons.

## **Stage 6**

### **Team Selection (early January)**

- Further selection of athletes to the Team based on performance in Christmas/New Year races in the current season.
- Allocation of Team members to the remaining international races.
- Teams will be entered into international events in accordance with the FIS quota system; entries of individual athletes to international events not attended by the Team are not allowed.

Selection for Topolino Team to be based on:

- a) Performance in Christmas races
- b) Performance at the October Training Camp to be used in case of discrepancies (in that order).

## **Stage 7**

### **Topolino Training camp time trials used to determine start order for races.**

- Timed runs on the preparation camp will determine start order with the fastest running first, second running second etc. If, for any reason, it is not possible to run these, results in previous races in the current season will be used to determine start order; adjustments may be made by the coaches at the event on the basis of their observation.

## **Stage 8**

At the BCC a Team may be selected for any late international competition, if it is run after the BCC and it is logistically possible to attend. No GBR entry will be made to an international event where participation would prevent the athletes from competing in the British Children's Championships.

**2.4 Minutes of selection meetings** will be supplied in confidence to the Alpine Executive.

### **2.5 Exceptional Circumstances**

In exceptional circumstances, special consideration may be given to athletes who are unable to follow the required protocol for extraordinary reasons, including force majeure. Such instances will be referred to the Alpine Executive for consideration and decision. If procedures outlined in this document cannot be carried out for logistical reasons, the Selection Committee reserves the right to make decisions based on prior race and test results; late adjustments to the start order may be made by the coaches at the event.

### **3.0 Appeals Process**

The SnowsportGB appeals processes are structured to conform to UK Sport guidelines. All appeals must be made in writing, with accompanying evidence and additional information to the SnowsportGB office.

Appeals must be made within two weeks of the announcement of the teams.

All appeals will be considered on an individual basis. Appeals will first be reconsidered by the original selection committee, who will explain their reasons for the decision to the athlete. If the athlete is not happy with the process or the outcome of the selection committee's final decision, then the athlete may opt to refer the matter to an internal appeals committee.

The SnowsportGB appeals chairman will constitute an internal appeals committee made up of at least three people who did not sit on the original selection committee.

If the dispute remains unresolved, it will be submitted for an exclusive, final and binding determination to the Sports Dispute Resolution Panel (SDRP). SnowsportGB understands that both parties will undertake to execute in good faith any decision of the SDRP.

## Appendix A.1: Time Trial Formats

### Grand Prix points

Time trials will be run by the coaches of all groups involved using portable timing and will follow the Time Trial format. Time trials will take place for each discipline as conditions and athlete performance status dictate.

- Children's time trials will normally be judged by the Grand Prix points system (below)
- Athletes for each time trial will be given an equal number of attempts with the fastest 2 times counting from each stage of the time trials.
- Number of stages of time trial will vary between 2 and 4 depending on number of disciplines being selected for and weather / snow conditions.
- Athletes will be ranked according to their fastest times and points awarded as per the SnowsportGB Grand Prix points table.
- Grand prix total points for each stage of the time trials will count for race qualification and start order when appropriate.
- Special consideration will only be given to athletes receiving minor injuries during a programme element with time trials.

SnowsportGB Time Trial Grand Prix Points table	
Finish position	Points awarded
1	20
2	15
3	11
4	8
5	6
6	5
7	4
8	3
9	2
10	1
11 and greater	0
Points will not be allocated if time is over 8% behind winning time	

### Percentage behind Winner format

Time trials will be run by the coaches of all groups involved using portable timing and will follow the Time Trial format. Time trials will take place for GS and other disciplines as conditions and athlete performance status dictate.

- Athletes for each time trial will be given an equal number of attempts with the fastest 2 times counting from each stage of the time trials.
- Number of stages of time trial will vary between 2 and 4 depending on number of disciplines being selected for and weather / snow conditions.
- Athletes will be ranked according to their fastest times and the 2 fastest times from each stage added together to give total time.
- Percentage behind the fastest total time will be used.
- Special consideration will only be given to athletes receiving injuries during a programme element with time trials.

### **Percentage behind Winner format Calculation formula**

In order to calculate the percentage behind the winner the 2 fastest times will be used to give the ranking and total time for each athlete. The athlete ranked 1<sup>st</sup> will be the winner in this case and all other athlete total times calculated as a percentage of the winner's total time.

#### **Formula**

Athlete total time – Winner's total time = Time difference

**(Time difference / Winner's total time) x 100 = Percentage behind Winner.**

*For example:*

Winner's time: 40.00 sec

Athlete A: 42.00 sec

Time difference (42.00 – 40.00) = 2.00 seconds

Percentage Behind winner: (2.00 / 40.00) X 100 = **5.00%**

Value will be calculated to 2 decimal places. Where percentage behind is stated in Selection criteria, Maximum 2% will be 2.00% or less.



## Appendix A.2 SnowsportGB Technical Skills Assessment

### Aims & Objectives

1. The Technical Skills Assessment is to use a variety of skiing conditions and tasks for assessment of the technical skiing basics of athletes, and their ability to adapt to different snow conditions and terrain, through adjustment of position, ski pressure and rhythm.
2. Club programmes should expose young skiers to the conditions, tasks and situations as described in the assessment protocol. This will act as a tool for guidance of club programmes and individuals wishing to progress within the SnowsportGB structure and as a training tool the assessment criteria will assist in developing good technical basics for athletes
3. The principal objective of the SnowsportGB Technical Skills Assessment is to ensure a full development of athletes. The Technical Skills Assessment is to be used along with physical assessment and competition performance as described in the Alpine Physical Assessment criteria and the Alpine Competition Criteria.

### Protocol:

- Athletes will be nominated and selected to the technical skills assessment as described in the SnowsportGB Selection policy.
- Athletes nominated and selected will carry out the Technical Skills Assessment at the British Junior & Children's championships.
- Athletes will be required to carry out Assessments A,B & C relative to age group:

Athletes entering Children1 & Children 2                      Assessment A, B & C  
Athletes entering Junior 1                                      Assessment A & B

Assessment will be carried out by SnowsportGB coaching staff, including the BCST Head Coach.

### Format:

The Technical skills Assessment is to be carried out, on snow, through 3 skiing assessments

#### **Assessment A:                      Free Skiing: Adaptation to terrain & snow conditions**

*2 from the following 6 tasks will be assessed*

- **Control of turn size and shape in varied terrain**  
*Task 1*        Short to long Radius: steep to flat  
*Task 2*        Long to short radius: steep to flat  
*Task 3*        Long to short radius: flat to steep
- **Control of turn size and shape in unprepared snow**  
*Task 4*        Unprepared snow: constant short radius turns  
*Task 5*        Unprepared snow: constant long radius turns  
*Task 6*        Unprepared snow: Long to short radius turns

Short Radius = 6 – 10m  
Long Radius = 18 – 25m

#### **Assessment B:                      Technical Drills: Timing & co-ordination**

*2 from the following 5 drills will be assessed*

- Drill 1*        Short turns on one foot
- Drill 2*        Long turns on one foot
- Drill 3*        Turning with 3 steps
- Drill 4*        Turning on the outside ski
- Drill 5*        Short swings

#### **Assessment C:                      Stubby Corridor: Turn size & rhythm adjustment**

*2 from the following 5 tasks will be assessed*

- Task 1*        Rhythm change med / long
- Task 2*        Rhythm change short / long
- Task 3*        Long radius turns
- Task 4*        Medium radius turns
- Task 5*        Short radius turns

## Protocol: Assessment A:

### Assessment A: Free Skiing: Adaptation to terrain & snow conditions

The free skiing element of the assessment will take place in 2 of the following 3 conditions and parameters in Table 1.

**Table 1. Free skiing conditions**

Condition	Terrain and Snow condition parameters
1.	200 – 300m. piste with marked terrain change from steep into flat around mid point, marked by a single gate.
2.	200 – 300m. Prepared piste with marked terrain change from flat into steep around mid point, marked by a single gate.
3.	200 – 300m. Unprepared piste of reasonably constant gradient, or off-piste if conditions and staff appropriate. Mid point marked by a single gate.

Assessors will allocate pistes on which to carry out the assessment. Details will be given at the beginning of each assessment.

Pistes may be selected for Children and Juniors separately, with steeper gradients and greater degrees of terrain change for junior assessments.

Athletes must perform a variety of short and long radius turns in the terrain and snow conditions as specified in table 2.

Short radius turns (6 – 10m radius)  
Long radius turns (18 – 25m radius)

During each assessment athletes perform, and will be assessed on, 2 from the 6 tasks as specified in table 2. Athletes will only be told which tasks will be performed at the beginning of the assessment.

Each task will be demonstrated first by a SnowportGB nominated senior team athlete, or by a coach nominated by the BCST Head Coach.

This athlete/coach will perform each task as a baseline for assessors to standardise their scoring.

**Table 2. Free Skiing: Adaptation to terrain and snow conditions**

Task	Conditions	Objective	Guidelines	Scoring
1. Short turns to long turns. Changing at mid way marker.	1.	Rhythmical short turns of constant radius, changing to rhythmical long turns of constant radius at the mid way marker.  Change of rhythm must be apparent for both turn radius and speed.	Athletes must maintain technically sound skiing in the basic position;  Neutral alignment	Athletes will be scored out of 10 for each task.
2. From long turns to short turns. Changing at mid way marker.	1.	As above with long turns to short turns	Balanced over the feet	10 will be set as the score performed by a SnowsportGB nominated senior team athlete representative who will perform all assessments.
3. From long turns to short turns. Changing at mid way marker.	2.	As above	Equal flexion of all lower limb joints	
4. Constant short radius turns	3.	Rhythmical short turns of constant radius	Angulation as appropriate	Assessors will consider rhythm, control of speed, ground speed, basic position & adaptation to terrain.
5. Constant long radius turns	3.	Rhythmical long turns of constant radius		
6. Long radius turns into short radius turns. Changing at mid way marker.	3.	Rhythmical long turns of constant radius, changing to rhythmical short turns of constant radius at the mid way marker	Athletes should use turn shape and body position to control speed, without skidding the skis.	

## Protocol: Assessment B:

### Assessment B: Technical Drills: Timing & Co-ordination

The Technical drills element of the assessment will take place on prepared pistes nominated by the assessors at the outset of the assessment, within the guidelines specified in table 3.

**Table 3. Technical drills conditions**

Age group	Terrain and Snow condition parameters
Children 1.	Prepared piste of low gradient slope
Children 2.	Prepared piste of constant medium gradient slope
Junior 1. (1 <sup>st</sup> yr only)	Unprepared piste with gradient varying between low and medium.

During each assessment athletes perform, and will be assessed on, 2 from the 5 drills as specified in table 4. Athletes will only be told which tasks will be performed at the beginning of the assessment.

Each drill will be demonstrated first by a SnowportGB nominated senior team athlete or coach. This athlete/coach will perform each drill as a baseline for assessors to standardise their scoring.

**Table 4. Technical Drills: Timing and co-ordination**

Drill	Technical Specifics	Parameters	Scoring
<b>Drill 1.</b>  Short turns on one foot	<ul style="list-style-type: none"> <li>10 linked short turns on 1 foot, followed by</li> <li>10 linked short turns on the other foot</li> </ul> <p>To change from one ski to the other, one turn will be allowed before scoring starts for the next 10 turns</p> <p>Stubbies will be set between 8 &amp; 12 m as a guideline for turn radius.</p>	<p>Successful turns are counted as every carved turn within a radius of 8 – 12m.</p> <p>Each time the other ski touches the snow or the ski is skidded, the turn will not be counted.</p>	<p>Athletes will start with 10 marks. Each un-successful turn will result in a 1/2 point being deducted.</p>
<b>Drill 2.</b>  Long turns on one foot	<ul style="list-style-type: none"> <li>5 linked long turns on 1 foot, followed by</li> <li>5 linked long turns on the other foot</li> </ul> <p>To change from one ski to the other, one turn will be allowed before scoring starts for the next 5 turns</p> <p>Turns must be carved, with a radius between 18 – 25m.</p> <p>The drill should be completed in 180 to 250m</p>	<p>As above</p>	<p>Athletes will start with 10 points. Each un-successful turn will result in 1 point being deducted.</p>
<b>Drill 3.</b>  Turning with 3 steps	<ul style="list-style-type: none"> <li>5 linked turns within the parameters set by the piste.</li> <li>Turns should be finished completely.</li> <li>Each turn should start from the point of crossing the fall line.</li> <li>During each turn athletes should so 3 steps from the outside ski to the inside ski.</li> </ul> <p>step 1 before the fall line</p> <p>step 2 in the fall line</p> <p>step 3 after the fall line</p>	<p>Successful steps are counted as steps where athletes:</p> <ul style="list-style-type: none"> <li>Clearly and dynamically shift from outside ski to inside ski.</li> <li>Skis stay parallel throughout step.</li> <li>Step onto middle of ski.</li> <li>Step onto inside edge.</li> <li>Turns should be linked</li> </ul>	<p>Athletes will start with 10 points.</p> <p>Each turn before the fall line will count as 1/2 mark.</p> <p>The turn in fall line and turn after fall line will count together as a 1/2 point.</p> <p>Each unsuccessful step before the fall line will result in a 1/2 point being deducted.</p> <p>Unsuccessful turn either on or after the fall line will result in a 1/2 turn being deducted.</p>

## Protocol: Assessment B (continued):

Assessment B: Technical Drills: Timing & co-ordination (cont'd)

**Table 4. Technical Drills: Timing and Co-ordination (cont'd)**

<p><b>Drill 4.</b></p> <p>Turning on the outside ski</p>	<p>10 linked turns on the outside ski. Changing skis at the point of crossing the fall line.</p> <p>Inside ski should be clearly off the snow throughout the turn. Inside ski tip can cross the outside ski tip slightly.</p>	<p>Successful turns will be counted as turns where:</p> <ul style="list-style-type: none"> <li>• Inside ski stays off the ground throughout the turn.</li> <li>• There is no hesitation while changing skis.</li> <li>• Inside ski tail should be higher than the ski tip.</li> </ul>	<p>Athletes will start with 10 points. Each unsuccessful turn will result in 1 point being deducted.</p>
<p><b>Drill 5.</b></p> <p>Short swings</p>	<p>10 short swings.</p> <p>Skis should be turned in the air with clear and correct pole plant to manage timing</p>	<p>Successful short swings will be counted when:</p> <ul style="list-style-type: none"> <li>• Skis are clearly turned across the fall line in the air.</li> <li>• There is no noticeable pause between turns.</li> <li>• Pole plant is in the correct place and at the right time.</li> </ul>	<p>Athletes will start with 10 points.</p> <p>Each unsuccessful turn will result in 1 point being deducted.</p>

## Protocol: Assessment C:

### Assessment C: Stubby Corridor: Turn size & rhythm adjustment

Stubby corridor will be set on a medium gradient of constant slope.  
Gates set with 6 – 8 metre horizontal offset and 8m vertical distance.

During each assessment athletes perform, and be assessed on, 2 from the 5 tasks as specified in table 5. Athletes will only be told which tasks will be performed at the beginning of the assessment. Each task will be demonstrated first by a SnowportGB nominated senior team athlete or coach. This athlete/coach will perform each task as a baseline for assessors to standardise their scoring.

**Table 5. Free Skiing: Adaptation to terrain & snow conditions**

Task	Objective	Guidelines	Scoring
<p><i>Task 1.</i></p> <p>Rhythm change med / long</p>	<p>4 turns inside the corridor followed by 4 turns crossing to the outside of the corridor.</p> <p>Corridor should be used as a set of parallel lines. Not as a course.</p>	<p>Turns inside the corridor should be linked turns of medium radius and rhythm.</p> <p>Turns outside the corridor should be linked turns of long radius and rhythm.</p>	<p>Athletes will be scored out of 10 for each task.</p> <p>10 will be set as the score performed by a SnowsportGB nominated senior team athlete representative who will perform all assessments.</p> <p>Assessors will consider rhythm, control of speed, ground speed, basic position &amp; turn radius.</p>
<p><i>Task 2.</i></p> <p>Rhythm change short / long</p>	<p>3 short turns on the right side of the corridor around 3 stubby gates,</p> <p>followed by one long turn to the left side of the corridor,</p> <p>3 short turns on the left side of the corridor around 3 stubby gates.</p> <p>Repeat till end of the corridor</p> <p>(first turn must pass to right hand side of right corridor to ensure 3 turns leads you to the other side of the corridor)</p>	<p>3 short rhythmical turns on either side of the corridor should be linked with one long turn to cross the corridor.</p>	
<p><i>Task 3.</i></p> <p>Long radius turns</p>	<p>Turns to the outside of the corridor always round 2 stubby gates</p>	<p>Turns should be long and rhythmical with good control of speed.</p>	
<p><i>Task 4.</i></p> <p>Medium radius turns</p>	<p>Turns around every second stubby on alternate sides</p>	<p>Turns should be rhythmical and of medium / long radius.</p>	
<p><i>Task 5.</i></p> <p>Short radius turns</p>	<p>Turns around every stubby on one side of the corridor</p>	<p>Turns should be of a fast rhythm and high speed</p>	

**SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA**

**Appendix A.3: Technical Skills Assessment Selection Scorecard**

Athlete	off / unprep piste				Corridor			Drills					Achieved		Possible	comments
	Rhythm	Position	Adaptation	Speed control	Rhythm	Position	Speed control	1 ski long turns	1 Ski Short Turns	3 Step Turns	Achieved	Possible	Achieved	Possible		
1	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
2	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
3	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
4	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
5	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
6	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
7	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
8	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
9	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
10	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
11	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
12	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
13	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
14	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
15	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
16	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
17	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
18	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
19	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
20	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
Assessor				Signature				Role				Date				
Location		Snow conditions						Slope								

## Appendix A.1: Time Trial Formats

### Grand Prix points

Time trials will be run by the coaches of all groups involved using portable timing and will follow the Time Trial format. Time trials will take place for each discipline as conditions and athlete performance status dictate.

- Children's time trials will normally be judged by the Grand Prix points system (below)
- Athletes for each time trial will be given an equal number of attempts with the fastest 2 times counting from each stage of the time trials.
- Number of stages of time trial will vary between 2 and 4 depending on number of disciplines being selected for and weather / snow conditions.
- Athletes will be ranked according to their fastest times and points awarded as per the SnowsportGB Grand Prix points table.
- Grand prix total points for each stage of the time trials will count for race qualification and start order when appropriate.
- Special consideration will only be given to athletes receiving minor injuries during a programme element with time trials.

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Points will not be allocated if time is over 8% behind winning time	

### Percentage behind Winner format

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- Athletes for each time trial will be given an equal number of attempts with the fastest 2 times counting from each stage of the time trials.
- Number of stages of time trial will vary between 2 and 4 depending on number of disciplines being selected for and weather / snow conditions.
- Athletes will be ranked according to their fastest times and the 2 fastest times from each stage added together to give total time.
- Percentage behind the fastest total time will be used.
- Special consideration will only be given to athletes receiving injuries during a programme element with time trials.

### **Percentage behind Winner format Calculation formula**

In order to calculate the percentage behind the winner the 2 fastest times will be used to give the ranking and total time for each athlete. The athlete ranked 1<sup>st</sup> will be the winner in this case and all other athlete total times calculated as a percentage of the winner's total time.

#### **Formula**

Athlete total time – Winner's total time = Time difference

**(Time difference / Winner's total time) x 100 = Percentage behind Winner.**

*For example:*

Winner's time: 40.00 sec

Athlete A: 42.00 sec

Time difference (42.00 – 40.00) = 2.00 seconds

Percentage Behind winner: (2.00 / 40.00) X 100 = **5.00%**

Value will be calculated to 2 decimal places. Where percentage behind is stated in Selection criteria, Maximum 2% will be 2.00% or less.



## Appendix A.2 SnowsportGB Technical Skills Assessment

### Aims & Objectives

1. The Technical Skills Assessment is to use a variety of skiing conditions and tasks for assessment of the technical skiing basics of athletes, and their ability to adapt to different snow conditions and terrain, through adjustment of position, ski pressure and rhythm.
2. Club programmes should expose young skiers to the conditions, tasks and situations as described in the assessment protocol. This will act as a tool for guidance of club programmes and individuals wishing to progress within the SnowsportGB structure and as a training tool the assessment criteria will assist in developing good technical basics for athletes
3. The principal objective of the SnowsportGB Technical Skills Assessment is to ensure a full development of athletes. The Technical Skills Assessment is to be used along with physical assessment and competition performance as described in the Alpine Physical Assessment criteria and the Alpine Competition Criteria.

### Protocol:

- Athletes will be nominated and selected to the technical skills assessment as described in the SnowsportGB Selection policy.
- Athletes nominated and selected will carry out the Technical Skills Assessment at the British Junior & Children's championships.
- Athletes will be required to carry out Assessments A,B & C relative to age group:

Athletes entering Children1 & Children 2                      Assessment A, B & C  
Athletes entering Junior 1                                      Assessment A & B

Assessment will be carried out by SnowsportGB coaching staff, including the BCST Head Coach.

### Format:

The Technical skills Assessment is to be carried out, on snow, through 3 skiing assessments

#### Assessment A:                      **Free Skiing: Adaptation to terrain & snow conditions**

*2 from the following 6 tasks will be assessed*

- **Control of turn size and shape in varied terrain**  
*Task 1*        Short to long Radius: steep to flat  
*Task 2*        Long to short radius: steep to flat  
*Task 3*        Long to short radius: flat to steep
- **Control of turn size and shape in unprepared snow**  
*Task 4*        Unprepared snow: constant short radius turns  
*Task 5*        Unprepared snow: constant long radius turns  
*Task 6*        Unprepared snow: Long to short radius turns

Short Radius = 6 – 10m  
Long Radius = 18 – 25m

#### Assessment B:                      **Technical Drills: Timing & co-ordination**

*2 from the following 5 drills will be assessed*

- Drill 1*        Short turns on one foot
- Drill 2*        Long turns on one foot
- Drill 3*        Turning with 3 steps
- Drill 4*        Turning on the outside ski
- Drill 5*        Short swings

#### Assessment C:                      **Stubby Corridor: Turn size & rhythm adjustment**

*2 from the following 5 tasks will be assessed*

- Task 1*        Rhythm change med / long
- Task 2*        Rhythm change short / long
- Task 3*        Long radius turns
- Task 4*        Medium radius turns
- Task 5*        Short radius turns

## Protocol: Assessment A:

### Assessment A: Free Skiing: Adaptation to terrain & snow conditions

The free skiing element of the assessment will take place in 2 of the following 3 conditions and parameters in Table 1.

**Table 1. Free skiing conditions**

Condition	Terrain and Snow condition parameters
1.	200 – 300m. piste with marked terrain change from steep into flat around mid point, marked by a single gate.
2.	200 – 300m. Prepared piste with marked terrain change from flat into steep around mid point, marked by a single gate.
3.	200 – 300m. Unprepared piste of reasonably constant gradient, or off-piste if conditions and staff appropriate. Mid point marked by a single gate.

Assessors will allocate pistes on which to carry out the assessment. Details will be given at the beginning of each assessment.

Pistes may be selected for Children and Juniors separately, with steeper gradients and greater degrees of terrain change for junior assessments.

Athletes must perform a variety of short and long radius turns in the terrain and snow conditions as specified in table 2.

Short radius turns (6 – 10m radius)  
Long radius turns (18 – 25m radius)

During each assessment athletes perform, and will be assessed on, 2 from the 6 tasks as specified in table 2. Athletes will only be told which tasks will be performed at the beginning of the assessment.

Each task will be demonstrated first by a SnowportGB nominated senior team athlete, or by a coach nominated by the BCST Head Coach.

This athlete/coach will perform each task as a baseline for assessors to standardise their scoring.

**Table 2. Free Skiing: Adaptation to terrain and snow conditions**

Task	Conditions	Objective	Guidelines	Scoring
1. Short turns to long turns. Changing at mid way marker.	1.	Rhythmical short turns of constant radius, changing to rhythmical long turns of constant radius at the mid way marker.  Change of rhythm must be apparent for both turn radius and speed.	Athletes must maintain technically sound skiing in the basic position;  Neutral alignment	Athletes will be scored out of 10 for each task.
2. From long turns to short turns. Changing at mid way marker.	1.	As above with long turns to short turns	Balanced over the feet	10 will be set as the score performed by a SnowsportGB nominated senior team athlete representative who will perform all assessments.
3. From long turns to short turns. Changing at mid way marker.	2.	As above	Equal flexion of all lower limb joints	
4. Constant short radius turns	3.	Rhythmical short turns of constant radius	Angulation as appropriate	Assessors will consider rhythm, control of speed, ground speed, basic position & adaptation to terrain.
5. Constant long radius turns	3.	Rhythmical long turns of constant radius		
6. Long radius turns into short radius turns. Changing at mid way marker.	3.	Rhythmical long turns of constant radius, changing to rhythmical short turns of constant radius at the mid way marker	Athletes should use turn shape and body position to control speed, without skidding the skis.	

## Protocol: Assessment B:

### Assessment B: Technical Drills: Timing & Co-ordination

The Technical drills element of the assessment will take place on prepared pistes nominated by the assessors at the outset of the assessment, within the guidelines specified in table 3.

**Table 3. Technical drills conditions**

Age group	Terrain and Snow condition parameters
Children 1.	Prepared piste of low gradient slope
Children 2.	Prepared piste of constant medium gradient slope
Junior 1. (1 <sup>st</sup> yr only)	Unprepared piste with gradient varying between low and medium.

During each assessment athletes perform, and will be assessed on, 2 from the 5 drills as specified in table 4. Athletes will only be told which tasks will be performed at the beginning of the assessment.

Each drill will be demonstrated first by a SnowportGB nominated senior team athlete or coach. This athlete/coach will perform each drill as a baseline for assessors to standardise their scoring.

**Table 4. Technical Drills: Timing and co-ordination**

Drill	Technical Specifics	Parameters	Scoring
<b>Drill 1.</b>  Short turns on one foot	<ul style="list-style-type: none"> <li>10 linked short turns on 1 foot, followed by</li> <li>10 linked short turns on the other foot</li> </ul> <p>To change from one ski to the other, one turn will be allowed before scoring starts for the next 10 turns</p> <p>Stubbies will be set between 8 &amp; 12 m as a guideline for turn radius.</p>	<p>Successful turns are counted as every carved turn within a radius of 8 – 12m.</p> <p>Each time the other ski touches the snow or the ski is skidded, the turn will not be counted.</p>	<p>Athletes will start with 10 marks. Each un-successful turn will result in a 1/2 point being deducted.</p>
<b>Drill 2.</b>  Long turns on one foot	<ul style="list-style-type: none"> <li>5 linked long turns on 1 foot, followed by</li> <li>5 linked long turns on the other foot</li> </ul> <p>To change from one ski to the other, one turn will be allowed before scoring starts for the next 5 turns</p> <p>Turns must be carved, with a radius between 18 – 25m.</p> <p>The drill should be completed in 180 to 250m</p>	<p>As above</p>	<p>Athletes will start with 10 points. Each un-successful turn will result in 1 point being deducted.</p>
<b>Drill 3.</b>  Turning with 3 steps	<ul style="list-style-type: none"> <li>5 linked turns within the parameters set by the piste.</li> <li>Turns should be finished completely.</li> <li>Each turn should start from the point of crossing the fall line.</li> <li>During each turn athletes should so 3 steps from the outside ski to the inside ski.</li> </ul> <p><i>step 1</i> before the fall line</p> <p><i>step 2</i> in the fall line</p> <p><i>step 3</i> after the fall line</p>	<p>Successful steps are counted as steps where athletes:</p> <ul style="list-style-type: none"> <li>Clearly and dynamically shift from outside ski to inside ski.</li> <li>Skis stay parallel throughout step.</li> <li>Step onto middle of ski.</li> <li>Step onto inside edge.</li> <li>Turns should be linked</li> </ul>	<p>Athletes will start with 10 points.</p> <p>Each turn before the fall line will count as 1/2 mark.</p> <p>The turn in fall line and turn after fall line will count together as a 1/2 point.</p> <p>Each unsuccessful step before the fall line will result in a 1/2 point being deducted.</p> <p>Unsuccessful turn either on or after the fall line will result in a 1/2 turn being deducted.</p>

## Protocol: Assessment B (continued):

Assessment B: Technical Drills: Timing & co-ordination (cont'd)

**Table 4. Technical Drills: Timing and Co-ordination (cont'd)**

<p><b>Drill 4.</b></p> <p>Turning on the outside ski</p>	<p>10 linked turns on the outside ski. Changing skis at the point of crossing the fall line.</p> <p>Inside ski should be clearly off the snow throughout the turn. Inside ski tip can cross the outside ski tip slightly.</p>	<p>Successful turns will be counted as turns where:</p> <ul style="list-style-type: none"> <li>• Inside ski stays off the ground throughout the turn.</li> <li>• There is no hesitation while changing skis.</li> <li>• Inside ski tail should be higher than the ski tip.</li> </ul>	<p>Athletes will start with 10 points. Each unsuccessful turn will result in 1 point being deducted.</p>
<p><b>Drill 5.</b></p> <p>Short swings</p>	<p>10 short swings.</p> <p>Skis should be turned in the air with clear and correct pole plant to manage timing</p>	<p>Successful short swings will be counted when:</p> <ul style="list-style-type: none"> <li>• Skis are clearly turned across the fall line in the air.</li> <li>• There is no noticeable pause between turns.</li> <li>• Pole plant is in the correct place and at the right time.</li> </ul>	<p>Athletes will start with 10 points.</p> <p>Each unsuccessful turn will result in 1 point being deducted.</p>

## Protocol: Assessment C:

### Assessment C: Stubby Corridor: Turn size & rhythm adjustment

Stubby corridor will be set on a medium gradient of constant slope.  
Gates set with 6 – 8 metre horizontal offset and 8m vertical distance.

During each assessment athletes perform, and be assessed on, 2 from the 5 tasks as specified in table 5. Athletes will only be told which tasks will be performed at the beginning of the assessment. Each task will be demonstrated first by a SnowportGB nominated senior team athlete or coach. This athlete/coach will perform each task as a baseline for assessors to standardise their scoring.

**Table 5. Free Skiing: Adaptation to terrain & snow conditions**

Task	Objective	Guidelines	Scoring
<p><i>Task 1.</i></p> <p>Rhythm change med / long</p>	<p>4 turns inside the corridor followed by 4 turns crossing to the outside of the corridor.</p> <p>Corridor should be used as a set of parallel lines. Not as a course.</p>	<p>Turns inside the corridor should be linked turns of medium radius and rhythm.</p> <p>Turns outside the corridor should be linked turns of long radius and rhythm.</p>	<p>Athletes will be scored out of 10 for each task.</p> <p>10 will be set as the score performed by a SnowsportGB nominated senior team athlete representative who will perform all assessments.</p> <p>Assessors will consider rhythm, control of speed, ground speed, basic position &amp; turn radius.</p>
<p><i>Task 2.</i></p> <p>Rhythm change short / long</p>	<p>3 short turns on the right side of the corridor around 3 stubby gates,</p> <p>followed by one long turn to the left side of the corridor,</p> <p>3 short turns on the left side of the corridor around 3 stubby gates.</p> <p>Repeat till end of the corridor</p> <p>(first turn must pass to right hand side of right corridor to ensure 3 turns leads you to the other side of the corridor)</p>	<p>3 short rhythmical turns on either side of the corridor should be linked with one long turn to cross the corridor.</p>	
<p><i>Task 3.</i></p> <p>Long radius turns</p>	<p>Turns to the outside of the corridor always round 2 stubby gates</p>	<p>Turns should be long and rhythmical with good control of speed.</p>	
<p><i>Task 4.</i></p> <p>Medium radius turns</p>	<p>Turns around every second stubby on alternate sides</p>	<p>Turns should be rhythmical and of medium / long radius.</p>	
<p><i>Task 5.</i></p> <p>Short radius turns</p>	<p>Turns around every stubby on one side of the corridor</p>	<p>Turns should be of a fast rhythm and high speed</p>	

# SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

## Appendix A.3: Technical Skills Assessment Selection Scorecard

Athlete	off / unprep piste				Corridor			Drills					Achieved		Possible	comments
	Rhythm	Position	Adaptation	Speed control	Rhythm	Position	Speed control	1 ski long turns	1 Ski Short Turns	3 Step Turns	Achieved	Possible	Achieved	Possible		
1	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
2	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
3	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
4	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
5	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
6	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
7	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
8	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
9	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
10	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
11	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
12	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
13	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
14	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
15	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
16	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
17	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
18	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
19	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
20	10	10	10	10	10	10	10	20	20	20	0	30	0	100		
Assessor				Signature				Role				Date				
Location		Snow conditions						Slope								