

**Wales Alpine
and
Artificial Surface
Ski Racing Development Pathway Framework
2014-2017**



Introduction

The Wales Alpine and Artificial Surface Ski Racing Development Framework sets out how Snowsport Cymru Wales as the national governing body for snow-sports in Wales will support the development of alpine and artificial surface ski racing over the course of the next four years. It sets out a plan of action that aims to raise both levels of participation and performance in ski racing in Wales, the role that clubs will be asked to play, the programmes that Snowsport Cymru Wales will deliver and how ski racers will be involved.

The aims of the programme are to:

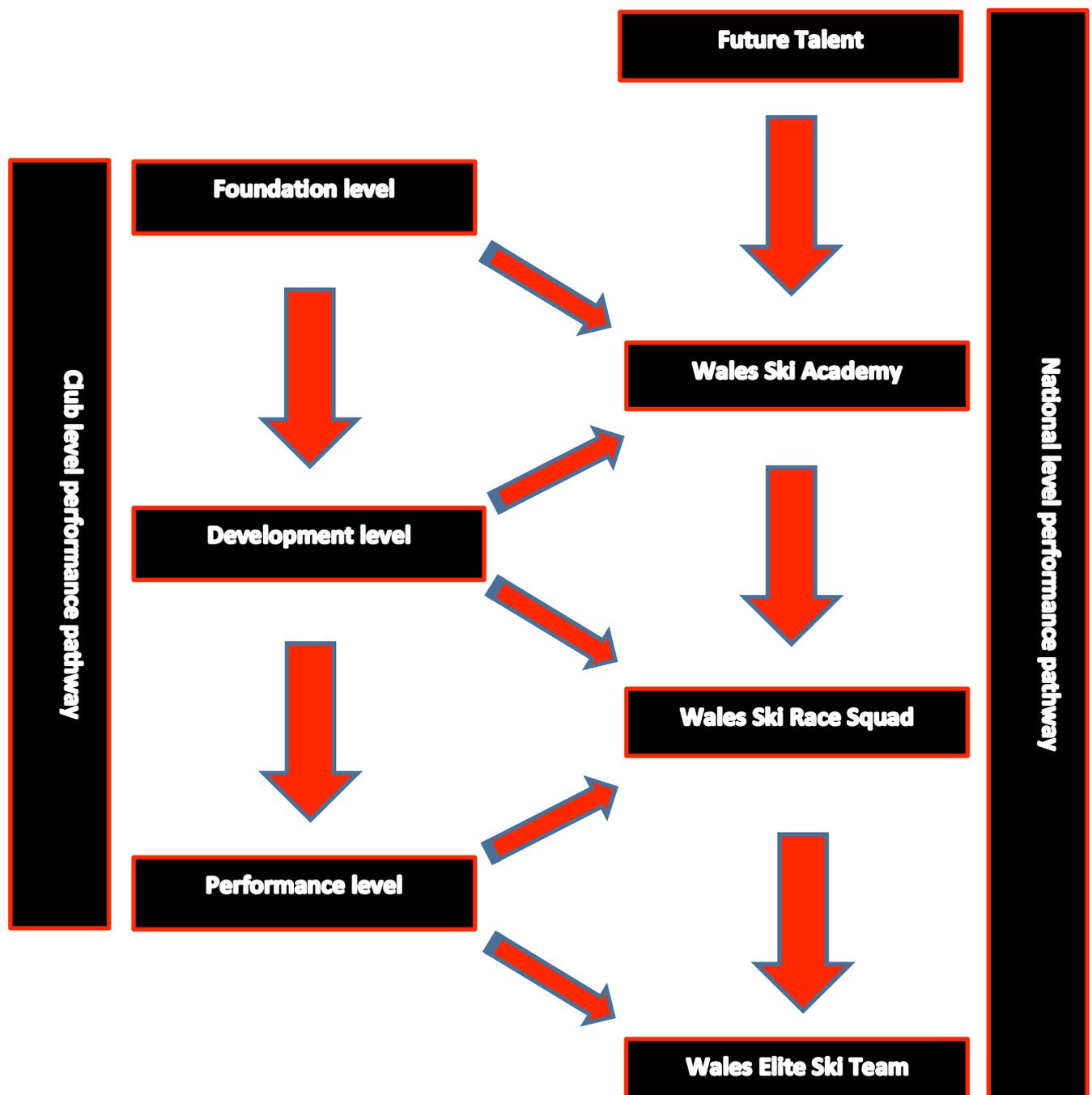
- Create a more transparent pathway for all skiers to follow in their development as competitive athletes at club and elite levels, and to support, challenge and motivate them
- Raise the profile of snow-sports in Wales through the success of its national teams and squads
- By achieving success at an elite level, stimulate interest in snow-sports and increase uptake at recreational and competitive levels, enhance the commercial success of built facilities, and encourage investment
- Create a 'team-culture' amongst Welsh registered racers
- Establish the roles and responsibilities of the governing body and clubs and improve the level of engagement between them
- Deliver a strategy to meet Snowsport Cymru Wales' aim of 5 competitive skiers below 100 FIS points by 2017
- Produce a template that might be replicated to develop other competitive snow-sport disciplines in future years

Summary

- The Wales Alpine and Artificial Surface Ski Racing Development Framework is a **FOUR-YEAR** plan that identifies the priorities and responsibilities of Snowsport Cymru Wales, but also recognises the important roles that club officials and coaches, ski racers, their parents and supporters all need to play if the aims of the plan are to be realised.
- At a national level Snowsport Cymru Wales will deliver programmes for the **Wales Elite Ski Team**, the **Wales Ski Race Squad**, and the **Wales Ski Academy**, and finance the costs of facility hire for the indoor and outdoor training programmes for the high-performance athlete squads.
- Snowsport Cymru Wales also will finance and facilitate the **Future Talent Programme** in ski centres in North Wales, West Wales and South Wales by providing 2 training clinics during each year open to club level skiers. These will be delivered in conjunction with clubs and introduce young skiers to guest coaches and provide Snowsport Cymru Wales with the opportunity to identify future talent.
- The existing Excel training programme will be replaced by the **Wales Ski Academy** specifically targeting aspiring club-level ski racers who have been nominated by club coaches on the basis of their potential and commitment. Non-Academy Welsh skiers who aspire to achieve 'Academy status' in the future, and skiers from non-Welsh clubs will also be invited to participate in elements of the core outdoor training programme but will not be able to participate in the full academy programme.
- At a club level, coaches will be asked to designate skiers as **Foundation, Development or Performance** level skiers, with foundation and development level skiers eligible to attend the **Future Talent Programme** sessions and performance level skiers following more personalised training programmes ultimately leading to membership of the national squads.
- Selection to the **Wales Elite Ski Team** and **Wales Ski Race Squad** will take place in October each year for the following year. Special dispensation with regard to participating in squad training sessions will be granted to high-performance ski racers in the selection process where the racer is based overseas or where very special circumstances exist, provided that the race performance criteria is met.
- Progression through club levels and entry to the **Wales Ski Academy** will be at the discretion of club coaches. Membership of the **Wales Ski Race Squad** and **Wales Elite Ski Team** will be determined by the selection panel.
- Skiers may be invited to train with a higher level squad at the discretion of the national coach and programme manager.
- Ski racers with disabilities who compete in a recognised disabled athlete classification and high-level competitors from other snow-sport disciplines will be invited and encouraged to participate in those elements of the training programme that are appropriate.
- Some senior and experienced racers may be invited to serve as **Snowsports Cymru Wales Ambassadors** where their role will be to assist in identifying future talent for the Academy and help clubs develop their programmes.
- Members of squads will be expected to fully comply with the selection criteria and may be dropped if they do not meet and maintain standards.

The performance pathways

- There are two performance pathways. One describes the levels that ski racing clubs are encouraged to adopt and this includes a range of straightforward criteria that coaches might wish to use to determine how club training sessions are structured.
- The second describes the levels that will be adopted by Snowsport Cymru Wales in developing its national squads (the Wales Ski Race Squad and the Wales Elite Ski Team) and the Wales Ski Academy.
- The process of progression through the club level performance pathway will be at the discretion of club coaches while access to the national level performance pathway will be determined according to the selection guidelines.



Club performance pathway: Progression criteria

| FOUNDATION LEVEL | | |
|--|--|--|
| Racing environment | Artificial surfaces | Alpine racing |
| Racing level | Excel and inter-club racing | School skiing trips, ski school and other informal races |
| Pre-selection expectations | None | |
| Commitment, performance and other guidelines | Membership of a Snowsport Cymru Wales affiliated club that is committed to supporting the Go Ski Racing plan | |
| DEVELOPMENT LEVEL | | |
| Racing environment | Artificial surfaces | Alpine racing |
| Racing level | Excel, inter-club and club national races | Entry level BASS races |
| Pre-selection expectations | Registration with Snowsport Cymru Wales and on the recommendation of the club coach | |
| Commitment, performance and other guidelines | Regular attendance at club training sessions over no less than 12 months, membership of Snowsport Cymru Wales and able to demonstrate a good level of technical ability and potential as a ski racer | |
| PERFORMANCE LEVEL | | |
| Racing environment | Artificial surfaces | Alpine racing |
| Racing level | GBR series and national championships | FIS races and national championships |
| Pre-selection expectations | Registration with Snowsport Cymru Wales and on the recommendation of the club coach | |
| Commitment, performance and other guidelines | Regular attendance at club training sessions over no less than 12 months, membership of Snowsport Cymru Wales and able to demonstrate a high level of technical ability and success as a competitive ski racer. Performance level skiers will normally train alongside development level skiers within a club training context. | |

National performance pathway: Progression criteria

WALES SKI ACADEMY

| Racing environment | Artificial surfaces | Alpine racing |
|--|--|------------------------|
| Racing level | Club National, GBR and National Championships | Entry level BASS races |
| Pre-selection requirements | Nominated by club coaches based upon talent, potential and commitment Membership of Snowsport Cymru Wales | |
| Commitment, performance and other guidelines | Those selected for Wales Ski Academy status will be expected to attend no less than 4 of the six programmed training sessions organised throughout the year by Snowsport Cymru Wales. They will also be expected to compete regularly in Club National and GBR series races securing top three age-group placing in GBR series races throughout the year. | |

WALES SKI RACE SQUAD

| Racing environment | Artificial surfaces | Alpine racing |
|--|---|--|
| Racing level | GBR and national championships | National championships and BASS races |
| Minimum pre-selection requirements* | <70 BARTS points at the year-end for females <80 BARTS points at the year-end for males | BASS top 5 year of birth GB ranking for females at the end of the previous season BASS top 10 year of birth ranking for males at the end of the previous season |
| Commitment, performance and other guidelines | Wales Ski Race Squad members will be expected to compete regularly in GBR series races securing a top ten placing in most races for females women and a top fifteen placing for males. They will also be expected to attend no less than half of the organised squad training sessions and demonstrate commitment to a rigorous fitness regime and testing. They will also be expected to maintain a comprehensive record of training and racing. | |

WALES ELITE SKI TEAM

| Racing environment | Artificial surfaces | Alpine racing |
|--|---|--|
| Racing level | GBR series and national championships | FIS races and national championships |
| Minimum pre-selection requirements* | <25 BARTS points achieved in no less than 2GBR series or national championship races in the previous season for females <35 BARTS points achieved in no less than 2 GBR series or national championship races in the previous season for males | <150 FIS/BASS points for females at the end of the previous season <160 FIS/BASS points for males at the end of the previous season |
| Commitment, performance and other guidelines | Membership of the Wales Elite Ski Team is restricted to the highest performing athletes who demonstrate a substantial commitment to their development as ski racers through training and by their potential for further advancement. They will normally compete regularly in GBR series races usually securing a top five placing for females women and a top ten placing for males They will also be expected to attend no less than half of the organised squad training sessions and demonstrate commitment to a rigorous fitness regime and testing. They will also be expected to maintain a comprehensive record of training and racing. The Wales Elite Team will be expected to be outstanding ambassadors for Snowsport Cymru Wales supporting other athletes, their clubs and developing ski racers. | |

***The minimum pre-selection requirements are the minimum performance standards that athletes will expect to have achieved and the selection panel reserves the right to vary these.**

Club performance pathway: Roles and responsibilities

| FOUNDATION LEVEL | |
|--|---|
| Role of Snowsport Cymru Wales | Role of clubs |
| <ul style="list-style-type: none"> • Providing advice to clubs and club coaches on the national performance pathway • Providing advice and support where needed and signposting development opportunities for skiers, coaches and officials | <ul style="list-style-type: none"> • Acting as the principal source of coaching expertise and support • Ensuring skiers, parents and supporters understand the club performance pathways • Supporting and promoting athlete development pathway principles |
| DEVELOPMENT LEVEL | |
| Role of Snowsport Cymru Wales | Role of clubs |
| <ul style="list-style-type: none"> • Scouting for potential members of the Wales ski racing squads • Providing advice to skiers, clubs and coaches on the national performance pathways • Providing advice and support where needed and signposting development opportunities for skiers, coaches and officials | <ul style="list-style-type: none"> • Acting as the principal source of coaching expertise and support • Ensuring skiers, parents and supporters understand the club and national performance pathways • Supporting and promoting athlete development pathway principles • Identifying talented skiers to train with the Wales Ski Academy |
| PERFORMANCE LEVEL | |
| Role of Snowsport Cymru Wales | Role of clubs |
| <ul style="list-style-type: none"> • Scouting for potential members of the Wales ski racing squads • Providing advice to skiers, clubs and coaches on the national performance pathways • Providing advice and support where needed and signposting development opportunities for skiers, coaches and officials | <ul style="list-style-type: none"> • Acting as the principal source of coaching expertise and support • Ensuring skiers, parents and supporters understand the club and national performance pathways • Supporting and promoting athlete development pathway principles • Identifying talented skiers to train with the Wales Ski Academy |

National performance pathway: Roles and responsibilities

WALES SKI ACADEMY

| Role of Snowsport Cymru Wales | Role of clubs |
|---|--|
| <ul style="list-style-type: none"> • Providing 6 Academy training session each year • Advice to athletes on development priorities and opportunities • Support at major national championships • Provision of branded uniform designating membership of the Wales Ski Academy | <ul style="list-style-type: none"> • Making recommendations to Snowsport Cymru Wales on membership of the Academy |

WALES SKI RACE SQUAD

| Role of Snowsport Cymru Wales | Role of clubs |
|--|---|
| <ul style="list-style-type: none"> • Invitation to the squad by the selection panel • Provision of 8 squad training sessions each year including fitness assessments • Liaison with athletes and their club coaches to agree development priorities • Advice to athletes on development priorities and opportunities • Support at major national championships • Provision of branded uniform designating membership of the Wales Ski Race Squad | <ul style="list-style-type: none"> • Liaison with the national coach to ensure that training reflects the athletes development priorities • Provision of routine training sessions • Assistance with fundraising |

WALES ELITE SKI TEAM

| Role of Snowsport Cymru Wales | Role of clubs |
|---|--|
| <ul style="list-style-type: none"> • Invitation to the team by the selection panel • Provision of 8 squad training sessions each year including fitness assessments • Liaison with athletes and their club coaches/alpine academy to agree development priorities • Monitoring training and racing records • Organising ad hoc alpine racing trips • Advice to athletes on development priorities and opportunities • Support at major national championships • Provision of branded uniform designating membership of the Wales Elite Ski Team • Championing the interests of team members at GB level • Securing external funding and sponsorship | <ul style="list-style-type: none"> • Liaison with the national coach to ensure that training reflects the athletes development priorities • Provision of routine training sessions • Assistance with fundraising and grant applications |

Snowsport Cymru Wales Priorities and Leadership

| FOUNDATION LEVEL | | | | | |
|---|---------------|---------------|---------------|---------------|------------------------|
| Role of Snowsport Cymru Wales | Priority 2014 | Priority 2015 | Priority 2016 | Priority 2017 | Lead |
| <ul style="list-style-type: none"> • Providing advice to clubs and club coaches on the national performance pathway | 1 | 3 | 2 | 2 | CX and SSW board leads |
| <ul style="list-style-type: none"> • Providing advice and support where needed and signposting development opportunities for skiers, coaches and officials | 3 | 3 | 3 | 3 | CX |
| DEVELOPMENT LEVEL | | | | | |
| Role of Snowsport Cymru Wales | Priority 2014 | Priority 2015 | Priority 2016 | Priority 2017 | Lead |
| <ul style="list-style-type: none"> • Scouting for potential members of the Wales ski racing squads | 2 | 1 | 1 | 1 | CX and Ambassadors |
| <ul style="list-style-type: none"> • Providing advice to skiers, clubs and coaches on the national performance pathways | 1 | 3 | 2 | 1 | CX and SSW board leads |
| <ul style="list-style-type: none"> • Providing advice and support where needed and signposting development opportunities for skiers, coaches and officials | 2 | 2 | 1 | 1 | CX |
| PERFORMANCE LEVEL | | | | | |
| Role of Snowsport Cymru Wales | Priority 2014 | Priority 2015 | Priority 2016 | Priority 2017 | Lead |
| <ul style="list-style-type: none"> • Scouting for potential members of the Wales ski racing squads | 2 | 1 | 1 | 1 | CX and Ambassadors |
| <ul style="list-style-type: none"> • Providing advice to skiers, clubs and coaches on the national performance pathways | 1 | 3 | 2 | 1 | CX and SSW board leads |
| <ul style="list-style-type: none"> • Providing advice and support where needed and signposting development opportunities for skiers, coaches and officials | 2 | 2 | 1 | 1 | CX |

Note abbreviations:- CX – Chief Executive and National Coach

SSW – Snowsport Cymru Wales

PM – Snowsport Cymru Wales Go Ski racing programme manager

WALES SKI ACADEMY

| Role of Snowsport Cymru Wales | Priority 2014 | Priority 2015 | Priority 2016 | Priority 2017 | Lead |
|--|------------------|------------------|------------------|------------------|------|
| • Providing 6 Academy training session each year | 1 | 1 | 1 | 1 | CX |
| • Advice to athletes on development priorities and opportunities | 1 | 1 | 1 | 1 | CX |
| • Support at major national championships | 2 | 1 | 1 | 1 | CX |
| • Provision of branded uniform designating membership of the Wales Ski Academy | 1 | 2 | 1 | 2 | PM |

WALES SKI RACE SQUAD

| Role of Snowsport Cymru Wales | Priority 2014 | Priority 2015 | Priority 2016 | Priority 2017 | Lead |
|---|------------------|------------------|------------------|------------------|-------|
| • Invitation to the squad by the selection panel | 1 | 1 | 1 | 1 | PM |
| • Provision of 8 squad training sessions each year including fitness assessments | 1 | 1 | 1 | 1 | CX/PM |
| • Liaison with athletes and their club coaches to agree development priorities | 1 | 1 | 1 | 1 | CX |
| • Advice to athletes on development priorities and opportunities | 1 | 1 | 1 | 1 | CX |
| • Support at major national championships | 2 | 1 | 1 | 1 | CX |
| • Provision of branded uniform designating membership of the Wales Ski Race Squad | 1 | 2 | 1 | 2 | PM |

WALES ELITE SKI TEAM

| Role of Snowsport Cymru Wales | Priority 2014 | Priority 2015 | Priority 2016 | Priority 2017 | Lead |
|---|------------------|------------------|------------------|------------------|-------|
| • Invitation to the team by the selection panel | 1 | 1 | 1 | 1 | PM |
| • Provision of 8 squad training sessions each year including fitness assessments | 1 | 1 | 1 | 1 | CX/PM |
| • Liaison with athletes and their club coaches/alpine academy to agree development priorities | 1 | 1 | 1 | 1 | CX |
| • Monitoring training and racing records | 1 | 1 | 1 | 1 | CX |
| • Organising ad hoc alpine racing trips | 3 | 2 | 1 | 1 | PM |
| • Advice to athletes on development priorities and opportunities | 1 | 1 | 1 | 1 | CX |
| • Support at major national championships | 1 | 1 | 1 | 1 | CX |
| • Provision of branded uniform designating membership of the Wales Elite Ski Team | 1 | 2 | 1 | 2 | PM |
| • Championing the interests of team members at GB level | 1 | 1 | 1 | 1 | CX |
| • Securing external funding and sponsorship | 2 | 1 | 1 | 1 | PM/CX |

National performance pathway: Programme detail

WALES FUTURE TALENT PROGRAMME

| | | |
|-------------------------------------|---|--|
| Indoor training Outdoor training | 2 days One winter and one summer camp to be held in North Wales, West Wales and South Wales to link with schools races. Ambassadors will talent scout for potential Academy members | 6 th – 8 th August 2014 – Chill Factore Winter – Pontypool, Pembrey and Llandudno Summer – Cardiff, Pembrey and Llandudno Dates TBA |
|-------------------------------------|---|--|

WALES SKI ACADEMY

| | | |
|--------------------------------------|--|---|
| Alpine training | Ski racers to access programmes through academies and alpine clubs | |
| Indoor training | 2 days | 15 th – 16 th March 2014 Chill Factore |
| Annual national squads training camp | 3 days | 31 st July – 3 rd August Llandgraaf |
| Outdoor training | 6 days | 11 th January 2014 Pontypool 1 st February 2014 Pontypool 1 st March 2014 Pontypool 8 th November 2014 Pontypool Others TBA |
| Athletic and gymnastic assessments | 4 sessions | TBA |

WALES RACE SQUAD AND ELITE SKI TEAM

| | | |
|--------------------------------------|---------------------------|--|
| Alpine training | 39 days race camp support | Welsh Champs – Champéry January 2014 English Champs – Bormio February 2014 British Champs – Meribel April 2014 Glacier Training – Tignes October 2014 15 th |
| Indoor training | 5 days | 15 th – 16 th March 2014 Chill Factore 16 th – 17 th April 2014 TBC 11 th July 2014 – Chill Factore |
| Annual national squads training camp | 3 days | 31 st July – 3 rd August Llandgraaf |
| Outdoor training | 6 days | 11 th January 2014 Pontypool 1 st February 2014 Pontypool 1 st March 2014 Pontypool 29 th August 2014 TBA 10 th September 2014 Pontypool 8 th November 2014 Pontypool |
| Athletic and gymnastic | 4 sessions | TBA |

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