

# ENGLAND ALPINE SKI TEAM

SELECTION FOR 2005 / 06



The following pages outline the selection criteria and considerations that Snowsport England intends to apply for England Alpine Team selections 2005-06. These are in agreement with Snowsport GB and follow the selection policy of Snowsport GB.

The following sections are included.

## 1. Selection guidelines for 2005-06

- 1.1 Introduction
- 1.2 Selection Overview
- 1.3 Code of Conduct
- 1.4 Selection Status
- 1.5 Notes

## 2. 2005-6 Training and Race program

- 2.1 Description and brief overview
- 2.2 Dates
- 2.3 Costs
- 2.4 Organisation and Management

## 3. Appendix

- a. Snowsport GB Selection Policy
- b. England Alpine Team application form 2005/6

Participation in the England Team programme requires a significant commitment from both the athletes and parents in order to operate successfully. Parental support to the team's activities (such as assisting in logistics or as a house parent on camps) helps to reduce the overall expense of running camps.

The overall aim of the team is to produce athletes that will go on to the Home Nations full time team and the British Team. To achieve this, athletes need to have technically sound skiing, high levels of fitness in addition to low FIS points. This is why the selection criteria has different elements to it.

All athletes wishing to be considered for selection to the England Alpine Ski team, or wishing to train/race with the team by invitation should complete the selection application form.

- Snowsport England Office (details shown below)
- Snowsport England Website [www.snowsportengland.org](http://www.snowsportengland.org)
- As a PDF file download from [www.britski.org](http://www.britski.org)

Completed forms must be received at the Snowsport England Office by 15<sup>th</sup> April 2005

If you have any questions please do not hesitate to contact us.

Andrew Lockerbie  
Tim Fawke

(Chairman of Selectors)  
(Alpine Team Coach)

# ENGLAND ALPINE SKI TEAM

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### 1. Selection Guidelines for 2004 –5

#### 1.1 Introduction

The selection policy has changed slightly from last year to be integrated with Snowsport GB selection policy. This is so all the Home Nations have the same selection policy and a fairer selection can be done for athletes on the full time home nations team which is run by Snowsport GB. It will also show a clear pathway from children to senior age groups, which is important in helping raise performance levels.

The England Alpine Team still exists to identify and develop ski-racers with the potential to compete at the highest international level.

The aim of the selection process is to identify the athletes who merit and want inclusion in the England Alpine Ski Team training and racing programme. The aim of the programme is to develop skiers for selection to the Home Nations Development Program and the World Class Start Programme in year 3, 4 or 5 of junior FIS Racing. We emphasise that the priority in these early years of FIS racing is to lay the technical foundations for later competition success.

The England Team will provide a racing and training programmes for FIS Junior and Senior athletes to achieve this aim within the constraints of budget and educational commitments.

#### 1.2 Selection Overview

Selection will be done in line with the Snowsport GB selection policy. This is so all the Home Nations have the same selection criteria. Athletes who want to train full time will be eligible to train with the Home Nations Development Programme only if they reach the selection criteria outlined in the Snowsport GB Selection document, (see Snowsport GB selection policy appendix 1.5 for details). There are various elements to the selection criteria.

These are listed below:

##### 1.2.1 Snowsport GB Fitness Tests

##### 1.2.2 Snowsport GB FIS point matrix

The matrix is based on taking the average of the best 10 athletes for your age group and have different levels all based on a certain percentage behind this. This will be worked out when the final FIS list is out at the beginning of May.

##### 1.2.3 Snowsport GB Time Trials

- This will be for last year CH II and 1st year Junior athletes.
- These will take place in Meribel during the British Junior and Children's Championships

##### 1.2.4 Snowsport GB Technical Skills Assessment Video

- This will be for last year CH II and 1<sup>st</sup> year Junior athletes.
- Technical skill assessment video must be submitted to the National Team Coach by the final day of the British Children's Championships.

##### 1.2.5 Snowsport GB Selection Performance Profile (For athletes already on Home Nation Team )

- This will only be completed by National Team coaches

#### 1.3 Code of Conduct

All Team athletes will be required to sign and abide by a code of conduct. This document will be issued with offers of selection.

#### 1.4 Selection Status

There will be 3 levels of selection. Only athletes selected to the A or B Teams are eligible for the Full time team.

##### A Status

- As per table 2 in Snowsport GB selection policy
- As per table 1 for first year Juniors in Snowsport GB selection policy

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### **B Status**

- As per table 2 in Snowsport GB selection policy
- As per table 1 for first year Juniors in Snowsport GB selection policy

### **C Status**

The opportunity to train and race in the programme will be extended to other athletes close to the selection criteria as available space permits. We aim to encourage and offer the opportunity to race and train in a FIS level environment to as many English athletes as possible.

Please note: - Snowsport GB does not recognise C status, so therefore athletes with C status will not get priority when entering FIS races or be eligible for the Home Nations Development Team.

### **ITT Status (Invited to train)**

Athletes will be invited to train and race in the programme if their performance is of a sufficient standard and available space permits.

### **1.5 Notes**

- **Consistency and improvement**

Consistency of form and a regular rate of improvement in results are generally the strongest arguments for selection. One off results will be considered in context as far as possible.

- **Performance Potential**

Athletes showing potential and ability not supported by evidence of performance will be invited to train with the team on a trial basis, and may subsequently be offered team status

- **Injury**

Historic results from the season 2003-4 may also be taken into account for athletes who have been unable to compete a full season in 2004-5 as a result of injury.

- **British Junior and English Championships**

Both these events will be used as primary selection events, as they offer the direct comparison. All selected athletes will be expected to attend these races if school commitments permit.

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### 2. 2005-6 Training and race program

#### 2.1 Description

Training for success at FIS Junior level requires a far greater degree of commitment and expense than at children's level. Equipment and training requirements become more specific.

**Technical training, fitness and conditioning programmes need to be strongly addressed in the Summer and Autumn periods. This is the most important part of the programme.**

**Summer and Autumn are crucial for development and the value of quality time on snow at this time of year can not be understated. A competitive peer group environment is essential.**

In the competitive season, racing at FIS level involves extensive travel and time off school is often required. At this time the balance between racing and training is difficult to get exactly right. A common error is to become preoccupied with racing, forsaking on-going technical training that makes success in the longer term far more likely. Our training opportunities are relatively rare. It is important to make the most of them, and to maintain momentum in the training program.

Our overall aim is to have enough races to ensure steady improvement of FIS points, and progression towards the British Team Selection levels.

#### **Part Time Programme**

For the majority of English Junior races it will only be possible to follow a part time programme. This will need to be tailored to fit in with the educational commitments and other constraints.

The programme can be followed in co-operation with clubs and other trainers but the athletes will get more out the program if they attend both the training and race camps run by the team. Athletes will be required to commit and pay for camps in advance, in order to effectively plan the calendar.

We intend to run a continuous programme of activity throughout the year, which is outlined on the following page.

#### **Full Time Programme**

The Home Nations Development Team is run by Snowsport GB and is a full time year round programme. This is intended for athletes who have minimal or few educational commitments and can commit to more training and racing activities. This will be based at the BOA centre in Lofer, Austria.

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### 2.2 Programme Outline

The following is an outline of the type of programme that we intend to run.

Venue	Dates	Duration	Training Focus
Thames Valley Athletic Club, (TVAC)	May/June	1 day	Fitness test 1
TBC – army base?	May/June	weekend	Fitness Training and team building
Alpine resort 2 Alpes/Saas fee	July/August	4 weeks	On snow technical training, fitness Training
TVAC	Sept	1 day	Fitness test 2
MK - Xscape	Sept/Oct	weekend	Technical work, fitness training
TBC – army base?	Sept/Oct	weekend	Fitness training
Alpine resort Saas Fee	Oct	2 weeks	On snow technical training
TVAC	Nov	1 day	Fitness test 3
Norway	Dec/Jan	4 weeks	Training and racing camp
TBC	Jan - March	Long weekends	Racing camps
Scandinavia	Feb	10 days	Racing camp
Race venues	March	1 week	British Champs
Race venues	March/April	1 week	British Junior Champs
Race venues	March/April	1 week	English Champs

**BREAK DOWN APPROX 80 DAYS TRAINING; 20-30 DAYS RACING**

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### 2.3 Costs

**There are four contributors to the cost of the overall programme**

- Individual athletes contribution
- Appropriate Grant Funding if available
- Snowsport England Alpine Racing Budget
- Sponsors + Fundraising Activities

The charging arrangement will be the same as for the season 2004/05, with a coach fee to be paid in 2 instalments. The purpose of this is to guarantee the team high quality coaching throughout the season by the contracting of a head coach. This fee is to be confirmed, and final details will be included in offers of selection. It is expected that the cost will be the same as last year £1100.

**NB** Any England Team athlete who is selected to the Home Nation Development Team (full time team) will not have to pay the coaching fee to Snowsport England as they will pay all their bills through Snowsport GB

Camp prices will vary as the actual basic expense cost of the camps is slightly different. The estimated costs of all part time programme activities is £7000

The total level of support that Snowsport England is able to guarantee to provide is uncertain. Support will be made (wherever possible) in subsidies of camps and purchases of the team equipment.

Snowsport England is continually looking for sponsors and additional revenue sources which will be added to the central budget. The support of the athletes and parents in finding sponsors and supporting fundraisers all helps to reduce the actual athlete cost of the programme.

The overall cost of participation is expected to be the same as this years programme.

### 2.4 Programme Organisation and Management

The part time programme is run on a camp by camp basis. Camps will usually be run if there is demand of at least 6 athletes to each coach. This ensures some degree of cost efficiency. Most of our communication is by email.

The programme, coaching, management and administration are financed by the England team budget. Camp expenses, including the cost of vehicles, are met in part by contributions from the athletes and where possible subsidy from the England Team budget. Payment is taken for each athlete in advance of each camp.

The only exception to this is for flights to the continent. Flights are usually booked individually. On longer camps we will always try to take a house-mum with us. A contribution to the related expenses is then also required.

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APPLICATION FORM FOR SELECTION FOR 2005 / 06



This form asks for a comprehensive amount of information for the simple reason that we will then only have to collect the information once. This is used for planning and management.

## 1. ADDRESS AND CONTACT DETAILS

For all administration and correspondence we will need the details for a principal and secondary person to contact.

Athlete Name		
Principal contact Name and relationship to athlete		
Second contact Name and relationship to athlete		
	PRINCIPAL CONTACT	SECOND CONTACT
Home phone		
Home fax		
Work Phone		
Mobile		
Main E mail address		
Other e mail address		
Athlete Mobile number		
Athlete e mail address		
Postal address		
Postcode		

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### 2. ATHLETE DETAILS

<b>SURNAME</b>	
<b>FIRST NAMES</b>	
<b>MALE / FEMALE</b>	
<b>Date of Birth</b>	
<b>FIS Licence Number</b>	
<b>Home Nation Governing Body And Registration Number</b>	
<b>Snow Club(s) or training group</b>	
<b>Artificial Club(s)</b>	
<b>Country of Residence</b>	
<b>Full time or part time in 2005-6</b>	
<b>When do you expect to be able to start taking part in a full time programme ?</b>	

### 3. TRAINING AND RACING IN THE LAST 12 MONTHS

<b>Please give an estimate of</b>	<b>May-Oct</b>	<b>Nov - Apr</b>	<b>TOTAL</b>
<b>Number of on snow training days</b>			
<b>Number of days racing</b>			
<b>Hours per week of fitness training</b>			
<b>Hours per week of other sports activity</b>			
<b>Number of days of dry slope training</b>			



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### 4. INJURIES

Please give brief details of any injuries that have prevented you from training as fully as you would have liked in the last 18 months.

Injury summary and approximate date	No of ski training Days lost	No of weeks until recovery

Do you currently have any injury that will prevent you from training in the next 6-12 months or any ongoing injury that is likely to recur under a heavy training load ?

N.B. If the injury will prevent participation in the training or racing programme at any time in the next 9 months please also include a letter or certificate from a Doctor indicating the nature of the injury and confirming that recovery to sufficient strength to continue training and racing is anticipated in the next 9 months.

Please give brief details below

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Much of our training will take place in school holidays and half terms. Please give the dates for the next academic year. These dates are very important for planning. Please be accurate and complete.

Term Dates	Term date	Available for training
Summer Term Start		
Half term start		
Half term end		
Summer Term End		
Winter Term Start		
Half term start		
Half term end		
Winter Term End		
Spring Term Start		
Half term Start		
Half Term End		
Spring Term End		

### 7. CURRENT COACH DETAILS

<b>Name of principal coach</b>	
Other coaches and clubs in 2003-4	
Other coaches and clubs in 2004-5	
<b>Club(s)</b>	
<b>Main E mail</b>	
<b>Other E mail</b>	
<b>Home phone</b>	
<b>Work phone (if we can call you there)</b>	
<b>Mobile</b>	
<b>Fax No</b>	
<b>No of years worked with the athlete</b>	

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## 8. COACHES REPORT

Please give a brief assessment the main strengths and weaknesses of the athlete under the following headings.

ATHLETE NAME

Technical Skills

Giant Slalom

Slalom

Athleticism

Mental attitude

(include if possible your assessment of aptitude, awareness of requirements and willingness to train and compete at International Level)

Please list the Main areas of improvement in 2004-5 season

1

2

3

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Additional comments

### ATHLETE NAME

I support and endorse the application of this athlete for selection to the 2003-4 England Alpine Ski Team.

Signed

Date

NAME

CLUB

(COACHING QUALIFICATIONS)

### 9. Signatures

I, the athlete, hereby apply to be selected to the England Alpine Ski Team in accordance with the above details.

NAME

Signed

Date

Countersignature by Parent / Guardian if the athlete is under 18.

NAME

Signed

Date

Relationship to Athlete