



Contents

1.0	Introduction
1.1	Aim
1.2	Remit
1.3	Structures
1.4	Formation and Members of Selection Committee
1.5	General Principles

2.0	Youth & Junior Team Selection
2.1	Youth & Junior Eligibility
2.2	Youth & Junior Team Selection Criteria

3.0	Senior Team Selection
3.1	Senior Eligibility
3.2	Senior Team Selection Criteria

4.0	Performance Staff 'Wild Cards'
4.1	Team Commitment & Status
4.2	Injury Status

5.0	Major Championship and FIS category eligibility
5.1	European Youth Olympic Festival
5.2	Junior World Championships
5.3	Senior World Championships
5.4	Winter Olympic Games

6.0	Appeals Process
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Appendices

A.1	Time Trial Formats
A.2	Field Test Protocol
A.3	Field Test Matrix
A.4	Technical Skills Assessment Selection Protocol
A.5	Technical Skills Assessment Selection Scorecard
A.6	FIS Points Levels
A.7	Alpine Performance Profile
A.8	Cycle Ergo meter Assessment Protocol
A.9	Cycle Ergo meter Assessment Matrix

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

1.0 Introduction

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

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 Alpine Ski Teams. 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.

1.2 Remit

Selection committees are appointed by the SnowsportGB board and are tasked to select the British Teams for the age categories as defined by FIS and to ratify the selection of National Squads by the Home Nation Governing Bodies (HNGBs) selection committees.

The SnowsportGB Alpine selection committee will also select the teams for the Senior and Junior World Championships and other events which comprise a Senior or Junior British Team, and are run under the control of the International Ski Federation (FIS).

SnowsportGB will agree and publish the Selection Criteria and Procedures in co-operation with the British Olympic Association (BOA) for the Winter Olympic Games.

1.3 Structures

The selection committee will select athletes in the following categories to the:

- Home Nations Team ratification Age Category Junior & Senior
- British Youth Team Age Category Junior 1 and part-time 1st year Junior 2
- British Junior Team Age Category Junior 2
- British Senior Team Age Category Senior

1.4 Formation and Members of Selection Committee

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.

SnowsportGB Alpine Selection Committee

Chairman:	<i>Konrad Bartelski</i>
SnowsportGB Performance Director	Mark Tilston
SnowsportGB Head coach	Christian Schwaiger
SnowsportGB Women's coach	Geri Greber / Rasto Aznoh
Snowsport Scotland High Performance Coach	Guenter Pueringer
English National coach	Tim Fawke
Scottish National coach	Sam Liddel
Welsh National coach	Robin Kellen

1.5 General Principles

The SnowsportGB selection committee will select athletes to the British Alpine Youth, Junior and Senior teams as well ratifying the Home Nations team selections.

Programme inclusion is treated separately and is seen in the SnowsportGB Alpine Programmes Document.

2.0 Youth & Junior Team Selection

Criteria are set according to the age group that athletes will be in for the following season and only Junior athletes are eligible to be selected to the Youth & Junior Teams.

2.1 Youth & Junior Eligibility

Junior athletes are eligible for selection to the:

- Home Nations Team All Junior years
- British Youth Team First 2 years Junior (Junior 1) and Part-time athletes 1st year Junior 2
- British Junior Team Last 3 years Junior (Junior 2)

Athletes will be selected to teams using the criteria for the performance indicators relative to their corresponding year of FIS registration in the following season as shown **table 1**.

Table 1. Performance indicators for selection to the SnowsportGB and Home Nations Junior teams

Year of FIS following season	FIS points	Time Trials	Technical Skills Assessment	Cycle Ergo meter Tests	Field Tests
Year 1		Yes	Yes		Yes
Year 2	Yes	Yes	Yes		Yes
Year 3	Yes	Yes		Yes	Yes
Year 4	Yes			Yes	Yes
Year 5	Yes			Yes	Yes

2.2 Youth & Junior Team Selection Criteria

Youth and Junior Team Selection criteria are shown in **Tables 3 and 4**.

Assessment will be made using the following performance indicators where applicable:

1. Current FIS Performance levels
2. Last year Children and Junior 1 team athletes time trials*¹
3. Technical Skills assessments*²
4. Cycle Ergo meter test results
5. Field Test results
6. Performance Profile values (for British Junior Team athletes that are within 3% of meeting the Criteria)
7. Injury Status

¹ Last Year children athletes winning a British Children’s Championships overall discipline and athletes from the British Children’s team entering Junior Category in the following season will be included in time trials with all **current junior 1 Home Nations and British Team athletes.*

Time trials will take place on a separate day immediately prior to or after British Junior Championships and run by Home Nations and British team coaches.

**² Technical Skills assessments video (of the tasks defined by SnowsportGB on 1st December for the following year) must be submitted to the appropriate Home Nations representing coach on CD / DVD.*

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

**Table 2. SnowsportGB British Youth Team Performance Criteria:
Home Nations Youth Team / Home Nations Junior Team Performance Criteria:**

Year FIS is defined as the year of FIS registration that Athletes will be entering the following year.

Year FIS	Minimum number of criteria	Team	Minimum average level on SnowsportGB FIS Points Matrix and number of disciplines for average	Time Trials (Maximum %age behind fastest time) Percentage may vary according to strength of field	Technical Skills Assessment	Cycle Ergo meter Tests	Field Tests (Min average Level)
Relevant Appendix			A.6	A.1	A.4 / A.5	A.8 / A.9	A.2 / A.3
1 st Year FIS	2	HN B team	N/A	12% (<i>mandatory</i>)	30%	N/A	Level 5
	2	HN A team	N/A	8% (<i>mandatory</i>)	40%	N/A	Level 4
	2	GBR Youth	N/A	4% (<i>mandatory</i>)	50%	N/A	Level 3
2 nd Year FIS	2	HN B team	Level 7 for 2	9% (<i>mandatory</i>)	40%	N/A	Level 5
	3	HN A team	Level 6 for 2	6% (<i>mandatory</i>)	50%	N/A	Level 4
	3	GBR Youth	Level 5 for 2 (<i>mandatory</i>)	3% (<i>mandatory</i>)	60%	N/A	Level 3
3 rd Year FIS	2	HN B team	Level 7 for 2	3% (<i>mandatory</i>)	N/A	N/A	Level 5
	3	HN A team	Level 6 for 2 (<i>mandatory</i>)	2% (<i>mandatory</i>)	N/A	N/A	Level 4
4 th Year FIS	2	HN B team	Level 7 for 2 (<i>mandatory</i>)	N/A	N/A	N/A	Level 5
	2	HN A team	Level 6 for 2 (<i>mandatory</i>)	N/A	N/A	Max W/BWkg	Level 4
5 th Year FIS	2	HN B team	Level 7 for 2 (<i>mandatory</i>)	N/A	N/A	N/A	Level 5
	2	HN A team	Level 6 for 2 (<i>mandatory</i>)	N/A	N/A	Max W/BWkg	Level 4

Table 3. SnowsportGB British Junior Team Selection Criteria: Minimum 3 criteria must be met, including Current FIS Performance Levels and Cycle ergo meter Tests.

Year FIS	Minimum number of criteria	Team	FIS Points Matrix levels (<i>mandatory</i>)	Cycle Ergometer Tests (<i>mandatory</i>)	Field Tests	Performance Profile Coach Values
Relevant Appendix			A.6	A.8 / A.9	A.2 / A.3	A.7
3 - 5	3	British Junior Team	Minimum Average level 4 for 3 disciplines	Max W/BWkg	Minimum Average level 3	Minimum 40%. Performance Profile Values to be used for athletes within 3% of criteria

- A 2.0 FIS point buffer zone will be used to further consider athletes that are either just inside or just outside the criteria. Athletes within the buffer zone may be included or not included according to criterion 5 to 7 above.
- Athletes may be selected provisionally with the requirement to meet the base limits on the SnowsportGB Cycle Ergometer test protocol performed at the Olympic Medical Institute.

3.0 Senior Team Selection

Criteria are set for athletes that will be in the Senior FIS category the following season and only Senior athletes will be eligible for selection using the senior criteria.

3.1 Senior Eligibility

Athletes will be eligible for selection, to the appropriate teams, that meet the criteria 1 – 3 as defined in table 3.

Senior athletes will be selected to the Home Nations Senior Teams or the British Senior Team.

All athletes selected to the British Senior Team must also meet agreed fitness targets set by Strength & Conditioning provider in collaboration with SnowsportGB Performance Staff.

3.2 Senior Team Selection Criteria

Senior Criteria:

1. World Cup points and Trends
2. Europa Cup points and Trends
3. FIS point rankings

Further consideration for athletes that fail to meet criteria 1 - 3 will be given to

4. Laboratory test fitness results and trends
5. Performance Profile Values and FIS Points and Trends
6. Injury Status

Table 4. SnowsportGB Senior Team Entry and Inclusion criteria

Minimum 1 criterion must be met

	World Cup Results	World Cup Points trends (over 3 years)	Europa Cup Results	Europa Cup Points trends	Current FIS Performance levels (SnowsportGB FIS point Matrix)* Appendix A.6
HN Senior Team	N/A	N/A	N/A	N/A	Minimum Level 6 for 2 disciplines
British Senior Team	1 x Top 30	+ ve over 3 year period*	2 x top 10	+ve over 3 year period*	Minimum average: 2 for 1 discipline 3 for 2 disciplines 4 for 3 disciplines

***+ve trends for World Cup and Europa Cup must only be attained if the athlete has competed in a minimum of the same number of races within this Category with less starts, points per start can be used. For Europa cup points trends further consideration will be given by the selection committee when there are a great deal more starts in the last season.**

- **A 2.0 FIS point buffer zone will be used to further consider athletes that are either just inside or just outside the criteria. Athletes within the buffer zone may be included or not included according to criterion 5 to 7 above.**
- **Athletes may be selected provisionally with the requirement to meet the base limits on the SnowsportGB Cycle Ergometer test protocol performed at the Olympic Medical Institute.**

4.0 Performance Staff 'Wild Cards'

SnowsportGB Head Performance staff may select or include a maximum of **one** 'Wild Card' athlete per season that does not meet the selection criteria and in the case that there is one male and one female athlete recommended the selection panel should vote to reach a decision.

4.1 Team Commitment & Status

To accept their position on the Home Nations and British Senior, Junior and Youth Alpine Ski Teams, athletes must commit to the programme agreed by the coach, athlete and parent when under 18. All athletes must also sign the Athletes' Agreement, which includes the code of conduct.

Team status is for one Alpine year (May to April) and is not affected by programme inclusion / exclusion. Team status may be removed during disciplinary procedures as detailed in the SnowsportGB discipline procedure as seen at www.snowsportgb.com/policies.

4.2 Injury Status

Every British Team athlete who suffers an injury and has successfully applied for injury status as defined by section 4.6 of the rules of FIS points will be given a conditional re-selection to the British Alpine Ski Team. This will apply across Age categories. (e.g. if an athlete is injured as a last year Junior they will be given a conditional selection to the Senior Team). Athletes must rehabilitate and develop physically as expected by the appropriate Coaching and support staff. Athletes may follow an extended period of physical re-training before returning to snow.

The injured athlete will be required to produce a medical certificate from the relevant consultant and physiotherapy report passing them fit to join the programme and be signed off by the SnowsportGB medical officer. Once the returning athlete has skied up to four weeks on snow with the team, undertaken either 2 competitions or timed run stages with their peer group, and undertaken the relevant fitness tests, the selection committee may meet at the request of the head performance staff to either confirm or deny their reselection to the Team. Each case will be considered individually and there will be no automatic reselection to the team.

Athletes who have suffered injury and do not qualify for the injury status as defined by section 4.6 of the Rules of FIS points will not be given automatic conditional re-selection to the British Team. However if a medical certificate is supplied to the selection committee then their case will be individually considered.

Athletes who have suffered an injury and still meet the appropriate selection criteria may be selected to the relevant team on the basis of meeting those criteria, in such a case this injury status need not apply.

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

5.0 Major Championship and FIS category eligibility

Selection to represent Britain at Major Championships will be made without bias or discrimination, and is open to any British athlete that meets the following criteria:

- Athletes must meet the Selection Criteria below.
- Athletes must hold a British passport.
- Athletes must be registered with the FIS as British
- Athletes must meet the British Olympic Qualifying Standards and International Olympic Committee eligibility criteria in the case of Olympic Winter Games.
- Athletes must be registered with a Home Nation.

Athletes will not be eligible for selection if:

- They are currently serving a suspension for a doping offence.
- The SnowsportGB medical officer considers after a medical examination, or report from the official medical support team of the athlete, that an athlete is not physically fit to perform.

Table 5. SnowsportGB Major Championship and FIS Category Qualifying Standards
Criteria must be met at the time of any relevant Selection meeting.

FIS Licence	Criteria for FIS Licence is published on www.snowsportGB.com
EYOF *2	<ul style="list-style-type: none"> ▪ SnowsportGB FIS Matrix Minimum level 6 at time of qualifications. Except for 1st year FIS. ▪ Home Nations Coach recommendation. ▪ Qualification timed runs.
Junior World Championships *1 / *2	<ul style="list-style-type: none"> ▪ 2 Results less than 50 FIS points in that season. ▪ SnowsportGB FIS Matrix Minimum level 4.
Europa Cup *1 / *2	<ul style="list-style-type: none"> ▪ 2 X Top 10 in NorAm when penalty less than 150th ranked skier, within 5% of winner's time. ▪ 2 X Top 10 in a FIS race when penalty less than 150th ranked skier, within 5% of winner's time. ▪ SnowsportGB FIS Matrix Minimum level 3 in that discipline.
World Cup *1 / *2	<ul style="list-style-type: none"> ▪ Top 30 in World Cup within the last year. ▪ Top 20 in Europa Cup within 5% of winner's time. ▪ Top 10 in NorAm when penalty is less than 10 and within 5% of winner's time. ▪ Top 10 in FIS race when penalty less than 50th ranked skier, within 5% of winner's time. ▪ SnowsportGB FIS Matrix Minimum level 2 in that discipline. ▪ Recommendation by SnowsportGB Performance Staff.
Senior World Championships *1 / *2	<ul style="list-style-type: none"> ▪ Top 30 in World Cup within the last year. ▪ Top 20 in Europa Cup (within 5% of winner's time). ▪ Top 20 in NorAm when penalty less than 10 and within 5% of winner's time. ▪ Top 10 in FIS race when penalty less than 50th ranked skier, within 5% of winner's time. ▪ Recommendation by SnowsportGB Performance Staff.
OWG Turin	Criteria published separately

***1 Athletes that meet the Selection Criteria in one discipline may compete in other disciplines if recommended by the appropriate coaching staff representing SnowsportGB at that event, providing that they meet the eligibility criteria stated by FIS.**

***2 When more athletes qualify than quota spots qualification will be through timed runs.**

5.1 EYOF (European Youth Olympic Festival)

All home nations and British Youth Team Junior category athletes are eligible. The selection committee will consider athletes nominated by the Home Nations Coaches and make nominations to the BOA. All athletes must have qualified as the fastest male and female athletes in the time trials held, as per the SnowsportGB Time Trial format, by the Home Nations coaches in December. The number of athletes selected and ratio of male to female athletes will vary according to the rules of each Organising committee.

5.2 Junior World Championships

Process

The selection committee will consider all eligible athletes 14 days prior to the start of the Championships. Athletes will be considered eligible if they meet the selection criteria above in Table 8. Athletes will immediately be informed of their selection, and the British Team will be announced. Appeals should be lodged within 48 hours.

The selection committee will assess athletes who have not been selected for the Championships team yet meet the selection criteria during the 14 days between the team announcement and the start of the championships. Additional selections to the team may be made on that basis by the selection committee to provide for exceptional results after the selections have been announced.

N.B. Southern Hemisphere races will not be included.

5.3 Senior World Championships

Process. The selection committee will consider all eligible athletes 14 days prior to the start of the Championships. Athletes will be considered eligible if they meet the selection criteria above in Table 6. Athletes will immediately be informed of their selection, and the British Team will be announced. Appeals should be lodged within 24 hours.

The selection committee will assess athletes who have not been selected for the Championships team yet meet the selection criteria during the 14 days between the team announcement and the start of the championships. Additional selections to the team may be made on that basis by the selection committee to provide for exceptional results after the selections have been announced.

N.B. Southern Hemisphere races will not be included.

5.4 Olympic Winter Games

The Selection Criteria and Procedure and the Selection Appeals process for each Olympic Winter Games will be published separately.

6.0 Appeals Process

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

For British team Selections appeals must be made within 3 days 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 appeal's 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 and 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.

- 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.

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

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 1st 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 / 100) X Winner's time = Percentage behind Winner.

For example:

Winner's time: 1,32.89 (94.89 sec)

Athlete A: 1,36.23 (96.23 sec)

Time difference (96.23 – 94.89) = 1.34

Percentage Behind winner: (1.34 / 100) X 94.89 = **1.27%**

Value will be calculated to 2 decimal places.

Where percentage behind is stated in Selection criteria, Maximum 2% will be 2.00% or less.

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

Appendix A.2: Field Test Protocol

All tests to be carried out at 0 - 1000m elevation above sea level

Appropriate rest should be taken between tests

Test	Environment	Equipment	Determining factor	Control parameters
Cooper test	Tartan surfaced 400m track		12 minutes running	Maximum distance in time Distance rounded down to nearest 50m increment Running spikes are not allowed
Pull ups	Indoor	Integrated pull-up' bar	Repetitions until failure	Maximum repetitions until failure Straight arms to chin over bar, no locking of joints. Straight body at all times No swinging momentum
Static Back test	Indoor	padded vaulting horse	Time until failure	Maximum time that straight position can be held 2 warnings before test is stopped On warning 2 seconds to return to position Pelvis should be in neutral position at all times Flexion point of hips at edge of box Arms held with hands touching ears elbows level with shoulders Legs held only behind knees
Crunches	Indoor	Padded mat with heels on top of box	Repetitions until failure	Maximum repetitions until failure Lie on back on a padded mat heels on box with ankle bone in line with edge of box Hips and knees at 90 degree angle (bones) Arms outstretched towards box at all times Shoulders off ground throughout test Touch top of box with fingertips for each rep Controlled smooth movement, no bouncing
5 jump	Tartan surface		Maximum distance with 5 jumps (both feet together)	Maximum distance for 5 consecutive jumps No pause / stop between jumps Distance measured from front of toes at start Distance measured to back of heels at finish Best of 3 attempts
Hurdle agility test	Tartan surface	adjustable lightweight hurdles	2 circuits starting finishing in centre	see diagram for circuit minimum time for 2 circuits 4 hurdles set at top of hip bone. 3m from centre point centre cone as start and finish with foot contact restart whenever hurdles knocked over 3 restarts allowed always pass on left of cone and turn 90 deg to the right
Box jumps	Tartan surface	Box of 40cm height and width	60 / 90 secs	Maximum lateral jumps onto and over box Body and feet always facing forwards Both feet contact box and ground at same time Start on box, count each time land on box

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

Appendix A.3: Field Test Matrix

Field Test Matrix - Male							Field Test Matrix - Female								
Junior 1							Junior 1								
	level	1	2	3	4	5		level	1	2	3	4	5		
1st Year FIS	cooper test	2600	2700	2800	2900	3000	metres	1st Year FIS	cooper test	2450	2550	2650	2750	2850	metres
	90 sec box jump	70	75	80	85	90	reps		90 sec box jump	50	55	60	65	70	reps
	5 jump	10.75	11.00	11.25	11.50	11.75	metres		5 jump	9.75	10.00	10.25	10.50	10.75	metres
	hurdle agility	32	31	30	28	27	seconds		hurdle agility	36	34	32	30	29	seconds
	crunch	42	43	45	48	52	reps		crunch	42	43	45	48	52	reps
	static back up	80	90	100	110	130	seconds		static back up	80	90	100	110	130	seconds
	pull up	7	8	9	10	11	reps		pull up	2	2	3	4	5	reps
	level	1	2	3	4	5			level	1	2	3	4	5	
2nd Year FIS	cooper test	2650	2750	2850	2950	3050	metres	2nd Year FIS	cooper test	2500	2600	2700	2800	2900	metres
	90 sec box jump	75	80	85	90	95	reps		90 sec box jump	55	60	65	70	75	reps
	5 jump	11.25	11.50	11.75	12.00	12.25	metres		5 jump	10.00	10.25	10.50	10.75	11.00	metres
	hurdle agility	31	30	29	27	26	seconds		hurdle agility	35	33	31	29	28	seconds
	crunch	44	45	47	50	54	reps		crunch	44	45	47	50	54	reps
	static back up	90	100	110	120	140	seconds		static back up	90	100	110	120	140	seconds
	pull up	8	9	10	11	12	reps		pull up	2	3	4	5	6	reps
	level	1	2	3	4	5			level	1	2	3	4	5	
Field Test Matrix - Male							Field Test Matrix - Female								
Junior 2							Junior 2								
	level	1	2	3	4	5		level	1	2	3	4	5		
3rd Year FIS	cooper test	2700	2800	2900	3000	3100	metres	3rd Year FIS	cooper test	2550	2650	2750	2850	2900	metres
	90 sec box jump	84	86	90	95	100	reps		90 sec box jump	60	65	70	75	82	reps
	5 jump	11.75	12.00	12.25	12.50	12.75	metres		5 jump	10.25	10.50	10.75	11.00	11.25	metres
	hurdle agility	30	29	28	26	25	seconds		hurdle agility	34	32	30	28	27	seconds
	crunch	46	47	49	52	56	reps		crunch	46	47	49	52	56	reps
	static back up	100	110	120	130	150	seconds		static back up	100	110	120	130	150	seconds
	pull up	9	10	11	12	13	reps		pull up	2	3	4	5	6	reps
	level	1	2	3	4	5			level	1	2	3	4	5	
4th Year FIS	cooper test	2800	2900	3000	3100	3200	metres	4th Year FIS	cooper test	2600	2700	2800	2900	2900	metres
	90 sec box jump	86	88	92	97	102	reps		90 sec box jump	66	71	75	79	84	reps
	5 jump	12.25	12.50	12.75	13.00	13.25	metres		5 jump	10.50	10.75	11.00	11.25	11.50	metres
	hurdle agility	29	28	27	25	24	seconds		hurdle agility	33	31	29	27	26	seconds
	crunch	45	47	50	54	59	reps		crunch	45	47	50	54	59	reps
	static back up	110	120	130	140	160	seconds		static back up	110	120	130	140	160	seconds
	pull up	10	11	12	13	14	reps		pull up	2	3	4	5	6	reps
	level	1	2	3	4	5			level	1	2	3	4	5	
5th Year FIS	cooper test	2900	3000	3100	3200	3300	metres	5th Year FIS	cooper test	2650	2750	2850	2900	2950	metres
	90 sec box jump	88	90	94	99	104	reps		90 sec box jump	72	75	78	82	85	reps
	5 jump	12.75	13.00	13.25	13.50	13.75	metres		5 jump	10.75	11.00	11.25	11.50	11.75	metres
	hurdle agility	28	27	26	24	23	seconds		hurdle agility	32	30	28	26	25	seconds
	crunch	46	48	51	55	60	reps		crunch	46	48	51	55	60	reps
	static back up	120	130	140	150	170	seconds		static back up	120	130	140	150	170	seconds
	pull up	11	12	13	14	15	reps		pull up	3	4	5	6	7	reps
	level	1	2	3	4	5			level	1	2	3	4	5	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

Appendix A.4: Technical Skills Assessment Selection Protocol

Off Piste	Free skiing in 'off piste' conditions: unprepared pistes marked out of 10	
	2 runs	
1st run	Athletes will be asked to ski short radius turns until a mid way marker then changing to long radius turns	
2nd run	Athletes will be asked to ski long radius turns until a mid way marker then changing to short radius turns	
Assessment	athletes will be assessed on the four elements and scored from 1 to 10 for each	
	An average score from all assessors will be given for each element - maximum points 40	
		total points possible
Rhythm	athletes should ski rhythmically following the direction of the fall line	10
Position	athletes should be in a good neutral position, balanced over the feet	10
Adaptation to hill	athletes should show adaptation to terrain changes, using turn shape and body position proactively	10
Constant speed / speed	athletes should demonstrate the ability to maintain constant speed while keeping good ground speed by adjusting turn shape	10
Corridor	Athletes will ski down a piste with a corridor of markers set at 6 - 8 metre width	
	2 runs	
1st run	Athletes will be asked to alternately carve 5 turns inside markers, 5 turns outside markers	
2nd run	Athletes will be asked to vary turns inside and outside markers as they choose	
Assessment	athletes will be assessed on the three elements and scored from 1 to 10 for each	
	An average score from all assessors will be given for each element - Maximum points 30	
		total points possible
Rhythm	athletes should ski rhythmically following the direction of the fall line	10
Position	athletes should be in a good neutral position, balanced over the feet	10
Constant speed / speed	athletes should demonstrate the ability to maintain constant speed while keeping good ground speed by adjusting turn shape	10
Drills	technique	scoring
	points will be allocated for completion of each drill. Score will be divided by 2 - Maximum points 30	
		total points possible
1 ski long turns	5 turns right foot, 5 turns left foot	20 (2 points for each successful turn)
1 ski short turns	10 turns right foot, 10 turns left foot	20 (1 point for each successful turn)
5 step turns	4 turns each with 5 steps evenly throughout turn. 1 before fall line, 1 on fall line, 2 after fall line	20 (1 point for each successful step)
		60 / 2 = 30 points
		total points possible
Total score for ski skills will be given by adding the 3 scores and converting it to a percentage score		100

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

Appendix A.5: 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	5 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								

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

Appendix A.6: SnowsportGB FIS Points Matrix

05/06 Average	Selection List 06 Targets							Men	F Factor
1991									1320
7547.63									Downhill: Oct 2005
1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
88.40	93.68	101.60	124.70	154.40	191.36	225.68	257.36	13.2	
1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
68.53	73.81	81.73	104.17	131.89	166.21	197.89	226.93	13.2	
1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
48.27	53.55	61.47	83.25	108.99	140.67	169.71	196.11	13.2	
1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
32.58	37.86	45.78	66.90	90.66	119.70	146.10	169.86	13.2	
1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
26.47	31.75	39.67	60.13	81.91	108.31	132.07	153.19	13.2	
1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
20.01	25.29	33.21	53.01	72.81	96.57	117.69	136.17	13.2	
1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
16.90	22.18	30.10	49.24	67.06	88.18	106.66	122.50	13.2	
1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
11.10	16.38	24.30	42.78	58.62	77.10	92.94	106.14	13.2	
1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
7.32	12.60	20.52	38.34	52.20	68.04	81.24	91.80	13.2	
1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
6.60	11.88	19.80	36.96	48.84	62.04	72.60	80.52	13.2	
1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
6.59	11.87	19.79	36.29	46.19	56.75	64.67	69.95	13.2	
1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
5.28	10.56	18.48	34.32	42.24	50.16	55.44	58.08	13.2	
1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.73	10.01	17.93	33.11	39.05	44.33	46.97	46.97	13.2	
1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.46	9.74	17.66	32.18	36.14	38.78	38.78	38.78	13.2	
1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.02	9.30	17.22	31.08	33.06	33.06	33.06	31.74	13.2	
1975	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.82	9.10	17.02	30.22	30.22	30.22	30.22	30.22	13.2	
1974	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.43	8.71	16.63	29.83	29.83	29.83	29.83	29.83	13.2	
1973	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.08	8.36	16.28	29.48	29.48	29.48	29.48	29.48	13.2	
1972	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.08	8.36	16.28	29.48	29.48	29.48	29.48	29.48	13.2	
1971	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.87	8.15	16.07	29.27	29.27	29.27	29.27	29.27	13.2	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

05/06 Average	Selection List 06 Targets							Men	F Factor 600 Slalom: Oct 2005
1991									
141.95									
1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
47.84	50.24	53.84	64.34	77.84	94.64	110.24	124.64	6	
1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
33.47	35.87	39.47	49.67	62.27	77.87	92.27	105.47	6	
1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
24.35	26.75	30.35	40.25	51.95	66.35	79.55	91.55	6	
1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
18.31	20.71	24.31	33.91	44.71	57.91	69.91	80.71	6	
1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
12.89	15.29	18.89	28.19	38.09	50.09	60.89	70.49	6	
1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
10.22	12.62	16.22	25.22	34.22	45.02	54.62	63.02	6	
1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
8.57	10.97	14.57	23.27	31.37	40.97	49.37	56.57	6	
1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
6.79	9.19	12.79	21.19	28.39	36.79	43.99	49.99	6	
1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
6.29	8.69	12.29	20.39	26.69	33.89	39.89	44.69	6	
1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
5.23	7.63	11.23	19.03	24.43	30.43	35.23	38.83	6	
1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.51	6.91	10.51	18.01	22.51	27.31	30.91	33.31	6	
1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.37	5.77	9.37	16.57	20.17	23.77	26.17	27.37	6	
1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.15	5.55	9.15	16.05	18.75	21.15	22.35	22.35	6	
1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.99	5.39	8.99	15.59	17.39	18.59	18.59	18.59	6	
1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.86	5.26	8.86	15.16	16.06	16.06	16.06	15.46	6	
1975	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.86	5.26	8.86	14.86	14.86	14.86	14.86	14.86	6	
1974	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.86	5.26	8.86	14.86	14.86	14.86	14.86	14.86	6	
1973	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.82	5.22	8.82	14.82	14.82	14.82	14.82	14.82	6	
1972	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.82	5.22	8.82	14.82	14.82	14.82	14.82	14.82	6	
1971	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.82	5.22	8.82	14.82	14.82	14.82	14.82	14.82	6	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

05/06 Average	Selection List 06 Targets							Men	F Factor
1991									870 Giant Slalom: Oct 2005
124.29									
1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
47.63	51.11	56.33	71.55	91.13	115.49	138.11	158.99	8.7	
1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
34.34	37.82	43.04	57.83	76.10	98.72	119.60	138.74	8.7	
1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
23.81	27.29	32.51	46.86	63.83	84.71	103.85	121.25	8.7	
1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
17.88	21.36	26.58	40.50	56.16	75.30	92.70	108.36	8.7	
1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
13.82	17.30	22.52	36.01	50.36	67.76	83.42	97.34	8.7	
1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
10.58	14.06	19.28	32.33	45.38	61.04	74.96	87.14	8.7	
1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
8.62	12.10	17.32	29.94	41.68	55.60	67.78	78.22	8.7	
1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
7.37	10.85	16.07	28.25	38.69	50.87	61.31	70.01	8.7	
1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
7.04	10.52	15.74	27.48	36.62	47.06	55.76	62.72	8.7	
1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
5.89	9.37	14.59	25.90	33.73	42.43	49.39	54.61	8.7	
1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.95	8.43	13.65	24.52	31.05	38.01	43.23	46.71	8.7	
1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.95	7.43	12.65	23.09	28.31	33.53	37.01	38.75	8.7	
1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.30	6.78	12.00	22.01	25.92	29.40	31.14	31.14	8.7	
1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.22	6.70	11.92	21.49	24.10	25.84	25.84	25.84	8.7	
1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.16	6.64	11.86	20.99	22.30	22.30	22.30	21.43	8.7	
1975	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.02	6.50	11.72	20.42	20.42	20.42	20.42	20.42	8.7	
1974	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.95	6.43	11.65	20.35	20.35	20.35	20.35	20.35	8.7	
1973	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.59	6.07	11.29	19.99	19.99	19.99	19.99	19.99	8.7	
1972	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.55	6.03	11.25	19.95	19.95	19.95	19.95	19.95	8.7	
1971	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.55	6.03	11.25	19.95	19.95	19.95	19.95	19.95	8.7	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

05/06 Average	Selection List 06 Targets							Men	F Factor 1050 Super G
1991									
3145.82									
1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
67.60	71.80	78.10	96.47	120.10	149.50	176.80	202.00	10.5	
1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
50.71	54.91	61.21	79.06	101.11	128.41	153.61	176.71	10.5	
1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
34.38	38.58	44.88	62.20	82.68	107.88	130.98	151.98	10.5	
1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
28.45	32.65	38.95	55.75	74.65	97.75	118.75	137.65	10.5	
1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
23.77	27.97	34.27	50.55	67.87	88.87	107.77	124.57	10.5	
1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
18.41	22.61	28.91	44.66	60.41	79.31	96.11	110.81	10.5	
1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
13.24	17.44	23.74	38.96	53.14	69.94	84.64	97.24	10.5	
1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
10.06	14.26	20.56	35.26	47.86	62.56	75.16	85.66	10.5	
1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
8.62	12.82	19.12	33.29	44.32	56.92	67.42	75.82	10.5	
1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
7.36	11.56	17.86	31.51	40.96	51.46	59.86	66.16	10.5	
1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
6.07	10.27	16.57	29.70	37.57	45.97	52.27	56.47	10.5	
1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.82	9.02	15.32	27.92	34.22	40.52	44.72	46.82	10.5	
1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.28	8.48	14.78	26.86	31.58	35.78	37.88	37.88	10.5	
1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.16	8.36	14.66	26.21	29.36	31.46	31.46	31.46	10.5	
1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.91	8.11	14.41	25.44	27.01	27.01	27.01	25.96	10.5	
1975	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.79	7.99	14.29	24.79	24.79	24.79	24.79	24.79	10.5	
1974	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.39	7.59	13.89	24.39	24.39	24.39	24.39	24.39	10.5	
1973	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.06	7.26	13.56	24.06	24.06	24.06	24.06	24.06	10.5	
1972	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.01	7.21	13.51	24.01	24.01	24.01	24.01	24.01	10.5	
1971	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.96	7.16	13.46	23.96	23.96	23.96	23.96	23.96	10.5	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

05/06 Average	Selection List 06 Targets							Ladies	F Factor
1991									1320
8521.09									Downhill: Oct 2005
1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
64.19	69.47	77.39	100.49	130.19	167.15	201.47	233.15	13.2	
1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
45.88	51.16	59.08	81.52	109.24	143.56	175.24	204.28	13.2	
1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
31.25	36.53	44.45	66.23	91.97	123.65	152.69	179.09	13.2	
1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
22.64	27.92	35.84	56.96	80.72	109.76	136.16	159.92	13.2	
1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
14.80	20.08	28.00	48.46	70.24	96.64	120.40	141.52	13.2	
1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
8.56	13.84	21.76	41.56	61.36	85.12	106.24	124.72	13.2	
1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
6.80	12.08	20.00	39.14	56.96	78.08	96.56	112.40	13.2	
1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
5.29	10.57	18.49	36.97	52.81	71.29	87.13	100.33	13.2	
1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.88	10.16	18.08	35.90	49.76	65.60	78.80	89.36	13.2	
1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.69	9.97	17.89	35.05	46.93	60.13	70.69	78.61	13.2	
1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.49	9.77	17.69	34.19	44.09	54.65	62.57	67.85	13.2	
1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.29	9.57	17.49	33.33	41.25	49.17	54.45	57.09	13.2	
1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.67	8.95	16.87	32.05	37.99	43.27	45.91	45.91	13.2	
1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.67	8.95	16.87	31.39	35.35	37.99	37.99	37.99	13.2	
1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.99	8.27	16.19	30.05	32.03	32.03	32.03	30.71	13.2	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

05/06 Average	Selection List 06 Targets							Ladies	F Factor 600 Slalom: Oct 2005
1991									
136.97									
1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
32.98	35.38	38.98	49.48	62.98	79.78	95.38	109.78	6	
1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
22.27	24.67	28.27	38.47	51.07	66.67	81.07	94.27	6	
1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
15.82	18.22	21.82	31.72	43.42	57.82	71.02	83.02	6	
1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
9.62	12.02	15.62	25.22	36.02	49.22	61.22	72.02	6	
1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
6.57	8.97	12.57	21.87	31.77	43.77	54.57	64.17	6	
1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
5.09	7.49	11.09	20.09	29.09	39.89	49.49	57.89	6	
1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.86	7.26	10.86	19.56	27.66	37.26	45.66	52.86	6	
1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.10	6.50	10.10	18.50	25.70	34.10	41.30	47.30	6	
1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.78	6.18	9.78	17.88	24.18	31.38	37.38	42.18	6	
1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.43	5.83	9.43	17.23	22.63	28.63	33.43	37.03	6	
1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.32	5.72	9.32	16.82	21.32	26.12	29.72	32.12	6	
1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.30	5.70	9.30	16.50	20.10	23.70	26.10	27.30	6	
1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.27	5.67	9.27	16.17	18.87	21.27	22.47	22.47	6	
1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.27	5.67	9.27	15.87	17.67	18.87	18.87	18.87	6	
1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.16	5.56	9.16	15.46	16.36	16.36	16.36	15.76	6	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

05/06 Average	Selection List 06 Targets							Ladies	F Factor
1991									870 Giant Slalom: Oct 2005
107.65									
1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		100 sec race points
31.24	34.72	39.94	55.16	74.74	99.10	121.72	142.60	8.7	
1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
22.87	26.35	31.57	46.36	64.63	87.25	108.13	127.27	8.7	
1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
16.64	20.12	25.34	39.69	56.66	77.54	96.68	114.08	8.7	
1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
11.91	15.39	20.61	34.53	50.19	69.33	86.73	102.39	8.7	
1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
9.05	12.53	17.75	31.24	45.59	62.99	78.65	92.57	8.7	
1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
7.18	10.66	15.88	28.93	41.98	57.64	71.56	83.74	8.7	
1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
6.08	9.56	14.78	27.39	39.14	53.06	65.24	75.68	8.7	
1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.68	8.16	13.38	25.56	36.00	48.18	58.62	67.32	8.7	
1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.77	7.25	12.47	24.21	33.35	43.79	52.49	59.45	8.7	
1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.25	6.73	11.95	23.26	31.09	39.79	46.75	51.97	8.7	
1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.24	6.72	11.94	22.82	29.34	36.30	41.52	45.00	8.7	
1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.12	6.60	11.82	22.26	27.48	32.70	36.18	37.92	8.7	
1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.05	6.53	11.75	21.75	25.67	29.15	30.89	30.89	8.7	
1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.03	6.51	11.73	21.30	23.91	25.65	25.65	25.65	8.7	
1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.88	6.36	11.58	20.72	22.02	22.02	22.02	21.15	8.7	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

05/06 Average	Selection List 06 Targets							Ladies	F Factor 1050 Super G: Oct 2005
1991									
5081.06									
1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
43.32	47.52	53.82	72.19	95.82	125.22	152.52	177.72	10.5	
1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
30.06	34.26	40.56	58.41	80.46	107.76	132.96	156.06	10.5	
1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
20.74	24.94	31.24	48.57	69.04	94.24	117.34	138.34	10.5	
1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
14.79	18.99	25.29	42.09	60.99	84.09	105.09	123.99	10.5	
1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
10.48	14.68	20.98	37.25	54.58	75.58	94.48	111.28	10.5	
1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
7.63	11.83	18.13	33.88	49.63	68.53	85.33	100.03	10.5	
1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
5.85	10.05	16.35	31.58	45.75	62.55	77.25	89.85	10.5	
1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.94	9.14	15.44	30.14	42.74	57.44	70.04	80.54	10.5	
1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
4.03	8.23	14.53	28.71	39.73	52.33	62.83	71.23	10.5	
1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.54	7.74	14.04	27.69	37.14	47.64	56.04	62.34	10.5	
1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.53	7.73	14.03	27.16	35.03	43.43	49.73	53.93	10.5	
1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.45	7.65	13.95	26.55	32.85	39.15	43.35	45.45	10.5	
1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.05	7.25	13.55	25.62	30.35	34.55	36.65	36.65	10.5	
1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
3.03	7.23	13.53	25.08	28.23	30.33	30.33	30.33	10.5	
1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
2.37	6.57	12.87	23.90	25.47	25.47	25.47	24.42	10.5	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

Appendix A.7: Alpine Performance Profile

	0	0	0	0	0
PERFORMANCE PROFILE					
	Date 1	Date 2	Date 3	Date 4	
Technical	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
Tactical	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
Physical	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
Psychological	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
Lifestyle	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
Overall	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
TECHNICAL SKILLS PROFILE					
	Date 1	Date 2	Date 3	Date 4	
GS	0	0	0	0	
SL	0	0	0	0	
SG / DH	0	0	0	0	
Jumping	0	0	0	0	
Free Skiing	0	0	0	0	
Overall	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
TACTICAL SKILLS PROFILE					
	Date 1	Date 2	Date 3	Date 4	
Line	0	0	0	0	
Adaptation of training intensity	0	0	0	0	
Race Simulation	0	0	0	0	
Competition Routine	0	0	0	0	
Overall	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
PHYSICAL PROFILE					
	Date 1	Date 2	Date 3	Date 4	
Endurance	0	0	0	0	
Strength	0	0	0	0	
Flexibility	0	0	0	0	
Core	0	0	0	0	
Recovery	0	0	0	0	
Overall	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
PSYCHOLOGICAL PROFILE					
	Date 1	Date 2	Date 3	Date 4	
Visualisation	0	0	0	0	
Focus & Concentration	0	0	0	0	
Arousal	0	0	0	0	
Goal Setting	0	0	0	0	
Self Belief	0	0	0	0	
Motivation	0	0	0	0	
Overall	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	
LIFESTYLE PROFILE					
	Date 1	Date 2	Date 3	Date 4	
Attention to Sponsors	0	0	0	0	
Social Life	0	0	0	0	
Time Management	0	0	0	0	
Health	0	0	0	0	
Overall	#DIV/0!	#DIV/0!	#DIV/0!	#DIV/0!	

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

Appendix A.8: Cycle Ergo meter Assessment Protocol

SnowsportGB			
SRM Cycle ergometer testing protocol (Ergo test for monitoring only)			
Athlete must remain in saddle through test duration			
Other athletes must not be in lab from start of warm up until end of test			
Other parameters	RPE (1 - 20)	Each increment and pre and post test	
	Body weight kg	pre and post test	

Warm up	10 min	approx 1 Watt per kilogramme body weight						70 - 90 rpm
Pre Test	6 min	Lying down	0 - 6 min	at 5 min	Heart rate	Lactate	RPE	80 - 90 rpm
Stage 1	4 min	80 Watts	6 - 10 min	at 9'30" - 10'00"	Heart rate	Lactate	RPE	80 - 90 rpm
Stage 2	4 min	120 Watts	10 - 14 min	at 13'30" - 14'00"	Heart rate	Lactate	RPE	80 - 90 rpm
Stage 3	4 min	160 Watts	14 - 18 min	at 17'30" - 18'00"	Heart rate	Lactate	RPE	80 - 90 rpm
Stage 4	4 min	200 Watts	18 - 22 min	at 21'30" - 22'00"	Heart rate	Lactate	RPE	80 - 90 rpm
Stage 5	4 min	240 Watts	22 - 26 min	at 25'30" - 26'00"	Heart rate	Lactate	RPE	80 - 90 rpm
Stage 6	4 min	280 Watts	26 - 30 min	at 29'30" - 30'00"	Heart rate	Lactate	RPE	80 - 90 rpm
Stage 7	4 min	320 Watts	30 - 34 min	at 33'30" - 34'00"	Heart rate	Lactate	RPE	80 - 90 rpm
....
Continue until failure					Heart rate	Lactate		
Post test 1	3 min	as warm up	failure (f) - f+3 min	at f+2'30"	Heart rate	Lactate	RPE	70 - 90 rpm
Post test 2	3 min	as warm up	f+3 - f+6 min	at f+5'30"	Heart rate	Lactate	RPE	71 - 90 rpm
Post test 3	3 min	as warm up	f+6 - f+9 min	at f+8'30"	Heart rate	Lactate	RPE	72 - 90 rpm

Failure is..	On 3rd warning for rpm falling below 80 rpm or coming out of saddle
	On athlete failing to continue
Also Note	Time in last stage when test stopped
	For calculation of maximum power 10 Watts for each minute completed in last stage

SNOWSPORTGB ALPINE SKIING SELECTION POLICY & CRITERIA

Appendix A.9: Cycle Ergo meter Assessment Matrix

Athletes must attain 2 of the 3 targets below for continued inclusion on team programmes

Athletes will be given a defined period of time in order to reach levels if they do not pass. During this period athletes may not participate in ski camps in order to prioritize fitness development

Athletes that reach targets will be set individual targets in order to continue or maintain development as appropriate

Lactate Levels will be calculated using the power and lactic acid values from the SnowsportGB cycle ergo meter assessment protocol and the formulas used for the SnowsportGB Lactate curve analysis.

Ladies					
Year FIS	1	2	3	4	5+
2 Mmol lactate Watt / kg	2.10	2.20	2.30	2.40	2.50
4 Mmol lactate Watt / kg	3.00	3.10	3.20	3.30	3.40
Max Mmol lactate Watt / kg	4.10	4.20	4.30	4.40	4.50

Men					
Year FIS	1	2	3	4	5+
2 Mmol lactate Watt / kg	2.10	2.20	2.30	2.40	2.50
4 Mmol lactate Watt / kg	3.10	3.20	3.30	3.40	3.50
Max Mmol lactate Watt / kg	4.20	4.30	4.40	4.50	4.60