



# ALPINE PATHWAY

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This document is designed to explain pathway provisions to alpine racers from 2014/15 season.

The structure is designed to support athletes existing programmes through their clubs or academies and to provide additional support and guidance to athletes and parents as and when required.

For 2014/15 Snowsport England has adopted the Athletic Capacity Evaluation (ACE) which has previously been used by British Ski and Snowboard.

## Key Contacts

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**Cara-Lea Moseley**              *(Mind in Sport)*  
*Lifestyle and psychology lead*  
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## U14 (Development Group)

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Snowsport England will select a U14 Development Group (see selection document). From this group, athletes will have the opportunity to be nominated to British Ski and Snowboard for selection to international competitions.

### ***Athletes selected to this group will;***

- Be invited to attend Athlete Capacity Evaluation (ACE) screening session (Loughborough, May, 2014)
- Be invited to attend a skills assessment day
- Be invited to attend a SSE U14 team building day – Location TBD (late August, 2014)
- Named on the Snowsport England website
- Have the opportunity to purchase U14 Development Group clothing.

Please note that for the ACE screening, skills assessment day and the team building day, an athlete contribution will be needed. This contribution will be approximately £15-20 for the ACE screening and approximately £45-55 for the team building day.



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Athletes and parents will have access to the Strength and Conditioning lead and psychology lead but for any additional service delivered outside of what is provided by SSE, the cost will be incurred by the parents/athletes.

## U16 (Development Group)

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Snowsport England will select a U16 Development Group (see selection document). The purpose of this group is to support talented athletes as they prepare to make the progression to FIS competition. This stage of the pathway allows SSE to support English athletes who have not been selected to the BSS U16 Squad.

### ***Athletes selected to this group will;***

- Be invited to attend Athlete Capacity Evaluation (ACE) screening session (late May)
- Be invited to attend a SSE U16 team building day (late August, 2014)
- Be named on the Snowsport England website
- Have the opportunity to purchase U16 Development Group clothing

Please note that for the ACE screening and the team building day, an athlete contribution will be needed. This contribution will be approximately £15-20 for the ACE screening and approximately £45-55 for the team building day.

Athletes and parents will have access to the S&C lead and psychology lead but for any additional service delivered outside of what is provided by SSE, the cost will be incurred by the parents/athletes.

## England Alpine Squad – U21 and U18

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Snowsport England will continue to support U21 and U18 athletes selected to the England Alpine Squad. The aim of the programme is to support athletes in their home training environment and to add value to their programmes. For 2014/15, Snowsport England has adopted the Athletic Capacity Evaluation which will replace the fitness tests used previously. All athletes who meet the ski requirements of the selection policy will have to complete the ACE before selection to the England Alpine Squad is confirmed.

All English athletes who are named in BSS Squads will be named on the Snowsport England website.

For 2014/15 athletes selected to the England Alpine Squad will;



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- Be invited to attend an initial ACE screening session (Loughborough, May, 2014)
- Have access to online S&C programme developed by DNA Sports Performance
- Be invited to attend a second evaluation in early Autumn (financial contribution needed)
- Have 1 Skype session with Mind in Sport
- Have access to additional Skype sessions with Mind in Sport for £35 per session
- Have the opportunity to purchase England Alpine Squad clothing at subsidised rates
- Have a profile on the SSE website

The contribution for the second ACE screening will be approximately £15-20 and will take place in Loughborough.