Alpine Skiing Development Pathway

SKIING FOR LIFE
RECREATIONAL SKIING
SKI INDUSTRY EMPLOYMENT
CANADIAN TEAM ALUMNI
COACHING/VOLUNTEER

TRAIN TO WIN
PHYSICAL OPTIMIZATION
TECHNICAL IMPROVISING
WINNING STRATEGIES
PHYSICAL REFINEMENT/MAINTENANCE
PROFESSIONAL MANAGEMENT
FINE TUNING OF ALL SKILL AREAS.
PODIUMS ELITE LEVEL

TRAIN TO RACE
OPTIMIZE THE PHYSICAL ENGINE
TACTICAL REFINEMENT
TECHNICAL CREATIVE VARIATION

LEARN TO RACE
INSTILL THE COMPETITIVE EDGE
BUILDING THE PHYSICAL ENGINE
REFINE TECHNICAL SKIING SKILLS
TACTICAL SKI RACING SKILLS

LEARN TO TRAIN
TECHNICAL FOUNDATION
SPECIFIC RACING SKILLS
GENERAL FITNESS

SKIER ESSENTIALS
ESSENTIAL MOVEMENT SKILLS
BASIC SKIING SKILLS
COORDINATION, SPEED, AGILITY

GLIDING START
REGULAR SKI MILEAGE
DAILY ACTIVITY

DEVELOPMENT PHASE	**GLIDING START**				**SKIER ESSENTIALS**				**LEARN TO TRAIN**		**LEARN TO RACE**		**TRAIN TO RACE**		**TRAIN TO WIN**					**SKIING FOR LIFE**											
KEY FOCUS	REGULAR SKI MILEAGE DAILY ACTIVITY				ESSENTIAL MOVEMENT SKILLS BASIC SKIING SKILLS COORDINATION, SPEED, AGILITY				TECHNICAL FOUNDATION SPECIFIC RACING SKILLS GENERAL FITNESS		INSTILL THE COMPETITIVE EDGE BUILDING THE PHYSICAL ENGINE REFINE TECHNICAL SKIING SKILLS TACTICAL SKI RACING SKILLS		OPTIMIZE THE PHYSICAL ENGINE TACTICAL REFINEMENT TECHNICAL CREATIVE VARIATION		PHYSICAL OPTIMIZATION TECHNICAL IMPROVISING WINNING STRATEGIES				PHYSICAL REFINEMENT/MAINTENANCE PROFESSIONAL MANAGEMENT FINE TUNING OF ALL SKILL AREAS. PODIUMS ELITE LEVEL										
SKI ORGANIZATION	**PARENTS / SKI SCHOOL**				**GROUSE TYEE DEVELOPMENT PROGRAMS**								**VANCOUVER SKI TEAM**					**BC SKI TEAM**		**ALPINE CANADA DEVELOPMENT & NATIONAL SKI TEAM**		**COLLEGE CIRCUIT**				**MASTERS>**					
AGE	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30+			
SKI PROGRAM					**U10 SNOWSTARS**				**U12**		**U14**		**U16**		**U18**		**U21**			**FIS SENIOR**												
									MTNSTAR																							
COACH EDUCATION LEVEL															**CSCF HIGH PERFORMANCE LEVEL**																	
											CSCF PERFORMANCE LEVEL																					
									CSCF DEVELOPMENT LEVEL																							
	PARENTS				**CSCF ENTRY LEVEL**																											
			SKI INSTRUCTOR LEVEL 1																													