



G*Snow Ski Training Guidance Season 18/19 - Overview

We recognise that learning and progression happen at different rates for different children. Numerous factors can effect this including the variety of sports and activities played, particularly during a child's formative years, the age at which they start skiing and how internally motivated they are to want to progress in skiing and snowsports in general. With this in mind the G*Snow Training Guidance is not strict and we would recommend children 'walk before they can run', the priority is fun and enjoyment by the child. We recommend that all children in our mainstream coaching programme should, if they wish, enter schools competitions such as the Scottish Schools Snowsports Association competitions (www.sssa.co) and local club competitions. For more information on competitions please ask either Josef Tautscher, Head Coach - Development, or Louise Hastie, Head Coach - Performance.

TRAINING STAGE	MAIN FOCUS	OBJECTIVES
<p>G*Snow All Mountain FUNdamental Squad Penguins</p>	<p>Encouraging children to have fun and fall in love with skiing and snowsports. Creating technical foundations through free skiing and gaining experience in all snowsports.</p>	<p>Exploration and learning in various snowsports environments in a controlled and versatile manner, initiating the development of coordination and all round athletic capabilities. This may be a first time skiing on snow.</p> <p>Be able to:</p> <ul style="list-style-type: none"> - Make short and long radius turns on flat to intermediate slopes controlling speed with ski's parallel during the traverse but still using snow-plough during turns and steeper terrain. - Pick a safe route through simple variable flat terrain such as lumpy, bumpy pistes and chopped up snow. - Make smooth and controlled turns through simple gate (stubbie/brush) courses on flat terrain. - Explore jumps and switch skiing for the first time - Understand the main FIS Rules and understand their way around the mountain

<p>G*Snow All Mountain FUNdamental Squad Polar Bears</p>	<p>Encouraging children to have fun and fall in love with skiing and snowsports. Creating technical foundations through free skiing and gaining experience in all snowsports.</p>	<p>Exploration and learning in various snowsports environments in a controlled and versatile manner, initiating the development of coordination and all round athletic capabilities.</p> <p>Be able to:</p> <ul style="list-style-type: none"> - Make short and long radius turns on flat to intermediate slopes mostly with parallel skis and weight on the outside ski. - Make finished turns with clear direction changes, and control speed when necessary. - Pick a safe route through variable terrain such as simple moguls. - Make smooth and rhythmical turns in In gates based training (stubbies and brushes) on flat terrain. - Have fun on small jumps and confidently ski over small ride on boxes. - Understand the main FIS Rules and understand their way around the mountain
<p>G*Snow All Mountain FUNdamental Squad Snow Tigers</p>	<p>Encouraging children to have fun and fall in love with skiing and snowsports. Creating technical foundations through different movement experiences - freeskiing, rollers, jumps, off piste, moguls, gliding and gates. Gaining experience of alternative training methods and styles.</p>	<p>Further explore different snowsports environments, further developing coordination and all round athletic capabilities.</p> <p>Be able to:</p> <ul style="list-style-type: none"> - Ski intermediate slopes with parallel skis in short and long radius turns with weight on the outside ski. - Control variations in turn radius and control speed in steep terrain. - Safely navigate intermediate variable terrain including mogul pistes. - Correctly pole plant in short radius turns in and out of courses. - Make carved turns with active movement in a rhythmic GS and Slalom (stubbies/brushes) courses on flat to intermediate terrain. - Have fun over medium sized jumps demonstrating the ability to both pop and absorb jumps. - Confidently ski over medium ride on boxes. - Ski slide a small box in one direction. - Confidently ski switch on flat to intermediate terrain.

<p>G*Snow All Mountain FUNdamental Squad Snow Leopards</p>	<p>Having fun and developing competitiveness with equal measure in racing and freestyle competitions. Consolidate the technical foundations through different movement experiences - freeskiing, rollers, jumps, park, off piste, moguls, gliding and gates. Begin to develop GS and SL racing techniques as well as further park skills.</p>	<p>Further explore different snowsports environments, perhaps finding a preference for a discipline or longer term goal(s), whilst further developing all round athletic capabilities.</p> <p>Be able to:</p> <ul style="list-style-type: none"> - Ski all slopes with parallel skis in short and long radius turns. - Use pole plant in a controlled and variable manner dependent on terrain, conditions and other demands. - Generate speed and power through more pressure and manage it with active stabilisation in the turn. - Show good Giant Slalom race-based basic technique in courses on intermediate terrain showing activation of the inside ski. - Ski slide a small box in both directions. - Perform a 180 into and out of switch skiing on flat terrain
<p>G*Snow Racers Stage 1</p>	<p>Having fun and developing competitiveness with equal measure in race based competitions. Consolidate the technical foundations through different movement experiences - freeskiing, rollers, jumps, park, off piste, moguls, gliding and gates. Begin to develop GS and SL racing techniques.</p>	<p>Further explore different snowsports environments, further developing all round athletic capabilities. More focus now on race based techniques, such as gate clearing, and tucking, and gaining speed.</p> <p>Be able to:</p> <ul style="list-style-type: none"> - Ski all slopes with parallel skis in short and long radius turns. - Use pole plant in a controlled and variable manner dependent on terrain, conditions and other demands. - Generate speed and power through more pressure and active stabilisation in the turn. - Show good Giant Slalom race-based basic technique in courses on intermediate terrain showing activation of the inside ski. - Show consistent outside hand gate clearing techniques in rhythmic slalom courses on flat terrain, with tilted gates where necessary, without compromising skiing technique. - Demonstrate an effective tuck when gliding. - Confidently jump and absorb small jumps and waves.
<p>G*Snow Trail Blazers</p>	<p>For those who can confidently ski the whole mountain and are ready to blaze their own trail G*Snow Trail Blazers aims to support the individuals development on whichever path they want to pursue, freeride, instruction/coaching or general performance improvement.</p>	

