



Selection Criteria and processes for entry and inclusion to the British Children's Ski Team Annual Programme

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1.0 Introduction

SnowsportGB aims to identify a clear performance pathway, with defined selection criteria and a process for selection to the appropriate age categories, and follow this process to select athletes qualifying for the British Children's 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 Children's 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. Policies and procedures will be reviewed on an annual basis.

1.2 Remit

Selection committees are appointed by the SnowsportGB board and are tasked to select the British Teams to take part in the programmes for this age category as defined by FIS.

1.3 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 Children's Alpine Selection Committee

Chairman:	Jim Hewitt
SnowsportGB Performance Director	Mark Tilston
Children's Team Head Coach	Ross Green
English National coach	Tim Fawke
Scottish National coach	Sam Liddell
Welsh National coach	Robin Kellen
BARSC Representative	Phil Brown

Minutes of selection meetings will be supplied to the Alpine Executive.

2.1 Children's Team

The objective of the Children's programme is to ensure that athletes access those programme elements suitable for their level of preparation and performance. Therefore the Children's squad and team aims to offer an advanced level of training and competition within a peer group environment.

Athletes will only be accepted to elements of the Children's programme if the athlete monitoring log and coach report indicates it appropriate for the activities to be taken part in.

GB Children's Team Programme

Athletes will be selected to participate in the Children's Team programme that will deliver elements of training and competition for athletes that reach the criteria. The Children's team aims to bring together the best children from across the country to train and learn in a peer group environment. Athletes will only be accepted to elements of the Children's Squad programme if the athlete monitoring log and coach report indicates it appropriate for the activities to be taken part in.

GB Children's Team Annual Programme

The GB Children's Team Annual Programme will consist of a Summer Training Camp, an October Training Camp and representation at international Children's races. There is also an accompanying fitness programme that will consist of fitness testing and educational elements for young athletes.

SnowsportGB approved Children's Programmes

This is aimed at athletes who are unable to participate in the Children's Team Programme. Participation in each corresponding element of the Children's Team programme will require submission of an updated *athlete-monitoring log* to record activities taken part in, growth and evaluation of development. The Alpine Executive will approve such programmes.

Athlete Monitoring Log

The Athlete's Monitoring Log is to include all previous annual programmes, activities taken part in, growth measurements and coaches' reports. The athlete's monitoring log is to be submitted during the first stage of the selection process.

Time Trial format

Time trials will be run by the coaches on the October camp and will follow the Time Trial format as defined in appendix A.1.

2.2 SnowsportGB Children's Selection Process Diagram

Stage 1

Clubs nominate Athletes for April Selections



Stage 2

Technical Skills Assessment (TSA)



Stage 3

Squad Selection



Stage 4

Fitness Test –
Summer Training
Programme
Selection



Stage 5

October Training Squad Selection



Stage 6

Team Selection



Stage 7

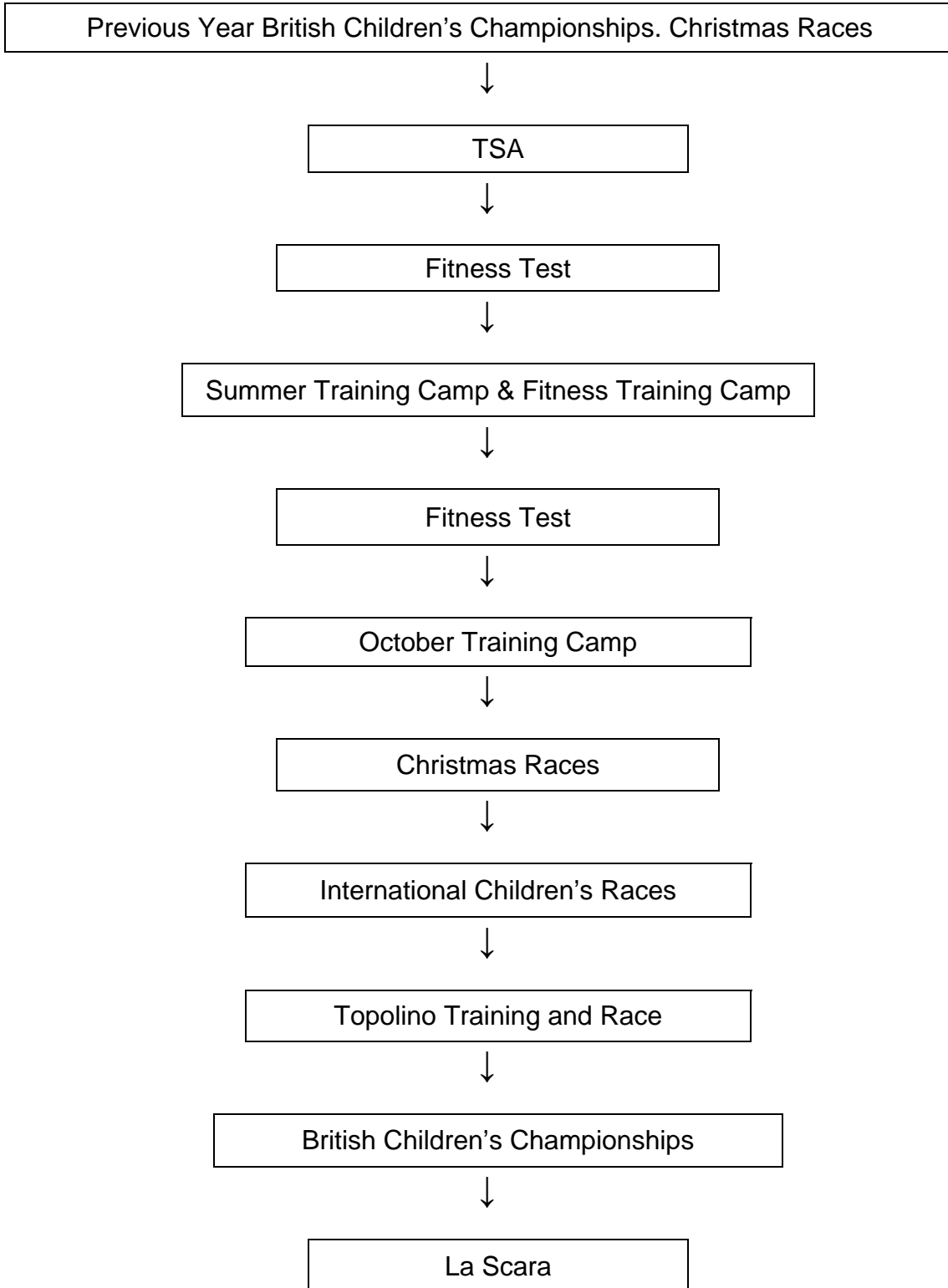
Topolino training camp time trials used to determine start order for race.



Stage 8

Possible selection of Team for La Scara if logistically possible.

SnowsportGB Outline Children's Team Programme



Stage 1

Clubs nominate athletes for Selection

- Clubs nominate their Athletes by email on the “Snowsport GB Children’s nomination form” at least 24 hours before the first race of the British Championships (BJCC).

*Nomination forms can be downloaded from the SnowsportGB website and submitted at the first team captain’s meeting.

- A coach report, athlete-monitoring log and outline programme for the forthcoming year must accompany all nominations.
- Results from the previous British Children’s championships and either BARSC, Welsh or Scottish Races should be considered for nomination.
- All nominated athletes must meet the minimum requirement of level 3 in the SnowsportGB field tests (Appendix 1.5.3) in order to access the programmes. All athletes selected will be tested and must meet the requirement to continue in the programme. Athletes that have not previously met level 3 or that have not been previously tested may be selected on a trial basis. *Clubs are encouraged to run fitness tests, as unless the athlete has been previously selected, selectors will not be aware of the fitness level of the athlete.*

Stage 2

Technical Skills Assessment (TSA)

To take place at the British Children’s Championships, run by SnowsportGB. To be eligible for stage three athletes must take part in the TSA.

Selectors reserve the right to refuse all nominations not backed up by a minimum of one top 8 placing in the relevant year of birth at the British Children’s Championships.

Stage 3

British Children’s Squad Selection (April/ May)

- Selection is based on performance in the TSA as stage 2 and on performance at the British Children’s Championships
- Number of athletes selected to be based on split in the scores of the TSA.
- There will be no target score due to variations in snow conditions.
- The cut-off level of TSA scores agreed by the selection panel and % behind the winner will be published with the selections.
- All athletes that won a discipline overall at the British Children’s championships and the athletes that won a discipline on adjusted results* will be invited to join the British Children’s Squad.
- All selected athletes will be invited to a minimum of one international race.
- All athletes are invited to the spring fitness test in order to qualify for the summer training camp and fitness programme.
- Consideration of submitted “SnowsportGB approved Children’s Programmes” to be passed on to the Alpine Executive for consideration.

* Adjusted results based on forthcoming season’s age categories.

Stage 4

Fitness Test - Summer Training Programme Selection

All selected athletes must meet the minimum requirement of level 3 in the SnowsportGB field tests (Appendix A.3) at the spring fitness tests in order to be selected for the summer training camp and fitness camp and programme.

Athletes that do not reach the minimum requirement of level 3 in the SnowsportGB field tests will be invited to the following fitness test but not the summer programme (Summer Training Camp and Fitness Camp).

Stage 5

October Training Squad Selection (after 31st August)

- Best 12 athletes overall in the Summer Technical Skills Assessment who also achieve level 3 in the SnowsportGB field tests (Appendix A.3).
- All athletes that won a discipline overall at the British Children's championships.
- Athletes that won a discipline on adjusted results* will be invited to the Children's team training camp in October.
- Selection of Race allocations for early season races (for logistical reasons).
- All athletes not present at the Summer Training Camp must submit a video of the TSA skills agreed with Children's Team Head Coach by the 31st August to be considered for selection.

Stage 6

Team Selection (early January)

Selection for Topolino Team to be based on:

1. Christmas race results
 2. October time trials to be used in case of discrepancies (in that order).
- Allocation of all remaining international starts to be decided.
 - Further selection of athletes to squad based on performance in BARSC, Welsh Championships and Scottish Christmas/New Year Races in current season.

Stage 7

Topolino Training camp time trials used to determine start order for race. (February)

- Time trials on the preparation camp will determine start order with fastest running first, second running second etc.

Stage 8

Late events

- Selection of Team for La Scara or other late event – if logistically possible. (At BJCC)

Exceptional Circumstances

In exceptional circumstances, special consideration may be given to athletes who are unable to follow the required protocol for extraordinary circumstances, including force majeure. Such instances will be referred to the Alpine Executive for consideration and decision.

3.0 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.

Appeals must be made within two weeks 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 appeals 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.

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.

Appendix A.2: Field Test Protocol

All tests to be carried out at 0 - 1000m 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 max for age and gender category	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 30cm height and 40cm width ChII Box of 20cm height and 40cm width ChI	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

**Selection processes and performance standards
for entry and inclusion to the British Alpine Ski Teams and
SnowsportGB Alpine Programmes.**

Appendix A.3: SnowsportGB Field Test Matrix

Snowsport GB minimum is a level 3 Total Score

FitnessTest Matrix - Male

Children

2006 / 2007

C1 / 1 Male (1995)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2300	2400	2500	2600	2700	metres
	60 sec box jump	44	47	50	53	56	reps
	5 jump	8.00	8.50	9.00	9.50	10.00	metres
	hurdle agility	42	40	38	36	34	seconds
	points	1	2	3	4	5	
	crunch	30	32	34	36	38	reps
	static back up	60	70	80	90	100	seconds
	pull up	4	5	6	7	9	reps
	TOTAL SCORE	11	22	33	44	55	
C1 / 2 Male (1994)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2400	2500	2600	2700	2800	metres
	60 sec box jump	49	52	55	58	61	reps
	5 jump	8.50	9.00	9.50	10.00	10.50	metres
	hurdle agility	40	38	36	34	32	seconds
	points	1	2	3	4	5	
	crunch	33	35	37	39	41	reps
	static back up	65	75	85	95	105	seconds
	pull up	5	6	7	8	10	reps
	TOTAL SCORE	11	22	33	44	55	
C2 / 1 Male (1993)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2450	2550	2650	2750	2850	metres
	60 sec box jump	54	57	60	63	66	reps
	5 jump	9.00	9.50	10.00	10.50	11.00	metres
	hurdle agility	38	36	34	32	30	seconds
	points	1	2	3	4	5	
	crunch	36	38	40	42	44	reps
	static back up	70	80	90	100	110	seconds
	pull up	6	7	8	9	11	reps
	TOTAL SCORE	11	22	33	44	55	
C2 / 2 Male (1992)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2550	2650	2750	2850	2950	metres
	60 sec box jump	59	62	65	68	71	reps
	5 jump	9.50	10.00	10.50	11.00	11.50	metres
	hurdle agility	36	34	32	30	28	seconds
	points	1	2	3	4	5	
	crunch	39	41	43	45	47	reps
	static back up	75	85	95	105	115	seconds
	pull up	7	8	9	10	12	reps
	TOTAL SCORE	11	22	33	44	55	

Snowsport GB minimum is a level 3 Total Score
 Fitness Test Matrix - Female

Children

2006 / 2007

C1 / 1 Female (1995)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2200	2300	2400	2500	2600	metres
	60 sec box jump	33	36	39	42	45	reps
	5 jump	7.00	7.50	8.00	8.50	9.00	metres
	hurdle agility	44	42	40	38	36	seconds
	points	1	2	3	4	5	
	crunch	30	32	34	36	38	reps
	static back up	60	70	80	90	100	seconds
	pull up	1	2	2	3	4	reps
	TOTAL SCORE	11	22	33	44	55	
C1 / 2 Female (1994)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2300	2400	2500	2600	2700	metres
	60 sec box jump	39	42	45	48	51	reps
	5 jump	7.50	8.00	8.50	9.00	9.50	metres
	hurdle agility	42	40	38	36	34	seconds
	points	1	2	3	4	5	
	crunch	33	35	37	39	41	reps
	static back up	65	75	85	95	105	seconds
	pull up	1	2	2	3	4	reps
	TOTAL SCORE	11	22	33	44	55	
C2 / 1 Female (1993)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2350	2450	2550	2650	2750	metres
	60 sec box jump	41	44	47	50	53	reps
	5 jump	8.00	8.50	9.00	9.50	10.00	metres
	hurdle agility	40	38	36	34	32	seconds
	points	1	2	3	4	5	
	crunch	36	38	40	42	44	reps
	static back up	70	80	90	100	110	seconds
	pull up	1	2	3	4	5	reps
	TOTAL SCORE	11	22	33	44	55	
C2 / 2 Female (1992)	level	5	4	3	2	1	
	points	2	4	6	8	10	
	cooper test	2400	2500	2600	2700	2800	metres
	60 sec box jump	45	48	51	54	57	reps
	5 jump	8.50	9.00	9.50	10.00	10.50	metres
	hurdle agility	38	36	34	32	30	seconds
	points	1	2	3	4	5	
	crunch	39	41	43	45	47	reps
	static back up	75	85	95	105	115	seconds
	pull up	1	2	3	4	5	reps
	TOTAL SCORE	11	22	33	44	55	

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								