

# ENGLAND ALPINE SKI TEAM

SELECTION FOR 2007 / 08



The following pages outline the selection criteria and considerations that Snowsport England intends to apply for England Alpine Team selections 2007-08. These are in agreement with Snowsport GB and follow the selection policy of Snowsport GB.

The following sections are included.

## 1. Selection guidelines for 2007-08

- 1.1 Introduction
- 1.2 Selection Overview
- 1.3 Formation and Members of Selection Committee
- 1.4 Code of Conduct
- 1.5 Selection Status
- 1.6 Notes

## 2. Appeals Process

## 3 2007/08 Training and Race programme

- 3.1 Description and brief overview
- 3.2 Dates
- 3.3 Costs
- 3.4 Organisation and Management

## 4 Appendix

- 1.7 Snowsport GB Selection Policy
- 1.8 Snowsport GB Target Matrix
- 1.9 England Alpine Team application form 2007/8

Participation in the England Team programme requires a significant commitment from both the athletes and parents in order to operate successfully. Parental support to the teams activities (such as assisting in logistics or as a house parent on camps) helps to reduce the overall expense of running camps.

The overall aim of the team is to produce athletes that will go on to the Home Nations full time team and the British Team. To achieve this athletes need to have technically sound skiing, high levels of fitness in addition to low FIS points. This is why the selection criteria has different elements to it.

All athletes wishing to be considered for selection to the England Alpine Ski team, or wishing to train/race with the team by invitation should complete the selection application form and the required selection elements for their age.

- Snowsport England Office (details shown below)
- As a PDF file download from [www.britski.org](http://www.britski.org)

Completed forms must be received by the Snowsport England Office by **20<sup>th</sup> April 2007**  
If you have any questions please do not hesitate to contact us.

Sandy Telling  
Tim Fawke

(Chairman of Selectors)  
(Alpine Team Coach)

# ENGLAND ALPINE SKI TEAM

## SELECTION FOR 2007 / 08

### 1. Selection Guidelines for 2007 –08

#### 1.1 Introduction

The selection policy is integrated with Snowsports GB Selection Policy and has the same requirements as the Scottish Team Selection Policy. This is so all the Home Nations have the same selection policy and a fairer selection can be done for athletes on the full time Home Nations team which is run by Snowsports GB. It will also show a clear pathway from Children to Senior age groups; which is important in helping raise performance levels.

The England Alpine Team exists to identify and develop ski-racers with the potential to compete at the highest international level.

The aim of the selection process is to identify the athletes who merit and want inclusion in the England Alpine Ski Team training and racing programme. The aim of the programme is to develop skiers for selection to the Home Nations Development Programme and the British Junior Team in year 3, 4 or 5 of Junior FIS Racing. We emphasise that the priority in these early years of FIS racing is to lay the technical foundations for later competition success.

The England Team will provide a racing and training programmes for FIS Junior and Senior athletes to achieve this aim within the constraints of budget and educational commitments.

#### 1.2 Selection Overview

Selection will be done with the Snowsports GB Selection Policy. This is so all the Home nations have the same selection criteria. Athletes that want to train full time will be eligible to train with the Home Nations Development Programme only if they reach selection criteria outlined in the Snowsport GB Selection document. There are various elements to the selection criteria and these are summarised in Table 3 from the Snowsport GB selection Policy.

##### 1.2.1 Snowsport GB Fitness Tests

Fitness test will take place on **Sun 29<sup>th</sup> April 2007**. If an athlete cannot attend or does not achieve the required fitness he/she will be selected on transitional status only until he/she has passed the test. Please fill in the booking form for the Fitness Test and return with the Selection Application Form.

##### 1.2.2 Snowsport GB FIS Point Matrix (Appendix B)

This shows what points athletes need to obtain for which performance level

##### 1.2.3 Snowsport GB Time Trials

- This is planned to take place on **5<sup>th</sup> April 2007** in Meribel / Mottaret. (More information will be given out in the resort)
- This will be for last year CH II and Junior 1 athletes (1992,1991 and 1990).

##### 1.2.4 Snowsport England Technical Skills Assessment Test or Assessment Video

- Will take place at the English Championships at the beginning of the week.
- This will be for last year CH II and 1<sup>st</sup> year Junior athletes (1992 and 1991).
- 4 runs required
  1. Off piste/crud Long to short turns
  2. Off piste/crud Short to long turns
  3. On piste 1 ski short turns
  4. On piste 1 ski long turns
- If it is not possible to attend then a video can be submitted to the Head Coach by the final day of the English Championships ( 13<sup>th</sup> April 2007)

##### 1.2.5 Snowsport GB Selection Performance Profile (For athletes already on Home Nation Team )

- This will only be completed by National Team coaches

# ENGLAND ALPINE SKI TEAM

SELECTION FOR 2007 / 08

## From Snowsport GB Selection Policy

**Table 3. Snowsport GB 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)	Technical Skills Assessment	Cycle Ergo meter Tests	Field Tests (Min average Level)*
1 <sup>st</sup> Year FIS	2	HN B team	N/A	12% <i>(mandatory)</i>	30%	N/A	Level 3
	2	HN A team	N/A	8% <i>(mandatory)</i>	40%	N/A	Level 3
2 <sup>nd</sup> Year FIS	2	HN B team	Level 7 for 2	9% <i>(mandatory)</i>	40%	N/A	Level 3
	3	HN A team	Level 6 for 2	6% <i>(mandatory)</i>	50%	N/A	Level 3
3 <sup>rd</sup> Year FIS	2	HN B team	Level 7 for 2	8% <i>(mandatory)</i>	N/A	N/A	Level 3
	3	HN A team	Level 6 for 2 <i>(mandatory)</i>	4% <i>(mandatory)</i>	N/A	N/A	Level 3
4 <sup>th</sup> Year FIS	2	HN B team	Level 7 for 2 <i>(mandatory)</i>	N/A	N/A	N/A	Level 3
	2	HN A team	Level 6 for 2 <i>(mandatory)</i>	N/A	N/A	Max W/BWkg	Level 3
5 <sup>th</sup> Year FIS	2	HN B team	Level 7 for 2 <i>(mandatory)</i>	N/A	N/A	N/A	Level 3
	2	HN A team	Level 6 for 2 <i>(mandatory)</i>	N/A	N/A	Max W/BWkg	Level 3

\* Fitness test are mandatory unless injured or in rehab from injury and then these cases will be dealt with individually. Fitness test will be: Cooper test, 5 Jumps, Pull ups, Hurdle agility, box jumps

### 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.

#### **Snowsport England Selection Committee**

Chairman	Sandy Telling
England Alpine Team	Tim Fawke
England Alpine Team	Mike Barker
Club Representative	Hedley Beavis
Children Representative	Phil Brown

# ENGLAND ALPINE SKI TEAM

## SELECTION FOR 2007 / 08

### 1.3 Code of Conduct

All Team athletes will be required to sign and abide by a code of conduct. This document will be issued with offers of selection.

### 1.4 Selection Status

There will be 3 levels of selection. Only athletes selected to the A Team are eligible for the Full Time Team. Only results from Slalom, Giant Slalom and Super-G will be used for Junior 1 selection.

#### A Status

- As per table 3 in Snowsport GB selection policy

#### B Status

- As per table 3 in Snowsport GB selection policy

#### C Status

- Athletes who have just missed selection criteria but have shown potential. Decided at the selector's discretion.

#### Affiliated Status

The opportunity to train and race in the programme will be extended to athletes from the other Home Nations as long as they meet the selection criteria and the selection panel supports it. They will be required to sign up to the whole program and pay the full coaching fee.

### 1.5 Notes

- **Consistency and improvement**

Consistency of form and a regular rate of improvement in results are generally the strongest arguments for selection. One off results will be considered in context as far as possible.

- **Performance Potential**

Athletes showing potential and ability not supported by evidence of performance will be invited to train with the team on a trial basis, and may subsequently be offered team status

- **Injury**

Historic results from the season 2005-6 may also be taken into account for athletes who have been unable to compete a full season in 2006-7 as a result of injury.

# ENGLAND ALPINE SKI TEAM

## SELECTION FOR 2007 / 08

### 2.0 Appeals Process

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

For English Team selection(s) Appeals must be made within 2 weeks after the Selection Panel's 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 satisfied with either the process or the outcome of the Selection Committee's final decision, then the athlete may (take out) refer the matter to an Internal Appeals Committee.

The Snowsport England 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).

Snowsport GB understands that both parties will need to undertake and to execute in good faith any decision of the SDRP.

# ENGLAND ALPINE SKI TEAM

## SELECTION FOR 2007 / 08

### 2007-08 Training and race programme

#### 3.1 Description

Training for success at FIS Junior level requires a far greater degree of commitment and expense than at Children's level. Equipment and training requirements become more specific.

**Technical training, fitness and conditioning programmes need to be strongly addressed in the Summer and Autumn periods. This is the most important part of the programme.**

**Summer and Autumn are crucial for development and the value of quality time on snow at this time of year can not be overstated. A competitive peer group environment is essential.**

In the competitive season, racing at FIS level involves extensive travel and time off school is often required. At this time the balance between racing and training is difficult to get exactly right. A common error is to become preoccupied with racing, forsaking on-going technical training that makes success in the longer term far more likely. Our training opportunities are relatively rare. It is important to make the most of them, and to maintain momentum in the training programme.

Our overall aim is to have enough races to ensure steady improvement of FIS points, and progression towards the British Team Selection levels.

#### Part Time Programme

For the majority of English Junior races it will only be possible to follow a part time programme. This will need to be tailored to fit in with educational commitments and other constraints.

We intend to run a continuous programme of activity throughout the year; the details of which are outlined on the following pages. In order to maintain continuity of training and for the athletes to gain the greatest benefit from the programme we insist on the following criteria being met.

- The fitness tests are compulsory and the athlete cannot attain full team status until the required levels have been passed. Fitness tests will be taken before selection on Sat 29<sup>th</sup> April 2007 and there will be the opportunity to take the test on two more occasions in the early part of the programme. Failure to meet the fitness criteria will result in de-selection (unless injured or in rehab from an injury with consultation with medical staff). It should be noted however that, should this happen, the athlete will still be liable for the full amount of the Coaching Fee.
- The athlete is expected to attend at least 4 training weeks (excluding races weeks). Athletes will not necessarily be expected to take up every part of the programme, but to use the programme to as great an extent as possible. The programme can be followed in co-operation with clubs and other trainers but in order to maintain membership of the National Team the athlete will need to submit a programme with details of each camp they are not attending and the reasons for not attending that camp.
- It is a compulsory element of the programme that all selected athletes attend and race as an England Team Member at the English Alpine Championships.
- Athletes will be required to commit and pay for camps in advance in order to effectively plan the calendar.

#### Full Time Programme

The Home Nations Development Team is run by Snowsport GB and is a full time, year round programme. This is intended for athletes who have minimal or few educational commitments and can commit to more training and racing activities. This will be based at the BOA centre in Lofer, Austria. The details of athletes selected to this Team (your details) will be passed on to the relevant coaches.

# ENGLAND ALPINE SKI TEAM

## SELECTION FOR 2007 / 08

### 3.2 Part-Time Programme Outline

The following example is an outline of the type of programme that we intend to run.

Venue	Dates	Duration	Training Focus
Loughborough	29 <sup>th</sup> April	1 day	Fitness test 1
Loughborough		1 day	Fitness test 2
Milton Keynes - Snozone	May/June	Weekend	Basic understanding, Fitness, Team building
Alpine resort Saas Fee	July/August	3 weeks	On snow technical training, fitness training
Milton Keynes - Snozone	Sept/Oct	weekend	Technical work, fitness training
TBC – Army base?	Sept/Oct	weekend	Fitness training
Alpine resort Saas Fee	Oct	2 weeks	On snow technical training
Loughborough	Oct	1 day	Fitness test 3
Norway	Dec/Jan	4 weeks	Training and racing camp
TBC	Jan - March	Long weekends	Racing camps
Scandinavia	Feb	10 days	Racing camp
Race venues	March	1 week	Training camp
Race venues	March/April	2 week	British seniors and Junior Champs
Race venues	March/April	1 week	English Champs

**BREAK DOWN APPROX 80 DAYS TRAINING; 20-30 DAYS RACING**

# ENGLAND ALPINE SKI TEAM

## SELECTION FOR 2007 / 08

### 3.3 Costs

#### **There are four contributors to the cost of the overall programme**

- Individual athletes contribution
- TASS funding
- Snowsport England Alpine Racing Budget
- Sponsors + Fundraising Activities

The funding will be on the same basis as season 2006/07 with an initial Coaching Fee to be paid in 2 instalments. The primary purpose for this is to guarantee the contracting of a Head Coach, so ensuring high quality coaching for the team through the season. It is expected that the cost will be £1200 for the season 2007/08 and, final details will be included in offers of selection.

**NB** Any England Team athlete that is selected to the Home Nation Development Team (full time team) will not have to pay the coaching fee to Snowsport England as they will pay all their bills through Snowsport GB

Camp prices will vary as the actual basic expense cost of the camps is slightly different. The estimated costs of all part time programme activities is £7000

The total level of support that Snowsport England is able to guarantee to provide is uncertain. Support will be made (wherever possible) in subsidies of camps and purchases of the team equipment.

Snowsport England is continually looking for sponsors and additional revenue sources which will be added to the central budget. The support of the athletes and parents in finding sponsors and supporting fundraisers all helps to reduce the actual athlete cost of the programme.

### 3.4 Programme Organisation and Management

The part time programme is run on a camp by camp basis. Camps will be run if there is demand and it is economically viable. Our aim is to keep the coaching ratio in the region of between 6 to 8 athletes to each coach. This ensures some degree of cost efficiency. Most of our communication is by email.

The programme, coaching, management and administration costs are financed from the England team budget. Camp expenses, including the cost of vehicles are met in part by contributions from the athletes and, where possible, subsidy from the England Team budget. Individual expenses such as hotels, food and lift pass paid at our best estimation of cost and are calculated in the costs of the camp to the athlete. Payment is taken for each athlete in advance of each camp. Camps will be costed with a small contingency fee, which can either be carried forward to the next camp, or refunded after the camp. England Team staff then pay all bills centrally when in the resort or prior to departure.

The only exception to this is for flights to the Continent. Flights are usually booked individually. On longer camps we will always try to take a house-parent with us. A contribution to the related expenses is then also required.

106		107		06/07 Average	Selection List 07 Targets							Ladies	F Factor
1990	Downhill	1991	Downhill	1992									1350
Average	7042.19	Average	9999.99	8521.09									Downhill: Nov 2006
1989	Downhill	1990	Downhill	1991	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
Average	64.42	Average	69.10	66.76	72.16	80.26	103.88	134.26	172.06	207.16	239.56	13.5	
1988	Downhill	1989	Downhill	1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	45.61	Average	31.49	38.55	43.95	52.05	75.00	103.35	138.45	170.85	200.55	13.5	
1987	Downhill	1988	Downhill	1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	36.82	Average	25.05	30.93	36.33	44.43	66.71	93.03	125.43	155.13	182.13	13.5	
1986	Downhill	1987	Downhill	1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	27.06	Average	21.38	24.22	29.62	37.72	59.32	83.62	113.32	140.32	164.62	13.5	
1985	Downhill	1986	Downhill	1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	18.61	Average	15.27	16.94	22.34	30.44	51.37	73.64	100.64	124.94	146.54	13.5	
1984	Downhill	1985	Downhill	1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	9.22	Average	11.43	10.33	15.73	23.83	44.08	64.33	88.63	110.23	129.13	13.5	
1983	Downhill	1984	Downhill	1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	6.86	Average	6.31	6.59	11.99	20.09	39.66	57.89	79.49	98.39	114.59	13.5	
1982	Downhill	1983	Downhill	1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	5.00	Average	5.29	5.14	10.54	18.64	37.54	53.74	72.64	88.84	102.34	13.5	
1981	Downhill	1982	Downhill	1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.52	Average	4.74	4.63	10.03	18.13	36.35	50.53	66.73	80.23	91.03	13.5	
1980	Downhill	1981	Downhill	1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.34	Average	3.89	4.11	9.51	17.61	35.16	47.31	60.81	71.61	79.71	13.5	
1979	Downhill	1980	Downhill	1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.25	Average	3.85	4.05	9.45	17.55	34.43	44.55	55.35	63.45	68.85	13.5	
1978	Downhill	1979	Downhill	1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.98	Average	3.85	3.92	9.32	17.42	33.62	41.72	49.82	55.22	57.92	13.5	
1977	Downhill	1978	Downhill	1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.83	Average	3.80	3.82	9.22	17.32	32.84	38.92	44.32	47.02	47.02	13.5	
1976	Downhill	1977	Downhill	1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.83	Average	3.73	3.78	9.18	17.28	32.13	36.18	38.88	38.88	38.88	13.5	
1975	Downhill	1976	Downhill	1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.94	Average	3.73	3.33	8.73	16.83	31.01	33.03	33.03	33.03	31.68	13.5	
1974	Downhill	1975	Downhill	1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.94	Average	3.40	3.17	8.57	16.67	30.84	32.87	32.87	32.87	31.52	13.5	
1973	Downhill	1974	Downhill	1975	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.94	Average	3.40	3.17	8.57	16.67	30.84	32.87	32.87	32.87	31.52	13.5	
1972	Downhill	1973	Downhill	1974	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.94	Average	2.88	2.91	8.31	16.41	30.58	32.61	32.61	32.61	31.26	13.5	

106		107		06/07 Average	Selection List 07 Targets							Ladies	F Factor
1990	Slalom	1991	Slalom	1992									610
Average	155.80	Average	9999.99	5077.89									Slalom: Nov 2006
1989	Slalom	1990	Slalom	1991	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
Average	29.08	Average	31.34	30.21	32.65	36.31	46.98	60.71	77.79	93.65	108.29	6.1	
1988	Slalom	1989	Slalom	1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	20.52	Average	16.29	18.41	20.85	24.51	34.88	47.69	63.55	78.19	91.61	6.1	
1987	Slalom	1988	Slalom	1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	16.36	Average	13.91	15.13	17.57	21.23	31.30	43.19	57.83	71.25	83.45	6.1	
1986	Slalom	1987	Slalom	1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	10.56	Average	11.77	11.16	13.60	17.26	27.02	38.00	51.42	63.62	74.60	6.1	
1985	Slalom	1986	Slalom	1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	7.39	Average	8.56	7.98	10.42	14.08	23.53	33.60	45.80	56.78	66.54	6.1	
1984	Slalom	1985	Slalom	1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	5.05	Average	5.99	5.52	7.96	11.62	20.77	29.92	40.90	50.66	59.20	6.1	
1983	Slalom	1984	Slalom	1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.82	Average	4.56	4.69	7.13	10.79	19.63	27.87	37.63	46.17	53.49	6.1	
1982	Slalom	1983	Slalom	1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.44	Average	4.36	4.40	6.84	10.50	19.04	26.36	34.90	42.22	48.32	6.1	
1981	Slalom	1982	Slalom	1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.03	Average	3.85	3.94	6.38	10.04	18.27	24.68	32.00	38.10	42.98	6.1	
1980	Slalom	1981	Slalom	1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.53	Average	3.16	3.34	5.78	9.44	17.37	22.86	28.96	33.84	37.50	6.1	
1979	Slalom	1980	Slalom	1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.31	Average	3.05	3.18	5.62	9.28	16.90	21.48	26.36	30.02	32.46	6.1	
1978	Slalom	1979	Slalom	1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.28	Average	3.05	3.16	5.60	9.26	16.58	20.24	23.90	26.34	27.56	6.1	
1977	Slalom	1978	Slalom	1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.28	Average	3.05	3.16	5.60	9.26	16.28	19.02	21.46	22.68	22.68	6.1	
1976	Slalom	1977	Slalom	1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.28	Average	3.05	3.16	5.60	9.26	15.97	17.80	19.02	19.02	19.02	6.1	
1975	Slalom	1976	Slalom	1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.11	Average	3.05	3.08	5.52	9.18	15.58	16.50	16.50	16.50	15.89	6.1	
1974	Slalom	1975	Slalom	1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.11	Average	3.05	3.08	5.52	9.18	15.58	16.50	16.50	16.50	15.89	6.1	

106		107		06/07 Average	Selection List 07 Targets							Ladies	F Factor
1989	Giant Slalom	1991	Giant Slalom	1992									880
Average	111.92	Average	9999.99	5055.95									Giant Slalom: Nov 2006
1988	Giant Slalom	1990	Giant Slalom	1991	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7	100 sec race points	
Average	29.03	Average	32.10	30.57	34.09	39.37	54.77	74.57	99.21	122.09	143.21	8.8	
1987	Giant Slalom	1989	Giant Slalom	1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	20.24	Average	14.33	17.28	20.80	26.08	41.04	59.52	82.40	103.52	122.88	8.8	
1986	Giant Slalom	1988	Giant Slalom	1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	17.02	Average	12.72	14.87	18.39	23.67	38.19	55.35	76.47	95.83	113.43	8.8	
1985	Giant Slalom	1987	Giant Slalom	1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	11.39	Average	11.29	11.34	14.86	20.14	34.22	50.06	69.42	87.02	102.86	8.8	
1984	Giant Slalom	1986	Giant Slalom	1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	7.54	Average	8.18	7.86	11.38	16.66	30.30	44.82	62.42	78.26	92.34	8.8	
1983	Giant Slalom	1985	Giant Slalom	1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	6.19	Average	5.47	5.83	9.35	14.63	27.83	41.03	56.87	70.95	83.27	8.8	
1982	Giant Slalom	1984	Giant Slalom	1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	5.04	Average	4.78	4.91	8.43	13.71	26.47	38.35	52.43	64.75	75.31	8.8	
1981	Giant Slalom	1983	Giant Slalom	1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.76	Average	3.94	4.35	7.87	13.15	25.47	36.03	48.35	58.91	67.71	8.8	
1980	Giant Slalom	1982	Giant Slalom	1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.82	Average	3.58	3.70	7.22	12.50	24.38	33.62	44.18	52.98	60.02	8.8	
1978	Giant Slalom	1981	Giant Slalom	1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.98	Average	3.06	3.02	6.54	11.82	23.26	31.18	39.98	47.02	52.30	8.8	
1977	Giant Slalom	1980	Giant Slalom	1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.97	Average	2.63	2.80	6.32	11.60	22.60	29.20	36.24	41.52	45.04	8.8	
1976	Giant Slalom	1979	Giant Slalom	1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.77	Average	2.63	2.70	6.22	11.50	22.06	27.34	32.62	36.14	37.90	8.8	
1975	Giant Slalom	1978	Giant Slalom	1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.77	Average	2.63	2.70	6.22	11.50	21.62	25.58	29.10	30.86	30.86	8.8	
1974	Giant Slalom	1977	Giant Slalom	1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.74	Average	2.63	2.68	6.20	11.48	21.16	23.80	25.56	25.56	25.56	8.8	
1973	Giant Slalom	1976	Giant Slalom	1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.74	Average	2.51	2.62	6.14	11.42	20.66	21.98	21.98	21.98	21.10	8.8	
1974	Giant Slalom	1977	Giant Slalom	1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.74	Average	2.17	2.45	5.97	11.25	20.49	21.81	21.81	21.81	20.93	8.8	

106		107		06/07 Average	Selection List 07 Targets							Ladies	F Factor
1990	Super G	1991	Super G	1992									1030
Average	4096.75	Average	9999.99	7048.37									Super G: Nov 2006
1989	Super G	1990	Super G	1991	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		100 sec race points
Average	41.42	Average	47.78	44.60	48.72	54.90	72.92	96.10	124.94	151.72	176.44		10.3
1988	Super G	1989	Super G	1990	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	29.81	Average	25.23	27.52	31.64	37.82	55.33	76.96	103.74	128.46	151.12		10.3
1987	Super G	1988	Super G	1989	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	22.03	Average	21.12	21.57	25.69	31.87	48.87	68.95	93.67	116.33	136.93		10.3
1986	Super G	1987	Super G	1988	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	16.70	Average	18.49	17.60	21.72	27.90	44.38	62.92	85.58	106.18	124.72		10.3
1985	Super G	1986	Super G	1987	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	12.32	Average	14.01	13.17	17.29	23.47	39.43	56.43	77.03	95.57	112.05		10.3
1984	Super G	1985	Super G	1986	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	7.52	Average	10.39	8.95	13.07	19.25	34.70	50.15	68.69	85.17	99.59		10.3
1983	Super G	1984	Super G	1985	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.67	Average	7.15	5.91	10.03	16.21	31.15	45.05	61.53	75.95	88.31		10.3
1982	Super G	1983	Super G	1984	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	4.34	Average	5.24	4.79	8.91	15.09	29.51	41.87	56.29	68.65	78.95		10.3
1981	Super G	1982	Super G	1983	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.64	Average	4.86	4.25	8.37	14.55	28.45	39.27	51.63	61.93	70.17		10.3
1980	Super G	1981	Super G	1982	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.13	Average	4.53	3.83	7.95	14.13	27.52	36.79	47.09	55.33	61.51		10.3
1979	Super G	1980	Super G	1981	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.13	Average	4.53	3.83	7.95	14.13	27.01	34.73	42.97	49.15	53.27		10.3
1978	Super G	1979	Super G	1980	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.13	Average	4.53	3.83	7.95	14.13	26.49	32.67	38.85	42.97	45.03		10.3
1977	Super G	1978	Super G	1979	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.13	Average	4.35	3.74	7.86	14.04	25.89	30.52	34.64	36.70	36.70		10.3
1976	Super G	1977	Super G	1978	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	3.10	Average	4.31	3.71	7.83	14.01	25.34	28.43	30.49	30.49	30.49		10.3
1975	Super G	1976	Super G	1977	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.54	Average	4.31	3.42	7.54	13.72	24.54	26.08	26.08	26.08	25.05		10.3
1974	Super G	1975	Super G	1976	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.54	Average	4.31	3.42	7.54	13.72	24.54	26.08	26.08	26.08	25.05		10.3
1973	Super G	1974	Super G	1975	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.54	Average	4.31	3.42	7.54	13.72	24.54	26.08	26.08	26.08	25.05		10.3
1972	Super G	1973		1974	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7		
Average	2.54	Average	3.51	3.02	7.14	13.32	24.14	25.68	25.68	25.68	24.65		10.3









# ENGLAND ALPINE SKI TEAM

APPLICATION FORM FOR SELECTION FOR 2007 / 08



This form asks for a comprehensive amount of information for the simple reason that we will then only have to collect the information once. This is used for planning and management.

I have written a check list to make help you understand the selection process and make sure you don't miss something out.

## Circle relevant box please

- |  |          |
|--|----------|
| 1. Read the Selection Policy   | YES / NO |
| 2. Attended Time Trials on 5 <sup>th</sup> April if entering 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> year F.I.S.<br>(1990,1991,1992 Y.O.B) | YES / NO |
| 3. Attended Technical Skills Assessment at English Alpine Championships<br>or submitted Technical Skills Video Tape                                      | YES / NO |
| 4. Filled in Fitness Test Booking Form   | YES / NO |
| 5. Filled in England Alpine Ski Team Application Form and returned to<br>Snowsport England by 20 <sup>th</sup> April 2007                                | YES / NO |

# ENGLAND ALPINE SKI TEAM

APPLICATION FORM FOR SELECTION FOR 2007 / 08

## 1. ADDRESS AND CONTACT DETAILS

For all administration and correspondence we will need the details for a principal and secondary person to contact.

<b>Athlete Name</b>		
<b>Principal contact Name and relationship to athlete</b>		
<b>Second contact Name and relationship to athlete</b>		
	<b>PRINCIPAL CONTACT</b>	<b>SECOND CONTACT</b>
<b>Home phone</b>		
<b>Home fax</b>		
<b>Work Phone</b>		
<b>Mobile</b>		
<b>Main E mail address</b>		
<b>Other e mail address</b>		
<b>Athlete Mobile number</b>		
<b>Athlete e mail address</b>		
<b>Postal address</b>		
<b>Postcode</b>		

## 2. ATHLETE DETAILS

<b>SURNAME</b>	
<b>FIRST NAMES</b>	
<b>MALE / FEMALE</b>	
<b>Date of Birth</b>	
<b>FIS Licence Number</b>	

# ENGLAND ALPINE SKI TEAM

## APPLICATION FORM FOR SELECTION FOR 2007 / 08

Home Nation Governing Body And Registration Number	
Snow Club(s) or training group	
Artificial Club(s)	
Country of Residence	
Full time or part time in 2007-8	
When do you expect to be able to start taking part in a full time programme ?	

### 3. TRAINING AND RACING IN THE LAST 12 MONTHS

Please give an estimate of	May-Oct	Nov - Apr	TOTAL
Number of on snow training days			
Number of days racing			
Hours per week of fitness training			
Hours per week of other sports activity			
Number of days of dry slope training			

### 4. INJURIES

Please give brief details of any injuries that have prevented you from training as fully as you would have liked in the last 18 months.

Injury summary and approximate date	No of ski training Days lost	No of weeks until recovery

# ENGLAND ALPINE SKI TEAM

## APPLICATION FORM FOR SELECTION FOR 2007 / 08

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Do you have currently have any injury that will prevent you from training in the next 6-12 months or any ongoing injury that is likely to recur under a heavy training load ?

N.B. If the injury will prevent participation in the training or racing programme at any time in the next 9 months please also include a letter or certificate from a Doctor indicating the nature of the injury and confirming that recovery to sufficient strength to continue training and racing is anticipated in the next 9 months.

Please give brief details below

--

**Much of our training will take place in school holidays and half terms. Please give the dates for the next academic year. These dates are very important for planning. Please be accurate and complete.**

Term Dates	Term date	Available for training
Summer Term Start		
Half term start		
Half term end		
Summer Term End		
Winter Term Start		
Half term start		
Half term end		
Winter Term End		
Spring Term Start		
Half term Start		
Half Term End		

# ENGLAND ALPINE SKI TEAM

## APPLICATION FORM FOR SELECTION FOR 2007 / 08

Spring Term End		
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### 7. CURRENT COACH DETAILS

<b>Name of principal coach</b>	
Other coaches and clubs in 2005-6	
Other coaches and clubs in 2006-7	
<b>Club(s)</b>	
<b>Main E mail</b>	
<b>Other E mail</b>	
<b>Home phone</b>	
<b>Work phone (if we can call you there)</b>	
<b>Mobile</b>	
<b>Fax No</b>	
<b>No of years worked with the athlete</b>	

# ENGLAND ALPINE SKI TEAM

APPLICATION FORM FOR SELECTION FOR 2007 / 08

## 8. COACHES REPORT

Please give a brief assessment the main strengths and weaknesses of the athlete under the following headings.

--

### ATHLETE NAME

Technical Skills
Giant Slalom
Slalom
Athleticism
Mental attitude (include if possible your assessment of aptitude, awareness of requirements and willingness to train and compete at International Level)

Please list the Main areas of improvement in 2006-7 season
1
2
3

# ENGLAND ALPINE SKI TEAM

APPLICATION FORM FOR SELECTION FOR 2007 / 08

Additional comments

## ATHLETE NAME

I support and endorse the application of this athlete for selection to the 2006-7 England Alpine Ski Team.

Signed

Date

NAME

CLUB

(COACHING QUALIFICATIONS)

## 9. Signatures

**I, the athlete, hereby apply to be selected to the England Alpine Ski Team in accordance with the above details.**

**NAME**

**Signed**

**Date**

**Countersignature by Parent / Guardian if the athlete is under 18.**

**NAME**

**Signed**

**Date**

**Relationship to Athlete**

# ENGLAND ALPINE SKI TEAM

## APPLICATION FORM FOR SELECTION FOR 2007 / 08

### FITNESS TEST 29<sup>th</sup> APRIL – LOUGHBOROUGH

#### Booking and Consent form for Fitness Tests

Re: \_\_\_\_\_ (Name of athlete)

Date of Birth: \_\_\_\_\_.

Fitness Tests Dates: \_\_\_\_\_.

Name(s) of parent(s) / Guardian: \_\_\_\_\_.

I/we certify to my/our child's participation in the above event and have read the information given.

I/we agree to his/her participation in all the activities planned including, but not limited to, competitions, other sporting activities and fitness tests. I/we acknowledge the need for responsible behaviour on his/her part.

I/we certify that we give permission to the coaches /managers to take all measure necessary to care for my/our child during the course of the event. In case of illness or injury the coaches/managers may give the necessary consents for treatment (including anaesthetic and blood transfusion) by appropriate personnel, acting in loco parentis, in case of medical, dental or surgical emergency.

**Staff will make every effort to contact you if such eventuality arises, and to this end, please enter your contact details for the duration of the event below.**

I/we further understand that I/we should declare any medical history that may be relevant to the fitness testing, and to that end list significant medical history, allergies and all medication currently being taken by the athlete. I/we are not aware of any medical reason why our son/daughter/ward should not undertake the fitness test as described.

Significant medical history (including dates)

Allergies:

Current Medication:

**Please print your name:** \_\_\_\_\_.

Signed:

Relation to athlete

Date:

Full address

Telephone number (daytime) \_\_\_\_\_ (evening) \_\_\_\_\_.

Mobile: \_\_\_\_\_.

Email:

Family Doctor

Name:

Address

Tel:

**I have also enclosed a cheque for £20 made payable to Snowsport England**