

ENGLAND ALPINE SKI TEAM

SELECTION FOR 2009 / 10



The following pages outline the selection criteria and considerations that Snowsport England intends to apply for England Alpine Team selections 2009-10. These are in agreement with Snowsport GB and follow the selection policy of Snowsport GB.

The following sections are included.

1. Selection guidelines for 2009-10

- 1.1 Introduction
- 1.2 Selection Overview
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- 1.5 Selection Status
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- 3.1 Description and brief overview
- 3.2 Costs
- 3.3 Organisation and Management

4. Appendices

- 4.1 Snowsport GB Selection Policy – see <http://www.snowsportgb.com/Policies>
- 4.2 Snowsport GB FIS Points Matrix – see <http://www.snowsportgb.com/Policies>

5. England Alpine Team application form 2009 / 10

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 team's 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 there are different elements to the selection criteria.

Application forms and Time Scales

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.

- Completed forms must be received by the Snowsport England Office by **17th April 2009**
- Selection will be completed by **1st May 2009**
- There is a 2 week deadline for any appeals

The application forms and policy can be found on www.snowsportengland.org.uk. If you have any questions please do not hesitate to contact us at info@snowsportengland.org.uk

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1. Selection Guidelines for 2009 / 10

1.1 Introduction

The selection policy is integrated with Snowsport GB Selection Policy and has the same requirements as the other Home Nation Selection Policies. 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 Snowsport 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 programme 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 Snowsport 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 the 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

These will be done according to the SSGB fitness test protocol and targets

1.2.2 Snowsport GB FIS Points Matrix (Appendix 4.2)

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

1.2.3 Snowsport GB Time Trials

- This is planned to take place in Meribel on the 9th April. **Exact details TBC**(More information will be given out in the resort)
- This will be for last year CH II and Junior 1 athletes (YOB 1992, 1993 and 1994).

1.2.4 Snowsport England Technical Skills Assessment Test or Assessment Video

- Will take place at the British Championships in Meribel.
- This will be for last year CH II and 1st year Junior 1 athletes (YOB 1993 and 1994).
- 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

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

- This will only be completed by National Team coaches

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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 st 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 nd 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 rd 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 th 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 th 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
Senior	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 or press 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	Chris Drake
England Alpine Team	Ali Mathieson
England Alpine Team	Mike Barker
Club Representative	Phil Brown
Children Representative	Gareth Trayner

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1.4 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.

1.5 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.

1.6 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 2007-08 may also be taken into account for athletes who have been unable to compete a full season in 2008-09 as a result of injury.

- **Disciplines**

Slalom, Giant Slalom and Super G will be mandatory for all athlete selected to the England Alpine Ski Team

1.7 Collegiate

There is no specific collegiate team or programme. Athletes that meet the selection criteria will be eligible for team status. They will be able to train with the team if space permits on the camps.

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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 England 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 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.

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2009-10 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 racers, 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. 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 part-time programme is specifically designed for athletes who are continuing in full time education but who are serious about wanting to make maximum progress in their skiing. The programme offers approximately 18 weeks of on-snow racing and further fitness training. Athletes will not necessarily be expected to take up every part of the programme, but should not consider a commitment of less than 8 weeks. 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 allow effective calendar planning.

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 a training centre in Austria. The details of athletes selected to this Team (your details) will be passed on to the relevant coaches.

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Full time Skiing at National recognised Education establishment

If the athlete has gone abroad to train full time and is attending a nationally recognised educational establishment in the country they are training in, then they may still be eligible for team status. They still need to meet the same criteria but would not need to comply with the minimum training requirements with the England Team. They would need to submit their training programme which would need to be approved by the Head Coach and updates should be provided through the season. They would be expected to attend the English and British Championships as well.

3.2 Costs

There are four contributors to the cost of the overall programme

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

The funding will be on the basis as for season 2008/09 with an initial Coaching Fee to be paid in 1 instalment. 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 £1400 for the season 2009/10 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

Athletes skiing full time but attending a nationally recognised educational establishment abroad will have to pay a reduced fee of £250. If they do attend any camps with the team they will have to pay the additional daily coaching fee. (£40)

Camp prices will vary as the actual basic cost of the camps is slightly different. The estimated costs of all part time programme activities is £8000

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.

3.3 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 7 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.

Due to the economic climate the England Alpine Ski Team reserves the right to impose supplement fees if applicable to cover the fluctuating European and worldwide exchange rate.

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.

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APPLICATION FORM FOR SELECTION FOR 2009 / 10



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.

We 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 trails on 9/10th April if entering 1st or 2nd year F.I.S.(1993,1994 Y.O.B) **YES / NO**
3. Submitted Technical skills tape or attend TSA's at British Championships, Meribel **YES / NO**
4. Filled in fitness test booking form **YES / NO**
5. Filled in application form and returned to Snowsport England by 17th April 2009 **YES / NO**

1. ADDRESS AND CONTACT DETAILS

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

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

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Athlete e mail address	
Postal address	
Postcode	

2. ATHLETE DETAILS

SURNAME	
FIRST NAMES	
MALE / FEMALE	
Date of Birth	
FIS Licence Number	
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 2008-09	
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			

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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

Do you 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

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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		
Spring Term End		

7. CURRENT COACH DETAILS

Name of principal coach	
Other coaches and clubs in 2007-08	
Other coaches and clubs in 2008-09	
Club(s)	
Main E mail	
Other E mail	
Home phone	
Work phone (if we can call you there)	
Mobile	
Fax No	
No of years worked with the athlete	

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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 2008-09 season

1

2

3

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Additional comments

ATHLETE NAME

I support and endorse the application of this athlete for selection to the 2008-09 England Alpine Ski Team.

Signed

Date

NAME

CLUB

(COACHING QUALIFICATIONS)

8. 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