

ENGLAND ALPINE SKI TEAM

SELECTION FOR 2010 / 11



The following pages outline the selection criteria and considerations that Snowsport England intends to apply for England Alpine Team, England Alpine Development Team and British Alpine Development Team selections 2010-11.

The following sections are included.

1. Selection guidelines for 2010-11

- 1.1 Introduction
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5. England Alpine Team application form 2010/11

Participation in the England Alpine 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 British Alpine Development Team which is also managed by SSE. 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 for

- England Alpine Ski team (TE) – Junior age groups
- British Alpine Development Team (BADT) Male & Female – Junior 2 to senior age groups
- England Alpine Junior Development Team (EDT) – Junior age groups
- Wishing to train/race with the team by invitation should complete the selection application form and the required selection elements for their age.

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- Completed forms must be received by the Snowsport England Office by **15th April 2010**
- Selection will be completed before **May 2010**
- There is a 2 week deadline for any appeals

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

1. Selection Guidelines for 2010 / 11

1.1 Introduction

The selection policy 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. It will also show a clear pathway from Children to Senior age groups; which is important in helping raise performance levels.

The England Alpine Ski 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 creating a wide diverse range of skills and discipline results including speed. In 2010/11 will see the introduction of the England Development Team which will work alongside the England Alpine Ski Team. We emphasise that the priority in these early years of FIS racing is to lay the technical and knowledge foundations for later competition success.

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

The England Alpine Development Team will provide a racing and training programme in conjunction and with the support of the England Alpine Team. Providing this is again within the constraints of educational commitments.

The British Alpine Development Team will provide a full time racing and training programme for FIS junior 2 and senior athletes with a base which is currently situated in Italy for 2009/10 season.

1.2 Selection Overview

Selection will be managed by the UKSS 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 British Alpine Development Team programme only if they reach the selection criteria outlined Selection document. There are various elements to the selection criteria and these are summarised in Table 3

1.2.1 Snowsport England Fitness Tests

These will be conducted according to the SSE fitness test protocol and targets.

1.2.2 UKSS FIS Points Matrix

This shows what points athletes need to obtain for which performance level. Can be found at www.britski.org .

1.2.3 UKSS Time Trials

- This is planned to take place in Meribel. **Exact details TBC**(More information will be given out in the resort dependant on weather and snow conditions)
- This will be for last year CH II and Junior 1 athletes (YOB 1993, 1994 and 1995).
- To be eligible for the time trial format you must have at least one top five result from either the English Children's Championships 2010 or the Scottish Children's Championships 2010. Juniors will be eligible as per the Matrix 2010/11.

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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 1994 and 1995).
- 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

(Dependant on weather, snow conditions and time restraints in the race schedule)

1.2.5 UKSS performance selection criteria

Any athlete wishing to be considered for selection must have had at least one top five result in the Children's age group during the British Championships 2010. Juniors will be selected upon the FIS point criteria as per the Matrix 2010/11. This can be found at www.britski.org.

1.2.6 UKSS Selection Performance Profile (For athletes already on Home Nation Teams)

- This will only be completed by National Team coaches

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**Table 3. British Alpine Development Team (BADT) Performance Criteria:
Home Nations Alpine Team (TE) / England Alpine Development Team (EDT)
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	UKSS FIS Points Matrix levels and number of disciplines for average	Time Trials (Maximum %age behind fastest time)	Disciplines ahead of the Path to Podium	Technical Skills Assessment	Cycle Ergo meter Tests	Field Tests (Min average Level)
1 st Year FIS	2	EDT	N/A	13% <i>(mandatory)</i>	N/A	30%	Max W/BWkg	Level 3
	2	TE B status	N/A	12% <i>(mandatory)</i>	N/A	30%	Max W/BWkg	Level 3
	2	TE A status	N/A	8% <i>(mandatory)</i>	N/A	40%	Max W/BWkg	Level 3
2 nd Year FIS	2	EDT	Level 7 for 2	10% <i>(mandatory)</i>	N/A	40%	Max W/BWkg	Level 3
	3	TE B status	Level 6 for 2	9% <i>(mandatory)</i>	N/A	40%	Max W/BWkg	Level 3
	3	TE A status	Level 5 for 2	6% <i>(mandatory)</i>	N/A	50%	Max W/BWkg	Level 3
3 rd Year FIS	2	EDT	Level 7 for 2	9% <i>(mandatory)</i>	N/A	N/A	Max W/BWkg	Level 3
	3	TE/BADT B status	Level 6 for 2	8% <i>(mandatory)</i>	N/A	N/A	Max W/BWkg	Level 3
	3	TE/BADT A status	Level 5 for 2 <i>(mandatory)</i>	4% <i>(mandatory)</i>	N/A	N/A	Max W/BWkg	Level 3
4 th Year FIS	2	TE/BADT B status	Level 6 for 2 <i>(mandatory)</i>	N/A	N/A	N/A	Max W/BWkg	Level 3
	2	TE/BADT A status	Level 5 for 2 <i>(mandatory)</i>	N/A	N/A	N/A	Max W/BWkg	Level 3
5 th Year FIS	2	BADT B status	Level 6 for 2 <i>(mandatory)</i>	N/A	N/A	N/A	Max W/BWkg	Level 3
	2	BADT A status	Level 5 for 2 <i>(mandatory)</i>	N/A	N/A	N/A	Max W/BWkg	Level 3

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* Fitness improvement tests are mandatory unless injured or in rehab from injury and then these cases will be dealt with individually. Fitness improvement tests will be: multistage bleep test, 5 Jumps, Pull ups or press ups, illinois agility, NCF abdominal curl & Box Jumps.

New test data will be published with your selection pack.

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	Kelly Sage
England Alpine Team	Mike Barker
Club Representative	Carl Ryding
Children Representative	Phil Brown/Hedley Beavis

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. Athletes selected to the A status are eligible for the Full Time Team. Other may be invited to train if age permits.

Only results from Slalom, Giant Slalom and Super-G will be used for Junior 1 selection.

A Status (TE/BADT)

- As per table 3 in UKSS selection policy

B Status (TE)

- As per table 3 in UKSS selection policy

C Status (EDT)

- As per table 3 in UKSS selection policy

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 as required.

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 2008-09 may also be taken into account for athletes who have been unable to compete a full season in 2009-10 as a result of injury.

Disciplines

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

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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 England Alpine Team or the British Alpine Development Team if space permits on the camps.

- ◇ Full time educational course attendance is required to achieve collegiate status at a further education establishment. Deferring letters will not entitle you to Collegiate status
- ◇ Matrix compatibility only B status or above
- ◇ A compulsory element of the collegiate program will be x4 weeks training, fitness testing and attendance at the English Alpine Championships.
- ◇ Administration cost for the collegiate team will be £275 with an additional £40 per day coaching fee when on camp this will cover all days from start to finish.
- ◇ The Collegiate status will be on an invited to train basis and will not have a status standing in the overall team structure. Status will be granted when attending on a team camp and privileges granted for this period only.

1.8 England Alpine Development Team

The England Alpine Development Team has been formed for the season 2010/11 to include athletes who meet the criteria at the EDT level as shown, Table 3. This team will work with a 10 week programme on snow and will work in conjunction with the England Alpine Ski Team, TE. The dry land facilities and educational provisions will be followed by the EDT along with TE as programmed in the TE seasonal programme 2010/11. Athletes in the EDT will have the opportunity to participate in the TE program if exceptional attitude and performances are displayed.

1.9 British Alpine Development Team

The British Alpine Development Team was taken on with a Male set up in 2009/10 due to the financial difficulties faced at SSGB. From the start of this program we have created a new dynamic base in Italy which we hope will continue in 2010/11. All equipment and coaching facilities are catered for by SSE and managed by the SSE head coach. New in 2010/11 we are planning the addition of a Female team to be based in the same resort sharing resources for training but following an independent female race program with independent vehicles and coach.

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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2010-11 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 and are CORE elements.

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 along with the need to be physically fit.

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. 2009/10 season saw a program of 32% racing and 68% training.

Our overall aim is to have enough races to ensure steady improvement of FIS points, and progression towards to top.

Part time Programme England Alpine Ski Team & England Alpine Development Team (Juniors)

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 improvement tests are compulsory and the athlete cannot attain full team status until the required levels have been passed and improved over 3 tests. Failure to meet the fitness criteria will result in de-selection for selected team (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.
- Advanced Apprenticeship in Sporting Excellence (AASE) educational program 16 – 18yrs this program will be in conjunction with your current educational commitments (GCSE final year or A/S, & A-levels) and provide training/experiences to develop you as an athlete. These include sessions with nutritionists, psychologists and media executives. This element of the England Alpine Ski Team and the England Alpine Development Team will be compulsory for all athletes not having completed this one year course previously. The AASE course will take place at Loughborough College at arranged dates throughout the year (May 2010 – April 2011).
- 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 training/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 no less than 8 weeks on snow. Core weeks are set out in the programme planning below. 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. Failure to submit a detailed plan of your alternative training program will result in de-selection, should this happen, the athlete will still be liable for the full amount of the Coaching Fee.

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- It is a compulsory element of the programme that all selected athletes attend and race as an England Alpine Ski Team, England Alpine Development Team and British Alpine Development Team at the English Alpine Championships 2011.
- Athletes will be required to commit and pay for camps in advance in order to allow effective calendar planning.

Full Time Programme – British Alpine Development Team managed by SSE

The British Alpine Development Team is run by Snowsport England and is a full time, year round programme. This is intended for athletes who have minimal or no educational commitments and can commit to more training and racing activities. This will be based at a training centre in Europe (Italy 2009/10). The details of athletes selected to this Team (your details) will be passed on to the relevant coaches and management. Please be aware this programme will start as a full time programme from 1st May 2010 and will be invoiced accordingly.

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.

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 2009/10 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 £1500 for the season 2010/11 and final details will be included in offers of selection.

NB Any Team athlete that is selected to the British Alpine Development Team (full time team) will now have to pay the core costs fee to Snowsport England and they will pay all their core bills through instalments in 2010/11. An initial payment will be required when accepting a place with the British Alpine Development Team and a Direct Debit contract will be set up over 10 months. All payment details and inclusion of costs will be detailed in your selection pack.

Athletes skiing full time but attending a nationally recognised educational establishment abroad will have to pay a reduced fee of £275. 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.

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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 8 athletes to each coach. This ensures some degree of cost efficiency. Most of our communication is by email. The Head Coach will be on call 24hrs a day during camp dates.

The programme, coaching, management and administration costs are financed from the England Alpine Team and England Alpine Development Team budgets. Camp expenses, including the cost of vehicles are met in part by contributions from the athletes and, where possible, subsidy from the TE and EDT budgets. 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. England Team staff then pay all bills centrally when in the resort or prior to departure.

Due to the economic climate TE and EDT 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.

Core Elements 2010/11

On snow core elements will be as follows:

Summer camp x2 weeks TBC Europe, 25th July – 10th August

October camp x2 weeks Saas Fee, Switzerland 16th – 30th October

February English Championships x2 weeks Bormio, Italy 12th – 26th February

Easter British Championship x2 weeks attendance TBC when announced

Fitness core elements will be as follows:

1st Fitness test x ½ day 30th May

2nd Fitness test x ½ day 20th June

Fitness test x ½ day 19th September AASE timetable unless test 1 or 2 pass not achieved.

Education core dates – AASE – eligibility 16-18yrs athletes final year GCSE, A/S level or A level year.

Intro and induction 29/30th May in conjunction with the 1st core fitness testing

19/20th June in conjunction with the 2nd core fitness testing

18/19th September in conjunction with the 3rd core fitness testing

13/14th November AASE CORE

15/16th January AASE CORE

5/6th March AASE CORE

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APPLICATION FORM FOR SELECTION FOR 2010 / 11



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 or achieved required criteria if entering 1st or 2nd year F.I.S
(1994,1995 Y.O.B) **YES / NO**
3. Submitted Technical skills tape or attend TSA's at British Championships, Meribel **YES / NO**
4. Filled in application form and returned to Snowsport England by 15th April 2010 **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		
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	
Current exam year GCSE, AS or A level	
Full time or part time in 2010-11	
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 artificial 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 2008-09	
Other coaches and clubs in 2009-10	
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 2009-10 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 2010-11 England Alpine Ski Team.

Signed

Date

NAME

CLUB

(COACHING QUALIFICATIONS)

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Core dates for all Team England athletes requiring attendance during the 2010/11 season.

29 TH / 30 TH MAY	LOUGHBOROUGH	AASE / FITNESS
19 TH / 20 TH JUNE	LOUGHBOROUGH	AASE / FITNESS
25 TH JUL – 10 TH AUG	EUROPE, TBC	SUMMER CAMP
18 TH / 19 TH SEPT	LOUGHBOROUGH	AASE / FITNESS
16 TH / 30 TH OCT	SAAS FEE ,SWITZERLAND	OCTOBER CAMP
13 TH / 14 TH NOV	LOUGHBOROUGH	AASE
15 TH / 16 TH JAN	LOUGHBOROUGH	AASE
12 TH / 26 TH FEB	BORIMO, ITALY	ENGLISH CHAMPS
5 th / 6 th MARCH	LOUGHBOROUGH	AASE
TBC	TBC	BRITISH CHAMPS

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	