

# ENGLAND ALPINE SKI TEAM

SELECTION FOR 2011/12



The following pages outline the selection criteria and considerations that Snowsport England intends to apply for selection of athletes to the England Junior Alpine Team, 2011/12

The following sections are included.

1. Introduction
  2. Application Forms and Time Scales
  3. Selection Guidelines and Performance Criteria
  4. Selection Committee
  5. Notes
  6. Appeals against non-selection
  7. Coaches Report
- Appendix A

## 1. England Junior Alpine Team

The England Junior Alpine Ski Team exists to identify and develop English ski racers with the potential to go on to compete at the highest international level. To support our athletes we run a continuous programme of activity throughout the year; the details of which are outlined later in this document.

Athletes need to have technically sound skiing ability, high levels of fitness in addition to achieving the required level of BASS/FIS points.

We recognise that for the majority of English Junior racers, it may only be possible to follow a part time programme as they want to progress in the sport whilst continuing in full time education and so for this reason we tailor our training and racing programme to fit with the demands of educational commitments.

We recognise that being part of the England National Team requires a significant commitment to hard work and single-minded application from the athlete to both their academic work and athletic training. We work hard to provide a programme of training and support that meets the needs of our athletes and ensures that time, effort and money are used to the best effect.

In order to maintain continuity of training and racing and for the athletes to gain the greatest benefit from being a member of the team it is important that the athlete commits to a full and balanced programme.

## 2. Application Forms and Time Scales

Athletes wishing to be considered for membership for the England Junior Alpine Race Team should

- submit their request to Snowsport England by completing a Selection Application Form.
- The application forms can be found on [www.snowsportengland.org.uk](http://www.snowsportengland.org.uk) and [www.britski.org](http://www.britski.org).
- A separate application form should be completed for each athlete
- Completed forms must be returned and received by the Snowsport England Office by **1st April 2011**
- The Selection Committee will consider each application and athletes performance against the criteria listed below.
- Selection will be completed before **14 May 2011** and individual applicants will be notified
- There is a 2 week deadline from the date of notification for any appeals to be lodged.

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Athletes wishing to be considered for selection to the England Junior Alpine Race Team should meet the following criteria

- Currently be registered with Snowsport England as an English Alpine Performer
- Hold a British passport and be eligible for English nationality as defined in SSE Race Manual rule 4.3.2
- YOB 1996, 1995, 1994, 1993, 1992

### 3. Selection Guidelines and Performance Criteria

#### 3.1 Introduction

The aim of the selection process is to identify athletes who have good levels of technical skills and physical fitness and want to be a member of the England Alpine Ski Team. We are looking for all round performance as we encourage development in all disciplines, including speed. We emphasise that the priority in these early years of FIS racing is to lay the technical, physical and psychological foundations for later competition success. Our aim is to provide a racing and training programme for FIS Junior athletes within the constraints of their educational commitments. The aim of the programme is to develop skiers with a wide and diverse range of skills in a supportive team environment.

#### 3.2. Selection Overview

There are various elements to the selection criteria and these are summarised in Table 3

##### 3.2.1 Snowsport England Fitness Tests

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

##### 3.2.2 UKSS FIS Points Matrix

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

##### 3.2.3 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 1<sup>st</sup> year Junior 1 athletes who have made an application to SSE (YOB 1994, 1995 and 1996).
- 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

(Dependent on weather, snow conditions and time constraints of the race schedule)

#### 3.3 Selection Status

There will be 3 levels of selection to the team.

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

##### A Status

- As per table

##### B Status

- As per table

##### C Status Invited To Train (ITT)

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### 3.4 Performance Selection Criteria

Any athlete moving from Children 2 to Junior and wishing to be considered for selection to the England team should have achieved certain performance criteria, these being

- at least one top five result in the Children's age group in one or more of the following 2011 competitions; BARSC Championships, English Championships, Scottish Championships and British Championships.
- Have achieved results in two ski disciplines
- of the Technical Skills Assessment – see below
- Where this has not been possible, evidence should be provided for the Selection Committee to take extenuating factors into consideration
- ITT status may be offered to athletes who have not quite reached the above criteria but have a coach's reference which indicates that the athlete would respond well to the challenges of the team environment and has a proven record of effort and progress.
- Juniors will be selected upon the FIS point criteria as per the Matrix 2011/12. This can be found at [www.britski.org](http://www.britski.org)

**Table 3. 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 <sup>st</sup> Year FIS	2	TE B status	N/A	12% <b>(mandatory)</b>	N/A	30%	Max W/BWkg	Level 3
	2	TE A status	N/A	8% <b>(mandatory)</b>	N/A	40%	Max W/BWkg	Level 3
2 <sup>nd</sup> Year FIS	3	TE B status	Level 6 for 2	9% <b>(mandatory)</b>	N/A	40%	Max W/BWkg	Level 3
	3	TE A status	Level 5 for 2	6% <b>(mandatory)</b>	N/A	50%	Max W/BWkg	Level 3
3 <sup>rd</sup> Year FIS	3	TE B status	Level 6 for 2	8% <b>(mandatory)</b>	N/A	N/A	Max W/BWkg	Level 3
	3	TE A status	Level 5 for 2 <b>(mandatory)</b>	4% <b>(mandatory)</b>	N/A	N/A	Max W/BWkg	Level 3
4 <sup>th</sup> Year FIS	2	TE B status	Level 6 for 2 <b>(mandatory)</b>	N/A	N/A	N/A	Max W/BWkg	Level 3
	2	TE A status	Level 5 for 2 <b>(mandatory)</b>	N/A	N/A	N/A	Max W/BWkg	Level 3
5 <sup>th</sup> Year FIS	2	DevTeam B status	Level 6 for 2 <b>(mandatory)</b>	N/A	N/A	N/A	Max W/BWkg	Level 3
	2	DevTeam A status	Level 5 for 2 <b>(mandatory)</b>	N/A	N/A	N/A	Max W/BWkg	Level 3

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#### 4. Selection Committee

The role of the Selection Committee is to select, without favour or prejudice, those athletes who, having met the criteria wish to train with and be identified as a member of the National Team. The Chairman of the Selection Committee may invite others with specialist knowledge to contribute for part of a meeting depending on their availability. Committee members should be free from external conflicts of interest in the selection process.

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

Chairman	Chris Drake
England Alpine Team	Chris Park
Club Representative	Carl Ryding
Children Representative	Phil Brown/Hedley Beavis

#### 5.0 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 2009/2010 may also be taken into account for athletes who have been unable to complete a full season in 2010/2011 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

#### 6.0 Appeals Process

The Snowsport England appeals process conforms to UK Sport 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 England understands that both parties will need to undertake and to execute in good faith any decision of the SDRP

If you have any questions or concerns relating to the Application or Selection Process please do not hesitate to contact us at [chris@snowsportengland.org.uk](mailto:chris@snowsportengland.org.uk)

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## APPENDIX A

### Training and Race Programme

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. The SSE 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. It offers approximately (up to) 18 weeks of on-snow training/racing with extra time for 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 on snow. Core weeks are set out in the programme details at the end of this document

Summer and autumn are crucial periods for the athlete's development and we have a full programme to support it. This very important part of the programme is considered to be a CORE element. The work starts with the establishment of an athlete's Performance Profile which gives them and their coaches a base line for the year's work. This early identification of skills and fitness levels establishes, very clearly, the pathway forward and gives the athlete an understanding of where they are, where they want to be and how to get there. Without the pressure of a racing schedule, the programme focuses on the athlete's technical skills level and their fitness and conditioning.

The main summer camp is held in one of the European resorts with access to glacier skiing and a wide range of dry land activities. The value of quality time on snow at this time of year cannot be overstated. This allows the coaches' time to evaluate each athlete's technical skill levels, work on any problem areas and of course, for the athlete, lots and lots of practise. We often use the same resort as the Senior GB team and it is good for the younger racers to see our international skiers doing exactly the same drills, time after time, after time.

As all skiers in the team have had to reach a minimum level of performance, it means that they are continually working with athletes as good as or better than themselves. This means they are being continually challenged. We work hard to make sure that we develop a supportive but competitive peer group environment that allows them to be 100% competitive on the hill but a supportive and a supported team member back in camp.

In the winter race season it is essential to keep the right balance between racing and training. We plan our racing and training programme very carefully. We take into account the readiness of our athletes, the appropriateness of the terrain and the races and the period in the school calendar. Racing at FIS level involves extensive travel and time off school is sometimes required but this needs to be managed carefully.

The coaches play a vital role in monitoring the athlete's progress and development. Bearing in mind that our athletes are in the adolescent growth period we aim for 1/3 racing 2/3 training balance. A common mistake, often made by young athletes, is that they become preoccupied with racing, forsaking on-going technical training that is the bedrock of later success. This is where we believe that the parents have an important role to play in keeping the balance of these conflicting demands.

As a lowland nation our training opportunities are relatively rare so it is important that we make the very best use of them. Our overall aim is to have in the programme enough races to ensure steady improvement of skills and strength in order to keep athletes injury free but also to allow progress up the FIS ladder. It's rather like an apprenticeship – you need to continually improve your skills if you are to be a master. It's good to note that all the athletes on the Senior GB team came through the National Team system.

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### Additional Elements to the Programme

- **Advanced Apprenticeship in Sporting Excellence (AASE)** educational program 16 – 18yrs this programme will be run in conjunction with current educational commitments (GCSE final year or A/S, & A-levels) and provides training/experiences to develop young athletes. It will include sessions with nutritionists, psychologists and media experts. This element of the England Alpine Ski 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 2011 – April 2012. (These provisions are subject to continuing government funding)

### A Breakdown of Cost

We have been running a National team for many years and understand the constraints that costs can put on an athletes ability to progress. We work very hard to keep our costs as affordable as possible and work on a “break even” not-for-profit principle.

There are three financial contributors to the cost of the overall SSE programme

- Individual athletes contribution
  - Snowsport England Alpine Racing Budget
  - Sponsors + Fundraising Activities
- 
- **The payment structure has two parts**
  - **Annual Contract Payment** to be paid in June. This is required after signing the membership contract as an expression of intent to take up the programme. The primary purpose for this allows us to employ a Head Coach, so ensuring consistent, high quality coaching for the team throughout the season. It is expected that the cost will be held at last year’s level of **£1500** for the season 2011/12 and final details will be included in offers of selection.
  - **Camp Costs** – Each camp is costed separately to allow for a degree of flexibility in the programme. We aim to keep the daily charges around £90 per person per day. However as costs across Europe do vary it is sometimes necessary to make adjustments. It is estimated that if an athlete was to take part in **all** aspects of the 12 month programme the cost would be in the region of £8000.
  - In the present economic climate the exact level of support that Snowsport England is able to provide is uncertain. However SSE is committed to supporting the team and so contributions will be made, wherever possible, to subsidise camps and purchase team equipment.
  - Athletes will be required to commit and pay for camps in advance in order to allow effective calendar planning.

### Programme Organisation and Management

The part time programme is run on a camp by camp basis Our aim is to keep the coaching ratio in the region of 8 athletes to each coach plus voluntary residential support staff.

The programme, coaching, management and administration costs are financed from the England Alpine 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 (Team England) budgets. Individual expenses such as hotels, food and lift pass are calculated in the costs of the camp. Payment is taken for each athlete in advance of each camp. Due to the economic climate TE reserves the right to impose supplement fees if applicable to cover the fluctuating European and worldwide exchange rate.

Flights are not calculated in the camp costs and are usually booked individually.

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**Provisional Programme** The full and detailed programme will be available in April but set out below is an outline programme based on 2010/2011

### **On snow**

28-30 May - Landgraaf

Summer x 2/4 weeks Europe,

October x 2 weeks Saas Fee, Switzerland 15<sup>th</sup> – 29<sup>th</sup> October

November Weekend – Chill Factore Manchester

Christmas x 4 weeks Norway

January x 2 weeks Welsh Championships and Inter-Services

February x 2 weeks English Championships Bormio, Italy

Easter x 3 weeks British Championships, Scottish Championships Meribel

### **Fitness**

1<sup>st</sup> Fitness test x ½ day 30<sup>th</sup> May

2<sup>nd</sup> Fitness test x ½ day 20<sup>th</sup> June

3<sup>rd</sup> Fitness test x ½ day TBC

**Education Core Dates – AASE** – eligibility 16-18yrs athletes final year GCSE, A/S level or A level year.

May	Intro and Induction in conjunction with the 1 <sup>st</sup> core fitness testing
June	in conjunction with the 2 <sup>nd</sup> core fitness testing
September	in conjunction with the 3 <sup>rd</sup> final test if required otherwise full weekend of AASE
November	AASE CORE
January	AASE CORE
March	AASE CORE

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## APPLICATION FORM FOR SELECTION 2011/12



Please download this form and send a copy to the address below.

### 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>		

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### 2. ATHLETE DETAILS

<b>SURNAME</b>	
<b>FIRST NAMES</b>	
<b>MALE / FEMALE</b>	
<b>Date of Birth</b>	
<b>FIS Licence Number</b>	
<b>Home Nation Governing Body And Registration Number</b>	
<b>Snow Club(s) or training group</b>	
<b>Artificial Club(s)</b>	
<b>Country of Residence</b>	

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

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

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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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### 5. CURRENT COACH DETAILS

<b>Name of principal coach</b>	
Other coaches and clubs in 2010/11	
Other coaches and clubs in 2009/10	
<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>	

### 6. Signatures

<b>I, the athlete, hereby apply to be selected to the England Alpine Ski Team in accordance with the above details.</b>	
<b>NAME</b>	
<b>Signed</b>	<b>Date</b>

<b>Countersignature by Parent / Guardian if the athlete is under 18.</b>	
<b>NAME</b>	
<b>Signed</b>	<b>Date</b>
<b>Relationship to Athlete</b>	

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## 7. COACHES REPORT

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

**Athlete's 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)

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## 7. COACHES REPORT (cont)

Please list the Main areas of improvement in 2010/2011 season

1

2

3

Additional comments

I support and endorse the application of

**(Athlete's name)**.....

for selection to the 2011/12 England Alpine Ski Team.

Signed

Date

**NAME**(print).....

**COACHING QUALIFICATIONS**.....

**CLUB**.....