

**To Be Implemented July 2005**

**Welsh Ski Squads Structure & Selection Criteria**



**Structure**

**Alpine**

There will be four levels of Welsh Alpine Squad - A, B, C & Development Squad.

**Artificial Slope**

There will be two levels of Welsh Artificial Slope Squad.

Welsh Artificial Slope Squad

Welsh Artificial Slope Development Squad

**Selection Criteria**

All athletes must apply annually to be selected. Athletes who have results that have met the current criteria in the 12 months prior to the selection date may apply to be considered for selection.

Selection dates

Alpine - May & November

Artificial - July & November

**Fitness Testing Criteria**

<b>FITNESS TEST</b>	<b>WOMEN</b>	<b>MEN</b>
MULTI STAGE FITNESS TEST	Level 8	Level 10
REVERSE DIPS/60 Secs	15	25
BOX JUMPS/60 Secs	50	60
SIT UPS/60 Secs	40	50

**Artificial Slope Criteria**

Points from Club National events will not be considered for selection.

**Welsh Artificial Slope Squad**

50 ESC Points or below

Pass all fitness tests

Commitment to training and competition programme

**Welsh Artificial Slope Development Squad**

90 ESC Points or below

Pass 3/4 fitness tests

Commitment to training and competition programme

**Alpine Squad Criteria**

- Squad Members will be given A, B, or C Status.
- To be selected to the squad level, athletes meet the required points levels (as per the end of season FIS points list) in two disciplines.
- Children starting 1st year FIS will be considered if they achieve 1st, 2nd or 3rd places in the British Childrens Championships.
- To achieve Welsh Alpine Development Squad, athletes must meet the selection points criteria in either slalom or giant slalom.
- All Alpine Squad athletes must pass all fitness tests.
- Consideration given to athletes who achieve podium placing at British Junior or Senior Alpine Championships.
- Juniors/Seniors/FIS Points only.

**Alpine Selection Points Criteria****Criteria - Men****Slalom**

<b>YOB</b>	<b>Band A</b>	<b>Band B</b>	<b>Band C</b>	<b>BandC+20% Development</b>
1990	110	125	150	180
1989	93	106	127	153
1988	81	93	112	134
1987	70	81	97	117
1986 & Older	61	71	85	102

**Giant Slalom**

<b>YOB</b>	<b>Band A</b>	<b>Band B</b>	<b>Band C</b>	<b>BandC+20% Development</b>
1990	139	160	192	230
1989	120	139	167	200
1988	104	121	145	174
1987	93	108	130	156
1986 & Older	83	97	116	140

**Super Giant Slalom**

<b>YOB</b>	<b>Band A</b>	<b>Band B</b>	<b>Band C</b>	<b>BandC+20% Development</b>
1990	177	202	242	291
1989	154	177	212	255
1988	131	152	182	219
1987	119	138	166	199
1986 & Older	108	125	150	180

**Criteria - Women****Slalom**

<b>YOB</b>	<b>Band A</b>	<b>Band B</b>	<b>Band C</b>	<b>BandC+20% Development</b>
1990	95	110	132	158
1989	82	95	114	137
1988	72	84	101	121
1987	62	72	86	104
1986 & Older	55	64	77	92

**Giant Slalom**

<b>YOB</b>	<b>Band A</b>	<b>Band B</b>	<b>Band C</b>	<b>BandC+20% Development</b>
1990	121	141	169	203
1989	108	127	152	183
1988	96	113	136	163
1987	86	102	122	147
1986 & Older	78	92	110	132

**Super Giant Slalom**

<b>YOB</b>	<b>Band A</b>	<b>Band B</b>	<b>Band C</b>	<b>BandC+20% Development</b>
1990	156	181	217	261
1989	135	158	190	228
1988	119	140	168	202
1987	106	125	150	180
1986 & Older	95	111	133	160