

Parenting for Success

LONG-TERM ATHLETE DEVELOPMENT



Creating champions – on and off the mountain

To inspire the pursuit of excellence and empower members of our community to achieve their personal goals in athletics and in life through participation in sport.



EXCELLENCE

INTEGRITY

RESPECT

DEDICATION

TEAMWORK

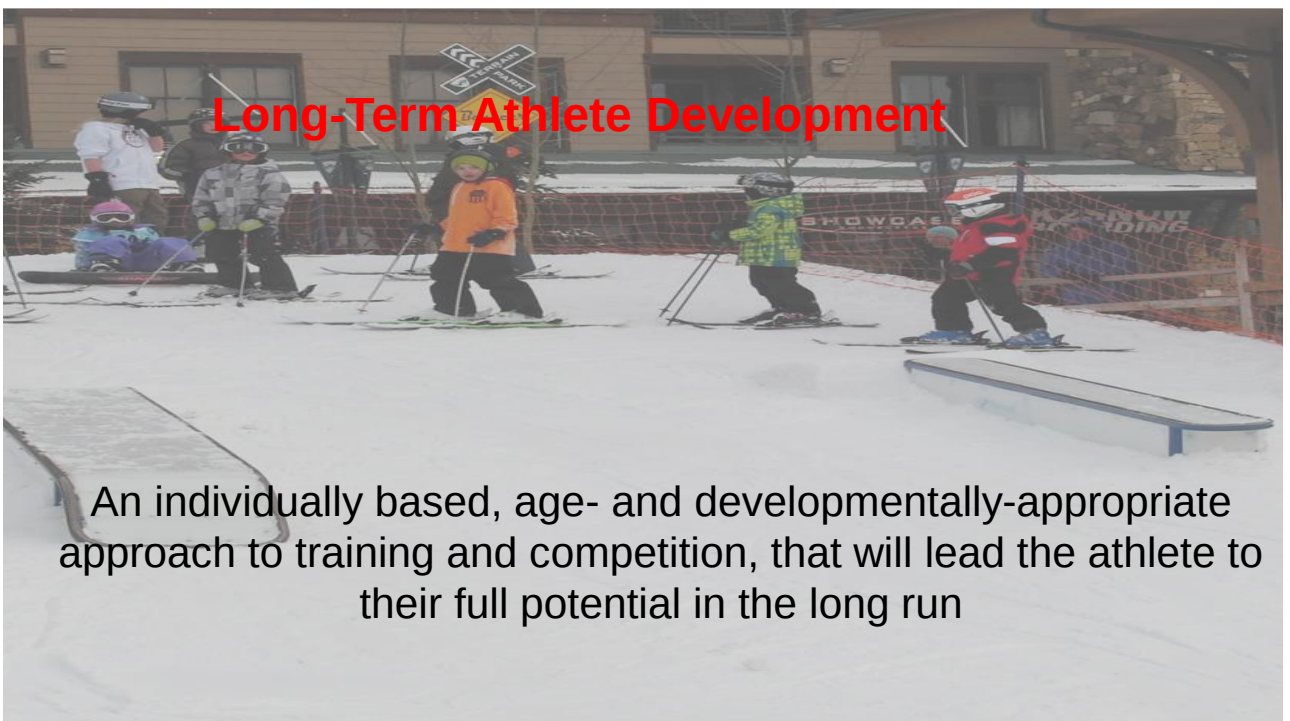
Why do you think your kids ski/ride?



What our kids want from us

- ▶ Support and encouragement
- ▶ To let them know we are proud of them
- ▶ To watch them ski/ride/jump
- ▶ To praise them for their efforts
- ▶ To understand their sport and to show and interest in being involved
- ▶ Have realistic expectations of their abilities







OR

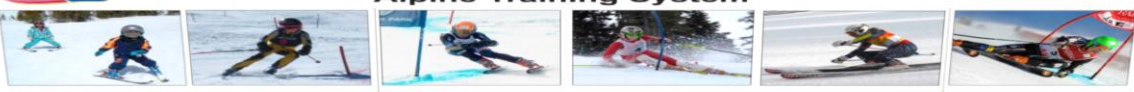


Rankings don't give the full picture

World rank age 15: 2656 (GS)

World rank age 15: 60 (SL)



Alpine Training System					
					
Foundation Stage					
PHASE 1	PHASE 2	Pre & Post Puberty		PHASE 5	World Class Performance Full Maturation
Biological Age Pre Puberty Age 2-6 years old Play Age 1-4 years in sport Participation Ski around 1 day a week 20 days/year At least 50% free skiing Play many other sports - gymnastics or balance-based sports	Biological Age Pre Puberty Age 6-10 years old Training Age 1-4 years in sport Participation Ski 2-3 days a week 60 days/year At least 50% free skiing Play many other sports	PHASE 3 Biological Age Pre Puberty (Before Growth Spurt) Age Girls: 10-13 (J4-J6-J3) Boys: 11-14 (J4-J6-J3) Training Age 4-6 years in sport Participation Ski 3-4 days a week 70 days/year At least 60% free skiing Competition Period: (Jan-April) Number of race starts: 10-15 Ratio 1:6 (race:training) Play complementary sports	PHASE 4 Biological Age Puberty (Growth Spurt) Age Girls: 11-16 (J5-J6-J7) Boys: 12-16 (J5-J6-J7) Training Age 5-8 years in sport Participation Ski 4-5 days a week 100 days/year At least 60% free skiing Competition Period: (Dec-April) Number of race starts: 15-30 Ratio 1:5 (race:training) Play complementary sports	PHASE 5 Biological Age Post Puberty (After Growth Spurt) Age Girls: 12-16 (J6-J7-J8) Boys: 14-17 (J6-J7-J8) Training Age 6-11 years in sport Participation Ski 4-5 days a week 110-120 days/year At least 100% free skiing Competition Period: (Nov-April) Number of race starts: 20-40 Ratio 1:4 (race:training) Play complementary sport	PHASE 6 Biological Age Full Maturation Age Female: 16+ J8-J9 Male: 17+ J9 Training Age Minimum 10+ years in sport Participation Ski 4-5 days a week 130-150 days/year At least 100% free-skiing Competition Period: (Nov-April) Number of race starts: 30+ Ratio 1:3 (race:training) Based on the number of disciplines
Conditioning Emphasis					
Emphasis on play, fun, skiing and technique.	Emphasis on play, fun, skiing ability, balance and coordination. Incorporate activities that develop apprehensiveness (10-15 sec) and general endurance.	1-2 conditioning or recovery sessions per week in season. Further development of previous components. Emphasis on aerobic conditioning. Incorporate core body weight training and body composition training.	1-2 conditioning or recovery sessions per week in season. Increased aerobic conditioning and balance/proprioception, particularly through growth spurt. High light aerobic resistance work including bands, core body, etc.	2-3 conditioning or recovery sessions per week in season. Strength and power, moderate progressively more strenuous training, endurance, continue agility and balance.	4-5 conditioning or recovery sessions per week. Power & explosively aerobic training. Increased efficiency and recovery work. Core strength. Produce force. Body composition training.
Technical and Tactical Emphasis					
Active start - learning and fun components. Ski and play on skis.	Technical stages - ability all terrain. Free play, skied free skiing and skis are an integral part of development. Ski skis are used to ski to ski.	Technical stages - learning the skis. Skis are used for functional technical skills. Skis are used for functional technical skills. Skis are used for functional technical skills. Skis are used for functional technical skills.	Technical stages - learning the skis. Skis are used for functional technical skills. Skis are used for functional technical skills. Skis are used for functional technical skills. Skis are used for functional technical skills.	Technical and Tactical Performance. Skis are used for functional technical skills. Skis are used for functional technical skills. Skis are used for functional technical skills. Skis are used for functional technical skills.	Ability to innovation stage - skis are used for functional technical skills. Skis are used for functional technical skills. Skis are used for functional technical skills. Skis are used for functional technical skills.
Equipment Selection & Preparation					
Skis: Choose high with a variation based on height, weight and skill level. Boards: Proper board fit with skis. Proper board fit with skis. Proper board fit with skis. Proper board fit with skis. Protections: Footrest required at all times. Probes: Optional - introduce at other levels as skill level develops.	Skis: 1 pair of skis is sufficient for first three years. Third height with a variation based on height, weight and skill level. Introduce skis at all times. Boards: Proper board fit with skis. Proper board fit with skis. Proper board fit with skis. Proper board fit with skis. Protections: Footrest required at all times. Probes: Optional - introduce at other levels as skill level develops.	Skis: Skis, skis and skis. Skis, skis and skis. Skis, skis and skis. Skis, skis and skis. Boards: Proper board fit and skis. Proper board fit and skis. Proper board fit and skis. Proper board fit and skis. Protections: Footrest, hand, foot, head, shoulder, back, head (growth spurt) and all protection recommended. Probes: Skis skis skis. Skis skis skis. Skis skis skis. Skis skis skis.	Skis: Skis, skis and skis. Skis, skis and skis. Skis, skis and skis. Skis, skis and skis. Boards: Proper board fit and skis. Proper board fit and skis. Proper board fit and skis. Proper board fit and skis. Protections: Footrest, hand, foot, head, shoulder, back, head (growth spurt) and all protection recommended. Probes: Skis skis skis. Skis skis skis. Skis skis skis. Skis skis skis.	Skis: Skis, skis and skis. Skis, skis and skis. Skis, skis and skis. Skis, skis and skis. Boards: Proper board fit and skis. Proper board fit and skis. Proper board fit and skis. Proper board fit and skis. Protections: Footrest, hand, foot, head, shoulder, back, head (growth spurt) and all protection recommended. Probes: Skis skis skis. Skis skis skis. Skis skis skis. Skis skis skis.	Skis: Skis, skis and skis. Skis, skis and skis. Skis, skis and skis. Skis, skis and skis. Boards: Proper board fit and skis. Proper board fit and skis. Proper board fit and skis. Proper board fit and skis. Protections: Footrest, hand, foot, head, shoulder, back, head (growth spurt) and all protection recommended. Probes: Skis skis skis. Skis skis skis. Skis skis skis. Skis skis skis.
Performance Psychology Emphasis					
Sampling Years: Positive self talk, work ethic and positive attitude. Positive attitude. Positive attitude. Positive attitude.	Sampling Years: Positive self talk, work ethic and positive attitude. Positive attitude. Positive attitude. Positive attitude.	Sampling Years: Positive self talk, work ethic and positive attitude. Positive attitude. Positive attitude. Positive attitude.	Sampling Years: Positive self talk, work ethic and positive attitude. Positive attitude. Positive attitude. Positive attitude.	Sampling Years: Positive self talk, work ethic and positive attitude. Positive attitude. Positive attitude. Positive attitude.	Sampling Years: Positive self talk, work ethic and positive attitude. Positive attitude. Positive attitude. Positive attitude.
Competition Emphasis					
Local competition.	Local competition.	Local competition.	Local competition.	Local competition.	Local competition.

Training System Phases



Snowboarding Training System

trainingsystem.ussa.org

					
Foundation Stage					
PHASE 1	PHASE 2	Pre and Post Puberty		PHASE 5	World Class Performance Full Maturation
Biological Age Pre Puberty Age 2-6 years old Play Age 1-4 years in sport Participation Ride 1 day a week or less 20 days/year 100% freeriding Play many other sports-gymnastics or balance-based sports	Biological Age Pre Puberty Age 6-10 years old Play Age 3-6 years in sport Participation Ride 1-2 days a week 40 days/year 60% freeriding Emphasis on fun and experience Play many complementary sports	PHASE 3 Biological Age Pre Puberty Age Girls: 10-13 Boys: 11-14 Training Age 4-7 years in sport Participation Ride 2-4 days a week 60 days/year 60% freeriding Competition Period: (Dec-Apr) Number of events: 5-7 Ratio 1:12 (compete:training) Play many complementary sports	PHASE 4 Biological Age Puberty (Growth Spurt) Age Girls: 11-14 Boys: 12-15 Training Age 4-8 years in sport Participation Ride 3-5 days a week 75 days/year 30-50% freeriding Competition Period: (Dec-Apr) Number of events: 5-10 Ratio 1:8 (compete:training) Play complementary sports	PHASE 5 Biological Age Post Puberty (After Growth Spurt) Age Girls: 12-16 Boys: 14-17 Training Age 6-11 years in sport Participation Ride 4-5 days a week 100 days/year 30% freeriding Competition Period: (Nov-Apr) Number of events: 10-12 Ratio 1:6 (compete:training) Play a complementary sport	PHASE 6 Biological Age Full Maturation Age Female: 16+ Male: 17+ Training Age Minimum 10+ years in sport Participation Ride 4-5 days a week 110-120 days/year 30% freeriding Competition Period: (Nov-Apr) Number of events: 10-12 Ratio 1:4 (compete:training) Specialize

Critical periods for development

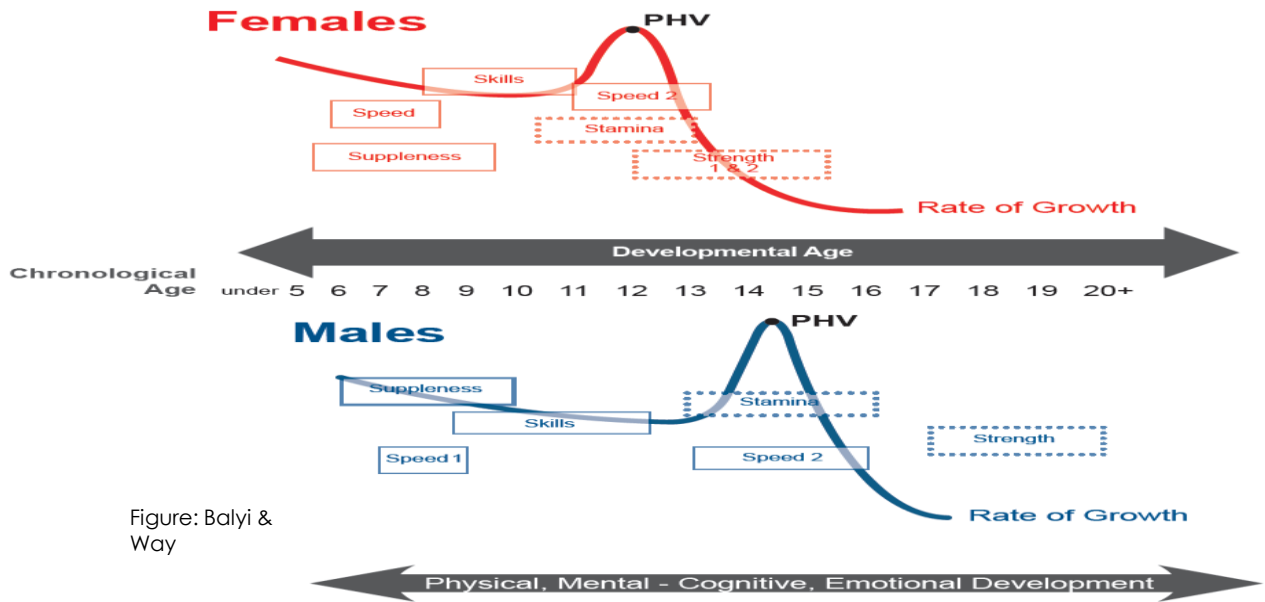
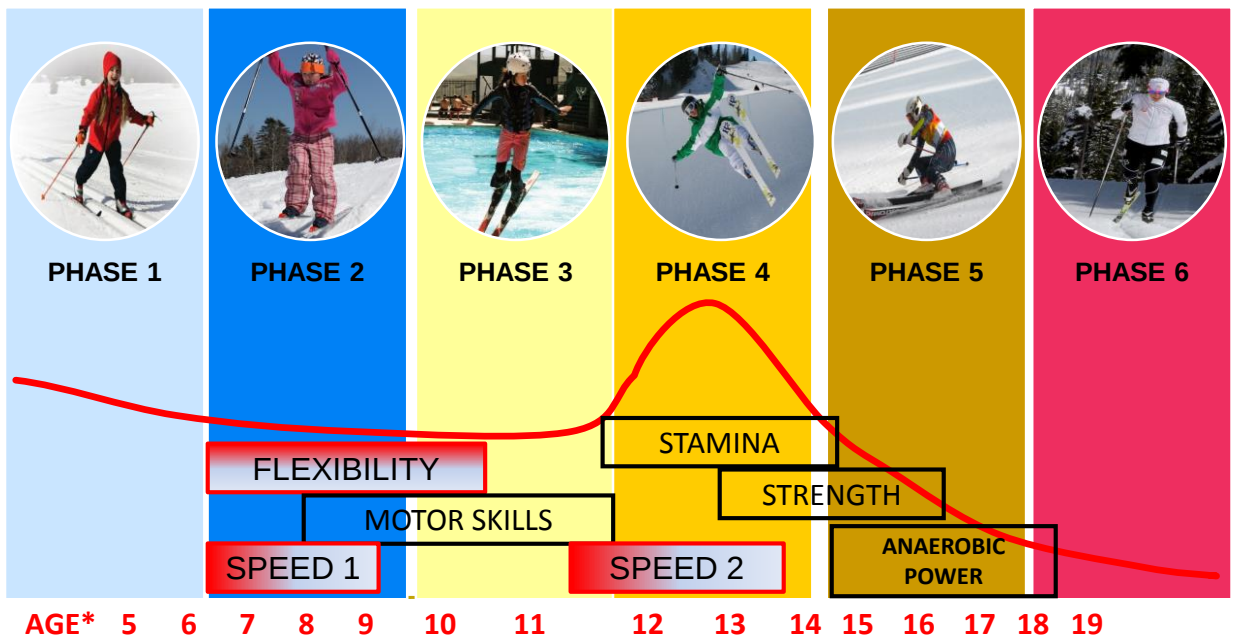
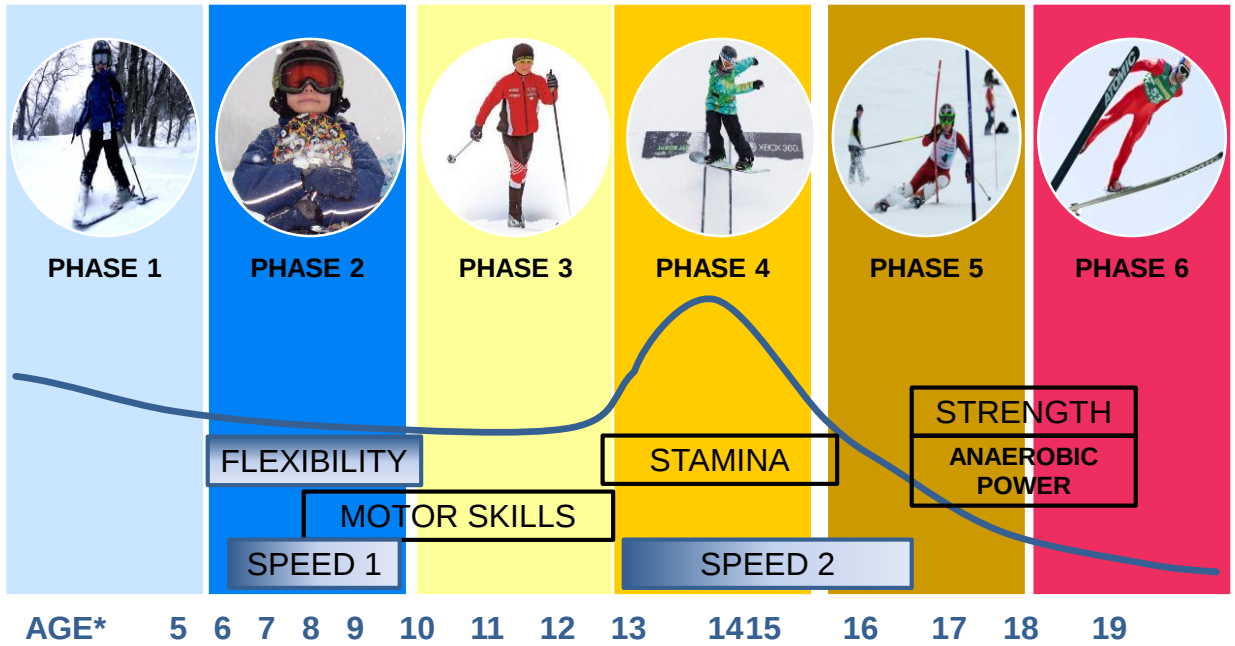


Figure: Balyi & Way

GIRLS



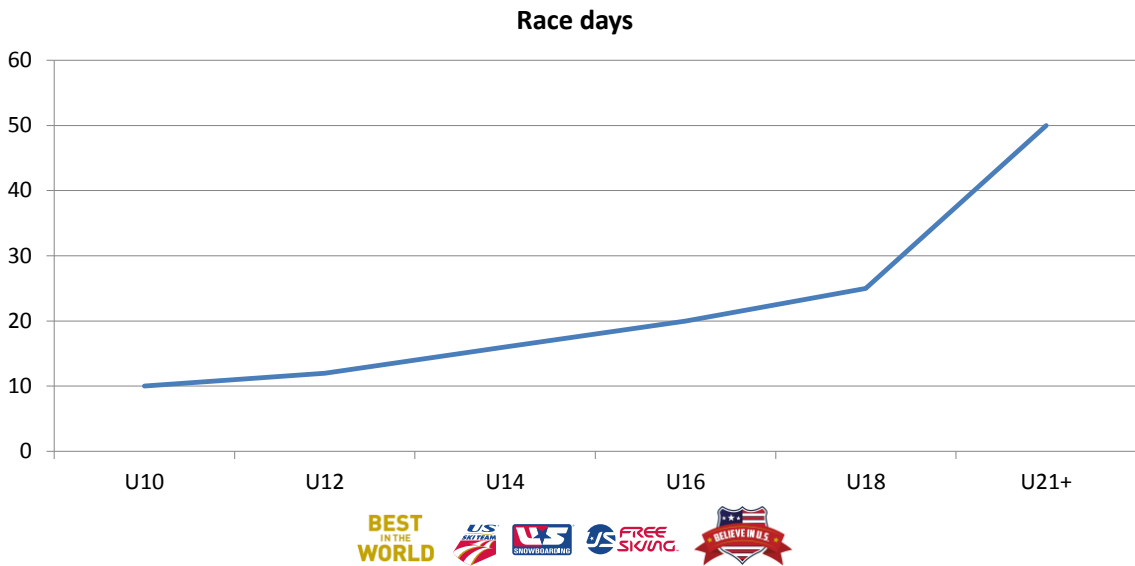
BOYS



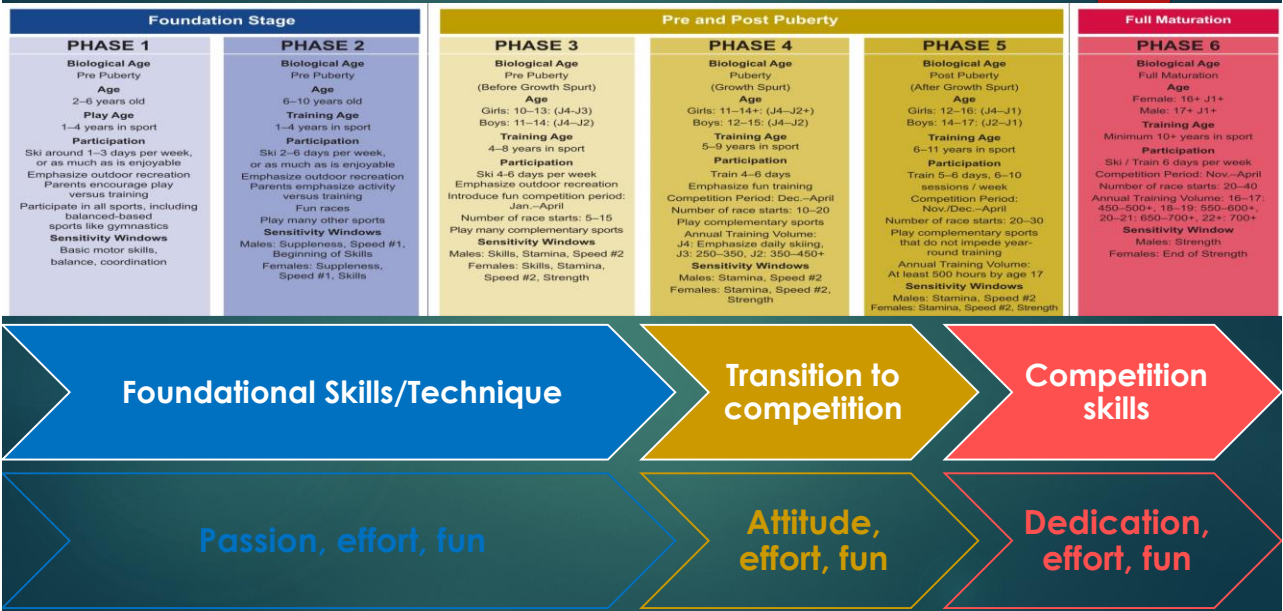




Maximum recommended starts



What Should We Help Them Focus On?



Early/late maturers



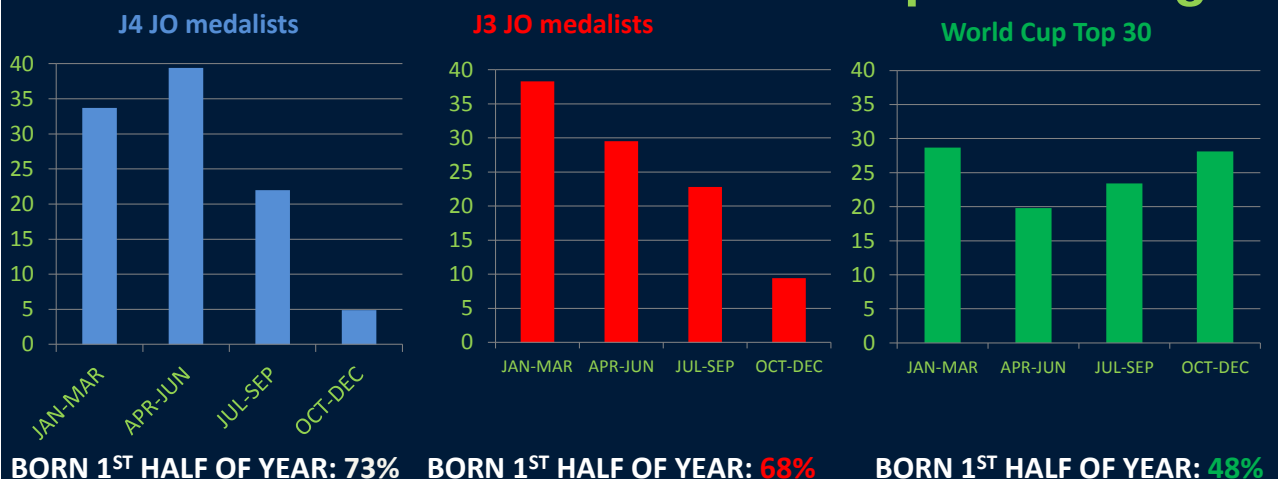
Early maturers

- ▶ Athletes that are biologically ahead of their age group
- ▶ Generally have advantages in competition – size, strength, stamina
- ▶ Easier path to early success in age-based competition
- ▶ Need to have additional focus on technical fundamentals (though acquisition will take longer), work ethic, and learning how to deal with defeat
- ▶ Need appropriate challenge

Late maturers

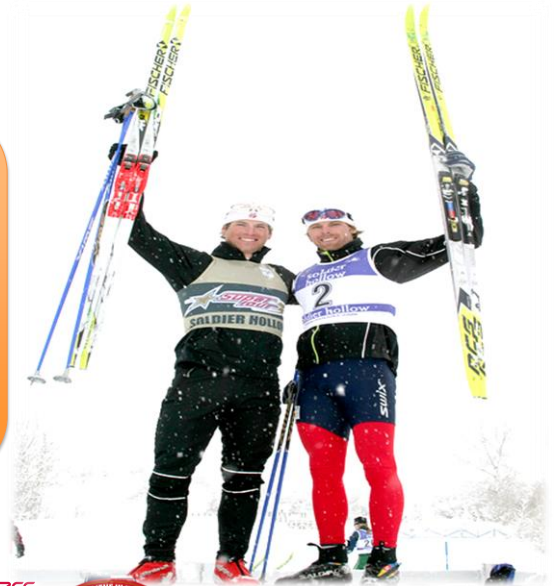
- ▶ Have advantage by being in motor skills acquisition window longer
- ▶ Learn strategies to remain competitive despite disadvantages – often have a lot of heart
- ▶ Time it takes for late maturers to realize their potential in many cases is too long and they drop out
 - ▶ Smith's cognitive-affective model of stress
 - ▶ When imbalance between situational demand (perform in competition) and resources (lack of physical ability), children may perceive sport as too stressful

Analysis of Birth Month Relationship to Results At Different Levels in Alpine Skiing



2010 ALPINE OLYMPIC GOLD MEDALISTS BORN 1ST HALF OF YEAR: 0%

Both early and late maturers can be developed into future champions



BEST
IN THE
WORLD



Perceived Competence

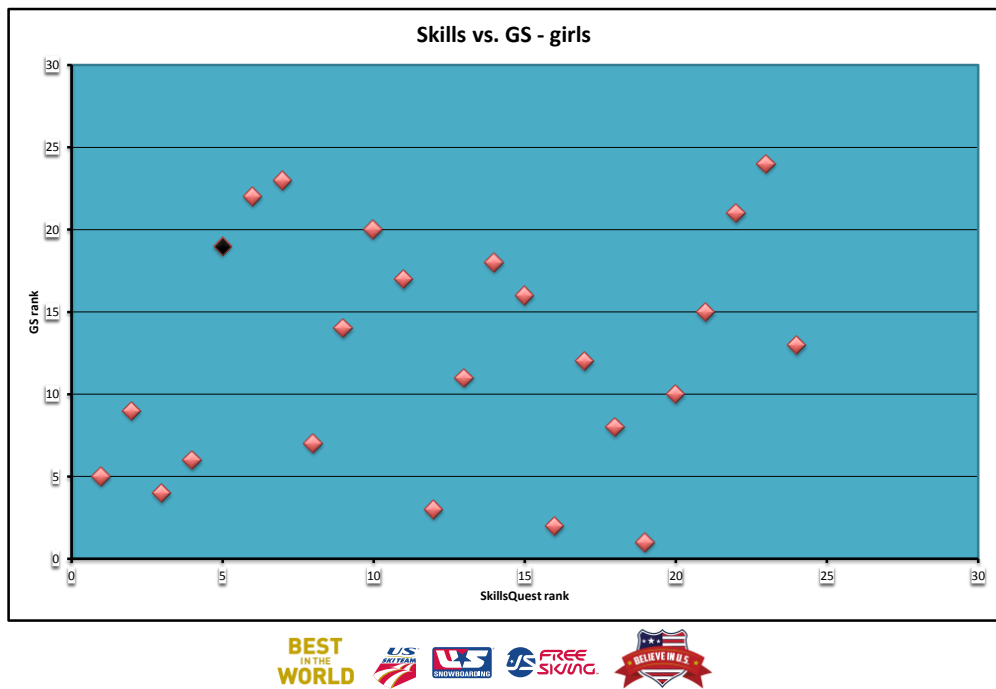
- ▶ Perception of competence is a big factor in motivation which ties to effort
- ▶ Kids perceive their abilities differently than adults



Performance vs. Results

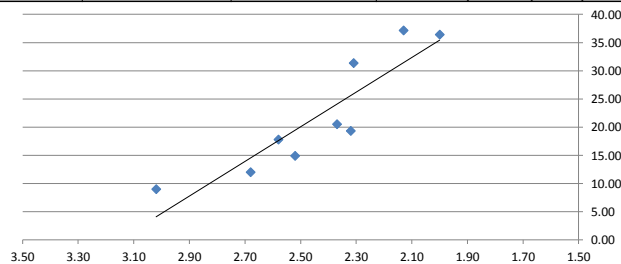
- ▶ We are a results-focused society
- ▶ What goes into a result?
- ▶ What comes out of a result?

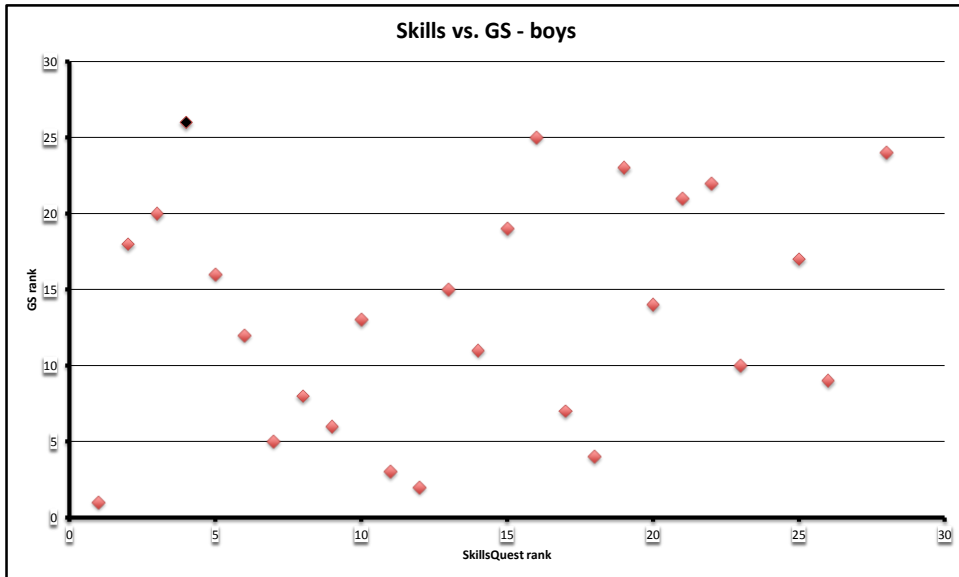




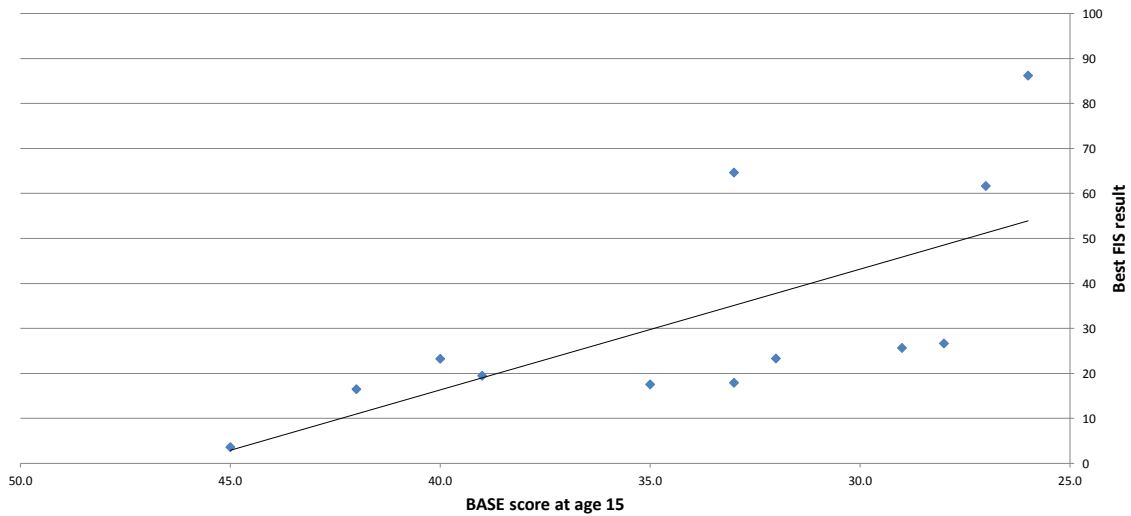
Skills vs. Lowest FIS Result, 1994 C-Team Women

Actual Skiers Rank, Base Test	Average score, BASE Points - 40 Tests	Lowest FIS point result	Year scored	Career achievements
Skier # 1	3.02	8.98	1997	1 World Championship podium, 8 World Cup podiums
Skier # 2	2.68	11.96	1998	7 Nor-AM podiums, 1 US Nationals podium
Skier # 3	2.58	17.78	1998	11 NOR-AM podiums, 8 World Cup starts
Skier # 4	2.52	14.89	1996	World Championships, 4 NOR-AM podiums, 10 World Cup starts
Skier # 5	2.37	20.50	1997	0 NOR-AM podiums (4 x top 5)
Skier # 6	2.32	19.29	1996	5 NOR-AM podiums, 8 World Cup Starts
Skier # 7	2.31	31.35	1997	0 NOR-AM podiums (2 x top 10)
Skier # 8	2.13	37.12	1996	2 NOR-AM podiums
Skier # 9	2.00	36.39	1997	0 NOR-AM podium (1 x 15)





Skills vs. Best FIS Result – 1986 Men



Build the base



Phase 2 Developmental Emphasis

- ▶ Passion and enjoyment
 - ▶ Positive reinforcement
 - ▶ Nurture
- ▶ Introduction to fundamental skills
- ▶ Agility, balance and coordination (ABCs)
- ▶ Team atmosphere and goals
- ▶ Maximize skiing/riding time, minimize waiting
- ▶ Competition "in the moment"



Phase 3 Developmental Emphasis

- ▶ **Priority on motor skills – developing effective movement habits**
- ▶ **Versatility with skills**
 - ▶ Multi-lateral development
 - ▶ Skills in all different situations vs. perfect form
- ▶ **Cross over within programs**
- ▶ **Age-appropriate scenarios to mirror motor skill demands at full maturation**
 - ▶ Shorter courses, smaller features, to allow high intensity
- ▶ **A VERY IMPORTANT PHASE**

Phase 4 Developmental Emphasis

- ▶ **Manage through awkward phase of growth spurt**
- ▶ **Technical skill progress may slow down or even decline**
- ▶ **More emphasis on mental strength strategies**
- ▶ **Athlete should take on a greater responsibility for equipment**
- ▶ **Aerobic fitness - gains**
- ▶ **Patience!**
- ▶ **Identity with sport may change**

Phase 5 Developmental Emphasis

- ▶ Applying fundamentals to a stronger, more developed body and mind – many athletes achieve new level of success
- ▶ Gradually build strength training loads
- ▶ Address limiting factors to performance
- ▶ Athlete self-reinforcement
- ▶ Recovery sessions follow high intensity training
- ▶ Compete in all disciplines

Phase 6 Developmental Emphasis

- ▶ Competition-specific preparation
 - ▶ Maintain versatility despite tendency to specialize
- ▶ Individualized goals and programming
- ▶ Equipment optimization
- ▶ Full-length courses

Principles

- ▶ Long-term focused
- ▶ Every skier/rider is unique
- ▶ Every skier/rider has potential
 - ▶ Process vs. outcome
 - ▶ Training is magical
 - ▶ Remember the journey
- ▶ Build a strong foundation before you build up



Thank you parents!

