



## **Snowsport England Alpine Squad 2017/18**

### **Introduction**

The format and basic content of the Snowsport England Alpine Squad programme has remained unchanged for some time, consisting of a mix of fitness and snow skills assessments. However, over this time the training landscape for many athletes has evolved considerably, with the growth of programmes offered by a variety of residential and non-residential training organisations.

The Alpine Squad committee therefore decided to undertake a radical and thorough review of the programme, with the aim of putting together a programme that was complimentary to the training most participants are already receiving, and supportive of British Ski and Snowboards 2030 vision. The review was performance driven, being conducted by the performance qualified staff on the squad programme, with the objective of adding value for each member of the squad.

The Alpine Squad committee are therefore delighted to present their new programme, running for the first time in the 2017/2018 season.

The highlights of the programme include:

- A customised individual summer fitness performance programme for each squad member.
- Opportunity to undertake a Snowsport England delivered ACE assessment.
- Continued educational sessions covering a variety of relevant topics.
- Programme delivered on 6 individual days, over a 6-month period.
- Fully individualised fitness advice based on each athlete's personal needs and physical developmental stage.

As part of the review, the committee have decided that the snowdome based skills quest and snow training requirements are no longer meeting the needs of the sport and therefore these elements of the programme have been dropped. The selection criteria for the squad is unchanged for this season, being based solely on alpine achievement as measured through BASS or FIS seed points (depending on age) and assessed individually for each athlete's year of birth.

The Alpine Squad committee are hugely excited about this new direction for the alpine squad programme, and look forward to working with the 2017/18 cohort of athletes.

## **Mission Statement**

The Snowsport England Alpine Squad aims to recognise, reward and develop high levels of performance through awarding squad places to athletes that meet the defined criteria, and inviting them to enrol on the Alpine Squad Development Programme. It is hoped that through this programme SSE will be able to complement the hard work done by the clubs and academies towards achieving the BSS 2030 mission.

## **Selection Criteria**

Selections will be made using the 2018.7 BASS list and 14<sup>th</sup> 2017/2018 FIS list, and aim to be published by week ending 11<sup>th</sup> May 2018. To be eligible for selection to the England Alpine Squad athletes must meet the below criteria

- Must be a registered competitor with SSE in the 17/18 season.
- U18/U21 athletes must have a GBR FIS licence in the 17/18 season.

### ***2006 YOB***

Taking into account the feedback received from many coaches and current thinking amongst many other sports, we will not be selecting athletes born in 2006 to be members of the squad. We would encourage 2006 YOB performers to keep trying to improve their skills and enjoy their sport.

### ***2002, 2003, 2004, 2005 YOB***

Selection will be conducted from 2018.7 BASS list where athletes within 40 points of the best GBR racer or ranked within the Top 8 GBR racers, in at least 2 disciplines, within their YOB will be selected.

### ***2001 YOB***

Athletes with less than 130 points in two disciplines on the 14<sup>th</sup> FIS point list for 2017/2018 will be selected to the squad.

### ***2000 YOB***

Athletes with less than 115 points in two disciplines on the 14<sup>th</sup> FIS point list for 2017/2018 will be selected to the squad.

### ***1999 YOB***

Athletes with less than 105 points in two disciplines on the 14<sup>th</sup> FIS point list for 2017/2018 will be selected to the squad.

### ***1998 YOB***

Athletes with less than 95 points in two disciplines on the 14<sup>th</sup> FIS point list for 2017/2018 will be selected to the squad.

### **Grace Periods**

All squad members who met the 17/18 squad criteria, but failed to meet the 18/19 squad criteria will be re-selected to the squad and given a one-year grace period in which to meet the criteria again.

### **Appeals**

A letter of appeal should be submitted to the selection committee within 2 weeks of the squad being published. This letter should include a reflection and justification as to why the athlete did not meet the requested standard, and also provide an insight as to how being a member of the squad in the 18/19 season will help them meet the necessary criteria for the 19/20 squad.

### **ACE Assessments**

It is no longer compulsory for athletes to undertake an ACE assessment to be a member of the squad, but we would strongly recommend doing so as the data can aid physical development. We would like to remind U14 & U16 athletes, looking for an international selection, that having completed an ACE assessment is however part of the BSS criteria. ACE Assessments will be run on **28<sup>th</sup> April and 13<sup>th</sup> October** in Loughborough, and cost £32.50 to attend. All squad members who undertake at least one of the squad ACE assessments will receive a squad t-shirt.

Invitations to the first ACE will be sent to athletes that are meeting the stated criteria on the 2018.5 BASS and 11<sup>th</sup> FIS list, and then extended to athletes that are meeting criteria on the 2018.6 BASS list and 13<sup>th</sup> FIS list. It is appreciated that this may mean receiving an invite at very short notice, so we would recommend saving the date. It is also noted that with these invitations being sent out prior to the final lists of the season some athletes who end up being selected to the squad will have not received an invitation to the first weekend.

### **Snow Training**

In order to achieve the selection criteria, it is anticipated that most squad athletes are spending a reasonable amount of time training in snow conditions. However, each athlete should attempt to build a snow training programme in association with their coaches that fits with their own requirements and resources. As such, Snowsport England will no longer be insisting on a minimum amount of snow training time as a pre-requisite to continued squad membership.

### **Squad Clothing**

All athletes who undertake an ACE assessment or subscribe to the Development Programme will receive a 2017/18 squad t-shirt. As before all athletes selected to the squad will be able to purchase additional squad clothing at a discounted price.

## **Alpine Squad Development Programme**

Athletes selected to the squad will be invited to be a part of the Alpine Squad Development Programme, which aims to improve athletes' physical capabilities. This programme will incorporate 6 months of detailed programming tailored to the individual's needs and constraints. Subscription to the programme will also include 4 training days and 2 assessment days in Loughborough between April and October.

The cost of the programme will be a fixed fee of £300, and while attendance at every day is not compulsory to be sent the next block of programming, we will be unable to give any programming until the athlete has attended one development day. We would encourage athletes to attend as many of the days as possible, as it will give them the opportunity to receive more feedback, and have the programme worked around their individual needs. Note that the fee is for the entire programme, regardless of the number of days attended, and refunds or discounts cannot be offered.

### **28<sup>th</sup> April** 1100-1700hrs

Initial ACE

Feedback & Goals for ACE only athletes

### **29<sup>th</sup> April** 0900-1300hrs

Explanation and Coaching through Weeks 1-4 of programme

Feedback, goals & individual discussions

### **27<sup>th</sup> May** 1000 – 1500hrs

Check ins

Explanation and coaching through weeks 5 – 8 of programme

Feedback, goals & individual discussions

Performance Lifestyle & Anti-doping

### **24<sup>th</sup> June** 1000 – 1500hrs

Check ins

Explanation and coaching through weeks 9 – 18 of programme

Feedback, goals & individual discussions

Managing S&C through winter/training camps.

### **2<sup>nd</sup> September** 1000 – 1500hrs

Check ins

Explanation and coaching through weeks 19 – 25 of programme

Feedback, goals & individual discussions

Managing fatigue

### **13<sup>th</sup> October** 1100hrs – 1700hrs

Final ACE

Feedback