

SCOTTISH SKI CLUB
CAIRNGORM RACE TRAINING PROGRAMME
THREE YEAR PLAN 2012 - 2014

SSC TRAINING GROUP PHILOSOPHY: To create a **TEAM** environment and that SSC is the best racing programme to train with in Scotland on snow.

How to achieve this:

- Rebrand the weekly Children's group lists as TEAM LISTS (there will be no qualifying criteria to get into the TEAM). Juniors to be branded "FIS Race Squad" to provide differentiation from Children's Teams & the Bairns Development Squad.
- By avoiding creating specific groups of trainees in Children's age category. Instead, create broad Age-group Teams which are coached by two or more coaches using team-coaching techniques within that age-group.
- By creating a "pool" of coaches. This is more flexible in terms of peaks and troughs in demand. The Age-group Team then becomes familiar with all pool coaches, allowing the individual racer some freedom to choose which coach they seek advice from.
- By encouraging mixing of age categories during general activities.
- By continuing to arrange more pre-season non-skiing activities & social events.

SPECIFIC TEAM PLANS:

BAIRNS DEVELOPMENT SQUAD

Year 1 (2012):

- Target Muchkart and LSRA to enlist more Bairns trainees.
- Gary has committed to turning up every weekend to be the Bairns coach, both Saturdays and Sundays, even if we have only 3 or 4 in a day, then we will still offer training.
- Although this will at times be a loss-leader, it will build on the future strength of CH1's training with SSC (and older).
- Promote the CH1 group to those moving up age categories at end of the year and invite the best Bairns to "guest" with the CH1 Team occasionally.
- Provide race support at **all** Bairns races.
- Consider February mid-term training camp for the Bairns Development Squad.
- Coach to establish links with other Bairns coaches in Scotland

(There has been an offer of coaching assistance from a 16 year old girl, whose brother is a new SSC CH2 trainee - former Gordon's Skiers)

Year 2 (2013):

- Re-assess the popularity of flexible training for Bairns in 2012 and whether to continue providing Saturday and Sundays every weekend for 2013.
- Promote a February mid-term training camp for the Bairns Development Squad, in conjunction with the February mid-term camp which is aimed at CH & JNRS.
- Continue with the top Bairns "guesting" with the CH1 group towards end of season.
- Coach to reinforce links with other Bairns coaches in Scotland and establish links with other Nations Mini's coaches.

Year 3 (2014):

- Establish successes of past 2 years and set aims for this third year.

JUNIORS

Year 1 (2012):

- Rebrand the group as the **“FIS RACE SQUAD”**
- Advertise by word of mouth and inform members at the AGM that SSC will run Juniors training every weekend with a dedicated coach, including race support.
- Training must take place in the same resort as where the Children Teams are, due to siblings in CH age category. There will be occasional times this will not work (ie FIS races)
- Encourage Juniors to participate in the Scottish Juniors camps
- Set a race programme to get Juniors to enter all Scottish snow races that they are entitled to compete in.
- Provide more one-to-one training and skiing advice.
- Coach to liaise with Scottish and British Team coaches & introduce athletes to them
- Invite top CH2's to “guest” with JNRS Team towards end of season.
- Optional Extra: Coach to arrange forerunning at High Level Children's races.

Year 2 (2013):

- Purchase Juniors gates prior to season start
- Branded clothing/soft shells for **“FIS Race Squad”**
- Build on year 2012 trainees and welcome those just out of CH2.
- Encourage self-coaching techniques, self reliance and course setting for older trainees
- Discuss life options for future racing/coaching/instructing
- Offer older racers a chance to shadow the Head Coach if they are interested in becoming a coach or instructor.
- Continue to encourage Juniors to participate in Scottish Juniors camps.
- Continue to build on relationships with Scottish and British Team coaches & introduce athletes to them

Year 3 (2014):

- Establish successes of past 2 years and set aims for this third year.