



ATHLETE PROGRESS REPORT

2010-2011 Season

Challenging all planes of balance
 Timing, coordination and rhythm
 Precise and functional pole plant
 Introduction to race disciplines
 All mountain challenges
 Competitive spirit

KD PROGRAM

Athlete:

Skill • Speed • Reaction • Suppleness

<i>Developing the Skier</i>		FEBRUARY 2011			APRIL 2011		
		Introducing	Learning	Performing	Introducing	Learning	Performing
Responsibility & Leadership	Perform dynamic warm-up with coaches supervision prior to training every day						
	Bring water bottle and healthy snack to <u>all</u> training sessions						
	Quiz from the coach on safety rules from the 'Alpine Responsibility Code'						
Psychological Skills	Four pre run steps: <i>goal, focus, visualize & commit</i> prior to most runs						
	Demonstrate positive self talk						
	Imagery and visualization routines led by the coach						
Technical Skill Development	Natural and mobile athletic stance in steered turns						
	Natural and mobile athletic stance in carved turns	Blue					
	Lower body leads the turning effort in all turns	Green / Blue					
	Balance on edges in controlled, steered turns	Blue / Black					
	Balance on edges to maintain speed in carving turns	Blue					
	Balance on edges to generate speed in carving turns	Green / Blue					
Reaction & Decision Skills	Play the chase game on ungroomed blue terrain with no poles						
	Follow a partner, varied turn shapes including on-snow 180's and 360's						
	Varied stance and turn shape switches on the visual cue of the coach						
	Multi-switches from one course to another on the visual cue of the coach						
Tactical Skill Applications	Inside hand touch drill on ' <i>Homesteader</i> '	Green					
	Outside hand forward squaring drill on ' <i>Eye Opener</i> '	Blue					
	One ski skiing with and without poles on ' <i>Eye Opener</i> '	Blue					
	15 Javelin turns on ' <i>Elbow</i> '	Green					
	15 Braquage turns on ' <i>Whoop Up</i> '	Blue					
	15 one second carving turns on ' <i>Mighty Peace</i> ' no skidding	Blue					
	15 two second carving turns on ' <i>Might Peace</i> ' no skidding	Blue					
	Five long, five short, five medium turns linked on ' <i>Mapmaker</i> '	Blue					
	180's - forwards to back on small roller or jump	Terrain Park					
	Straight airs in the terrain park, popping and solid landing	Terrain Park					
Link 15 SL turns on ' <i>Eagle Tail</i> ' w/ pole plant & speed control	Black						
Racing Skills	Linked carved turns through Glalom brushes course	Green / Blue					
	Linked carved turns through Slalom brushes course	Green / Blue					
	Linked carved turns through GS gates course	Green / Blue					
	Introduction to "line" in GS with markers	Green / Blue					
	Shinning 8 out of 10 stubbies in corridor	Green / Blue					
	Classic technique in panelled SL (SL with GS gates)	Blue					
	Race with proper start and finish technique	Blue					
	Hairpin, flush and delay combinations in stubbies	Green / Blue					
	Move efficiently in and out of tuck in GS course	Green / Blue					
	Kombi course with four sections - no inspection, finish first run	Blue					