

*“Did I win? Did I lose? These are the wrong questions. The correct question is: Did I give my best effort? If so, you may get beat, but you will never lose.” – John Wooden*



## J4 RACERS MAY BE IN PHASES 3-5 OF THE ALPINE TRAINING SYSTEM

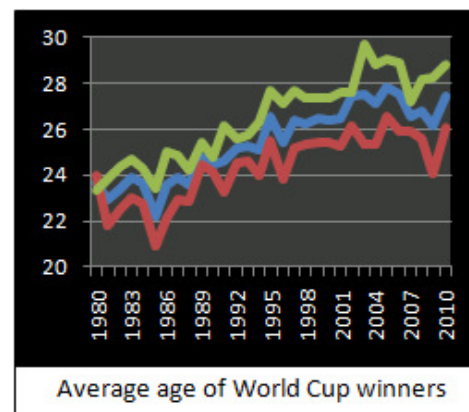
- Most athletes this age are in the optimal window to acquire the fundamental motor skills for skiing
- Racers should be managed based on their developmental phase, not just how old they are
- Because ski racing takes place in widely varying environment and requires complex movement patterns, training variety and volume are critical with a mix of gates and freeskiing
- Results alone do not give complete picture of an athlete's long-term potential. Speed is an important piece, but other factors include developmental phase, fundamental skills base, fitness, mental skills, and equipment.
- For more info: <http://trainingsystem.ussa.org>

Pre & Post Puberty		
PHASE 3	PHASE 4	PHASE 5
<b>Biological Age</b> Pre Puberty (Before Growth Spurt)	<b>Biological Age</b> Puberty (Growth Spurt)	<b>Biological Age</b> Post Puberty (After Growth Spurt)
<b>Age</b> Girls: 10-13: J4 (J5-J3) Boys: 11-14: J4 (J4-J3)	<b>Age</b> Girls: 11-14: J3 (J4-J3) Boys: 12-15: J3 (J4-J2)	<b>Age</b> Girls: 12-16: J3 (J4-J2) Boys: 14-17: J2 (J3-J1)
<b>Training Age</b> 4-8 years in sport	<b>Training Age</b> 5-9 years in sport	<b>Training Age</b> 6-11 years in sport
<b>Participation</b> 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	<b>Participation</b> Ski 4-5 days a week 100 days/year At least 30-50% free-skiing Competition Period: (Dec.-April) Number of race starts: 15-30 Ratio 1:5 (race:training) Play complementary sports	<b>Participation</b> Ski 4-5 days a week 120-140 days/year At least 15% free skiing Competition Period: (Nov.-April) Number of race starts: 25-max 45 Ratio 1:4 (race:training) Play complementary sport

World rank age 15: **2686 (GS)**



World rank age 15: **60 (SL)**



## RACER MANAGEMENT CONCEPTS

Races and competition are important at this age for athletes to learn to push their limits, to learn how to compete, to learn how to deal with victory and defeat, and to have fun. There should not be an over-emphasis on results by parents and coaches. Children at this age typically overuse peer comparison to gauge their ability and potential. Often they do not fully understand how training and effort can improve their results over time. Parents need to help them understand how their efforts will make them better. Being mindful of the training to race ratios based on biological phases above will help ensure the right balance between critical skill development training time and competition is attained.

### GREAT PARENTS DO THIS!

- Support: Your child's **results** don't change your love or support for their racing
- Praise effort, be specific
- Keep your child focused on their strengths, don't talk about weaknesses, talk in positives
- Cheer on all competitors
- Enjoy the competition; don't show your anxiety
- Keep things in perspective

"Pressure is always there for every athlete and we put more pressure on ourselves than anyone. But I knew that I did everything I could to be in a position to win. I had worked harder in the off season than ever, I knew my skis were fast and I knew I had the ability to be fast."

*Ted Ligety on the 2011 World Championships*



## ALPINE PLANNING – AGE CHANGE 2012/13 SEASON

Nomenclature Global	YOB 2012-13 Ages	Principles	Competition & Rankings
U21	1992 – 1994 18, 19, 20	4 event focus, mastering all domains	FIS WJR and NORAmS Jr. titles at U.S. Alpine Champs FIS Points
U18	1995 – 1996 16, 17	4 event focus, competition skills emphasis	FIS WJR, NorAmS, National Jr. Championships FIS Points
U16	1997 – 1998 14, 15	Introduce speed elements, skill acquisition DH, SL, GS, SG, parallel	Jr. Championships, NDS Spring camp USSA Points
U14	1999 – 2000 12, 13	Introduce terrain elements SL, GS, SG, Kombi, parallel racing	Regional Jr. Championships
U12	2001 – 2002 10, 11	Leagues, teams, Kombi races, FUN - instill love of sport SL, GS, Kombi, parallel racing	State and Divisional Festivals Skills Competition
U10	2003 and later 9 and younger	FUN - Play and games – motor and technical skill focus SL, GS, Kombi, parallel racing	State and Divisional Council Festivals Skills Competition