

*“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*



## J2 RACERS MAY BE IN PHASES 4-6 OF THE ALPINE TRAINING SYSTEM

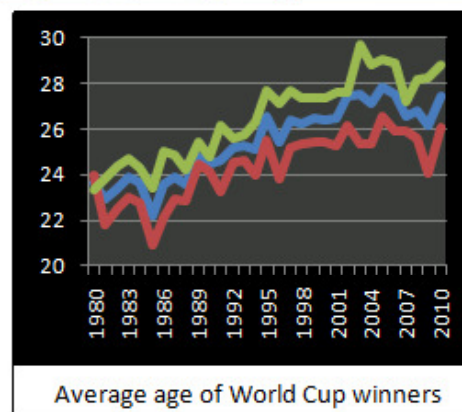
- Late maturing athletes are starting to catch up to their early maturing peers
- Strength and power demands of sport become point of emphasis for phase 5 and 6
- Athletes need to have refined race day plans to help them perform with consistency
- Results alone still do not give complete picture of athlete's long-term potential, other factors include developmental phase (right), fundamental skills base, conditioning level, mental skills, and equipment
- For more info: <http://trainingsystem.usssa.org>

Pre & Post Puberty		World Class Performance Full Maturation
<b>PHASE 4</b>	<b>PHASE 5</b>	<b>PHASE 6</b>
<b>Biological Age</b> Puberty (Growth Spurt) <b>Age</b> Girls: 11–14; J3 (J4–J3) Boys: 12–15; J3 (J4–J2) <b>Training Age</b> 5–9 years in sport <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>Biological Age</b> Post Puberty (After Growth Spurt) <b>Age</b> Girls: 12–16; J3 (J4–J2) Boys: 14–17; J2 (J3–J1) <b>Training Age</b> 6–11 years in sport <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	<b>Biological Age</b> Full Maturation <b>Age</b> Female: 16+ J2–J1 Male: 17+ J1 <b>Training Age</b> Minimum 10+ years in sport <b>Participation</b> Ski 4–5 days a week 130–150 days/year At least 10% free-skiing Competition Period: (Nov.–April) Number of race starts: 55* Ratio 1:3 (race:training) *based on the number of disciplines

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



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

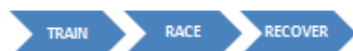


## RACER MANAGEMENT CONCEPTS

### PHASE 5 SKIER RECOMMENDATIONS:

- 25-45 races maximum
- Maintain ratio of 1:4 race days vs. training days
- Refine technique and tactics after growth spurt, adapt to increases in strength, power, and body size.

### PERIODIZATION PRINCIPLE:



### 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

**CHOOSING RACES:** Is the goal to lower points, or is it to **perform**? A well-designed race plan follows the periodization principle to maximize performance and manage long-term improvement. Training and recovery are essential to continue making gains in technique, and to be able to perform when it really matters.

### Age Change - Effective 2012/13 Season

U21: 1992-1994 YOB (Ages 18-20)

U18: 1995-1996 YOB (Ages 16-17)

"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