



NZSIA SKI Alpine Race Coach Course Outline 2017

The NZSIA qualifications are recognised internationally as some of the best in the world. The NZSIA Examining Team comprise the most talented Ski Trainers in New Zealand and it is our job to make sure you as the candidates have the best possible shot at successfully completing this course.

We aim to provide a fun, friendly educational environment that is non-threatening. If you have any problems with another candidate or your examiner don't hesitate to approach me personally.

The following information is important, keep it handy during your course.

What you need to bring everyday:

- Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain during the course in case of a change in ski area due to weather.
- Warm, waterproof clothing including helmet and gloves. You'll be outside for the day for up to 6 hours.
- Sunglasses/goggles and sun cream.
- A packed lunch or lunch money.
- Money for lift tickets. Some participants may be eligible for discounted lift tickets during courses. Please inform the Ski Course Manager if lift tickets are required.
- A notebook & pencil to take down notes/important points.

My cell phone number is 027 249 1765 and is for **URGENT** calls only please.

Good luck.
Stephanie Brown
NZSIA Ski Course Manager

Administration Matters

All matters concerning registration, payments etc should be referred to the admin office. NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided on line after each course.

If you wish to personally discuss your results or any other matter relating to the course please contact the Ski Course Manager or write to NZSIA at the address below.

Email: admin@nzsia.org Post: NZSIA, P.O. Box 2283, Wakatipu Phone: 034511534

Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meeting locations are as follows:

Coronet Peak - Outside Snowsports School meeting place

Remarkables- Outside main building uphill side on snow to the left side of the deck

Cardrona –Outside on the uphill side of the archway

Treble Cone - Base of the six-man chairlift

Mt.Hutt - Outside Snowsports School meeting place

Turoa - Outside Café at base area near the ski racks

Whakapapa - Outside Café at base area near the ski racks

Closed Days

If the mountain is closed gather at the designated meeting point at 9:00am. An alternative arrangement of another mountain in the region will be organised. Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation.

Please have your equipment off the mountain in case another mountain is used. Meeting locations are as follows:

Queenstown - The Station building (corner of Camp St and Shotover St)

Wanaka - Cardrona town office (same road as supermarket)

Methven - Mt Hutt town office

Turoa - Ohakune Club 71 Goldfinch St Ohakune

Whakapapa - National Park School

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All matters concerning registration, payments etc should be referred to the admin office.

Email: admin@nzsia.org

Phone: 03 451153

Post: NZSIA, P.O. Box 2283, Wakatipu.

Safety Policy

NZSIA/SBINZ exams will require you to ski/ride on a variety of terrain and conditions and complete specific tasks on snow. If at any time you feel unsafe or at risk of injury you should tell your trainer that you wish to opt out of the particular task. Depending on the situation this may affect the results of your examination.

Course participants should be aware of and follow the Snow Responsibility Code at all times: <http://www.mountainsafety.org.nz/Safety-Tips/Snow-Code-for-Snowsports.asp>

Privacy Policy <http://www.nzsia.org/privacy> In addition, we may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your course trainer if you do not want images of yourself used in this way.

Lift Tickets

Some participants may be eligible to apply for discounted lift tickets during courses. Please inform the Course Manager if lift tickets are required.

NZSIA Alpine Race Coach - Course Overview 2017

The focus of this five-day qualification is to develop race coaching skills including course-setting, training environment and appropriate race demonstrations for ski instructors.

Alpine Race Coach is open to NZSIA Level 3 Certified Ski Instructors (or foreign equivalent) who are Full or Associate members of the NZSIA and have successfully completed the Race One course. NZSIA Level 2 certified members who have previously registered with and raced under Snow Sports NZ may be admitted at the discretion of the course manager.

Candidates must join the NZSIA as an associate member to register for the Alpine Race Coach

Pre-exam will be available in September along with the updated race manual at www.nzsia.org.

The Alpine Race Coach Accreditation is held over five days. Successful completion of this course will result in “coach accreditation” and open a pathway of further education to achieve “coach certification”

Helmets are required for this event

Race skis are required for this event:

- **GS ski radius 17-30m 170-195cm**
- **SL ski radius 10-13m 150-165cm**

Race equipment required for this event:

- **Poles with pole guards**
- **Shin guards**

Race equipment highly recommended:

- **Helmet with chin guard or mouth guard**
- **Stealth/padding for arms**
- **Back protector**

Optional equipment – range finder, drill, key, & tape measure

This course will build on practical knowledge of:

- Course setting – GS, SL, Skill development
- Training programme structure – daily, weekly, seasonal
- Race technique
- Drills required to develop specific skills in race development
- Dryland training for club programmes
- Video analysis for ski racing
- Line and tactics
- Course inspection
- Course reports

Candidates are required to:

1. Complete course-setting activities
2. Work with a partner to develop a seasonal training plan
3. Demonstrate exercises which highlight and develop skills for child racers
4. Participate in dryland training session
5. Reflect on their daily activities

The on-snow topics covered during the Course:

- ▶ Safety in the training environment
- ▶ Warm-up & activation
- ▶ Course setting for Children's GS
- ▶ Course setting for Children's Combi
- ▶ Course setting for Children's SL skills
- ▶ Drills
- ▶ Stakeholders
- ▶ Skill Acquisition

On Line Race Test to be completed 48 hrs. before start of day one

PROPOSED DAILY OUTLINE (SUBJECT TO CHANGE)

Day One Cardrona:

- 8.30 Morning Meeting – Introduction, Daily Goals and Safety Procedures
- 9.30-12.30 On Snow Technical Session,
 - Take video of candidates
 - Race fundamental technique – come to agreement
- 12.30 – 1.30 Working Lunch
 - watch video
 - set personal goals
- 1.30-3.15 Afternoon on snow session
 - How to warm up – activation and drills
- 3.30-4.30 Indoor Session:
 - Review day & discuss process of reflection
 - World Cup Video Analysis

Day Two Cardrona – times to be confirmed

- Morning Meeting – Daily Plan, Goals and Safety
- Morning GS Session
 - Examiner to set
 - Safety/spill zones/ B net
 - Candidates to ski
 - If time allows one re-set will be conducted by a group of candidates
- Lunch
- Afternoon GS Session
 - Group of candidates to set
 - Adding brushes for line
 - Usage of dye
- Off snow @ Cardrona
 - Planning assignment given out
 - Video analysis – athletes of different ages

Day Three Cardrona – times to be confirmed

- Morning Meeting – Daily Plan, Goals and Safety
- Morning SL Session
 - Examiner to set stubbies
 - Candidates to ski
 - If time allows one re-set will be conducted by a group of candidates
- Early Lunch

- Early Afternoon SL Session
 - Introducing the cross block – movements
 - Introducing the cross block – course sets to facilitate

EARLY FINISH – No later than 1PM

Off snow in Wanaka

- Dryland training for club coaches – with national team S&C coach Ben Griffin

Day Four Cardrona – times to be confirmed

- Morning Meeting – Daily Plan, Goals and Safety
- Morning SL Session
 - Candidates to set – two groups two sets
 - Courses to include hairpins, flushes and delays
 - Candidates to ski
 - If time allows one re-set will be conducted
 - Discuss inspection
- Lunch
- Afternoon GS Session
 - Candidates to set – two groups two sets
 - Courses to include at least one delay gate
 - Practice inspection & course reports
- Off snow @ Cardrona
 - Reflecting on the day
 - Discuss & practice course reports through video
 - Planning assignments handed in

Day Five Cardrona – times to be confirmed

- Morning Meeting – Daily Plan, Goals and Safety
- Morning Skiing Session
 - Drills and tasks
 - Lap coaching
 - Off piste skiing
- Early/brief lunch
- Final on-snow session (to be completed by 1.30PM)
 - Finalising marking of candidates' skiing
 - Revisiting initial personal ski goals
- Results later in the day

Certification Scoring Criteria

The assessment for this course is made up of three components.
Candidates must pass all components to pass the Race One Certification.

Course setting

1. Candidate demonstrates the ability to set courses safely

Online Exam

2. Candidates achieve 80% in online exam

Skiing

3. Candidates demonstrate the following:
 - A versatile and stable athletic stance in variable conditions
 - Use of proactive fore-aft movements to utilize the length of the ski
 - Use of versatile lateral movements to control edge angle and maintain appropriate balance
 - Use of versatile and accurate rotational movements
 - Use of versatile vertical movements to facilitate turns of different shapes and sizes

Planning Assignment (pairs)

4. Candidates' plan shows the following:
 - Appropriate competition selection
 - Logical progression through the season
 - Appropriate balance of freeskiing, Slalom and GS gates

Certification Scoring Criteria

The assessment for this course is made up of four components as listed above.
Candidates must pass all components to pass the Alpine Race Coach Accreditation.

- Candidates' skiing maneuvers and course setting abilities are assessed by the examiner(s) throughout the course during drill exploration/demonstration
- Candidates must complete daily reflection sheets
- Planning assignment will be given out on day 1 in pairs (or groups of 3) and handed in day 4.
- **If you haven't previously taken the online course then this is to be completed 48 hours before the beginning of Day One on snow. A minimum score of 80% is required to pass the online course**

Scoring Format

Scoring for NZSIA Race One will be in a pass/fail format with relevant comments provided as feedback.

PROPOSED OVERALL ALPINE COACH PATHWAY

As mentioned earlier in this document the 5 day on snow course is part of an overall coach pathway which includes two levels and different modules at each level. The following outlines the coach development pathway (subject to change). For this (2017) season the “development accreditation” is available. Next season (2018) we endeavor to offer the modules towards “performance certification”.

ALPINE RACE COACH DEVELOPMENT ACCREDITATION

This accreditation has two stages:

1. INTRO TO COACHING SEMINAR - DELIVERED BY SNOW SPORTS NZ

The Intro to Coaching Seminar, which can be facilitated over a one-day course or three evening sessions, will be comprised of three indoor presentations/workshops:

1. What is Coaching?
2. Who are we Coaching?
3. How are we Coaching?

These sessions can be attended in person in Wanaka or joined as a live stream online.

Dates to be confirmed – for 2017 this will be a co-requisite to attain “accreditation” NOT a prerequisite to the on-snow course

2. ALPINE RACE COACH ON SNOW COURSE

This course

ALPINE RACE COACH PERFORMANCE CERTIFICATION (2018)

This certification has five proposed stages to it, is currently in development and is subject to change

1. SSNZ OFFICIALS & REFEREEING MODULES - DELIVERED BY SNOW SPORTS NZ

Free, provided by Snow Sports NZ early season 2018

2. UNIVERSAL DRY-LAND TRAINING MODULE - DELIVERED BY SNOW SPORTS NZ

This Dry-land Training Session includes ABCs physical training and basics of trampolining

3. THEORY MODULES - DELIVERED BY SNOW SPORTS NZ

These modules are all theory-based. The proposed topics include:

- * Long term performance planning
- * Athlete physicality and robustness
- * Performance analysis
- * Mental skills preparation
- * Competition day

4. LOGGED EXPERIENCE - 40HRS, SELF MANAGED

Using the logbook facility provided in the Intro to Coaching Seminar. The logged experience must total 40 hours of paid coaching or shadowing hours (can be a mix of the two) and needs to include:

- * At least one dry-land session
- * At least one competition
- * At least one team captains meeting or referee @ a race

5. COACHING ASSESSMENT - DELIVERED BY NZSIA AND SBINZ

Final coaching assessment. Format to be confirmed. Inclusion of a course-set at a SSNZ sanctioned race.