

Ski Coach Level Two - Race

Course Outline

Focus

The objective of this course is to train and qualify coaches in Alpine Skiing up to the FIS level in New Zealand.

This course is the second step in the pathway of the SSNZ coach. Completion of the Entry Level Coach is required before entering this course. To find more information on this model and the pathway please go to the Snow Sports New Zealand Coaching website www.snowsports-coaching.co.nz

The course is made up of 3 main disciplines including Slalom, Giant Slalom and Super G.

Course information

Course dates: 2nd – 9th October 2009

Venue: The course is based in Methven. Our off snow venue is Forest Lodge and all on snow training and examinations are at Mt Hutt.

Meeting time and place: The course will begin on Thursday the 1st of October, 7pm at Forest Lodge. This first night's meeting will cover a more detailed outline of the course and set up contingency plans for the week ahead.
The course will be completed on the evening of the 9th of October

Equipment:

- GS helmet (mandatory)
- Slalom helmet (useful but not required)
- GS suit (useful but not required)
- Slalom protection (shin guards and pole guards)
- Mouth guard (recommended)
- Gate key (useful but not required)
- Drill & bit (useful but not required)

Day passes: if required, will be available to you at 50% discount at the Skier Services Office. An NZSIA course list will be at the Skier Services Office by 8:30am.

Closed Days:

If the mountain is closed gather at Forest Lodge at 9:00am. An alternative arrangement session will be organised where a full day's content covered. Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation.

Further enquiries about this course should be made to the Snow Sports New Zealand Director of Coach and sport development.

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Prerequisites

- SSNZ Entry Level Coach or equivalent.
- SSNZ Performance Coach Sports Generic Modules.

Training schedule

1st October - 7pm Forest Lodge

- Course meeting
- Introduction
- Detailed course outline

Day One

- Technical philosophy and basic biomechanics of skiing
- Freeskiing.
- Guiding / reflective practice.
- Using video as a tool.
- Coach relationships (mountain, parents, SRNZ) including planning/organisational skills and time management.
- FIS handbooks.

Day Two

- GS course setting
- GS skiing
- Guiding / reflective practice
- Using the FIS handbooks and prep for coaches' meeting
- Race specific season planning – planning and periodisation

Day Three

- GS Course setting including feedback.
- Race inspection.
- GS training.
- Guiding / reflective practice.
- Race personnel and their roles (TD through to volunteers) race referee.
- Athlete release forms - Filling in forms correctly (entry forms)
- Coaches meeting
- Protests

Day Four

- Technical SL skiing / video. Introducing SL in gates
- Guiding / reflective practice.
- Equipment and tuning.

Day Five

- SL course setting.
- SL skiing.
- Guiding / reflective practice.
- SL course setting drills.
- Ski racing / Snowsports governance.

Day Six

- SL Course setting including feedback.
- Race inspection.
- SL training.
- Guiding / reflective practice.
- Examination procedures and introduction of examiners.
- FIS handbook test (open book).

Day Seven

- Skiing exam (videoed).
- GS turns and in gates.
- SL turns and in gates.
- Tasks/drills.
- Slow skiing.
- Freeskiing.
- Skier analysis (next day coaching plan set up from this analysis).
- Seasonal training plans collected.
- 15 minute Coaching presentation – open topic from week.

Day Eight

Coaching exam

Course setting and coaching, freeskiing and gates.

Please Note: This is the basic outline. It may need to be adjusted according to the availability of race lanes and snow/weather conditions.

Assessment

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

The assessment takes place on the evening of the 6th day as well as day 7 and day 8 of the course.

The course is eight days in length. All results are final. Unsuccessful candidates will need to re-sit the 8 day exam.

Skiing	Slalom (SL) and SL Course Giant Slalom (GS) and GS Course Tasks and drills Free Skiing Slow skiing	}	A min total score of 6 out of 10 in each area
Analysis	Detection and correction of a racer	}	A min total score of 6 out of 10
Course Setting	Candidates ability to set a Slalom and Giant Slalom course	}	A min total score of 6 out of 10
Coaching	Candidates are assessed on their ability to coach an athlete in SL & GS	}	A min total score of 6 out of 10
Written test	A written test from the FIS rule book	}	75% required to pass
Seasonal plan	A seasonal development plan for an athlete	}	Pass / fail only