

## **Race Skills**

Starting in December 2018, Chill Factore launched its new Race Skills training. The programme is based on the SkillsQuest programme produced by the High-Performance department of the U.S Ski and Snowboard Association and has been adapted to suit an indoor centre. It provides a framework where technical skiing skills are taught, measured and tracked over time.

Race Skills training target the 4 key technical areas; Edge, Pressure, Rotation and Coordination of steering

Race Skills training consists of:

### **Race Skills (Under 11), Tuesday 17.30 – 19.30**

This is a fun ski club that aims to cultivate children's enjoyment of skiing through the development of core technical skills that will enable them to enjoy all-mountain skiing and provide an introduction to Race.

Training takes place over a repeating 5-week cycle, with weeks 1-4 spent working on different Race Skills, building up to a Race Skills Challenge in week 5. The programme uses a point scoring system designed to track progress and motivate children to continually develop the important core skills of skiing. During some phases of training coaches will set race training courses to supplement the development of Race Skills and to help lay foundations for future competitive racing.

To participate in Race Skills (under 11) your child needs to score an average of 5 or higher in all areas of the Race Skills Pre-Assessment performed during week 3 of Advance and Advanced + Mini Moose and Polar Bear lessons, or be able to demonstrate the following:

- Use a poma drag lift un-aided
- Be able to control their speed on blue slopes, using a variety of rounded (not skidded) turn sizes, with their skis largely parallel.
- Perform a basic parallel stop / hockey stop (both left and right)
- Be aged 6 years and over

### **Race Skills (11+), Tuesday 19.30 – 21.30**

A ski club for adults and children aged 11+ that focuses on alpine ski racing. Training is specifically tailored to prepare trainees for the indoor and plastic summer races and is periodized into 3 phases:  
- Autumn / Winter skills, Spring gate practice and Summer Race training

Autumn / Winter skills - Training takes place over three 5-week cycles. Weeks 1-4 will develop core skiing skills and week 5 will consist of a skills assessment, designed to track progress and motivate trainees. Results are recorded and tracked by coaches so that progress is continually monitored.

Spring Gate practice – From mid-April trainees will have exclusive access to the slope. At this stage full gates are reintroduced into training for one month in advance of the summer race calendar.

Summer Race training – From mid-May to October trainees will have exclusive access to the slope. The focus during this phase will be full gate practice, skiing different types of sets and applying the skills developed in Autumn/Winter into challenging race courses to develop race tactics ahead of the summer races.

To participate in Race Skills (11+) your child must be at least 11 years old and score an average of 7 or higher in the Race Skills (Under 11) Assessment.

Adults or children aged 11+ that have not participated in Race Skills (Under11) need to be able to demonstrate the following:

- Use a poma drag lift un-aided
- Be able to control their speed on blue slopes, using a variety of rounded (not skidded) turn sizes, with their skis largely parallel.
- Perform a basic parallel stop / hockey stop (both left and right)
- A basis Carved turn
- Be aged 12 years and over

### **Notes to Parents**

For children aged under 11, skills development and fun outside of race gates is extremely important, which is why the Race Skills (Under 11) trainees will ski different courses and may have less gate time to the Race Skills (11+) group.

Children participating in Race Skills (Under 11) will only be permitted to participate in Race Skills (11+) when they are at least 11 years old and score an average of 7 or higher, in the Race Skills (Under 11) Assessment.

Race Skills (Under 11) will always be coached according to each child's development (physically, socially and technically) to manage any splits in abilities and ensure every child is being developed at their own pace. Please respect the professional view of the coaches and understand both Race Skills sessions are the most advanced training groups of a broader skiing development pathway for Chill Factore guests.