



## Junior Race Parents Briefing

Dear Parents,

We are making some minor changes to Junior Race and we wanted to keep you informed.

**Group benches** - When the children are ready to go out for the Junior Race session, they need to be seated on the following benches: -

**Green – 5**

**Blue – 6**

**Red – 7**

**Black – 8**

Coaches will collect their groups from these benches and take them out. At the end of the session, coaches will return their groups to the same bench and then debrief the children and parents, as to what the group has been working on. Please ensure you are at your child's bench, to ensure you receive the debrief for the session and understand what your child has been working on.

**Assessments** – in the New Year, assessments will move from every two months to every three months. This will allow children more time to work on the skills required in order to move forward to the next group.

The skill acquisition for each group is as follows: -

Green to Blue group - Skidded parallel turns with a variety of turn sizes; Using shape of turn to control speed (final third); Effective posture and fore-aft balance (hips, shins, hands, joints).  
Course - Ski a medium offset corridor course with skis parallel throughout.

Blue to Red group - Grippy parallel turns (tail follows tip); Visible application of - pressure at start of turn, and flexing after the fall line; Circular turn shape; The above skills demonstrated in a variety of corridors. Course - Ski a medium offset corridor course demonstrating parallel turns in a racing line.

Red to Black group - Linked, circular turns in a medium-to-wide corridor showing carving from at least the fall line (i.e. not fall line wiggle); Ski a variety of corridor widths adjusting turn size whilst maintaining circular turn shape; Fully carved J-turns in both directions. Course - Ski a medium offset corridor course demonstrating carved turns with a racing line.

It is not unusual for children to undertake a number of assessments, before moving forward to the next group, as the time needed for the acquisition of the relevant skills, is different for each individual. It is also important to note that this progression is completely different from the normal ski school progress cards and requires more training in order to be successful. Please explain to your child that they may need to complete a number of assessments before moving forward.

Thanks for all your help and cooperation.

Chillfactor Race Coaches.