

# GLOUCESTER SKI CLUB GROUP DEFINITIONS

Trainees at Gloucester Ski Club are arranged into four groups, based on ability and dedication to training. The criteria for 2008/9 have been updated to combine the performance groups and to include BARTS points targets for members of the performance group. Criteria for the other groups have also been updated to reflect the improved strength of the club over the past year.

The group system is dynamic and skiers should understand that if they do not meet the requirements, and their coach feels that they would be better suited to a lower group, they will be moved to a more appropriate level where they can work more efficiently on any weaknesses. Skiers improve at differing rates throughout their time with the club and this should be seen as an important step to solidify technique.

Skiers will be assessed on criteria at the annual assessment in October and informally during the three-monthly trial sessions, and monitored throughout the year to ensure that they are given the best opportunities to progress.

The coaching team will be happy to address any questions you may have about these criteria, or anything else.

## FOUNDATION

- Be able to snowplough from the top of the slope, and have the ability to control speed and direction
- Be able to use the lift unassisted
- Be mature enough to work in the club training environment, although there is no minimum age limit
- Know the sections of the Skiway Code relevant to dry slope training

## DEVELOPMENT 1

- Be able to ski with good body position most of the time (arms fairly wide and high, legs constant shoulder width, upper body same angle as shins, head up)
- Be able to traverse the slope with their skis parallel, and be able to keep the skis parallel though the turn or have a strong carving snowplough
- Be able to perform basic warm-up exercises, with control of speed and direction (running, jumping, etc)
- Understand the need for flexion and extension
- Be comfortable skiing a Summer Race League style training course
- Understand why performing the basics well is vital to higher performance skiing
- Successfully completed the Gloucester Ski Centre Gold Award, either with the club or the centre

## DEVELOPMENT 2

- Be a committed skier/racer and follow an agreed programme
- Be regularly competing in CN races or consistently finishing in the top 25% (m) or 40% (f) of their Summer Race League age group
- Be able to ski with good body posture all of the time, including feet/knees constant width, flexing leg joints, separation at the hips, hand/arm carriage, level shoulders)
- Be able to perform standard warm-up exercises, under control, with skis carving and skidding (running, jumping, etc)
- Coaches report based on the following technical skiing:
  - Linked Snowplough turns
  - Linked Javelin turns
  - Short swings from stage 2 on the slope

## PERFORMANCE

- Be a committed skier/racer and follow an agreed programme
- Meet the GSC BaRTS Seed Point Selection Chart
- Coaches report based on the following technical skiing:
  - Linked Snowplough turns, both feet on the floor, and with inside ski lifted up.
  - Linked Javelin turns
  - Linked Charleston turns
  - Linked White pass turns

OR

A member of either English/Welsh/Scottish Alpine or Artificial Squad

Or

A member of the HN or British Alpine Team

Or

A member of the Childrens Team

Or

A former member of any of the above teams

GSC BaRTS Seed Point Selection Chart

Cat	YOB	Girls		Boys	
		Best in 2007	2008 Target	Best in 2007	2008 Target
Ch1	1997	110.10	143.00	81.34	130.00
	1996	86.30	104.00	83.49	117.00
Ch2	1995	28.94	78.00	86.76	104.00
	1994	12.75	65.00	46.26	91.00
Jn1	1993	42.27	52.00	14.46	78.00
	1992	0.00	39.00	9.86	65.00
Jn2	1991	12.05	39.00	0.00	39.00
	1990	31.70	39.00	6.24	39.00
Sen	1989	8.18	39.00	32.89	39.00
	1988	7.96	39.00	2.09	39.00

Although the points criteria is a critical part of the selection to the performance group, an exceptionally good coaches report has the possibility of over-riding this, if the points criteria is not achieved