Ski and Snowboard Parent Tips – Bringing out the Best in Your Child

Western Region

ALL OUT! THE JOURNEY CONTINUES

TEAM - LOYALTY - INTEGRITY - RESPECT - ACCOUNTABILITY - PERSEVERANCE

Thank you parents!

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Sport & Children

Why Children Participate…

- Enjoy / Fun 28%
- Fitness 15%
- Be with Friends 13%
- Compete 13%
- Improve 8%
- Meet New People 8%

Why Children Drop Out…

- Takes too much time 18%
- Coach was negative 15%
- Enjoy other activities more 15%
- Lack of fun 8%
- It was boring 9%
- Parents' emphasis on winning 6%

What Kids Want...

This is what kids have told us they want from their parents:

- Support and encouragement
- To let them know you are proud of them
- Watch them play
- Praise for their efforts
- Understand their sport and show an interest in being involved
- Have realistic expectations of their abilities

What kids don't want from their parents:

- To yell at them during or after the game
- Swearing
- Abuse of the referee or coach
- Being pushy and pressuring
- Being critical

What kids want from sport:

- Have fun
- Learn and improve
- Be with their friends

#1 : UNCONDITIONAL LOVE

- Make sure your child knows you love them whether they win or lose
  - You don't want your child to fear failure
  - You want your child to be motivated to seek success
  - Your child depends on your loving support

Perceived Competence

- Perception of competence is a big factor in motivation which ties to effort
- Kids perceive their abilities differently than adults

Role of Praise

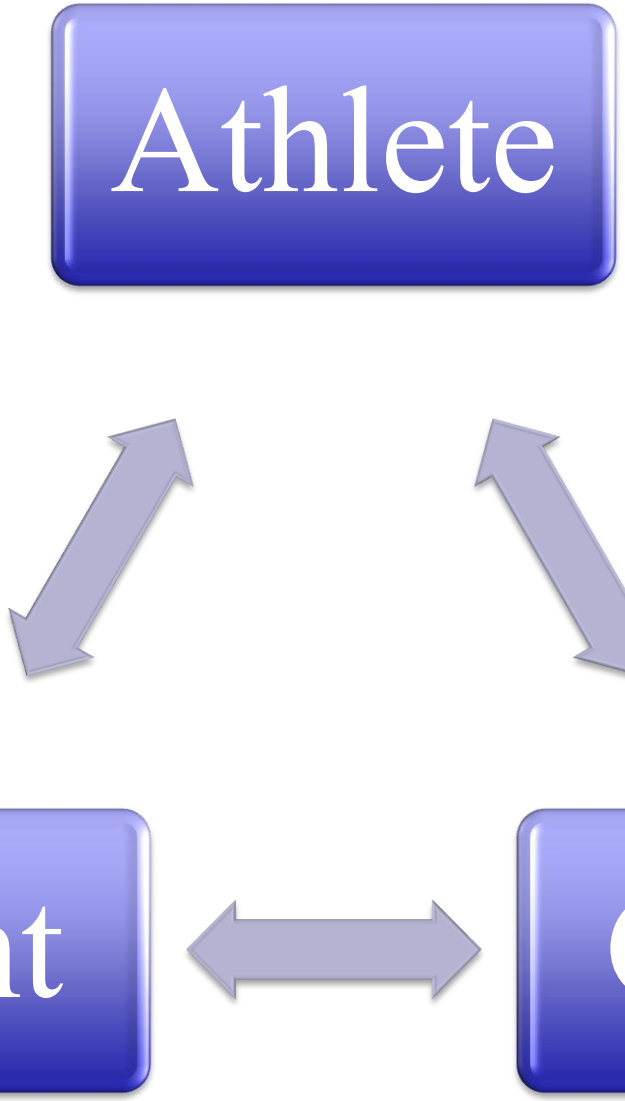
- Parents like to praise
- Myth: more praise = more motivation
- Myth: more praise = more confidence
- Praise only when warranted

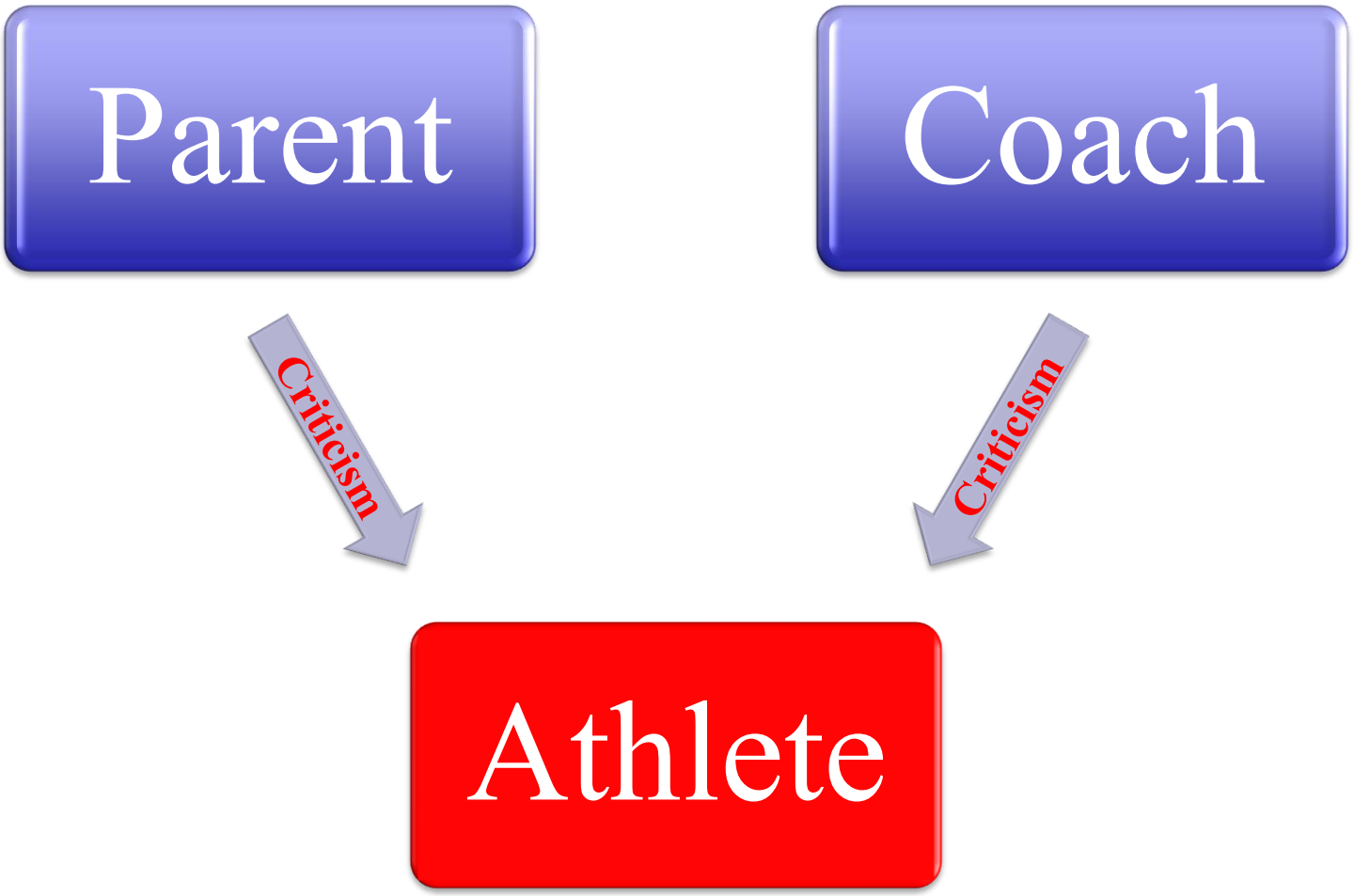
Effort versus ability message

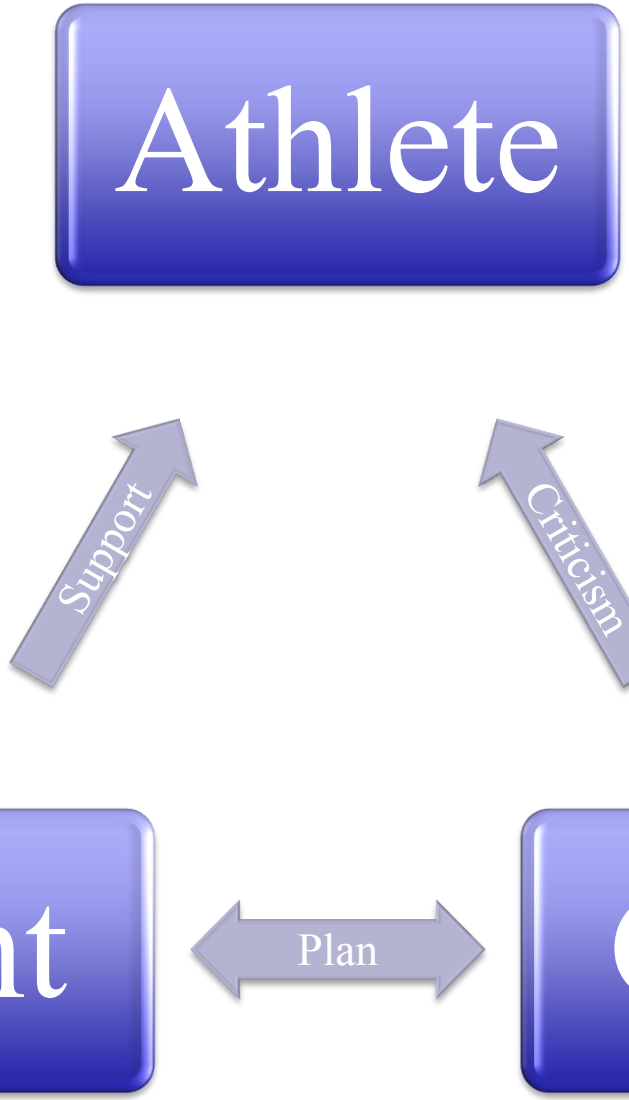
- Praise effort over ability and be specific
- Carol Dweck study – 400 5th graders
  - Half were told “You must be smart at this.”
  - Other half were told “You must have worked hard at this.”
  - Based on this difference in praise alone, effort-based group saw scores improve 30%, ability-based group saw scores drop 20%

Communication!

- Your coach should be communicating with you
  - Training & events detail
  - Feedback on child's progress, attitude
- Your role as a parent: support the coach
- Your job as a parent: get a coach you can support


Athlete
Parent
Coach


Parent
Coach
Criticism
Criticism
Athlete


Athlete
Support
Criticism
Parent
Plan
Coach

Concussion Facts

- A concussion is a brain injury that affects how your brain works
- A concussion is caused by a blow to the head or body from contact with another player, hitting a hard surface such as the ground, or being hit by a piece of equipment
- A concussion can happen even if you haven't been knocked unconscious
- If you think you have a concussion, you should not return to ski/ride on the day of the injury and until a health care professional says you are OK to return to play

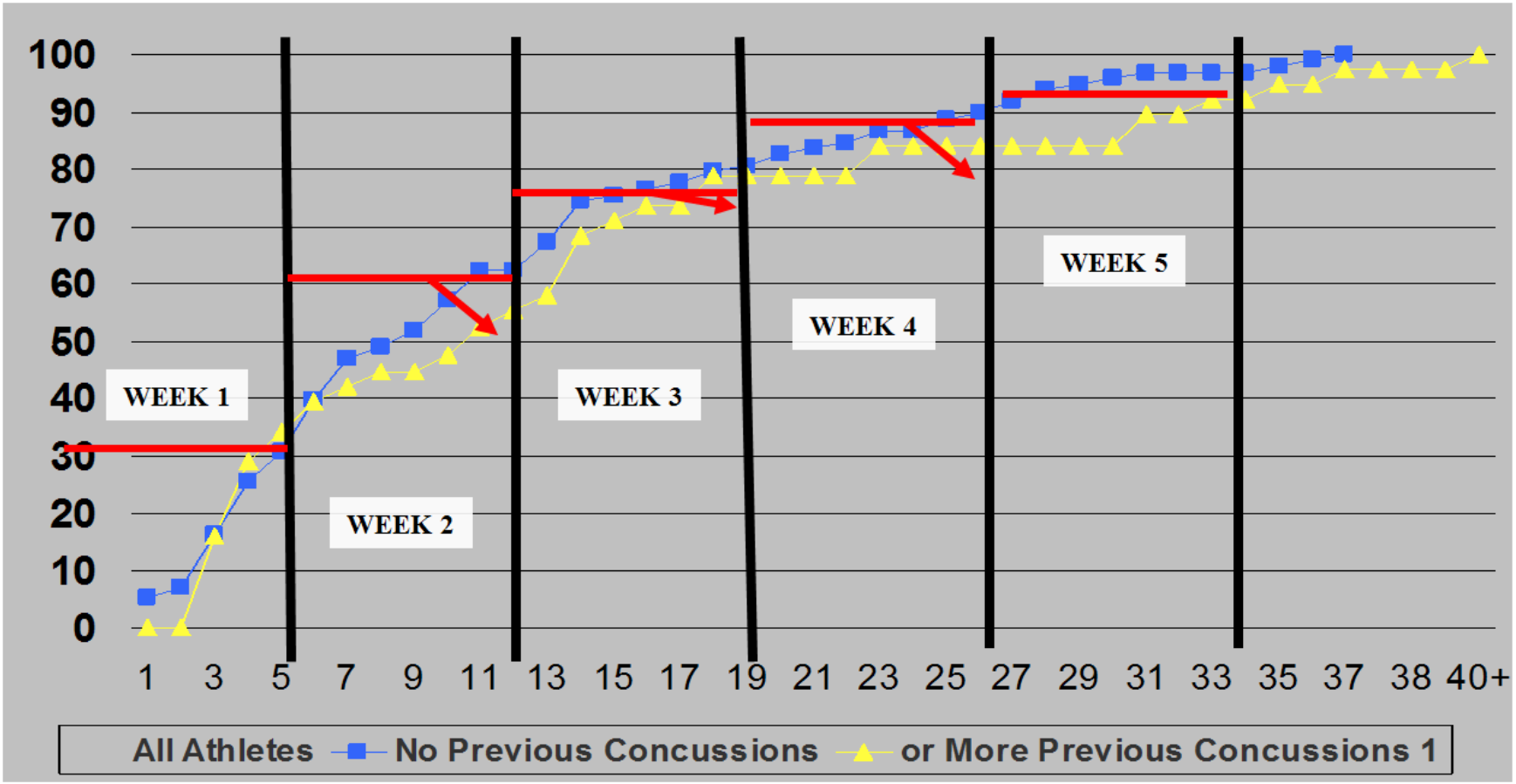
Concussion symptoms differ with each person and with each injury, and may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

Why is it so important?

- Unlike with some other injuries, skiing/riding or training with concussion symptoms is dangerous and can lead to a longer recovery
- While your brain is still healing, you are much more likely to have another concussion. Repeat concussions can increase the time it takes for you to recover and the likelihood of long term problems
- In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to your brain. They can even be fatal.

Recovery-How long does it take?



N=134 High School athletes

Collins et al., 2006, Neurosurgery

All OUT! THE JOURNEY CONTINUES

trainingsystem.ussa.org

Alpine Training System

Foundation Stage

PHASE 1	PHASE 2
Biological Age Pre Puberty **Age** 2–6 years old **Play Age** 1–4 years in sport **Participation** Ski around 1 day a week 20 days a year At least 95% free skiing Play many other sports - gymnastics or balance-based sports	**Biological Age** Pre Puberty **Age** 6–10 years old **Training Age** 1–4 years in sport **Participation** Ski 2–3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports
Emphasis on play, fun, skiing and balance.	Emphasis on play, fun, basic agility, balance and coordination Incorporate activities that develo explosiveness (0-10 sec) and general endurance.
Active start – learning and fun environments Ski and play on skis	Adventure stage – skiing all terra Free play, guided free skiing and drills are an integral part of development. On snow time ne to be spent skiing. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing. Introduction carving, use of upper and lower body separation for angulation, pole plant.
Equipment Selection & Preparation **Skis:** Chest high with a variation based on height, weight and skill level **Boots:** Proper boot fit with soft even forward flex for ankle movement to facilitate a balanced, athletic stance **Protection:** Helmet required at all times **Poles:** Optional - introduce at older levels as skill level develops	Learn USSA rules for all equipm selection **Skis:** 1 pair of skis is sufficient for this group. Head height with variation based on height, weig and skill level. Introduce ski preparation. **Boots:** Proper boot fit with soft even forward flex for ankle movement to facilitate a balanc athletic stance. **Protection:** Helmet required. Older athletes may need shinsi protection. **Poles:** Standard length + forea horizontal with pole tip in snow.
Fun, variety, positive reinforcement and perseverance. Positive parental support is essential.	**Sampling Years** Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental suppo is essential. Families get involve with clubs.
	Local competition: Innovative with FUN focus interclub competition.

Foundation Stage

PHASE 1	PHASE 2
Biological Age Pre Puberty **Age** 2–6 years old **Play Age** 1–4 years in sport **Participation** Ski around 1-3 days per week, or as much as is enjoyable Emphasize outdoor recreation Parents encourage play versus training Participate in all sports, including balanced-based sports like gymnastics **Sensitivity Windows** Basic: motor skills, balance, coordination	**Biological Age** Pre Puberty **Age** 6–10 years old **Training Age** 1–4 years in sport **Participation** Ski 2–6 days per week, or as much as is enjoyable Emphasize outdoor recreation Parents emphasize activity versus training Fun races Play many other sports **Sensitivity Windows** Males: Suppleness, Speed #1, Beginning of Skills Females: Suppleness, Speed #1, Skills
Emphasis on play, fun, skiing, enjoyment and balance.	Emphasis on play, fun, basic agility, balance and coordination. Incorporate activities that develop explosiveness (1–10 sec) and general endurance.
Has fun on snow. Games and play on skis enhances skier's enjoyment and skill on snow.	Has fun on snow. Games and play on skis enhances skier's enjoyment and skill on snow.
Skis: Skis on one pair of waxless skis, soft flex and between nose and forehead in height. **Boots:** Uses boots that are comfortable and warm. **Poles:** Uses one pair of poles for all techniques, or skis with no poles. Poles should fit snugly under the armpit. **Ancillary Equipment:** Clothing should provide appropriate protection from the elements and keep children comfortable for extended periods of skiing to ensure enjoyment of sport. Eye protection should be worn at all times when skiing. Uses sunscreen.	**Skis:** Uses waxable skis that are to be properly waxed by the athlete, parent or club leader for every day of skiing. **Boots:** Uses boots that allow for natural ankle movement. **Poles:** Uses one pair of poles for all techniques.
Fun, variety, positive reinforcement and perseverance. Positive parental support is essential.	**Sampling Years** Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with clubs. Fair play is emphasized.
Competition only exists in the form of games on skis.	Local competition: innovative with a fun focus on interclub competition. Age-appropriate distances.

Freestyle Training System

Foundation Stage

PHASE 1	PHASE 2
Biological Age Pre Puberty **Age** 2–6 years old **Play Age** 1–4 years in sport **Participation** Ski around 1 day a week 20 days a year 100% free skiing Formal gymnastics or TnT (Tramp and Tumbling Classes) 2–3 days per week Play other balance-based sports	**Biological Age** Pre Puberty **Age** 6–10 years old **Training Age** 1–4 years in sport **Participation** Ski 2–3 days a week 50 days a year 90% free skiing Fun competitions Gymnastics 2–3 or TnT 2-3 days per week Play many other sports
Play and fun emphasis. Skiing, gymnastics, trampoline and balance sports.	Emphasis on play and fun. Important time for basic agility, balance and coordination. Add activities to develop fast reaction speed. A strong acrobatic base must be developed at this age through formal gymnastics or trampoline and tumbling classes (TnT).
Active start – Learning and fun environments. Ski and play on skis. Learn gymnastics basics: front rolls, hand stands, cartwheels.	Adventure stage – skiing all terrain and basic trampoline. Free play, guided free skiing and drills are an integral part of development. Apply the fundamental skills in achieving consistent and symmetrical parallel turns with rhythm and timing and pole plants. Introduce all mountain skiing, terrain parks and halfpipe. Learn USSA rules for all equipment selection.
Skis: Chest high with a variation based on height, weight and skill level. **Boots:** Proper boot fit with soft even forward flex. **Protection:** Helmet required at all times. **Poles:** Optional - introduce at older levels as skill level develops.	Learn USSA rules for all equipment selection. **Skis:** 1 pair of skis. Nose height with a variation based on height, weight and skill. **Boots:** Proper boot fit with soft even forward flex. **Protection:** Helmet required. **Poles:** With pole tip in snow arm should be at 90 degrees.
Sampling Years Fun, variety, positive reinforcement and perseverance. Positive parental support is essential.	**Sampling Years** Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Introduce children to group dynamics and ski with peers. Positive parental support is essential.
	Introduction to Fun competition. Junior/development or B circuit events.

Ski Jumping/Nordic Combined Training System

PHASE 1	PHASE 2
Biological Age Pre Puberty **Age** 2–6 years old **Focus** Learn fundamental movements and link them together into play. **Sessions** Daily activity with an emphasis to take part in land, water and ice/snow based activities.	**Biological Age** Pre Puberty **Age** 7–11 years old USSA J5–J4 **Focus** Learn all fundamental movement skills and build overall motor skills. **Sessions** Ski jumping: 1–2 times/week during season. Cross country: 1–2 times/week during season.
Introduction to conditioning through active games & sports participation. Play with a fun emphasis while skiing, skating, swimming, gymnastics, running, ect.	Continue multi-sport, active lifestyle. Play and fun emphasis, basic agility and balance, coordination. Incorporate activities that develop speed (0-10 sec), agility and general endurance.
Learn fundamental movements and link them together into play. From ages 2–6, children need to be introduced to relatively unstructured play that incorporates a variety of body movements. An early active start enhances development of brain function, coordination, social skills, gross motor skills, emotions, leadership and imagination.	**Learn all fundamental movement skills and build overall motor skills.** From ages 7–11, children need to participate in a variety of well-structured activities that develop basic skills. However, activities and programs need to maintain a focus on fun and formal competition should only be minimally introduced. **Ski jumping** Comfort on skis (alpine, telemark, jump and/or cross country skis) on all types of terrain including appropriate skill level ski jump. This includes summer surface where applicable. Basic understanding and ability to "sit" in a balanced inrun position. Coordinated, well timed take-off (jump) movement. Basic control of flight including control of skis and body. Safe and "solid" landings. **Cross country** Balance and comfort on cross country skis. Basic movement on cross country skis with limited introduction of V1 and V2 technique. Ability to control speed on all terrains.
Games, toys, skates, skis and any other objects that encourage movement/ activity. Helmets must be worn for all "hard surface" sport activities (excluding cross country skiing).	Multiple sport equipment as needed alpine, cross country, telemark & ski jumping skis. *Ski jumping skis for actual ski jumping should only be introduced after a jumper has reached a comfortable skill level using alpine skis. Helmets must be worn for skating/skiing.
Fun, variety, positive reinforcement and perseverance. Positive parental support is essential.	**Sampling Years** Teamwork and sportsmanship. Encourage a balanced lifestyle that encourages healthy habits and promotes success in sport and life. Positive parental support is essential. Families get involved with clubs.
Fun through games/play including land, water and snow & ice based activities.	K5–K20 meter ski jumps .5–2km cross country events Some club level events with a focus on participation

Snowboarding Training System

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Foundation Stage

PHASE 1	PHASE 2
Biological Age Pre Puberty **Age** 2–6 years old **Play Age** 1–4 years in sport **Participation** Ride 1 day a week or less 20 days/year 100% freeriding Play many other sports- gymnastics or balance-based sports	**Biological Age** Pre Puberty **Age** 6–10 years old **Play Age** 3–6 years in sport **Participation** Ride 1–2 days a week 40 days/year 90% freeriding Emphasis on fun and experience Play many complementary sports
Emphasis on play, fun, snowboarding and balance. Incorporate balance and movement.	Emphasis on play, fun, basic agility, balance and coordination. Include activities that develop general endurance. Incorporate activities that also include short bursts of speed and reaction time for up to 10 seconds (sprints), as well as general flexibility.
Active start – Learning and fun environments Snowboard and play on snow.	**Adventure stage – Riding all terrain, exploring the mountain** Riders are learning basic turn shapes and riding styles. Through effective stance and efficient movements, they are learning to control the board to perform a variety of fundamental tasks: Riding in control turning from toe to heel, simple switch riding on green terrain, basic carve turn, basic Ollie, ability to ride flat base for short periods of time, riding easier moguls or tree runs and powder turns. In freestyle terrain riders are getting comfortable grabbing over small jumps and exploring small rotations 180 to 360, both front side and backside. Riders begin to explore simple rail features. Riders combine these fundamentals to achieve a variety of turn shapes and techniques to match their task and terrain choices.
Snowboards: Choose based on height, weight and skill level. **Boots:** Proper boot fit and flex to facilitate a balanced, athletic stance. **Protection:** Helmet required at all times.	**Snowboards:** Choose based on height, weight and skill level. **Boots:** Proper boot fit and flex to facilitate a balanced, athletic stance. **Protection:** Helmet required.
Sampling Years Fun, variety, positive reinforcement and perseverance. Positive parental support is essential. Have FUN!	**Sampling Years** Teamwork and sportsmanship. Emphasis on developing healthy habits that promote success in sport and life. Positive parental support is essential. Families become involved with club or team. Have FUN!

Pre and Post Puberty

PHASE 3	PHASE 4	PHASE 5	World Class Performance Full Maturation PHASE 6
Biological Age Pre Puberty **Age** Girls: 10–13 Boys: 11–14 **Training Age** 4–7 years in sport **Participation** Ride 2–4 days a week 60 days/year 60% freeriding Competition Period: (Dec–Apr) Number of events: 5–7 Ratio 1:12 (compete:training) Play many complementary sports	**Biological Age** Puberty (Growth Spurt) **Age** Girls: 11–14 Boys: 12–15 **Training Age** 4–8 years in sport **Participation** Ride 3–5 days a week 75 days/year 30-50% freeriding Competition Period: (Dec–Apr) Number of events: 5–10 Ratio 1:8 (compete:training) Play complementary sports	**Biological Age** Post Puberty (After Growth Spurt) **Age** Girls: 12–16 Boys: 14–17 **Training Age** 6–11 years in sport **Participation** Ride 4–5 days a week 100 days/year 30% freeriding Competition Period: (Nov–Apr) Number of events: 5–10 Ratio 1:6 (compete:training) Play a complementary sport	**Biological Age** Full Maturation **Age** Female: 16+ Male: 17+ **Training Age** Minimum 10+ years in sport **Participation** Ride 4–5 days a week 110–120 days/year 30% freeriding Competition Period: (Nov–Apr) Number of events: 10–12 Ratio 1:4 (compete:training) Specialize
Conditioning Emphasis			
1–2 conditioning sessions per week in season. Continue to challenge rider's balance, agility and coordination. Emphasize aerobic training. Incorporate spatial awareness (acrobatics) and bodyweight strength training.	1–2 conditioning or recovery sessions per week in season. Increase aerobic conditioning. Continue acrobatic training along with balance, agility, coordination and flexibility through growth spurt. Begin light resistance work including bands, med balls, etc. Females begin strength training with focus on proper movements. Limit the loss of flexibility, functional strength, balance and coordination during growth spurt.	2–3 conditioning or recovery sessions per week in season. Maximum gains can be made during this time in speed, agility and stamina. Acrobatics focus continues. Flexibility is an essential part of training as well. Females can begin increasing loads in their strength training. Males focus on proper movements with minimal loads.	4–5 conditioning and recovery sessions per week. Continue acrobatic training. Strength, power and explosivity (particularly eccentric work), efficiency and recovery, anaerobic training, core strength and flexibility. Use recovery to counter the forces of snowboarding. Males should begin increasing loads in their strength training (ages 17–20).
Technical and Tactical Emphasis			
Technical stage – Refining basic skills while learning advanced techniques over a variety of terrain and features Riders are learning to apply different turn shapes, board performance and movement patterns to a variety of terrain. In freestyle terrain, riders are learning to spin beyond 360 frontside and backside both riding forward and switch. Can carve turns on a variety of terrain. Riders should be competent on small to medium jumps, basic grabs, ability to ride comfortably in halfpipe and rail features. Sound fundamental skills are mastered and integrated in the rider's movement patterns. BBX riders are developing tactics with speed and can effectively follow a race course.	**Tactical stage – Event /discipline specific technical and tactical skills** Maintain technical skills through the growth spurt and refine tactical skills. Riders begin to feel the subtle differences between different board performance concepts and how it affects the skill, trick or technique they are mastering. Able to use a variety of high intensity movements to maximize performance in competitive venues, carving and edge control in race courses, ability to ride flat base at high speeds, edge control in halfpipe, amplitude in pipe, controlled spins in any direction off small or medium jumps and comfortable with over a second of airtime. Significant use of upper/lower body separation. Makes recovery moves. Dynamic and complex movement patterns are emphasized to achieve a desired outcome on specific terrain and features.	**Technical and Tactical Refinement stage – Event/discipline specific technical and tactical skills** Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size into riding style. Advanced techniques and tactics are applied to specific disciplines. In freestyle terrain, riders should be comfortable spinning over large jumps as well as in the pipe. Riders begin experimenting with single inverted maneuvers and should be able to handle the more technical rail features with confidence.	**Mastery and Innovation stage – Event/discipline specific technical and tactical mastery** Mastery of technical and tactical skills based on the individual's style. Masters discipline specific skills. Optimizes technical and tactical skills for ability level and conditions in competition situations.
Equipment Selection and Preparation			
Snowboards: Choose based on height, weight and skill level. **Boots:** Proper boot fit and flex to facilitate a balanced, athletic stance. **Protection:** Helmet required at all times.	**Snowboards:** Choose based on height, weight and skill level. **Boots:** Proper boot fit and flex to facilitate a balanced, athletic stance. **Protection:** Helmet required.	**Snowboards:** Choose based on height, weight and skill level. Begin to test discipline specific boards. Tuning skills continue to improve. **Boots:** Proper boot fit, flex and performance. Begin to test discipline specific boots. **Protection:** Helmet required, back protection, impact shorts and mouth guard recommended.	**Snowboards:** Based on height, weight and skill level. Begin to test discipline specific boards. Tuning skills continue to improve. **Boots:** Proper boot fit, flex and performance. Begin to test discipline specific boots. **Protection:** Helmet required, back protection, impact shorts and mouth guard recommended.	**Snowboards:** Discipline specific boards. Tuning skills continue to improve. **Boots:** Discipline specific boot to maximize performance. **Protection:** Helmet required, back protection, impact shorts and mouth guard recommended.	**Snowboards:** Discipline specific boards. Professional support or consultation is recommended for preparation. **Boots:** Discipline specific boots to maximize performance. **Protection:** Helmet required, back protection, impact shorts and mouth guard recommended.
Performance Psychology Emphasis			
Sampling Years Fun, variety, positive reinforcement and perseverance. Positive parental support is essential. Have FUN!	**Sampling Years** Teamwork and sportsmanship. Emphasis on developing healthy habits that promote success in sport and life. Positive parental support is essential. Families become involved with club or team. Have FUN!	**Sampling Years** Positive self talk, work ethic, perseverance and focus on gaining experience. Begin to develop goal setting and competition preparation. Begin to associate competing as fun. Continue to use imagery and visualize good technique. Teamwork and sportsmanship. Positive parental support and club/team involvement. Have FUN!	**Commitment** Develop and refine event day plan. Develop mental competition routines, what to focus on, what works on event day, develop "athletic plan" to approach training sessions and life. Document through journaling. Parents continue to support the commitment of the athlete in the sport. Competing is FUN!	**Specialization and Mastery** Refine performance psychology skills: imagery, goal achievement, performance planning, attention and focus, self regulatory talk and confidence, dealing with competition, risk, failure and fear. Identify optimal performance state. Parents continue to support the commitment of athlete in the sport. Competes to WIN!
Competition Emphasis			
	USASA regional competition FUN focused local competition	USASA regional competition	USASA regional events USASA Nationals/Revolution Tour	USASA/Revolution Tour/NorAm USASA Nationals/Junior World	Grand Prix, Burton Global Opens, Dew Tour, World Cups

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Understanding the Phases

Foundation Stage

PHASE 1

Biological Age
Pre Puberty
Age
2–6 years old
Play Age
1–4 years in sport
Participation
Ride 1 day a week or less
20 days/year
100% freeriding
Play many other sports-gymnastics or balance-based sports

PHASE 2

Biological Age
Pre Puberty
Age
6–10 years old
Play Age
3–6 years in sport
Participation
Ride 1–2 days a week
40 days/year
90% freeriding
Emphasis on fun and experience
Play many complementary sports

Pre and Post Puberty

PHASE 3

Biological Age
Pre Puberty
Age
Girls: 10–13
Boys: 11–14
Training Age
4–7 years in sport
Participation
Ride 2–4 days a week
60 days/year
60% freeriding
Competition Period: (Dec–Apr)
Number of events: 5–7
Ratio 1:12 (compete:training)
Play many complementary sports

PHASE 4

Biological Age
Puberty
(Growth Spurt)
Age
Girls: 11–14
Boys: 12–15
Training Age
4–8 years in sport
Participation
Ride 3–5 days a week
75 days/year
30-50% freeriding
Competition Period: (Dec–Apr)
Number of events: 5–10
Ratio 1:8 (compete:training)
Play complementary sports

PHASE 5

Biological Age
Post Puberty
(After Growth Spurt)
Age
Girls: 12–16
Boys: 14–17
Training Age
6–11 years in sport
Participation
Ride 4–5 days a week
100 days/year
30% freeriding
Competition Period: (Nov–Apr)
Number of events: 5–10
Ratio 1:6 (compete:training)
Play a complementary sport

World Class Performance Full Maturation

PHASE 6

Biological Age
Full Maturation
Age
Female: 16+
Male: 17+
Training Age
Minimum 10+ years in sport
Participation
Ride 4–5 days a week
110–120 days/year
30% freeriding
Competition Period: (Nov–Apr)
Number of events: 10–12
Ratio 1:4 (compete:training)
Specialize

Challenge for early maturers/late maturers

What Should We Help Them Focus On?

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	**PHASE 2**	**PHASE 3**	**PHASE 4**	**PHASE 5**	**PHASE 6**
Biological Age Pre Puberty **Age** 2–6 years old **Play Age** 1–4 years in sport **Participation** Ski around 1 day a week 20 days a year At least 95% free skiing Play many other sports - gymnastics or balance-based sports	**Biological Age** Pre Puberty **Age** 6–10 years old **Training Age** 1–4 years in sport **Participation** Ski 2–3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports	**Biological Age** Pre Puberty (Before Growth Spurt) **Age** Girls: 10–13: J4 (J5–J3) Boys: 11–14: J4 (J4–J3) **Training Age** 4–8 years in sport **Participation** Ski 3–4 days a week 70 days/year At least 60% free skiing Competition Period: (Jan.–April) Number of race starts: 10–15 Ratio 1:6 (race:training) Play complementary sports	**Biological Age** Puberty (Growth Spurt) **Age** Girls: 11–14: J3 (J4–J3) Boys: 12–15: J3 (J4–J2) **Training Age** 5–9 years in sport **Participation** Ski 4–5 days a week 100 days/year At least 30-50% free-skiing Competition Period: (Dec.–April) Number of race starts: 15–30 Ratio 1:5 (race:training) Play complementary sports	**Biological Age** Post Puberty (After Growth Spurt) **Age** Girls: 12–16: J3 (J4–J2) Boys: 14–17: J2 (J3–J1) **Training Age** 6–11 years in sport **Participation** Ski 4–5 days a week 120-140 days/year At least 15% free skiing Competition Period: (Nov.–April) Number of race starts: 25–max 45 Ratio 1:4 (race:training) Play complementary sport	**Biological Age** Full Maturation **Age** Female: 16+ J2–J1 Male: 17+ J1 **Training Age** Minimum 10+ years in sport **Participation** Ski 4–5 days a week 130–150* days/year At least 10% free-skiing Competition Period: (Nov.–April) Number of race starts: 55* Ratio 1:3 (race:training) *based on the number of disciplines

Foundational Skills/Technique → **Transition to competition** → **Competition skills**

What Should We Help Them Focus On?

Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	**PHASE 2**	**PHASE 3**	**PHASE 4**	**PHASE 5**	**PHASE 6**
Biological Age Pre Puberty **Age** 2–6 years old **Play Age** 1–4 years in sport **Participation** Ski around 1 day a week 20 days a year At least 95% free skiing Play many other sports - gymnastics or balance-based sports	**Biological Age** Pre Puberty **Age** 6–10 years old **Training Age** 1–4 years in sport **Participation** Ski 2–3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports	**Biological Age** Pre Puberty (Before Growth Spurt) **Age** Girls: 10–13: J4 (J5–J3) Boys: 11–14: J4 (J4–J3) **Training Age** 4–8 years in sport **Participation** Ski 3–4 days a week 70 days/year At least 60% free skiing Competition Period: (Jan.–April) Number of race starts: 10–15 Ratio 1:6 (race:training) Play complementary sports	**Biological Age** Puberty (Growth Spurt) **Age** Girls: 11–14: J3 (J4–J3) Boys: 12–15: J3 (J4–J2) **Training Age** 5–9 years in sport **Participation** Ski 4–5 days a week 100 days/year At least 30-50% free-skiing Competition Period: (Dec.–April) Number of race starts: 15–30 Ratio 1:5 (race:training) Play complementary sports	**Biological Age** Post Puberty (After Growth Spurt) **Age** Girls: 12–16: J3 (J4–J2) Boys: 14–17: J2 (J3–J1) **Training Age** 6–11 years in sport **Participation** Ski 4–5 days a week 120-140 days/year At least 15% free skiing Competition Period: (Nov.–April) Number of race starts: 25–max 45 Ratio 1:4 (race:training) Play complementary sport	**Biological Age** Full Maturation **Age** Female: 16+ J2–J1 Male: 17+ J1 **Training Age** Minimum 10+ years in sport **Participation** Ski 4–5 days a week 130–150* days/year At least 10% free-skiing Competition Period: (Nov.–April) Number of race starts: 55* Ratio 1:3 (race:training) *based on the number of disciplines

Foundational Skills/Technique → **Transition to competition** → **Competition skills**

Passion, effort, fun → **Attitude, effort, fun** → **Dedication, effort, fun**

Implications

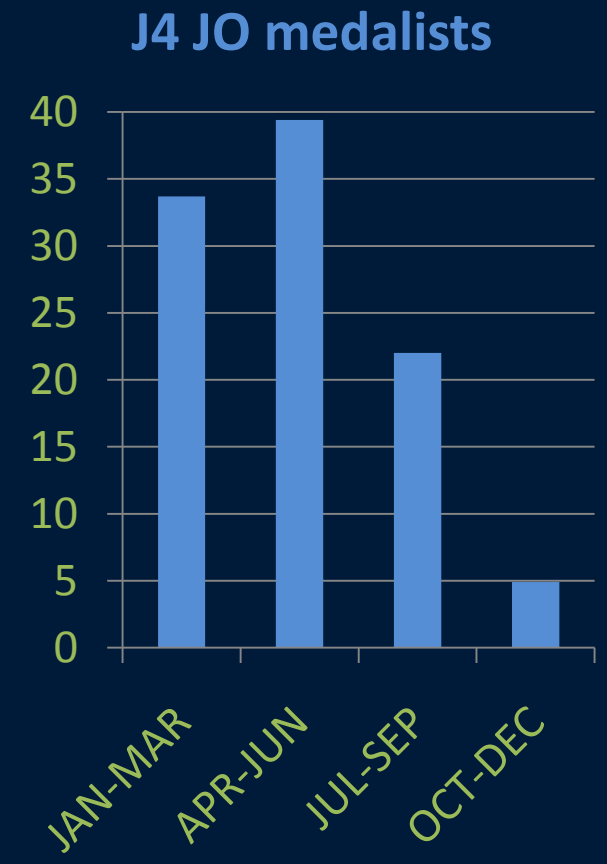
- Results come early for some and later for others
- Importance of skill development
  - Multi-lateral development
- Avoid early burnout
  - Variety
  - Relative age effect
  - Maturation rate effect
  - Minimize cost barriers
  - Keep it FUN!

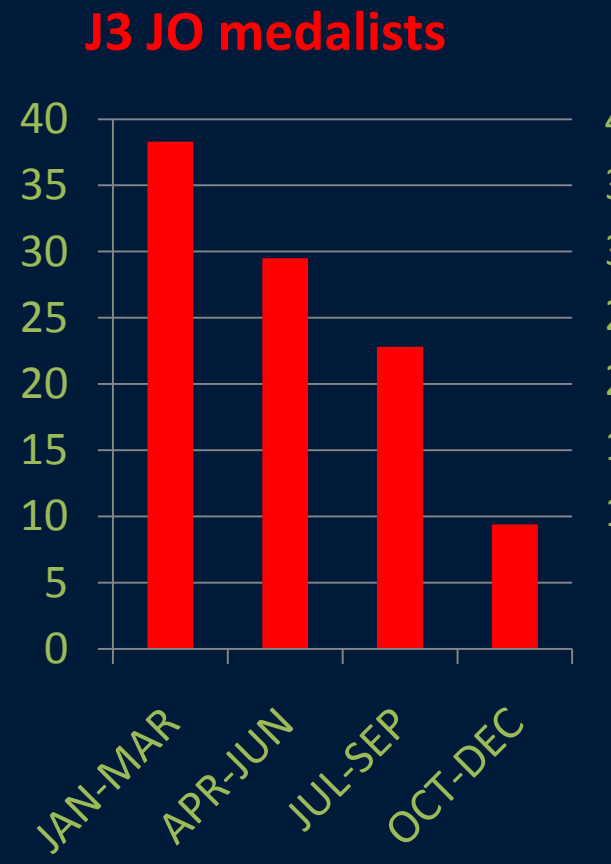
alpine.usskiteam.com/alpine/skillsquest

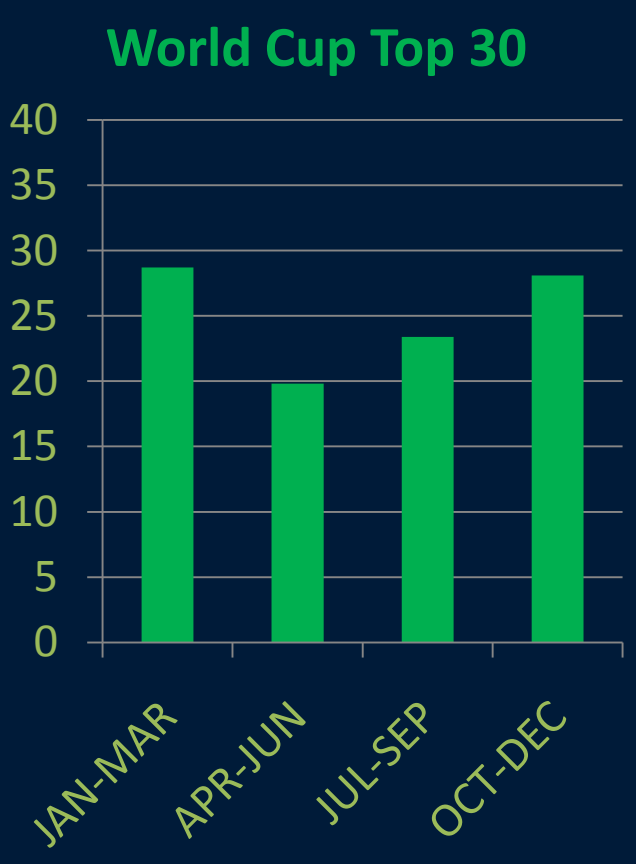
ALL OUT! THE JOURNEY CONTINUES

TEAM - LOYALTY - INTEGRITY - RESPECT - ACCOUNTABILITY - PERSEVERANCE

Analysis of Birth Month Relationship to Results At Different Levels in Alpine Skiing







BORN 1ST HALF OF YEAR: 73%

BORN 1ST HALF OF YEAR: 68%

BORN 1ST HALF OF YEAR: 48%

2010 ALPINE OLYMPIC GOLD MEDALISTS BORN 1ST HALF OF YEAR: 0%

Performance vs. Results

- We are a results-focused society
- What goes into a result?
- What comes out of a result?

"Did I win? Did I lose? These are the wrong questions. The correct question is: Did I give my best effort? If so, you may get beat, but you will never lose." – John Wooden

Managing Opportunities

- Athlete management is key, lots of choices
- Support the periodization principle:
  Train -> Compete -> Recover
- Long-term focus vs. chasing competitions

Managing Opportunities

- Athlete management is key, lots of choices
- Support the periodization principle:
  Train -> Race -> Recover
- Still have biological vs. chronological age differences
- Long-term focus vs. chasing competitions - Shiffrin

Good performance vs bad performance

- Are your actions different?
- How does your child deal with good performance? Poor performance?
- When do you talk to your child about their performance?
- What should you say? What is their coach saying?
- How do you deal with poor judging or officiating?

Competition Day

- Before
  - Don’t add pressure or stress
  - Help with preparation, positive self-talk
- During
  - Watch, ski/ride, volunteer, enjoy
- Between runs
  - Support, positive, let the coach do the coaching
- After
  - Give room
  - Focus on effort
  - Help with perspective
  - After a tough race, wait with constructive feedback

A Word On Pressure

- To help your child deal with it
  - Help them prepare
  - Help them with perspective
  - Don’t show your own anxiety
  - Give them room to fail

Skier/Rider who trains great but routinely does poorly in competition

- What do you tell them?
  - You know how good you are!
  - You've got this nailed!
  - Don't worry!
  - You can do it, it's easy!

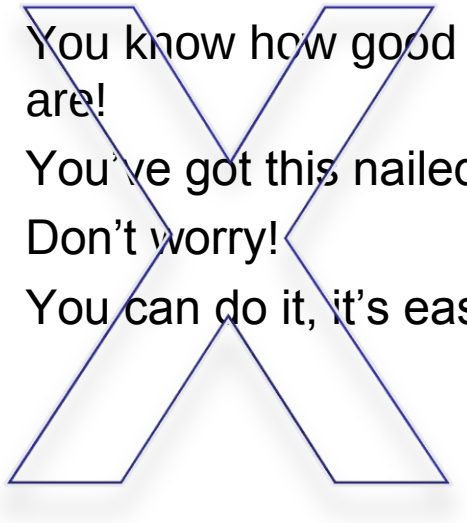
Skier/Rider who trains great but routinely does poorly in competition

- What do you tell them?
  - – Y… now ho… od you are
  - – You… nailed!
  - – Don't …

MORE PRESSURE

Skier/Rider who trains great but routinely does poorly in competition

- What do you tell them?



  - You know how good you are!
  - You've got this nailed!
  - Don't worry!
  - You can do it, it's easy!

- De-emphasize results
- Focus on learning
- Focus on perseverance
- Focus on one simple task

Great Parents Do This

- Find out:
  - What are child's goals?
  - What makes it fun?
  - What drives their intrinsic motivation?
- SUPPORT! Parent/coach/athlete triangle
- Praise effort – be specific
- Task vs. results orientation
- Promote an active, healthy lifestyle

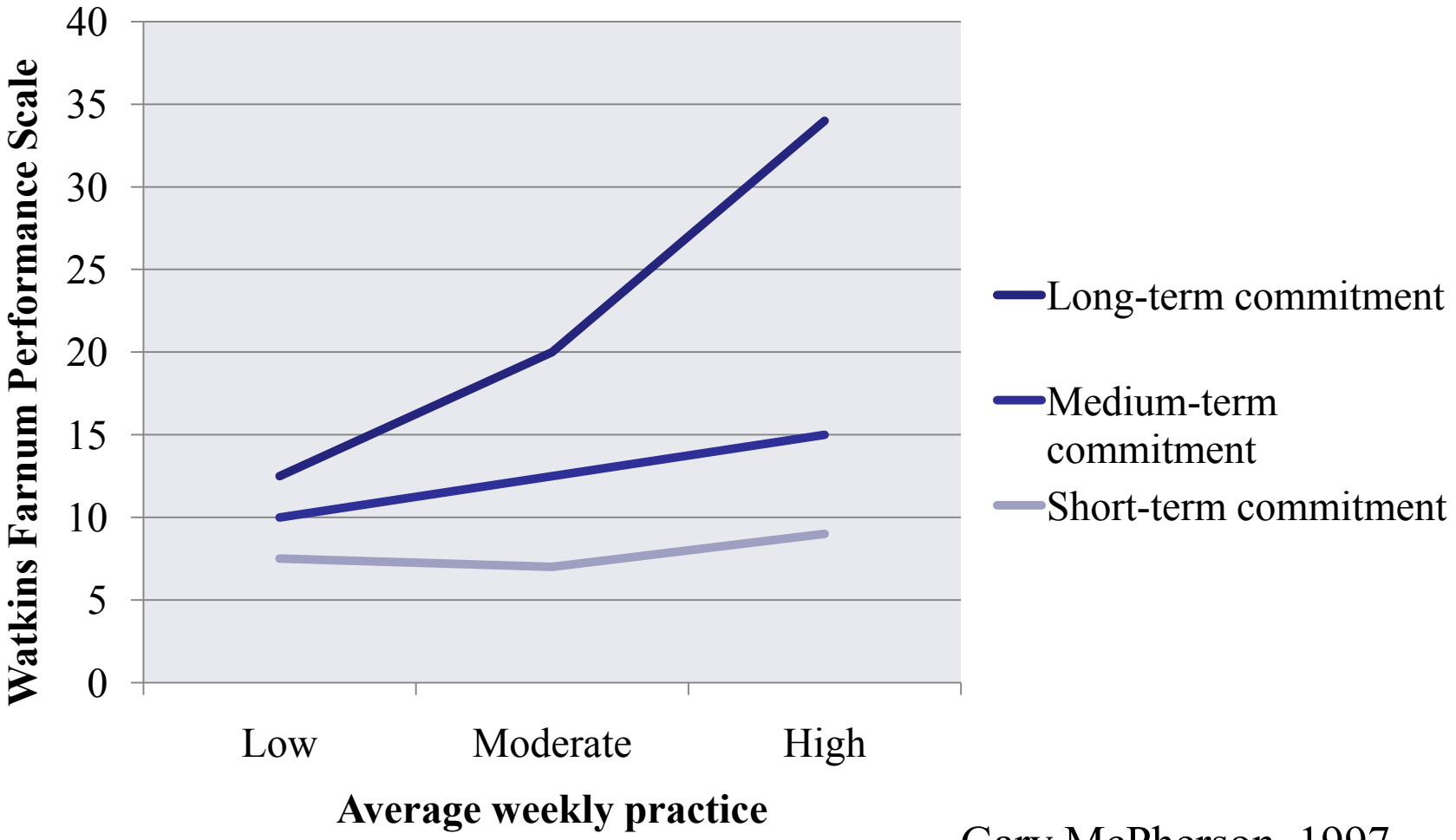
Great Parents Do This

- Set the example for sportsmanship
  - Cheer on all competitors
  - Keep it positive
  - Thank competition organizers, resort personnel
  - Volunteer
- Avoid talking numbers and results
- Attend awards ceremonies with your child (whether or not they won an award)
- Enjoy the competitions yourself! You earned it!

Questions to Ask

- How well do you think you performed today?
- How good do you think you are?
- How much effort did you put in?
- How much fun did you have?
- What are your goals?

How long do you think you'll be a …?



Gary McPherson, 1997

Jon's Talent ID

- What does your child do when training is over?
- What is your child's approach in other sports?
- How does your child deal with a challenging situation?

Life After High School

NCAA Circuit

- Over 20 teams represented at NCAA Championships

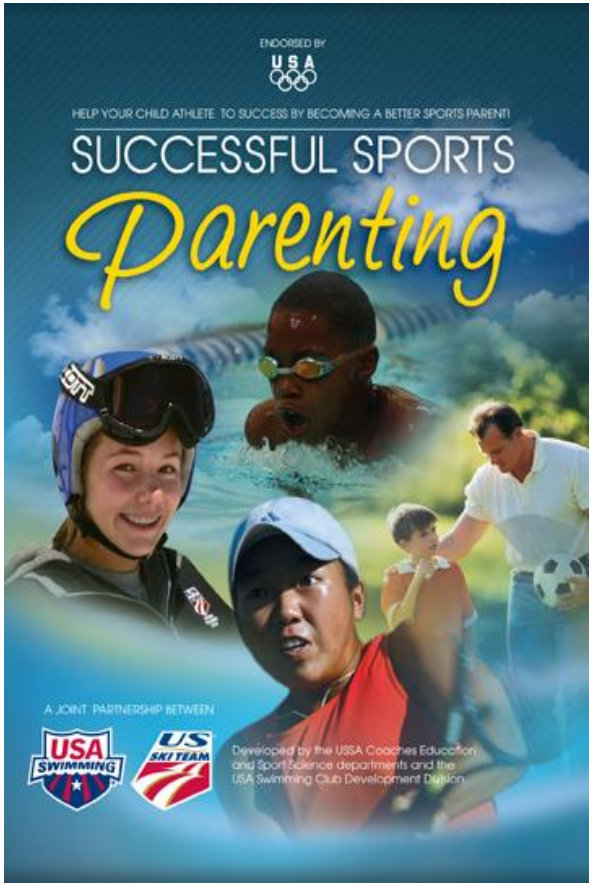
USCSA Circuit

- Over 150 teams
- Alpine, freeskiing, snowboarding, cross country, ski jumping

Thank you parents!

ALL OUT! THE JOURNEY CONTINUES

TEAM - LOYALTY - INTEGRITY - RESPECT - ACCOUNTABILITY - PERSEVERANCE

Resources

- USSA Training Systems http://trainingsystem.ussa.org
- USSA Sport Parent CD http://educationshop.ussa.org
- SkillsQuest http://alpine.usskiteam.com/alpine/skillsquest
- Ski Racing: Inside the Ski Racing Mind articles www.skiracing.com
- Contact us: education@ussa.org