

2016-17 SSA SKI CROSS DEVELOPMENT PROGRAM

Athlete Guide



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SSA SKI CROSS DEVELOPMENT PROGRAM

Information and Athlete Guide

PROGRAM VISION

To provide committed development ski cross athletes with the opportunity to enhance their skills and progress through the athlete pathway.

The program aims to develop athletes capable of achieving sustained success at the FIS Europa Cup level with a vision to prepare athletes capable of progressing to FIS World Cup competition.

PROGRAM DATES

The Program starts on snow on the 21st of November in Austria. All team members will fly into Munich on the 19th of November. Athletes have a scheduled Christmas break between 22nd December 2016 and returning to camp on 1st January 2017. The camp concludes on the 28th March 2017.

In addition, for eligible athletes there will be a camp add on for Junior World Championships price and dates TBD.

LOCATION

The 2016/17 SSA Ski Cross Development Program will be based in Europe with a focus on training and competing at a variety of venues and competitions. The team's main base for the winter will be in the Leogang/Zell am See area with stints at the Australian Institute of Sport European Training Centre (ETC).

Many of the training and competition locations identified in the program calendar have previously been utilised by the Program. Staff have sound knowledge of the surrounding facilities and services available in all areas. The FIS and Europa Cup racing circuit is spread across Europe and is the main performance focus of the team.

FACILITIES

Throughout the season a mix of training venues will be utilised depending on conditions. The Program will have access to its own start gate which can be used in a variety of conditions (on and off snow). For physical training the team will use a mix of gyms, the outdoors and other training facilities; such as sport halls and stadiums including the AIS European Training Centre in Varese.

All accommodation will have internet access and where half board is not provided cooking facilities will be available.

COACHES

Head Coach - Joe Draxl



Qualifications:

- Austrian D-Trainer Alpine ski Race Coach - Development and Junior Team.
- Austrian C-Trainer National Teams (Highest possible Qualification)
- Austrian level 3 instructor (Staatlicher) & Off-piste Ski Guide and Avalanche Safety (Schiführer)
- Certificate IV (personal trainer and group exercise instructor)
- Level 1 Cross-fit Coach
- More than 19 years of National & International Coaching, Teaching and guiding experience incorporating World Cup, Europa Cup & World Championships

Ski Cross Experience:

Joe competed in Ski cross at the very beginning of the Ski cross scene. He followed the original Salomon series events for a full season mainly in Austria. At the time this was the highest level of ski Cross in the world. Joe also achieved a 3rd and 4th place in the planet X games Ski Cross.

Whilst being head Coach of Thredbo Ski Racing club for over 10 ski seasons Joe attended and coached at SSA and other Ski Cross development coordination camps.

Alpine Experience:

Coach of Jono Brauer - Europa Cup Winner, Noram Winner and 2x Olympian with best world ranking 33 in Slalom. Joe also worked with Canadian and British National ski teams over several seasons.



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WHO CAN ATTEND?

Identified athletes will be invited to register for the program. Additional athletes not invited directly by SSA will be required to express their interest in writing to Shawn Fleming (OWIA Ski Cross Head Coach) and Brad Wall (SSA Alpine Program Director). A moderating group consisting of the Head Coach, The OWIA Head Ski Cross Coach and the SSA Alpine Program Director will review expressions of interest and confirm final selections.

Expressions of Interest must be received by Friday, 14th October.

There is a maximum of 6 athletes that will be eligible to attend this program.

ATHLETE REQUIREMENTS

Athletes are required to complete and submit the following:

- SSA Individual Performance Plan
- SSA Physical Testing (programs are held in NSW and VIC, see website for details)
- Sign the Athlete Agreement (applicants will receive this form upon selection)
- SSA Membership, FIS Registration and International Competition License (Inc. Competition and travel insurance)
- Athletes are required to compete their own Schengen visa for the winter. For letters of support, please contact Annie McCormack am@skiandsnowboard.org.au

Further to this all applicants must be in good financial standing with SSA, complete their daily training, and abide by all team rules as set by the coaching staff.

EQUIPMENT REQUIRED

Athletes must provide all of their own equipment and personal items. Due to limited space in vans athletes are limited to 4 pairs of skis, two bags for personal items, clothing and ski gear and one box of tuning equipment. Any additional luggage must be authorised by the Head Coach.

Athletes must provide their own wax for all training and racing environments as well as their own Iron and vices. The program will provide tuning tables and lights.

TRANSPORT

The team will have use of 1 VW Transporter for the winter. Coaches will drive all vehicles except in exceptional circumstances. Coaches will make

transport arrangements for athletes if shopping facilities are not within walking distance of accommodation. Vehicle use will at all times be in accordance with the SSA Vehicle usage policy.

When athletes arrive/depart Europe on dates listed by the program their airport transfer will be free of charge. If athletes wish to fly on alternative dates organisation of airport transfers will be subject to the organisation and expense of the athlete.

FOOD

Food/meals are not provided by the program. At some accommodations utilised by the program half board is available and is included in the accommodation fee. At times where the team is staying in self-catered accommodation athletes will be responsible for their own meals.

COMPETITIONS

The program will attend FIS races and Europa Cup races as outlined in the program calendar.

PROGRAM FEES

For the 2016/2017 Program all athletes will be required to make a \$1,500.00 deposit in order to secure their place in the program. The deposit is payable via the online registration system.

Program Fees Include:

- Coach expenses and salary
- Accommodation
- Van rental
- Fuel, Tolls and on-road costs
- Program training equipment
- Gym access
- Race Entries
- Lift passes
- Organisation of a cost-effective SSA air-freight to AUT and sea-freight back to AUS

Once all deposits have been received and numbers determined, the final program fee will be determined and provided to athletes as an invoice.

Current indicative figures based on 5 athletes will result in a program fee breakdown of the following for each athlete:

Total Program Fees: AUD \$25,000

This calculates to approximately AUD \$1,450 per athlete per week.



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Please note Program Fees exclude:

- Airfare & Excess baggage
- Travel and competition insurance
- International competition license
- Incidental costs/personal spending money
- Food
- Personal wax and tuning equipment

ATHLETE SERVICES

Strength and conditioning instruction will be facilitated by the Head coach in consultation with athletes regular coach and/or trainer.

Where physio is required services will be outsourced to either private practices or other team physios at additional cost to the athlete.

All medical appointments and services will be at the cost of the athlete while traveling. It is recommended that athletes purchase travel insurance which covers these services.

UNIFORM

SSA will be facilitating the design and ordering of Ski Cross Race Jersey's and Pants. The uniform will be made to order, and as such we ask that you please indicate at the time of registration whether you want to order an SSA Ski Cross Development Team Suit. Suits will be made by Jonathan and Fletcher and will be at the cost of each athlete.

Athletes that are members of the SSA National Alpine Ski Team, will be provided with their National Team uniform allocation.

INSURANCE AND REGISTRATION

All program participants are required to be a current member of Ski & Snowboard Australia, have Alpine registration and have active Alpine and Freestyle (Ski Cross) FIS registration. If these have not already been arranged you can do so via the Ski & Snowboard Australia website (www.skiandsnowboard.org.au).

To compete internationally in FIS sanctioned events it is a requirement of SSA to ensure that all Australian athletes entered have insurance that specifically covers competitive skiing and/or snowboarding. SSA are able to provide a snowsports focused insurance policy with the additional cover for snowsports competitions.

Prior to competing, athletes will also be required to purchase an International Competition License for their specific discipline. This license is used when entering competitions overseas to ensure SSA athletes have the appropriate competition insurance

and registrations.

If alternative competition insurance is purchased (and proved to cover the athlete whilst competing) athletes must also confirm they have a current travel insurance policy for duration of the program.

FLIGHTS

It is the responsibility of the athletes to manage, pay and book all their own flights. If a specific time or date is requested by the coach, the athlete must book to arrive within a 3 hour window of that time, any longer than this and separate transfers may need to be arranged. Please check with the program head coach and/ or Annie McCormack (SSA Sport Programs Coordinator) before booking any flights.

EQUIPMENT SHIPMENT

SSA will be using a shipping container for all program equipment in Europe. Participants are welcome to use this service at their own cost. The cost to ship items in the container works out to be approx \$7 per kilo. All skis should be shipped with all ski gear and tuning equipment on the date provided for by the Head coach. Alternatively athletes can take equipment with them on their flight however higher costs will be incurred. All athletes when ever flying must carry their Boots at all times.

CONTACT

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Bradley Wall (SSA Alpine Program Director)

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Annie McCormack (SSA Sport Programs Coordinator)


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ACCOUNTS

accounts@skiandsnowboard.org.au

PROGRAM CALENDAR (NOV-DEC)

	Nov-16			Dec-16			
	Where	What	Notes	Where	What	Notes	
Wednesday	 SKI & SNOWBOARD AUSTRALIA			1	Kitzteinhorn	Freeski/Drills	Volume/Drills
Thursday				2	Kitzteinhorn	Freeski/Drills	Volume/Drills
Friday				3	Leogang/Kaprun	Active Rest	agility/games
Saturday				4	Leogang/Kaprun	Active Rest	agility/games
Sunday				5	Kitzteinhorn	GS	line/tactics
Monday				6	Kitzteinhorn	GS	line/tactics
Tuesday				7	Kitzteinhorn	GS	line/tactics
Wednesday				8	Kitzteinhorn	GS	line/tactics/timing
Thursday				9	Kitzteinhorn	GS	line/tactics/timing
Friday				10	Salzburg	Fun	Xmas Markets
Saturday	11	Leogang/Kaprun	Active Rest	agility/games			
Sunday	12	Zell/Leog/Kitz	GS	line/tactics			
Monday	13	Zell/Leog/Kitz	GS	timing			
Tuesday	14	Zell/Leog/Kitz	GS SX Panels	line/tactics			
Wednesday	15	Zell/Leog/Kitz	GS SX Panels	timing			
Thursday	16	Zell/Leog/Kitz	GS SX Panels	head to head			
Friday	17	Leogang/Kaprun	Active Rest	agility/games			
Saturday	18	Leogang/Kaprun	Active Rest	agility/games			
Sunday	19	Zell/Leog/Kitz	GS SX Panels	line/tactics			
Monday	20	Zell/Leog/Kitz	GS SX Panels	timing			
Tuesday	21	Zell/Leog/Kitz	GS	timing- Xmas Cup!!			
Wednesday	22	OFF	Xmas Break				
Thursday	23	OFF	Xmas Break				
Friday	24	OFF	Xmas Break				
Saturday	25	OFF	Xmas Break				
Sunday	26	OFF	Xmas Break				
Monday	27	OFF	Xmas Break				
Tuesday	28	OFF	Xmas Break				
Wednesday	29	OFF	Xmas Break				
Thursday	30	OFF	Xmas Break				
Friday	31	OFF	Xmas Break				
Saturday							
Sunday							
Monday							
Tuesday							



PROGRAM CALENDAR (JAN-FEB)

	Jan-17				Feb-17		
	Where	What	Notes		Where	What	Notes
Wednesday				1	Orcieres	Training	
Thursday				2	Orcieres	EC Race	
Friday				3	Orcieres	EC Race	
Saturday				4	ETC	Active Rest	Travel
Sunday	1	TBD	Return to Camp	5	ETC	Active Rest	Gym
Monday	2	TBD	SX Track	6	ETC	Active Rest	Gym/Ski Prep
Tuesday	3	TBD	SX Track	7	Grasgeheren GER	Active Rest	
Wednesday	4	TBD	SX Track	8	Grasgeheren GER	Freeski/Training	
Thursday	5	TBD	SX Track	9	Grasgeheren GER	Training	
Friday	6	TBD	SX Track	10	Grasgeheren GER	Training	
Saturday	7	TBD	Active Rest	11	Grasgeheren GER	EC Race	
Sunday	8	TBD	Active Rest	12	Grasgeheren GER	EC Race	
Monday	9	Val Thorens	Freeski/Training	13	TBD GER	Active Rest	Sightseeing??
Tuesday	10	Val Thorens	Training	14	TBD GER	Active Rest	Ski Prep
Wednesday	11	Val Thorens	Training	15	Ebingen GER	Freeski/Training	
Thursday	12	Val Thorens	EC Race	16	Ebingen GER	Training	
Friday	13	Val Thorens	EC Race	17	Ebingen GER	Training	
Saturday	14	Val Thorens	Active Rest	18	Ebingen GER	FIS Race	
Sunday	15	ETC- Varese	Active Rest	19	Ebingen GER	EC Race	
Monday	16	ETC- Varese	Gym	20	ETC	Active Rest	Travel
Tuesday	17	ETC- Varese	Gym	21	ETC	Active Rest	Sightseeing Milan Designed by JM
Wednesday	18	ETC- Varese	Gym	22	ETC	Gym	
Thursday	19	ETC- Varese	Gym	23	ETC	Gym	
Friday	20	ETC- Varese	Gym	24	ETC	Gym	
Saturday	21	ETC- Varese	Freeski/Training	25	ETC	Gym	
Sunday	22	ETC- Varese	Active Rest	26	ETC	Gym	
Monday	23	Lenk SUI	Freeski/Training	27	ETC	Gym	
Tuesday	24	Lenk SUI	Training	28	Oulx	Active Rest	Travel
Wednesday	25	Lenk SUI	Training				
Thursday	26	Lenk SUI	EC Race				
Friday	27	Lenk SUI	EC Race				
Saturday	28	ETC- Varese	Active Rest				
Sunday	29	ETC- Varese	Active Rest				
Monday	30	Orcieres	Freeski/Training				
Tuesday	31	Orcieres	Training				



PROGRAM CALENDAR (MAR)

	Mar-17		
	Where	What	Notes
Wednesday	1 Oulx	Freeski	W/EDEP
Thursday	2 Oulx	GS	W/EDEP
Friday	3 Oulx	GS	W/EDEP
Saturday	4 Oulx	Freeski	W/EDEP
Sunday	5 St Francois FRA	Active Rest	Travel
Monday	6 St Francois FRA	Training	
Tuesday	7 St Francois FRA	Training	
Wednesday	8 St Francois FRA	EC Race	
Thursday	9 St Francois FRA	EC Race	
Friday	10 Leogang	Active Rest	Travel
Saturday	11 Leogang	Active Rest	Agility/Games
Sunday	12 Leogang	Active Rest	Agility/Games/Skis
Monday	13 Leogang	Freeski	All Mountain
Tuesday	14 Leogang	Freeski Park	Jumps and Rails
Wednesday	15 Leogang	GS	line/tactics
Thursday	16 Leogang	GS	timing
Friday	17 Leogang	GS	Easter CUP!!!
Saturday	18 Sierra Nevada SPA	WSC Race	Support the team
Sunday	19 Leogang	Active Rest	Agility/Games/Skis
Monday	20 Grasgeheren GER	Poss. Camp	
Tuesday	21 Grasgeheren GER	Poss. Camp	
Wednesday	22 Grasgeheren GER	Poss. Camp	
Thursday	23 Grasgeheren GER	Training	
Friday	24 Grasgeheren GER	Training	
Saturday	25 Grasgeheren GER	FIS Race	
Sunday	26 Grasgeheren GER	NC Race	
Monday	27 Leogang	Active Rest	Travel AUS
Tuesday	28 Munich	TRAVEL	
Wednesday	29		
Thursday	30		
Friday	31		
Saturday			
Sunday			
Monday			
Tuesday			



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