



AOA U14 Update

Nov 4, 2018

Caledon Ski Club

Jacques Reid

**"A Coach Is
Someone
Who Can Give
Correction
Without
Resentment"**

- Coach John Wooden



GOALS/ LESSONS LEARNED

- TERRAIN BASED LEARNING
- TEACHING FUNDAMENTALS STILL THE GOAL AT U14
- RACE LESS/ TRAIN MORE
- SKI IN ONTARIO IN APRIL
- PARENT EDUCATION IS KEY



GOALS/ LESSONS LEARNED

- ONTARIO NEEDS TO BE BETTER AT SL
- PANNELED SL IS A GREAT TRAINING & RACING ENVIRONMENT
- SUMMER SL CAMP CAN BE VERY BENEFICIAL
- REPRESENTING ONTARIO BEHAVIOR



FUNDAMENTALS



FUNDAMENTALS (Continued)



SEASON AHEAD

- REPLACING EARLY SEASON SG WITH TERRAIN GS
- SKILL EVALUATION AT MID-WINTERS
- AOA/ MEALEY SPEED CAMP (MAR 11-13)
- SOD SPEED CAMP (MAR 11-12)
- OCUP FINALS (SG training day + 2 runs on race day)
- SKI IN ONTARIO IN APRIL
- GETTING BETTER AT SLALOM
- COURSE SETTING





AOA Course Setting Update

Nov 4, 2018
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COURSE SETTING during training (STEPS)

- PLAN AHEAD
- EQUIPMENT NEEDED/ PREPARE AHEAD OF TIME
- SET WITH A PURPOSE (distance, offset, speed, difficulty)
- ORGANIZED HELP/ PROPER DISTRIBUTION
- WHEN SETTING..."Head on a swivel"
- OBSERVATION OF SKIERS
- ADJUST/ CHANGE
- INCREASE OR DECREASE LEVEL OF DIFFICULTY
- REFLECTION



COURSE SETTING Considerations

- SAFETY, SAFETY, SAFETY
- GATES
- SURFACE
- BREAKOVERS/ CHANGE IN TERRAIN...USE OF TERRAIN
- START & FINISH
- FLOW/ SPEED
- TRAINING AIDES (dye, brushes etc...)



COURSE SETTING Considerations

- RYTHM CHANGES/ COMBINATIONS
- VARIABILITY
- MEASURING
- As you get more practice setting, try to add more variety while maintaining rhythm and flow. Also work on setting more quickly. Ultimately, the less time you spend setting up the course, the more time you have to work with your skiers, and the more time they have to train!





RACE COURSE SETTING/ FIS

- The Slalom should permit the rapid completion of all turns. The course should not require acrobatics incompatible with normal ski technique. It should be a technically clever composition of figures suited to the terrain, linked by single and multiple gates, allowing a fluent run, but testing the widest variety of ski technique, including changes of direction with very different radii. Gates should never be set only down the fall-line, but so that some full turns are required, interspersed with traverses.



RACE COURSE SETTING/ USSA

- Course setting for a race course is a privilege, an honor, and an obligation. The sport requires that coaches set courses, but how a coach accomplishes that task becomes part art, part science, and part a reflection of the setters past experiences and current understanding of and appreciation for the trends of the sport. Each course has its own unique rhythm and speed, its own terrain interpretation and snow adaptation, along with its own response to the weather. A portion of the professional reputation of a coach is based upon the courses he or she sets. In the end, a course is a reflection of the setter's skiing and competition philosophy.
- Today, course setters have had to “adjust” the setting of their courses to accommodate some changes in equipment. Simply stated, courses have become “rounder” (more off-set or out of the fall-line) in order to not only control the speeds, but also to adequately challenge the technical and tactical skills and experience of the athletes and their equipment.



RACE COURSE SETTING

- **KNOW THE RULES!!!**
 - STARTING POINT
 - MEASURE TO BE SURE...
 - FLOW & SPEED ARE STILL FOCAL POINT
 - ADJUST WITHIN RULES TO TERRAIN
 - VARIABILITY
- **PHILOSOPHY**
 - STRAIGHTFORWARD
 - APPROPRIATE FOR AGE & SKILL LEVEL
 - GOAL SHOULD BE A HIGH FINISH RATE
 - LEARN TO TRAIN/ LEARN TO RACE



RACE COURSE SETTING Recommendations

- MINIMIZE RISK
- COMBINE SPEED & CONTROL
- EVALUATE ABILITY LEVELS
- SET TO WHAT YOU KNOW NOT WHAT YOU THINK
- CHALLENGE LEVEL
- SET BY FEEL (EXPERIENCE) AS MUCH AS SCIENCE
- MENTORSHIP
- HELPERS
- REVIEW



RULES OF THUMB

- CHECK THE GATES
- HOLE SIZE
- STRAIGHT OUT OF START
- UP TO SPEED QUICKLY
- CONTROL SPEED BEFORE TERRAIN CHANGE
- CONTROL SPEED ON STEEPER SECTIONS



RULES OF THUMB (Continued)

- LET SPEED RUN ONTO FLATS
- STRATEGIES TO MODIFY SPEED
- STRATEGIES TO VARY RHYTHM WHILE MAINTAINING SPEED
- RHYTHM INTO CENTER OF FINISH



CONCLUSION

- SET WITH A PURPOSE
- RACE SET SHOULD BE STRAIGHTFORWARD AT DEVELOPMENT STAGES
 - U12, U14 & EVEN U16
- DON'T JUST MEASURE...Pay attention to terrain
- ASK FOR HELP...MENTOR?
- SET TO THE APPROPRIATE SKILL LEVEL
- GOAL SHOULD BE FOR HIGH FINISH RATE AT RACES

