

## AOA 12 COMMITTEE

The AOA U12 Committee was established over the summer of 2018 with a mandate to increase the overall skill level of all U12 athletes, to support coaches and to educate parents. [Click here](#) for an update on the past season and the future objectives of the committee.

### **Year 1: 2018-19**

- Created a mandate and outlined long term goals for the committee.
- Skills incorporated and reinforcement with terrain-based learning at U12.

### **Year 2: 2019-20**

- Focus on coach education.
- Mont St Louis Moonstone, Dec 6-7, 2019 coaches 2 day on snow training module will be the pilot project designed to help coaches be their best, be a refresher for the coming season and give kids an opportunity to ski with guidance and return to snow.

### **Year 3: 2020-21**

- Committee is currently discussing and considering the following:
  - Creating a soft cap of 4 race starts for U12s
    - What is a 'soft cap'? All racers are permitted to have 4 starts. Any U12 who wants to participate in additional races must show that they and their program have been LTAD compliant by tracking their days on snow. To request additional starts they will have to submit an AOA designed template filled out with training days that support a minimum 7:1 ratio of training to racing and 50% of training outside of gate environments.
  - The committee are also discussing the types of skis U12s are permitted to use and how many pairs.
    - The committee is considering eliminating SL skis from U12.
    - Why? Coach education currently lags behind equipment. SL skis and groomed runs allow kids to develop incorrect technique. Current coach education/training is not producing coaches that are trained to correct this. Hence the coach education focus in Yr. 2 of this plan.
    - This point will become moot once coach education catches up.