



U14 (12-13 years)

LTAD stage:

Train to train (girls 11-15 years / Boys 12 -16 years)

Key concepts of the ACA / LTAD: [BUILD THE SKI RACER](#)

The train to train stage is the gateway for several opportunities including the transfer of learned skills, entry into the Podium Pathway or transition into the Ski for Life stage. Ski racers in the Train to Train stage are focused on transferring fundamental technique and basic tactical skills into the competitive environment. Ski racers are introduced to a variety of critical race elements from start to finish including movement over terrain and gliding. Ski racers begin formalized speed and ski cross training progressions to develop their skill sets in these areas.

While ski racers start competing more seriously, the primary focus during competition is on applying what they've learned in training and not on winning at all costs.



Program: Price TBD

Sport 50: 50 days on snow

Performance 70: 70 days on snow

Performance 85: 85 days on snow (*respect the training volume suggested by the LTAD*)*

In order to offer the best coaching to everyone, the club offers 3 programs U14 possible:

- *The weekend **sports program** for those who wish to perfect their skiing technique while having fun in an atmosphere of competition. There is also possibility to make camps or extra days à la carte.*
- ***Performance program** of 70 or 85 days on snow. This program is for those who want to do more while maintaining some flexibility with the club and the school. There is also possibility to make camps or extra days à la carte.*

U14 objectives:

Continue the development of various fundamental skills (agility, coordination, balance and speed) developed at the U12 level.

However, skier development will be also achieved by working on the biomechanical aspects of alpine skiing such as:

- Impulses
- Angular motion (torque & coiling)
- Linear motion (momentum)
- Alignment and control of external forces
- Stability & Mobility
- Velocity
- Principles of direction

As well as the following tactical aspects:

- Reading the racing line
- Decision making
- Recognition of special situations in courses
- Harmonizing the intention of the action with the action to be taken
- Education aimed at independence for race inspections

The scenarios in the GS, SL and skills courses will be more numerous than in U12. The skier will also be introduced to speed by the super G. However, skiing education continues to occupy a good part of the training.

The skier also learn the different sequences of training:

- warm up,
- activation

- cool down

Introduction to visualization techniques and sensitization to mental preparedness before races.

Teaching Tools:

- ACA LTAD : <https://ltad.alpinecanada.org>
- The Decision training concept *
- Video
- Planning focused on the learner. Training plans may vary from group to group (85 vs 70 vs 50 days) in order to meet everyone's training needs.

Means of action:

- Free skiing (educational training in free skiing, ski in moguls, ski in glades)
40 – 50% of the total training time
- Skiing in courses (educational training in courses, complete courses, timed)
- **50 – 60% of the total training time**
- Races:
 - o 7 days of racing (2 GS, 2 SL, 2 SG, 1 duel)
 - o Provincial championships and CANAM upon regional and provincial selection

Included in the program

	U14 Sport	U14 Performance 70	U14 Performance 85
<i>Week-end (36 days)</i>	X	X	X
<i>Friday (18 days)</i>		X	X
<i>Thursday (17 days)</i>			X
<i>Christmas camp (10 days)</i>	X	X	X
<i>SG camp (4 days)</i>		X	X
<i>School break week</i>	X	X	X

Training schedule:

From 9 a.m. to 3 p.m. (coaches may ask athletes to arrive earlier (7:45 a.m.) for free skiing or in the event that the first training session on the course begins earlier.

On snow training:

- From Thursday November 24 2022 to April 9 2023

Christmas camp:

- December 26 to January 6 (days off Dec. 24-25 & Dec. 31 -Jan. 1st)

SG camp:

- 4 training days from Monday to Thursday in end of January (dates TBD)

School break week:

- Quebec school break: (TBD)
- Ontario school break: (TBD)

Equipment:

CSMT ski length by age

<https://ltad.alpinecanada.org/stages/train-to-train/equipment>

fis-ski.com/equipment

** To be identified by SQA, "U14 prospect Athlete": the athlete must complete a minimum of 15 days on snow before December 1st and a minimum of 65 days on snow from December 1st to April 15th of the season concerned. Complete a minimum of 10 starts and a maximum of 12 starts.*

For more information on the identification criteria see page 88 to 92 at: [https://www.skiquebec.qc.ca/userfiles/files/Versionintegrale-17decembre2015\(1\).pdf](https://www.skiquebec.qc.ca/userfiles/files/Versionintegrale-17decembre2015(1).pdf)