



# U16 (14-15 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 each, the club offers 3 possibilities of U16 programs:

The weekend **sports program** for those who wish to improve 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.** This 70 or 85 days on snow 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.

**U16 Objectives**

Develop a racer for skiing from the start to the finish line, as quickly as possible without falling and without supervision. At this age, we try to teach the skier to adapt to the realities of racing during training.

**Technique:**

- Improve the basic skiing skills.
- Teach the athlete to use the appropriate biomechanical mechanisms for maximum performance (acceleration on the turn, extend the maximum gliding phase, etc.)

**Tactics:**

Teach the athlete independence in terms of better decision making in training and race scenarios

- being able to read the racing line,
- use adequate strategies to deal with different disciplines and diverse backgrounds,
- be able to react as quickly as possible facing a particular situation.
- adapting his skiing style in various environments.
- Reinforce the importance of the training sequence in a day (warm-up, activation and Cool down)

**Psychological:**

Strengthening various mental preparation techniques.

**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 8 days of regional races (3 GS, 3 SL, 1 GS, 1 duel)
  - o Provincial criterium, Nationals and eastern championships (upon regionals and provincials selection)

### Included in the program

	<b>U16 Sport</b>	<b>U16 Performance 70</b>	<b>U16 Performance 85</b>
<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. 1<sup>st</sup>)

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](https://fis-ski.com/equipment)

*\* **To be identified by SQA, "U16 prospect Athlete"**: the athlete must complete a minimum of 30 days on snow before December 1<sup>st</sup> and a minimum of 70 days on snow from December 1<sup>st</sup> to April 15<sup>th</sup> of the season concerned. Complete a minimum of 16 starts and a maximum of 25 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)