



FIS U18 / U21 (16 to 20 years)

LTAD Stage:

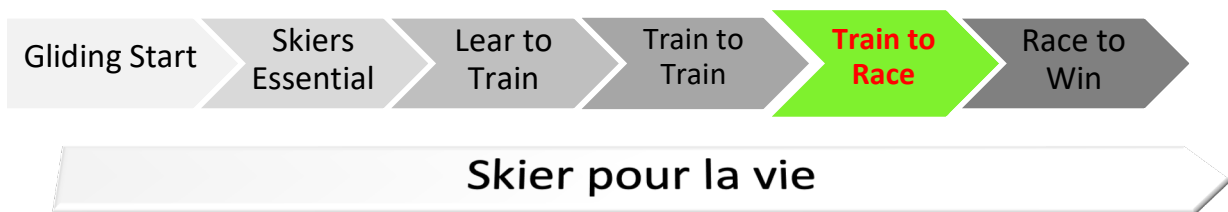
Train to compete (*girls & boys: After adolescent growth period*)

Key concepts of the LTAD: **BUILD THE SKI RACER & OPTIMIZE THE ENGINE**

The start of the Train to Race stage is dependent on skiing skill and physical fitness, growth and maturation. Ski racers in this stage have completed their adolescent growth spurt. In the Train to Race stage, skiers are refining their technique and tactics through training and competition in a variety of events including downhill, super G, giant slalom, slalom, super combined, alpine team event and ski cross.

At the beginning of this stage, ski racers are starting to compete in local, regional and national level FIS races. As their competition skills develop and become more refined, near the end of this stage ski racers are seeking to be competitive internationally in FIS racing which will promote their formal entrance the gold medal pathway and national team status.

Training programs at this stage are individualized, and athletes will begin to specialize in their strongest discipline towards the end of the stage.



Programs : **PRICE TBD**

Performance : 110 days on snow (including 2 off-season camps)

The Performance program of 110 days on snow. This program is for those who want to do more while maintaining some flexibility between skiing and school. There is also possibility to make camp or extra days à la carte.

U18-U21 Objectives

Improve the skier at the technical and tactical levels while leading the racer toward autonomy in his training. The specialization of the racer will be achieved through seasonal or annual planning in order to prepare the athlete to perform at the Super serie races. It will be possible to participate in some races in Ontario.

Technique:

Perfecting skiing skills. Customize the skier's style to maximize his performance.

Tactics:

Get the athlete to make the best decisions in each situation faced; in relation to the line and the technique.

Psychological:

Strengthening various mental preparation techniques.

Coaching training:

Introduction to "coaching" by participating in the training level 1 CSCF / ACA offered by SQA <https://www.canskicoach.org/index.php/fr/>

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 Ski (educational training in free skiing at high, medium and low speed)
35% of the total training time
- Skiing in courses (educational training in courses, complete courses, timed)
65% of the total training time
- Races:
 - o FIS-ENL (see calendar on SQA website)
 - o Super Series (see calendar on SQA website)
 - o OCUP (see calendar on AOA website)

Included in the program :

	FIS Performance 85
<i>Week-end (36 days)</i>	X
<i>Friday (18 days)</i>	X
<i>Thursday (17 days)</i>	X
<i>Christmas (10 days)</i>	X
<i>School break week</i>	X

Means of action:

- Free skiing : (educational training in free skiing at high, medium and slow speed)
35 % of the total training time
- Skiing in courses (educational training in courses, complete courses, timed)
65 % of the total training time
- Races:
 - [Super série](#) (see SQA calendar)
 - [OCUP](#) (see SQA calendar)

Included in the program:

- 20 Super Series race starts
- 10 race starts (Ocup or other FIS race)
- 80 days of training on snow
- Possibility of training on Mondays (10 days)

Not included:

- Racer's licence:
 - [FIS card](#)

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://itad.alpinecanada.org/stages/train-to-race/equipment>

fis-ski.com/equipment

** To be identified by SQA, "U18 prospect Athlete": the athlete must complete a minimum of 40 days on snow before December 1st and a minimum of 80 days on snow from December 1st to April 15th of the season concerned. Complete a minimum of 35 starts and a maximum of 45 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)