



CJP U18 / U21 (16 to 20 years)

LTAD Stage:

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

Key concepts of the LTAD: SKI FOR LIFE

Ski racers can enter this stage at any point along the development journey. The sport of skiing is very inclusive, individuals of any age or adaptive needs can participate in the sport of skiing at a later stage of life. Individuals seeking to maintain fitness and maintain the holistic benefits of remaining active in sport can transition from the performance pathway into the ski for life stage.

Skiers in the ski for life stage can share their love of the mountains and passion for the sport by skiing for the soul recreationally with friends and colleagues, becoming a coach, a ski patrol, a mountain guide, competing in a Masters race program, becoming a ski club volunteer or ski race official. There are endless opportunities in the sport of skiing especially when a skier has a solid technical skiing skill foundation.

The sport of skiing embraces the concept of inclusion, community and family. Skiing is a family sport that enables several generations to ski together. Families skiing together form the foundation of our sport and skiing community. Grandparents and parents can share their passion and joy of gliding down the mountain regardless of age or ability with their future generations.



Skier pour la vie

Programs: **PRICE TBD**

CJP -50 days on snow

CJP- 70 days on snow

The 50 or 70 day CJP programs for those who wish to improve their skiing technique while having fun in an atmosphere of competition. The skiers will compete on the SQA Provincial Junior Circuit.

U18-U21 Objectives

Improve the skier at the technical and tactical levels while leading the racer toward autonomy in his training. Seasonal planning is created to prepare the athlete to perform at the Provincial Junior Circuit races. Youth who wish to race in the Super Series must confirm their participation with their coach. Participation is at the discretion of the coach only.

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)
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 Super Series (see calendar on SQA website)
 - o OCUP (see calendar on AOA website)

Included in the program:

	FIS Sport 50	FIS Sport 70
<i>Week-end (36 days)</i>	X	X
<i>Friday (18 days)</i>		X
<i>Thursday (17 days)</i>		
<i>Christmas (10 days)</i>	X	X
<i>School break week</i>	X	X

Non included :

- Race fees
- Race card :
 - [Canadian 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)

School break week:

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

Equipment:

CSMT ski length by age

<https://tad.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)