

This table is designed as a simple guide for parents and young snowsports enthusiasts. It summarises the key milestones and required sporting focus at each stage of development for aspiring young athletes. Though the document uses age groups, these are a guideline, and should you consider yourself behind the age group benchmarks, this should not deter you from working on your skills to catch up. The document is in no way designed to replace the guidance offered by a professional coach in a structured coaching, or club program. Please use this information in conjunction with your coach. For more details of the performance pathway contact Snowsport Scotland.

v2.1 Updated 22/2/17

Age Group		DISCIPLINES		
		Alpine	Freestyle	Nordic
<U10yrs	General Sporting Focus	Involvement in as many sports as possible to achieve fitness and movement literacy eg: gymnastics, trampolining, diving, martial arts, dance, mountainbiking		
	Snowsports Focus	As much freeskiing as possible on varied terrain with occasional introduction to stubbies courses	As much riding as possible on varied terrain with introduction to a variety of kickers & rails	Emphasis on fun and developing basic skills (balance agility coordination and weight transfer) on both skis and rollerskis
	Milestones	Developing clean carving and a strong athletic dynamic stance on varied terrain	Straight air, grabs and sliding easy boxes	Beginnings of weight transfer and short glide in nordic classic technique. Basic skate in Nordic freestyle technique
	Competitions	Entry level fun competitions at school and club level	Entry Level Fun Competitions at school and club level	Club Novice level and Fun events
10-12yrs	General Sporting Focus	Continued Involvement in as many competitive dynamic movement sports as possible to achieve fitness and movement literacy	Continued involvement in as many sports as possible to achieve fitness and movement literacy	Continued Involvement in as many sports, especially endurance based as possible to achieve physical and movement literacy
	Snowsports Focus	Weekly ski training in a structured program offering 35% freeskiing, 35% freeskiing technique development, and 30% on gates and drills in mixed terrain.	Weekly training in a structured program offering technical & freestyle skills development. Possibility of selection to GB Junior program	Possible entry to British Nordic Development Squad (BNDS) at age 11yrs+. Weekly training with club (11yrs+) developing technical skills in classic and freestyle techniques
	Milestones	Clean carving, speed control and strong athletic dynamic stance on varied terrain and through stubbie gates. Skills Quest Level: ???	Spins on jumps, sliding rails, riding all groomed runs in resorts. Traffic Lights level: ???	Obvious weight transfer, long glide classic. Awareness and basic ability in all nordic freestyle techniques.
	Competitions	Exposure to club and regional U12 events and schools events	Exposure to club and regional events	Exposure to Scottish Rollerski race series and on-snow club races
12-14yrs	General Sporting Focus	Competitive/structured athletic and flexibility sports activities 3 days per week min. Introduction to specific strength and conditioning training for alpine skiing. Learning good work ethics and routine	Athletic and flexibility sports activities 3 days per week min	Focus towards endurance sports. Flexibility, Balance, Speed & agility
	Snowsports Focus	A structured annual program that offers weekly ski training for 6-8mths of the year with a strong focus on freeski skills development as well as an introduction to racing and racing lines. Engagement in one apline training camp offering a week of intensive training.	Weekly training in a structured program offering technical & freestyle skills development. Possibility of selection to GB Junior program	Structured Ski specific training both technical and physical 2 X Week. Additional aerobic training & introduction to Strength training. Exposure to training camps
	Milestones	Edge and speed control. A strong athletic dynamic stance on varied terrain, demonstrating controlled blocking and upper body awareness through stubbies and full size gates. Skills Quest Level: ???	Multiple spins on jumps, sliding kinked rails, riding halfpipe, all mountain riding. Traffic Lights level: ???	Can ski all terrain both Classic & Freestyle. Clear technique but requiring refinement.
	Competitions	Regular involvement in regional dry and snow based competitions as part of their structured program and introduction to national championship level competition	Involvement in regional and national artificial competitions	GB rollerski Race series (summer) GB Nordic Champs. Local Club races
	General Sporting Focus	Competitive/structured athletic and flexibility sports activities 3-4 days per week min plus exposure to specific strength & conditioning programs for alpine skiing. Developing knowledge of nutrition and athlete lifestyle.	Athletic and flexibility sports activities 4 days per week min plus exposure to strength conditioning programs. Attention to diet and requisite sleep.	Increased focus on Sport Specific training. Becoming increasingly engaged with a progressive training programme

This table is designed as a simple guide for parents and young snowsports enthusiasts. It summarises the key milestones and required sporting focus at each stage of development for aspiring young athletes. Though the document uses age groups, these are a guideline, and should you consider yourself behind the age group benchmarks, this should not deter you from working on your skills to catch up. The document is in no way designed to replace the guidance offered by a professional coach in a structured coaching, or club program. Please use this information in conjunction with your coach. For more details of the performance pathway contact Snowsport Scotland.

v2.1 Updated 22/2/17

Age Group		DISCIPLINES		
		Alpine	Freestyle	Nordic
14-16yrs	Snowsports Focus	Weekly ski training for 8-10mths of the year with a strong focus on technical freeskiing and skills development on full size gates. Engagement in 1-2 training camps. Introduction to psychology for Alpine racers	Weekly training for 8-10 months of the year offering technical & freestyle skills development with 1-2 camps abroad. Possibility of selection to GB Junior program	Focused technique & fitness/strength training year round. Year round training including on-snow training camps.
	Milestones	Clean Carving, and strong athletic and dynamic stance through full size gates on steeper slopes. Focus on racing line, tactics and upper body awareness and controlled blocking on full size gates. Skills Quest level: ???	Multiple spins & flips on jumps, sliding kinked rails, airing out of halfpipe, all mountain riding. Traffic Lights level: ???	Proficient in both styles (Classic & Freestyle) all techniques
	Competitions	Regular involvement in regional dry and snow based competitions and introduction to national championship level competition	Regular involvement in regional and national artificial & mountain competitions	GB Rollerski race series (Summer) GB Nordic Championships (Winter) Race programme through National Development Squad
>16 yrs	Your Competitive Options	Step up to a higher level specialised coaching and training programs. Participate in coaching and elite club racing level. Taking advice from your club coach aim for selection into the Scottish Squad and from there, selection into the Scottish National team.	Higher level specialised training programs with the GB/GB Junior programs.	Fully engaged in the Nordic National Development Programme.
	And/Or Other Options	Engage in UKCP L1 Alpine Coach Qual, or Instructor qualification.	Engage UKCP L1 Freeski / Snowboard Coach or Instructor	Nordic performance Coach (NPC) L1