

# HEAD COACHES SEASONAL REPORT 2008



## **SEASON OVERVIEW**

The season started slow with the distinct lack of snow. Training started a week earlier so we had approximately 12-13 days of training without snow! The athletes and the coaches dealt with the situation extremely well, coaches providing thought out/planned dry land programs and the kids being very motivated and participating in everything offered without a complaint.

When the snow came, we were in the last days of the first week of school holidays, allowing the remainder of the holidays to be spent on snow. Through careful planning, time was very productive with excellent skill development apparent on all athletes.

The daily operational aspect has run very well this season, the hill space allocation and priority has been the same as past years with Hannes stepping in the Events Supervisor position. The groomers have given it all to provide exceptional tracks, (which may be too good) and safety equipment in place and well maintained.

Our results have seen Jono Wong qualifying into the National Development Team. Most of the new FIS athletes this season have made under a 150 points in their first season in FIS. James Morrison and Greta Small both finished as runner up as overall Australian Children's champion with the majority of the remaining competitors finishing top 10.

We had great snow right up to the end of the season in Falls Creek this year which has been fantastic and gave us great conditions for our final fun day weekend, which included a race around the mountain a BBQ and a final dinner at the gateway in the evening.

I would like to thank the events team for their continual support of the Race Club and the Training, as well as the coaching team for the great job they did this season and of course the Race Club itself.

Let us hope that we have a great season next season looking forward into the future and building a stronger team for 2009 and beyond.

Jessie Pitt

## COACHING STAFF THIS SEASON

Coaching teams worked well together in their respective age groups.

Marcello has been great addition to the existing team, bringing a very professional approach and his integration into the team has been well received. Lucia and Elena have done great jobs in the U/12s and U/14s area. Martina and Tim worked well together with the U/10s and Terry did a great job with the Multisports athletes. The Development team grew to have two coaches which went really well this season. Manfred did a great job with the snowboard crew and the short program coaches Lynnea, Tim and Josh did a great job with challenging conditions in the school holidays at the start of the season.

## DRYLAND TRAINING, NUTRITION AND PSYCH.

Jessie, Marcello and Lucia are developing an information booklet about nutrition, dry land programs and sports psychology. The information will be directly relating to training and racing for all levels of athletes.

As part of self improvement, the coaching team is striving for new levels of knowledge in this area for next season and to have a greater focus on educating both athletes and parents.

## INTERNATIONAL TRAINING GROUPS

Falls Creek is becoming more visible in the international eye as was seen by the strong International training presence this winter. With continued support of the FCSL, we value these training groups from France, England, North America and Japan for our athletes to watch and train next to.

## SCHOOL

### Falls Creek Primary:

This season has seen a decline in athletes enrolling in fulltime & seasonal programs. The capping of children in the school has made it many cases to big a challenge for some parents to move their whole families up to Falls Creek for the season. This effect has seen the numbers in Holiday Squad increase from 18 to 35 reducing the total number of seasonal and fulltime athletes.

### Scotts College:

There is an interest from Scotts College, Albury; offering a school program at Falls Creek and is currently being discussed with RMB. Scotts school has handed out 'expressions of interest' pamphlets. For more information contact the Scotts school on (02) 6021 3233.

Email: [secretary@admin.scotsalbury.nsw.edu.au](mailto:secretary@admin.scotsalbury.nsw.edu.au)  
[www.scotsalbury.nsw.edu.au](http://www.scotsalbury.nsw.edu.au)

The Alpine Academy has been working extremely well, thanks to the efforts of Barb Plant.

## FALLS CREEK ALPINE ACADEMY ANNUAL REPORT

18/09/08 by Barb Plant

### Background:

The Falls Creek Alpine Academy Program was initiated by a small group of families who live in the resort during the winter snow season. The lack of an educational facility for secondary aged students on the mountain motivated the programs development in 2003.

The service that the Falls Creek Alpine Academy Program provides has enhanced the alpine community by allowing families with children to continue living in Falls Creek once their children have reached secondary school age. The major goal of the Falls Creek Alpine Academy Program is to provide a supportive and friendly schooling environment that allows students to continue with their academic studies delivered from their home schools whilst living on the mountain, training and competing in ski race meetings and events.

### 2008 Report:

This season, 6 students returning from previous FCAA programs attended, in addition to one new student. These seven students comprised of 5 full time race club program members and 2 air and style participants.

Classes were conducted in the race club meeting area with kind permission from FCRC. The timetable consisted of 4 classes per week, from 1pm to 5pm, Monday to Thursday. Additionally, optional catch up classes were held regularly on Monday mornings (10am to 12pm) and Fridays (1pm to 5pm) on a needs basis.

Tutors were Barb Plant, Graeme Summers and Lisa Logan.

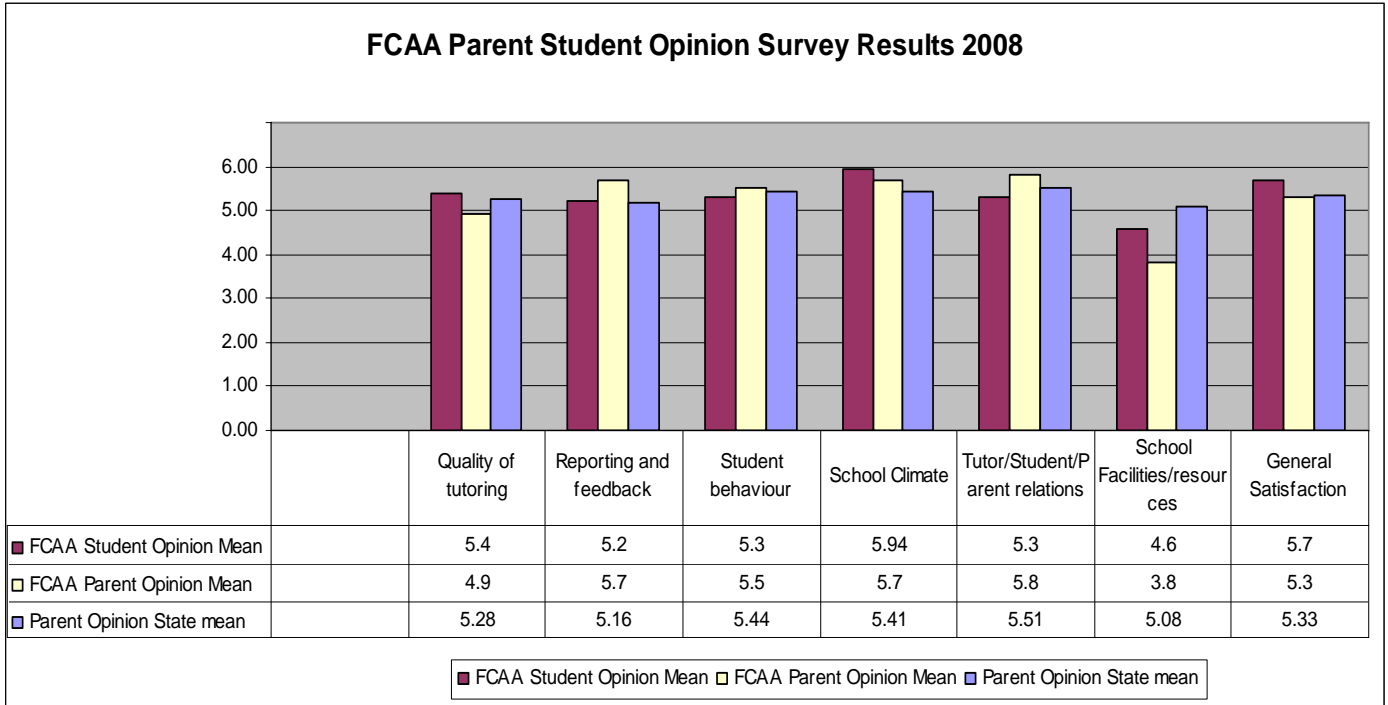
### Parent and Student Opinion Survey:

Although the sample size is too small to be used as a valid reference, it does indicate the respondents view of the strengths and weaknesses of the program. 100% of the 7 students and 43% of parents returned the self conducted survey.

Parents and students related a number of statements using a scale where 1=strongly agree and 6= strongly disagree. Across all variables, the higher the score, the more positive the parents and students responses. Responses to negatively phrased questions have been reversed for reporting purposes. A similar State (Victorian) Parent Opinion data is also included for comparison. State Student Opinion data is not available.

The categories were:

1. Quality of tutoring
2. Reporting and feedback
3. Student behavior
4. School climate (includes bullying, safety in school, happy at school, friendships)
5. Tutor/parent/student relations
6. School facilities
7. General satisfaction



**Financial Report:**

*Incomings*

\$10550 in student fees have been paid.

\$10550 total fees

*Outgoings*

Tutoring hours: 217 hours-\$7565

Admin pre season-25 hours \$750

Season admin 40 \$1200

Gateway afternoon tea: \$782

Telstra \$190

Stationary \$274.35

Total outgoings: \$10761

Outstanding fees \$900 (due July 2008).

Balance for 19/09/2008 - \$211

### 2009 Program:

Expressions of interest have been received from 4 new families for 2009 (5 students) to date. 5 students from the 2008 program have expressed interest for next winter. EOI's are due in March, 2009, with first round offers sent out April, 2009. Barb Plant, Graeme Summers and Lisa Logan have indicated interest in returning to the Academy in 2009.

Meetings with FCRMB, parents and the principal of The Scots School, Albury have commenced this winter to discuss the feasibility of developing a formalized secondary schooling option. FCAA have offered full support to these discussions. No further information or action has been communicated to FCAA at this stage.

## **RECOMMENDATIONS FOR 2009**

- Stronger training skills set in the U/10 and Development coaches. This will provide a better program focused on providing a broader and more varied skill base for the future athletes.
- Increase the training for the coaches at the start of the season to cover:
  - Dartfish video analysis
  - Race Club cameras usage
  - Race Club computers and the big screen for analysis
  - Group discussion about the pathway of training and skill development
  - Discussions on current technical trends in skill development across all age groups.
  - Review reports from the previous season,
  - Review video from 2008 races
- Dry-land Training:
  - Dry land programs to be developed for the race season, before and after the race season for kids staying on or travelling O/S to train. For both FIS and Children's groups.
  - The dry land program for the winter season with the focus on a weekly dry land session. Focus on skill development in area's of balance, coordination, strength. Normal dry land program for the FIS groups.

- Education on nutrition before, during and after training. For races and generally for the whole year. With information sources also being communicated to the parents as well.
- Fitness tests performed at the start of the season and at the end of the season on all kids. This allows programs to be developed for individual needs.
- More hoops, discs, skipping ropes to be purchased for ongoing dry land programs throughout the season.

## EQUIPMENT

- Purchase a timing display panel for coaches that are compatible with the Tag Heuer timing system with the wireless attachment.
- The purchase of 2 more video cameras.
- Video tapes to be purchased at the beginning. All coaches issued with two each.
- Each coach properly educated in transferring video to computer.
- Up to date tuning equipment
- Gym equipment
- Race Club office needs to be reorganized to become a more productive work environment
- Accommodation booked or sourced pre-season going on race calendar.
- Better storing of equipment at the Race Club via a cupboard downstairs with a key lock.
- Radios to be allocated to coaches at the start of the season with charger.

## HEAD COACH

- Better communication for payments, squad numbers at the beginning of the season (membership), race entries and payments for training, extra training and for races.
- All forms and data to be made as electronic as possible. All reports to be completed on computer rather than in ink.
- Each coach to be issued with book containing daily logs for each training session, weekly plans for the whole season and seasonal plan. This will increase the efficiency in the office during and at the end of the season. The current format is in loose leaf.
- The coaches' graph needs to be reviewed and updated. With changes to the criteria and training categories.

- Categories that are tailored to each age group respectively.
- Drafts for the seasonal reports should be given to the coaches early on and they should all be completed on computer.
- Each coach to be issued an in-tray in the events office where the book is kept and any information can be kept.

## COACHES AND TRAINING

- Increased use of video/video analysis and direct feedback on the hill.
- Appropriate skis used for each discipline by coaches during SL and GS training and free skiing should be encouraged. Important with the children's groups as children learn a lot by watching!
- More free skiing built into programs. Skiing should be encouraged in all weather when possible with a positive outlook. Kids learn from example.
- Hill space requests should be put in and thought about as early as possible
- A better of team unity needs to be encouraged within the coaching team. Currently some groups are operating in Silo's.
- FIS and U14s/u12s training next to each other.
- Snowboard and multisports should have races and events included into their training programs.

## PROGRAM

- More use of video/analysis
- More stubbie /obstacle course training in the U/10 age group.
- Refocus to train SL first, then GS.
- Development squad developing a stronger overall skill basis with a strong understanding of each different turn with focus in the following: SL & GS turns, bumps, powder, jumps, strong use of pole-plant (especially in short turns and slalom turns) kid carving, strong upper body discipline and good lower movement.
- More freeskiing at the FIS level.
- Proper knowledge and implementation of warm up routine for races and training across all age groups to much separation from age group to age group.
- Younger athletes should be able to look up to the older kids as motivation and also as role models.

## COACHING STAFF FOR NEXT SEASON

2 x FIS  
1 x JNR  
1 x U/14  
2 x U/12  
2 x U/10  
2 x DEV SQUAD  
1 x MULTISPORTS  
1 x SNOWBOARD  
3 HOLIDAY SQUAD  
15 Total

Current coaching staffs coming back for next season are:

Marcello (FIS)  
Fabian (FIS)  
Lucia (14/12)  
Manfred (Snb)  
Terry (Multi)  
Martina (10)  
Jessie  
Tim Creak (Holiday)  
Kerry (Dev)  
9 Total

With the new focus on developing a strong base from the Dev Squad up, it is envisaged that the structure would be:

1 x Head Coach	Jessie
2 x FIS	Marcello + 1
1 x JNR	1
1 x U/14	Lucia
2 x U/12	Patrick <sub>(new)</sub> +1
2 x U/10	2
2 x DEV SQUAD	Martina + 1
1 x MULTISPORTS	Terry
1 x SNOWBOARD	Manfred
3 HOLIDAY SQUAD	Tim Creak + 2

Requirements: 6 seasonal and 2 holiday coaching staff

## SPORTS FACILITY

There is also a proposal for a new gym in the Saint Falls complex. It is hoped this should be completed by 2009. Negotiations are needed to secure a discounted rate for athletes to utilise the facilities on a regular basis.

Barb Plant has suggested the idea of a portable double classroom could be purchased which could also be used as an indoor training space. This could be an option but obviously would need funding from somewhere. A proposed site would be where the future High Altitude Centre will be as the classroom could be temporary option.

## WEBSITE

There should also be more photos of the Falls Creek Race Club kids on the website. There is a folder of photos in the Race Club folder as well as photos from the groups taken by Top Shops. The coaching staff info and photos should also be updated at the start of the season with up to date photos of the coaching staff.

## PARENTS

The parents of the Falls Creek Race Club need to be informed more clearly of the pathway for the kids of the Race Club. This would:

- Create less confusion and misunderstandings from lack of information and allow the coaches to focus on the kids.
- Can be achieved through the booklet as mentioned earlier on in this report.
- Better communication between the parents and the coaches of their kids.
- It would also be advisable to have an informal meeting that is just between the parents and the coaches at the start of the season where they can ask, and it can be discussed how things will work during the up coming season.

## ALPINE REVIEW

The Alpine Review has been a definite step in the right direction for Australian alpine skiing by the SSA. Many of the points and recommendations from the Alpine Review were already known and have only been consolidated by the Review. One thing that it does promote is change, and sets a visible mark to be worked towards by all of the parties involved in Australian alpine skiing.

We should work towards better communication with the other clubs. This should be opened up by the head coaches and/ or program directors from the different mountains to have a more, across the board ideas, about techniques and what is going on in each club to make Australian Alpine Skiing development a whole lot stronger!

## OVERSEAS CAMPS AVAILABLE THIS SUMMER

- Stoffel – [www.maierskiracing.com](http://www.maierskiracing.com)
- Dalibor Dvorsky - Piste Libre, European race camp, elite alpine coaching.
- Jeff Brooks- Children's Alpine Development Camp
- Ivan Pacak

There are a few of our kids going overseas to train. This is great and a necessary step to stay competitive on a world stage in the future.

## RACE RESULTS 2008

### FIS

The final points from the FIS kids are looking great. With some promising results from our first year FIS kids!

Jono Wong	SL 64.55	GS 86.08
James Easton	SL 138.20	GS 113.58
Duane Dinham	SL 174.40	GS 158.46
Stephan Athanasiadis	SL 251.71	GS ---
Maddie McMahon	SL 98.39	GS 95.13
Layla Lee	SL 127.40	GS 137.04
Catherine Frawley	SL 145.99	GS 144.74

### CHILDREN U/12- U/14

	Vics. GS 1	Vics. GS 2	Vics. GS 3	Vics. GS 4	Vics. SL 1	Vics. SL 2	Vics. SL 2	Vics SL 3	Aus. GS 1	Aus. GS 2	Aus. SL 1	Aus. SL 2
Lily Newton-Brown	2 <sup>nd</sup>	4 <sup>th</sup>							10 <sup>th</sup>	9 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Natasha Payne	8 <sup>th</sup>	--										
Adelaide Johnson	14 <sup>th</sup>	16 <sup>th</sup>	14 <sup>th</sup>	14 <sup>th</sup>								
Greta Small	1 <sup>st</sup>	1 <sup>st</sup>	6 <sup>th</sup>		1 <sup>st</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	4 <sup>th</sup>	4 <sup>th</sup>	1 <sup>st</sup>
Rebecca Morrison	3 <sup>rd</sup>	2 <sup>nd</sup>	5 <sup>th</sup>	5 <sup>th</sup>	7 <sup>th</sup>	7 <sup>th</sup>	11 <sup>th</sup>	13 <sup>th</sup>	5 <sup>th</sup>	5 <sup>th</sup>		9 <sup>th</sup>
Anna Kirton	7 <sup>th</sup>	11 <sup>th</sup>	21 <sup>st</sup>	21 <sup>st</sup>	24 <sup>th</sup>	29 <sup>th</sup>	26 <sup>th</sup>	28 <sup>th</sup>				
Sylvie Saiche	10 <sup>th</sup>	14 <sup>th</sup>	23 <sup>rd</sup>	11 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>	15 <sup>th</sup>	15 <sup>th</sup>	21 <sup>st</sup>	20 <sup>th</sup>	11 <sup>th</sup>	7 <sup>th</sup>
Alexandra Johnson	16 <sup>th</sup>	17 <sup>th</sup>		27 <sup>th</sup>	20 <sup>th</sup>	24 <sup>th</sup>	27 <sup>th</sup>	29 <sup>th</sup>				
Samantha Stevens						10 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>				
Alec Scott	2 <sup>nd</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>		7 <sup>th</sup>	7 <sup>th</sup>	10 <sup>th</sup>	4 <sup>th</sup>
Hunter Johnson	5 <sup>th</sup>	7 <sup>th</sup>	14 <sup>th</sup>	11 <sup>th</sup>	15 <sup>th</sup>	11 <sup>th</sup>	16 <sup>th</sup>	21 <sup>st</sup>	15 <sup>th</sup>	8 <sup>th</sup>	20 <sup>th</sup>	16 <sup>th</sup>
Felix Saiche	11 <sup>th</sup>	14 <sup>th</sup>	12 <sup>th</sup>	12 <sup>th</sup>	11 <sup>th</sup>	19 <sup>th</sup>	7 <sup>th</sup>	5 <sup>th</sup>	8 <sup>th</sup>	12 <sup>th</sup>	6 <sup>th</sup>	11 <sup>th</sup>
Patrick Dodd	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	21 <sup>st</sup>	17 <sup>th</sup>		20 <sup>th</sup>	19 <sup>th</sup>				
Peter Macintosh	18 <sup>th</sup>	15 <sup>th</sup>	15 <sup>th</sup>	14 <sup>th</sup>	5 <sup>th</sup>	17 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	12 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>
Sam Etherton	23 <sup>rd</sup>	24 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	13 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	14 <sup>th</sup>				
James Morrison	3 <sup>rd</sup>	3 <sup>rd</sup>	3 <sup>rd</sup>	5 <sup>th</sup>	3 <sup>rd</sup>	17 <sup>th</sup>		3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>	2 <sup>nd</sup>
Oscar Johnstone					11 <sup>th</sup>	7 <sup>th</sup>	11 <sup>th</sup>	8 <sup>th</sup>	6 <sup>th</sup>	13 <sup>th</sup>	13 <sup>th</sup>	12 <sup>th</sup>
Hugo Ellis	5 <sup>th</sup>	8 <sup>th</sup>			8 <sup>th</sup>	5 <sup>th</sup>	9 <sup>th</sup>	6 <sup>th</sup>	9 <sup>th</sup>			8 <sup>th</sup>
Oscar Stevenson	12 <sup>th</sup>	7 <sup>th</sup>		13 <sup>th</sup>	15 <sup>th</sup>	15 <sup>th</sup>	20 <sup>th</sup>	12 <sup>th</sup>	17 <sup>th</sup>	11 <sup>th</sup>	15 <sup>th</sup>	20 <sup>th</sup>

## NATIONAL AUSTRALIAN CHILDREN'S CHAMPS

Our kids are skiing very well technically and this was quite noticeable in their free skiing. There is a definite need to merge the training/racing mentality so there is more of a crossover for better performance in a race situation. This can be done in training and would be great to utilize Lucia's sports psychology skills a little more in this direction.

James Morrison came runner-up U/14 overall Australian champion. Greta Small also was runner-up U/14 champion. Other results can be seen in the in the previous table.

The races were conducted without a td. There was a lot of protest from the clubs and coaches about this. It went well without a td but should be addressed again for next season. This was discussed at the Pd meeting in Thredbo.

## INTERSCHOOL'S

The Falls Creek Primary School has done very well this year at both the State Interschool's at Buller and the Australian Interschool's at Perisher. Finishing the best in Australia. There is a high majority of the Falls Primary in the Race Club and is great to have such good results.

## FINAL CHILDRENS SSA POINTS LIST 2008

<u>Race Club</u>	<u>Female</u> <u>Surname</u>	<u>Other Names</u>	<u>GS Points</u>	<u>SL Points</u>	<u>Average</u>
TSRC	PILAT	Alexandra	336.17	351.72	343.95
MHRS	HOEDEMAKER	Djoeke	342.16	366.41	354.29
MBRC	POTOCZNY	Ewa	352.63	356.91	354.77
MBRC	CRONIN-GUSS	Ysabel	360.06	389.04	374.55
MBRC	FAIRLEY	Cate	384.20	376.20	380.20
PBWS	KELLY	Bobbi	389.99	404.02	397.01
MHRS	MUHLEN	Tjuntu	402.14	428.70	415.42
MBRC	LOCK	Hannah	419.50	437.63	428.57
<b>FCRC</b>	<b>STEPHENS</b>	<b>Samantha</b>	<b>433.63</b>	<b>456.49</b>	<b>445.06</b>
MBRC	WYLES	Charlotte	428.44	485.84	457.14
TSRC	JAMES	Isabelle	448.14	468.63	458.39
MBRC	HENNESSY	Isabel	427.78	507.19	467.49
MHRS	HOFBAUER	Claudia	468.32	478.23	473.28
MBRC	ROBERTS	Rachel	447.99	505.31	476.65
PBWS	SUTHERLAND	Clare	495.86	463.66	479.76
PBWS	THOMAS	Megan	504.11	456.65	480.38
MHRS	ARNEL	Celeste	474.82	487.46	481.14
MBRC	BROWNE	Camilla	434.44	539.16	486.80
TSRC	BOYD	Sophie	471.95	508.30	490.13
TSRC	DOOLEY	Josephine	479.22	504.01	491.62
MBRC	CILIA	Breana	509.97	550.87	530.42
MBRC	CREWES	Claudia	514.56	550.39	532.48

MBRC	RITCHIE	Ashleigh	508.34	586.26	547.30
MHRS	ELLIOT	Deborah	483.82	626.09	554.96
TSRC	SHEARMAN	Emma	500.61	990.00	745.31

### Male

<u>Race Club</u>	<u>Surname</u>	<u>Other Names</u>	<u>GS Points</u>	<u>SL Points</u>	<u>Average</u>
FCRC	BROWN	Callum	338.80	321.83	330.32
MHRS	McFIE	Iain	372.56	368.11	370.34
FCRC	MORRISON	James	374.50	375.07	374.79
TSRC	EASDALE	Tim	390.27	386.37	388.32
MBRC	MORLEY	James	385.56	395.55	390.56
MBRC	ABERCROMBIE	Bayles	408.92	385.33	397.13
MBRC	CALVERT-JONES	Andrew	415.24	422.77	419.01
MBRC	FISCHER	Andy	424.04	454.30	439.17
FCRC	ELLIS	Hugo	433.75	445.26	439.51
MBRC	GUELI	Max	437.02	440.02	438.52
MBRC	STEVEN	Jonathan	429.91	479.44	454.68
MBRC	PEARSON	Xavier	467.91	470.99	469.45
MBRC	LOWING	James	500.80	472.37	486.59
PBWS	O'SULLIVAN	Daniel	529.78	444.68	487.23
PBWS	LEE	Andrew	490.41	487.21	488.81
MHRS	WATKINS	Elliot	461.11	545.29	503.20
MHRS	CLARKSON	Damien	455.66	518.14	486.90
MBRC	ATKINS	Christopher	482.07	549.19	515.63
PBWS	POPOVIC	Stefan	452.77	710.96	581.87
MBRC	STANNUS	Jack	990.00	507.94	748.97
MBRC	ROBERTSON-SMITH	Patrick	570.50	990.00	780.25
MHRS	TIVEY	Jack	690.15	990.00	840.08

### Female

<u>Race Club</u>	<u>Surname</u>	<u>Other Names</u>	<u>GS Points</u>	<u>SL Points</u>	<u>Average</u>
FCRC	SMALL	Greta	339.72	355.23	347.48
FCRC	MORRISON	Rebecca	372.91	386.54	379.73
PBWS	COATES	Matilda	390.34	394.19	392.27
MHRS	FARRALL	Emily	377.50	430.46	403.98
PBWS	MOORE	Alia	411.43	415.30	413.37
MHRS	BUCKLAND	Emily	410.28	424.53	417.41
MHRS	WOOD	Sophie	430.99	421.31	426.15
PBWS	WINKLER	Lucie	426.66	427.22	426.94
FCRC	SAISCH	Sylvie	436.27	425.49	430.88
MHRS	MOLNAR	Ella	437.67	467.12	452.40
PBWS	KELLY	Charlee	476.69	470.40	473.55
MBRC	BARRIE	Sarah	477.96	470.62	474.29
MBRC	GRAY	Josefina	474.13	483.34	478.74
FCRC	KIRTON	Anna	447.24	511.32	479.28
TSRC	BOYER	Zoe	496.94	523.48	510.21
FCRC	JOHNSON	Alexandra	502.82	565.35	534.09
MBRC	ROTHFIELD	Annabel	517.08	567.67	542.38
MBRC	BOYCE	Sarah	578.24	572.45	575.35
MBRC	HOLLOWAY	Saskia	611.75	990.00	800.88
MBRC	STEVEN	Kate	990.00	650.32	820.16

<b>Male</b>					
<u>Race Club</u>	<u>Surname</u>	<u>Other Names</u>	<u>GS Points</u>	<u>SL Points</u>	<u>Average</u>
TSRC	PODGORSKI	Adam	379.69	389.22	384.46
<b>FCRC</b>	<b>JOHNSTONE</b>	<b>Oscar</b>	<b>398.27</b>	<b>398.09</b>	<b>398.18</b>
PBWS	STEWART	Richard	401.73	413.54	407.64
MBRC	COULL	Fletcher	406.74	419.74	413.24
PBWS	HOOD	Ben	442.37	387.43	414.90
PBWS	MILLAR	Jack	418.41	437.31	427.86
TSRC	CAMPBELL	James	411.83	451.93	431.88
TSRC	SCHUITEMA	Ben	438.09	425.72	431.91
TSRC	GARNER-COWAN	Lee	427.47	438.17	432.82
MBRC	BONGIORNO	Sam	441.41	493.30	467.36
MBRC	STROVER	Lachlan	501.92	467.98	484.95
<b>FCRC</b>	<b>STEVENSON</b>	<b>Oscar</b>	<b>465.70</b>	<b>516.65</b>	<b>491.18</b>
MBRC	BJARNASON	Kristian	444.81	543.85	494.33
MHRS	NOWOTNY	Chris	500.55	531.95	516.25
TSRC	COOK	Jack	525.46	537.68	531.57
MBRC	MALIN	James	578.07	628.21	603.14
MBRC	COHEN	Ricky	990.00	491.66	740.83
TSRC	JACKMAN	Alexander	501.90	990.00	745.95
TSRC	DANIEL	Hunter	628.71	990.00	809.36

<b>Female</b>					
<u>Race Club</u>	<u>Surname</u>	<u>Other Names</u>	<u>GS Points</u>	<u>SL Points</u>	<u>Average</u>
TSRC	SUGERMAN	Hannah	409.55	407.93	408.74
MBRC	CRAIG	Georgia	418.06	437.45	427.76
MBRC	LEBEDEV	Veronica	422.37	442.14	432.26
MBRC	ASH	Sophie	410.58	462.42	436.50
MBRC	ATKINS	Julia	457.57	448.20	452.89
MBRC	ESPOSITO	Jessica	457.44	479.63	468.54
MHRS	ARNEL	Alexandra	469.68	484.87	477.28
MHRS	HURLEY-PEARSON	Lauren	492.81	518.35	505.58
PBWS	LAMBERT	Diana	500.40	517.00	508.70
MBRC	A'BECKETT	Camilla	595.96	622.43	609.20
MBRC	CILIA	Jacqueline	607.70	648.52	628.11
MBRC	PETERS	Anna	505.83	990.00	747.92
<b>FCRC</b>	<b>PAYNE</b>	<b>Natasha</b>	<b>565.95</b>	<b>990.00</b>	<b>777.98</b>
TSRC	BLACKMAN	Carla	897.22	742.34	819.78

<b>Male</b>					
<u>Race Club</u>	<u>Surname</u>	<u>Other Names</u>	<u>GS Points</u>	<u>SL Points</u>	<u>Average</u>
MHRS	LAIDLAW	Harry	376.44	376.06	376.25
TSRC	HOUGH	Max	397.70	419.49	408.60
MBRC	STANNUS	Jordan	419.74	428.65	424.20
PBWS	HAYSON	Jack	481.52	419.62	450.57
MBRC	LEIGH	James	446.03	482.40	464.22
MBRC	TYLER	Ben	437.57	491.96	464.77
MHRS	COOMBS	Hugh	469.64	459.96	464.80
MBRC	MOLNAR	Hamish	454.85	461.49	458.17
<b>FCRC</b>	<b>McINTOSH</b>	<b>Peter</b>	<b>452.56</b>	<b>491.64</b>	<b>472.10</b>

TSRC	PAYNE	Sam	458.97	487.50	473.24
MBRC	CHEN	David	460.65	486.89	473.77
MBRC	LEIGH	Andrew	445.01	503.34	474.18
MBRC	KUDELKA	Oscar	455.52	498.50	477.01
MBRC	FAIRLEY	Andrew	474.51	526.64	500.58
TSRC	LIDDLE	Robbie	503.74	502.98	503.36
MBRC	DE CAMPO	Jasper	499.33	542.93	521.13
MBRC	BIESSE FITTON	Zachary	532.76	551.79	542.28
TSRC	BOYD	William	646.53	672.30	659.42
MBRC	ELLIOTT	Edward	990.00	515.07	752.54
TSRC	KING	Richard	627.77	990.00	808.89

### Female

<u>Race Club</u>	<u>Surname</u>	<u>Other Names</u>	<u>GS Points</u>	<u>SL Points</u>	<u>Average</u>
FCRC	BROWN	Rebecca	399.42	402.25	400.84
MHRS	DAVIES	Louisa	424.50	496.42	460.46
FCRC	NEWTON-BROWN	Lily	435.93	504.91	470.42
TSRC	MUELLER	Michela	448.31	521.73	485.02
MBRC	STANNUS	Ally	463.82	519.08	491.45
TSRC	MUELLER	Nadia	517.21	494.97	506.09
MHRS	WOOD	Georgia	484.47	531.15	507.81
PBWS	BAFF	Georgia	506.75	527.85	517.30
PBWS	SMITH	Matilda	546.13	490.57	518.35
MBRC	COLEMAN	Rebecca	498.24	546.65	522.45
TSRC	WOOD	Phoebe	544.33	563.85	554.09
PBWS	STADELMAN	Georgia	573.41	536.38	554.90
MBRC	MAHON	Annabelle	543.81	570.71	557.26
PBWS	MOORE	Aislinn	741.43	621.27	681.35
FCRC	JOHNSON	Adelaide	560.25	990.00	775.13
MBRC	MAIER	Sabrina	564.55	990.00	777.28
PBWS	BYERS	Montana	990.00	565.76	777.88
MBRC	BONGIORNO	Millie	567.73	990.00	778.87
MBRC	STROVER	Annabelle	587.78	990.00	788.89

### Male

<u>Race Club</u>	<u>Surname</u>	<u>Other Names</u>	<u>GS Points</u>	<u>SL Points</u>	<u>Average</u>
PBWS	KELLY	Zac	391.07	391.26	391.17
MBRC	COULL	Harrison	404.47	413.81	409.14
FCRC	SCOTT	Alec	423.63	443.46	433.55
TSRC	THOMPSON	Oliver	444.72	438.68	441.70
PBWS	HAYSON	Max	501.48	441.67	471.58
FCRC	SAISCH	Felix	468.65	482.48	475.57
FCRC	ETHERTON	Sam	461.81	527.68	494.75
TSRC	BENNETT	Jake	493.93	505.34	499.64
FCRC	JOHNSTONE	Hunter	468.61	532.56	500.59
TSRC	GARNER-COWAN	Ryan	532.57	472.75	502.66
TSRC	WEEKS	Matthew	513.93	544.69	529.31
MHRS	BROOKS	Remy	494.13	579.96	537.05
FCRC	DODD	Patrick	532.81	605.39	569.10
MBRC	BJARNASON	Caspar	546.02	615.75	580.89
MBRC	WYLES	Ted	587.89	719.94	653.92

TSRC	CASEY	Edward	493.42	643.45	568.44
TSRC	JACKMAN	Nicholas	509.38	990.00	749.69
TBR	PISCIOTTA	Tom	639.90	990.00	814.95
MHRS	TIVEY	Angus	648.74	990.00	819.37

## GRAPHS 2008

The percentages are worked out depending on the developmental requirements for each age group.

The different areas are freeskiing, directed freeskiing, technical drills, slalom training, giant slalom training, dry-land and video analysis.

### U/10 and Development Squad

Freeskiing, directed freeskiing, and technical drills are all together the highest percentage for this age group. With minimal time spent in the gates and racing.

### U/12 and U/14

Still the areas of freeskiing, directed freeskiing and technical drills are of the highest percentage with gate training and racing becoming more of a focus. As well the areas of dry-land.

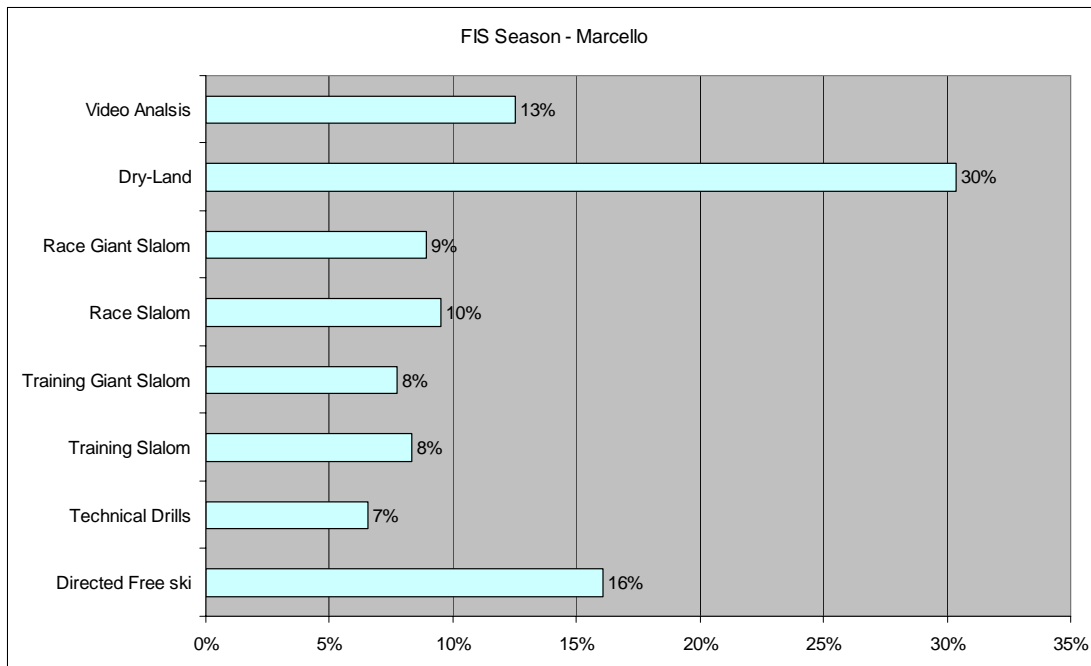
### FIS 15+

The areas of freeskiing, directed freeskiing and technical drills are still relevant and important. The focus of gate training racing increase with the dry-land training areas becoming more important to overall performance.

The percentages and resulting graphs from this seasons training information can be found below for each age group and coach.

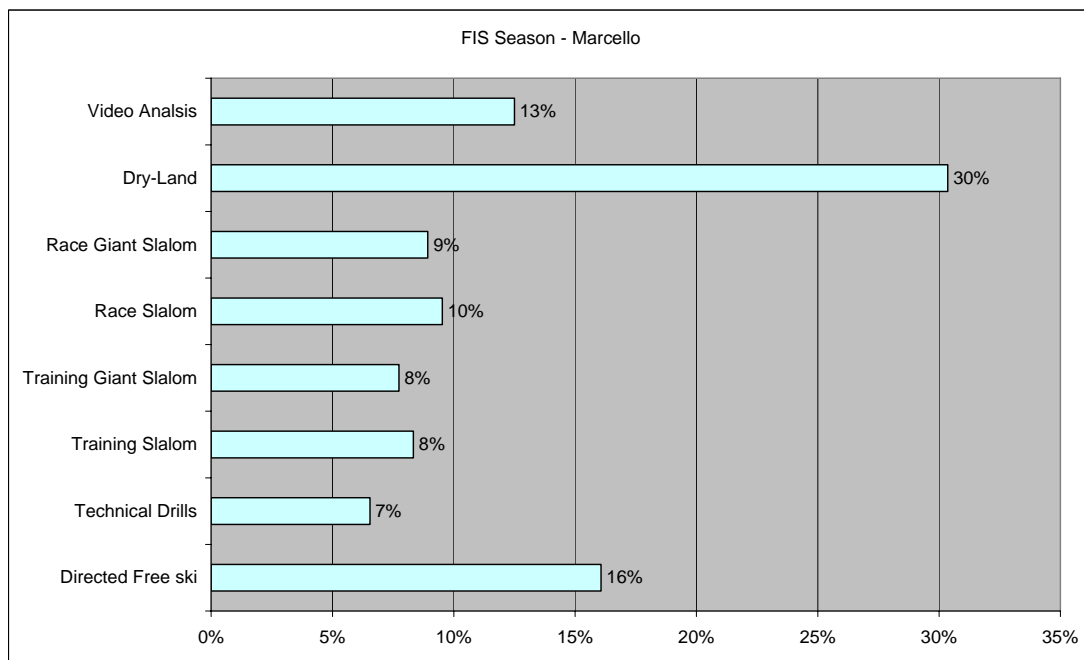
FIS  
FABIAN KALS

	<b>FIS- FABIAN</b>	<b>Actual</b>	<b>Target</b>
TD	Directed Free Ski	12%	15%
TD	Technical Training	11%	15%
TSL	Training Slalom	15%	15%
TGS	Training Giant Slalom	15%	15%
RSL	Race Slalom	8%	7%
RGS	Race Giant Slalom	5%	6%
DL	Dry-Land	17%	15%
VA	Video Analysis	18%	10%



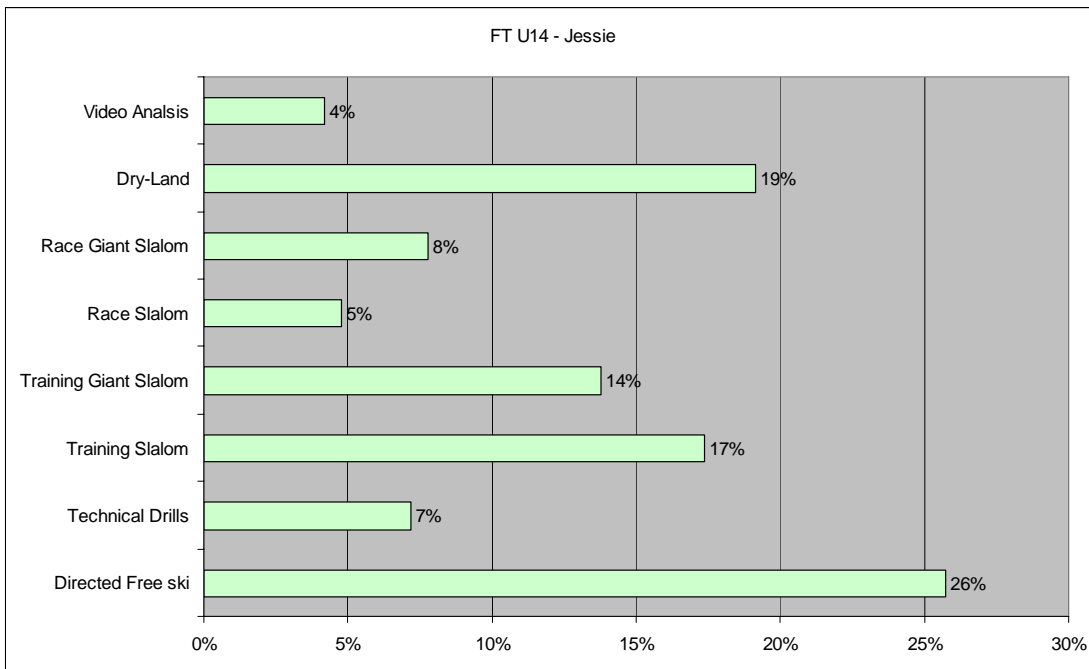
FIS  
MARCELLO TAVOLA

	<b>FIS- MARCELLO</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>16%</b>	<b>15%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>7%</b>	<b>15%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>8%</b>	<b>15%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>8%</b>	<b>15%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>10%</b>	<b>7%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>9%</b>	<b>6%</b>
<b>DL</b>	<b>Dry-land</b>	<b>30%</b>	<b>15%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>13%</b>	<b>10%</b>



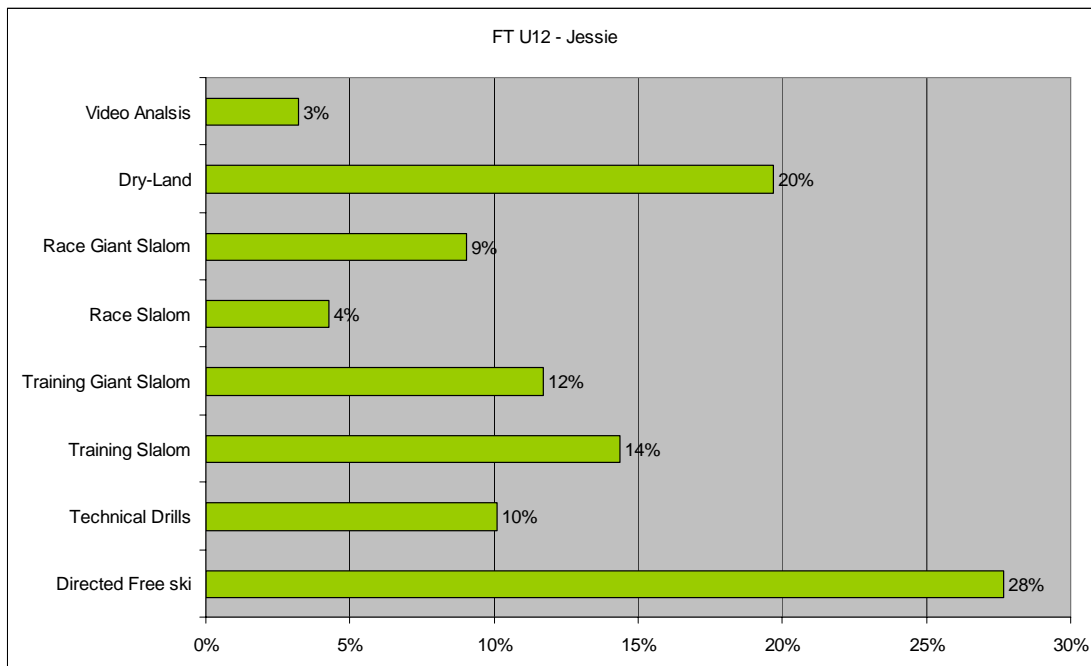
U/14  
JESSIE PITT

	<b>U/14 - JESSIE</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>26%</b>	<b>25%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>7%</b>	<b>25%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>17%</b>	<b>10%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>14%</b>	<b>10%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>5%</b>	<b>5%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>8%</b>	<b>10%</b>
<b>DL</b>	<b>Dry-land</b>	<b>19%</b>	<b>10%</b>
<b>V</b>	<b>Video Analysis</b>	<b>4%</b>	<b>5%</b>



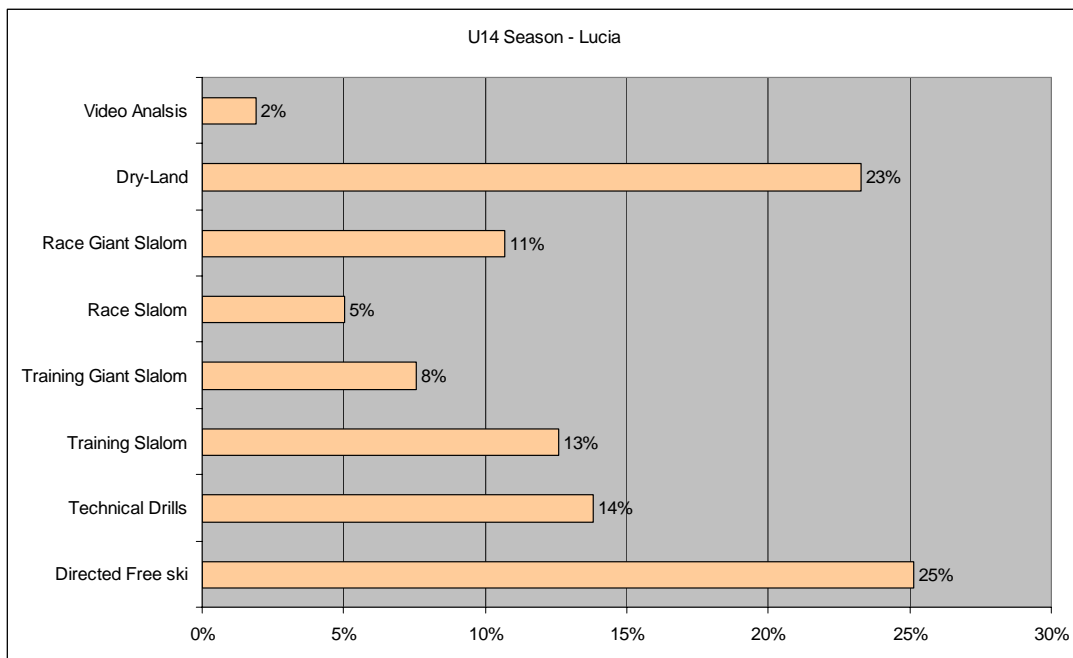
U/12  
JESSIE PITT

	U/12 - JESSIE	ACTUAL	TARGET
DF	Directed Freeski	26%	25%
TD	Technical Drills	7%	25%
TSL	Training Slalom	17%	10%
TGS	Training Giant Slalom	14%	10%
RSL	Racing Slalom	5%	5%
RGS	Racing Giant Slalom	8%	10%
DL	Dry-land	19%	10%
VA	Video Analysis	4%	5%



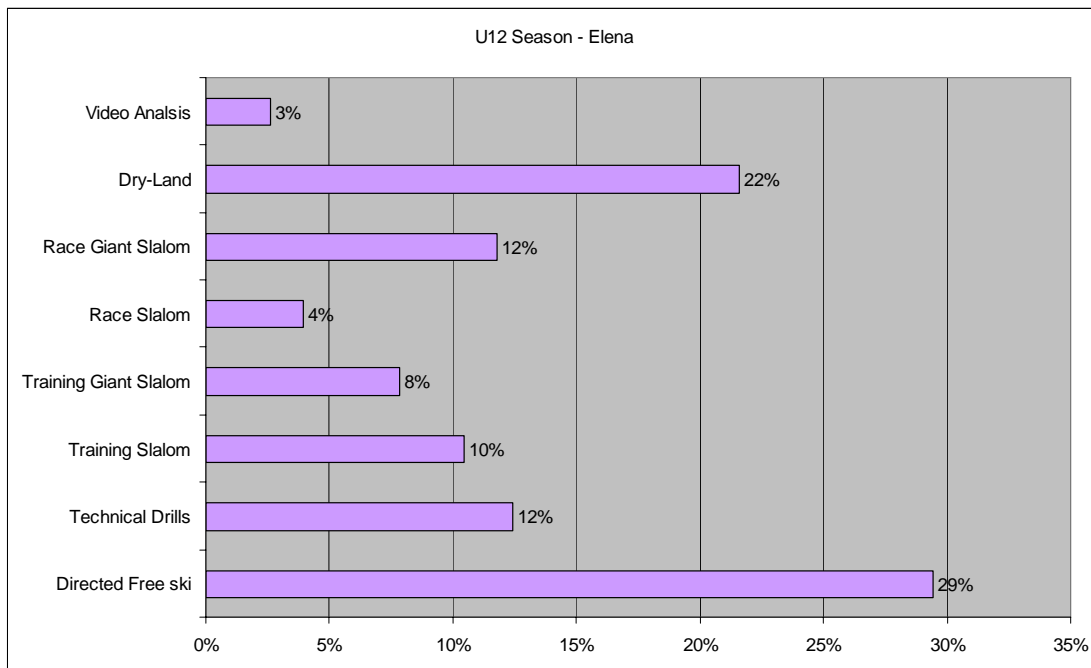
U/14  
LUCIA GLASSE-DAVIES

	<b>U/14 LUCIA</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>25%</b>	<b>25%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>14%</b>	<b>25%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>13%</b>	<b>10%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>8%</b>	<b>10%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>5%</b>	<b>5%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>11%</b>	<b>10%</b>
<b>DL</b>	<b>Dry-land</b>	<b>23%</b>	<b>10%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>2%</b>	<b>5%</b>



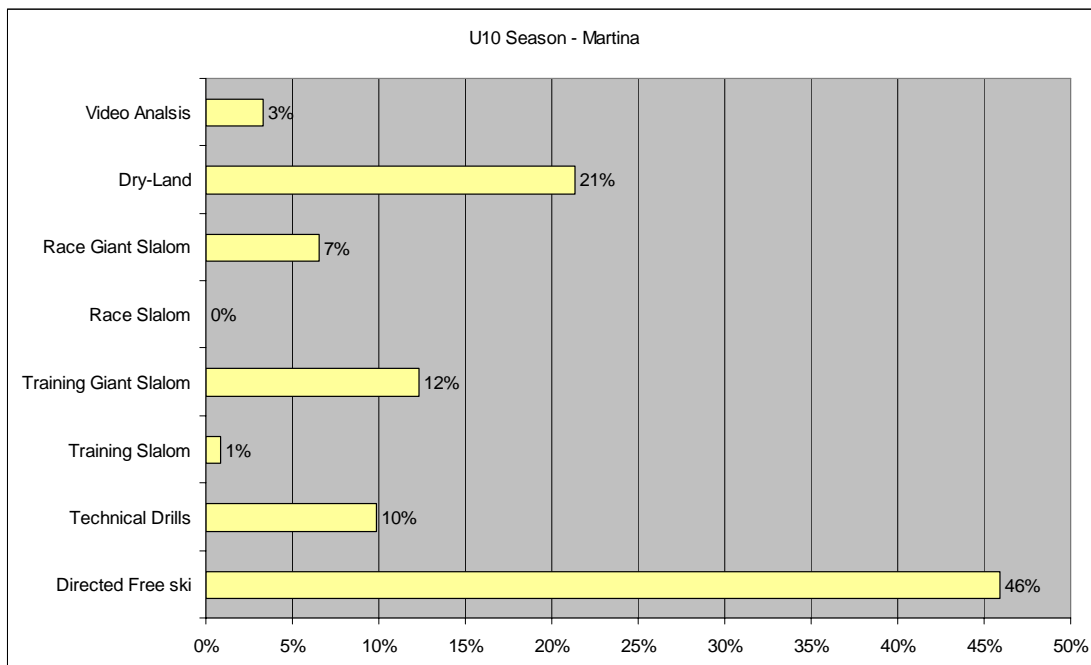
U/12  
ELENA STECHER

	<b>U/12 - ELENA</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>29%</b>	<b>25%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>12%</b>	<b>25%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>10%</b>	<b>10%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>8%</b>	<b>10%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>4%</b>	<b>5%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>12%</b>	<b>10%</b>
<b>DL</b>	<b>Dry-Land</b>	<b>22%</b>	<b>10%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>3%</b>	<b>5%</b>



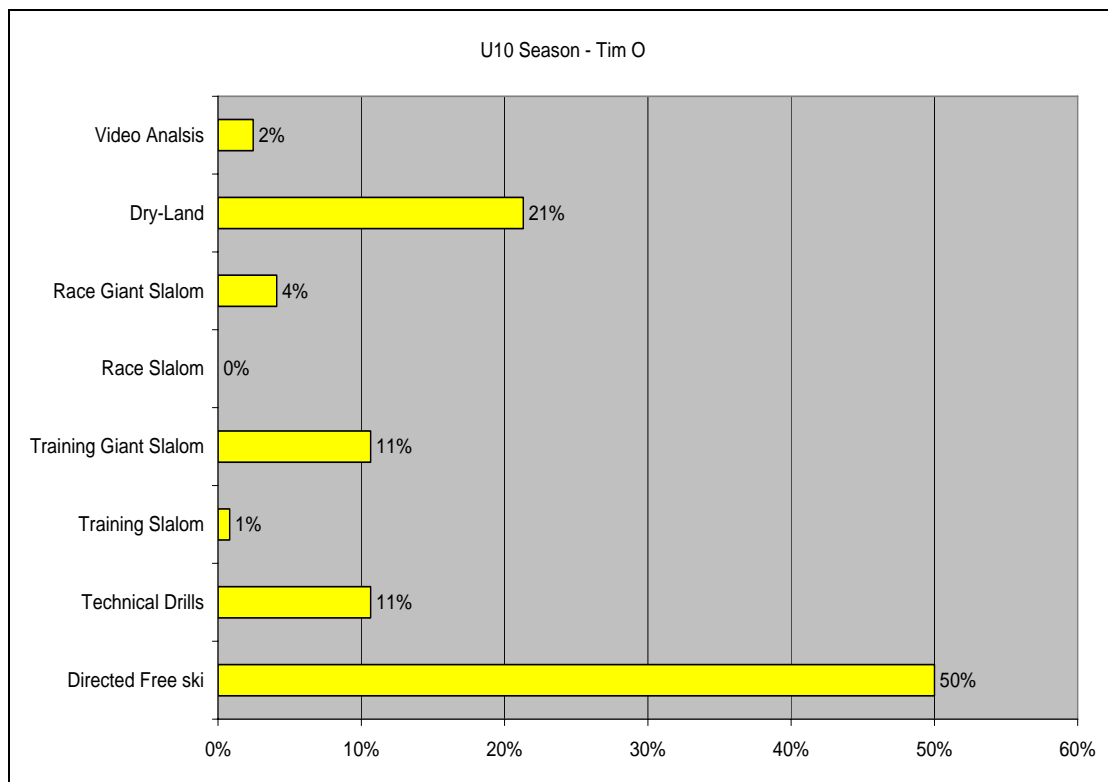
U/10  
MARTINA DOBOSOVA

	<b>U/10 - MARTINA</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>46%</b>	<b>40%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>10%</b>	<b>25%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>1%</b>	<b>5%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>12%</b>	<b>5%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>0%</b>	<b>0%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>7%</b>	<b>5%</b>
<b>DL</b>	<b>Dry-Land</b>	<b>21%</b>	<b>10%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>3%</b>	<b>5%</b>



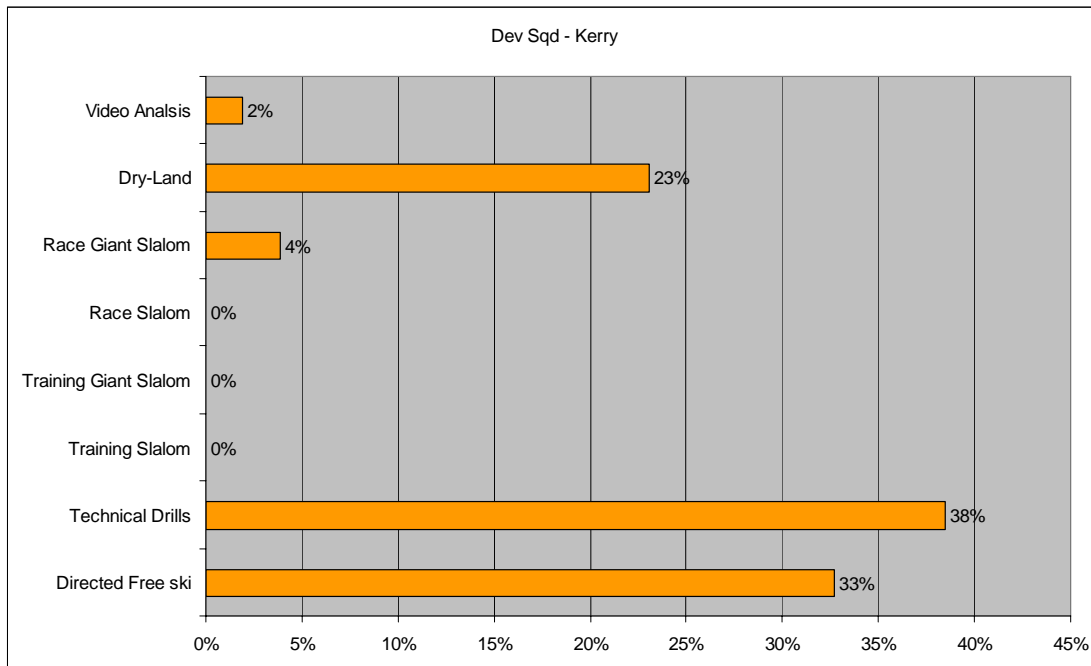
U/10  
TIM OELBRANDT

	<b>U/10 - TIM</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>50%</b>	<b>40%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>11%</b>	<b>25%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>1%</b>	<b>5%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>11%</b>	<b>5%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>0%</b>	<b>0%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>4%</b>	<b>5%</b>
<b>DL</b>	<b>Dry-Land</b>	<b>21%</b>	<b>10%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>2%</b>	<b>5%</b>



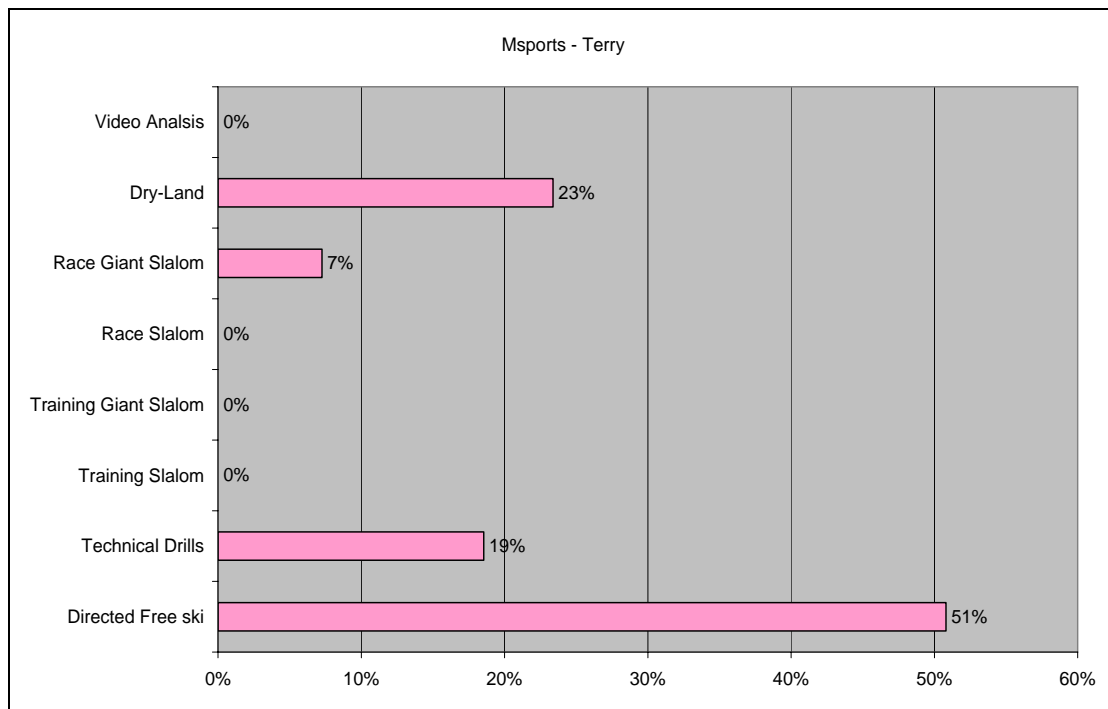
DEVELOPMENT SQUAD  
 KERRY LEE DODD AND PIP SIMMONDS

	<b>DEV. SQUAD – KERRY AND PIP</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>33%</b>	<b>40%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>38%</b>	<b>40%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>0%</b>	<b>0%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>0%</b>	<b>5%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>0%</b>	<b>0%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>4%</b>	<b>5%</b>
<b>DL</b>	<b>Dryland</b>	<b>23%</b>	<b>5%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>2%</b>	<b>5%</b>



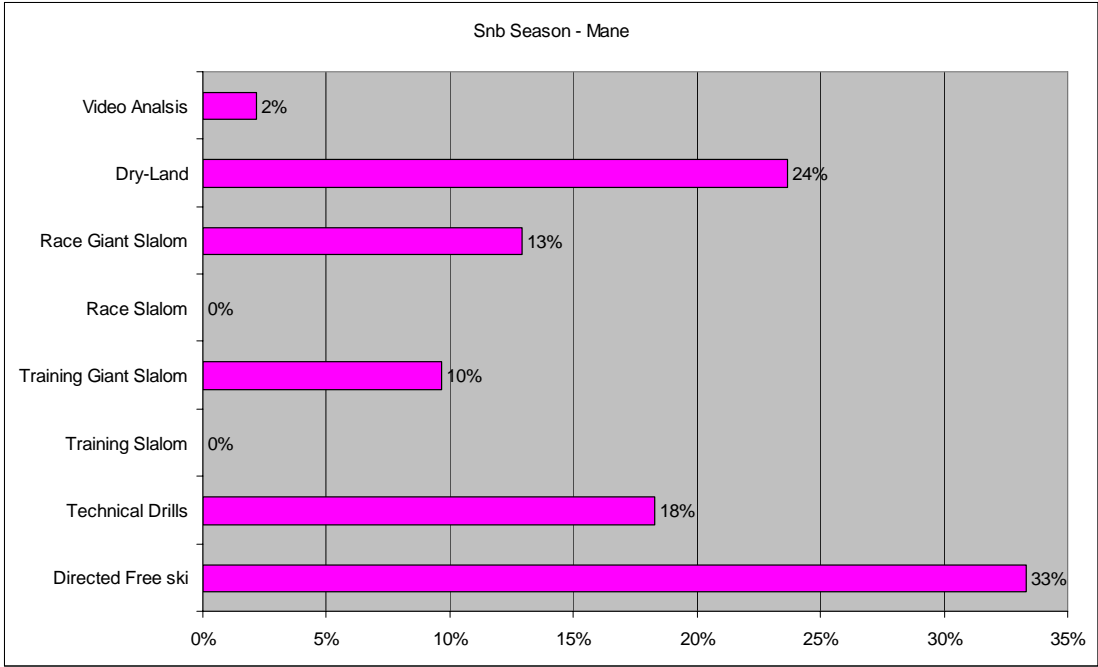
MULTISPORTS  
TERRY PETERS

	<b>MULTISPORTS - TERRY</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>51%</b>	<b>40%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>19%</b>	<b>35%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>0%</b>	<b>0%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>0%</b>	<b>5%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>0%</b>	<b>0%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>7%</b>	<b>5%</b>
<b>DL</b>	<b>Dry-Land</b>	<b>23%</b>	<b>10%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>0%</b>	<b>5%</b>



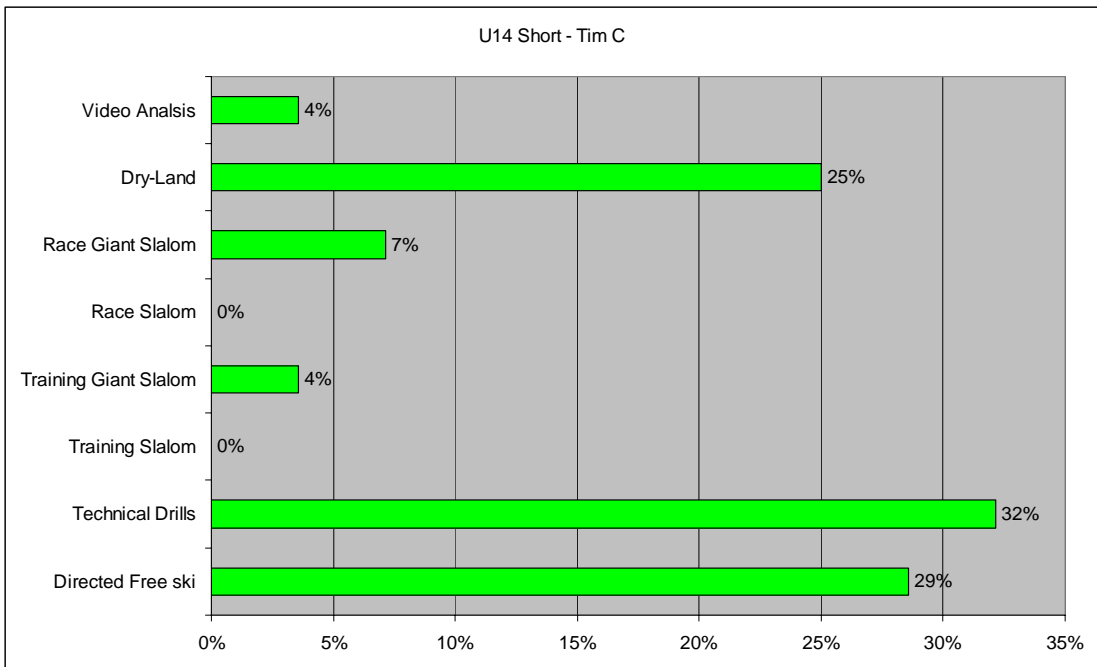
**SNOWBOARD**  
**MANE BLOMEIER**

	<b>SNOWBOARD - MANE</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>33%</b>	<b>40%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>18%</b>	<b>20%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>0%</b>	<b>0%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>10%</b>	<b>10%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>0%</b>	<b>0%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>13%</b>	<b>10%</b>
<b>DL</b>	<b>Dryland</b>	<b>24%</b>	<b>25%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>2%</b>	<b>5%</b>



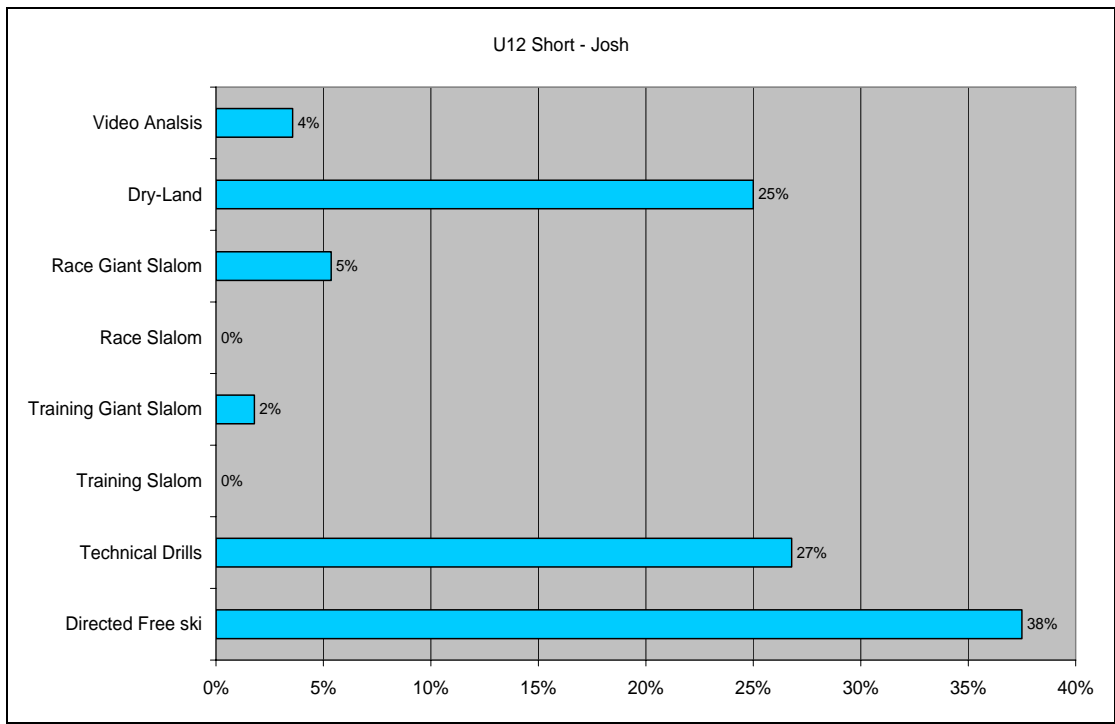
SHORT U/14  
TIM CREAK

	<b>SHORT U/14 – TIM</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>29%</b>	<b>35%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>32%</b>	<b>35%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>0%</b>	<b>0%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>4%</b>	<b>5%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>0%</b>	<b>0%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>7%</b>	<b>5%</b>
<b>DL</b>	<b>Dry-Land</b>	<b>25%</b>	<b>15%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>4%</b>	<b>5%</b>



SHORT U/12  
 JOSH TOOLE

	<b>SHORT U/12 - JOSH</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>38%</b>	<b>35%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>27%</b>	<b>35%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>0%</b>	<b>0%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>2%</b>	<b>5%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>0%</b>	<b>0%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>5%</b>	<b>5%</b>
<b>DL</b>	<b>Dry-Land</b>	<b>25%</b>	<b>15%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>4%</b>	<b>5%</b>



SHORT U/10  
LYNNEA ANDERSON

	<b>SHORT U/10 - LYNNEA</b>	<b>ACTUAL</b>	<b>TARGET</b>
<b>DF</b>	<b>Directed Freeski</b>	<b>34%</b>	<b>35%</b>
<b>TD</b>	<b>Technical Drills</b>	<b>25%</b>	<b>35%</b>
<b>TSL</b>	<b>Training Slalom</b>	<b>0%</b>	<b>0%</b>
<b>TGS</b>	<b>Training Giant Slalom</b>	<b>3%</b>	<b>5%</b>
<b>RSL</b>	<b>Racing Slalom</b>	<b>0%</b>	<b>0%</b>
<b>RGS</b>	<b>Racing Giant Slalom</b>	<b>6%</b>	<b>5%</b>
<b>DL</b>	<b>Dryland</b>	<b>31%</b>	<b>15%</b>
<b>VA</b>	<b>Video Analysis</b>	<b>0%</b>	<b>5%</b>

