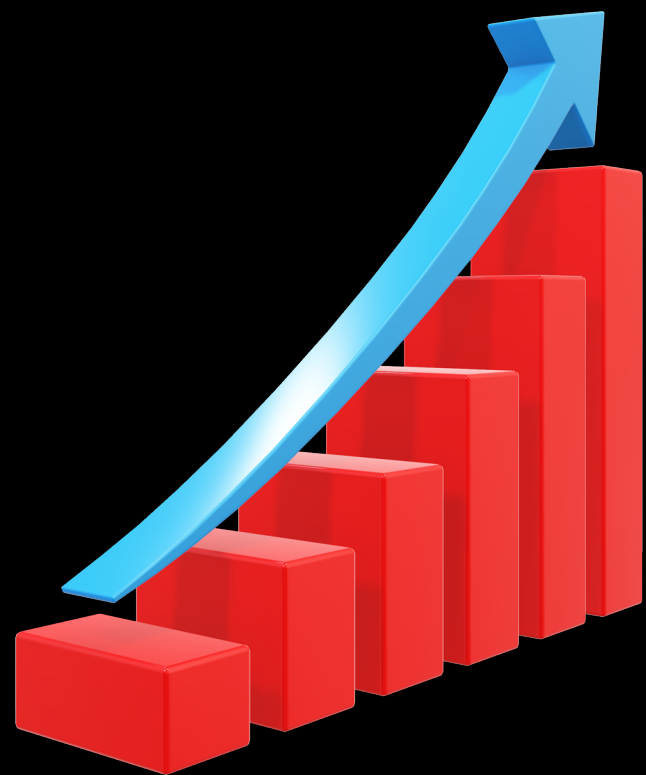


Session Objectives - Coach Education Update

1. Metrics
2. Education
3. Deep Thoughts
4. Freedom 55
5. Snow Stars





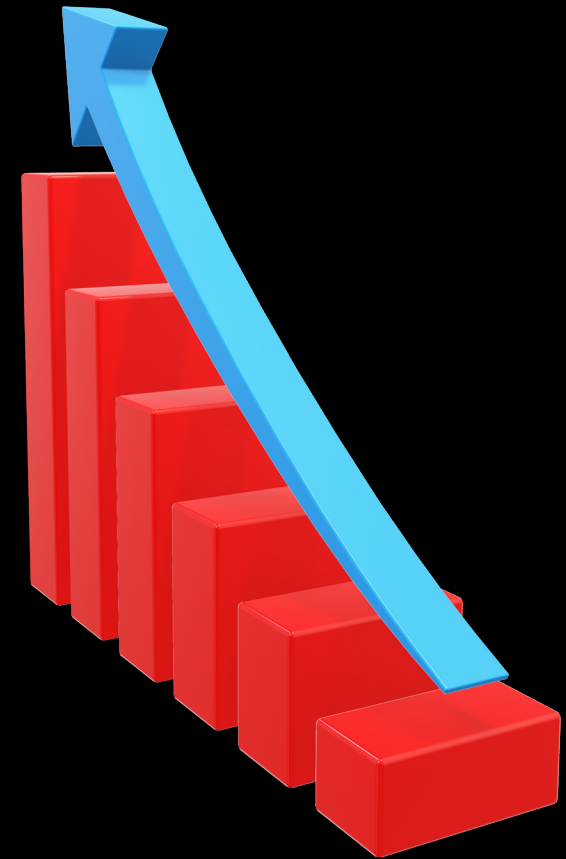


1. Metrics 23/24



23-24 Active Coach Demographics

- **5471** paid memberships (1.5%↓)
- **45%** paid memberships indicated "Active Coaches" (2462)
- **70%** of active coaches were issued licenses (1723)
- **30%** of active coaches had pending licensing tasks (739)



2. Education



EL Simplification



TRAINED

Prerequisite - min. 15 years old on day 1 of the course

Complete Entry Level Coaching Course

*NCCP Make Ethical Decisions is included

*Candidates who do not pass can assist a licensed and accredited coach until they pass the skiing skill portion

CERTIFIED

Prerequisite - Entry Level Trained

- NCCP Make Ethical Decisions Online Evaluation**
- Practical Coaching Mentor Program - Portfolio Part A**

Entry Level Preparatory Module

START THE MODULE



EL Simplification



ADVANCED CERTIFIED

Prerequisite - Entry Level Certified

- Intro to Terrain Park E-learning
- Setting Environments to Develop Athletic Abilities E-Module
- Practical Coaching Mentor Program - Portfolio Part B



*National
Coaching
Certification
Program*



 **CSIA**
Canadian Ski Instructors' Alliance

Intro to Terrain Park

START THE MODULE



Setting
Environments to
Develop Athletic
Abilities

START THE MODULE



Setting Environments to Develop Athletic Abilities

START COURSE



CONTEXT

☰ Introduction

COACHING KNOWLEDGE

☰ Performance vs Learning

☰ Abilities and Skill Development

COACHING METHODS

☰ Principles

☰ Tools

☰ Equipment

COURSE SETTING

☰ Planning

☰ Safety and Risk Assessment

☰ Setting Training Activities

☰ Experimentation in Setting

☰ Examples of Environments

EVALUATIONS

☰ Entry Level Advanced Certified Part B (Competency Evaluation)

🔍 Quiz (Knowledge Evaluation)



[Setting Environments to Develop Athletic Abilities | Rise 360](#)



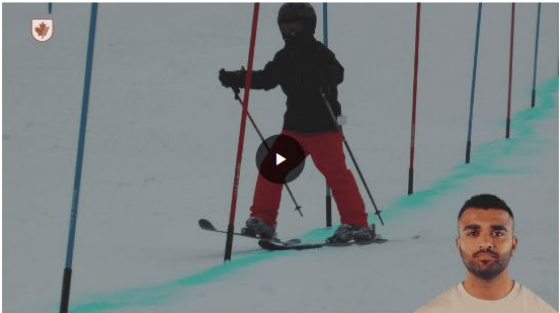
Dual Courses



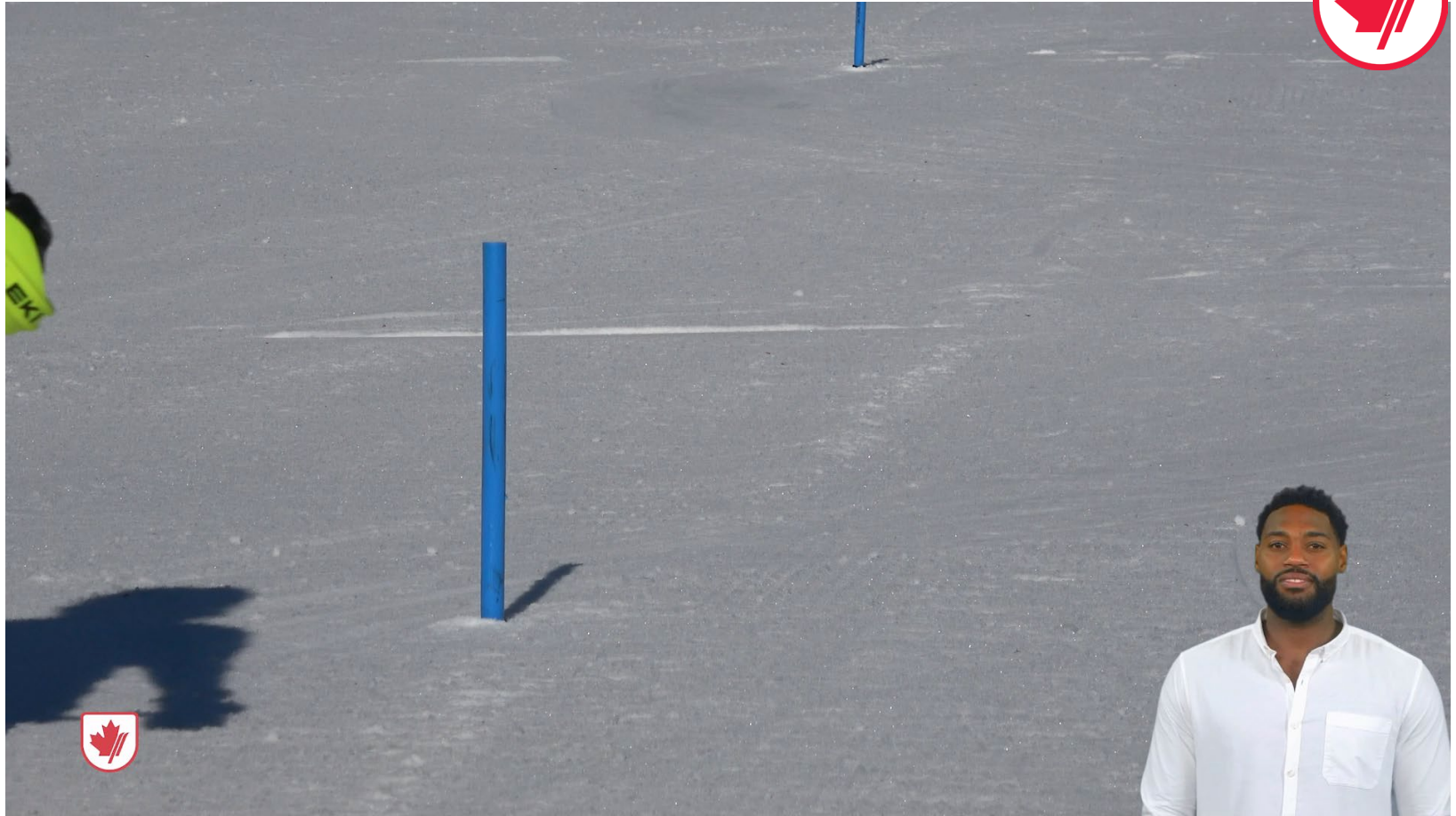
Lateral mobility



Leg Independence



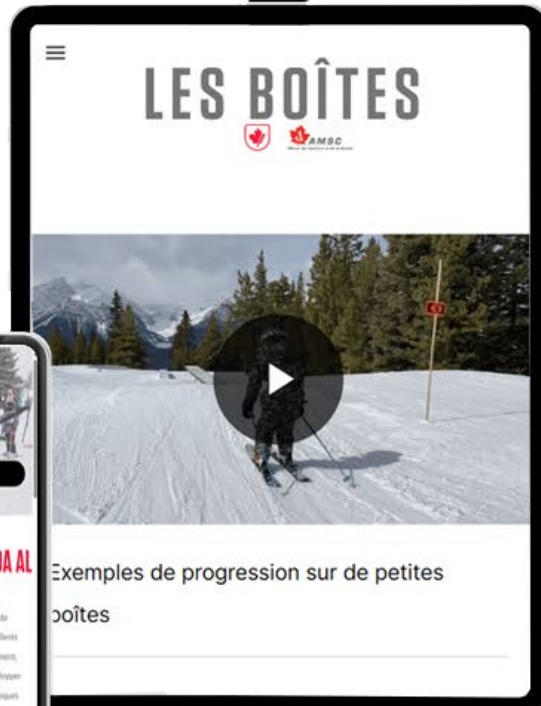
Line and Looking Ahead





E-Learning – The NEW reach

- 895 Entry Level Preparatory
- 733 Intro to Terrain Park
- 421 Basic Speed Concepts
 - 129 Ski Cross
 - 43 Para Alpine
- **2221** Total attendees





Next...

Canadian Coaching and Technical Approach

LES BOÎTES

Exemples de progression sur de petites boîtes

ALPINE CANADA AL

Alpine Canada Alpin (ACA) a pour mission de développer la prochaine génération d'entraîneurs. À chaque stade de développement, les jeunes athlètes doivent acquies et développer leurs capacités, aptitudes et habiletés physiques et mentales au bon moment. Le programme de formation ACA - Entraîneurs de Ski du Canada

Module préparatoire niveau introduction

COMMENCER LE MODULE

ALPINE CANADA AL

Setting with Purpose: Desired outcomes

well as to familiarize ski racers with open gates and combinations

Key Coaching Responsibilities

Complete an Emergency Action Plan (EAP)

- Emergency medical numbers (on hill doctor or medical staff)
- Ski patrol contacts

Navigation: NEXT, PREV, 00:00 / 00:00, 69 / 1

experience à glisser sur une boîte

Thématique: Glisser sur une boîte



3. Deep Thoughts





The Social Media Coach

~~Koolhaia~~





#1 NEW YORK TIMES BESTSELLER

The Anxious Generation

How the Great Rewiring of
Childhood Is Causing an Epidemic
of Mental Illness



Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

Unveiling the secrets behind how the best teams win



GAME

THE ART OF SPORTS SCIENCE

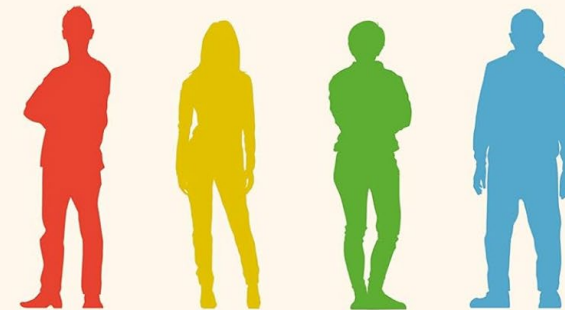
CHANGER

DR. FERGUS CONNOLLY
with *PHIL WHITE*

foreword by Jim Harbaugh

Over One Million Copies Sold

surrounded by idiots



The Four Types of Human Behavior
and How to Effectively Communicate
with Each in Business (and in Life)



thomas erikson



4. Freedom 55?





For coaches over 50





One more thing...





ALPINE CANADA

STRIVE

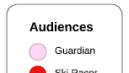
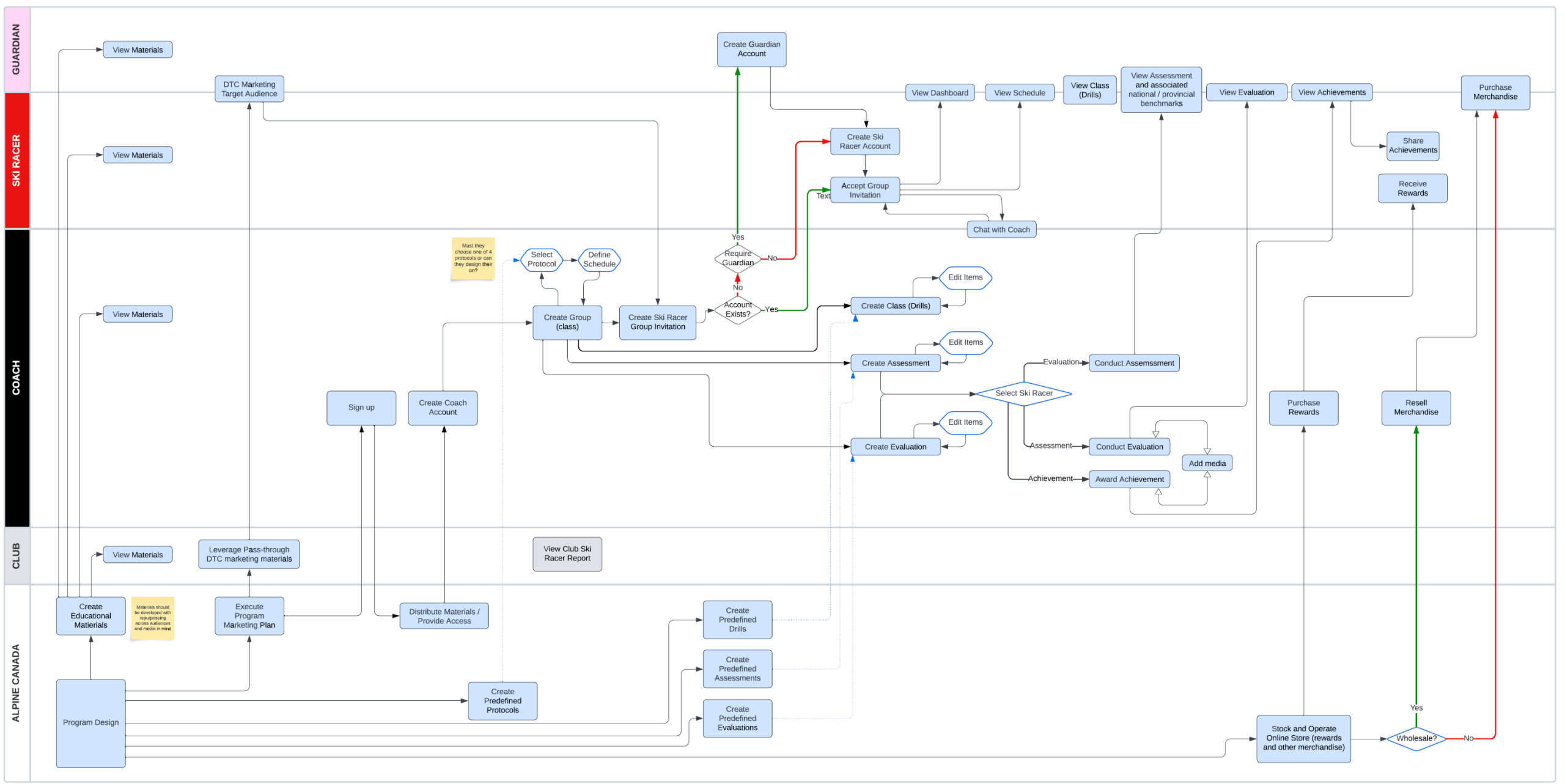




CANADA ALPIN

ASCENSION







STRIVE



- Mission
- Target Audience
- Framework Enhancements
- Digital Toolset
- Timeline
- Questions



The Mission



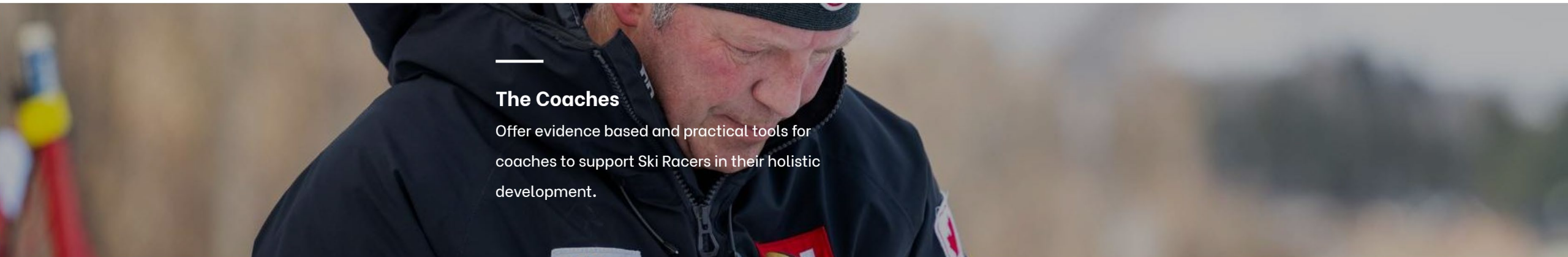
will serve as a **framework** for CANADA's development of future **Olympians** and for supporting **skier's participation**. The program will provide a holistic approach and **add value** to **Clubs and Ski Schools**, offering an **evidence-based and practical tool** for **coaches and instructors**, and support **parents** in the **education** of **ACA's** Long-Term Development Model, serving to **motivate** our **youth** in reaching their maximum **potential**.



The Clubs

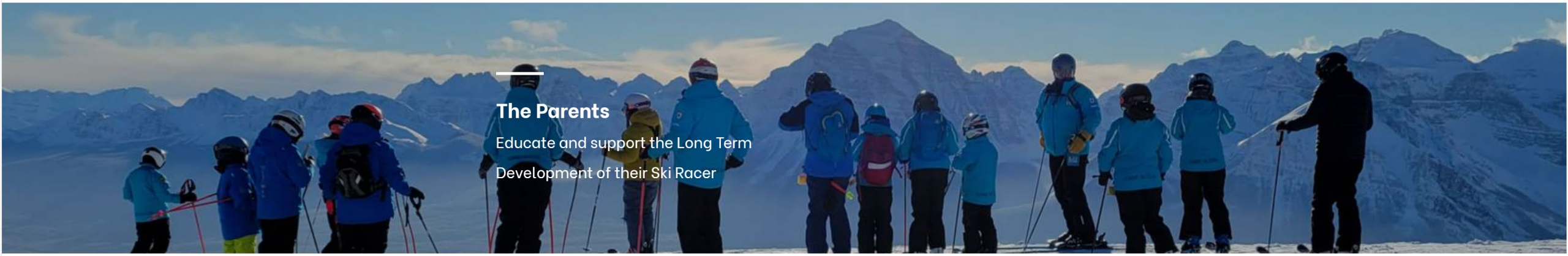
Adding value and holistic athletic direction to clubs.

Seamless and integrated with audience



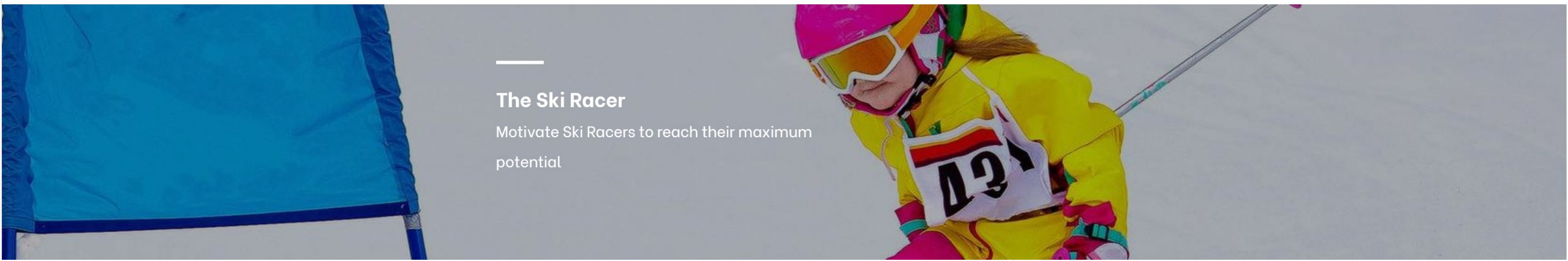
The Coaches

Offer evidence based and practical tools for coaches to support Ski Racers in their holistic development.



The Parents

Educate and support the Long Term
Development of their Ski Racer



The Ski Racer

Motivate Ski Racers to reach their maximum
potential


Framework Enhancements

- Human Performance Focus
- **Life Skills**
 - Physical Skills
 - Mental Skills
 - Skiing Skills
 - Complementary Skills
- 3 NEW levels
- 166 tasks with data collection
 - Club and PTSO analytics
- Corner stone Entry Level Course
- Aligned with LTAD – Excel Project
- Drills Review / Revamp



BACK Michelle Boyd Evaluation

Media Player



0:00:02 0:00:35

Can stay on a single leg balance with eyes closed

Instruction

Use three bamboo poles, or gates, and secure them together to form a hurdle. The skiers should be able to achieve a comfortable, crouched position, and they should be able to pass under the hurdle with ease. On green terrain, set ten consecutive hurdles, and provide enough off set for speed control. Demonstrate how to come up to a neutral position between hurdles, resulting in vertical movement from leg extension.

Standard: INITIATION OF SKILLS = BRONZE, ACQUISITION OF SKILLS = SILVER and CONSOLIDATION OF SKILLS = GOLD

Add Evaluation Add Video Share

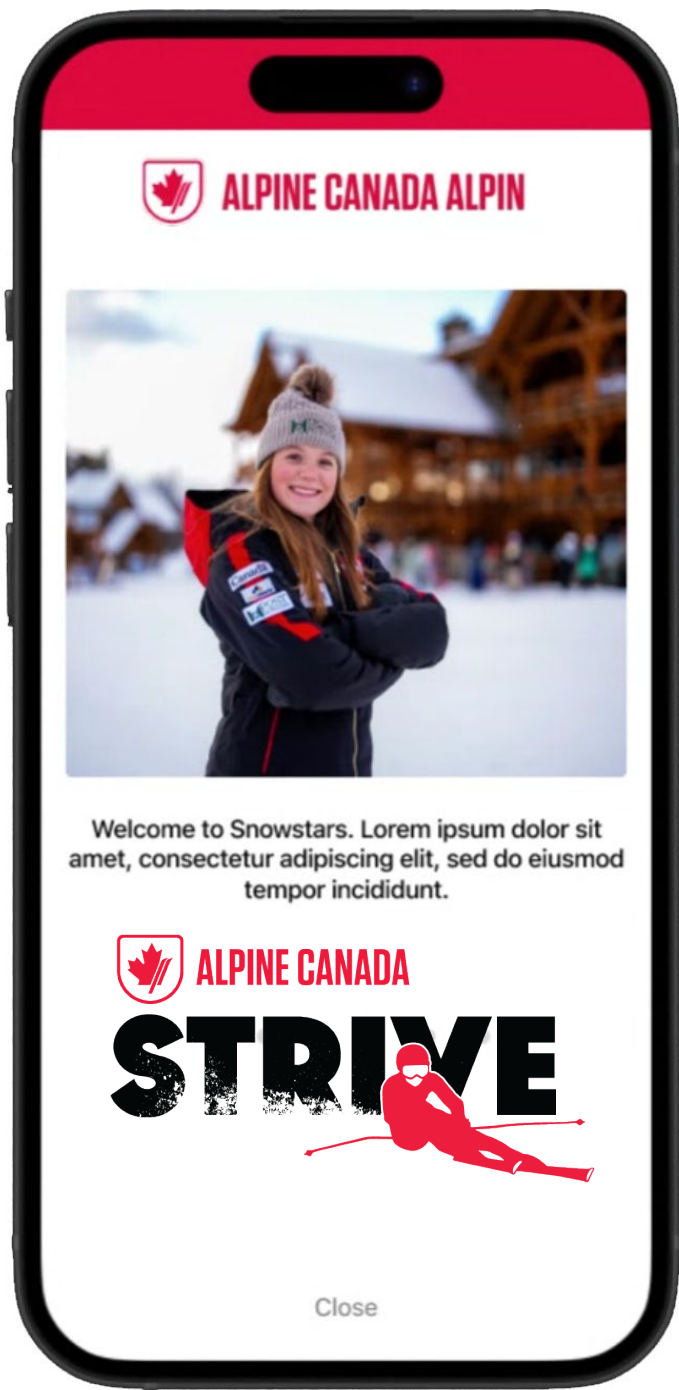
Jesse Fields Jul 10

Gold Level Achieved

Jesse Fields Jul 10

Silver Level Achieved

Jesse Fields Jul 10



Good to Know

- **Simplicity**
- **Contextual adaptability**
- **Set-up for expansion**



Digital Toolset



Guiding Principle 1

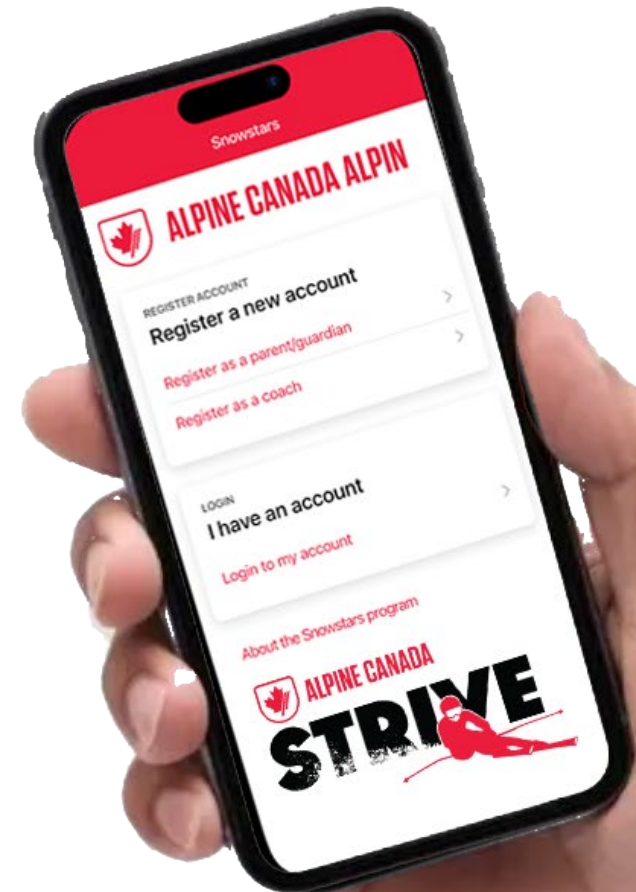
Respect for Privacy and Safety

Guiding Principle 2

**Open Access for All With High-Level
Functions Reserved for ACA Members**



Guiding Principle 3

Minimal Barriers and Low Time-to-Value



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Alpine Canada alpinecanada.org



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SKI RACER MANAGEMENT

[SEARCH](#)

NAME	CURRENT LEVEL ACHIEVED	LAST EVALUATED	GUARDIAN	EMAIL
Suzie Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com
Sally Skier	PARALLEL SKIER	10/18/2024	John Skier	jskier@gmail.com
Jonny Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	DYNAMIC SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	PARALLEL SKIER	10/18/2024	John Skier	jskier@gmail.com
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Suzie Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	VERSATILE SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com
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Suzie Skier	PARALLEL SKIER	10/18/2024	John Skier	jskier@gmail.com
Suzie Skier	MOBILE SKIER	10/18/2024	John Skier	jskier@gmail.com


BY THE NUMBERS SNAPSHOT



217
Ski Racers

42
Evaluations

35,032
Ski Racers Tracked Nationally



10,622
BC Alpine Ski Racers

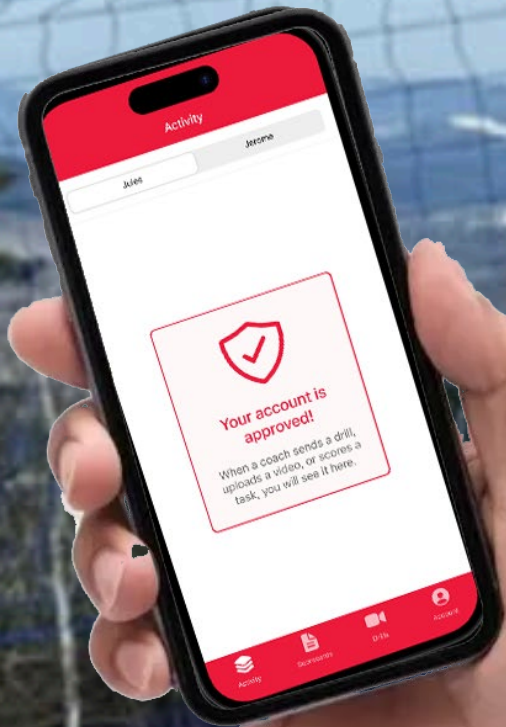
251
BC Alpine Clubs

892
BC Alpine Coaches



Club Responsibilities

- Add skiers and coaches
 - Via SnowReg and ACA points
- Invites, accepts or deny guardian and coaches
- Link athletes with coaches



Parents

- Monitor activity
- Control permissions & sharing





Coach view

- SCORECARDS
- Level
 - Definition
 - Benchmark - more
- Tasks
 - Video G-S-B
 - Definition & more
 - Evaluation
 - Chat et video
- DRILLS
- Skiers activity





Timeline

Translation

Brand identity

Beta testing (Flight Path)

October

Communication campaign

Training

Soft launch

October - November

Official launch

November

It is the Alpine Canada Way

Thank you

Pierre Ruel | ALPINE CANADA ALPIN

Senior Manager - Coach Education and Development | Gestionnaire sénior, formation des entraîneurs et développement

