12th FIS Youth and Children's Seminar

Long Term Development of Young Athletes

Hotel Hilton Zurich Airport, Hohenbühlstrasse 10, 8152 Zürich, Switzerland
30th September - 1st October 2014

FÉDÉRATION INTERNATIONALE DE SKI
INTERNATIONAL SKI FEDERATION
INTERNATIONALER SKI VERBAND

12th FIS Youth and Children's Seminar

Programme

Tuesday, 30th September 2014
Room La Place A/B

19.00	Networking Evening *Opening by Gian Franco Kasper* - FIS President *Welcome by Ken Read* - Chair FIS Coordination Group Youth & Children

Wednesday, 1st October 2014
Room Panorama C

08.30 – 08.45	**Introduction** Opening by Sarah Lewis, FIS Secretary General and Josef Zenhäusern, FIS Development Programme Consultant
08.45 – 09.45	**Long Term Athlete Development** Ron Kipp, Alpine Sport Education Manager, USSA Ski Team
09.45 – 10.15	Coffee Break
10.15 – 11.15	**Coaching and Psychology** Hedda Berntsen, Norwegian School of Sports Science, PhD Candidate
11.15 – 12.15	**Concussion** Dr Jenny Shute, MBE; FIS Medical Committee
12.15 – 13.30	**Lunch**
13.30 – 14.00	**Status Update Bring Children to the Snow** Andrew Cholinski
14.00 – 15.10	**Examples of Bring Children to the Snow projects** - Claudia Albuquerque, *Stream Eventos* (BRA) - Pedro Farromba, *Portuguese Ski Federation* (POR)
15.10 – 15.30	**Round Table with Speakers** Speakers from morning session
15.30 – 15.55	**Information about FIS Development Programme**
15.55	**Summary and Conclusions** *Ken Read* - Chair FIS Coordination Group Youth & Children

Organisation:	Ken Read, Chairman of the Coordination Group Youth & Children Josef Zenhäusern, FIS Development Programme Consultant Andrew Cholinski, Coordinator Bring Children to the Snow Julia Raths, FIS Development Programme Coordinator

Please note that the seminar will be conducted in English only.

12TH YOUTH & CHILDREN'S SEMINAR

1st October 2014

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

Ron Kipp

Alpine Sport Education Manager, USSA Ski Team

12th FIS Youth and Children's Seminar

LONG TERM ATHLETE DEVELOPMENT

Ted Ligety

Ron Kipp
Alpine Sport Education Manager,
U.S. Ski and Snowboard Association

12th FIS Youth and Children's Seminar

LONG TERM ATHLETE DEVELOPMENT

Ted Ligety

Ron Kipp
Alpine Sport Education Manager,
U.S. Ski and Snowboard Association

Park City, Utah

U.S. Ski Team Training Facility


1980 WEIGHTLIFTING
1981
1982 WEIGHTLIFTING
1983 WEIGHTLIFTING
1984 WEIGHTLIFTING
1985 WEIGHTLIFTING YEARBOOK
WEIGHTLIFTING TECHNIQUE AND TRAINING
THE SNATCH, THE CLEAN AND JERK
RON KIPP Principles of Sports Training
Managing the Training of Weightlifters
Programming and Organization of Training
FUNDAMENTALS OF SPECIAL STRENGTH-TRAINING IN SPORT
Y.V. VERKHOSHANSKY
A SYSTEM OF MULTI-YEAR TRAINING IN WEIGHTLIFTING
A.S. MEDVEDYEV
London 2012
KIPP
Völkl

Parents, Coaches, Athletes

Stakeholders see this…

…and imagine this!

If they look like Ted, why can't they train like Ted?

Is early specialization a prerequisite for adult expertise?

Is early specialization a prerequisite for adult expertise?

Early specialization…

- 10 year rule
- 10,000 hours
- Power law of practice
- Deliberate practice

Simon & Chase (19[illegible]), "Skill in Chess".

Newell & Rosenbloom, (1981), "Mechanisms of skill acquisition and the law of practice".

Ericsson, et al., (1993), "The role of deliberate practice in the acquisition of expert performance".

All Valid!

1

But… One thing is missing…

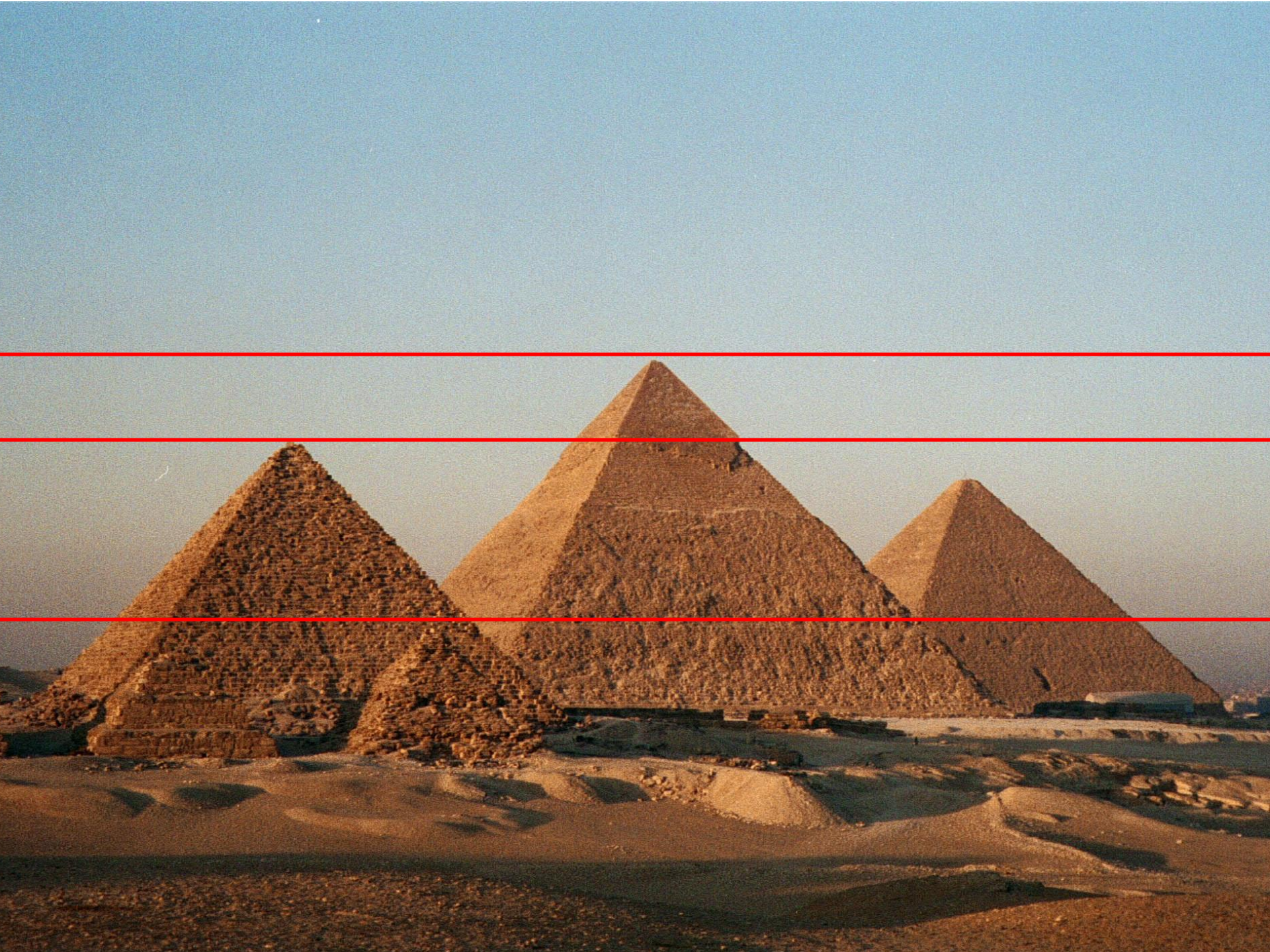
Athlete AGE???

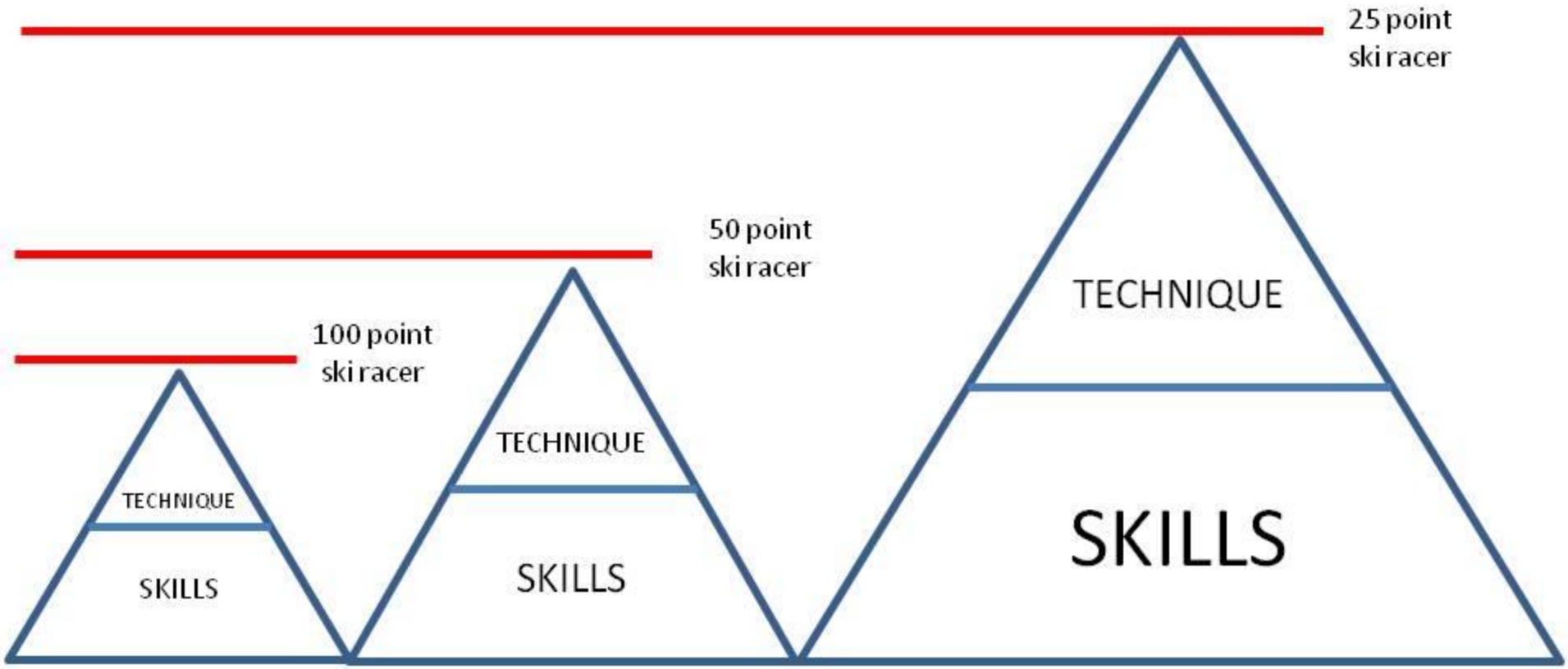
- Chronological age
- Biological age
- Training age

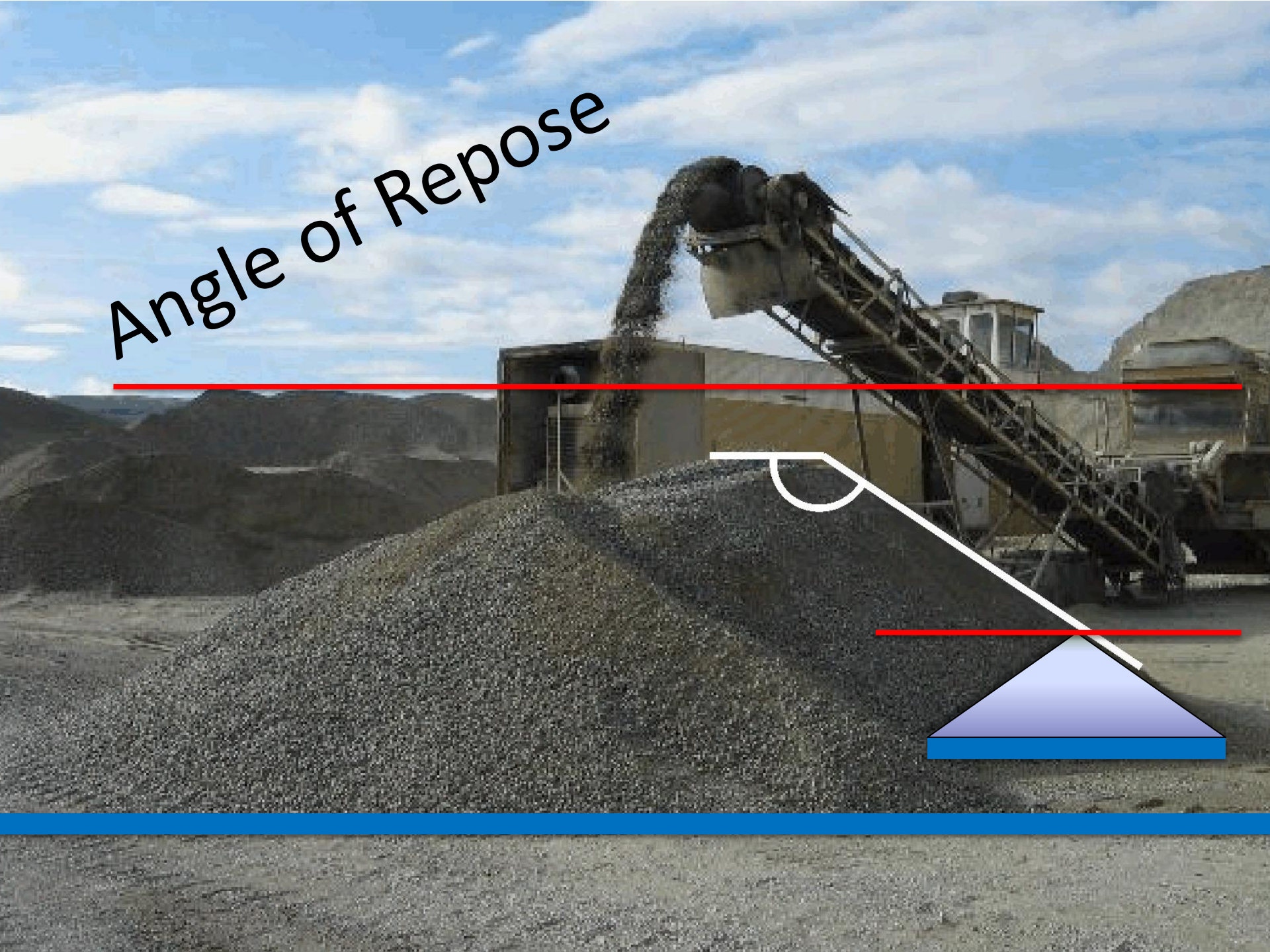
“Training AGE” is dependent on…

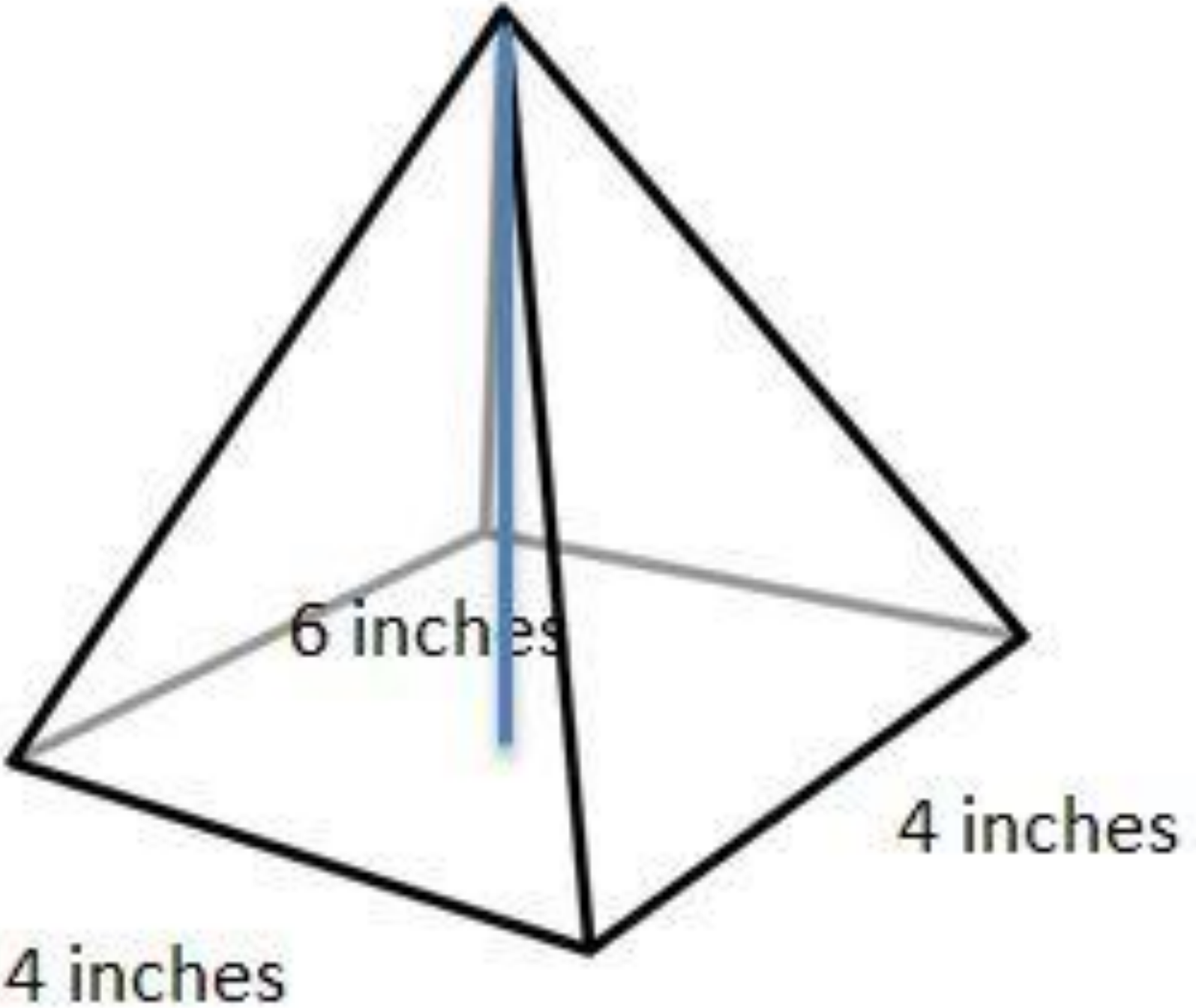
- Volume
- Intensity
- Density

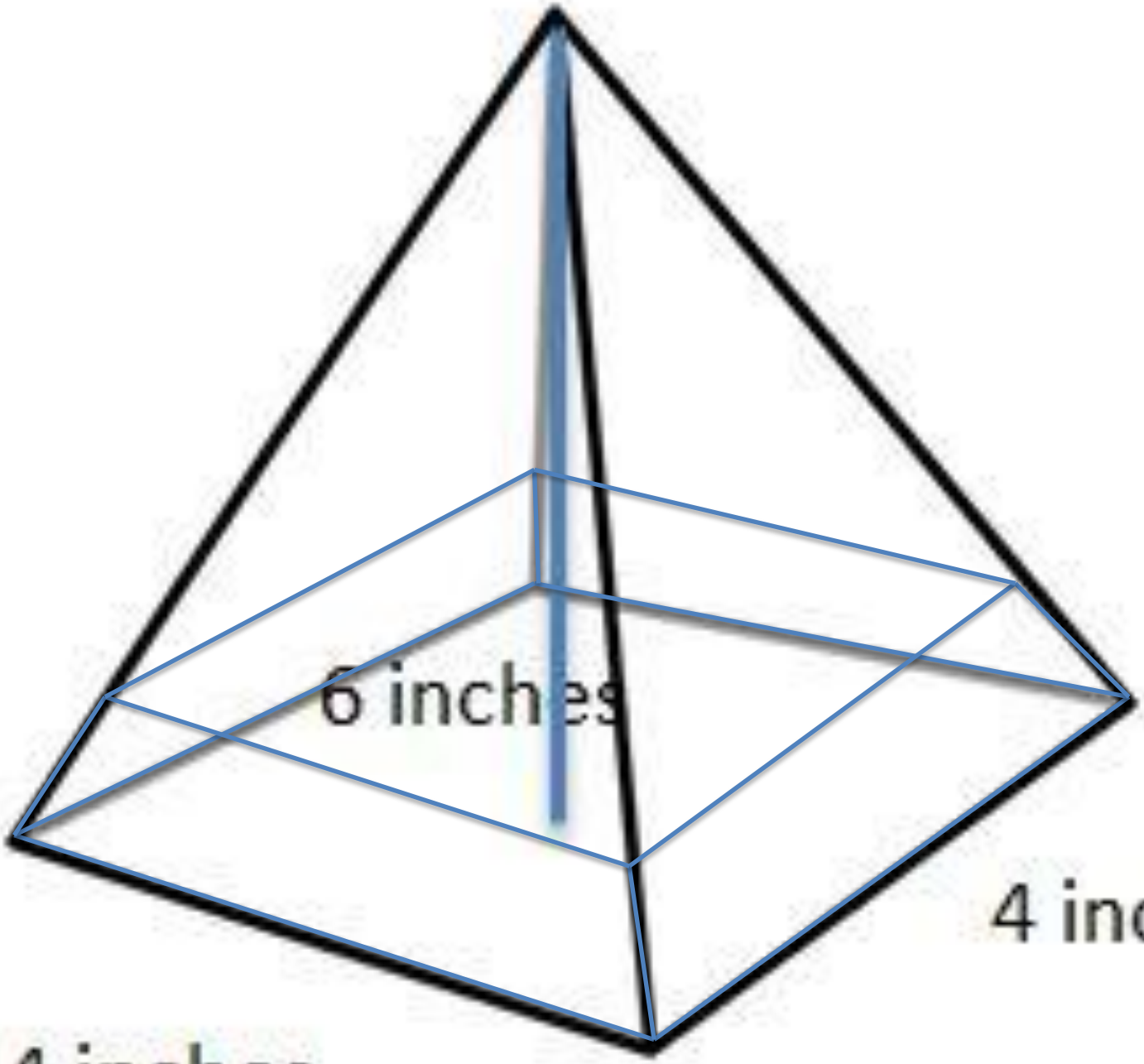

WYSIWYG

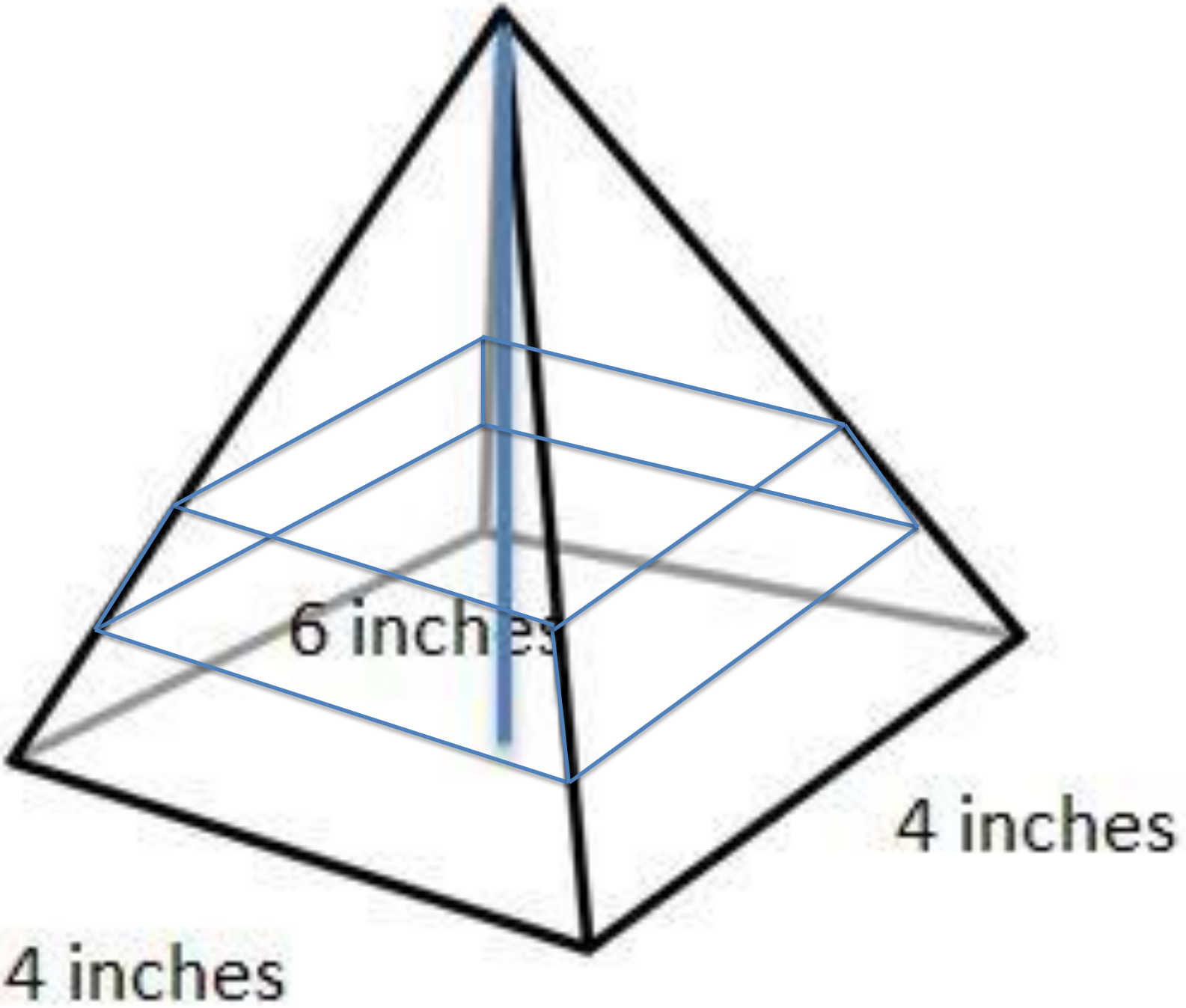


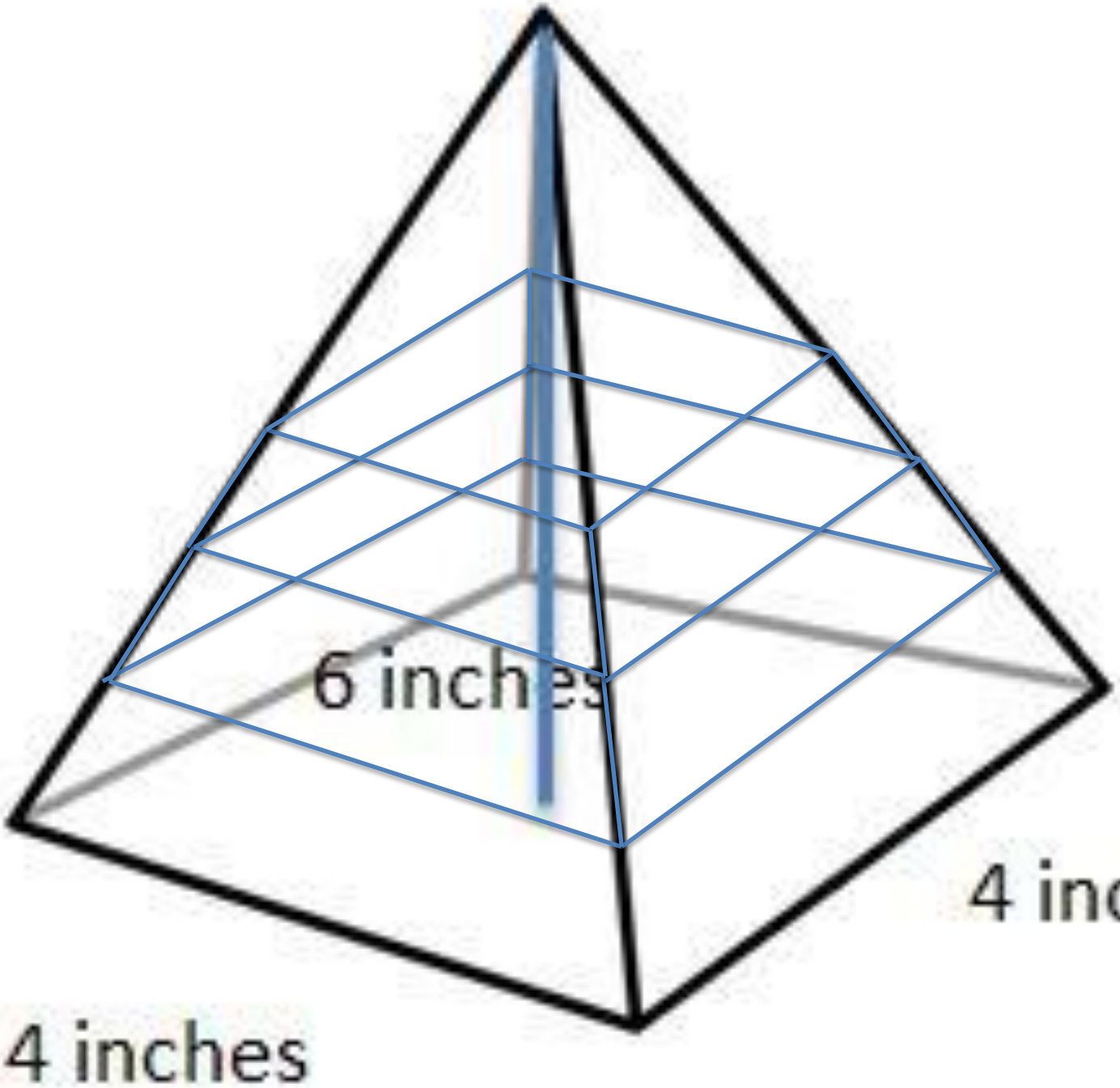

25 point
ski racer
50 point
ski racer
100 point
ski racer
TECHNIQUE
SKILLS
TECHNIQUE
SKILLS
TECHNIQUE
SKILLS

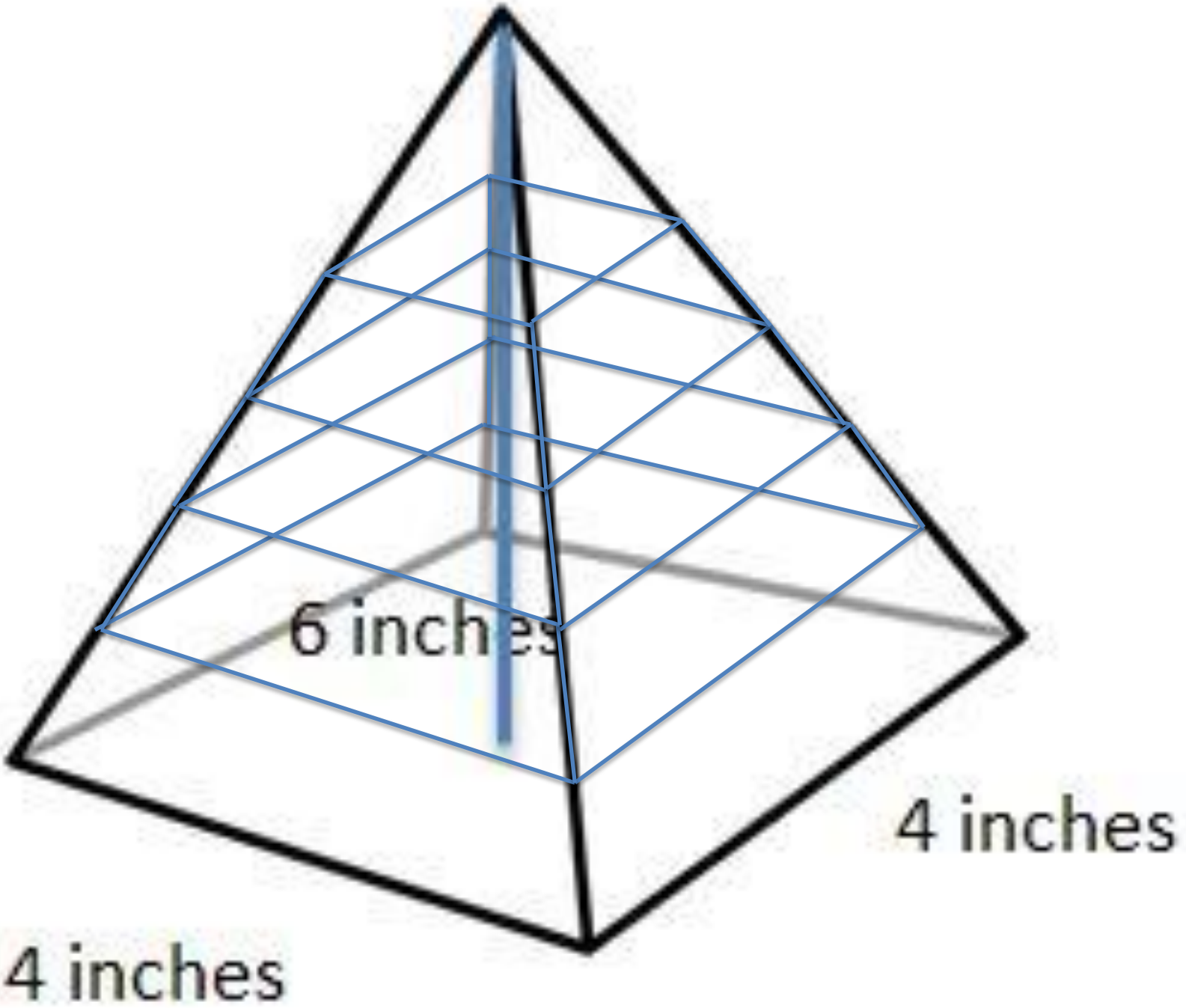

Angle of Repose

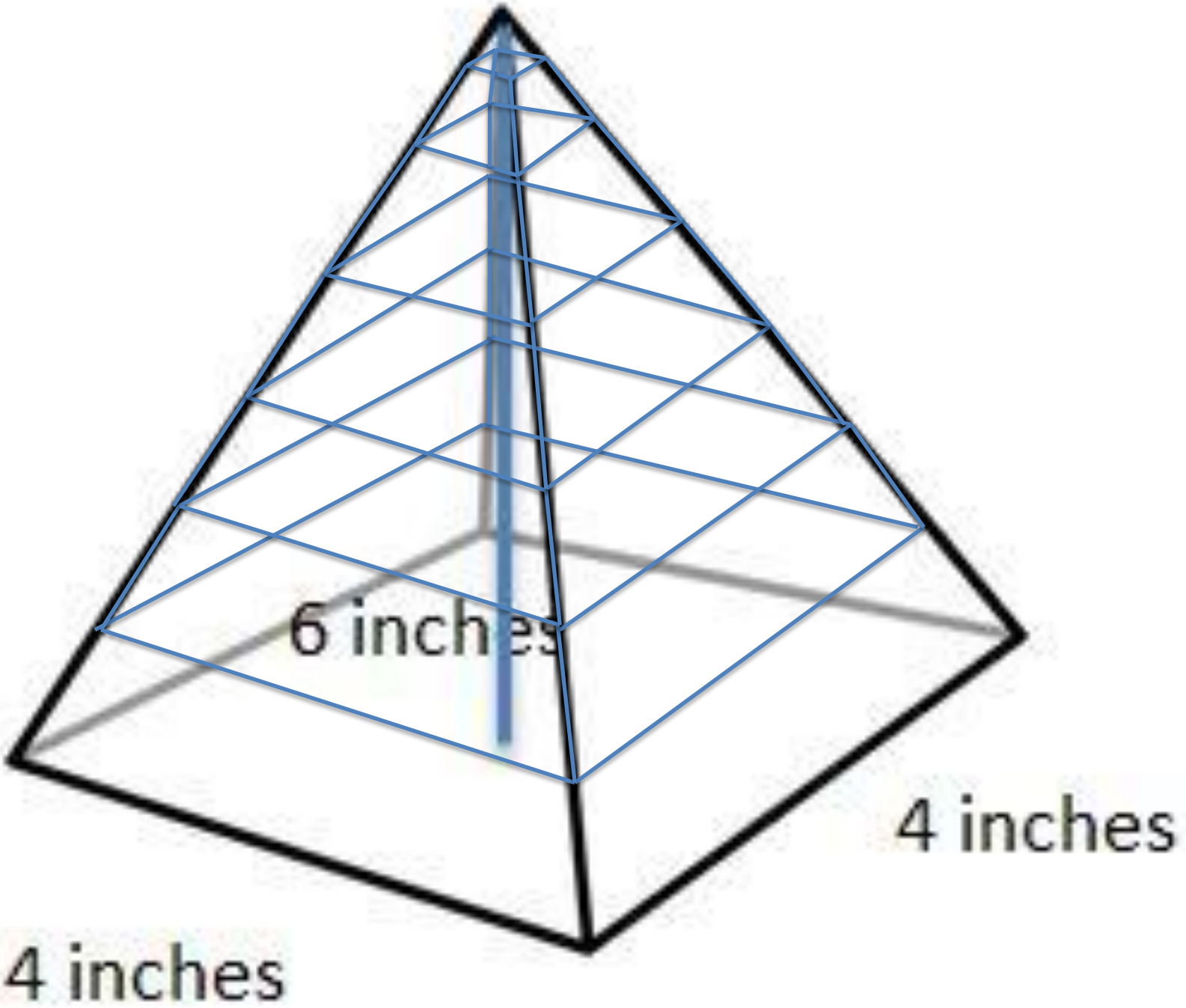

6 inches
4 inches
4 inches

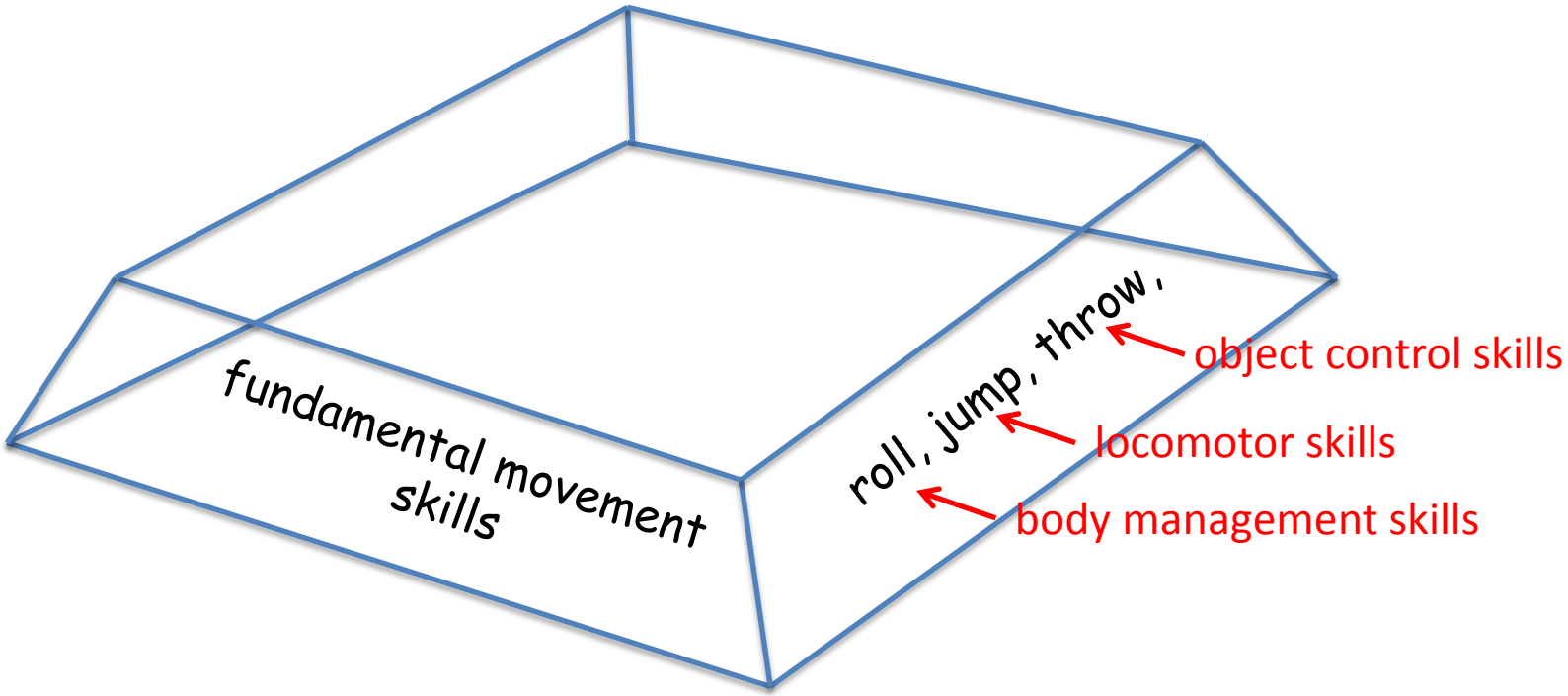

6 inches
4 inches
4 inches

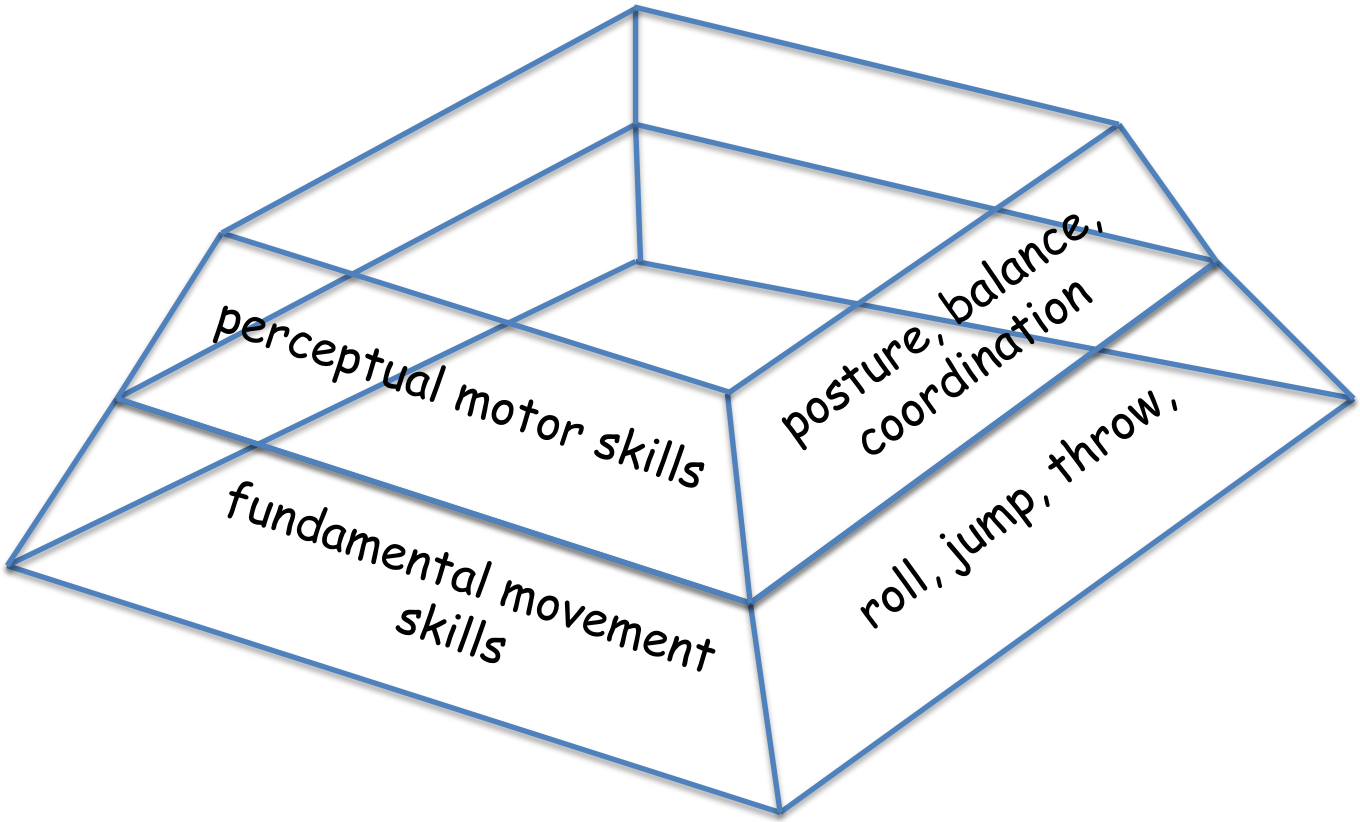

6 inches
4 inches
4 inches

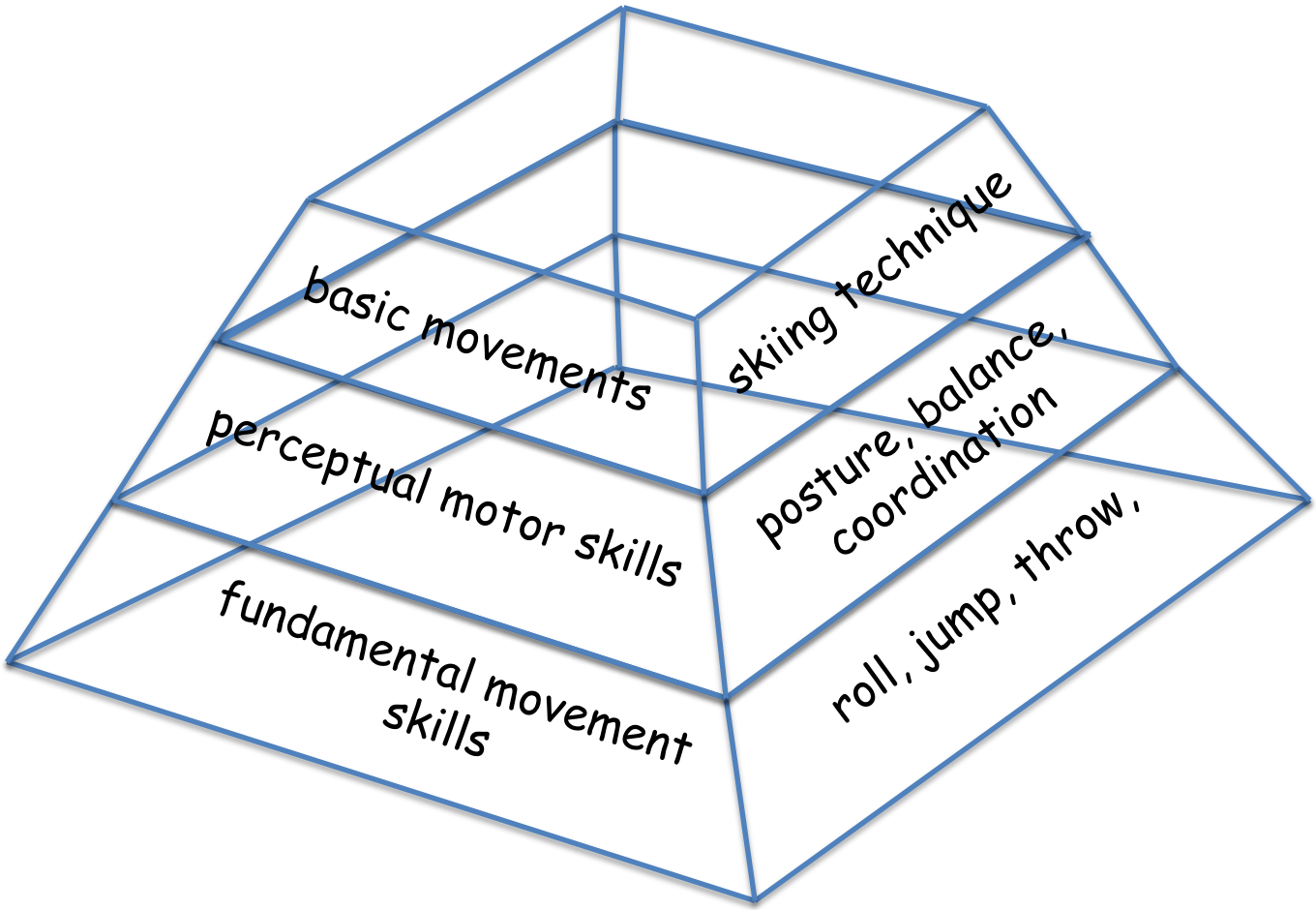

6 inches
4 inches
4 inches

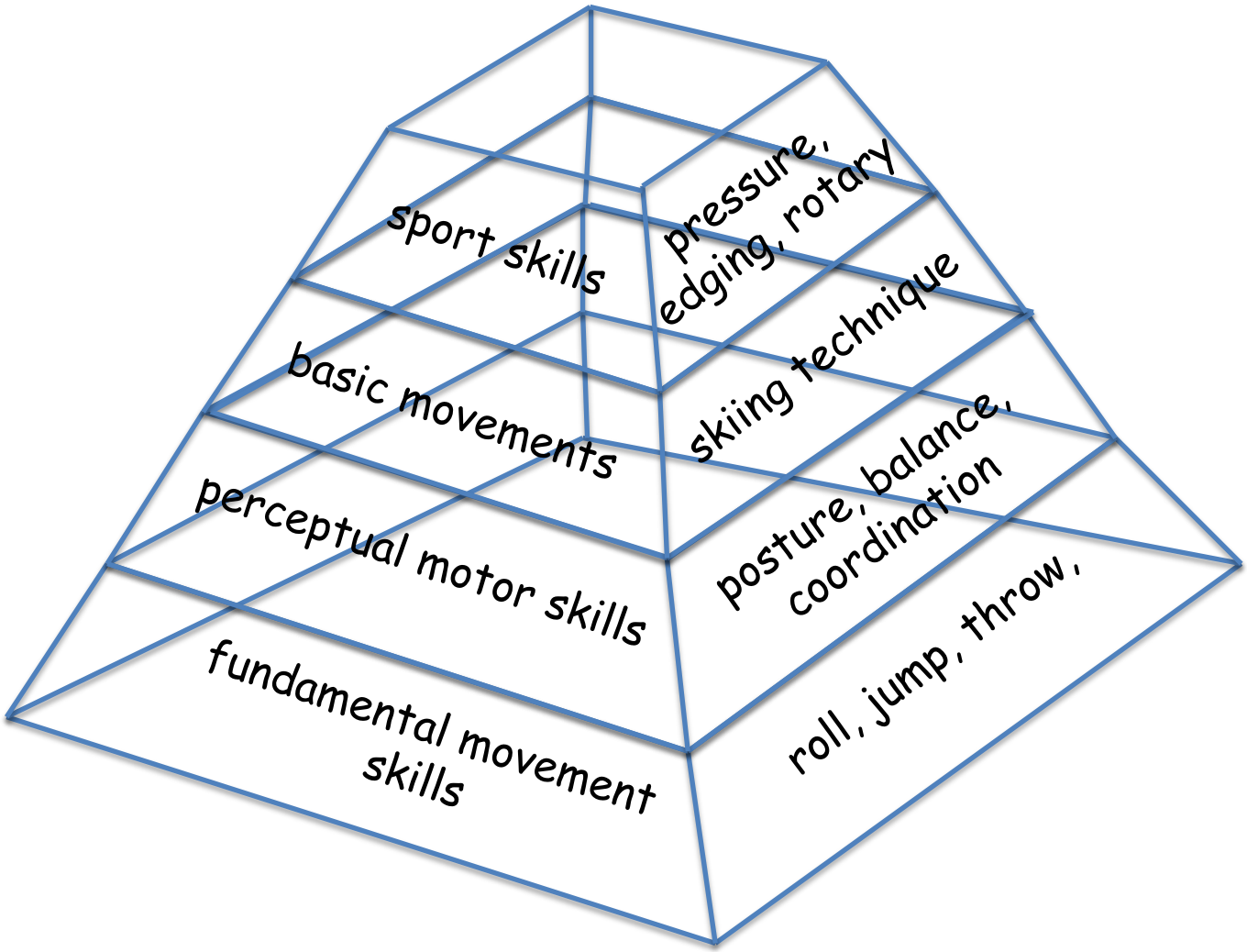

6 inches
4 inches
4 inches

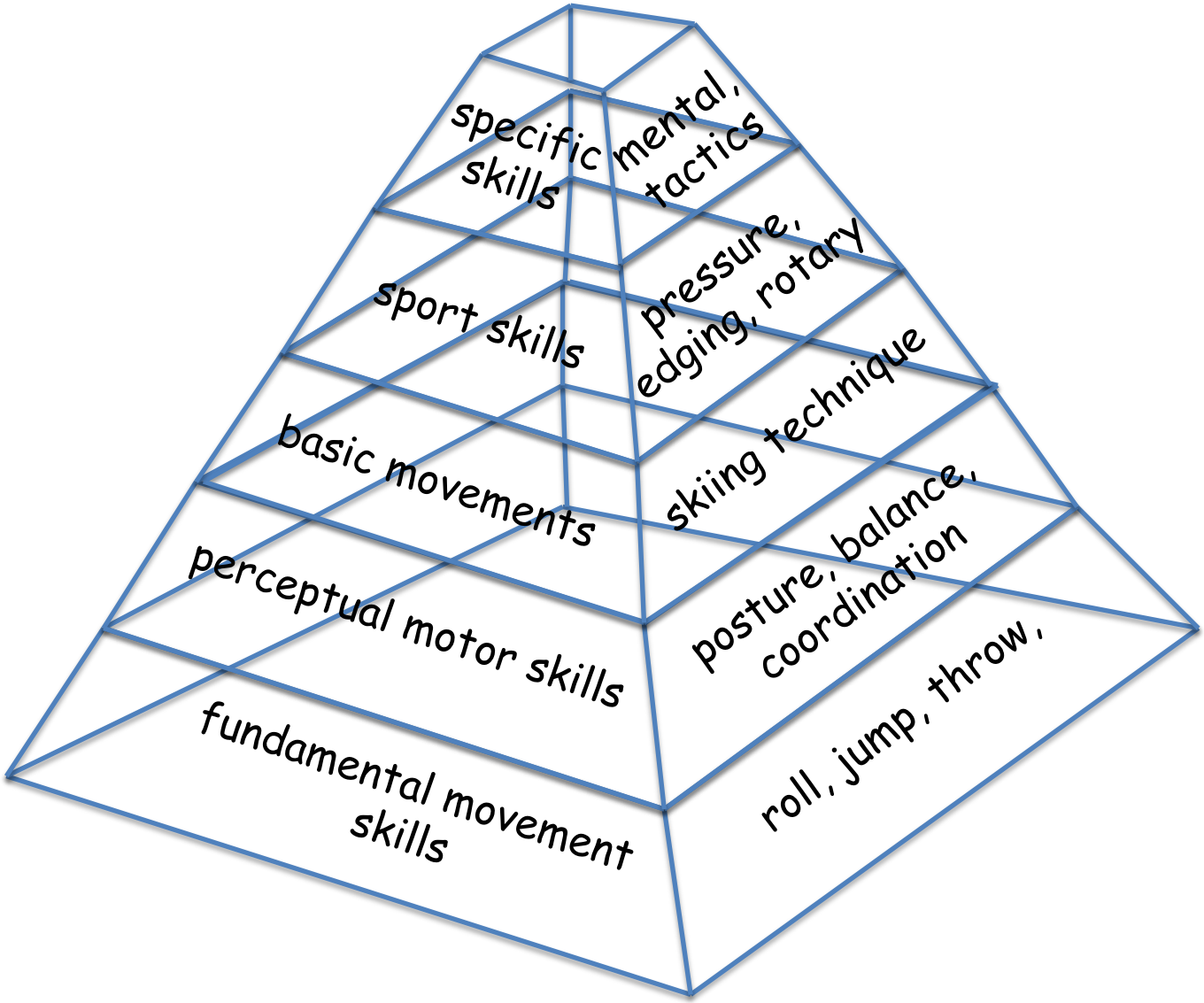

6 inches
4 inches
4 inches


fundamental movement skills
roll, jump, throw,
object control skills
locomotor skills
body management skills

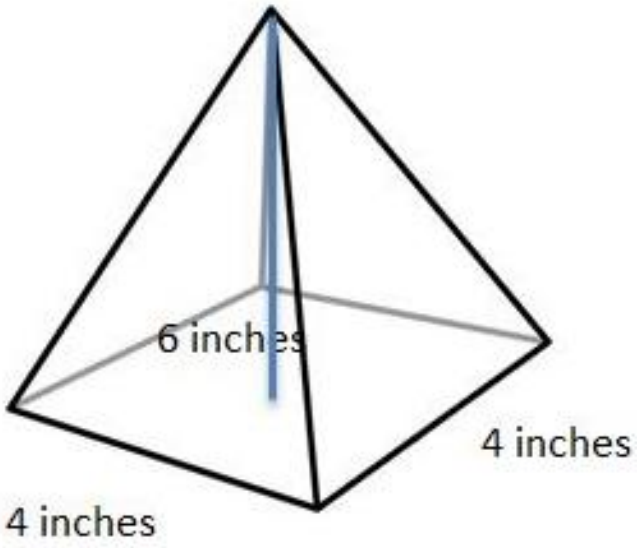

perceptual motor skills
posture, balance, coordination
fundamental movement skills
roll, jump, throw,


basic movements
skiing technique
perceptual motor skills
posture, balance, coordination
fundamental movement skills
roll, jump, throw,


sport skills
pressure, edging, rotary
basic movements
skiing technique
perceptual motor skills
posture, balance, coordination
fundamental movement skills
roll, jump, throw,

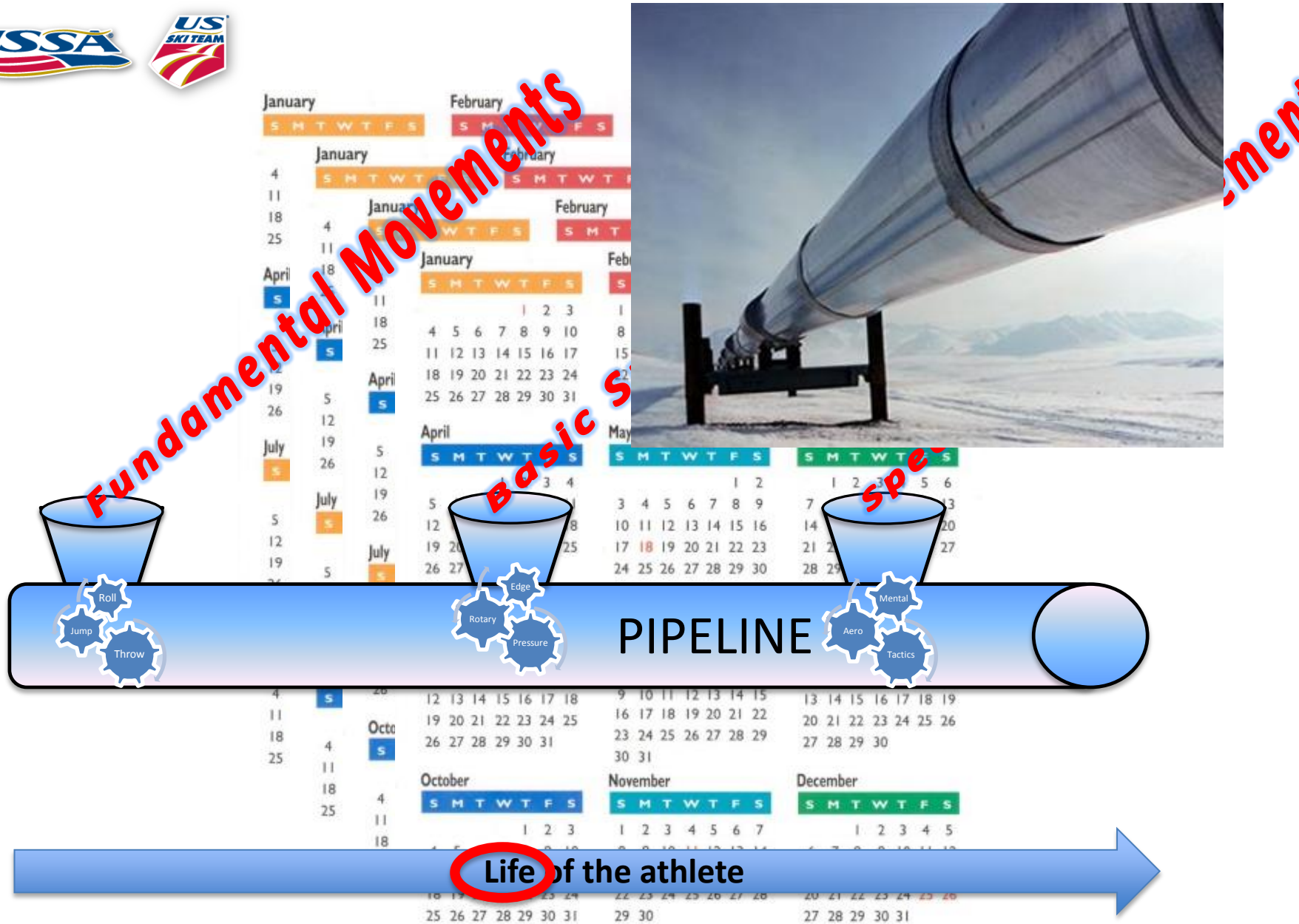

specific skills
mental, tactics
sport skills
pressure, edging, rotary
basic movements
skiing technique
perceptual motor skills
posture, balance, coordination
fundamental movement skills
roll, jump, throw,

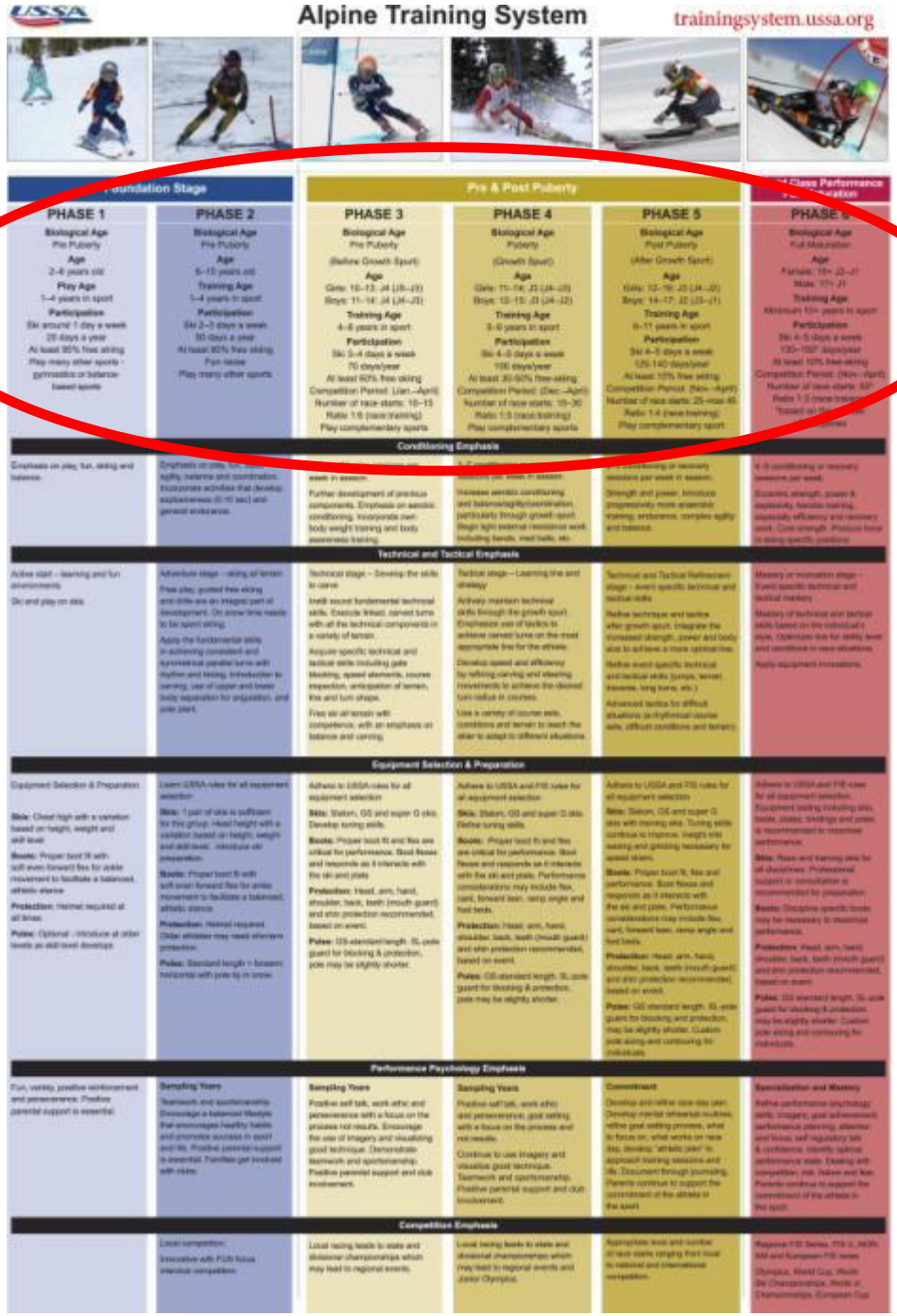
Pyramids can/should be based on…



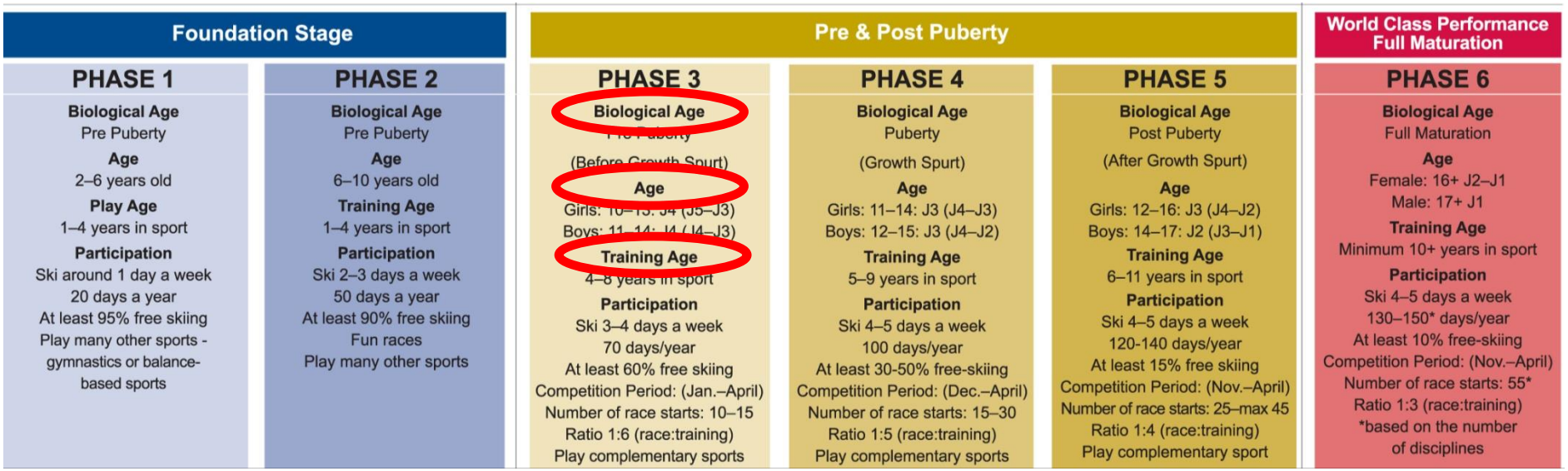
- motor control
- aerobic
- anaerobic
  - –strength
  - –power
  - –speed


blood volume
stroke volume
cardiac output
capillary volume
capillary density
mitochondrial volume
mitochondrial density
oxidative enzyme
VISA
ATOMIC
WORLDCUP


Fundamental Movements
Basic S
ments
Roll
Jump
Throw
Edge
Rotary
Pressure
Mental
Aero
Tactics
PIPELINE
Life of the athlete


Alpine Training System
trainingsystem.ussa.org
Foundation Stage
Pre & Post Puberty
PHASE 1
PHASE 2
PHASE 3
PHASE 4
PHASE 5
PHASE 6
Conditioning Emphasis
Technical and Tactical Emphasis
Equipment Selection & Preparation
Performance Psychology Emphasis
Competition Emphasis

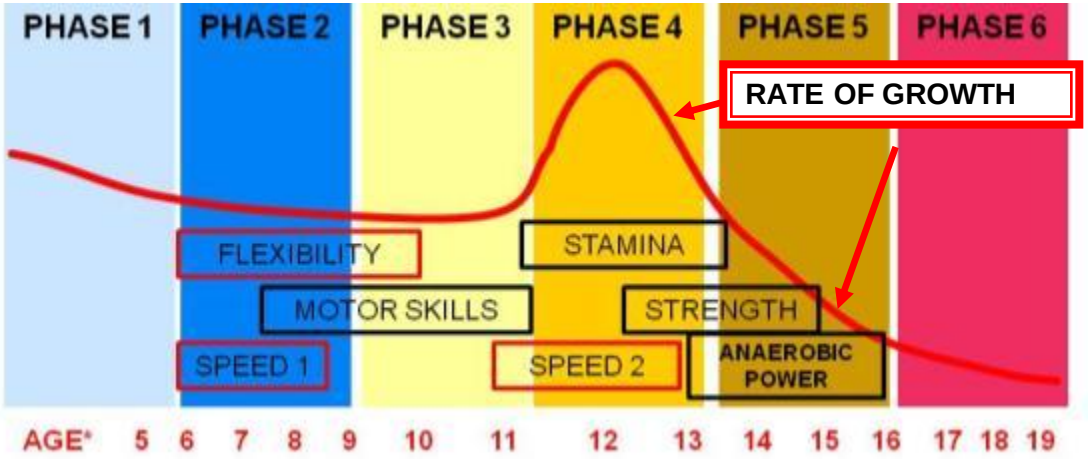
What Should We Help Them Focus On?



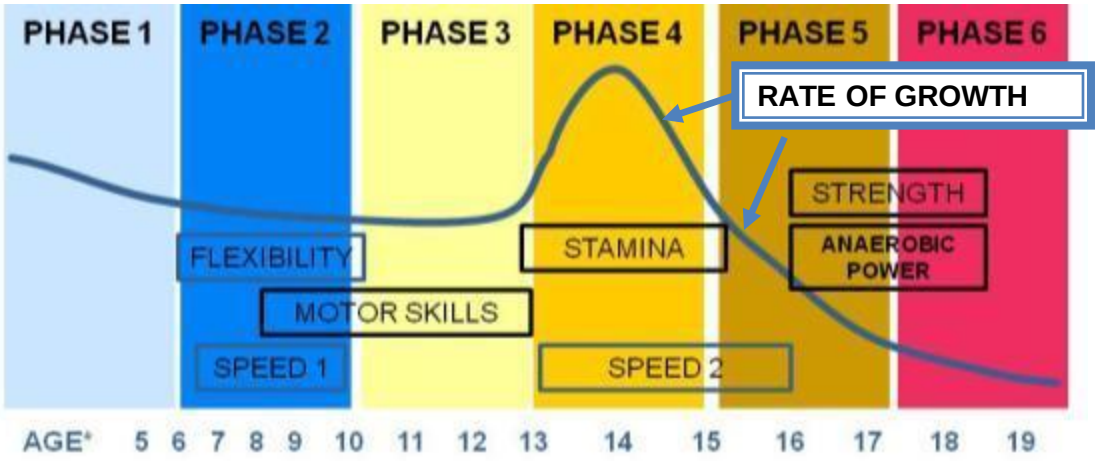
Fundamental Skills/Technique → **Transition to competition** → **Competition skills**

Passion, effort, fun → **Attitude, effort, fun** → **Dedication, effort, fun**

Sensitivity Windows



Sensitivity windows for girls relating to rate of growth, developmental phase, and chronological age (adapted from Balyi & Way, 2005)



Sensitivity windows for boys relating to rate of growth, developmental phase, and chronological age (adapted from Balyi & Way, 2005)

Alpine Training System

trainingsystem.ussa.org






Foundation Stage		Pre & Post Puberty			World Class Performance Full Maturation
PHASE 1	**PHASE 2**	**PHASE 3**	**PHASE 4**	**PHASE 5**	**PHASE 6**
Biological Age Pre Puberty **Age** 2–6 years old **Play Age** 1–4 years in sport	**Biological Age** Pre Puberty **Age** 6–10 years old **Training Age** 1–4 years in sport	**Biological Age** Pre Puberty (Before Growth Spurt) **Age** Girls: 10–13: J4 (J5–J3) Boys: 11–14: J4 (J4–J3)	**Biological Age** Puberty (Growth Spurt) **Age** Girls: 11–14: J3 (J4–J3) Boys: 12–15: J3 (J4–J2)	**Biological Age** Post Puberty (After Growth Spurt) **Age** Girls: 12–16: J3 (J4–J2) Boys: 14–17: J2 (J3–J1)	**Biological Age** Full Maturation **Age** Female: 16+ J2–J1 Male: 17+ J1 **Training Age**
FUNdamentals		**Learn to Train**	**Train to Train**		**Train to Compete**
At least 95% free skiing Play many other sports - gymnastics or balance-based sports	At least 90% free skiing Fun races Play many other sports	**Participation** Ski 3–4 days a week 70 days/year At least 60% free skiing	**Participation** Ski 4–5 days a week 100 days/year At least 30-50% free-skiing	**Participation** Ski 4–5 days a week 120-140 days/year At least 15% free skiing	130–150* days/year At least 10% free-skiing Competition Period: (Nov.–April) Number of race starts: 55+
Sampling		Play complementary sports	**Specializing**	Play complementary sport	**Investment** of disciplines


COOKBOOK

Negative consequences of early specialization:

- lack of sport choices
- depression
- eating disorders
- chronic fatigue
- one-dimensional self concept
- overuse injuries
- chronic injuries
- obsession with winning
- imbalanced lifestyle
- increased pressure from parents
- burnout
- underperform later in life
- loss of control over their life
- dropout from sport

The “doing well early” paradox

Early Maturers

- Are usually larger than their peers.
- As a result of being “bigger” they perform better at many sports.
- They end up not training as hard and eventually fall back.

Late Maturers

- Are usually smaller.
- Do not have “amazing” performances.
- Since they are late maturers they will end up with longer “sensitivity windows”, where learning is maximized.

How can we keep “late maturers” in the sport?

“Human beings adjust behavior based on the metrics they’re held against. Anything you measure will impel a person to optimize his score on that metric. What you measure is what you get. Period.”

Harvard Business Journal –
“You Are What You Measure”,
Dan Ariely, June 2010


RACING
EVENT:
RELIABLE RACING SUPPLY


US
SKI TEAM
SkillsQuest

Alpine Training System

trainingsystem.ussa.org

Skill	Phase 1	Phase 2	Phase 3	Phase 4	Phase 5	Phase 6
Pressure	Steps &	Pole	Pole	Straight	Linked	Camel
Edging						
Rotary	**Foundation Stage**		**Pre & Post Puberty**			**World Class Performance Full Maturation**
	PHASE 1 **Biological Age** Pre Puberty **Age** 2–6 years old **Play Age** 1–4 years in sport **Participation** Ski around 1 day a week 20 days a year At least 95% free skiing Play many other sports - gymnastics or balance-based sports	**PHASE 2** **Biological Age** Pre Puberty **Age** 6–10 years old **Training Age** 1–4 years in sport **Participation** Ski 2–3 days a week 50 days a year At least 90% free skiing Fun races Play many other sports	**PHASE 3** **Biological Age** Pre Puberty (Before Growth Spurt) **Age** Girls: 10–13: J4 (J5–J3) Boys: 11–14: J4 (J4–J3) **Training Age** 4–8 years in sport **Participation** Ski 3–4 days a week 70 days/year At least 60% free skiing Competition Period: (Jan.–April) Number of race starts: 10–15 Ratio 1:6 (race:training) Play complementary sports	**PHASE 4** **Biological Age** Puberty (Growth Spurt) **Age** Girls: 11–14: J3 (J4–J3) Boys: 12–15: J3 (J4–J2) **Training Age** 5–9 years in sport **Participation** Ski 4–5 days a week 100 days/year At least 30-50% free-skiing Competition Period: (Dec.–April) Number of race starts: 15–30 Ratio 1:5 (race:training) Play complementary sports	**PHASE 5** **Biological Age** Post Puberty (After Growth Spurt) **Age** Girls: 12–16: J3 (J4–J2) Boys: 14–17: J2 (J3–J1) **Training Age** 6–11 years in sport **Participation** Ski 4–5 days a week 120-140 days/year At least 15% free skiing Competition Period: (Nov.–April) Number of race starts: 25–max 45 Ratio 1:4 (race:training) Play complementary sport	**PHASE 6** **Biological Age** Full Maturation **Age** Female: 16+ J2–J1 Male: 17+ J1 **Training Age** Minimum 10+ years in sport **Participation** Ski 4–5 days a week 130–150* days/year At least 10% free-skiing Competition Period: (Nov.–April) Number of race starts: 55* Ratio 1:3 (race:training) *based on the number of disciplines
Balance	Freeski with parallel skis	Freeski with pole usage	Freeski – lane changes	Freeski – hourglass	Freeski – varied terrain and snow conditions	Freeski – moguls in "V" shaped corridor

SkillsQuest

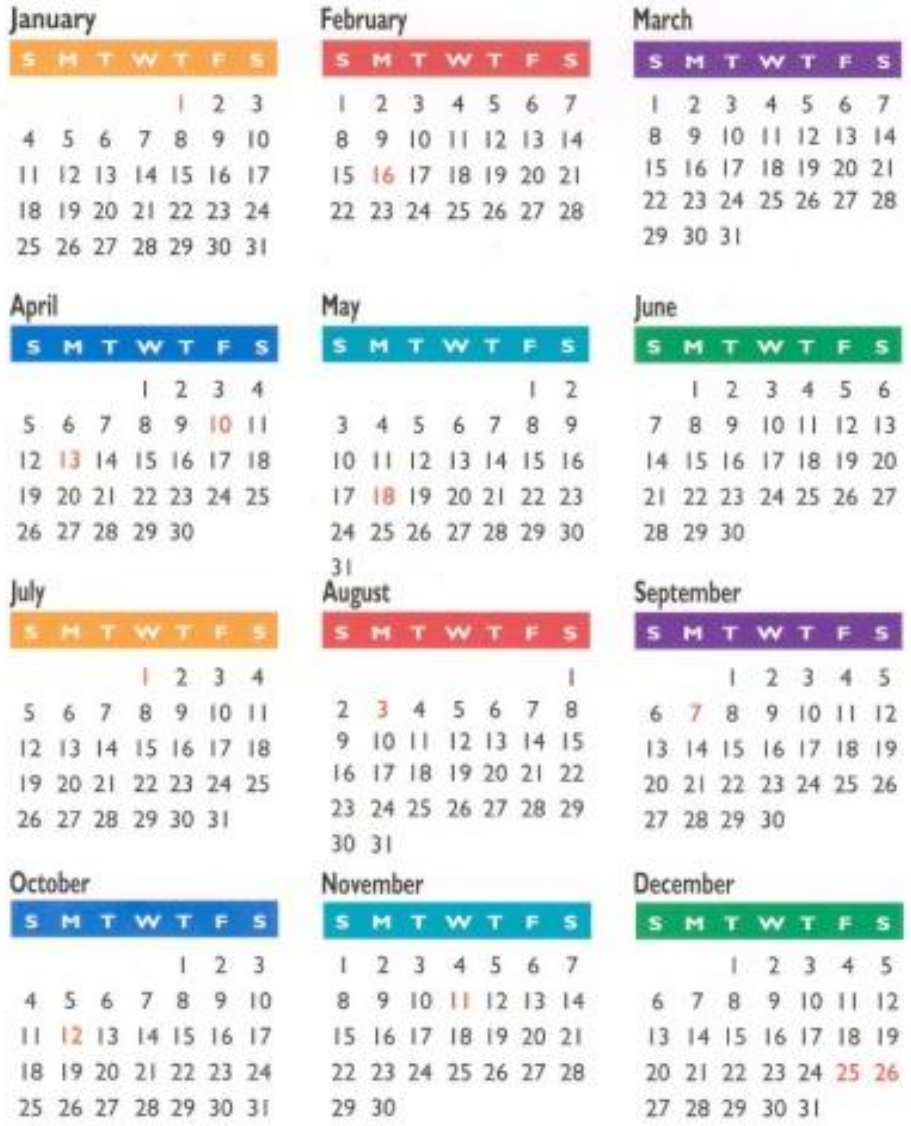
Designed to:

- ✓ Promote skills
- ✓ Teach skills
- ✓ Measure skills
- ✓ Track skills
- ✓ Reward for skills attained.

“Human beings adjust behavior based on the metrics they’re held against. Anything you measure will impel a person to optimize his score on that metric. What you measure is what you get. Period.”

Harvard Business Journal –
“You Are What You Measure”,
Dan Ariely, June 2010

Relative Age Effect



January

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December

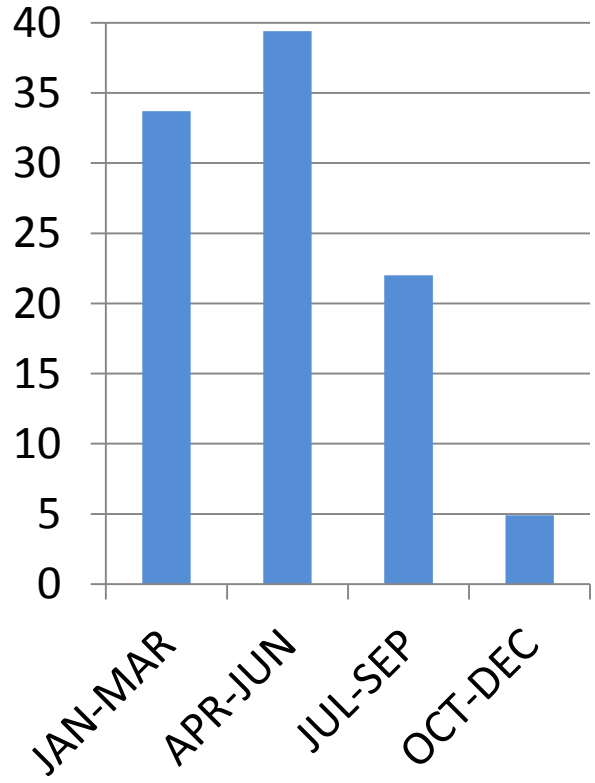
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Oldest

Youngest

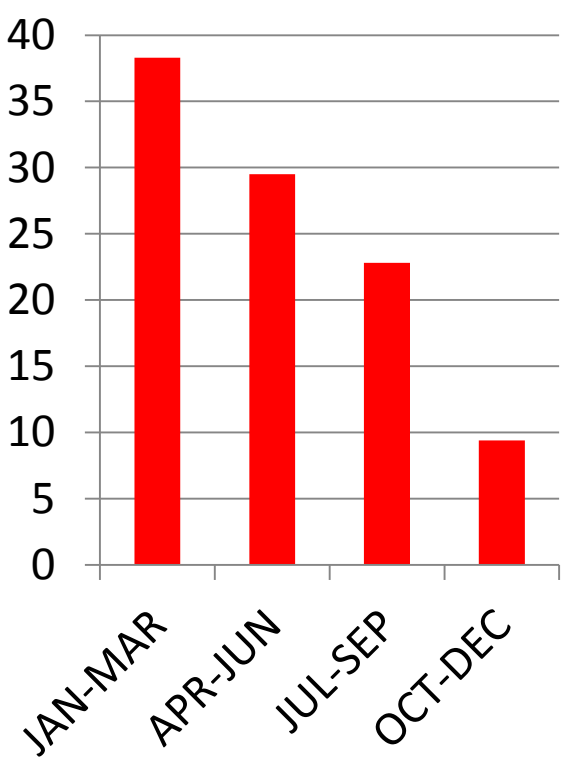
Analysis of Birth Month Relationship to Results At Different Levels in Alpine Skiing

J4 JO medalists



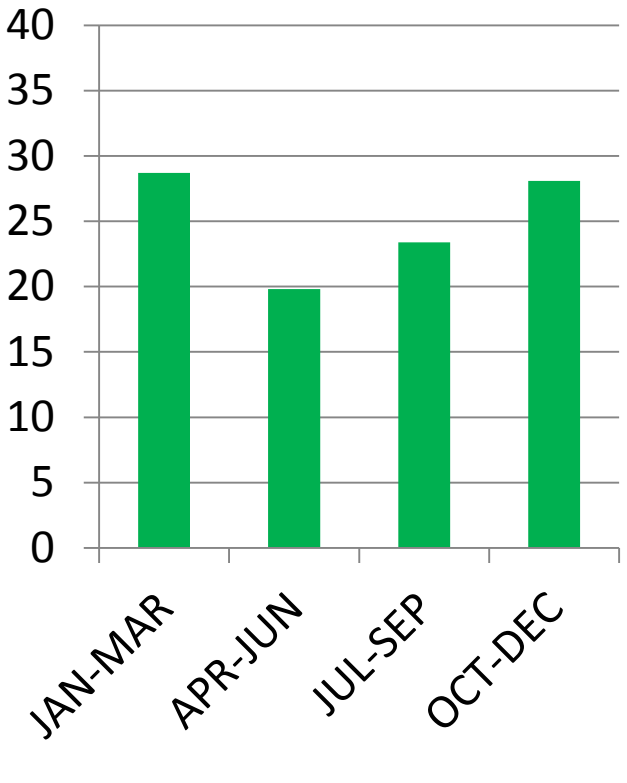
BORN 1ST HALF OF YEAR: 73%

J3 JO medalists



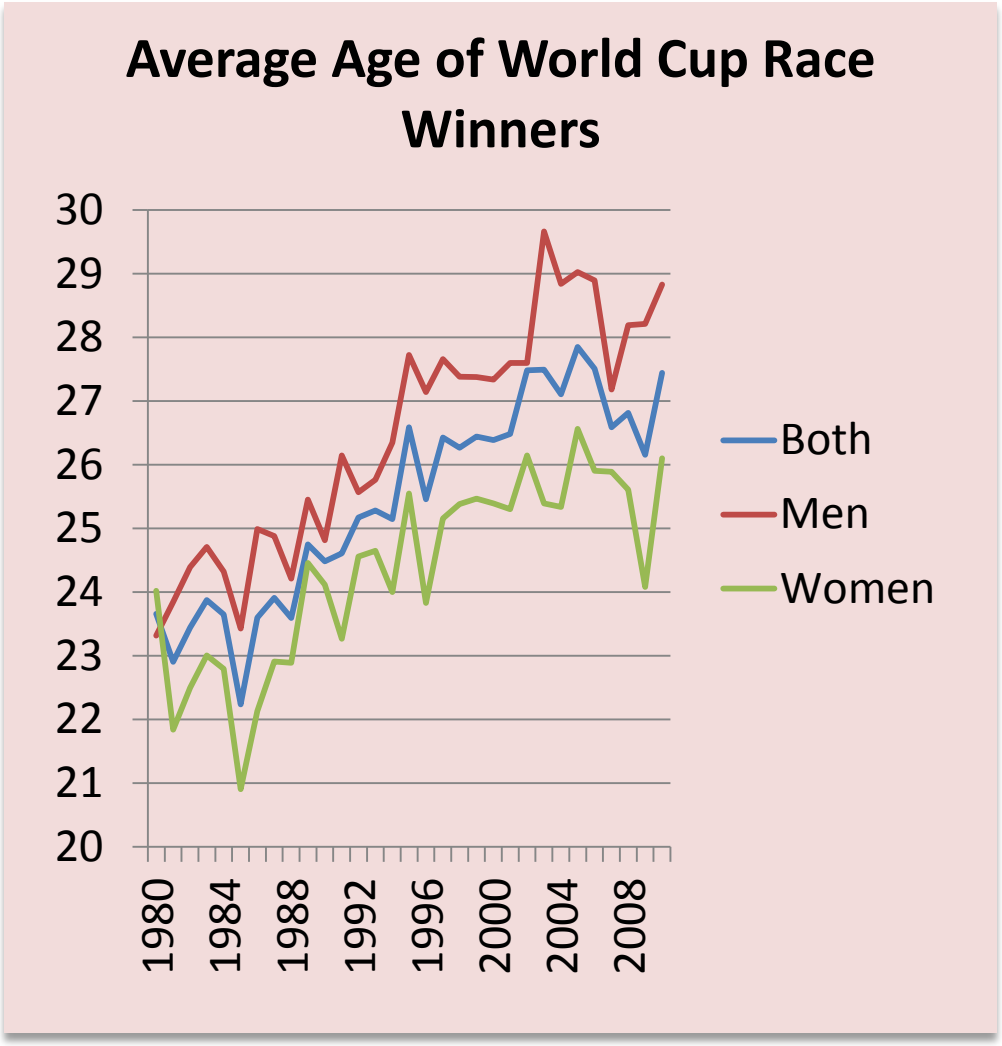
BORN 1ST HALF OF YEAR: 68%

World Cup Top 30

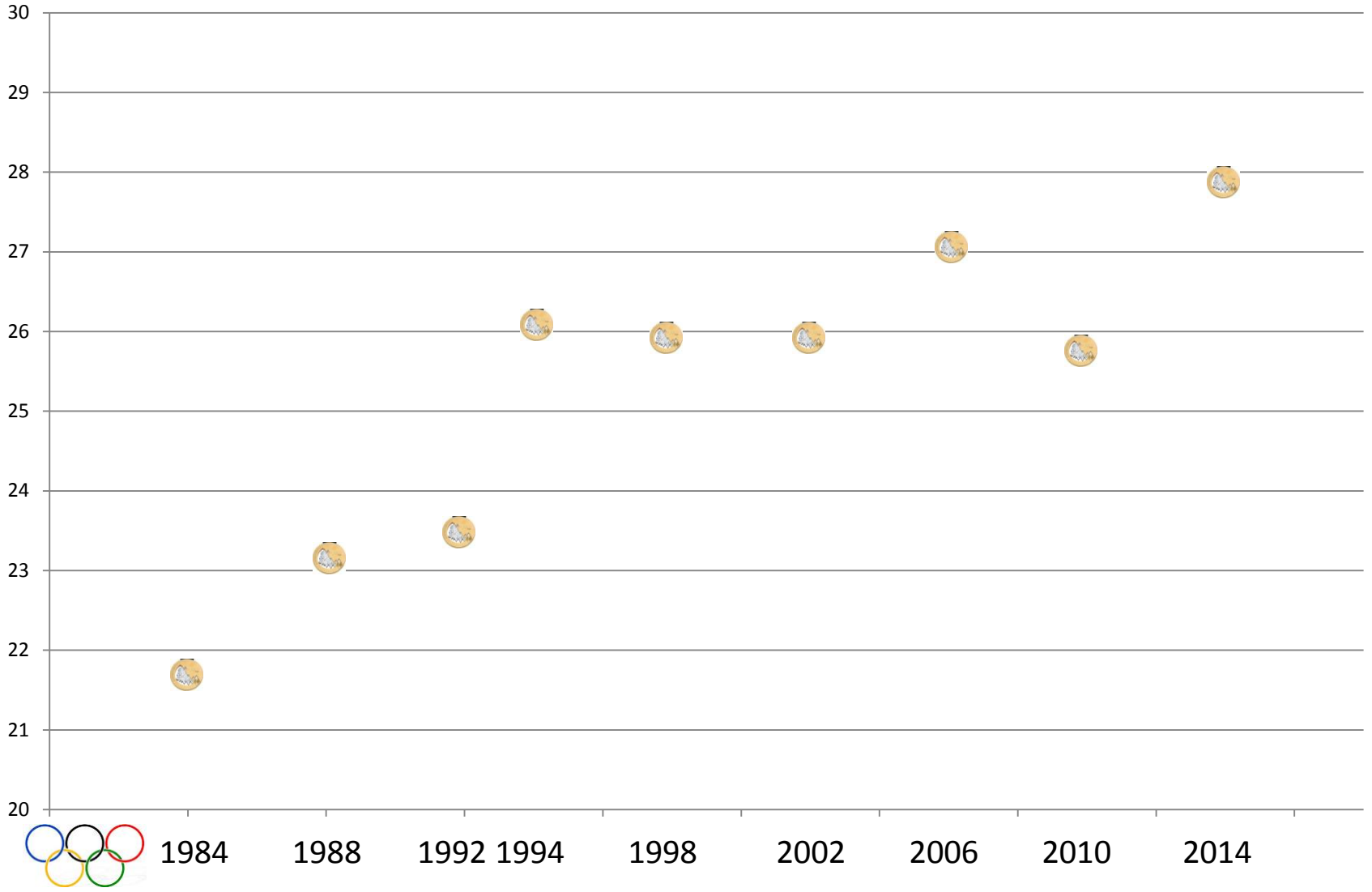


BORN 1ST HALF OF YEAR: 48%

2010 & 2014 ALPINE OLYMPIC GOLD MEDALISTS BORN 1ST HALF OF YEAR: 25%

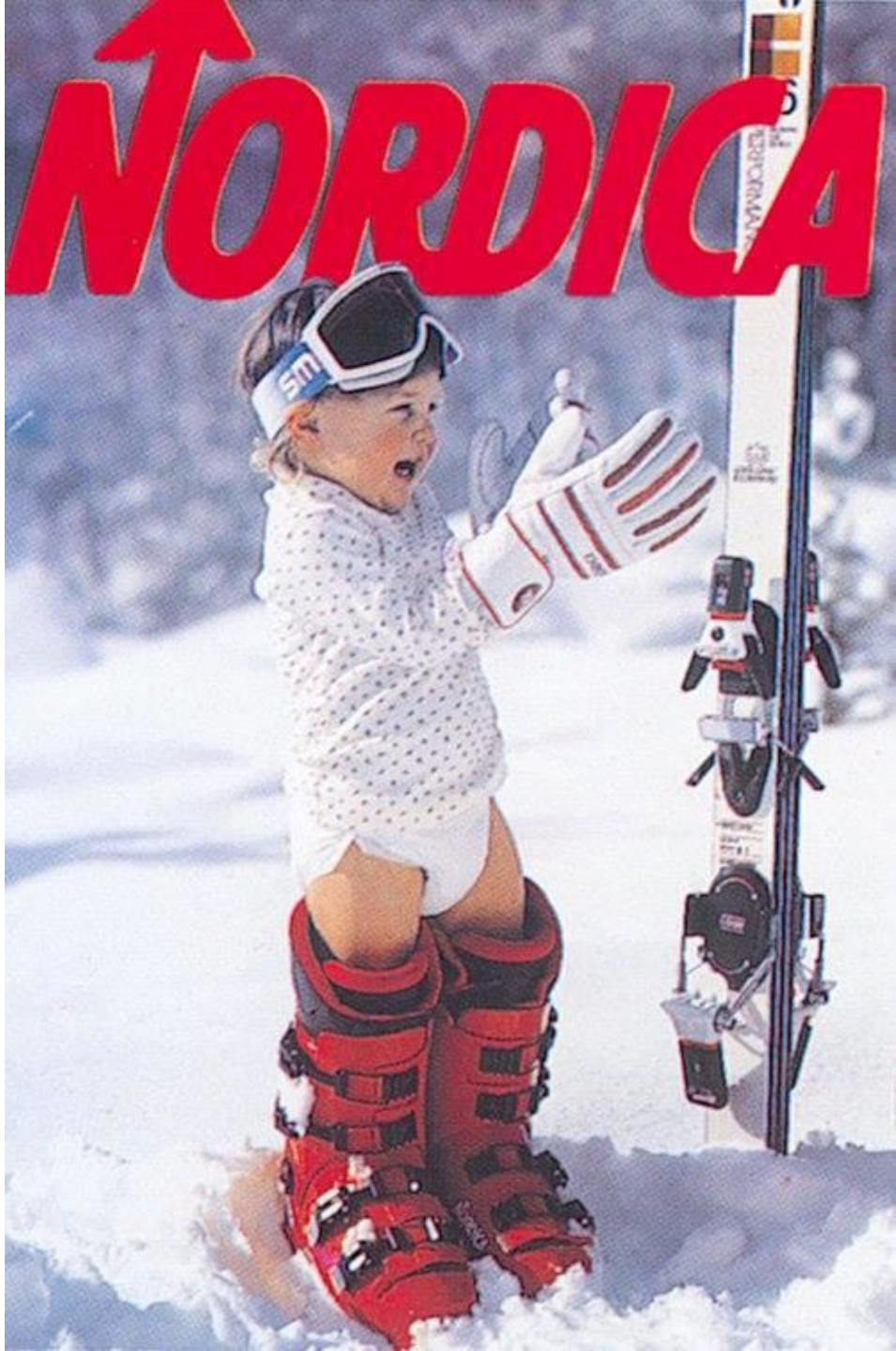

Average Age of World Cup Race Winners
30
29
28
27
26
25
24
23
22
21
20
1980
1984
1988
1992
1996
2000
2004
2008
Both
Men
Women

Average Age of Olympic Gold Medalists



U.S. Ski Team Tenants of LTAD

Children are not simply miniature adults. They need a program that is geared to their developmental needs that will prepare them for the demands of their sport when they are an adult.

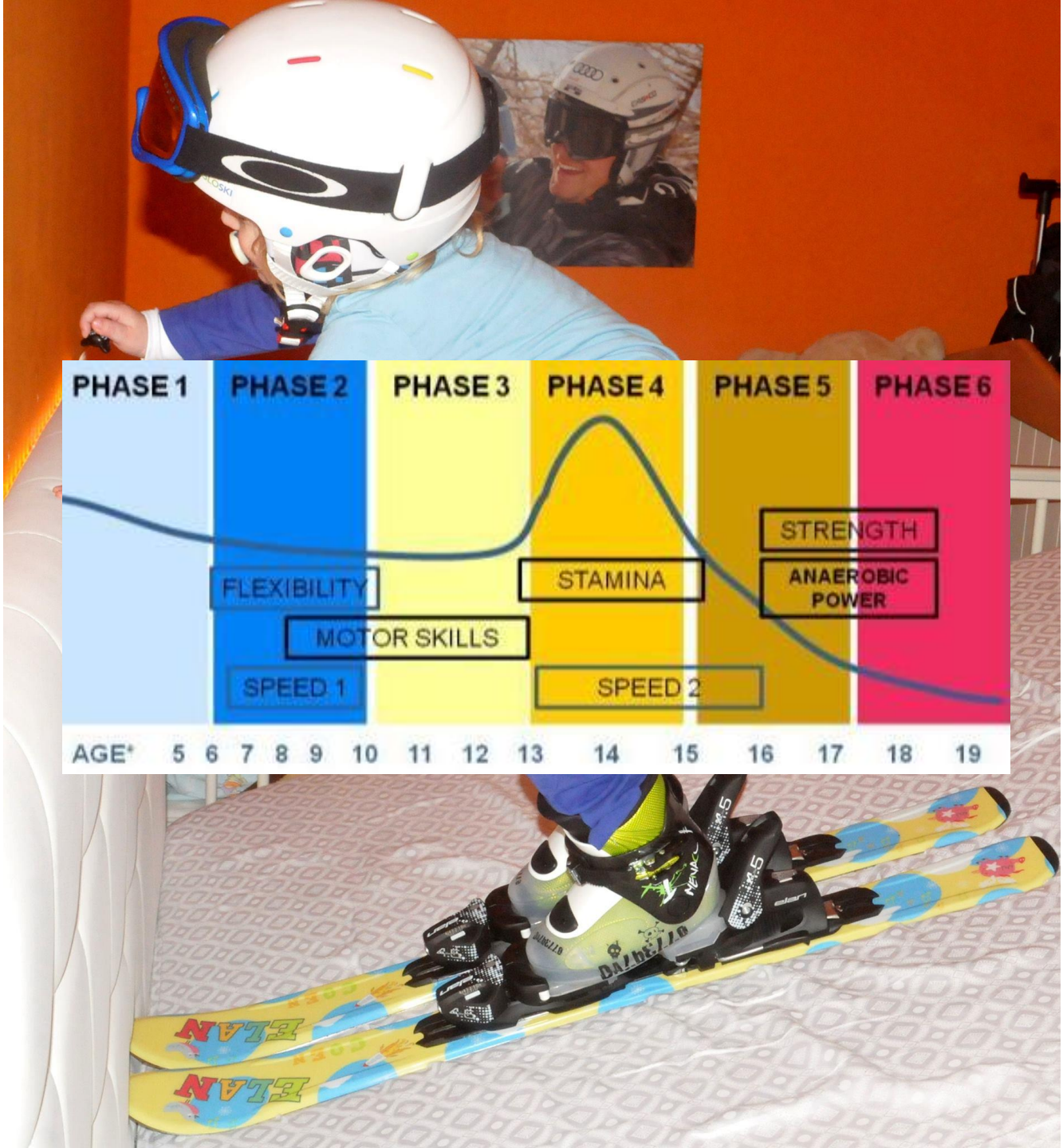


Training and competition plans should be designed based on individual needs.

Children develop and mature at different rates. Age alone does not give the full picture.

We should consider the child's physiological, cognitive, and emotional development when planning their training.

There are certain periods in a child's development where they can make maximal gains in certain areas, so different aspects of training will take priority during different phases.



Competition at each age level should reward their efforts in training as much as possible. Since their training focus will vary through the phases, the competition format should look different from that of a fully mature athlete.

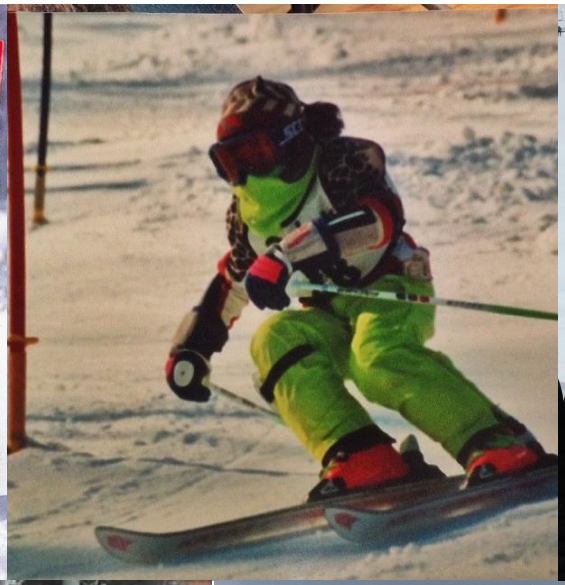
A long-term approach to success may run counter to a short-term approach focused on results.

The athletes have to enjoy what they're doing to commit to it at higher levels and to pursue it as a life-long sport.

In summary:

- LTAD is “Long Term”, and must be long for maximal gains
- “Training age” makes a big difference (when young!)
- Making the life of an athlete long, takes a large foundation
- Athletes will train to the criterion standard.


NORDICA




TROFEO TOPOLINO SCI
TRENTINO
COLMAR
TOPOLINO

Photo credits:

Getty Images
Ted Ligety
Bode Miller
Mikaela Shiffrin
Robert Reid
David Green
Nordica
Warner Nickerson
Ann Nash
Jimmy Chen

rkipp@ussa.org

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

Hedda Berntsen

Norwegian School of Sports Science, PhD

AUTONOMY-SUPPORTIVE COACHING STRATEGIES-For the love of skiing

By Hedda Berntsen

NORWEGIAN RESEARCH CENTER FOR CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences


15
SCOTT

My master made me see the big lines

- The secret to success!

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

2. Whats our mission?

- To keep the love of skiing
- Athletic development

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

Ultimate Skiing

Master the techniques of great skiing

3. What makes the athletes act? Their motivation

- To be motivated simply means «to be moved»
- The fundamental question in psychological research into human motivation is: «What energizes and direct human behavior?»

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

4. My phd project

- The importance of autonomy supportive coaching on young athletes in development: a self determination theory perspective.
- An intervention program with coaching strategies
- selfdeterminationtheory.org

5. Self determination theory

- Offers a useful framework to explain the influence of coaching behavior on sports participation outcomes

Types of motivation in SDT

- Intrinsic motivation
- Extrinsic motivation
- Amotivation

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

Intrinsic motivation

- For enjoyment, pleasure, and fun
- No discernible reinforcement or reward
- Most children start sports for intrinsic reasons

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

Extrinsic motivation

- A means to an end to gain a reward or avoid a punishment

SDT divides between autonomous and controlling motives

Autonomous motives

- Actions that are based on a persons own interests or values are reffered to as autonomous
- ”Its fun”,” its important to me”, ”I want to do well”

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

Controlling motives

- Controllrolling motives are based on external contingencies such as someone elses values and interest, or the social context.
- ”I do not want to disapoint my coach”, ”I am afraid of the punishment”.

The autonomy continuum

Autonomous motivation – self-regulated

I do it because it is fun (intrinsic - autonomous)

I do it because it is part of who I am (integrated - autonomous)

I do it because it is important to me, it gives me meaning (identified)

I do it because I feel bad if I don't (introjected)

I do it so I won't let others down (external)

I do it because someone tells me I have to. I am afraid of punishment (controlled – external) **Controlled motivation**

Amotivation

NORWEGIAN RESEARCH CENTER FOR CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

An organismic theory

- SDT is an organismic theory that looks at people as active growth oriented organisms seeking to master their internal and external environments – when basic needs are supported

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

Basic psychological needs

- Innate psychological nutriments that are essential for ongoing psychological growth, integrity, and well-being.
- Autonomy, competence and relatedness.

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

The need for autonomy

- The need to perceive that we are the origin of our own actions

The need for competence

- The need to perceive our behavior as effective.

The need for relatedness

- The need to feel a secure sense of belonginess


152
AMERICA'S
NAVY
AMERICA'S
NAVY

Autonomy-support

- Perceived autonomy support is when the athletes feel that all theirs needs are satisfied.
- Increases the athletes intrinsic motivation and autonomous motives

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

Athlete outcomes from the autonomy-supportive coaching style

- Is assosiated with need support and intrinsic motivation
- A greater feeling of well being and fun
- Athletic development – learning and performance
- Less drop-out

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

Research has also shown need satisfaction to be important for not dropping out of sports (Sarrazin, Vallerand, Guillet, Pelletier, & Cury, 2002; Calvo, Cervello, Jimenez, Iglesias & Murcia, 2010). Research based on the SDT-framework has indicated that when athletes feel that their basic needs are satisfied, they develop self-regulated behavior, increase their training effort, well-being and athletic skills development (Joesaar, Hein & Hagger, 2012, 2010; Langan, Blake & Lonsdale, 2013; Sheldon & Watson, 2011; Sheldon & Niemiec, 2006). Instrinsic motivation increase learning: Beneware & Deci, 1984; Deci, Schwartz, Sheinman & Ryan, 1981; Valas & Sovik, 1993; Schunk & Zimmerman, 2008.

The controlling coaching style

- Is assosiated with need thwarting that undermines intrinsic motivation
- More drop-out
- Decreased well-being

Internalization of the external motives

Motivation and persistence in sport behavior vary according to the degree of self-determination (autonomous motives) and by the degree of internalization of the external motives

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

HOW?

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

Autonomy-supportive coaching strategies

1. Provide choice within specific rules and limits
2. Provide a rationale for tasks and limits
3. Acknowledge the other person's feelings and perspectives
4. Provide athletes with opportunities for initiative taking and independent work
5. Provide non-controlling competence feedback
6. Avoid controlling behaviors – avoid overt control – avoid criticism and controlling statements – avoid tangible rewards for interesting tasks
7. Prevent ego involvement in athletes

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

1. Provide choice within specific rules and limits

- Skill: clearification of the responsibilities

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

HELLY HANSEN
HELLY HANSEN
HELLY HANSEN
HANSEN

2. Provide a rationale for tasks and limits

- Skill: Share knowledge to enhance competence and autonomy
- Why you chooce a specific training, why it is important to know about teqnique or tactics or why rest is important

3. Acknowledge the other person's feelings and perspectives

- Skill: Active listening


ITALIA

4. Provide athletes with opportunities for initiative taking and independent work

- Skill: Open questions. How can you solve that?How can you spinn faster? What can you do to improve… have more fun..?

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

5. Provide non-controlling competence feedback

- Skill: positive feedback that acknowledges initiative: ”its great to see that you stayed after practice last night to practice that stepping drill”
- Skill: Factual, non-judgemental feedback about problems: ”your take-of happends a moment to early for you to gain maximum hight”

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

NORGE

6. Avoid controlling behaviors

(avoid overt control – avoid criticism and controlling statements – avoid tangible rewards for interesting tasks)

- Skill: trust the athletes!!!
- Skill: praise

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

7. Prevent ego involvement in athletes

- Skill: compare the athletes to themselves
- Skill: Focus on mastery and effort in the group
- Skill: Give all the athletes attention – when they do well and when they are struggeling

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

The key to success; for the love of skiing and development

- Know how to energize the athletes motivation
- Autonomy-supportive coaching strategies and athletes own awareness

Thank you
and
good luck

hedda.berntsen@nih.no

NORWEGIAN RESEARCH CENTER FOR
CHILDREN & YOUTH SPORT
Associated with the Norwegian School of Sport Sciences

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

Dr Jenny Shute

MBE; FIS Medical Committee

Concussion

…head injury associated with temporary loss of brain function

Dr Jenny Shute, FIS Medical Committee

What is Concussion?

- Concussion is a complex process caused by trauma that transmits force to the brain either directly or indirectly and results in temporary impairment of brain function.
- Its development and resolution are rapid and spontaneous.
- An athlete can sustain a concussion without losing consciousness.
- Concussion reflects a functional rather than structural injury and standard neuro-imaging is typically normal

Cartoon fun…

Lewis Moody

Former England rugby captain

- ‘We used to treat concussion as a joke’
- ‘For me, concussion wasn’t a big deal, it was something I could just shake off’
- ‘When I was playing, if someone got knocked out it was always a laughing matter’

A hot topic

- Mail on Sunday – Concussion Campaign
- BBC News feature, Friday 1st November 2013
- FIS – Concussion Guidance added to the FIS Medical Guide, June 2013
- FIFA World Cup Final 2014

‘Is this the World Cup Final???’

Estimated Prevalence…

- Concussion is the most common injury in Rugby Union and League -> 5.1-9.08 instances in every 1000 playing hours
- 6.5 in Ice Hockey
- 3.35 in American Football
- **What about our sport???**

OSTRC Study
Head injuries in all FIS Disciplines

Total number of head injuries, including concussion, (with percentages) in the FIS disciplines reported through the last seven seasons:

- Freestyle 81 (12.1%)
- Snowboarding 89 (11.9%)
- Alpine 56 (8.4%)
- Telemark 7 (4.6%)

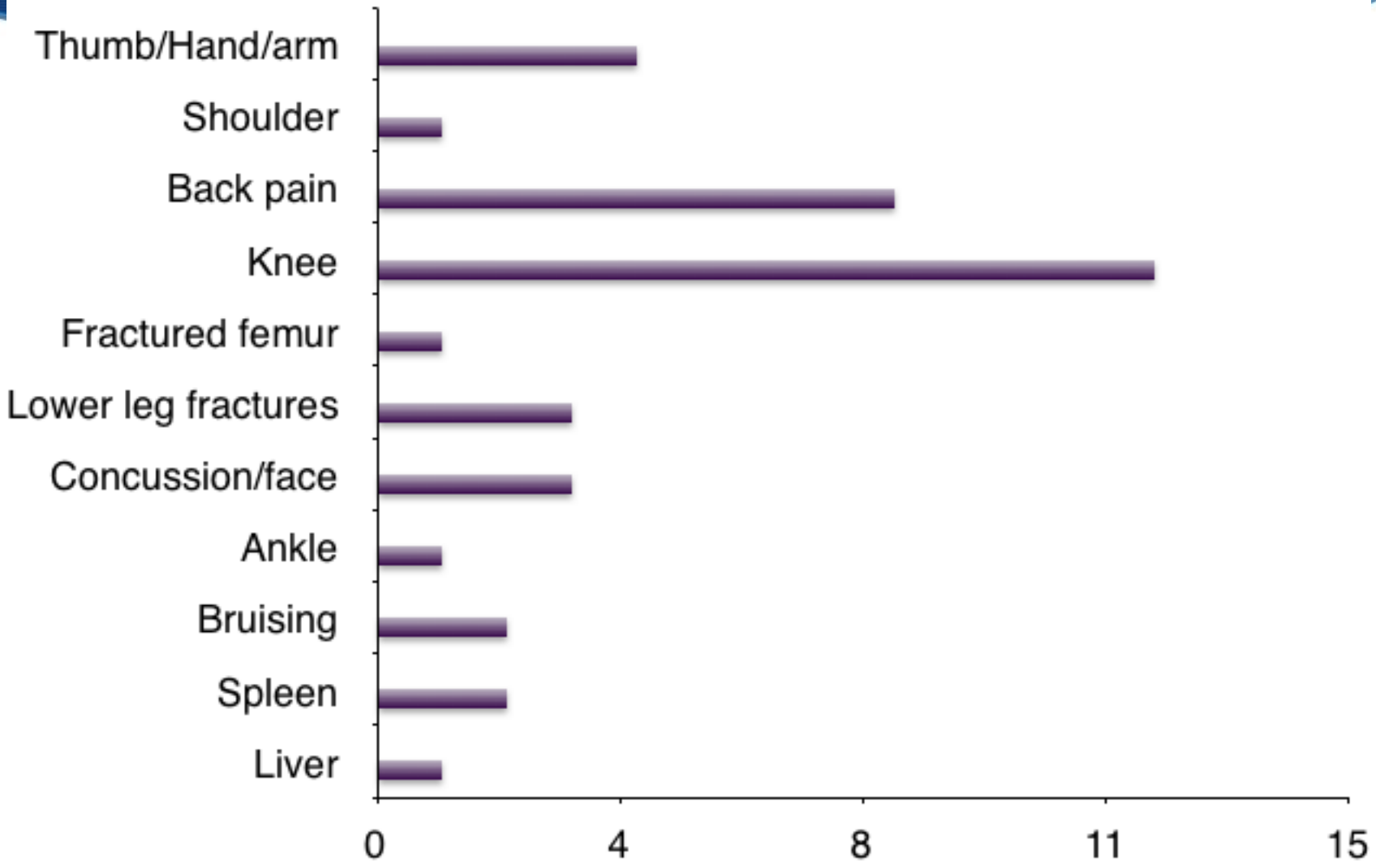
Nordic Disciplines

- Ski jumping – relatively few injuries, but of course a risk of concussion
- Cross-Country – again low risk, but one case of concussion reported at World Cup level last season

GBR - Injuries on Snow – total 37

(Children's Injury study 2013, JCS)

4/37, 10.8% Concussion



What can we do to prevent concussion?

- **EQUIPMENT**
  - Helmets, to the latest / highest standards
- **ENVIRONMENT**
  - Safety netting / mattresses on solid objects
  - Ensure courses clear of obstacles / people
  - Protected courses and finish areas / landing zones
- **TECHNIQUE**
  - Technical skills, as well as agility, coordination, fitness – prevention of falls
- **RULES & RESPECT**
  - Safe training areas; discipline!

Can a helmet prevent concussion?

- **NO**
- While a helmet cannot prevent a concussion, a properly fitted helmet is one of the best strategies to prevent catastrophic head and brain injuries, which may be irreversible
- Mouthguards / faceguards….?
  - Again, no. But they can protect the face / teeth from direct injury


VISA
Putnam
1
HEAD

…not all perfect turns end smoothly

Photo: Neil McQuoid

Some falls don’t end in concussion…

Photo: Neil McQuoid

….but some do

- EDUCATION
  - Recognition
  - Assessment
  - Management, including Return to Play
  - Complications

Recognition

- A variety of symptoms and signs accompany concussion including
  - somatic (such as headache)
  - cognitive (such as feeling in a fog)
  - emotional (such as emotional instability)
  - physical signs (such as loss of consciousness or amnesia), behavioural changes (such as irritability)
  - cognitive impairment (such as slowed reaction times)
  - and/or sleep disturbances, drowsiness

Remember….

- *Less than 10% of sports-related concussions had associated loss of consciousness.*

(From a 2010 American Paediatrics review article focusing on children and adolescents)

Management

- First and most important - Recognition
  - *NB - Bear in mind that many concussed athletes will not recognise their own concussion, and many/most will want to play on…*
- Secondly, Assessment on the field of play:
  - Observation
  - SCAT testing – baseline -> sideline (normally by physicians)
  - Pocket assessment tool (others also available for medical professional use) – Pocket Concussion Recognition Tool

Pocket CONCUSSION RECOGNITION TOOL™

To help identify concussion in children, youth and adults

RECOGNIZE & REMOVE

Concussion should be suspected **if one or more** of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

Any one or more of the following visual clues can indicate a possible concussion:

Loss of consciousness or responsiveness
Lying motionless on ground/Slow to get up
Unsteady on feet / Balance problems or falling over/Incoordination
Grabbing/Clutching of head
Dazed, blank or vacant look
Confused/Not aware of plays or events

2. Signs and symptoms of suspected concussion

Presence of any one or more of the following signs & symptoms may suggest a concussion:

- Loss of consciousness
- Seizure or convulsion
- Balance problems
- Nausea or vomiting
- Drowsiness
- More emotional
- Irritability
- Sadness
- Fatigue or low energy
- Nervous or anxious
- "Don't feel right"
- Difficulty remembering
- Headache
- Dizziness
- Confusion
- Feeling slowed down
- "Pressure in head"
- Blurred vision
- Sensitivity to light
- Amnesia
- Feeling like "in a fog"
- Neck Pain
- Sensitivity to noise
- Difficulty concentrating

3. Memory function

Failure to answer any of these questions correctly may suggest a concussion.

"What venue are we at today?"
"Which half is it now?"
"Who scored last in this game?"
"What team did you play last week/game?"
"Did your team win the last game?"

Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, and should not be returned to activity until they are assessed medically. Athletes with a suspected concussion should not be left alone and should not drive a motor vehicle.

It is recommended that, in all cases of suspected concussion, the player is referred to a medical professional for diagnosis and guidance as well as return to play decisions, even if the symptoms resolve.

RED FLAGS

If ANY of the following are reported then the player should be safely and immediately removed from the field. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Athlete complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behaviour change
- Double vision

Remember:

- In all cases, the basic principles of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the player (other than required for airway support) unless trained to so do
- Do not remove helmet (if present) unless trained to do so.

from McCrory et. al, Consensus Statement on Concussion in Sport. Br J Sports Med 47 (5), 2013

Breath test…?

- A breath test that successfully detects key chemicals produced by the damaged brain is under development
- When found in the bloodstream, these chemicals are known to indicate a brain injury
- The chemicals include the central nervous system metabolite N-acetylaspartate (NAA), and the proteins S100B and GFAP.
- Further trials will establish whether this breathalyser can be used to make a reliable field of play diagnosis…

“I can’t remember that much from the game,” Kramer said. “I don’t know anything from the first half. I thought later that I went straight off after the incident. How I got to the changing rooms I do not know. I don’t know anything else. The game, in my head, starts only in the second half.”

Christoph Kramer GER, FIFA World Cup Final 2014

The simple answer….

- Recognise & Remove

- Barry O'Driscoll (father of IRE rugby captain) – 'You need to take them off the field at the first signs of suspected concussion and not put them back. It's that simple.'
- Duty of Care; legal requirements in some nations
- International protocols drawn from Consensus meetings involving many sports (Zürich 2012)

From the FIS Medical Guide (2013) The *musts*…

- Concussion must be taken extremely seriously to safeguard the long-term welfare of athletes.
- Athletes suspected of having concussion must be removed from play and must not resume competition or training.
- Athletes suspected of having concussion must be medically assessed.
- Athletes suspected of having concussion or diagnosed with concussion must go through a graduated return to play protocol (GRTP). Details to be found in FIS Concussion Guidelines – *normally in association with, and led by, physicians*
- Athletes must receive medical clearance before returning to play… ->

Return to Play

- Being free of symptoms doesn't necessarily mean the brain has recovered
- As a coach, you should not allow an athlete who has suffered a concussion to return to training unless he has a letter from a doctor (preferably one who has experience in concussion management) stating that he is fit to return
- Return to play is normally 'Graduated', monitored at each stage by a doctor – protocols are published on the FIS website – with a 24 hour rest break between each stepwise increase in activity, assuming free of symptoms. LONGER IF DOCTOR NOT INVOLVED.
- Rehabilitation – Jockey Club work ongoing


Complications:
•Short term
•Long term

A Cautionary Tale
Repeated concussions, SIS

- The story of a young British athlete
- Second Impact Syndrome – RARE, but important / serious

'A' has kindly allowed me to use his story as a case study

A's Story
Age 12

- At foot of hill, I hear of 'minor' head injury, skied into piste machine, cut above eyebrow, not ko'd
- Doctor on hill sutures wound, we sit in café to wait for team to finish training
- After an hour, headache comes on, so we decide to return to hotel, given lift by AND nurse
- Half way down, headache much worse, vomits, call emergency ambulance
- Quick arrival of ambulance; he deteriorates rapidly into coma
- Immediate CT scans, rapid treatment, 8 hours altered consciousness/personality/behaviour, unaware of surroundings
- Apparently full recovery, and returned home with the team

Second Impact Syndrome

- He admitted three or four serious concussions in the preceding months
- Finally (16 years later) admits to me that he *was* ko'd, for maybe 10-15 seconds, but didn't want to say anything at the time, as he had been told by his own doctors that he couldn't continue to play rugby if it happened again
- *Children are more susceptible to second impact syndrome than adults*
- Note that the impact leading to SIS may be *relatively minor*, not necessary to have loss of consciousness
- ITA skier Leonardo David – h/o recent concussion -> second impact (on landing a small jump, no fall) led to immediate coma from which he never recovered (Lake Placid 1979)
- Some studies suggest that up to 50% of instances of SIS may have fatal outcome, with almost 100% morbidity

What actually happens in SIS?

- The brain's arterioles lose their ability to regulate their diameter and therefore lose control over cerebral blood flow, causing massive cerebral oedema
- increase of blood and brain volume within the skull causes a rapid and severe increase in intracranial pressure, which can in turn cause brain herniation through the foramen magnum at the base of the skull

Second Impact Syndrome
Can we prevent it?

- It is not possible to predict who will get SIS, or when it will occur
- **The best we can do is to monitor and ensure that *full recovery* takes place following every concussion-type injury**
- Remember, it is RARE, but we can't afford to take risks!

Long term - back with Lewis Moody…

September 22, 2013 The Mail on Sunday

DOUBLE TROUBLE: Lewis Moody was knocked out cold when he attempted to charge down a clearance kick in England's 2007 World Cup clash with Tonga. But he carried on the pitch only to suffer a second blow to the head later in the game

Former England captain Lewis Moody launches The Mail on Sunday's campaign for action to tackle the *deadliest* injury problem facing rugby

MOODY: We used to treat concussion as a joke... now I worry about getting dementia

The Mail on Sunday calls on rugby's ruling bodies to:

1. Commission an independent, scientific investigation into the incidence of concussion in rugby and the effect of repeated head trauma, including any links to serious neurological conditions.
2. Compel coaches and players at all levels of the game to undergo training in concussion awareness and treatment.
3. Introduce compulsory medical examinations by independent doctors for any player suffering more than one concussion within a three-month period.
4. Oblige all clubs and encourage all rugby-playing schools to display concussion information posters in clubhouse and changing rooms.
5. Enforce penalties for any failure to implement the above.

A link with dementia…

- CTE (Chronic Traumatic Encephalopathy) - Dementia pugilistica, better known as ‘punch drunk’
- Symptoms include memory, speech and personality problems, tremors and a lack of coordination
- First recognised in boxing - onset 12-16 years after boxer’s career begins
- Dr Willie Stewart has proven what he believes to be the first case of early onset dementia caused by playing rugby, proven by neuropathological examination

Rugby's Ticking Time Bomb… Mail on Sunday Concussion Campaign

- Commission an independent, scientific investigation, looking at links to serious neurological conditions
- Compel coaches and players to undergo concussion awareness training
- Introduce compulsory medical examination by independent doctors for any player suffering more than one concussion within a 3 month period
- Oblige all clubs to display concussion information posters
- Enforce penalties for any failure to implement the above

The Mail on Sunday calls on rugby's ruling bodies to:

1. Commission an independent, scientific investigation into the incidence of concussion in rugby and the effect of repeated head trauma, including any links to serious neurological conditions.
2. Compel coaches and players at all levels of the game to undergo training in concussion awareness and treatment.
3. Introduce compulsory medical examinations by independent doctors for any player suffering more than one concussion within a three-month period.
4. Oblige all clubs and encourage all rugby-playing schools to display concussion information posters in clubhouses and changing rooms.
5. Enforce penalties for any failure to implement the above.

Where to find the Concussion Policy and Tools

- Zurich 2012 – Consensus Statement on Concussion in Sport
  - http://bjsm.bmj.com/content/47/5/250.full

- **FIS Medical Guide 2013**
  - http://www.fis-ski.com/inside-fis/medical-antidoping/medical-publications/

- Appendices:
  - Pocket Concussion Recognition Tool
  - SCAT3 (for physicians)
  - SCAT3 Child (for physicians)

Duty of Care

- It is the responsibility of all concerned* to ensure recognition and best practice management of a concussed athlete
  - **other players, coaches, race officials, TDs, parents, spectators…*
- Recognise & Remove, and then involve physicians
- Remember
  - there may not have been a loss of consciousness
  - the player may not recognise his/her own concussion
- After the recent death (Sept 2013) of a 14 year old Irish schoolboy rugby player from suspected SIS, the coroner said …
  - 'I think absolutely everybody should learn from this'


HEAD

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

Lunch is in Room Zürich A&B

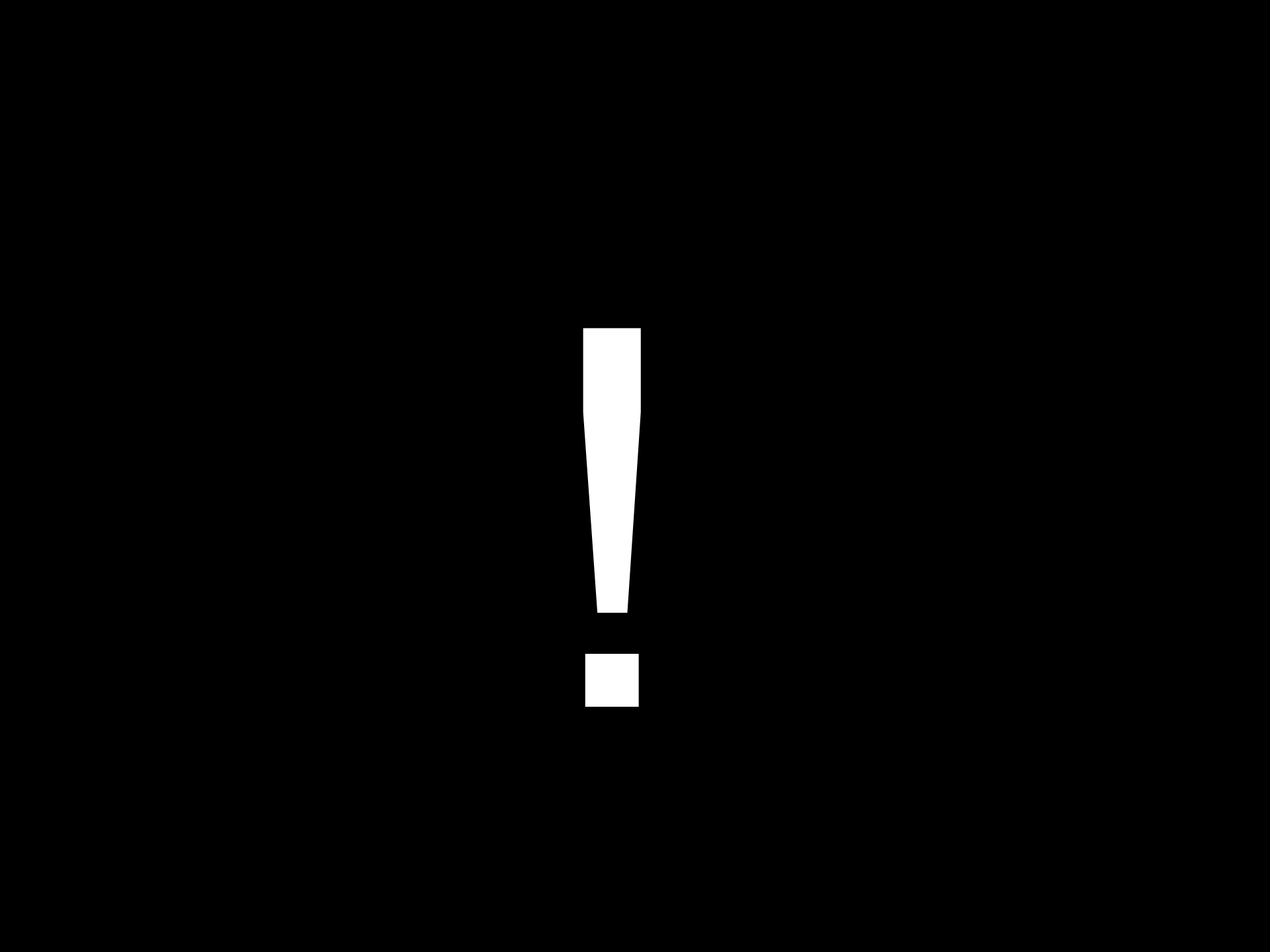
Afternoon session will start at 13:30

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

Bring Children to the Snow



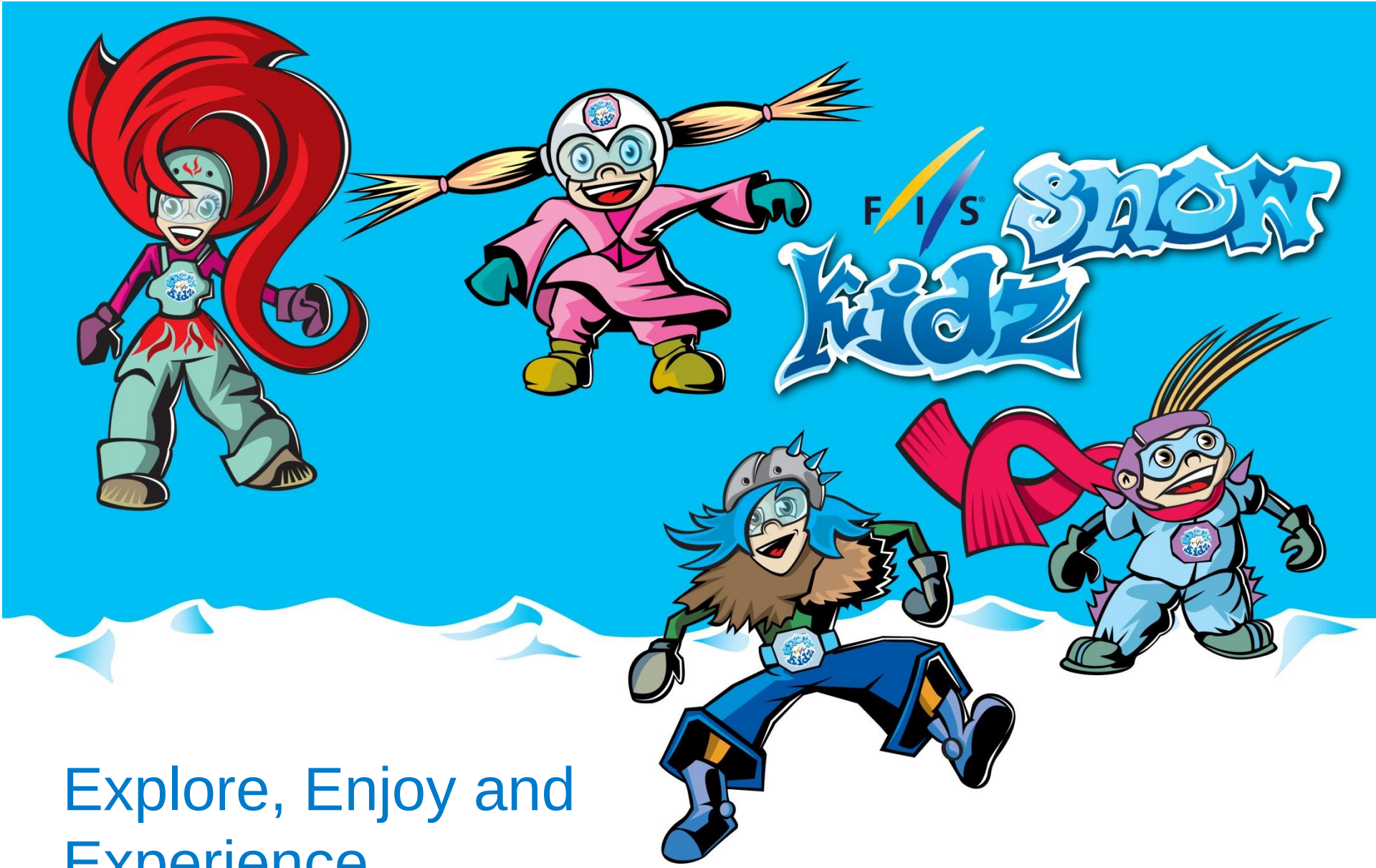
Choose One





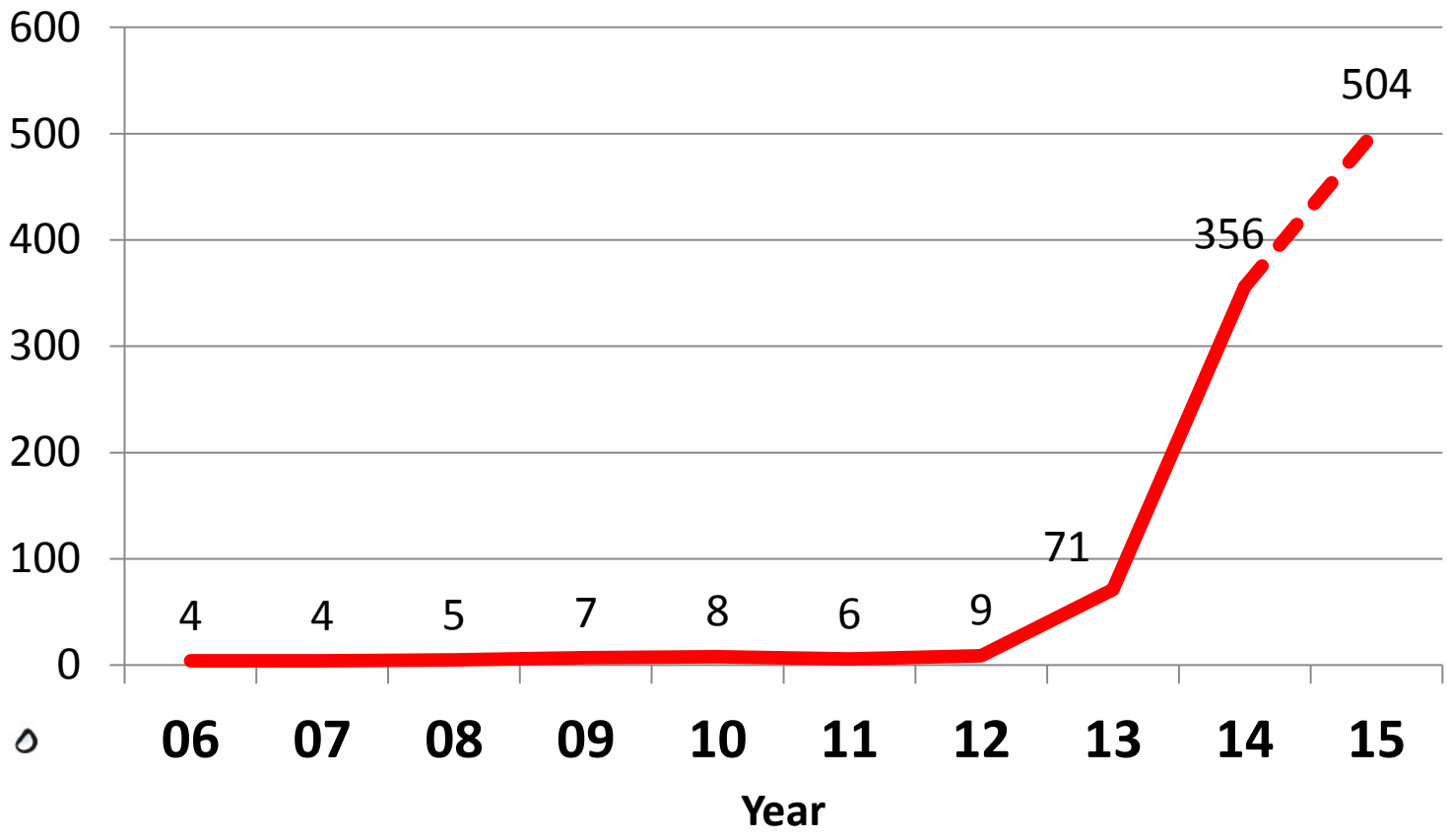
TODAY'S AGENDA

- SnowKidz
- World Snow Day
- Guest Presenters
- Conclusion



Explore, Enjoy and Experience

Number of Events



469 Events
106 Organisers
35 Countries

Event Examples

Valle Nevado (CHI): Stream Race

Temple Basin (NZE): SnowKidz Temple Basin

Throughout Netherlands: Wintersport Experience

Throughout Belgium: Lets go Snow

Throughout Germany: Kids on Snow Tour

Throughout Austria: Skifahren mit Flocke

Alaska (USA): NANA Nordic

Europa Park (GER): SnowKidz Playground

Ideas

CookBooks

- *Kids Olympics*
- *Ski Jumping Concept*

SnowKidz Award Case Studies

- *Netherlands: Wintersport expereince*
- *USA: NANA Nordic*
- *Finland: Lasten Mäkiviikko*

News
About
Organise an Event
Find an event
Reports
Overall Report
Event Reports
Children's Lift Ticket Prices
Awards
Photos
Videos
Partners
Media
Newsletter
Audi SnowKidz Toolkit

Children's Lift Ticket Prices

Globally, the number of snow sports participants is static and in some cases slowly falling. There is a general agreement that the future of winter sports relies on children taking up the sport at a young age. Whilst there are many ways to encourage children to participate in winter sports, one area under constant debate is the price of lift passes. The following report is an objective look at lift pass prices for children globally and common pricing initiatives used.

Children's Lift Ticket Prices

Austria

Bad Kleinkirchheim

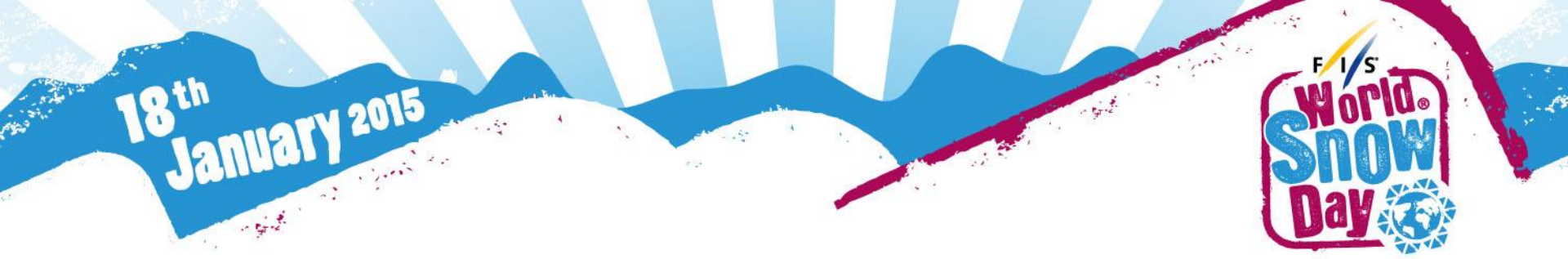
Children are free until age:	5
Start age for child ticket:	6
End age for child ticket:	14
Start age for teen ticket:	15
End age for teen ticket:	18
Family Discounts:	No
Currency:	Euro
Lowest 1 day child lift ticket price:	20.00
Highest 1 day child lift ticket price:	22.00
Lowest 1 day teen lift ticket price:	32.00
Highest 1 day teen lift ticket price:	35.00
Lowest 6 day child lift ticket price:	105.00
Highest 6 day child lift ticket price:	108.00
Lowest 6 day teen lift ticket price:	168.00
Higest 6 day teen lift ticket price:	173.00
Online purchase availible ?	No
Website:	www.badkleinkirchheim.at

Partners

- Audi
- WFSGI
- FESI

- Best of the Alps
- Infront
- EBU

4th Edition of World Snow Day
Sunday, 18th January 2015



189 Organisers
19 Countries
?? Participants

18th January 2015

World Snow Day Goals

- Average 500 events, 40 countries
- 800’000 by 2017

- 20 events with safety actions
- 20 events with environmental actions
- Partnership with a body recognising the health benefits of snow sports

18th January 2015

Partners

- Audi
- Eurosport
- European Broadcasting Union
- Infront Sports & Media
- Best of the Alps
- WFSGI
- FESI
- Sanetta

Example of when joine

Organise

Event Ideas

1 | 2 | 3 | 4

Protected

Welcome to th
to promote an

The Toolkit has
and you may

We hope you
do not hestiat

Print Tools

1 - World Sno

2 - World Sno

3 - World Sno

4 - World Snow Day A4 Poster

Vide

al mate

ach ite

to be

owKidz

TITLE

Name of Recipient .....

Insert date here

Gian Franco Kasper
President International Ski Federation

powered by

Sponsor Sponsor Sponsor Sponsor Sponsor Sponsor

Over 60’000 pieces

The People

Claudia Albuquerque (BRA)

Stream Eventos

Stream

Eventos

Snowkidz

Snowkidz and Stream Race Event

Venue: 26th to 30th of July 2014
Local: Valle Nevado

1. Stream Eventos Company
2. How we organized our Snowkidz
3. How we publicized the event
4. How we motived the Family to participate
5. How was our Snowkidz
6. Future Action

Stream
Eventos

- Stream Eventos is an events company located in São Paulo, Brazil.
- We organize and coordinate domestic and international corporate events.
- Partners have more than 15 years of experience in the field.
- Desire to diversify led us to SnowKidz.

How we organized our

Snowkidz

- We chose Valle Nevado, Chile to hold the event.
- Studied the activities to attract not only kids but entire families.
- Searched for sponsors.
- Support from CBDN – Brazilian Snow Sports Federation was very important.

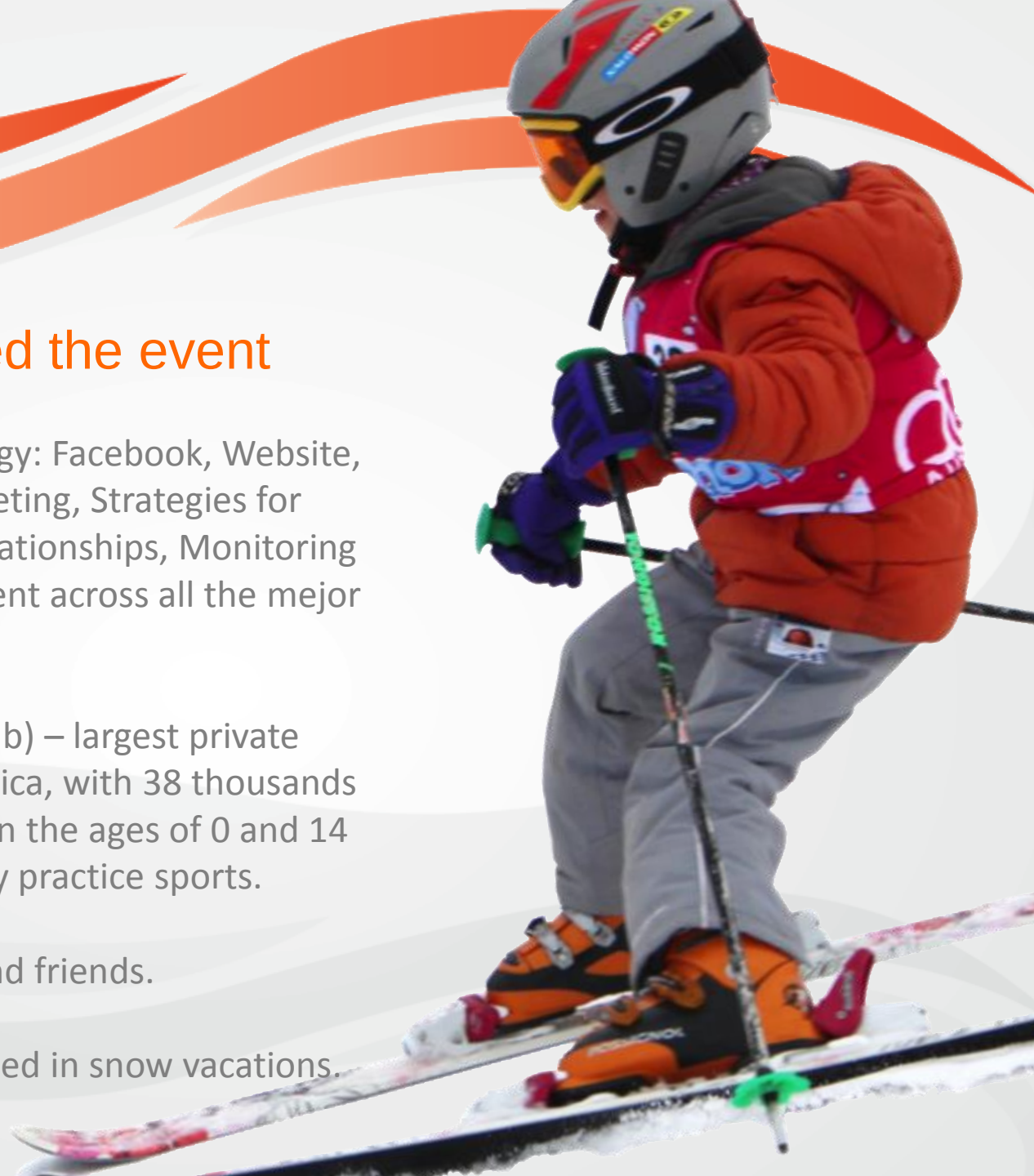
How we publicized the event

- Digital Marketing Strategy: Facebook, Website, Newletters, Email Marketing, Strategies for Building Loyalty and Relationships, Monitoring Activities and Engagement across all the mejor networks .

- ECP (Pinheiros Sport Club) – largest private sport club in Latin America, with 38 thousands associates, 16% between the ages of 0 and 14 (6.000 kids) who already practice sports.

- Some private schools and friends.

- Travel agencies specialized in snow vacations.



How we motivated families to participate

- Brazilians, in general, enjoy traveling in groups.
- Curiosity about snow: not only to see it but also to touch and feel it.
- The novelty of such event in South America.
- No fee to participate.
- Free gifts
- The ludic competition aspect of the event (Stream Race) was the deciding factor.

"The kids went crazy when I told them about the race".

Snowkidz

- ✓ Cocktail for the event openning
- ✓ Free Snowboard Classes
- ✓ Snowshoes Walking
- ✓ Snow Sculpture Contest
- ✓ Family and Individual Races
- ✓ Stream Race Kit (bag and mug), Medal, FIS Certificate and t- shirt of the event
- ✓ More than 1.000 Facebook likes

37 Children

US$ 50,000.00 Investment


snorkidz

Future Actions

GOAL 1 – SNOWKIDZ 2015

- One week event
- Each day a different activity
- Activities for newcomers
- New challenges to keep the participants of SnowKidz 2014

TARGET 100 CHILDREN

How?

- Offering ludic activities from the last SnowKidz: free snowboard classes, snowshoes walking and snow sculpture contest.
- Offering NEW activities: free ski/ snowboard freestyle and slopestyle classes.
- Other possibilities: cross-country and biathlon.
- Ski and snowboard family and individual races.

INVESTMENTS vs SPONSORS

- Maintain the Digital and Social Media Strategy: add Twitter, you tube , digital quiz/ contest
- Press support to publicize the event.
- Promotional action at ECP (Pinheiros Sport Club) and some private schools.
- All of the above to attract sponsors and supporters.

GOAL 2 – ROLLERSKI 2015

- Organizing rollerski events in Brazil with Leandro Ribela.
- The 1st Rollerski SnowKidz in ECP (Pinheiros Sport Club).
- Organizing three or four events anually.
- Buying 20 rollerski kits (rollerskis, boots and poles).

US$ 75,000.00 is the investment we need to achieve both goals

Special thanks to all sponsors and supporters who made the first SnowKidz event in Latin America possible.

FIS

Audi

snowtime

[2:d] Comunicação design

VALLE NEVADO SKI RESORT CHILE

Vesta Digital

CBDN

Like our facebook STREAM RACE

www.streamrace.com.br

Thank You!

Pedro Farromba (POR)

Portuguese Ski Federation

FIS Youth and Children's Seminar

FDI-PORTUGAL
FEDERAÇÃO de DESPORTOS de INVERNO de PORTUGAL

About Portugal

- Portugal is a country located in South-Western Europe, known by the good climate, beaches, great history and good food.

- Portugal has just one small Ski Station, in Serra da Estrela, the only mountain with snow in entire country.

- Portugal has two Dry Slopes, one in Lisbon and other in Serra da Estrela.

Our Strategy

- A few years ago, despite the lack of snow conditions, our team realized the Portuguese winter sports wasn't growing and developing as they should, so, we decide to change our strategy of working and way of thinking.

- Instead of focus all our attention to the Junior and Senior athletes, we decide give more importance to the youngest skiers, concentrating our efforts in help our kids learn and developing their skills.

- Since 2009, when we create the first programs entirely targeted for children, its possible to see the good results year after year.

- *Brincar na Neve* is the Portuguese translation of *Play in the Snow*. We chose that name because the program is not only about skiing and snowboarding, it's a way to know and feel all the fun and joy that snow can offer.

- This is the oldest children program in Portugal, in 2015 we will start the 7th edition.

- It's a program intended to kids between 6 and 10 years old, that consists in follow the children during 4 weekends, over the season, to teach them to skiing.

- Since *Play in the Snow* was started, we initiated and teach more than 250 kids to do ski and snowboard.

- After the first editions of *Play In The Snow* we realize that some kids will need to keep working and developing their potential skills.

- We chose some of the most talented children we identify at *Play In the Snow*, and invite them to participate in this program.

- The aim of *BN'Pro* is work with kids to prepare a possible future inclusion in junior national teams.

- *BN'Pro* works like Play in the Snow, but we start teaching some technical aspects to prepare the kids to start competing.

- In 2011 we start working directly with local schools, after two years developing our work strategy and processes we decide to take the next step.

- This year we start a new program named SKI 4 ALL, the aim of this project is put 1000 school kids to skiing.

- With support of Portuguese Government and the multinational Pizza Hut we are now giving the opportunity of many kids have their first ski experience for free.

International prospecting

- Some countries with a big tradition in snow sports like France, Switzerland, USA, Canada and Germany have large Portuguese communities, so, one of our biggest efforts was identify and establish good relationships with those immigrants communities.

- Since we start working with those communities we were able to identify some young athletes with big potential and introduce them in you national teams.

- In last years we improved our performance in several international competitions, not only because of the inclusion of new athletes, but also because this good relationship with Portuguese communities allow us provide better conditions and new places for training to Portuguese athletes who live in Portugal

Competitions

- We know healthy competition is an important motivation for young people, so we decided to create some races just for kids.

- This races are not just important to promote our sports and give to the kids a chance to show what they learn, it's a good way to promote our sport facilities, like dry slopes.

- A huge part of the participants in programs like *Play in the Snow* and *BN'Pro* are participating in this races, by the good results they accomplish a lot of them are recruited to join to the clubs.

Some Results

- Since 2009 our athletes with ages below 14 years grew by 150%

- In 2014, 35% of the young competitors at national championships has participated, at least one time, in FDI-Portugal teaching programs.

- This season some of the first kids that participate in *Play in the Snow* will compete, for the first time, in FIS Races.

- In U14 and U16 Nacional teams, more than 60% of the athletes participate, at least one time, in FDI-Portugal teaching programs.

- In 2012, Andrea Bugnone won the first Portuguese medals in any international competition (Borrufa)

- In 2014 Portugal qualify, for the first time, two athletes for the Olympics at Alpine Skiing.

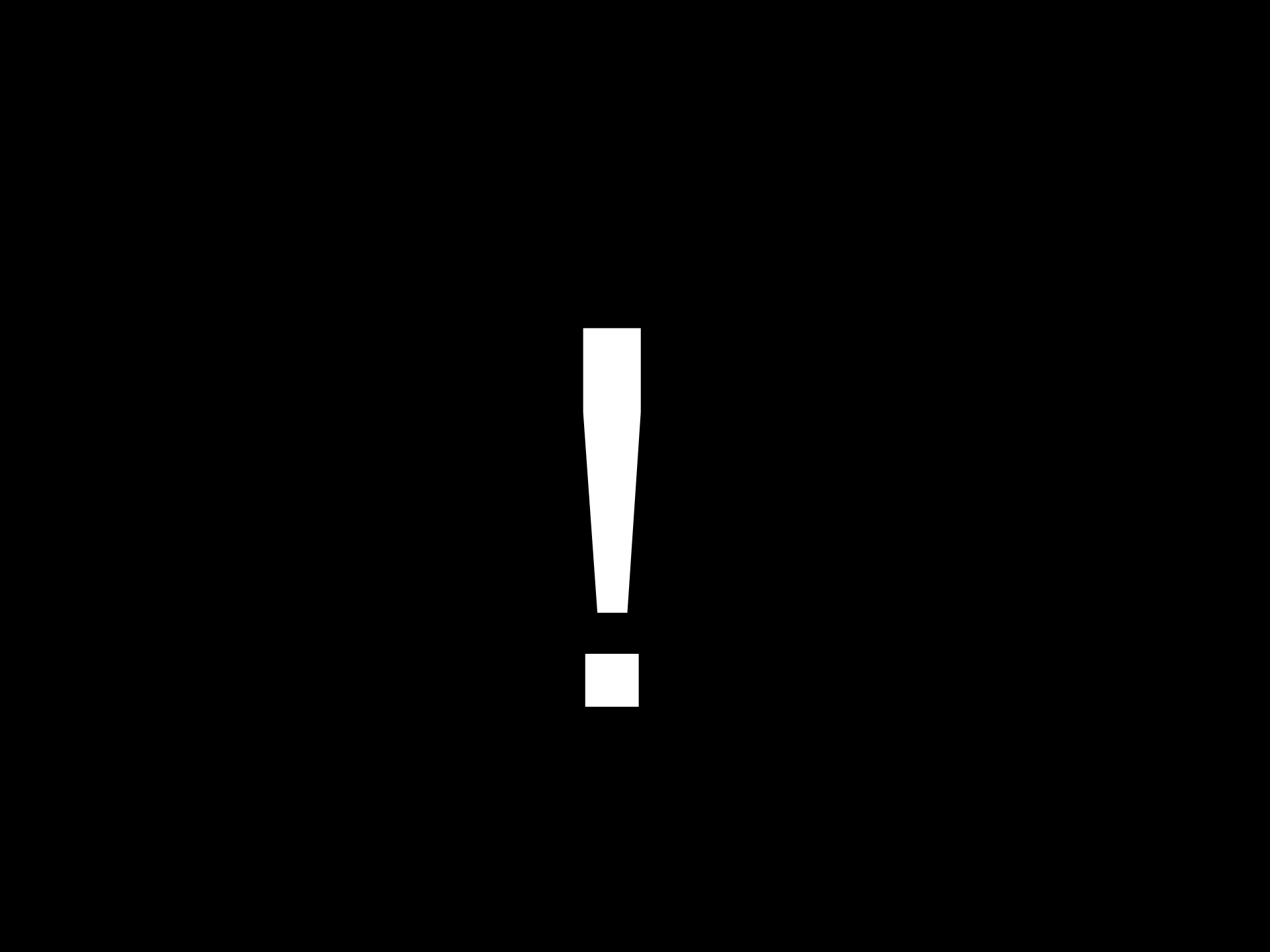
Thank You

The People

Choose One










Let’s Bring Children to the Snow together

Thank you

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

PROGRAMME

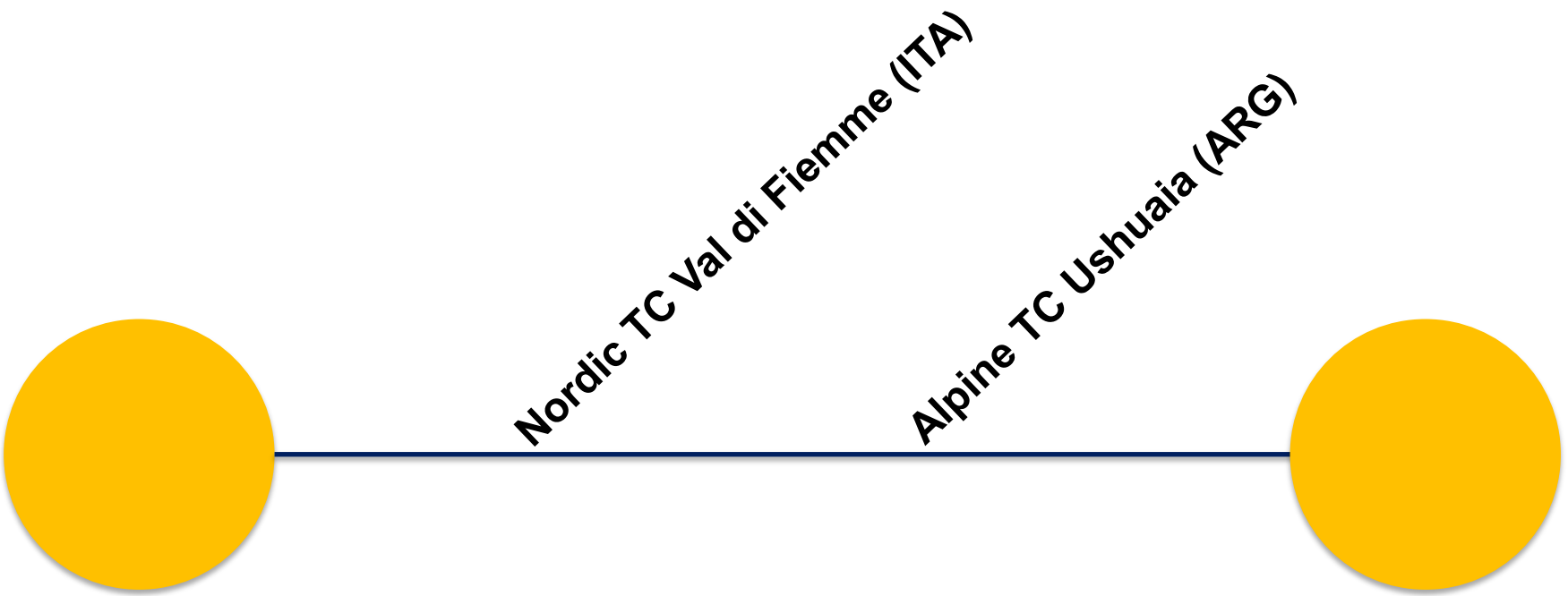
Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

Julia Raths

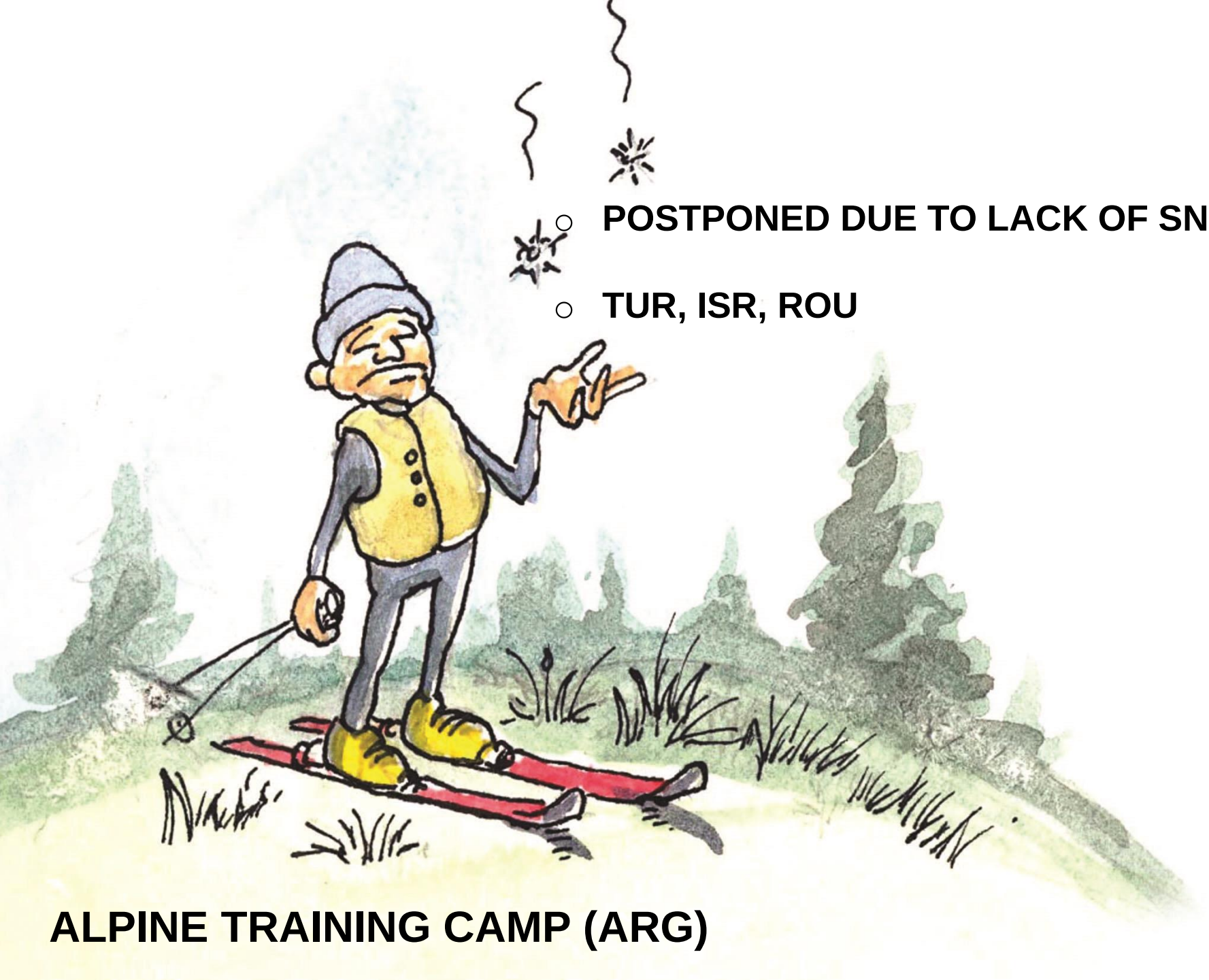
Coordinator FIS Development Programme

FIS DEVELOPMENT PROGRAMME SUMMER ACTIVITIES



NORDIC TRAINING CAMP (ITA)

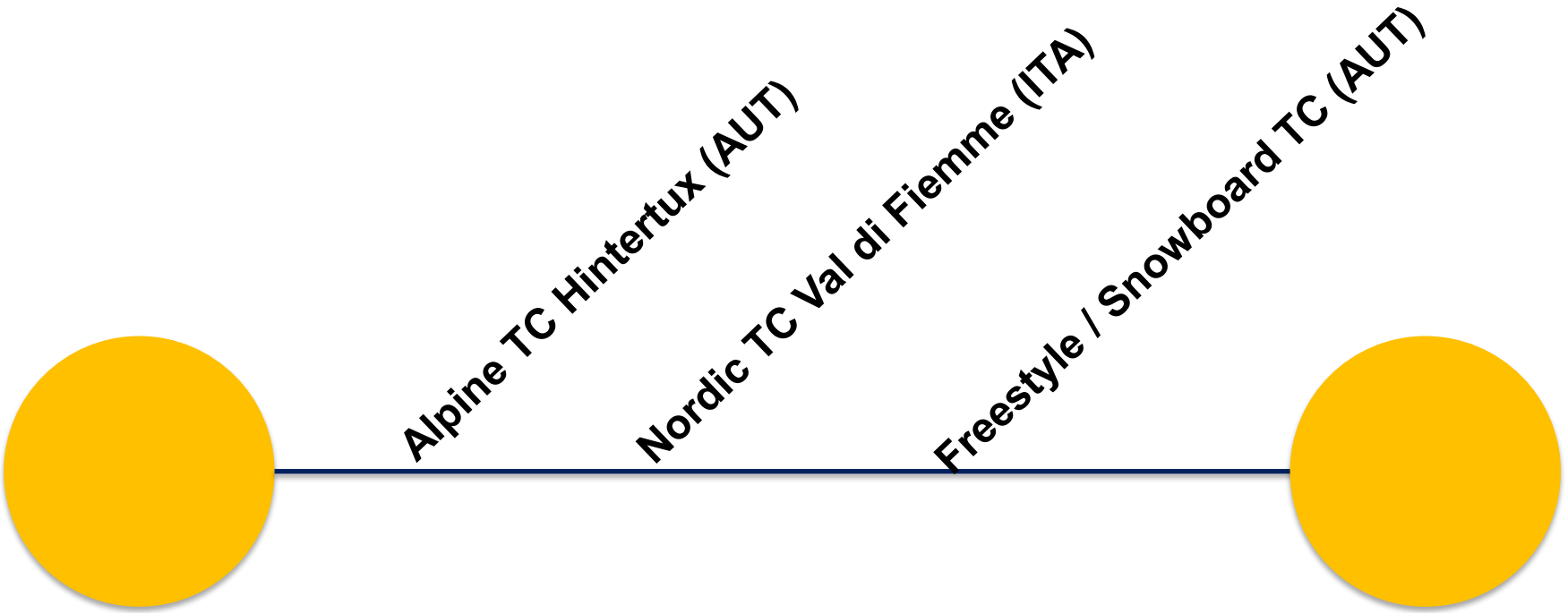
- INCREASED NUMBER OF PARTICIPANTS FROM 50 TO 75
- 13 NATIONALITIES



- POSTPONED DUE TO LACK OF SNOW
- TUR, ISR, ROU

ALPINE TRAINING CAMP (ARG)

FIS DEVELOPMENT PROGRAMME WINTER ACTIVITIES



FREE TRAINING DAYS 2014 / 2015

The National Ski Associations and the Organisers will be informed of the allocation by **24th October 2014**.

LEADERS SEMINAR

2002	Kiew Ukraine (NSA-Seminar)
2003	Minsk (BEL) /Snow Seminar (CYP)
2004	Kiew (UKR)
2005	Tessaloniki (GRE)
2006	Bucharest (ROU)
2007	Bansko (BUL)
2008	Interlaken (SUI)
2009	Lausanne (SUI)
2010	Bratislava (SVK)
2011	Budapest (HUN)
2012	Yerevan (ARM)
2013	Zurich (SUI) / Y&C
2014	Barcelona (SPA)

2015 Vilnius or Druskininkai, decision: Working Group


Contact: raths@fisski.com

PROGRAMME

Long Term Development of Young Athletes

08:30	Welcome / Introduction – Sarah Lewis & Josef Zenhäusern	
08:45	Long Term Athlete Development – Ron Kipp	
09:45	Coffee Break	
10:15	Coaching and Psychology – Hedda Berntsen	
11:15	Concussion – Dr Jenny Shute	
12:15	Lunch	
13:30	Bring Children to the Snow	– Andrew Cholinski
	Guest Speakers	– Claudia Albuquerque (BRA) – Pedro Farromba (POR)
15:10	Round Table with Speakers from the morning	
15:30	Information on FIS Development Programme – Julia Raths	
15:55	Summary and Conclusions – Ken Read	

Ken Read

Chair FIS Coordination Group Youth & Children

THANK YOU!