



**FIS Conference  
„How to bring Youngsters on snow“**



**Bucharest (Rumania)  
26.11.2004 – 28.11.2004  
Hotel Crown Plaza**

INTERNATIONAL SKI FEDERATION  
Aid & Promotion Programme

# **FIS Conference**

## **„How to bring Youngsters on snow“**

### **1. Targets:**

- The conference will provide “how to” solutions and suggestions for the promotion of snow sports for kids (5 – 11 years old)
- Snow & Fun, we would like to give advice for new kind of competitions
- Participants in this conference should be persons involved in the work with Youth and Children projects within National Ski Associations.

### **2. Place/Date:**

Bucharest, 26.11.2004 – 28.11.2004, Hotel Crown Plaza

### **3. Programme:**

Friday , 26.11.2004

- Arrival of participants at the Crown Plaza Hotel
- Welcome Cocktail and Buffet at the Hotel

**80 Years of Rumanian Ski Federation:**  
**Speech of Milan Jirasek, Council Members of FIS**  
**Speech of the President of Rumanian Ski Federation**

### **Saturday, 27.11.2004**

Please note, the conference will be conducted in English only.

0900	Welcome by Paul Michaelides, Chairman Working Group Aid & Promotion
0915 - 0945	Why FIS is promoting snow sports for kids ? (Milan Jirasek, Council Member of FIS)
0945 - 1030	Snow& Fun Prof. Rolf Carlson, Sweden
1030 - 1100	Coffee Break
1100 - 1145	Fitness for kids Mag. Arno Staudacher, Austria
1145 - 1215	Questions to the speakers
1215 - 1400	Lunch at the Hotel Crown Plaza
1415 - 1500	How does a Lowland organize his Youth programme Marcel Looze, Netherlands

1500 - 1545	Visions of new competitions for Youngsters Harald Schönhaar, Chairmen FIS Committee for Youth& Children
1545 - 1615	Questions to the speakers, conclusion/summary
1900	Dinner

### **Sunday, 28.11.2004**

- Special Programme by Rumanian Ski Federation
- Departures

### **4. Costs**

The costs for accommodation, transfer airport-hotel-airport (no flights!) and official dinners from 26<sup>th</sup> November -28<sup>th</sup> November 2004 will be covered by FIS for 1 participant per National Ski Association.

### **5. Organisation**

The conference is organised by the Working Group Aid&Promotion and the FIS Committee for Youth and Children together with Dr. Josef Zenhäusern, Consultant Aid&Promotion FIS and Madeleine Erb, Secretary to the Secretary General of FIS

### **Contact/Information:**

#### **International Ski Federation**

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## **Why FIS is promoting snow sports for kids?**

### **1. The FIS Aid&Promotion Programme, FIS Solidarity**

Last year FIS was able through its Aid&Promotion Programme for National Ski Associations of developing countries in terms of skiing, to invest approx. 1.2 million CHF out of candidacy fees from World Championship venues to a total of 48 National Ski Associations.

As part of this Aid&Promotion Programme 45 National Ski Associations also received direct financial support to finance individual training courses and to purchase technical equipment. Besides this, the National Ski Associations have been offered around 1000 free training days for their athletes at the Candidate sites for the 2009 FIS World Championships. Numerous FIS training and development seminars have been held for various disciplines over the last 2 years.

As an additional help, I would like to mention the FIS Solidarity Programme. Only for this year the council accepted applications to purchase skis for youngsters, support for training programmes for young skiers, etc. for about CHF 100 000.--

### **2. Why special programmes to bring Youngsters on snow ?**

Due to climatic conditions, winter sports are limited to a part of the world. As an example, we know that the Winter Olympics have only half of the participant countries than the Olympic Summer Games.

- The advancement in transportation, geographical distance and climatic limitations become less significant, and the economic conditions are improving, so is it up to FIS that more countries can enjoy winter sports and skiing and we have to start in this countries by convincing young people to ski.
- To bring young people on snow, is for FIS like a long term investment, is thinking about our own future. We have to create our ski sport not only for the today's competitors, but we have to think about new training methods, about new competitions for the young population.
- This is also the target of this Seminar in Bucharest, to find new solutions, how we can promote skiing for Youngsters especially in the so called emerging countries, where kids are often hanging around and not even playing football. Only those who think about their future will have one. Mr. Sony (Akio Morita ) said: We must all be willing to find new approaches, to go down new paths and promote new trends and dare to think new thoughts. Only then we can be successful.
- Just as an example, the "Dream Programme" of Korea: Dream Programme is designed to let young athletes (11-15 years old) from countries with warmer climates experience the thrill of winter sports by inviting them to Gangwon Province and giving them opportunity to participate in winter sports as well as to enjoy the tradition and culture of the country. Around 100 boys and girls from countries like Argentina, Bulgaria, Greece, China etc. enjoyed this invitation and got familiar with the winter sports.  
When we will have a champion out of this countries or out of your countries, then we can start to speak, that skiing is really a world-wide exercised sport and not only in the so called alpine countries like Austria, Switzerland and Skandinavia.

### **3. 2005 the Year of Sport of the United Nations**

In 2003 the United Nations General Assembly adopted a resolution on Sport as a mean to promote education, health, development and peace, declaring 2005 the International Year of Sport and Physical Education.

Also the FIS as a member of the Olympic Family will do special efforts to raise awareness among young athletes of the concomitance between education in Olympic values and learning sporting techniques.

As a FIS Council Member I would like to thank the working group of Aid& Promotion and also the speakers.

This Seminar is exactly the kind of initiative the FIS wants to foster, and I would like to express my warmest gratitude to the organizers.

24.11.2005 Milan

# Snow & Fun

- a policy proposal in the work with children and youth



FIS Youth and Children's Committee  
Youth and Children Development Group

Rolf Carlson, chair  
Ingrid Christophersen  
Tove A Fuglem  
Diana Haight-Arn  
Roman Sturm

FIS, Miami 2004

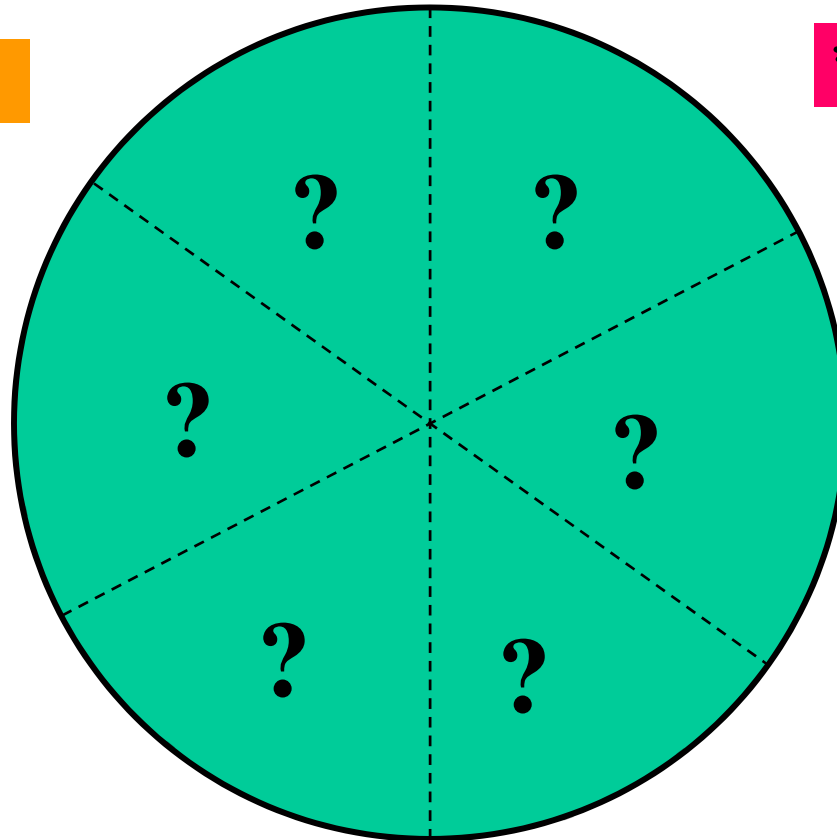
FIS Conference "How To Bring Children and Youth on Snow", Bucharest Nov. 27, 2004

Rolf Carlson, PhD, [rolfc@svensksnowboard.se](mailto:rolfc@svensksnowboard.se)

# The Development of Talent...?

\* Inheritance

\* Environment



\* Interaction

# Trofeo Topolino



43rd winter event 2004

Walt Disney Corp.

Snowboard 1998

"Youth World Championships"



## The riders

\*competitive

\*multisport involvement

\*social



# Results

58% boys, 66% girls multisport involvement

Soccer and alpine skiing dominant debut sports in both sexes

40% boys, 23% girls had sponsors



72% boys, 67% girls most friends in sport

40% joined sport clubs before the age of 7

70% boys, 72% girls dropped out

76% girls, 60 boys apt to win

22% early born, 17% late born

# Purpose

- \* FIS strategy
- \* Basic guidelines
  - participation standards
  - leadership
  - talent development
  - athletic performance

04. LÄNGDÅKNING



# Children's needs and expectations

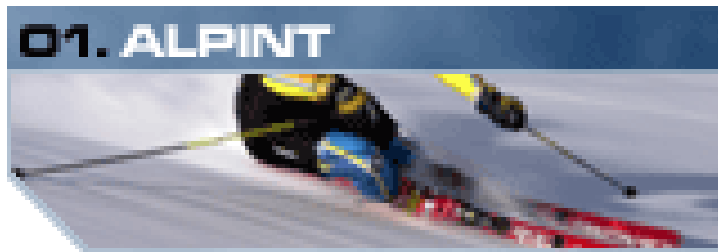
Have fun

Motivation

Social context

Personal skills

Motor learning



Individuals

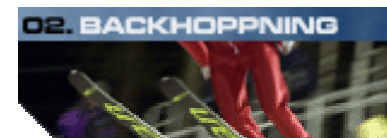
# Sport Clubs and leadership

- \* Club policy
- \* Leadership strategy
- \* Parents



# Ethics and moral standards

- \* Social interaction and behaviour
- \* Respect for others
- \* Competition and training
- \* Drugs



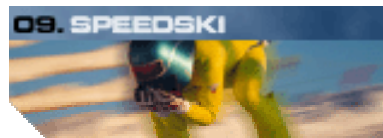
# Training and motor learning

Basic movements

Neighbourhood playgrounds

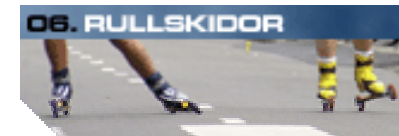
Variations in physical growth

Continuity in leadership



# Recruitment

- \* Compulsory school
- \* Community support



# Your sport club

- \* Local leader- and coach education
- \* Youth as leaders



**Thank you all!**





# Physical Training in Alpine Ski Racing

particularly for junior racers

Mag. Arno STAUDACHER

# Aims of physical training

- Increase in performance capacity = aspect of increasing performance
- Maintenance of physical health = preventive aspect



# Increase in performance

There is no relevant correlation between training volume and performance ability.

The training volume can only explain 9% of the differences of performance!

EHRICH/PITSCH 1998



**The quality of the training is decisive!**



# Everyday Idea – long-term development

- The building up of the training has to be planned in a long-term way! In the so-called „Anschlußtraining“ (contact training), all skills up to the individual limits must be developed, in order to catch up with the world's best ski racers.
- This is just possible, if the basis is already approached in childhood and adolescence.
- If you have to make up fundamental skills in adolescence, you can lose 1-2 years!





# Commonplace Theory

„Bad physical condition can be compensated by excellent technique and vice versa,“ is not applicable to alpine skiing!

Rather with today`s ski material a proper technique can only be developed on the basis of good physical qualification!

technical skills

psychological conditions

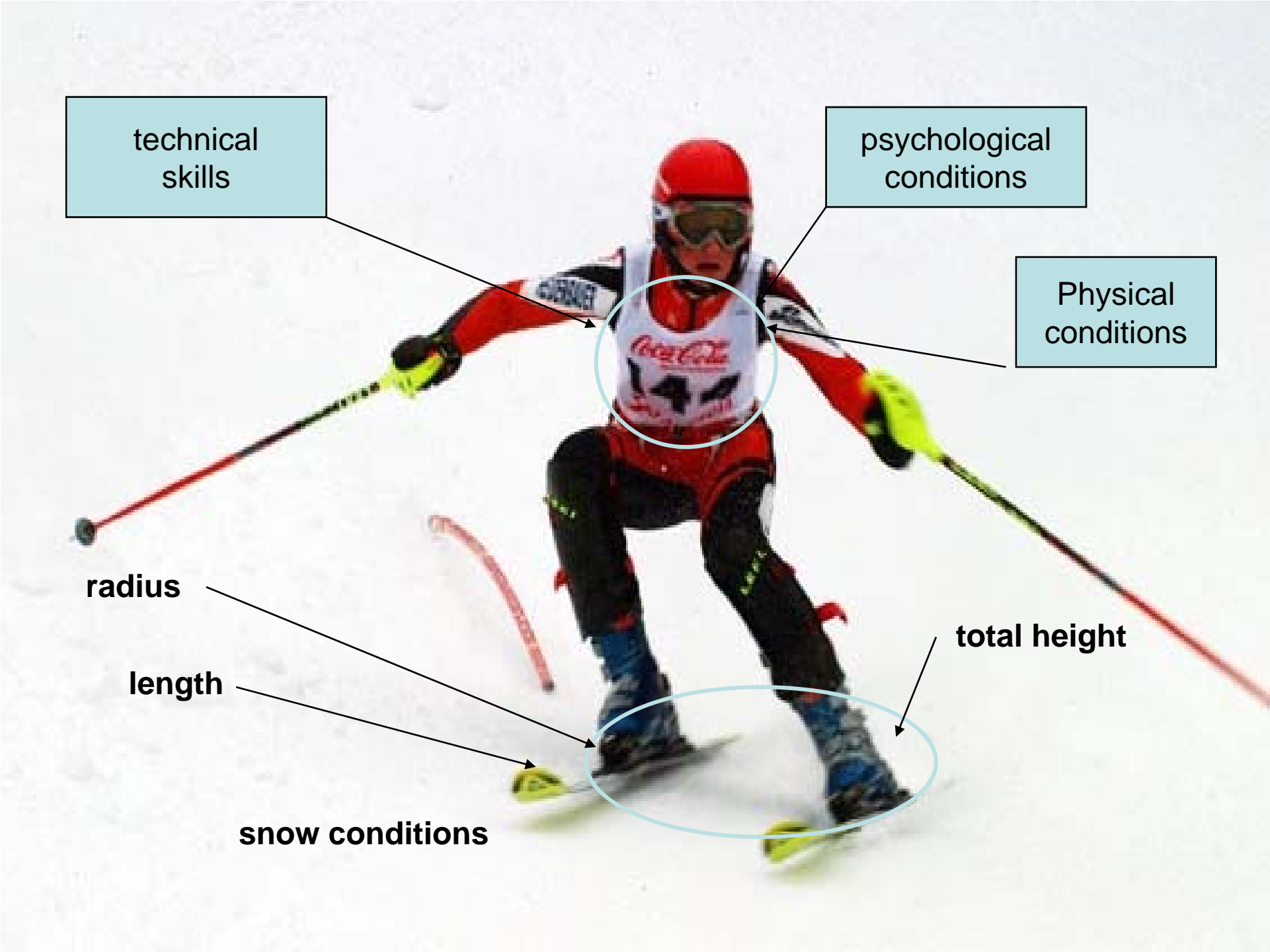
Physical conditions

radius

length

total height

snow conditions



# Coordinative orientated physical conditioning

- STRENGTH
- SPEED
- BALANCE ABILITY but also with
- ENDURANCE and FLEXIBILITY
- COORDINATION PLAYS A DECISIVE  
ROLE!

# IMPORTANCE OF MOVEMENT COORDINATION

- Improved motor learning ability
- More economical movement – that means sparing metabolism



# Fundamental Methods

- Variation is the central aim
- Repeat without repetition
- Experience of contrast

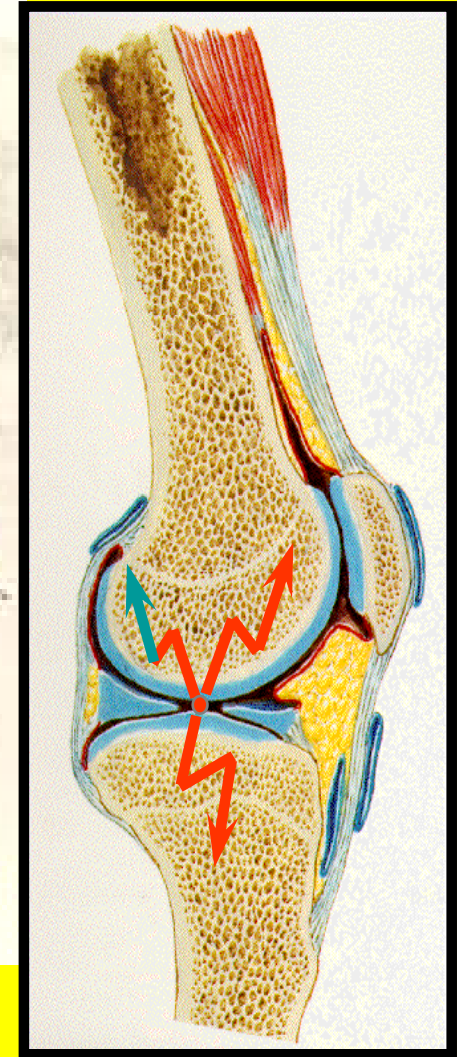


**new  
generation  
of ski racers**



**Higher outer forces**

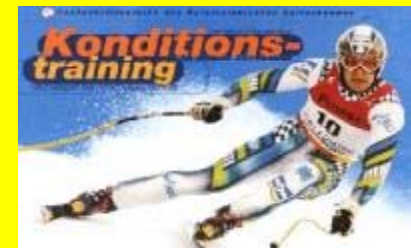
!!!! STABILITY OF LEG AXIS IN PERIODS OF GROWTH !!!!



Prophylaxis of injuries ??



# TOTAL BODY STABILITY



# **Significance of complex strength**

**Skiing sport is gradually developing to a strength sport because of the strongly carved skis and the elevating plates. As a result, the requirements in fitness training are changing.**

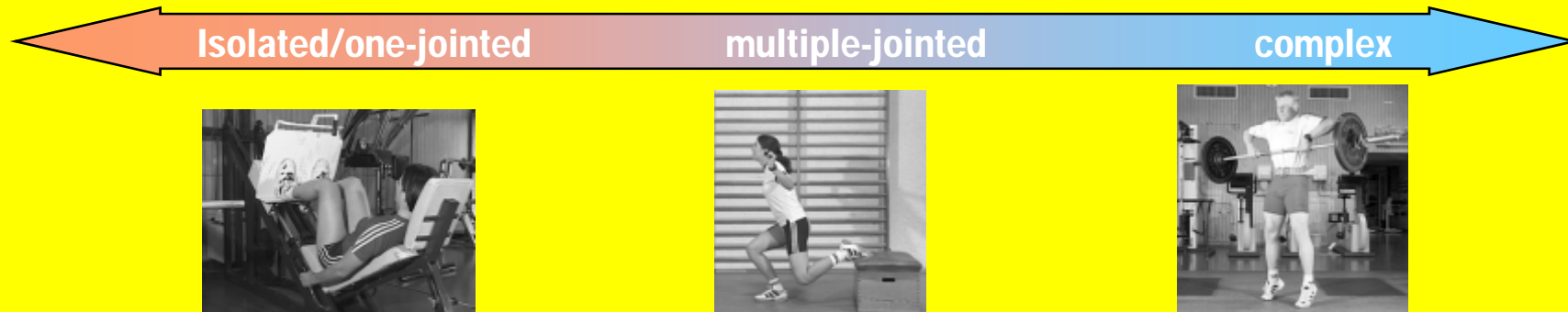
**A thick thigh is not sufficient for the specific forms of strength required with skiing (such as explosive strength or strength endurance).**

**Furthermore, skiing strains the total body. Therefore, corresponding forms of training must be applied (e.g. basic squats).**

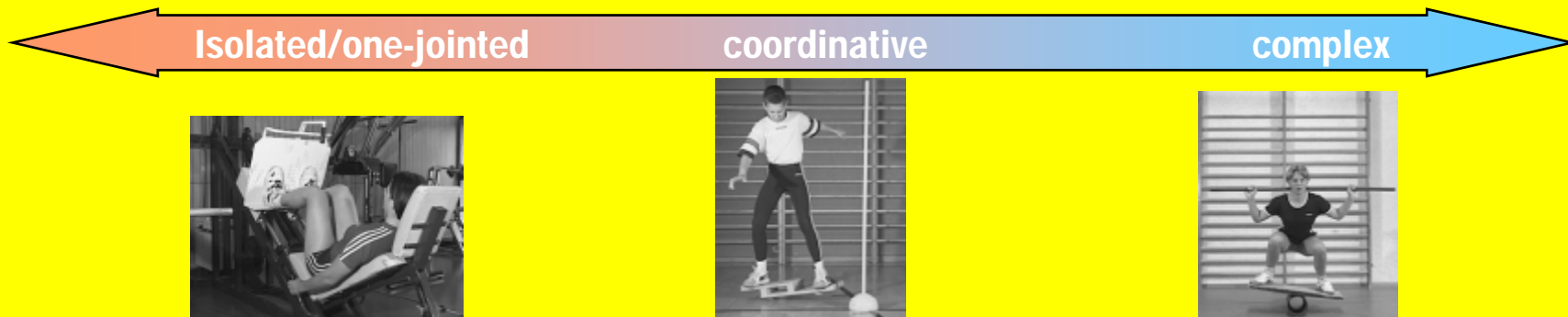


# Central Idea – Complex Strength

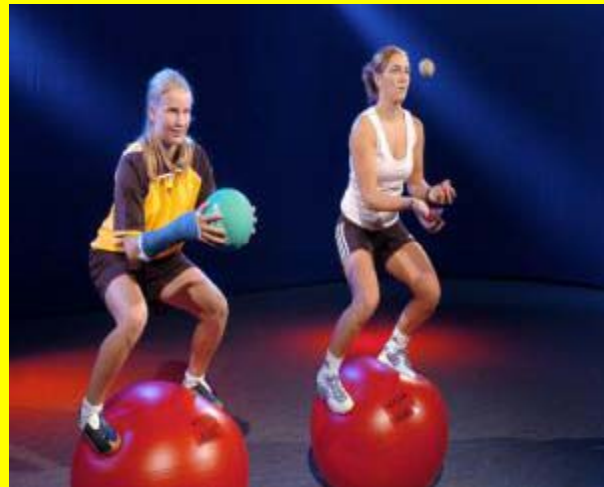
## Exercise Complexity



## Coordinative requirements



# Techniques to stabilize the leg axis



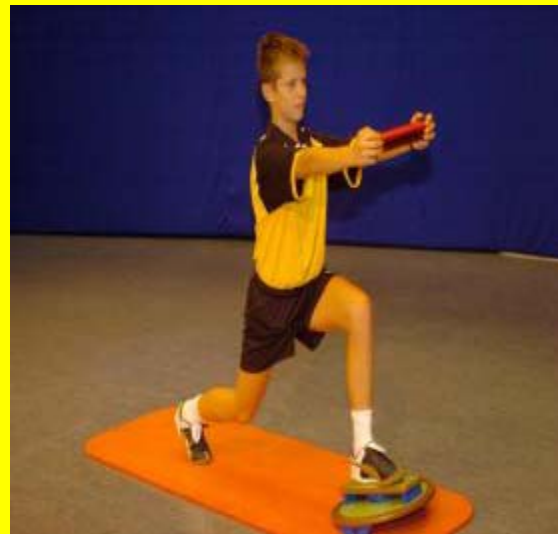


# FLEXIBAR

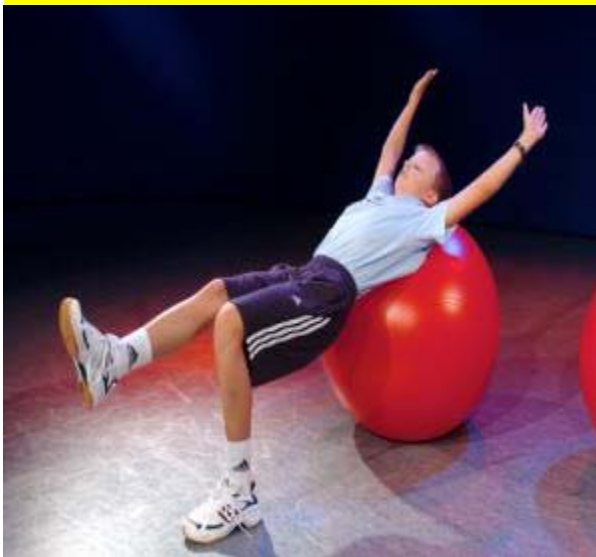




# AUSFALLSCHRITT

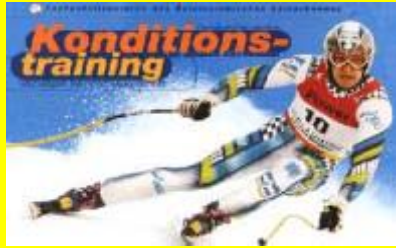


# Trunk Training



# Mobility

- Dependent on the mobility in the joint itself and the stretching ability of the muscular system
- Shortened musculature provokes muscular dysbalances and even inflammations



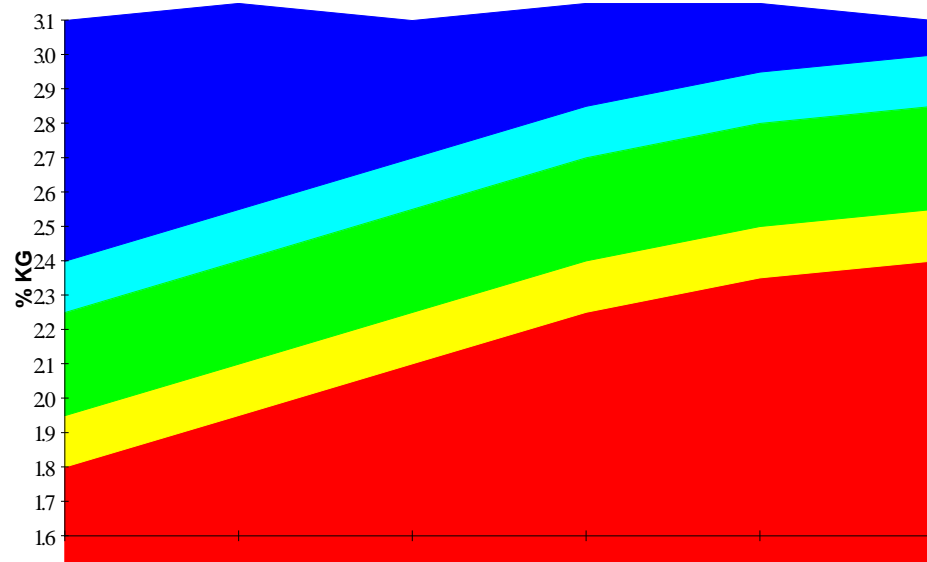
# DEFICIENCIES

- Strength of the trunk - especially the straight musculature of the back
- Strength training technique: squat and jumping techniques
- gymnastics
- Flexibility – functional muscle tests

# 10 sport motor tests standardized with tests with 800 pupils

- Hurdles Bumerang Test
- Jump and reach
- Stand and reach
- Standing long jump
- Gattertest

- Abdominal test
- Back test
- 45 sec. Jump
- Cooper test
- Stabililizing - Flexibility



# NORM FIGURES

Jahre	14	15	16	17	18	19
sehr gut	2,41 u. mehr	2,56 u. mehr	2,71 u. mehr	2,86 u. mehr	2,96 u. mehr	3,01 u. mehr
gut	2,26 - 2,40	2,41 - 2,55	2,56 - 2,70	2,71 - 2,85	2,81 - 2,95	2,86 - 3,00
befriedigend	1,96 - 2,25	2,11 - 2,40	2,26 - 2,55	2,41 - 2,70	2,51 - 2,80	2,56 - 2,85
genügend	1,81 - 1,95	1,96 - 2,10	2,11 - 2,25	2,26 - 2,40	2,36 - 2,50	2,41 - 2,55
nicht genügend	1,80 u. weniger	1,95 u. weniger	2,10 u. weniger	2,25 u. weniger	2,35 u. weniger	2,40 u. weniger



**THANK YOU**



# Nederlandse Ski Vereniging



## How does a lowland organizes her Youth programme

The example of The Netherlands



Nederlandse Ski Vereniging



# Marcel Looze

## Technical Director



September 25, 2004



# Outline of this presentation

1. Some figures
2. Organisation
3. Focus
4. Development Programme
5. Communication





# Figures about snowsports in the Netherlands

- |                              |            |
|------------------------------|------------|
| - Inhabitants                | 16.000.000 |
| - Snowsporters               | 1.200.000  |
| - Highest Dutch “Mountain”   | 321 m      |
| - Distance to the Alps<br>km | 800-1.000  |





# Figures about the Dutch Ski Federation

- Members 137.500
- Clubs 60
- Indoor Slopes 6
- Total Budget Euro 5.000.000
- Sport Budget Euro 1.000.000
- Paid Staff 45 persons / 30 FTE
- Founded 1927





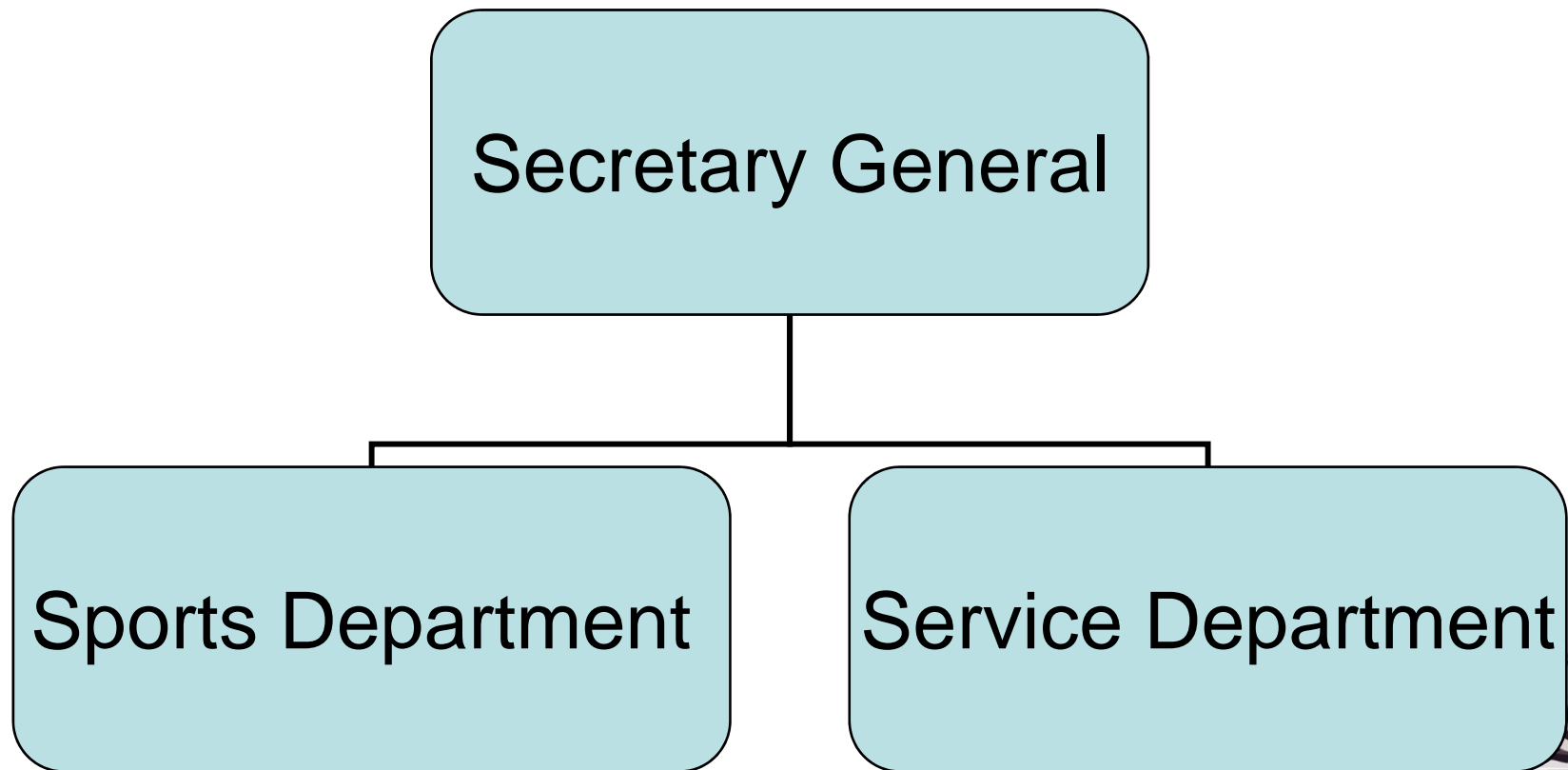
# Mission

“The Netherlands Ski Federation is *the* national organization for snowsporters, that wants to **stimulate** as many Dutch people as possible to engage in snowsports in a **responsible** and **enjoyable** way.”





# Internal organization





# Service Department

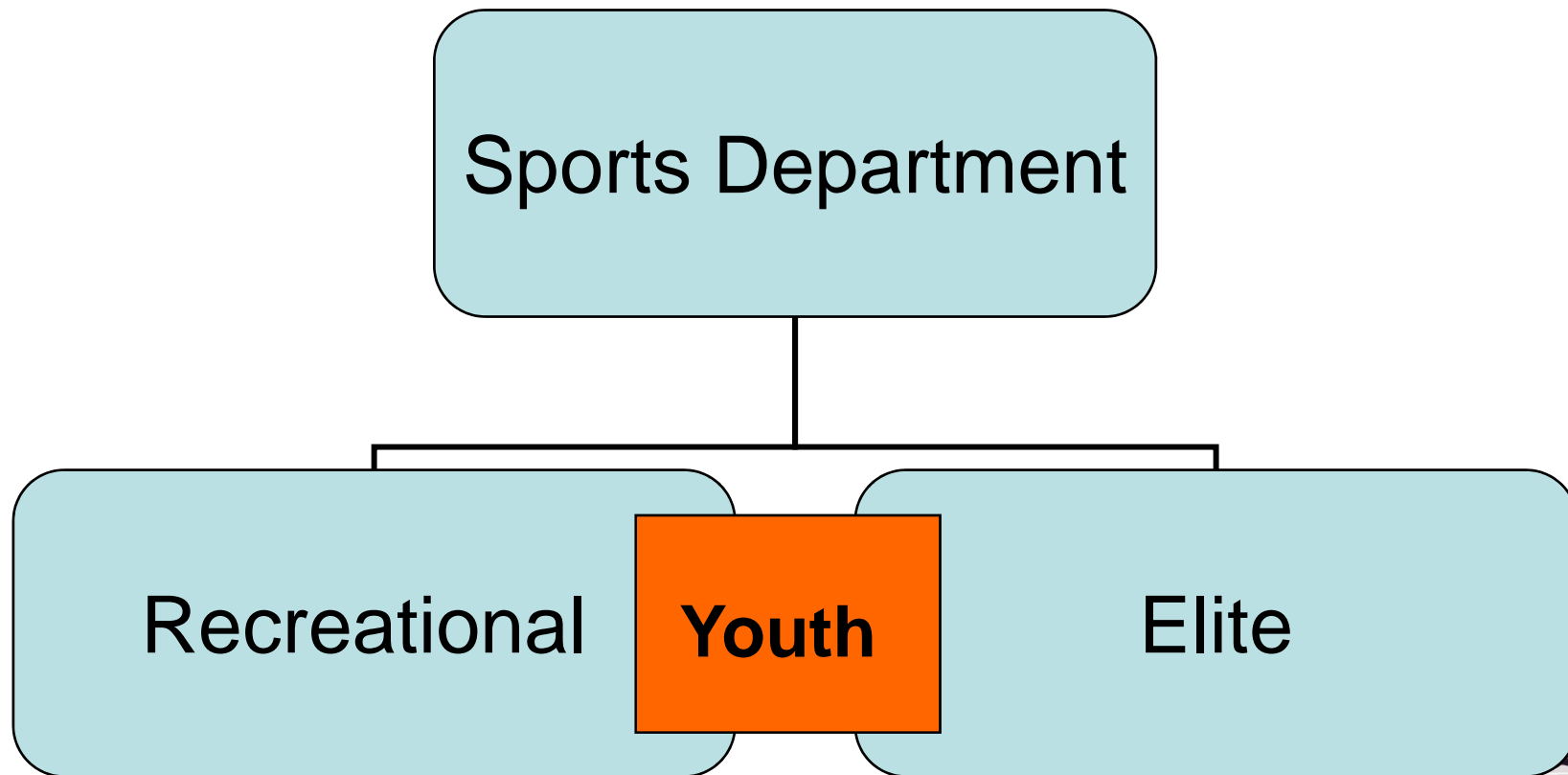
- Travel insurances
- Information products
- Special offers and discounts for members







# Sports Department





# Recreational Sports

Focus:

- Education
- Account management
- Internal organisation
- Organizing National Events and Races





## Events and Races

- National School Championships
- Regional races
- Kids cups (national and international)
- National Championships

! Rental possibilities

! Team races

! In Alpine, Snowboard, Rollerski and Biathlon





# Events and races





# Elite Sports

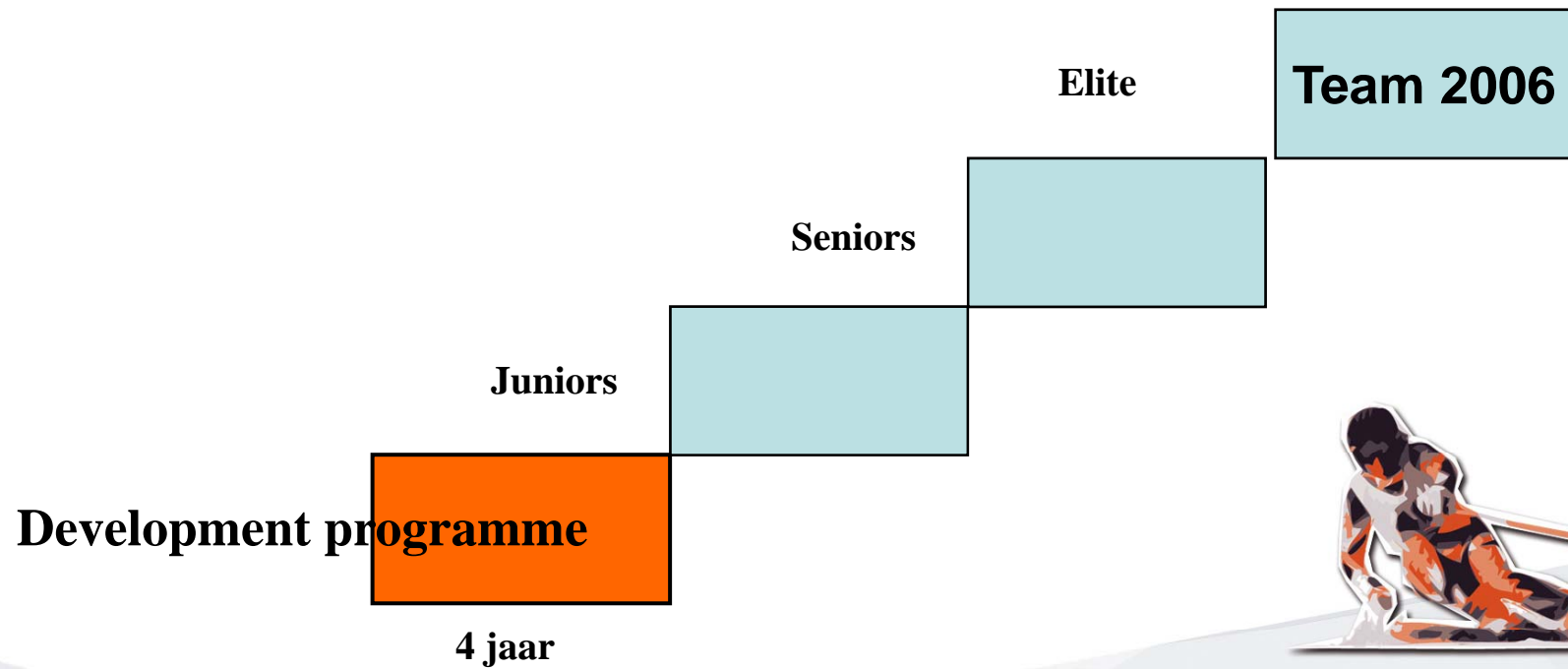
## Focus:

- Apoint focus (14 disciplines, focus on 4)
- Organize training programme for National Team
- Take part in big Events (World Championships)
- Long term vision (Top Sport Cycle)





# Top Sport Cycle





# Development Programme

Focus:

- Athlete centered
- Cooperation (school, clubs, etc.)
- Decentralization (action on the spot)
- Quality (criteria)





# How I

Projects in all disciplines the same:

- Development of Coaches
- Extra Training and information
- International Children Races
- Scouting







# Coaches development



September 25, 2004



# Extra training project







# International Races





# Scouting Project



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## How II

### Multidisciplinary event Talent Games

- Snowboard, ski jumping, alpine, freestyle, biathlon
- Once per Year on a indoor slope
- 200 kids in between 8-12
- New members, talents (75%)

Goal 2005: TG on 2 or more places on the same time







# Talentgames



Nederlandse Ski Vereniging



# Talentgames



September 25, 2004



## How III

### National Championships

- Organized in Austria, Ski Amade
- Parent programme
- Coach programme
- Visitor friendly







# Challenges

- Bigger share of potential
- Talents longer active
- More talents in the national team





# Communication

- Ski Magazine (6)
- Snowboard Magazine (2)
- Boardnews
- SnowLife (1)
- Several smaller publications
- [www.wintersport.nl](http://www.wintersport.nl) and related sites





# How

- Interviews with Talents in our magazines
- Review of trainingcamps, clinics and races
- Free weekly newspapers
- TV





# Communication







# Communication

Nederlandse Ski Vereniging



## NK scholieren alpine & snowboard

**Voorronden 22 januari 2005**  
Op de outdoor banen van: Bergen, Bergschenhoek, Dordrecht, Huizen, Maastricht, Soesterberg, Uden & Wezuperbrug.

**Finale 12 maart 2005**  
Skibaan Skiclub Soesterberg

**Voor informatie:**  
Bergen, Il Primo: (072) 589 50 84  
Bergschenhoek, Ski & Skatecenter Bergschenhoek: (010) 522 07 55  
Dordrecht, Skibaan Dordrecht: (078) 621 03 56  
Huizen, Wolfskamer: (035) 526 17 09  
Maastricht, Dousberg: (043) 347 03 56  
Soesterberg, Skibaan Skiclub Soesterberg: (0346) 35 26 74  
Uden, De Schans: (024) 677 15 11  
Wezuperbrug, Skibaan Wezuperbrug: (0599) 25 53 18 (opms snowboard mogelijk)

[www.wintersport.nl](http://www.wintersport.nl)



Nederlandse Ski Vereniging



## Talent Games '04

Tussen de 8 en 12 jaar?  
Gek van wintersport?

Schrijf je in voor de  
**Talent Games '04**  
zaterdag 30 oktober  
SnowWorld Zoetermeer  
kijk op [www.wintersport.nl](http://www.wintersport.nl)





# Conclusion

Dare to Dream \_

Good leadership

Find the money

Communicate well and



Nederlandse Ski Vereniging



# Have fun



September 25, 2004

**FIS Conference**  
**”How to bring Youngsters on snow”**  
**Bucharest, Romania 26-28.11.2004**

**Visions of new competition for youngsters**

**Harald Schönhaar**  
**Chairman FIS Youth & Children Questions**  
**Committee**



## **FIS Sports**

- Cross-Country
- Jumping
- Alpine
- Snowboard
- Freestyle
- Nordic combined

## Alpine/Snowboard

3 combined

Judging/Measurements

- 1) Halfpipe one ride/run  
(for alpine skiers and snowboarders)      trickjudging
- 2) Giant Slalom one run (15-20 Gates or  
cones)      timing
- 3) Skier/Boardercross (30-40sec)      timing

## Timeschedule:

assuming 60 competitors

Halfpipe (morning, 1 minute)	60 minutes
Giant Slalom (afternoon, 1 minute interval)	60 minutes
Skier/boardercross (afternoon)	<u>60 minutes</u>
<b>Total</b>	<b>180 minutes</b>

## Alpine/Freestyle

3 combined

1) Geländesprung

(distance 10-15 meters)

trickjudging

2) Moguls (20-25 sec, 1 Jump)

trickjudging/timing

3) Slalom (20-25 Gates)

timing

## Timeschedule

assuming 60 competitors

Geländesprung (morning)

90 minutes

Moguls (afternoon)

60 minutes

Slalom (afternoon)

60 minutes

**Total**

**210 minutes**

Alpine/nordic

3 combined

- 1) 2 Km x country run timing
  
- 2) Skijump (20 meter)  
(Jumping or alpine ski) judging/distance
  
- 3) Giant Slalom (1 run 35-40 sec.)  
(25-30 Gates) timing

## Timeschedule

assuming 60 competitors

2 Km Cross-Country  
(morning, 1 minute interval)

60 minutes

Skijump (afternoon)

90 minutes

Giant Slalom (afternoon)

60 minutes

**Total**

**210 minutes**

Superevent (competition including all FIS Sports)

this will be a two day event

- 1) Halfpipe (snowboard) trickjudging
- 2) Jumping (30 meters, jumping skis) judging/distance
- 3) Moguls (Freestyle, one jump) trickjudging/timing
- 4) Giant Slalom (Alpine, 20-25 Gates) timing
- 5) Cross-Country run (2 Km) timing



## Timeschedule

assuming 60 competitors

### **1.Day**

Cross-Country (30sec. interval)	9:30	30 minutes
Jumping (1 minute interval)	11:00	60 minutes
Halfpipe (2 minutes interval)	13:30	120 minutes

### **2.Day**

Giant Slalom (1 minute interval)	9:30	60 minutes
Moguls (1 minute interval)	11:00	<u>60 minutes</u>
<b>Total</b>		<b>330 minutes</b>