



NZSIA SKI Race One Course Outline 2016

The NZSIA qualifications are recognised internationally as some of the best in the world. The NZSIA Examining Team comprise the most talented Ski Trainers in New Zealand and it is our job to make sure you as the candidates have the best possible shot at successfully completing this course.

We aim to provide a fun, friendly educational environment that is non-threatening. If you have any problems with another candidate or your examiner don't hesitate to approach me personally.

The following information is important, keep it handy during your course.

What you need to bring everyday:

- Your skis and boots. These should be well maintained and tuned. Have these kept off the mountain during the course in case of a change in ski area due to weather.
- Warm, waterproof clothing including helmet and gloves. You'll be outside for the day for up to 6 hours.
- Sunglasses/goggles and sun cream.
- A packed lunch or lunch money.
- Money for lift tickets. Some participants may be eligible for discounted lift tickets during courses. Please inform the Ski Course Manager if lift tickets are required.
- A notebook & pencil to take down notes/important points.

My cell phone number is 027 249 1765 and is for **URGENT** calls only please.

Good luck.

Stephanie Brown

NZSIA Ski Course Manager

Administration Matters

All matters concerning registration, payments etc should be referred to the admin office. NZSIA exam process has been developed to ensure that each candidate is assessed in as fair and equitable manner. We appreciate feedback and you are encouraged to complete the evaluation forms provided on line after each course.

If you wish to personally discuss your results or any other matter relating to the course please contact the Ski Course Manager or write to NZSIA at the address below.

Email: admin@nzsia.org

Phone: 03 4511534

Post: NZSIA, P.O. Box 2283, Wakatipu.

Fax: 03 4511536

Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meeting locations are as follows:

Coronet Peak - Outside Snowsports School meeting place

Remarkables- Outside main building uphill side on snow to the left side of the deck

Cardrona –Outside on the uphill side of the archway

Treble Cone - Base of the six-man chairlift

Mt.Hutt - Outside Snowsports School meeting place

Turoa - Outside Café at base area near the ski racks

Whakapapa - Outside Café at base area near the ski racks

Closed Days

If the mountain is closed gather at the designated meeting point at 9:00am. An alternative arrangement of another mountain in the region will be organised. Due to closed or delayed start days, the guidelines may be adjusted to create the best result for the situation.

Please have your equipment off the mountain in case another mountain is used. Meeting locations are as follows:

Queenstown - The Station building (corner of Camp St and Shotover St)

Wanaka - Cardrona town office (same road as supermarket)

Methven - Mt Hutt town office

Turoa - Ohakune Club 71 Goldfinch St Ohakune

Whakapapa - National Park School

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Safety Policy

NZSIA/SBINZ exams will require you to ski/ride on a variety of terrain and conditions and complete specific tasks on snow. If at any time you feel unsafe or at risk of injury you should tell your trainer that you wish to opt out of the particular task. Depending on the situation this may affect the results of your examination.

Course participants should be aware of and follow the Snow Responsibility Code at all times: <http://www.mountainsafety.org.nz/Safety-Tips/Snow-Code-for-Snowsports.asp>

Privacy Policy <http://www.nzsia.org/privacy> In addition, we may at times use photos or videos taken during our courses for training, marketing or social media use. Please inform your course trainer if you do not want images of yourself used in this way.

Lift Tickets

Some participants may be eligible to apply for discounted lift tickets during courses. Please inform the Course Manager if lift tickets are required.

NZSIA Ski

Race One - Course Overview 2016

The focus of this three-day qualification is to develop race coaching skills including course-setting, training environment and appropriate race demonstrations for ski instructors.

Race One is open to NZSIA Level 2 Certified Ski Instructors (or foreign equivalent) who are Full or Associate members of the NZSIA *or* NZSIA Level 1 members with proven Race or Coaching experience.

Candidates must join the NZSIA as an associate member to register for the Level One Exam this can be done on the NZSIA website www.nzsia.org.

The Race One Certification is held over three days.

Helmets are required for this event

Race carving skis – radius 10-20 65-75mm under foot are highly recommended for this course.

Optional equipment – range finder, drill, key, & tape measure, shin guards

This course will introduce and build on:

- Course setting – GS, Combi/Skills
- Training day structure – from warm up to wrap up
- The drills required to develop specific skills in race development

Candidates are required to:

1. Set an appropriate GS and/or Combi course according to SSNZ guidelines
2. Create a multi-day training plan
3. Demonstrate exercises which highlight and develop skills for child racers

The on snow topics covered during the Course:

- Safety in the training environment
- Warm-up & activation
- Course setting for Children's GS
- Course setting for Children's Combi
- Drills
- Multi-day planning
- Skill Development/Skill Acquisition

On Line Race Test to be completed before start of day one and emailed to Stephanie Brown at ski@nzsia.org

DAILY OUTLINE

Day One:

- Warm Up
- Athletic stance/fore-aft movement and drills to develop
- Course setting GS
- Safety during course setting
- Skill acquisition and terrain based learning
- Class handling skills

Day Two

- Warm Up
- Lateral movement & drills to develop
- Setting for Children's Combi + obstacle/skill courses
- Course setting using terrain
- Rotational movements & drills to develop
- Off snow – planning multi-day camps/training
- Paired assessment – planning for a multi-day programme

Day Three

- Vertical Movement – role in racing and drills to develop
- Skill acquisition revisited
- Safety revisited
- Open environment – the role of free-skiing
- Course setting assessment
- Wrap Up

Results later in the day

Certification Scoring Criteria

The assessment for this course is made up of Five components.

Candidates must pass all components to pass the Race One Certification

Course setting

1. Course set meets relevant SSNZ regulations
2. Course addresses relevant safety concerns

Off-Snow Planning

3. Candidates' plan satisfies the following:
 - Linear and logical skill development
 - Age-appropriate skills addressed
 - Understandable for other coaches

Online Exam

4. Candidates achieve 80% in online exam

Skiing

5. Candidates are able to demonstrate the following:
 - A versatile and stable athletic stance in multiple conditions
 - Use of fore-aft movement to maintain balance
 - Use of lateral movements to gain effective edge angle while maintaining balance towards the outside ski
 - Use of rotational movements of the legs separate from the upper body
 - Use of versatile vertical movements to facilitate turns of different shapes and sizes

Certification Scoring Criteria

The assessment for this course is made up of five components as listed above.

Candidates must pass all components to pass the Race One Certification.

- Candidates' skiing maneuvers are assessed by the examiner throughout the course during drill exploration/demonstration
- Off snow planning is assessed on day 2 in a pair-based assignment
- Course setting is assessed on day 3 where candidates are given an assignment based on SSNZ criteria
- **If you haven't previously taken the paper/word course then this is to be completed before the beginning of Day One on snow. A minimum score of 80% is required to pass the online course**

Scoring Format

Scoring for NZSIA Race One will be in a pass/fail format with relevant comments provided as feedback.