



NZSIA SKI Alpine Race Coach Course Outline

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.

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 for the four days in case of a change in ski area due to weather.
- Helmets are highly recommended for all NZSIA courses
- Warm waterproof clothing including beanie and gloves. You'll be outside for all days of the Pre Courses and Exam (if the mountain is open) for up to 6 hours per day.
- 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

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.

Daily Procedure

The days start at 9am when we meet at the designated meeting area at the bottom of the mountain. Meet on snow ready to ski -Meeting locations are as follows:

Coronet Peak - Outside on the café Deck near the clock

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

Cardrona - In front of the archway, uphill side

Treble Cone - Base of the six pack

Mt Hutt - Outside on snow uphill of café near the ski racks

Porters - Outside the Snowsports School Ticket Office

Whakapapa - Outside in front of base area café near ski racks

Turoa - Outside in front of base area café near ski racks

For information on Overseas Courses click [here](#)

Closed Days

If the mountains are closed gather at the designated meeting point at 9:00am. An indoor session will be organised and a full day's content covered. Locations are as follows:

Wanaka - Cardrona town office cnr of Helwick and Dunmore St

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

Methven - Mt Hutt town office-Main St Methven

Whakapapa -RSA Ohakune Club 71 Goldfinch St Ohakune

Turoa - RSA Ohakune Club 71 Goldfinch St Ohakune

If the mountain opens during the day we will try to get up the hill but this is sometimes impossible due to transport issues. Please have your equipment off the mountain in case.

Fitness, Incidents and Accidents

Our Ski Certifications are intensive courses of skiing and learning.

It is therefore important that you are physically fit and in good condition to be able to take full advantage of the training and education provided and to perform at your best for the whole period.

Hence, if you are/or become physically impaired/injured please bring this to the attention of the Ski Course Manager. A solution at this point will be advised. In the interest of safety and fairness to yourself and others the advice will most likely be to withdraw from the course. If you choose to continue against the advice of the Ski Course Manager there can be no recourse on the NZSIA.

Safety is our number one concern. Please report any incidents/accidents to your examiner or directly to the Ski Course Manager with facts, witnesses, location etc.

Safety Policy

NZSIA exams will require you to ski 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.nzsia.org/wp-content/uploads/2018/05/ACC-resource-alpine-snow-code-16.pdf>

Privacy Policy

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.

For further info - <http://www.nzsia.org/privacy>

Attendance Policy

The learning on an NZSIA course is achieved through participation and interaction. There are elements of continual assessment and elements of specific assessment.

You will be expected to attend the course in full, including meeting at the correct time in the morning and participating in all activities.

As the daily outline might change due to weather and other unforeseeable considerations you should be prepared to have some flexibility as to where and when you need to be.

Not being able to attend the course in full may lead to you not being able to successfully pass the qualification.

Code of Conduct

As a member of the NZSIA we expect you to behave in a manner that adheres to the NZSIA Code of Conduct.

See here for more info <https://www.nzsia.org/wp-content/uploads/2018/05/NZSIA-Code-of-Conduct.pdf>

Ski Alpine Race Coach - Course Outline

Alpine Race Coach is open to NZSIA Level 3 Certified Ski Instructors (or foreign equivalent from an ISIA member country) who are Full or Associate members of the NZSIA . To register as an NZIA associate member go to NZSIA website www.nzsia.org. NZSIA Level 2 certified members who have previously registered with and raced under Snow Sports NZ or FIS may be admitted at the discretion of the course manager. To attend the Alpine Race Coach course candidates must have successfully completed the NZSIA Race One and Intro to Coaching seminars

The focus of this six-day course is to develop race coaching skills including course-setting, training environment and appropriate race demonstrations.

The Alpine Race Coach Accreditation is held over six days. Successful completion of this course will result in “coach accreditation” and open a pathway of further education to achieve “coach certification”

Helmets are required for this event

Race skis are required for this event:

- **GS ski radius 17-30m 170-195cm**
- **SL ski radius 10-13m 150-165cm**

Race equipment required for this event:

- **Poles with pole guards**
- **Shin guards**

Race equipment highly recommended:

- **Chin guard attachment to helmet or mouth guard**
- **Stealth/padding for arms**
- **Back protector**

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

This course will build on practical knowledge of:

- Course setting – GS & SL
- Usage of brushes and dye for line
- Race technique
- Drills required to develop specific skills in race development
- Dryland training for club programmes
- Video analysis for ski racing
- Line and tactics
- Course inspection
- Course reports
- Coach relationships
- Team captains meetings

Candidates are required to:

1. Complete course-setting activities safely and within rules
2. Complete workbook on activities throughout the course
3. Participate in on snow ski sessions
4. Participate in dryland training session

PROPOSED DAILY OUTLINE (SUBJECT TO CHANGE)

Day One :

- 8.30 Morning Meeting – Introduction, Daily Goals and Safety Procedures
- 9.30-12.30 On Snow Technical Session,
 - Take video of candidates
 - Race fundamental technique – come to agreement
- 12.30 – 1.30 Working Lunch
 - watch video
 - set personal goals
- 1.30-3.00 Afternoon on snow session
 - How to warm up – activation and drills
- 3.00-4.00 Indoor Session:
 - Review day & discuss process of reflection
 - World Cup Video Analysis

Day Two *:(times to be confirmed):*

- Morning Meeting – Daily Plan, Goals and Safety
- First GS Set
 - Examiner to set
 - Safety/spill zones/B net
 - Inspection session
- Short morning break
- Second GS Session
 - Adding brushes for line
 - Usage of dye
- Late Lunch
- Afternoon GS technical freeskiing
- 3.00-5.00 Indoor Session
 - Video analysis – athletes of different ages
 - Coach relationships

Day Three:

- Morning Meeting – Daily Plan, Goals and Safety
- First morning SL Session
 - Examiner to set stubbies
 - Candidates to ski
 - Continuous re-setting by examiner to introduce tall gates
- Morning break
- Second morning SL Session
 - Tall gates
 - Introducing the cross block – movements
 - Introducing the cross block – course sets to facilitate

EARLY FINISH – No later than 1PM

Off snow Dry land training

Dryland training for club coaches – with national team S&C coach Ben Griffin

Day Four– times to be confirmed

- Morning Meeting – Daily Plan, Goals and Safety
- First GS Candidate sets
 - Candidates to set
 - Courses to meet regulations and comply with safety
- Lunch
- Second GS Session
 - Candidates to set
 - Courses to meet regulations and comply with safety
- Off snow @ Coronet Peak
 - Reflecting on the day
 - Discuss & practice course reports through video

Day Five– times to be confirmed

- Morning Meeting – Daily Plan, Goals and Safety
- First SL Candidate sets
 - Candidates to set
 - Courses to meet regulations and comply with safety
- Lunch
- Second SL Session
 - Candidates to set
 - Courses to meet regulations and comply with safety
- Afternoon – fundamental Slalom technique – ski through with drills to develop
- Travel as group to FIS team captains meeting

Day Six– times to be confirmed

- Morning Meeting – Daily Plan, Goals and Safety
- Remaining course-sets/re-do
 - Candidates to set
 - Courses to meet regulations and comply with safety
- Working lunch – FIS and SSNZ handbook

- Afternoon session – breaking patterns/common errors

- Results

Certification Scoring Criteria

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

Candidates must pass all components to pass the Alpine Race Coach Accreditation.

Course setting

1. Candidate demonstrates the ability to set courses safely and within the rules

Workbook

2. Candidates complete workbook throughout the course

Scoring Format

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

Skiing

Candidates will receive specific feedback on their skiing/demos with respect to agreed race technique.