



## Alpine Race Coach Course Outline 2018

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](mailto: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

### **Administration Matters**

All matters concerning registration, payments etc should be referred to the admin office.

Email: [admin@nzsia.org](mailto:admin@nzsia.org)

Phone: 03 451153

Fax: 03 4511536

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

### **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 Alpine Race Coach - Course Overview 2018

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

Alpine Race Coach is open to NZSIA Level 3 Certified Ski Instructors (or foreign equivalent) who are Full or Associate members of the NZSIA and have successfully completed the Race One course and Intro to Coaching seminars. 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.

Candidates must join the NZSIA as an associate member to register for the Alpine Race Coach

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 Coronet Peak:**

- 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 Coronet Peak (*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 indoors at Coronet Peak
  - Video analysis – athletes of different ages
  - Coach relationships

### **Day Three Coronet Peak**

- 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 at Queenstown Events Centre**

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

**Day Four Coronet Peak – 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 Coronet Peak – 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 – in Wanaka

**Day Six Coronet Peak – 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 Race One 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.