



## **NZSIA Ski Alpine Race Coach Course Outline 2019**

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.
- Helmets are highly recommended for all NZSIA courses
- 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. NZSIA Course participants are eligible for 50% discounted lift tickets during NZSIA courses in NZ. Course participants names will be on the NZSIA Course list at the Ticket Office.
- 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 online 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

### **Lift Tickets**

NZSIA Course participants are eligible for 50% discounted lift tickets during NZSIA courses in NZ. Course participants names will be on the NZSIA Course list at the Ticket Office.

### **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 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

### **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 Safety 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 ongoing 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>

## **NZSIA Alpine Race Coach - Course Overview 2019**

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”

### **Required for this event:**

**Helmets**

**Race skis**

**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:**

Complete course-setting activities safely and within rules  
Complete workbook on activities throughout the course  
Participate in on snow ski sessions  
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:**

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  
Video analysis – athletes of different ages  
Coach relationships

### **Day Three**

Morning Meeting – Daily Plan, Goals and Safety  
Super G sets and safety

Afternoon SL Session  
Examiner to set stubbies & gates  
Candidates to ski  
Continuous re-setting by examiner to introduce tall gates  
Introducing the cross block – movements  
Introducing the cross block – course sets to facilitate

#### **Off snow physical training session (dryland)**

Dryland training for club coaches – with S&C expert

### **Day Four**

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  
Mock Team Captains Meeting (off snow)

### **Day Five**

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**

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**

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

### **Workbook**

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.