



## U16 Performance Program 2024-2025

### **Outline**

Ski NB is offering a performance U16 training program for athletes looking to take their training to the next level. This program is targeted at athletes who are committed to ski racing in the long term and who exemplify collaboration and sportsmanship. Athletes chosen will get the opportunity to train as a team throughout the season, attend athlete development sessions, and will serve as role models to other athletes.

The program consists of an annual schedule of on and off snow training/camps and Sports Science components.

### **Selection Criteria**

- 5 Male and 5 Female current U16 athletes with the lowest combined national points (SL, GS, & SG) will be selected for the team.
- These athletes must commit to the following race schedule in the 2024-2025 season (competition calendar subject to change)
  - 1 SL, 1 GS at Mont Farlagne (January 11<sup>th</sup>-12<sup>th</sup>)
  - 2 SG, 1 GS, 1 SL at Crabbe Mountain (January 31<sup>st</sup> – Feb 1-2<sup>nd</sup>)
  - 2 SG, 1 GS, 1 SL at Wentworth (February 21<sup>st</sup> – 23<sup>rd</sup>)
  - 2 SL races at Poley Mountain (March 15<sup>th</sup>-16<sup>th</sup>)
- Exceptions can be made for extenuating circumstances upon application
- Have proof of continuous & current dryland training
  - CSIA program or equivalent (training with a directed program / plan)
- Must maintain athlete journal documenting physical and mental training program

### **Conditional Agreements**

- Attend minimum two on-snow training sessions per week
  - Either home hill sessions or Performance group sessions
  - Exceptions made during race weekends
- Should attend the Ski NB pre-season camp or equivalent
- Should not miss no more than two of the Performance group on-snow training sessions
  - Should not miss two in a row

- Absences need to be excused prior to training day
- Attend all mental performance and fitness testing sessions