

## **UK SNOWSPORT ALPINE PERFORMANCE CLUB COACH**

The UK Snowsport Alpine Performance Club Coach is designed for coaches who seek to work as a club coach with athletes. The course is designed around the pathway to Olympic podium and the content is specific to coaching adolescents within the age group of 12-16 years.

The course aims are to provide you with the coaching tools, methods and knowledge required to coach and inspire at this influential age.

Once fully licensed at, you are able to operate:

- Independently in a mountain environment in the UK
- In a mountain environment outside of the UK as part of a club programme that is led by a UK Snowsport Alpine Performance Head Coach Licensed in line with the UK Coaches Protocol.

The course is held in the alpine environment to give you the best chance of experiencing the skills that you will need in order to work as an independent coach, responsible for the safety of minors in a dangerous environment.

As on all UK Snowsport Performance courses there is a full programme of training. It is your responsibility to adequately prepare yourself mentally and physically for this programme. The course programme covers many practical elements, both in the classroom and on the mountain.

Generally, the course will be structured so that you can be on the first lifts up in the morning and straight to the training area as quickly as possible. You will ski until around 2pm before heading down and continuing with classroom and outdoor practical sessions in the afternoon. As a guide, these activities will finish at 6pm. Your trainer will ensure that you have time to change and get organised between these sessions.

Delivery staff is selected by UK Snowsport for their expertise in snowsports, teaching and communication. Every deliverer is highly experienced and is equipped to offer the best possible training and support. Our aim is to assist you to gain the maximum from the training. Your deliverer will act as your guide throughout the course. Elements of the course will be challenging and sometimes difficult. Nevertheless, please remember that you have a dedicated team supporting you and your success is our success. Don't be afraid to ask lots of questions

### **Recommended Equipment**

You must provide your own equipment for the coaching course. It may be possible to hire at the venue or in resort, but you must make sure suitable equipment is available for hire before arriving at the venue. It is your responsibility to make sure that you have equipment suitable for the course you are attending.

### **Skis**

We recommend using equipment that will allow you to perform at the level required for the course. As a rule, competition skis or race skis will allow you to achieve this much more easily. As a coach, it is important that you understand how current equipment works and how you have to move for it to be effective. You will be assessed on your standard of skiing so please use equipment that allows you to perform at your best. Slalom race skis are normally 165cm for men and 155cm for ladies, Giant Slalom skis are between 180cm and 195cm for men and women.

### **Helmet and Protective Padding**

A helmet is compulsory when skiing through the course and protective padding is recommended for slalom (but is not compulsory). Protective padding would include pole guards to protect your fingers and shin guards – both of these would allow you to ski correct technique in the course. Further protective padding can include a back support/brace and arm padding.

### **Clothing**

Clothing and presentation should reflect the role model status of a coach. You should allow for multiple layers of clothing in order to warm-up or cool down according to the activity that you are doing. Fleece and sleeveless fleeces are very useful.

### **Fitness equipment**

You should bring clothing that allows you to take part in outdoor fitness activities. A tracksuit or shorts and t-shirts (depending on the time of year, hat and thermal running kit) along with running shoes will suffice.

### **Don't forgets and recommended!**

Pen and pencil; notebook; sun-cream; flask/bottle for the mountain; rucksack; lunchbox.

### **Student Appraisal**

#### **Trainee Status**

In order to pass this course, you are assessed on your skiing ability and your coaching reviews. You are expected to be able to carve clean track turns on steep slopes (red piste) at speed while showing good positive posture and control in both slalom and giant slalom turns. This is articulated in more detail during the course and is measured against the criteria of the skill acquisition model presented during the UK Snowsport Alpine Performance Foundation Coach.

You are not assessed on your ability to ski courses or set courses.

Reviewing skills are developed through the course and are a fundamental part of developing coaching expertise. You are assessed on your ability to accurately review your own sessions using the review sheets provided – this is based on the same review process for Foundation Coach Licensed. You will be given guidance during the course on how to improve your coaching and reviewing skills.

Throughout the course, you will be given plenty of opportunity to work on their performance, both in coaching and in skiing. It is important to use these sessions as learning opportunities – it will not be just the trainer improving your skills, but also your peers.

If you do not complete the requirements of licensed status, but have been successful in attaining Trainee status, then you have the same operating remit as a Licensed Foundation Coach.

## Licensed Status Assessment

After the course you will need to work with a mentor on your Logbook. Once completed a copy should be sent to the Snowsport England for verification.

The logbook consists of the following tasks:

Task 1 Plan a 6-day alpine based training camp

Task 2 Plan three consecutive training sessions for a UK based programme

Task 3 Deliver, review and action plan the three session from task 2

Task 4 Prepare a Health and Safety risk assessment for a UK based training camp

Task 5 Course setting: Set a slalom course and review

Task 6 Course setting: Set a Giant Slalom course and review

Task 7 Course setting: Assist setting a Super-G course and review (can also be a combi-course)

Task 8 Complete the test: Safety in the workplace.

Task 9 Complete the test: Rules for alpine racing

Task 10 Shadow the Technical Delegate (TD) for the day during a competition and review your experience

More information can be found in the logbook itself, which is handed out on the training course.

**You will have three years to complete the Licensed stage for the qualification otherwise the training course will have to be retaken.**

Licensed Level 2 coaches must re-validate their qualification every three years by satisfying CPD requirements. Check your licensing body for options

## UKAD Coach Clean

You will also have to complete UKAD Coach Clean Course.

### What outcomes are expected of you during your course?

Customer care and professionalism as such is not an element of the course that is assessed. However, it is a vitally important part of being a good ski coach. Failure to grasp the importance of customer care and professional conduct, will definitely limit your career. Ensure that you participate fully in discussion sessions that your course deliverer facilitates.

### **What areas should you be aware of at Club Coach Level?**

You will be working with younger participants of the sport. It's your role to inspire the next champions and make sure that their experience is fun and memorable.

To provide great customer service in this situation the dominant principles are:

- Punctuality/Efficiency/Appearance
- Gain and maintain great relationships with the individuals
- Make sure your athletes enjoy the experience
- Understand and demonstrate the customer care and leadership issues when dealing with children and groups.