

UK SNOWSPORT ALPINE PERFORMANCE HEAD COACH AWARD OVERVIEW

The Performance Head Coach Award is designed to develop coaches with a rounded knowledge and experience base who will be equipped with the skills to produce champions of the future. The Performance Head Coach Award is aimed to educate UK Club Head and Lead coaches who will be planning and executing programmes for all levels and ages of club athletes. Within a UK Snowsports Club programme, the head or lead coach will also require leadership and mentoring skills to manage and develop a team of coaches.

The Performance Head Coach Award is made up of 4 compulsory modules. The modules include: Mountain Safety, Sports Coaching in Practice and an on-snow, sport specific Professional Knowledge Course.



In addition, those coaches who have undertaken formal training as a ski instructor can apply for the internationally recognised IVSI accreditation. This is administered by Snowsport England and is considered on a case-by-case basis.

To attend the Pro Knowledge and Coaching in Practice courses the following pre-requisites apply;

- Completion of Alpine Performance Club Coach to LICENCED STATUS.
- 20 days of recorded coaching in an Alpine environment within a UK Club Programme since successful completion of the Alpine Performance Club Coach Course.

Alpine Professional Knowledge Course Outline

By the end of the course coaches will be able to:

- Design an effective and appropriate Long-Term Athlete Development (LTAD) plan for U10 to FIS level athletes
- Show a high level of reviewing skills in order to improve personal coaching performance as well as the coaching performance of their coaching team
- Plan and deliver a session to achieve a desired outcome that fits within an athlete's long-term programme using effective coaching theory, such as coaching styles, skill development and LTAD.
- Organise, manage and develop a team of coaches
- Understand strength and conditioning concepts and how to apply these for U10 to FIS athletes
- Demonstrate a good level of technical understanding and performance analysis of athletes
- Demonstrate commitment to safety and welfare complying with the UK Snowsport Code of Ethics and Conduct for Snowsport Coaches
- Show comprehensive knowledge of current competition and equipment rules (ICR and BCR)
- Demonstrate a good understanding of how to develop an athlete

To successfully compete the Alpine Head Coach Professional Knowledge course a candidate will need to:

- Design an effective and appropriate Long-Term Athlete Development (LTAD) plan for U10 to FIS level athletes
- Show a high level of reviewing skills in order to improve personal coaching performance as well as the coaching performance of their coaching team
- Plan and deliver a session to achieve a desired outcome that fits within an athlete's long-term programme
- Organise, manage and develop a team of coaches and support staff
- Demonstrate a refined level of performance analysis of athletes
- Demonstrate commitment to safety and welfare complying with the UK Snowsport Code of Ethics and Conduct for Snowsport Coaches
- Show comprehensive knowledge of current competition and equipment rules (ICR and BCR)
- Demonstrate a good understanding of how to develop an athlete
- Be aware of risk management for ski racing, race training and all mountain skiing
- Continued Professional Development points towards your licencing requirements