



ALBERTA SKI JUMPING  
& NORDIC COMBINED



## 2009-2010 Ski Jumping and Nordic Combined Training Structure

The intent of this document is to explain the purpose of the training groups currently training out of Canada Olympic Park in Calgary, Alberta. Our certified coaches (have their Canadian Coaching Certificate levels or equivalent – there are levels customized for the sports of ski jumping and Nordic combined) using established criteria, their coaching skills and best judgement to recommend athletes to the appropriate training groups. The goal is to have the athlete's benefit from being the best training group for them, where they are with athletes with common abilities, maturity and interests. These training groups need to be cohesive in order to maximize the opportunities for each athlete.

The Ski Jumping and Nordic Combined Training Centre is the main vehicle of communication and co-ordination of activities between the four groups training out of the facility at Canada Olympic Park. These groups are: Altius Nordic Ski Club, which trains the Hoppers, Alberta Ski Jumping and Nordic Combined (ASJNC) – provincial level athletes, Ski Jumping Canada and Nordic Combined Ski Canada. The training centre committee is made up of representatives from all four groups as well as the coaches. It is at this forum that matters that affect the clubs as a whole (e.g. training groupings, travel plans and schedule for the year, etc.) are discussed before being finalized.

The training centre representatives take back items to the respective boards for further discussion within each board and for final decisions that are applicable to those boards.

In addition to the training groups, the training centre will publish, in advance of the team being named, the criteria for the selection of athletes to competition teams. Athletes who are named to a competition team can come from any training group providing they meet the established criteria, age requirements, etc.

### Altius Nordic Ski Club

The Altius Nordic Ski Club was incorporated as a non-profit association in March 1985, as a member club of the Alberta Ski Jumping & Nordic Combined association. The main purpose of the club in those early days was to assist in the preparation of officials and athletes for the 1988 Olympic Winter Games in Calgary. The name "**Altius**" was fittingly chosen from the familiar Olympic games motto: *Citius, Altius, Fortius (Faster, Higher, Stronger)*.

The **VISION** of the Altius Nordic Ski Club is: " To be the premier ski jumping and Nordic combined ski club in North America."



ALBERTA SKI JUMPING  
& NORDIC COMBINED



The **MISSION** of the Altius Nordic Ski Club is " To provide enjoyable opportunities for athletes and officials to participate in and gain knowledge of the disciplines of ski jumping and Nordic combined skiing." and "To provide exceptional athlete programming focused on achieving peak performances through training and healthy lifestyles."

The Altius Nordic Ski Club Hoppers program is currently the *only* established grassroots entry level program in Canada for the Olympic sports of Ski Jumping and Nordic Combined. This entry level year round program is where young athletes learn the basics of both sports, learn about proper nutrition and fitness, and have lots of fun! The Hoppers program is full of a variety of cross training throughout the year including gymnastics, downhill skiing, trampoline, and soccer (just to name a few)! Athletes in this program progress from Ski Jumping on the smallest training hill (the K18) through to the K38 (where they start to learn to fly) and then up to the K63 (the smallest tower at COP). Cross Country ski training (for Nordic Combined) takes place at COP during the winter training season.

## **Alberta Ski Jumping and Nordic Combined**

Alberta Ski Jumping and Nordic Combined Association was established as a non-profit organization in 1991. Our main purpose is to promote, encourage and support the competitive and recreational ski jumping and Nordic combined programs in Alberta.

The Mission of ASJNC is to provide excellence in program delivery for the sports of Ski Jumping and Nordic Combined to both males and females in Alberta through participation, skill development and competition.

ASJNC is promoting gender equity in Canada and at The Olympic Games by endorsing that female and male athletes should be allowed equal access to funding and programs within Canada and on the international stage.

The provincial program is designed specifically for athletes' aged 10-16 who have the desire to move into high performance ski jumping and Nordic combined. The primary goal of the organization is to progress high performance athletes to the National Training teams who will then go onto earn positions on teams aiming at the Olympic Games. The provincial training groups train year round, 2 to 3 hours per session 3 to 4 times per week. Athletes train under the direction and supervision of two coaches, and are split into a higher performance training group and a development team. The program capacity is 20 athletes and the primary goal is to place athletes on the National teams. These athletes attend Canadian, North American and some international competitions.

## **Ski Jumping Canada:**

Ski Jumping Canada (SJC) is the national sport governing body for ski jumping in Canada. The main focus of Ski Jumping Canada is to provide athletes with high quality coaching and opportunities to develop skill sets that will enable them to perform at an International level in



ALBERTA SKI JUMPING  
& NORDIC COMBINED



both men's and women's competitions. This requires a high degree of determination and dedication on the part of both athlete and coaching staff. Its various functions include:

- Promoting ski jumping Canada.
- Governing the conduct of ski jumping competitions in Canada.
- Selecting and training members to the ski jumping national teams.
- Developing programs to train athletes, coaches, judges, and officials.
- Representing ski jumping in the Canadian Ski and Snowboarding Association.
- Representing ski jumping in the Canadian Olympic Committee.
- Representing ski jumping in Canada to FIS.
- Ensuring proper entry of ski jumpers to FIS level competitions.

We will continue to provide Ski Jumping athletes with the best coaches available for their advancement in the sport. We work with facility operators namely Winsport and Whistler Olympic Park to host National and international events hopefully soon a facility in Squamish for the development more athletes from the B.C. area. Over the past ten years our athletes have represented Canada in many top level FIS events

Ski Jumping Canada would like to have a strong showing at the 2012 Junior Olympics in both the men's and women's categories with the ultimate aim of either a top 10 finish or a podium spot in the 2014 Olympics.

## **Nordic Combined Ski Canada:**

Nordic Combined Canada was established to:

1. Function as the governing body for Nordic Combined skiing in Canada;
2. Promote and foster competitive and non-competitive Nordic Combined skiing in Canada;
3. Govern the conduct of sanctioned Nordic Combined competitions in Canada;
4. Select and train members of national teams to represent Canada in national and international competitions;
5. Develop, organize and promote comprehensive programs for the development of athletes, coaches, judges and officials in Canada.
6. Represent Nordic Combined skiing in Canada, without limitation, at the Canadian Olympic Committee; the Canadian Ski and Snowboard Association; and in the International Federation of Skiing (FIS), through the Canadian Ski and Snowboard Association or by other means.

The key focus of Nordic Combined Canada is to build on the strong foundation already in place as the team moves forward beyond 2010. Coaches and athletes are striving to be the best they can be and are ultimately aiming for a top 27 finish in World Cups and a top 5 finish for Junior Olympics in 2012 with the objective of an even stronger finish at Sochi in 2014.

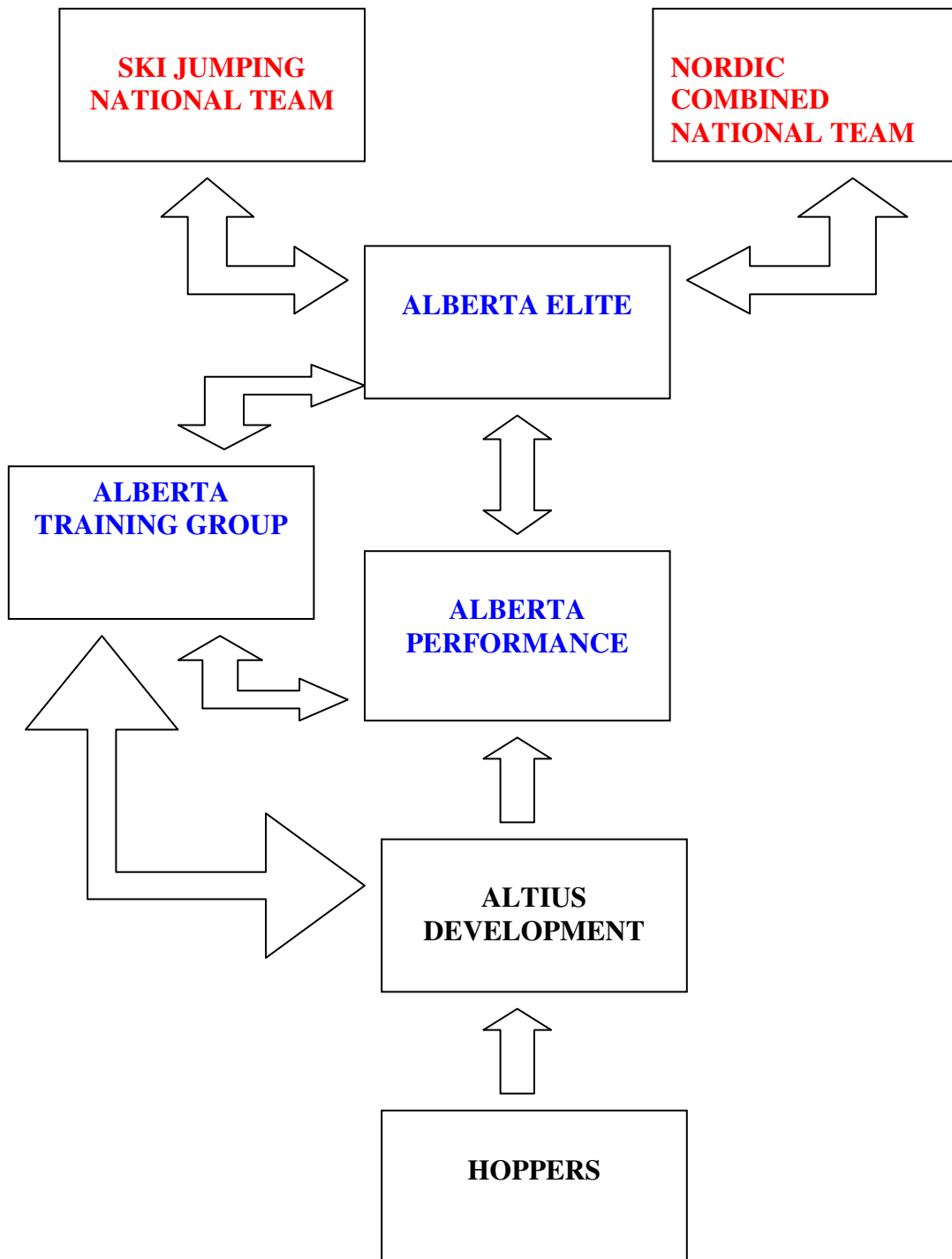


ALBERTA SKI JUMPING  
& NORDIC COMBINED



NORDIC COMBINED  
SKI CANADA  
COMBINE NORDIQUE

## TRAINING GROUPS:





ALBERTA SKI JUMPING  
& NORDIC COMBINED



NORDIC COMBINED  
SKI CANADA  
COMBINE NORDIQUE

## **Altius Training groups: Hoppers and Altius Development Group**

There are a set of criteria that coaches use to determine an athlete's training group as they progress with their skills from a new "Hopper" through the Development group. Criteria include as set of jumping skills including

- In run position,
- Take off position
- Flight position
- Telemark/ landing
- And Distance

As well as overall physical skills including

- Stretching,
- Balance
- Running
- Long jumps

### **Hoppers**

The Hoppers progress from the K18 to the K38 and the landing hill of the K63. Athletes are expected to gain overall good balance, in run positions, consistent take off and landing positions. As they progress, they are tested on the above criteria through various levels. Details of these levels are outlined on the Altius website at: [www.altiusnordicskiclub.com](http://www.altiusnordicskiclub.com)

- Level 1 - "RABBIT" K-18 landing hill and K-18 jump
- Level 2 - "ANTELOPE" K-18/38 landing hill and K-18 jump
- Level 3 - "TIGER" " K 38 jump/ k-63 landing hill
- Level 4 – "SEAGULL" K-38 jump, landing hills of k-63, k-89

### **Altius Development Group**

When athletes pass the "Seagull" Level 4, K-38 Jump and the landing hills of the k063 and k89 are considered for the "Development Group"

Athletes in this group will progress through:

Level 5 "Raven" K-38/K-63 Jump where they are expect to know complete the following:

R – I know the basics of an athlete's food menu and I try to follow it. I'm 100% focused when ski jumping or doing imitation

A – I effectively pull off the bar into inrun set and hold the proper balanced inrun position until the takeoff. I can control my timing and direction at takeoff in 90 % of my jumps. I get quick into the flight position, my arms are quiet, my flight remains stable through landing, I do the "V" in 100% of my jumps



ALBERTA SKI JUMPING  
& NORDIC COMBINED



V – 80% of my jumps on k-38 are past 35 m with telemark and past 45 m on k-63

E – I can sprint 30 m in 5.3 sec; my long jump is over 180 cm; 3 long jumps are over 540 cm; I can do 10 single leg squats on each leg; my flexibility is over 5 cm (reach under feet with hands when standing on a bench), 10 cm for “Gold E”

N – I’m following my favorite world-class athlete in SJ or NC and I record his yearly standings in my diary info: [www.fis-ski.com](http://www.fis-ski.com)



ALBERTA SKI JUMPING  
& NORDIC COMBINED



## **Alberta Ski Jumping and Nordic Combined (ASJNC):**

### **ALBERTA TRAINING GROUP**

- For athletes who are more interested in a recreational program at this stage in their lives. This may be due to educational commitments or other sport commitments.
- This does not preclude an athlete from joining other teams when it becomes more appropriate and the established criteria have been met.
- Training group will train 2-4 times per week at the same time as other teams are training.

### **ALBERTA PERFORMANCE**

- Reserved for potential athletes wishing to progress within the sport demonstrating a strong desire and maturity to be successful Ski Jumping and Nordic Combined athletes
- Commitment to training and focus are two determining factors for athletes at this level.
- The priority of SJ and NC is to the individual athlete as to what choices are made at this stage.
- Training group will train 4-6 times per week
- Athletes are expected to attend a 80% of training sessions
- Athletes must strive to improve their techniques

### **ALBERTA ELITE**

- This training group is for fully committed athletes that are potential national team candidates
- Training is organised to accommodate National team requirements
- Majority of jumping on the K90
- 90% attendance at training is expected and individual athletes are expected to supplement group training with individual training
- Physical fitness and appropriate BMI are important consideration for potential inclusion on the team

### **QUALIFICATION**

- Athletes can be transferred between teams at any point during the season as deemed necessary to maintain the objectives of the coaching staff.
- Teams are selected on criteria to be determined by the coaches, results of Coach/Athlete/Parent meetings and coaches' discretion.

## **Ski Jumping Canada:**

[www.skijumpingcanada.com](http://www.skijumpingcanada.com)



ALBERTA SKI JUMPING  
& NORDIC COMBINED



## **Nordic Combined Canada:**

*In this period leading up to the 2010 Olympic Winter Games, selection criteria for the Olympic Team is published on the Nordic Combined Canada Website at [www.nordiccombinedcanada.com](http://www.nordiccombinedcanada.com)*

## **Training Group Qualification periods (all training groups)**

**November 22<sup>nd</sup> December 6<sup>th</sup> – 2009** - Alberta Performance, Alberta Elite and National Training Groups

Early snow camp – Alberta Performance, Alberta Elite and National Training Groups (Park City, UT or Steamboat Springs CO)

**January 5<sup>th</sup> January 12<sup>th</sup> 2010**

Jump training in Calgary

**March 30<sup>th</sup> 2010**

Post Winter

**July 1<sup>st</sup> - 10<sup>th</sup> 2010 (dates not finalized)**

Summer Springer Tournee





ALBERTA SKI JUMPING  
& NORDIC COMBINED



NORDIC COMBINED  
SKI CANADA  
COMBINE NORDIQUE

## **Criteria for Winter 2010 Competition Teams (All Teams)**

### **World Cup Competitions**

#### ***Ski Jumping***

- Must have scored COC points
- Selected individual BMI target arranged by the head coach
- Subject to random drug test
- Must attend 95% of all training sessions
- Score within 85% of winner in qualification competitions
- Coaches discretion will choose the team in the event no qualification competitions are held

#### ***Nordic Combined***

- Must have WC points or must have at least 50 COC points over two periods
- Subject to random drug test
- Coaches discretion

### **Continental Cup Competitions (Men and Women)**

#### ***Ski Jumping***

- Must have FIS CUP points within the past 2 years (Men only)
- Selected individual BMI target arranged by the head coach
- Subject to random drug test
- Must attend 95% of all training sessions
- Score within 85% of winner in qualification competitions
- Coaches discretion will choose the team in the event no qualification competitions are held

#### ***Nordic Combined (North American Competitions)***

- Top four in qualification competitions
- Subject to random drug test
- Coaches discretion for other spots if applicable

#### ***Nordic Combined (Europe Competitions)***

- COC Points (if more than 4 athletes have points, the top 3 will go, final spot coach's discretion) or 2.5% back from 30<sup>th</sup> in COC North America or a Junior within 95% of winner in qualifying event in Whistler or Senior within 99.5% of winner in qualifying event in Whistler.
- Subject to random drug test
- Coaches discretion for other spots if applicable



ALBERTA SKI JUMPING  
& NORDIC COMBINED



## FIS Cup Competitions

### *Ski Jumping*

- Selected by the head and assistant coach
- Summer results determines FIS CUPS

## 2010 Olympics (February)

- see National Team information above

## World Juniors (ski jumping and Nordic Combined)

### *Ski Jumping*

- 1 Male and 1 Female have the opportunity to compete
- This will be based off the winter results

### *Nordic Combined*

- Qualifier to be held on January 2 or 3<sup>rd</sup>, 2010
- COC Points (if more than 4 athletes have points, the top 3 will go, final spot coach's discretion) or 2.5% back from 30<sup>th</sup> in COC North America or a Junior within 95% of winner in qualifying event in Whistler or Senior within 99.5% of winner in qualifying event in Whistler.
- (95% = 3 seconds per minute based in winners time... so if 1st place crosses the finish line at 30 minutes, anybody finishing within 90 seconds is within 95%)
- Subject to random drug test
- Coaches discretion for other spots if applicable

## USA Junior Olympics – Ski Jumping and Nordic Combined (March)

- **Boys:** All potential JO athletes will be scored based on their top three results out of the five scheduled JO qualifying events (Buckles Series). After the final competition, the total points of each athlete's three best competitions will be totaled. The top two ASJNC athlete's points will be averaged to make up top qualifying score (100%). In order to qualify, each additional athlete must be within 80% of the averaged top score.
- **Girls:** All potential JO athletes will be scored based on their top three results out of the five scheduled JO qualifying events (Buckles Series). After the final competition, the total points of each athlete's three best competition will be totaled. The top two ASJNC athlete's points will be averaged to make up top qualifying score (100%). In order to qualify, each additional athlete must be within 80% of the averaged top score.



ALBERTA SKI JUMPING  
& NORDIC COMBINED



- **Additional Criteria:** The ASJNC coaching staff has the ability to make discretionary choices in both special jumping and Nordic combined due to sickness or injury. Also, the staff may select additional athletes who are close to making the above qualifications, have shown steady improvement, demonstrated commitment, maturity, and good attitude.

As many of the athletes are fairly young for this competition, cross-country time will not hold as much weight as the ski jumping. However, if an athlete qualifies, they will be competing in the Nordic combined events.

### **North Americans and Western Regionals – Ski Jumping and Nordic Combined**

- TBD

### **Dates for Calgary Club Competitions (All Teams)**

- January 16, 2010
- June (date to be determined to coincide with Altius AGM)
- Springer Tournee (Dates to be determined)
- Frozen Pipes – October 2, 2010

**If you have any questions regarding this document or the role of the training centre, please contact one of the following:**

Ingrid Servold – ASJNC Administrator at (403) 247-5960

**OR**

Altius:	Alan Soukup	<a href="mailto:soukupa@shaw.ca">soukupa@shaw.ca</a>
ASJNC:	Kelly Johansson	<a href="mailto:kellyayn@telus.net">kellyayn@telus.net</a>
Ski Jump Canada:	Barb Elms	<a href="mailto:mrs_scroggins@yahoo.com">mrs_scroggins@yahoo.com</a>
Nordic Combined Canada:	Walt Savill	<a href="mailto:wsavill@gmail.com">wsavill@gmail.com</a>