



RUAPEHU SPORT

competitive snowsports program

Beginning Season Questionnaire

Athlete Section

What are your expectations for the season?

What are your personal short term goals?

What are your long term goals?

What do you like to do for fun when you're not skiing?

What new things would you like to see this season?

Parent Section

What are your expectations for the season?

What are your personal short term and long term goals for your athlete?

What would new things would you like to see this season?



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Coach's Expectations

My season expectations are that athletes will become stronger skiers, ambassadors for the sport, building the New Zealand National Team standings, and overall having fun and staying safe.

Our daily regular schedule (subject to weather) will be meet at 9am in the Alpine Café ready to ski,

9-10:30am on snow, ½ hr break, 11am-1pm on snow, ½ break, 1:30pm-3pm on snow. We will be at the Alpine by 3pm unless there is prior discussion about longer training. This schedule is flexible but made to capitalize on open hill space, athlete energy and available hours.

Daily I will be available from 3-4pm for debriefings and answering questions with athletes or parents. At the end of each day athletes and parents will receive instructions about the following day plan. Should there be weather changes in the morning, parents and or athletes will receive text messages from myself or Sam Zander by 7am on normal schedule days (if we have earlier training planned, there will be earlier texts). Should we have multiple weather holds, you will be updated regularly (e.g.: hourly).

I will be available for texts or phone calls from 7am - 7pm. Should you need to speak to me privately we can arrange a meeting.

I recommend each athlete write a daily ski journal and tuning journal.

Season Schedule

Holiday training: Progressing to technical courses, tactics, drills, psychological training, physical training, & free-skiing.

Holiday Schedule

Fundamental building, drills, free-skiing, equipment evaluation, fitness fundamentals, establish group function, develop routines, and mandatory respect and skier rules knowledge, progressing to rhythmical easy courses.

Dryland Options

(Mandatory that athletes have trainers and appropriate gym clothes)

Ohakune Gym

Vertigo Climbing Centre (Youth \$15 -20 per day or \$110 for 10 passes) or National Park Climbing Centre (\$9 per day)

Ohakune College Gym (indoor sports: soccer, handball, dodge ball, etc.; weight room, foam pit, trampolines, etc.)

Outdoors Sports (soccer, tennis, rugby, squash)

Bush Walks

Bike Trips

Day Trips (Swimming at Waiouru)

Golfing at Whakapapa Course (\$15 including clubs)

Comments