

Athlete Advancement Plan 2010



RUAPEHU SPORT

competitive snowsports program

Athlete: Lindsey Vonn		SSNZ# 537544	YOB 1984
Parent Communication:		Notes:	
		During the conversation on July 27, Lindsey's parents	
Date	Method	had concerns about not enough SL training. I explained	
#1 – July 3	Team meeting	that Lindsey needs more time working on her balance and	
#2 – July 27	Phone	edging to ski well in a SL course. I also noted that Lindsey	
#3 – August 21	Personal meeting	missed the SL drills that were held on July 16. Her parents	
		were happy with this update and thanked me for the call.	
Video Sessions:			
#1 July 9, free ski	#4 August 20 – 22 race	On August 21 I met with Lindsey's parents and they were	
#2 July 15, SL	#5 September 4 free ski	very happy with her progress. They noticed improvement	
#3 August 8, GS	#6 September 18 SL	in her skiing skills and that it helped her to ski in the gates	
		much better. We discussed the planning for the remaining	
		of the season.	
Reports:	End Season October 3		
Goal Setting:			
Start Season July 9	End Season September 4		
Equipment Recommendations:			
Start Season July 6	End Season October 1		
Ski/Board Tuning:			
#1 July 14	#2 August 7		

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Set Objectives: July 31

Skiing – work on lateral movement in all conditions. Challenge through difficult terrain. Increase speed when safe. Lots of free skiing

SL – skiing a fluid line through all types of gates. Stubbies are good but full gates interrupt flow and speed. Progressive courses on easy terrain First then increasing challenge later. Same type of progression in combinations so the focus is not to over turn, but let the skis run through

GS – similar to slalom with over turning. Constant movement and gliding between turns

Physical – building strength through stability and body weight exercises. Aerobic endurance

Psychological – skill understanding and self evaluation of performance. Remove apprehension in challenging situations

Equipment – adjust to longer skis and fine tune boot flex and canting

Evaluate Objectives

Over all we have made big improvement in the lateral movement in free skiing. This has translated into the gates in easy terrain, but when it gets more difficult the turn shape becomes controlled and momentum slows down. More time is all that is needed with repetition along becoming stonger. Apprehension is becoming less of an issue as confidence has increased. Even though the skiing isn't as strong in difficult situations, there doesn't seem to be any fear in the challenge. The skis have been well adjusted too and the boots are ready for to be planed at 2 degress in on the left and 1.5 degrees on the right.

We now have three weeks before the end of the programme to continue improving on the fluidity in gates. Lindsey has also added that one of her objectives is to hike to the crater this season. I am making plans to organize a team trip to the crater with a guide during the school holidays.