



Monday Night Race Training Plan – Russell Bennett, July 2016.

As the recently elected 'Race Coaching Coordinator' (RCC), I would like to take the opportunity to outline my plan for the weekly race training session, held on a Monday evening. Please see 'Appendix A' for my role description.

This document addresses the resourcing, structure and criteria for Monday night race training. It also clarifies and restates the aims and objectives of this session, and the requirements for participation.

Aims and objectives of Monday night race training.

- Improve the standard of Lion's athletes / racers in a structured system.
- Facilitate progression from Snowlife and Mini Mayhem to regional, national and international races.
- Produce more skilled Lion's racers to represent Lions Ski Club.
- Produce more national team members.
- Make Lions one of the top ski race clubs in the UK (measured by rankings for the Club National series and GBR series).
- Help produce and improve a succession of race coaches in order to create a team of high quality home grown Lion's race coaches.
- Work in partnership with experienced race coaches and external training groups to deliver athlete development at the highest level.
- Work with Alpine ski clubs / academies / training groups to extend Lion's training onto the mountain.

Lion's Monday night race 'Management Team'.

Russ Bennett (RCC – Manager, Coach and Snowlife Assessor)

Stuart Pratt (Head Coach)

Kirsty Atkinson (Deputy Head Coach)

Simon Pexton (Assistant Coach and Snowlife Assessor)

John Curran (Assistant Coach and Sunday Race Coach)

Luke Thornton (Assistant Coach)

Neil Thornton (Assistant Manager)

Julian Nowell / Kenny Walton (Timing, advisory input and admin support)



Overview of Monday race training.

The Monday evening session has always been a closed session with attendance by invitation only. It has never been an alternative or substitute for the general open Sunday session. Its core aim is to offer race specific coaching for those skiers deemed at an appropriate level to both benefit from and be a positive addition to, a more demanding level of training.

Of course, part of the Monday session will also consist of the instructor's development group which will be under David Murray's control and not interfere with race groups. Instructors will be eligible to attend all Monday sessions to be either part of David's training or train informally. However, we have to consider that some from this group may also desire to cross train with group 4 (below), though all instructors wishing to race train must also meet all of the criteria for this group.

MONDAY NIGHT IS FOR INSTRUCTOR DEVELOPMENT TRAINING AND RACE TRAINING ONLY, UNDER NO CIRCUMSTANCES WILL "FREE SKIING USING LIONS PREFERRED SLOPE RATES" BE ALLOWED FOR ANYONE OTHER THAN INSTRUCTORS AND ELIGIBLE RACERS. (A register will be given to the front desk at Snozone for clarification). Monday nights are for Lion's members only, guests are not allowed to participate.

Invitations to race training can only be made by the Race Coaching Coordinator, therefore anyone wishing to nominate an individual for Monday attendance should discuss this with the Race Coaching Coordinator. The Race Coaching Coordinator will liaise with John Curran, Simon Pexton and Kate Barradell regarding Sunday morning trainees wishing to also attend on Monday evenings. All requests to attend instructor training should be made to David Murray.

Monday Race Training Groups.

Standard rules of entry:

1. All athletes must be above Lion's Snowlife Level 6 (as determined by a Lion's assessor) and have been invited to attend race training by the Race Coaching Coordinator. This includes Masters racers and instructors wishing to take part in race training.
2. All athletes need to have registered with SSE for a racing license. This includes Masters and Development groups 3 and 4. All trainees currently too young to race will be expected to obtain a race license when they become eligible to race. Excludes 'Transition' group.
3. There is an expectation that those involved in race training will enter races. The minimum number/type of races is given below. The RCC will retain discretion where trainees are currently too young to enter 'official' races.
4. ANYONE (including instructors) taking part in race training will be required to pay £5 Lion's subs to Margaret Davey. Instructors who do not use the course or race coaches are not expected to pay sub's.



GROUP	NAME	AGE	RACING LICENSE	INDOOR RACES	ALPINE RACES	ENTRY AND INVITATION CRITERIA / NOTES	RESPONSIBLE COACH**
1	Elite Minis Group	Current SSE U12 category or below.	Yes	Min. 4	Min. 1	<ul style="list-style-type: none"> - Requires invitation from RCC. - Above Lion's Snowlife Level 6. - See additional criteria in 'Appendix B' 	Jo Ryding Stuart Pratt Kirsty Atkinson Russell Bennett
2	Elite Juniors Group	Current SSE U14 category or above (excl. Masters).	Yes	Min. 4	Min. 1	<ul style="list-style-type: none"> - Requires invitation from RCC. - Above Lion's Snowlife Level 6. - See additional criteria in 'Appendix B' 	Jo Ryding Stuart Pratt Kirsty Atkinson Russell Bennett
3*	Development U12- Group	Current SSE U12 category or below.	Yes	Min.2 RCC's discretion (YSF and Lion's CN min.)	-	<ul style="list-style-type: none"> - Requires invitation from RCC. - Above Lion's Snowlife Level 6. - Regular attendees of Sunday morning sessions. - Be actively taking part in Mini Mayhem ski racing sessions. - Show a willingness and desire to achieve Elite program goal. 	Simon Pexton Luke Thornton
4*	Development U14+ Group	Current SSE U14 category or above (inc. Masters).	Yes	Min. 2	-	<ul style="list-style-type: none"> - Requires invitation from RCC. - Above Lion's Snowlife Level 6. - Regular attendees of Sunday sessions to be invited. - Enter at least four indoor race events (can include un-seeded events like YSF Champs.) - Includes Masters and instructors wishing to race train. 	John Curran
5*	Transition (SL6+) Group	Current SSE U16 and below.	No	RCC's discretion (YSF min.)	-	<ul style="list-style-type: none"> - Requires invitation from RCC. - Above Lion's Snowlife Level 6. - Feeder group for Development groups 3 and 4. - Max 5 in group. 	Simon Pexton Luke Thornton

* There may be times when groups 3 and 4 or groups 3 and 5 will train together; dependent on numbers and coach availability.

** Coaches will be used according to the above table where possible but on occasions will be varied in order utilise available coaches and to allow for coach education and development.



Appendix A - Race Coaching (Monday Night) Coordinator – Role Description.

- Responsible for all organisation, structure, planning and administration related to race coaching and Monday evening sessions.
- Management of coach resource planning and sourcing coaching talent.
- Responsible for coach pass allocation
- Gatekeeper for Monday evening race training in order to ensure suitable entry criteria
- Lead liaison with external coaching resources
- Facilitating provision of support for Lion's racers at external events
- Administration/moderation of online discussion forums related to the Lion's ski racing community

Appendix B - Lion's Race Training – Elite Programme Criteria.

Programme Features:

- 10-12 week training blocks, consisting of:
 - 5-6 weeks training with the external coach for each group (i.e. every other week).
 - 5-6 weeks training with Lion's internal coaches.
 - Continuity of training from week to week through handover notes/discussions between coaches.
 - 2 weeks of timed course training, with each group being coached by a JR Racing coach once on a timing night per training block.
 - Two video feedback sessions for both groups jointly, prior to a training session approximately every 5 weeks. Most likely prior to timing nights.
 - Potential to further develop the programme to include fitness training, race support and race camps in future.
 - Training blocks will be configured to avoid the main Alpine races attended by large numbers of Lion's racers during the Winter season and key holiday periods throughout the year (Christmas/Easter).
- Training groups will be based on current SSE race course type i.e. stubbies (Mini's Group) or poles (Junior Group). Please see 'Rules' section below for further clarification.
- Each training group will contain a maximum of 10 trainees. Anyone may apply to be part of the programme but 10 will be selected for each group by Lion's/JR Racing coaches, based on the 'Criteria' outlined below.
- Each training block will require an extra upfront payment of £50 per trainee (to the Lion's Treasurer) to secure a place on the programme. This fee will be in addition to standard slope fees and Lion's sub's.

Criteria for selection:



As previously outlined on Facebook, but as we would now have 20 places available we have the opportunity to be more inclusive.

- 3/3 likely place, 2/3 possible, 1/3 unlikely – dependent on availability of places.
- 1) Commitment: Skiing must be the number one sport and take precedence over all other sports the athlete competes in. Expectation that all skiers will compete for Lions and attend at least four Summer indoor and one Winter Alpine race, including the Lion's Club National. All members of the Elite programme will be expected to have Lions as a named club for racing and wear Lions branded clothing at race presentations where applicable.
- 2) Attendance: Athletes must not be seasonal skiers but attend all year training programmes at least once a week in the off season and twice a week in high season. Initially attendance will be based on the current period from January to January. One weekend "off snow" fitness session is compulsory throughout the year. (Can be used in conjunction with Lion's training camp).
- 3) Ability: Regularly placed in alpine or indoor races or in a position to be developed in a club programme*, especially when not eligible to compete due to age. (Regularly placed is classed as ranked seed points which is top 6 alpine). *To be developed in a club programme is aimed at young athletes who compete in fun races and are on par with their older peer group.

Programme Rules:

- 1) Skiers will train within the applicable training group, either Junior's Group or Mini's Group, based on their current ski racing course type, there will be no exceptions to this other than:
 - a. A skier currently racing on poles may opt to train in the stubby group.
 - b. During their final Winter season as an U12 stubby racer - an U12 trainee/parent may choose to move up to the pole group for the first training block which starts in the year of their transition to the U14 category. This would typically involve 'moving up' during the January of their transition year, i.e. a current 2004 YOB trainee could opt to move up to the pole group at the beginning of the first training block of 2016.
- 2) An upfront payment for the next training block must be made to the Lion's Treasurer at the latest by the Monday training session prior to commencement of the next training block. Failure to make the payment on time will lead to forfeiture of the trainees place in the group. Currently the extra payment for inclusion in the programme is based on a contribution of £5 per trainee per week prorated for the duration of the block. Trainees will also be required to pay weekly Lion's sub's of £5 per session to Margaret Davey as usual.
- 3) All selection for the groups will be based on the criteria listed above and will be carried out by myself and the Lion's Head Coach in consultation with the JR Racing coaches. Groups will be re-evaluated at the end of each 10-12 week cycle and participants will be reselected based on these criteria; thus allowing for new or improving members outside of the current Elite groups to have the opportunity to participate.
- 4) Spaces in a training group due to the absence or injury of group trainees will not be filled by other participants, either from the other Elite group or those outside of the Elite programme. If some trainees are absent, the remaining participants will benefit from a lower coach to trainee ratio.



- 5) Attendance during the 10-12 week training block will become a key part of the selection criteria for the next training block i.e. a trainee missing a large number of sessions will not be eligible for the next training block.
- 6) No refunds will be given to trainees who miss sessions during training blocks. A £10 refund will be made to all those in a given week's allocated external coach training group should the external coach fail to attend. This though will not affect the cycle of groups training with the external coach, this will continue as timetabled the following week.
- 7) To be eligible for these groups, all trainees must have attained the minimum standard for Monday night attendance i.e. Snowlife 6 and be Lion's members.
- 8) New Lion's members must attend regular Monday training once invited to the development groups for a minimum of 10 weeks prior to being eligible for this Elite programme.