



***Model Athlete Pathway***

***'Pathway to Podium'***

## **Overview**

The purpose of this document is to outline a pathway for snow sports athletes to international success. It shows the different stages of development required for each of the snow sports from grassroots to elite international podium. This document is intended to be used by athletes, coaches and parents as a guide to understanding the steps in developing world class athletes.

As program directors, coaches and administrators for this pathway our challenge is to provide the leadership, structure and resources necessary for the athletes to progress through the pathway and reach their goals.

Our focus is on long term athlete development based on the 10 year – 10,000 hour rule. Several studies have focused on examining what it takes to produce World leading performances and become expert in a variety of fields. All of these studies have concluded that the highest levels of performance and achievement require at least 10 years – 10,000 hours of focused deliberate practice. This pathway is designed to provide the steps through the 10,000 hours.

## **Goal**

To create a ‘Grassroots to Gold’ athlete pathway that fills the whole in developing world class snow sport athletes in New Zealand.

## **Objectives**

- Highlight athlete development stages
- Unified national development pathway
- Alignment of the athlete, coach and competition pathways
- Create and provide the necessary coach, event and officials structure to support athlete development
- Educate all athletes, coaches and parents on long term athlete development.

DEVELOPMENT PHASE	TRAINING AGE (YEARS IN SPORT)	NUMBER OF ATHLETES	YEARS TO MEDAL	PROGRESSIONS	OUTCOMES	REP TEAM	ORGANISATION RESPONSIBLE
<b>Elite Podium Squad</b>	10+	4	1-4	Compete to win	Excel and lead	National Team	Part Regional / Part Centralised
<b>Elite Development</b>	8-12	6	4-6	Train to win	Perform and maximise	National Team	
<b>Talent Development</b>	6-10	12	6-10	Train to compete and learn to win	Perform and optimise	Development Team	
<b>Talent Identification</b>	4-8	25	8-12	Train to train	Train and stabilise	Development Team	Regional
<b>Junior Development</b>	3-6	unlimited	10-15	Learn to train	Learn and develop	Regional Programmes	
<b>Grassroots Participation</b>	1-4	unlimited	14-20	Learn the sport	Introduce and participate	Regional Programmes	

Snow Sports New Zealand

New Zealand Academy of Sport

# SNOWBOARD ATHLETE PATHWAY

	ATHLETE DESCRIPTION	COMPETITION OUTCOMES	COACHING	SKILL DEVELOPMENT	PHYSICAL	MENTAL	EQUIPMENT	
NATIONAL TEAM	<b>ELITE PODIUM</b>	Athlete is focussed on being world class. National representative teams. Northern Hemisphere becomes major competition focus. Athlete and coach will use all available sports training technology and science to enhance performance.	Top level international competition: World Cups, Olympics, X Games, 5 and 6 star TTR: top 5 positions.	National Coach Periodised programme. Independence self motivated, self driven programme. Target IPP goals. Key events to achieve pinnacle event podiums. 60-100 days N.Hemi. 50-80 days S.Hemi. Discipline training 90% - 10% All Mountain.	Mastery and ongoing skill development; skills automated, discipline focussed. Leading the field in skills and speed, consistently benchmarked against relevant competitors.	Target IPP goals, periodised self driven programme. Specific skill development in off snow settings: advanced crossover skills, bike, gymnastic, other board sports.	IPP driven As appropriate - MST tailored to account for periodisation.	All equipment should adhere to international specifications. Specific snowboards required for chosen disciplines, separate snowboard considered for competition. Boots chosen to suit personal preferences. Protection: Helmet, BX shoulder and back protector. All equipment should have backup or replacement parts.
	<b>ELITE IDENTIFICATION</b>	Athletes are independently motivated to train. Athlete identified as talented and chosen in national development squads. Coaching and competing schedule increases to year-round full-time and is discipline specific. Athlete utilises expertise of sport science specialists to enhance performance and sustain training schedule.	Top level international competition World Cups, Olympics, X Games, 5 and 6 star TTR: consistent top 16 results. Podiums at 3 and 4 star TTR, Continental Cups, Open National Events.	National Coach periodised and individualised plan, leading to independence and self driven programme. Targeted international competition and training schedule as required. Target IPP goals. 60-100 days N.Hemi. 50-80 days S.Hemi. Discipline training 90% - 10 % All Mountain.	IPP driven, benchmarking against international standards, Maximising skills in a training and competition environment.	IPP driven: independent self motivated periodised programmes. Specific skill development in off snow settings: advanced crossover skills, bike, gymnastic, other board sports.	IPP driven As appropriate - MST tailored to account for periodisation. Parent education regarding elite expectations.	All equipment should adhere to international specifications. Specific snowboards required for chosen disciplines, separate snowboard considered for competition. Boots chosen to suit personal preferences. Protection: Helmet, BX shoulder and back protector. All equipment should have backup or replacement parts.
DEVELOPMENT TEAM	<b>TALENT DEVELOPMENT</b>	Athletes have become aware of their training requirements in order to be competitive and are more involved in their own development. Training hours will increase and become more intensive on and off snow. Training and competing becomes more discipline specific. Northern Hemisphere training increases.	Top 16 in NZ international events. Top 5 in USASA National Champs open class division. FIS Continental Cup making top 5.	National/Regional Individual performance plan driven by National Coach. 60-90 days N.Hemi. 4-5 days/wk. 50-80 days S.Hemi. 3-5 days/wk. Discipline training 70% - 30% All Mountain.	Identify strengths and weaknesses. Plan designed to address needs; maximising strengths, minimising the work-ons. Understand and perform outcomes based on blending the fundamental skills.	Regular individualised and supervised gym training. Specific skill development in off snow settings. Regular recreational training. Self performance monitoring. Advanced crossover skills, bike, gymnastic, other board sports.	One-on-one appointments and workshops on specific topics applicable to developmental level. Implementation of basic Mental Skills Training (MST) in competition settings. Self reflection and self analysis through training log. Parental education on stage requirements and pathways.	All equipment should adhere to international specifications. Specific snowboards required for chosen disciplines, separate snowboard considered for competition. Boots chosen to suit personal preferences. Protection: Helmet, BX shoulder and back protector. All equipment should have backup or replacement parts.
	<b>TALENT IDENTIFICATION</b>	Individuals start to become athletes, aware of training environment and starting to take ownership of their own development. Coaches involve athletes in planning and preparation of their development. Focus is on skill and technique development across all disciplines. The athlete is introduced to training in the Northern Hemi. through an SSNZ camp or recognised training provider.	NZ Regional Podiums. Participation at NZ international events. USASA Regional Podiums. USASA National Champs Top 5 in Age group. FIS Continental cup Top 15 finishes.	Regional Program driving Individual performance plan. National Coach involvement and input into plans. 60-80 days: N.Hemi. 5 days/wk. 50-80 days: S.Hemi. 3-5 days/wk. Discipline training 50% - 50% All Mountain.	Stabilisation and increase the performance of the fundamental skills in training and competition.	Following a regular dry-land programme. Exhibiting quality movement patterns Education around recovery options. Progress to advanced crossover skills, bike, gymnastic, other board sports.	Workshops on specific topics applicable to developmental age. Understand and put into practice the concepts of motivation, goal setting, relaxation, self talk, imagery. Parents understand their role and the pathway ahead.	All equipment should adhere to international specifications. Specific snowboards should be considered for freestyle and race disciplines. Protection: Helmet, BX shoulder and back protector.
REGIONAL PROGRAMMES	<b>JUNIOR DEVELOPMENT</b>	This is the skill development stage where fundamental skills are refined and made more efficient and effective. Specific disciplines from the sport are introduced with basic technique. Coaching hours increase but still centre on fun while sharing the excitement/passion for the sport.	Regional and national series participation. Junior Nationals participation.	Regional programmes driving, basic individual performance plans. Strengths/weaknesses identified and developed by regional coaches. National coach interaction with regional coach. 20-40 days: S.Hemi. 2 days/wk. 10-30 days: N.Hemi. 5 days/wk Discipline training 40% - 60% All Mountain.	<b>FUNDAMENTALS!</b> Explore the fundamental snowboard skills: edge, pressure and steer. Development of general snowboarding skills is the main focus while covering aspects of the disciplines.	Learn how training can be fun. Involved in organised sport. Involved in training activities Cross training activities (gymnastics, trampolene, aerial awareness, body coordination, bike / skate / pump, board sports).	Understanding of task orientation and goal setting to achieve short, mid and long term objectives. Achieving personal goals is more important than winning in competition.	One snowboard is sufficient - mid to short length and mid flex. Mid to soft flexing boots. Protection: Helmet.
	<b>GRASS ROOTS</b>	A rider is introduced to the sport. The individual has found a passion in snowboarding. Becoming involved in the community of snowboarding having fun are the focuses.	Not competition focussed. Any competitions should be inclusive and focussed on fun not winning.	Weekend or holiday resort programmes. Programmes focus on creating passion for the sports while the riders explore the mountain. 20 days on snow S.Hemi.	Learn the fundamentals. Riders are introduced to the concepts of edging, pressuring, steering and balance.	Athlete is involved in a variation of organised sport.	Learning the love of the sport. Explore the concepts of goal setting and personal performance. Achieving personal goals is more important than winning in competition.	One snowboard is sufficient. Mid to short length and mid flex. Mid to soft flex boots. Protection: Helmet