



SSA FUTURES

Cross Country Skiing Camps



WHAT IS 'SSA FUTURES'?

As part of further developing the opportunities and resources for athletes involved in the SSA athlete pathway and providing athletes with elite sporting opportunities, Ski and Snowboard Australia (SSA) is rolling out a number of athlete talent identification (TID) programs under the name 'SSA Futures Camps'.

The aims of the program are to:

- Increase participation and bridge the gap between Interschools competitions and club programs
- Introduce developing athletes to elite sport opportunities and elite sports people
- Increase knowledge of the athlete pathway, selection criteria and the various opportunities available to athletes
- Establish a consistent and unified approach to Long Term Athlete Development
- Educate developing athletes in what it takes to become an elite athlete
- Enhance technical ability, athleticism and competition performance
- Encourage involvement in SSA domestic ski/snowboard events

SSA FUTURES:

Cross Country Skiing Futures Camp #2

Cross Country Skiing has a long tradition in Australia, with the first competitors competing at the Winter Olympics in Oslo in 1952. In each of the past two Winter Olympics in Vancouver and Torino Australia had three competitors, including current World Cup team member Esther Bottomley and Ben Sim. SSA's cross country skiing athlete pathway feeds talented athletes into the state and national teams, and each year team members head overseas to compete in many different levels of competitions including World Junior and U23 Championship, Continental Cup and World Cup. In 2012 two Australian cross country skiers will contest the inaugural Winter Youth Olympic Games in Innsbruck.

WHAT ARE THEY?

The SSA Futures – Cross Country Skiing Camps have been designed to introduce young athletes to National Team training techniques and to educate them about the next levels of the athlete pathway that many of them will reach in subsequent years. Athletes will benefit from expert coaching from state and national level coaches and athletes.

WHO IS IT FOR?

SSA is calling for athletes to submit an application who;

- Have competed at Interschools or State competitions
- Would like to learn how to train for cross country skiing
- Are between the ages 12 and 16.

There is a maximum of 15 spots available, with potential participants assessed through their application forms. All athletes must be full or associate members of SSA.

WHEN AND WHERE?

The second two-day camp for 2011 will be held in Sydney on the weekend of **12-13 November**. See next page for details.



Details – Camp 2, Sydney, 12-13 November 2011

DAILY SCHEDULE:

Day 1

TIME:	ACTIVITY:
9:00 AM	Meet at Homebush Stadium
9:30 AM	Rollerskiing, Classic and Freestyle
12:00 PM	Lunch Break
1:00 PM	The Road to the Olympics – SSA Pathway
2:00 PM	Run to PLC + Circuit Training
4:00 PM	World Cup & Team Videos
5:00 PM	Finish for the day.

Day 2

TIME:	ACTIVITY:
9:00 AM	Meet at Coogee Beach
9:30 AM	Run, Coogee to Bondi
11:00 AM	Q & A session with Australian Team athletes
12:00 AM	Lunch Break
1:00 AM	Planning for Summer 2012 and Winter 2012
2:00 PM	Camp Wrap-Up and Departure

COST:

\$ 100.00

WHAT IS INCLUDED IN THE PRICE?

- Two days of dryland cross country ski coaching
- SSA Cross Country Training Diary
- SSA Cross Country Drink Bottle and Ski Ties

WHAT IS NOT INCLUDED?

- Transport to/from Sydney or the session venues
- Accommodation is not provided
- You will need to bring your own food and water
- You will need to source your own equipment as listed.

HOW TO APPLY:

Applications are available via <http://www.skiandsnowboard.org.au>
Follow the links to the SSA Futures – Cross Country Camps
Applications are due by **Friday October 28.**

CONTACT:

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EQUIPMENT:

- Rollerskis (skate or classic), boots and poles
- Running shoes, gym clothes
- Participants without rollerskis or in-line skates should bring their normal ski boots and poles

COACHES/STAFF:

Finn Marsland

SSA National Cross Country Skiing Head Coach

Ben Sim

2010 Winter Olympian, 2012 YWOG Coach

d'Arcy Baxter

2010/2011 National Team Member

Ewan Watson

2011 World Championship Team Member

TRANSPORT:

All participants need to provide their own transport to/from the sessions on each day.

ACCOMMODATION:

All participants need to provide their own accommodation

