



## **UK Snowsports Coaching Scheme**

Alpine Performance Coach  
Course, Level 3

**Saas Fee**

**2<sup>nd</sup> – 8<sup>th</sup> August 2009**

# **LEVEL 3 PERFORMANCE COACH**

Level 3 performance coach should demonstrate a solid understanding of the fundamentals to performance coaching and be able to plan, implement and analyse long term development programs.

A level 3 coach is authorised to operate within a club or centre environment, this needs to be under the planning and control of a club/centre Head Coach. The skiers can be ranging from novice to FIS racing.

The level 3 Coach is designed specifically for those who work with young skiers on a regular basis. It will provide information which will enable the coach to carry out his/her coaching role within a coaching programme more effectively. The training aims to ensure that children in their charge engage in safe purposeful practices which will develop skiing performance in addition to enhancing the personal development of the skiers.

## **Level 3 Training & Assessment Course**

This is a training and assessment course that is delivered in an alpine environment by an appropriately qualified tutor.

The course lasts for 6 days and is assessed on continue assessment.

The three main areas the course will cover are:

1. Personal skiing performance
2. Performance Coaching
3. Course setting

## **Entry Requirements**

- Be at least 18 years of age.
- Hold level 2 performance coach or foreign equivalent (\*).
- Be able to ski parallel skiing on steep red slopes.
- Be registered member of one of the Home Nations Coaching Scheme

(\* Members of the HN's and British Alpine Ski Teams are exempt from formal entry qualification requirements)

## **Level 3 Accreditation**

Assessment is continual during the six days of the course. Course participants will be expected to demonstrate an understanding of the material covered during the course and be able to assimilate this material into a practical context. The course Tutor will provide ongoing feedback during the course concerning participant's performance. On completion of the course the Tutor will conduct individual course review with each participant.

They will be required to:

- Hold a current first aid certificate
- Hold a current CRB check

## **Skiing Level 3**

Their skiing must demonstrate a clear picture to athletes especially in drills and free skiing. They must be capable of skiing at high speed but with control and the correct posture.

The level 3 coach will be able to

1. Linked carved turns on a red run in both SL and GS
2. Be able to demonstrated the fundamental drills needed for young athletes
3. Be able to show the correct line in a GS course
4. Maintain a balance and appropriate posture through out a series of turns.

### **Coaching Level 3**

Level 3 performance coach needs to have a clear understanding of the performance pathway for athletes and to do the following

- Be able to plan a training session
- Be able to deliver a clear and concise training session
- Be able to observe, evaluate and diagnosis performance
- Be able to prescribe coaching intervention and feedback

### **Course Setting level 3**

A Level 3 coaches need to demonstrate a clear understanding of course setting principles and rules. They must understand:

- the safety considerations when setting a training course.
- of how different courses can be used to train different skills
- the ability to manipulate the variable to meet the athletes needs

### **Underpinning Knowledge**

#### **Lectures Covered on course**

Course content and structure

Planning a training session

Turn Model

Skill analysis

Role/responsibilities of the coach

Mental training

Communication

The cost of the course is £375.

The course fees includes:

- Tutor fees and expenses.
- Administration fees.

It does not include:

- Flights.
- Accommodation.
- Transfers.
- Lift passes.
- Travel Insurance + European Health Insurance Card

## **Accommodation**

You are responsible for booking your own accommodation. There is accommodation available in the same hotel as the tutors at .... CHF half board per twin room.

## **Lift passes**

You are responsible for purchasing and paying for your own lift passes.

## **Airports**

Nearest Airports are Geneva or Zurich

## **Transfers**

There are trains that run to Visp and you can then get a bus up to the resort. You can purchase a swiss transfer ticket for £75 return

<http://www.swissrailways.com/produkttexte.php?passid=3>

***Please note: in the unfortunate circumstances that the course has to be cancelled (i.e less than 6 participants or other circumstances beyond our control Snowsport England are not liable for any contingent costs but any fees paid by you to us will be refunded in full).***

# BOOKING FORM

I .....(Name) Reg No .....

Address .....

.....

..... Post Code .....

Daytime phone number .....

Age ..... Male/Female .....

Please reserve a place for the Performance Coach level 3 Course on 2<sup>nd</sup> (arrival) to 8<sup>th</sup> (departure) August 2009.

Course fee is £375.

I enclose my deposit of £200 to reserve my place on the course (this deposit is non-refundable).

**Final payment of £175 must be received in office by 17<sup>th</sup> July 2009.  
If you are not a member of Snowsport England or a Home nation there is an additional fee of £60.**

Signed ..... Date: .....

OR PAY BY CREDIT CARD (Mastercard, Visa, Switch and Solo only)

Cardholder Number .....

Start Date ..... Expiry Date..... Issue No.....

Issue number .....

Name and initials (as on card) .....

Telephone No: .....

Signature .....

If cardholder differs from that above please state their address overleaf.

**Please return completed form and payment to Snowsport England Offices.  
All cheques to be made payable to Snowsport England. Thank you.**