

Alberta Alpine Aim2 days on Snow/ Competition Guideline, Alberta Alpine 2015/2016

	Skier Essentials		Learn to Train	Learn to Train/ Learn to Race	Learn to Race	Learn to Race/ Train to Race	Train to Race	Train to Race/ Train to win	Train to Win	Train to Win
AIM 2 WIN	U6-U8	U10	U12	U14	U16	u16	U18	U18	U21	senior
LEVEL	7 yo -	8-9 yo	10-11 yo	12-13 yo	14 yo	15 yo	16 yo	17 yo	18-20 yo	21+
AGE	7 yo -	8-9 yo	10-11 yo	12-13 yo	14 yo	15 yo	16 yo	17 yo	18-20 yo	21+
Training	Training									
Target total training Sessions on Snow	47	47-55	55-75	75-100	100-115	115-127	115-127	147	130-165	130-165+
off season ski days ( Last race to season opening)			10-13	13-17	18-23	23-28	23-28	30-40	45-55	40-50
off hill activity days	320	310	290	220	205	205	205	205	150-185	160
Competition	Competition									
Training to race ratio	12:1	9:1	7:1	6:1	5.5:1	5:1	4:1	4:1	3:1	Based on Specialization
Duals	1gs, 1sl stubby	1gs/1sl stubby	1gs/sl stubby	1gs/1 sl	0	0	0	0	0	
Kombi	2	1	1	1	0	0	0	0	0	
slalom		2stubby	2 stubby	3	6	10	12	14	16	
Giant Slalom		1	2	5	8	12	13	16	18	
Super G				1	2	4	4	4	4	
Super Combined				1	2	2	2	2	2	
Downhill				elements	elements		4	2	4	
Competition Starts	4	6	8-12	12-16	14-18	20-25	25-35 **	30-40	40-45	30-45

\*\*1ST YEAR FIS ATHLETES ARE LIMITED TO 25 TECH \*\*