

## **J3 Development 2011-2012**

New for 2011 – 2012:

This committee's ongoing goal is to develop a broad NYS Pipeline for skill development, targeting specific 3 groups. The goal is to develop a skill progression so there can be a peak at whatever the athletic goal is: JIII state championships, Kandahar, J3 Regional Championships or Finals.

1) Elements: Opportunities to augment skill progression.

1. Smart Camps: Provide opportunities for athletes and coaches the opportunity to attend timely scheduled camps. These will be strategically timed to optimize peaking.
2. Parallel Slalom with bumps: Early January, 25 second course follow ICR rules for Knockout Parallel Slalom. In addition, Skill Assessment for Pole Plant with Slalom Gates will be offered at event. This is part of the movement from a traditional race environment to Skills Day.
3. Skill Assessments: Skill Assessments will be continued, the goal is to integrate Skill Assessments into a race environment.
  - a. Update Pole Plant assessment to using Slalom Gates.
  - b. Keep Apex Drill as part of Speed Camp using Gates
  - c. Continue with One Ski drill, however looking at other options that are more transferable.
  - d. From the Skills Assessments - Top Ten men and women each side of state will receive T-Shirts and Named to NYSSRA F.A.S.T. team.

2) Smart Camps: Use Camps to leverage development for both athletes and coaches.

- (1) Early season December Fundamentals Camp: Add six athletes and 1 coach. Mileage camp on big mountain, with skill development and coaching mentoring and opportunities.
- (2) Women's and Men's Elite Camp for Speed: high level skill progression, video, and lectures. Itinerary to be determined
- (3) Pre J3 Championships Camp: At Whiteface NSA hosted. High level camp gear towards peaking athletes and coaches for Junior Championships.

- (4) Slush Camp: End of year 1<sup>st</sup> year camp, provides a spring board into next season. Addresses first year JIII's that didn't make it past JIII state championships. The goal is to improve fundamentals for this group. Held at Whiteface through the OTC. Itinerary to be announced.
- (5) Eastern Elite Camps & Eastern Fundamentals Projects: these camps are for top athletes. Extremely important events for elite athletes. Will help target and encourage top athletes to attend these events.

We will be incorporating all of these elements and use them as a progression to provide a peak opportunity for all the athletes. We will use the NYSSRA manual and NYSSRA alerts to communicate these opportunities to coaches and athletes. The goal is to further assist coaches in opportunities in athlete management.

Respectfully Yours, Gerald Nenno  
Chairman J3 Development Committee