

Program Information Pack 2023

Winter Sports Program

U16/U14 Alpine

Year of birth U14 - 2011–2010

U16–2009 - 2008

Contents

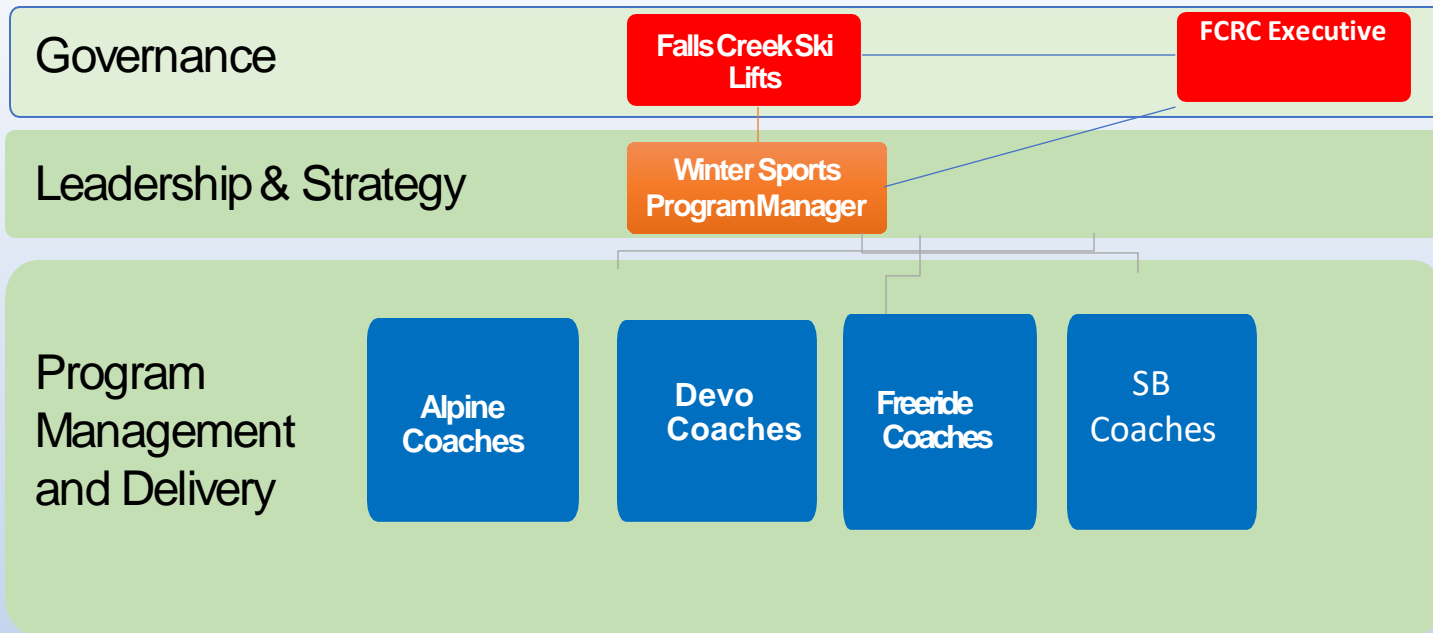
1. Winter Sports Team & Falls Creek Race Club
Structure and Membership
2. WSP/FCRC Vision, Mission and Culture
3. Communication
4. Snow Australia Race licence
5. 2023 Program
 1. Daily schedule
 2. Season Calendar
6. Equipment
7. Expectations
8. Future planning for your athlete.



WSP/FCRC

Structure/Vision/Culture

Communication/Race licencing



PROGRAM STRUCTURE/GOVERNANCE

Winter Sport Program (WSP)
&
Falls Creek Race Club (FCRC)

- All programs run through Falls Creek Ski Lifts and all coaches/program director are employed directly by the Falls Creek Ski Lifts
- Programs are commercially run and are known as the Winter Sport Program
- The programs are designed, managed and implemented by the professional team of coaches and WSP staff
- The Falls Creek Race Club is the community behind the programs.
- The Falls Creek Race Club is a **not for profit organisation** provides support to aspiring winter sport athletes and families.
- This is not a unique situation in the Snowsports world. In reality, FCSL & FCRC have a symbiotic relationship
- The Falls Creek Race Club is managed by a volunteer board of directors
- Membership to Falls Creek Race Club is encouraged for all WSP participants. www.fallscreekraceclub.com.au

SHARED VISION & MISSION

- To be a centre of snow sports excellence across all disciplines
- To foster a life-long love of the mountains and a passion for winter sports in our young athletes.
- To encourage grass roots participation in Snowsports competition AND to provide a pathway and structure to facilitate the development of future champions
- To provide best practice programming and coaching at every level in every discipline.
- Enable a supportive, dynamic team-based culture across all levels
- Develop athletes who are resilient, determined, and strive for excellence



Culture of HEART



- Nurture athletes who are resilient, determined, and strive for excellence
- Allow and encourage participation and high performance to CO EXIST
- Celebrate PARTICIPATION, Celebrate EFFORT and Celebrate SUCCESS

High Expectations

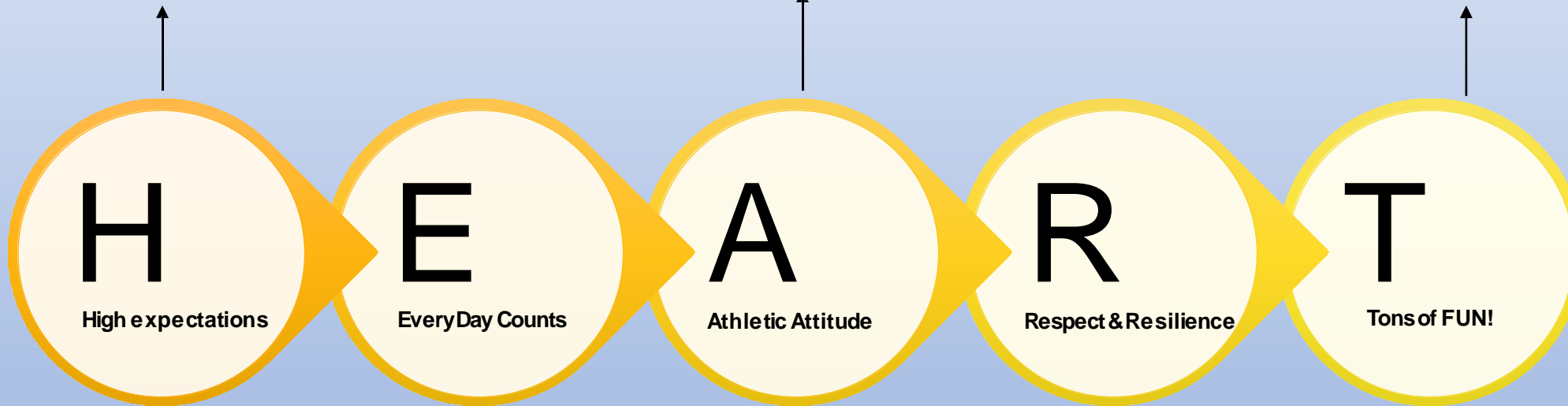
- High (& clear) expectations for all groups
 - Families – athletes – club – staff

Athletic Attitude

- Athletic attitudes developed and nurtured,
- This is the basis of a high performing culture.

Tons of Fun

- Fun is the #1 reason for doing sport,
- Not having fun is the #1 reason for leaving sport,
- Spontaneous and planned opportunities for fun.



H

High expectations

E

EveryDay Counts

A

Athletic Attitude

R

Respect & Resilience

T

Tons of FUN!

Every Day Counts

- Development is cumulative,
- Make Each Day Your Masterpiece,
- Take advantage of every opportunity.

Respect & Resilience

- Respect for self and others,
- Resilience...seek opportunities and celebrate.

Falls Creek Race Club



President	Mike Gould - Outgoing
Vice President	Mark Peters
Secretary	<i>Unfilled</i>
Treasurer	Kate Kemp
Committee Members	Sam Thomas Scott Sanderson Caroline Dowling Matt Davis
Fundraising Subcommittee	Malaya Toll Anna Tehan
Administration Officer	Zoe Bristow

Falls Creek Race Club AGM 10th June 2023 - Falls Creek Race Club House. Great opportunity to get involved.

CONTACTS/MEMBERSHIP

<https://www.revolutionise.com.au/fallscreek-wsc/>

Or

www.fallscreekraceclub.com.au

Email:

ski@fcrc.com.au

MEMBERSHIP IS STRONGLY RECOMMENDED

because

- Uniform Purchase
- Gym Access
- Social Events / Parent meet & greet
- Scholarship opportunities
- Second Hand Swaps
- Club House Access
- Ski tuning workshops

Communication in season



Seasonal Plans

Seasonal training plan

- Updated Calendar throughout season
- Calendar Sign up details to be confirmed

Training Plan Updates

Weekly training plan via Whats App

- Detailed overview for the week ahead including timing and logistics

Daily updates as via Whats App



WhatsApp group

- WhatsApp parent group for relevant communication with parents
- U14/U16 athletes/ Coach Group
- U14/U16 athletes expected to manage own communication with coaches via Athlete group chat.
- Inappropriate use of social media not tolerated

Review

SNOW AUSTRALIA Skills Assessment

- Qualitative summary of foundational skills for the age & stage
- Compulsory for all Full Season Athletes
- Date to be confirmed
- Requires Snow Australia Club Membership and Sign up online

Mid season review Coaches/Program director

- On line / or in person individual review in late July – early August
- Relevant to full season athletes only

Snow Australia registration

<https://www.snow.org.au/membership/>



SNOW AUSTRALIA MEMBERSHIP 2025					
ALPINE	snow RACER	CLUB RACER	NATIONAL RACER¹	INTERNATIONAL RACER^{1,3}	MASTER RACER²
INCLUSIONS	FREE	\$149.00	\$199.00	\$299.00	\$149.00
	All ages	All ages	Born 2007 or earlier	Born 2007 or earlier	Born 1993 or earlier
Snow Australia Alpine Membership helps subsidise initiatives of the National Alpine Committee (NAC) such as Emerging Talent Programs, Club Workshops and other sport development initiatives.					
snowID & snowRACER	✓	✓	✓	✓	✓
SNOW AUSTRALIA BASE MEMBERSHIP	X	✓	✓	✓	✓
INTERSCHOOLS	✓	✓	✓	✓	X
ACCESS TO FUTURES ⁴ , CLUB WORKSHOPS AND OTHER INITIATIVES	X	✓	✓	✓	X
CLUB SKILLS DEVELOPMENT CAMP AND ASSESSMENT	X	✓	✓	✓	X
FACILITIES ACCESS ⁴ EG. NATIONAL SNOWSPORTS TRAINING CENTRE (NSTC)	X	✓	✓	✓	✓
CHILDREN'S CARNIVAL & SKILLS CHALLENGE (U14/16)	X	✓	X	X	X
DOMESTIC FIS / ANC EVENTS (INC NZ)	X	X	✓	✓	✓
INTERNATIONAL CHILDRENS FIS EVENTS ⁴	X	✓	X	X	X
INTERNATIONAL FIS EVENTS	X	X	X	✓	✓
1. INCLUDES EITHER ALPINE OR SKI CROSS FIS REGISTRATION WITH THE OPTION TO ADD BOTH. COSTS DETERMINED BY FIS APPLIES. 2. INCLUDES FIS MASTERS REGISTRATION. 3. INCLUDES AN INTERNATIONAL COMPETITION LICENSE (ICL), ACTIVATED WITH CONFIRMED COMPETITION INSURANCE. SEE WEBSITE FOR MORE DETAILS 4. ADDITIONAL CHARGES AND REQUIREMENTS MAY APPLY	snow RACER	CLUB RACER	NATIONAL RACER¹	INTERNATIONAL RACER^{1,3}	MASTER RACER²

CLUB RACER MEMBERSHIP
RECOMMENDED MINIMUM FOR ALL U12+
Required for u14-u16 athletes to compete domestically in SnowAustralia races
Required for annual skills assessment

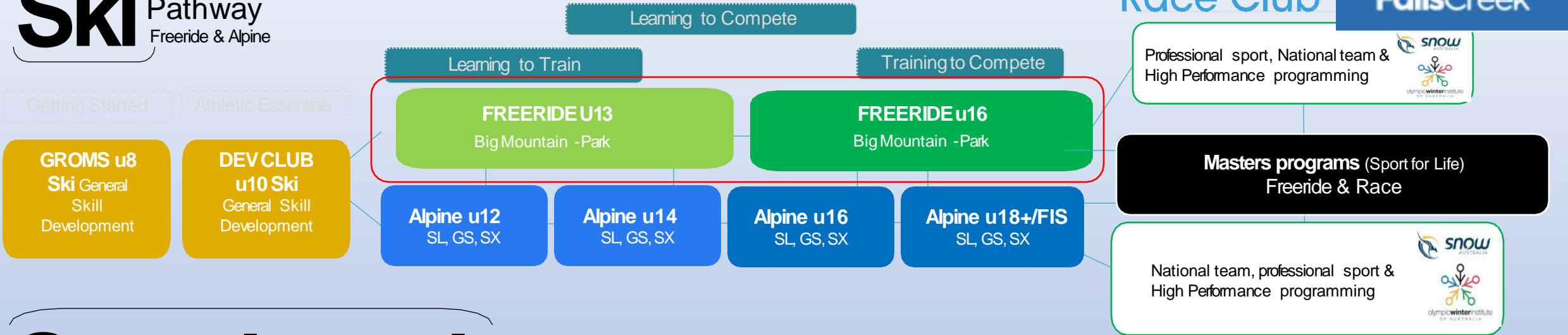
SNOW RACER MEMBERSHIP
COMPULSORY MINIMUM FOR ALL WSP PARTICIPANTS
Required for any Falls Creek Club races
Required for Interschools
Free

The Program

WSP Pathway Programs

Ski Pathway

Freeride & Alpine



Snowboard Pathway

SBX & Freeride –Freestyle



All programs align with Snow Australia's FTEM model, progressing athletes through Foundation, Talent, Elite and Mastery phases as part of a whole of sport pathway continuum.

Key Dates U14/U16



Full Season Program Dates

- June 26 – September 17
- September holiday program is Add on

Days on snow =

60

Full time

30

Part time

10 + 5

Holiday only

Training Times:

School Holiday training times - June 26 – Jun 7th

- Monday – Friday 0830-12:30

In Term training commence - Wednesday July 12th

- Wednesday and Thursdays 0830-12:30
- Friday – Sunday 0830 – 1530 (Break for lunch)

U14/16 Key Dates

- Rossi Cup Falls Creek July 6th
- Snow Australia Skills Assessment Falls Creek - Coaches will organise with groups
- Snow Australia Children Carnival (SL/GS/SX) - Mt Buller – Encouraged for Seasonal Athletes

Additional On Mountain Events

- South Australian and NSW Lower Interschools July 19-21
- Wombat Rambler July 14rd
- Summit Masters : August 19th
- Rudi Pendle August 24th
- Kangaroo Hoppett: August 26th
- Bandwagon: dates tbc

Camps & Special Projects

- **Mt Hotham Ski Cross Futures FIS Age group and 2008** August 13th – 14th
 - Only intended for appropriate 2008 athletes
- **Spring Camps** (Sept 18-22nd), Highly encouraged to maximise days on snow.

Season Program Weekly Structure



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Description	Off	Off	Train AM	Train AM	Train full day	Train full day	Train full day
Start time			0830	0830	0830	0830	0830
Finish time			12:30	12:30	1530	1530	1530
Comments	Rest day – Weather dependant	Free skiing with Friends or Family XC/Skate encouraged	Physical Training x 2 session minimum during week (gym/running/ XC recovery skate)		Finish times may vary +/- based on weather, fatigue, seasonal stage		Earlier finish time as needed for travel home

Equipment

Equipment * SEASON LONG PROGRAM



Item	Recommendation
Boot	REQUIRED
SL ski(s)	REQUIRED
GS ski(s)	Encouraged
All mountain skis	Encouraged
SL poles (pole guards)	REQUIRED
GS poles (bendy or straight)	REQUIRED
Shin guards	REQUIRED
Pole guards	REQUIRED
Chin guard	REQUIRED
Mouth guard	Recommended
Race Suit	REQUIRED
CUT proof garments	Recommended
Stealth top	Handy to have
Forearm guards	Handy to have
Back protection	REQUIRED
FIS approved helmet	REQUIRED
Goggles	REQUIRED
FCRC Blue Jacket	Encouraged
FCRC jacket-soft shell	Encouraged
Black ski pants	REQUIRED
Rain-coat / Training coat	Encouraged
Training shorts	Encouraged
Training Backpack	REQUIRED
Lunch Box/Drink bottle	REQUIRED
Dry Land	REQUIRED
Clothing/Runners	

All equipment **MUST** be purchased and ready to go **PRIOR** to the first day of training

Mike Gould is available to discuss if required

Mike.gould@vailresorts.com.au

Recommendations for purchasing:

Skis and Boots Falls Creek

- Central Snowsports
- Snow Monkey –

Boots Only

- The Boot Lab – South Yarra

Skis and Boots

- Bumps - Elsternwick

SIZE GUIDE FOR EQUIPMENT				Slalom Ski		Giant Ski	
Age Category	Age Born		Gender	Longer	Shorter	Longer	Shorter
U16	2008	U16	M	165	157	188	182
	2008	U16	F	157	155	188	182
	2009	U15	M	157	150	182	177
	2009	U15	F	157	150	182	175
U14	2010	U14	M	155	150	178	173
	2010	U14	F	150	145	175	170
	2011	U14	M	145	140	170	166
	2011	U14	F	145	140	170	165
U12	2012	U12	M & F	140	135	165	158
	2013	U11	M & F	135	125	151/144	135
	2014	U10	M & F			130	120
	2015	U9	M & F			120	110
	2016	U8	M & F			110	

Equipment * HOLIDAY PROGRAM



Item	Recommendation
Boot	REQUIRED
SL ski(s)	Not Required
GS ski(s)	REQUIRED
All Mountain Ski	Not Required
SL poles (pole guards)	Not Required
GS poles	REQUIRED
Shin guards (SL)	Not Required
Pole guards (SL)	Not Required
Chin guard (SL)	Not Required
Not Required	Not Required
Race Suit	Not Required
CUT proof garments	Not Required
Stealth top	Not Required
Forearm guards	NOT recommended
Back protection	REQUIRED
FIS approved helmet	REQUIRED
Goggles	REQUIRED
FCRC Blue Jacket	REQUIRED
FCRC jacket-soft shell	Not Required
Black ski pants	REQUIRED
Rain-coat / Training coat	Encouraged
Training shorts	Not Required
Training Backpack	REQUIRED
Lunch Box/Drink bottle	REQUIRED
Dry Land	REQUIRED
Clothing/Runners	

All **REQUIRED** equipment **MUST** be ready to go **PRIOR** to the first day of training

Mike Gould is available to discuss if required

Mike.gould@vailresorts.com.au

****** Some Holiday program athletes who have previously been in fulltime season programs may be required to have the season long equipment list. These families will be notified.

Recommendations for purchasing:

Skis and Boots Falls Creek

- Central Snowsports
- Snow Monkey

Boots Only

- The Boot Lab – South Yarra

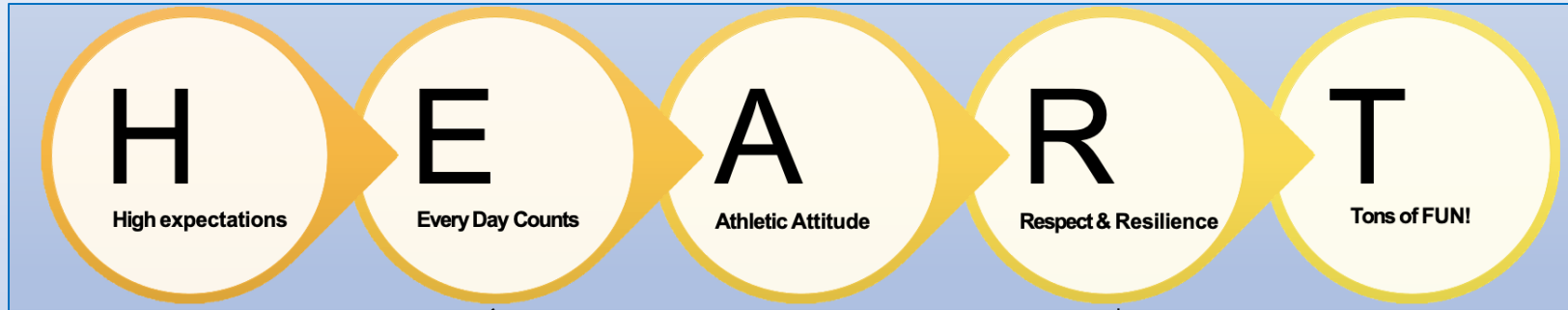
Skis and Boots

- Bumps - Elsternwick

SIZE GUIDE FOR EQUIPMENT				Slalom Ski		Giant Ski	
Age Category	Age Born		Gender	Longer	Shorter	Longer	Shorter
U16	2008	U16	M	165	157	188	182
	2008	U16	F	157	155	188	182
	2009	U15	M	157	150	182	177
	2009	U15	F	157	150	182	175
U14	2010	U14	M	155	150	178	173
	2010	U14	F	150	145	175	170
	2011	U14	M	145	140	170	166
	2011	U14	F	145	140	170	165
U12	2012	U12	M & F	140	135	165	158
	2013	U11	M & F	135	125	151/144	135
	2014	U10	M & F			130	120
	2015	U9	M & F			120	110
	2016	U8	M & F			110	

Athlete & Parent Expectations

Expectations & Signed Agreements



WSP/FCRC is a privilege. As a WSP/FCRC member you are an ambassador for Falls Creek, winter sport and the team. Behavior, both good and bad reflects on the athlete and the whole team. Poor Behavior will not be tolerated. Warnings will result in discipline including suspension from training.

U16/U14 Athletes/Parents

- Written agreement signed and to be returned prior to Day 1 start * Season long athletes
- Verbal agreement * Holiday Program Athletes.

CORE EXPECTATIONS:

- Approach training and competitions with a positive and open attitude.
- Be supportive and always encouraging of teammates.
- Understand that there is zero tolerance for all forms of bullying and discrimination including inappropriate use of the team WhatsApp
- Be responsible for yourself and your actions. Be on time to training sessions and with the correct equipment.
- Respect other guests of the mountain. Obey all signage and rope/lift boundaries.

Culture and behaviour



Culture is an easy thing to talk about. Our behaviour is the best gauge for what our culture is. When you fill out the [Form](#) please take a moment to discuss with your child what are the most important behaviours for them. The list includes these behaviours. From this list we will select our 3 Golden Behaviours that we can hold ourselves to. Coaches will also discuss these with their athletes.

- We will say hello, goodbye and thanks to our coaches
- We will all help with course setting and tear downs
- We will encourage, support team mates and call out put downs
- We will show humility – everyone is equal
- We will be on time (5 minutes early is on time)
- We have our equipment ready, U14 and older. This means skis sharp always.
- We will be sensible on chair lifts and respectful in lift lines. Say thanks if someone lets you in or to the lift
- We will not use our mobile phones during training

Planning for the future...

Planning for the future

When planning for NEXT season - Ask your Athlete these questions...

Do you want to be **competitive** at Interschools?

Do you want to be **competitive** nationally?

Do you want to be **competitive** internationally?



Shorter blocks, or full season training

- Interschools camps
- Full season weekend programming

Full season year-round programming

- Full time
- Northern Hemisphere Programs

Participation

Love to ski – ride

Interschools

Competitive @ Interschools

National

Competitive Domestically

International

Competitive Internationally

Shorter blocks or full season training

- Holiday program
- Interschools Camp

Full season programming













- Weekends
- Or Full time

Snowsports participation may best be summarized into 4 broad categories. Through a clear understanding of your objectives, the planning process is simplified, and you are able to **make the most informed program choices**.

Planning for the Future

See here for the 'Year of Birth Matrix'...an overview of age groups / program selection over the coming years.



Year		2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034
Year of Birth	2016	u8	u10	u10	u12	u12	u14	u14	u16	u16	FISu18	FISu18	FISu21
	2015	u10	u10	u12	u12	u14	u14	u16	u16	FISu18	FISu18	FISu21	FISu21
	2014	u10	u12	u12	u14	u14	u16	u16	FISu18	FISu18	FISu21	FISu21	FISu21
	2013	u12	u12	u14	u14	u16	u16	FISu18	FISu18	FISu21	FISu21	FISu21	FIS Sr 1
	2012	u12	u14	u14	u16	u16	FISu18	FISu18	FISu21	FISu21	FISu21	FIS Sr 1	FIS Sr 2
	2011	u14	u14	u16	u16	FISu18	FISu18	FISu21	FISu21	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3
	2010	u14	u16	u16	FISu18	FISu18	FISu21	FISu21	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4
	2009	u16	u16	FISu18	FISu18	FISu21	FISu21	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4	FIS Sr 5
	2008	u16	FISu18	FISu18	FISu21	FISu21	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4	FIS Sr 5	FIS Sr 6
	2007	FISu18	FISu18	FISu21	FISu21	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4	FIS Sr 5	FIS Sr 6	FIS Sr 7
	2006	FISu18	FISu21	FISu21	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4	FIS Sr 5	FIS Sr 6	FIS Sr 7	FIS Sr 8
	2005	FISu21	FISu21	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4	FIS Sr 5	FIS Sr 6	FIS Sr 7	FIS Sr 8	FIS Sr 9
	2004	FISu21	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4	FIS Sr 5	FIS Sr 6	FIS Sr 7	FIS Sr 8	FIS Sr 9	FIS Sr 10
	2003	FISu21	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4	FIS Sr 5	FIS Sr 6	FIS Sr 7	FIS Sr 8	FIS Sr 9	FIS Sr 10	FIS Sr 11
	2002	FIS Sr 1	FIS Sr 2	FIS Sr 3	FIS Sr 4	FIS Sr 5	FIS Sr 6	FIS Sr 7	FIS Sr 8	FIS Sr 9	FIS Sr 10	FIS Sr 11	FIS Sr 12
Major Event		World Champs 	YOG Gangwon 	World Champs 	OWG Milano 	World Champs 	YOG 	World Champs 	OWG - location tbc 	World Champs 	YOG 	World Champs 	OWG location tbc 



See you on the hill
soon...

