

# ***THE AUSTRIAN WAY***

- **Ski Austria – Base & Long Term Commitment**
- **Performance & Output**
- **Selection**
- **Finances & Resources**
- **Education – Focus on The Individual Athlete as a solid Person**

Varios Varibles determine the personal developement:

**Motor Skills / Athletic and Technical**

**Mental Skills & Intelectual Resources**

**Self Confidence, Stress Management, Success Mangement**

**Skiing as a competition Sport level teaches these factors**

- **College Programs / Schigymnasium Stams & more**
- **Academic Prorgams / Institutes of Sports Sciences in Austria**
- **Exit Strategies - life goes on: Professional & Amateur programs**

## *SKI AUSTRIA – BASE & LONG TERM COMMITMENT*

- Public Acceptance, 140.000 Members in the Federation
- Federation with Professional & Amateur structure
- Support of various Wintersport Disciplines: Alpine, Nordic, Snowboard, Biathlon, Freestyle, Grassski, Disabled
- Qualified Coaches
- Systematic Support (scientific, biomechanics, latest equipment/Austria Ski Pool, medical, individual coaching on top level)

## *SKI AUSTRIA – Performance & Output*

- Success as a major objective
- Guarantee of TV production
- Prime organizers in top locations
- Top performance in event organization
- Top performance in sports results
- Spectators interest
- Sponsoring cooperations and long term commitment
- Supporting business structures

### **AUSTRIA SKI POOL**

*Veranstaltungsgesellschaft mbH*

### **AUSTRIA SKI SPORTANLAGEN**

*St. Christoph Kitzsteinhorn / Academy*

### **AUSTRIA SKI**

*Veranstaltungsgesellschaft mbH*

### **AUSTRIA SKI - nordic**

*Veranstaltungsgesellschaft mbH*

### **BERGISEL**

*Betriebsgesellschaft mbH*

# AUSTRIA SKITEAM – Selection

- Nationalmannschaft

WC Victory, WCSL 1-10, 400 WC Pts

- A-Kader

WCSL 11-15 (one discipline), WCSL 16-30 (two disciplines)

- B-Kader (12 M / 10 W)

Ranking FRL after y.o.birth, e.g. born 1984 is rank 170. in two disciplines

- Nachwuchskader (15 M / 14 W)

Selection after y.o.b. and rank in Austrian Qualifikation Races, base is three disciplines

Men max. 30 QR, Ladies open amount of QR

## 9 Landesverbände with Regional Teams

(Approx. 300 Racers W & M in Landesverband Teams)

Selection Bezirkscup, Landescup

AUT Schülertestraces, AUT Schüler MS, Combine = SL+RS+VSL

speedoriented selection: Vielseitigkeitsläufe in Kinder & Schülerklasse (by rank),

## *SKI AUSTRIA – Finances & Resources*

- Austrian Skifederation supports more than 300 athletes in all disciplines

**Over EUR 10 MILLION to run the sports programs**

(Junior Teams Budget EUR 1,8 Mio M & 1,5 Mio L, total EUR 3,3 Mio)

- Plus contributions of support structures as the schools, colleges, scientific institutions
- Plus the costs and risk of event organizing-  
few of them gain a good profit  
but most of them need a lot of support
- Still also in Austria very important: Family/parents support for Racers in Childrens and Schüler Age groups!!

# *SKI AUSTRIA – Education*

## *Schools, College Programs & Academic Education*

- **SKIHAUPTSCHULE** - Schools for the age group 10 to 14  
Schruns/V, Neustift/T, Gastein/Sa, Schladming/St, Feistritz/K,  
Windischgarsten/OÖ, Lilienfeld/NÖ  
(Approx. 400 Racers W & M in Skihauptschulen)
- **SKI COLLEGES** - Schools for Athletes age group 15 to 19  
Stams/Gymnasium, Handelsschule  
Gastein/Tourismus  
Saalfelden/Gymnasium  
Schladming/ Handelsschule, HAK  
Waidhofen/Handelsschule

# Schigymnasium Stams / Austria

[www.schigymnasium-stams.at](http://www.schigymnasium-stams.at)

## *Leitbild*

Since decades we are an elite institution for young, talented and motivated people between 14 und 20 years of age and lead them to top sport results but assist them to successful graduation as well. As an institution of high reputation we guarantee a symbioses of studies and sport on the highest possible level.

# Schigymnasium Stams / Austria

[www.schigymnasium-stams.at](http://www.schigymnasium-stams.at)

## *Leitbild*

In a proofed unit of studies and sport we help the best wintersport athletes on their way from Juniorlevel to top performance. The professional competence of our teachers and trainers guarantees success of tomorrow based on the todays padgogic responsibility.



# Schigymnasium Stams / Austria

[www.schigymnasium-stams.at](http://www.schigymnasium-stams.at)

## *Leitbild*

We have a network view and so we see our task as an important contribution in terms to take and live responsibility for our young generation as part of our society. The synergy of school, public supporting partners guarantees to reach the chosen goals in the long term.

Schigymnasium Stams is not only a school- but a philosophy, a way of life.

## *SKI AUSTRIA – Education*

### *Schools, College Programs & Academic Education*

Academic Programs for A-level graduates from 19 and older

- University of Innsbruck ([www.uibk.ac.at](http://www.uibk.ac.at))
  - University of Salzburg
    - University of Graz
    - University of Vienna

All these universities run senior academic programs specialized on various fields of sports, especially also attractive wintersports disciplines

Many graduates of the Austrian ski-colleges have attended these institutes and are back today as highly qualified specialist and coaches within the Austrian Skifederations programs!

## *SKI AUSTRIA – Education Professional & Amateur Programs*

- **Österreichische Trainerausbildung**

D-License - Club coaching (Junior Programs)

C-License – FIS Level Coaching (Junior to Worldcup programs)

- **Österreichische Instruktorausbildung**

Amateur Ski Teachers in Club programs

- **[www.diesportakademie.at](http://www.diesportakademie.at)**

# *SKI AUSTRIA – Education Professional & Amateur Programs*

- Special programs for developing nations

Assistance in coaching, race organization, administration

- Junior and senior race camps

- Österreichische staatliche Diplomschulelehrer-Ausbildung

[www.skiakademie.at](http://www.skiakademie.at)

*SKI AUSTRIA – Education*  
*Professional & Amateur Programs*  
[www.skiakademie.at](http://www.skiakademie.at)

**Seminar week for developing Ski Federation / ÖSV Skiakademie**  
**Kitzsteinhorn**

- **Day 1:** Anreise bis spätestens 16.00 Uhr bei der Talstation Gletscherbahnen Kitzsteinhorn
- **Day 2: Skipraxis Vormittag**  
Allgemeiner Aufbau RSL-Kurve (stangenungebunden, methodischer Aufbau, Technikprogramm)  
**Skipraxis Nachmittag**  
Erste Hilfsmittel (Netzrohre) – Aufbau laut österreichische Trainerausbildung  
**Theorie Nachmittag:**  
Spezielle Bewegungslehre und Biomechanik

*SKI AUSTRIA – Education*  
*Professional & Amateur Programs*  
[www.skiakademie.at](http://www.skiakademie.at)

**Seminar week for developing Ski Federation / ÖSV Skiakademie Kitzsteinhorn**

**Day 3: Skipraxis Vormittag**

Stangenaufbau laut österreichische Trainerausbildung RSL

Skipraxis Nachmittag

Stangenaufbau laut österreichische Trainerausbildung RSL

Theorie Nachmittag: Materialpflegevortrag Firma „Holmenkol“

**Day 4: Praxis Vormittag**

Allgemeiner Aufbau SL-Kurve (stangenungebunden, methodischer Aufbau, Technikprogramm)

**Praxis Nachmittag**

Erste Hilfsmittel (Netzrohre) – Aufbau laut österreichische Trainerausbildung Videoanalyse der Kursteilnehmer

**Theorie Nachmittag**

Praktische Videoanalyse anhand von Weltcupvideoaufnahmen RSL

**Theorie Abend:** Gegenseitige Videoanalyse der Kursteilnehmer

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**Seminar week for developing Ski Federation / ÖSV Skiakademie Kitzsteinhorn**

**Day 5: Praxis Vormittag**

Stangenaufbau laut österreichische Trainerausbildung SL

Praxis Nachmittag

Stangenaufbau laut österreichische Trainerausbildung SL

**Theorie Nachmittag:**

Praktische Videoanalyse anhand von Weltcupvideoaufnahmen SL

**Theorie Abend:**

Praktische Videoanalyse anhand von  
summary / discussion

Weltcupvideoaufnahmen SG/AF

**Day 6: Praxis Vormittag:**

Erklärung der Hockeposition, Gleiten, Gleitkurven, Aerodynamische  
Körperposition; Sprungschulung

Setzen einfacher Gleitkurven, Doppel- und Dreifachto

Summary

**End of program**

*SKI AUSTRIA – Education*  
*Professional & Amateur Programs*  
[www.skiakademie.at](http://www.skiakademie.at)

# **THE AUSTRIAN PROFESSIONAL**

## **SKI TEACHERS PROGRAMM**