

# SSS

Schule und Schneesport  
Valais - Wallis



## The Ski Valais education programme for Youngsters

[www.ski-valais.ch](http://www.ski-valais.ch)

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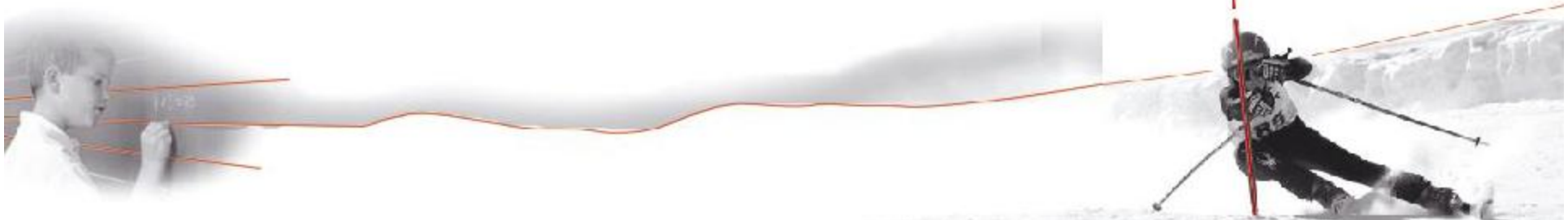
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## Reasons

- More than **30%** of the kids in Switzerland are **overweight** !  
(7 to 8 hours school a day – homework – TV – playstation – Internet)
- No sport – no exercise ➡ create **health problems!**
- More and more children **don't learn how to ski** !
- **90% of the economical income** in our region is from tourism,  
the major part from **snowsport**
- There is no way to **create** Olympic- and Worldchampion, but:

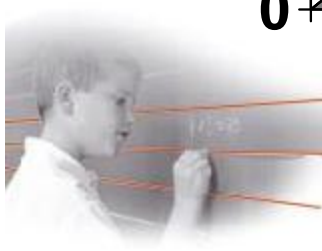
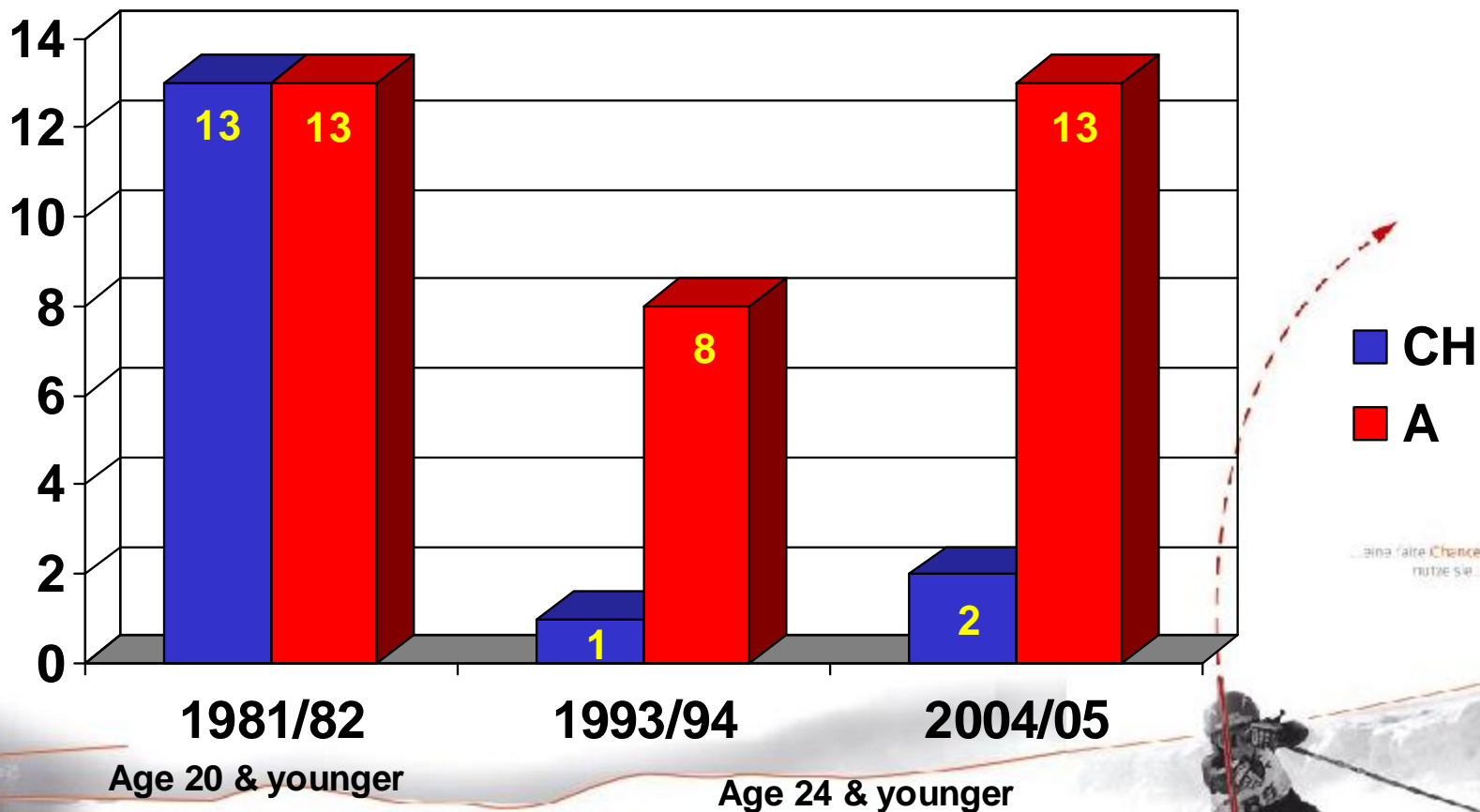
**the more kids practising ski competition  
the bigger is the chance that one gets to the top**





# Statistics

## FIS Ranking GS / Top 100



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## some more facts...

- Number of athletes (Swiss Ski: 1980: **87 athletes** 2006: **50!**)
- The **prestige or status** of snowsports or a snowsport athlete in Switzerland
- bigger **risk of injury** (material - equipment)
- time for **development** (no chance for a small junior – lack of structures)
- no **light in the tunnel** (the way to the peak is too long – no open doors...)
- **value of junior races** (selective measure only / no interest for organizers)

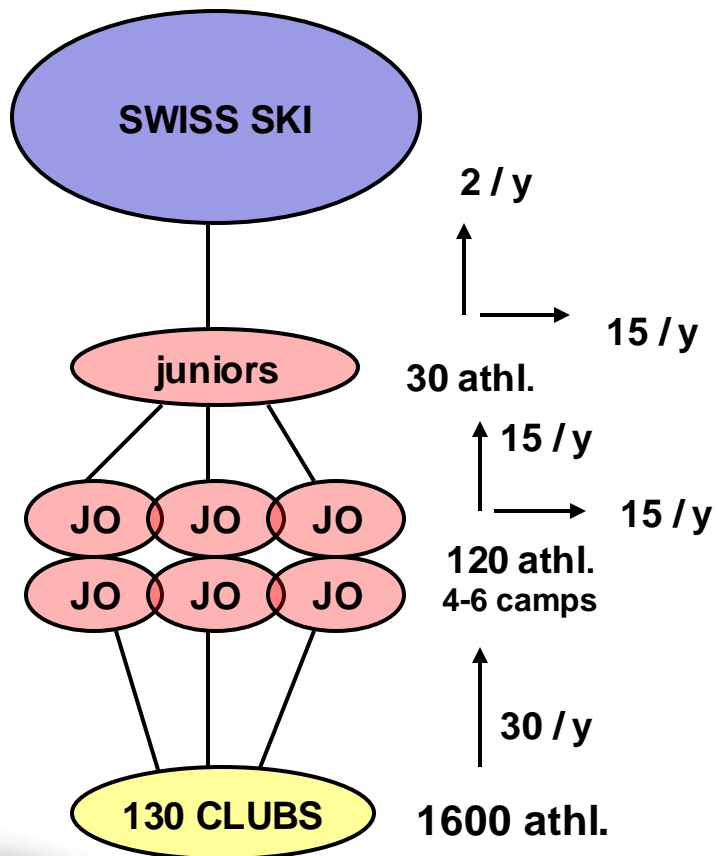


...eine faire Chance  
NUTZE SIE...

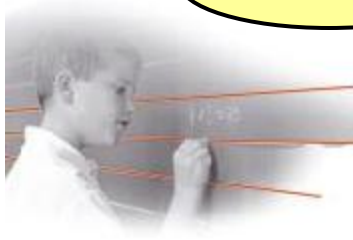
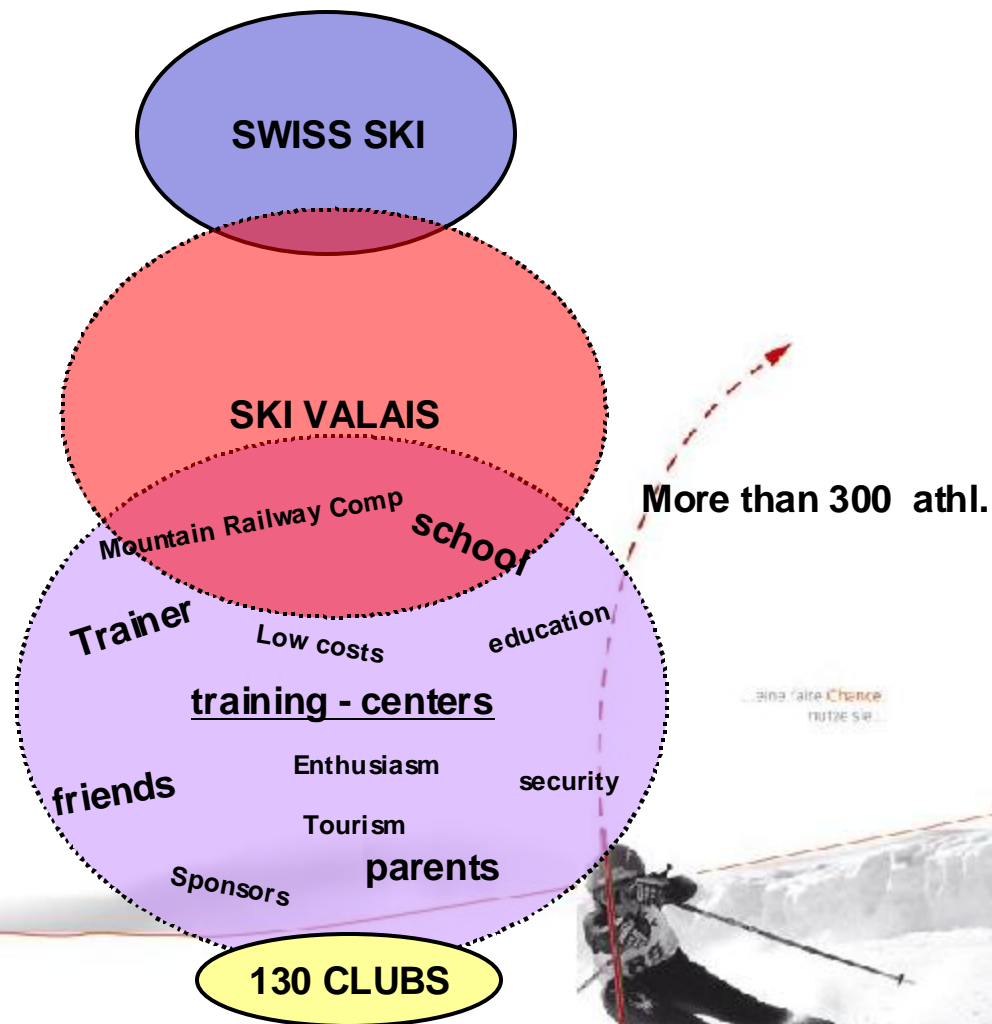


# Situations

past



now





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## advantages

The advantages of the special regional education programme: „school & snowsports“

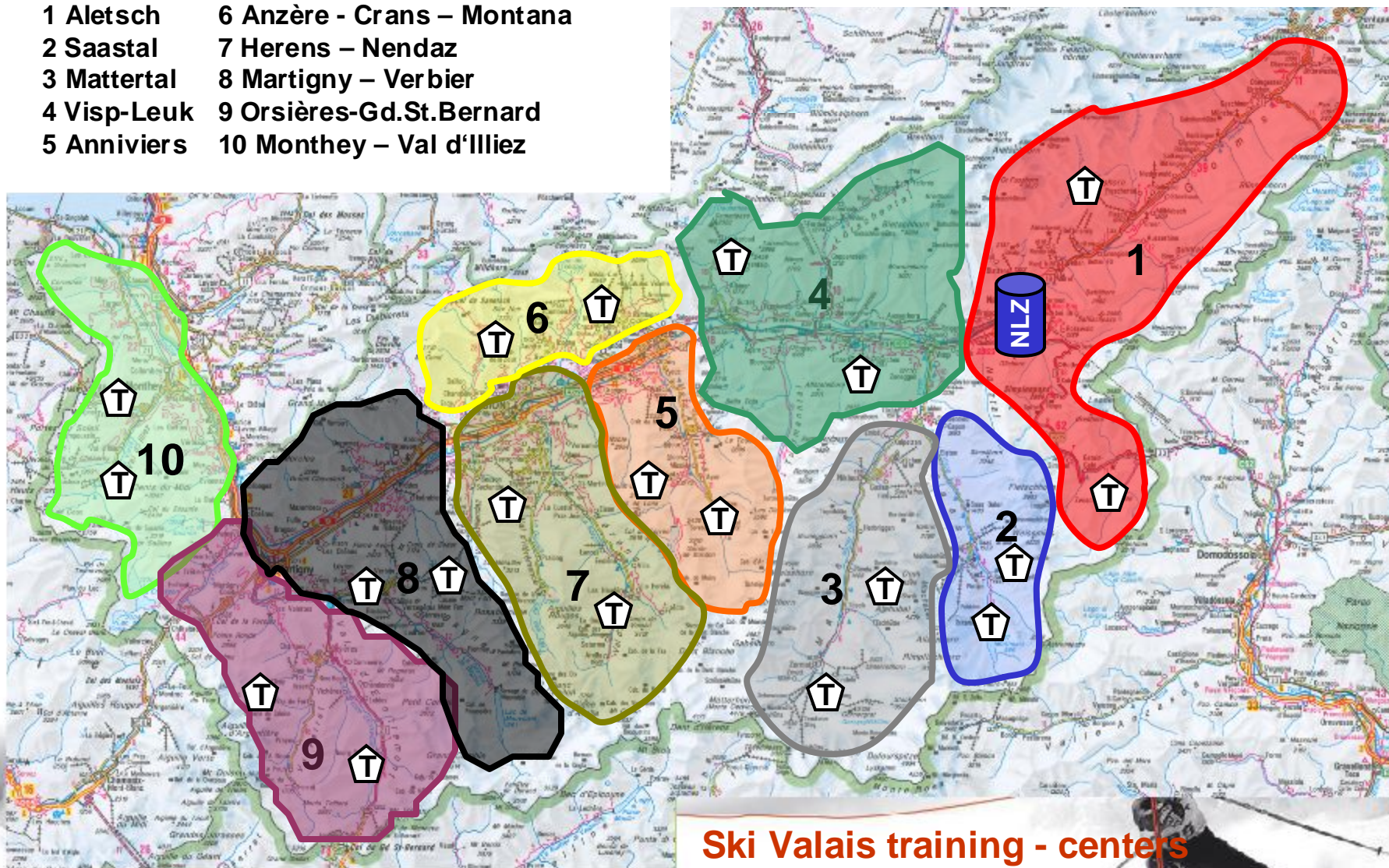
- **decentralized** for **youngsters** (age of 10 to 15) ➔ „stay in familiar surroundings“
- In accordance with the state, **every regional school** can offer **special programs**
- In addition: **centralized** for **juniors** (age: 16 to 20) ➔ SSA / NLZ / Best
- **Professional structures** (15 full time jobs; trainer, CEO, etc.)
- A **large number** of young racers, that can practise their sport **without a lack of school education**
- High quality **development** with the **close collaboration** of **trainer and teacher**
- A **long termed company** and a **guaranty** of a certain number of **competitions – TRUST!**
- **Less travel – reduced stress and financial costs** (for athletes, trainer & parents)
- Increasing **enthusiasme** for snowsports in population, tourisme and economy
- Additional **training and test center** even for top-athletes (holiday, regeneration, between races,)







- 1 Aletsch
- 2 Saastal
- 3 Mattertal
- 4 Visp-Leuk
- 5 Anniviers
- 6 Anzère - Crans – Montana
- 7 Herens – Nendaz
- 8 Martigny – Verbier
- 9 Orsières-Gd.St.Bernard
- 10 Monthey – Val d'Illeaz



Training stadium

**Ski Valais training - centers**





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Sport

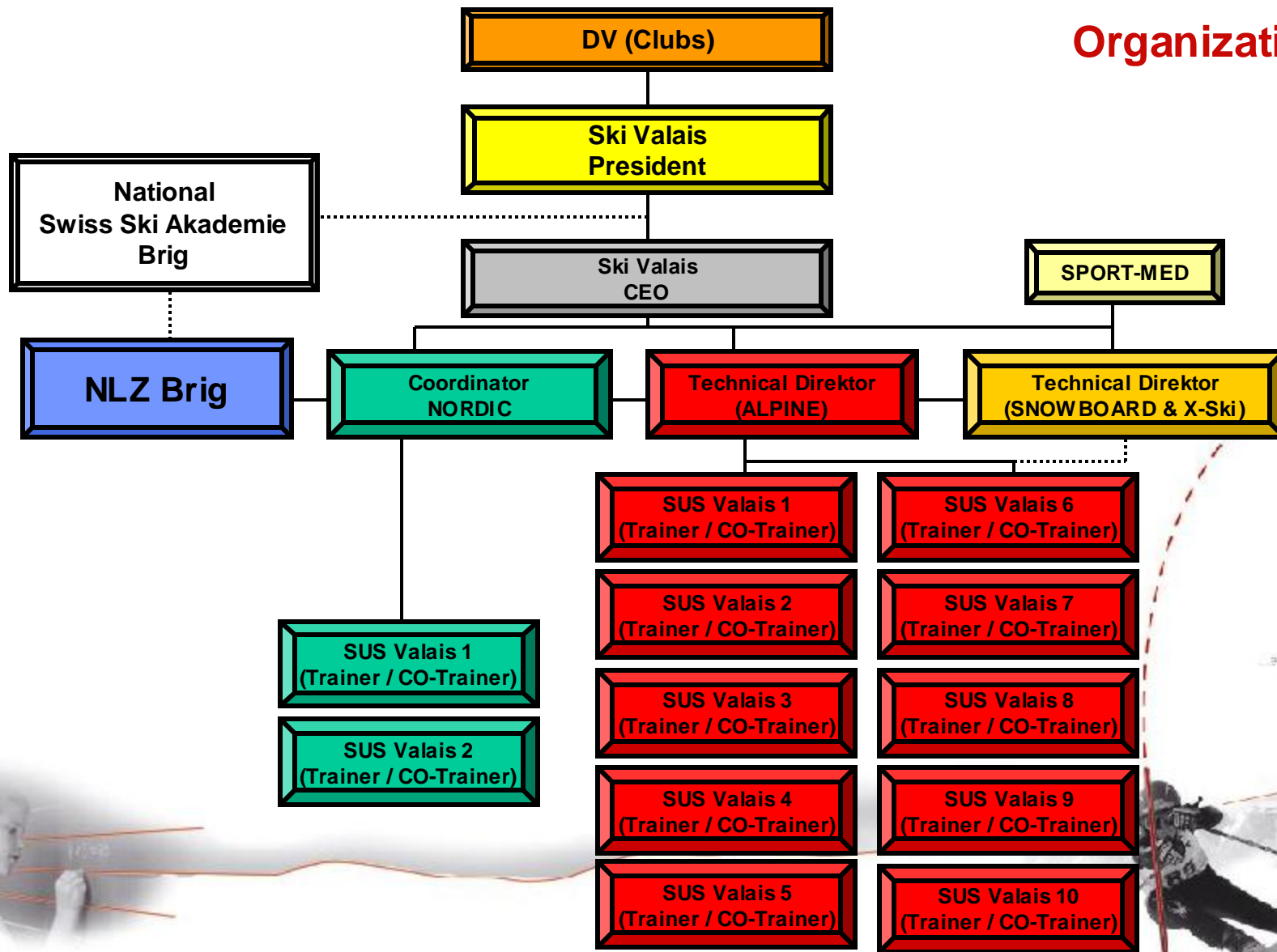
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# Organization



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### Structures

# SWISS SKI - AKADEMIE

Team men & Team women

**TEAM IRW**  
Swiss Ski

Team Men  
Statut IR

**NLZ Brig**  
National Performance Center  
(german & french school)

Team Men A

Team women A

Team mixed B

**SKI VALAIS**

Team men

Team women

**other Associations**

Team JO

Team JUN

**GIRON JURASIEN**

Team JO

Team JUN

**SKI ROMAND**

Team JO

Team JUN

**SKI VALAIS**

SP1 SP2 SP3 SP4 SP5

SP6 SP7 SP8 SP9 SP10

JO & JUNIOREN

... sans faire l'attente  
TOUTE SE...



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## education programme

...based on the common school programme of our region...

### Youngsters ( age 11 to 15 )

- They stay in their „**ordinary**“ class
- **Organized hours of remedial teaching** during development period (autumn)
- **Compulsory hours of remedial teaching** during the race period (winter)
- Adjusted school schedule („**easy**“ **Monday** & minor subjects can be reduced)
- Education in: **Nutrition, recovery, training theory, health advice**, etc.
- **Sports lessons** coordinated with trainer

### Juniors (age 16 to 20)

- Specialized **sports school** for students (Ski Academy / National Performance Center in Brig)
- Job offers & Special programmes for **apprentice** – co-operation with employer



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## annual programme

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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period	school	sport
mid May till End June	<ul style="list-style-type: none"> <li>• normal school programme</li> <li>• focus school (annual tests)</li> </ul>	<ul style="list-style-type: none"> <li>• focus: endurance</li> </ul>
July till mid August	<ul style="list-style-type: none"> <li>• school vacation</li> </ul>	<ul style="list-style-type: none"> <li>• focus: sport (ski camps on the glaciers &amp; endurance)</li> </ul>
Beginning of school till oct-vacation	<ul style="list-style-type: none"> <li>• school starts – focus school</li> <li>• normal school programme</li> </ul>	<ul style="list-style-type: none"> <li>• focus: physical training</li> <li>• trainings beside school schedule</li> </ul>
end Oct. till beginning of races	<ul style="list-style-type: none"> <li>• „easy“ Monday</li> </ul>	<ul style="list-style-type: none"> <li>• focus: intensive skitraining (3 days every week; incl. weekend)</li> </ul>
mid Dec till April	<ul style="list-style-type: none"> <li>• „less tests at Tuesday“</li> <li>• „easy“ Monday</li> </ul>	<ul style="list-style-type: none"> <li>• focus: races</li> <li>• 2 half-day skitraining during the week</li> </ul>
April	<ul style="list-style-type: none"> <li>• preparation annual tests</li> </ul>	<ul style="list-style-type: none"> <li>• no trainings</li> </ul>



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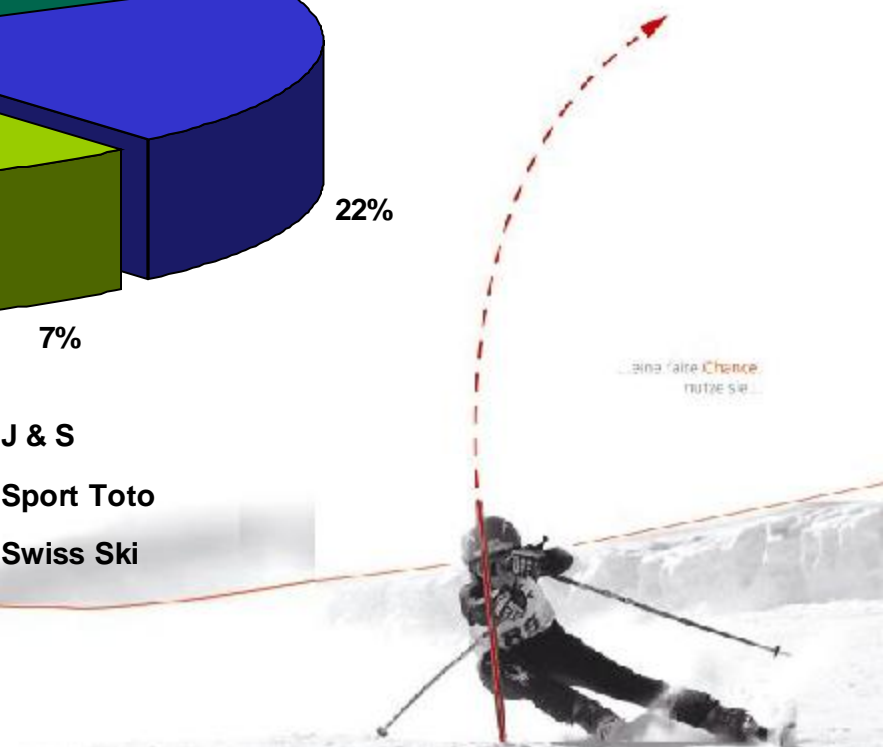
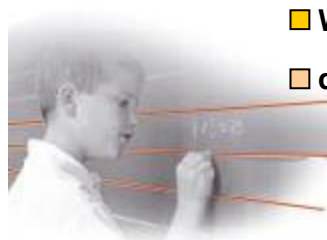
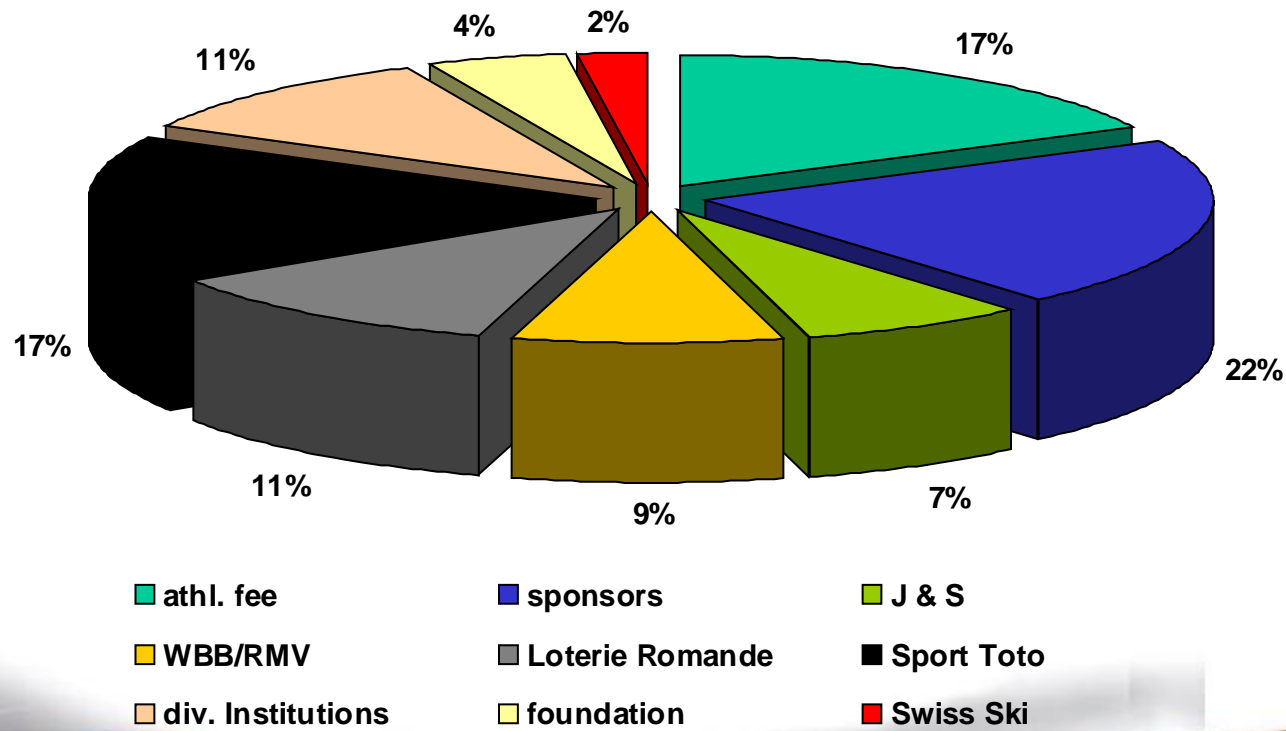






## Financial situation Ski Valais

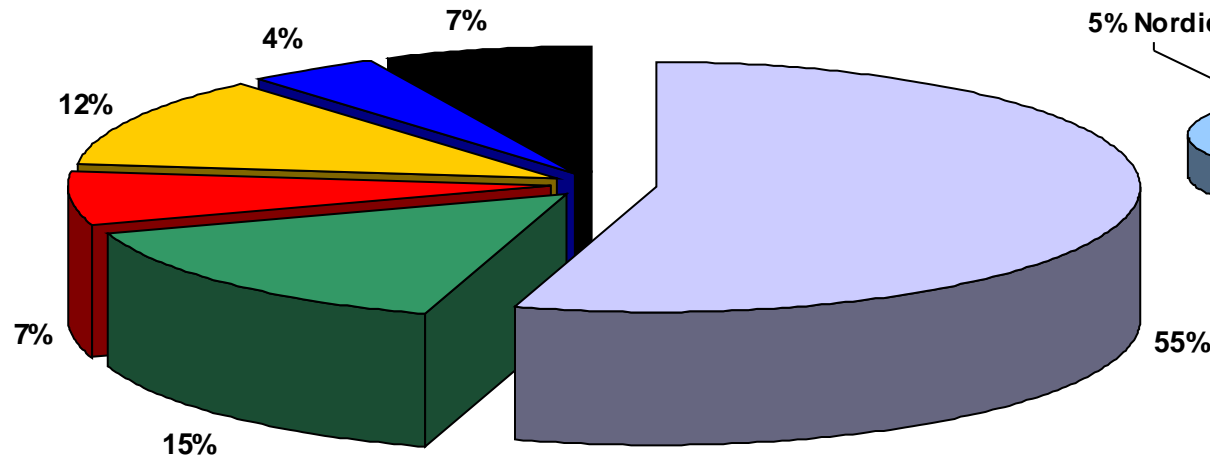
Receipts: 2.3 Mio





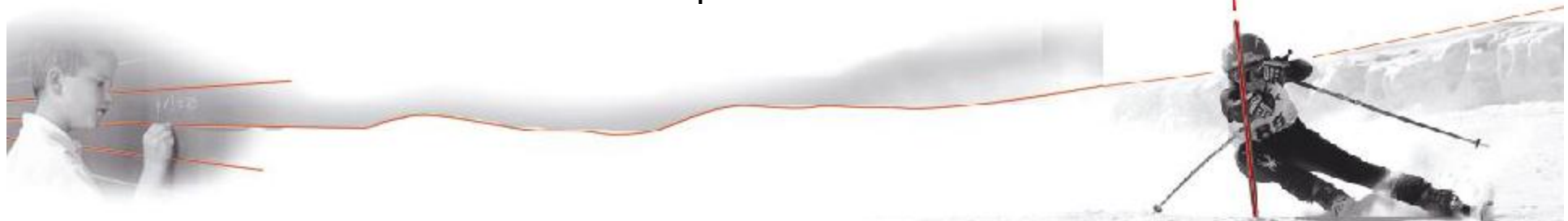
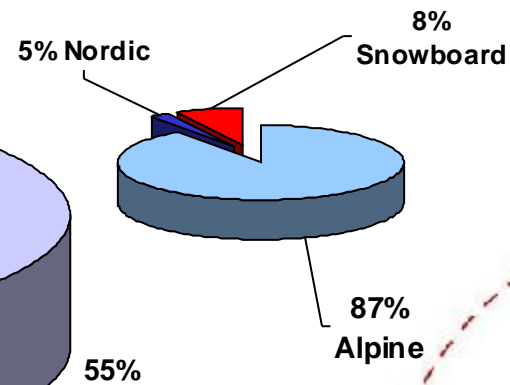
## Financial situation Ski Valais

Costs: 2.3 Mio



- Alpin (SP + Selektionen)
- Snowboard
- Nordic
- Administration
- NLZ (IRW)
- transport facilities / fleet

### Athletes



...eine faire Chance  
nutze sie...

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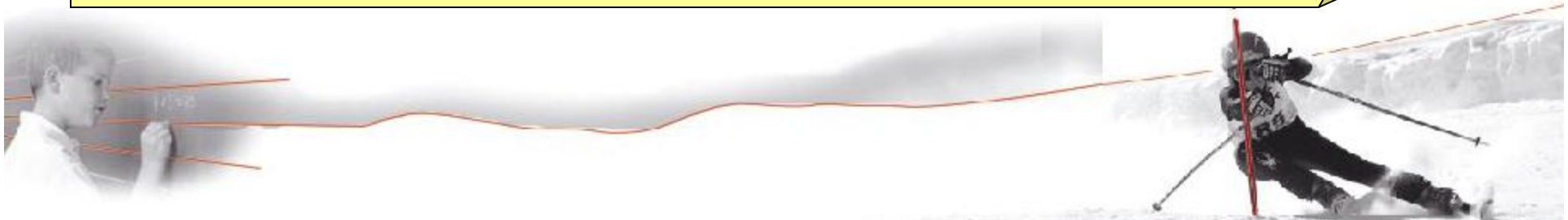


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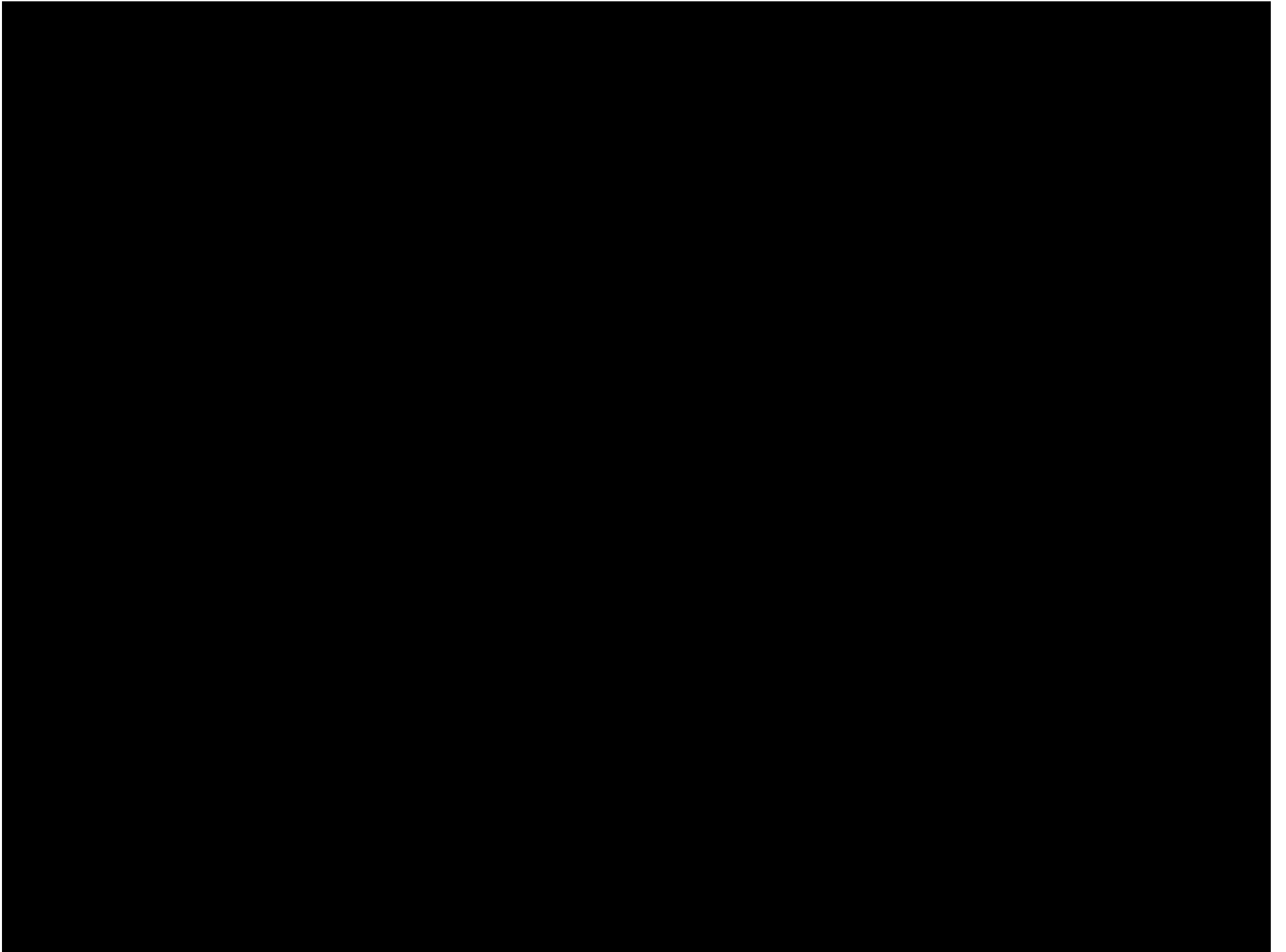
## Important things to do....

- to convince our teenagers for an active and healthy life !
- to invite them to practise sports.!
- to create new enthusiasme for snowsports in population !
- to develop new ambassadors of snowsports & winter tourism !
- to increase the value of junior competitions !









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## summary

**Give our kids the chance to practise sports in a good environment using a constant and long termed company!**

**Let's learn our kids to take the time for reaching their goals!**

**Learn the kids the value of a healthy body and show them the importance of joy and peace during training and competition**

**The futur of snowsports is in our hands!**

**THANK YOU VERY MUCH FOR YOUR ATTENTION !!**

