

Talent Identification Process for Ski Jumping Canada February - April 2011

1. Presentations

- Visiting local schools to talk about TID process and introduce ski jumping
- Spoke to over 400 girls and got them interested to come out for a talent ID camp
- Guest speakers (Olympic athletes Emily Brydon and Regan Lauscher)
- Drive traffic to CSCC website for more info and registration

2. Initial Screening Day

- All participants are pre-registered we were focusing on Girls 12 to 14 years old
- Battery of basic physical tests to assess general athletic ability and potential
- Tests not ski jump specific at this stage, aiming to ID how they move, ability to think on their feet, process instruction, deal with test scenario.
 - Vertical and countermovement jump (Vertek and Myotest)
 - Standing and seated height, weight, wingspan
 - Agility (Delorme goal tender test)
 - Obstacle course
- Data collected analysed and participants ranked in each individual event, combined jumping and combined speed events.
- Top 20 selected and invited to take part in 6-week extended evaluation.
- Those not selected directed towards other sports (luge, multisport etc) and encouraged to stay in sport as much as possible.

3. 6-week Evaluation Program

- Designed for continual assessment of participants' physical, technical and psychological status/abilities
- 2-3 sessions per week, please see schedule for specifics
- Initial snow technical assessment with Trevor Morrice and 2 WinSport ski coaches, split into 2 groups depending on ski experience
- Predominantly snow based training for March, with Ted Bafia, Trevor Morrice and Winsport ski coaches
- Indoor sessions included gymnastics, basic conditioning activities, diving, parkour as means of assessing response to challenge of new skills, skill acquisition, ability to take instruction and body awareness/control.
- Final technical assessment on hill and K18/30 jumps by Ted Bafia
- Final indoor assessment to include those tests required for entry to provincial level team, as defined by Ski Jumping Canada.
 - Vertical, long and triple long jumps
 - Height, weight, BMI
 - Agility
 - Hurdles
 - Leger
- Feedback from all coaches involved with the group, as well as data on initial and final assessments to be presented to Ski Jumping Canada coaches, for decision as to which level/program the participants are best suited to.

Ski Jump TID 6-week schedule

Date	Day	Time	What	Where
03-Mar	Thurs	1900-2000	Indoor testing/assessment	U of C
05-Mar	Sat	1145-1330	1st snow session, ski proficiency check	COP, meet red sc
08-Mar	Tues	1830-2030	Snow	COP
10-Mar	Thurs	1830-2030	Snow - 1st jumps	COP
12-Mar	Sat	0930-1130	Snow	COP
15-Mar	Tues	1830-2030	Snow - Ted B. assessing progress	COP
17-Mar	Thurs	1900-2030	Indoor conditioning	U of C, KNB 162
19-Mar	Sat	0930-1130	Snow - jumps	COP
22-Mar	Tues	1830-2030	Snow - jumps	COP
24-Mar	Thurs	1830-2030	Snow	COP
26-Mar	Sat	0930-1130	Snow - technical assessment (hill/jumps)	COP
31-Mar	Thurs	1900-2100	Indoor - gymnastics	U of C
02-Apr	Sat	0930-1130	Snow - jumps	COP
07-Apr	Thurs	1900-2015	Indoor - field test practice, soccer	COP - Bob Niven 1
09-Apr	Sat	0930-1130	Snow - hill only	COP
10-Apr	Sun	1030-1230	Parkour session	No Limits (Chinoo
12-Apr	Tues	1900-2100	Indoor conditioning/diving lesson	Talisman Centre
16-Apr	Sat	0930-1200	Indoor - final assessments	COP - Bob Niven 1

Notes:

All skiing/jumps done on alpine skis

WinSport provided all ski coaches, lift passes and rentals out of this talent ID camp we have 13 girls joining our program for the spring session.