

# WELSH SKI SQUAD

## APPLICATION FOR SELECTION 2005/06



Please complete this form if you wish to be considered for selection to either the Welsh Alpine or Artificial Slope Ski Squad.

I wish to be selected for the following squad(s);

Welsh Alpine Ski Squad	
Welsh Artificial Slope Ski Squad	

Name	
Surname	
Address	
Post Code	
Phone Number	
Mobile Number	
Email Address	
Ski Club	
Coach	
Coaches Phone Number	
Coaches Email Address	

I have achieved the Welsh Squad or Development Squad Selection Criteria at the following events in the past twelve months;

Date	Event	Venue	Your Points (including penalty)

I confirm that the above information is correct and that I will be available for selection.

Signed

Date

Parent/Guardian Signature (if under 18 years)

Date

**N.B.** This application must be submitted before the following dates to be considered for selection.

**Selection Submission Dates 2005** – Monday 18<sup>th</sup> July 2005, Monday 18<sup>th</sup> October 2005

Snowsport Wales, Cardiff Ski Centre, Fairwater Park, Fairwater, Cardiff. CF5 3JR

Tel: 02920561904 – Fax: 02920561924

Email: [info@snowsportwales.net](mailto:info@snowsportwales.net) - Web: [www.snowsportwales.net](http://www.snowsportwales.net)

To Be Implemented July 2005

Welsh Ski Squads Structure & Selection Criteria



Structure

Alpine

There will be four levels of Welsh Alpine Squad - A, B, C & Development Squad.

Artificial Slope

There will be two levels of Welsh Artificial Slope Squad.

Welsh Artificial Slope Squad

Welsh Artificial Slope Development Squad

Selection Criteria

All athletes must apply annually to be selected. Athletes who have results that have met the current criteria in the 12 months prior to the selection date may apply to be considered for selection.

Selection dates

Alpine - May & November

Artificial – July & November

Fitness Testing Criteria

FITNESS TEST	WOMEN	MEN
MULTI STAGE FITNESS TEST	Level 8	Level 10
REVERSE DIPS/60 Secs	15	25
BOX JUMPS/60 Secs	50	60
SIT UPS/60 Secs	40	50

Artificial Slope Criteria

Points from Club National events will not be considered for selection.

Welsh Artificial Slope Squad

50 ESC Points or below

Pass all fitness tests

Commitment to training and competition programme

Welsh Artificial Slope Development Squad

90 ESC Points or below

Pass 3/4 fitness tests

Commitment to training and competition programme

Alpine Squad Criteria

- Squad Members will be given A, B, or C Status.
- To be selected to the squad level, athletes meet the required points levels (as per the end of season FIS points list) in two disciplines.
- Children starting 1st year FIS will be considered if they achieve 1st, 2nd or 3rd places in the British Childrens Championships.
- To achieve Welsh Alpine Development Squad, athletes must meet the selection points criteria in either slalom or giant slalom.
- All Alpine Squad athletes must pass all fitness tests.
- Consideration given to athletes who achieve podium placing at British Junior or Senior Alpine Championships.
- Juniors/Seniors/FIS Points only.

## Alpine Selection Points Criteria

### Criteria - Men

#### Slalom

YOB	Band A	Band B	Band C Development	BandC+20%
1990	110	125	150	180
1989	93	106	127	153
1988	81	93	112	134
1987	70	81	97	117
1986 & Older	61	71	85	102

#### Giant Slalom

YOB	Band A	Band B	Band C Development	BandC+20%
1990	139	160	192	230
1989	120	139	167	200
1988	104	121	145	174
1987	93	108	130	156
1986 & Older	83	97	116	140

#### Super Giant Slalom

YOB	Band A	Band B	Band C Development	BandC+20%
1990	177	202	242	291
1989	154	177	212	255
1988	131	152	182	219
1987	119	138	166	199
1986 & Older	108	125	150	180

### Criteria - Women

#### Slalom

YOB	Band A	Band B	Band C Development	BandC+20%
1990	95	110	132	158
1989	82	95	114	137
1988	72	84	101	121
1987	62	72	86	104
1986 & Older	55	64	77	92

#### Giant Slalom

YOB	Band A	Band B	Band C Development	BandC+20%
1990	121	141	169	203
1989	108	127	152	183
1988	96	113	136	163
1987	86	102	122	147
1986 & Older	78	92	110	132

#### Super Giant Slalom

YOB	Band A	Band B	Band C Development	BandC+20%
1990	156	181	217	261
1989	135	158	190	228
1988	119	140	168	202
1987	106	125	150	180
1986 & Older	95	111	133	160