

Age Group	Technical Benchmarks	Tactical Benchmarks	Training/Race Events	Age Group	Equipment	Ancillary Skills & Knowledge	Notes
U8	Centered Stance w Arms Forward	Turn high on rise line & to the gate	GS w Stubbies or Jr Panelled Gates	U8	Soft properly fit Boots	Skier Right of Way	Free skiing should represent 70% of the on snow time Once a skier has achieved the benchmarks for their age group you look to the next age group for your development direction - keep skiers progressing by training them in the challenge zone Maximum 5 races FS 70% Drills/Train Courses 20% Competitions 10%
	Vertical Movement Hip & Knee Joints - Deep Flexion		Super Slalom w Stubbies		1 Pair of Skis	Proper lift use conduct	
	Parallel Pivoting/Skidding/Steering		Slalom 4 - 8 meters		1 Pair of Poles	Correct passage of gates	
	Timed Pole Plant		GS 14 - 18 meters		Helmet & Googles	Cooperation with team mates and coaches	
U10	Quiet/Stable upper body	Classic style for all gates	GS w Stubbies or Jr Panelled Gates	U10	Soft properly fit Boots	Basic competition rules	Free skiing should represent 2/3 of the amount of time on snow Technical skills are more important than tactical ones at this age and can only be mastered in free ski or specific free skill drill environments Maximum 7 races FS 60% Drills/Train Courses 25% Competitions 15%
	Forward momentum of body mass	Body close - feet away from gate	Panelled Slalom w Jr Panelled Gates		1 Pair of Skis	Introduction to Inspection skills - general features	
	Vertical Movement Angle, Knee & Hip - Full Vertical ROM	Direction through turning pole fall line	Stubbie Slalom w open gates & hairpins		1 Pair of Poles	Correct passage of gates in slalom hairpins	
	Lateral Movement - Parallel Edging		Slalom 4 - 9 meters		Helmet & Googles	Importance of team training - cooperation	
	Quickness of pivoting - turning feet		GS 14 - 18 meters		No shin guards	Importance of food and rest	
	Anticipation (looking ahead) leads to Separation				No pole guards	Basic care of equipment	
	Balanced in uneven terrain - moguls/ruts				No DH Suit	Multi Sport in off season	
U12	Turn Initiation w lateral movement	Skis in fall line above the gate	GS w Jr Panelled gates or 27 mm gates	U12	Soft properly fit Boots	Advanced rules - Reruns, DSQ's	Free skiing should continue to represent 2/3 of time on snow Performance will be significantly influenced by the condition of the athlete's equipment - proper fitting boots, correct selection of skis and length of poles, sharp and waxed skis Maximum 10 races FS 50% Drills/Train Courses 30% Competitions 20%
	Separation natural to turn shape	GS shoulder brush w back bone parallel to gate	Panelled Slalom		1 pair of skis	Advanced inspection skills - terrain, rhythm, speed	
	Active knees and ankles	Slalom moving above & inside of corridor	Slalom with stubbies or Jr gates		2 pair of poles - GS & SI	Slalom Combinations	
	"Tilt the skis before turning them"	Intro to Cross Blocking	Slalom 6 - 9 meters		Shin guards	Basic ski tuning and waxing - diamond stone	
	Weights & Carves outside ski from fall line	Terrain appropriate line selection	GS 16 - 22 meters		Pole guards for SI poles	Importance of nutrition and fitness	
	Pole action specific to turn size & shape				Chin guard for helmet	Multi & Ski specific sports in off season	
U14	Athletic Movements = Dynamic Balance	Training focus is speed in all events	GS, Slalom and intro to Speed - SG element training	U14	Alignment assessment for boots	Intro use of training journal & seasonal goals	Introduction to Speed should only be done under the direction of a CSCF Speed Certified Coach to ensure safety and proper progression. Maximum 14 tech races and 6 Speed starts - domestic races only FS 35% Drills/Train Courses 40% Competitions 25%
	Joints move in correct sequence for power	Power Start	GS & Slalom 27 mm gates		2 pairs of skis - GS and Slalom	Time management - balancing school and sport	
	Early lateral platform in GS & SI	Turn shape based on terrain and course set	Full courses simulations - timed training runs		Access to SG skis - rental	Intro visualization & recall for inspection	
	Lower joint movement to create ski impulse	Deepening move inside SI corridor	Slalom 8 - 10 meters		Back Protector for GS and Speed	Advanced ski tuning - edge profiling	
	Precise steering legs and feet	Quick off the turn - before tails pass the gate	GS 15 - 25 meters			Base structuring & waxing for speed	
	Weights & Carves outside ski into fall line	Full combinations				Alpine ski fitness program in off season	
	Gliding, Tucking and Jumping	Ability to select & adjust different line in course					
U16/U18	Refinement of fundamentals	Emergence of individual style/strategies	Complex and challenging sets - steep terrain	U16/U18	Personalized & refined	Focus on personal best results - lowering pts profile	U18 athletes should be training and racing in FIS courses in terms of gate dimensions, number of combinations and number of gates. U16 Maximum 18 tech starts U18 Maximum 25 tech starts FS 20% Drills/Train Courses 50% Competitions 30%
	Agility and reaction speed	Mastery of line selection/adaptation	GS w 27 mm Gates		FIS Standards for Age	U18 performance to win	
	Adjusting impulse w strength & speed (power)		Slalom with 27mm U16 M/F & U18 F			Full year alpine fitness program	
	Produce speed with line and turn shape		Slalom with 30 mm U18 M				
			U16 Slalom 8 - 11 meters, GS 20 -27 meters				