

2012 Projected Training Plan Show Skiing Worlds Championship Team

This document outlines the projected training plan and requirement for members of the 2012 World Championship Show Skiing Canadian team shall be selected. The Show Director (SD) shall have the authority to make all decisions with respect to the schedule and attendance.

April- May 2012

- Athletes will be responsible for personal fitness training and season warm up.

June 2012

- Athletes will meet for fitness testing and assessment. This will include on water assessment and dry land assessment.
- Team meetings will be held to finalize show plans and designate skiers into specific acts. Specific training will start this weekend.
- During the meeting all athletes will be giving a script with roles and acts they will be performing.
- An introductory show will be practiced this weekend.
- We will also have dry land training for practicing pyramids and any other acts. Each athlete will leave the first training session with all the information about the show and what will be expected for individual training throughout the summer.

July and August 2012

- Drop in, training sessions will be held bi-weekly throughout the summer. All athletes must attend at least 2 training sessions each month.
- Over the summer months each athletes will have to find time to practice their acts and roles away from the team training sessions. We know that everyone has a busy summer and it might be hard to find time for the whole team to get together and practice.

September 2012

- Leading up to the event is when we will have full team training sessions. There will be 5 practice days set in Ontario in September.
- We are hoping to be at the event 2-3 days prior so we can practice on the site.