



**Subject: National Development Team (NDT; FIS athletes & K2 Group)
Northern Hemisphere Programme 2007/2008**

Preamble:

Following a very successful National Development Team (NDT) programme this winter, SRNZ is accepting nominations from the membership for the NDT as part of the secondary selection process that is outlined in the handbook. Athletes should complete the relevant forms as listed below. Places are strictly limited and selections will be based on the criteria listed in the handbook.

Athlete nominations will be accepted up until 10th October and athletes will be required to return signed athlete agreements no later than 17th October. Athletes successfully selected to this team will retain their status until 30th April 2008 as per clause 5.3.2 of the handbook.

Criteria*:

Selection to the team will be based on the following criteria:

- (1) Results of athletes during the domestic season
- (2) Referees reports (NDT Athlete Nomination Form → [Referees Report](#))
- (3) Athletes' essays (NDT Athlete Nomination Form → [Nomination Form](#))

*** The current NDT athletes do not have to re-apply, athletes who previously applied but were unsuccessful should update their form and resubmit it.**

Application Process:

Nominations should either be emailed to simon@skiracing.org.nz or posted to:

Simon Mills
P.O. Box 137301
Parnell,
Auckland

Coaches and Contact Personnel:

- (1) Mike Gould (Head Coach NDT): gouldee.mike@gmail.com
- (2) Pete Sanford (Assistant Coach and SRNZ's mental skills trainer): pmsanford@xtra.co.nz
- (3) Simon Mills (CEO of SRNZ): simon@skiracing.org.nz

Dates of NH Camp:

- (1) NDT (FIS programme) → 2nd December 2007 (arrive Canada) – 2nd of March 2008 (return NZ).

Duration: 14 weeks

- (2) NDT (K2 programme) → 28th of December 2007 (arrive Canada) - 18th February 2008 (return NZ).

Duration: = 8 weeks

Overview of Proposed Camp:

The proposed camp will incorporate the following athletic components:

- (1) Technical free-skiing and conceptualisation of ski racing technique
- (2) Physical conditioning (strength and power development with a small anaerobic and aerobic focus)
- (3) Mental skills training (i.e., sport psychology; team-building, performance profiling, psych skills training and professional development)
- (4) Gate training:
 - a) Speed component (downhill and super-g)
 - b) Tech component (giant slalom and slalom)
 - c) Skill development through free-skiing (bumps, powder and fundamental exercises)
- (5) FIS racing for NDT athletes (approximately 30 starts) and a small component of K2 races for K2 athletes (approximately 10 starts).

The K2 and NDT athletes will have differing athletic and programme goals however the camps' scope will allow for a 'goodness of fit' from a training perspective and use of NDT resources.

Day-to-day Requirements:

The camp will be based out of Nakiska and Sun Peaks. We are looking at accommodating the team in Canmore, AL – this is very central to many ski areas throughout the surrounding area. Given the large group we will be organising a chef to organise dinner and take care of the day-to-day food requirements.

Staff during the camp will be Mike Gould and Pete Sanford.

Proposed Costs:

NDT K2 Programme = Approximately \$16,000.00*

NDT FIS Programme = Approximately \$18,000.00*

- Cost to be finalised early next week (8th October 2007).

There is also an opportunity for athletes to extend their programmes, based on individual athletic requirements, to include specific events e.g. Topolino and Whistler Cups & or World Junior Championships for FIS athletes. These programmes will be run at additional cost.