



# SPD

S U M M I T P R O F E S S I O N A L D E V E L O P M E N T



## Our philosophy

We know you don't have years to prepare, so SPD's four weeks will focus on the changes you can make in the short term to help you ski faster.

We aim to enable you to:

- make turns while maintaining speed in all conditions
- be confident skiing the fastest line while 'looking for speed', not just skiing the line and hanging in there looking for the finish
- be comfortable with the race day scenario

In order to develop skiing skills that will allow you to ski a GS course fast, you may need to spend time changing your free skiing. The first week of the course will focus on identifying and practising a technique that will allow you to ski a course while maintaining speed. We will ski the first three days on slalom skis to experience the feeling of increased edge angles at slower speeds.

Once we are happy and comfortable with these skills, we think the best way to make you faster, is to get you in the gates as much as possible. Through exposure to many different courses and racing scenarios, we'll make sure you're completely comfortable come race day.

The following pages will give you a good idea of what we think will make you faster. Don't hesitate to call us with any questions about our courses, your Eurotest training or any other aspect of your professional development as a ski instructor.

See you on the hill  
The SPD team

## Course content

Throughout your Eurotest training, the SPD team will be using FIS approved giant slalom gates and timing equipment. SPD has invested in a Brower timing system to ensure you have reliable, accurate feedback every time you race against the clock.

### Advanced free skiing skills

Specific ski technique is the focus of the first week of this course. We will identify the right movements to make for ski racing, to change direction efficiently while maintaining speed through the turn. We'll develop the skills using these movements so you become comfortable using them on any slope whatever the snow conditions.

### Tactical awareness

You'll learn how to recognise vertical and offset distances / course layout. Once you're able to identify key areas of a course, you'll learn how this might effect your approach to certain gates and which parts of a course you can use to go faster.

### Psychological skills

Firstly, we'll help you develop an ability to ski fast with confidence. You'll become comfortable skiing a GS course while 'looking for speed'. Secondly, we make sure you can cope with the pressure of race day. Finally, you'll discover your optimum level of arousal for fastest performance and we'll teach you to achieve and maintain that mental state.

### Race preparation

Everything apart from the test itself. We'll make you comfortable with all factors leading up to your fastest performance. From equipment selection, to ski tuning, to effective warm ups and race day routines.

### Race day simulation

We will run simulations to help you develop a regular routine and make you more comfortable with the pressures of the race day. On the day of your test you will be thinking only of skiing as fast as possible and passing the Eurotest



## EUROTEST TRAINING WEEK 1 - TECHNICAL SKILLS

This first week will focus on identifying the right movements to make for ski racing. How to change direction efficiently while maintaining speed through the turn. We'll develop the skills using these movements so you become comfortable using them on any slope whatever the snow conditions.

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning</b>	<p>Slalom skis for the first three days</p> <p>Discover the training terrain and become comfortable with trainers</p>	<p>Develop your own personal warm up incorporating the correct ski racing movements</p>	<p>Individual skill development</p>	<p>GS skis!</p> <p>Maintain skills with larger radius skis</p>	<p>Skills review</p>
<b>Afternoon</b>	<p>Skills refresher</p> <p>Identify skiing skills and challenge them</p>	<p>Try using correct movements in a stubbie course</p>	<p>Against the clock in a mini GS using slalom skis</p>	<p>Stubbie slalom on GS skis</p>	<p>Challenge your skills with marked corridor drills</p>
<b>Off Snow</b>	<p>Video analysis</p> <p>Ski servicing tutorial</p>	<p>Gym session</p>	<p>Video analysis</p>	<p>Gym session</p>	<p>Video analysis</p>

This program is subject to change depending on weather conditions, snow conditions and group progress.

## EUROTEST TRAINING WEEK 2 - RACING TACTICS

This week is about developing your ability to read the gates, and know how to ski each type of course. Each day you will be asked to identify the vertical and offset distances of each course. This will teach you to recognise different types of sets so you will know how to ski whatever they set at your Eurotest.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Stubbie corridor How different offsets and turn shapes affect speed and line	Reading a GS set and identifying the fastest line	Rhythm changes Develop ability to adapt to different courses	Dual giant slalom The need for speed under pressure through head to head competition	Race Simulation
Afternoon	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates
Off Snow	Video analysis Ski servicing tutorial	Gym session	Video analysis	Gym session Race preparation	Race review Video analysis

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## EUROTEST TRAINING WEEK 3 - USING SKILLS AT SPEED

Now the focus moves away from technical skills and we work on becoming comfortable at speed. To pass the Eurotest, you need to look for speed down the whole course without moving out of your psychological comfort zone.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Speed drills Become comfortable with speed in free skiing	Super G style GS Pushing your speed threshold	Race Simulation	Super G / gliding	Race Simulation
Afternoon	GS practice course Solidify technique in GS gates	Pro slalom A tighter set where you can 'look for speed'	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates
Off Snow	Video analysis	Gym session Race preparation	Race review Video analysis	Gym session Race preparation	Race review Video analysis

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## EUROTEST TRAINING WEEK 4 - RACE PREPARATION

This week will put together the hard work you have put in from the last three weeks. We will spend time running various GS courses with timing so you can start to adapt to the race environment. Race simulation days will be as close to the real thing as it gets, first run of the day will be your best run.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Race Simulation	Dual giant slalom The need for speed under pressure through head to head competition	Race Simulation	Two different course sets	Race Simulation
Afternoon	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates	GS practice course Solidify technique in GS gates
Off Snow	Video analysis	Gym session Race preparation	Race review Video analysis	Gym session Race preparation	Race review Video analysis

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