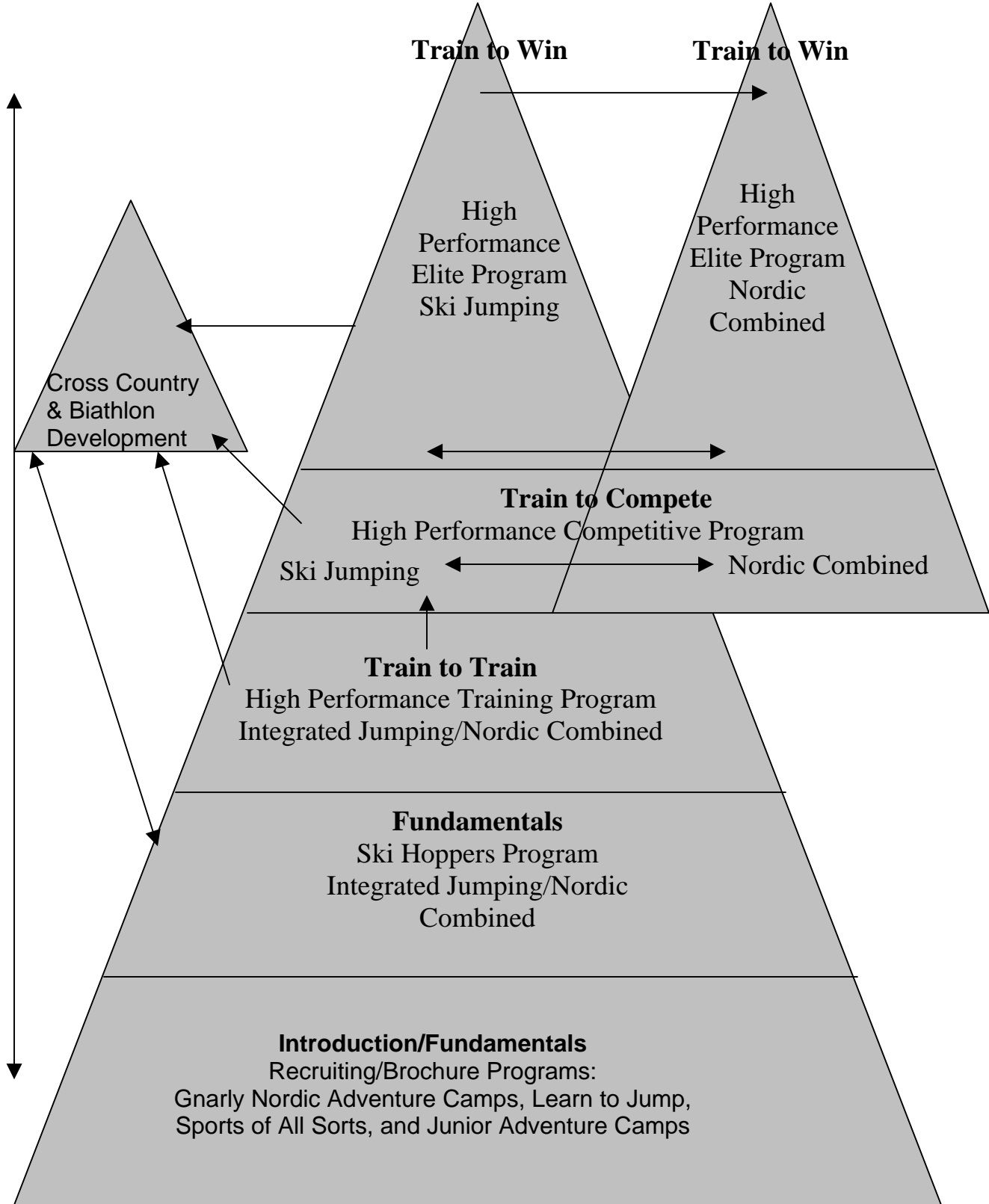


# Training Centre Programs

<u>Program</u>	<u>Program Stage and Primary Principals</u>
<p>1. <b>Gnarly Nordic Camps</b>  <b>Learn to jump programs</b>  <b>Brochure programs</b>  <b>Other introductory programs</b></p>	<p><b>Introduction</b></p> <p>Focus on Fun and Fundamentals  Broad based participation</p> <p>Target age: 7-13 years</p>
<p>2. <b>Ski Hoppers</b></p>	<p><b>Domestic Development (Fundamentals)</b></p> <p>Develop agility, balance and  Co-ordination through games and fun activities. Provide  a broad sport/activity skill base including exposure to all  other nordic skiing disciplines. Provide a supportive and  positive environment for ALL participants.  Emphasis on participation not competition</p> <p>Target age: 7-13 years</p>
<p>3. <b>High Performance Training Program</b></p>	<p><b>(Train to Train)</b></p> <p>Learning to be a high performance athlete  Further development of fundamentals.  Focus on technical skill development for ski jumping with  a secondary focus on Cross-Country technical skill  development.  Complimentary sport development  Greater emphasis placed on competition and  performance.</p> <p>Target age: 11-15 years</p>
<p>4. <b>High Performance Competitive Program</b></p>	<p><b>(Train to Compete)</b></p> <p>Greater specificity of sport training. Individualization of  training programs. Coach driven program with some  responsibility transferred to the athlete. Primary  emphasis on competition and performance.</p>
<p>5. <b>High Performance Elite Program</b>  <b>National &amp; Junior National Teams</b></p>	<p><b>(Train to Win)</b></p> <p>Specific and refined sport preparation. Precision and  consistency in technical skill execution. Provision of  additional ancillary services. Coach and athlete driven  program with significant responsibility transferred to the  athlete</p>

# Nordic Combined/Ski Jumping Athlete Development Model



# Nordic Combined/Ski Jumping Coach Development Model

