

Seasonal Youth Full Time Team



The Youth Team builds on Junior Programme foundations, offering full-time training (4 days weekly) for U14 and U16 athletes advancing to National Points races. The programme transitions athletes from "learning to train" to "training to compete."

Athletes benefit from personalised coaching and dedicated Training Arenas at both Cardrona and Treble Cone. Training encompasses technical progression, race preparation, and competitive experience, complemented by fitness training, video analysis, and Individual Performance Planning (IPP).

Our experienced coaches focus on developing well-rounded athletes, combining technical excellence with mental strength and physical capabilities needed for competitive success. This comprehensive approach ensures athletes are fully prepared to excel in National Points races and beyond.

Pre-requisites for this team:

U14:

- Gates training experience
- Parallel on all terrain and carve on blue runs
- Interfields race experience

U16:

- Gates training experience
- Parallel on all terrain and carve on red runs
- National Points race experience
- SL specific skills

Programme Features:

- On-snow training, including coaching support at races.
- Weekly fitness and team building activities in Wanaka.
- Personalised season plans and goal setting.
- Mid-season and end-of-season progress reports.
- Wanaka Ski Team jacket which will be provided to you at the information evening the night prior to your programme starting and can be returned on the last day of training. Please note there is a refund of \$100 if your jacket is returned on time.

Equipment Requirements:

SKIS

U14 Compulsory 2 pair of skis, 1 GS 1 SL; recommended 1 pair of SG skis

- GS: 5/15cm higher than your athlete's height, radius 17mt to 21mt.
- SL: 10/15cm lower than your athlete's height, radius 9mt to 12mt.
- SG: could be a longer GS ski with 25mt to 30mt radius or a specific SG designed for Youth age category.

U16 3 pair of skis, 1 GS, 1 SL and 1 SG.

- Men
 - GS skis 181cm-188cm, radius 25mt-30mt.
 - SL skis 150cm-165cm, radius 11/12mt.
 - SG: FIS GS skis 188cm-193cm 30mt (they can be used the year after if athlete is moving to FIS, please note for FIS ANC races minimum is 193cm) or specific SG Youth age category skis.
- Women
 - GS skis 181cm-183cm, radius 23mt-30mt.
 - SL skis 150cm-155cm, radius 11/12mt.
 - SG: FIS GS skis 183cm-188cm 30mt (they can be used the year after if athlete is moving to FIS, please note for FIS ANC races minimum is 188cm) or specific SG Youth age category skis.

Please note: The radius depends on the skis brand. Ski length also depends on weight, strength, and ski level of the athlete.

Please note: NO twin tips or fat skis are allowed unless specifically requested by your coach.

SKI BOOTS

Having the correct ski boot is crucial for our sport, it is one of the most important pieces of athlete's equipment.

Boots must be the right size for the athlete; incorrectly fitted boots could potentially slow progression, be uncomfortable, and even expose athletes to injury.

Correctly fitted boots will allow athletes to have better control of their skis and help them to replicate the movements being taught by the coach.

When purchasing new boots, please make sure to check the following:

- Athlete can tighten the buckles until there is only space for one finger on the back side (between liner and calf), even at full tightness there shouldn't be any pain around toes, foot plant, and/or ankles.
- Athlete should be able to flex forward pushing shin against liner (please note when trying new boots in store the temperature will be much warmer than on snow conditions, resulting in softer plastic).
- Athlete shouldn't be able to lift heel when boot is tight.

Every boot comes with a flex index, and this is different for every brand. The higher the number the stiffer the boot. For reference 150 flex is recommended for FIS level athletes (and some physically strong U16 athletes).

U14 100-110 flex

U16 110-130 flex

Please note: Flex depends on boot size, height, weight, and strength of your athlete, as well as skill level.

PROTECTION

Arm guards, shin guards and chin guards for SL training.

We strongly suggest our athletes wear back protection when training. Make sure it is the right fit, athletes should be able to move with no limitation.

HELMET

Must carry the FIS stamp "Specifications RH 2013".



Training Details:

Full-Time Programme:	4 or 5 days per week
Training Days:	Wednesday, Thursday, Saturday, Sunday (plus Friday for 5 days)
Dates:	2/07/25 to 21/9/25
Price:	\$5999 (4 days) or \$7499 (5 days)

Short term training options (5 days per week):

6 weeks	\$6000.00
5 weeks	\$5250.00
4 weeks	\$4,500.00
3 weeks	\$3,750.00
2 weeks	\$3,000.00 (minimum option)

Daily procedures:

6.30am	Weather and training info updated by the coaches
8.20am	Meet outside of ski patrol in ski boots for activation
8.30am	Head off with your coach for on snow warm up and morning training session
11.30am	Lunch break (approximately)
12.15pm	Afternoon training session (approximately)
2.30pm	Finish

*Please note early training sessions will be offered at times and this will mean an adjustment to the usually training schedule.

Coaches: TBC

Communication:

Daily updates, including start times and meeting places, occur via your team WhatsApp group chat.

Reports, updates, and newsletters are shared via email.

Contact:

Please contact us on race@cardrona-treblecone.com for further information or register your interest [here](#).