



DEVELOPMENT
CAMP

DEUX ALPES
29 JULY - 5 AUGUST
2006

PROJECT REPORT

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INTRODUCTION

Alpine skiing is a developing sport in the world of sport for persons with a disability. The goal of this Camp is to give the opportunity to young athletes to develop their technical skills, whilst learning about training and competition in an inspiring and motivating atmosphere. The project goals are:

- Improve the overall quality of Alpine Skiing
- Identify and recruit potential young athletes into Alpine Skiing
- Develop technical skills of alpine skiing.
- Provide workshops for athletes, guides, coaches and volunteers
- Achieve a higher level of autonomy for the young athletes in their personal and athletic skills
- Create an environment that facilitates interaction between athletes, guides and coaches from different countries
- Provide the opportunity for the coaches to share their experience through educational sessions
- Provide know-how for future development camps at a national level

The camp was structured in three main activity areas:

1. Alpine Skiing training on the snow
2. General physical training
3. Clinics/workshops

1. Develop the athlete's physical and motor capacities by working on the snow in the morning. The following sport specific capacities were trained, through a series of exercises and games:

- Co-ordination
- Spatial orientation
- Stance
- Balance
- Endurance
- Strength
- Speed

2. Develop the athlete's overall physical and motor capacities through physical training in the afternoon sessions. The following capacities were trained, through a series of exercises, games and outdoors sports.

3. Develop and provide comprehensive education through workshops in the areas listed below:

- Training principles
- Skiing technique
- Physical training
- Nutrition
- General principles of classification
- Maintenance of equipment



The workshops are also used as platform of communication between the coaches.

An agreement was signed with two universities from Spain, i.e. the University of Zaragoza, Campus de Huesca and the University of Ramon Llull, Faculty of Blanquerna. Three university students conducted an investigative study. Marina Romero's and Jon Santacana's object of the study was: *"Differences in learning skills between able and disable athletes"* and Marcos Armesto's study relates to the *"Differences in learning skills in visually impaired athletes"*

PROJECT STRUCTURE

GENERAL

All the participants lived, ate and worked together. For the specific snow training and the videotaped performance the young athletes were divided in three groups after the first day of ski. Coaches where assigned to each group for the week, nominating a coach leader for each group. Two of the athletes worked with an assigned coach within the third group due to their low skiing level.



For the physical training, two coaches where the responsible for organizing the sessions and advising the other coaches on work to be done each day. During the clinics, all the participants where together, families where invited to assist and participate. For the tuning of the skis, one expert and one coach where responsible to indicating to the athletes of the daily schedule and educating them while tuning.

The university students conducted their study while working as guides and helping the coaches. They where rotating every day within the groups.

The following countries where present at the camp: Austria, Belgium, Canada, Croatia, France, Slovenia, Slovakia, Spain and Switzerland. The total number of participants was 55, divided in the following classes:



▪ Athletes Visually impaired	8
▪ Athletes Standing	10
▪ Athletes Sitting	4
▪ Athletes/Guides	8
▪ Coaches from the participating countries	10
▪ University students	3
▪ Staff	5
▪ Physiotherapist	1
▪ Accompanying family members	6

The age of the athletes attending the Camp went from 11 to 17 years, with an average of 3 athletes of the same age. The representation among the three different disability groups was well balanced; there were athletes from all different medical classes practicing in Alpine Skiing.

The overall organization of the project was co-ordinated by the IPC Alpine Skiing Development Co-ordinator (Sylvana Mestre) and the IPC Development Department (Bart Schell). All the issues and problems arising during the organization of the camp were fast and easily solved. The co-ordination between the team leaders Mariona Masdemont and Sylvana Mestre with the leader coach Jordi Carbonell and the Physiotherapist was excellent. The co-ordination with the universities has been more difficult due to the late timing in advertising. The co-ordination with the NPCs and NFs with the responsible persons appointed (coaches/volunteers nations) in general was correct and effective. We had two problems of communication with Spain and Greece due to the structure in their own countries in alpine skiing.

SPECIFIC Event

The official language of the Camp was English, still it was challenging because not all the participants spoke English. The cultural differences of the athletes were not a problem, after the first day they all got along very well, interacting, helping and even practicing the different languages.

All the staff were certified coaches, included the physiotherapist. Not all the coaches coming from the participating countries were certified, an issue that created problems with the ski resort with regards to work on the slopes. The university students were certified coaches. The collaboration between all the staff present was excellent. Each of the working groups had a leader, whom distributed the day schedule/work. All decisions concerning the work with the athletes or organizational matters were discussed on a daily basis during the coaches meeting held at the end of each day.

The camp showed that at present the status of alpine skiing is very similar in the different countries. The coaching systems have the same amount of

resources compared to the non-disabled skiing athletes. This is mainly because the national federations have started taking athletes with a disability into account; however some countries still lack of certified coaches and coaching system (i.e. Slovenia, Belgium).

The condition of the glacier was not optimal due to the current weather conditions, still it was possible to work in good conditions. Two training 'couloirs' were reserved for the focus group. The rest worked on the free accessible skiing slopes. Videotape footage was taken every day providing excellent feedback for the athletes and the coaches.

Athletes



The difference in skiing and physic skills between the athletes was significant, leading to the decision to split the athletes in three working groups. The different levels of knowledge regarding basic training principles between athletes was significant, this was however very well solved due to the positive interaction/help between the athletes. The achieved development of technical skills on the snow and the increased physical fitness was huge; the athletes demonstrated great potential and the motivation and desires to learn more.

Coaches

The collaboration between the coaches, taking the different coaching systems into consideration, was positive and interesting. All the coaches were open to discussion in a positive and effective manner.

Clinics

The clinics, which were held in the early afternoon, covered topics such as Skiing Technique, Nutrition and Classification. The clinics represent an important educational and social part of the Camp, were the objective are to make the young athletes aware of the importance of the treated themes for their future as Paralympic athletes. It was interesting to see how the more experienced athletes helped the less experienced throughout the clinics. It was decided to extend the clinic about equipment preparation to take place on a daily basis in conjunction with the daily preparation of the skis.

Accommodation

All participants stayed at the Hotel Oreè des Pistes, well situated in the centre of the village of Les Deux Alps, France. The hotel was near to the slopes as



well as to the remaining facilities used for the physical training sessions in the afternoon (ice ring, swimming pool, etc). A big conference room was available to hold the Clinics, some of the psychical training sessions and for the equipment preparation.

Equipment

Most of the athletes provided their own equipment for the Camp. Some specific equipment, i.e. specific skis for training slalom, was provided by the staff. An agreement with Salomon was signed providing the Camp with a number of skis, which did apply with the rules for alpine skiing equipment. The “Alois Praschberger” company provided for the duration of the camp a sit ski and outriggers for one of the young athletes. All the materials for the preparation of the skis was provided through a private grant.

PROJECT PROGRAMME

1st Part:
Specific snow

GROUP 1. (Focus Group)					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE	WARM UP	WARM UP	WARM UP	WARM UP	FREE
	3 RUNS GS TURNS	3 RUNS GS TURNS	3 RUNS SL	3 RUNS SL	
SKIING	EXERCISES:	EXERCISES:	EXERCISES:	EXERCISES:	SKIING
	* STANCE	* STANCE	* STANCE	* STANCE	
	* FORE/AFT	* FORE/AFT	* FORE/AFT	* FORE/AFT	
	* BALANCE	* BALANCE	* BALANCE	* BALANCE	
	* BASIC POSITION (GS)	* VERTICAL MOVEMENT	* VERTICAL MOVEMENT	* VERTICAL MOVEMENT	
		* BASIC POSITION (GS)	* SL POSITION	* SL POSITION	
	4 TURNS * 3 REF /TURN		2 SLG FLASH,HARPIN, DELAY 2S	SL WITH FLASH, HARPIN, DELAY	
	4 TURNS * 2 REF /TURN		6 SL RYTHM CLOSE	SHORT AND LARGE GATES	
	4 GS TURNS	16 GS TURNS	6 SL RYTHM IN FALL LINE		
			ALL SHORT GATES		
	* VIDEO RUN	* VIDEO RUN	* VIDEO RUN		
	COOL DOWN:	COOL DOWN:	COOL DOWN:	COOL DOWN:	
	2 RUNS GS TURNS	2 RUNS GS TURNS	2 RUNS GS TURNS	2 RUNS GS TURNS	
	* VIDEOANALYSE	* VIDEOANALYSE	* VIDEOANALYSE		



GROUP 2.					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE SKIING	WARM UP	WARM UP	WARM UP	WARM UP	FREE SKIING
	3 RUNS	2 RUNS	2 RUNS	2 RUNS	
	EXERCISES:	EXERCISES:	EXERCISES:	EXERCISES:	
	* STANCE	* LATERAL MOVEMENT	* RITHM CHANGING	* BALANCE	
	* BASIC POSITION	* EDGING	* VISUAL COMMAND	* VERTICAL MOVEMENT	
	* STABILISATION UPPER BODY			* HAVING FUN	
	* VIDEO RUN	* VIDEO RUN			
	COOL DOWN:	COOL DOWN:	COOL DOWN:	COOL DOWN:	
	2 RUNS GS TURNS	2 RUNS GS TURNS	2 RUNS GS TURNS	2 RUNS GS TURNS	
	* VIDEOANALYSE	* VIDEOANALYSE			

Group 3					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FREE	WARM UP	WARM UP	WARM UP	WARM UP	FREE
	3 RUNS	3 RUNS	3 RUNS	3 RUNS	
SKIING					SKIING
	EXERCISES:	EXERCISES:	EXERCISES:	EXERCISES:	
	* VERTICAL MOVEMENT	* VERTICAL MOVEMENT	* VERTICAL MOVEMENT	* VERTICAL MOVEMENT	
	* STANCE	* STANCE	* STANCE	* STANCE	
	* FORE/AFT	* FORE/AFT	* FORE/AFT	* FORE/AFT	
	* BALANCE	* BALANCE	* BALANCE	* BALANCE	
	* BASIC POSITION (GS)	* BASIC POSITION (GS)	* BASIC POSITION (GS)	* BASIC POSITION (GS)	
	* VIDEO RUN	* VIDEO RUN	* VIDEO RUN		
	* VIDEOANALYSE	* VIDEOANALYSE	* VIDEOANALYSE		



2nd Part:
Physical Training

Coaches					
Mariona Masdemont, Jordi Bertran					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Warm up * Relay races 15m.	Warm up * runing game	Warm up * runing circuit 15m.	Swing pool * careers in the water * games	Warm up * runing circuit 15m.	Games * hockey * balls * kiss
Circuits Cardiovascular work * with cones * jumping hochey sticks	Adapted physical activity * Voley ball * Hockey * Footbal 7	Propiocepcion work 5 stations * dinayrs * freeman disks * small freeman disks	* aqua aerobic * sincronization	Circuits * Propiocepcion work * Cardiovascular work each athlete works 45m.	in each game the abdominal girdle is worked
Abdominal girdle	Streching	* fitballs * rollers			Abdominal girdle
Games * knowledge with ball * runing * mental training- focus	Abdominal girdle Mental training * Focus game	Abdominal girdle Streching			Streching
Streching	Relaxation				

FINANCIAL SUPPORT

The Camp received financial support from:

- IPC Development Grants
- FIS Solidarity Funds
- IPC Alpine Skiing Committee
- Private funds
- Registration fees nations

Financial support for the athletes, coaches and volunteers differs depending on the respective country. For athletes where Alpine Skiing is integrated within the national federation, it is easier to find some support as the federations support and encourages the development of national teams. This is more difficult in the countries where the athletes depend on the support of the respective National Paralympic Committee.

OUTCOMES

All the set objectives were achieved. The participating athletes did improved their skiing abilities, they learned what it takes to become a Paralympic Athlete and were exposed to a variety of situations and approaches that help them overcome common barriers. In general, it can be seen that development camps can contribute to the development of Alpine skiing by creating an international network of athletes and coaches, by promoting the development of Alpine



Skiing at national and regional levels and by recruiting new and younger athletes and coaches.

The project will go on, participants (athletes, coaches, parents) have shown interest to further develop the concept of the project. Canada has shown interest in organizing a Development Camp; the suggestion of an Easter Camp coinciding with the FIS international race for youth “Whistler Cup”.

