

# Thirroul Ski Club

## Junior Development & Training Report 2012

We had a very successful junior sports program in 2012 with a predominantly young group of juniors involved in the training. This year's development and training was held over 2 booking periods, a weekend 22-24 June and during the school holidays 29 June – 4 July. This was followed by a Junior Race weekend where our juniors put practice and skills to the test.

All juniors who attended were instructed in the 2 disciplines of downhill and cross country skiing. From the outset the following objectives were set to ensure time and efforts were maximised:

1. Have fun – this is the key to skiing and why we do it.
2. Downhill Skills Practice:
  - a. Carve turns – learn the basics & develop skills
  - b. Race skills – test skills through race gates
  - c. Short turns – this is a necessary skill in order to adapt to adverse terrain.
  - d. Body position and pole planting
3. Cross Country Skills Practice:
  - a. Introduction to cross country skiing.
  - b. Learn the basics of skating for the older kids.
  - c. Maximise the use of their power and rhythm
4. Independence
  - a. Look after their ski equipment, carry their own skis and take care of themselves.



## **JUNIOR TRAINING 1 – 22-24 June 2012**

The first junior training weekend's objectives were about reviewing skills and creating collaboration within the junior team. It was a time to meet each other, make friends and ski together to establish the team atmosphere in the lodge and on the slopes. The following kids attended the weekend (ages in brackets):

- Gemma Frew (13)
- Max Frew (11)
- Breanna Vormister (11)
- Jasmine Barnes (9)
- Caleb Barnes (7)
- Olivia Cox (9)
- Dylan Cox (6)
- Andre Prideaux (9)
- Maddi Markey (8)
- Jack Markey (6)
- Thomas Walker (8)
- Benjamin Walker (6)
- Aleisha Spiers (5)

We started off all skiing together and then split up into different groups. A combination of using adults and Perisher instructors was used to split the kids for the best training over the weekend. All the kids had a great time.

## **JUNIOR DEVELOPMENT WEEK – 29 June – 4 July**

The second period during the school holidays focused on skiing skills development and self-responsibility. This training was geared towards teaching the kids race skills as all participants were required to race for the club later in the year. Training sessions held to develop skills in carve turns, quick turns, balance, and correct weight posture. The kids who attended the junior development week were:

- Sam Knight (12)
- Olivia Knight (12)
- Oscar Olsen (10)
- Jasmine Barnes (9)
- Caleb Barnes (7)
- Olivia Cox (9)
- Andre Prideaux (9)
- Max Riolo (8)
- Lily Riolo (6)

The mornings were spent on the downhill and afternoons spent on the cross-country areas. Cross country is also invaluable in developing fitness and controlled breathing (granted – sometimes out of control I hear you say). The kids were certainly kept busy and only those kids deemed fit enough were invited to attend the week.

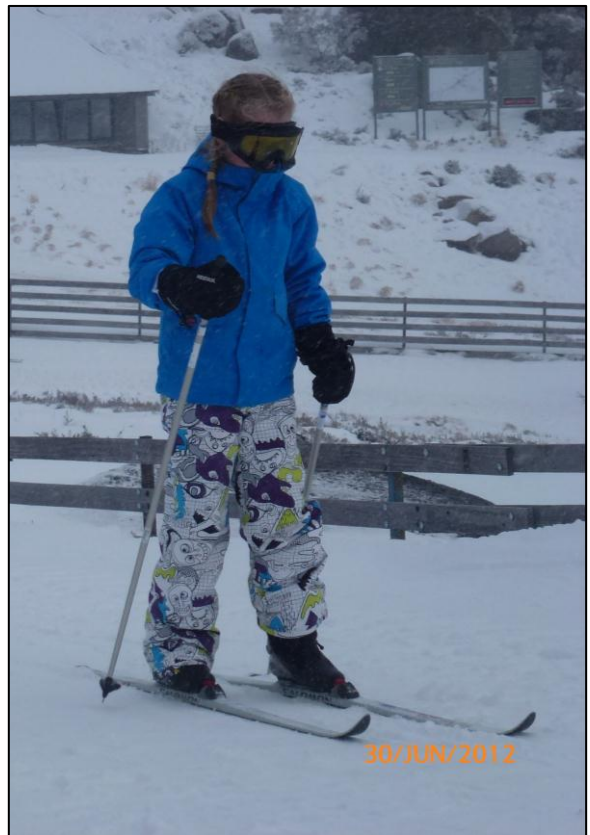
As a special activity we also included biathlon as part of the cross country skills development. This was great fun as we had an evening of practice with the laser gun in the upstairs lodge, and then the during day, practice shooting at targets at the cross country ski area. Of course the obligatory Stairwell Cup was held in the

lodge in the evenings, seeing times down and up smashed, and participants taking every risk to cut corners and jump steps.

See the photos of the week below.

















### **Illawarra Junior Interclub Race Weekend – Aug 31 – Sept 2**

This year's development culminated in a third weekend when the Illawarra Junior Interclub Races were held for downhill, boarding and cross country disciplines. We entered teams in the Alpine Giant Slalom (GS), Snowboard GS and Cross Country races. The Upper Roller Coaster race course was used for the GS races (this is the one at the top of Brumby T-Bar at Blue Cow). Each event consisted 2 runs and all the kids did well.

After lunch we gathered at the cross country area and the juniors staged and started in batches.

Late afternoon saw us make our way to a gathering at Illabunda for the interclub race presentations. We did well in the awards and the juniors made the club proud, but also the presentations created a rivalry that stirred the internal fires to come back next year and pip Illawarra Alpine Club from top spot.

The results for our club races (from the times of the interclub) are below. Please note that the categories are boys and girls 17 years and under or 13 years and under. For a full list of the Interclub results please click below:

[2012 Junior Interclub Results](#)





### Giant Slalom Skiing Club Results

Category	Rank	Name	Time 1	Time 2	Combined Time	Divn
<b>Boys U18</b>	<b>1</b>	<b>Jake Lapham</b>	27.270	26.440	<b>53.710</b>	B17
<b>Girls U18</b>	<b>1</b>	<b>Jennifer Auld</b>	26.930	27.430	<b>54.360</b>	G17
	<b>2</b>	<b>Gemma Frew</b>	29.750	30.390	<b>60.140</b>	G17
<b>Boys U14</b>	<b>1</b>	<b>Sam Knight</b>	29.670	30.200	<b>59.870</b>	B13
	<b>2</b>	<b>Oscar Olsen</b>	30.630	30.090	<b>60.720</b>	B13
	<b>3</b>	<b>Max Riolo</b>	34.510	34.700	<b>69.210</b>	B13
	<b>4</b>	<b>Caleb Barnes</b>	35.190	34.410	<b>69.600</b>	B13
	<b>5</b>	<b>Max Frew</b>	39.400	39.090	<b>78.490</b>	B13
	<b>6</b>	<b>Andre Prideaux</b>	143.600	32.950	<b>176.550</b>	B13
<b>Girls U14</b>	<b>1</b>	<b>Jasmine Barnes</b>	32.460	32.530	<b>64.990</b>	G13
	<b>2</b>	<b>Lucy Van Ryn</b>	32.360	34.100	<b>66.460</b>	G13
	<b>3</b>	<b>Olivia Knight</b>	35.480	31.150	<b>66.630</b>	G13
	<b>4</b>	<b>Olivia Cox</b>	34.390	35.890	<b>70.280</b>	G13
	<b>5</b>	<b>Brianna Vormister</b>	37.730	38.560	<b>76.290</b>	G13
	<b>6</b>	<b>Lily Riolo</b>	39.310	40.640	<b>79.950</b>	G13
	<b>7</b>	<b>Charlotte Riolo</b>	DQ	53.61		G13

There were 6 clubs competing and our team came 4<sup>th</sup>. We had the biggest team (16 competitors) and the youngest with only 3 juniors in the older age group.

## Snow Board Giant Slalom Club Results

Category	Rank	Name	Time 1	Time 2	Combined Time	Divn
<b>Boys U18</b>	1	Jake Lapham	35.970	34.880	<b>70.850</b>	B17
<b>Girls U18</b>	1	Jennifer Auld	34.470	33.530	<b>68.000</b>	G17
	2	Sara Van Ryn	37.920	36.010	<b>73.930</b>	G17

We only had the 3 competitors but managed a 2<sup>nd</sup> place in this event. Well done to Jennifer who won the Girls 17 years and under.

## Cross Country Club Results

Category	Rank	Name	Min	Sec	Divn
<b>Girls U18</b>	1	Sara Van Ryn	8	7.9	G17
	2	Gemma Frew	9	9.5	G17
<b>Boys U14</b>	1	Max Riolo	7	13.8	B13
	2	Oscar Olsen	8	0.0	B13
	3	Sam Knight	8	53.2	B13
	4	Andre Prideaux	9	52.9	B13
	5	Caleb Barnes	10	22.3	B13
	6	Max Frew	11	59.6	B13
<b>Girls U14</b>	1	Jasmine Barnes	8	26.1	G13
	2	Lucy Van Ryn	8	46.4	G13
	3	Olivia Knight	9	0.9	G13
	4	Olivia Cox	10	9.6	G13
	5	Lily Riolo	11	47.4	G13
	6	Brianna Vormister	12	48.2	G13

Well done to all the kids to have 14 competitors and once again the largest team. We managed a 4<sup>th</sup> position but given that we did not have many in the older age group it is an extremely good result. Well done to Max Riolo who was our fastest competitor at just 9 years of age. Well done to Lily Riolo who was the youngest competitor at 6 years of age.

Also the bravery award has to go to Gemma Frew who had a badly sprained ankle and still competed in the GS and cross country (she even wanted to go in the snowboard but dad said no).



*Lily Riolo receiving the youngest competitor award for the cross country.*

As this was a first for many of the junior members, individual times and efforts are personal bests so huge congratulations must go to all participants and helpers.

A special thank you to Heath Barnes for putting together this year's plan and schedule, as without his skills and enthusiasm I am sure many would not have learnt so much.

Also a special thanks to our trainers, Heath Barnes & Shaun Kenny for taking the juniors downhill skiing, and Friedl & Renee Bartsch for taking the juniors in cross country (not to mention some adults that wanted to give it a try!) and providing the biathlon laser gun and targets.

As we had a lodge full, a special thanks to Clarky for ensuring we were all fed and watered on time to meet the huge training and race schedule, and also packing and delivering lunch to the slopes to ensure we maximised ski time. Of course a mention too for Karen Barnes and the other parent helpers and lodgers that assisted to help make the training and rest times as easy and smooth as possible.

Finally, I encourage all our existing juniors to return again next year as we are sure to build on what we achieved, to further develop the skills, experience the fun and friendships and camaraderie we have developed this year, that will enhance their remaining junior years and sustain into their adult lives.

See you all again soon  
David Prideaux