



London & South East Regional Snowsports Association



Freestyle Squad Selection Criteria 2010/2011

The LSERSA Freestyle Squad is a Performance Team that promotes Freestyle Skiing and is part of the LSERSA Freestyle Club. The aim is to coach and nurture young performance athletes to achieve honours at many levels. Selection takes place each year and is based on results in competition and commitment to training. Results obviously play a large part in deciding squad structure as it is results in competition that reflect the strength of the squad. Technical ability and commitment play a role in deciding the longevity of performers in the squads. Results need to be correlated chronologically to ensure maintenance or development of performance.

With Moguls the overall score is a fair indicator of ability and performance in a number of different competitions. Therefore, the selection criteria in this discipline can readily fall in line with GB and England selection. It is recognised that there are different performance indicators between male and female athletes and this is recognised when correlating competition results. Because Freestyle competitions have variable marking schemes between different competitions, only relative performance within one competition can be considered. Therefore, a percentage model is applied. It is recognised that Freestyle Skiing is a highly technical discipline as it involves All Mountain skills. Therefore competition in and training for Alpine events is also taken into consideration, especially in Moguls and Skier Cross.

There are a number of different national and regional competitions that count towards squad selection. These competitions are those recognised or affiliated to the Home Nations Ski Associations (England, Scotland, Wales, Northern Ireland) and include Mogul competitions held at Kendal, Xscape, Aberdeen and Sheffield; the British Freeski Tour held at various UK locations; the Brits in Laax; the British Championships in Germany; the British Skiercross Series. Local competitions are not taken into account.

Please take advice from the Selectors if you are unsure.

LSERSA Squad Selectors' Panel

Kathryn Harris (Chair Person)

Martin Nankoo (Head Coach)

Nigel Brain (LSERSA Committee Member, Marketing and Sponsorship)

Please remember selection for a squad is not a right of passage: it must be earned. Because an individual is in a particular squad one year it does not necessarily mean they will remain in that squad in subsequent years. Like any successful sports squad there will be movement in and out of and between squads. Members of squads are required to sign an agreement that covers behaviour and commitment. Anyone who persistently disregards that agreement may be removed from the squad having been given sufficient warnings.

Selection Criteria

To qualify for a particular squad, a performer must have competed in at least 3 events (Moguls and/or any other Freestyle Discipline) and have made the qualifying standard in at least 2 separate competitions (on different dates). The LSERSA squad provides a pathway to both the England and British Teams; therefore all members must behave in a manner expected of an individual representing their country and have the potential to progress. The selectors' decisions are discretionary; any deviations must be noted with reasons. Injuries will be taken into consideration for squad selection if received in writing.

LSERSA A

Has the potential in the eyes of the selectors of reaching the British Team

Moguls: Score over 16 in competitions on an artificial surface or 12 on mountain snow.

Other Freestyle Disciplines: Finish in the top 30% of competition (split Male/Female).

Slopestyle/Big Air: Can do 540s, working on 720s

LSERSA B

Has the potential in the eyes of the selectors of reaching the England Team

Moguls: Score over 10 in competitions on an artificial surface or 7 on mountain snow.

Other Freestyle Disciplines: Finish in the top 60% of competition (split Male/Female).

Slopestyle/Big Air: Can do 360s, working on 540s

LSERSA C

Has some potential in the eyes of the selectors of reaching the England Team.

Moguls: Score over 7 in competition on an artificial surface or 4 on mountain snow or demonstrate the ability in training to achieve this in an open competition.

Other Freestyle Disciplines: Show ability in competition and training.

Slopestyle/Big Air: working on 360s

LSERSA Development

Has some potential in the eyes of the selectors of competing in competitions.

Moguls: Score over 5 in competition on an artificial surface or 4 on mountain snow or demonstrate the ability in training to achieve this in an open competition.

Other Freestyle Disciplines: Show ability in competition and training.

Slopestyle/Big Air: Can do 180s, grind a rail

Note –

Alpine Performance

We will monitor results from Alpine competitions such as slalom and giant slalom.

Training Commitments

It is recognised that some squad members are not local and so not every training session can be attended. However it is expected that squad members will train at least once in every month (holidays excluded). When training they must abide by the terms and conditions of squad membership.

Recognised training sessions are held at Bromley Ski Centre on Tuesday Evenings 8-10pm. Also on snow at Sno!Zone, Xscape Castleford and Bracknell on Sunday mornings when scheduled.

For those specialising in Moguls then the Sno!Zone sessions are particularly important. For other freestyle disciplines, participation at the Grom Camps are also considered valuable training and training with the Southern Region. The water ramp also operates over the summer months for those wanting to practice jumps, however at present it is not functioning. Trampolining is very important for those focusing more on Big Air. We also acknowledge the importance of alpine training so encourage Race Training as a complementary training activity. We are looking into the introduction of Logbooks to monitor training and competitions.

1. Entry into a squad will require the performer AND their parent/guardian to sign the Terms and Conditions of the LSERSA Squad relating to performance, training and behaviour prior to acceptance being confirmed.

2. While athletes are members of any England or GB Squad they become Graduates of the LSERSA Squad. Once National membership ends they may return to the LSERSA Squad so long as selection criteria are achieved.



NAME _____ LSERSA Freestyle Club No. _____

LSERSA Freestyle Squad

Terms and Conditions of Membership and Code of Conduct

1. In order to be considered for selection to the LSERSA Freestyle Squad you should have met the published selection criteria.
2. You must be a member of the LSERSA Freestyle Club.
3. Members of the LSERSA Freestyle Squad will automatically become Graduates of the LSERSA Squad once they make the England B Team or higher squad.
4. Members of the LSERSA Freestyle Squad must register as a freestyle competitor with a Home Nations Governing Body (Snowsport England - www.snowsportengland.org.uk etc).
5. Details of when selection is will be notified in advance on the www.lserversa.org website, as well as other people who have registered an interest directly.

Squad Training

Squad training will take place at Bromley Ski centre on Tuesday Evenings 8-10pm. Training will be targeted towards forth coming competitions.

LSERSA Freestyle Squad Code of Conduct

All squad members are required;

1. To train seriously, regularly and with commitment to the objective of improving their skillfulness of their skiing to the safe limit of their ability.
2. To train seriously, regularly and with commitment to the objective of improving their level of fitness to meet that set by the Squad Manager / Coach.
3. To ensure that they are adequately covered by insurance at all times.
4. To abstain from tobacco and drugs other than permitted prescribed medication. To not consume alcohol on the day prior to and during competition. To not consume alcohol on any day whilst in training. To only drink moderately outside these periods.
5. To adhere to programs and targets agreed with the Squad Manager and/or Coach.
6. To aid the development of the sport by attending prize giving ceremonies and accepting their trophies etc with appropriate dress, manners and due respect for the organisers and sponsors.
7. To set worthy examples to all National and LSERSA Federation Skiers as well as home club skiers.
8. To accept the authority of Squad Officials showing respect and courtesy.
9. To keep the Squad Manager informed at all times with respect of injuries, illness, training programmes, activities & competition results
10. To be a member of a Freestyle club within the Region.
11. To behave at all times in a manner, which will enhance their own progress and bring credit to themselves, the Squad and the sport of Freestyle Skiing. This includes general discipline and safety on the slopes, respecting other users.
12. Agree to be filmed for training purposes some of which will be made available on the Freestyle Snowsports Website. Anyone wishing to opt out should tick the box:
13. To carry a Squad Membership Card complete with recent photograph when training, particularly at Xscape.

I confirm that I have read and understood the above information and confirm my agreement to abide by the Code of Conduct

Signature of Performer _____ Date _____

Signature of Parent or Guardian if under 18 _____ Date _____

** Please sign and return one copy of the code of conduct to the squad manager and retain the other copy for your information. Failure to sign and return a copy of this code of conduct will result in deselection from the squad.*

For more information see www.lserversa.org