



SPORTS PLAN

Burke Mountain Academy and BMA Junior Program

BMA Alpine Technical Statement

Progression of Athletic Activities Annually by Age Group

Technical Statement

- The goal is good movement and proper body position
- Upper body and hips are moving in unison
- Characteristics of good technique
- Skis on edge
- Correct body position (proper angles)
- Parallel skis
- Proper weight distribution and pressure on skis
- To achieve this, a combination of free skiing and drills in and out of gates is required
- Proper technique will allow athletes to succeed in all conditions and all terrain
- Mastery of skills and race results are not the same thing. Both skill and speed are important and each must be mastered, however, basic skill mastery must come first.

BMA Alpine Framework

Progression of Athletic Activities Annually by Age Group

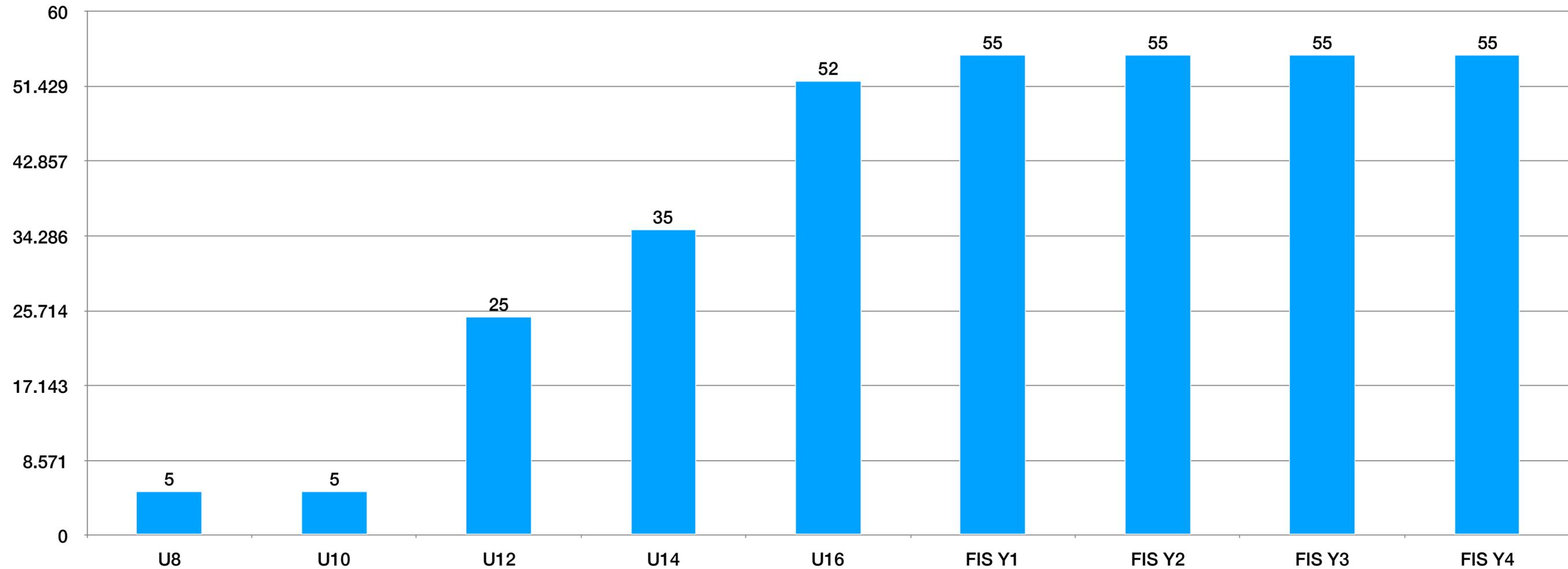
Maximum Available Ski Days in Offering	U8	U10	U12	U14	U16	FIS Y1	FIS Y2	FIS Y3	FIS Y4
Prep Period Days on Snow (May - Christmas)	5	5	25	35	52	55	55	55	55
Race Days	6	6	8	18	25	35	40	45	50
Burke Ski Days (midweek - Tues/Wed/Thurs)	0	30	40	53	53	55	50	45	40
Burke Ski Days (weekends - Fri/Sat/Sun)	26	26	24	8	6	6	6	6	6
Maximum Days Available Annually*	37	67	97	114	136	151	151	151	151
Off Snow Activities	U8	U10	U12	U14	U16	FIS Y1	FIS Y2	FIS Y3	FIS Y4
Dryland Days per Week (May)					5	5	5	5	5
Dryland Days per Week (Jun-Aug)					5	5	5	5	5
Dryland Training Days per Week (Sept - October)	0	0	2	2	6	6	6	6	6
Dryland Camp Days		2	2						
Athletic Evaluations	1	1	2	2	2	2	2	2	2
Social Events	2	2	2	2	5+	5+	5+	5+	5+
Physical Tests or Assessments Annually	0	0	1	2	3	3	3	3	3

*For specifics on the offering of ski days per age group, please see BMA Jr Program Program Guidelines

BMA Alpine Framework

Progression of Athletic Activities Annually by Age Group

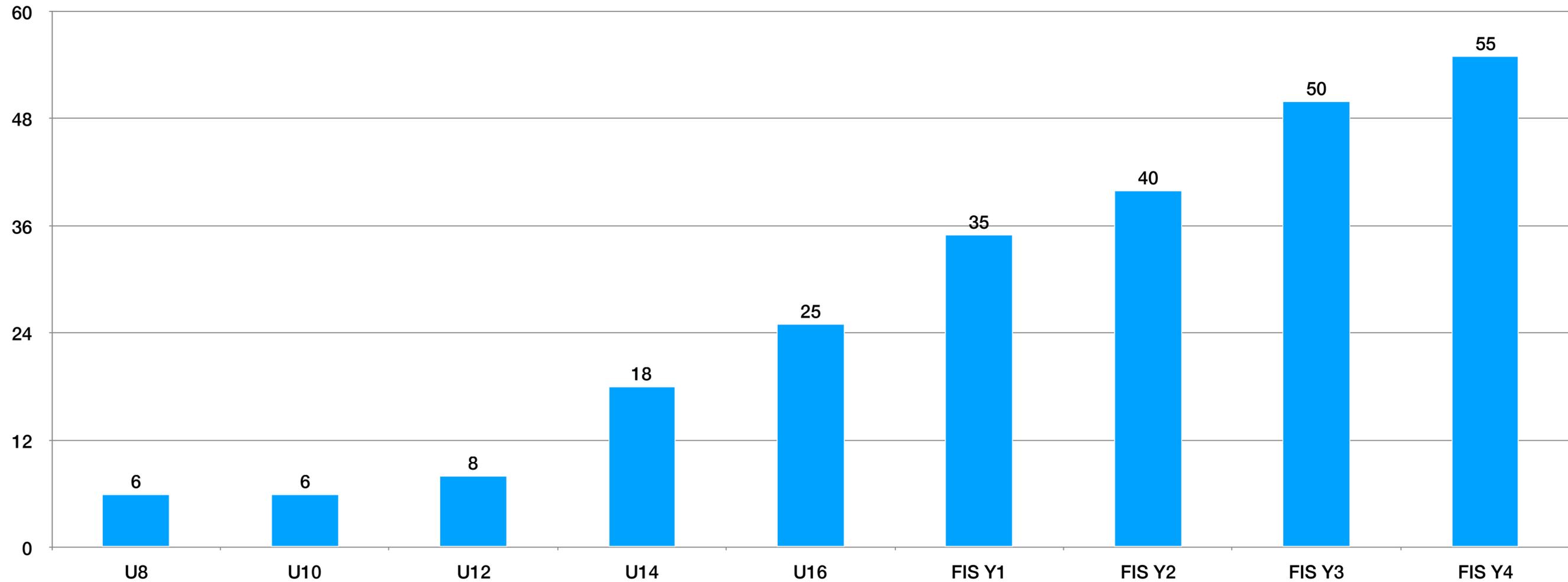
Prep Period Skiing - Days on Snow April - Christmas



BMA Alpine Framework

Progression of Athletic Activities Annually by Age Group

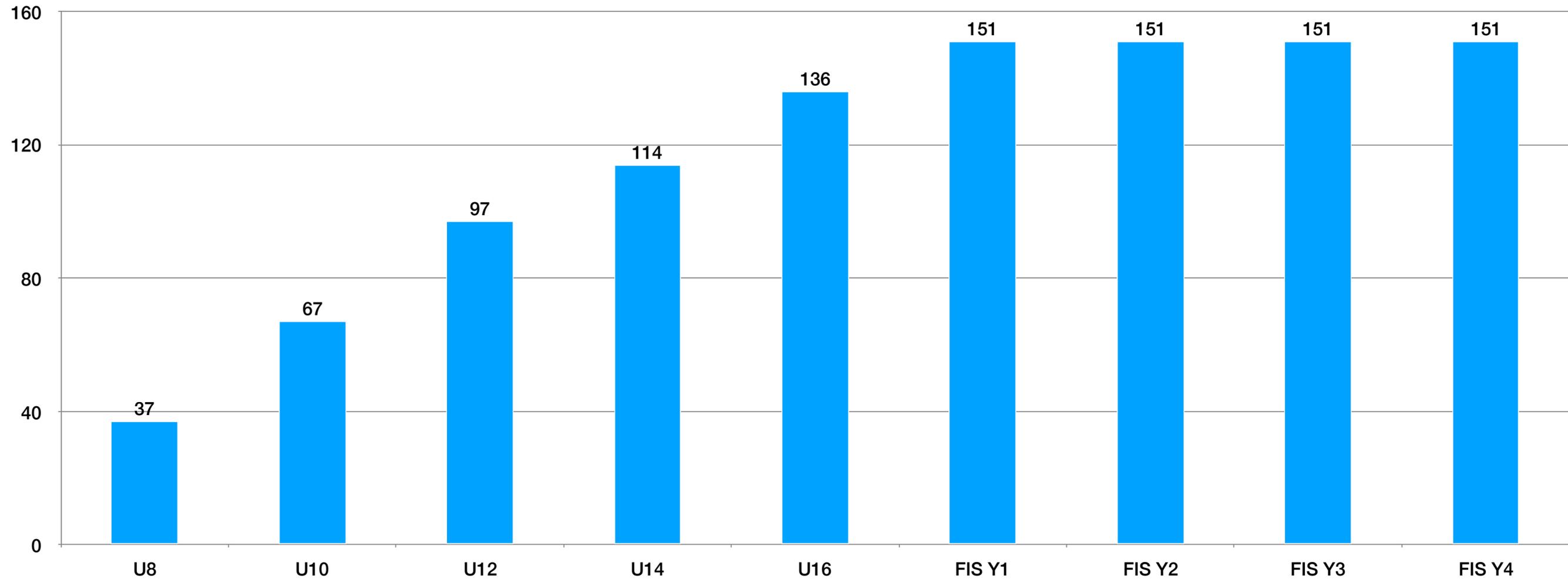
Race Days Annually



BMA Alpine Framework

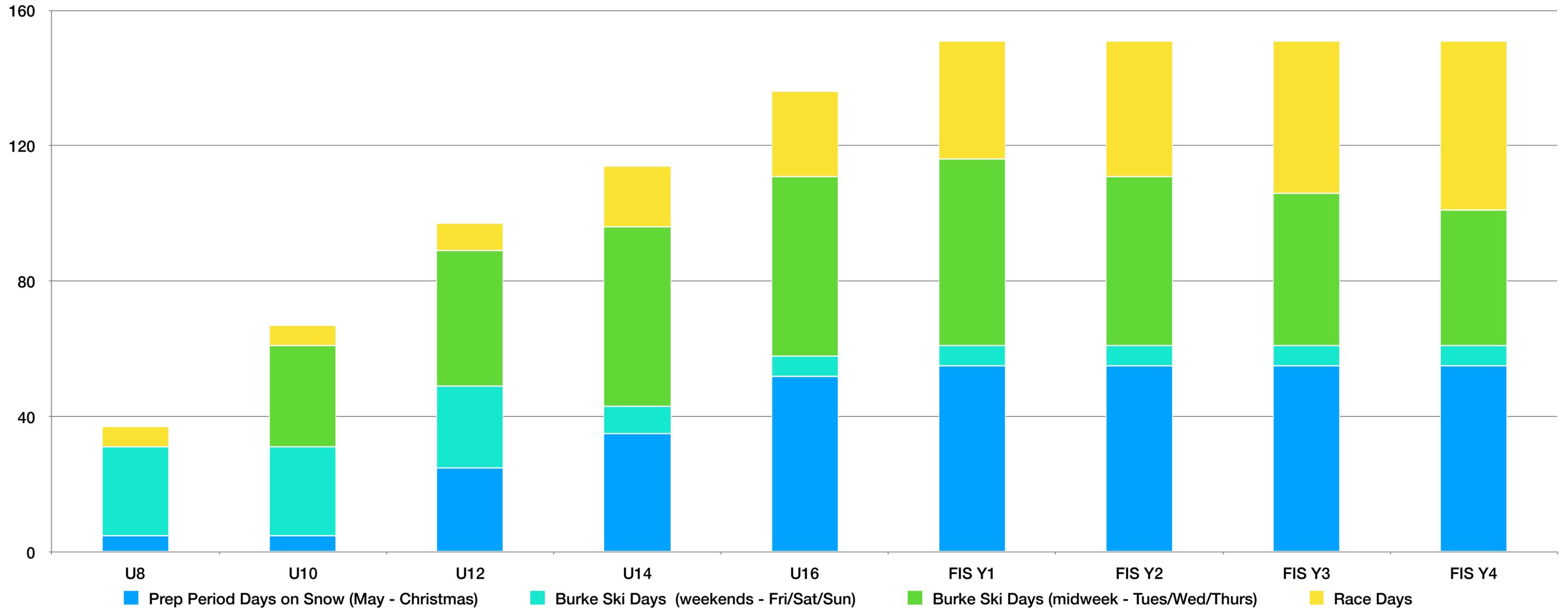
Progression of Athletic Activities Annually by Age Group

Total Ski Days Annually (Maximum)



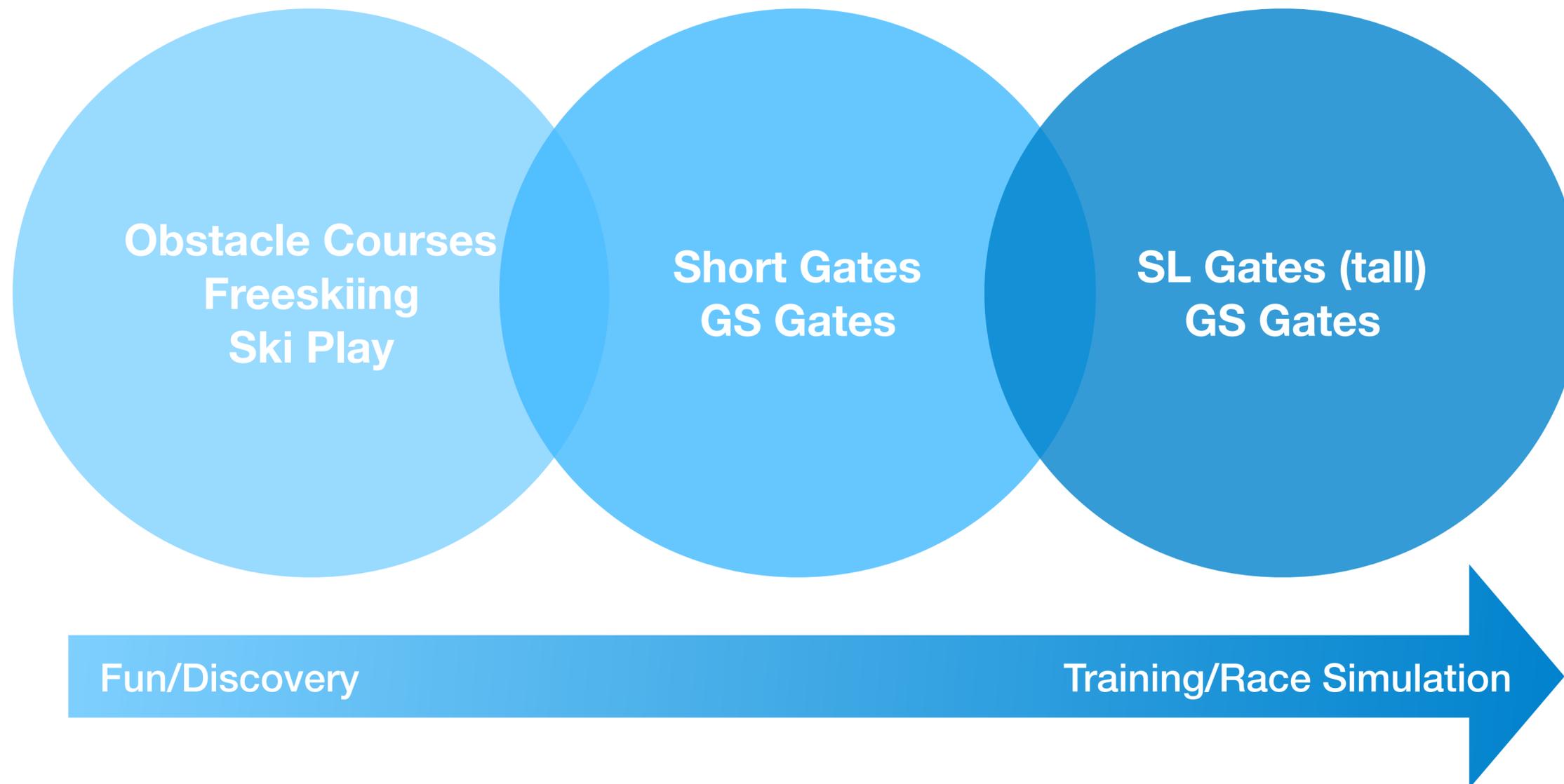
BMA Alpine Framework

Progression of Ski Days Annually by Age Group



BMA Ski Progression Philosophy

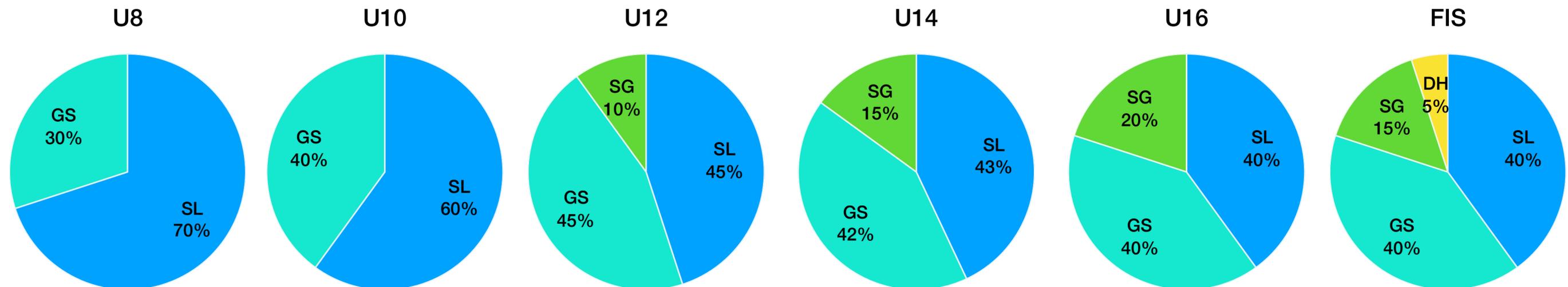
Areas of focus in the progression of training a ski racer for long-term development



BMA Alpine Framework

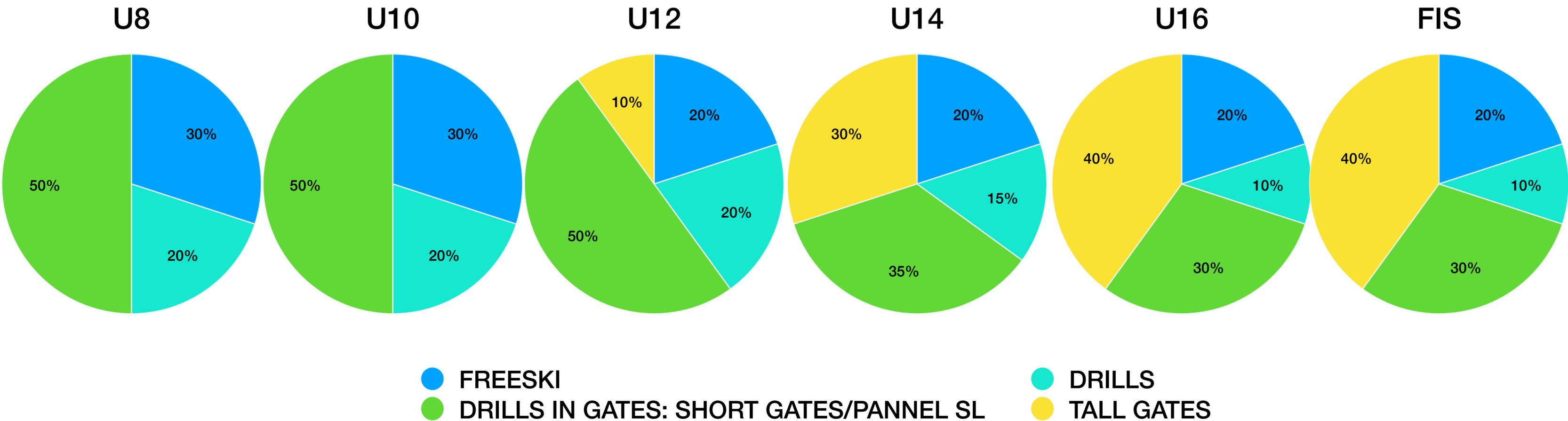
Progression of Athletic Activities by Discipline

DISCIPLINE	U8	U10	U12	U14	U16	FIS
SL	70%	60%	45%	43%	40%	40%
GS	30%	40%	45%	42%	40%	40%
SG			10%	15%	20%	15%
DH						5%



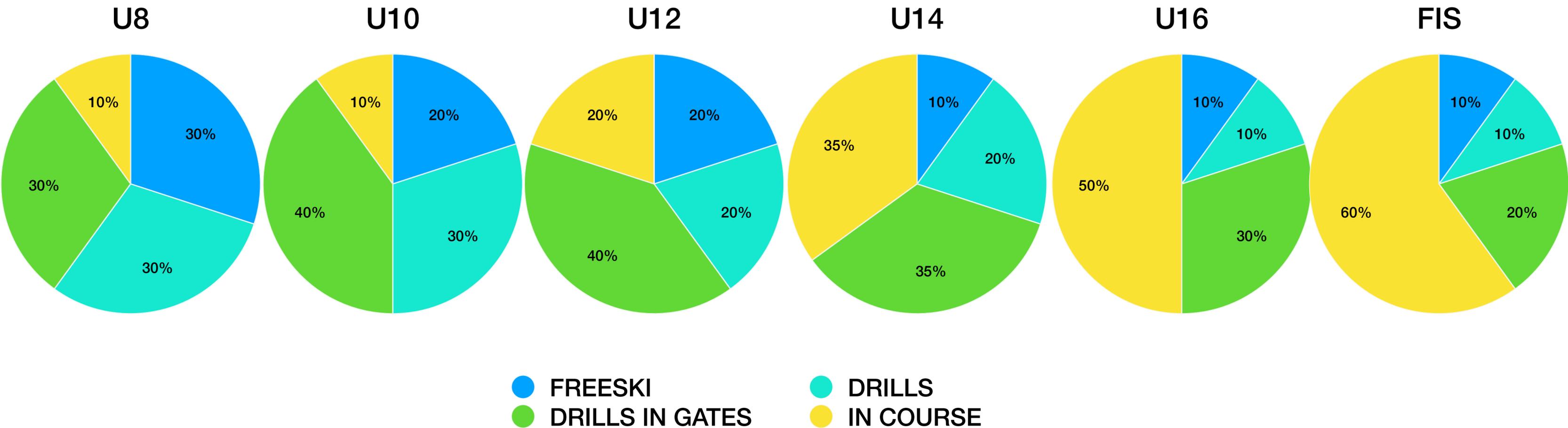
BMA Alpine Framework

Progression of SL Training by Age



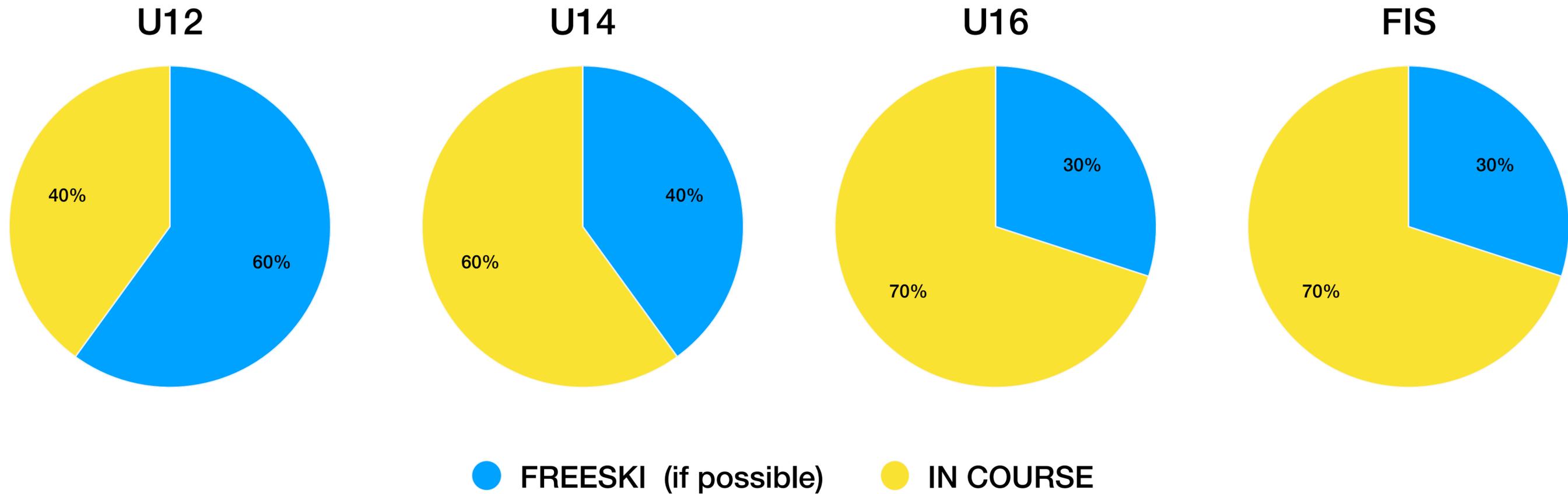
BMA Alpine Framework

Progression of GS Training by Age



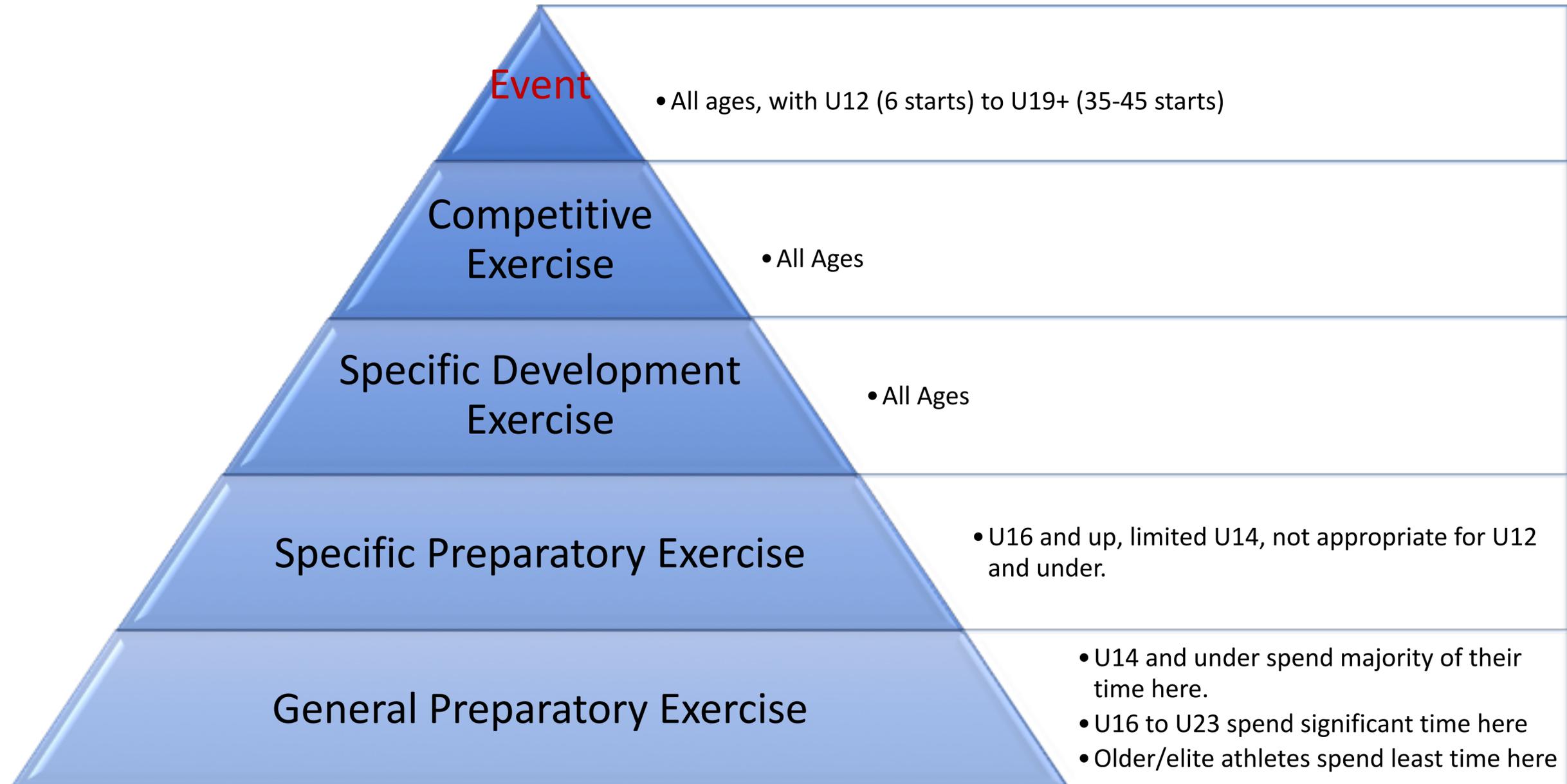
BMA Alpine Framework

Progression of SG Training by Age



Physical Training

Off Snow "Dryland" Training Recommendations by Age



Physical Training

Off Snow “Dryland” Training Recommendations Periodized Annually

