

BURKE MOUNTAIN ACADEMY

# Sports Plan

Burke Mountain Academy and BMA Junior Program  
2019 - 2021

# 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*

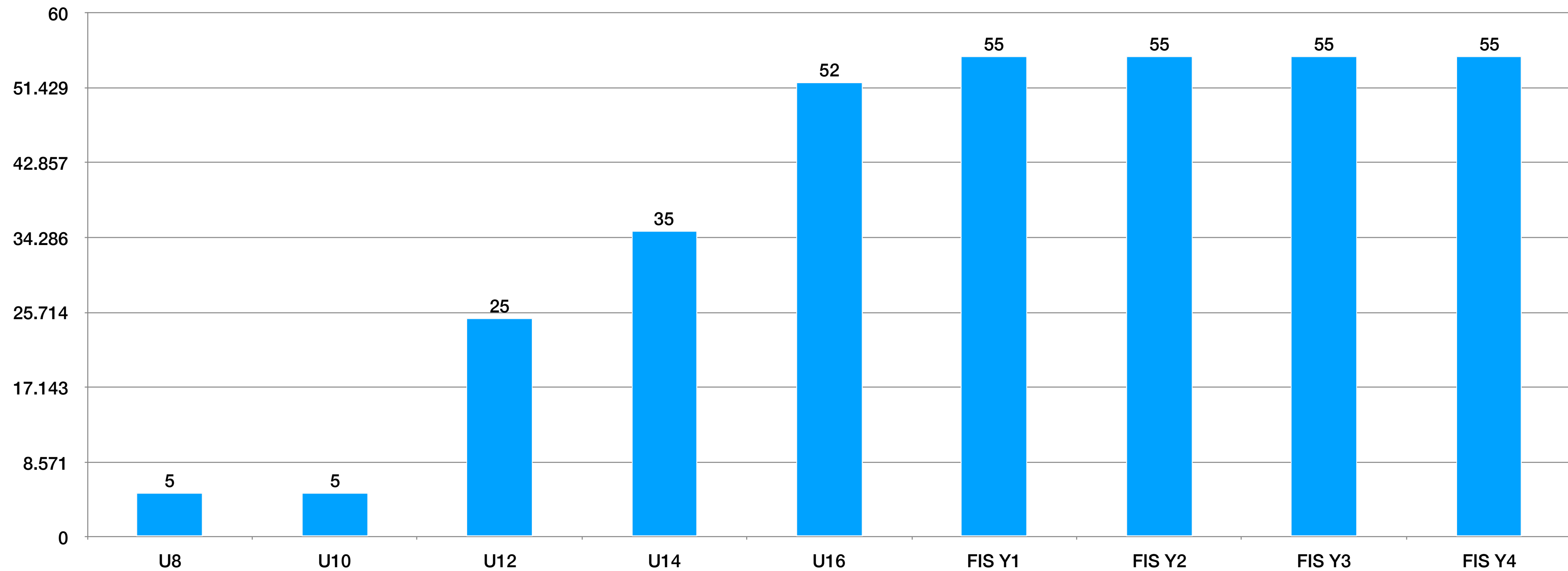
Maximum Available Ski Days in Offering	U8	U10	U12	U14	U16	FIS Y1	FIS Y2	FIS Y3	FIS Y4
Prep Period Days on Snow (May - Christmas)	5	5	25	35	52	55	55	55	55
Race Days	6	6	8	18	25	35	40	45	50
Burke Ski Days (midweek - Tues/Wed/Thurs)	0	30	40	53	53	55	50	45	40
Burke Ski Days (weekends - Fri/Sat/Sun)	26	26	24	8	6	6	6	6	6
<b>Maximum Days Available Annually*</b>	<b>37</b>	<b>67</b>	<b>97</b>	<b>114</b>	<b>136</b>	<b>151</b>	<b>151</b>	<b>151</b>	<b>151</b>
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) via Bridge Athletic					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

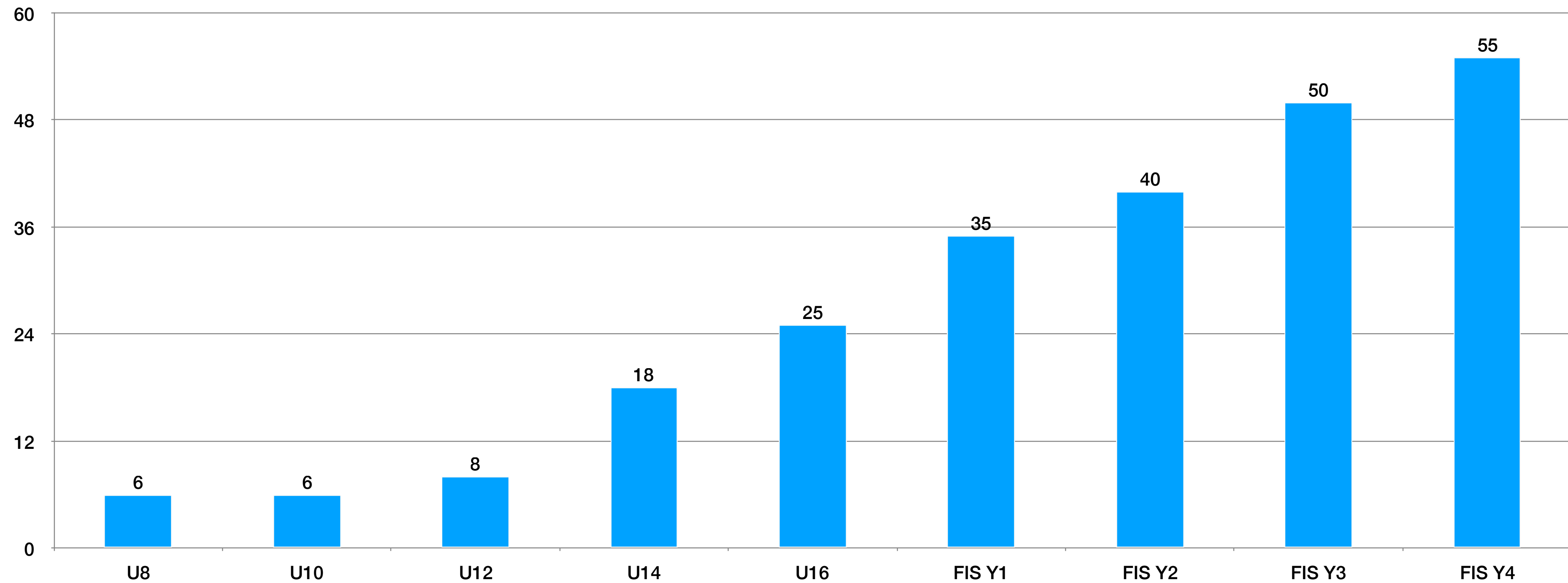




# BMA Alpine Framework

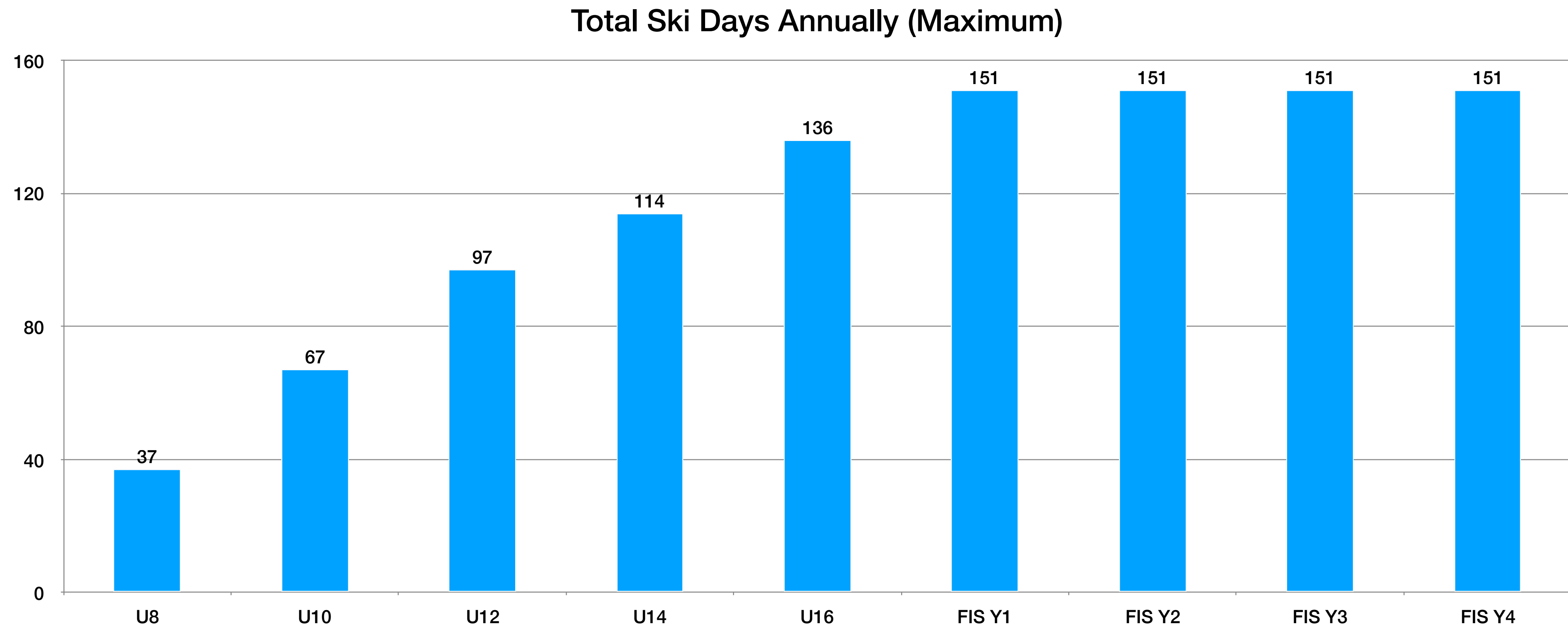
*Progression of Athletic Activities Annually by Age Group*

Race Days Annually



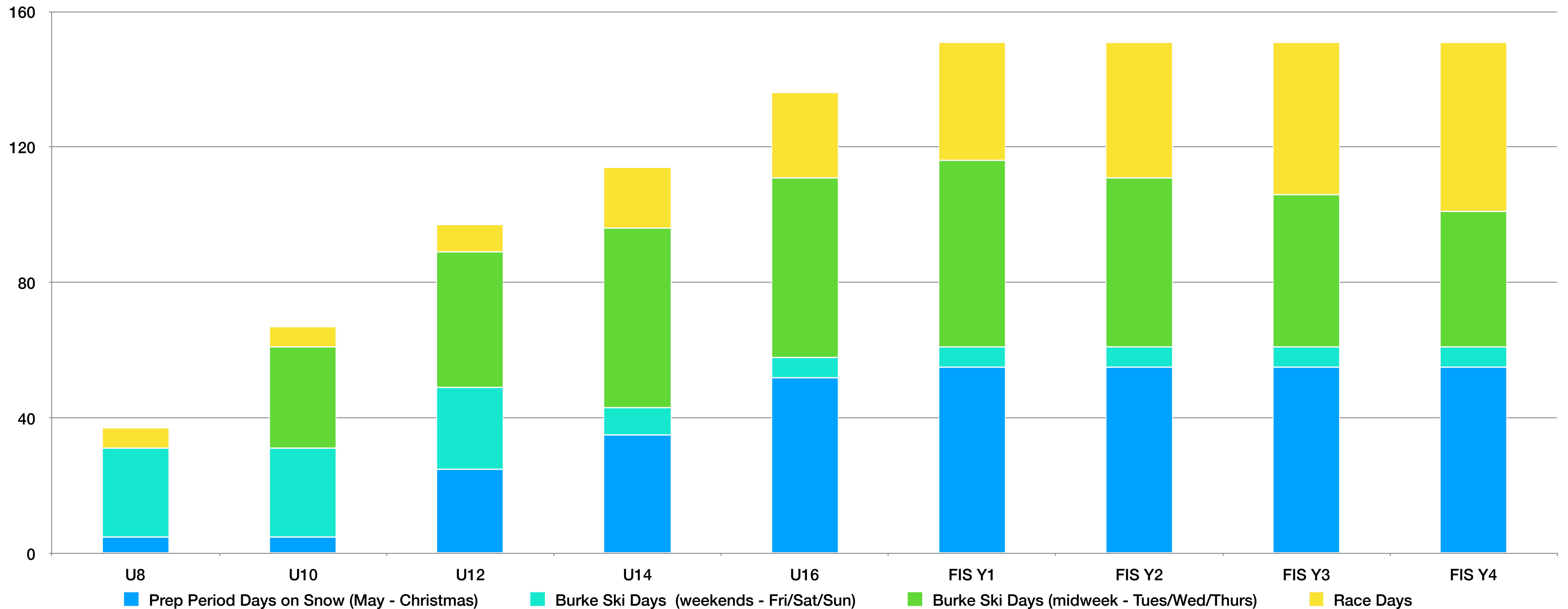
# BMA Alpine Framework

*Progression of Athletic Activities Annually by Age Group*



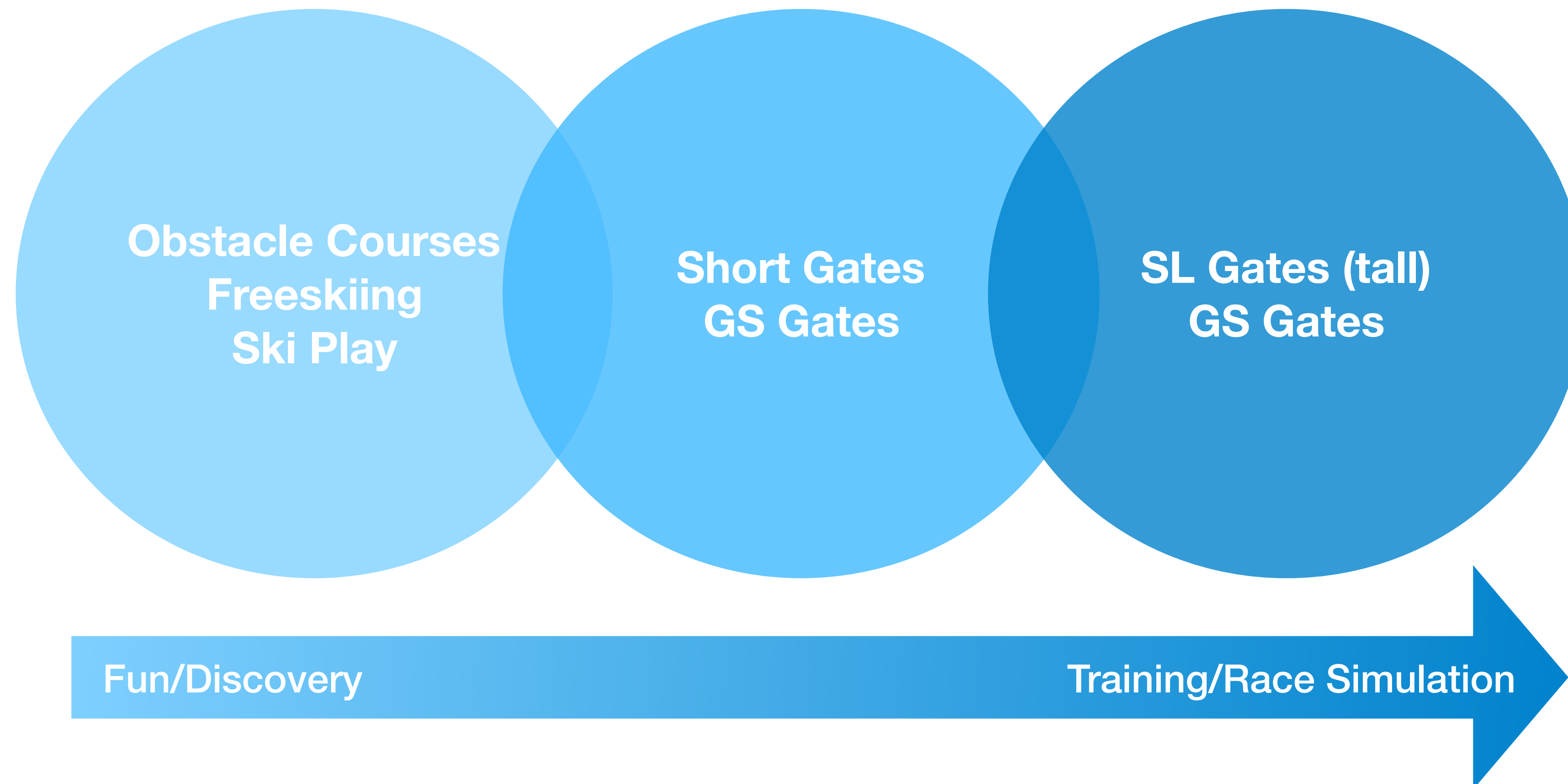
# BMA Alpine Framework

*Progression of Ski Days Annually by Age Group*



# BMA Ski Progression Philosophy

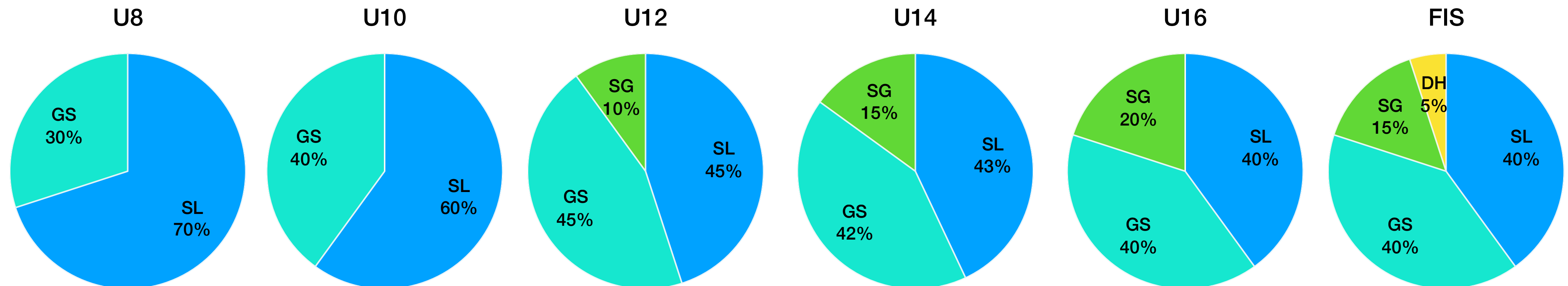
*Areas of focus in the progression of training a ski racer for long-term development*



# BMA Alpine Framework

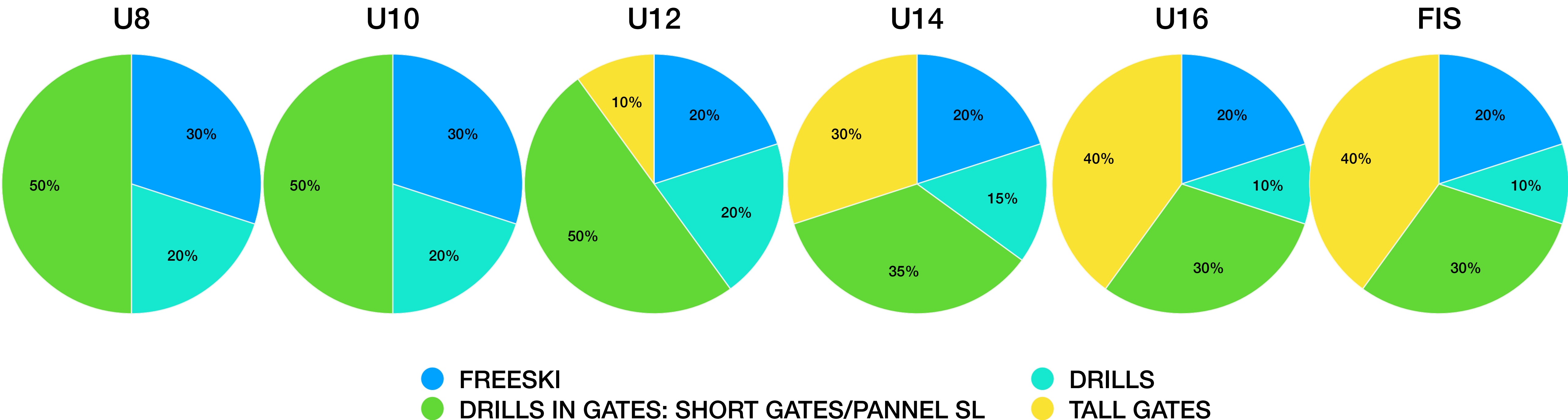
*Progression of Athletic Activities by Discipline*

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

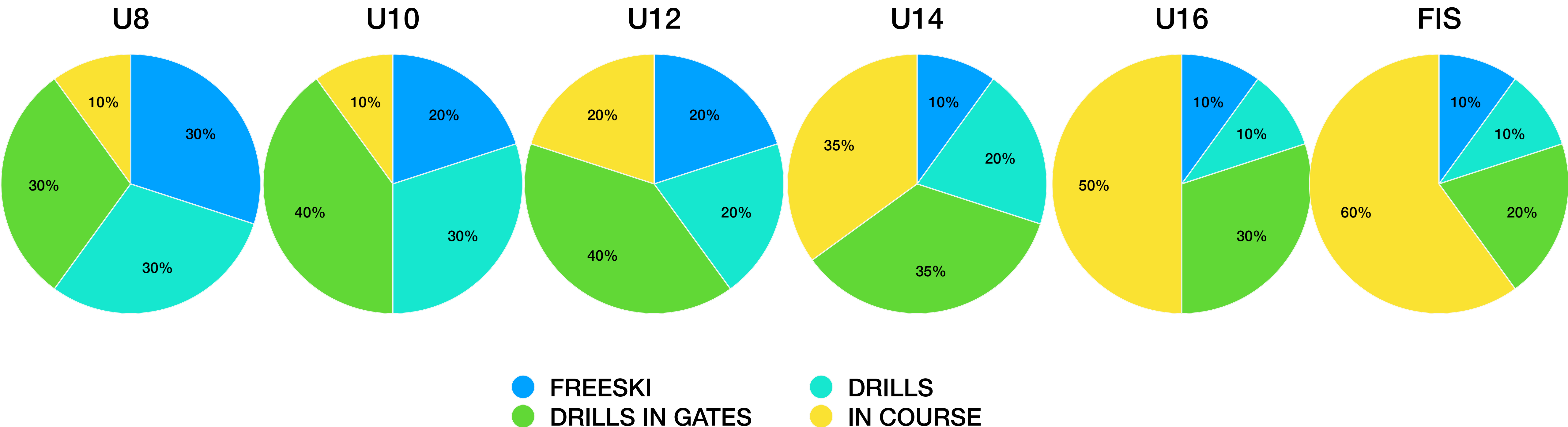
*Progression of SL Training by Age*





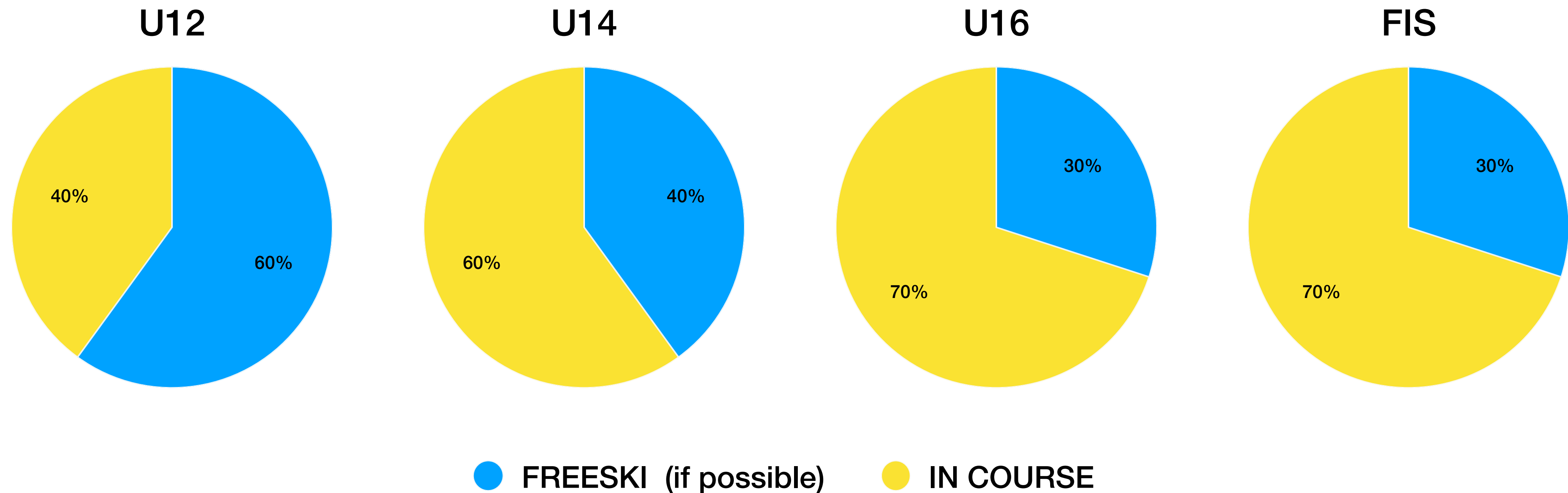
# BMA Alpine Framework

*Progression of GS Training by Age*



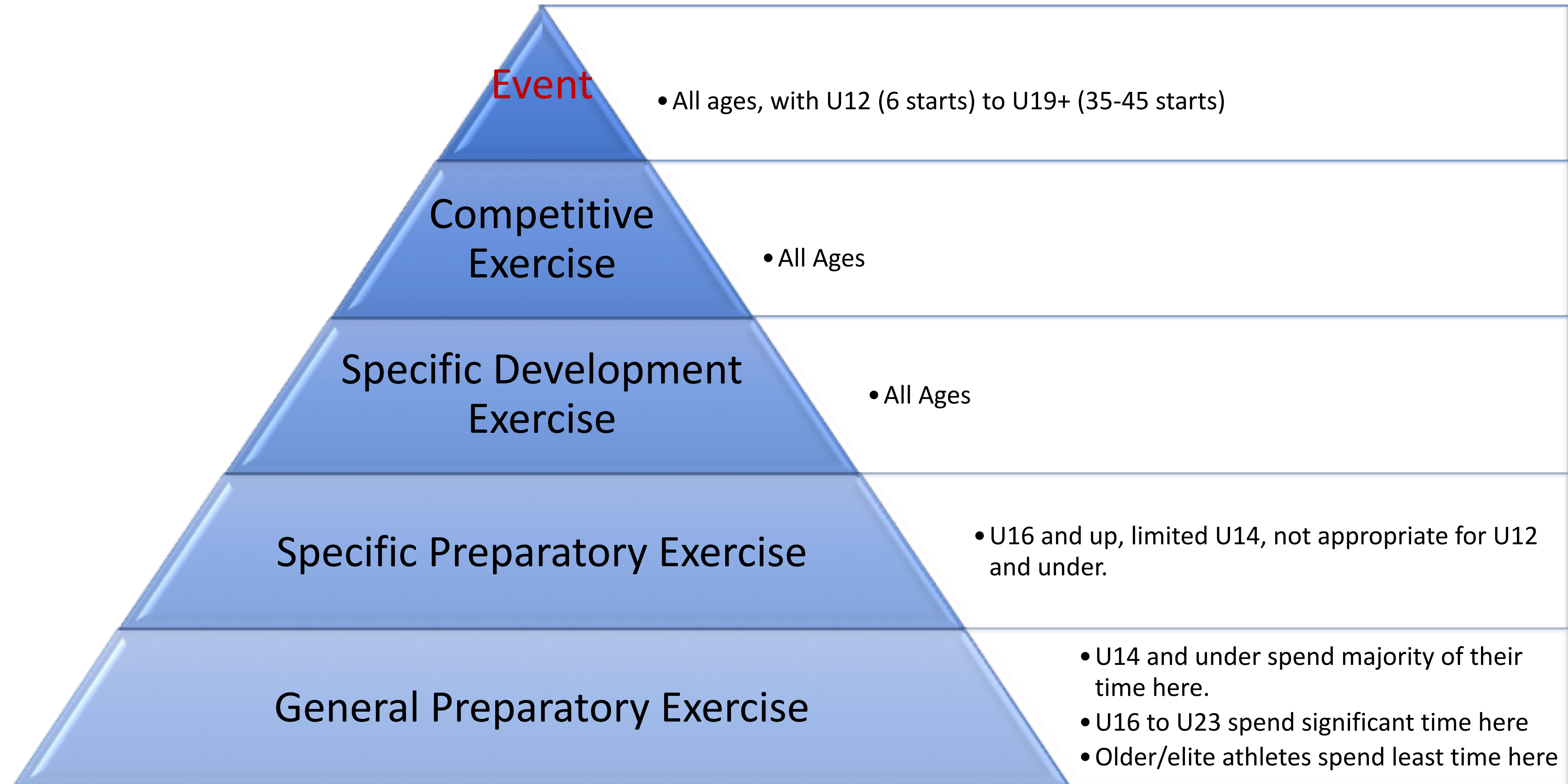
# BMA Alpine Framework

*Progression of SG Training by Age*



# Physical Training

## *Off Snow “Dryland” Training Recommendations by Age*



# Physical Training

*Off Snow “Dryland” Training Recommendations Periodized Annually*

