



## National Coaching Camp

Narkanda, Shimla



Himachal Pradesh 12 Feb- 17 Feb 2023

**Alpine Skiing, Snow Boarding & Snow Shoeing**

### **Daily Training Program**

**Day 1** Arrival, registration, opening of camp, orientation

**Day 2** opening Ceremony and Issue of Ski, Snow boards and snow shoeing equipment's then travel to Solangnala (Ski Slopes)

**Day 3**

- a) Skiing - Lecture demonstration and practice on how to walk with your Skies on
- b) Snowboarding- Lecture demonstration and practice on straight sliding and balancing
- c) Snowshoeing- Walking on flat ground
- d) Skill test- Skiing, Snow Boarding and Snow Shoeing
- e) Coaches training program- about Special Olympics, history, mission, vision, philosophy, Divisioning of winter sports,

**Day 4**

- a) Skiing- Revision of previous day lesson till lunch break, thereafter lecture demonstration and practice on sliding, balancing and stopping techniques
- b) Snowboarding- Revision of previous day lesson till lunch break, thereafter gate practice
- c) Snowshoeing- Revision of previous day lesson till lunch break, thereafter lecture demonstration and practice on 20 meter straight walk
- d) Coaches training program- What is ID, identification & classification of intellectual disabled, clothing for winter sports, medical/CPR/first aid, training athlete in Special Olympics

**Day 5**

- a) Skiing- Revision of previous day lesson till lunch break, thereafter lecture demonstration and practice on straight snow ploughing techniques
- b) Snowboarding- Revision of previous day lesson till lunch break, thereafter slalom gate practices
- c) Snowshoeing- Revision of previous day lesson till lunch break, thereafter lecture demonstration and practice on giant slalom.
- d) Coaches training program- organizing training & competition.

**Day 6**

- a) Skiing- Revision of previous day lesson till lunch break, thereafter lecture demonstration and practice on snow plough turns techniques
- b) Snowboarding- Revision of previous day lesson till lunch break, thereafter slalom gate practices
- c) Snowshoeing- Revision of previous day lesson till lunch break, thereafter lecture demonstration and practice on 100 meter straight walk

Evaluation & assessment of all athletes & coaches and official closing of the camp

Departure of all the delegation