

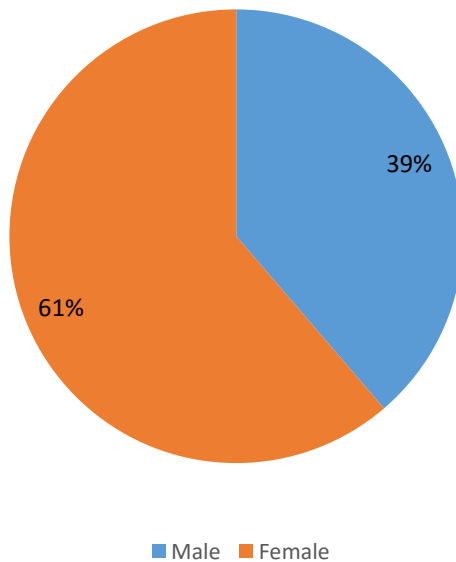


An analysis of Alpine Skiing 2016
World Cup Athlete Survey Results
WC Top 15 Only

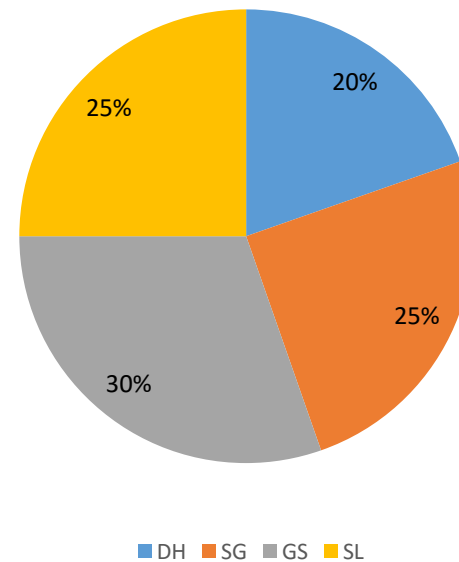
Introduction

- ❑ An independent online survey was conducted among the top 30 World Cup athletes
- ❑ 37 questions focused on factors of development from early to elite stages
- ❑ 127 respondents
- ❑ 31 top 15 World Cup athletes
- ❑ 50 top 30 World Cup athletes

Male vs. Female Respondents

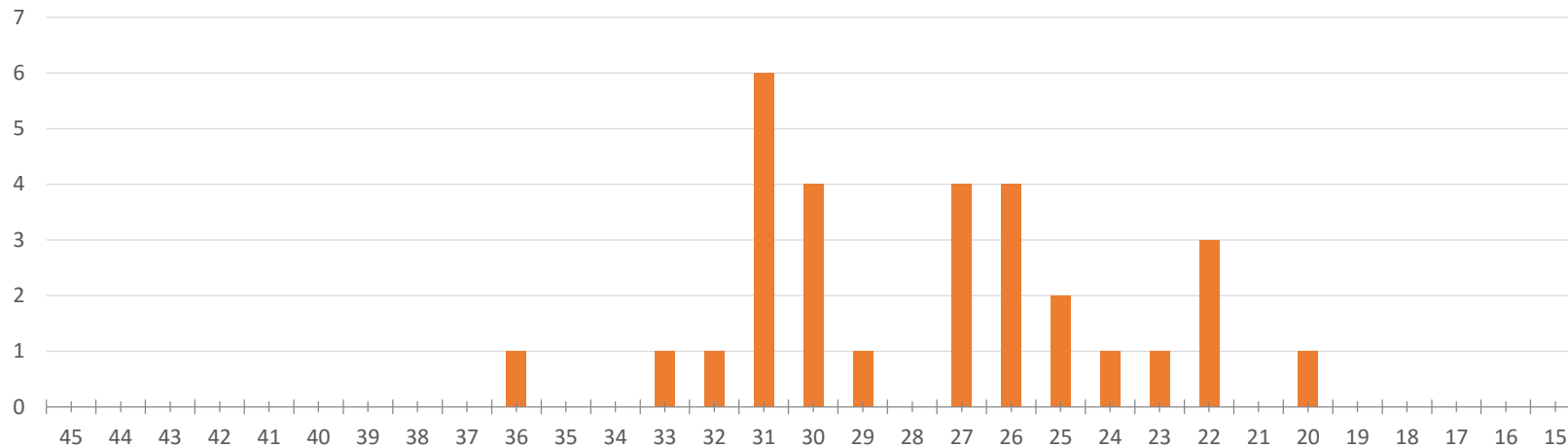


Respondents' Primary Event

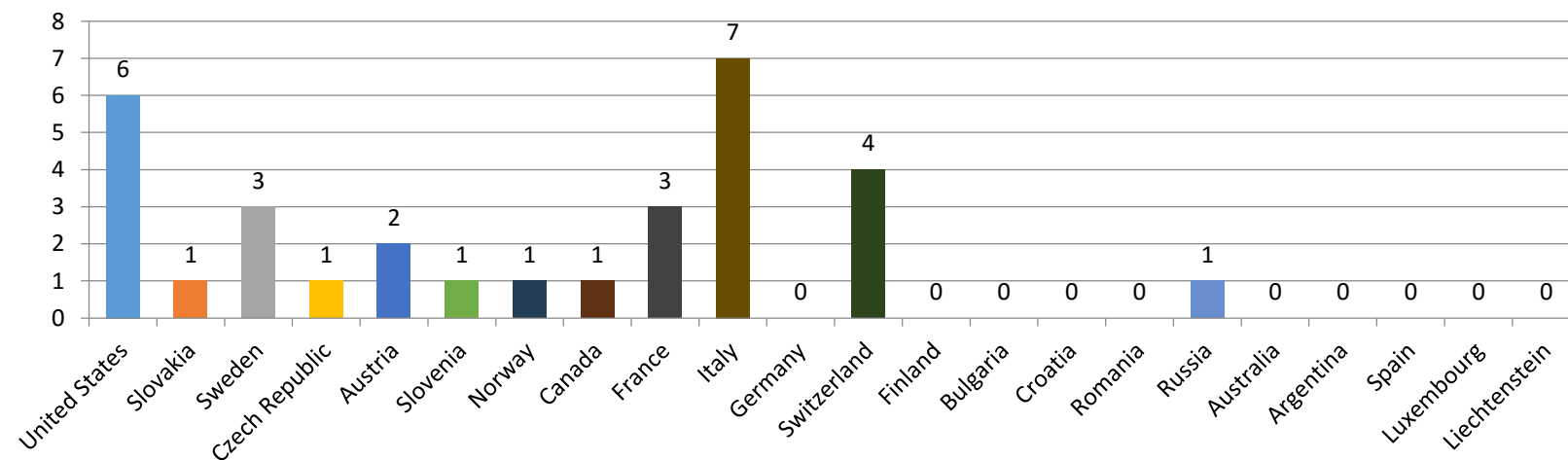


Survey Demographics

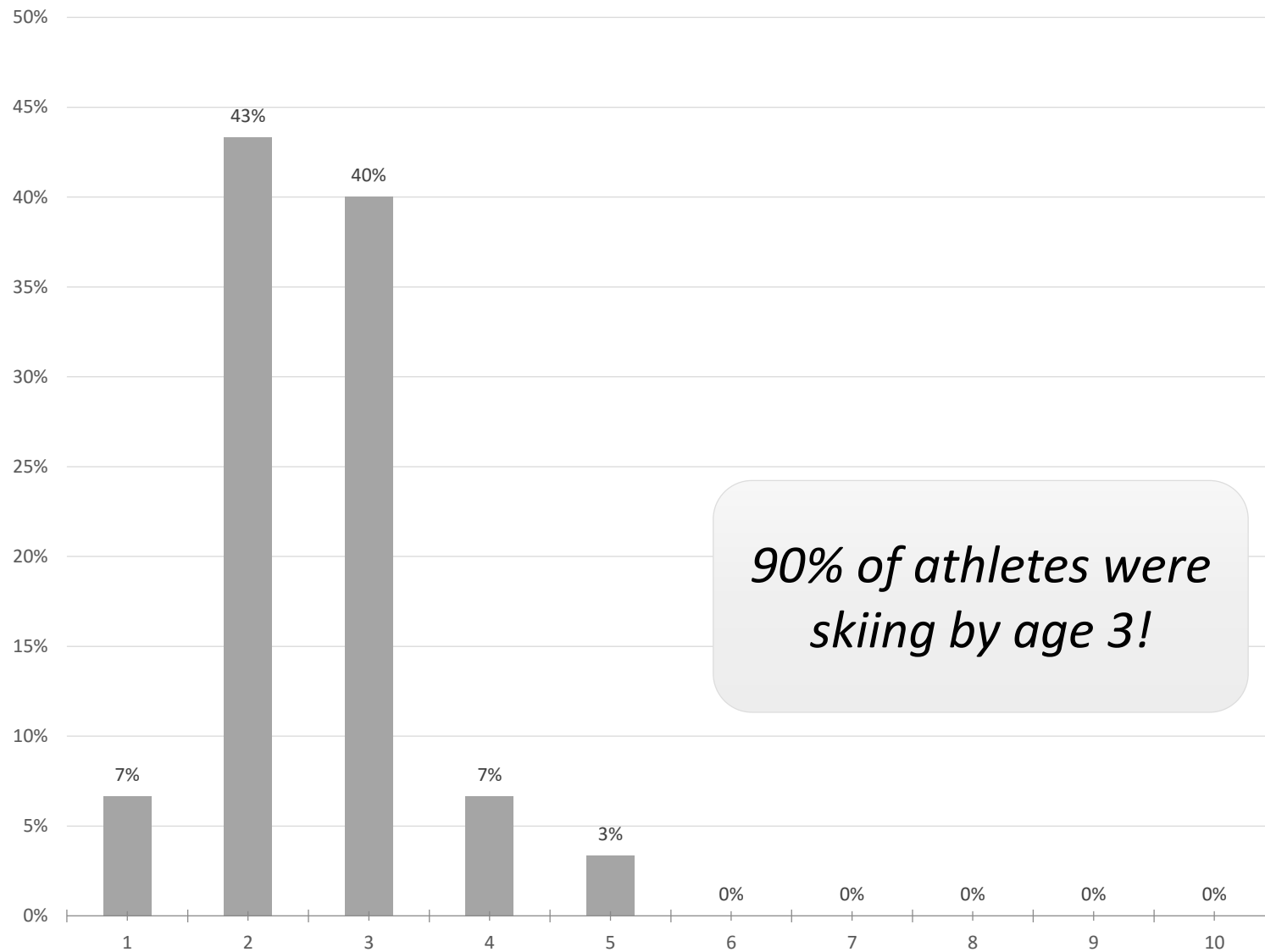
Respondents Age



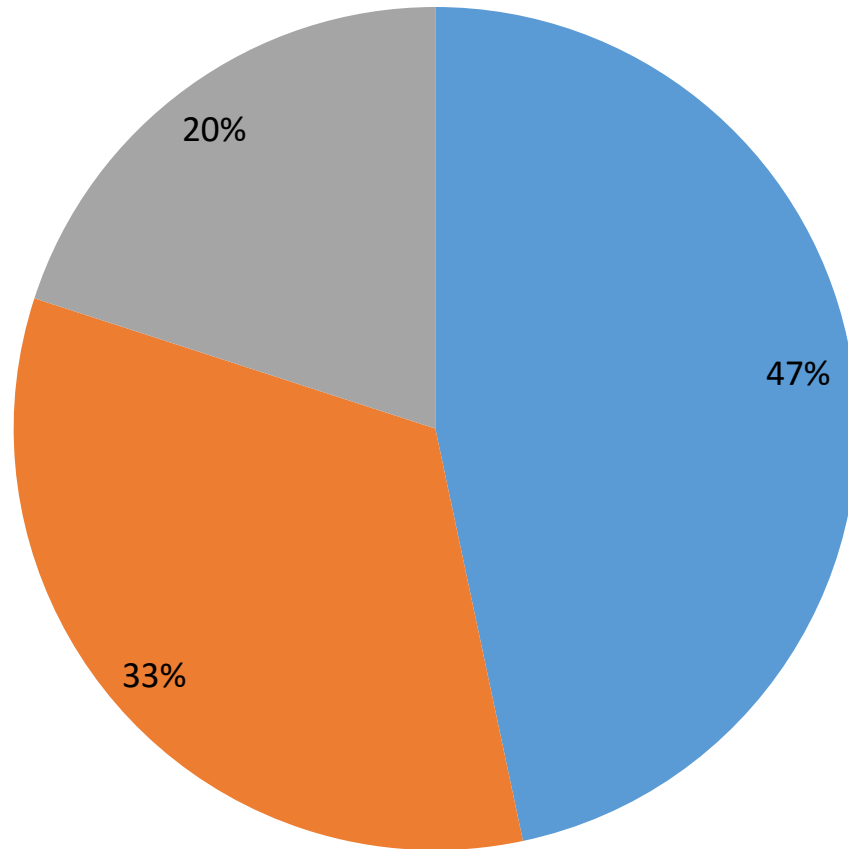
Respondents Country of Origin



At what age did you first ski?



Was your family “fans” of the sport?

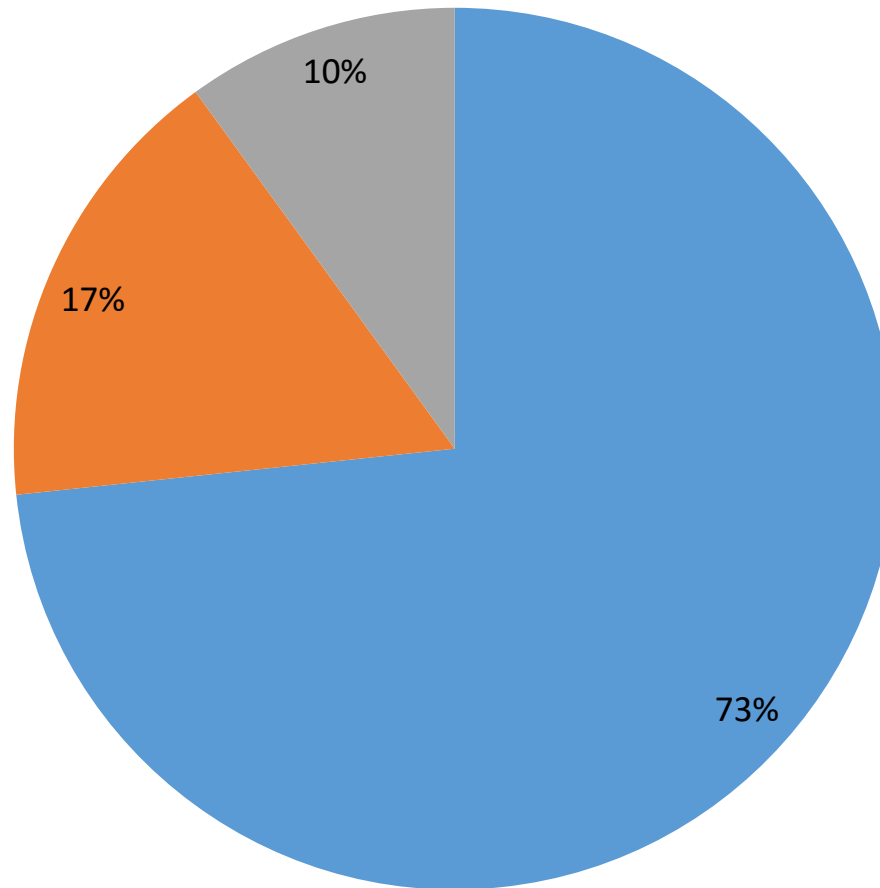


■ Extremely ■ Somewhat ■ No

80% of athletes' families were fans of ski racing.

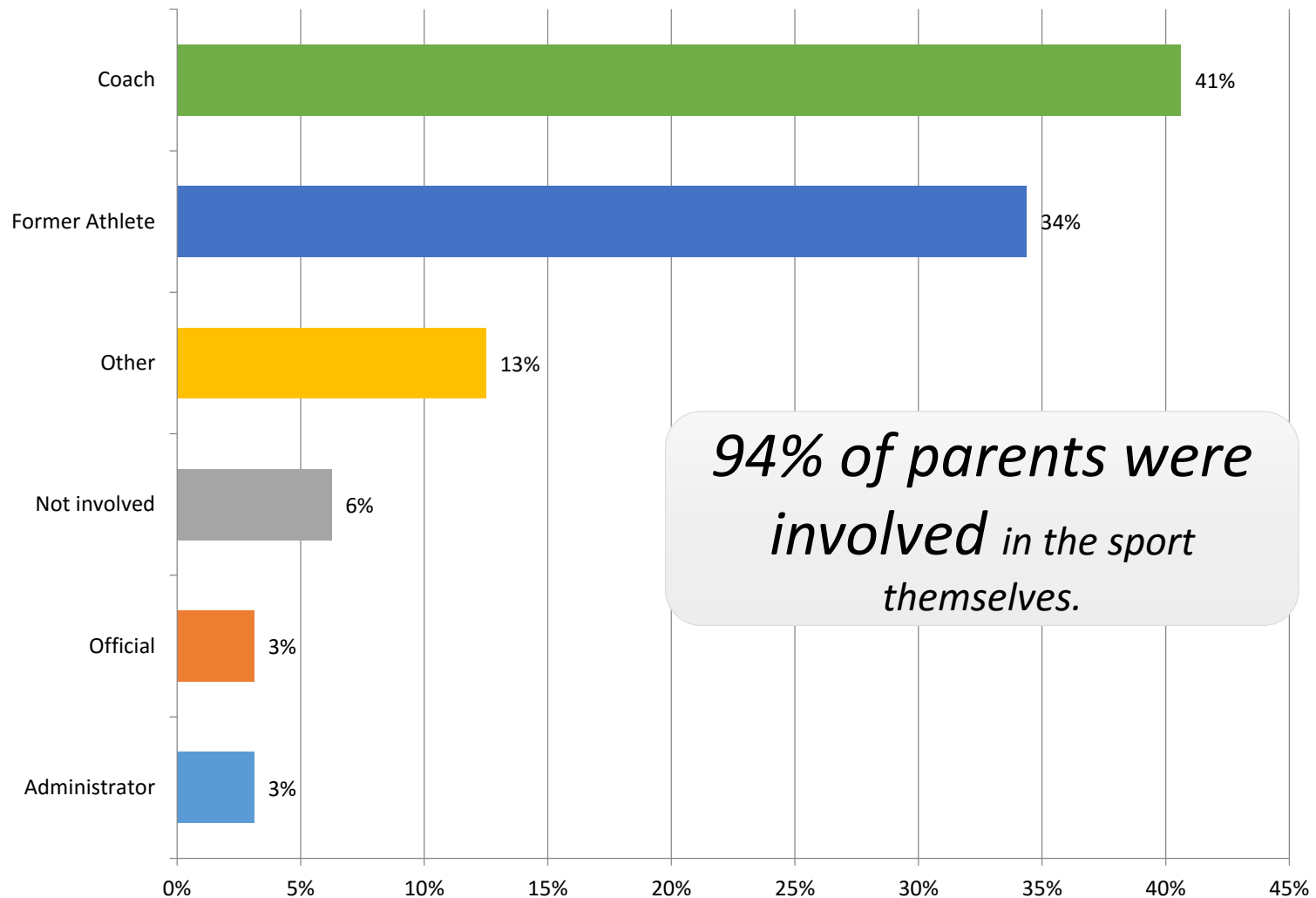
Growing up, how long was your drive to the mountains?

73% lived
within **one**
hour of
the
mountains.



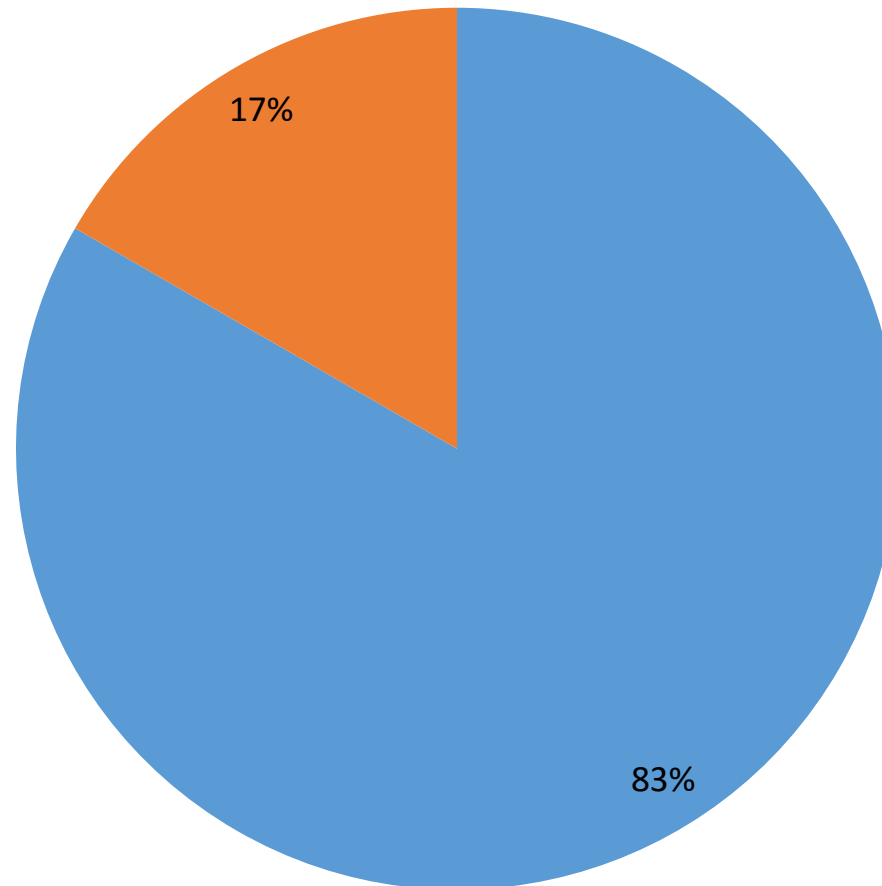
■ Less than 1 hour ■ 1-2 hours ■ 2+ hours

Were your parents involved in snow sports as any of the following?



*Most common other responses included volunteer at ski club, ski instructors, hobby skiers

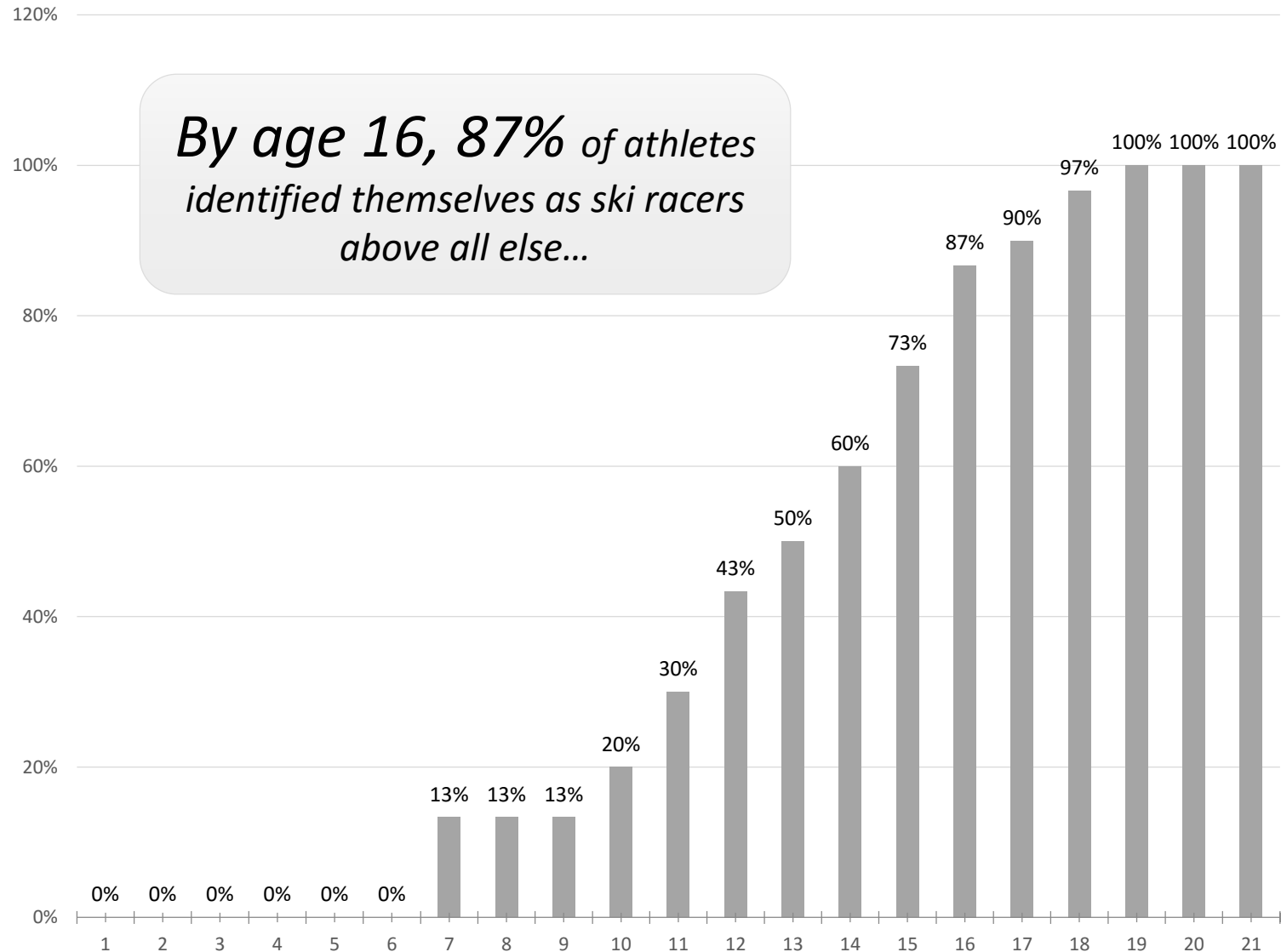
Did you have a ski hero growing up?



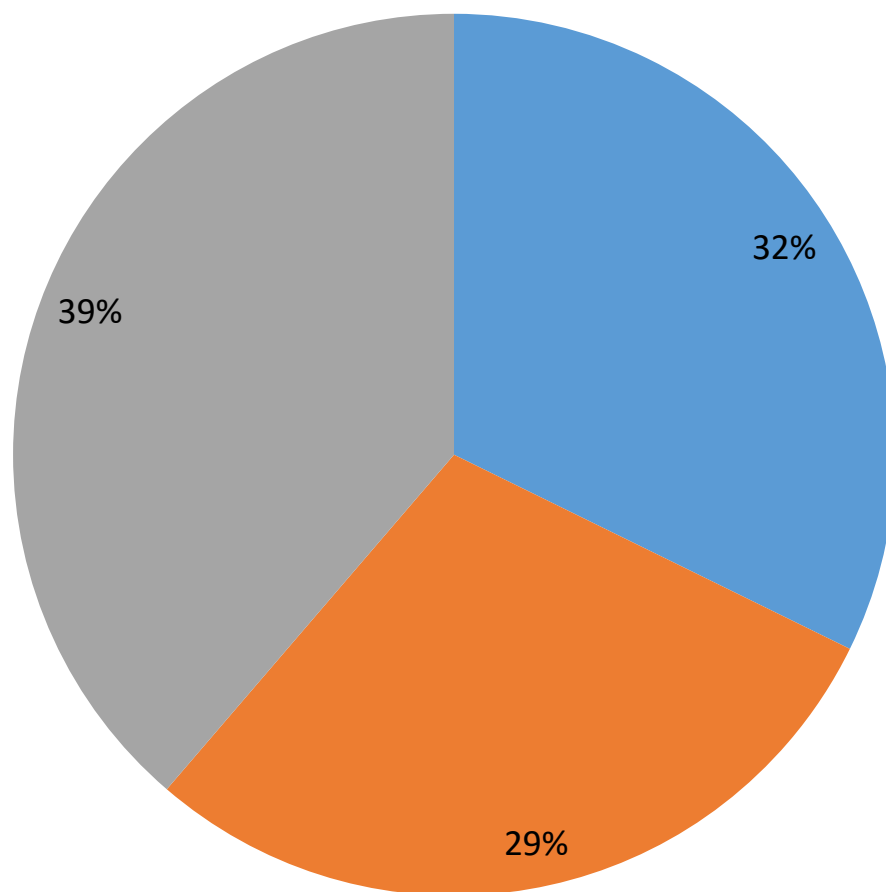
■ Yes ■ No

*Having a
ski hero
matters!*

At what age did ski racing become your primary activity?



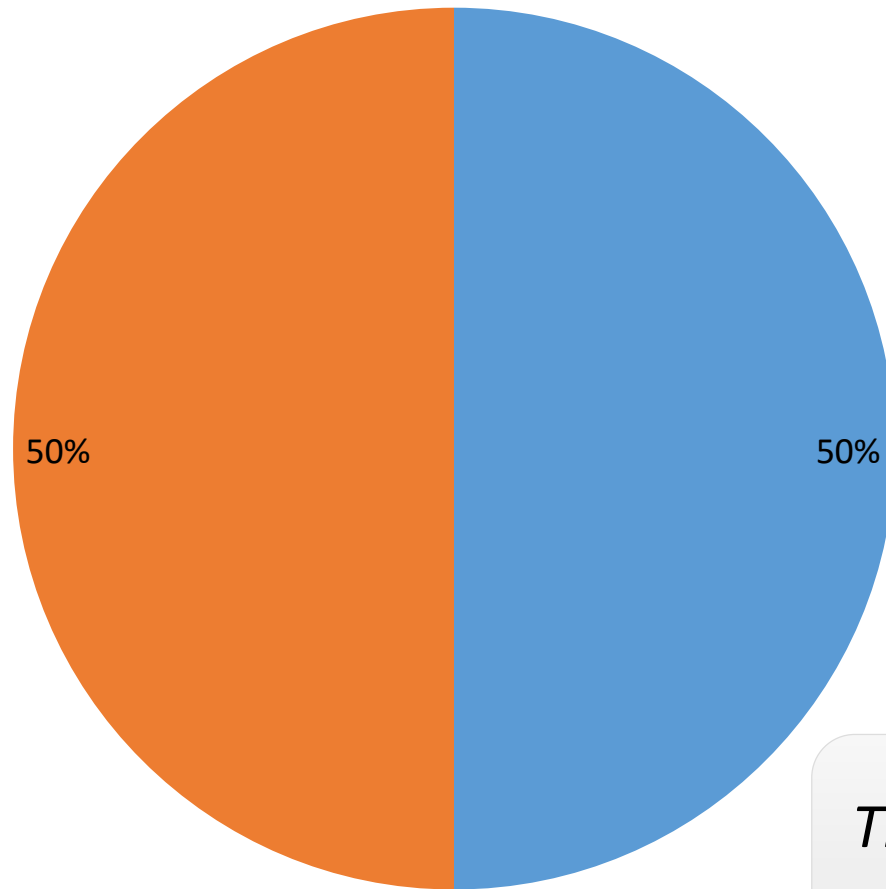
How involved were your parents when you decided to concentrate on skiing as your primary sport?



*68% of parents
were involved
when athletes decided to
pursue the next level...*

■ Not involved ■ Moderately involved ■ Extremely involved

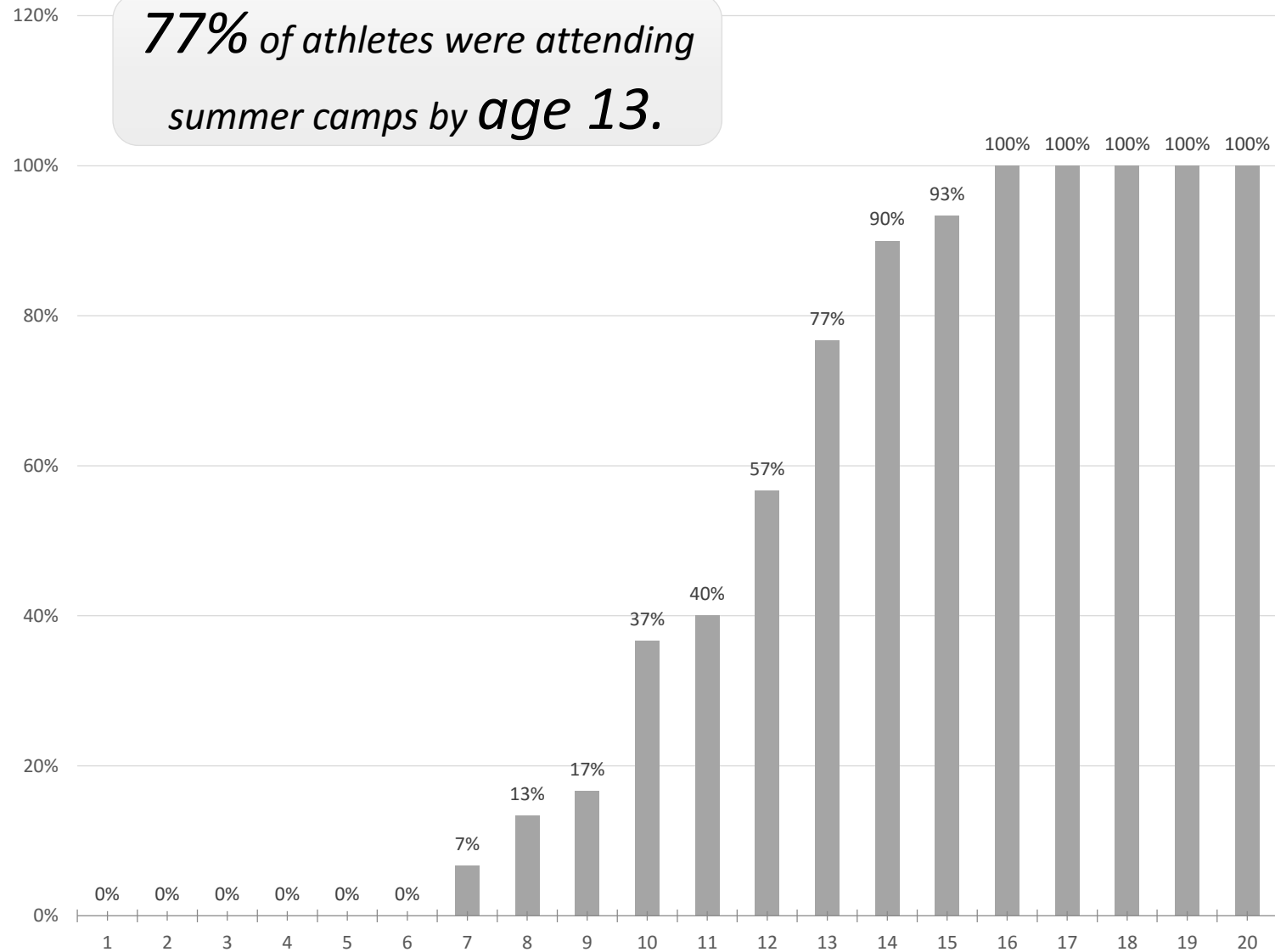
Did you attend a ski academy?



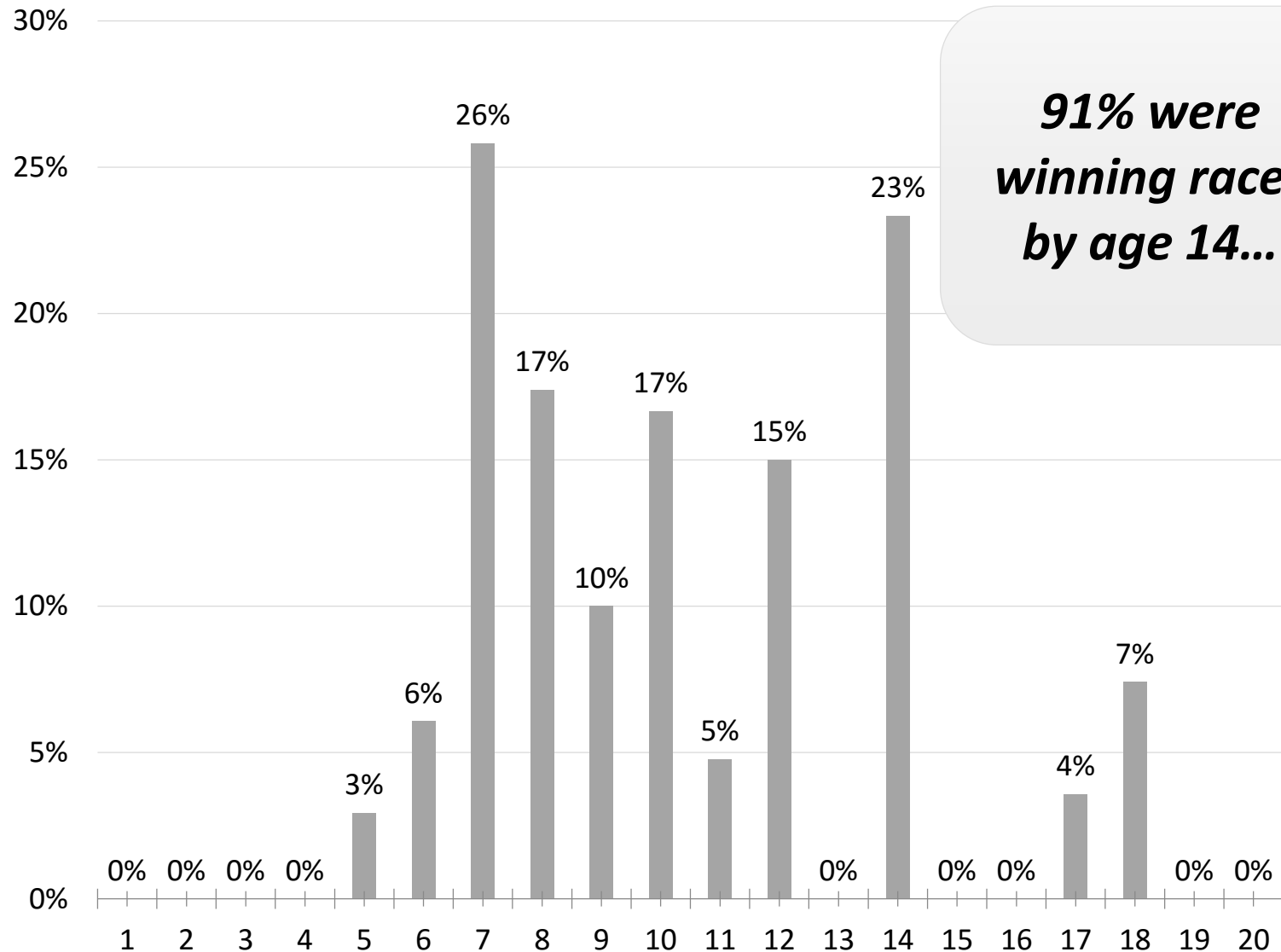
■ Yes ■ No

There are many roads to Rome...

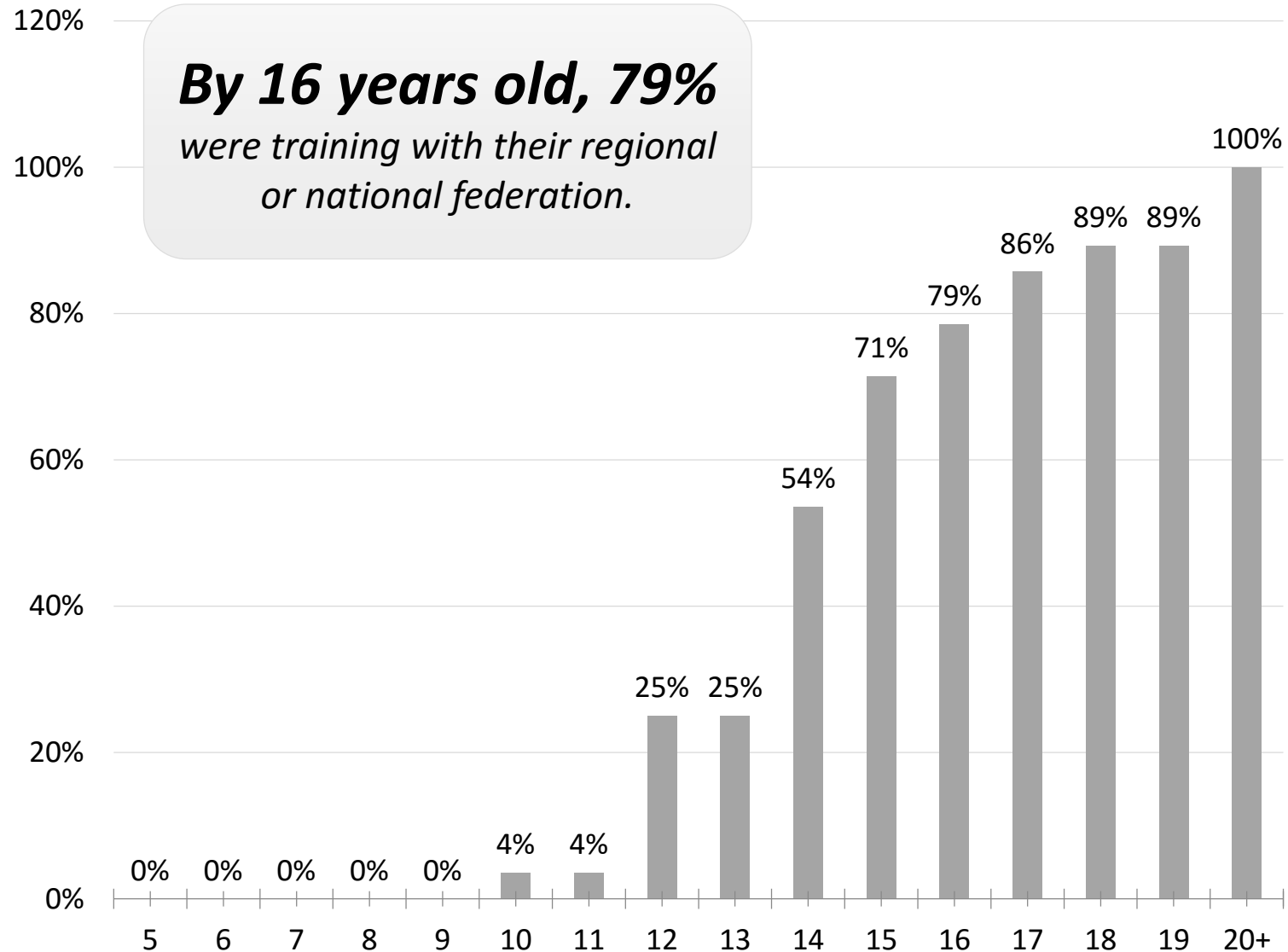
At what age did you begin attending summer training camps?



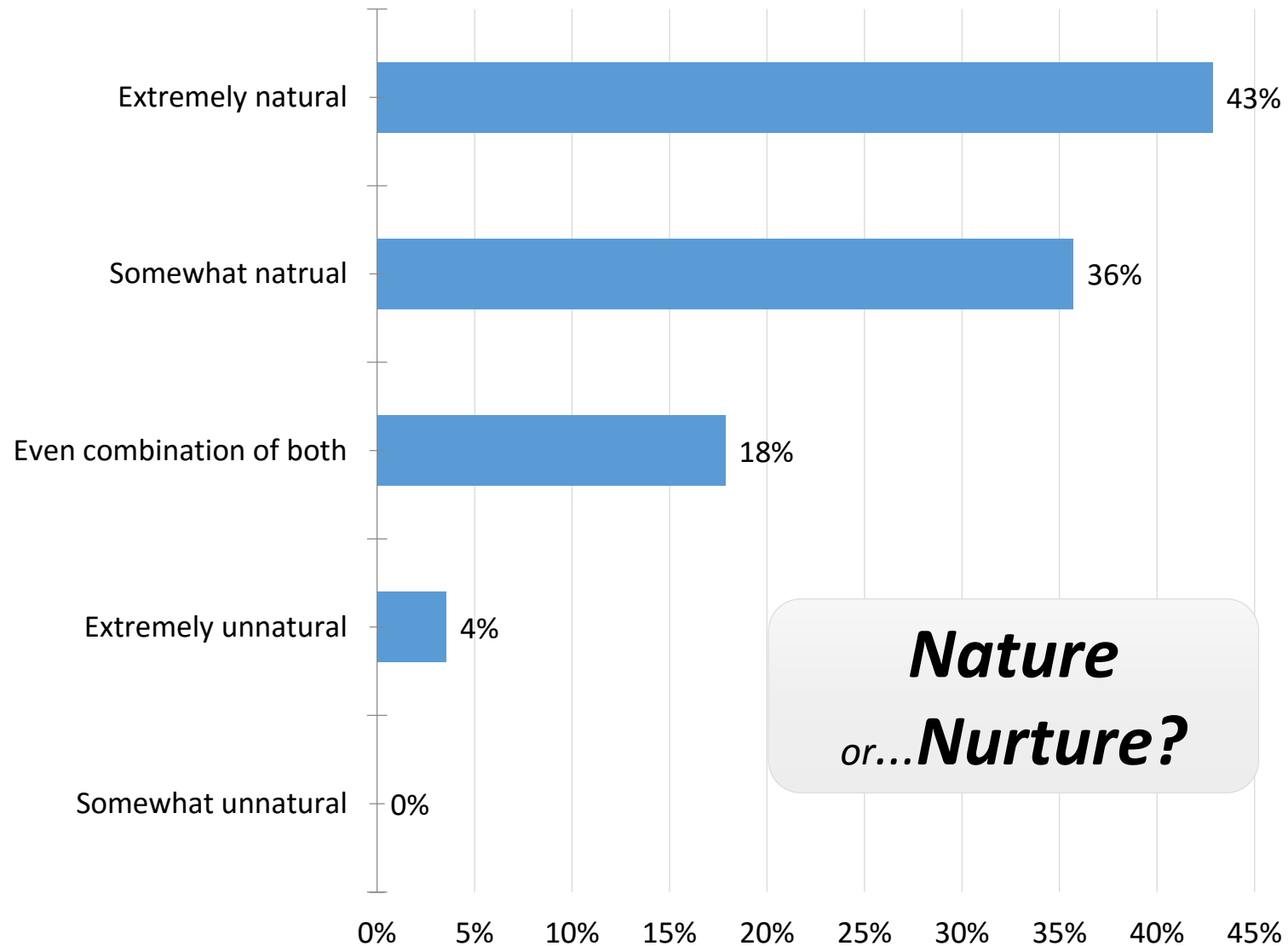
At what age did you begin winning races?



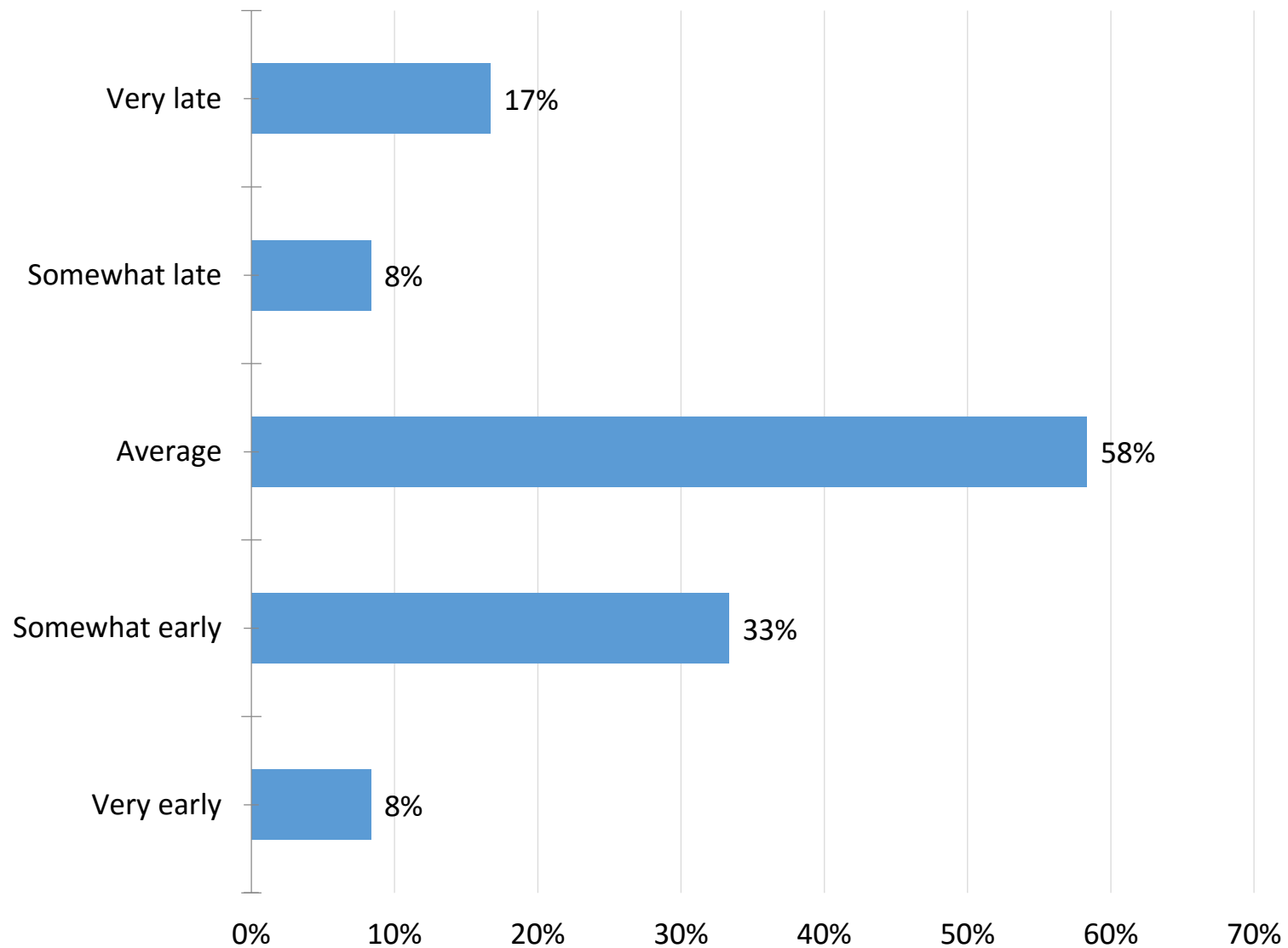
At what age did you begin training with your regional or national federation?



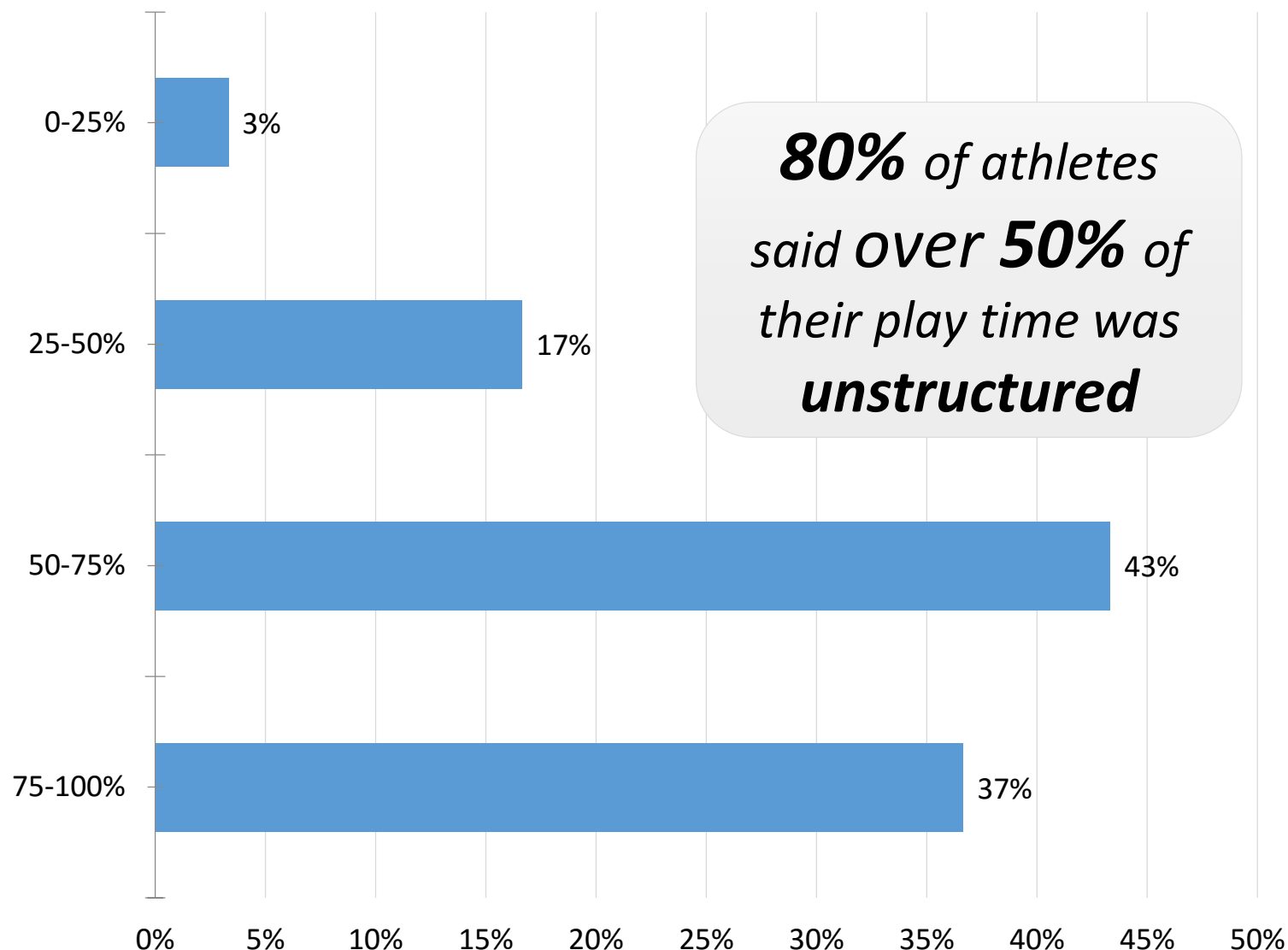
Would you consider yourself a natural athlete?



Would you consider yourself an early or late developer physically?

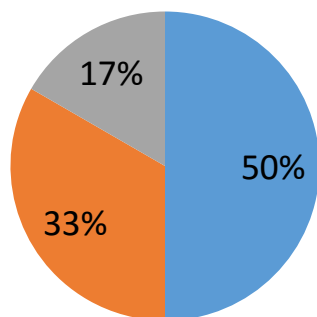


What percentage of ***all of your sports time*** as a child was unorganized or “free-play”?



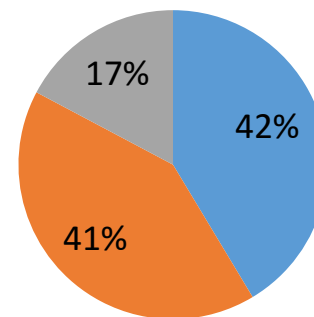
How much gymnastics, tumbling, or other similar exercise did you participate in at...

Elementary School



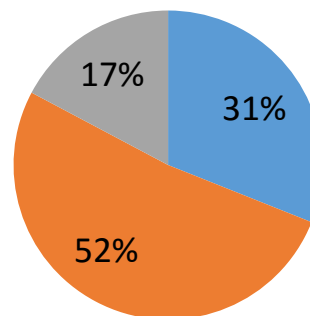
■ Sometimes ■ A lot ■ None

Middle School



■ Sometimes ■ A lot ■ None

High School



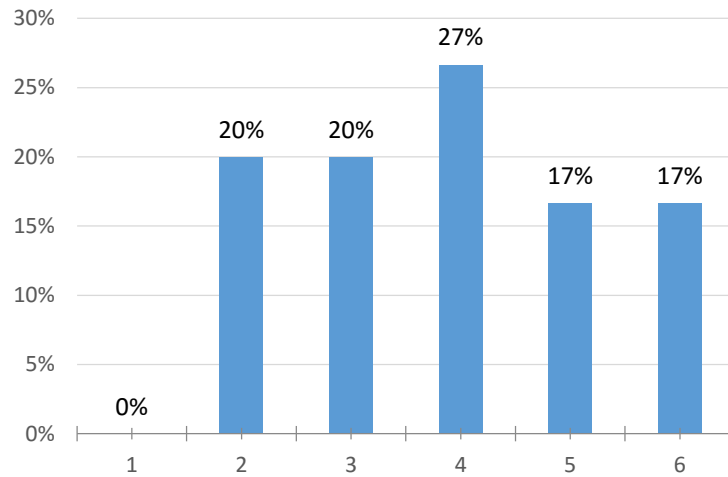
■ Sometimes ■ A lot ■ None

83%

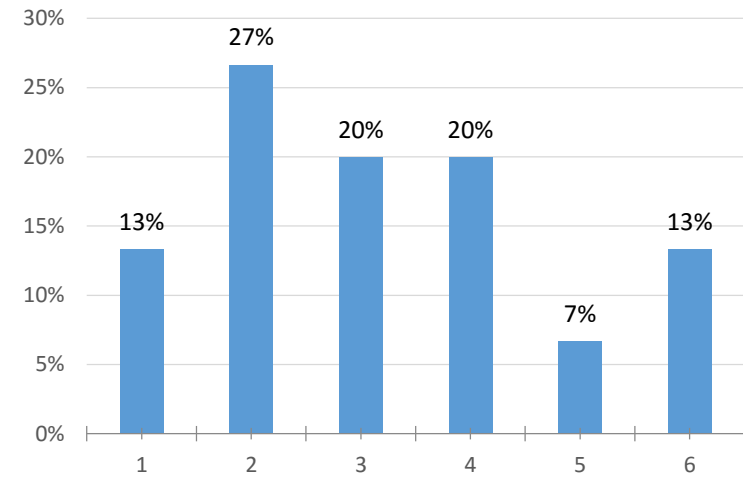
*participated in
some form of
gymnastics
related exercise at
all ages*

Number of sports regularly practiced at younger ages...

Age 0-12



Age 13-15

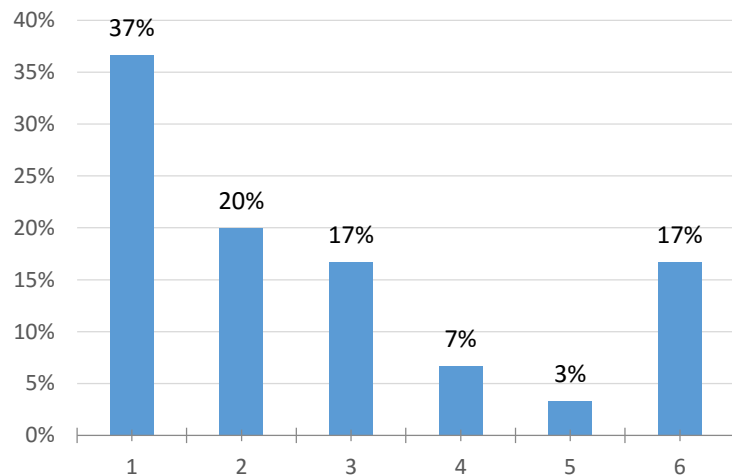


*80% played 3
or more
sports at 0-12*

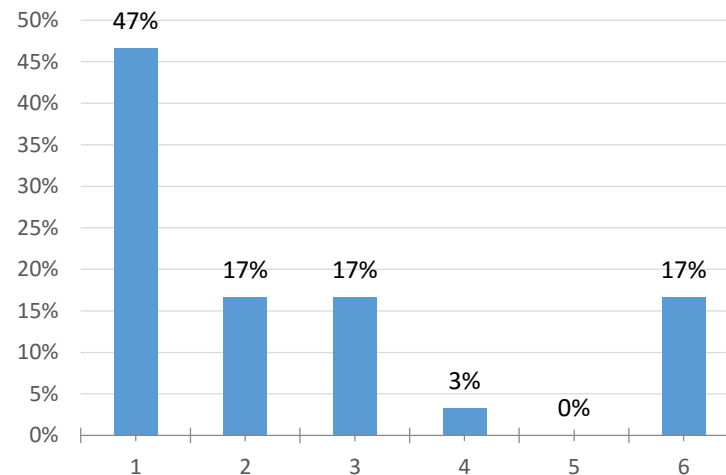
*67% played
between 2-4
sports at 13-15*

Number of sports regularly practiced at older ages...

Ages 16-18



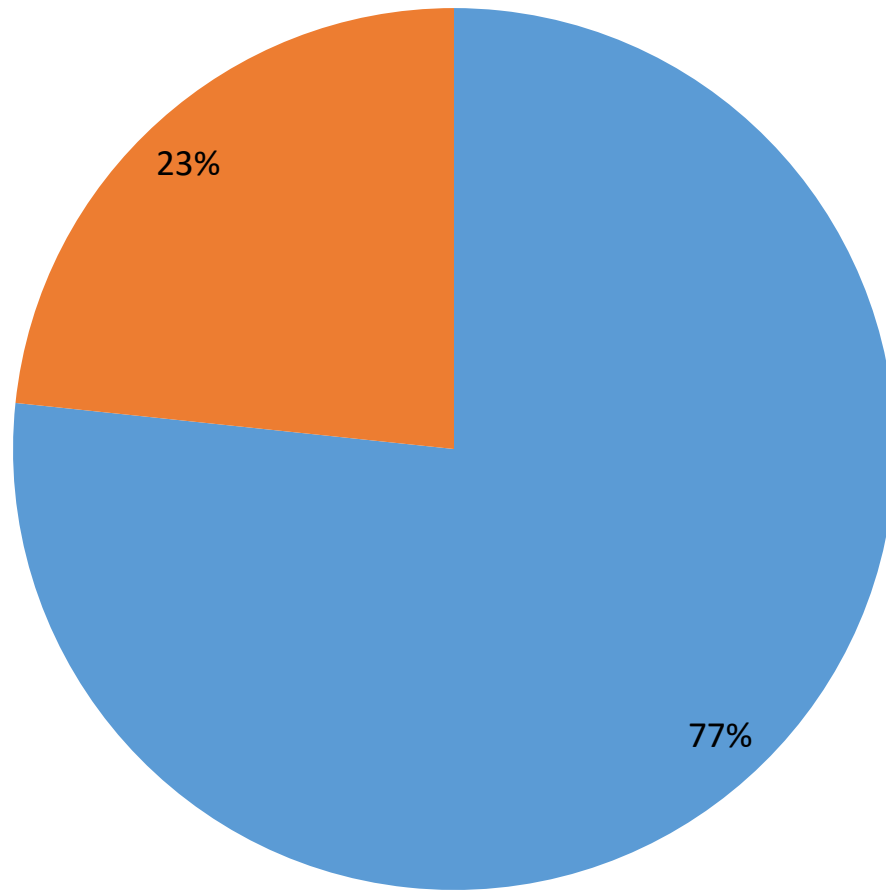
Age 19+



74% played no more than 3 sports at 16-18

47% shifted to single-sport focus by 19+

Did your family encourage participation in other sports?

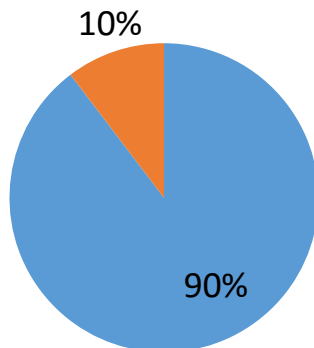


■ Yes ■ No

77% said their families encouraged ***multiple sports.***

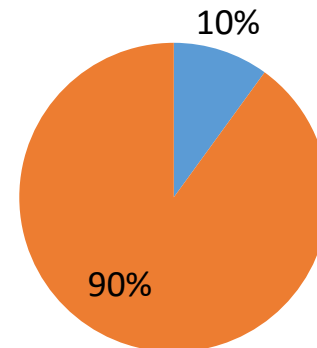
How did you spend the majority of your time on snow at each age?

Age 0-12



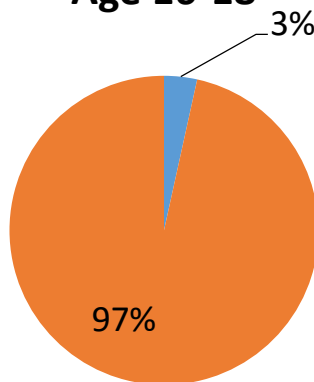
■ Free-skiing ■ Gate Training & Drills

Age 13-15



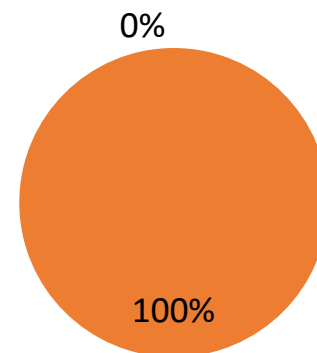
■ Free-skiing ■ Gate Training & Drills

Age 16-18



■ Free-skiing ■ Gate Training & Drills

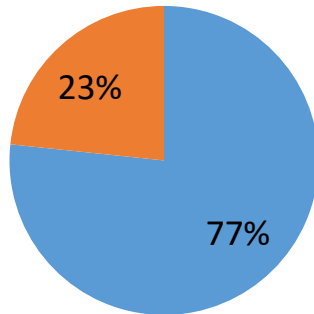
Age 19+



■ Free-skiing ■ Gate Training & Drills

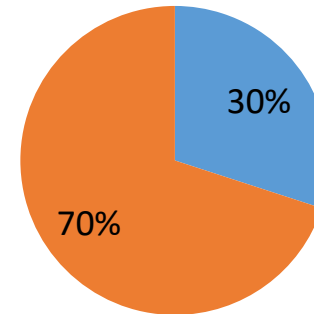
Which activity did you enjoy most at each stage?

Age 0-12



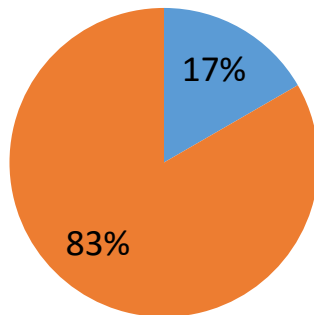
■ Free-skiing ■ Gate Training & Drills

Age 13-15



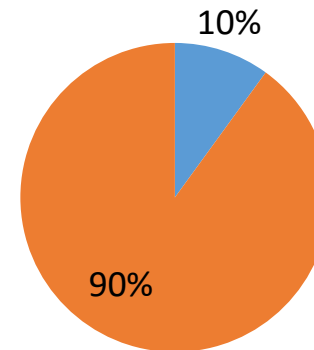
■ Free-skiing ■ Gate Training & Drills

Age 16-18



■ Free-skiing ■ Gate Training & Drills

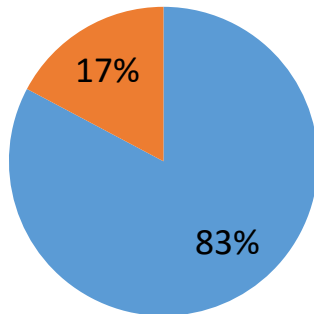
Age 19+



■ Free-skiing ■ Gate Training & Drills

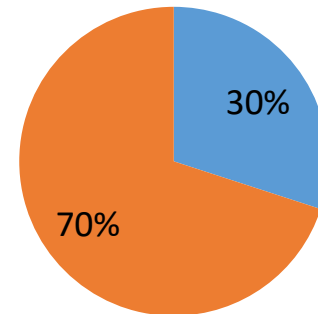
What activity did you find to be most beneficial at each stage?

Age 0-12



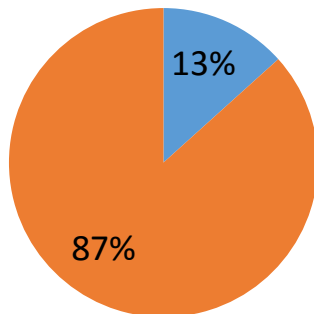
■ Free-skiing ■ Gate Training & Drills

Age 13-15



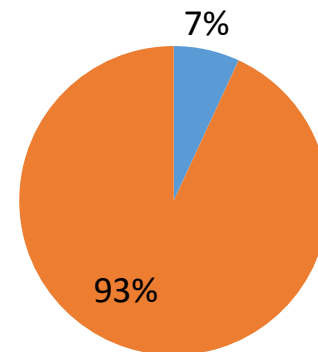
■ Free-skiing ■ Gate Training & Drills

Age 16-18



■ Free-skiing ■ Gate Training & Drills

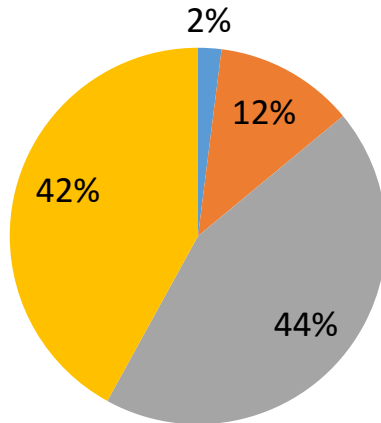
Age 19+



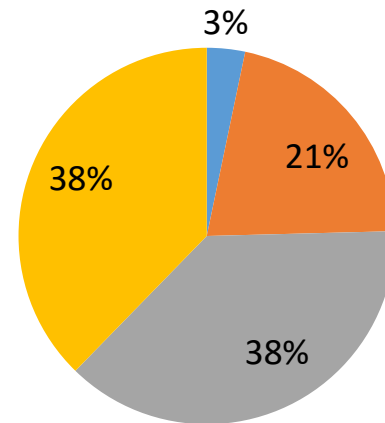
■ Free-skiing ■ Gate Training & Drills

What was your strongest event at each stage?

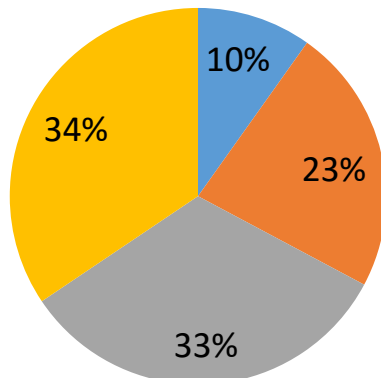
Age 0-12



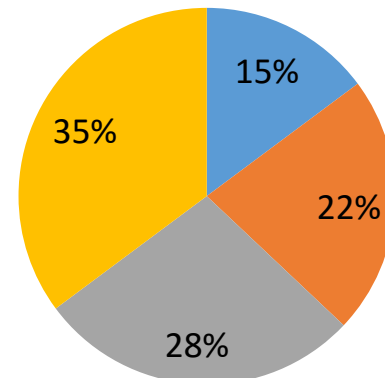
Age 13-15



Age 16-18

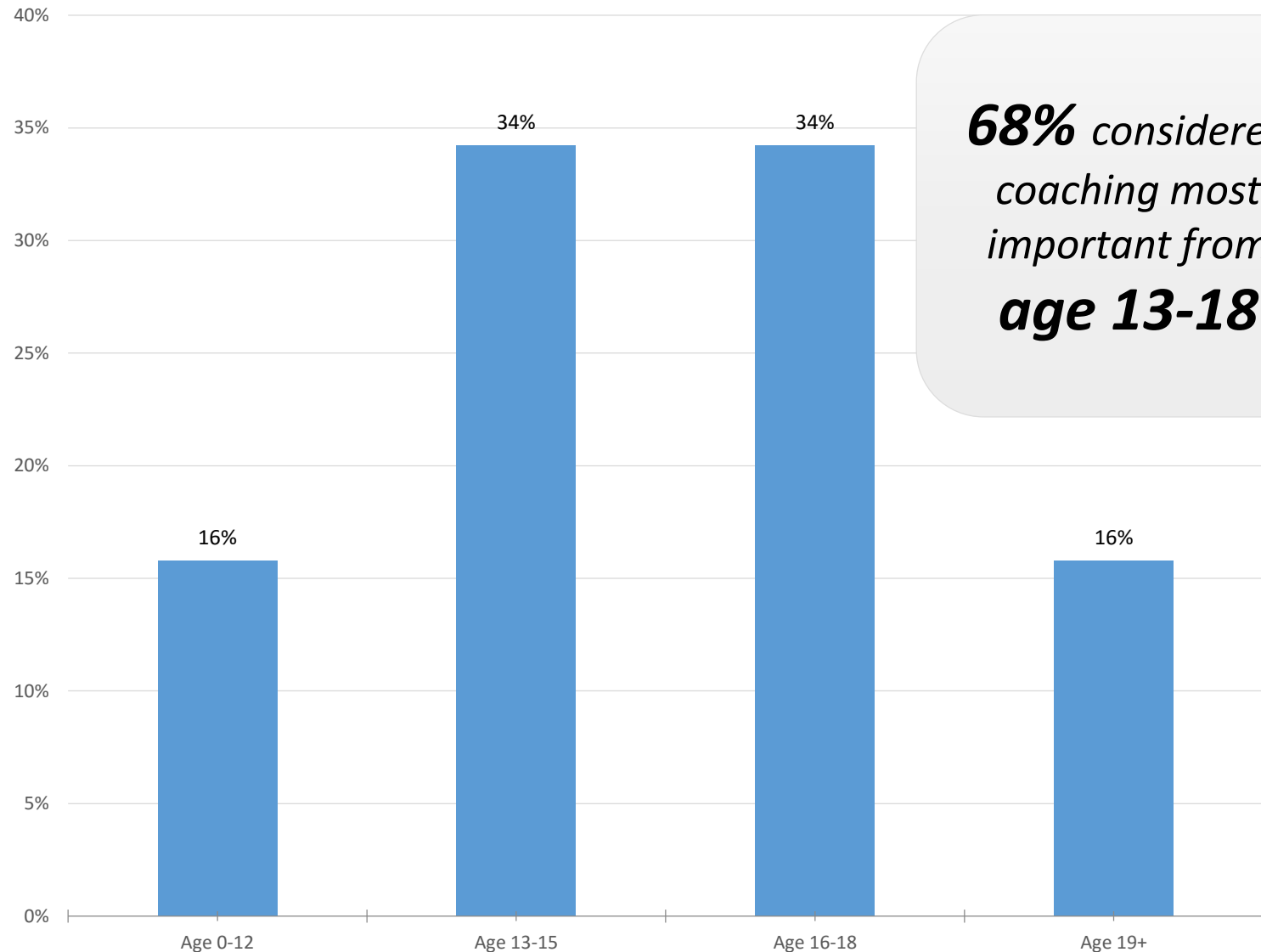


Age 19+



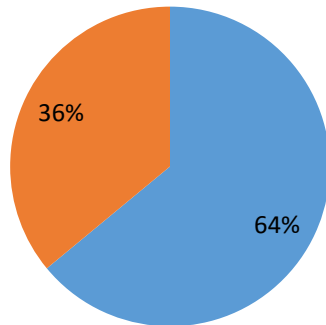
*With 50% of respondents speed skiers, **tech was still the strongest events at young ages...***

At what stage was coaching most important to your development?



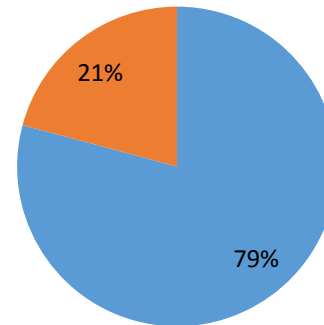
Was there one coach who was particularly influential?

Age 0-12



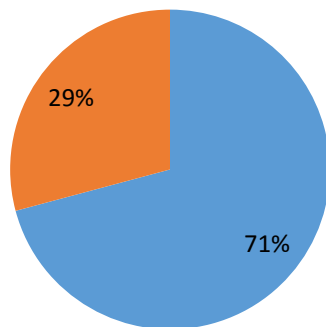
■ Yes ■ No

Age 13-15



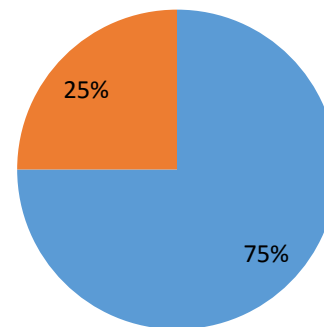
■ Yes ■ No

Age 16-18



■ Yes ■ No

Age 19+

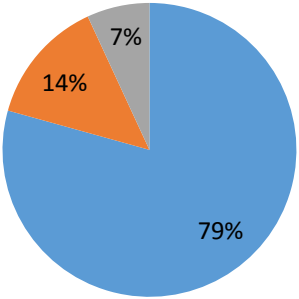


■ Yes ■ No

*A coach can
be influential
at **any**
stage...*

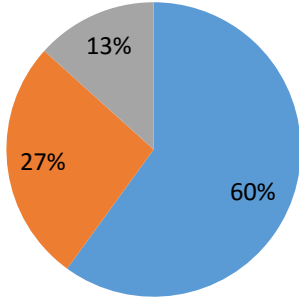
How much did financial pressures impact your ski racing at each stage?

Age 0-12



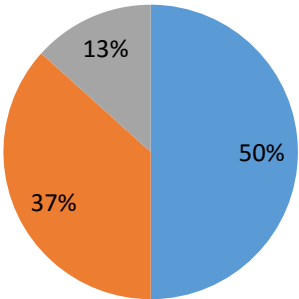
■ No impact ■ Somewhat ■ Significant impact

Age 13-15



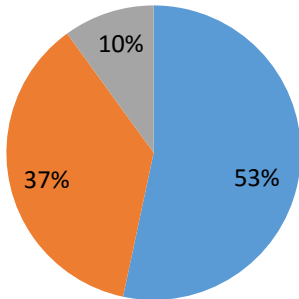
■ No impact ■ Somewhat ■ Significant impact

Age 16-18



■ No impact ■ Somewhat ■ Significant impact

Age 19+

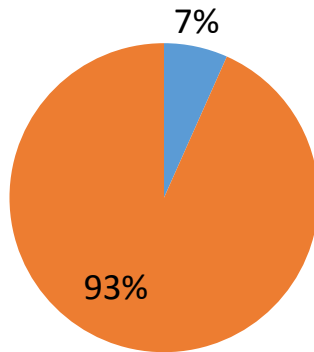


■ No impact ■ Somewhat ■ Significant impact

Financial pressure is a factor on the majority of athletes in the core investment phases...

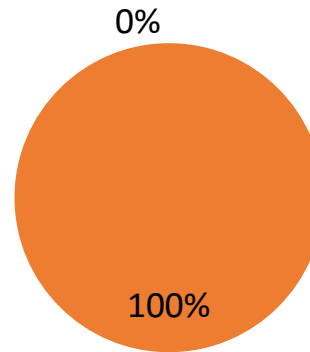
Have you had a season-ending injury at any of the following ages?

Age 0-12



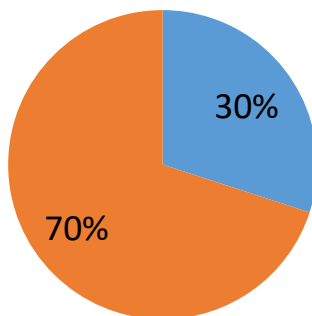
■ Yes ■ No

Age 13-15



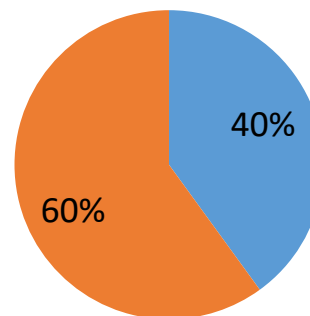
■ Yes ■ No

Age 16-18



■ Yes ■ No

Age 19+

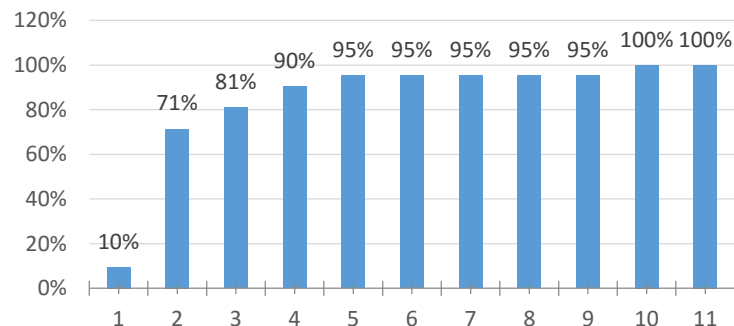


■ Yes ■ No

*Season-
ending
injuries are
increasingly
common
with age...*

Age at each development milestone...

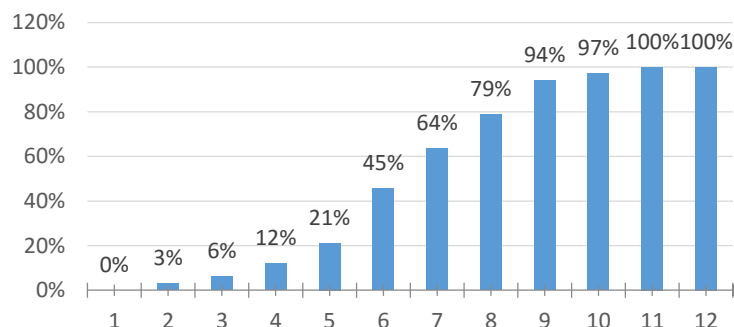
First started skiing



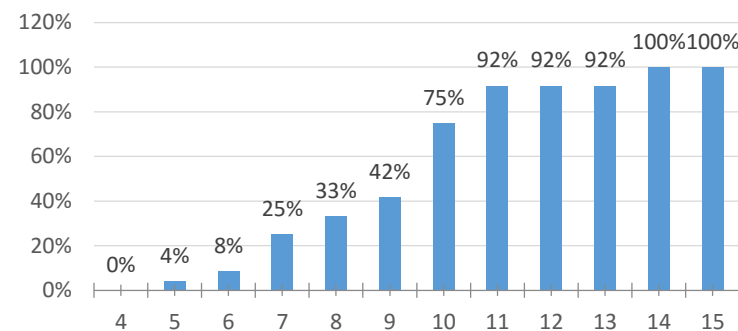
69% racing by 7...

80% skiing by 3...

First started ski racing



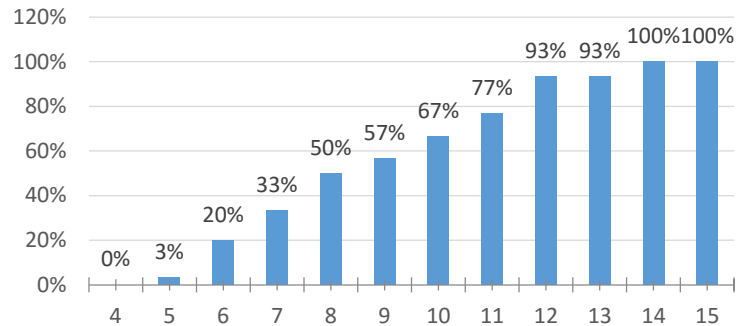
First began competing



72% competing by 8...

Age at each development milestone...

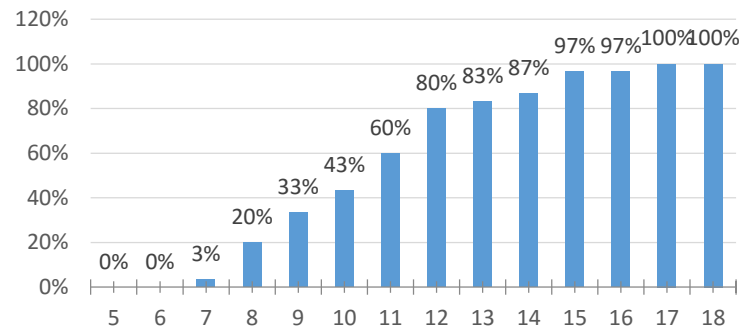
First regional success



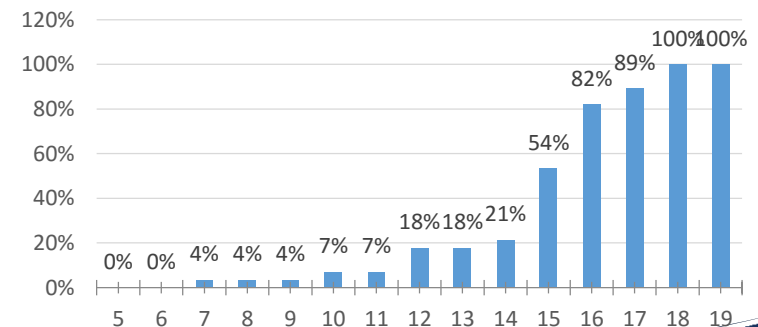
97% made junior team by 15...

93% regional success by 12...

Made junior team



First national success

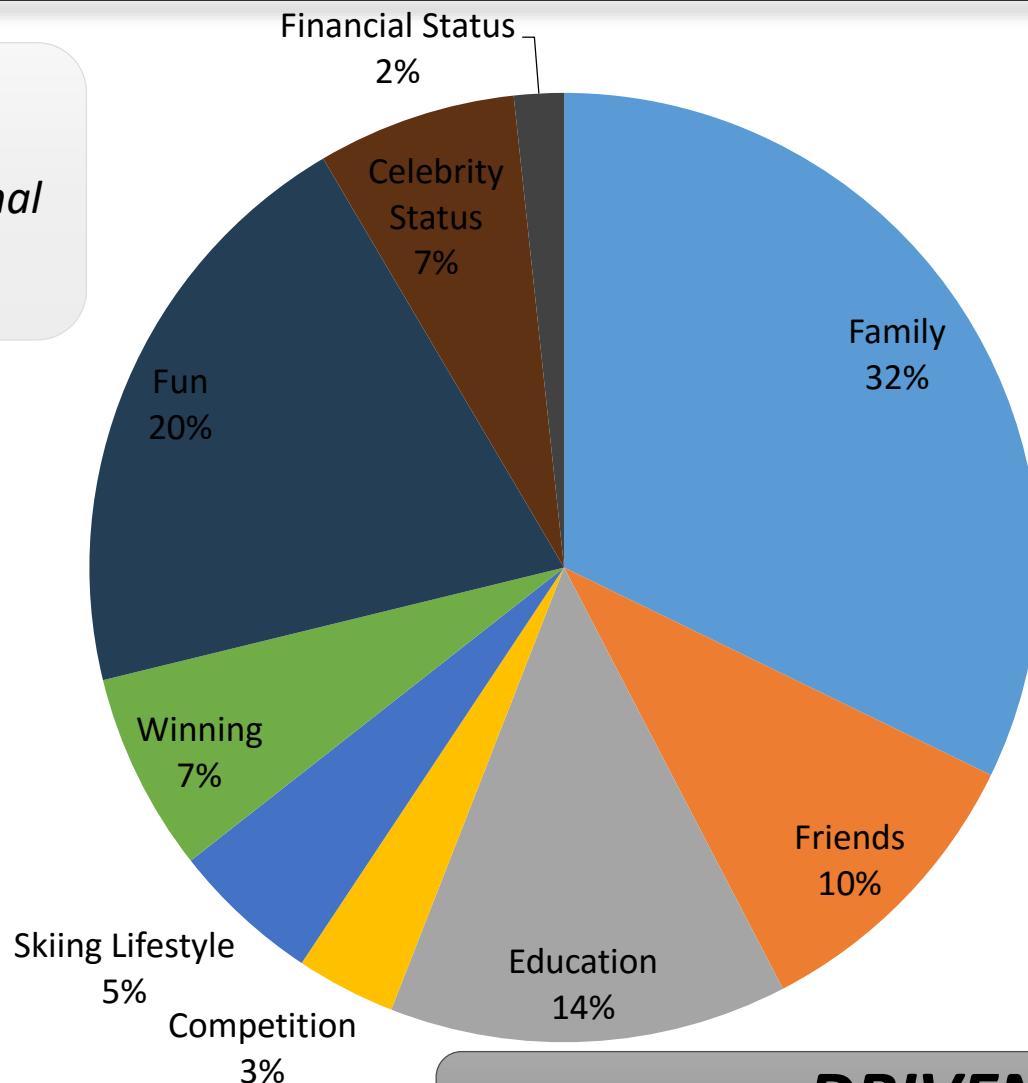


82% national success by 16

What were the most important priorities in your life prior to becoming a professional?

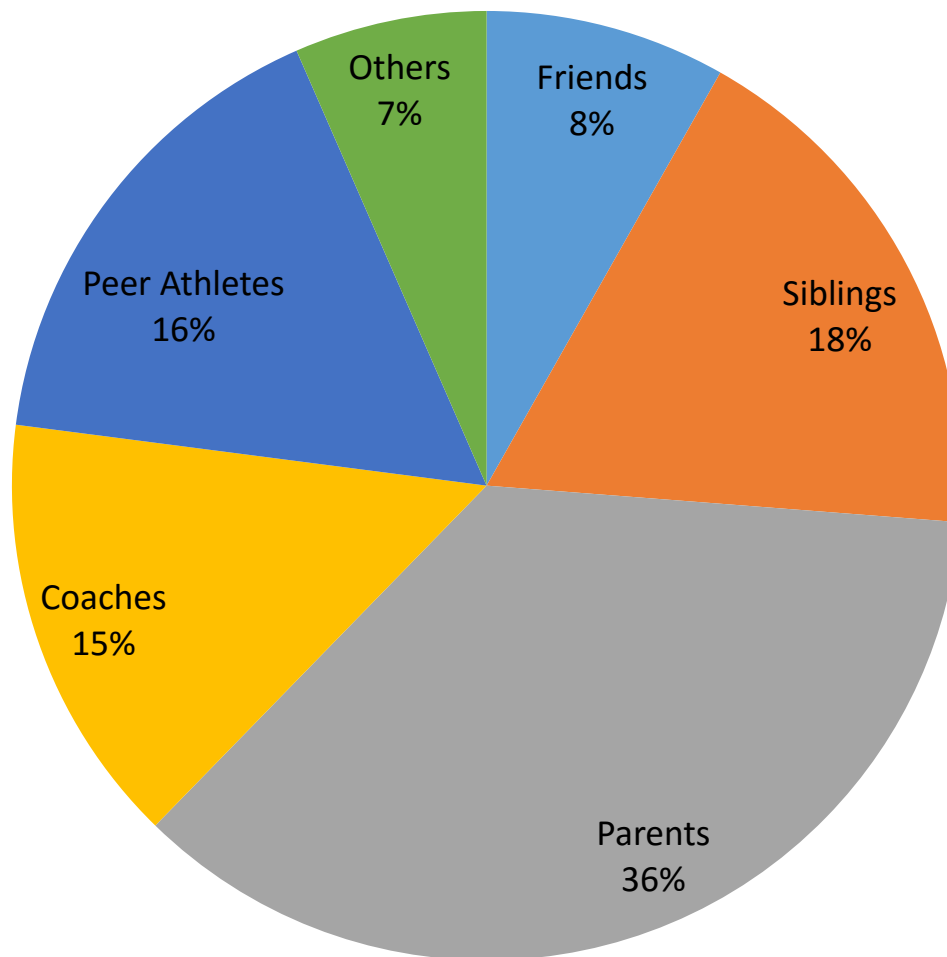
***Inherently
rewarding*** motivational
factors make up **85%**

*Ski racers are
NOT driven
by winning,
celebrity
status,
financial
status...*



***Ski racers are DRIVEN BY
family, friends, fun, lifestyle...***

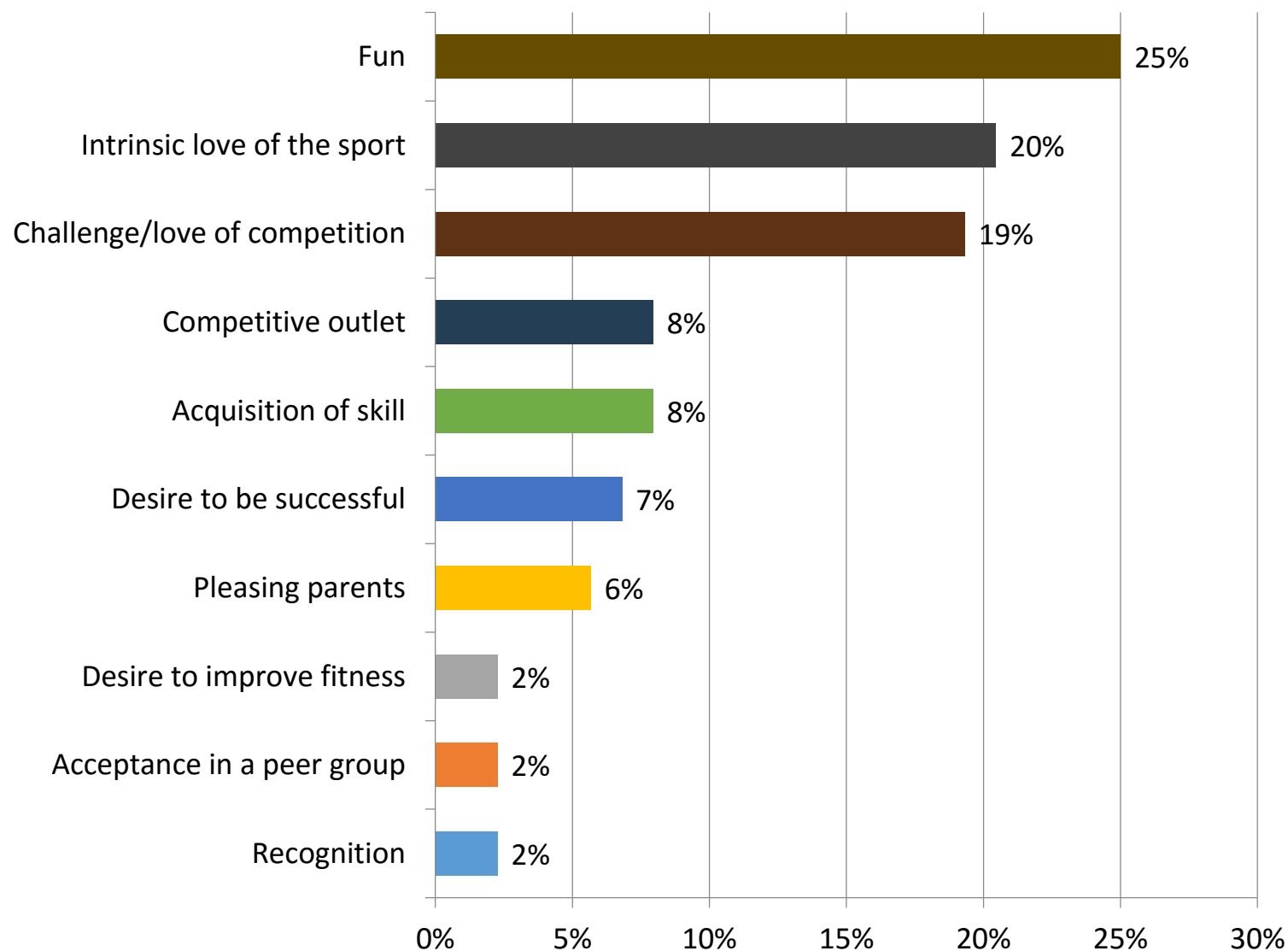
Who were the most influential people on your early ski racing career?



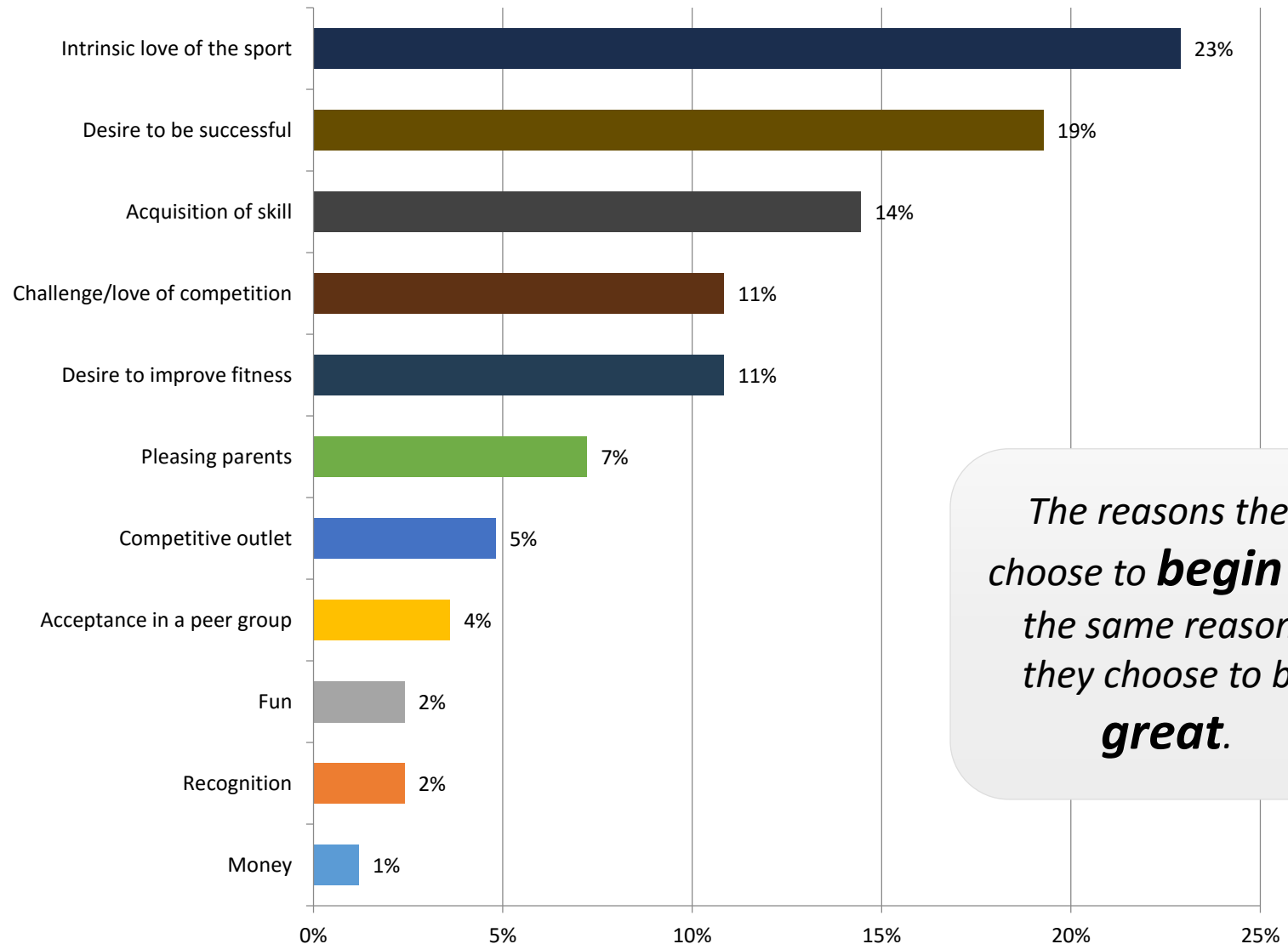
76% are
family
members.

Coaches and
peers make up
17%.

What were the most motivating factors in your **participation** in ski racing as a young athlete?

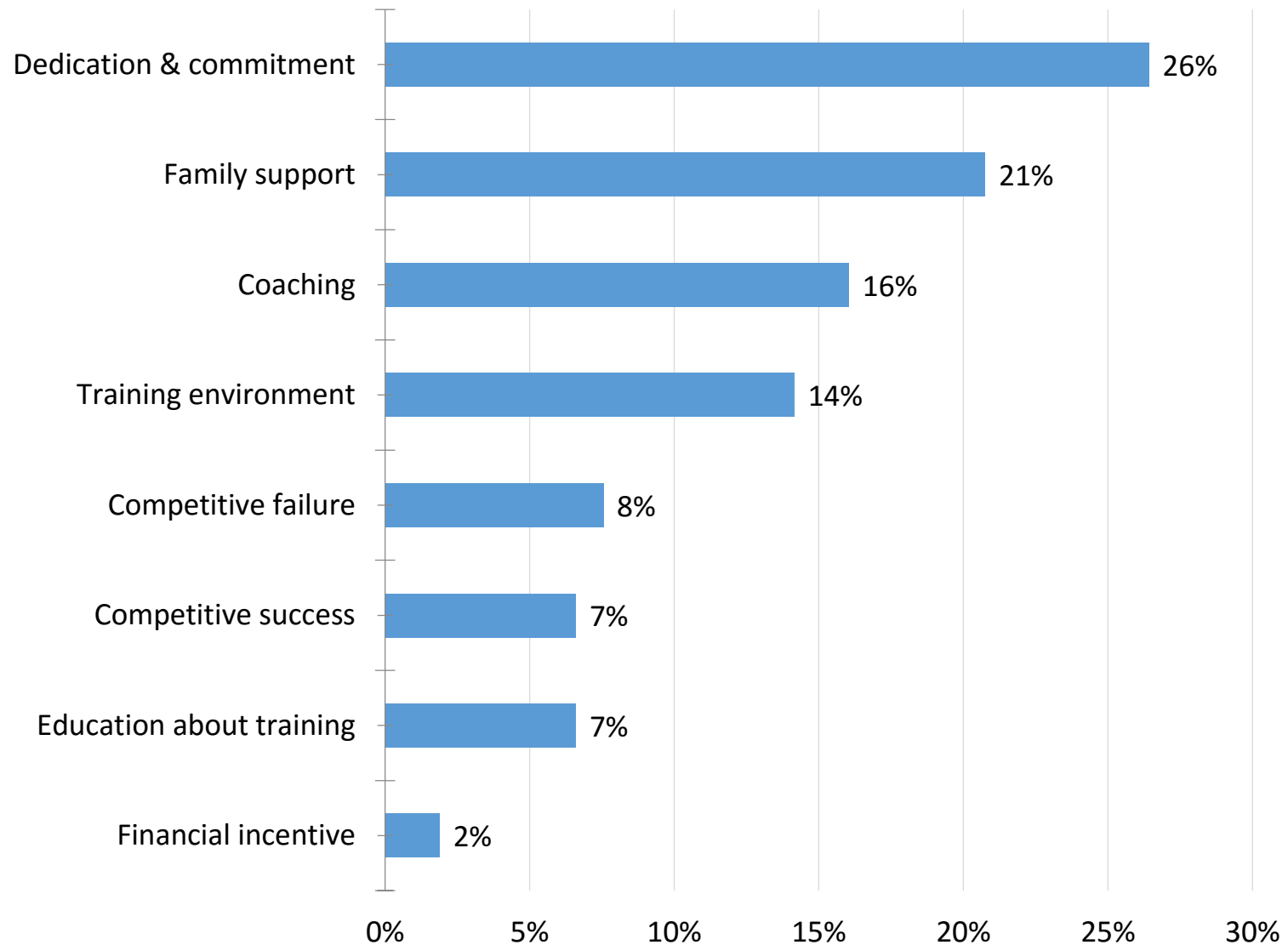


What were the most motivating factors in your decision to pursue excellence in ski racing?



*The reasons they choose to **begin** are the same reasons they choose to be **great**.*

What do you consider the most important long-term factors contributing to your success?





Thank you to all the athletes who participated in this survey.

Questions and feedback are welcome, please contact:

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