

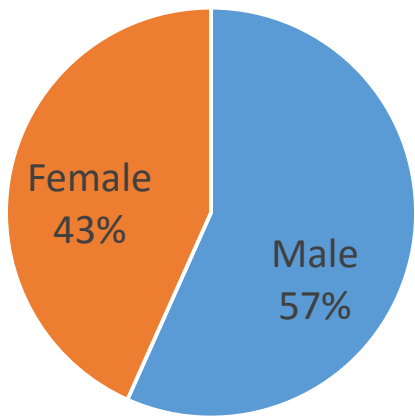


An analysis of Alpine Skiing 2016
World Cup Athlete Survey Results

Introduction

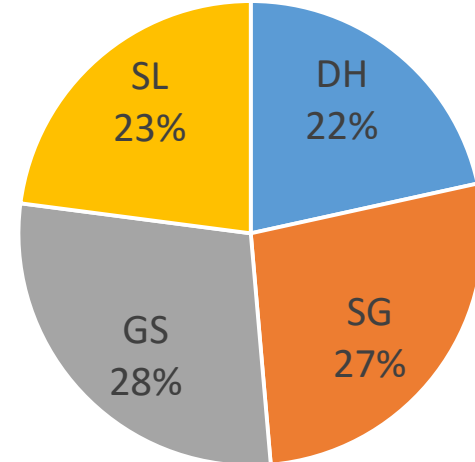
- ❑ An independent online survey was conducted among the top 30 World Cup athletes
- ❑ 37 questions focused on factors of development from early to elite stages
- ❑ 127 respondents
- ❑ 25 top 15 World Cup athletes
- ❑ 50 top 30 World Cup athletes

Male vs. Female
Respondents



■ Male ■ Female

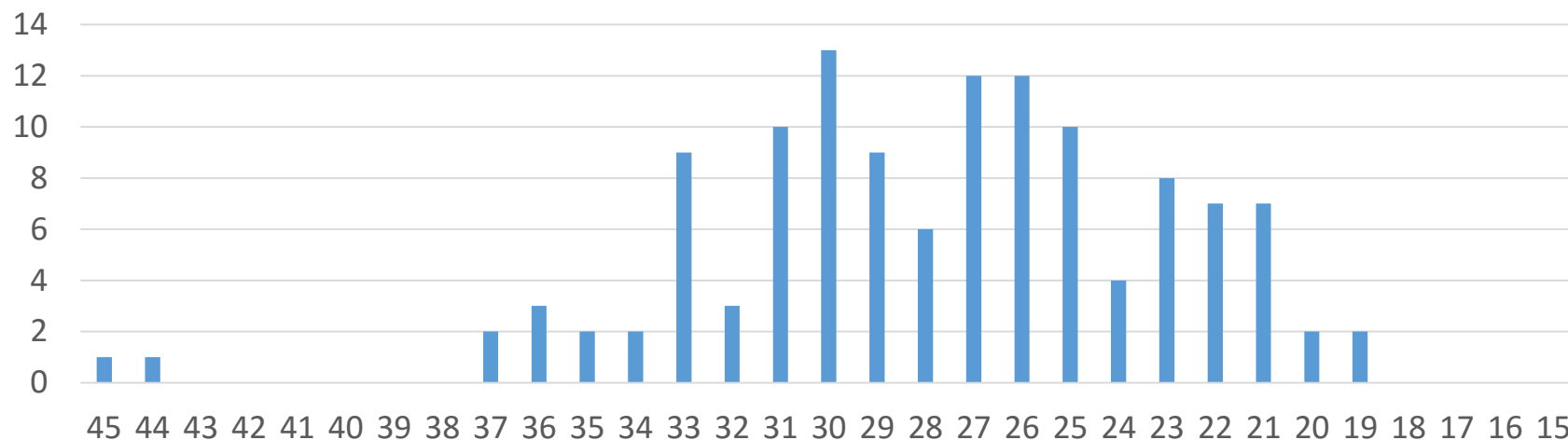
Respondents' Primary Event



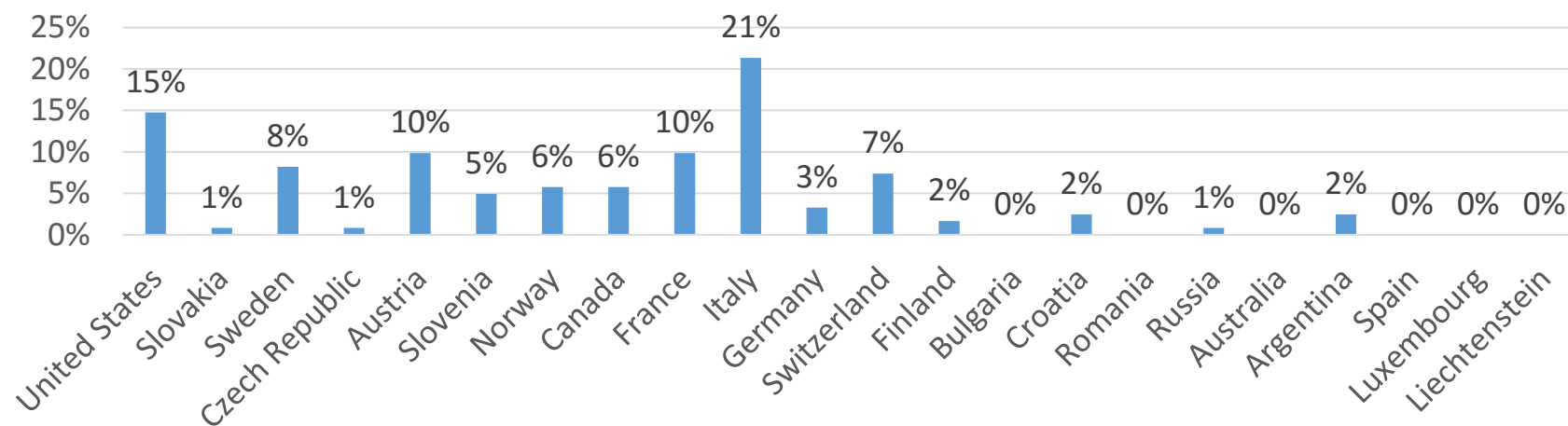
■ DH ■ SG ■ GS ■ SL

Survey Demographics

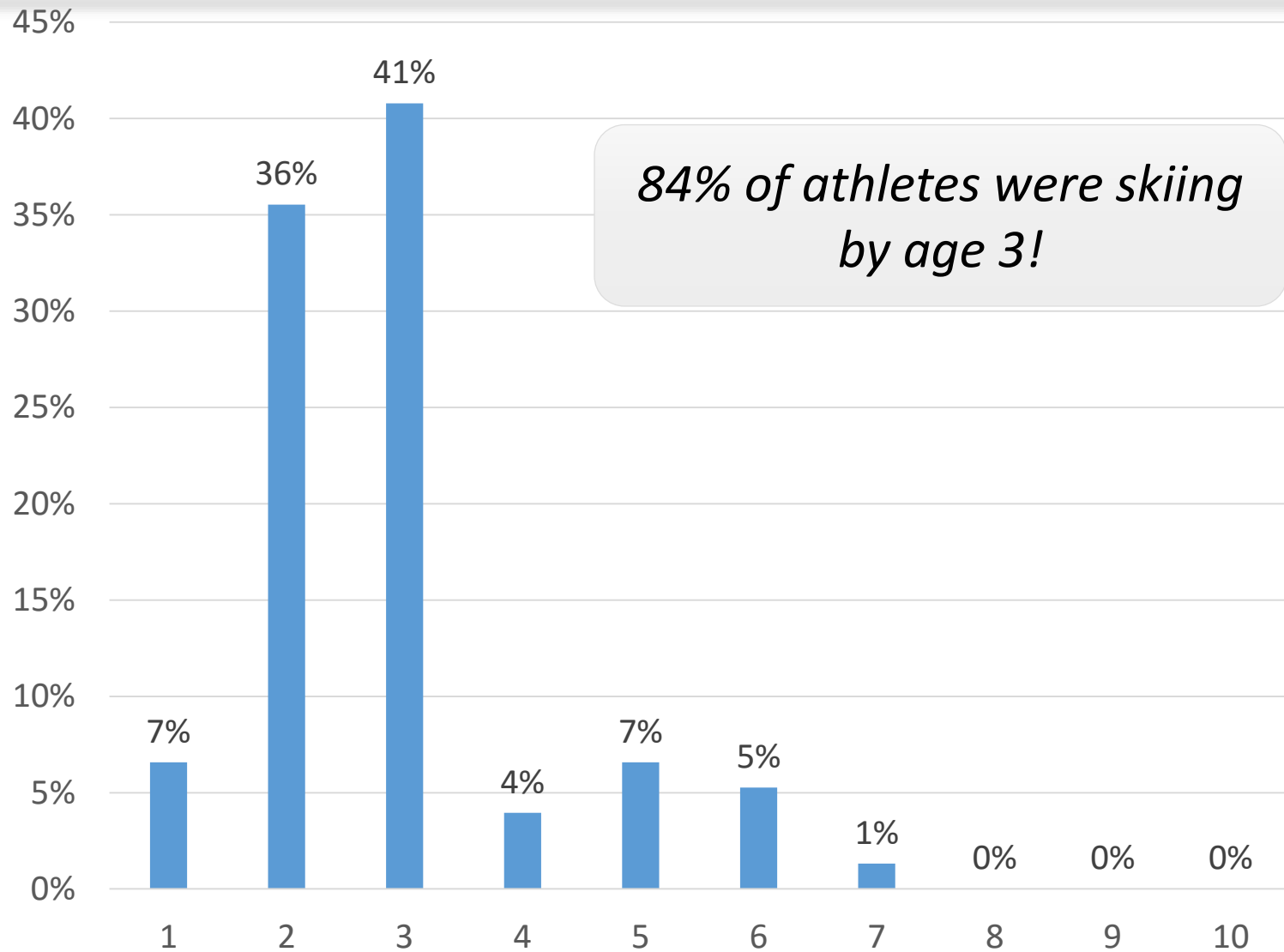
Respondents' Age



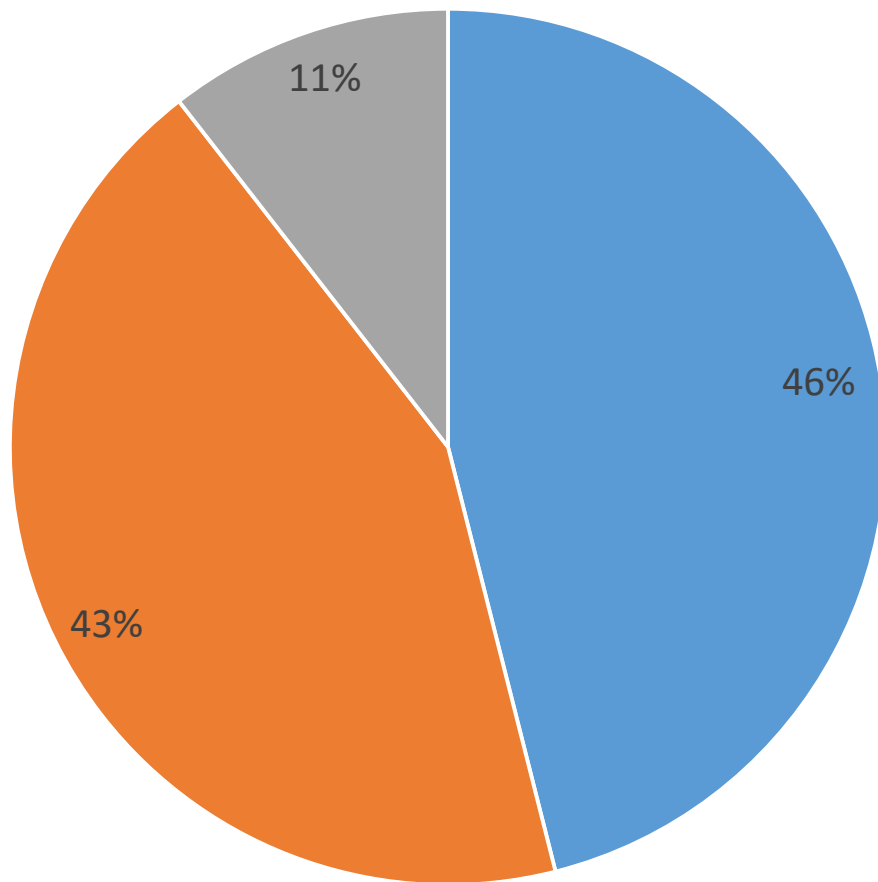
Respondents' Country of Origin



At what age did you first ski?



Was your family “fans” of the sport?

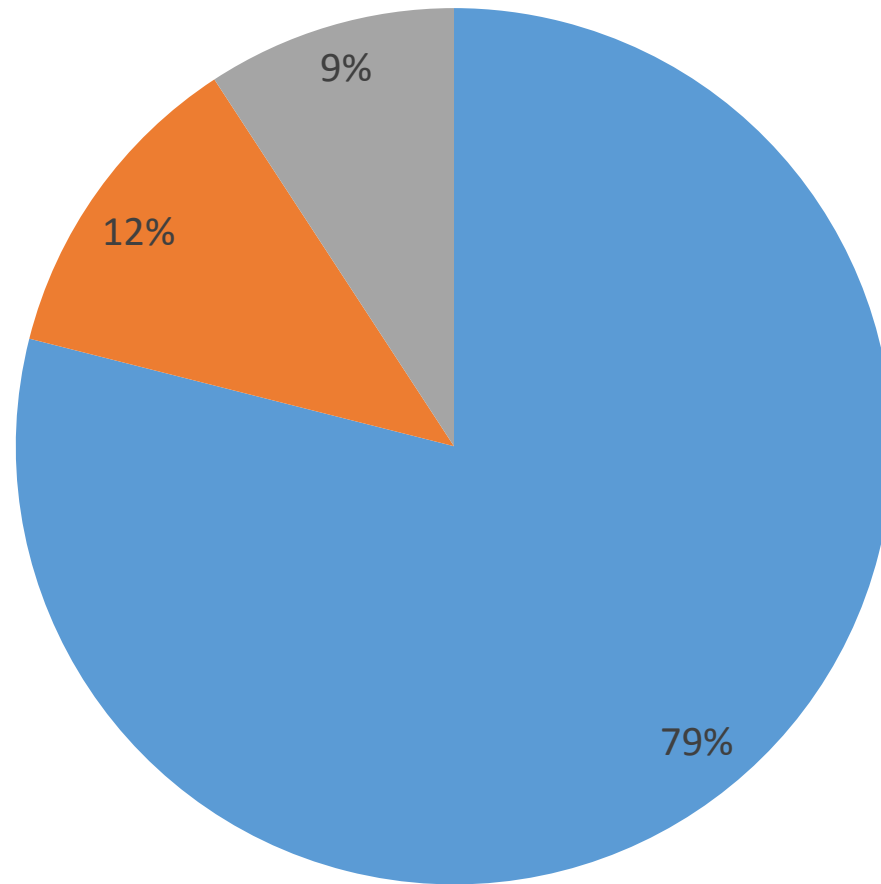


■ Extremely ■ Somewhat ■ No

89% of athletes' families were fans of ski racing.

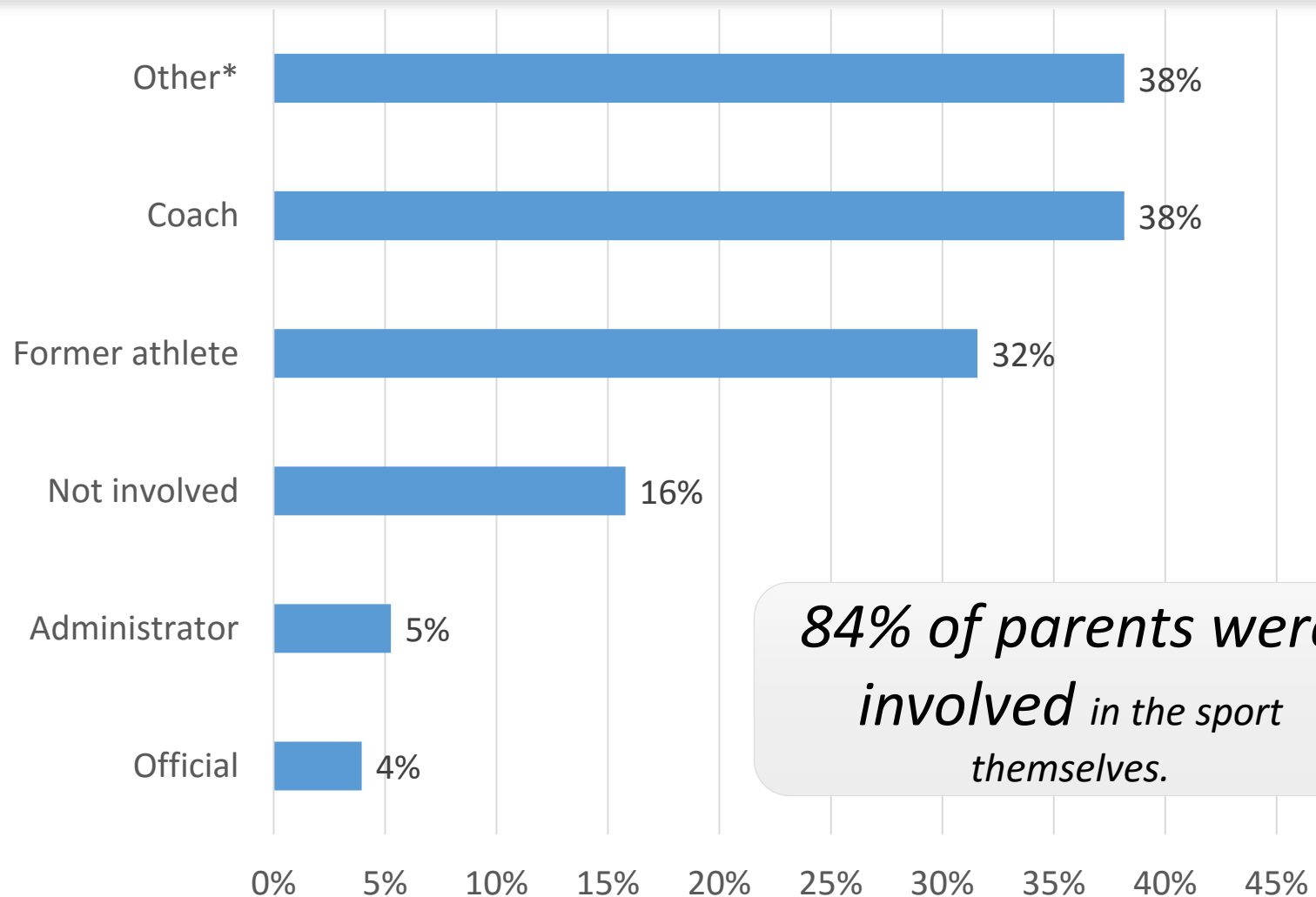
Growing up, how long was your drive to the mountains?

79% lived
within **one**
hour of
the
mountains.



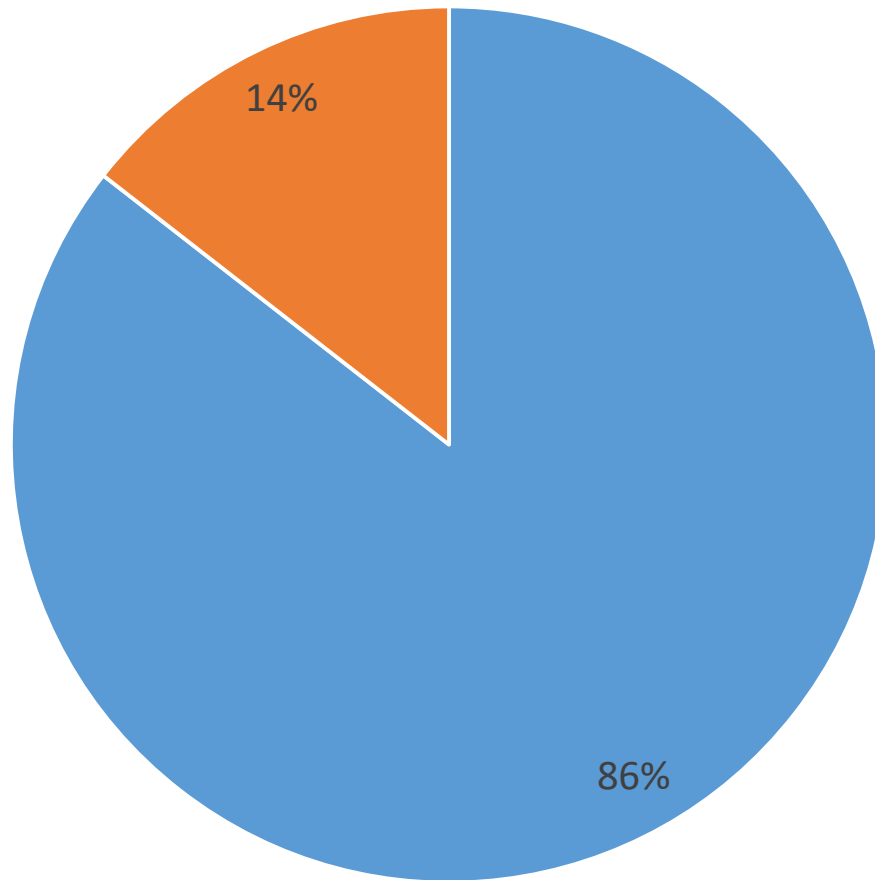
■ <1 hour ■ 1-2 hours ■ 2+ hours

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

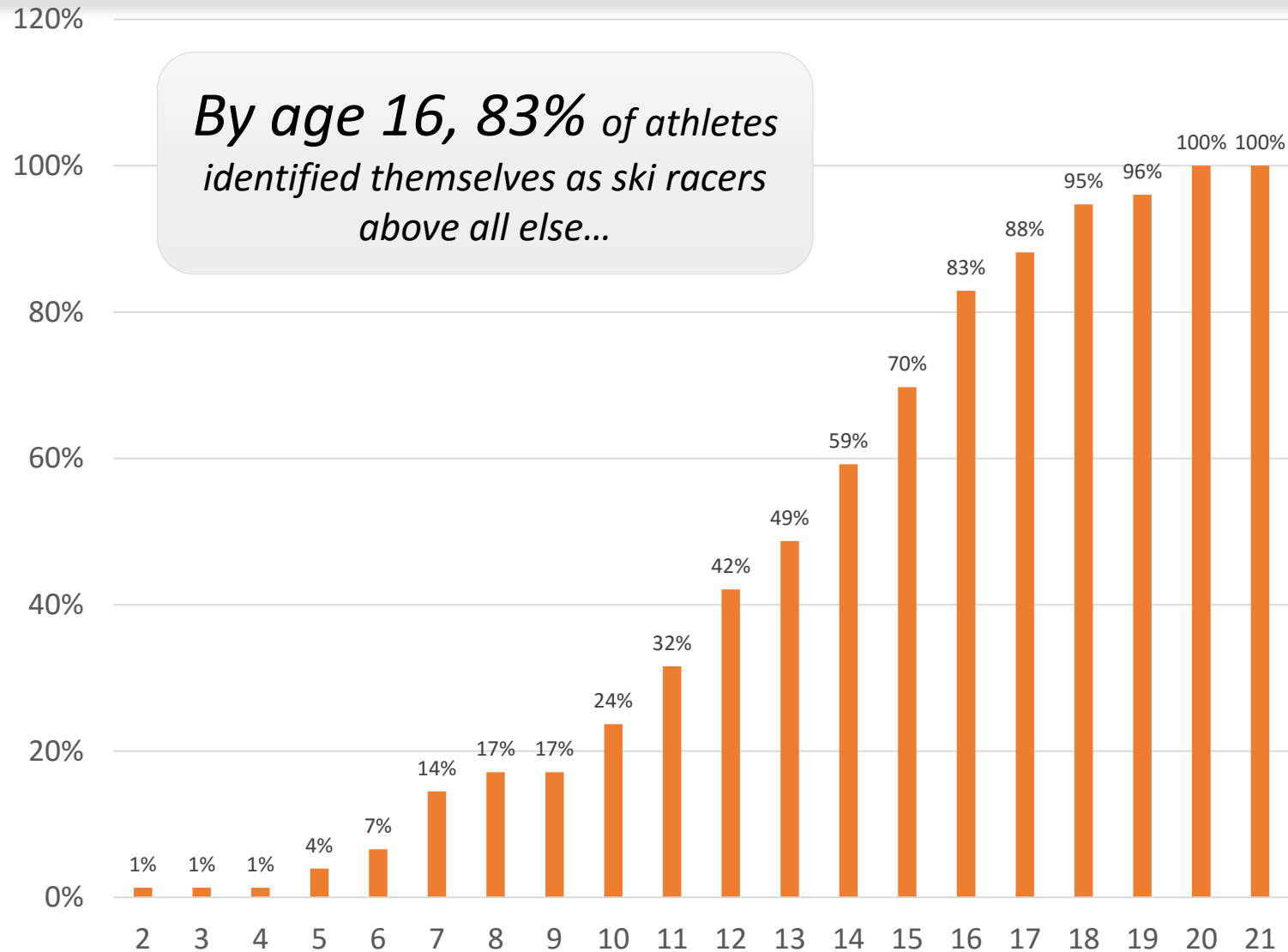
Did you have a ski hero growing up?



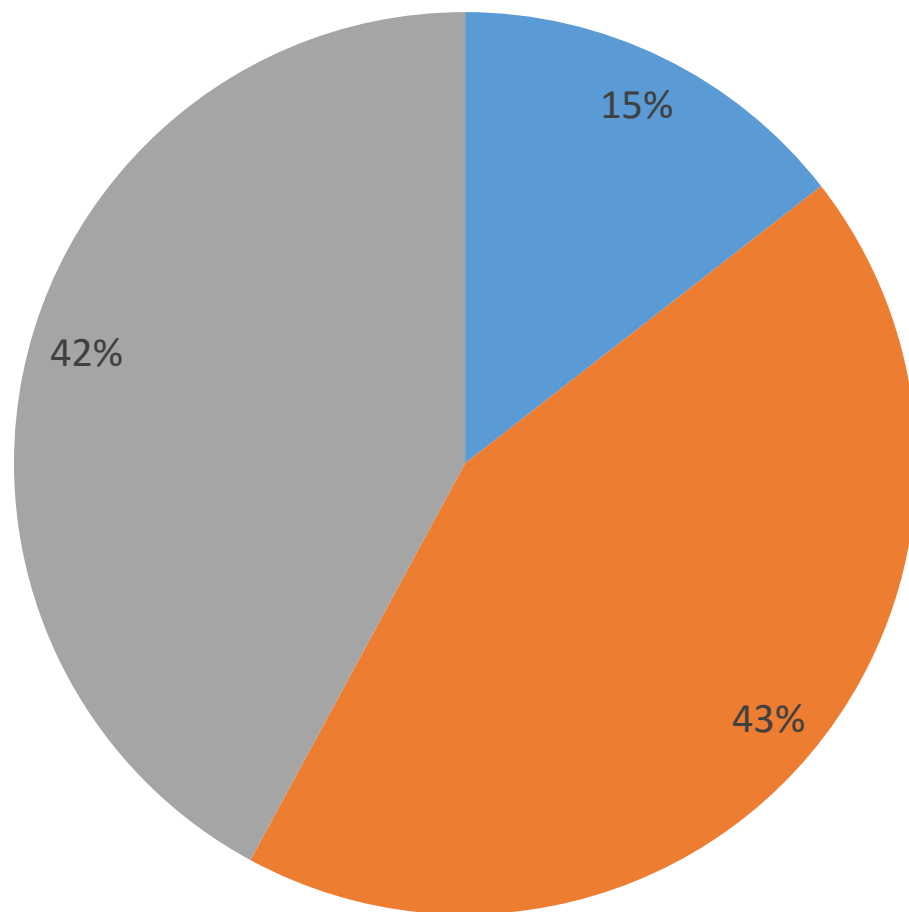
■ Yes ■ No

*Having a
ski hero
matters!*

At what age did ski racing become your primary activity?



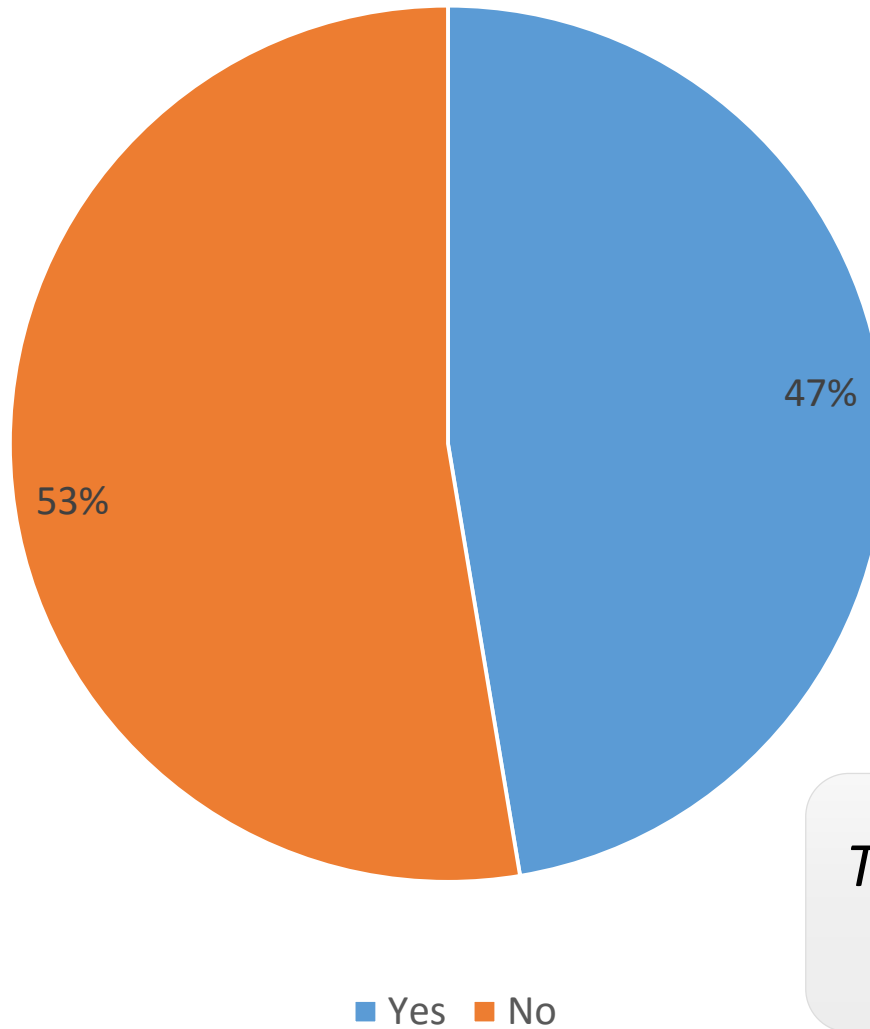
How involved were your parents when you decided to concentrate on skiing as your primary sport?



*85% of parents
were involved
when athletes decided to
pursue the next level...*

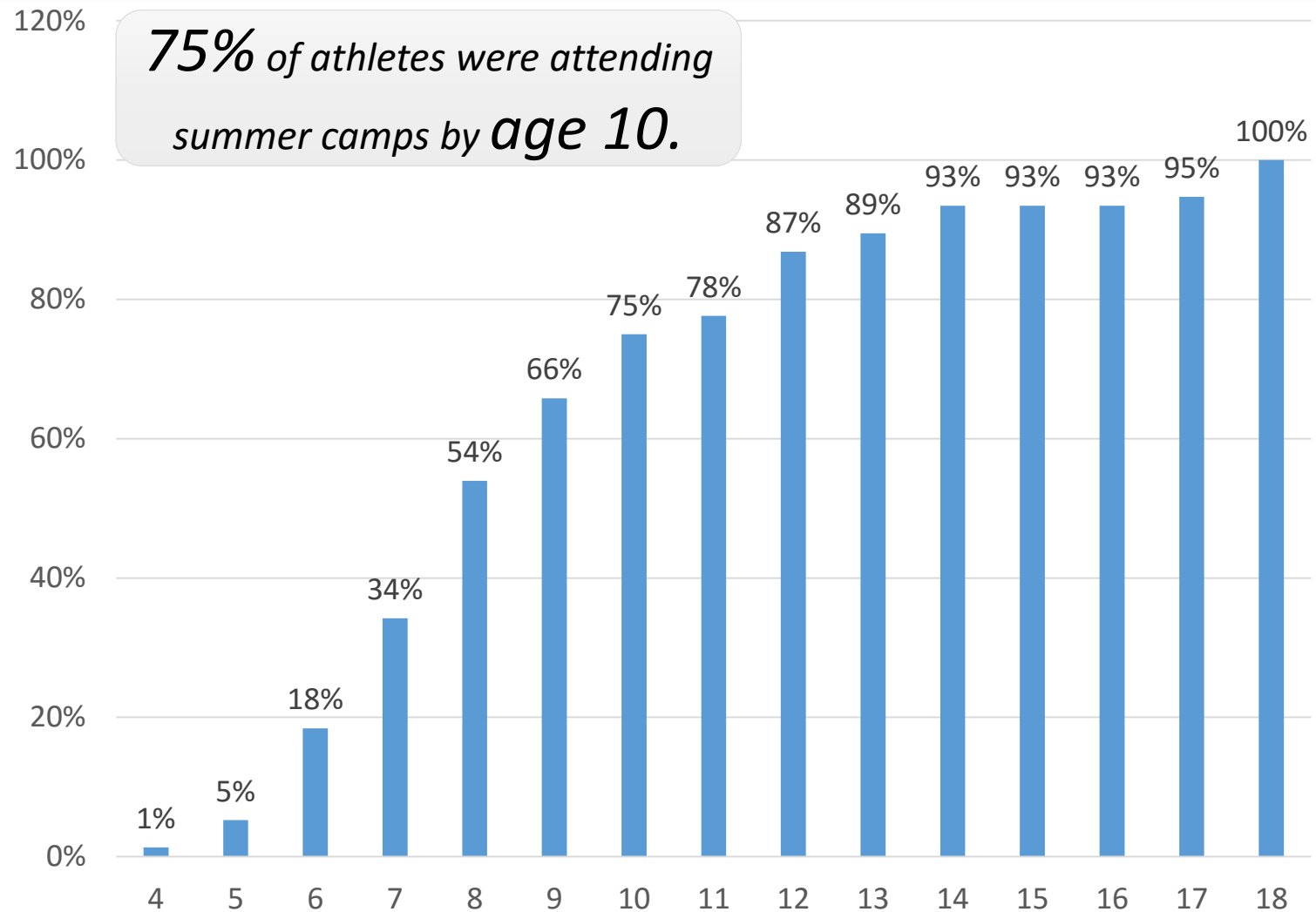
- Not involved
- Moderately involved
- Extremely involved

Did you attend a ski academy?



There are many roads to Rome...

At what age did you begin attending summer training camps?

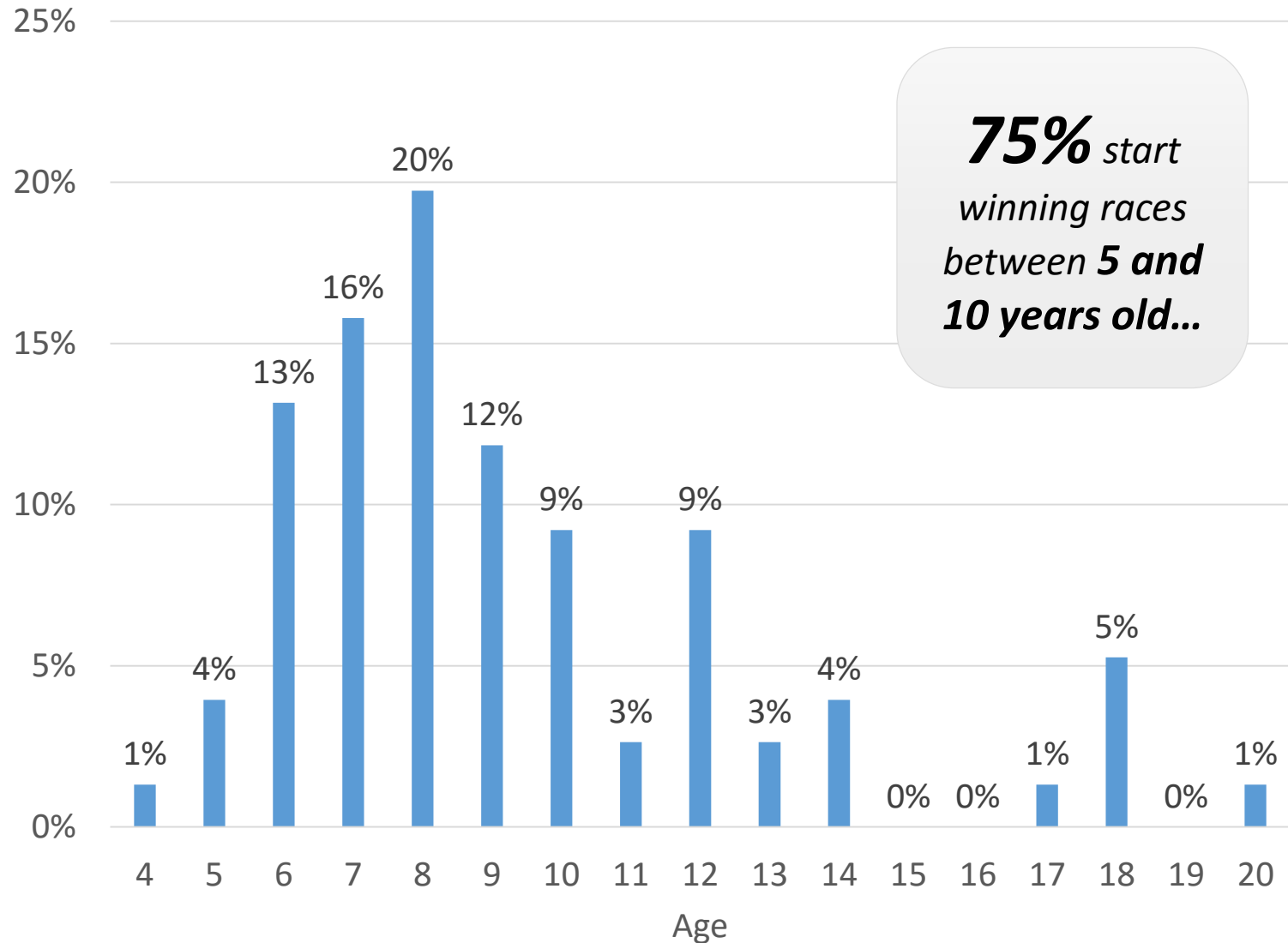


120%

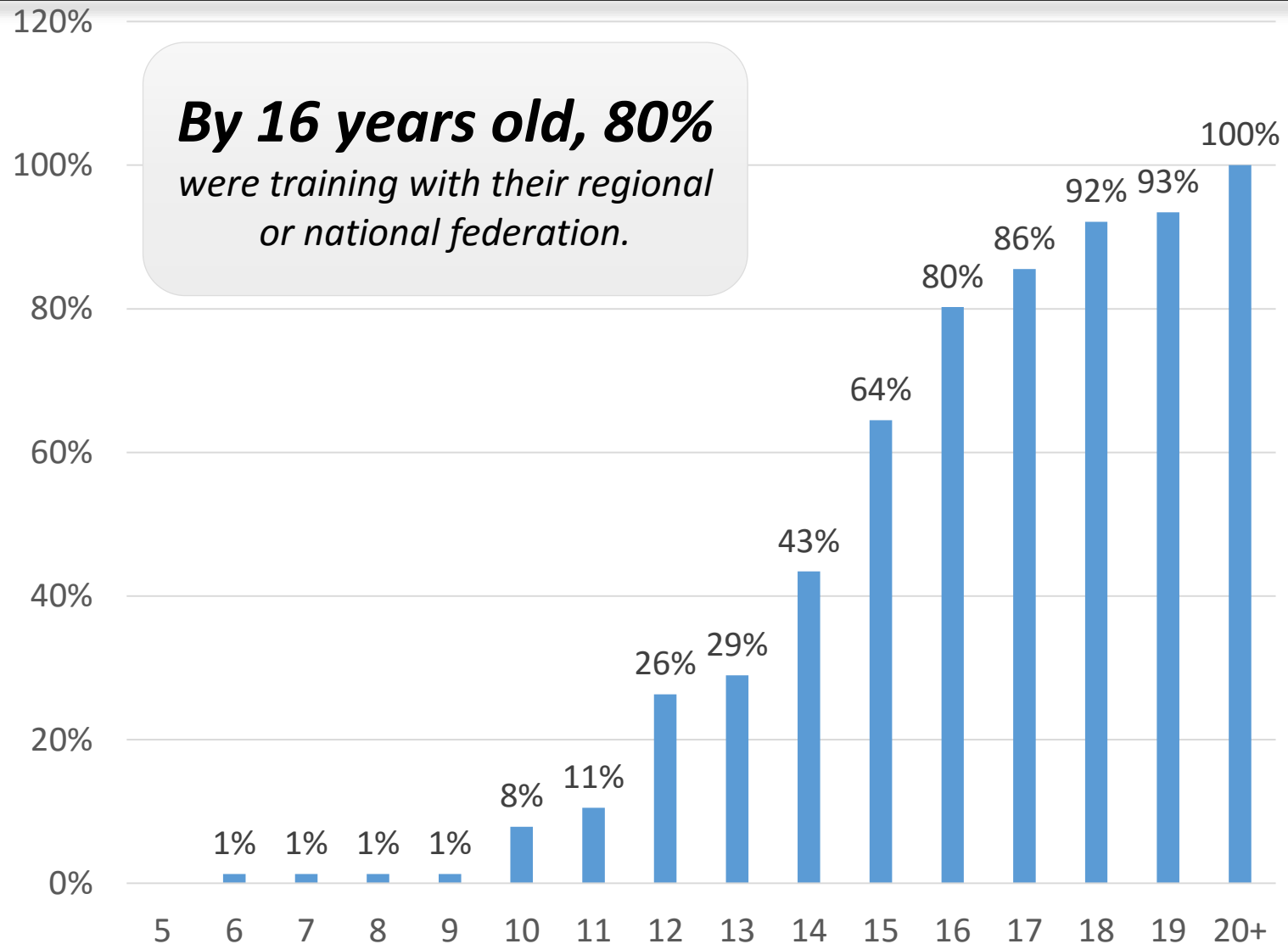
100%

100% 100% 100% 100% 100% 100%

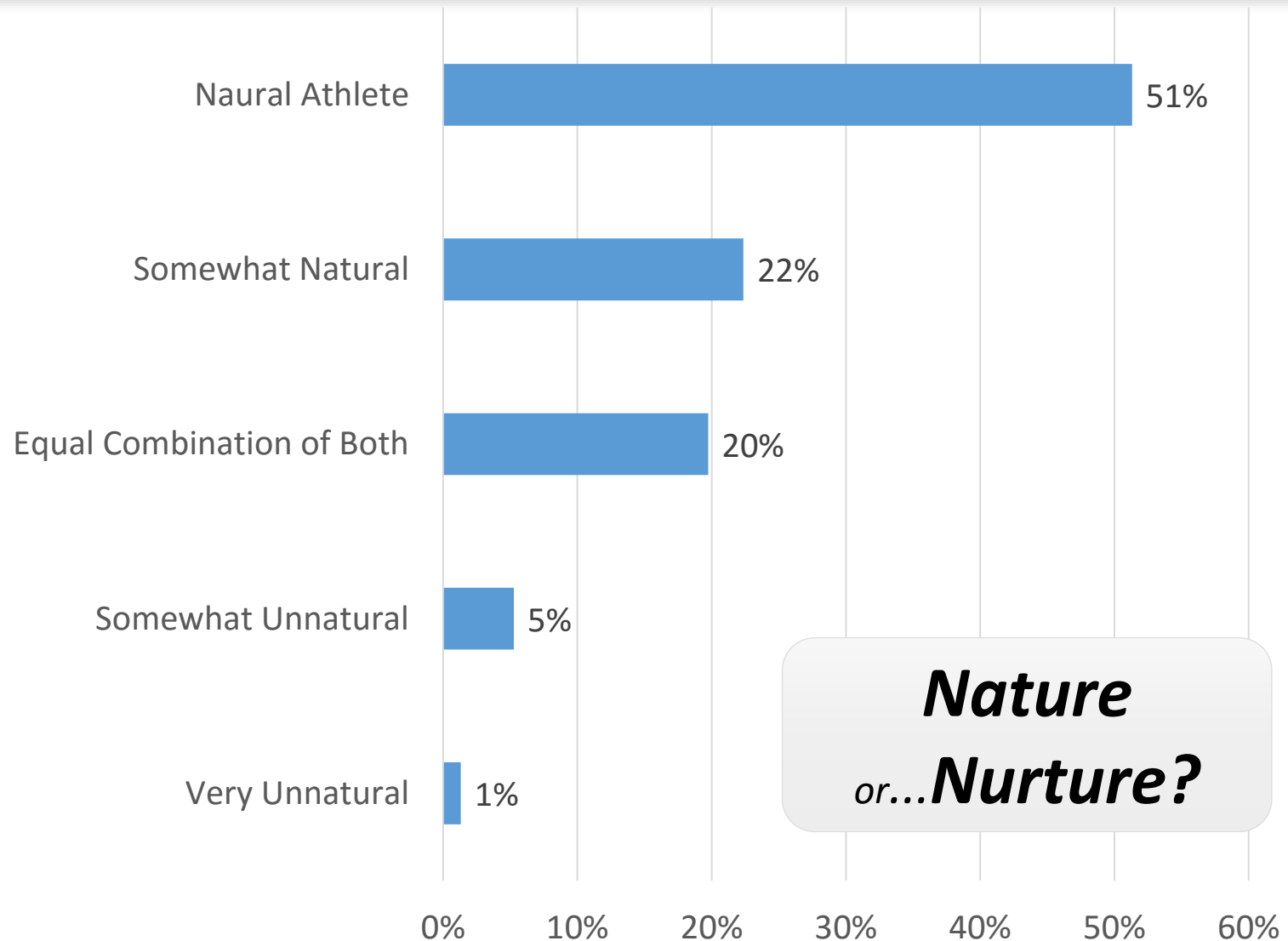
At what age did you begin winning races?



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

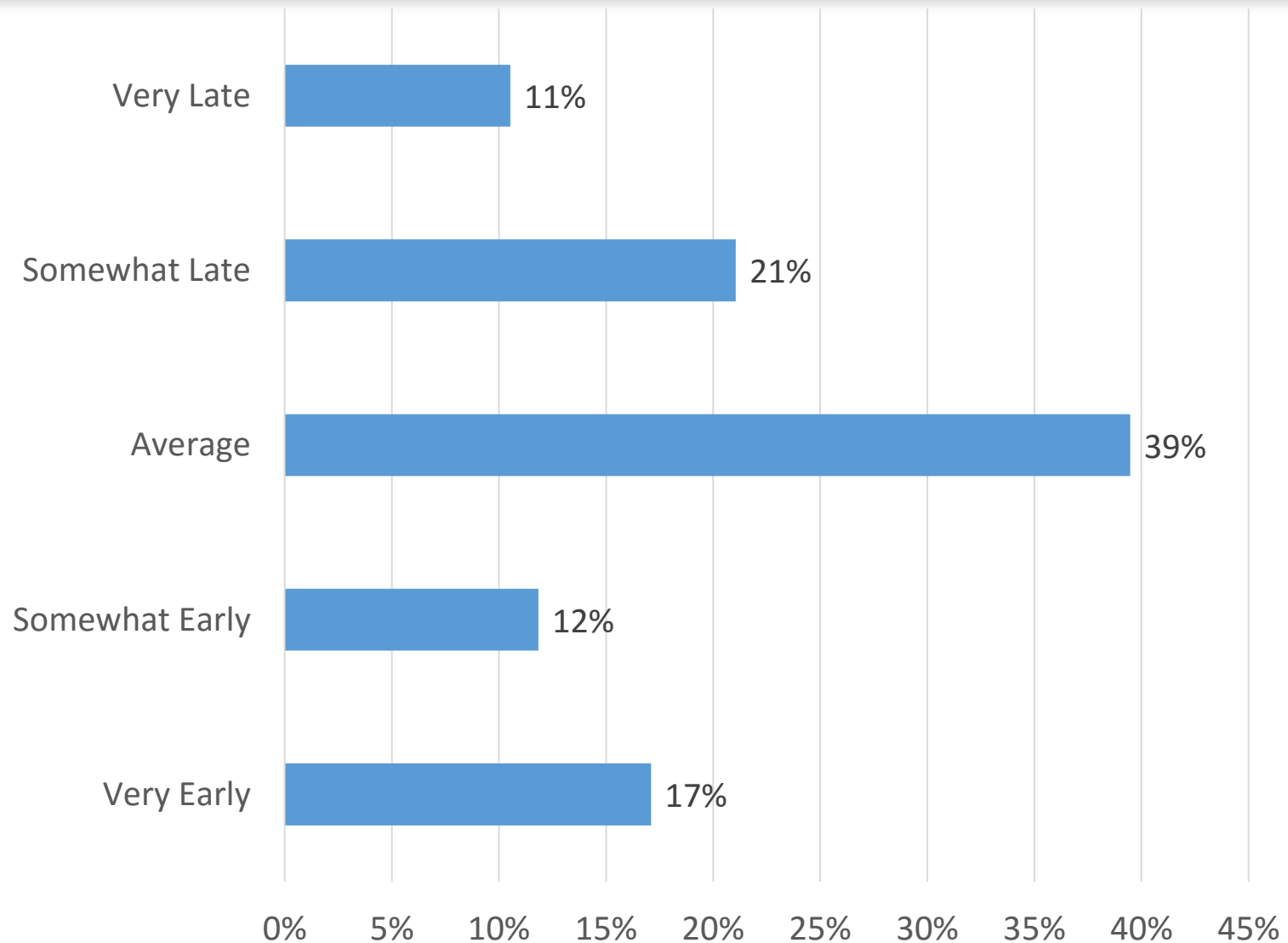


Would you consider yourself a natural athlete?

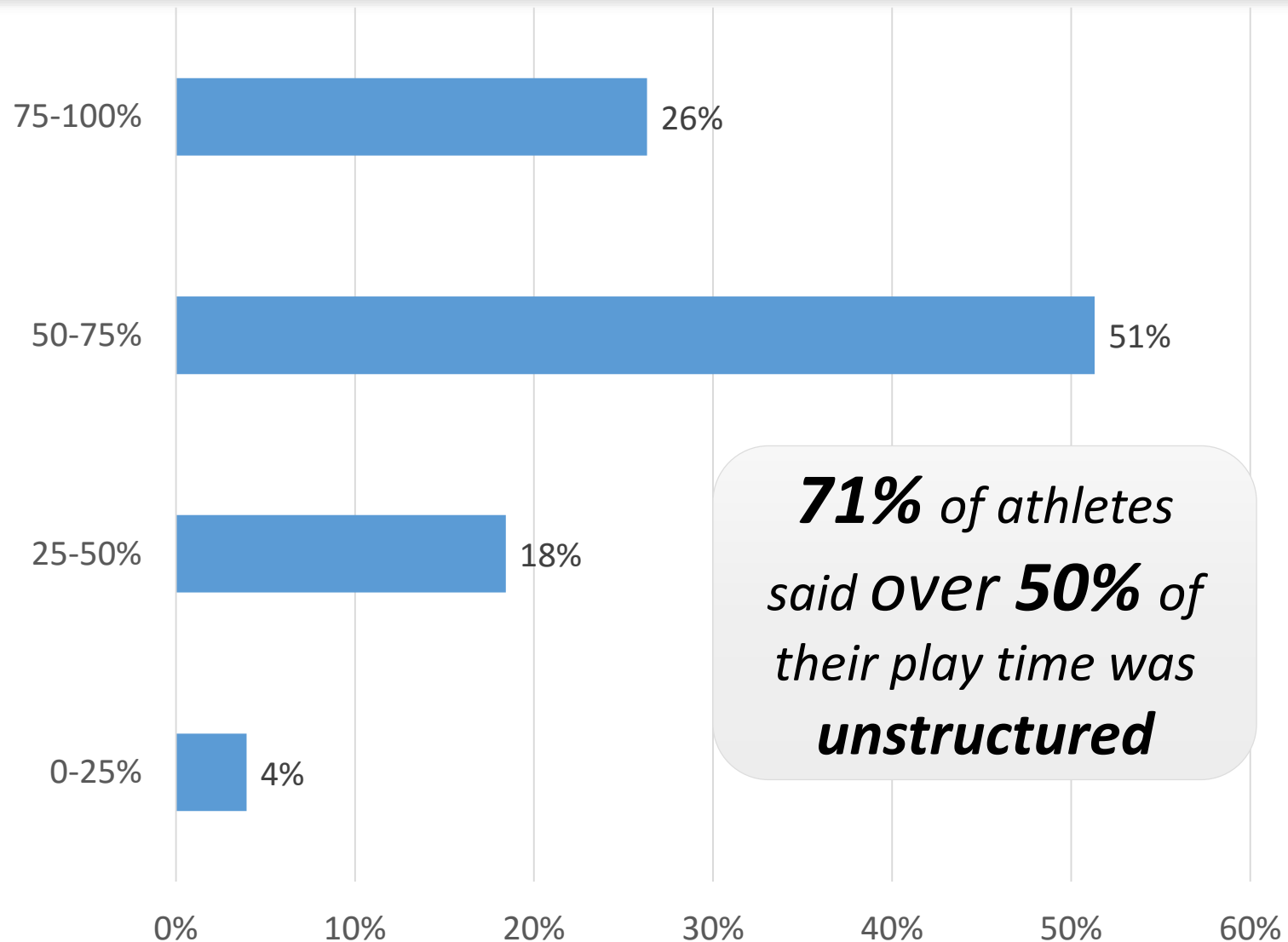


Nature
or...Nurture?

Would you consider yourself an early or late developer physically?

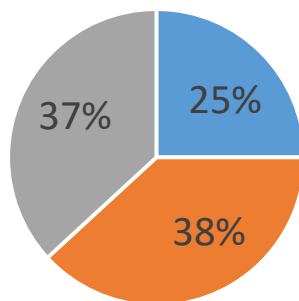


What percentage of ***all of your sports time*** as a child was unorganized or “free-play”?



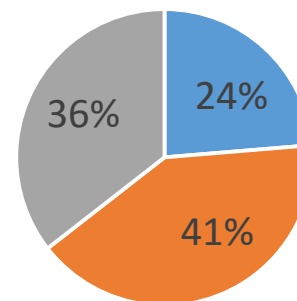
How much gymnastics, tumbling, or other similar exercise did you participate in at...

Elementary School



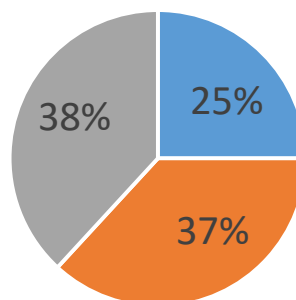
■ None ■ Sometimes ■ A lot

Middle School



■ None ■ Sometimes ■ A lot

High School

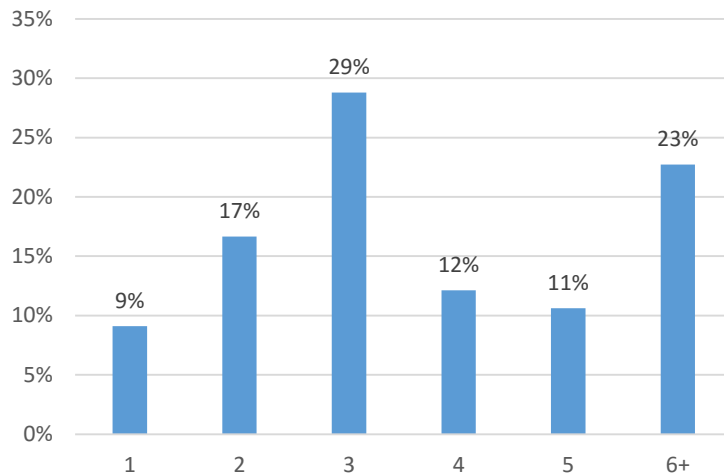


■ None ■ Sometimes ■ A lot

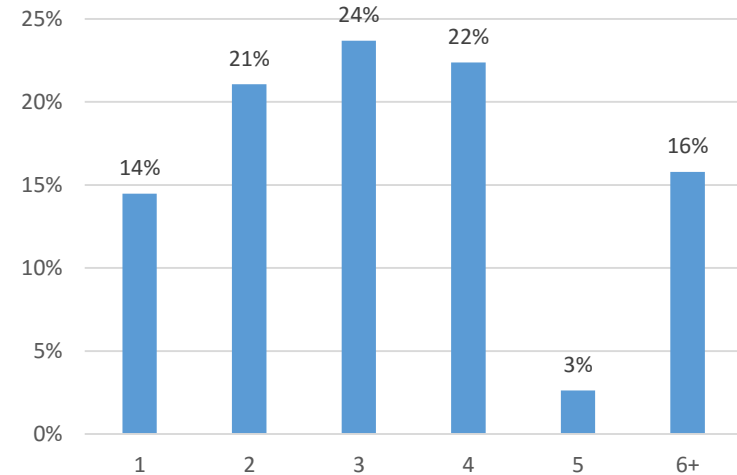
75%
*participated in
some form of
gymnastics
related exercise at
all ages*

Number of sports regularly practiced at younger ages...

Age 0-12



Age 13-15

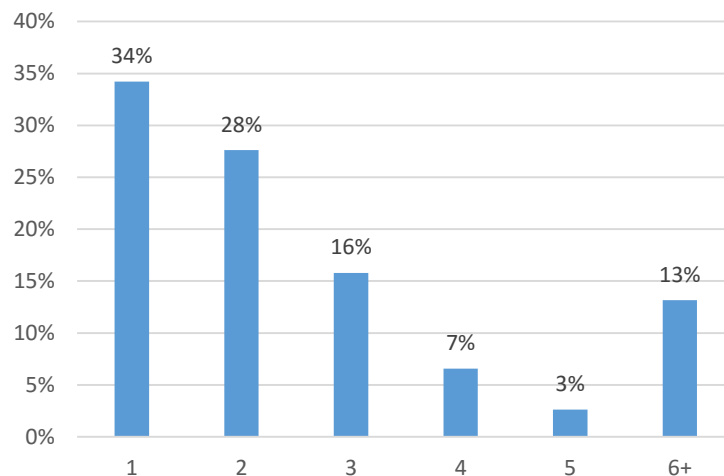


*75% played 3
or more
sports at 0-12*

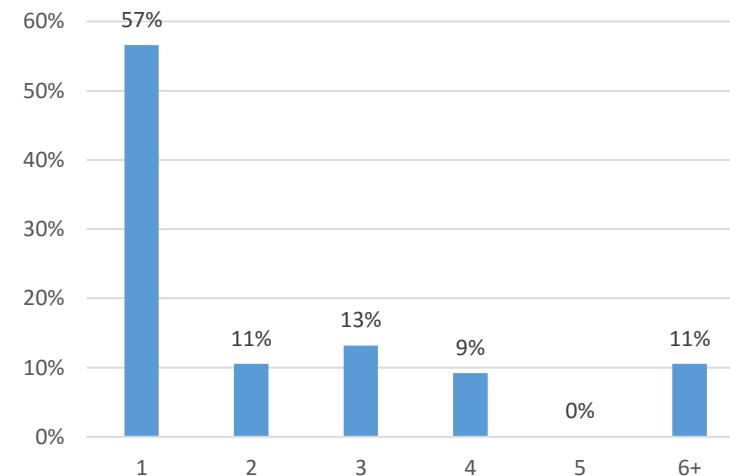
*70% played
between 2-4
sports at 13-15*

Number of sports regularly practiced at older ages...

Age 16-18



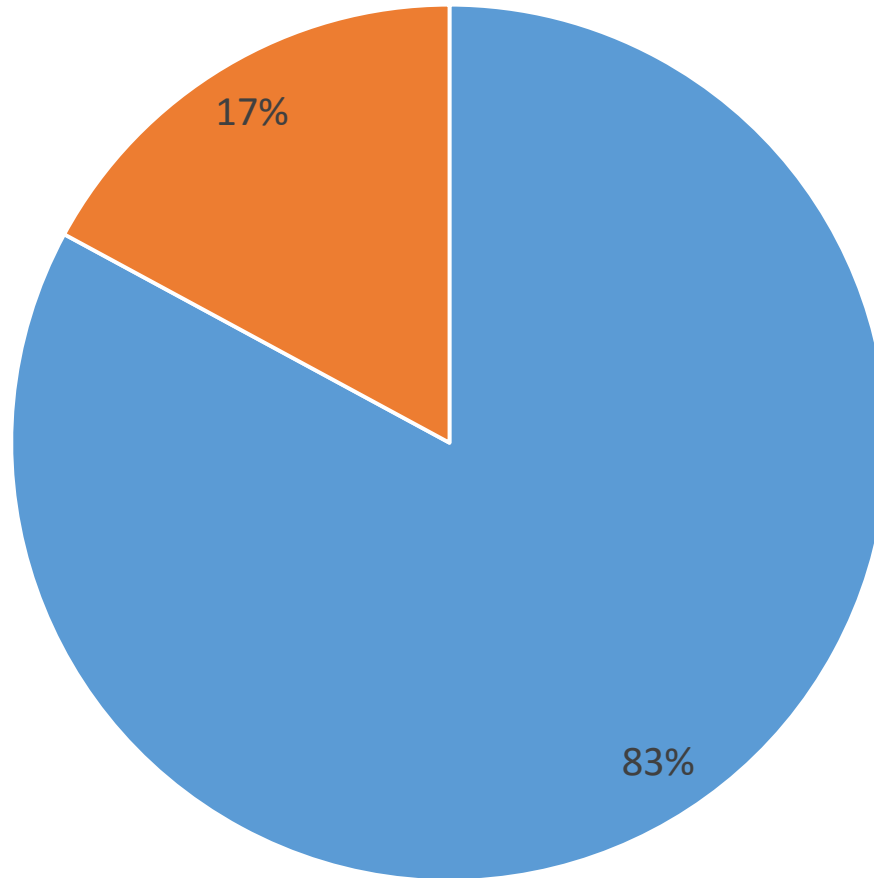
Age 19+



78% played no more than 3 sports at 16-18

57% shifted to single-sport focus by 19+

Did your family encourage participation in other sports?

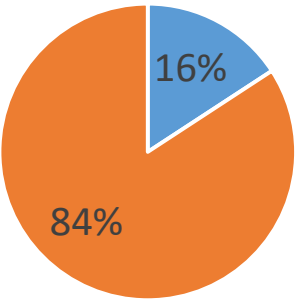


■ Yes ■ No

83% *said their families encouraged multiple sports.*

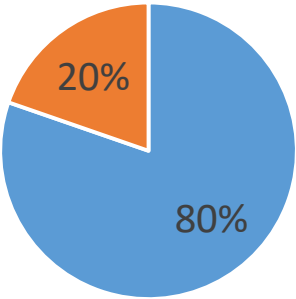
How did you spend the majority of your time on snow at each age?

Age 0-12



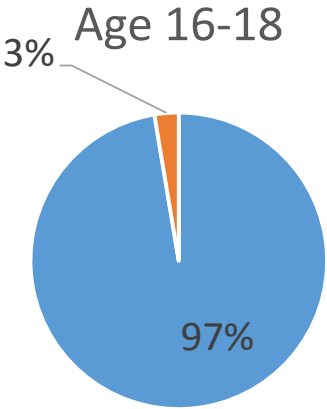
■ Gate training & on-snow drills ■ Free-skiing

Age 13-15



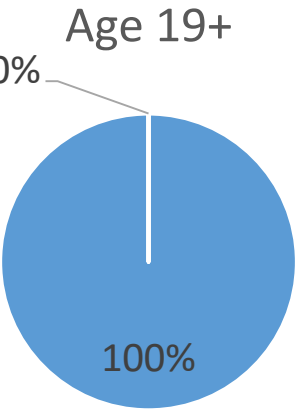
■ Gate training & on-snow drills ■ Free-skiing

Age 16-18



■ Gate training & on-snow drills ■ Free-skiing

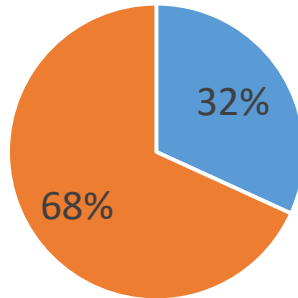
Age 19+



■ Gate training & on-snow drills ■ Free-skiing

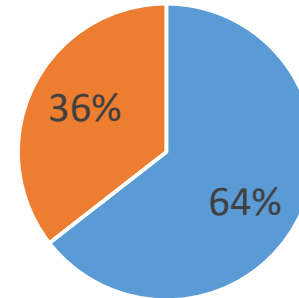
Which activity did you enjoy most at each stage?

Age 0-12



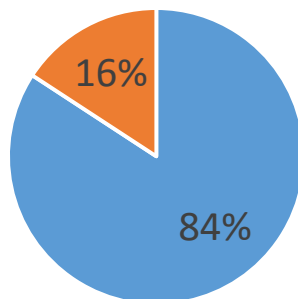
■ Gate training & on-snow drills ■ Free-skiing

Age 13-15



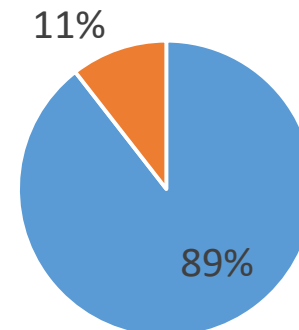
■ Gate training & on-snow drills ■ Free-skiing

Age 16-18



■ Gate training & on-snow drills ■ Free-skiing

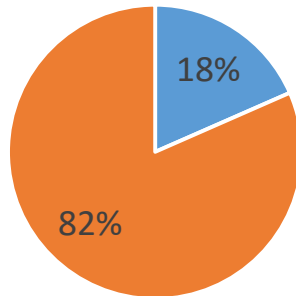
Age 19+



■ Gate training & on-snow drills ■ Free-skiing

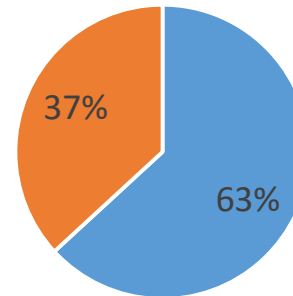
What activity did you find to be most beneficial at each stage?

Age 0-12



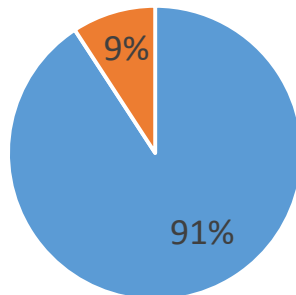
■ Gate training & on-snow drills ■ Free-skiing

Age 13-15



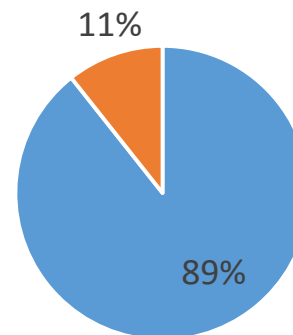
■ Gate training & on-snow drills ■ Free-skiing

Age 16-18



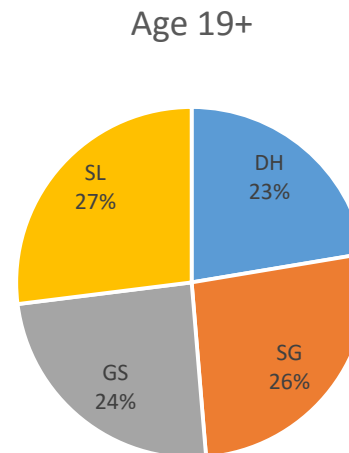
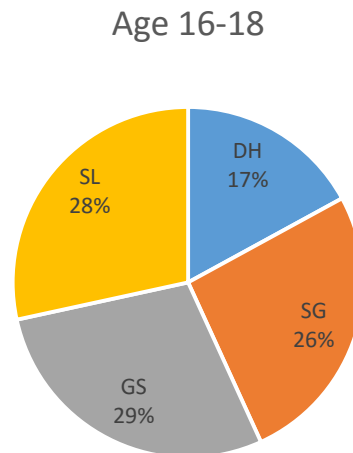
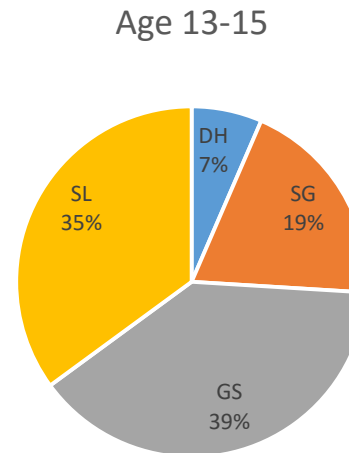
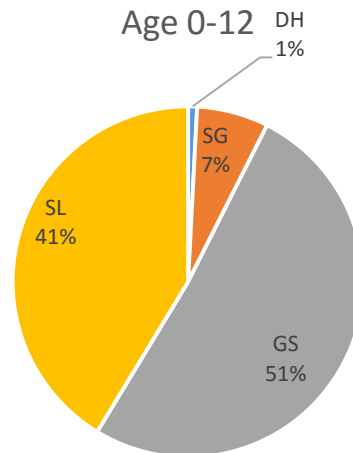
■ Gate training & on-snow drills ■ Free-skiing

Age 19+



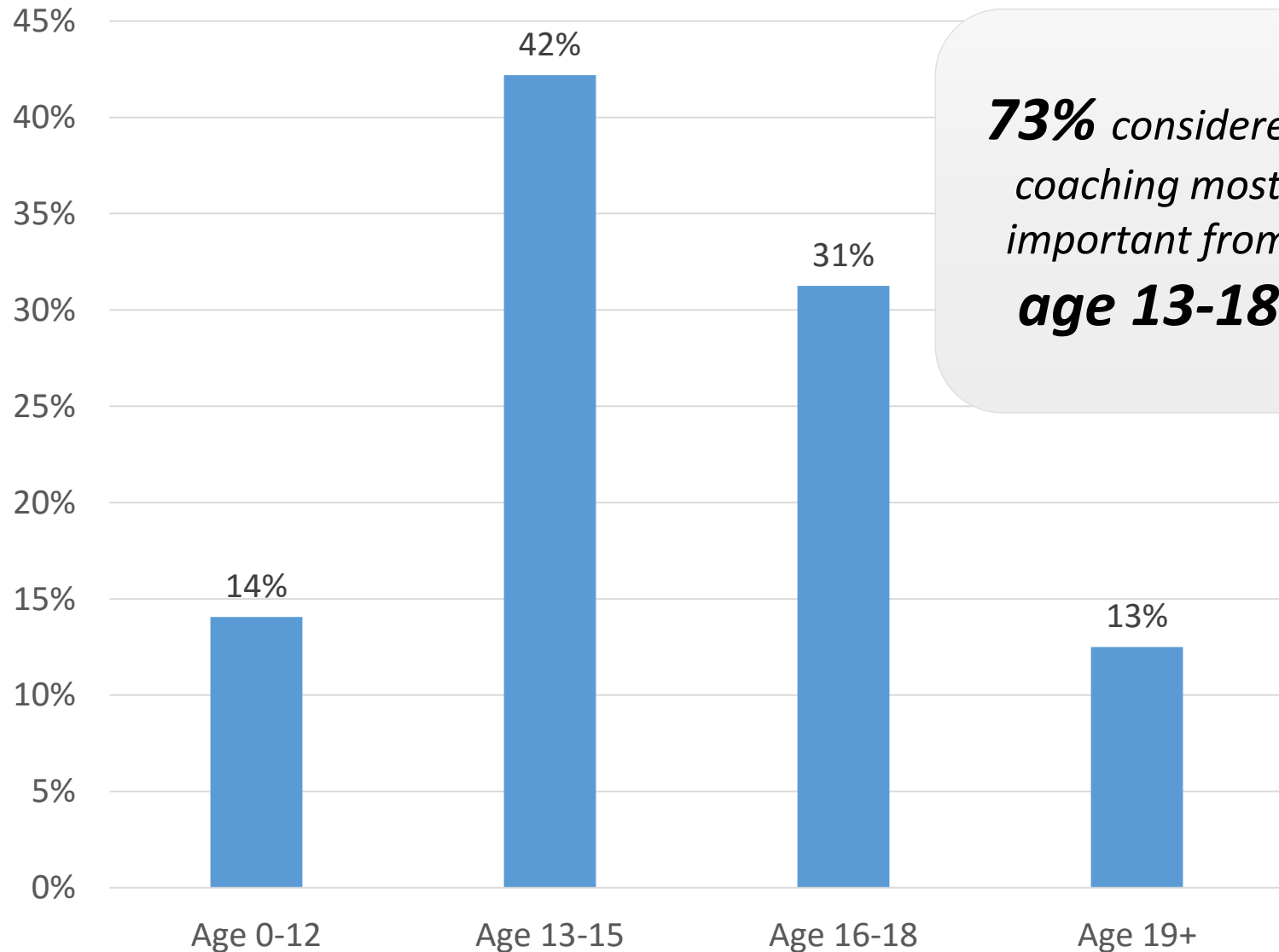
■ Gate training & on-snow drills ■ Free-skiing

What was your strongest event at each stage?



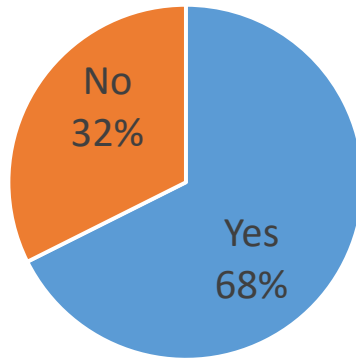
*With 50% of respondents speed skiers, **tech was still the strongest events at young ages...***

At what stage was coaching most important to your development?

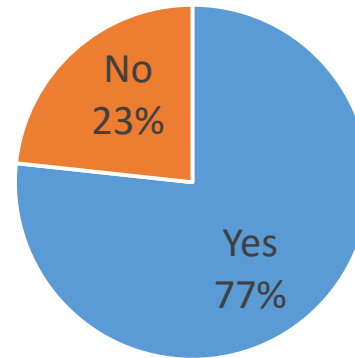


Was there one coach who was particularly influential?

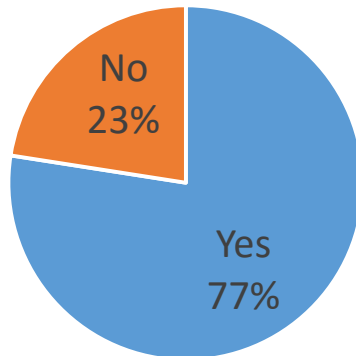
Age 0-12



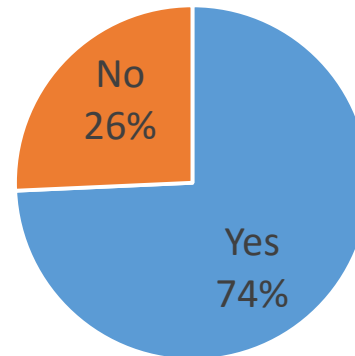
Age 13-15



Age 16-18

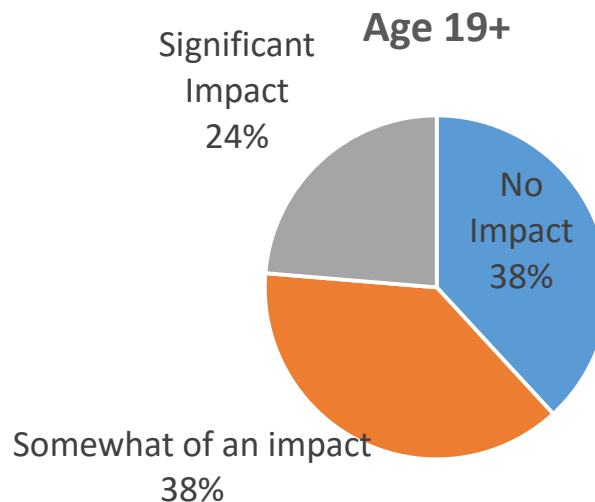
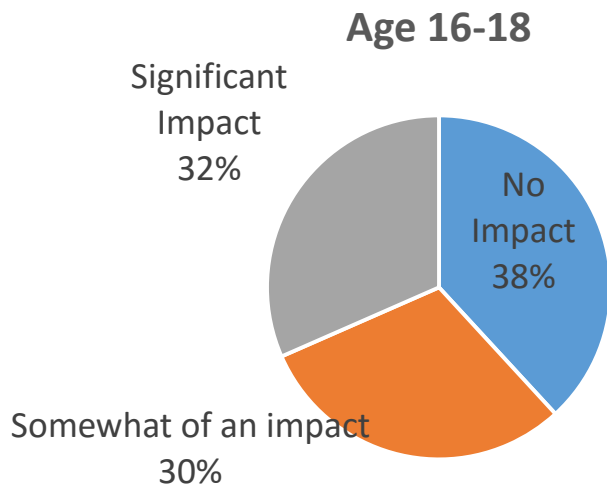
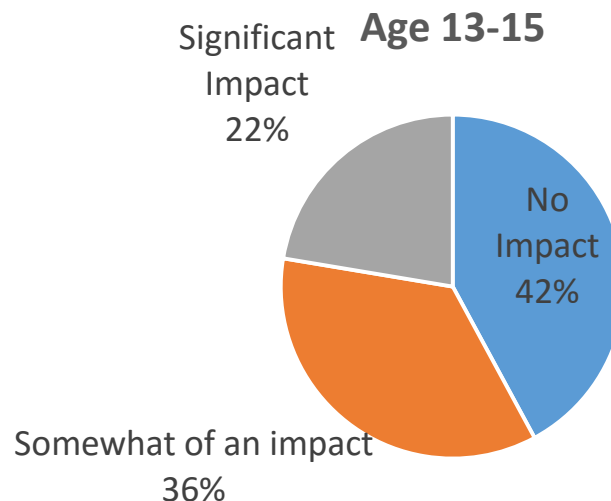
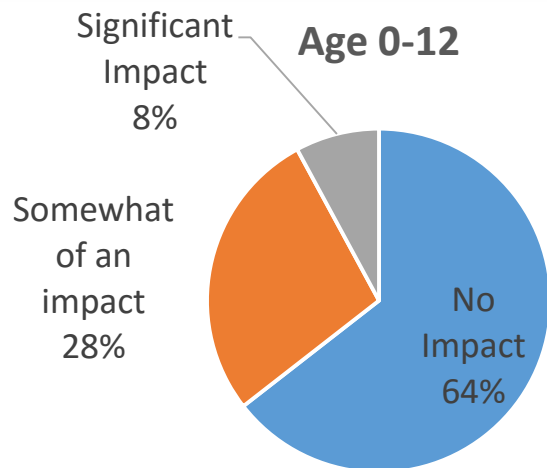


Age 19+



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

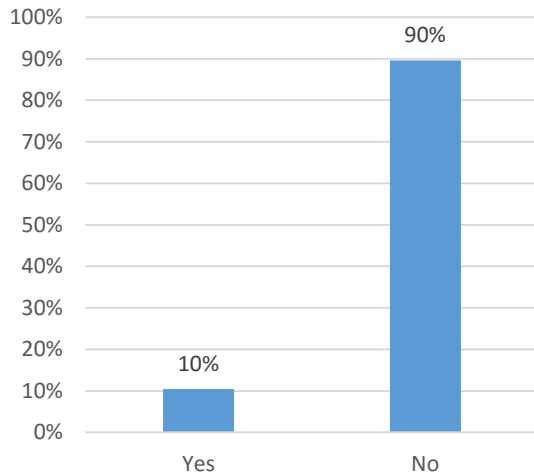
How much did financial pressures impact your ski racing at each stage?



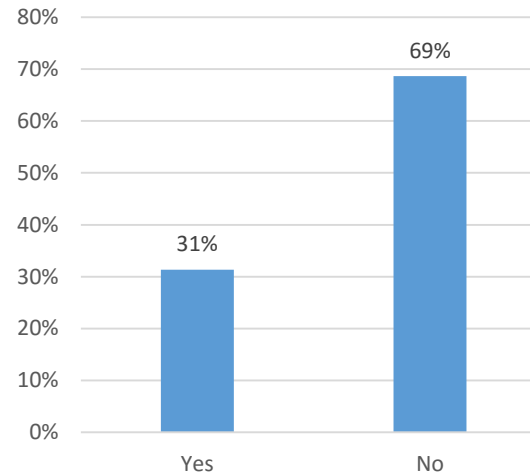
Financial pressure is a factor on the majority of athletes in the core investment phases...

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

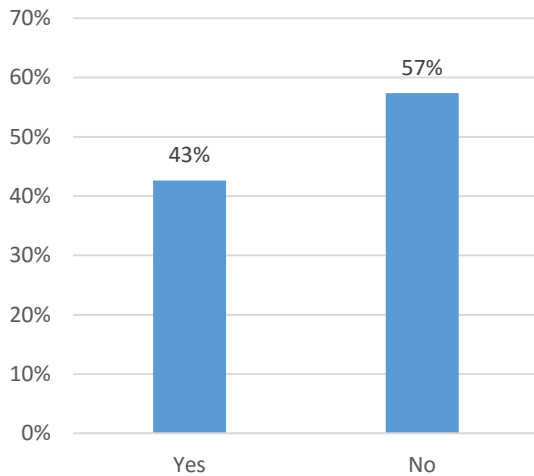
Age 0-12



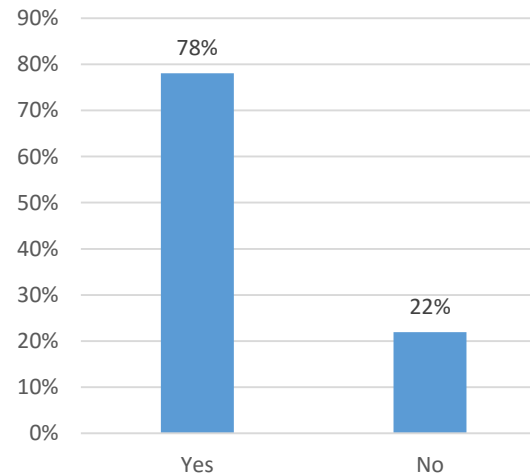
Age 13-15



Age 16-18



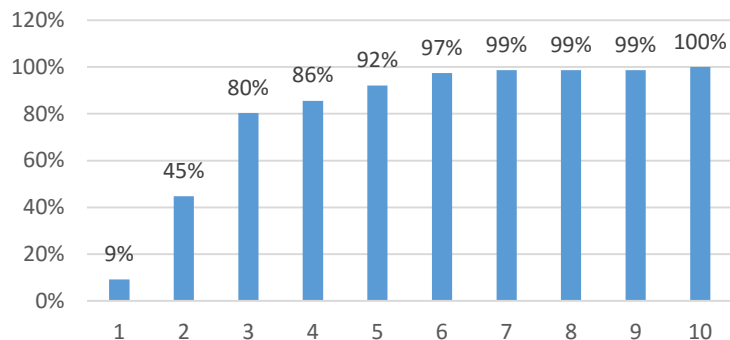
Age 19+



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

Age at each development milestone...

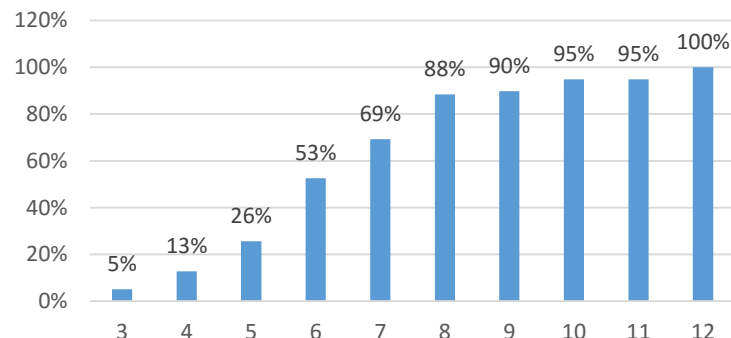
First started skiing



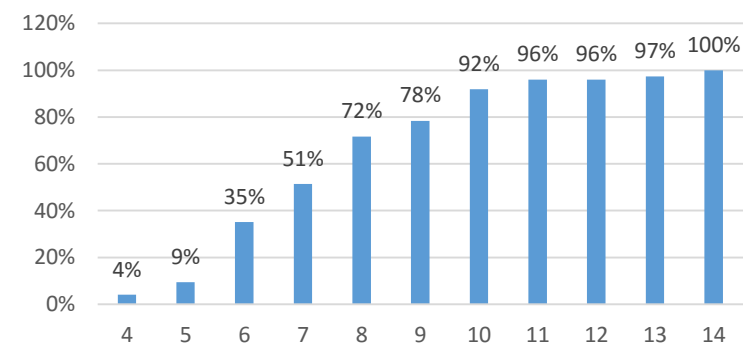
69% racing by 7...

80% skiing by 3...

First started ski racing



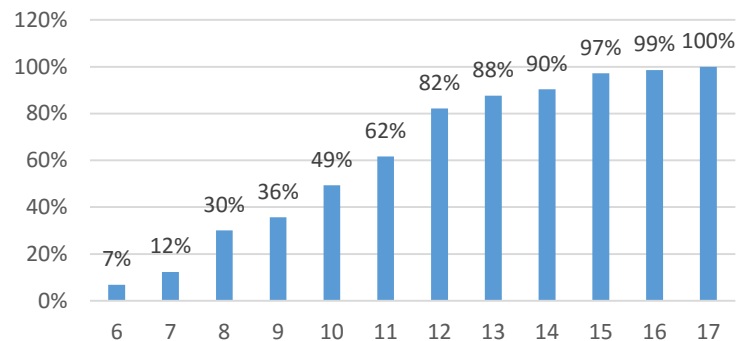
First began competing



72% competing by 8...

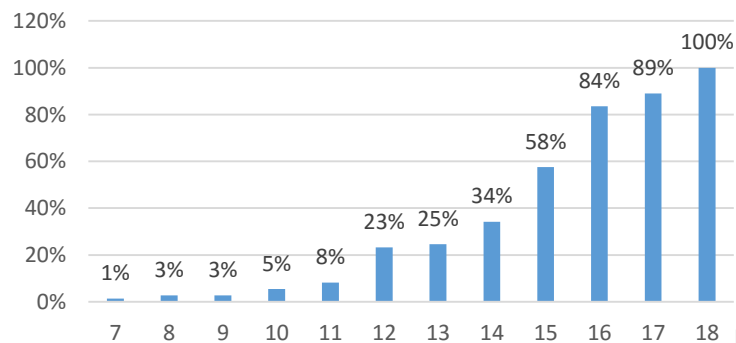
Age at each development milestone...

First regional success



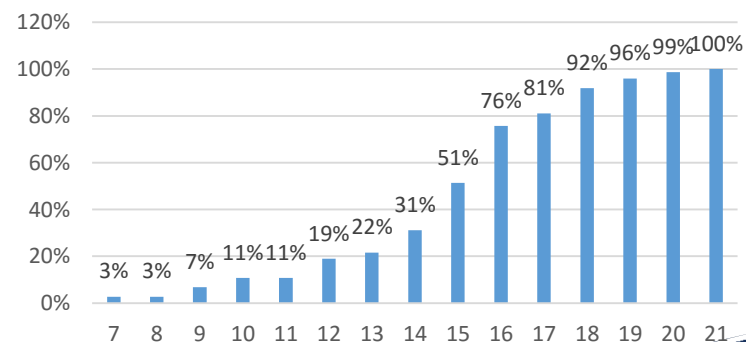
84% made junior team by 16...

Made junior team



80% regional success by 12...

First national success

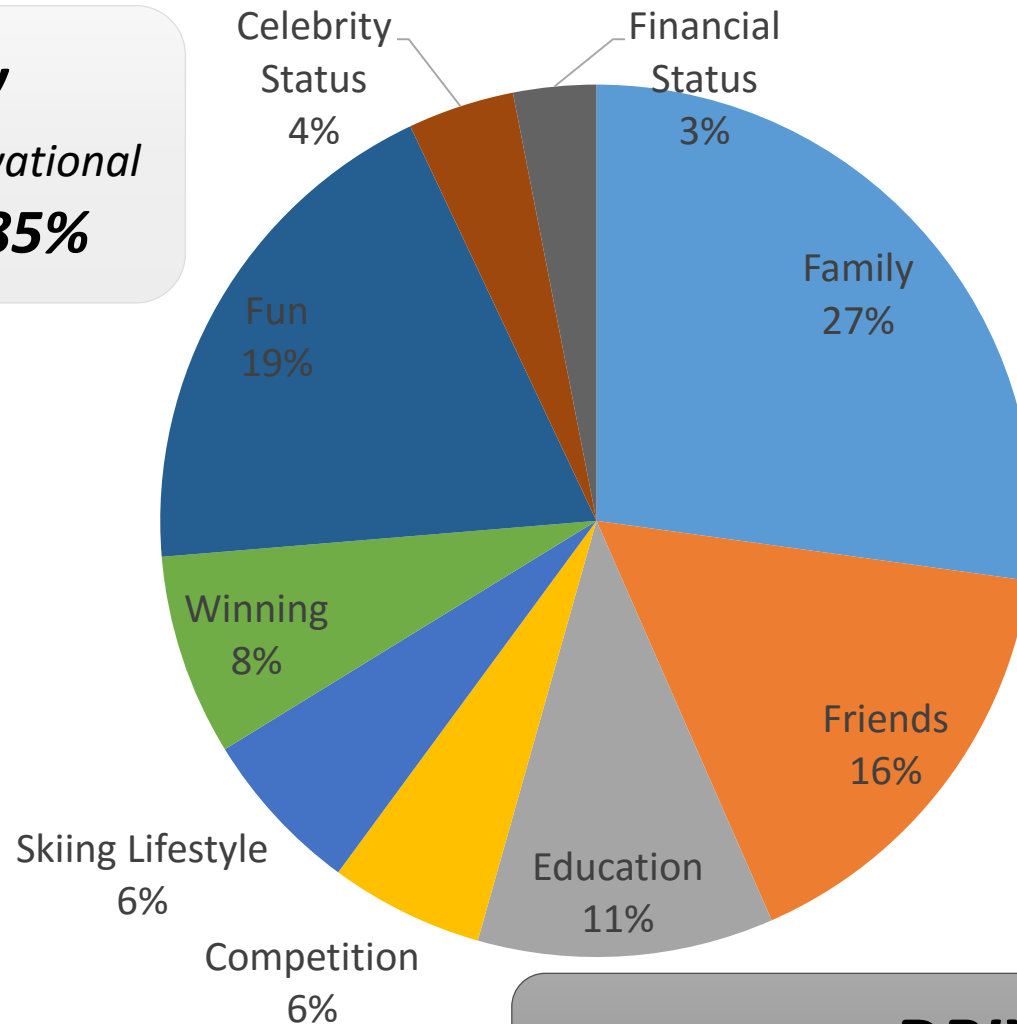


76% national success by 16

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

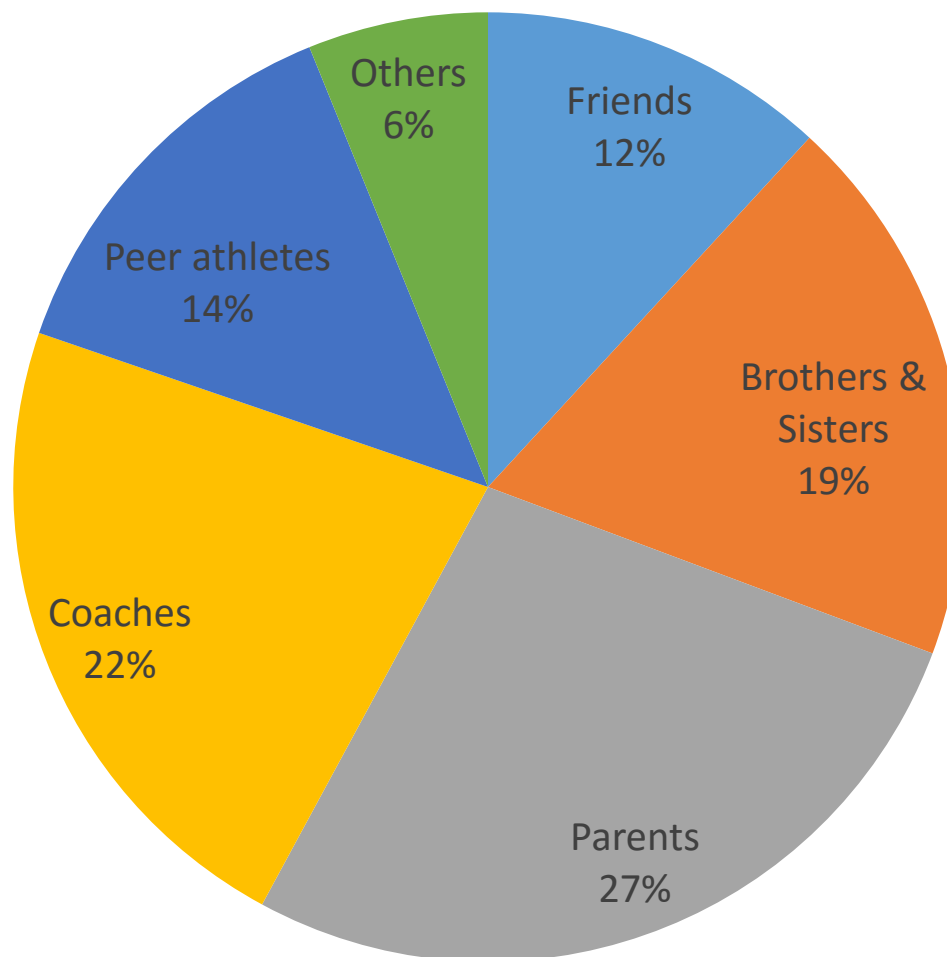
***Inherently
rewarding*** motivational
factors make up **85%**

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



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

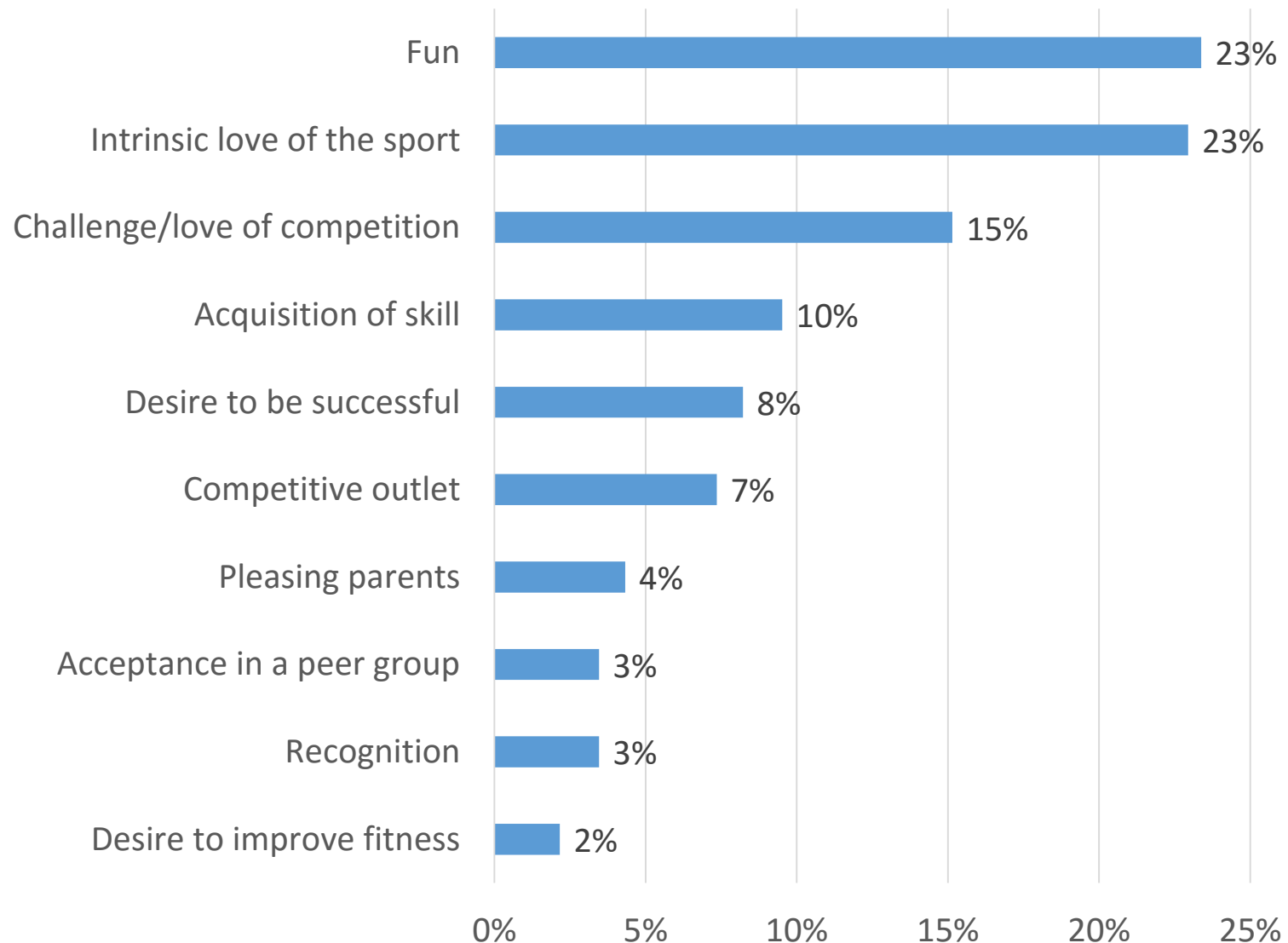
Who were the most influential people on your early ski racing career?



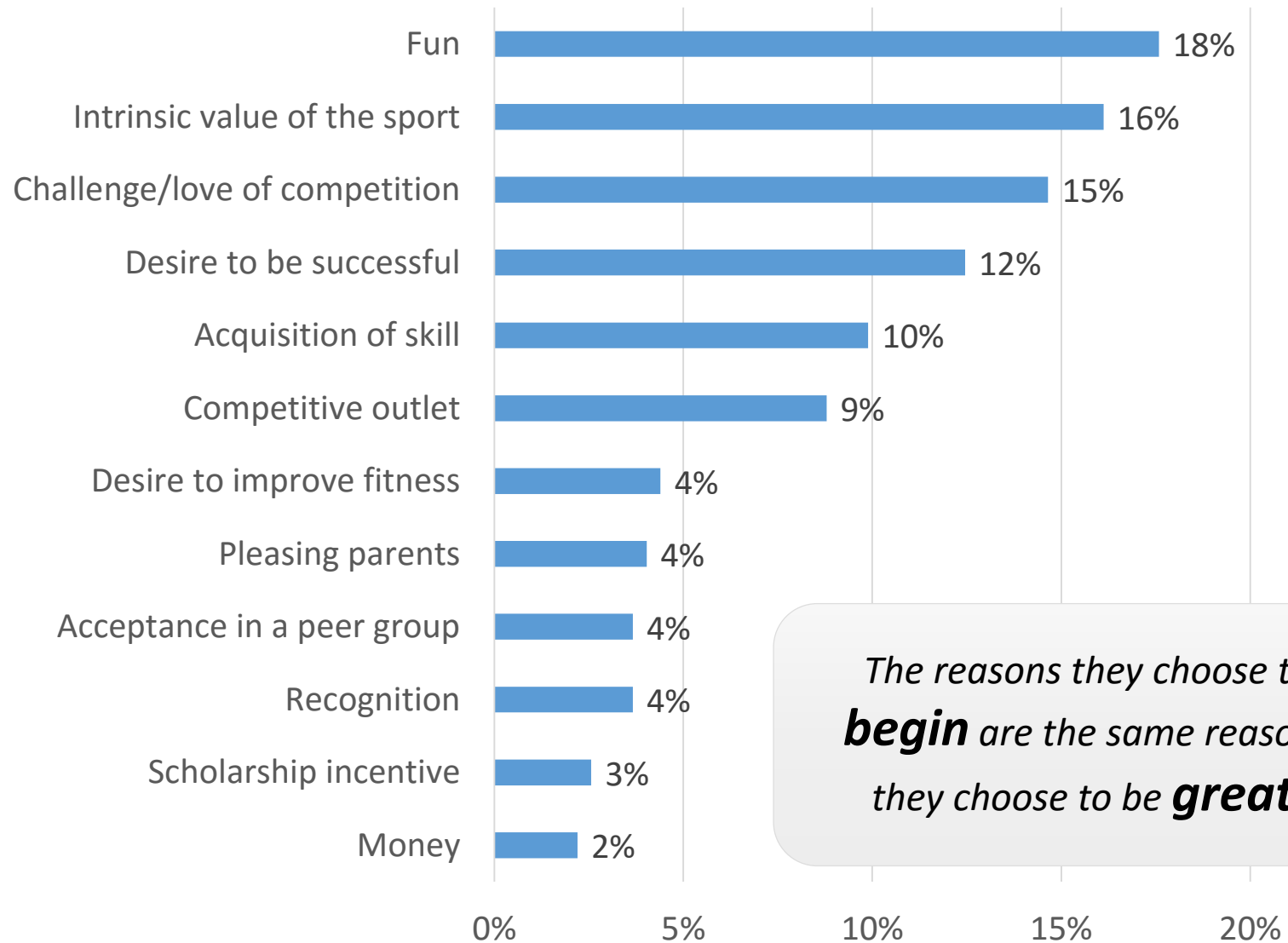
46% are
family
members.

Coaches and
peers make up
36%.

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

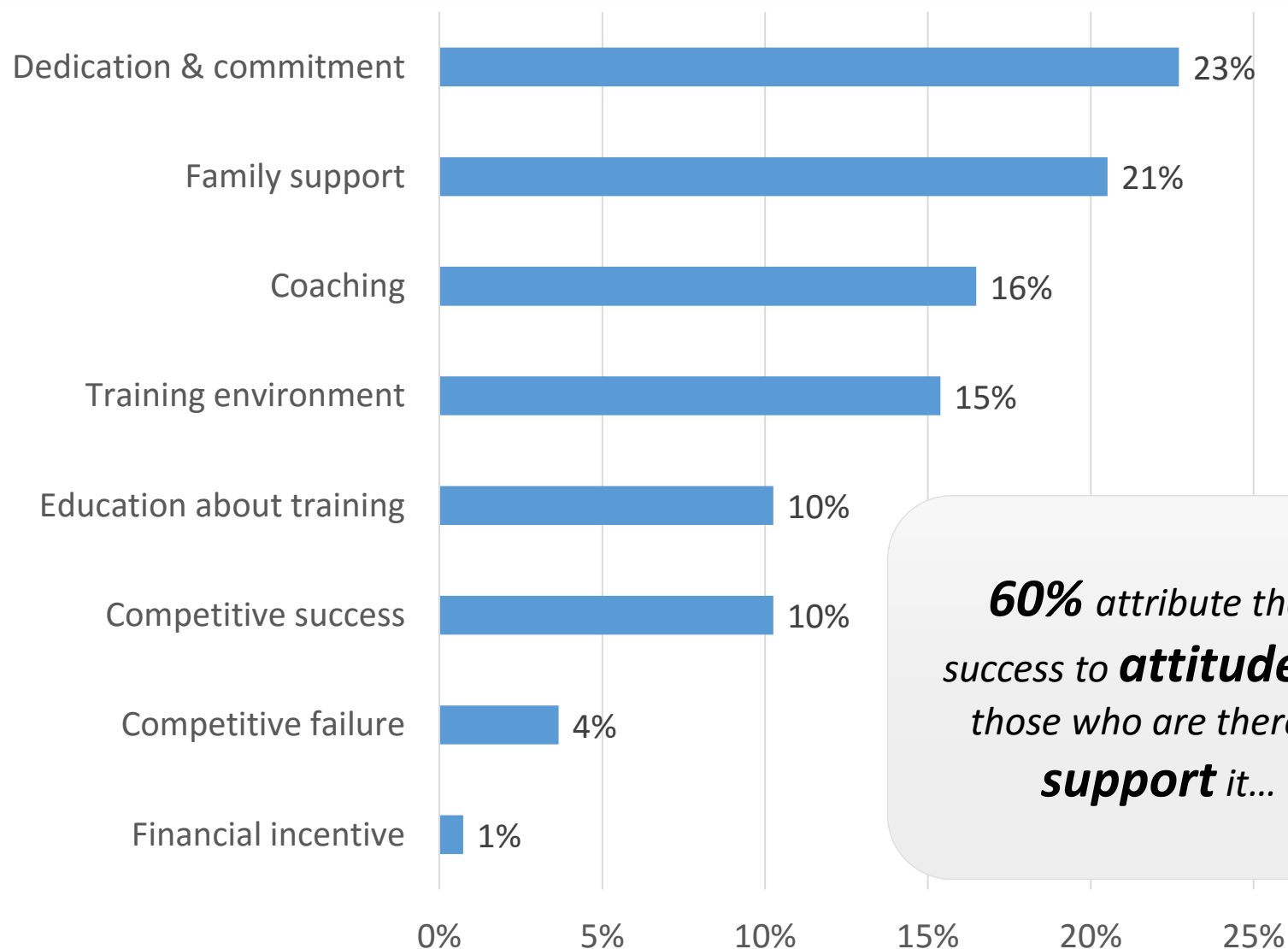


What were the most motivating factors in your decision to pursue excellence in ski racing?



*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?



***60%** attribute their success to **attitude** and those who are there to **support** it...*



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

Questions and feedback are welcome, please contact:

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