

Supporting T2T Athletes at a Competition



The coach will submit their completed Coach Portfolio to the Evaluator prior to the scheduled evaluation. The portfolio can be sent by email and will include:

- **Evidence of planning** leading up to the competition (e.g. entries/eligibility, budget, room list, meal plan, waivers, transportation, coach/athlete ratio, staff rules, schedule, to bring list, etc.).
- Evidence that the coach worked with athletes/team at the start of the season to set **overall goals for the year**, including goals the competition season.
- Evidence that the coach worked with the athletes/team to identify appropriate **performance goals and objectives for this specific competition** (Performance Goals Sheet).
- Evidence of guidance to athletes and parents **on pre and post-competition nutrition**.
- The coach's **detailed competition** plan that will be used for the **observation evaluation**. This includes an outline of the support team structure.
- An Athlete's **Pre-Race Planning sheet**.
- An Athlete's **Warm-Up Plan**.
- An Athlete's **Warm-Down Plan**.

See examples of Competition Plans:

Coach's Competition Planning Sheet

Coach Name: _____ CC#: _____

Identify the principle task you are responsible for prior to, during and after a competition.

Prior to the Day Before:

1. _____
2. _____
3. _____
4. _____

The Day Before:

1. _____
2. _____
3. _____
4. _____

Pre-Race (the morning of):

1. _____
2. _____
3. _____
4. _____

During the Race:

1. _____
2. _____
3. _____
4. _____

Post-Race:

1. _____
2. _____
3. _____
4. _____

Athlete's Pre-Race Planning Sheet #1 (Example)

Athlete Name: _____

Check List:

- | | | |
|---|-------------------------------------|--|
| <input type="checkbox"/> Skis | <input type="checkbox"/> Poles | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> Recovery Drink | <input type="checkbox"/> Boots | <input type="checkbox"/> Clothing Change |
| <input type="checkbox"/> Toque | <input type="checkbox"/> Extra Food | |

Time Before Race Start	Activity	Notes
180 min		
150 min		
120 min		
100 min		
80 min	Pick up warm-up skis	Warm-up skis are waxed
60 min	Test warm-up skis	Give feedback on wax to coaches
40 min	Pick up race skis Race skis should be prepared (target)	
35 min		
30 min		
25 min		
20 min		
15 min		
14 min		
13 min		
12 min		

11 min		
10 min	Check in at race start	
9 min		
8 min		
7 min		
6 min		
5 min		
4 min		
3 min		
2 min		
1 min		
Start		

Coach Name: _____ CC#: _____

Athlete's Pre-Race Planning Sheet #2 (example)

Athlete Name: _____

Goals (organization, warm-up, technique, etc.)

1) _____

2) _____

Plan - Evening Before Race

- Good supper
- Team meeting
- Wax skis
- Talk to my coach and finalize my personal plan for race day
- Pack equipment and clothing
- Go to bed early at _____

Plan - Race Day:

- Get up at _____
- Eat a healthy breakfast
- Leave for the race site at _____
- Go to team headquarters and check in with the coaches when I arrive at the venue
- Test my skis as per instructions from the coaches
- Check if I need to change my clothing, go to the bathroom or have a snack
- Ski my warm-up routine as discussed with my coach
- Arrive at the start area ten minutes before my start time
- Start at _____
- Ski hard, but with the focus on good technique
- Behave fairly towards other competitors
- Feel proud of myself
- Replace fluid and begin snacking within 15 minutes of the finish of my race
- Change clothes as necessary before doing my warm-down
- Ski ten minutes in a slow, easy warm-down with my ski-friends
- Cheer for my team mates and other competitors
- Talk about my race to my coach
- Pack up my personal belongings

Thank one of the race volunteers for hosting the event

Coach Name: _____ CC#: _____

Athlete’s Warm-Up Plan (Example)

My start time is: 11:22 I will start my warm-up routine at: 10:45

Time	Activity	Comments
10:45	Skiing	15 minutes of “Endurance” skiing
11:00	Skiing	2-3 minutes of “Intensity” skiing
11:03	Skiing	4-5 short sprints at 5 seconds each
11:04	Skiing	4 minutes “Easy” skiing
11:08	Changing clothes	Change to dry clothing if needed (i.e. top, toque, gloves, socks); add additional clothing (i.e. overcoat) - depending on temperature - to wear up until my start
11:12	Report to race start	Report to the race start area (to confirm presence) ten minutes prior to start
11:13	Holding area	Skiing back and forth and or doing a few dynamic exercises according to the plan I worked out with my coach
11:18	Removing unnecessary clothing	Remove warm-ups four minutes before my start; if the weather is cold, keep my jacket around my shoulders until just prior to my start
11:22	Starting my race	Follow my race strategy as discussed with my coach

Notes:

- I can only retain the benefit of my warm-up routine for a maximum of ten minutes.
- Prior to the start I can keep warm by moving and wearing clothing suitable for the weather/ temperature.

Coach Name: _____ CC#: _____

Athlete’s Warm-Down Plan (Example)

Time	Activity	Comments
	Meet up with team coach in finish area	Pick up my recovery drink and snack as soon as I finish my race; begin drinking and eating within 15 minutes
	Pick up my clothes	Pick up my clothing from the coach and/or the station where the race officials have put them
	Change my clothes	Change out of my wet clothing
	Start warm-down	As soon as possible
	Ski	10 to 20 minutes easy “Easy” skiing
	Leave for home/hotel	Pack up and take all of my personal belongings with me when I leave

Notes:

- The reason I warm-down in Zone 1 is to get the best recovery.
- I should consume some high carbohydrate sport drink with protein within 15 minutes of the finish of my race. The drink should be at room temperature.
- I should begin snacking on foods that will quickly replace the depleted fuel and nutrients from my system within 15 minutes of the finish of my race. My snacks should be selected from foods that are high on the glycemic index (bagels, muffins, oatmeal, etc.).
- The replacement fluid is a high priority during the first hour after my race; snacking should continue over a three to four hour period.
- I should not stretch for at least three hours following my event.

Coach Name: _____ CC#: _____

