



HELLENIC WINTER SPORTS FEDERATION DEVELOPMENT PROGRAM SEEK A SNOWFLAKE EVENTS



1) Philosophy

The HWSF (Hellenic Winter Sports Federation) takes responsibility for promoting snow-based activities for children and strives to bring children to the snow. Children will have the opportunity to play in the snow, be introduced to a sport that they previously did not know and to have their abilities assessed in a skills park if they so wish.

2) The Aims:

- To attract children who have no previous sports experience in the snow
- To introduce ski racing in a fun and pleasurable way
- To assess children's ability in skills parks with individual HWSF Passport Levels if they wish to.
- This Event to become the annual National snow day celebration for children and their families and increase the number of Events every year.
- To be staged simultaneously in a Northern and Southern Greece Ski resort with activities and skills parks for all sports (Alpine, Nordic, Snowboard and Freestyle) and invite local primary Schools to participate.
- To be included/registered in the FIS development programs (Snowkidz)
- and to communicate effectively with the media.

3) Target group

Children (5-12 years), Primary Schools, ski club Youngsters U12, and separate Individual kids with their families.

4) Organisers

HWSF, HWSF Ski Clubs, Official Ski/Snowboard Schools, Ski Resorts, with the official organisation undertaken by HWSF.

5) Skills Certification Manager

The Chief of Events will own the HWSF numbered passports with the support of HWSF technical development committee. Ski professionals nominated by the Chief of Events will have the responsibility of assessing the Levels and of stamping the flakes. They should be certified coaches or ski teachers with the professional licence from the State, and preferably a member of the trainers/coaches union.

6) Skill Levels



One Snowflake

Alpine and Freestyle:

1. I put on and take off the skis
2. I fall and get up again,
3. I balance along a straight path,
4. I turn right, left and I stop using snowplough.
5. I climb a slope using side-steps (parallel skis perpendicular to the slope line).
Green Slope.

Snowboard:

1. I put on the snowboard
2. I fall and get up again
3. Skating with the snowboard: (Skate with the snowboarding in a straight line) (sliding on the snow with one foot in the snowboard as if on a skateboard)
4. Direct Line – travel in a straight line on a flat track
5. Toe Side Slide: (I rely on edge of the toes and glide vertically on the track)
6. Heel Side Slide: (I rely on heels and glide vertically on the track)
7. Stop with the snowboard: (I stop the snowboard perpendicular to the track)
8. Skate and Rotate: (I rotate the snowboard by skating on a flat track)

Nordic Events / Cross Country

1. I put on and take off the skis
2. I fall and get up again,
3. I balance along a straight path,
4. I turn right, left and I stop using snowplough.
5. I climb a slope using side-steps (parallel skis perpendicular to the slope line) (Green Slope)
6. I do classical strides
7. I use double poles along a straight path.



Two Snowflakes

Alpine and Free:

1. I can take the pull lift
2. I can turn whilst opening one ski (opening the top ski only for the turn)
3. I can traverse with parallel skis with legs apart
4. I can traverse across bumps
5. I can parallel stop – with skis parallel to the defined route
6. I can climb a slope using fishbone technique Blue track

Snowboard

1. Diagonal Traverse with Slide - Toe Side - I can slide diagonally on the edge of my toes
2. Diagonal Traverse with Slide - Heel Side – I can slide diagonally on my heels.
3. Traversing Switch – I can slide diagonally in reverse
4. Turn with the Snowboard – I can make turns
5. Traverse and Turn – I can travel diagonally along a track and turn
6. Pop the Snowboard – I can jump whilst wearing the snow board
7. Using the Lifts - I am able to use the lifts

Nordic Events / Cross Country

1. I can use the pull lift, blue slope
2. I can turn whilst opening one ski (opening the top ski only for the turn)
3. I can traverse across bumps
4. I can climb a slope using fishbone technique
5. I make strides using classical technique on a small incline
6. I can skate along a flat route



Three snowflakes

Alpine and freestyle

1. I can parallel turn using the poles in a specified race track
2. I can slide-slip vertically and sideways from a standstill and en-route.
3. I can make and land small jumps
4. I can parallel stop rapidly
5. I can climb a blue or red slope using the skating technique

Snowboard

1. Carving Traverse – I can travel diagonally along the edges of the board
2. Carving Turns – I can make a turn along the edges of the board
3. Jumping and Landing with the Snowboard – I can make and land jumps
4. Jumping Tricks – I can make jumps and do tricks.

Nordic events / Cross country

1. I can make an 180 degree turn using skating steps
2. I can make and land small jumps
3. I can make parallel stops
4. I can climb a small hill using the skating technique
5. I can climb a small hill using the classic technique

7) Age Categories

(All participants must wear a helmet)

- 5-6 years (Grade 1) Squirrels
- 7-8 years (Grades 2 -3) Eagles
- 9-10 years (Grades 4-5) Deers
- 11-12 years (Grade 6) Bears

8) Parks and tracks

1. A protected snow park with nets around for practice the first snowflakes skills (20m x 20m), preferably besides a baby lift. Ideally the event will be staged on light downhill slope that would stop naturally. The perimeter and nets should create a circular route inside it, while in the middle space, on one side, should be a straight course with arches and bumps and on the other side, one with a right and left turn with tassels or gates and a small jump. Categories: Squirrels and Eagles, mandatory. See attached drawing (A).
2. A protected park area with nets for practicing the second and third snowflakes skills on a blue slope, besides a pull lift. Preferably in a location where two distinct tracks or more can be set up, one for each level to highlight the distinct skills that can be tested, such as passing through the gates, arches, and making small jumps. Both the Deer and Bears can directly participate, as well as the parents. See attached drawing (B) or (B') for Nordic application.
3. Additional to those Parks, Snow games and sledges area will be staged

9) The HWSF Snow Flake Passport

The personal HWSF passport rewards the skier for their achievements and promotes a sense of progress as they advance through the various technical skills levels. This allows for a continuity to be created among Clubs & Ski Schools and across snow sport education. Each event will be an instigator that will result in new children participating in ski racing, and also skiing for leisure. The procedure is optional.

The passport can be made of a thin piece of A5 cardboard, folded in half to create 4 pages/sides. On the first page one can see, the HWSF logo with all related details, the discipline and the passport number. On the second page, the details of the child with space for a photo and details of the ski resort. On the third page a table with three rows one for each level and 3 columns. The first column will describe the skills, the second will be the space to receive the snowflakes and the third will be for the evaluator to sign.

The fourth page will contain all the 10 security rules of FIS and the potential Event Sponsor's Logo. See attached drawing ©

With a nice creative design and layout, we can proceed with printing the booklets, which will be administered for a small fee, to ski clubs Benjamin teams and to official ski schools. The whole process will hopefully produce a small revenue for the federation.

On the day of the National Event, the Passport can be distributed for free, if we are able to cover the production costs with sponsorship.

10) Required materials:

A)

- 2 FIS Snowkidz Toolkits adjusted to the Nordic Skiing: http://snowkidz.com/en/Service/Audi_SnowKidz_Toolkit
- 2x1 Secretariat Tents for each park (records Passport awards and snowflakes, and gifts)
- 2 x 20 gates to depict paths with blue and red giant flags
- 2 x 2 'finish' gates
- 2 x 60 Bibs (numbered or not)
- 2 x 40 Cross Country boards
- 2 x 10 gate connectors for creating arches

B)

- 2 x 2 drills
- 2 x 4 handheld transceivers UHF or VHF
- 2 x 6 fence nets
- 2 x (2 tables + 3 chairs)
- 2 x 10 tassels
- 2 x 4 Shovels
- 2 x sponsors advertisements flags & banners

C) Passports, Certificates and gifts for all

- 2 X 1 Public Announcement systems (or 2 X 2 loudspeakers)

11) Necessary collaborations

- with the Ski Resort for the selection and usage of space where the parks can be set up, and for the fencing and creation of the parks. The support of the ski Resort will also be needed for providing preferential access cards for children, taking on liability and providing first aid services.
- With ski rental shops and ski schools for special rates.
- With the contractors providing the catering at the Ski Centre for children's menu and preferential price negotiations.
- With tourist companies and forums such as Ski Bus, travel agencies, etc. For the negotiation of discount prices for travel to and from the mountain for all.
- With sponsors for gifts and benefits for children.

12) Necessary manpower

2 x 1 Activities managers

2 x 4 Slope Technicians (for pressing and maintenance of the slopes)

2 x 2 Activities secretaries

2 x 2 Race starters

2 x 1 Bibs collectors

2 x 6 Skills assessors (2 for each sport)

2 x 1 Communication and Marketing managers

2 x 1 First aid responders

2 x 1 General Workers

13) Registration

- En masse from schools and unions of the organisation until 48 hours before the Event
- Individually from the public to the activities secretary at the Tent
- Required parental consent through the declaration form