Alpine National Development Group (NDG) Project Plan

The National Development Group is a pool of the best 16-20 year-old athletes in the country based on head-to-head performance at the NorAms, U18 Nationals, and U16 Nationals. Nominated athletes are recognized with an invitation to National Development projects during the 2024-25 season. Additional regional athletes will be invited to projects on an individual basis, with support from their club coaches.

The goal of NDG programming is to propel athletes toward the National Team. The NorAm Cup is the target series, supplemented by regional FIS races as the home series. A European competition trip will be organized as part of the program to provide critical developmental reach exposure.

Strategic training opportunities will be organized during the preparation and competition periods to emphasize technical and tactical development, along with the goal of raising intensity and pace among the aggregate group. An emphasis on summer conditioning will provide the backbone for advancement through the winter.

The overall mission of the NDG is to provide consistent, top-tier support for the growth of our next generation athletes. Performance will be measured by NorAm rankings and FIS WR progression in multiple events, always considering at least one technical event.

2024-25 National Development Group Project Plan

Women

- Conditioning Project: July 8-15 - Park City (Center of Excellence)
- Fall Crossover USST Project: September 21-28 - Belgium (indoor)
- Race Preparation Project: November 4-15 - Copper Mountain
    - November 10-13: Copper SG project
- European Training and Competition Trip: January 1-19 - northern Italy

Men

- Conditioning Project: Jun 26 - Jul 2 - Park City (Center of Excellence)
- August Parallel USST Project: Aug 30 - Sep 21: El Colorado and Valle Nevado
- European Indoor/Outdoor Project: October 10-29 - Belgium (indoor) and Austria
- Race Preparation Project: November 4-15: Copper Mountain
    - November 10-13: Copper SG project
- European Training and Competition Trip: January 1-19 - northern Italy