

## @Altitude - on snow training and education program

Every year	Goal-setting with respect to training and topics for formal study; expected outcomes, levels of achievement			
	Individual tracking of on-snow training and performance - baseline; improvement strategies; increments; measured difference; analysis			
	Celebration, evaluation, inspiration. Individual and/or group multimedia presentation(s) for base school.			
2014; 2018	<b>Winter Olympics &amp; Paralympics</b>	<b>Competition &amp; Performance</b>	<b>Snow &amp; Movement</b>	<b>Ski &amp; Snowboard Technology</b>
	location, culture, economics	gold, silver and bronze medals - chemical composition, manufacture, mineral resources, value	gravity, kinetic energy, friction, speed	design, cost, manufacture - source of materials and labour
	ceremonies, media coverage, symbolism & representation; podium speeches, flag-bearing	individual and team medal tallies; personal bests; winners and losers	avalanche	performance features; interaction with snow surfaces; speed
	socio-political issues; international relations	'cost' of winning a gold medal		history
2015; 2019	<b>Athletes - nutrition, growth &amp; strength</b>	<b>Alpine Communities - food, geography, housing</b>	<b>Water &amp; Snow-making</b>	<b>Clothing - climate &amp; racing technology</b>
	nutritional standards; global comparisons - United Nations	mountains, plate tectonics;	water cycle; changes in state	fabrics, fibres, manufacture - sources and labour
	growth and developmental indicators	mapping and comparison of other above-snow communities	temperature changes on particle structure	aerodynamics
	performance-enhancing drugs & testing	housing - design, materials, sustainability	chemical & physical changes	insulation
		food - production, labour, sources, trade, sustainability	making snow; chemical reactions & factors affecting it; effects on global systems	creation of new materials
2016; 2020	<b>Alpine Transport &amp; International Travel</b>	<b>Alpine Communities - energy, communication, tourism,</b>	<b>Water &amp; Waste Management</b>	<b>Boots, Footwear</b>
	on and over snow - global comparisons & history	fuel, heating, lighting options	water supply - drinking, snow-making, environmental flows etc	materials, manufacture - sources and labour
	air, rail, bus, car	renewable energies	management of grey and black water; environmental impacts	design; performance
	energy consumption; pollution; carbon offsets	tourism; effects on local culture etc	recycling	insulation
	sustainability	global communications	global comparisons; sustainability	creation of new materials
2017; 2021	<b>Athletes - injury, recovery, medical technologies</b>	<b>Alpine Habitat &amp; Ecosystems</b>	<b>Weather &amp; Climate</b>	<b>Helmets, Goggles, Glasses</b>
	safety - eyes, head, limbs	positive & negative effects of human activity on sustainability of ecosystems	fog, humidity, precipitation, clouds, light, UV rays, glare etc.	helmets - safety, impact, aerodynamics; materials, manufacture - sources and labour; design; performance
	repairing / replacing organs	relationships between organisms; biodiversity	factors influencing water cycle	helmets & forces of motion
	head injury	habitat; threats, population sizes; effects of bushfire, drought	climate change	glasses, goggles - materials, performance, effects