

AIM

A concept is presented, which aims to present the process of how **meaningful questions** in training science in the context of **elite sports** can be asked and **solved**.

EVIDENCE-BASED PRACTICE (EBP)

EBP is the fusion of **coaches'** expertise and experience, **athletes'** values and **research evidence** to improve the **decision-making process** related to elite sport performance. Here one example is presented. More examples can be explored with the QR Codes.

Cross-country (fr)

<https://youtu.be/ycKziLdzDRw>

Cross-country (de)

<https://youtu.be/LplyWoCicyA>

Skicross

<https://youtu.be/gMZGoKrwuBI>

Alpine skiing

https://youtu.be/Rv76U_Bsazo

Snowboardcross

<https://youtu.be/WvobQMwQNLA>

EXAMPLE FOR THE PROCESS OF DEVELOPING EVIDENCE-BASED PRACTICE ¹

A. Identification of the relevant question

- More than 80% of all men and women who are in first position at the first gate have been qualified for the next heat⁹

B. Check available evidence

- When the gate opens, the athletes pull themselves through as rapidly and forcefully as possible¹⁰

C. Choose a setup

- Setup should fit
- Indoor and outdoor requirements
- Feedback should be possible as quickly as possible

D. Choose parameters to investigate and statistics

- Force / Power / Time / Speed

E. Communication of results to stakeholders

- Synchronisation with video
- Instantaneously ready (4 sec after start)



SO WHAT

- Collaboration between coaches and **research and development** departments throughout implementation is key
- **Strong relationship** between sport scientist and coaches are the base of a successful project
- Process presented should help with those guidelines

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¹Bishop, D., Burnett, A., Farrow, D., Gabbett, T., & Newton, R. (2006). Sports-Science Roundtable: Does Sports-Science Research Influence Practice? International Journal of Sports Physiology and Performance, 1(2), 161-168. <https://doi.org/10.1123/ijpp.1.2.161>