

Freestyle BC AGM 2021

Coach Report BC Mogul Team



Josh Kober - Head Coach, BC Mogul Team

2020/21 Year in Review

Intro:

The previous year with the BC Mogul Team was an absolute roller coaster. We faced much adversity but found creative ways to remain very productive and discovered many opportunities amongst the challenges & obstacles. The following is a brief recap of the BC Mogul Team program over the last year and a look ahead at what the future has in store.



Challenges:

We were able to provide structured programming during last spring's full lockdown with at-home programming, including dryland, trampoline, and more.

We made multiple adaptations to the training plan, structured around whichever venues & facilities were available as things began to re-open throughout last summer. (ie: back & forth between Oliver - Whistler).

We adapted the plan to compensate for the missed on-snow opportunities on the Blackcomb glacier and Mt. Hood camp.

We found a way to pull off a Zermatt camp despite *many* logistical hurdles.

We were able to capitalize on early season training at Apex for nearly 2 months straight in order to make up lost on-snow time.

We needed to manage/fill the void of a fully canceled competition season.

We needed to adapt to extremely difficult training conditions surrounding our Whistler training.

We needed to pivot the training plan following the shut-down of Whistler Blackcomb. Moving training to Cypress, Whistler-Olympic-Park, and Sunshine Village.

For a second summer, we had to adapt the program to the absence of Whistler Glacier training.

We were able to navigate a successful, yet complicated camp in Mt. Hood as it became a viable option this August.

All of these challenges combined for an extremely difficult year for all of us, but through a summer of more 'normal' training, and nearing a (predicted) standard competition season, we're collectively feeling a very strong sense of confidence and excitement that all of these challenges have made us stronger, more resilient, and ultimately, prepared for the season ahead.

Highlights:

Although the last year of training looked very different, it provided us with many positives.

We managed to provide our athletes with meaningful programming throughout the entirety of the pandemic to this point, giving us a serious competitive advantage moving forwards. Not to mention the benefits regarding our athlete's overall health & well-being by having the team continue to operate while many other aspects of life were shut down or dramatically more affected by the pandemic.

We made a large increase in acrobatic and S&C-based training based partially on facility availability and have seen immense improvement from athletes in these categories.

We had a huge increase in winter on-snow training compared to a normal year. The extra mileage on realistic competition venues is something normally very restricted due to the competition calendar and proved to be extremely valuable regarding skill development.

We had significantly more time available to free ski as a team which was great for team building.

We had many opportunities to work with many highly touted assistant coaches (Zac, Luke, PA Rousseau, Danika, etc.).

We had more opportunities to train in new & exciting locations (Cypress/WOP/Sunshine/etc)

Up Next:

We are currently at the tail-end of our water ramp training for the year. We will continue to push all the way until the end of the month at which point we'll take a brief hiatus for R&R.

Throughout October we'll continue to work on acrobatic skills on trampoline while conducting regular S&C training at the CSI in Whistler.

In early November the team will be traveling to Idre-Fjall for a 2-week camp that culminates with a competition in their annual FIS Open event. We're very much looking forward to a new training experience and even more so regarding getting in the start gate to compete again after almost 2 years now.

Upon return from Sweden, we'll take a short break before picking up again at Apex to train leading into Canadian Selections.

Summary:

Although it's been a challenging year (to say the least) I ultimately believe that we're collectively stronger because of it. When looking back I know that we did all we could to provide our athletes with every opportunity possible to continue to grow and improve. I'm extremely proud of the level of resilience & perseverance from all of our athletes. They've done nothing but impress over the last year and I can't wait to see their hard work pay off this coming competition season.

It's taken a massive group effort to keep the team moving forwards and it wouldn't have been possible without the efforts of all of our behind-the-scenes support staff with FBC. Our team can't begin to express our gratitude towards those that have fought for us to keep on pushing towards our goals & aspirations.

Cheers to the season ahead!

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