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# BC MOGUL TEAM

**Prepared by Kiera Leung, Head Coach.**

## Program Overview

The program goals are to introduce and develop athletes in a high performance environment while instilling independence and good values. The program will prepare and develop athletes for the Canadian National Freestyle Ski Team. The full performance program will target foundational physical, mental and technical skills required for mogul skiing. This program will develop athletes with strong work ethic and a comprehensive knowledge of mogul skiing.

## 2015/2016 Season Highlights

- Attended the full Canadian Series Tour of events, Canadian Selections, Western NorAm events, Junior and Senior Nationals.
- This year was focused on training to prepare for the full NorAm tour in 2017.
- Athletes that were new to the program in 2015 have bought into the high performance training plan and are tracking well against our performance benchmarks.
- Podium Results: Hayden Person - 3rd Place Jr. Nationals Single Moguls. Cassidy Todd - Top 16 Sr. Nationals Single Moguls

## 2016/2017 Season Overview

- 129 Face to Face Days
- 71 On-Snow Days
- 34 Water-Ramp Days
- 32 Trampoline Days
- 63 Dryland Days

## Pre-Competition Volume 2016

- 34 Water Ramp Days
- 32 Trampoline Days
- 63 Strength & Conditioning Days
- 53 On-Snow Days

## Competition Volume 2016

- 20 Training days
- 19 Competition days
- Major Events: Canadian Selections, Senior Nationals, Junior Nationals, Western Canadian Series

#### **HEAD COACH OVERVIEW: KIERA LEUNG**

- Former Vancouver Freestyle Ski Club Athlete and BC Team member.
- 6 Years on Canadian National Team
- TSM 1 & 2
- Air 1, 2, 3, 4
- CPR C Certificate
- Tracking to become competition development trained in 18 months.

Philosophy: Every mogul skier needs a good foundation and basic skill set before they can progress. The process of developing good habits is boring and frustrating at times, but I believe an athlete will become a better skier (and person) if they are willing to be disciplined and focused in their movement.

#### **DEVELOPMENT PLAN**

Focus on foundational skills during May, June Camps.

July and August moved athletes into a more competitive focus. Work competition tricks and skiing specifics.

In October, we will move towards a more competitive environment. Put all athletes through various competition scenarios to prepare them for the season.

End of November into December will be refining each athlete's competition run to ensure that they are ready to peak at the Canadian Selections.

January through to April will focus on refining skills and maintaining strength throughout the competition season.

#### **PROGRAM HIGHLIGHTS**

This year, basing the summer training program out of Whistler allowed us to hire a full-time CSI Pacific trainer. The trainers assigned to us were Andrew Kates and Tai Tran.

Both coaches also work with the Canadian National Freestyle Team and were able to provide the athletes with a comprehensive foundation of physical training. Andrew Kates has stated that any time he is at an event with the Next Gen Team, he will also be able to work with the BC Mogul Team.

Every camp this summer has featured a variety of assistant coaches to better the athletes. (May - Jackie Brown, June - Chris Wong, July - Jim Schiman & Jackie Brown, August - Darcy Downs & Josh Kober.) These coaches have not only provided another point of view for the athletes to reinforce my message, but also to help mentor me as a coach and to advise on the program moving forward. With the assistance of all of these coaches, I am confident we will be able to develop our athletes even further this season.