

Freestyle BC AGM 2019

Coach Report

BC Mogul Team



Josh Kober - Head Coach, BC Mogul Team

2018/2019 Accomplishments & Highlights

Our mogul team is coming off our most successful season in years. In general, the team was extremely strong, consistent, and productive throughout the 2018/2019 competition season. We represented one of, if not the most, well rounded teams in the country, as well as attaining impressive individual results. As a team, we consistently reached domestic podiums at Canada Cup events and gained valuable experience at the international level.

We attained several huge benchmarks as well, highlighted by advancing an athlete directly to the Canadian National Team for the first time in nearly a decade and qualifying 3 athletes to the Canadian World Jr. Team. We had not just one, but *two* of our female athletes compete a 'cork 720' at nearly every event this season which I have reason to believe is a first for Freestyle BC.

Our team is also very proud of our exceptionally low injury rate. Over the last two-and-a-half years we have sustained very few significant injuries. I believe this is a result of our diligent work with our CSI strength and conditioning staff, targeting injury prevention.

Another highlight this off-season has been the inclusion of several ex-national team athletes to our part-time coaching staff. Luke Ulsifer and Jordan Kober have both been huge contributors to our team's success this off-season, as they both provide an extremely high level of coaching and were able to join us for multiple training camps. We have also had the great opportunity to bring in Danika Mazur to work with our athletes during several training camps this off-season.

Notable Results:

- Brayden Kuroda to the Canadian National Team.
- Jessie Linton, Sam Cordell & Brayden Kuroda qualify for Jr. Worlds.
- Canada Winter Games;
 - Men's Moguls - 1st
 - Men's Aerials - 1st
- Canada Cup - Overall Standings;
 - Men's Moguls - 2nd & 3rd
 - Women's Moguls - 2nd
- Canada Cup - Val St. Come;
 - Women's Singles - 2nd
 - Men's Duals - 2nd
 - Women's Duals - 2nd & 3rd
- Canada Cup - Fernie;
 - Women's Singles - 2nd
 - Women's Duals - 2nd & 3rd
- Noram Tour;
 - Representation in $\frac{3}{4}$ men's superfinals
 - VSC Men's Duals - 4th place
 - Valuable experience at this level of competition for entire team
- Canadian Selections;
 - Women's singles - 6th place (3rd place Canadian)
 - Men's singles - 5th place
- Senior Nationals;
 - Women's Singles - 3rd
 - Men's Singles - 5th
- Brayden Kuroda & Kass Todd selected by Freestyle Canada to forerun Mt. Tremblant World Cup.

2019/2020 Priorities

1. Strength and conditioning.

With heavy focus on this side of our training we are predicting a large jump in overall performance. To address this priority we have significantly increased the total amount of volume in this aspect of our training and improved the structuring of athlete S&C programs, both during camps and while at home.

We are currently about halfway through our off-season and already seeing substantial improvement with daily training in terms of both volume and quality.

Our strength and conditioning is lead by S&C coach, Albie Sears, who is returning for his second year with the team. Albie brings an incredible amount of experience and expertise to our program.

2. Nutrition & Mental Performance.

Another strong theme this off season has been improvement of athlete nutrition. We have been working closely with Genvieve Masson, a CSI sport dietician, to aid our athletes in having a more structured nutrition plan, to properly fuel their training and competitions. Increased attention to this area is already having a positive impact on training.

We have also increased the number of sport psych sessions with the CSI's Lauren McBride to assist athletes with general mental performance tools as well as support with specific situations.



3. Coach Professional Development.

A personal priority of mine is to continue my coaching education with the Advanced Coaching Diploma program through the CSI.

This program begins in mid-September and consists of two years of coaching courses, seminars, and workshops all geared towards providing coaches with the tools and resources to bring their respective teams/programs to the highest level.

I am very excited to jump back into this process!

4. Talent Identification

One of the goals for this coming winter is to begin implementing a talent ID camp(s). By doing this, it would help to target up-and-coming club team athletes for future provincial team selection.

This will be a great opportunity for these athletes to get a sample of what provincial level training is like, and to receive technical feedback that they can then apply to their current training program, to better prepare them for the next step.

I have many, many ideas for this but to put it simply; I believe better connecting the provincial team to the club system will have many benefits to the sport in our province.

5. Quality Programming

In addition to the previously mentioned priorities, another is to simply provide our athletes with a quality, well-rounded high performance program. See below for an overview of this year's off season training and competition program.

2019/2020 Program Overview

Off-Season Training (May 11th - December 9th)

- 56 days of on-snow training between;
 - a) Whistler, BC
 - b) Mt. Hood, OR
 - c) Zermatt, CH
 - d) Apex, BC
- 30 days of water ramp and trampoline training between Whistler & Oliver.
- 12 days of fitness and trampoline training in Whistler.

In-Season Training (January 3rd - February 9th)

- 24 days of on-snow training between Whistler & Apex.

Competition Season

- Canadian Selections - Apex, BC
- Noram Tour;
 - a) Deer Valley, UT
 - b) Calgary, AB
 - c) Val-St-Come, QB
 - d) Killington, VT
- Canada Cup;
 - a) Calabogie, ON
 - b) Red Deer, AB
- Junior Nationals - Panorama, BC
- Senior Nationals - Apex, BC
- BC Champs - Whistler, BC

Wrap-Up

After such a successful season, and with the majority of the team returning for another season, we are incredibly excited to see what we can do next year with another full off-season of training under our belts.

Currently we are wrapping up our water ramping season in Whistler with each athlete having further refined their current skills and with many of them adding upgrades to their bag of tricks.

Our next training camp is our annual Zermatt trip in Switzerland, with the departure being less than a month away. This is one of our favourite camps due to quality training on a World Cup caliber course, amongst the top mogul skiers on the planet while getting treated to some amazing scenery.

Thank you to everyone involved in Freestyle BC who have supported myself and the team, and helped us create something truly special. We have an amazing group of athletes and I can't wait to see what they can do!

Thank you,

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Ps. See some photo highlights from last season below!



