



**FREESTYLE
BC** 



Freestyle BC Year-In-Review

With the global pandemic capturing our undivided attention over the past month, it was with no surprise that our competition season had to be abbreviated. In BC we lost out on the BC Championships (Whistler) and our 1st Annual Alumni Invitational (Silver Star). Our High-Performance Athletes also lost out on both the Junior (HP/SS/BA) in Stoneham, Quebec and Senior National (MO) Championships at our very own HP training center, Apex Mountain.

Firstly I would like to recognize the incredible efforts of the host clubs, and resorts to bring us together; it is no small task to prepare these events and to do so without actually being able to deliver is without a doubt deeply disappointing.

Secondly to our team of driven athletes who have committed themselves to excellence, high performance and to become the best possible ambassadors through sport, THANK YOU. Thank you for your commitment to sport during the bright days and for your patience and focus through the down days. Our HP athletes have been a beacon bright light for all people in BC, both on and off our wonder-filled, mountainous, fields of play.

All that said we are happy to report our teams made it home safely when this whole COVID-19 \$#@~storm hit, and they came home with many success stories to share. As a collective group, we can certainly reflect on our year with satisfaction and joy. Both our HP Teams (MO and SS/HP) had outstanding seasons both on and off the competition circuit, and now we can all take a moment to catch our breath and celebrate their dedication to the sport.

It is our HP Team athletes that we often focus on and celebrate as they are both the peak of our performance pyramid and the fuel that supports the base of our foundation. When asked why our sport is so potent, the most consistent reply is **Motivation Through Mentorship**. It is the kind words, shared stoke and the stories created by our older athletes that keep our younger athletes hungry, motivated and driven to achieve excellence.

Sport has been said to be (by many world-class athletes) the great school of life. We agree, and also see the mountains as our humble teachers and the world-class coaches that we support in BC, they are the glue that brings us together. Thank YOU, coaches.



Cole Isfan showing us that Rookies do have GAME!



Jessie Linton takes on the 2020 NorAm overall champion and gives her a run for her money!

[Full Story](#)

Spirit Awards

The Spirit Awards go to the most sportsmanlike and selfless male and female athlete in BC.

Our goal is to celebrate those who live, train and play with integrity both on and off the field of play, as well as teach them the skills needed to be an exciting and engaged ambassador for the sport. Partnerships with brands are becoming harder to earn and even harder to keep; our goal is to educate and reward both our top-performing athletes on and off the field of play to be true champions of our sport. By definition: Sportsmanship is an aspiration or ethos that a sport or activity will be enjoyed for its own sake, with proper consideration for fairness, ethics, respect, and a sense of fellowship with one's competitors.

We at Freestyle BC value these attributes as much as we do our champions. Our "champions" will be provided with a "brand" package and will be given the support needed to be an excellent brand ambassador for the companies that he/she will represent for the season.

This year's Spirit Award winners are:

Trent Walkley (Panorama)

Trent is an all-around super nice kid who is totally comfortable being himself. He's appreciative and friendly. His sweet grandmother drives him every Saturday and Sunday from Kimberley to Pano so he can train the bumps and he's an exceptional mogul skier. Though he is not a podium guy - he has results from EVERY event which is awesome (finished 8th in the overall results).

Catrina Kreciji (Mt. Washington)

Cat has been a part of the freestyle for many years as a club athlete and is well known and well-liked - an all-around good kid on the freestyle scene! She's the one in the start gate with every girl, any age category, any team, blasting her speaker to bring the HYPE! She's also one tough cookie! I've seen her take gnarly bails and come back at it for more. Even though she considers herself a slope athlete, she has always participated in moguls with a smile on her face and with her best effort. She is a beautiful artist and lent this talent to Brayden's memory by creating stickers to hand out to her peers at Sun Peaks. Even though I believe it was truly a dream of hers to pursue competitive skiing, Cat will be aging out and going to school next year for artistic design. However, she is committed to coaching on weekends with MWFC and I know she is going to be the BEST Girlstylerz coach!

Peter and Vickie Dueck Memorial Scholarship

In the spirit of giving opportunity, it is with heartfelt joy that we at Freestyle BC announce the first annual Peter and Vickie Dueck Memorial Scholarship Award winners.

The top three overall athletes, in the male and female categories, competed for a chance to win one of six RESP scholarship packages to further their post-secondary education. These awards are given to the athletes who demonstrated the greatest dedication and ability to perform in all freestyle disciplines | **Moguls, Dual Moguls, Big Air, Slopestyle and Halfpipe.**

Peter and Vickie truly believed in the power of sport, and the value of a good education. This scholarship is aimed to support these values and elevate our athletes to be their best, both on and off our wonder-filled, mountainous, field of play.

BiG love,

Jolene (Lyne) and Joshua Dueck

Female Overall Champions:

Zoe Greze-Kozuki
Ella Garrod
Ainsley MacDonald

Male Overall Champions:

Cole Carey
Matheus Heslop
Landon Owen-Mold



If you are not tuned into the Shred'it online video contest, you should be. Check out the contest and our content on Instagram: [@freestylebc](#)

Full contest details can be found [here](#). Be sure to post your best edit before **April 19th!**

Coach Development - Online Opportunities

Support networks for coaches and athletes:

- CSI Pacific Webinar - [Youtube](#)
- Mental Health Resources - [BC Government](#)

Development for your coaching skills:

NCCP eLearning Courses

- [Making Headway](#)
- [Making Ethical Decisions](#)
- [Emergency Action Plan](#)

NCCP Online Deliveries

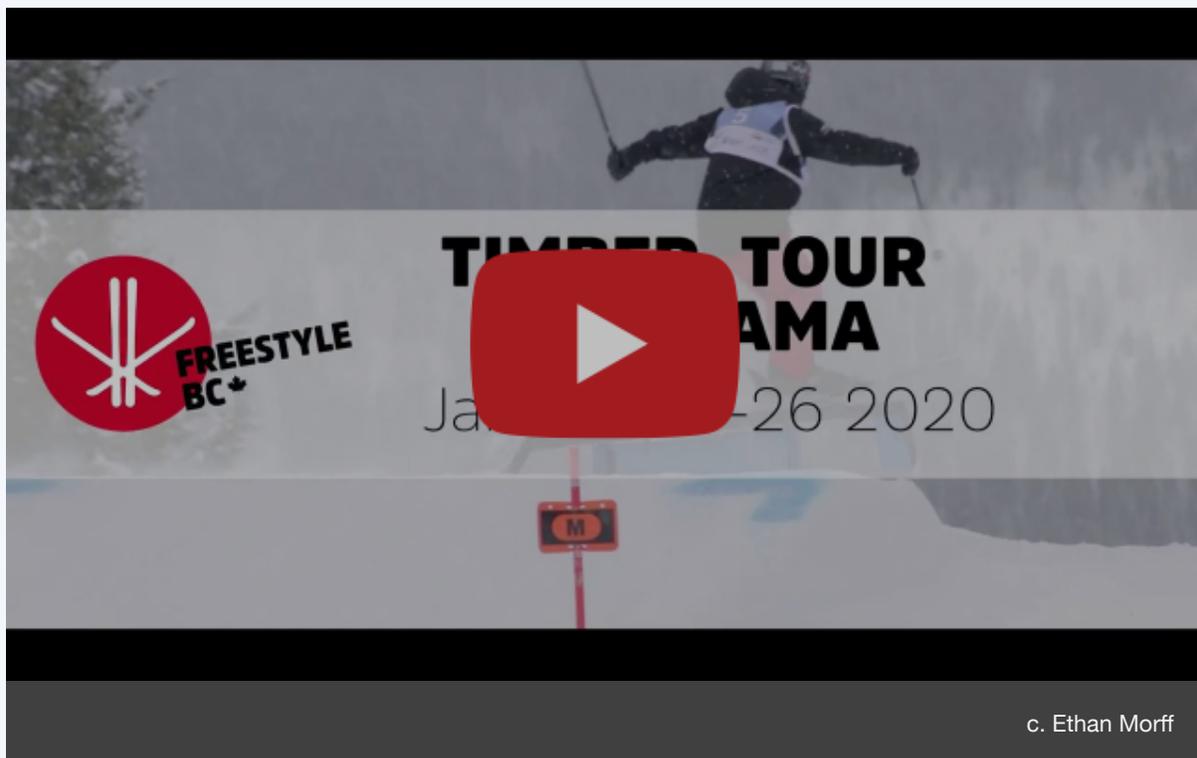
- [International Coaching School 2020](#)
- [Planning a Practice](#)

Headstart Pro

[HeadStartPro](#) is promoting a 50%-off Train On Sale, now through May 31st. Like FBC, we want coaches and athletes to train on during these uncertain times. It's good to feel productive while physical distancing and self-isolating, and the online training will hopefully help! Discount code: "TrainOn50"

SafeSport

<https://coach.ca/safe-sport-training>



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Stay Connected



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