



CONGRATULATIONS!

You have been selected for the 2021 - 2022 BC Park & Pipe Prospect Team.

The BC Prospect Team comprises the best development park and pipe skiers in the province who will represent BC in Provincial, National and International competitions. The goal of the Provincial Development Team program is to advance sport-specific technical & tactical skills, develop a strong set of personal traits & values associated with success on *and* off the hill, and to offer high-level competition opportunities in a supportive & positive team atmosphere. The ultimate goal of the program is to qualify athletes for Provincial Team and the Canadian National Slope or Halfpipe Team and prepare them for continued success on the World Cup & Olympic stage.

"High performance." Merriam-Webster Dictionary;
"better, faster, or more efficient than others"

The values of this program are consistent with the true definition of high performance and we as a program are committed to delivering a training regiment that corresponds to this philosophy. We expect that our athletes share this philosophy in regards to their daily training habits and commitment to the program and consistently work towards becoming the very best they can be.

The Provincial Prospect Team Program is a step up in commitment from the club level of our sport and the demands associated with the program are not for everyone. Athletes who take the step up from their club program can anticipate a very large increase in; training volume, travel, missed school and time/energy/financial commitment.

This high-performance program aimed to align the top athletes in the province with the best technical coaches and support staff. Athletes selected to become a part of this program will aim to achieve excellence on the Canada Cup Tour, Jr. Nationals, FIS NorAm Tour, and other select events given the season.



OVERVIEW

- Athletes are required to attend fitness testing at the request of the coaching staff.
- Athletes commit to a fitness program commencing in August 2021, laid out by the Canadian Sport Institute (CSI) strength & conditioning staff. Programming is provided by CSI and athletes must follow the training schedule/program when away from camp.
- Athletes must partake in annual Functional Movement Screenings and fitness testing. These screenings provide vital information to our injury prevention systems and integrated support teams. Athletes unable to attend initial sessions must reschedule an individual session.
- Athletes are required to establish a relationship with a fitness gym in their hometown. BC Team athletes will receive carding through the Canadian Sport Institute that provides complimentary gym access across most regions of BC.
- Athletes must log their progress on hill and at the gym at the request of their coaches for evaluation.
- Team athletes must attend 75% of scheduled training camps as per the athlete agreement. Athletes will have the opportunity to work with the head coach to make exceptions if necessary.
- The program consists of over 40 training days throughout the season.
- Athletes will attend Timber Tour, Canadian Cup Tour, NorAm and select additional events. **BC Team athletes must attend Timber Tour events if there are no conflicting competitive events.**

Program Benefits

- Athletes will receive CSI Carding. Receiving CSI Carding provides many benefits to enhance athletic performance. Benefits can be found here: <https://www.csipacific.ca/athletes/benefits/>
 - Gym Works - Free access to gyms in your community
 - Community Partners - Discounts and free products/services from various companies in your region
 - Food Stuff - Discounted food from restaurants and grocery stores in your region
 - Grants and Bursaries - Apply for grants and bursaries only applicable to CSI Carded athletes
 - Medical Resources - Get special access to Medical Resources in your



community.

- Athletes will get the opportunity to work along with the BC Team athletes and coaches. This is to help bridge the gap between club and provincial athletes so when the athlete moves up to the Provincial Team, they will be prepared for the demands of the program.
- Athletes will get access to Coach Development at a discounted rate. We understand the importance of developing athletes into coaches. This also provides athletes with employment opportunities and a better understanding of their own athletic capabilities.
- Athletes will be receiving extra training opportunities to support their development towards high-level competitions. Training will be done at the best facilities in Canada like Maximise Progression Bags, Yukon Pre-Season, Whistler Water-Ramps, and Whistler Spring Park.
- Athletes will be eligible for a CWSAA Pass. This pass provides athletes with access to the majority of ski resorts in Western Canada all under one pass. See further details below under the CWSAA Competitors Pass section.



COACHING

Graham Pollock - Head Coach

Graham is a Competition Development Coach out of Whistler, BC. He has a strong background of Head Coaching at Silver Star Freestyle, Yukon Freestyle, and Whistler Freestyle. Graham is as technical as it gets to progress athletes in performing the most high-difficulty tricks. With a Bachelor of Business from UBCO, Graham also comes to the team with strong business and management skills to deliver a well established program ticking off all the boxes of high-performance.

Shondra Charbonneau - Assistant Coach

Shonny is a Comp Dev Coach originally from Ottawa, Ontario. She competed on the international stage in the World Cup Circuit in Slopestyle and Big-Air. Now residing in Whistler, BC, Shonny is a club coach working with top level athletes for Whistler Freestyle and Vancouver Freestyle. With a competitive background and Comp Dev credentials, Shonny will provide a well rounded program for the athletes to progress.

Haydn Person - Assistant Coach

Haydn is the Head Coach for the Silver Star Freestyle Club. A former competitive mogul skier who is no stranger to the park & pipe. Haydn is a great addition to the programming with technical knowledge of the sport and a well rounded background of high-performance.



TEAM FEES

Team Fees will be based on a per-camp basis. The Park&Pipe Prospect Team will be involved with extensive travel to the best training grounds in the country. This requires team travel to Maximise in Quebec, and Pre-season Big Air training in the Yukon. We suggest that athletes take part in as much high-performance training opportunities that they can. However, we understand that this comes at a significant financial commitment. Therefore, athletes will be billed on a per-camp basis.

Team fees include:

- Video and training equipment.
- Various sport-specific information seminars
- Strength and conditioning coach and fitness testing through the Canadian Sport Institute.
- Gym access to the Canadian Sport Institute facility in Whistler and access to community centre gyms throughout BC.
- On-Snow Coaching, goal setting and long term planning.

Based on these implications, our expectation is that a standard of excellence & commitment be maintained as a member of the team.



OTHER EXPENSES

In addition to team fees, there is a significant cost for team travel. Athletes will be responsible for the following:

- Independent travel cost all year: ground transportation, flights, hotel, lift tickets, and food.
- Event Entry Fees (\$150 to \$600 per event).
- Lift ticket and facility access, including non CSI gym access
- Water ramp and airbag fees.
- Trampoline time and dryland training costs.
- Cell phone capable of text messaging and data plan. This is essential for athlete tracking, daily health monitoring, injury prevention, etc.

While traveling, athletes must have the ability to cover personal expenses. Credit card is the most commonly accepted payment form.

Historically the cost of a prospect team athlete undertaking all required training and events would be between \$10,000 and \$20,000, not including the above noted, team fee.



ATHLETE REQUIREMENTS

The BC P&P Prospect team has been developed to allow athletes to reach the Provincial Team and Canada Freestyle Ski Team. Our main funding partner, viaSport, as a tier 1 high-performance sport, currently recognizes the program as we have a conversion rate of provincial athletes to the National team of over 25%. In order to maintain our current funding levels with government spending on high-performance sport; athletes must adhere to the program requirements to ensure a successful experience for the athlete and a sustainable program for future generations.

- Athletes must attend 75% of scheduled training camps.
- Athletes must continue training with their home club.
- Athletes must meet fitness testing benchmarks set out by the program staff.
- Athletes must agree to the terms in the athlete agreement and code of conduct.
- Parents must agree to the terms in the parent agreement and Freestyle BC general code of conduct.
- No alcohol or marijuana permitted at any team training camp or event.
- Athletes that do not adhere to the program requirements and are not tracking against the benchmarks set out by the Freestyle Canada Podium Pathway will be asked to leave the program.
- For high-school aged athletes the program presents the challenge of balancing the team with academics. Through the process of young athletes managing this balancing act, we have observed development of time management skills, discipline, and work ethic, all critical characteristics of high-performance athletes and qualities that serve well in life beyond park skiing.
- Due to significant costs associated with the sport, we understand that athletes may seek employment to help fund their career. We are in full support of this notion however any employment opportunities must have minimal effect on athlete attendance. Exceptions can be made in certain circumstances, however they must be communicated prior to entering the team agreement.



LOGISTICS

This program does require a large amount of travel. In an effort to streamline this process and make travel easier for all involved, all deadlines and travel windows will be set to ultimately allow for the best performance of team members. Due to the reality of our team size parent chaperones are encouraged and at times are essential to the delivery of our programs.

Plane Tickets

Travel windows and coaches' travel itinerary will be sent to the athletes for all trips. Each individual will be responsible for booking his or her own flights and for arriving within the travel window. Athletes who arrive outside the travel window will be responsible for arranging their own transport from the airport. Coaches require a copy of all flight itineraries to be prepared for flight cancellations or other unforeseen circumstances.

Accommodation

It is preferred that all athletes together when travelling away from major training centers. Athletes will be accountable to pay for hotel costs directly at the hotel unless prepayment is required in which case the athletes will be invoiced by the association for incurred costs. Athletes will be responsible for any cancellation fees. To make it possible for the coach to book accommodation, athletes must respond by the requested deadline to be included in the group booking.

Cost-effectiveness is a priority when booking accommodations, and quality options (proximity, etc.) can be difficult to secure, especially when booking for a large group.

As recommended by the Coaching Association of Canada and viaSport, Freestyle BC will comply with the Rule Of Two. Freestyle BC coaches will not be permitted to stay in the same accommodation as athletes. For this reason, we ask that the parents work together to provide sufficient supervision and chaperoning for athletes while away at team camps or events.

Ground Transport

Ground transportation is not included in the coaching fee and will be invoiced to the athletes.



TEAM EXPENSES

At times group bookings will be made on behalf of the team for items such as facility rental, accommodation and ground transportation. Athletes will receive invoices for their portion of the expenses from Freestyle BC.

Athletes will be charged a deposit before training camps and then reconciliation will be provided based on the actual costs incurred. Interac Email Money Transfer is the preferred method of payment.

Athletes must stay up to date with their expense account to be eligible for team activities. Invoices are to be settled within 30 days of distribution.

REFUND POLICY

The Freestyle BC refunds policy for team fees can be [found here](#).

CODE OF CONDUCT

Athletes will be required to sign a 2021-2022 BC Team athlete agreement before participating in any team activities.

ATHLETE INSURANCE

Athletes are required to have a FIS Athlete license + Out of Country insurance, purchased through Freestyle Canada.

CWSAA COMPETITORS PASS

BC Prospect athletes will be eligible for a Canada West Pass All Areas Pass. A Canada West Pass allows high-performance athletes to ski at all ski areas in Western Canada. Freestyle BC is given the opportunity to distribute a given number of these exclusive passes each season.



The number of passes given to Freestyle BC is based on the number of FIS competitive athlete members in BC. These passes are distributed as to guidelines set out in the BC Selections Criteria. CWSAA passes remain in the property of Freestyle BC and CWSAA. The privileges offered by the pass may be revoked and cancelled without refund for misconduct or failure to comply with regulations of the area operator.

Freestyle BC also reserves the right to revoke the athlete's pass for misconduct on the BC team at any time. There is a replacement cost for lost CWSAA passes.

CWSAA passes are only valid during regular resort operations and expire April 30 each year. Pre and post-season training camps will have an additional cost for lift access; the individual resorts set rates.

EQUIPMENT

All athletes must have two pairs of skis, boots that allow them to achieve proper body position, two pairs of poles and multiple goggle lenses for varying conditions. Skis are required to be tuned to a suitable standard.

COMMUNICATION

The coaches and the High Performance Director are available to address any comments, questions and concerns from athletes. As this program is aimed at preparing athletes for the Provincial Team, athletes are required to handle their own daily communication with coaches and support staff. All major team updates (training camp dates, travel logistics) will be communicated to all athletes & their parents via email however the vast majority of day-to-day communication (daily schedules, specific training plans, ride shares) will go directly from coaches to athletes. Our current form of daily communication is through the Facebook messenger platform. It is the athletes' responsibility to be diligent in staying up-to-date with all coach/athlete communication. All athletes are required to have an email address and should check their email daily.



PARENTS

Parents play a critical role in an athlete's success. Athletes need their parents and coaches to work together in their respective roles to ensure the best possible experience.

Freestyle BC coaches are accountable to the Freestyle BC High-Performance Committee. The committee's primary responsibility is to work with coaches to ensure communications; strategic planning and sustainability needs are met. The committee will be made up of 2-3 individuals and/or athletes from the team. The committee or the Freestyle BC president will name one person on the committee chairperson. Staff and other committee members will report to the chairperson of the committee. The chairperson of the committee will report to the Freestyle BC Board of Directors.

Tentative 2021-2022 Camp Training Season Schedule

Whistler Water-Ramp/Trampoline/Fitness Testing

August 16 - Water-ramp/trampoline/CSI Services
August 17 - Water-ramp/trampoline/CSI Services
August 18 - Water-ramp/trampoline/CSI Services
August 19 - Rest Day
August 20 - Water-ramp/trampoline/CSI Services
August 21 - Water-ramp/trampoline/CSI Services
August 22 - Water-ramp/trampoline

Maximise Progression Bag Training (Quebec)

August 24 - Travel Day
August 25 - Progression bag training/trampoline (Quebec)
August 26 - Progression bag training/trampoline (Quebec)
August 27 - Progression bag training/trampoline (Quebec)
August 28 - Rest Day
August 29 - Maximise Progression Bag Training (Quebec)
August 30 - Maximise Progression Bag Training (Quebec)
August 31 - Maximise Progression Bag Training (Quebec)
September 1 - Travel Day

Water-Ramp/Trampoline/Fitness Training Whistler *Dates TBA

September 3- Water ramp training/Fitness session



September 4 - Water ramp training/Fitness testing
September 5- Water ramp training/Functional Movement Screening
September 6- Rest Day/Mental Performance Training/Nutrition Seminar
September 7- Water ramp training/fitness session
September 8- Water ramp training/Team activities
September 9- Water ramp training/Team activities

Maximise Progression Bag Training (Quebec) *Dates subject to change

October 19 - Travel Day
October 20 - Progression bag training/trampoline
October 21 - Progression bag training/trampoline
October 22 - Progression bag training/trampoline
October 23 - Rest Day
October 24 - Maximise Progression Bag Training (Quebec)
October 25 - Maximise Progression Bag Training (Quebec)
October 26 - Maximise Progression Bag Training (Quebec)
October 27 - Travel Day

Pre-Season Yukon Slopestyle/Big Air *Dates TBA

November - Travel Day
November - Big air training
November - Big air training
November - Big air training
November - Rest day
November - Big air training
November - Big air training
November - Big air training

*Athletes may also be staying to compete at the Canada Cup if the first stop concludes in the Yukon.

Spring Training Whistler (April/May) *Dates TBA

April - Slopestyle/half-pipe/Fitness
April - Slopestyle/half-pipe/Fitness
April - Slopestyle/half-pipe/Fitness
April - Rest Day/CSI Service Sessions
April - Slopestyle/half-pipe/Fitness
April - Slopestyle/half-pipe/Fitness
April - Slopestyle/half-pipe/Fitness



REGISTRATION

If you wish to accept your spot on the team, please sign below and send to the High Performance Director, Cameron Smith via email by July 9, 2021.

Please contact our office with any questions you may have.

Thank you,

Athlete Name:

Athlete Signature:

Date:

Cameron Smith | Sport Development Manager

CSmith