



CONGRATULATIONS!

You have been selected for the 2021 - 2022 BC Mogul Prospect Team.

The Freestyle BC Prospect Team comprises the best development mogul skiers in the province who will represent British Columbia in provincial, national, and international competitions. The goals of the Freestyle BC Prospect Team program are to advance sport-specific technical & tactical skills, develop a strong set of personal traits & values associated with success on and off the mogul course, introduce sport-specific strength and conditioning programming, and to offer high-level competition opportunities in a supportive & positive team atmosphere. The ultimate goal of the program is to qualify athletes for the BC Mogul Team and from there the Canadian National Mogul Team with the intent to ensure they are prepared for continued success on the World Cup & Olympic stage.

Citius, Altius, Fortius
"Faster, Higher, Stronger"

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, their commitment to the program, and to consistently work towards becoming the very best they can be.

The 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. It takes a very dedicated and passionate athlete to successfully manage the challenges of the program.

This high-performance program aims 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 & BENEFITS

The Prospect Team provides auxiliary coaching and support services for existing BC club athletes. It is intended to augment these athletes' existing programs with their clubs – not to replace them. As part of the Prospect Team, athletes will receive the following access and benefits:

- The program consists of over 30 technical training days, including 18 days throughout the summer/fall season and 12 days throughout the winter/spring season. Training will be held at the best facilities in Canada, including Apex Pre-Season, Maximise Progression Bags, Yukon Pre-Season, Whistler Water-Ramps, and Whistler Spring Park (discipline dependent)
- Athletes will attend Timber Tour, Canadian Cup Tour, Canadian Selections, Junior Nationals and select additional events.
- Athletes will be provided with a year-round strength and conditioning program commencing in July 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
- Access to Functional Movement Screenings and fitness testing conducted by the CSI Pacific. These screenings provide vital information to our injury prevention systems and integrated support teams, along with allowing tracking and tailoring of strength and conditioning programs.
- Athletes will receive CSI Carding. Receiving CSI Carding provides many benefits to enhance athletic performance. Benefits can be found: 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 athlete to allow athletes that advance to the BC to be better prepared for the demands of the program
- 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 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.



ELIGIBILITY & REQUIREMENTS

The BC Prospect Team has been developed to enable athletes to reach the BC Team and the Canadian National Team. Our main funding partner, viaSport, recognizes our program as part of a Tier 1 high performance sport, as we have a conversion rate of provincial athletes to the National team of over 25%. In order to maintain our current government funding levels, athletes must adhere to the program requirements to ensure a successful experience for both the individual and to allow a sustainable program for future generations.

Athletes are required to:

- Be registered in a Freestyle BC club program. Athletes will need to identify their club coach to Freestyle BC. The athlete's club coach is required to submit a YTP (Yearly Training Plan) to Freestyle BC at the beginning of their training year.
- Have an active membership with Freestyle Canada indicating that they are part of a Freestyle BC registered club.
- Have no outstanding debt with Freestyle BC (member in good standing)
- Meet the definition of a BC athlete. In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.
- Complete the True Sport Clean 101 education module (access to be provided)
- Attend fitness testing at the request of the coaching staff
- Commit to a year-round fitness program commencing in July 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
- Partake in an annual Functional Movement Screenings and Fitness Camp in the Fall. 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.
- Establish a relationship with a fitness gym in their hometown. BC Prospect Team athletes will receive carding through the Canadian Sport Institute that provides complimentary gym access across most regions of BC
- Log their progress on-hill and at the gym at the request of their coaches for tracking and evaluation.
- Attend 80% of scheduled training camp days
- Meet the technical, physical, and competition (event) benchmarks detailed in Schedule B.
- Adhere to a no alcohol or marijuana policy at all training camps and events
- Agree to and sign the terms in the athlete agreement and code of conduct.

Athletes that do not adhere to the program requirements may be asked to leave the program. Parents must also agree to the terms in the parent agreement and Freestyle BC general code of conduct.



COACHING

Nathan Bundschuh - Nate is the Head Coach of the Panorama Freestyle Club and a highly skilled mogul skier. He was formerly a provincial mogul team athlete before entering the role of coaching. With a passion for sport development and an understanding of high-performance, the Prospect Team athletes are set for a strong program. Nate will be a lead coach for the Kootenay region and help with camps in the Okanagan at Covert Farms Water Ramps and Apex Resort.

Kristi Richards - Kristi is a 2 x Olympian and the Director of Apex Freestyle Club. Her experience in professional skiing and technical knowledge of mogul skiing will provide the athletes of the Prospect Team with exceptional coaching opportunities and programming. Kristi will be a lead coach in the Okanagan for training camps at Covert Farms and Apex Resort.

Danika Mazur - Teacher, skier, coach and the program Director of Girlstylerz. Danika comes with a wealth of knowledge and expertise in the sport of Freestyle Skiing. She is dedicated to providing athletes with high-level programming to continue to increase skill and athleticism. Danika will be helping manage the Prospect Mogul Team and coaching at camps and competitions across the province.

Working with the BC Mogul Team

In addition, the Prospect Team will be training alongside the BC Mogul Team as much as possible. This initiative is to bridge the gap from club to provincial teams. The athletes will be able to connect with the provincial coaches and athletes to build relationships and to understand the training atmosphere.

Josh Kober - Head Coach BC Mogul Team

Josh is a highly qualified competition development trained mogul coach and has completed the Freestyle Canada Supercoach program. This is the highest level of mogul technical coach training available in Canada. Josh is going into his fifth year with the BC Mogul Team and has several additional years of Head Coaching experience at the club level. Josh has significant competitive experience, having completed several successful seasons on the FIS NorAm mogul tour as a member of the CSI NextGen program. Josh's coaching philosophies are in alignment with our program's definition of high-performance. He believes that passion, discipline and focus are key values in having success in mogul skiing, and in life



FEES & EXPENSES

TEAM FEES

Athlete team fees will be on a per-camp basis. Fees will be to cover Coaching Fees, Canadian Sport Institute IST Services, and lane fees. Other camp fees may be billed to the athletes and their parents for services above and beyond the regular program. All additional fees will be communicated well in advance to the activity.

Team fees include:

- Coaching - On snow, Airbag, Water-Ramp, Trampoline, goal setting, and long term planning
- Canadian Sport Institute Resources:
 - Mental Performance
 - Sport Nutrition
 - Strength and Conditioning
 - Fitness Testing
 - Functional Movement Screening
- Video and training equipment.
- Various sport-specific information seminars
- Gym access to the Canadian Sport Institute facility in Whistler and access to community centre gyms throughout BC.

The overall program budget is reviewed and approved by the Freestyle BC board of directors. Team fees are subject to change should our funding change or modification of the program budget by the Freestyle BC board.

OTHER EXPENSES

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

- Travel costs, including ground transportation, flights, hotel, lift tickets, and food.
- Event Entry Fees (\$150 to \$500 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 widely accepted payment form, and it is highly recommended that athletes have access to one.



TEAM EXPENSES & INVOICING

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](#).



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.

FLIGHT ITINERARIES

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 be 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. Although athlete comfort is a priority, situations may arise that require an athlete to sleep on a pull out or couch.

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 Prospect Team parents work together to provide sufficient supervision and chaperoning for athletes while away at team camps or events.

GROUND TRANSPORTATION

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



EDUCATION & EMPLOYMENT

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 freestyle skiing.

Balancing education with a sporting career will continue to be a fact of life for athletes that advance from the Prospect Team to BC Team to National Team, as their educations often advance in lock step from high school to university or other education opportunities. Freestyle BC encourages athletes selected for this program to engage with their teachers and principals regarding the demands on their time, and is happy to provide letters of support where needed.

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 as a means of financing their sport, 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.

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

Prospect Team 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 according 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 reserves the right to revoke the athlete's pass for misconduct on the Prospect 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 Sport Development Manager are available to address any comments, questions and concerns from athletes. As this program is aimed at preparing athletes for the National 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.

The athlete should communicate regularly regarding strength and conditioning, travel, equipment, selections and scheduling to program staff.

We ask that parents work with the athlete to foster communication between the athletes and coach directly. Learning how to manage and communicate through email is a key skill that we want our BC athletes to develop for their future careers. In an effort to allow the coaching staff to focus on providing the highest level of service for the team athletes, questions or concerns from parents should be directed to the Sport Development Manager.

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.



REGISTRATION

If you wish to accept your spot on the team, please sign below and send to the Sport Development Manager, 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



SCHEDULE A

TENTATIVE 2021-2022 CAMP TRAINING SEASON SCHEDULE

Water Ramp Camp Covert Farms: August - Dates August 6-12, 2021

Coaches: Danika Mazur, Nate Bundschuh and Kristi Richards

Estimate Price: \$650 + travel expenses (food, travel, accommodation)

August 6 - Water ramp training/team activities

August 7 - Water ramp training/team activities

August 8 - Water ramp training/team activities

August 9 - Rest Day/team activities

August 10 - Water ramp training/team activities

August 11 - Water ramp training/team activities

August 12 - Water ramp training/team activities

Water Ramp & Fitness Camp: September - August 29-September 4th 2021

Coaches: Danika Mazur, Kristi Richards, and Nate Bundschuh

Estimate Price: \$650 + travel expenses (food, travel, accommodation)

August 29- Water ramp training/Fitness session

August 30 - Water ramp training/Fitness testing

August 31 - Water ramp training/Functional Movement Screening

September 1 - Rest Day/Mental Performance Training/Nutrition Seminar (TBA)

September 2 - Water ramp training/fitness session

September 3- Water ramp training/Team activities

September 4 - Water ramp training/Team activities

Apex Pre-Season On Snow Training - November - Dates subject to change

Coaches: Kristi Richards & Nate Bundschuh & Danika Mazur

Estimate Price: \$600 + travel expenses (food, travel, accommodation)

November 20 - On hill skills training/fitness session

November 21 - On hill skills training/fitness session

November 22 - On hill skills training/fitness session

November 23 - Rest Day/Team activities

November 24 - On hill skills training/fitness session

November 25 - On hill skills training/fitness session

November 26 - On hill skills training/fitness session



Extra Training Outside of original Athlete Agreement *TBA

Whistler Spring On-Snow Training - April/May - Dates TBA

Coaches: Danika Mazur & Kristi Richards

April - On hill skills training/fitness session

April - On hill skills training/fitness session

April - On hill skills training/fitness session

April - Rest Day/CSI Services Sessions

April - On hill skills training/fitness session

April - On hill skills training/fitness session

April - On hill skills training/fitness session



SCHEDULE B

TECHNICAL, PHYSICAL, AND EVENT BENCHMARKS (MOGULS)

PHYSICAL

Test	Female Standard	Male Standard
Beep Test	Stage 7.5	Stage 10
Squat Jump	23cm	38cm
Counter Movement Jump	25cm	40cm

TECHNICAL

Skills (Moguls)	Female Standard	Male Standard
Ski	Balanced body position throughout proper range-of-motion, correct turn initiation in rollers, overall stable body position, introduced to methods of speed control, full mogul runs	Balanced body position throughout proper range-of-motion, correct turn initiation in rollers, overall stable body position, introduced to methods of speed control, full mogul runs
Jumps	2 airs in mogul run, strong body position on take-offs, strong landings with consistent ski-outs, 360, back tuck, grabs	2 airs in mogul run, strong body position on take-offs, strong landings with consistent ski-outs, 360, back tuck, grabs
Trampoline Acrobatic Skills	<p>On-axis forward: porpoise, 3/4 front, barani ballout, barani (tuck, pike, layout)</p> <p>On-axis backward: 3/4 back (tuck, pike, layout) back (tuck, pike, layout), 180 to stomach, arabian 3/4</p> <p>Off-axis: all progression skills landing on back or stomach depending on direction</p>	<p>On-axis forward: porpoise, 3/4 front, barani (tuck, pike, layout), 1 3/4 front, rudi</p> <p>On-axis backward: 3/4 back (tuck, pike, layout) back full, 1 1/4 back</p> <p>Off-axis: all progression skills landing on back or stomach depending on direction, cork 7</p>
Water Ramp Acrobatic Skills	Strong fundamentals and with extensive invert experience, 360, front and back tuck	360/720, front tuck, back (tuck, pike, layout), grabs, cork 7, intro to back full

EVENT

1000 or great Freestyle BC RPA points from the highest four events shown in the last competition year.