

Freestyle BC AGM 2021

Coach Report

BC Park & Pipe Team

Mike Head - Head Coach, BC Park & Pipe Team



Season Overview

The 2020-2021 season was a very different year for the BC Park and Pipe team. After an abrupt ending to the season in March 2020, the team re-focused on athlete and skill development. Despite the late start and several huddlers opening/closing training venues, the Park and Pipe team was able to deliver a successful training season.

2020-2021 Team Roster - LTAD 'Learn to Compete' and 'Train to Compete':

1. Evan Bush
 2. Skye Clarke
 3. Andre Dreyer
 4. Caoimhe Heavey (new recruit)
 5. Alec Henderson
 6. Cole Isfan
 7. Steven Kahnert
 8. Stephen Lindsay-Ross (new recruit)
 9. Ben Lynch
 10. Kai Martin
 11. Leif Wilson
 12. Mitch Steven
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Coaching

Head Coach- Mike Apps

- Third season working with BC team
- Slopestyle Comp Dev trained
- UBC Master of Kinesiology graduate

Assistant Coach- Noah Morrison

- Second season working with BC team
- Team BC/ Canada alumni
- Former World Cup and X-Games Competitor

Guest Technical Coaches

- Sebastien Berthiaume
- Graham Pollock
- Cole Melin
- Ahren Stein
- Mark Hendrickson
- Kalissa Lolos
- Yuki Tsubota
- Shondra Charbonneau
- Cam Smith

Canadian Sport Institute Support

- Lauren Lipsus/ Sven Bornemann- Strength and Conditioning
- Genvieve Mason- Nutrition
- Dr. Lauren McBride- Sport Performance Consultant

Program Delivery

- On-snow Training x 65 (Sunshine AB, Whistler Blackcomb, Grouse, Seymour, Winsport AB)
- Water Ramps x 18 (Whistler, Oliver)
- Progression Airbag x 15 (Maximise, Quebec)
- Trampoline x 13 (Squamish, Whistler)
- Strength and Conditioning x 60 (Whistler)
- Seminars/Education x 5 (virtual)

2021-2022 Accomplishments & Highlights

Men's Slopestyle/ Big Air/ Halfpipe:

- Ben Lynch- 1st in Open TT BA + SS
- Alec Henderson, 2nd Open TT SS
- Steven Kahnert named as an official prospect for the national halfpipe team

Women's Slopestyle/ Big Air/ Halfpipe:

- Caoimhe Heavey- 2nd in Open TT BA, 2nd in Open TT SS
- Skye Clarke- 1st in Open TT BA.
- Skye Clarke- 2020 Female 'Level 1 Superunknown'

Benchmarks Achieved

Due to all competitions being cancelled this past season, most of the team's training focused on providing athletes with the skills necessary to be competitive on the Nor AM and towards Freestyle Canada's Gold Medal Profile standards of 'Learn to Compete' and 'Train to Compete'.

Males:

Male Benchmark Jumps/ Pipe		
L2C	3-way doubles All ways 10's Fwd 9 in pipe sw. 7 in pipe	8 of 10 athletes 7 of 10 athletes 4 of 10 athletes 7 of 10 athletes
T2C	4-way doubles dub 16 double on shark fin or pipe	3 of 10 athletes 1 of 10 athletes 5 of 10 athletes

Male Benchmark Rails		
L2C	all 8 270 on/ off 3 ways 450 on/ off 360 switch up Back 8 out Front 6 out Combo swap 270 out	6 of 10 athletes 6 of 10 athletes 10 of 10 athletes 8 of 10 athletes 9 of 10 athletes 8 of 10 athletes
T2C	Cork 8 out 4/b 3 swap All 8 2p/ 2c2	5 of 10 athletes 7 of 10 athletes 5 of 10 athletes

Male Physical Benchmarks				
	Beep Test	Squat Jump	CMJ	Hex Rail
2020 Average (mean)	Level 10.32	35.75 cm	39.95 cm	No Data
2021 Average (mean)	Level 11.23	40.37 cm	43.2 cm	24.32
FC L2C/ T2C Standard	Level 11	38 cm	40 cm	No Data

Females:

Female Benchmark Jumps/ Pipe		
L2C	3-way 540 Rodeo 5 Cork 7 Misty 5	2 of 2 athletes 1 of 2 athletes 2 of 2 athletes 2 of 2 athletes
T2C	All-way 7s sw. 10 Both way cork 9	1 of 2 athletes 0 of 2 athletes 0 of 2 athletes

Female Benchmark Rails		
L2C	All 8 way on All way 2 out 1 450 out swap to 270 out comb	2 of 2 athletes 2 of 2 athletes 2 of 2 athletes 2 of 2 athletes
T2C	270 on switch 270 on BSB2,FSF2	2 of 2 athletes 1 of 2 athletes 2 of 2 athletes

Female Physical Benchmarks				
	Beep Test	Squat Jump	CMJ	Hex Rail
2020 Average (mean)	No Data	27.40 cm	28.26 cm	23.01
2021 Average (mean)	Level 7.9	32.38 cm	33.29 cm	23.15
FC L2C/ T2C Standard	Level 8.5	25 cm	27 cm	No Data

2021-2022 Program Development

Due to the lack of competitions and no movement onto the national team, we have decided to concentrate our efforts on our returning athletes. We were very pleased with the efforts the athletes put into their training and their age/ stage of development are appropriately placed together. Our primary goal remains to place athletes on the Canadian Next Gen team, to do so, we are doing the following in the 2021-2022 season;

Off- Season/ Pre Season Training (May 10th- December 1st):

72 days of training on-snow, on water ramps/ airbag, on trampoline or in the gym.

- a) April/ May- Calgary Olympic Park and Sunshine Village (snow)
- b) June/ July- Whistler/ Squamish (gym, trampoline, water ramps).
- c) July/ August- Maximise, QC (progression bag).
- d) September- Squamish, BC (trampoline).
- e) October- Saas Fee, Switzerland (on snow)
- f) November- Mount Sima (on snow).

In- Season Training (December 01st- March 10th):

28 days of on-snow training Whistler, Sun Peaks or Calgary Olympic Park

Competition Season:

40-50 days of on-snow competition preparation at the locations below;

National Events:

1. Junior Nationals, PEI.
2. Senior Nationals, Calgary.

Canada Cup Events:

- 1) Mount Sima, YK
- 2) Sun Peaks, BC
- 3) Mount St. Louis, ON

Noram Tour:

1. Mammoth, CA
2. Aspen Open, CO
3. Calgary, AB
4. Copper, CO
5. Stoneham, QC

Priorities:

For the 2021-2022 the park & pipe program have identified the following points as priorities to further the delivery of our program:

1. Performance at Competitions: Prioritize and taper for the appropriate competitions. Making Nor Am finals will be the primary objective for the team. This season we will continue to do a hybrid of Noram/ Canada Cup Competitions, attendance is based on the individual athlete's goals.
2. Skills Development: Continue to safely focus on athlete's skill development throughout the season. Progressively strive to meet the benchmarks set by Freestyle Canada's Gold Medal Profile to transition athletes onto the national team.
3. Talent Identification: Further collaboration with regional clubs to identify prospects for the provincial team.
4. Application Multidisciplinary Programming: The team has seen tremendous value with CSI's resources while training in Whistler. We hope to apply these resources into competition this season to ensure athletes have the best results possible.

Challenges:

We have identified the following issues with the program's delivery in the past season that we would like to address.

1. Under-Representation of Female Athletes: Only two of the athletes on our team are currently female. We hope to increase this number next year by targeting the appropriate athletes at the club level and communicating with their coaches to encourage the appropriate skill development to have them join for the 2022-2023 season. We will continue to collaborate with the Girlstylerz initiative to ensure that we are creating a training environment that is inclusive to all genders. We also hope to have better representation by hiring female coaching staff when possible
2. Injury Prevention: The team may be at an elevated risk of injury as their rate of performance continues to increase. To counter this, we will need to prioritize strength & conditioning, implementing proper warm-up protocols and allotting appropriate recovery time during camps.

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3. Halfpipe Skill Development: We will continue to build and refine a program that encourages athletes to compete at both slopestyle and halfpipe competitions throughout the season, however, we are challenged with a lack of halfpipes for training in BC. We hope to address this issue by adding on training dates when travelling to halfpipe competitions at the appropriate venues, specifically, Calgary and Copper.
 4. Future Athlete Development: Although we have chosen to focus on the current athletes on the BC Park and Pipe team. We recognize that there is a very talented group of up and coming athletes in the province. We see tremendous value in connecting with club coaches and prospect athletes to ensure they are focused on the appropriate benchmarks to be on the BC Park and Pipe team.

Summary:

The 2020-2021 competitive season was a year of skill growth for the BC Park & Pipe Team. Although it was disappointing to not compete last season, we are excited to showcase our athlete's talents during the 2021-2022 season . We are targeting a combination of Canada Cup and Noram Cup events next season to better the team's HPP ranking and provide the athletes the opportunity to compete at the international level. Thank you to all the athletes for all their hard work, the families and everyone at Freestyle BC for their support. We look forward to another successful year and the continued growth of the program!

Thank you,



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