



FREESTYLE BC COACH SUMMIT

Location: Virtual: [Zoom Link](#)

Date: December 2nd & 3rd

Time: 6:00 – 8:00 PM PT

AGENDA DETAILS – DAY ONE

I. INTRODUCTIONS – CAMERON SMITH & JOSH DUECK

- a. Welcome to the Freestyle BC Coach Summit

II. GIRLSTYLERZ

- a. Introducing the new Girlstylerz Team: Lauren & Laura
 - i. New Initiatives
 - ii. Programs
 - iii. Opportunities

III. EVENTS, COMPETITIONS, JUDGING AND OFFICIALS – SVIN

- a. Learn more about the upcoming competitions and important changes
- b. Judge and Officials Pathway

IV. SELECTION CRITERIA UPDATE – CAMERON SMITH

- a. Overview of Jr Nationals, Canada Cups, and BC Team Selections

V. BREAK 10 MINUTES

VI. DEVELOPING MOGUL PROGRAMS & FACILITIES – THOMAS BURNYEAT

- a. Learn how to develop mogul programs from Fundamentalz to High-Performance Athletes



b. How to develop Mogul Facilities

VII. PANEL DISCUSSION – MAYA MIKKELSEN & COLE CAREY

a. Welcoming Maya Mikkelsen & Cole Carey to the stand. Maya and Cole grew up within the FBC clubs, joined the BC Mogul Team and are now part of the National Mogul Team.

VIII. OPEN DISCUSSION + Q&A

AGENDA DETAILS – DAY TWO

I. WELCOMING COMMENTS + DAY ONE RECAP

II. FREESTYLE CANADA UPDATE – JULIE STEGALL

a. Learn more on the recent updates from FC and future opportunities for coaches

III. STRENGTH & CONDITIONING SEMINAR

a. Adrian King the Director of S&C for Freestyle Canada will be sharing insights on S&C to bring back to your programs

IV. BREAK (10 MINUTES)

V. UNLOCKING YOUR FREESTYLE MINDSET: MIKE SHAW

a. Mike will be sharing a special presentation from his experiences as a Freestyle Skier and how to further develop yourself as a coach along with tools for your athletes.

VI. OPEN DISCUSSION + Q&A