

Parent & Athlete Info



**FREESTYLE
NORTHERN BC***



Welcome to the club!

Non-profit society, run by volunteers.

Dedicated to fostering fun, enjoyment, and excellence in freestyle skiing, coaching, and competition for our region.



- **Board of Directors**

Pres., V.P., Treasurer, Secretary, Directors

- Governance, Policy, Reporting, Sanctioning
- Budgeting, Financials, Employer, HR
- Programs, Registration
- Liaise with PSO, NSO
- Support coaches & athletes

- **Volunteer Working Committees**

1. Fundraising & Sponsorship
2. Coaching & Officiating
3. Facilities & Equipment
4. Events & Camps
5. Marketing & Media

- **Coaches (employees)**

- Development Team
- Freestylerz
- FUNdamentalz

- **Athletes (reason for being!)**

- 7y/o - U18
- Enjoying adventurous and all-mountain skiing
- Jumps, rails, features, tricks
- Competition in freestyle disciplines

Freestyle Disciplines / Events



Slopestyle Big Air

Series of linked rails and jumps. Scored and judged.



Moguls

Run of bumps with two jumps, timed + judged.
Moguls & Dual Moguls



Aerials

Large vertical jumps with acrobatic tricks on two axes.



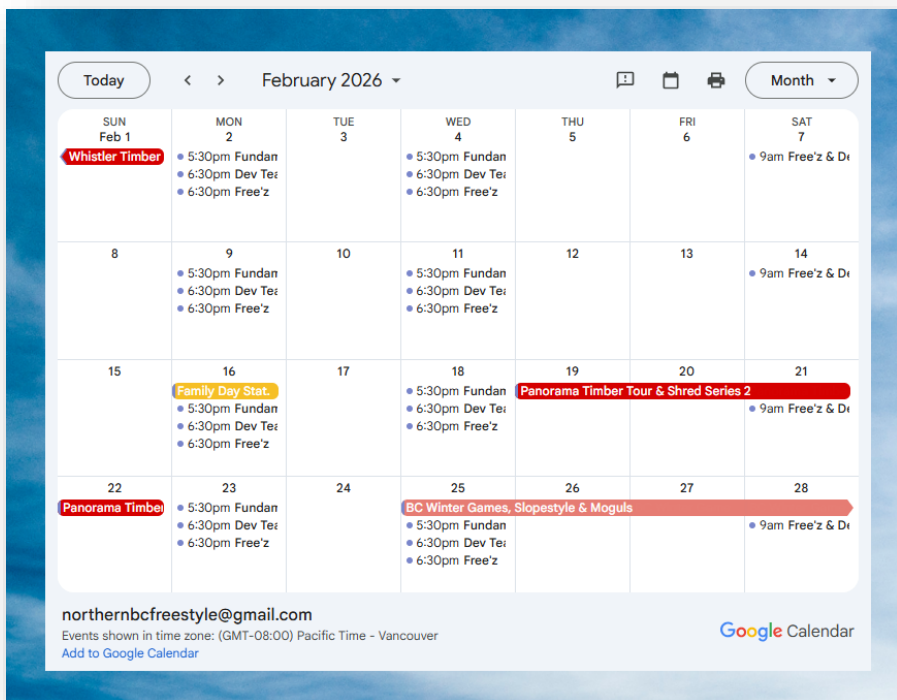
Halfpipe

Runs down a half pipe, tricks on both sides.

Club Schedule & Communication

	Mon.	Wed.	Sat.
	Hart	Hart	Troll
FUNz	5:30-7:30	5:30-7:30	
Freez & Dev	6:30-8:30	6:30-8:30	9:00-2:30
Add. Training	TBD		

- Live Club Calendar (Google)
- Standing Info: nbcfreestyle.com
- What'sApp (Future Uplifter app?)
- Socials not for general comm's.
- Training hill/time may shift if conditions require.
- Dress well, use warmers, take breaks



- Cold weather cancellation:
 - We want to train
 - Determined by President
 - Communicated by What'sApp
 - Below -20°C measured at hill
 - Forecast for duration
 - Weekdays: day-of @4:30 pm
 - Saturdays: Friday @7:30 pm
- Can't promise make-up session

Partner Resorts

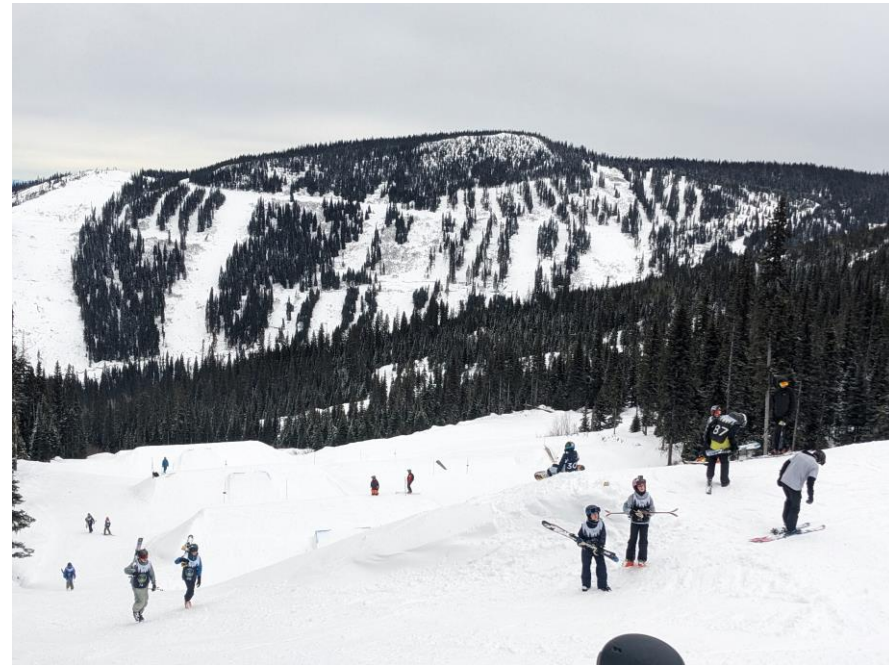
Hart Ski Hill

hartskihill.com



Troll Resort

trollresort.com



Programs



FUNdamentalz

Beginners in freestyle.

Introduces switch, jumps, boxes, and moguls ; building technique, exploring the hill, and having fun!

Linking parallel turns on green, uses lift.

Learn to ski switch, slide boxes, up to 180s and 360s with proper technique.

Girlstylerz

Continuing effort by Freestyle BC to promote exceptional experiences, participation, and progression among female athletes; includes club groups, camps, dedicated staff, and special events across programs and the province.



Freestylerz

Intermediates.

Technical skiing, jumps, rails, moguls.

Confidently linking parallel turns on blue at speed.

Rails, switch, nat & oppo, 540s, 720s, grabs, and starting inverts on tramp + bag.

Intro to competitions: Local & Shred



Development Team

11yo + highest-performing skiers by invitation.

+/- focus on competition. Developing skills, inverts and rail tricks, building lines. Representing club.

U14, U16, U18, U20 events encourage participation in slope, moguls, + big air.

Local Events, Shred Series, Timber Tour.

Coaches

For Regular Training

- Cody Strickland
- Kristian Knudsgaard
- Tanya Fearon
- Lucas Eberle
- Hayden Vonah
- Owen McConkey
- Fynn Loewen
- Dominik Zwiers (backup)
- Phil Mullins (volunteer backup)
- ... more in training.

Travel & Events

- Coach travels with (Air 4 if inverts)
or
- Partner with other clubs, pay coach rates as a visiting athlete.

Certification

- Appropriate Freestyle Canada coach courses
- Active Freestyle Canada membership and a sanctioned Freestyle Canada club.
- Complete NCCP *Make Ethical Decisions* and *Making Head Way*, + background checks (when applicable).

Volunteer Committees

- Board of Directors:

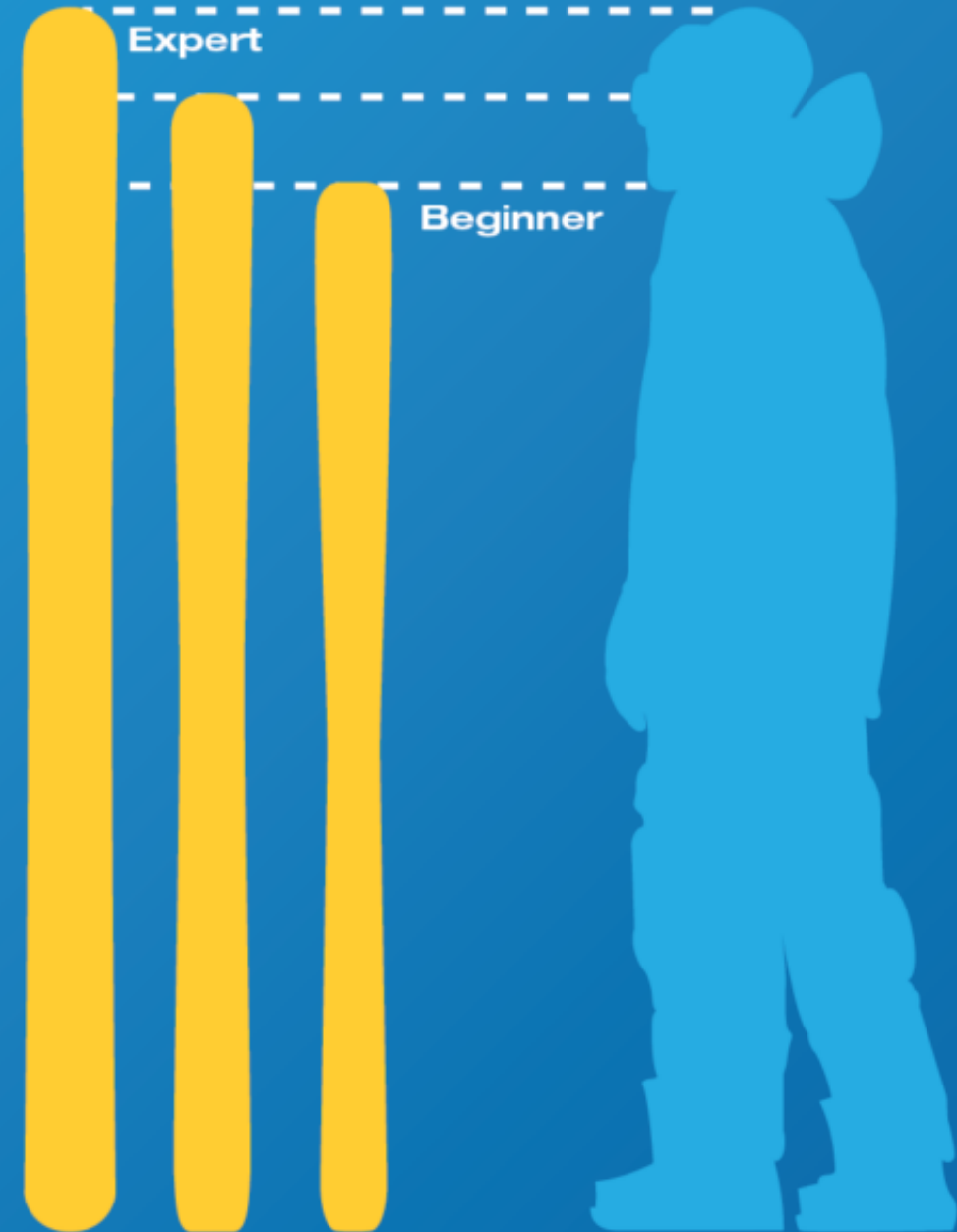
Seeking Treasurer!

1. Fundraising & Sponsorship
2. Coaching & Officiating
3. Facilities & Equipment
4. Events & Camps
5. Marketing & Media

- Work needed for club functioning. Volunteer parents, or other members. Ideally, each committee has a Board member involved, often as Chair.
- [Club volunteers and staff](#) must be affiliated with, and screened by, the Northern BC Freestyle Club for roles, using SnowReg in accordance with Freestyle BC's [Screening Policy](#).
- All members #'s (athletes, volunteers, coaches) help us get grants and represent the club provincially.

Equipment

- Proper equipment & clothing (cold, wet, venting, etc.)
 - Helmet
 - Goggles
 - Twin-tip skis
 - Bindings with good brakes
 - Boots
 - Poles
 - Bib
- Extra protection:
 - Mouth guard
 - Impact shorts
 - Back guard



Risk & Safety



INHERENT
RISK



RISK
PERCEPTION



TARGET
RISK



CRASHES



CONCUSSION



SAFE SPORT

Actively value & support:

- Club & facility sanctioning
- Skill & trick progressions
- Freestyle Canada policy and practices
- Coach training & responsibility
- Situational awareness (conditions, fatigue, injury)
- Creating conditions for success & safety
- Training and fitness – accident & injury prevention

Build a culture of safety:

- Shared responsibility and respect for self & others: a team sport.
- Recognize impact of choices on others
- Celebrate good judgement calls
- Continuous learning

[Pre-Season Concussion Information](#)

Learning to Assess & Manage Risk

		Consequences		
		Minor (1)	Mod. (2)	Serious (3)
Likelihood	Low (1)	Low 1	Low 2	Mod. 3
	Likely (2)	Low 2	Mod. 4	High 6
	High (3)	Mod. 3	High 6	High 9

3x3 Matrix Adapted from: Nenad Kovačević, Aleksandra Stojiljković, & Mitar Kovač. (2019). Application of the matrix approach in risk assessment. *Operational Research in Engineering Sciences: Theory and Applications*, 2(3).

- Recognize factors:
 - Preparation & ability
 - Existing injury
 - Conditions
 - Weather
 - Support
 - Fatigue
 - Access
 - Emergency response
 - ...
- Take steps to reduce likelihood & consequences.
- Wait for another time or change in conditions.
- For long term athlete development (our goal), prioritize incremental success (which can be fast when conditions & coaching are right), not risk taking.

Freestyle Canada Air System: Inverts

For Learning New Inverted Tricks

1. Trampoline: Master proper technique on a trampoline with a coach.

2. Water Ramp/Airbag: Learn, then complete 50 successful repetitions on water or airbag, showing good control from different approaches.

Qualification Test on Bag/Ramp (only 1 try in a day). When coach and athlete feel ready. Perform 5 jumps on the airbag/water, scoring at least 80% on each jump to pass and move to snow training.

3. On Snow: Coach-supervised first attempt with powder and chopped landings. Min 15 coach-supervised repetitions.

Qualification Test on Snow (only 1 try in a day): When coach and athlete feel ready. Perform 5 jumps on snow, scoring 80%.

4. Double Inverts: Specialized coaching & facility not currently at NBCFC.

Qualifications Checked at All Sanctioned Events

Coach certification required to supervise athletes for the specific invert training is also in **bold**.

Type Move	Coach Certification Required	Minimum # Completed on Water and/or Air Bag Landing prior to attempt to qualify	Minimum # Completed on snow prior to qualifying on snow
360 (both ways)	FUNDamentalz Coach (FC)	0	0
540	FUN + Park & Pipe Module recommended	0	0
720	FUN + Park & Pipe Module recommended	0	0
FRONT TUCK	Air 4	50	15
BACK TUCK	Air 4	50	15
LINCOLN	Air 4	50	15
Cork 720	Park & Pipe Module* or Air 4	50	15
Bio 720	Park & Pipe Module* or Air 4	50	15
All other spinning inverts	Air 4	50	15

Additional: Tramp, Airbags, Water Ramps

Trampoline – at NSC



Airbag – NBCFC & other clubs / camps



Water Ramps – Apex or other clubs / camps



Competitions / Events

Local – hosted by hills or clubs

- Hart Rail Jam
- Hart Big Air Comp.

BC Games (every 2 years) (Feb 25 - Mar 1)

- Multi-sport event
- Spirit of the games
- U16 (13, 14, 15 y/o)
- Teams from zones (multi-clubs)

Freestyle BC (3 annually: end of Jan, Feb, March)

Stop 1 – Whistler: Thurs. Jan 29-Sun Feb 1

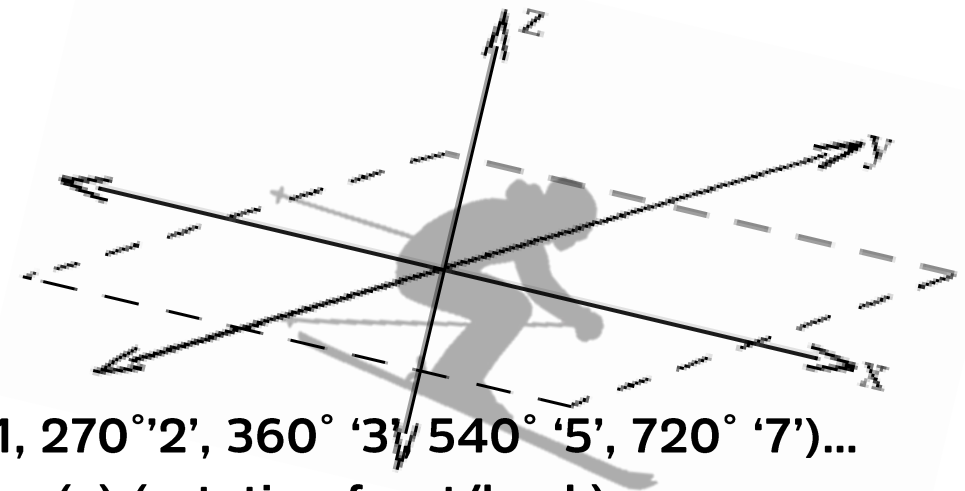
Stop 2 – Panorama (Feb 19-22)

Stop 3 – Silver Star (March 12-15) – BC Champs

- **Shred Series:** U8, U10, U12, U14, U16 M+F
 - Fun introduction to competition and community
 - Increase participation, recruit and develop officials, judges, coaches
 - Experimenting with different formats
 - Learn-to-train stage of LTAD.
- **Timber Tour** (Provincial Series): U14, U16, U18, 18+ M+F
 - Established series, 3 'stops' (events) / season
 - Learn-to-train and train-to-train stages of LTAD.



Terminology



- **Switch** Skiing backwards
- **Spin** Rotation around vertical (z) axis (180° aka 1, 270° '2', 360° '3', 540° '5', 720° '7')...
- **Flip or Tuck** Rotation around horizontal axis through hips (y) (rotating front/back)
- **Lincoln** Rotation around horizontal axis through belly (x) (side flip as in cartwheel)
- **Cork / Bio** Off-axis or tilted rotation, between axes
- **Butter** Weighting/pressing noses or tails into the snow, lifting the other ends.
- **Nat / Oppo** To spin to or lead with natural side, or opposite/unnatural direction / side.
- **Boxes, PVC, Rails** Linear features to slide and do tricks on
- **Knoll** A mound of snow/earth, usually a jump on uphill side, landing downhill side.
- **Kicker / Booter** A jump
- **Knuckle** Rounded edge at the top of landing zone, downhill edge of top of the knoll
- **Case** To land on a flat surface, mostly short of landing zone, lots of compression.
- **Grabs** Ways of grabbing ski(s) with hand(s) while in the air.
- **Yard sale** A big crash, equipment strewn over the hill.
- **Jib / jibbing** A surface other than snow, or riding on such a surface.
- **Send it** Commit to it, go for it. Used for encouragement.



Looking ahead for this year

- Successful trampoline
- 3 FUNz classes
- Hart: new features & crew
- Troll: new runs
- Airbag
- New coaches
- BC Winter Games
- Shred Series & Timber Tour
- New skiers and families!!

