

2012 PROGRAM INFO

HOW TO REGISTER:

1. Download and print the form from <http://snowboardyukon.com/registration/> (available mid September)
2. Get the required License by following the link at <http://snowboardyukon.com/registration/> (available now)
3. Drop the completed form and program payment at Sport Yukon front desk. (Shredders forms may also be dropped off at Sandor's shop)
4. Registration closes two weeks prior to start of the program.
5. Direct any questions to Snowboard Yukon Head Coach, Mary Binsted at mary@snowboardyukon.com or 334-2944

ON-SNOW PROGRAMS



Learn new tricks, improve your carving and shred with a crew of riders just like you. Even try a couple of fun competitions!

Shredders is an introduction to competitive snowboarding program for intermediate riders focused on fun and improving the skills needed to begin participating in fun competitions. Weekly training is designed and presented by coaches certified by the Canadian Snowboard Coaching Program (CSCP) and NCCP.

Athletes should be comfortable riding the chairlift snowboarding in control on most runs at Sima.

Ages: 10–14 years old

When: Saturdays, starting January 7, 2012 for 8 weeks (weather permitting)

Time: 10:15 AM to 3:15 PM

Where: Mount Sima

Cost: \$250

Included: FREE entry to RBC Riders races.

Not Included: Snowboard Yukon Basic Competitor License (\$20, <http://snowboardyukon.com/registration/>), lift tickets, snowboard, helmet.

ELITE TEAM

Got your sights set on the Arctic Winter Games or Nationals? Maybe you've got another goal in mind? Join the E-Team and start training towards your goals.

The E-Team is a training program for advanced riders focused on high performance in freestyle and racing. Customized training will help riders set goals and work towards attaining them.

Athletes should be comfortable riding many of the terrain park features at Sima and be looking to improve their skills in a coached environment.

Ages: 14 years and up (younger riders with advanced skills welcome)

When: Saturdays starting January 7, 2012 for 8 weeks (weather permitting)

Time: 10:15 AM to 3:15 PM

Where: Mount Sima

Cost: \$300

Not Included: Snowboard Yukon Advanced Competitor License (\$25, <http://snowboardyukon.com/registration/>), lift tickets, helmets, additional costs for competitions and trips, individual professional sports supports such as physiotherapy or sport psychology.

Note:

E-Team members are eligible to participate in dryland training, outside training camps and competitions (additional fees apply).

E-Team members are NOT guaranteed a spot on the 2012 Arctic Winter Games team, nor a spot on Team Yukon at the Canadian Nationals. Please see the Selection Criteria at <http://snowboardyukon.com/policies/> as it becomes available.

TEAM YUKON

2012 Arctic Winter Games & Canadian Nationals

These Teams are chosen by the methodology laid out in Selection Criteria which is approved by the Snowboard Yukon Board of Directors. The Selection Criteria is published on the website at <http://snowboardyukon.com/policies/> once it has been approved. Please contact Snowboard Yukon with any questions.

DRYLAND PROGRAMS

Dryland training is available to all E-Team members and any Snowboard Yukon Advanced Competitor License Holders upon approval by the Head Coach.

STRENGTH & CONDITIONING

Strong, fit athletes achieve goals more quickly and are less susceptible to injury. Sessions are led by a strength and conditioning trainer and supervised by Snowboard Yukon coaches.

When: Once a week, September to March

Time: TBD

Location: A Whitehorse School Gym & Better Bodies Gym

Approximate cost: \$160

BALANCE, FLEXIBILITY & TRAMPOLINE TRAINING

Snowboarders benefit from balance and air awareness training in the pre-season. Under the direction of a trained gymnastics coach, the athletes use various gymnastics apparatuses including the trampoline to discover how to manipulate their bodies in the three axis of movement and improve balance in an environment with lower consequences than on snow. Sessions are supervised by Snowboard Yukon coaches.

When: Once a week, September to December

Time: TBD

Location: Polarettes Gymnastics Club

Approximate cost: \$200

YOGA

Yoga is practiced during the snowboard season to maintain strength and balance in addition to continuing to improve flexibility. Yoga also helps develop good breathing technique and mental focus, which is key to success in competition.

When: Once a week, January to March

Time: TBD

Location: TBD

Approximate cost: \$140

OUT-OF-TERRITORY TRAINING CAMPS & COMPETITION

WHISTLER PRE-SEASON CAMP

This camp is aimed at serious athletes who are dedicated to training and who are working towards earning a position on Team Yukon for the 2012 Arctic Winter Games and the Canadian Nationals.

When: December 16-20, 2011 (to be confirmed)

Camp Fees (accommodation, ground transport, coaching fees): TBD

Lift Tickets: 4 days at Whistler

Flight: To book yourself

Meals: Breakfast & Dinner at accommodation, Lunch at the hill

Total: approx. \$1,200

C.O.P. MID-SEASON CAMP & COMP

Calgary Olympic Park is an ideal training ground. The facilities are excellent (great terrain park, super pipe) and the lift is short allowing for many more laps than possible on a large mountain. They are also open at night. COP presents many Alberta Snowboard Association competitions and will host the 2012 Canadian Nationals. This camp and competition is ideal for riders who are looking to broaden their horizons by experiencing facilities and facing competitors that can't be found at home.

When: February 17-20, 2012 (to be confirmed)

Camp Fees (accommodation, ground transport, coaching fees): TBD

Lift Tickets: 1 night, 3 days at COP

Competition Entry Fee: TBD

Flight: To book yourself

Meals: Breakfast & Dinner at accommodation, Lunch at the hill

Total: approx. \$1,200

OTHER SNOWBOARD YUKON HAPPENINGS

Fall 2011 - AGM, Officials Course

December - CSCP Basic Coach Course, RBC Riders at Sima, Ice Breaker Rail Jam

January – AWG Trials, RBC Riders at Sima

March – Arctic Winter Games (4th –11th), Freestyle Nationals, RBC Riders in Communities, Yukon Championships

April – Speed Nationals