

# snowboardyukon 2017–18 PROGRAMS

Snowboard Yukon is Yukon's snowboarding organization. We train athletes, coaches, judges, and officials, we form and administer teams for out-of-territory competitions, we organize and sanction events, and we represent Yukon riders in Canada-Snowboard, which is the national sports organization for snowboarding in Canada.



**REGISTRATION INFORMATION ON PAGE 7.**

This brochure was updated August 2017.  
Visit [www.snowboardyukon.com](http://www.snowboardyukon.com) for updated information.

# PROGRAM PATHWAY

What's your snowboarding goal? Follow the pathway to find the on-snow and dryland programs that will help get you there.

## SANDOR'S SHREDDERS

Age: 8+

**ON-SNOW:** Weekly at Mt. Sima (page 3)

**DRYLAND:** Shredders Trampoline (page 5)

## COMP TEAM

**ON-SNOW:** Core On-Snow at Mt. Sima (page 4)

### CHOOSE YOUR COMP TEAM STREAM

### AWGS

Age: 10–16

Focus is on training for the 2018 and 2020 Arctic Winter Games.

*Note: This training program does not guarantee a spot on the AWG final roster. Read the AWG Selection Criteria at [www.snowboard yukon.com](http://www.snowboard yukon.com) for detailed selection process.*

#### DRYLAND:

Comp Team Trampoline, Strength & Conditioning, Trick Dev. Trampoline, Yoga (page 5)

#### CAMPS:

Into to AWGs Camp, December: Whistler (page 6)

#### AWAY CAMPS:

February: Comp

### NATIONALS

Age: 12+

Focus is on high performance training for the 2018 slopestyle or snowboardcross Western Championships, Nationals and the 2019 Canada Winter Games.

#### DRYLAND:

Comp Team Trampoline, Strength & Conditioning, Trick Dev. Trampoline, Yoga (page 5)

#### CAMPS:

Sima Pre-season Camp, December: Whistler, Summer Camp (page 6)

#### AWAY CAMPS:

January: Comp, February: Comp, March: Western Champs March: National Champs

### FREERIDE

Age: 12+

Focus is on progressing freestyle and freeride skills across the entire mountain in a team environment. Participating in competitions is optional in this stream.

#### DRYLAND:

Any (page 5)

#### CAMPS:

December: Whistler February: TBD (page 6)

#### POTENTIAL WORKSHOPS:

Avalanche education, Splitboarding

*Note: These programs, camps, comps and trips are just suggestions. Contact us to discuss the mix of programs that suit you best!*

# Sandor's SHREDDERS



## WEEKLY ON-SNOW TRAINING AT MT. SIMA

Learn new tricks, improve your carving and shred with a crew of riders just like you.

Sandor's Shredders is a fun on-snow snowboarding program for novice to intermediate riders focused on fun and improving snowboarding skills all over the mountain. Weekly training follows the national Riders curriculum and is presented by coaches certified by the Canadian Snowboard Coaching Program (CSCP). This program involves some fun events and a cool photoshoot.

You'll get 12 sessions of weekly coaching (weather dependent) and fun events including the Yukon Champs!

**Required Skill Level:** You should be comfortable riding the chairlift and snowboarding in control on most runs at Mt. Sima.

**LTAD Stage:** 3

**Approximate Age:** 8+

**When:** Saturdays, Jan. 6 – Mar. 10

**Time:** 10:00 AM – 3:00 PM

**Where:** Mt. Sima

**Fee:** \$340

*Not Included:*  
Basic Competitor Membership,  
lift tickets, snowboard, helmet

*Maximum 12 participants —  
Fills up quickly!!!!*

# COMP TEAM



## WEEKLY CORE ON-SNOW TRAINING AT MT. SIMA

Whether you are shooting for the Arctic Winter Games, pushing for the podium at outside competitions, or just love to shred, as long as you love snowboarding with friends the Comp Team will help you reach your goals.

The Comp Team is designed for intermediate to advanced riders focused on skill progression in freestyle and snowboardcross.

You'll get 12 sessions of weekly coaching (weather dependent) at Mt. Sima wrapping up with the Yukon Championships.

Start with this core on-snow program and add dryland training, camps, competitions, and trips to customize your training program to meet your snowboarding goals. See the Program Pathway on page 2 for suggestions.

Learn more about Comp Team add-on camps, comps, and away trips on page 6.

### Required Skill Level:

You should be comfortable riding the snowboardcross track and many of the freestyle features in the Coyote Park at Mt. Sima, in addition to be looking to improve your skills in a coached environment.

### LTAD Stage: 4 & 5

### Approximate Age: 10+

**When:** Saturdays,  
Jan. 6 – Mar. 10

**Time:** 10:00 AM – 3:00 PM

**Where:** Mt. Sima

**Fee:** \$340

### Not Included:

Advanced Competitor Membership, lift tickets, snowboard, helmet, travel expenses, coaching at camps

# DRYLAND TRAINING

## TRAMPOLINE – AIR, BALANCE & FLEXIBILITY

Snowboarders benefit from balance and air awareness training in the pre-season.

Under the direction of trained coaches, the riders 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. This program also develops core strength and flexibility.

## SHREDDERS

**Approximate Age:** 8+  
**When:** Mondays, Sept. 11 – Dec. 18  
(No classes on Thanksgiving Day or Remembrance Day)  
**Time:** 7:00 – 8:00 PM  
**Where:** Polarettes Gymnastics Gym (Vanier High School, Riverdale)  
**Fee:** \$220

## COMP TEAM

**Approximate Age:** 10+  
**When:** Mondays, Sept. 11 – Dec. 18  
(No classes on Thanksgiving Day or Remembrance Day)  
**Time:** 7:30 – 9:00 PM  
**Where:** Polarettes Gymnastics Gym (Vanier High School, Riverdale)  
**Fee:** \$260

## TRAMPOLINE – TRICK DEVELOPMENT

In this program Comp Team members focus on mastering freestyle maneuvers on the trampoline and balance boards during the winter season.

Comp Team riders will work in small groups with their coaches to perfect the tricks that they are learning on-snow.

**Approximate Age:** 10+  
**When:** Mondays, Jan. 8 – Mar. 12  
**Time:** 7:30 – 9:00 PM  
**Where:** Polarettes Gymnastics Gym (Vanier High School, Riverdale)  
**Fee:** \$260

## STRENGTH & CONDITIONING

Strong, fit snowboarders achieve their goals more quickly and are less susceptible to injury.

Sessions are planned and led by a strength and conditioning trainer and supervised by Snowboard Yukon coaches.

**Approximate Age:** 10+  
**When:** Tuesdays, Sept. 12 – Mar. 13  
(No classes during Christmas break)  
**Time:** 6:30 – 7:30 PM (TBC)  
**Where:** (TBD)  
**Fee:** \$360 (full year) \$180 (1/2 year)

## YOGA

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

**Approximate Age:** 10+  
**When:** Thursdays, Jan. 11 – Mar. 15  
**Time:** 6:30 – 8:00 pm (TBC)  
**Where:** (TBD)  
**Fee:** \$100

## COMP TEAM ALL-IN PACKAGE

Get Core On-Snow, Comp Team & Trick Dev Trampoline, Strength & Conditioning, and Yoga **PLUS** a personalized yearly training plan

**\$1,100**



# COMP TEAM

## OUTSIDE CAMPS & COMPS

Outside camps and competitions provide intensive training windows, access to new terrain, and the opportunity ride along side our peers from across the country.

**Camp Fees:** On average camps cost \$230 per rider, per night.

Camp fees includes daily coaching, accommodation, lift ticket, ground transport and athlete portion of the coaches' travel expenses.

In addition, athletes are responsible for airfare, competition entry fees, food, and travel insurance.

Camp fees and details are published at least one month prior to the camp start date. Fees are due one week prior to departure. Following the camp any additional expenses / refunds will be reconciled and divided amongst the participants.

We're working on the following opportunities for this season:

### PRE-SEASON HIGH PERFORMANCE TRAINING

**Mt. Sima**

Saturdays in Nov. / Dec.

### INTRO TO AWGS CAMP

**Mt. Sima**

Dec. 9 & 10

### DECEMBER PRE-SEASON

**Whistler, BC**

Dec. 13 – 17

### JANUARY COMPS

**TBD**

For slopestyle & snowboardcross

### FEBRUARY COMPS & FREERIDE CAMPS

**TBD**

For slopestyle, snowboardcross & freeride

### MARCH SLOPESTYLE COP, Alberta

Western Champs, Mar. 2 – 4

National Champs, Mar. 7 – 11

### ARCTIC WINTER GAMES

**Fort Smith, NWT**

Mar. 17 – 25

*Note: You must be named to the Final Roster to participate. Read the AWG Selection Criteria at [www.snowboardyukon.com](http://www.snowboardyukon.com) for detailed selection process.*

### MARCH SNOWBOARDCROSS

**Big White, BC**

Western Champs, Mar. 2 – 4

National Champs, Mar. 21 – 25

### SUMMER CAMP

**TBD**

For slopestyle & snowboardcross  
June





## LTAD – LONG TERM ATHLETE DEVELOPMENT

The idea of LTAD is to create a sport structure and a pathway to support athletes from the time they learn to walk through participation on the world stage — “from playground to podium”.

It is composed of 8 stages based on the participant’s developmental (both physiological and mental) age, rather than their chronological age.

Snowboard Yukon programming is designed around stages 3 through 5 of the snowboard LTAD framework.

### STAGE 3 – LEARN TO RIDE

**SKILL** – Fundamental snowboard skills; stopping, turning both ways, intro to speed, freestyle, and fun events.

**AGES** – Girls 8 to 11, Boys 9 to 12

**FOCUS** – FUN

### STAGE 4 – TRAIN TO TRAIN

**SKILL** – Balanced stance on board, comfortable with speed in varied terrain, jumps and rails in the beginner and intermediate terrain park.

**AGES** – Girls 11+, Boys 12+

**FOCUS** – FUN, goal setting, gaining competition experience, fitness.

### STAGE 5 – TRAIN TO COMPETE

**SKILL** – Advanced carving, grabbed spins in all 4 directions, off axis spins, 720’s, wide variety of rail tricks.

**AGES** – Freestyle 14+, Speed 16+

**FOCUS** – developing strengths and minimizing weaknesses, high intensity training with the importance on competitions.

Learn more:

[www.canadasnowboard.ca](http://www.canadasnowboard.ca)

## HOW TO REGISTER FOR PROGRAMS

### IN PERSON

1. Fill out 3 forms:  
**SY 2018 Registration Form,  
SY Medical Info and Release Form,  
SY Return to Play Policy Form**
2. Drop the 3 forms and payment (cash or cheque) at:  
**Sport Yukon Reception**  
4061 - 4<sup>th</sup> Avenue, Whitehorse  
- or -  
**Sandor’s Clothing**  
80 Chilkoot Way #110, Whitehorse
3. Purchase your **2017/18 Membership** before your first session.

### ON-LINE

1. Email the above 3 forms to:  
**info@snowboardyukon.com**
2. Online payment:  
**www.snowboardyukon.com/  
programs**

*All fees are due one week prior to the start of the program or camp.*

*All participants must hold a valid membership.*

**All forms and membership links  
available online at:**

**www.snowboardyukon.com/  
programs**



**Check out  
the new  
Funding  
Assistance  
page on  
our website!**

### CONTACT INFO

**info@snowboardyukon.com**  
867.334.2944



## THERE'S SOMETHING IN STORE FOR EVERY YUKON SNOWBOARDER IN 2017-18!

Here's a look! Be sure to sign up for the **newsletter** at [www.snowboardyukon.com](http://www.snowboardyukon.com) to get all the details and updates, and then follow us on **Facebook** and **Twitter**!

### OCTOBER

- Air 2 Trampoline Coach Course
- Judge Training
- NCCP Coaching Courses

### NOVEMBER

- Annual General Meeting
- Comp Intro Coach Course
- Comp Intro Advanced Course

### DECEMBER

- Women's Learn 2 Ride Camp

### JANUARY

- Arctic Winter Games Trials
- Grom Fun Comp #1

### FEBRUARY

- Grom Fun Comp #2

### MARCH

- Women's Spring Shred Camp
- Riders Community Tour to Watson Lake & Dawson City
- Grom Fun Comp #3

### APRIL

- Yukon Champs
- Man Camp
- Community Snowboardcross

See the latest calendar at [www.snowboardyukon.com](http://www.snowboardyukon.com)

Want to get involved? Email [info@snowboardyukon.com](mailto:info@snowboardyukon.com)

# snowboardyukon.com