

snow
board
yukon

2019/2020
Snowboard
Programs



Norm Curzon

Visit snowboardyukon.com for online registration and the latest information. This brochure was updated August 2019.



SHREDDERS

WEEKLY ON-SNOW TRAINING AT MT. SIMA

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

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 9 sessions of weekly coaching (weather dependent) and fun events including 2 days of coaching at the Yukon Champs!

Mandatory Skills: You must be able to load and unload the chairlift independantly and snowboard in control on most runs at Mt. Sima.

LTAD Stage: 3

Age: 8+

When: Saturdays,
January 11 – March 7, 2020

Time: 10:00 am – 3:00 pm

Where: Mt. Sima

Fee: \$350

Not Included: Recreational Membership (\$20 + processing fee & GST), lift tickets, snowboard, helmet



COMP TEAM

WEEKLY ON-SNOW TRAINING AT MT. SIMA

Whether you are shooting for the 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 9 sessions of weekly coaching (weather dependent) at Mt. Sima wrapping up with 2 days of coaching at 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 pages 4 and 5 to learn about dryland programs and read about our Camps & Comps on page 6. Get details about the camps, comps and trips we've got planned at snowboardyukon.com.

Mandatory Skills: You must be able to ride the snowboardcross track with speed and most of the freestyle features in the Upper Coyote Park at Mt. Sima. You must also be looking to improve your skills in a coached environment.

LTAD Stage: 4 & 5

Age: 12+ (Younger ages may be accepted with coach approval)

When: Saturdays, January 11 – March 7, 2020

Time: 10:00 am – 3:00 pm

Where: Mt. Sima

Fee: \$350

Not Included: Compete Membership (\$30 + processing fee & GST), 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

Age: 8+

When: Mondays,
September 9 – December 16, 2019
(No classes on Thanksgiving or Remembrance Day)

Time: 7:00 pm – 8:00 pm

Where: Polarettes Gymnastics,
Whitehorse (Vanier High School)

Fee: \$225

COMP TEAM

Age: 12+

(Younger ages may be accepted with coach approval)

When: Mondays,
September 9 – December 16, 2019
(No classes on Thanksgiving or Remembrance Day)

Time: 7:45 pm – 9:00 pm

Where: Polarettes Gymnastics,
Whitehorse (Vanier High School)

Fee: \$275



YOGA

We are pleased to practice with Michelle Eshpeter!

Yoga is practiced to build strength and balance, and to improve flexibility. Yoga also helps to develop good breathing technique and mental focus. These sessions follow the Strength & Conditioning classes.

Age: 10+

When: Thursdays,
September 12, 2019 – March 5, 2020
(No classes during Christmas break)

Time: 6:15 pm – 7:15 pm

Where: 202 Strickland, doors left of Avalanche Fitness, Whitehorse

Fee: \$210 (Fall session ending December 12, 2019)

\$140 (Winter session starting January 9, 2020)

Note: Yoga starts in September. S&C starts in October.

STRENGTH & CONDITIONING

We are pleased to train under the Northern Strength Academy!

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

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

Age: 10+

When: Thursdays,
October 10, 2019 – March 5, 2020
(No classes during Christmas break)

Time: 4:45 pm – 5:45 pm

Where: 202 Strickland, doors left of Avalanche Fitness, Whitehorse

Fees: \$210 (Fall session ending December 12, 2019)

\$190 (Winter session starting January 9, 2020)

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.

COMP TEAM

Age: 12+ (Younger ages may be accepted with coach approval)

When: Mondays,
January 6 – March 2, 2020

Time: 7:00 pm – 9:00 pm

Where: Polarettes Gymnastics, Whitehorse (Vanier High School)

Fee: \$210

COMP TEAM ALL-IN

Get Weekly On-Snow, Comp Team & Trick Dev Trampoline, Strength & Conditioning, and Yoga!!!

Fee: \$1,560

Not Included: Compete Membership (\$30 + processing fee & GST), lift tickets, snowboard, helmet, travel expenses, coaching at camps

Register and pay by **September 30, 2019** to maximize the value of this option!!!



CAMPS & COMPS

FOR
ON-SNOW
TEAMS

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

Outside camps and competitions are primarily designed for riders who are registered in the Comp Team On-Snow program.

Outside Camp Fees: On average outside camps cost \$150 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, glacier fees, food, and travel insurance.

Go to snowboardyukon.com/camps for details.





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, who are the national sports organization for snowboarding in Canada.



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.

SHREDDERS

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

COMP TEAM

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.

COMP TEAM + OUTSIDE TRAINING

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.

SOMETHING FOR EVERY YUKON SNOWBOARDER!

- ▶ Women's Camps with Elleboard
- ▶ Grom Camps in Watson Lake & Dawson City
- ▶ Coaching Courses in Whitehorse and Watson Lake
- ▶ Official's Training
- ▶ Judging Workshop
- ▶ Board of Directors
- ▶ Demos for Little Shredders
- ▶ Mazda Grom Series
- ▶ Yukon Champs with categories for Groms through to Rad Moms & Dads, and the annual Fam Jam!

Sign up for the newsletter at snowboardyukon.com to get all the details and updates, and then follow us on [Facebook](#), [Instagram](#) and [Twitter](#)!

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