

2023 Arctic Winter Games Snowboard Selection Criteria

Officiated by Snowboard Yukon

1.0 - Eligibility

- Athletes must be born in 2006 or later and must be at least nine years of age as of the opening day of the Games (January 29, 2023).
- Must be a continuous resident of Yukon for six (6) consecutive months prior to the opening day of the Games. (June 29, 2023).
- Must be COVID-19 Fully vaccinated: Having received a complete and up-to-date series as determined by the Government of Yukon of a Health Canada approved COVID-19 vaccine no sooner than 14 days prior to the start of the Wood Buffalo 2023 Arctic Winter Games. [AWG-Vaccination-Policy-Statement-FINAL.pdf](#)

Note:

- *Students attending an institution outside of the Yukon must also comply with all eligibility requirements prior to the start of the school year, and must maintain their principal residence in Yukon.*
- *Athletes must not have been a member of a national team in the sport in which they are competing, nor competed in, nor have been selected for an international competition as a representative of their country in the sport within one year of the opening date of the Games.*
- *If an AWG participant violates any of the policies or guidelines set forth by Snowboard Yukon, Canada Snowboard or Sport Yukon, they are considered to be no longer a member in good standing and can be subject to removal from the AWG process.*

See the AWG 2023 Snowboarding Technical Package for further clarification.

[AWG2023-Snowboarding-Technical-Package-Draft-4-FINAL-March-2022.docx.pdf](#)

2.0 - AWG Team Selection Process

The AWG Snowboard Final Roster will be comprised of a maximum of eight (8) team members consisting of the following breakdown:

- Males born in 2008 or later - 2 Athletes
- Females born in 2008 or later - 2 Athletes
- Males born in 2006 or later - 2 Athletes
- Females born in 2006 or later - 2 Athletes

Step 1 – AWG Snowboard Trials

Snowboard Trials – Saturday, December 17, 2022
at Mt. Sima in Whitehorse (*Weather Day: Sunday, December 18, 2022*)

In addition to being evaluated on competition results, coaches will be observing the participants throughout the trials and completing an Athlete Report for each athlete. A copy of the report can be found in the Appendix.

Principles outlined in the Canada Snowboard Long Term Athlete Development (LTAD) model will guide the coaches in the completion of the AWG Rider Evaluation Form. Please visit www.canadasnowboard.ca/en/about/snowboarding/ltad/ for more information on Long Term Athlete Development.

Athletes must participate in ALL EVENTS (speed and style) at the AWG Trials.

Exemptions may be granted for the following reasons: injury; significant illness that can be documented with a physician's note; Yukon school program commitments; and special family circumstances (i.e. death in family, same sport competition/opportunity). In order for an exemption to be considered, a request form must be submitted to the Government of Yukon - Sport and Recreation Branch either in person at 4061 4th Ave. or by email (megan.cromarty@yukon.ca) 48 hours prior to the start of the specific trial. Where there are special situations making attendance impossible, which could not have been anticipated, these will be considered individually by the Games Committee. A letter of support is necessary from the YSGB listing the reason, a letter of support from the school



if the reason is a Yukon school programming commitment, or a physician's note if the reason is due to injury or illness. The Exemption Request Form can be found in the Appendix.

Snowboard Trials participants must have a current Canada Snowboard Membership. Memberships must be purchased online at: www.snowreg.com

Step 2 – AWG Team Selection

A Selection Committee appointed by the Snowboard Yukon Board of Directors will review the Athlete Reports and select the final team roster. The AWG Coaches will be non-voting members of the Selection Committee.

Team Announced – Monday, December 19, 2022
at www.snowboardyukon.com

Appeals Regarding Final Athlete Selection

The Selection Committee will retain copies of the Athlete Reports for at least ten (10) days following the announcement of the team. An athlete may request to see their Evaluation Form within the ten (10) day timeline. Any athlete will be able to file an appeal with Snowboard Yukon within 48 hours of the announcement of the AWG team(s). This can be done in writing to the Technical Director of Snowboard Yukon, Mary Binsted at mary@snowboardyukon.com. A separate Appeals Committee will be formed to review the appeal and make a decision. Team Yukon will also be fully advised of any appeal. The results will be decided within 72 hours of receipt of submission.

Step 3 – AWG Team Training

Once named to the AWG Team, riders will be required to participate in **all scheduled dryland and on-snow training sessions** up to the games. (See section 4.0 Training Commitments).

During training for the games athletes will work with Snowboard Yukon coaches and dryland training specialists. Throughout this time, coaches will monitor each rider's snowboard skills, athletic ability, attitude, and performance in competition simulation scenarios and work with each athlete to improve their capabilities in these areas.

Riders named to the AWG Team will be required to sign a Letter of Commitment, (see Appendix) indicating they understand the level of commitment required to be a part of the AWG Team and represent Yukon at the 2023 AWG.



3.0 - Membership & Behaviour

Athletes and coaching staff (coaches, chaperones and managers) must be members in good standing with Snowboard Yukon until the completion of the games. A member in good standing with Snowboard Yukon requires individuals to be registered and paid for the season in which AWG falls, not have any disciplinary sanctions against them, or any other justified reason why membership would be denied or withdrawn.

All team members must show proper respect for coaching staff, other team members, and the community at all times. Team members are expected to follow the training plan set out by the coaches. Any team members not willing to cooperate and follow the Sport Yukon Code of Ethics and Proper Conduct, or follow the training plan set out by the Coaches may be asked to leave the program at any time.

We will be abiding by the Canada Snowboard Code of Conduct, the Canada Snowboard Anti-Doping Policy and the Snowboard Yukon Discipline Policy in addition to Sport Yukon Regulations. snowboardyukon.com/sy-documents

If athletes named to the AWG Snowboard Team fail to continue to meet their training commitments, are injured, or remove themselves from the Team, the Selection Committee may approach other athletes who participated in the AWG Trials to fill the vacant spot.

4.0 - Training Commitments

Once named to the team and through to the conclusion of the games, athletes will be expected to meet the following training commitments.

AWG Team Training Plan

Weeknight, TBD – **Trampoline**

Weeknight, TBD – **Strength & Conditioning**

Weeknight, TBD – **Yoga**

Saturdays and Sundays, 12:00 pm – 3:00 pm – **On-snow Training at Mt. Sima**

Additional training sessions may be scheduled if needed.

See snowboardyukon.com/programs for program details and registration info. Registration will be available early August 2022..

Failure to meet training commitments or extensive unexplained absences from training will result in the athlete being removed from the team.

Note: Snowboard Yukon honours athletes' individual situations and is wary of over-training. Team members are encouraged to customize training plans in conjunction with the coaches if the training plan (see Appendix) poses personal barriers, geographical limitations, or is in conflict with the current athletic pursuits.

5.0 – Supporting Yukon Snowboarders

Snowboard Yukon values the positive benefits of participating in the sport of snowboarding and as such endeavours to provide aspiring team members with opportunities and tools to get the most out of the entire AWG experience—Trials through to the Games. As such, riders are encouraged to engage in the training programs offered at snowboardyukon.com/programs.

Pre-AWG Camp at Mt. Sima

In order to reduce barriers to participation in the AWG Selection Process, Snowboard Yukon is presenting a training camp prior to the trials. Any AWG eligible athlete may participate. Check snowboardyukon.com for details heading into the camp.

When: December 10th & 11th, 2022 (TBC)

Training Days: 2

Where: Mt. Sima

Cost: TBD

Required Skill Level: Participants should be comfortable riding the snowboardcross track with speed and safely navigating the freestyle features in the Pokey Park at Mt. Sima.

Training Funding Assistance info available at snowboardyukon.com/funding-assistance.

If you are a snowboarder living outside of the Whitehorse area, you are new to the process, or you simply have questions, we encourage you to contact the Head Coach, Adam Waddington (contact info next page) to discuss your unique situation and opportunities.



6.0 – Further Information & Contact

Adam Waddington, Head Coach, Snowboard Yukon
coachadam@snowboardyukon.com
(867) 336-0120

For questions regarding AWG Trials exemption and general Team Yukon eligibility.

Megan Cromarty, Yukon Government, Sport & Recreation Branch
megan.cromarty@yukon.ca
(867) 333-9626

For questions regarding AWG Final Team appeals.

Mary Binsted, Technical Director, Snowboard Yukon
mary@snowboardyukon.com
(867) 334-2944

Snowboarders are also encouraged to sign up for the newsletter by clicking the button below the Upcoming Events box at snowboardyukon.com.



ATHLETE REPORT

Athlete Name:

Date:

Coach Name(s):

Group:

LTAD Level:

(Long Term Athlete Development)

SNOWBOARDING SKILLS	Introduced (1)	Learning (2)	Developing (3)	Consolidating (4)	Perfecting (5)	Notes
Position & Balance						
Balance (position)						
Pivoting (rotation)						
Carving (edging)						
Flat Base (edging)						
Carving (pressuring)						
Pumping & Ollieing (pressuring)						
Timing & Coordination						
Freeride						
Switch						
PARK SKILLS						
General						
Balance & Coordination						
Edging vs. Flatbase						
Speed Control						
Transition (Hips, Quarterpipe, Halfpipe, bowls, etc.)						
Jumps						
Grabs						
180s						
360s						
720+						
Rails						
Ride-on Approach						
Boxes						
Gap-on Approach						
Rails & Tubes						
50/50 BS/FS						
Boardslide/Lipslide						
Rotated Dismount						
COMPETITIONS						
Confidence						
Focus						

2023 ARCTIC WINTER GAMES TRIAL EXEMPTION REQUEST FORM

SPORT:

DATE OF TRIAL:

ATHLETE

NAME:

ADDRESS:

PHONE:

EMAIL:

SIGNATURE: _____

PARENT / GUARDIAN

NAME:

ADDRESS:

PHONE: (h) (c)

EMAIL:

SIGNATURE: _____

LIST REASON FOR EXEMPTION:

ADDITIONAL DOCUMENTATION required with application form:

- Letter of support from the YSGB if reason is a special family circumstance
- Letter of support from your school if the reason is a Yukon school programming commitment
- Physician's note if reason is due to injury or illness

The application and supporting documentation must be submitted to the Government of Yukon – Sport and Recreation Branch 48 hours prior to the start of the sport trial or the request will not be considered.

AWG Letter of Commitment

Between: _____ (athlete)

-and-

Snowboard Yukon

Congratulations on your achievement of being named to the AWG Training Squad. In order to support your development in snowboarding and ensure a fair selection process you are being asked to meet the following standards and carry out the Training Plan indicated below.

Failure to comply with these commitments, can result in expulsion from the AWG Training Squad and ineligibility to be named to the AWG Team final roster.

I AGREE TO:

- Abide by the *Canada~Snowboard Code of Conduct* and the *Anti-Doping Policy* (snowboardyukon.com/sy-documents)
- Attend all training sessions and competitions from start to finish.
- Be an excellent ambassador for our sport.
- Respect fellow squad members and endeavour to act as a suitable role model for younger members of the squad.
- Respect the coaches and session leaders.
- No unexcused absences (must notify coach).
- Do my best to improve my performance by carrying out my Training Plan whether it be supervised or unsupervised.

Sample Training Plan:

ON-SNOW	Satisfactorily Achieved Yes No
<p>Training at Mt. Sima When: Saturdays & Sundays January, 2023 (weather permitting) Time: 10:00 AM to 3:00 PM</p>	<p>Alternative Plan</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p><i>How will you prove you are following the plan?</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

TRAMPOLINE	Satisfactorily Achieved Yes No
<p>Weekly Coached Training at Freestyle Ski Trampoline facility in Whitehorse When: one night a week January, 2023 Time: TBD</p>	<p>Alternative Plan</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p><i>How will you prove you are following the plan?</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

STRENGTH & CONDITIONING	Satisfactorily Achieved Yes No
<p>Weekly Coached Training with Northern Strength Academy in Whitehorse When: one night a week January, 2023 Time: TBD</p>	<p>Alternative Plan</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <p><i>How will you prove you are following the plan?</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

YOGA	<i>Satisfactorily Achieved</i> Yes No
Weekly Coached Training with Michelle Eshpeter in Whitehorse When: one night a week January, 2023 Time: TBD	Alternative Plan _____ _____ _____ <i>How will you prove you are following the plan?</i> _____ _____ _____

I agree to the standards and process in this agreement.

My Name

Coach Representative

Parent

Date