



## 2023 CANADA WINTER GAMES

February 27 – March 5, 2023 (Week #2)

Mark Arendz Provincial Ski Park at Brookvale, PEI

## TEAM YUKON SELECTION CRITERIA

Officiated by Snowboard Yukon

| Freestyle Discipline  |                   |                 |
|---|-------------------|-----------------|
| <b>13–17 years old as of December 31, 2022</b><br><i>Year of Birth: 2005-2009 inclusive</i> | Up to 3<br>female | Up to 3<br>male |
| Speed Discipline  |                   |                 |
| <b>15–19 years old as of December 31, 2022</b><br><i>Year of Birth: 2003-2007 inclusive</i> | Up to 3<br>female | Up to 3<br>male |
| <b>Total athletes</b>   | <b>5 female</b>   | <b>5 male</b>   |

*Note: At the discretion of the coaches and the organizing committee, team members who meet the age requirement may compete in an additional discipline for which they have not been selected.*

| Selection Process Checklist                   |                 |
|---|-----------------|
| <b>Step 1: Written Application</b>            | June 6, 2022    |
| <b>Step 2: Individual Summer Training</b>     | June–September  |
| <b>Step 3: Snowboard Yukon Dryland</b>        | September       |
| <b>Step 4: Preseason On-snow Training</b>     | November        |
| <b>Step 5: Selection Camp, Whistler, BC</b>   | Dec 19–23, 2022 |
| <b>Step 6: Team Selection Announced</b>       | January 2, 2023 |
| <b>Step 7: On-Snow &amp; SY Dryland con't</b> | January–CWG     |

## Competitor Eligibility

To be eligible for the 2023 Canada Winter Games (CWG), Team Yukon riders must meet the following Competitor Eligibility as outlined in the 2023 Canada Winter Games Snowboard Technical Package (download [2023-Technical-Package-Snowboard.pdf](#)):

- 1) Competitors must meet all eligibility requirements outlined in the Technical Package including any vaccination requirements that may be implemented before the games.
- 2) The Canada Games are open to Canadian citizens or permanent residents.
- 3) The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization ([Snowboard Yukon](#)).
- 4) An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
- 5) An athlete attending school on a full-time basis outside their Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
- 6) An athlete who is training outside their Province or Territory of permanent residence may represent the Province or Territory in which they are training provided they can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
  - a) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season

- AND –
    - b) Having represented that Province or Territory at an international, national or regional championship,
  - AND –
    - c) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.
  - OR -
    - d) Other similar circumstances may be considered.
- 7) An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out for one Province or Territory in swimming, and may try out for another Province or Territory in diving).
- 8) Athletes may only compete for one Province or Territory at a single Canada Games.
- 9) Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
- 10) The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
- 11) Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

## Selection Process

There will be a multi-step selection process beginning with accountable individual training and ending with the naming of the final CWG roster. This process allows for maximum training opportunities for many riders, yet ensures the most dedicated athletes and those most fit for competition will represent the Yukon at the games.

The Selection Process will be governed by the Snowboard Yukon Selection Committee. The Selection Committee is appointed by the Snowboard Yukon Board of Directors. The CWG coaches will be non-voting members of the Selection Committee.

There are **7 steps** in the CWG Selection Process. A rider must successfully complete all the steps in order to be eligible to be named to the final roster. Alternative arrangements/exemptions may be granted on a case-by-case basis. Please contact the Head Coach ASAP should you have a conflict with a step(s).

### Step 1: Application/Individual Summer Training Plan

Riders must submit an Application indicating their desire to be a part of the CWG team, including their goals and objectives in snowboarding, a list of competitions and results, current training initiatives, other sports experience, and why they should be chosen for the team. The Head Coach will be holding individuals accountable to their training plans via regular check ins.

#### **The Application is due June 6, 2022**

Applications should be emailed to the Snowboard Yukon Selection Committee by way of [coachadam@snowboardyukon.com](mailto:coachadam@snowboardyukon.com).

A sample Application form can be found in Appendix A at the end of this document.

The application can be submitted as a text or scanned document, or the questions and answers can be typed into an email.

## Step 2: Individual Summer Training

Riders will be expected to carry out their Individual Summer Training plan as developed with a coach and approved by coaching staff. Athletes must submit monthly progress reports to the Head Coach.

Attending a summer on-snow camp is highly recommended. Contact the Head Coach for suggestions.

## Step 3: Snowboard Yukon Dryland

Fall and Winter Dryland training may include:

- trampoline training (1 session per week)
- strength & conditioning (2-4 sessions per week)
- stretching (3+ sessions per week)
- recovery (1 full rest day per week)

Northern Strength Academy will be contracted to run sport specific dryland training to eligible athletes.

### **Dates are TBC**

Participating in Snowboard Yukon dryland programs meet some of this criteria, however CWG athletes will require additional individual training to perform at a Long Term Athlete Development (LTAD) 4 minimum standard. The coaches will work with athletes to identify additional requirements taking into account the rider's age and stage. An appropriate plan is key to ensure riders are not overtraining on account of other sports and activities. To learn more about Canada Snowboard LTAD Stage 4 [here](#).

## Step 4: Preseason On-Snow Training

In November all athletes participating in the CWG selection process will be invited to preseason on-snow training at Mt. Sima in Whitehorse.

**Dates and fees TBD**

## Step 5: Selection Camp, Whistler

Whistler is an incredible training venue known for excellent terrain, December conditions. At the conclusion of this 4-day camp, the coaches will complete a Rider Report (see Appendix) for each rider and provide the results to the Selection Committee.

**The camp dates are December 19–23, 2022.**

**Subsidised travel details will be available in the fall.**

## Step 6: Team Selection Announced (Final Roster)

Following the Selection Camp, the Selection Committee appointed by the Snowboard Yukon Board of Directors will review the Rider Athlete Reports and select the final team roster. The CWG Coaches will be non-voting contributors to the Selection Committee discussions.

The Selection Committee is required to retain copies of the athlete Evaluation Forms for at least ten (10) days following the last day of the Training Squad Phase. An athlete may request to see their Evaluation Form within the ten (10) day timeline.

**The CWG Team will be announced January 2, 2023**

## **Appeals Regarding Final Athlete Selection**

Any athlete will be able to file an appeal with Snowboard Yukon within 48 hours of the announcement of the CWG team. This can be done in writing to the Technical Director of Snowboard Yukon, Mary Binsted at mary@snowboardyukon.com

A separate committee will be formed to review the appeal and make a decision if needed. Sport Yukon will also be fully advised of any appeal. The results will be decided within 72 hours of receipt of submission.  
CWG Team Training Commitments

### **Mandatory: Letter of Commitment**

Following being named to the CWG Team riders will be required to sign a Letter of Commitment, indicating that they will fulfil the commitments outlined in their training plan.

## **Step 7: Continued Dryland and Weekly On-Snow Training**

In addition to continuing with dryland training, beginning in January, the team must participate in regular on-snow weekly training sessions with a trained coach. Riders can join the CWG coaches with the Snowboard Yukon Comp Team or provide proof that they are training with an approved equivalent program.

### **Mandatory: Provincial Series Competition**

Riders will also be required to attend a AWG, or Provincial Series (LTAD 4 or higher) competition prior to the CWG. This can be an official Snowboard Yukon trip or another coached-approved Canada Snowboard competition. Snowboard Yukon will provide a travel subsidy to help riders to meet this requirement.

### **3-4 days, late January/early February**

***Failure to meet these training commitments, or extensive unexplained absences from training will result in the athlete being removed from the final roster.***

## Behaviour

All team members must show proper respect for coaching staff, other team members, and the community at all times.

Any team member 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.

You can review these documents here:

[snowboardyukon.com/sy-documents](https://snowboardyukon.com/sy-documents)

## Further Information & Contact

**Adam Waddington**, Head Coach, Snowboard Yukon

[coachadam@snowboardyukon.com](mailto:coachadam@snowboardyukon.com)

(867) 336-0120

For questions regarding CWG Team Yukon eligibility.

**Trevor Twardochleb**, Yukon Government, Sport & Recreation Branch

[trevor.twardochleb@gov.yk.ca](mailto:trevor.twardochleb@gov.yk.ca)

For questions regarding CWG Final Team appeals.

**Mary Binsted**, Technical Director, Snowboard Yukon

[mary@snowboardyukon.com](mailto:mary@snowboardyukon.com)

(867) 334-2944



## Appendix

### 2023 CWG Team Application Form

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NAME:

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ADDRESS:

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PHONE NUMBERS:

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EMAIL:

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BIRTHDAY:

**Submit your completed application by June 6, 2022 to the Snowboard Yukon Selection Committee via the Head Coach at [coachadam@snowboardyukon.com](mailto:coachadam@snowboardyukon.com)**

(The application can be submitted as a text or scanned document, or the questions and answers can be typed into an email.)

1. List your goals and objectives in snowboarding:

2. List your proudest competition results & achievements:

3. List your current training initiatives:

4. Do you do any other sports and how often?:

5. Tell us why you want to be on the CWG team?:

6. Anything else we should know?

Fill in your weekly summer dryland training plan

| <b>Mon</b> | <b>Tues</b> | <b>Wed</b> | <b>Thurs</b> | <b>Fri</b> | <b>Sat</b> | <b>Sun</b> |
|------------|-------------|------------|--------------|------------|------------|------------|
|            |             |            |              |            |            |            |



# ATHLETE REPORT

**Athlete Name:**

**Date:**

**Coach Name(s):**

**Group:**

**LTAD Level:**

*(Long Term Athlete Development)*

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