



SNOWBOARD

2023/24 SEASON

PROGRAM INFO SESSION

What is Snowboard Yukon?

Snowboard Yukon is the PTSA (Provincial Territorial Sports Organization) for Snowboarding in Yukon and Canada

- We train athletes, coaches, judges, and officials
- We form and administer teams for out-of-territory competitions (CWGs & AWGs)
- We organize and sanction events (GROM, Yukon Champs)
- We represent Yukon in Canada Snowboard, which is the national sports organization for snowboarding in Canada





Although our mandate is rooted in competitive snowboarding, we believe in the power of recreation, community, inclusivity and FUN!

Long Term Athlete Development Model (LTAD)



01

Stage 1: ACTIVE START (ages 0-6)

Physiological development: Initiation of basic human movement skills: running, jumping, kicking, throwing, catching, swimming, sliding, etc.



02

Stage 2: FUNDAMENTALS (ages 6-9)

Physical literacy: Interrelation of movement skills and sport skills. Speed, power and endurance are developed using sports and games.



03

Stage 3: LEARN TO TRAIN (ages 8-12)

Snowboard literacy: Introduces snowboarders to all disciplines. This will allow the child to identify what they like while creating a great multi-skill foundation.



04

Stage 4: TRAIN TO TRAIN (ages 12+)

Training literacy: Specialization and emphasis on strength conditioning. Focus is on training rather than competing.

Families &
Snow School

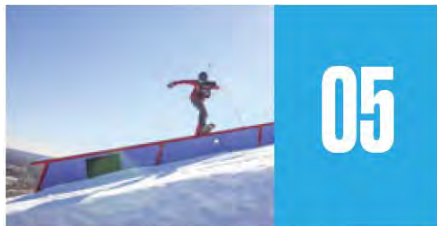
Shredders

Freeriders

Comp Team

Comp Team HP

Long Term Athlete Development Model (LTAD)



Stage 5: TRAIN TO COMPETE (ages 14-16+)

Competition literacy: Emphasis on developing individual strengths through modeling, physical, technical and tactical skills.



Stage 6: LEARN TO WIN (ages 17-18+)

Excellence: Transition period between the national and international level. All performance factors are now fully established in order to optimize performance.



Stage 7: TRAIN TO WIN (ages 20-24+)

Mastery: Focus is on the preservation of high quality and consistent performances to be “winning for a living”.



Stage 8: ACTIVE FOR LIFE (any age)

Transition from competition to an active lifestyle.

Comp Team HP

Outside Teams

National Team

Freeriders

Recreationalists,
Coaches, Officials,
Judges, Rad Moms &
Dads, etc

Long Term Athlete Development Model (LTAD)

STAGE 3: LEARN TO TRAIN

(Female 8 - 11, Male 9 -12)

FOCUS

- Develop fundamental snowboard skills
- Master foundation sport skills

ATHLETE PLAN

- Two distinct competitive seasons in multiple sports.
- Focus continues on sport skill development.
- Snowboard training 3 days a week during season and 1/3 competitions per year (multi-discipline)
- Intro of strenght and mental training

STAGE 4: TRAIN TO TRAIN

(Female 11 - 15, Male 12 - 16)

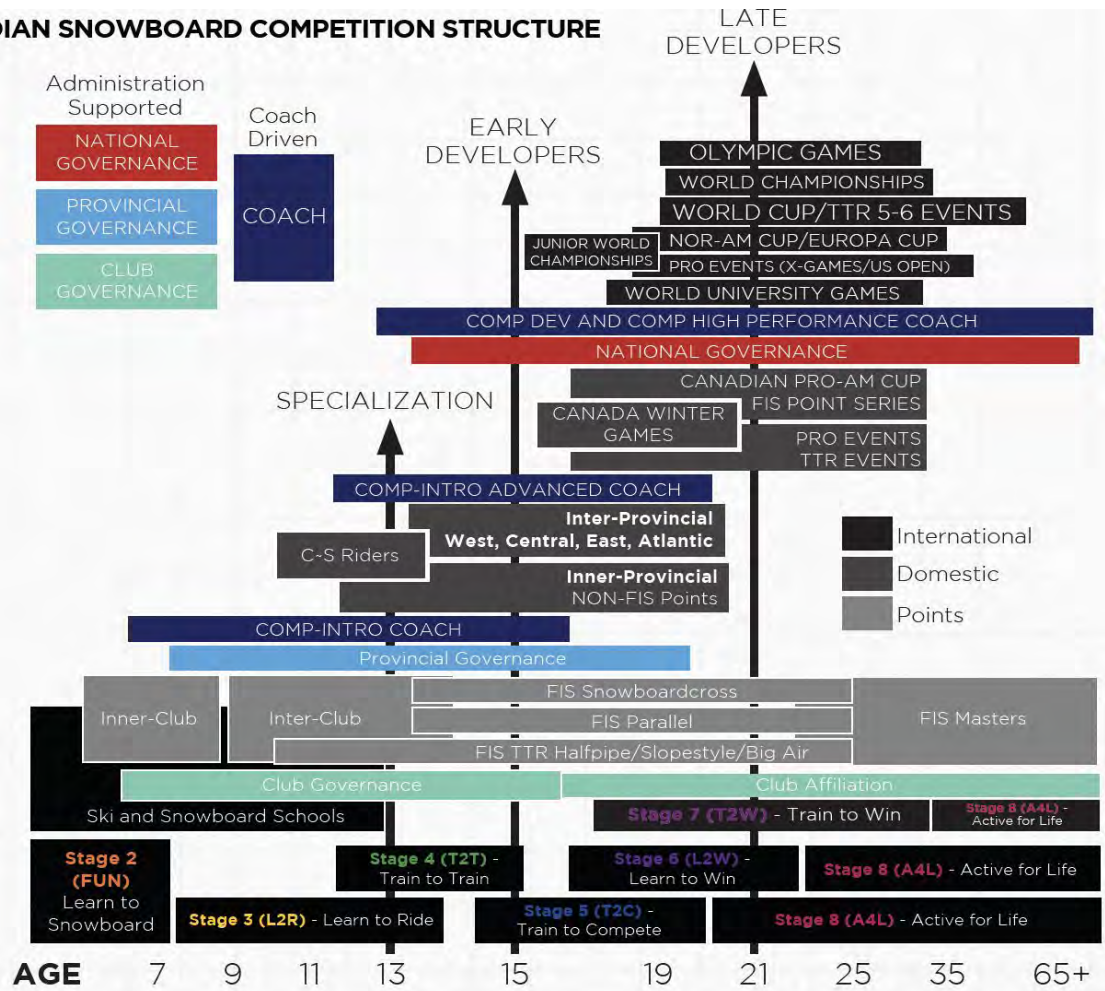
FOCUS

- Develop technical discipline specific snowboard skills
- Fitness skill development

ATHLETE PLAN

- Seasonal snowboard plan focused on multi disciplines within speed or style building towards Provincial and Jr. National Championships
- Training 6 - 9 times a week
- Snowboard + complementary sports
- High volume and repetition
- Continued participation and competition in the off season in other sports

CANADIAN SNOWBOARD COMPETITION STRUCTURE



Snowboard Yukon Programs

Shredders

- Ages 8+
- On-snow Saturdays (8)
- 2 GROM Events and Yukon Champs (4)

Optional

- Strength & Conditioning + Yoga (25)

Skill Requirement

- Load and unload the chairlift independently
- Stop, turn toeside and heelside under control on most runs at Mt. Sima.

Freeriders

- Average ages 12-14
- On-snow Saturdays (8)

Optional

- Strength & Conditioning + Yoga (25)
- 2 GROM Events and Yukon Champs (4)
- Whistler Camp (Dec)
- Holy Bowly (May)

Skill Requirement

- Graduated (or equivalent) from Shredders

Comp Team

- Average ages 10-17
- On-snow Saturdays (8)
- Pre-Season Camp (2)
- Yukon Champs (2)

Optional

- Strength & Conditioning + Yoga (25)
- Yukon Champs (2)
- Whistler Camp (Dec)
- Provincial Comps (Jan & Feb)
- Junior Nationals (Mar)
- Holy Bowly (May)
- Summer Camp (July)

Skill Requirement

- Intermediate (blue) freestyle terrain, (e.g. Coyote Park at Mt. Sima)
- Carving skills on advanced (black) runs in most conditions
- Approved by the Head Coach

Comp Team HP

- Average ages 12-14
- On-snow Fridays (8)
- On-snow Saturdays (8)
- Two Pre-Season Camps (5)

Includes

- 2 days/week Strength & Conditioning + Yoga (47)
- Yukon Champs (2)

Travel

- Whistler Camp (Dec)
- Provincial Comps (Jan & Feb)
- Junior Nationals (Mar)
- Holy Bowly (May)
- Summer Camp (July)

Skill Level

- Most features at Sima
- West Line at Winsport

Freeriders vs. Comp Team vs. HP Athlete

Freeriders is a coached program for Yukon snowboarders who are not quite ready for the focus and commitment of the Comp Team and those who want to continue to progress their riding recreationally at their own pace.

Travel, competitions and dryland training are not mandatory at this level, however Freeriders have the ability to customize their training plan by adding some extras to their season on an a la carte basis.

Time & Resources Commitment:

- Optional 1 day/week in the gym
- 1 coached days on-snow/week
- Optional local comps
- Travel for freeriding (Whistler / Holy Bowly)
- Recreational with some competitions

The **Comp Team** is designed for Yukon snowboarders who are committed to improving their skills at the Stage 3/4 level. They have their sights set on Provincial and National competitions, as well as multi-sport games. After graduation they may continue in snowboarding on the coaching pathway or as life-long snowboard enthusiast.

Time & Resources Commitment:

- Suggested 1 day/week in the gym
- 1 coached days on-snow/week plus independent riding
- Travel a few times per year (2+ trips)
- Recreational with a few competitions

High Performance athletes are committed to achieving their highest level of performance and attaining Stage 5 LTAD. They have their sights set on Provincial and National competitions, as well as the a career in snowboarding beyond the next few years. Attaining the National Team and/or professional may be their goal.

Time & Resources Commitment:

- Min. 2 days/week in the gym
- Min 2 coached days on-snow/week plus independent riding
- Travel once per month (6 trips)
- Balancing training and school commitments
- Self-directed nutrition, rest and rehab
- Competitive athletic lifestyle
- Application based (about 6 spots)

Our Yearly Training Plan (YTP 2023)

September/October:

- Strength & Conditioning + Yoga
- AGM
(directors needed!)

November:

- YPP SBX Camp
- Comp Team
Pre-season Camp
- HP Comp Team
Pre-season Camp
- Night Bunny Park
Sessions (maybe!)
- Comp Intro Coaching
Course

December:

- Comp Team on-snow
training begins
- Whistler Camp
(Dec 19-23)
- HP Whistler Camp
(Dec 16-18)

Our Yearly Training Plan (YTP 2023)

January:

- Comp Team, Freeriders and Shredders on-snow training begins
- Pre-AWG Camp
- AWG Trials
- AWG Team Training Begins
- GROM #1 Comp
- Outside Comp TBD

February:

- GROM #2 Comp
- Outside Comp TBD

March:

- Junior Nationals (Blue Mt., ON)
- Arctic Winter Games
- Para World Cup!!!
- Yukon Champs

Our Yearly Training Plan (YTP 2023)

April:

- Freeride!!!

May:

- Holy Bowly

June:

- Year End BBQ
& Awards

July:

- Summer
Glacier Camp

Outside Camps & Comps



- Trips are planned as far ahead as possible, however Provincial competition schedules are often not confirmed until deep into the season.
- We aim for Trip Info docs to be available a minimum of 1 month out from the trip
- Trips are subsidised through YG funding by an average of 33.33% per trip
- The remainder of the trip budgeted is designed to break even and is covered by athlete fees

Outside Camps & Comps

- We utilize the Air North Sport Fare program whenever possible.
- 1 trip per year is eligible for Lotteries Yukon funding. It must be a competition.
- Trips are co-organized by a board member and the Head Coach.

- Athletes must be approved by the Head Coach to go on a trip.
- Depending on available coaching staff and accommodations, we may need to limit the number of athletes who can attend.



Outside Camps & Comps

- Trips may also be limited by the skill level required to safely participate in the competition.
- Generally, if this is your first trip with SY and you are 10 or under, we prefer that you bring a guardian with you.
- Guardians are welcome on trips when we can accommodate them. They are responsible for their own expenses.
- Athletes must sign the [Travelling Athlete Agreement](#) before departure and abide by the expectations set out in it.



AWG Selection Process

The Arctic Winter Games Team selection process begins in January 2024 with the **Trials** at Mt. Sima.

Aspiring team members may join a training camp to prepare for the Trials.

The team selection will be guided by the **Selection Criteria** and **Technical Package** available (soon) at www.snowboardyukon.com



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

- Males born in 2010 or later – 2 Athletes
- Females born in 2010 or later – 2 Athletes

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

AWG Selection Process



Optional Step – Pre-AWG Camp at Mt. Sima

January 6 & 7, 2024

Step 1 – AWG Snowboard Trials at Mt. Sima

Sunday, January 14, 2024

Step 2 – Team Announcement

Thursday, January 18, 2024

Step 3 – AWG Team Training (dryland & on-snow)

Sunday, January 21-February 28, 2024

Step 4 – Arctic Winter Games

March 10-16, 2024



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Questions?

