



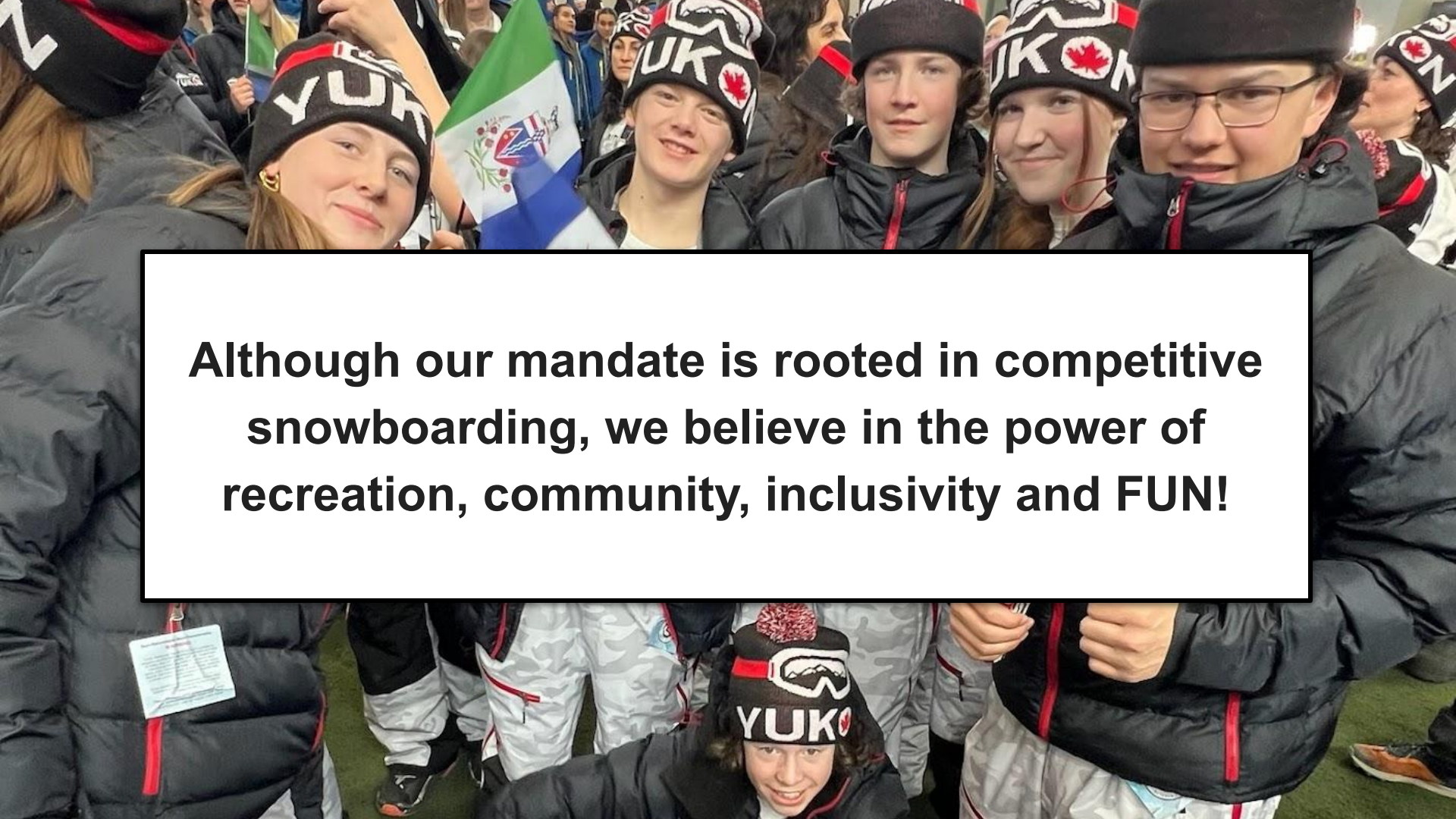
snow  
board  
yukon

Program  
Plan  
2024/25



**Snowboard Yukon is the PTSA (Provincial Territorial Sports Organization)  
for Snowboarding in the 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!**



## Competitive Stream

- Competition focused goals
- 1-5 year goals: AWGs, CWGs, Provincial Comps, Jr. Nationals
- Long term goals: National Team, Olympics, X Games, professional athlete
- Travel is required
- Dryland training is required
- Leading a sport-focused lifestyle
- Independent drive
- Balancing school and sport



## Recreational Stream

- Personal progression focused goals
- 1-5 year goals: developing snowboard skills, being part of the snowboard community, realizing your own vision, integrating media & art with sport
- Long term goals: snowboarding for life, coaching, sponsored athlete
- Travel is for personal development
- Dryland training for wellbeing
- Independent vision

# What do SY programs have in common?

All Snowboard Yukon coached programs are based in **progression**.

Athletes and riders *must be* looking to progress their skills in a goal-based, coached-supported environment.

All Snowboard Yukon coached programs are **athlete centered**.

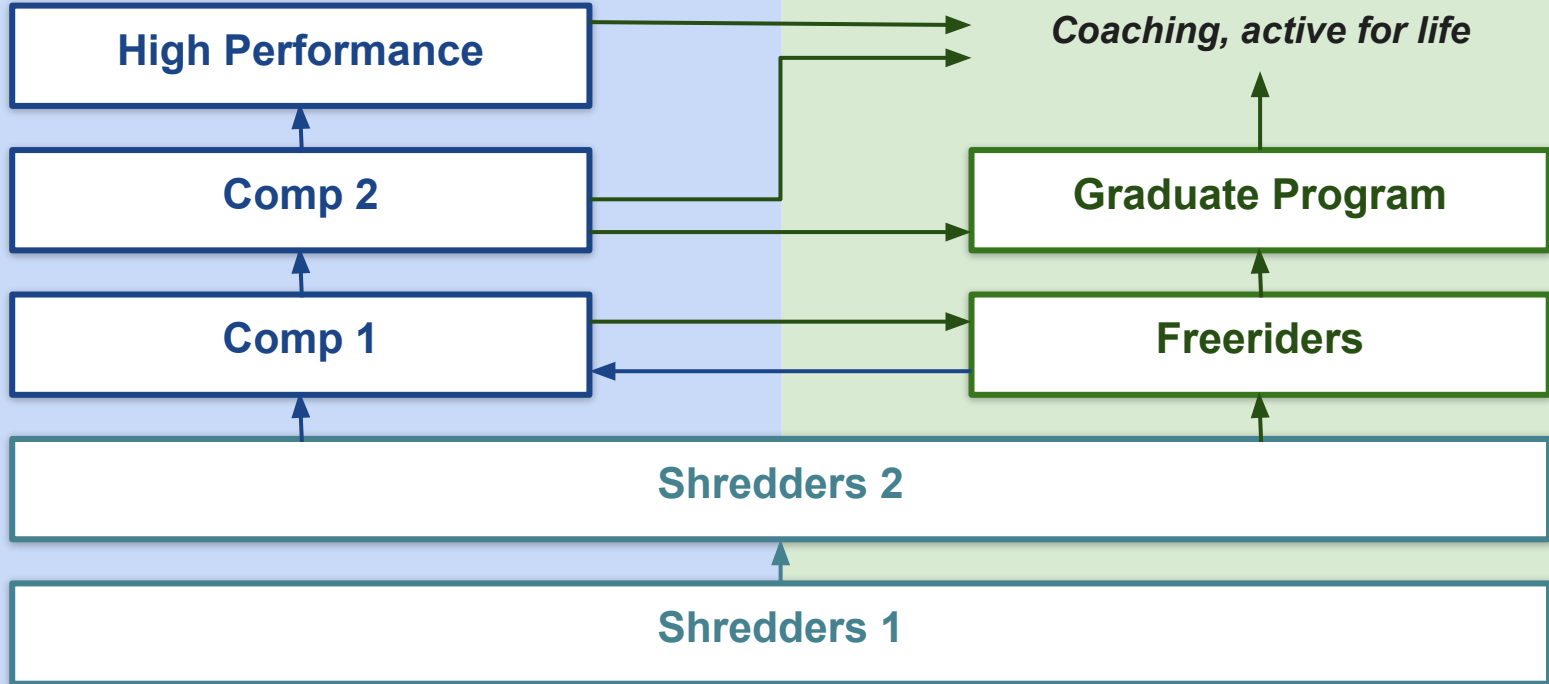
Our goal is for every athlete to feel supported in their progression.  
All programs can be customized to fit an athlete's personal goals and realities.

Speak with Esa to create your personalized training plan.

# Competitive Stream



# Recreational Stream



*Learn to Turn Phase (parents, Sima snow school, etc)*

# Shredders 1

The background image shows a snowboarder in a red jacket and helmet, and another person in a black jacket and cap, both looking towards the camera. They are standing in front of a blue banner with a white maple leaf logo and the text 'LOST FIS PARA SKI'. The scene is set outdoors on a snowy slope with trees in the background.

**Age:** 8+

**LTAD:** 2 / 3

**On-Snow:** Saturdays,  
Jan-Mar (*8 sessions*)

**Comps:** GROM, Yukon  
Champs (*4 events*)

## Season Goal

- Have FUN Snowboarding
- Introduction to all disciplines of snowboarding

## Future Goal

- Shredders 2

## On-Snow Skill Level

- Toe and heel edge turns
- Ride chairlift alone
- Green runs

# Shredders 2



**Age:** 9+

**LTAD:** 3

**On-Snow:** Saturdays,  
Jan-Mar (*8 sessions*)

**Comps:** GROM, Yukon  
Champs (*4 events*)

## Season Goal

- Hit every feature in Pokey Park
- Ride snowboardcross track with speed and flow

## Future Goal

- AWGs
- Freeriding

## On-Snow Skill Level

- Blue runs
- Safely navigate Pokey Park
- Ride snowboardcross course confidently



# Freeriders

**Age:** 12+

**LTAD:** 3

**On-Snow:** Saturdays,  
Jan-Mar (*8 sessions*)

**Optional Dryland:**  
S&C + Yoga, Trampoline

**Optional Comps:** GROM,  
Yukon Champs (*4 events*)

**Optional Travel:**  
The Gathering Camp (May)

## Season Goal

- Stepping up to medium features in all parks
- Riding the whole mountain, groomed and ungroomed with flow

## Future Goal

- Choose your own snowboarding adventure

## On-Snow Skill Level

- Blue+ runs
- Safely navigate Pokey Park
- Ride snowboardcross course confidently

# Comp 1

**Age:** 10+

**LTAD:** 3

**On-Snow:** Sundays,  
Dec – Mar (*8 sessions*)

**Recommended Dryland:**  
S&C + Yoga, Trampoline

**Required Comps:** GROM,  
Provincial, Yukon Champs

**Travel:** Whistler Camp (Dec)  
The Gathering Camp (May)

## Season Goal

- Hitting all features at Mt. Sima
- Participate in Provincial Level outside Comp

## Future Goal

- AWG,  
CWG

## On-Snow Skill Level

- Spinning 180s+
- Comfortable on medium jumps
- Riding snowboardcross course with speed and line
- Experience riding switch

# Comp 2

**Age:** 12+

**LTAD:** 3 / 4

**On-Snow:** Saturdays,  
Dec – Mar & Christmas Camp  
(13 sessions)

**Required Dryland:**

S&C + Yoga, Trampoline

**Required Comps:** Provincial (x2),  
Junior Nationals, Yukon Champs

**Camps:** Sima Preseason (Nov)

## Season Goal

- Progress competition runs
- Attend two outside comps and Jr Nationals

## Future Goal

- CWG

## On-Snow Skill Level

- Based on competitive goals
- Must be approved by Head Coach

# High Performance

**Age:** 13+

**LTAD:** 4 / 5

**On-Snow:** Fridays, Saturdays, Dec – Mar  
& Christmas Camp (*13 sessions*)

**Required Dryland:**

2 x S&C + Yoga, Trampoline

**Required Comps:** Provincial (x2),  
Junior Nationals, NORAM, Yukon Champs

**Camps:** Air Bag (Oct), Sima Preseason (Nov),  
Spring Camp (May), Summer Camp (Aug)

**Season Goal**

- Progress in chosen discipline
- Living a sport-focused lifestyle

**Future Goal**

- National Programs

**On-Snow Skill Level**

- Based on competitive goals
- Must be approved by Head Coach

# Graduate Program



**Age:** 15+

**LTAD:** 4

**On-Snow:** Saturdays,  
Jan-Mar (*8 sessions*)

**Recommended Dryland:**  
S&C + Yoga, Trampoline

**Travel:** Whistler Camp (Dec)  
Season Ender Camp (Apr)

## Season Goal

- Identify personal snowboarding goals and create a group plan for progression and travel

## Future Goal

- Continue to progress based on your own vision
- Coaching

## On-Snow Skill Level

- Riding the entire mountain with speed and flow
- Having your own snowboarding vision and creating your own lines

# Comp Speed Program



**Age:** 12+

**LTAD:** 3 / 4

***Based on Comp 2***

**On-Snow:** Saturdays &  
Sundays, Nov 16 – Dec 1  
*(6 sessions)*

**Outside Comps:**

Customized support from SY.  
Connect with outside teams  
for training and comps.

# Next Steps

Registration opens Wednesday, August 14, 2024

Follow the links on [snowboardyukon.com](https://snowboardyukon.com) to [SnowReg](#)

For questions or customized training plans contact  
**Head Coach Esa Suominen** [esa@snowboardyukon.com](mailto:esa@snowboardyukon.com)

Dryland programs start the week of August 26

