

snow  
board  
yukon

# 2025/26 Program Plan





**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.

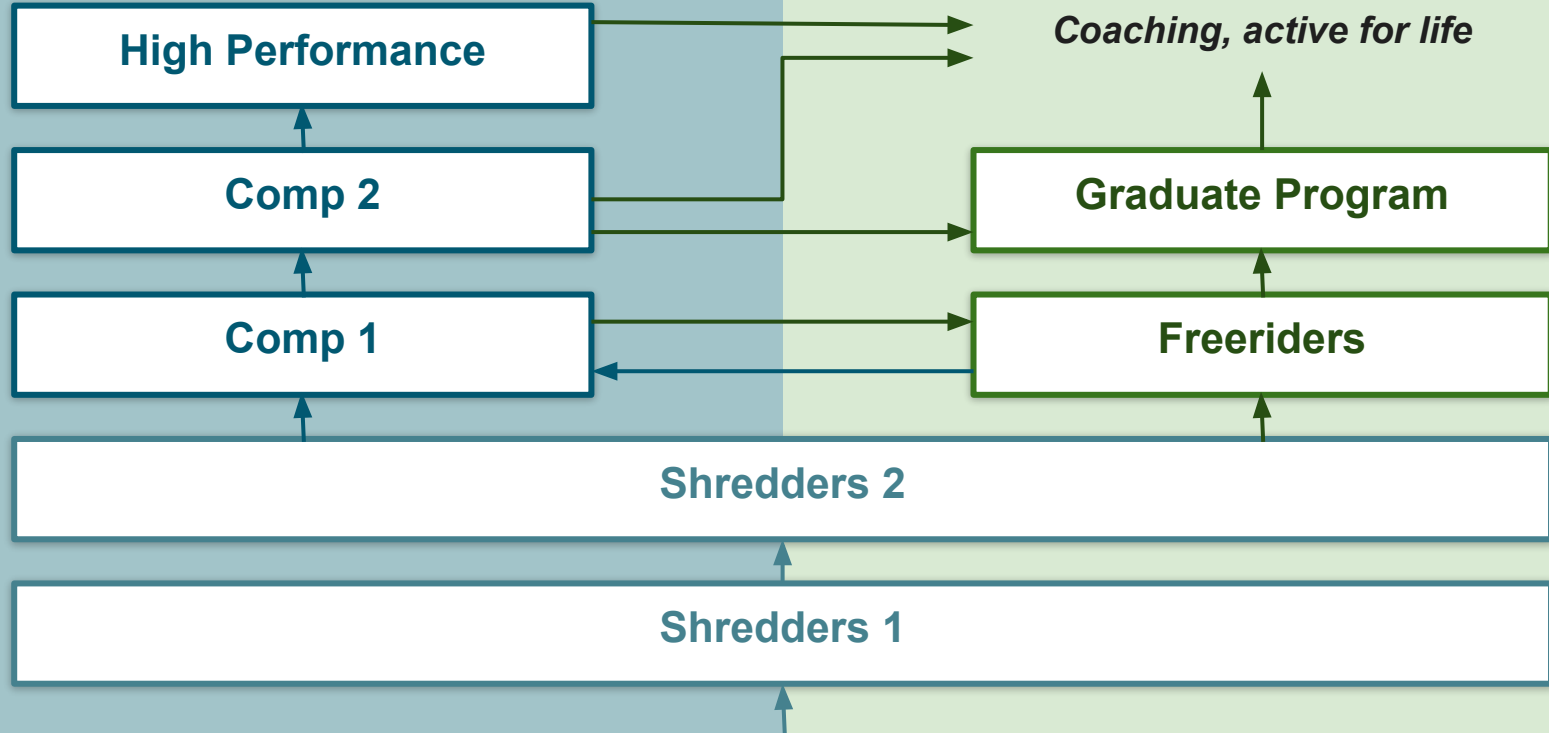
Our goal is for every athlete to feel supported in their progression.  
All programs can be customized to fit an athlete's personal goals and realities.

Speak with Esa to create your personalized training plan.

## Competitive Stream



## Recreational Stream



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

# **\*New\* Pre-Ride Session**

If you are new to Snowboard Yukon, you are invited to a Pre-Ride Session to meet the coaches and figure out which group is right for you.

**When:** Saturday, Dec 13, 2025

**Time:** 1:00 pm – 3:00 pm

**Where:** Mt. Sima

***Free session. Membership required. Lift tickets not included.***

If you sign up for the Pre-Ride Session and meet the minimum program requirements above, you are guaranteed a spot in one of Snowboard Yukon's programs for 2026.

# Shredders 1

**Age:** 8+

**LTAD:** 2 / 3

**Years in program:** 1-2

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

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

## Season Goal

- Have FUN Snowboarding
- Introduction to all disciplines of snowboarding

## Future Goal

- Shredders 2

## Starting On-Snow Skill Level

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



# Shredders 2

**Age:** 9+

**LTAD:** 3

**Years in program:** 1-2

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

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

## Season Goal

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

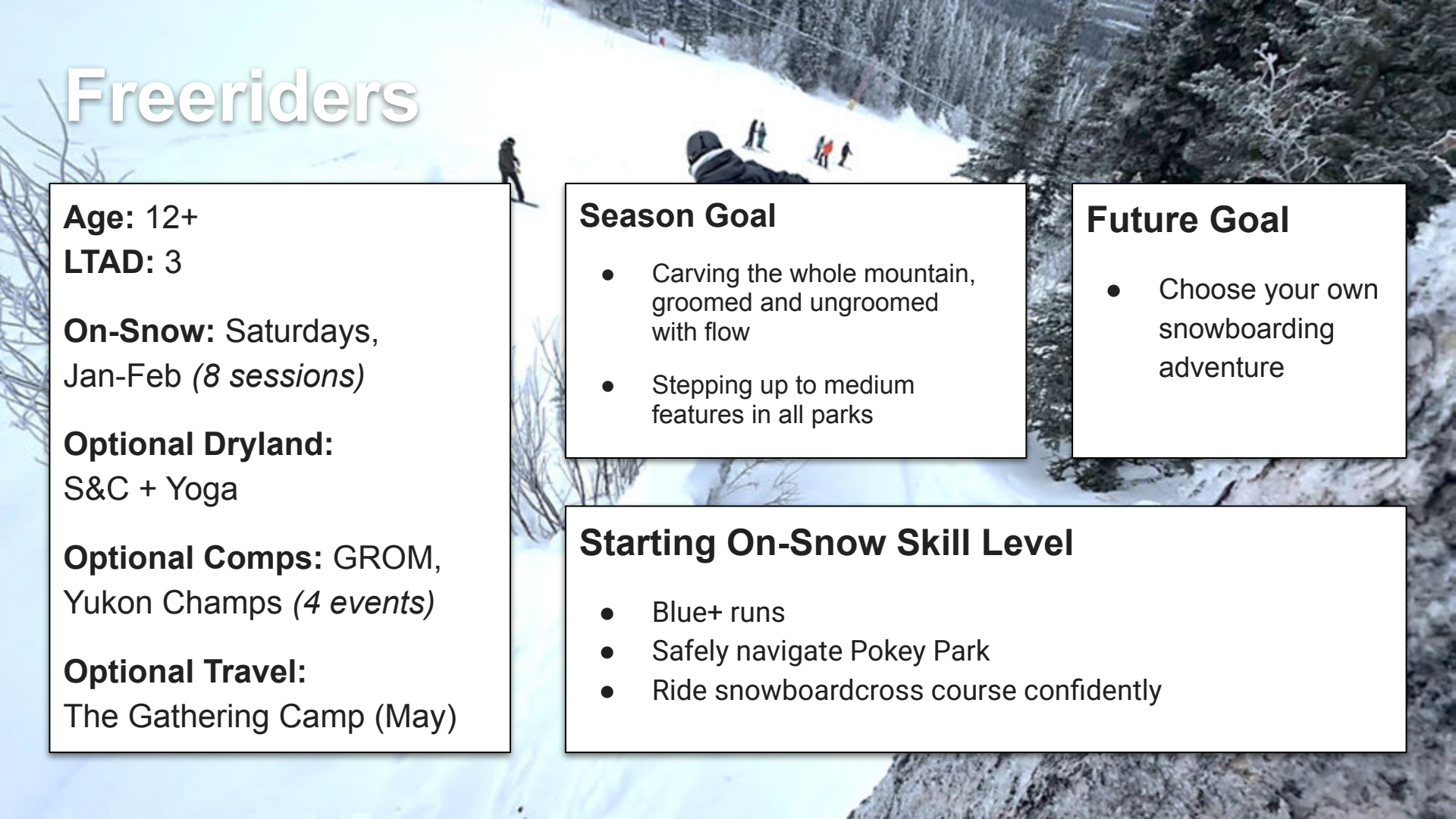
## Future Goal

- AWGs
- Freeriding

## Starting On-Snow Skill Level

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

# Freeriders



**Age:** 12+

**LTAD:** 3

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

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

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

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

## Season Goal

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

## Future Goal

- Choose your own snowboarding adventure

## Starting On-Snow Skill Level

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

# Comp 1

**Age:** 10+

**LTAD:** 3

**Years in program:** 1-3

**On-Snow:** Saturdays,  
Jan – Feb (*8 sessions*), 11AM

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

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

**Travel:** BC Provincial (Feb)  
The Gathering Camp (May)

## Season Goal

- Hitting all features at Mt. Sima
- Participate in Provincial Level outside Comp
- Junior Nationals (Year 2+)

## Future Goal

- AWG, CWG
- Additional Provincial Comps

## Starting On-Snow Skill Level

- Spinning 180s+ with amplitude
- A variety of tricks on medium features (rails and jumps)
- Riding snowboardcross course with speed and line
- Experience riding switch
- Several years competing in the Yukon
- **Must be approved by Head Coach**



# Comp 2

**Age:** 12+

**LTAD:** 3 / 4

**On-Snow:** Pre-season Sat & Sun,  
Sundays, Jan – Feb (18 sessions)

**Required Dryland:**

2 x S&C + Yoga, Trampoline

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

**Outside Camps:**

Spring HP Camp (May)

## 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:** Pre-season Sat & Sun,  
Fridays & Sundays, Jan – Feb (30 sessions)

**Required Dryland:**

2 x S&C + Yoga, Trampoline

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

**Outside Camps:** Air Bag (Oct),  
Spring HP Camp (May)

## 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



# The Graduate Program

**Age:** 15+

**LTAD:** 4

**On-Snow:** Sundays,  
Jan – Feb (*8 sessions*)

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

**Travel:** 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

# Speed Club

**Age:** 10+ (including adults)

**LTAD:** 3 / 4

**On-Snow:**

Saturdays, Nov 15 – Dec 13  
(3 *pre-season* & 2 *regular season sessions*)

**Outside Comps:**

Banked Slalom (spring)

## Season Goal

- Progress racing skills

## Future Goal

- Improved competition results

## On-Snow Skill Level

- Riding snowboardcross and banked slalom courses with speed and line
- Experience at outside speed competition
- **Must be approved by the Speed Coach**

# Arctic Winter Games

## 2026 Categories:

**U14** 2012-2013 - 2M, 2F

**U16** 2010-2011 - 2M, 2F

## AWG Trials:

Sunday, December 14  
@ Mt. Sima

## Training Commitment for Selected Athletes (and alternates):

- Train with a Comp Team
- Wed, S&C + Yoga
- Trampoline

**Pre-AWG Camp:** Dec. 6 & 7 @ Sima

## Skill Level

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

*Open to any athlete that meets the age and skill set.*





# Next Steps

Registration opens Wednesday, August 13 @ 7:00 pm

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

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

Dryland programs begin August 27

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