



FREERIDE PROGRAM

PROGRAM MANUAL (2017 DRAFT)

Program Mission:

We are a branch of the JHSC committed to mentoring youth to create and achieve their Freeskiing / Snowboarding goals by instilling the core values and work ethic through year-round training opportunities.

Program Philosophy:

The goal of the JHSC Freeride Program is to guide young athletes as they develop, and attain their short and long term freeskiing/snowboarding goals while promoting strong decision making skills, all-mountain etiquette, a strong work ethic, creativity, confidence and good sportsmanship. The Freeride Program strives to create a positive, motivated, and fun training atmosphere that teaches athletes how to succeed in all endeavors, both on and off the snow.

We believe that every participant of the Freeride program should be able to pursue their dreams to the fullest extent, regardless of their socio-economic background. These youths are the future and we aim to give them the tools necessary to make good decisions on and off the hill through our regular guidance.

There are many avenues under the umbrella of Snowboarding and Freeskiing. Each coach brings a unique perspective and wealth of experience, and aims to create a positive and lasting impression on every participant. We intend to expose participants to all disciplines of the sport(s) and provide a support system for those who are driven to pursue any one discipline to the fullest extent.

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Freeride Program Competition Team (draft)

On Snow Winter Training: 454 Hours

Dryland Training (not including Axis Gymnastics): 49.5 Hours

Camps offered: Targhee Training Days (x2-3), Park City Training (x4), Spring Training, Summer Training Camp, Utah Olympic Park Training (x2-3)

The Competition Team training schedule is designed for athletes who are dedicated to pursuing the highest level of elite performance. This program seeks to maximize abilities as well as build creativity, discipline, drive, determination, and self-confidence in a highly focused setting. Athletes will be expected to successfully manage time for training, travel and schoolwork while maintaining at least a 2.5 cumulative GPA. This program services athletes in Phase 4-5 of development. The Comp Team has a multi-tiered focus. Comp Team athletes will be refining fundamentals in order to ride the entire mountain and tackle natural jumps, cliff drops, steeps and manmade features in all conditions. Technical proficiencies and skill assessments will be a regular component of the training. Athletes will use trampolines, water ramps, and the airbag jump at the Utah Olympic Park in addition to local facilities to learn complex aerial maneuvers. Eventually, these maneuvers will be brought to the snow and, once perfected, used in competition. On snow training will be strength and endurance based with a focus on regularly skiing/riding 15,000+ vertical feet per day.

*Fall Training is mandatory.

**Athletes will work with both ski and snowboard coaches throughout the season.

General Athlete Development

Training Matrix viewable and downloadable from:

<https://jhskiclub.org/program/freeride>

Athletes will learn the following:

- Goal setting & achievement
- Strength & Conditioning
- Decision making
- Competitive strategy
- Personal style development

What we do & how do we teach

Drills:

- Goal setting & Achievement

Goal sheets & Regular reviewing with coach / parents
Short term vs. Long term goals and perspective from coaches

- Strength & Conditioning
 - Stretch routine - flexibility
 - injury prevention
- Decision making
 - Teaching the value of restraint, “Pre-ride, Freeride, Re-ride”
- Competitive strategy-
 - Practice day routines mimic comp days,
 - Season long goals drive individual event strategy
- Personal style development
 - Encourage creativity and the value of expression

Competition Team athletes will be skiing/riding five days per week. We gain valuable experience training with all varieties of snow and weather. We will use a mix of focused drill / skill acquisition and general freeriding. Many of the lessons will be circumstance driven. Snowpack, weather conditions, access to terrain, timing and participants goals will all play a role in the day to day lesson planning.

FRP policies/standards & minimum requirements

- We expect athletes to commit to a season of competitions
- We expect them to be a role model to younger athletes on the team
- We expect that all athletes show up to practice prepared, on time, with a good attitude, and ready to learn

How do we measure

- Mid-season & end of season evaluations
- Attendance tracking
- Competition result tracking
- Coach, parent & athlete meetings throughout the season

Physical Fitness Domain

We intend to provide athletes the ability to regularly ski/ride 15,000 - 20,000 vertical feet per day.

Athletes will:

- Understand the importance of core strength
- Acquire a basic understanding of anaerobic & plyometric training & their role in health & fitness

- Know the importance of flexibility
- Demonstrate a wide variety of basic postures & positions used in flexibility training
- Engage in warm-up prior to physical exercise
- Develop & enhance motor skills & body awareness through gymnastics, trampoline, soccer, football, skateboarding, mountain biking, etc.
- Identify the difference between nutritional food and junk food and acknowledge their importance to athletes.
- Know the importance of hydration, recovery, nutrition, and restful sleep
- Understand the relationship of volume and intensity with regard to the training schedule
- Learn how to keep a logbook of hydration, diet, rest, recovery, sleep and other factors that may contribute or diminish physical fitness (through the off season to maintain fitness levels)
- Learn the benefits of a diet based on a calculated balance of carbohydrates, fats, and proteins
- Understand competition day nutrition

What we do & how do we teach

Our teachings involve a systematic flow of training that allows participants to warm up, reach their max potential and cool down. We use groomers and Intermediate terrain to start and end the day and check in with the sensations of our bodies. At the peak of the day we will use a variety of terrain including expert runs and both man-made and natural terrain features. We have 11 weeks of Strength & Conditioning before athletes participate in on snow training. At the beginning and end of our Strength & Conditioning we do Physical Assessment testing to record a baseline and evaluate the progress of participants. Our program includes:

- 11 weeks of Fall strength & conditioning
- Plyometrics, Yoga, Games, Gymnastics, dryland training,
- Off- season camps - Olympic Park, Spring, and Summer
- Daily stretch routine
- Short radius warm - up turns first run of the day
- Year round Gymnastics & encourage complimentary sports
- Culinary skills/ food prep taught on team travel
- Group meals
- Curfew / lights out on team travel, home training sleep recommendations (sleep minder App)
- Water breaks
- Stressed importance of rest days before comps & after training
- Transparency of training through phases (Pre-season, Competition, Post-season)

FRP policies/standards & minimum requirements

- Daily Stretching before skiing / riding
- No Sodas / energy drinks at practice
- Athletes show up hydrated, fed and with correct attire
- Complete three Physical Assessment tests (Fall, Pre-season & Post-Season)
- Complete FRP Skill Assessment Test
- Baseline test

How we measure

- Physical Assessment Testing - three times per year
- Coach Evaluations - Mid-season & end of season
- FRP Skill Assessment Test

Technical Domain

The Freeride Program intends to give participants a wide range of skills to be used to effectively navigate the entire mountain through varying snow and weather conditions. We intend to give all athletes a sound foundation for hitting features no matter what the size or shape.

It is our goal that each Athlete will:

- Understand the components of balance: Fore/ Aft, Lateral & Rotational
- Understand the components Stance, Edging, Pressure, Twist & Rotary
- Understand and can demonstrate proper use of Timing, Intensity, Duration
- Understand and can demonstrate proper use of Oppositional movements
- Understand and can demonstrate proper use of pole plants in all varieties of terrain
- Understand and can demonstrate all phases of the turn: completion, Initiation, and turn
- Have mastery of a wide variety of turn shapes, styles and techniques both regular and switch. Precise controlled movements dictate turns in all conditions
- Have the ability to ride flat base at high speed both regular and switch with complete mastery and confidence on any terrain around the mountain.
- Ride switch as effortless as regular.
- Master exact precision of pressure and edge movements.
- Take Full HP and SS runs with speed, confidence, amplitude and style with creativity in trick selection and flow.
- Attempt Single inverts
- Become adept at spinning 540+ in multiple directions
- Experiment with off-axis rotations
- Get comfortable sliding multiple ways on Medium and Large rail features
- Ski and ride the fall line in expert terrain in all conditions
- Execute 15'+ cliff drops fluidly in a variety of snow conditions

- Learn dynamic drop-ins with speed and control.
- Learn different skills to rely on for natural terrain and manmade features / terrain.
- Top to bottom runs in 600 - 800 vertical ft expert terrain

What we do & how we teach

- SMART style principles (Start small, Make a plan, Always look, Respect, Take it easy)
- ATML model (Approach, Takeoff, Maneuver, Landing)
- Butter drills
- Switch skiing, encouraging looking over both shoulders making turns
- Hop turns in steep snow
- Hourglass drill for teaching different radius turns
- Jump building with fresh snow landings for developing new tricks
- Advanced air awareness training through gymnastics, trampoline sessions, Utah Olympic Park Airbag training
- One thousand steps drill
- Slow as you can go
- One ski drills, loose snowboard bindings/ski boots on intermediate and advanced terrain
- Terrain evaluation - visual and on slope

FRP policies/standards & minimum requirements

- Can link turns on intermediate terrain with one ski or loose snowboard bindings
- Can link turns in expert terrain in all conditions
- Complete the FRP Skills Quest assessment throughout the season
- Can regularly execute 360's over small /medium terrain features

How we measure

- FRP on snow Skills Test
- Video Review

Tactical Domain

- Knows the difference & can demonstrate the difference between pop, absorb, & scrub terrain features and knows when to apply which tactic
- Can evaluate and link multiple larger terrain features together with rhythm and speed
- Innovation on the mountain. Ability to ride anywhere, anytime in any condition using all the available terrain with speed, style and creativity.

- Slopestyle- Riders are completing full slopestyle runs with multiple directions of rotation both regular and switch with some off-axis maneuvers. Routines are planned out and incorporate a variety of jump and rail tricks.
- Skier/Boarder cross- Using all skills to achieve precision of movements to generate speed. Development of race tactics and strategies
- Begin to specialize in specific disciplines but may still compete in many events.
- Kick Turns, hop turns, & the pyramid of power
- Can ski/ride moguls in a V shaped corridor
- Demonstrate ability to ski/ride switch on intermediate terrain
- Mastering speed judgement for terrain features
- Applications for flat based vs edged takeoffs
- Ability to ride flat base at high speed both regular and switch with complete mastery and confidence on any terrain around the mountain. Switch riding is as effortless as regular in intermediate terrain. Exact precision of pressure and edge movements is mastered.
- Has refined ability to ski / ride and compete in all types of snow conditions and terrain with equal success.

What we do & how we teach

- Mock competitions, run selection discussions
- Games of SLUSH
- Video review
- Competition preparation

FRP policies/standards & minimum requirements

- Must complete Annual FRP On Snow Skills Assessment Test

How we measure

- FRP On Snow Skills Assessment Test
- Overall Competition progress / performance
- Mid season & end of season coach evaluations
- Coach / Athlete meetings

Equipment

- Discipline specific skis / boards. Two (pair) skis / boards recommended for each discipline. Tuning skills continue to improve.

- Discipline specific boot to maximize performance. Proper fit and custom footbeds are recommended.
- Helmet required; back protection, impact shorts, and mouth guard recommended.
- Athlete wears the appropriate footwear and clothing to all physical activities.

What we do & how we teach

- Tuning clinics to repair edges, core shots, and regular waxing

FRP policies/standards & minimum requirements

- Properly fitting and appropriate gear
- Maintained gear (no core shots, blown edges, delaminated skis/boards)
- Proper ski / board for conditions
- Weather resistant outerwear & layers

How we measure

- Recorded by the coaches in the Mid-season and end of season evaluations

Mental and Social Domain

Athlete:

- Develops competition day routines and practice with distractions present to simulate the competitive experience. Introduce relaxation techniques to control competitive anxiety.
- Can differentiate between process and outcome goals
- Understands the concept of a dream goal
- Has goals that include fun and enjoyment
- Sets simple specific process goals for training and competition
- Shows good time management skills
- Demonstrates focused attention during instruction and can repeat instructions
- Understands the arousal regulation and relaxation
- Can demonstrate breathing techniques to control arousal
- Knows how and when to use imagery techniques
- Can describe the layout of a slope and or venue after inspection.
- Contributes positively to the group
- Consistently uses positive self-talk
- Understands sportsmanship and exhibits behaviors that show a regard for fairness, respect for rules, and respect for teammates and other competitors.
- Is on time and ready to meet the demands of any appropriate task
- Accepts challenges, meets new demands in learning with positive effort.
- Has a strong belief in own abilities and confident in execution

- Accepts personal responsibility for training effort, quality, and results
- Is willing to take risks
- Athletes analyze their own performance, lists specific areas they are do well, and identify areas for improvement
- Terrain assessment- evaluating landmarks and features from above and below slope

What we do & how we teach

- Teach athletes to implement these techniques into event day routines.
- Discuss progressive relaxation and imagery techniques.
- Help the athlete understand the source of any anxiety. Creating positive self-talk is critical.
- Reinforce the idea that hard work creates more opportunity for success. Accountability is important. Self-analysis and the acceptance of feedback is encouraged.
- Enforce the concept that success is attributable to personal effort.
- Group athletes by ability, relative development and goals in sport while maintaining appropriate social bonds.
- Continue to use goal setting to acquire skills and fitness.
- Explore long-term performance plans and introduce outcome goals to motivate the athlete. Challenge athletes in training while providing opportunities for success.
- Encourage self-evaluation and logging of training.

FRP policies/standards & minimum requirements

- Meets with coach at least once each mesocycle to evaluate progress.

How we measure

- Mid-season and end of season evaluations

Competition Domain

- Compete for skill mastery
- 8-15 events per season.
- USASA Regional and Nationals, USSA Revolution Tour, USSA Junior Nationals, FIS Junior World Championships, IFSA National and Regional events, IFSA Nor Ams & World Championships
- Begin to specialize skills for specific discipline
- Accepts personal responsibility for for training effort, quality, and competition results
- Possesses confident stance, poise and manner at all times in competition & practice arena

What we do & how we teach

- Maintain education and sport balance
- Core values - demonstrate knowledge & understanding
- 20% Training Competition Simulation
- Video Review
- Competitive Strategy
- Help athletes chose a discipline best suited to their skiing / riding style
- Tutor sessions / Academic support

FRP policies/standards & minimum requirements

- Athletes' competition plans aim toward a season end championship event.
- GPA requirement - 2.5
- Daily Study time on Competition Travels

How we measure

- Result tracking, mid season & end of season evaluations
- Regional & National Rankings
- Academic coordinator tracks GPA

Freeride Program Progression Plus Team (draft)

On Snow Winter Training: 327 Hours

Dryland Training (not including Axis Gymnastics): 36 Hours

Camps offered: Targhee Training Days (x2-3), Park City Training (x4), Spring Training, Summer Training Camp, Utah Olympic Park Training (x2-3)

The Progression PLUS training schedule is designed for skiers & riders who wish to focus on competitive freeskiing / snowboarding in a variety of disciplines. This program is designed for athletes in Phase 3-4 of development. The goal of the Progression PLUS training schedule is to provide a dedicated, creative training regimen for motivated athletes who want increased training hours per week. The Progression PLUS schedule will help athletes expand upon existing abilities and prepare them for the Competition training schedule. Fall training is a crucial component. The Progression Plus Team has a multi-tiered focus. Athletes will be refining fundamentals in order to ride the entire mountain and tackle steeps, natural jumps, cliff drops and man-made features in a variety of conditions. Technical proficiencies and skill assessments will be a regular component of the training. Athletes will use trampolines to learn basic aerial maneuvers. Eventually, these maneuvers will be brought to the snow in an introductory environment and, once perfected, used in competition. On snow training will be strength and endurance based with a focus on regularly skiing/riding 10,000 - 15,000 vertical feet per day.

*Fall Training is included and highly recommended

**Athletes will work with both ski and snowboard coaches throughout the season

General Athlete Development -

US Ski & Snowboard Training Matrix viewable and downloadable from:

<https://jhskiclub.org/program/freeride>

Athletes will learn the following

- Goal setting & achievement
- Strength & Conditioning
- Decision making
- Competition day routine

What we do & how we teach

- Goal setting & achievement
 - Goal sheets & review with coach / parents
 - Short term vs. long term goals and perspective from coaches
- Body Maintenance

- Stretch routine lead by captains
 - Teaching accountability & injury prevention
- Decision making
 - Teaching the value of restraint: “Pre-ride, Freeride, Re-ride”
- Competitive strategy-
 - Practice day routines mimic comp days
 - Season long goals drive individual event strategy

FRP policies/standards & minimum requirements

- We expect athletes to commit to participating in regional competitions
- We expect them to be a role model to younger athletes on the team and to be humble and willing to learn from the Competition Team athletes
- We expect that all athletes show up to practice prepared, on time, with a good attitude and ready to learn

How we measure

- Mid-season & end of season evaluations
- Attendance tracking
- Skills and progression tracking
- Coach, parent & athlete meetings throughout the season

Physical Fitness Domain

We intend to provide athletes the ability to regularly ski/ride 10,000-15,000 vertical feet per day.

We teach:

- Understanding the importance of core strength
- Basic understanding of anaerobic & plyometric training & their role in health & fitness
- Knowing the importance of flexibility
- To demonstrate a wide variety of basic postures & positions used in flexibility training
- Engaging in warm-up prior to physical exercise
- Development/enhancement of motor skills & body awareness through gymnastics, trampoline, soccer, football, skateboarding, mountain biking, etc.
- Identify the difference between nutritional food and junk food and acknowledge their importance to athletes
- Know the importance of hydration, recovery, nutrition and restful sleep
- Understand competition day nutrition

What we do & how we teach

Our teachings involve a systematic flow of training that allows participants to warm up, reach their max potential and cool down. We use groomers and intermediate terrain to start and end the day and check in with the sensations of our bodies. At the peak of the day we will use a variety of terrain including expert runs and both man-made and natural terrain features. We have 8 weeks of Strength & Conditioning before athletes participate in on snow training. At the beginning and end of our Strength & Conditioning we do Physical Assessment testing to record a baseline and evaluate the progress of participants.

- 8 weeks of Fall strength & conditioning
- Plyometrics, yoga, games, gymnastics, dryland training
- Off-season camps (Utah Olympic Park, spring, and summer on-snow camps)
- Daily stretch routine
- Short radius warm-up turns on the first run of the day
- Year round gymnastics & encourage complimentary sports
- Introduction to culinary skills/basic food prep taught on team travel
- Group meals
- Curfew/lights out on team travel, sleep recommendations (Sleep Minder app)
- Water breaks
- Stress the importance of rest days before comps & after training

FRP policies/standards & minimum requirements

We manage athlete's physical performance by regularly checking in with their general well-being.

- Daily Stretching before skiing/riding
- No sodas/energy drinks at practice
- Shows up hydrated, fed and with correct attire
- Complete three Physical Assessment tests (fall, pre-season & post-season)

How we measure

Physical Assessment Testing three times per year, mid-season & end of season evaluations

Technical Domain

The Freeride Program intends to give participants a wide range of skills to be used to effectively navigate the entire mountain through varying snow and weather conditions. We intend to give all athletes a sound foundation for hitting medium to large sized features in a variety of shapes Athletes will:

- Can demonstrate the components of balance: Fore/Aft, Lateral & Rotational
- Can demonstrate the components Stance, Edging, Pressure, Twist & Rotary
- Understands and can demonstrate proper use of Timing, Intensity, Duration
- Understands and can demonstrate proper use of oppositional movements
- Understand and can demonstrate proper use of pole plants in a variety of terrain
- Understand and can demonstrate all phases of the turn: Completion, Initiation, and Turn
- Gain ability to ride flat base at moderate speed both regular and switch. Exact precision of pressure and edge movements is being honed through repetition.
- Beginning to incorporate creativity in trick selection
- Learn introduction to single inverts
- Learn Spin 360+ in multiple directions
- Introduction to switch takeoffs on small to medium-sized jumps and switch onto boxes and small rails
- Have discussions about off-axis rotations, properly progressing once inverts are mastered
- Be comfortable sliding multiple ways on small and medium rail features
- Ability to ski and ride the fall line in intermediate to expert terrain
- Ability to execute small cliff drops fluidly in a variety of snow conditions
- Introduction to 10'+ cliff features in good conditions
- Dropping into the pipe with speed and control.
- Gaining comfort with airing out all the way down the pipe
- Top to bottom runs in 400 - 600 vertical ft expert terrain

What we do & how we teach

- SMART style principles (Start small, Make a plan, Always look, Respect, Take it easy)
- ATML model (Approach, Takeoff, Maneuver, Landing)
- Whirlybirds and introduction to butter drills
- Switch skiing, learning to look over both shoulders making turns
- Hop turns in moderately steep snow
- Hourglass drill for teaching different radius turns
- Jump building with fresh snow landings for developing new tricks
- Intermediate air awareness training through gymnastics, trampoline sessions, Utah Olympic Park Airbag training
- One thousand steps drill
- Slow as you can go
- One ski drills, loose snowboard bindings/ski boots on beginner and intermediate terrain

FRP policies/standards & minimum requirements

- Can link turns on beginner terrain with one ski or loose snowboard bindings
- Can link turns in intermediate/advanced terrain in a variety of conditions

- Complete the FRP Skills Quest assessment throughout the season

How we measure

- Modified Skills Quest / FRP testing of all athletes

Tactical Domain -

- Knows & can demonstrate the difference between pop & absorb features, learning when to apply which tactic
- Can evaluate and link multiple medium terrain features together with rhythm and speed
- Innovation on the mountain. Ability to ski a variety of terrain in a variety of conditions with style, speed and creativity
- Pipe- Linking rotation tricks together regular and switch in pipe while experimenting with inverted movements
- Slopestyle- Riders are completing full slopestyle runs with rotations both regular and switch while experimenting with some off-axis maneuvers. Routines are planned out and incorporate a variety of jump and rail tricks
- Skier/Boarder Cross- Has skills to achieve precision of movements to generate speed. Understand and can demonstrate race tactics and strategies
- Begin to specialize in specific disciplines but may still compete in many events
- Kick Turns, Hop turns, & the pyramid of power
- Can ski/ride moguls in a V shaped corridor
- Demonstrate ability to ski/ride switch on beginner to intermediate terrain
- Understands speed judgement for most terrain features
- Applications for flat based vs edged takeoffs
- Ability to ride flat base at speed both regular and switch with confidence on most terrain around the mountain. Switch skiing/riding is a part of everyday of training. Exact precision of pressure and edge movements is mastered
- Has refined ability to ski/ride and compete in all types of snow conditions and terrain with equal success
- Introduction to self-arrest skills and safety principles in steep terrain

What we do & how we teach

- Mock competition, run selection discussions
- Games of SLUSH
- Regular video review
- Competition strategy discussions

FRP policies/standards & minimum requirements

*FRP Skills Quest Test - must complete

How we measure

- FRP Skills Quest / FRP testing of all athletes
- Inspection
- Overall Competition performances
- Coach evaluations

Equipment Domain -

- Discipline specific skis / boards. One pair of skis/snowboard recommended for each discipline. Tuning skills begin to improve
- Proper fitting boots and custom footbeds are recommended
- Helmet required; back protection, impact shorts, and mouth guard recommended
- Athlete wears the appropriate footwear and clothing to all physical activities

What we do & how we teach

- Tuning clinics to repair edges, core shots, and regular waxing

FRP policies/standards & minimum requirements

- Properly fitting and appropriate gear
- Maintained gear (no core shots, blown edges, delaminated skis/boards)
- Proper ski/board for conditions
- Weather resistant outerwear & layers

How we measure

- Recorded by the coaches in the Mid-season and end of season evaluations

Mental and Social Domain -

- Develop elementary competition day plan.
- Sets & measures process goals
- Understand the concept of a dream goal, and has one
- Has goals that include fun and enjoyment
- Introduction to simple specific process goals for training and competition
- Shows good time management skills

- Understands what to inspect before competitions
- Introduction to breathing techniques to control arousal
- Knows how to use imagery techniques
- Can describe the layout of a slope and or venue after inspection
- Contributes positively to the group
- Consistently uses positive self-talk
- Understands winning and losing and using it as a positive source of motivation
- Is on time and ready to meet the demands of any appropriate task
- Accepts challenges, meets new demands in learning with positive effort
- Has a strong belief in own abilities and confident in execution
- Accepts personal responsibility for training effort, quality, and results
- Learning to take risks

Learning to use goal setting to acquire skills and fitness. Explore long-term performance plans and introduce outcome goals to motivate the athlete. Challenge athletes in training while providing opportunities for success. Encourage self-evaluation and adopting training principles

What we do & how do we teach

- Teach athletes to implement these techniques into event day routines. Help the athlete understand the source of any anxiety. Creating positive self-talk is critical
- Reinforce the idea that hard work creates more opportunity for success. Accountability is important. Self-analysis and the acceptance of feedback is encouraged. Enforce the concept that success is attributable to personal effort
- Group athletes by peer group and ability, relative development and goals in sport while maintaining appropriate social bonds

FRP policies/standards & minimum requirements

- Meets with coach at least once twice a year to discuss goals, training, and progress

What/how do we measure?

- Mid-season and end of season evaluations
-

Competition Domain -

- Complete for skill mastery
- 6-12 events per season.
- USASA Regional and Nationals, Wednesday Night Lights Rail Jam series, IFSA National and Regional events, IFSA Nor Ams & World Championships
- Begin to specialize skills
- Seeks personal success. Understands the importance of preparing

What we do & how we teach

- Maintain education and sport balance
- Core values - demonstrate knowledge & understanding

FRP policies/standards & minimum requirements

- Athletes competition plans aim toward a season end championship event

How we measure

- Result tracking, mid season & end of season evaluations

Freeride Program Progression Team (draft)

On Snow Winter Training: 228 Hours

Dryland Training (not including Axis Gymnastics): 36 Hours

Camps offered: Targhee Training Days (x2-3), Park City Training (x4), Spring Training, Summer Training Camp, Utah Olympic Park Training (x2-3)

The Progression team is designed for riders who wish to improve their all mountain skiing & riding abilities. This weekend program is an in-depth introduction to big mountain skiing with an emphasis on terrain parks and features. Progression athletes gain experience and build confidence in a fun, creative, and motivated setting. Fall training is included, and is critical for athletes not enrolled in a fall sport.

This program is designed for athletes in Phase 3 of development. The Progression Team has a multi-tiered focus. Athletes will be refining fundamentals in order to ride the entire mountain and tackle steeps, natural jumps, small cliff drops, and manmade features in varied conditions. Technical proficiencies and skill assessments will be a regular component of the training.

Athletes will use trampolines to learn aerial maneuvers. Eventually, these maneuvers will be brought to the snow and used in competition.

On snow training will be strength and endurance based with a focus on regularly skiing/riding 10,000+ vertical feet per day.

*Fall Training is highly recommended and included in program fees

**Athletes will work with both ski and snowboard coaches throughout the season

General Athlete Development Domain

Training Matrix viewable and downloadable from:

<https://jhskiclub.org/program/freeride>

Athletes will learn the following:

- Intermediate Fundamental skills: High speed turns, jumps, basic spins, powder techniques.
- Intro to body maintenance: Body weight workouts and stretching
- Elevated Decision making

What activities we do & how we teach

- Stretching / Warmup
- Warm-up runs
- On hill drills: turns, jumps, spins
- Goal setting & achievement
- Strength & conditioning
- Decision making

FRP policies/standards & minimum requirements

- Intermediate ability to Ski or Snowboard
- We expect athletes to commit to a season of riding
- We expect them to be a role model to youngest athletes on the team and to be humble and willing to learn from the Progression Plus and Competition Team athletes
- We expect that all athletes show up to practice prepared, on time, with a good attitude and ready to learn

How we measure

- Mid-season & end of season evaluations
- Attendance tracking
- Skills and progression tracking
- Coach, parent & athlete meetings throughout the season

Physical Fitness Domain

We intend to provide athletes the ability to regularly ski/ride 5,000-10,000 vertical feet per day, as well as:

- Knows the importance of flexibility
- Demonstrate a wide variety of basic postures & positions used in flexibility training
- Engage in warm-up prior to physical exercise
- Develop/enhance motor skills & body awareness through gymnastics, trampoline, soccer, football, skateboarding, mountain biking, etc.

- Identify the difference between nutritional food and junk food
- Learn to assess conditions, understand the relationship between conditions and performance
- Participates in low to moderate intensity training with bodyweight exercises.
- Basic understanding of aerobic training and it's role in health and fitness

What activities we do & how we teach

Our teachings involve a systematic flow of training that allows participants to warm up, reach their max potential and cool down. We use groomers and intermediate terrain to start and end the day and check in with the sensations of our bodies. At the peak of the day we will use a variety of terrain including Intermediate to advanced runs with both man-made and natural terrain features. We have 8 weeks of Strength & Conditioning before athletes participate in on snow training. At the beginning and end of our Strength & Conditioning we do Physical Assessment testing to record a baseline and evaluate the progress of participants.

- 8 weeks of Fall strength & conditioning
- Plyometrics, yoga, games, gymnastics, dryland training
- Off-season camps (Utah Olympic Park, spring, and summer on-snow camps)
- Daily stretch routine
- Short radius warmup turns on the first run of the day
- Year round gymnastics & encourage complimentary sports
- Water breaks
- Stressed importance of building strength and stamina
- Endurance based on-snow training

FRP policies/standards & minimum requirements

- Daily Stretching before skiing/riding
- No sodas/energy drinks at practice
- Reminders to show up hydrated, fed and with correct attire
- Complete three Physical Assessment tests (fall, pre-season & post-season)
- Complete FRP Skills Assessment Test

How we measure

- Physical Assessment Testing three times per year, mid-season & end of season evaluations
- FRP Skills Assessment Test

Technical Domain - Introduction To Advanced Riding

The Freeride Program intends to give participants a wide range of skills to be used to effectively navigate the entire mountain through varying snow and weather conditions. We intend to give all Progression athletes a sound foundation for hitting small to medium sized features in a variety of shapes. Areas of focus:

- Basic understanding of the components of balance: Fore/Aft, Lateral & Rotational
- Basic understanding of the components Stance, Edging, Pressure, Twist & Rotary
- Introduce use of Timing, Intensity, Duration
- Introduce use of oppositional movements
- Introduce proper use of pole plants in a variety of terrain
- Introduce phases of the turn: Completion, Initiation, and Turn
- Flat base riding at moderate speed both regular and switch. Pressure and edge movements, being honed through repetition.
- Spinning 180+ in multiple directions
- Introduction to precise takeoffs on small sized jumps and boxes and small rails
- Finding / Feeling the fall line in intermediate to expert terrain
- Small cliff drops fluidly in a variety of snow conditions

What activities we do & how we teach

Drills:

- SMART style principles (Start small, Make a plan, Always look, Respect, Take it easy)
- ATML model (Approach, Takeoff, Maneuver, Landing)
- Whirlybirds and introduction to butter drills
- Switch riding, learning to look over both shoulders making turns
- Hop turns in moderately steep snow
- Hourglass drill for teaching different radius turns
- Jump building with fresh snow landings for developing new tricks
- Intermediate air awareness training through gymnastics, trampoline sessions, Utah Olympic Park Airbag training (optional)
- One thousand steps drill
- Slow as you can go
- One ski drills, loose snowboard bindings/ski boots on beginner and intermediate terrain

FRP policies/standards & minimum requirements

- Can link turns on beginner terrain with one ski or loose snowboard bindings
- Can link turns in intermediate/advanced terrain in a variety of conditions
- Complete the FRP Skills Quest assessment throughout the season

How we measure

- FRP Skills Assessment Test
- Mid-Season evaluation

Tactical Domain

- Understands the difference between pop & absorb features, learning when to apply which tactic
- Can link features together with rhythm and speed
- Understands the relationship of Creativity and Safety in freeride
- Links simple tricks in a Slopestyle format and understands run development
- Can perform Kick Turns, Hop turns, & demonstrate the pyramid of power
- Demonstrates ability to ski/ride switch on beginner to intermediate terrain
- Understands speed judgement for small terrain features
- Understands the difference between Flat based and edged takeoffs
- Ability to ride flat base at speed both regular and switch with confidence on beginner and limited intermediate terrain around the mountain.
- Switch skiing/riding is a part of everyday of training.
- Understands and can demonstrate basics of pressure and edge movements
- Can perform a Self Arrest
- Knows and can demonstrate the proper use of pole plants
- Top to bottom runs in 300 - 400 vertical ft expert terrain

What activities we do & how we teach

- Follow the Leader
- Top to Bottom
- No poles, double poles, half poles
- Games of SLUSH
- Regular video review
- Daily Switch riding
- Hop turns in moderately steep snow
- Falling Leaf
- Linked hop turns in the Fall Line
- Loose / tight boot drills
- Human slalom
- Tree skiing / riding
- One ski skiing / loose binding riding
- Switch riding

- Snowblades / mini boards

FRP policies/standards & minimum requirements

- Complete the FRP Skills Assessment Test throughout the season

How we measure

- FRP Skills Assessment Test
- Attendance tracking
- Mid-season & end of season Coach evaluations

Equipment Domain

- Discipline specific skis / boards. One pair of skis/snowboard recommended for each discipline.
- Understands basic tuning skills
- Proper fitting boots and custom footbeds are recommended
- Helmet required; back protection, impact shorts, and mouth guard recommended
- Athlete wears the appropriate footwear and clothing to all physical activities

What activities we do & how we teach

- Tuning clinics and regular waxing
- Gear Assessments & recommendations
- JHSC Fit Night
- Grasshopper demo snowboards available

FRP policies/standards & minimum requirements

- Properly fitting and appropriate gear
- Maintained gear (no core shots, blown edges, delaminated skis/boards)
- Proper skis / poles / board / bindings
- Clothing provides appropriate protection from the elements & keeps athlete comfortable for extended periods of skiing / riding.

How we measure

- Mid-season and end of season evaluations
- Gear inspections

Mental and Social Domain - FRP Focus

We aim to teach athletes to differentiate between process and outcome goals, and to set simple but specific process goals for training. Our areas of focus are:

- Introduction to goals
- Creating goals that include fun and enjoyment
- Introduction to simple specific process goals for training
- Know when and how to use imagery techniques
- Understands the effect of positive and negative self-talk
- Understands sportsmanship and exhibits behaviors that show a regard for fairness, respect for rules, and respect for teammates & other competitors.
- Learning to accept personal responsibility for training effort, quality, and results
- Focused on coach during feedback, can repeat instructions and translate into appropriate actions
- Attempts to improve, try new skills willingly and eagerly.

What activities we do & how we teach

By teaching to use goal setting to acquire skills and fitness, we explore long-term performance plans and introduce outcome goals to motivate the athlete. We challenge athletes in training while providing opportunities for success and encourage self-evaluation and adoption of training principles.

- Teach and reinforce the Core Values curriculum:
 - Competition
 - Commitment
 - Sportsmanship
 - Teamwork
 - Fun
- Evaluate and understand the source of any anxiety.
- Positive self-talk routines
- Reinforce the idea that hard work creates more opportunity for success.
- Accountability
- Offer regular feedback
- Enforce the concept that success is attributable to personal effort.
- Group athletes by peer group and ability, relative development and goals in sport while maintaining appropriate social bonds
- Visualization / Imagery techniques

FRP policies/standards & minimum requirements

- Meets with coach at least once a year to discuss goals, training, and progress
- Can identify all five Core values

How we measure

- Mid-season and end of season evaluations
- Record of Coach meeting

Competition Domain

- Introduction to local competition
- Participates in 4-8 local / regional events
 - Wednesday Night Lights Series (3)
 - USASA Slopestyle, Rail Jam (2)
 - JH Jr Freeride Open (1)
 - Grand Targhee Jr Freeride Open (1)
 - Dick's Ditch Banked Slalom (1)
- Strives for personal success and best possible performance
- Understands the importance of Education and sport balance

What activities we do & how we teach

- Dryland games
- Mock competitions
- Games of Slvsh
- Core values - demonstrate knowledge & understanding
- Nominate athletes who embody core values to the Wall of Champions
- Academic coordinator monitoring grades

FRP policies/standards & minimum requirements

- Athletes competition plans aim toward a season end championship event
- Minimum GPA to participate

How we measure

- Result tracking
- Mid season & end of season evaluations
- GPA Tracking

Freeride Program Shredders Team

The JHSC Shredders Program is designed to introduce young athletes to freeriding and freeskiing in a fun & challenging setting at JHMR. This program is designed for children in Phase 2 of the US Ski & Snowboard development guidelines. The Shredders training schedule is designed for young freeskiers who have at least two seasons of experience, demonstrate basic freeski abilities and have the desire to build strong fundamental all-mountain skills. We will be riding on mostly blue terrain, with goals of moving from groomers to more difficult terrain as the season progresses. We will utilize the green terrain at JHMR to work on tricks and more difficult skills such as carving and switch riding/skiing. We focus on JHSC's five core values:

Sportsmanship
Commitment
Competition
Teamwork
Fun

Introducing athletes to this world in a controlled & safe environment at a young age enables them to develop the skills necessary to explore snowboarding & freeski with confidence, while developing overall athleticism and healthy habits.

General Athlete Development

Shredders athletes will be on snow **ONE day per week, with a combined total of approximately five hours of riding per day.**

- It is our intention that each athlete will notably progress throughout the season. At this age, it is important to realize that progress will be different from one athlete to the next. Making sure the priority falls with each athlete enjoying themselves at practice, and developing a love for riding/skiing while having the most fun possible in a safe and comfortable setting is our top priority. When a comfortable environment is created, athlete's will be able to perform and progress at the height of their potential. We aspire to create an environment where each athlete's needs are met, but it is important that they come prepared & ready for the environment they will be playing in.
- Off-season training and gymnastics are encouraged. Shredders are encouraged to participate in a variety of out of season athletics to maintain and build stamina and constantly develop coordination and general athleticism
- We intend to develop an interest in freestyle both on natural and manmade features with each Shredder in the Freeride Program

What we do & how we teach

- The Shredders Program emphasizes learning through exploration. We hope to challenge each athlete to explore new terrain each week, developing skills through riding new and different terrain. At this age, we hope to challenge our athletes to think while riding by seeing what is ahead of them, and starting to make a plan to best approach the terrain they've chosen.
- Utilizing the blue terrain at JHMR to challenge each athlete, we will introduce riders to off-piste riding, natural features, and small park features. Through games and repetition, each athlete will be challenged to ride with the group, pushing themselves to explore new and exciting terrain with the encouragement of their peers and coaches.
- Creating an environment of encouragement and positive feedback is crucial for the Shredders level. Kids react strongly to feedback from their peers-- both verbal and non-verbal. With a relatively diverse group of talent, it is important that we create an environment where Shredders are as much a learning & teaching tool for each other as their coaches are for them. Positive attitudes, group encouragement, and enthusiasm will be noted and rewarded.

FRP policies/standards & minimum requirements

- We expect each athlete to respect his/her peers & their abilities. As noted above, enthusiasm & encouragement will be rewarded. We will work hard to teach athletes respect for themselves, the mountain and each other in order that all athletes can contribute to a safe learning environment.

How we measure

- Progress will be measured on an individual basis. Each athlete will be given an early season evaluation based on a series of tasks. We will be evaluating and forming groups based upon:
 - Ability to get on and off a lift without assistance
 - Ability to link turns on groomed blue terrain
 - Ability to ride off-piste on blue terrain
 - Interest/enthusiasm for freestyle features & basic freestyle abilities
 - Spatial awareness, mountain safety, and general ability to control themselves on busy terrain
 - Listening skills and ability to focus & follow directions
- Mid-season and end of season parent/coach reviews will allow us to continuously update you on the progress of your child.

Physical Fitness

- Athletes are expected to be able to ride throughout the entire day, with a break for lunch. At the beginning of the season, we will take breaks as necessary, but by mid-season we intend to be on this schedule and expect each athlete to be prepared for this amount of physical endurance
- Each athlete is expected to feel comfortable riding blue terrain at the start of the season, and quickly linking turns on groomed blue terrain within the first weeks
- We intend to provide athletes the ability to regularly ski/ride 6,500 - 8,000 vertical feet per day
- Each athlete should be challenging themselves to ride the upper mountain by the end of the season
- We intend to see improved fitness and an ability to ride consistently throughout the day with few to no breaks at a moderate pace
- Ability to repeatedly hike a jump or rail feature under coach supervision
- Nutritional awareness of healthy snacks
- Demonstrate an athletic stance on skis and snowboard

What we do & how we teach

- Daily stretching & warm ups
- Implement a progression throughout the day to “warm up” and “cool down” so we are not riding the hardest terrain first & last thing of the day, developing an understanding for how to get your body moving
- Introduce freestyle features as warranted by each athlete’s skill & interest level throughout the season
- Games of follow the leader
- Games of “SHRED”
- Simon Says drills to work on reaction time

FRP policies/standards & minimum requirements

- We manage athlete’s physical performance by regularly checking in with their general well-being.
- Daily Stretching before skiing / riding
- No Sodas or energy drinks at practice, **no candy from the general store at lunch!**
- We expect each athlete to show up fed and hydrated before practice
- Proper attire to stay warm and comfortable throughout an entire day on the hill

Technical Domain

- Learning to use both toe and heel edges equally comfortably and making regular turns with ease on blue terrain (snowboard)
- Establish outside dominance throughout the turn (FS)

- Demonstrates Rotary, Edging, & Pressure skills Individually and in the turn (FS)
- Center of mass moves with the terrain and stays balanced
- Switch riding on green terrain
- Basic understanding of carving
- Basic understanding of ollies
- Linking turns in powder
- Skiing / riding flat based for short duration
- Comfortable grabbing on small jumps
- Explore simple rail features
- Basic rotations on small jumps both frontside /backside (Left /right)
- Developing an athletic stance, with a focus on forward pressure awareness and effective body alignment
- Effective stance & Efficient movement learning to control the board / skis.
- Traversing skills in exposed terrain

What we do & how we teach

- Sticker contests & rewards for trying new skills
- Spending the majority of our time on varying blue terrain, working from groomed runs to off-piste riding, tree riding and small natural & man-made features.
- Varying terrain to keep athletes engaged & challenged, while constantly evaluating their progression and general comfort to allow them to grow in an environment where they feel safe and encouraged
- We will vary our riding so that all athletes feel challenged without feeling scared or over-terrained.
- Utilizing the smaller features in the terrain parks, and natural features on the sides of trails
- Encourage switch riding on easy terrain
- grabbing edges while traversing
- Short straight runs in new snow
- Photo video review
- Edging pressure drills/skill
- Jump basics drills

FRP policies/standards & minimum requirements

- Willingness to explore all areas of the mountain
- Demonstrates the safe practices taught when riding through the park
- Can easily ride over the approach “hip” on each park feature before attempting a maneuver on the jump
- Can demonstrate an athletic stance
- Can perform an ollie / demonstrate Pop
- Can demonstrate Forward and Aft movement
- Linked turns on Intermediate runs both on and off piste
- Can jump / drop and touch board/ skis in the air

How we measure

- Modified Skills Quest / FRP testing of all athletes
- **Skills**
 - **Introduced**
 - **In progress**
 - **Mastered**

Tactical

What skills or learning do we intend?

- Introduction to the “Approach, Take-Off, Maneuver, Landing” (ATML) model for freestyle, thinking about separating each aspect of a trick for a safer, more consistent maneuver
- SMART style principles (Start small, Make a plan, Always look, Respect, Take it easy)
- Respect and ride challenging terrain or difficult snow conditions
- Explore mountain & variety of terrain
- Getting comfortable grabbing over jumps and exploring small rotations (180 - 360)
- Learning to perform a variety of task all over the mountain and in the terrain park
- Focusing on controlling speed in difficult terrain using edge control & traversing techniques
- We intend to develop an intuitive understanding of terrain and how to ride through variable terrain using a variety of riding & skiing techniques. We will focus on articulating these skills throughout the season by challenging each athlete’s terrain choices so as to develop new skills & techniques
- Focus on terrain park etiquette, skills for riding through terrain parks in a way that is safe for you & others riding in the park
- Focus on progression teamwork and fun with regard to competition

What we do & how we teach

- Sticker contests & rewards for understanding ATML, SMART Style
- Creating & playing games that implement a progression towards freestyle maneuvers and riding/skiing skills
- Approach a variety of terrain each week to challenge athletes to develop skills to ride/ski in all types of terrain

FRP policies/standards & minimum requirements

- Willingness to explore and approach new terrain with learned skills and tactics in a safe and calculated way
- Demonstrate proper mountain etiquette, particularly in the park regarding safety
- Willingness to try new skills including freestyle maneuvers in and out of the parks at JHMR

- Ride safely with controlled speed, staying with the group

How we measure

- Mid season and end of season reviews based on the Modified FRP Skills Test

Equipment

What skills or learning do we intend?

- Each athlete must come prepared to practice with his or her own snowboard, boots, helmet, goggles, gloves, and weather appropriate outer layers. Gloves must fit comfortably and be easy for your child to take on and off with minor assistance. It is unsafe for athletes to use equipment that does not fit them appropriately.
- A healthy lunch, snacks and water are encouraged. A snack for your child to keep in their pocket is a good idea.
- A J-Card/season pass must be in your athletes pocket at the beginning of each practice.

What we do & how we teach

- We will do our best to help each athlete maintain their gear and get ready each time we head out on the hill. We will encourage athletes to ready themselves and proactively motivate to get up and going with all their equipment.
- If an athlete has trouble with their equipment, we will help them to figure out any issues/present any repairs to the athletes parents as they come up

FRP policies/standards & minimum requirements

- Properly fitting gear
- Appropriate gear
- Maintained gear (no core shots, blown edges, delaminated skis/boards)
- Weather resistant outerwear & layers

How we measure

- Recorded by the coaches in the Mid-season and end of season evaluations

Mental and Social

What skills or learning do we intend?

- Cultivate a fun learning environment where athletes are encouraged to succeed
- How to be a part of a team with a diversity of participants
- Social interaction skills; respect for one's peers, how to be an encouraging teammate, how to address problems in a productive manner
- Managing emotions in difficult situations, how to make a plan to stay & feel safe

- Contributes positively to the group
- Starts to understand and use positive self-talk to encourage progress
- Introduction to sportsmanship and behaviors that show a regard for fairness, respect for rules, and respect for teammates and other competitors.
- Is on time and ready to meet the demands of any appropriate task
- Accepts challenges, meets new demands in learning with positive effort.
- Has a strong belief in own abilities and confident in execution, can attempt to explain when situations are uncomfortable or difficult using words
- Is willing to take guided risks
- Ability to focus throughout the day, both on and off the hill
- Ability to address problems with equipment, other athletes, coaches etc in a productive manner using the resources provided (coaches)
- Evaluating terrain features with regard to ability and conditions

What we do & how we teach

- Encouraging praise, kindness and collaboration amongst athletes
- Teaching athletes to review their situation before dropping in or taking off, managing one's own abilities in relation to the terrain presented and picking a best approach so as to ride in a calm & safe way.
- Quick one-on-one check-ins with athletes prior to each run will allow us to help them manage their terrain and feel under control throughout the run.
- Help the athlete understand the source of any anxiety. Creating positive self-talk is critical using simple cue words to reinforce task-oriented behavior
- Group athletes by ability, relative development and goals in sport while maintaining appropriate social bonds.
- Encourage & introduce simple goal setting, noting and rewarding success and effort

FRP policies/standards & minimum requirements

- Kindness first! We work hard to create an encouraging and safe environment for every shredder, and we expect each athlete to do their best to contribute to that environment
- We expect each athlete to try new things, experiment with new terrain, and push themselves a little bit further each time they are on snow with the encouragement and support of their coaches
- Can focus and engage with a task presented to them throughout the day

How we measure

- We will check in with parents in the mid-season and end of season evaluations. If an athlete is having trouble with the group dynamics or managing stress on the hill, we will check in as necessary to work with parents to implement a plan to help them enjoy the program as much as possible.
- Daily check in's with athletes to determine their comfort/interest levels and visions for personal progress

Additional Information for reference:

COST TO COMPETE

Competition Level	Primary Program Fees / Tuition	Extra Program Fees Camps / Projects	Passes / Lift tickets	Equipment	Travel Expenses	Competition Fees	USSA & FIS Fees	TOTALS
Recreation	\$400- \$1500	\$0-\$1000	\$20/day - \$500/season	\$250-\$1200	\$0-\$1500	\$0-\$300	\$25-\$85	\$695 - \$6085
Intro Competition	\$500 - \$2500	\$0-\$1000	\$20/day - \$500/season	\$500-\$1500	\$0-\$1500	\$80-\$300	\$25-\$85	\$2820 - \$6385
Mid Leve Competition	\$2500-\$4000	\$0-\$4000	\$500 - \$1500/season	\$750-\$1500	\$500-\$3000	\$300-\$500	\$85-\$235	\$4635 - \$14735
Elite Competition	\$4500-\$6500	\$0-\$5000	\$500 - \$1500/season	\$1000-\$2000	\$1000-\$6000	\$500-\$800	\$235	\$6735 - \$22,035

Note: Estimates denote current USASA/USSA track vs. non-USSA participation.

Program information online at:
<https://jhskiclub.org/program/freeride>