



BC SNOWBOARD ASSOCIATION

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The 08/09 winter is a year of expansion for the B.C Development program. In the past, the program has been based out of Big White Ski Resort with great success and a positive response from all participants. In our goal to prepare more athletes for the challenges of competitive snowboarding, we have decided to expand the program to Cypress Mountain to maximize participation. Cypress offers world class freestyle terrain, a relatively short trip from the greater Vancouver area and the opportunity to ride with provincial and national team athletes. We have taken considerable effort to not only prepare our athletes for the 'next step' (Provincial teams) in their competitive snowboarding but to assist each mountain with their existing freestyle programs so that younger athletes have a goal to strive towards as well. I'm really excited about what this program has to offer competitive snowboarders so please read the following document for more information and to find out how you can be a part of the fun this year. If you have any further questions feel free to contact me (details at the bottom). I hope that everyone comes out for our fun and free selection camp to start the season off with a bang.

Sincerely,

Mat Galina
BC Snowboard Association
Head Coach Development Team
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250.718.5940

08/09 BC Development Team Information Package

Program Structure

The development program is designed for 13-19 year old snowboarders who have some competitive experience. It is the goal of the program to provide the necessary training and support for young riders to excel in competition and move forward onto the BC Provincial Snowboard Team and the Canadian National Snowboard Team.

Both the Big White and Cypress teams will train separately but will follow the same overall plan and goals for the season.

- Each athlete will tryout and if selected for the program will select a location to train (either Big White or Cypress Mountain)
- The Big White program will run with 16 athletes and 2 coaches
- The Cypress program will run with 10 athletes and 1 coach
- Each team will schedule approximately 45 full day sessions including competitions throughout the season and each athlete chooses their own commitment level to the program
- In an attempt to attend all BCSA events, travel to other venues will be planned during the season
- Traditional coaching, peer coaching and inter-team competitions
- Bring in guest Provincial Team Coaches for snowboard-Cross and halfpipe athletes when the coaches are available
- Please see attached calendar for season dates

Selection Process

We will be holding two selection camps. There is no cost for participating within the selection camp other than lift tickets. However we do ask that you sign up prior to the selection weekend that you want to attend by contacting Mat Galina.

The selection camp dates are:

Big White Ski Area - Nov 29-30th, 2008

Cypress Mountain - Dec 6-7th, 2008

Due to limited team sizes there will be 10 available spots for riders at Cypress and 16 at Big White. The selections will be based on both technical riding skills as well as behavioral merits. Regardless of the outcome the selection weekends are a lot of fun and everyone will be receiving some feedback on his or her riding.

In the situation that someone is not quite ready for the Provincial Development Team they will be referred to a program that better suites their needs. Our coaching staff has been working closely with both Big White and Cypress in assisting to develop very strong feeder programs. To find out more about the Big White Freeride Program, please contact the Big White Snow School at 250.491.6101

Overall Goals of the Development Program

1. Improve riding in a variety of freestyle and freeride terrain
2. Gain competition experience in all disciplines
3. Install merits of fair play, sportsmanship, and healthy living
4. Prepare riders for selection to the Provincial Snowboard Teams
5. Have Fun

What our Season Looks Like:

Early Season

- Freeride to warm up legs and get board skills back
- Use natural terrain features to re-introduce ourselves to freestyle riding
- Build pow kickers for experimenting on new tricks
- Early season riding assessment and 'goal setting' (Individual discussion between coach and riders)
- Early 'fun' inter-squad comps to introduce/re-acquaint rides to competition pressures
- Individuals start to work on learning new tricks or techniques pertaining to specific disciplines
- Compile a slopestyle and halfpipe run wish list
- Talk about racing strategies for snowboard-cross
- Constantly check progression on each individual's set goals

Mid Season

- Have tricks perfected for comp runs. Set 1st, 2nd and 3rd runs for competitions
- Have a snowboard-cross game plan set out that can be adjusted for individual courses
- Inter-team competition with judging and prizes
- Check up on 'goal setting' to give athletes an opportunity to evaluate their progression
- Compete within BCSA Series Events and other fun local events

End of Season

- After competitions are over = fun riding
- Start to experiment with new tricks for next season
- Evaluate season goals and what was achieved
- 09/10 selection camp
- Set goals for next season
- Set summer training routine

Costs and Expenses

Team fees for the 08-09 Development program are \$975, which includes a BCSA competitive membership. This is payable upon selection to the program.

Additional Costs include:

- CAIP Insurance (minimum bronze coverage) starting at \$65
- FIS Membership (recommended for all athletes)
- Travel and equipment expenses (when they arise)

For additional information and to sign up for one of the selection camps, please contact:

Development Head Coach:
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