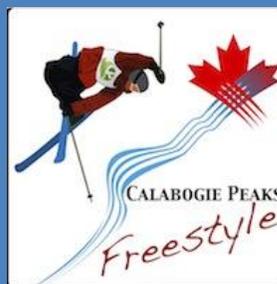


# Calabogie Peaks Freestyle Club

Parent and Athlete Information Pack  
2015 Season



# Freestyle: Your Child's Athletic Development

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Our goal is to introduce the sport of freestyle skiing to children and youth in the region, in a fun and safe environment. Thus, our mission is to help young athletes grow through an innovative freestyle skiing program that develops their confidence to ski any terrain on any mountain. Our CFSA-certified coaches provide coaching and training, based on CFSA's program, for freestyle skiing athletes who want to develop their skills from the recreational to competitive levels.

If you, like many of our parents, were not yourself involved in freestyle skiing then watching the kids in the park or in the moguls perform complex (and sometimes inverted) aerial maneuvers may create a certain sense of understandable anxiety. The program developed by the Canadian Freestyle Ski Association (CFSA) and practiced by the Calabogie Freestyle Ski Club is designed to develop your child's skills and capabilities over time with attention to safety always first and foremost in our minds. The program focuses on levels (Intro to Freestyle, Jumps and Bumps, Freestylerz and finally competitive development) that aligns with the capabilities and objectives of the athletes at each level.

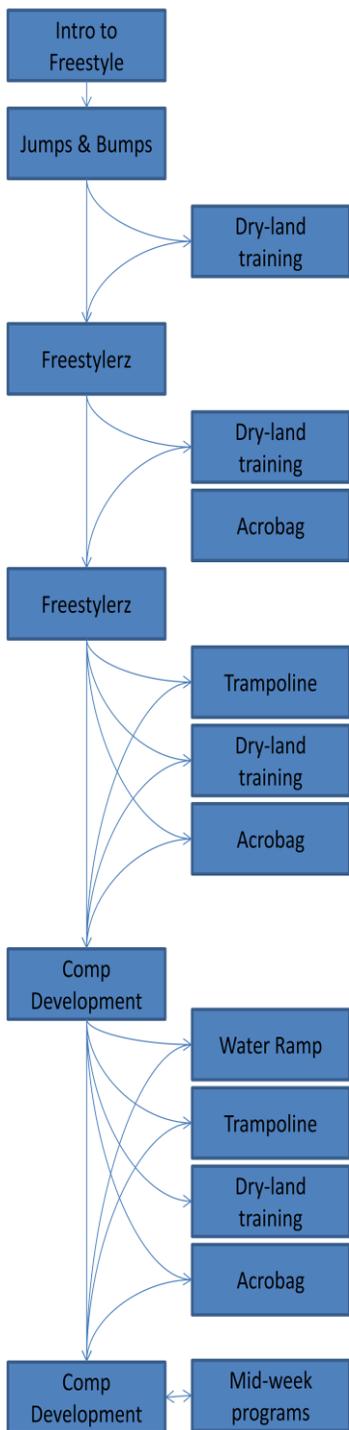
*“Often these kids would try these tricks one way or the other. Our objective is to make sure they have the right training before they do so.”*

A progressive approach to skill development, that begins with skiing fundamentals, moves on to a trampoline, advances to an Acrobag and water ramp training and finally on-hill practice, is used to ensure that athletes are well prepared for a particular trick well before they attempt it on a slope-side course or on a mogul field. Our observation is that kids that are attracted to freestyle skiing tend to be risk takers and are likely to try these tricks one way or the other. Our objective is to make sure they have the right training before they do so. The training goes beyond *how* to do a particular trick, but also how to judge when an approach doesn't *seem right* and, if a trick does go wrong, how to 'fail safely'. While there is no way to totally remove the risk from freestyle skiing (or any athletic activity for that matter) this approach does serve to ensure that all risks are minimized, and the athletes are well aware of their capabilities and learn to act within them. In order to emphasize this, athletes are aware that they must be qualified (by their coach) to do any trick on the hill. Failure to abide by this rule may result in expulsion from the program.

## Development Progression

The Calabogie Peaks Freestyle Club training programs are open to young skiers from age 6 and up. The intent of the program is that athletes will enter the program at the 'FUNdamentals level, move up to 'bumps and jumps', and finally through to the competitive development team. That said experienced skiers can jump in anywhere along the program. These core on-hill activities are supplemented by a range of off-season programs designed to help the athlete build acrobatic skills and athletic capability necessary to maximize the available on-hill training time.

This section of the document is intended to help you and your child understand how the various on-hill and supplementary programs work together to form a cohesive athletic development program. All of the Calabogie Peaks Freestyle on-hill and supplementary programs are described in detail in the next section of the document.



Kids ages 6 and up begin their freestyle path in the 'Intro to Freestyle' program. This program is geared towards younger children who have mastered the basics of skiing (a good benchmark is that they are able to go up the solar quad unassisted) and want to develop their skiing ability in a way that allows them to enjoy the entire mountain safely.

Kids continue their freestyle path in the 'Jumps and Bumps' program. The Jumps and Bumps program teaches the FUNdamentals of freestyle skiing with an emphasis on 'fun'. While the example to the left illustrates a child spending two years in J&B, there is no set age range or time frame for a child to be in this program. Your child's coach will provide you feedback as to when he/she believes your child is ready to progress to the Freestylerz program (also true of the Freestylerz to Comp progression).

A J&B athlete who is motivated to move to the Freestylerz program the following season will be encouraged to join the dry-land training the next fall. Dry-land training is intended to teach the young athlete how to develop the strength, endurance and flexibility necessary to advance as a freestyle skier.

The Freestylerz program begins where J&B left off. Continuing the development of the athlete on and off the hill. All Freestylerz who aspire to the Comp team are expected to take part in Dry-land training. All Freestylerz are invited and encouraged to make use of the Acrobag sessions arranged at Calabogie Peaks in order to practice more complex (although typically non-inverted) maneuvers that they will be working on during the on-hill sessions.

Freestylerz expected to make the jump to the Comp team will also be encouraged to take the fall trampoline program in order to begin developing the in-air coordination that will be foundation of their inverted aerial maneuvers.

The Competitive Development program is designed for more advanced freestyle skiers who want to compete in FSO events. It is expected that Comp team athletes take part in trampoline, dry-land training and Acrobag. Water ramp camps are also offered in order to augment their focused pre-season training. Augmenting the Saturday and Sunday training schedule, an extra mid-week training day (provided through Mount Pakenham) is also provided, because there is no substitute for additional on-hill coaching time.

### What About Glacier Training?

Glacier training is offered by several organizations in Western Canada (sorry, no glaciers around here). Glacier training provides an excellent opportunity for an athlete to develop their skills in the off season. Due to the cost and subsequent limited demand glacier training is not offered as a supplementary program by the Calabogie Peaks Freestyle Club, however, if you are interested in such a program talk to your coach and we'll be happy to make some recommendations.

## Development Programs

### **FUNdamental Freestylerz**

Want to try freestyle skiing? The FUNdamental Freestylerz program is geared towards junior skiers (6~10yrs of age typically) who have acquired basic skiing skills and want to learn how to enjoy the WHOLE mountain (including the bumps and the jumps!) in a safe and responsible way.

Into to freestyle skiers ski on Saturday's from 9:00am to 3:00pm with a 1hr break for lunch.

### **Jumps and Bumps Freestylerz**

Skiers learn to carve turns and develop good basics in jumps, moguls and terrain parks. Coaches track three levels of skill development and award stickers throughout the program. This program is for intermediate to advanced parallel skiers ages 8 and up.

For 2015 Jumps& Bumps Freestylerz is offered as Saturday program or, optionally, as a Saturday and Sunday program for those kids who really enjoy freestyle skiing, but aren't necessarily interested in competing. Bumps and Jumps Freestylerz ski on Saturday's (and Sunday's if applicable) from 9:00am to 3:00pm with a 1hr break for lunch. The Jumps& Bumps program requires a CFSA Can Free 1/2 License

### **Competitive Freestylerz Team**

The Calabogie Peaks Freestyle Club Competitive Freestylerz Program, based on the Long-Term Athlete Development Model, has been designed to provide a consistent and systematic guide to developing junior talent and to increase the numbers of people entering the sport of freestyle skiing. The Model has been designed through a broad consultation process involving a wide variety of experts from within and outside the Canadian Freestyle Ski Association and is a working document, based upon research and good practice from coaches, administrators and specialists around the world. Please note that these guidelines are merely recommendations for the sport as a whole and that coaches, families, educators, officials and athletes need to use them with a degree of flexibility to ensure that the freestyle experience is enhanced for all individuals within the sport.

Comp team skiers ski on Saturday and Sunday from 9:00am to 3:00pm with a 1hr break for lunch. **The Comp Development program requires a CFSA Can Free 3 License**

# Volunteer with Calabogie Peaks Freestyle Club

The Calabogie Peaks Freestyle Club, like many youth development programs, cannot run without many parents volunteering their time and energy with all aspects of the Club organization and site maintenance. Our Club Program can only continue to offer the highest caliber freestyle athletic development program with the support of our parent community. This Club is as good as we all make it, and of course we all want it to be best in class. The more involvement we have from parents the stronger the club will get. There are many opportunities to volunteer both on snow and off.

## Benefits of Volunteering

Volunteering with the Calabogie Peaks Freestyle Club brings you more in touch with your children. If you are not yourself a freestyle skier, the activities and aerobatics the athletes learn can seem distancing. Participation in the freestyle club not only shows interest in your child's activity but helps you to become more comfortable with their on-hill activities.

Calabogie Peaks is a family hill, and the Calabogie Peaks Freestyle club is in many ways an extended family. Volunteering with the Club gives you an opportunity to get to know the other parents in the club. While your young athlete is training on the hill, you will have your own social group to ski and socialize with. The club also hosts several volunteer social activities throughout the year as a way of thanking our volunteer community and providing more opportunities to get to know the other parents in a more social setting.

## Volunteer Roles

Calabogie Peaks Freestyle Club is a non-profit organization lead entirely by volunteers. With the exception of program coaching (which requires highly specialized training and certification) *every* role within the club *is* done by a volunteer. Volunteer opportunities can be divided into two broad categories – program management activities, and competition specific activities.

## Program Management Activities

Program management activities are ongoing throughout the season; however, the overall intensity tends to be more moderate (unlike competition activities which reach a frenzy by competition weekend). The program management roles that are available include:

- **Volunteer Coordinator:** The volunteer coordinator works with the Board of Directors to ensure that all other program management and competition specific activities are covered for the season. The volunteer coordinator is also responsible to track volunteer time in order to determine whether each athlete's family has completed their volunteer obligation.
- **Fund Raising Coordinator:** Fund raising outside of registration fees is key to increasing the quality of the programs, and keeping registration costs low. The fund raising committee (headed by the fund raising coordinator) is responsible for identifying and managing corporate sponsors, as well as planning and executing various fund raising activities.
- **Social Coordinator:** The social coordinator is responsible for planning and coordinating several off-hill social activities for the athletes, and for the volunteer parents.
- **Board of Directors:** the members of the Board of Directors are responsible for overall program oversight and governance. The Board generally includes the President, Secretary, and Treasurer, but may include other members as well. The board will always include an odd number of members.

## Competition Specific Activities

Calabogie Peaks Freestyle Club, in conjunction with Calabogie Peaks hill management, enjoys hosting Free Style Ontario (FSO) Timber Tour events as well as other friendly competitions at the hill. Doing so raises awareness of our sport, provides an opportunity for our athletes to compete in front of friends and family, and brings new people to Calabogie Peaks. Hosting a competition is a joint effort between the club and hill, and while the hill typically contributes significant resources to the effort, the club also needs to pull its weight. The competition specific volunteer activities include:

- **Mogul Builders:** Mogul construction normally takes place a week or two (depending on weather) before the event. Groomers are used to put the snow in place, but forming the actual bumps is a manual activity.
- **Knoll Masters:** The design of competition mogul and slopeside runs makes it potentially difficult for an athlete at the top of a run to know the whereabouts of an athlete lower in the run. The knoll masters are strategically placed in areas with high visibility and provide an 'all clear' or 'stop' signal to up-hill athletes on competition and training days.
- **Choppers:** Jump design includes a landing zone that is intended to be filled with loose snow (to soften the landing). As athletes land in the zone however the loose snow becomes compacted. Teams of choppers will use shovels to loosen the snow in the landing zone in the morning, at lunch and in the evening during competition and training days.
- **Hand Timers:** While timing is largely automated, hand timers are in place for backup during competitions. Get your stopwatch ready!
- **Flagger:** Signals the start of a run by dropping the flag during competition
- **Runners:** Run scoring information from the judges to the announcers
- **Registration:** Greeting preregistered and tracking athletes, and providing competition bibs.

There are a number of competition-specific roles that require specialized training that are not discussed here. Please speak to a member of the coaching staff or board member for more information on these roles.

# Glossary of Freestyle Ski Terms

As you child begins to develop into a freestyle ski athlete you're going to start hearing them use words that make no sense to you. In order to prepare and help with this we have provided a glossary of the most common terms in freestyle skiing:

## AERIALS:

- Back: a backward flip, also known as a single flip
- Birani: a front flip with a half twist
- Double: two flips
- Front: a forward flip. the landing is very awkward on skis because of the forward rotation
- Full In: a full twist on the first flip of a double or triple somersault
- Full Out: a full twist on the last flip of a double or triple somersault
- Half: a flip with a half twist (180 degrees) performed in a layout or puck position
- Half In: a half twist on the first flip of a double or triple somersault
- Half Out: a half twist on the last flip of a double or triple somersault
- Height and Distance: a section of the air score. The arc that the skier flies when jumping. Skiers' flights should take them straight up and over the knoll instead of flat over the landing hill
- Kicker: the launching jump from which aerialists catch air
- Layout or lay: the body is extended as straight as possible
- Pike: the body bends at the waist and the legs remain straight
- Puck: the body is in an open tuck position with legs pulled up 45 degrees (hands don't have to touch the knees)
- Pop: the extension or snap at the lip of the jump that sets the trick in motion
- Quadruple or Quad: Four flips
- Randy: a flip with 2½ twists
- Rudy: a flip with 1½ twists
- Single: one flip
- Sling: a bad takeoff from the kicker that sets a very fast rotation. Slings usually happen when jumpers throw their arms and shoulders back too quickly

- Slap Back: when jumpers over-rotate on their landings and their backs hit the snow before they stand up and ski down the outrun
- Take Off: the launch. a good one has knees, hips and arms all completely extended as the skier's feet cross the end of the kicker
- Triple: three flips
- Tuck: the knees are pulled up in front of the body to an angle of 90 degrees from the body
- Twist: a spin (rotation of the body around the long axis)

## **SINGLES**

- Back Tuck: single flip in tuck position rotating backward
- Front Tuck: single flip in tuck position rotating forward
- Back Layout: single flip in straight body position
- Full: flip with a full twist done in the layout position
- Double Full: flip with two twists

## **DOUBLES:**

- Double Tuck: two flips in the tuck position
- Lay Tuck: double flip, the first in layout position, the second in the tuck position
- Double Layout or Lay Lay: double flip in the layout position
- Lay Full: double flip in the layout position with a full twist in the second flip
- Half Half: a half twist on the first flip and a half twist on the second flip
- Full Tuck/Pike: two flips with one twist, full twist in the first flip
- Full Lay: two flips in the layout position with one twist in the first flip
- Full In Full Out: two flips with two twists. A double-twisting, double flip
- Full Double Full: two flips with three twists, double flip in second twist

## **TRIPLES:**

- Triple Tuck: triple flip in the tuck position

- Lay Tuck: triple flip, first in layout position, second and third in tuck position
- Lay Tuck Full: triple flip, first in layout position, second in tuck position, third in layout position with a full twist  
Lay Full Tuck triple flip, first in layout position, second laid out with a full twist, third in the tuck position without a twist
- Lay Full: triple flip, first two in layout position, third in layout position with a full twist
- Lay Full Full: a double twisting triple flip
- Half Tuck Half: three flips with two half twists. middle flip rotates forward
- Half Half Full: first flip has a half twist, second flip is rotating forward and has a half twist, third flip has full twist
- Half Full Half: three flips with two twists, half twist in the first and third flip, full twist in second flip
- Half Rudy Full: half twist in the first flip, 1½ twists in second flip, full twist in third flip
- Full Tuck Full: three flips with two twists, second flip is without a twist
- Full Full Full: three flips with three twists
- Full Double Full Tuck: three flips with three twists, second flip has two twists
- Full Double Full Full: three flips with four twists
- Double Full Full Full: three flips with four twists. Two twists on the first flip, right off the jump
- Half Randy Full: three flips with five twists
- Full Double Full Double Full: three flips with five twists

## MOGULS:

- Air: to get yourself and your skis off the surface of the snow (to jump.) Two airs are required in each moguls run.
- Backscratcher: skiers touch their backs with the tails of both skis. The knees bend under the body, and the shoulders and hips have to move back to keep the skier from falling forward.
- Body Position: the stance, balance and movement of the skier's body
- Carving: efficient use of edging to control speed in and out of the turns during a run
- Cossack: hands down straight, skis up by your ears. Gold medal jump.
- Daffy: legs are spread wide with one in front of the body and the other behind. The front ski tip is pointed up, the back tip is pointed down, with the skis parallel
- Double Upright: the combination of two moves in one jump

- Helicopter: an upright aerial spin of 360 degrees
- Iron Cross: ski tips are crossed while the skier stays upright
- Mule Kick: a 90-degree drop of the skis with a 45-degree twist to the side. The tips drop but the heels are kicked out to one side
- Multiple Maneuvers: any combination of tricks, for example, Double Daffy, Daffy Twister Spread
- Reverse Trough: technique of skiing on top of the moguls and turning in the opposite direction of the deep path of ruts (see trough)
- Ruts: the deepest section between the moguls
- Spread Eagle/Spread: arms are extended and legs split to the sides while the upper body remains upright with ski tips and tails even and parallel
- Tip Cross: ski tips cross, the skier stays upright
- Tip Drop: see backscratcher
- Triple Upright: a combination of three moves in one jump
- Trough: ruts, or the deep path through the moguls
- Turns: consistent changes in direction of travel to either side of the fall line
- Twister: skis twist 90 degrees to one side of the body, hands and body twist to the opposite side
- Zuznik: the upper body is leaning forward toward the tips of the skis
- 360, 720: the number of degrees in one full twist (360) and two full twists (720)
- 4-Point Takeoff: both poles plant as the skier pops off a mogul when jumping

Source: U.S. Ski and Snowboard Association