

Freestyle Alberta Mogul Team Selection Camp

In light of the covid 19 pandemic Freestyle Alberta is unable to gather the appropriate information to make team selections for the 21-22 Freestyle Alberta Mogul Team. The goal of the Alberta Mogul Team program is to advance the skills of the athletes through a comprehensive on-snow and off-snow training program and to offer high-level competition opportunities in a team atmosphere to ultimately progress athletes towards the Canadian National Team program.

Freestyle Alberta is proud to have Head Coach Stephen Fearing lead the Alberta Mogul Team!

The Alberta Mogul Team comprises athletes in the "Learn and Train to Compete" stages of development in Freestyle Canada's Long Term Athlete Development Pathway.

https://www.freestylecanada.ski/files/canfree/2014_CFSA_LTAD_EN.pdf

21-22 Mogul team Selection Criteria

A limited number of identified athletes by the high performance committee and FA Mogul Head coach to a spring mini-camps where skills can be assessed by the Invitations to these camps will provide direct feedback to athletes on how they can improve their skills and continue on the path to achieving their goals. If we have room on in the high-performance program, we will consider offering positions based on the positive recommendation from our coaching staff but there are no spots reserved for this purpose.

Current Team athletes will have first right of refusal if they choose to continue.

Purpose of the Camp

- Select the 21-22 Freestyle Alberta Mogul Team
- Rank the top 12 FA Males and 6 Females for Canwest Passes
- Select ID'D Athletes for FA D team

How to receive an Invite to the camp (Invitations to the team selection camp are at the sole discretion of the AB Freestyle High performance committee)

- **Reached Minimum MPL in 19-20**

(Athletes to be invited to the Alberta Mogul Team Selection Camp will be selected from athletes who have met the following minimum skill and result level:

- Qualified an inversion on snow
- An Average RPA of 550 across two competitions in the 19-20 season)

- **Freestyle Alberta HP Committee and Head coach will ask for a list of eligible Alberta Team contenders from FA Head Club Coaches.**

- If more than the 20 Male athletes and 10 Female athletes have been nominated the FA Club coaches will meet with the FA head coach and executive director to select whom will receive an invite to the talent Id Camp

Based on the interview Athletes will be invited to the camp by the FA HP Committee

- FA 20-21 Mogul team athletes that wish to stay on the team must attend the camp to retain their spot for the 21-22 Team
- Top 2 Athletes from the FA video contest will receive an invite to the Team Selection Camp

Athletes must bring at least 1 club coach

About the FA Mogul Team

The Alberta Mogul Team program is an Alberta -based year-round training program with some targeted camps as determined by the FA mogul Head coach focused on three core areas. All Camp and Competition planning, technical focus, physical focus, and dry-land activities will be arranged and provided by the Head Coach with support from CSIC. Athletes are expected to attend all training camps unless discussed in advance with the Head Coach. The Head Coach will work with the athletes on the identification and prioritization of key performance indicators and benchmarks in mogul skiing.

The program consists of year-round on and off snow technical training. The Training Schedule will follow a general progression of fundamental to advanced technical training. Acrobatic and ski focused workouts will be separated early then gradually working towards putting all performance aspects together preparation for the competition season. Different locations are utilized throughout the year to provide the best and most cost-effective training opportunities while focusing on the enhanced training experience.

From time to time it will be necessary and beneficial to enlist a specialist coach: to optimize athlete performance. The FA HP committee and FA Mogul Team Head Coach works with Freestyle Canada to align the program and assist with program deficiencies. Freestyle Alberta, alongside the Head Coach, will seek to establish Integrated Sport Science Services throughout both the training season and competitive season to specifically develop mental training and nutritional awareness for the athletes through the Canadian Sport institute of Calgary.



Evaluation

Name	Last	First	Club	Coach	Team
Bib #			Sex		Age:
Acrobatic Skills					
		Score 1	Score 2	Avg.	*notes
1	Trampoline body alignment	0	0	0	
2	Trampoline extension	0	0	0	
3	Trampoline control	0	0	0	
4	360	0	0	0	
5	720	0	0	0	
6	ft	0	0	0	
7	bT	0	0	0	
8	Routine 1	0	0	0	
9	Trampoline bed tricks	0	0	0	
10	Trampoline DD	0	0	0	
	Total:			0	
Ski Turn					
		Score 1	Score 2	Avg.	*notes
10	Turn sequencing	0	0	0	
11	Turn timing	0	0	0	
12	Turn shaping	0	0	0	
13	Turn edging	0	0	0	
14	Turn body action movement	0	0	0	
15	Turn neutral position	0	0	0	
16	Turn body direction	0	0	0	
17	Turn body alignment	0	0	0	
18	Pole plant timing	0	0	0	
19	Arm neutral position	0	0	0	
20	Pole plant action movement	0	0	0	
21	Vision	0	0	0	
22	Ski Control pressure	0	0	0	
	Total:			0	
Wave/ Roller Turn					
		Score 1	Score 2	Avg.	*notes
23	Wave/ Roller Turn timing	0	0	0	
24	Wave/ Roller Turn shaping	0	0	0	
25	Wave/ Roller Turn edging	0	0	0	
26	Turn body action movement	0	0	0	
27	Wave/ Roller Turn neutral position	0	0	0	
28	Wave/ Roller Turn body direction	0	0	0	
29	Wave/ Roller Turn body alignment	0	0	0	
30	Wave/ Roller Pole plant timing	0	0	0	
31	Wave/ Roller Arm neutral position	0	0	0	
32	Pole plant action movement	0	0	0	
33	Wave/ Roller Vision	0	0	0	
34	Wave/ Roller Ski Control pressure	0	0	0	
35	Wave/ Roller Absorption tension	0	0	0	
36	Wave/ Roller Extension timing	0	0	0	
	Total:			0	
Mogul Turn					
		Score 1	Score 2	Avg.	*notes
37	Mogul Turn timing	0	0	0	
38	Mogul Turn shaping	0	0	0	
39	Mogul Turn edging	0	0	0	
40	Mogul Turn body action movement	0	0	0	
41	Mogul Turn neutral position	0	0	0	
42	Mogul Turn body direction	0	0	0	
43	Mogul Turn body alignment	0	0	0	
44	Mogul Pole plant timing	0	0	0	
45	Mogul Arm neutral position	0	0	0	
46	Mogul Pole plant action movement	0	0	0	
47	Mogul Vision	0	0	0	
48	Mogul Ski Control pressure	0	0	0	
49	Absorption tension	0	0	0	
50	Extension timing	0	0	0	
	Total:			0	
Aerial					
		Score 1	Score 2	Avg.	*notes
51	Aerial body alignment	0	0	0	
52	Aerial extension	0	0	0	
53	Aerial control	0	0	0	
54	Aerial timing	0	0	0	
55	360	0	0	0	
56	720	0	0	0	
57	ft	0	0	0	
58	bt	0	0	0	
59	Aerial DD	0	0	0	
60	Aerial Take off	0	0	0	
61	Aerial vision	0	0	0	
62	Aerial landing	0	0	0	
63	Aerial transition 1	0	0	0	
64	Aerial transition 2	0	0	0	
65	Aerial amplitude	0	0	0	
	Total:			0	
Athlete Profile					
			Score		*notes
66	Attitude		0		
67	Athleticism		0		
68	Physical		0		
69	Coachable		0		
70	Commitment		0		
	Total:		0		
	Grand Total		0		

0-2 Poor 3-4 Below Average 5 Average 6-7 Above Average

- 1 Athlete who can not preform a skill or a series of skills will receive a score of "0"
- 2 Team coach of athlete will be responsible for the "Athlete Profile" assesmnt
- 3 If the venue does not provide safe and adequete terrain for assesment category the test will be adjusted
- 4 The is a possible 0-700 points in the assesment

0-150	151-300	301-450	451- 600	601-700
Poor	Below average	Average	Above Average	Excellent

Trampoline routines

1		
#	name of skills	D.D
1	back drop	1
2	1/2 airplain	
3	tuck jump	
4	seat drop	
5	swivel hips	
6	1/2 twist to feet	
7	front drop	
8	to feet	
9	pike jump	
10	front tuck	
Test		Barani pike Back straight

4		
#	name of skills	D.D
1	barani out (T)	2
2	back tuck	
3	barani tuck	
4	back full	
5	barani straight	
6	double full	
Test		Barani out (P) Rudy out (T)

2		
#	name of skills	D.D
1	back tuck	1.3
2	barani pike	
3	back straight	
4	barani straight	
5	back pike	
6	3/4 front straight	
7	barani ballout (T)	
Test		Rudolf Back full

3		
#	name of skills	D.D
1	back pike	1.6
2	barani straight	
3	back full	
4	barani tuck	
5	back straight	
6	rudolf	
7	back tuck	
Test		double full double back



Camp Details

Sunshine Ski Resort -April 17-18
Flip Factory April 22 2021 10 am – 2:30 pm
20 Males and 10 Females will receive Invites

Cost and registration link

Registration Link will be sent to athletes who have qualified for the Talent Id Camp
\$150

Athlete Injury Clause

If an athlete is injured or sick at the time of the camp. The athlete through their coach may appeal to hp@freestylealberta.ski and at their own cost be evaluated within 2 weeks of the conclusion of the on-snow portion of the camp.