

## Freestyle Alberta P&P 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 Park and Pipe Team. The goal of Freestyle Alberta 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 through club training to ultimately progress athletes towards the Canadian National Team program.

Freestyle Alberta is happy to support Alberta based 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](https://www.freestylecanada.ski/files/canfree/2014_CFSA_LTAD_EN.pdf)

### 21-22 Park and Pipe team Selection Criteria

A limited number of identified athletes by the high performance committee and FA Executive Director 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. With FA not having a provincial team head coach our team will be managed by designated FA HP Coaches.

### Purpose of the Camp

- Select the 21-22 Freestyle Alberta P&P 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 Season**

SLOPE

#### Men Air

All way 540's with grabs  
2 out of 4 way off axis 9's  
with grabs 1 Double Q on  
Airbag or Water ramp

#### Rails

3 out of 4 way 2's on  
Spin both front and  
backside 4's out K Fed

## Women Air

Left and right 3's  
with a grab 3 out  
of 4 way 5's (no  
grab)  
one 7 either forward or switch no grab

## Rails

Slide both Left and Right  
Foot forward Lip Slide on  
a rail one direction  
270 onto boxes any  
one direction Switch  
onto rail feature  
Front and backside 2's out of rails

## PIPE

### Men

Spin up and down the pipe 540's above  
the lip either wall Flare above the lip  
3+Grabs at 5 ft plus

One switch hit above the lip either wall

### Woman

Spin up and down the pipe  
360's either wall 540 one  
direction  
2+Grabs above  
the lip One  
switch hit either  
wall  
Video footage may be submitted as confirmation of MSL.

- **Freestyle Alberta HP Committee and Executive Director 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 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

- 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 Park & pipe Team**

The Alberta P&P Team program is an Alberta -based year-round training program with some targeted camps as determined by their 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 Athletes Club with support from CSIC and FA. Athletes are expected to attend all training camps unless discussed in advance with the Head Coach. FA Approved programs 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.

FA will run a minimum of 2 HP camps in the season to connect all the Identified team athletes. The FA HP committee and FA Executive Director works with Freestyle Canada to align the program and assist with program deficiencies. Freestyle Alberta 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

# HIGH PERFORMANCE SKILL ASSESSMENT TOOL

## SLOPESTYLE - SKILLS ASSESSMENT LIST (MEN)

**INSTRUCTIONS:**  
This assessment is intended to be used to help Select the FA HP team for the 22-23 Season, Can West passes and D-team

Athlete Name:  
Club:  
Coach Name:  
Date:

**ASSESSMENT RATING - LEGEND**  
0 - Not demonstrated yet  
1 - Working on it / getting close  
2 - Achieved / demonstrated  
3 - Consistently well-executed

COLOUR BLOCK LEGEND		
ABDevSquad Target	ABTeam Target	Advanced or Additional Skill

### SKIING FUNDAMENTALS:

SWITCH SKIING	SKIING	ABDevSquad	ABTeam
Able to maintain and control speed using edging - forward and switch		required	required
Able to take off switch looking over either shoulder		required	required

### RAILS:

For ABDevSquad: 10-15' flat bars, down rails, cannon rails that are at least knee-high  
For ABTeam: Canada Cup/NorArm level rail sections including 20-40' flat down rails, rainbow rails, A-frame rails that are at least waist-high

RAIL SKILLS	LEFT	RIGHT	SWITCH LEFT	SWITCH RIGHT	ABDevSquad	ABTeam
Front 270					All 4	All 4
Blind 270					All 4	All 4
Front 450					2 of 4	All 4
Blind 450					1 of 4	All 4
Front 630					N/A	2 of 4
Blind 630					N/A	1 of 4
Front Swap Blind 270					All 4	All 4
Front Swap Front 270					All 4	All 4
Blind Swap Front 270					3 of 4	All 4
Blind Swap Blind 270					1 of 4	All 4
Front Swap Blind 450					N/A	All 4
Front Swap Front 450					N/A	All 4
Blind Swap Front 450					N/A	3 of 4
Blind Swap Blind 450					N/A	1 of 4
270 on to forward					2 of 4	All 4
270 on to switch					2 of 4	All 4
270 on front 270					2 of 4	All 4
270 on blind 270					1 of 4	All 4
450 on to switch					N/A	1 of 4

### AIR (ON SNOW):

ABDevSquad: Performed on a 25-40' Jump  
ABTeam: Performed on a 40-60'+

SPINS (ON SNOW)	LEFT	RIGHT	SWITCH LEFT	SWITCH RIGHT	ABDevSquad	ABTeam
180					All 4	All 4
360					All 4	All 4
540					All 4	All 4
720					3 of 4	All 4
900					N/A	All 4
1080					N/A	1 switch

ON AXIS (ON SNOW)	ON AXIS	ABDevSquad	ABTeam
Back Flip		required	required
Front Flip		required	required

OFF AXIS (ON SNOW)	LEFT	RIGHT	SWITCH LEFT	SWITCH RIGHT	ABDevSquad	ABTeam
Cork 360					N/A	1 fwd
Cork 540					N/A	3 of 4
Cork 720					1 fwd (+ 1 in progress)	3 of 4 directions (sw: cork or rodeo)
Rodeo 720					N/A	3 of 4 directions (sw: cork or misty)
Cork 900					N/A	3 of 4 directions (sw: cork or misty)
Misty 900					N/A	3 of 4 directions (sw: cork or misty)
Flat 360					1 fwd	1 fwd
Rodeo 540					1 of 4 fwd (Misty or Rodeo 540)	All 4
Misty 540						2 of 2



# HIGH PERFORMANCE SKILL ASSESSMENT TOOL

## SLOPESTYLE - SKILLS ASSESSMENT LIST (WOMEN)

**INSTRUCTIONS:**

This assessment is intended to be used to help Select the FA HP team for the 22-23 Season. Can West passes and D-team

Athlete Name:

 Club:  
 Coach Name:  
 Date:

**ASSESSMENT RATING - LEGEND**  
 0 - Not demonstrated yet  
 1 - Working on it / getting close  
 2 - Achieved / demonstrated  
 3 - Consistently well-executed

**COLOUR BLOCK LEGEND**

ONDevSquad Target	ABTeam Target	Advanced or Additional Skill
-------------------	---------------	------------------------------

### SKIING FUNDAMENTALS:

SWITCH SKIING	SKIING	ABDevSquad	ABTeam
Able to maintain and control speed using edging - forward and switch		required	required
Able to take off switch looking over either shoulder		required	required

### RAILS:

 For ABDevSquad: 10-15' flat bars, down rails, cannon rails that are at least knee-high  
 For ABTeam: Canada Cup/NorArm level rail sections including 20-40' flat down rails, rainbow rails, A-frame rails that are at least waist-high

RAIL SKILLS	LEFT	RIGHT	SWITCH LEFT	SWITCH RIGHT	ABDevSquad	ABTeam
Front 270					1 fwd, 1 sw	All 4
Blind 270					1 of 4	All 4
Front 450					N/A	2 of 4
Blind 450					N/A	2 of 4
Front Swap					2 of 4	All 4
Back Swap					1 of 4	All 4
Front Swap Blind 270					N/A	All 4
Front Swap Front 270					N/A	All 4
Blind Swap Front 270					N/A	All 4
Blind Swap Blind 270					N/A	All 4
270 on to forward					N/A	2 of 4
270 on to switch					N/A	2 of 4
270 on front 270					N/A	2 of 4
270 on blind 270					N/A	2 of 4

### AIR (ON SNOW):

 ABDevSquad: Performed on a 25-40' Jump  
 ABTeam: Performed on a 40-60'+

SPINS (ON SNOW)	LEFT	RIGHT	SWITCH LEFT	SWITCH RIGHT	ABDevSquad	ABTeam
180					All 4	All 4
360					All 4	All 4
540					3 of 4	All 4
720					N/A	All 4
900					N/A	1 sw

ON AXIS (ON SNOW)	ON AXIS	ABDevSquad	ABTeam
Back Flip		required	required
Front Flip		required	required

OFF AXIS (ON SNOW)	LEFT	RIGHT	SWITCH LEFT	SWITCH RIGHT	ABDevSquad	ABTeam
Rodeo 540					N/A	2 fwd 540s (Rodeo or Misty) + 2 sw in progress
Misty 540					N/A	
Cork 540					N/A	
Cork 720					N/A	1 + 1 in progress
Flat 360					N/A	1 fwd



## **Camp Details**

Winsport Ski Resort April 17-18  
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](mailto:hp@freestylealberta.ski) and at their own cost be evaluated with in 2 weeks of the conclusion of the on-snow portion of the camp.