

AB D Team project

Project Developers:

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HP coach: Emilie Brown

Coach: Addisson Eady

Definition of the AB D Team project

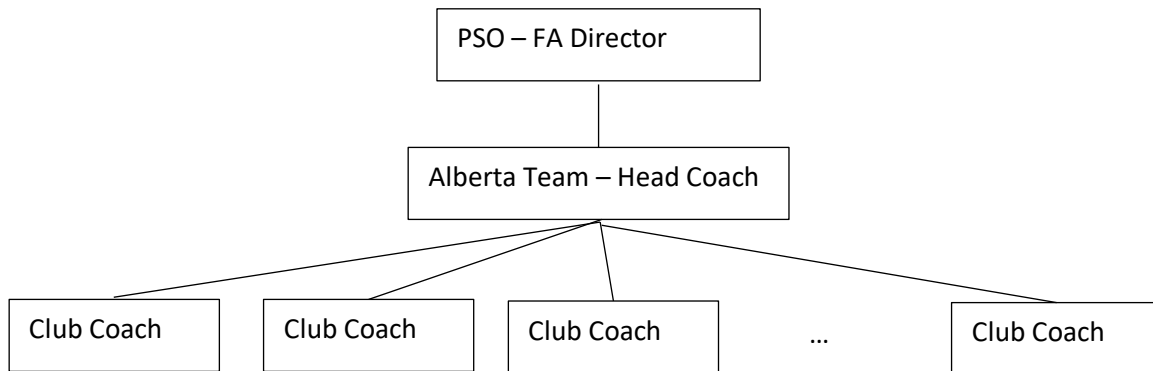
Objectives

- Bridge the gap between Club level athlete and AB Team level athlete to better prepare athletes for the demanding AB Team program
 - o Provide more on snow training to targeted athletes
 - o Increase strength and conditioning to targeted athletes
 - o Physical testing
 - o Increase trampoline training with coach
 - o Increase water ramp and/or air bag training
 - o Fully developed Yearly Training Plan
- Expose targeted athletes to the next level of commitment to training
 - o Higher volume of training
 - o Mental preparedness
 - o Exposed to AB team athletes
 - o Athletes to get used to AB team head coach
- Expose Club Coach to high performance athletes
 - o Work with high performance athletes and coaches
 - o Share best practice with AB Team coach and colleagues
 - o Collaboration to develop the next generation of World Cup skiers
 - o Coach mentoring back in the club

Structure of the team

The AB D Team Coach Committee is in charge to run the AB D Team program under the direct supervision of the AB Team Head Coach and under the direction of the FA Director. In order to have a quorum, 100% of the club needs to be represented by one of their own Super Coach and at least 1 of

the 2 following to act as chairperson: AB Team Head Coach and PSO FA Director. Would any of these AB Team Head Coach or PSO FA Director not filled, the HP Committee will send a FA delegate to make the quorum.



Only Club with AB D Team participating athletes can be part of the AB D Team Committee and send a reasonable number of coaches to sit on the AB D Team committee, but only 1 vote per Club regardless of the number of athletes on the AB D Team. The chairperson will abstain to vote unless to break a tie in a motion. Coaches with no athletes may be asked to join as a non voting member

AB D Team Committee is to meet in April-May to select the new team and set the expectation for the upcoming season to be considered to be starting June 01 of this year and ending May 30 of the following year. The Committee should meet at least once per month.

The agendas will be sent out at least 7 days prior the meeting and minutes will be sent out within 48 hours after the meeting to make sure all discussion and motion to be available to all clubs. Agenda and minutes will be shared with all clubs in Alberta and send to their Head Coach and all supercoach in the province.

For 21-22 Season

Invites to the D-Team will be based on Talent ID rankings

How to challenge decision

Would there be any dispute on the Committee direction or motion, the AB D Team Committee will get together in a special meeting to address it. Would there still not be any reconciliation after the Committee recommendation, the dispute could be escalated to the High Performance Committee to act as mediator. HP@freestylealberta.ski

Athletes' selection criteria

To follow AB Team selection criteria and assessment camp

Selection criteria will be done through a mix of RPA and selection camp. Selection will be done once a year in May. Minimum skills level if different than AB team.

For 21-22 D Team Selection

The AB D Team will Mirror the AB provincial Team in terms of team size and Male to Female Ratio for the 22-23 Season the FA D-team will consist of 10 Athletes 6 Male and 4 females. If there is not enough eligible Male- females a spot may be given to the opposite gender.

Minimum Team size 5

Selection criteria will be done based on the results of the FA talent ID camp. A minimum of 5 athletes will be required and a maximum of 10 athletes regardless of where they come from in Alberta.

Selection will be done once a year in May. Minimum skills level if different than AB team. Targeted athletes will have to get the FIS license and membership from Freestyle Alberta/Canada

Targeted athletes will have to attend a minimum of 75% of the training offered in this program to be eligible to stay. (injury clause)

Athletes' benefits

Targeted athletes under the AB D Team selection will have access to the following privileges:

Access to a YTP build by their coach under the supervision of the AB Team Coach

- Access to trainings jointly with the AB Team
- Access to year-round strength and conditioning (At athletes own cost)
- Can West Pass Nomination (Athletes will be nominated for CanWest passes provided they are eligible and in order of their ranking. Not everyone on the D-team may be approved for a CanWest pass)
- Access to CSIC (At athletes own cost)
- Athletes to have a minimum 1 session a year with mental performance consultant (At athletes own cost)
- Opportunity to join the AB team if there is a last-minute retirement or season ending injury on AB HP Teams
- Team Athlete Call ups will be based on FA Head Coach discretion with consultation with FA provincial Club Coaches

Coach

For each training a Club Coach with athletes in the program will attend. The minimum ratio to be worth running the camp is 1:4 and the maximum ratio never to exceed 1:7 except in case of force majeure. At

the beginning of the season (May of each year) coaches with targeted athletes in the program will meet and share the coach attending to camps evenly through the season. No more than 1 coach per team unless it's the only way to meet the ratio. Each coach must have a minimum of certified supercoach to be paid for coaching the camps at that level. If a less qualified coach wants to attend, they can assist as a volunteer, it must be approved by the AB team coach and won't count toward the coach ratio.

The expectation for the club coach attending the camp is to support the AB Team Coach as an assistant. The attending coach should be up to speed with all aspects of the training camps including camp objectives per athlete, dry-land program, meet each athlete for performance review daily. The attending coach will also have the responsibility of all the AB D Team athletes and will communicate to each club coach about the progress of each athlete.

On snow

The on-snow portion will be done with the support of the AB HP Team Head Coach to maximize the mentoring experience of the athletes and coaches. For the first year 4 camps will be integrated for a maximum duration of 20 extra days compared to Club program.

Snow Camp in May

Water Ramp and trampoline Camp (Covid Pending)

Snow Camp in December

Snow Camp in winter pre-competition

Strength and conditioning

The Strength and Conditioning of the athletes is where we will spend our biggest effort in bridging the gap between Club level athletes and Provincial Team level athletes. Athletes will start working out strength and conditioning at a lesser level of intensity and volume as the AB team but still as per a YTP. A YTP should be provided from the Club Coach that have an athlete and the YTP will be reviewed by Alberta Team Head Coach to make sure it is in line with the Alberta Team program.

A knee injury prevention and maybe a shoulder injury prevention program will be added to the strength and conditioning to ensure safety of the development of these athletes. It is recognized that many athletes moving to the Provincial team will suffer from knee or shoulder injury on their first year on the team. Therefore, we need to prepare our athletes for the superior demand on these joints as athletes pick up volume and intensity with smaller rest periods.

Stretching will also become a bigger part of the routine to make sure athletes develop and maintain the many range of motions required to be a top athlete.

Concussion baseline, shoulder and knee assessment.

Trampoline

Every athlete will have to find a structure trampoline training under a coach supervision. It is recommended that we use trampoline specific coach. Athletes will focus at perfecting all the basics bed manoeuvres to a level of mastery. Minimum to none invert should be permitted outside of back tuck and front tuck. The idea is to solidify the missing base in acrobatic that every freestyle skier is lacking. Athletes have the tendency to perform high DD manoeuvres with poor execution when free bouncing. When a coach work at improving the execution, most of the time he ends up teaching basics trampoline skills as the athletes missed some building stones in their development. Athletes Trampoline plan should be designed by the Athletes club coach and FA Head coach