



Girlstylerz Canada Training Camp: Acrobatic Project (Alberta) Trampoline to Airbag Camp

Camp Overview

This specialized camp is designed to provide a safe, progressive, and supportive environment for female freestyle athletes to develop acrobatic skills. Athletes will transition from trampoline training to airbag practice, focusing on fundamental and advanced tricks.

Key Objectives

- Master perfect 360s (on and off-axis)
- Develop back tuck, back layout, and back pike with strong technique
- Build air awareness and confidence in a controlled environment
- Foster a positive and empowering atmosphere for female athletes

Target Athletes

- Female freestyle skiers in the Learn to Train and Train to Train LTAD stages
- Athletes with an interest in improving their acrobatic skills and progressing in freestyle skiing

Training Locations

- Trampoline Training: Evolution Freestyle (Tawatinaw)
- Airbag Training: Evolution Freestyle (Tawatinaw)

Day 1: Trampoline Progressions at Evo, August 23rd 2025

- Warm-up and mobility work
- Trampoline fundamentals: body position, balance, and set drills
- Skill breakdown: perfecting 360s on-axis, intro to off-axis
- Back tuck, layout, and pike progressions
- Video review and personalized feedback
- Afternoon craft

Evening activity: Supper will be potluck style. Disc golf Tawatinaw (wear running shoes, pants, potentially a long sleeve shirt) then a campfire if permitted afterwards with smores



Day 2: Airbag Training at Evo, August 24th 2025

- Dryland warm-up and activation
- Safety briefing and airbag basics
- On-ramp training: 360s, back tuck, layout, and pike
- Progressive coaching with video analysis
- Guest speaker session (mental performance, injury prevention, or female athlete development)
- Cool-down and debriefing

Additional Considerations

- Certified freestyle coaches with experience in acrobatics
- Female mentorship and coaching presence
- Athlete grouping based on ability and experience
- Safety protocols in place for all sessions