

# **2025 Freestyle Canada**

## **Pre-season info session**

---

**FREESTYLE CANADA**



**Thank you for  
participating and your  
commitment!**

**Merci de participer et de  
votre engagements!**



# AGENDA

Introduction - Peter Judge CEO **01**

---

Overview : Sport Dev Team and priorities **02**

---

Event pathway update **03**

---

Coach updates & app **04**

---

Key dates **05**

---

Conclusion **06**

---





---

# Peter Judge - Freestyle Canada CEO







# Thanks to all our Clubs, P/TSOs and volunteers

- Snow Reg compliance to ensure our athletes and coaches are safe and properly insured
- Safe Sport application throughout your organization to ensure well being of all our members
- Finding ways to continue to build training facilities on and off snow
- Hosting events for the athletes to progress through the pathway

# Freestyle Canada



**Peter Judge - CEO** [peter@freestylecanada.ski](mailto:peter@freestylecanada.ski)

**Jessica Hawker - COO** [jessica@freestylecanada.ski](mailto:jessica@freestylecanada.ski)

**Julie Steggall - Director Coach Development Pathway**  
[julie@freestylecanada.ski](mailto:julie@freestylecanada.ski)

**David Mirota - Director Athletes Development & P/TSO Relations**  
[david@freestylecanada.ski](mailto:david@freestylecanada.ski)

**Charles-Antoine Morache - Director Events & Judges Pathway**  
[charles@freestylecanada.ski](mailto:charles@freestylecanada.ski)

**Chris Muir - Membership Services** [chris@freestylecanada.ski](mailto:chris@freestylecanada.ski)

**Julien Dufresne - Coordinator Events & Officials**  
[julien@freestylecanada.ski](mailto:julien@freestylecanada.ski)

# Sport Development

## **Latest focus:**

National Competition Pathway and resources

Coaching education: Course content and Learning Facilitator updates

Freestyle Canada App development - For Coaches and Officials

*GirlStylerz* programming

## **Priorities going into a new Olympic quadrennial:**

Training facilities

Club recognition program and operations handbook

Freeride discipline system integration

Updated FC Programming by stage





# Athlete Development System

Philosophy	FC Program	LTAD Stage	Podium Pathway	Stage Appropriate Competitions
<b>WIN</b> Peak for Major events & well balanced athlete	High Performance (National Team)	T2W	Podium World Class	FIS World Cups, World Championships / Olympics
		L2W	NextGen	Cdn World Cups, Nor-Ams, Sr Nationals, Jr Worlds FIS CAN Cups, Nor-Ams, Sr Nationals, Jr Worlds
<b>PERFORM</b> Skill Consolidation & Learn to perform on demand	Performance	T2C	Prospect	FIS CAN Cups / Nor-Ams / Sr Nationals
		L2C	Aspirational	Can Cup Dev Series / FIS CAN Cups / Nationals
<b>DEVELOP</b> Skills acquisition focus & Intro to Competitions	CANFree / AcroCAN	Late T2T		Provincials / Canadian Dev Series / Jr Nationals
		Early T2T		Timber Tours / Prov / Regionals
	Freestylarz	L2T		Club and Regional Events
<b>PLAY</b> "Jumps, Bumps and Rails"	Fundamentalz / Acrobatz	FUN		Festivals / Skills medley

# Event Pathway Structure - update

- Why?
  - Decreased participation in Moguls outside Quebec
  - Lack of meaningful training/competition opportunities for some athletes
  - Slopestyle: venue needs to meet current athlete skill level
  - Slopestyle: low women participation (especially at CC level)
  - Current Canada Cup events trying too many stages
  - There is a cost barrier
  - Our environment/realities are changing
- Analysis of each P/TSO competition system/pathway :
  - Survey
  - Meetings / discussions
  - FC analysis through data
  - Working groups with Sport Dev leaders — took feedback from within their P/TSO
  - Feedback from judges/officials





# Conclusion

The Canada Cup circuit will now be separated in 2 categories:

- **Canada Cup - FIS series** : Focus on L2C/T2C athletes, FIS format, offering transition for NorAm events

**Philosophy: Perform** - “Skill consolidation & learn to perform on-demand”

\*(reflects Canada Cup events from last year)

- **Canada Cup - Development series** : Focus on Train 2 Train athletes, “Best of 2” format, and age categories

**Philosophy: Development** - “Skill acquisition focus & Introduction to competing”

\*New layer of events



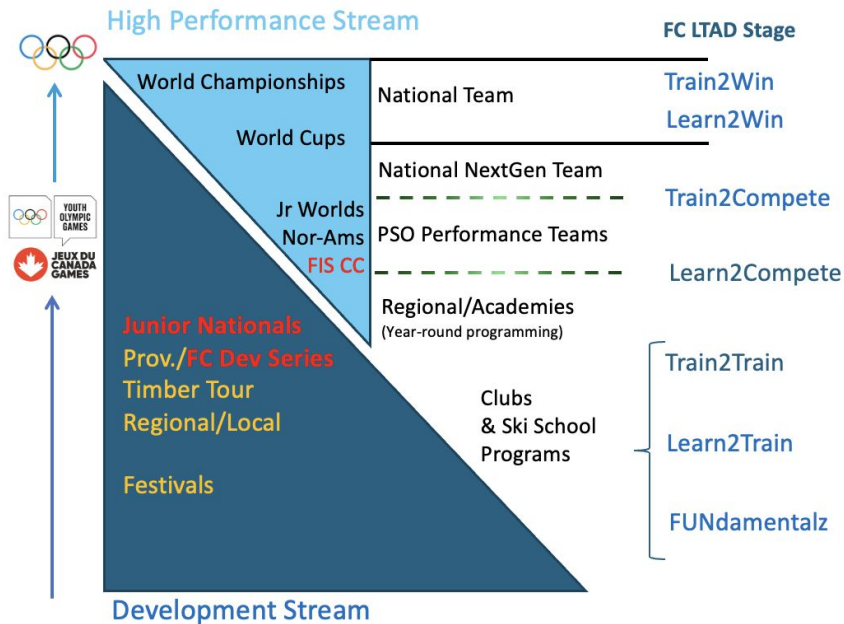


# Goals of the new layer

## Canada Cup Dev Series

- New national layer of events, targeting Train-2-Train athletes
- Help P/TSOs bridge gaps — benefits and goals different
- More National training/competition opportunities for our smaller P/TSOs
- Increase mogul participation and retention across the country
- Increase women participation and retention in SS (more progressive pathway)
- Enable more appropriate terrain for targeted athletes (consequently better course for FIS level SS events)
- More local opportunities, compete in your region at a National level: keep costs low for the OC
- Ensuring a more progressive athlete pathway
- Optimize officials' development locally

## Competition Pathway



# Formats & guidelines - DEV

- **Canada Cup - Development series** is targeted for Train-to-train level, where the philosophy is to DEVELOP.
- Create the best environment for athletes' skill development and competitive experience; therefore:
  - Age categories to eliminate some possible barriers, and recognize skill level within age group before advancing to other stages
  - Best of 2 formats (no finals) : Ensuring 2 runs/jumps for everyone, maximizing practice time and "start gate" mileage. Ensure optimal on snow time.
  - Officials and coaches are also at a development stage : offer proper environment for them as well
  - Reward specific skill per event : best rail/jump/turns
  - Total of 90 athletes

# Formats & guidelines - FIS

- **Canada Cup - FIS series** targets Learn-to-compete level, where the goal is to learn to PERFORM. Creating the best environment to foster athletes' performance on demand development by:
  - using FIS NorAm/JR Worlds formats, to prepare the next generation of athletes
  - Elimination phases and Finals take importance to learn to perform on demand and learn to make tactical decisions when competing at multi phase events
  - The goal here is not to maximize start gate experience for all athletes, but introduce elimination phases and prepare them for a high performance context.
  - 90 CDN spots + international athletes spots



# 2025-2026 calendar

## MO/DM

### **NorAm (CAN)**

- Apex
- VSC

### **Canada Cup - FIS Series**

- Apex
- Panorama
- Senior Nationals (Sommets Saint-Sauveur)

### **Canada Cup - development series**

- Canyon
- Calabogie
- Junior Nationals (Panorama)

## SS/BA/HP/RE

### **NorAm (CAN)**

- Stoneham SS/BA/RE
- Whistler SS/BA
- Winsport (2x HP)

### **Canada Cup - FIS series**

- Sun Peaks SS/BA
- Wentworth SS/BA/RE

### **Canada Cup - development series**

- Horseshoe SS/BA
- Winsport SS/HP
- Junior Nationals (Stoneham)



# Who should participate at CC DEV series?

**Category 1 : Athletes finishing in top half of their provincial circuit ready to compete on a national level with a deeper field and more challenging course**

- Competitive athletes who train year round (academy, sport-étude, regional team, P/TSO dev team, etc.)

**Category 2 : Athletes who require more competing and training opportunities of this level**

- Club athletes or full year program club athletes

Philosophy : Develop

LTAD stage : Train to train

# Who should participate at FIS CC series?

## Category 1 : Athletes doing full tour

- P/TSO team athletes aiming for a spot on National Team and prepare for NorAm circuit.
- Athletes part of a year round program who perform consistently in top third of DEV series or their provincial tour. Ready to compete in FIS format consistently.

Philosophy : Perform

LTAD stage : Learn to compete / Train to compete

## Category 2 : Athletes doing 1 event for experience

- Year round program athletes performing in top half of DEV series or their provincial tour. Ready to take a step up in the system towards more challenging courses and more skilled field. Ready for a FIS format, no age categories and elimination phases.

Philosophy : Develop

LTAD stage : Late Train to Train



# Who should participate at NorAms?

## Category 1 : Athletes doing full tour

- P/TSO team athletes aiming for a spot on National Team, wanting to perform on the whole circuit.

Philosophy : Perform

LTAD stage : Train to compete

## Category 2 : Athletes doing domestic NAC events only

- P/TSO team athletes, already competing at all CC FIS events who are ready to gain experience on the NorAm circuit.

Philosophy : Perform

LTAD stage : Learn to compete

# National RANKINGS

Layer	Rankings	Purpose	Eligible events
<b>High Performance Stream</b>	HPP Rankings	1. For National Team selection	FIS and up (FIS Nationals and Canada Cup - FIS series, NACs, WCs, Major events)
		2. Used to select for major FIS events	
	Toyo Cup Rankings	National Ranking for High Performance stream athletes	Canada Cup - FIS series, Sr Nationals & Cdn NACs  (Top 30 placings)
<b>Development Stream</b>	DEV series Rankings	National Ranking by age category/overall (non/FIS level events for DEV stream athletes)	Jr Nationals & Canada Cup - Development series (non-FIS)  (Top 25 placings)

For more information about rankings please consult FC's ranking policy.

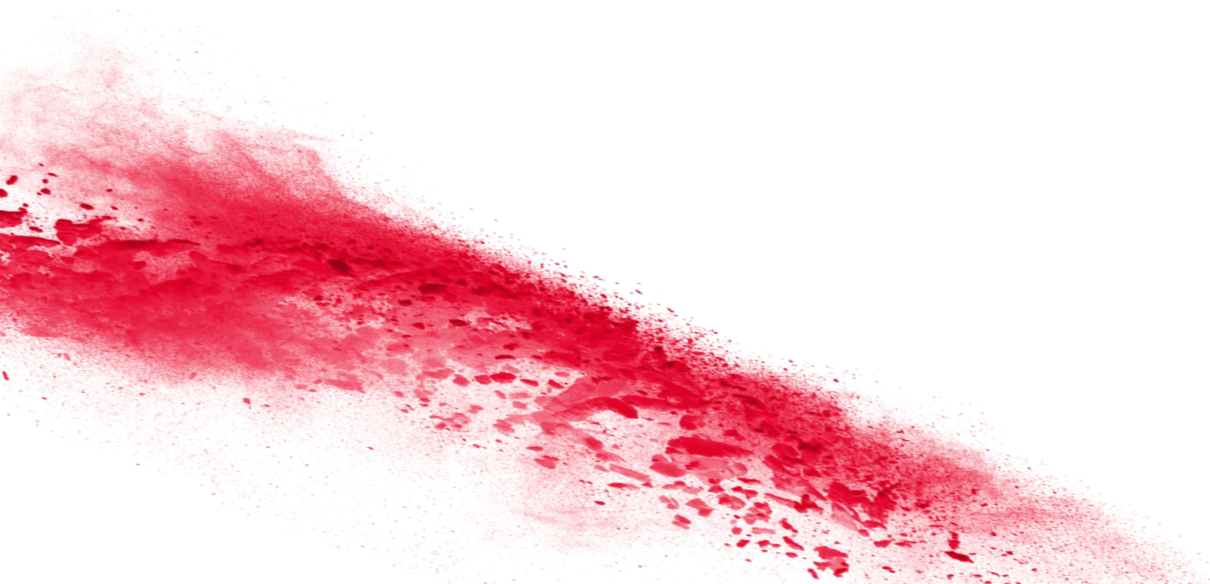
Toyo Cup ranking / DEV Series ranking will be updated and posted on website throughout the season.

\*The DEV series rankings will only be used as a tool for P/TSOs for their own rankings and for athletes to compare themselves on a National scale. DEV series rankings will not be used for selection of any event in 25-26 or 26-27.



# COACH PROGRAM UPDATES

GROW DEEPER - LEAD SMARTER - INSPIRE EXCELLENCE





A coach can enter any program with a case assessment to determine the professional development plan that best fits the program they are working with and their professional experience.

# FC COACH EDUCATION FRAMEWORK



## BASIC REQUIREMENTS FOR COACHING LICENSE

NCCP Making Head Way + NCCP Making Ethical Decisions + NCCP SafeSport + Provincial Criminal Record Report + FC License

### FUNDAMENTALZ SKIACROBATZ

MULTI DISCIPLINE

**PHILOSOPHY** Play, Explore, Fun, Learn  
**LTAD STAGES** FUNDamentals - L2T  
**FC PROGRAM** FUNDamentalz, intro to  
**EVENT LEVEL** Festivals (non-judged)

#### QUALIFIED

- ☐ FUNz Quiz on-line (locker)
- ☐ Technical Course, 2 days on-snow
- ☐ Receive Coach Assessment for Trained or Qualified Status
- ☐ Assigned a Mentor as needed

### COMP-INTRO

SUPERCOACH & DISCIPLINE STREAMS

**PHILOSOPHY:** Develop, Skill Acquisition, Into to Competition  
**LTAD STAGES:** L2T / T2T  
**FC PROGRAMS:** Freestylerz & FC Team –  
**TARGETED EVENT LEVEL:** Regional, Canada Cup Dev Series; 2x  
Canada Cup Dev Series, Jr Nationals

*Coaches can enter discipline specific streams, or become a Supercoach, one who trains and certifies in all disciplines.*

**PREREQUISITES** Basic Coach Requirements

#### SUPERCOACH CERTIFIED

- ☐ 7 Technical Modules with Qualified Status
- ☐ 3 NCCP Modules completed
- ☐ Air Portfolio
- ☐ SuperCoach Portfolio
- ☐ Successful Evaluation by Evaluator / Mentor

CI MOGUL COACH	CI PARK & PIPE COACH	AERIALS COACH
Trained & Certified	Trained & Certified	Trained & Certified

### COMP-DEV PROGRAM

DISCIPLINE SPECIFIC

**PHILOSOPHY** Perform; Skill Consolidation, Learn  
to perform on demand  
**LTAD STAGES** T2T-L2C  
**FC PROGRAM** FC Team –  
**EVENT LEVEL** FIS National & International

#### PRE-REQUIREMENTS

Comp-Intro Discipline Trained

#### COMPDEV CERTIFIED

- ☐ Technical Module with Qualified Status
- ☐ 8 NCCP Modules completed
- ☐ Portfolio
- ☐ Successful Evaluation by Evaluator / Mentor

### HIGH PERFORMANCE

DISCIPLINE SPECIFIC

**LTAD STAGES** T2C – T2W  
**PHILOSOPHY** Perform, Healthy Lifestyle  
**SKIER PROGRAM** PSO, NextGen, World Cup

**PRE-REQUIREMENTS** COMPDEV  
CERTIFICATION

#### INDIVIDUAL EDUCATION PLAN

The coach professional development plan is created on a case-by-case basis. Candidates will have opportunities based on the programs within these establishments;

- National Coaching Institute
- UBC, High Performance Coaching
- Own the Podium; Pursuit, Canada Coach
- Mentorship based on program weaknesses & outside Freestyle
- International event apprenticeships

# COACH PROGRAM UPDATES

## FC WEB SESSIONS

### WEB SESSIONS

GROW DEEPER - LEAD SMARTER - INSPIRE EXCELLENCE

FREE  
ENTRY

25/26  
SEASON



### WEB SESSIONS

GROW DEEPER  
LEAD SMARTER  
INSPIRE EXCELLENCE

#### UPCOMING

Watch for Zoom links in social media & email the Monday before

##### **Nov 18th National Club Update**

**8pm ET 60min**

TARGET AUDIENCE Club Leaders & Coaches

##### **Nov 22nd National Level 3 Major Officials Update**

**12:00-16:00 ET**

TARGET AUDIENCE Officials, National & FIS event organizers.

Ask your PTSO for registration link.

##### **Dec 10th Training The Performance Club Athlete**

**7pm ET 90min**

Periodization for Athlete Workload Management

TARGET AUDIENCE: Club & Provincial Coaches

##### **Dec 18th Training the Performance Club Athlete**

**7pm ET 90min**

Common Injuries and Warm Ups

TARGET AUDIENCE: Club & Provincial Coaches

##### **Dec 29th Intro to the Girlstylerz Toolbox**

**8pm ET 90min**

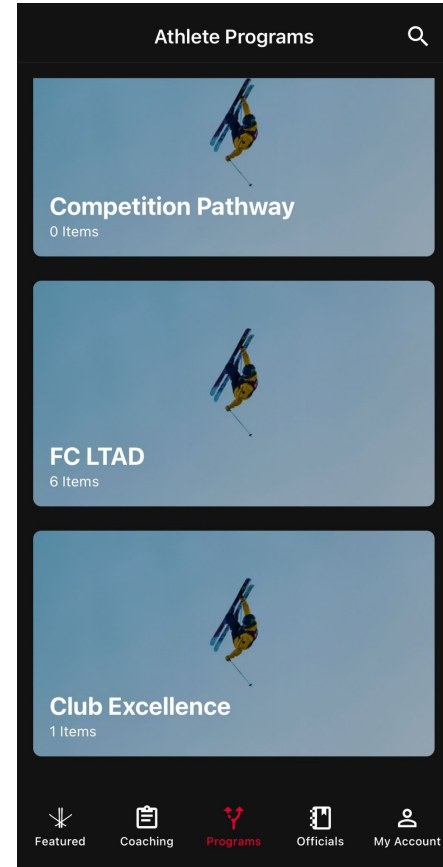
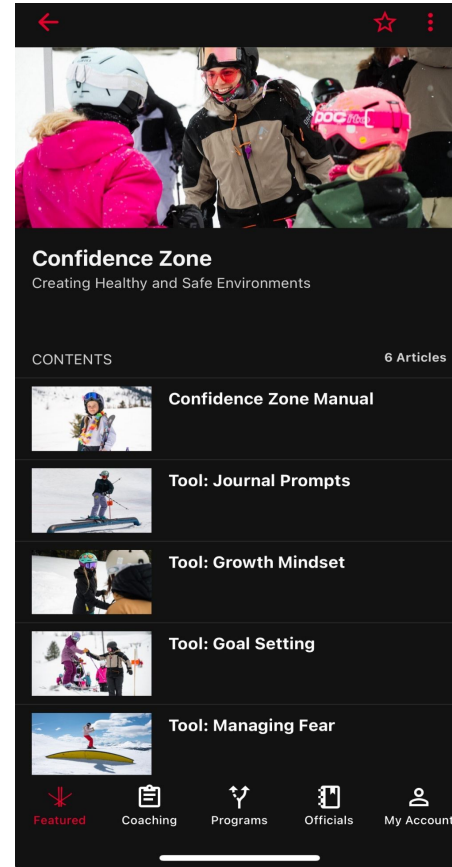
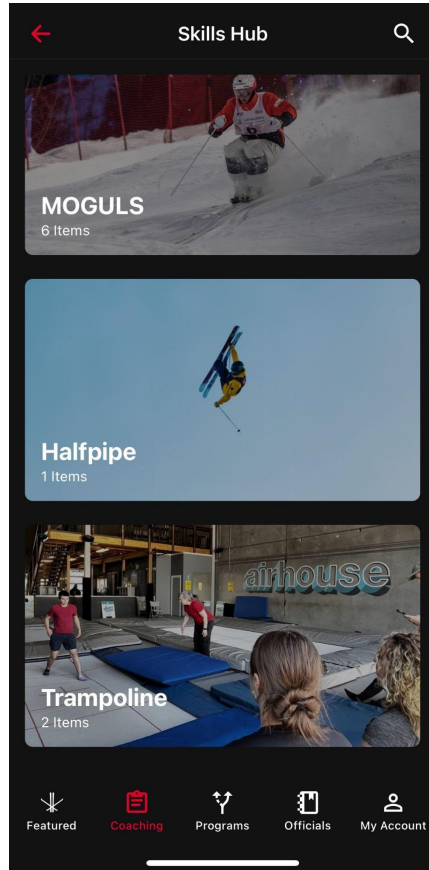
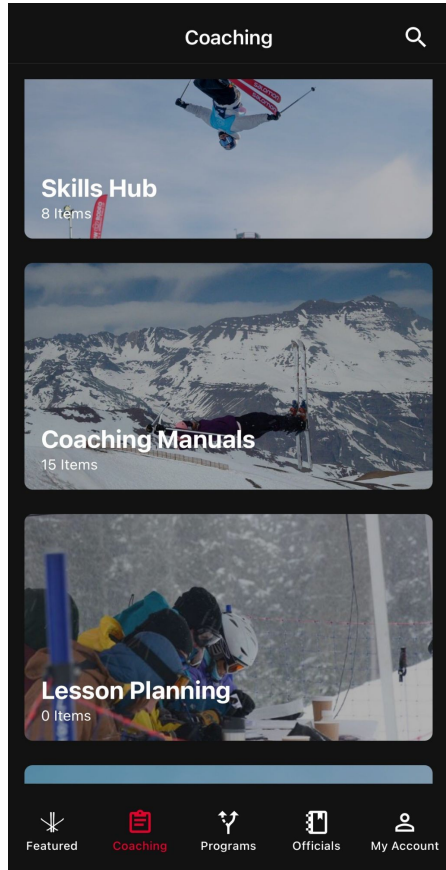
TARGET AUDIENCE: Coaches, Club Leaders, Parents

FREE  
FOR  
MEMBERS

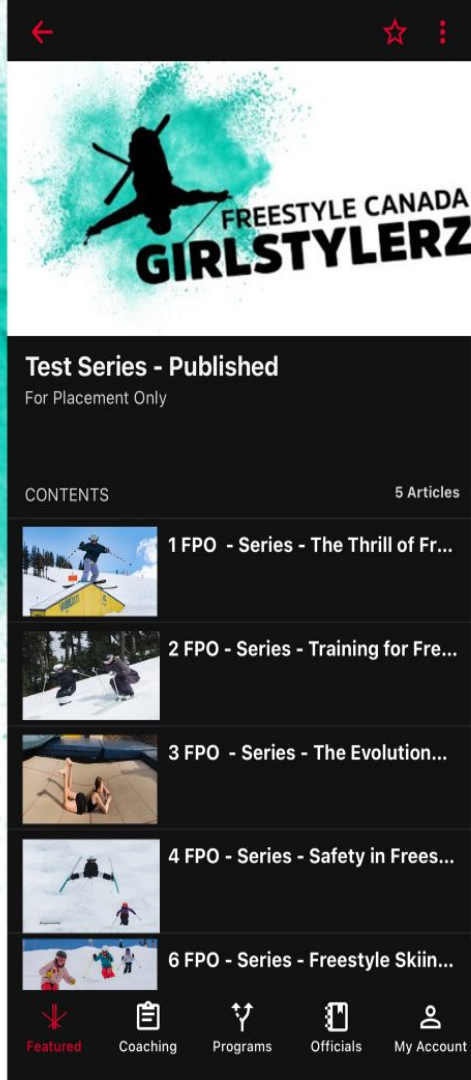
# COACH PROGRAM UPDATES

## "NEW" FC APP

GROW DEEPER  
LEAD SMARTER  
INSPIRE EXCELLENCE

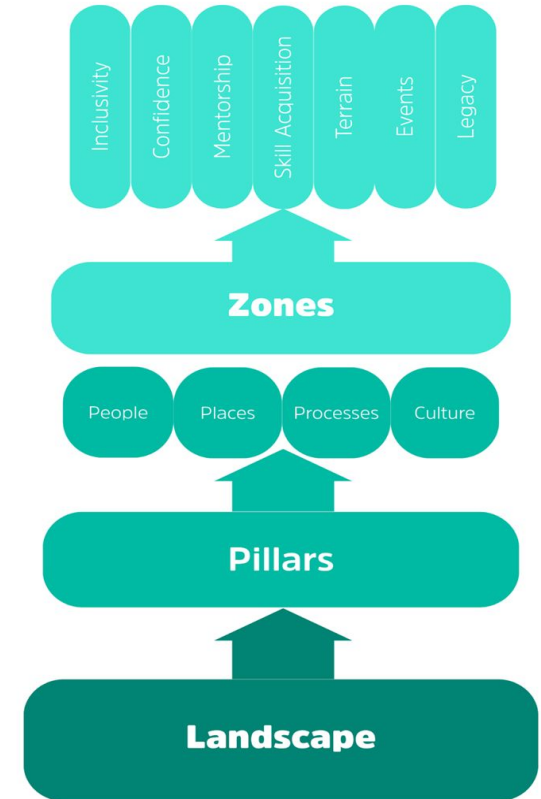






# GIRLSTYLERZ

CHANGE THE LANDSCAPE, DEEPEN THE LEGACY



# COACH PROGRAM REMINDERS

## FUNDAMENTALZ / SKIACROBATZ COACH

NCCP COMMUNITY CONTEXT

PHILOSOPHY: **EXPLORE, PLAY, LEARN**

FC SKIER PROGRAMS: FUNDamentalz, Ages 6 - 10

LTAD Stage: Fundamentals

COMPETITION LEVEL: Non-competitive, FUN Festivals

GROW DEEPER  
LEAD SMARTER  
INSPIRE EXCELLENCE

### GETTING STARTED

#### Basic Coach License Requirements

- ☐ NCCP Making Head Way FREE
- ☐ NCCP Making Ethical Decisions \$50
- ☐ NCCP SafeSport FREE
- ☐ Provincial Criminal Record Report approx. \$0-\$50
- ☐ Coach License \$100

\*All NCCP courses can be taken on-line through the [NCCP Locker](#)

### TRAINED

- ✓ Complete the on-line FUNz Quiz (NCCP eLearning – Locker)
- ✓ Attend the 2-day technical on-snow course, scheduled by PSO
- ✓ Assigned a Mentor

### QUALIFIED

This Module is in the Community Stream, there is Qualified rather than Certified status

- ☐ Successful Assessment by the on-snow course Facilitator

#### TOTAL COMMITMENT


Total Time: approx. 2.5 days

Approximate Cost: \$500.00

### CONTINUING EDUCATION

- **Skiing Skillz**
- Air 1 & Air 2
- NCCP Teaching & Learning
- **\*NEW in 2026:** FUNDamentalz Air Bag (only if needed)





[HOME](#)
[ELEARNING](#)
[CALENDAR](#)
[PATHWAYS](#)
[EVENTS](#)
[REPORTS](#)
[PROFILE](#)

Multi-sport

Alpine Ski

Artistic Swimming

AthletesCAN

Athletics

Canadian Centre for Ethics in Sport

Canoe Kayak

Climbing

Cross Country Skiing

Field Hockey

Football

Freestyle Ski

Gymnastics

Available

Completed

FUNDamentalz

No online learning is available to you at this time

Making Head Way in Freestyle Ski

## FUNDamentalz

ATTENTION

Required passing grade: 60%



Completed: 22-Nov-2024

# FUNDamentalz

Freestyle Canada FUNDamentalz e-Learning Quiz




-To be taken in advance of the FUNDamentalz 2-day snow course

Welcome to the e-Learning, FUNDamentalz pre-snow module quiz. This module has been developed to take you briefly through the reference material and specific learning outcomes to be better prepared to absorb all of the learning outcomes during the FUNDamentalz snow module. You will need to achieve 60% to pass this quiz.

## FUNDamentalz

### COACH POCKET GUIDE


## HOW TO USE YOUR POCKET GUIDE

**Pocket Guides** are week-by-week lesson plans for Freestyle Canada licensed coaches who have passed the **FUNDamentalz** course.

The lessons are presented in a progressive order however, weather, terrain availability and your group's abilities may require you to adapt activities and/or the order of the lessons. If your program is less than 12 weeks, please just go as far as you can and hand out mid-session report cards when it is the middle of your program. If your group is ready, go ahead and pull drills from the later weeks. You do not have to complete everything. Check out our website for more tools like group games and warm-ups.

## Social-Emotional Learning (SEL) Factors


HIGH FIVE® research shows the following principles are essential for healthy child development:



1. Being **A CARING ADULT**
2. Helping children to make **FRIENDS**
3. Providing opportunities to **PLAY**
4. Encouraging skill **MASTERY**
5. Allowing **PARTICIPATION**

- Guiding principle for the lesson
- An activity detailed in the Coach's Tool Box
- What to look for in a particular drill
- Health Tip
- Social-Emotional Learning Tip
- Safety Tip

Fundamentalz Pocket Guide is the intellectual property of Freestyle Canada and is not to be used or reproduced without permission. 2017



## FUNDAMENTALZ SKILLS REPORT

Page 1 OF 2

Ski: \_\_\_\_\_ Coach: \_\_\_\_\_ Club: \_\_\_\_\_ Date: \_\_\_\_\_

COACHES CHECK ALL BOXES THAT ATHLETES HAVE ACHIEVED!

SKILLS	Learning...	You Did It!	Stomped!
<b>SKIING</b>			
<b>Freeskilling</b>	Balanced Parallel Skier--can hop in all points of the turn <input type="checkbox"/>	Initiates the turn with lower body and weights the outside ski <input type="checkbox"/>	Carves ski edge through most of the turn with steady timing <input type="checkbox"/>
<b>Skating Switch</b>	Basic switch wedge turns on green runs <input type="checkbox"/>	Switch skidding parallel in some of the turn on blue terrain <input type="checkbox"/>	Switch parallel turns on blue terrain <input type="checkbox"/>
<b>Spinning on Snow</b>	180's on snow <input type="checkbox"/>	360's on snow <input type="checkbox"/>	Surface buttering on the flats <input type="checkbox"/>
<b>Skating with Control</b>	Tips ski through all phases of the turn <input type="checkbox"/>	Ski varied conditions (ice/powder/or chopped snow) <input type="checkbox"/>	Use turn shape to control speed on blue or black terrain <input type="checkbox"/>
<b>Coach Comments: Skiing</b>	Skiing skills you are doing well: _____ What to work on next: _____		
<b>MOGULS</b>			
<b>Moguls Stance on Groomed Terrain</b>	Shows moguls stance off skis <input type="checkbox"/>	Shows moguls stance medium radius turns on green/blue groomed terrain <input type="checkbox"/>	Short radius turns with mogul body position on blue terrain <input type="checkbox"/>
<b>Absorption and Stance</b>	Working on stance and absorption in very easy green moguls <input type="checkbox"/>	Good absorption with lower body and shows mogul stance in roller tank <input type="checkbox"/>	Good absorption with lower body and shows mogul stance in easy green moguls <input type="checkbox"/>
<b>Coach Comments: Moguls</b>	Moguls skills you are doing well: _____ What to work on next: _____		

Continue to Jumping and Terrain Park Report



# Key dates

## **Domestic World Cups**

Winsport HP/HP : JAN 1-3

Lac Beauport AE/AE : JAN 6-7

Val Saint-Côme : JAN 9-10

Winsport Freeski FIS Jr Worlds:  
FEB 23 - MAR 8

## **Olympic Games 2026 - ITA**

Team announcement : JAN 20

SS finals : FEB 9-10

MO finals : FEB 11-12

DM : FEB 14

BA finals : FEB 16-17

AE finals : FEB 18-19

HP finals : FEB 20-21

Major Officials Update - Level 3 : NOV 22

Freestyle Canada 50<sup>th</sup> National  
Championship : Sommet Saint-Sauveur  
MAR 27-28

Coach Academy (Whistler) - April 25- May 8

Membership reboot (clubs and athletes) :  
JUL 1