



2025 Freestyle Canada

Pre-season info session

FREESTYLE CANADA



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

**Merci de participer et de
vos 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



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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
WIN Peak for Major events & well balanced athlete	High Performance (National Team)	T2W	Podium	FIS World Cups, World Championships / Olympics
			World Class	
	Performance	L2W	NextGen	Cdn World Cups, Nor-Ams, Sr Nationals, Jr Worlds
				FIS CAN Cups, Nor-Ams, Sr Nationals, Jr Worlds
PERFORM 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
DEVELOP Skills acquisition focus & Intro to Competitions	CANFree / AcroCAN	Late T2T		Provincials / Canadian Dev Series / Jr Nationals
		Early T2T		Timber Tours / Prov / Regionals
		Freestylerz		Club and Regional Events
PLAY "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**

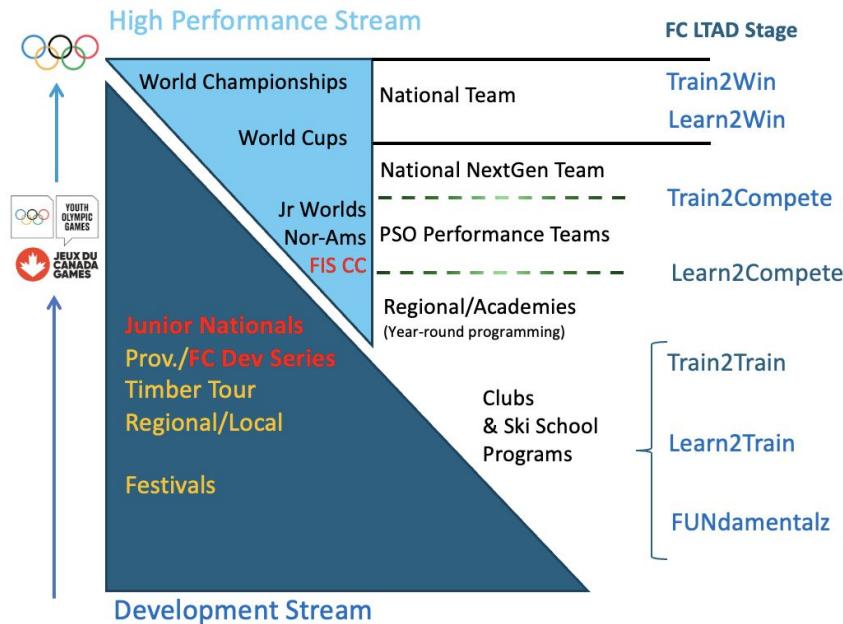


Goals of the new layer

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
High Performance Stream	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)
Development Stream	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: Freestylez & 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

Trained & Certified

CI PARK & PIPE COACH

Trained & Certified

AERIALS COACH

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

FREE FOR MEMBERS



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

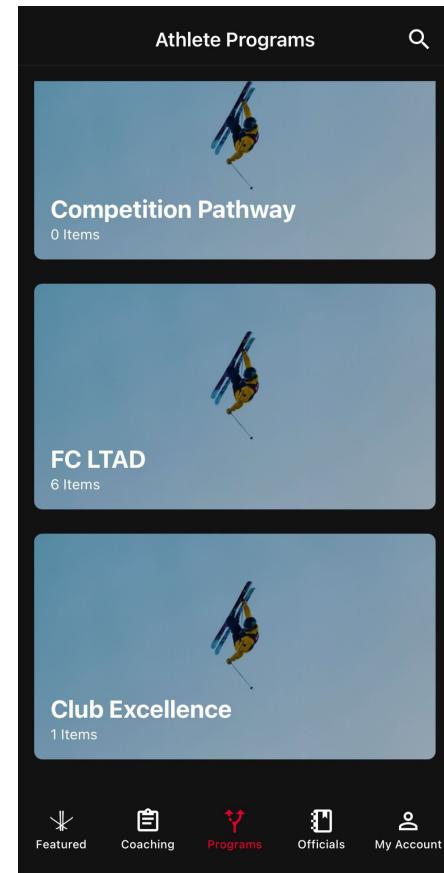
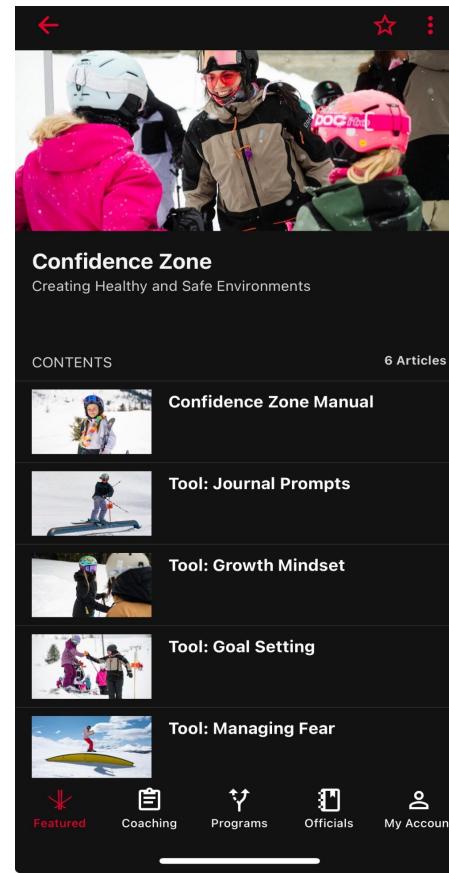
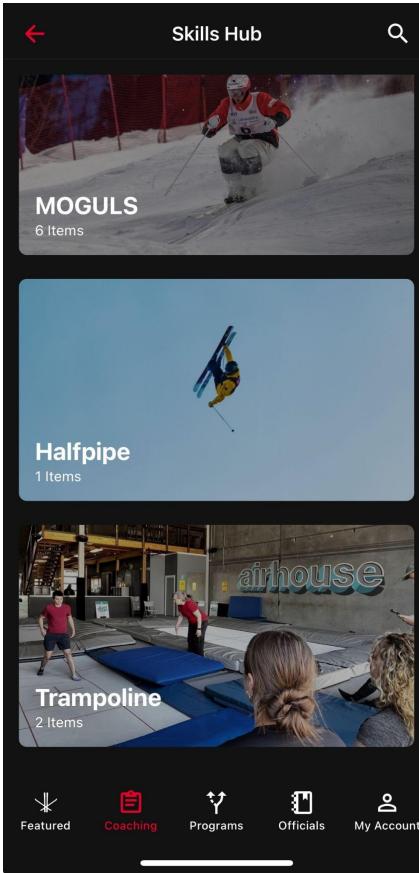
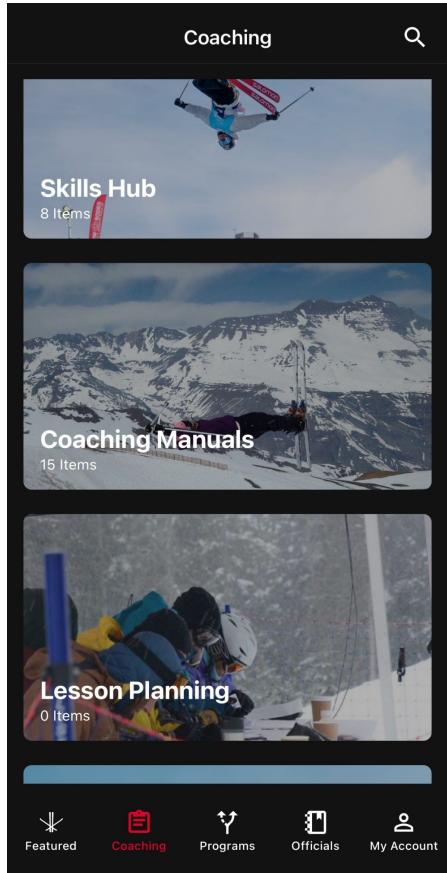
Dec 29th Intro to the Girlytizerz Toolbox
8pm ET 90min

TARGET AUDIENCE: Coaches, Club Leaders, Parents

COACH PROGRAM UPDATES

“NEW” FC APP

GROW DEEPER
LEAD SMARTER
INSPIRE EXCELLENCE

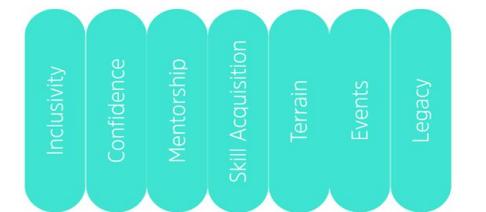




The image shows a mobile application interface for 'Freestyle Canada GirlStylez'. At the top, there is a logo featuring a silhouette of a skier performing a trick against a green and blue background, with the text 'FREESTYLE CANADA' and 'GIRLSTYLEZ' below it. Below the logo, a section titled 'Test Series - Published' is displayed, with the subtext 'For Placement Only'. A 'CONTENTS' section shows '5 Articles' with thumbnails and titles: '1 FPO - Series - The Thrill of Fr...', '2 FPO - Series - Training for Fre...', '3 FPO - Series - The Evolution...', '4 FPO - Series - Safety in Frees...', and '6 FPO - Series - Freestyle Skiin...'. At the bottom of the screen are navigation icons: 'Featured' (highlighted in red), 'Coaching', 'Programs', 'Officials', and 'My Account'.

GIRLSTYLEZ

CHANGE THE LANDSCAPE, DEEPEN THE LEGACY



Landscape

Pillars

Zones

People Places Processes Culture

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)





coach.ca
Coaching Association of Canada
Association canadienne des entraîneurs

HOME ELEARNING CALENDAR PATHWAYS EVENTS REPORTS PROFILE Q

eLearning

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

FUNDAMENTALZ

Available
No online learning is available to you at this time

Completed
FUNDAMENTALZ
Required passing grade: 60%
Completed: 22-Nov-2024

Making Head Way in Freestyle Ski

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.



FREESTYLE CANADA

FUNDAMENTALZ

COACH POCKET GUIDE

HIGH FIVE The best way to play

Canada

National Coaching Certification Program

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

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FUNDAMENTALZ SKILLS REPORT

PAGE 1 OF 2

Stiker:	Coach:	Club:	Date:	
SKILLS	COACHES CHECK ALL BOXES THAT ATHLETES HAVE ACHIEVED!			
	Learning...	You Did It!	Stamped!	
SKIING				
Freestyle	Balanced Parallel Stiker-can hop in all points of the turn	<input type="checkbox"/>	Carves ski edge through most of the turn with steady timing	<input type="checkbox"/>
Skiing Switch	Basic switch wedge turns on green runs	<input type="checkbox"/>	Switch parallel turns on blue terrain	<input type="checkbox"/>
Spinning on Snow	180's on snow	<input type="checkbox"/>	360's on snow	<input type="checkbox"/>
Skiing with Control	Taps ski through all phases of the turn	<input type="checkbox"/>	Skis varied conditions (ice/powder/or chopped snow)	<input type="checkbox"/>
Coach Comments: Skiing	Skiing skills you are doing well: What to work on next:			
MOGULS				
Moguls Stance on Groomed Terrain	Shows moguls stance off skis	<input type="checkbox"/>	Shows moguls stance medium radius turns on green/blue groomed terrain	<input type="checkbox"/>
Absorption and Stance	Working on stance and absorption in very easy green moguls	<input type="checkbox"/>	Good absorption with lower body and shows moguls stance in roller tank	<input type="checkbox"/>
Coach Comments: Moguls	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 50th National
Championship : Sommet Saint-Sauveur
MAR 27-28

Coach Academy (Whistler) - April 25- May 8

Membership reboot (clubs and athletes) :
JUL 1