

# Saskatchewan Athlete Pathway Guidelines





# VISION

The vision for the province for this period is empowering youth through the joy and skill of Freestyle Skiing.

This is being done through the implementation of a clear and precise pathway for athletes to follow to success.

It is currently stated as one of our goals in the Freestyle Strategic Plan:

Provide clearly defined pathways and support for all athletes from grassroots to high performance

- Establish a club-level competition circuit by 2024/25 season
- Expand Next Gen program to bridge gap between club and provincial-level competition by June 2028
- Explore viability of a provincial team program by June 2028
- Optimize the development of freestyle training and competition facilities at all participating ski areas (ongoing)
- Develop and implement a plan for the recruitment and development of indigenous athletes, adaptive athletes, and new Canadians by June 2028
- Continue implementation of the safe sport policy manual (ongoing)



# IMPACT

This program and selection criteria is designed to provide a pathway for athletes leading to the national team. It provides a structure for athlete development in alignment with Freestyle Canada and the Long Term Athlete Development model which will allow for Freestyle Saskatchewan to continue to develop athletes towards the national team.



# LTAD

For the purpose of this document, we will be focusing on the following pieces of the Long Term Athlete Development Model for Freestyle Canada:

- learn to train
- train to train
- learn to compete
- train to compete

Please reference Freestyle Canada's Long Term Athlete Development Model for more information regarding training for these development groups.





# CLUB

# COMPETITION

- Introduction to the competition environment
- Experience other resorts, venues, and facilities and meet peers
- Strengthen and grow our Freestyle community
- Opportunity for hosts clubs and resorts to gain event experience and to train judges and officials and provide hands-on experience
- Opportunity for host Resort to gain experience building facilities
- Modified format allows athletes to ski more, develop foundational skills, and have fun



# ATHLETE PROFILE

- U8 to U20 (7-19 years old)
- Fundamentals to Freestylerz
- Learn to Train
- Learn to Train phase is characterized by accelerated dev of coordination & fine motor skills
- New athletes of all ages
- Athletes compete in their respective age categories, for example, U8, U10, U12, U14, U16, U18, U20
- No specialization at this stage. Recreational.



# PROVINCIAL COMPETITION

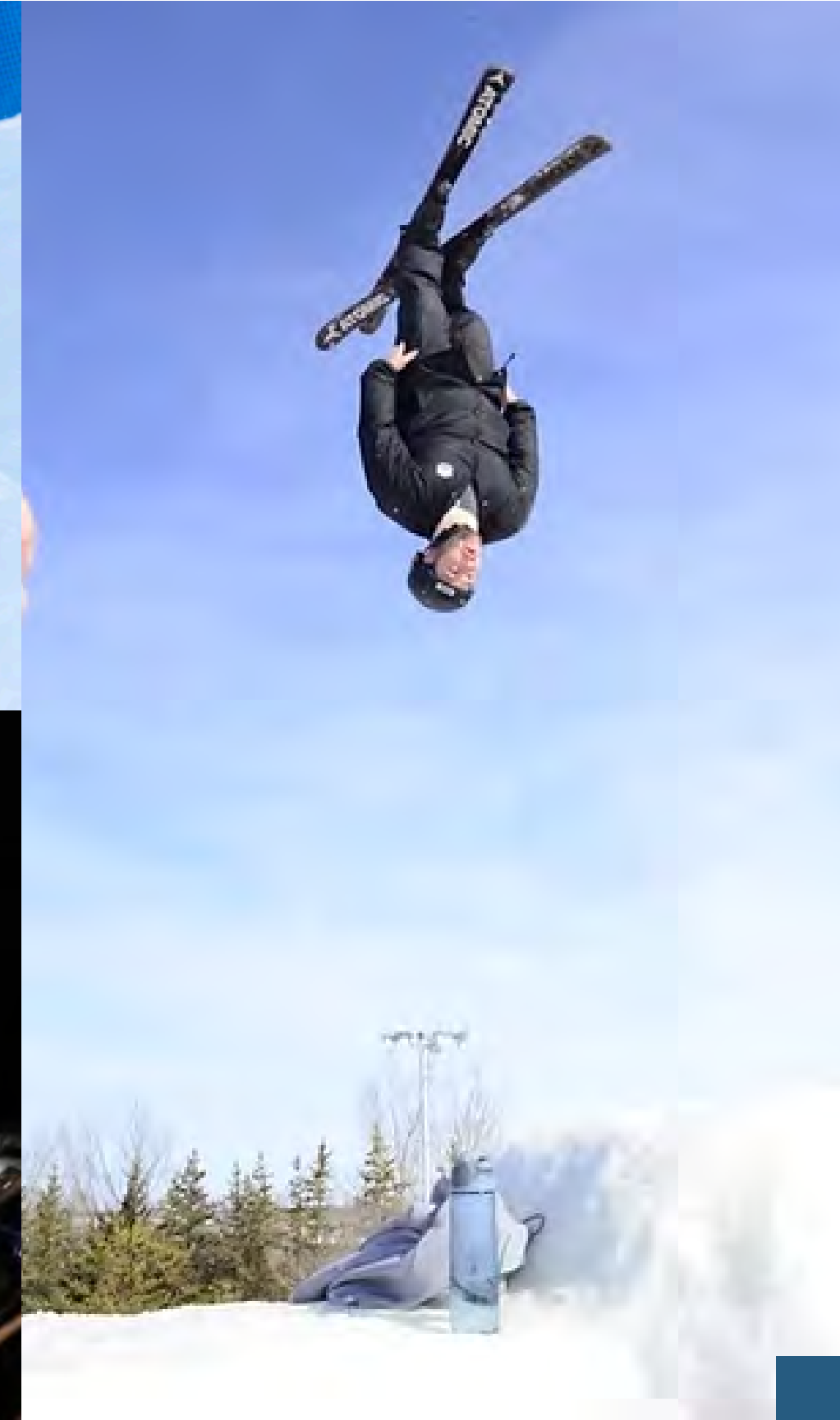


- Provide meaningful competitive experience to mid-level athletes training for competitions
- Expose athletes to higher-level competition and enhanced venues
- Introduce athletes to standardized judging formats
- Opportunity to train higher-level judges, and officials
- Opportunity for resorts and clubs to gain experience, hosting higher-level events
- Provincial ranking for athletes to qualify them for junior nationals, and other national-level events (IE. Canada Cup)



# ATHLETE PROFILE

- U14 to U20 (12 - 19 yrs old) Sport for Life LTAD
- U12 allowed if confirmed ready (will compete as U14)
- Development and Competitive Teams
- Learn to Train / Train to Train
- Prior experience in lower-level competition setting
- The athlete has shown physical competency and mental readiness for next-level
- The athlete has a desire to qualify for junior nationals and other national level events
- Athletes are encouraged to participate in all disciplines.
- Top level likely specializing at this point



# NATIONAL COMPETITION



- Junior Nationals, Canada Cup Development Series, Canada Cup FIS Series, Canadian Championships
- Athletes must qualify through PSO/NSO ranking system
- National / International scoring, judging and formats
- Highest quality of venues governed by National level officials Compete against the best in Canada
- Freestyle (MO) & Freeski (Park) separated at this stage



# ATHLETE PROFILE

- U14 to U20 (12 - 19 yrs old) Sport for Life LTAD
- Competitive Club Teams, Provincial Teams
- Train to Train / Learn to Compete / Train to Compete
- Prior experience in provincial competition setting
- The athlete has shown physical competency and mental readiness for next-level The athlete has a desire to qualify for provincial / national teams





# PROVINCIAL TEAM A

- Competing regularly at national level (Canada Cup, NorAm, etc.)
- Learn to compete
- U14-U20+ (13 + years)
- Desire to qualify for junior nationals and other national competitions
- At least one inverts ready for competition
- Specialization in one discipline
- Prior success in provincial competition (top 7 for women, top 15 for men)
- Training on appropriate facilities for discipline
- Have an active membership with Freestyle Saskatchewan
- An active member of a Freestyle Saskatchewan club
- Permanent resident of Saskatchewan
- Commitment shown through year round training
- Proper progression through the Freestyle Canada matrix to qualify tricks ie. trampoline, airbag/water ramp, and on snow





# PROVINCIAL

# TEAM B

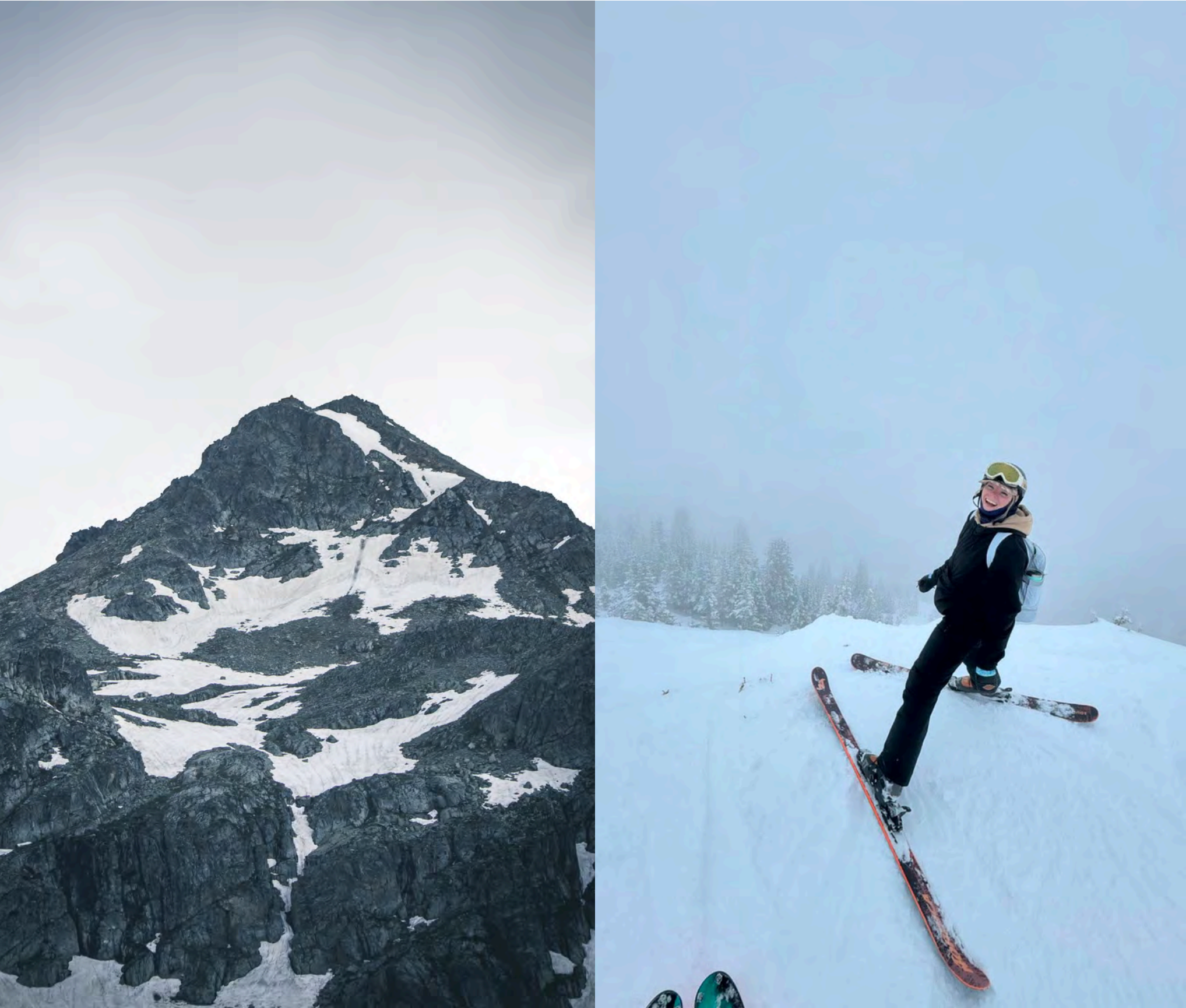
- Competing at provincial level or higher
- train to train
- U12-U20 (10-19 years of age)
- Prior success in club competitions ( top 10 for women, top 15 for men)
- Demonstrate mental readiness for competition
- Spin or invert on one of the provincial events
- Two solid tricks (including a spin or invert) with the goal of training inverts in the upcoming season
- Training on appropriate facilities
- Successful attendance in AB champs ( showing mental readiness to perform)
- Have an active membership with Freestyle Saskatchewan
- An active member of a Freestyle Saskatchewan club
- Permanent resident of Saskatchewan
- Commitment shown through year round training
- Proper progression through the Freestyle Canada matrix to qualify tricks ie. trampoline, airbag/water ramp, and on snow

# NEXT GEN




- Competing at regional competitions in Alberta
- Learn to train
- U8-U14 ( 7-13 years old)
- Success in local competition (top 5)
- Spin trained for competition
- Training on appropriate facilities
- Dedication to sport shown through attending training outside of regular club programming (trampoline, dryland, training camps, etc.)
- An active member of a Freestyle Saskatchewan club
- Permanent resident of Saskatchewan
- Commitment shown through year round training
- Proper progression through the Freestyle Canada matrix to qualify tricks ie. trampoline, airbag/water ramp, and on snow





# OUR CONTACT

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**THANK YOU**