



2019 / 2020 Coaches Orientation

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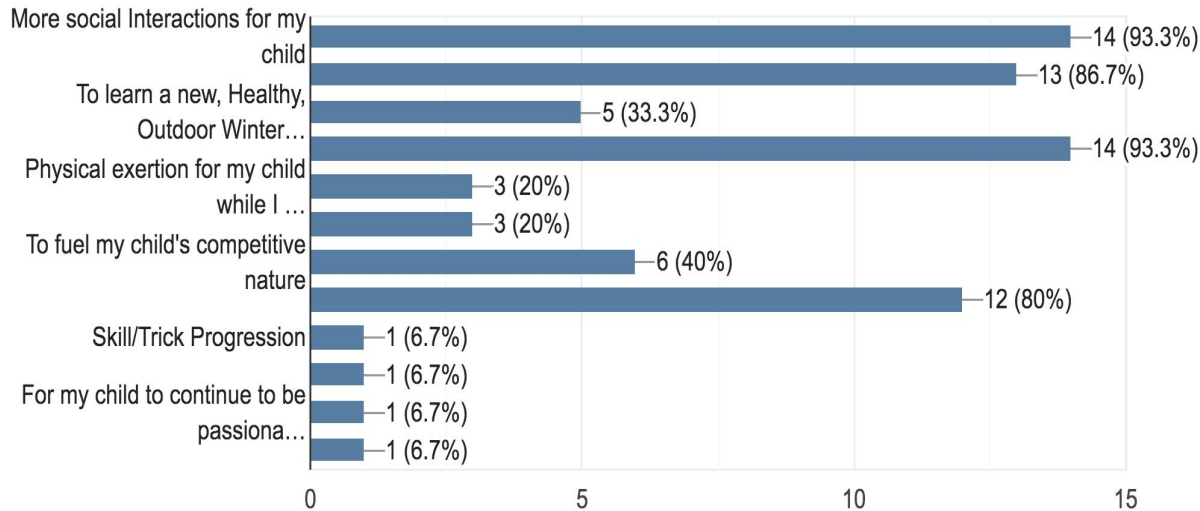
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Comments from last season...

Parents: What were you hoping to gain from the Club?

15 responses



#1 More social Interactions

#1 Life lessons, Role models and mentorship through sports

#2 For my child to learn to ski really well

#3 My child is learning tricks I can't teach, I need them to learn in a safe environment

Constructive comments for the coaches..

A half way season update on progress via email or other format would be nice. Having said that he is always available and approachable for feedback

Better communication with parents about athlete progression and development.

be a bit more strict

Athlete:Ski the backside more

Eric was great coach for Leo's first season

No we love Talia

Nope. We had a great time with Shane!

no

Maddex says no

Nothing

Better communication of lesson plans and skills they are working on; more skill-specific work; always being with the group even when just lapping the airtsite (for example) when kids are at a younger age (9 and below) for safety; re-assessing goals with each athlete throughout the season (what are they accomplishing? what needs work?)

Feedback on how our son is doing or what he can work on more skill wise.

The planning and communication was great this year.

Communicating with parents could be improved upon

It would be great to get photos or videos next year if at all possible

What's funny about your coaches?

He always falls on the first run

He's Mr Serious

she crashes sometimes!

Saying: Grayson's dad needs to work on his landings (after he crashed on a jump)

He burps really loud

She loves candy

His moustache 😊

He died on a easy jump

He is just funny

She is just funny and fun

He can't do a double backflip

Tells jokes with us.

He's pretty serious

When he falls he makes me laugh

How do you think we (the club) can make things even better?

Our first year and we think club running really well

Very happy with the club overall. The club provides lots of opportunity for the kids in all freestyle disciplines.

music and lunch at the air site

Priority lift access for athletes

Generally we only saw improvements, and really enjoyed it

no

Possible mid season evaluation

Mid season report

Clearly defining levels and their criteria so athletes and parents know what to they need to work on to progress to the next level; evaluating athletes skill levels prior to being selected for the next level; have appreciated the improved communications and organization and new elements of the programs (i.e., comp simulations, skills assessments) and look forward to more in that positive direction; hope to see more structure and thought put into the passports the kids receive at the end of the season

Offer Friday skiing

Teach kids to be respectful on the ski hill (ie: respect other skiers, look up hill before shooting onto a run, being polite, encouraging)

Limiting the emails somehow

Continue with great communication

Ice breaker questions (pick 2)

Why are you a coach?

What makes a good coach?

Why is coaching so awesome??

Others - What's 1 thing you learned this summer that will benefit your coaching?

Coaches impact people's lives...

Our Club

Shaping our youth + pushing the sport

Technical Skiing Skills

Practical Coaching Skills

Life Skills - Great Athletes, Great People

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Our Team

Ryan - El Presidente

Wade - Overall Big Cheese / Program Director / Fundamentalz

Svin - FZ / Gteam / Big Mtn / Events

Crispin - Snowboard

Laura - GTeam / Girlstylerz Program Coordinator

Hayden P - Comp Team

??? - DTeam

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Vision

Silver Star Freestyle Ski and Snowboard Club believes in developing youth in the Freestyle Culture of having safe, supportive, respectful fun that embraces a positive learning and teaching environment.

Through genuine engagement with our business and community partners we will continue to grow our programs and enrollment.

Our goal is to inspire youth to become life-long skiers, riders, coaches and judges who value family, the outdoors, sport, healthy competition while producing top level athletes ready to compete on the Provincial, National and Olympic stage.

Mission/Purpose:

- To deliver highest quality Freestyle training programs and services to the SS Freestyle athletes.
- To grow the sport of freestyle skiing and snowboarding through increased enrollment in club programs.
- To engage youth in Freestyle skiing and snowboard for life in a safe and fun environment.
- To prepare and send competitive athletes to BC, Canadian, and International competitions.
- To develop, mentor, and supply Freestyle Canada with future coaches.
- To maintain and deliver the best Freestyle programs and training facilities for its members.
- To embed and celebrate the passion for the sport of freestyle in our young athletes.

Code of Conduct

SSFC expects all its members, parents and staff to behave in a courteous, sportsmanlike and appropriate manner so as not to discredit the club or cause any undue stress to other club members, staff or members of the public.

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Freestyle BC Code of Conduct

<https://freestylebc.ski/wp-content/uploads/2015/11/CodeofconductPolicy.pdf>

Requirements & Pathway

- Ski - Fundamentalz
 - (Club Coach+Update) Certification
 - Online Pre-course: <https://learn.freestylecanada.ski/courses/fundamentalz>
- Coaches License
- Criminal / Background Check

**should I include Making ethical decisions? Making Headway??

Rules and Expectations

You tell us....

Rules and Expectations

- Represent our Club
- Lead by example
 - ????
- Be Punctual
- Be Fit to Coach
- Follow the Alpine Responsibility Code
- Fun, Safe & Learning
- Uniform, Helmet, Radios
- Create Positive Experience
- Communicate - 2 way street
 - Facilities. (XS at Airsite?)
 - Issues with Park
 - Pre-Comp specific training sessions
 - Help (unwanted behaviour etc)
 - Athletes. Parents.....
- **BE THE BEST YOU!**

ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE. REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- 1** Always stay in control. You must be able to stop, or avoid other people or objects.
- 2** People ahead of you have the right-of-way. It is your responsibility to avoid them.
- 3** Do not stop where you obstruct a trail or are not visible from above.
- 4** Before starting downhill or merging onto a trail, look uphill and yield to others.
- 5** If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.
- 6** Always use proper devices to help prevent runaway equipment.
- 7** Observe and obey all posted signs and warnings.
- 8** Keep off closed trails and closed areas.
- 9** You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.
- 10** You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.

**Know the Code - Be Safety Conscious
It is Your Responsibility**

Safety

You tell us...

Safety Tomorrow Is A Day Too Late!

- Stay in-bounds!!
- Progression
 - Suitable terrain AND features!
 - Train kids to understand these steps
- Patrol number - Put it in your phone! **250-558-6048**
- Emergency Action Plan - See Attached
 - <https://www.coach.ca/preparing-an-emergency-action-plan-eap--p159881>
- Radios
 - Use them! - Help, Support, Missing / Late kids, Backside.
 - Keep chatter down, no profanity or bashing kids etc (never know who's listening)
- Coach within your certification....No flips unless qualified

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Safety

- Powder Buddies.
 - Trees Skiing
- Park Etiquette
- Meeting points if separated
 - Plan
 - New Runs, New Resorts
- Class management
 - Behaviour
 - Stopping on runs
 - Group Management protocol
- Watch your kids! (and yourself)
 - Equipment
 - Cold / Tired / Sick
 - You make the call
- Authority - Make a plan and stick to it
 - Use our facilities
 - No building jumps in the woods

Back-side protocol

- 2+ teams on backside - Check every run with other groups
- communicate plan to lead coach(s) before going!
- Submit a check-back time and what runs you plan to take your skiers on
- Radios - minimum two working radios held by coaches
- Tail gunners -parent or another coach

Session Planning 101

Full Day Programs - One focus or discipline per session (AM/PM)

- Head coaches structured season using YTP (Yearly Training Plan)
 - Make a plan but be flexible to keep kids active
 - Weather changes - Always have a plan B
 - Use our facilities - Park, Airste....
 - Hiking features
 - Drills + Smart use of terrain (ex. Runs to/from park)
-
- COACH EVERYTHING
 - Fundamentalz use Fundz Pocket Books -
<https://www.freestylecanada.ski/en/programs/canfree/fundamentalz/>

What are some things to have in your lesson plan?

1. FOCUS
2. FACILITIES
3. DRILLS
4. GOALS
5. BACK-UP PLAN
6. Group Management Plan - See attached resource.

WHAT ELSE???

Session Planning - Warm Ups

- FUN + Worthwhile - Dynamic Stretches, Engaging Games - Running DOESN'T COUNT!!
 - Be creative and use Fundamentalz pocket guide for ideas
 - Ensure 100% participation
 - Teach the importance of warm up
 - How long should our warm-ups be?
 - Location?

Remember goal is to get on snow riding and skiing !!

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Session Planning

Checklist - Each day

- Dressed for weather
- Equipment check - helmet, skis/bindings, poles, gloves and boots on right
- Ski pass with parents numbers on back of pass
- Emotional state checklist - HeadStart 4 phases
 - RUSHING
 - FRUSTRATION
 - FATIGUE
 - COMPLACENCY
- Set aside time at end of day for Coach - Parent communication

Set Goals, Train, Evaluate

- Athlete Evaluations

- Pre-season Goals
- Mid
- End of season
- Scheduled

- Coaches Evaluations

- Club, Athletes & Parents

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Coaching for Success

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

- Active Learning and SEL factors prevents unwanted behaviour
 - Bored / Overwhelmed
 - Keep It Engaging!

Times

FZ / DTeam / Big Mtn / Comp Team

8:15 AM - Arrive/Coaches debrief

8:30 AM - Meet outside Freestyle Hut / Greet your groups

8:45 AM - Leave for Warm up

LUNCH (45 mins) - Approx 11:45am

12:30 - 3pm - PM SESSION

3pm - Return

- try to time this perfectly!!
- Communicate with parents

3:15 - your day is done

Gteam / Snowboard

8:30 AM - Arrive/Coaches debrief

8:45 AM - Meet outside Freestyle Hut / Greet your groups

9:00 AM - Leave for Warm up

LUNCH (45 mins) - Approx 12:00pm

12:45 - 3:15pm - PM SESSION

3:15pm - Return

- try to time this perfectly!!
- Communicate with parents

3:30 - your day is done

Times

FUNdamentalz

8:20 AM - Arrive/Coaches debrief Freestyle hut

8:30 AM - Greet your groups

8:45 AM - Leave for Warm up

11:45 AM - Return (LUNCH) - In Front of Den

- try to time this perfectly!!
- Communicate with parents

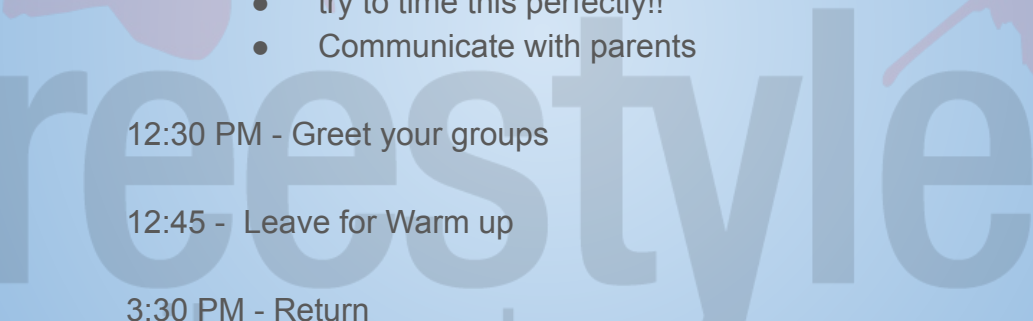
12:30 PM - Greet your groups

12:45 - Leave for Warm up

3:30 PM - Return

- try to time this perfectly!!
- Touch base with parents

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Times

- Late? **CALL /TEXT YOUR HEAD COACH / PD**
- Road Conditions
- Watch your kids
- Last lift & Ski in time
- Lift Shut-Downs - RADIO

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Motivation by Brad Swanson

- By Mentorship
- Intrinsic vs extrinsic
- Use of the Can't

Coaching for Success

- F.A.I.L

First Attempt In Learning

- Can't say Can't

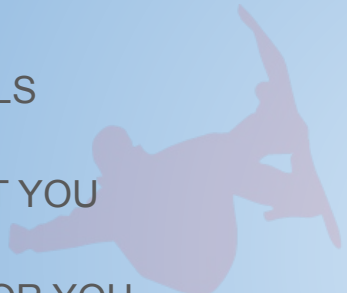
- Intrinsic vs. Extrinsic motivation
 - Examples
 - What's best? Why?

Final Word

- ROLE MODELS
- BE THE BEST YOU
- WE WORK FOR YOU...

BEST COACHES. BEST CLUB. BEST SEASON EVER

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Freestylerz + GTeam

- Recap - Comments from parent/athlete feedback...
- YTP
- Plus Program Technical Skills Events
- Pro-Deals
- #1 COMPLAINT LAST YEAR?
- GOALS FOR THIS YEAR

What's new this year?

Digitising as much as possible

- Templates
 - Emails
 - Athlete Goals
 - Improves communication but easily!
- Communication process
 - Simple + Streamlined
 - Coaches Corner. FB Group. Email notifications
 - Text/Call for urgent stuff
- Comp sims + Tech training events
- Skills showcases
 - Simple, Easier, Quicker to implement and self sufficient

YTP - Session Planning

We set, You Plan!!

- Emphasis on Comp-Sims and Technical Skills
- Hiking features
- Use of terrain
 - Drills
 - Travelling to/from

Late? Exams? Last Minute Changes??

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Requests? Comments?

GTeam + Girlstylerz (Laura)