



School District 22

Alpine Nordic Freestyle Snowsport Academy

*Personalizing education for students with a passion for
snow-sport specific Athletic Development.*

The Silver Star Freestyle Ski and Snowboard Club in partnership with School District 22 has put together an athlete development program in the sport of freestyle that commits to fitness, mental health, technical training, and high school education. This program is for the committed athlete with a passion for Freestyle Skiing or Snowboarding.

PROGRAM DESCRIPTION – SNOWSPORTS ACADEMY

The mission of the program is to create increased sport specific training and educational opportunities for students committed to excel in their snow sport.



The Concept:

- Move Elite training into the school day.
- Build on strong Freestyle Programs that already exist.
- Provide athlete pre-season, on snow, and post season training.
- Provide training that is sport specific.
- Include strength and conditioning
- Focus on a Long-Term Athlete Development Program
- Include Mental Preparation for performance in Sport and Life.
- Include Athlete injury prevention & High-Performance Nutrition





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Targeted Participants:

There are seven stages within the basic Long-Term Athlete Development model. This program will focus on the highlighted stages of development with some additional requirements.

- Stage 1: Active Start (0-6 years)
- Stage 2: FUNdamental (girls 6-8, boys 6-9)
- Stage 3: Learn to Train (girls 8-11, boys 9-12)
- Stage 4: Train to Train (girls 11-15, boys 12-16)
- Stage 5: Train to Compete (girls 15-21, boys 16-23)
- Stage 6: Train to Win (girls 18+, boys 19+)

Given the advanced training components of this program it is not designed for the recreational skier or rider. Therefore, participants must have a minimum skill level as determined by the Head Coach of SSFC Snowsports to be deemed eligible for the program. For existing members of the club this consultation will begin in January before commitment to Snowsports Academy is required. For applicants external to club either an on-snow demonstration or video will be used to determine the applicant’s skill level. Due to coaching and group size limitations there may be a cap to the number of athletes accepted to the program.

Coordination of the athlete training with the educational component requires the participant to be in Grade 8 to 12 within SD22 at a school participating on the “common” timetable.

Year Calendar:

The common timetable creates opportunity for students to remain in their home schools while attending the sports academy for training opportunities during single ‘B block Monday, Tuesday and Friday’ as well as ‘Double Block Thursdays’ all year long. The uptake of the available blocks will be determined by the assigned coach who determines athlete needs and desire in consultation with Academy families.

Sample Schedule Term 1 and 4:

Monday	Tuesday	Wednesday	Thursday	Friday
A Academic	A Academic	A Academic	B Training	A Academic
B Study Block	B Study or Train	A Academic	B Training	B Study Block
Lunch	Lunch	Lunch	Lunch	Lunch
C Elective	C Elective	D Academic	C Elective	C Elective
D Academic	D Academic	D Academic	C Elective	D Academic



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Sample Schedule Term 2 and 3:

Monday	Tuesday	Wednesday	Thursday	Friday
A Academic	A Academic	A Academic	B On hill Training	A Academic
B Study Block	B Training or Lecture series	A Academic	B On hill Training	B Study Block
Lunch	Lunch	Lunch	Lunch	Lunch
C Elective	C Elective	D Academic	C On hill Training	C Elective
D Academic	D Academic	D Academic	C On hill Training	D Academic

Notes:

- Transportation to and from training is the responsibility of the participant. There is no club transportation available.
- Actual training activity schedule will be given to participants in July or August prior to Term 1 start.
- This schedule works in conjunction with the Competition Development Team or Competition Team 2-day Winter schedule.
- Fees for all programming are subject to the final training schedule.
- It is encouraged that participant work with VLearn and student counsellors to arrange the best class schedule possible for their individual needs.

Athlete Learning Plan:

A personalized learning plan for each Athlete is based on their sport and academic goals.

Students will all be credited for a minimum of 2 high school courses during their participation in the academy including:

- Principles of Sport Specific training (Grades 8 through 12)
- Physical Education (8 through 12) or Athlete training 10,11 or 12

Students will also have several options for additional training credits including:

- Sports Nutrition
- NCCP coach certification
- Avalanche level 1
- Ski Instructor’s coaching levels (CASI etc.)
- Sport specific club coaching levels.
- Any other online courses that will help build a personalized learning plan to meet the student needs.

Students may wish to take additional course through VLearn. This should be discussed with school counsellors.



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Academy Fees:

Fees associated with Academy Programming are set annually based on club budget setting.

The SSFC does not create a single Academy fee for local SD22 participants. Fees are broken down by the training activity.

- Winter Ski Program: Academy participants are required to sign up for the 3-day Comp Dev or Comp Team program.
- B Block training (dryland, strength and fitness, yoga, mental health, tramps, etc.) cost are separated out. These will be presented with the final schedule.

Some other things to consider:

Additional considerations	
Teacher support for Individualized Athlete Learning Plan / course schedule coordinated with Home School	Transportation will be responsibility of participant to attend various training opportunities. SD22 Bus options may be available at a nominal fee.
pre-season and post-season dryland training	Additional user pays individual opportunities including but not limited to Avalanche Safety Level 1 , CASI level 1, NCCP etc...
Home school study blocks to augment homework in non-academy courses	Additional after school / weekend fall and spring training costs offered by clubs will be user pay directly to club.
Optional User Pay-Seasonal Membership to NATC fitness facility	On Hill work experience opportunities in winter sport related careers are also accessible.