

Big Mountain, often referred to as Freeride or Freeskiing is a rapidly growing discipline within the skiing world which sees athletes performing in Mother Nature's Terrain Park.

The purpose of Silver Star Freestyle Club's Big Mountain program is to arm skiers with the high-level technical skills needed to attack any terrain on any mountain with skill, style, energy and safety.

Big Mountain skiing isn't just about skiing double black diamonds, it's about understanding the terrain, reading the snow-conditions, appreciating the mountains and fostering a deep respect for the environment and our snowsports community. Considerable time will be spent learning about mountain safety, backcountry education and awareness, risk mitigation, line selection and injury prevention.

At Silver Star we strongly believe that by developing skills in the traditional freestyle disciplines of slopestyle, big air and moguls our athletes build an exceptional level of physical dexterity which allows us to take the lessons learned and perform at a high level, with confidence in natural terrain. This technical proficiency of freestyle skiing combined with a knowledge of the terrain we ski allows us to create lifelong skiers that are passionate about the health and growth of the sport, themselves and the environment.

While competition is not mandatory it is strongly encouraged as we believe this is where our skiers can put their skills to the ultimate test, where physical ability, self confidence, camaraderie and life skills can really flourish. The primary competitions our athletes attend include IFSA Jr. Freeski events (Regional and National levels)

Key Criteria.

Skill Development - We will train multiple disciplines including Moguls, Slopestyle, Big Air, Race and Technical Performance. This cross training provides a widely beneficial technical understanding of all elements of skiing which will promote balance, coordination, control, air awareness, maneuverability, confidence and physical fitness.

Culture - We keep the vibe high and foster respect for ourselves, each other, the mountains and environment. We train to PERFORM in harmony with mother nature, we train to keep ourselves and our teammates SAFE and we train to have A LOT OF FUN!

Mental - We spend time inspecting terrain and conditions in a way that aligns with the IFSA competition standards. We challenge the athlete's decision making skills and train in a way that builds mental resilience, self confidence and a self-motivated desire to learn and to achieve the goals they set for themselves.

Physical - Our sport entails a high level of physical fitness and we believe strongly that optimum performance goes hand-in-hand with optimum health. Strength and conditioning,

dry-land training, warm-up/ cool-down sessions, structured progression, even healthy diets all play pivotal roles in success.

Team - Our skiers are driven, coachable, strong, compassionate fun-loving skiers looking to take a well established background of ski training into the ever-changing,unpredictable natural terrain.

Skiers are accepted into the Big Mountain program by invite only. Applicants wishing to join the Big Mountain Team ideally have trained with SSFC through to the Development Team, which acts as the feeder program to the Competitive Team. DTeam athletes have the option of training 1 day Freestyle (Saturdays) and 1 day Big Mountain (Sunday). Athletes from different clubs including VSC may be accepted after skills assessment and can join the Development team as a Big Mountain athlete.

Please Note that a specific IFSA membership is required to compete at IFSA events (in addition to your BC Freestyle and Freestyle Canada licence