



CAN FREESTYLE LTAD PROGRAMS

Long Term Athlete Development & The CANADIAN FREESTYLE SKI ASSOCIATION

CFSA implements LTAD methodology through Can Freestyle by:

- ✓ Athlete Development – since 2010 and ongoing
 - Clubs and coaches are trained and supported to build strong Can Freestyle athlete programs.
 - CFSA partners with Provincial Sport Organizations and Canadian Sport Centres to help athletes excel.
- ✓ Coach Development-since 2009 and on-going
 - Skill and athletic development are valued and fostered for long-term success
 - Training is stage appropriate to meet growing and changing needs of athletes

Competitions, Judges & Officials Development - starts 2014

Competitions are modified for fun and development

Judges and officials will be prepared to deliver Can Free Events

CAN FREESTYLE LONG TERM ATHLETE DEVELOPMENT PATHWAY



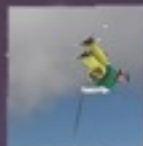
Learn to ski with a ski school
Active Start - ages 0-5



Jumps and Bumps
FUNDamentals - ages 6-9



Freestylarz
Learn to Train - ages 8-13



Can Free TEAM
Train to Train - ages 11 and up
Specialization starts around
13-15 years old



Aerials



Moguls



Halfpipe



Slopestyle



**Provincial and National
Development Teams**
Learn and Train to Compete
ages 15-21



**Canadian High
Performance Teams**
Learn and Train to Win
ages 16+



**Coach, Official,
Volunteer, Freeskier!**
Active for Life - all ages

CHEMINEMENT DU DÉVELOPPEMENT À LONG TERME DE L'ATHLÈTE D'ACRO CAN



**Apprendre à skier avec une
école de ski**
Enfants actifs : 0 à 5 ans



Programme Sauts et Mini-bosses
S'amuser grâce au sport : 6 à 9 ans



Freestylarz
Apprendre à s'entraîner : 8 à 13 ans



Équipe Acro CAN
S'entraîner à s'entraîner : 11 ans et plus
La spécialisation des athlètes
commence vers l'âge de 13 à 15 ans



Sauts



Bosses



Demi-lune



Slopestyle



**Équipes nationales et provinciales
de développement**
Apprendre à compétitionner et
S'entraîner à la compétition :
15 à 21 ans



**Équipes nationales de haute
performance**
Apprendre à gagner et S'entraîner
à gagner : 16 ans et plus



**Entraîneurs, officiels, bénévoles et
athlètes de freeski!**
Actifs pour la vie : participants
de tout âge

CFSA ATHLETE PATHWAY

HIGH PERFORMANCE

HIGH PERFORMANCE
ATHLETE DEVELOPMENT
(HPAD)

SPORT DEVELOPMENT

NATIONAL

T2W

**CFSA Dev. Team and
Institute Programs T2C-
L2W**

**Elite Provincial Teams L2C-
T2C**

**Club, Regional, Provincial Teams
T2T**

**CANADIAN
FREESTYLE TEAM**

Club Programs L2T

FREESTYLERZ

Club and Snow School FUNDAMENTALS

**JUMPERS &
BUMPERS**

FUNdamentals

Ages 6+

Jumps & Bumps Entry Level

- ✓ Includes a wide variety of fundamental movement skills and sport skills that make up PHYSICAL LITERACY.
- ✓ These should be learned before the adolescent growth spurt in four different environments: earth, water, air, and snow / ice.
- ✓ Jumps and Bumps offers lots of freeskiing time
- ✓ Fun events focus on playing varied terrain develop skills and a love of the sport



JUMPS AND BUMPS

Ages: 6 and up

Focus: FUNdamentals

Skiers learn to carve turns, and develop good basics in jumps, moguls, and terrain parks.

Coaches track three levels of skill development and award skills stickers throughout the program.



2014 Jumps and Bumps



LEARN TO TRAIN

Females 8-11 Males 9-12

Freestylarz Program

“The Golden Age of Learning” for specific sport skills.

- ✓ Fundamental movement skills are converted into fundamental sport skills.
- ✓ Still important to practice general rather than specialized sport skills
- ✓ Focus on practice over competition.
- ✓ This is an important stage to acquire good basic acrobatic and skiing skills.
- ✓ Athleticism is developed

FREESTYLERZ

Ages: 8 and up

Focus: Progression of skills

Skiers acquire more advanced skiing skills and learn a variety of tricks and spins. They are introduced to flipping in safe environments.

Coaches work with their athletes to set and achieve personal skills goals.

Get ready to enter some fun competitions!



FZ Program Support



TRAIN TO TRAIN

Females 11-15, Males 12-16

CanFree TEAM: Year Round Training Programs at Club and Regional Levels

CAN FREE TEAM

Ages: 11 - 16

Focus: Get ready to compete

Skiers enjoy more off-snow seasonal training and further development of competitive skills.

Coaches provide a year-round training program to build competitive readiness using measuring tools and resources from the TEAM TOOLBOX.



Young athletes need to build:

- aerobic base
- consolidate their sport- specific skills.

Towards the end of the stage they need to focus on:

- strength
- anaerobic alactic energy system.

The TEAM Toolbox helps coaches create an annual plan and measure progress to help each athlete attain their long-term potential.

CAN
FREESTYLE

CAN FREE TEAM TOOLBOX



TEAM TOOLBOX

CFSA has developed age & stage appropriate training tools and resources for the Can Free Team level athlete and their Coaches. See the guidelines below that will be helpful in creating year-round training plans.

- Example YPI
- YPI Phase Training Guidelines
- Team Scope and Training Priorities
- Physical Testing Protocols aligned with the High Performance Program
- Performance Tracking Tool
- Physical Training Exercises Wiki
- Technical Training Wiki
- Check Your Coach Education Information
- Nutrition Info for Coaches

LEARN AND TRAIN TO COMPETE

Females 15-21 Males 16-23

Performance Programs

(National Development/Provincial & Institute Teams)

- Athletes specialize in one discipline.
- Athletes will train to solidify their discipline – specific and physical skills
- These athletes are competing in national and international events
- Athletes require integrated support from medical, strength and conditioning, psychological and technical experts



LEARN & TRAIN TO WIN

Females 18+ Males 19+

**Academy / Institute & High
Performance National Team**



- The final stage of the LTAD high-performance stream.
- Full time athletes with identified talent pursue high-intensity training to win international events.

CAN FREESTYLE COACH PROGRAMS

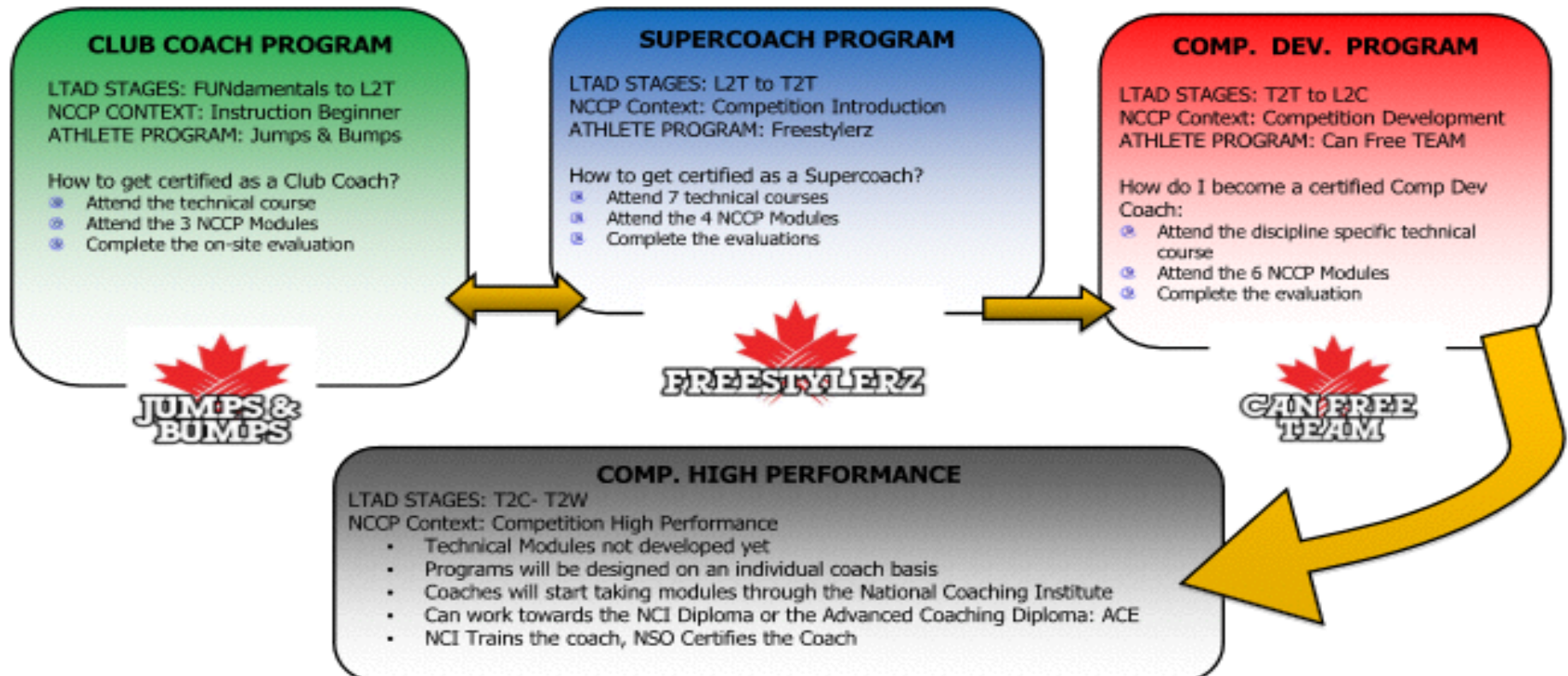


CAN FREESTYLE COACH TRAINING

Part of the NCCP



CFSA has developed new coach training programs that are aligned with the Long-Term Athlete Development model from Canadian Sport for Life, the Canadian Coaches Association's new NCCP model and with our Can Freestyle Athlete Development system. You can find more details for each coach program on our website at the following links: <http://freestyleski.com/wp/member-services/coaching-documents/>



LTAD Best Practices

- <http://www.tenniscanada.com/index.php?title=tennis-for-kids-around-the-world&pid=758><http://www.tsn.ca/soccer/story/?id=416455>
- www.canadiansportforlife.ca