

# CAN FREE TEAM

A stylized red maple leaf graphic is positioned behind the text 'CAN FREE TEAM'. The leaf is composed of several overlapping, jagged shapes, giving it a dynamic, energetic appearance. It is centered horizontally and partially overlaps the letters 'E' and 'E' in 'FREE TEAM'.

**THE CAN FREE TEAM PROGRAM IS DESIGNED  
FOR THE FOLLOWING ATHLETE**

**LTAD STAGE:** TRAIN TO TRAIN

**AGE:** Males 12yrs - 16yrs & Females 11yrs - 15yrs

**COACH PROGRAM:** SUPERCOACH to Discipline Specific COMP DEV

**COMPETITION LEVEL:** Interprovincial Events, Nationals, North American  
Competitions

**ATHLETE PROGRAMS:** Competitive Club to Provincial Team, Can Freestyle Freestylerz  
and Comp Dev skills.

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## CAN FREE TEAM TRAINING PRIORITIES

Coaches will learn the priorities below in depth and more in their CFSA Can Freestyle Supercoach and CompDev coach programs.

CFSA works in partner with Canadian Sport For Life and the Canadian Coaches Association of Canada to ensure our alignment and quality of our coach and athlete training programs.

### **SPORT SPECIFIC PRIORITIES:**

- ✓ Acquiring more discipline specific skills, improving fundamental technical abilities
- ✓ Learn to cope with physical and mental challenges of competition.
- ✓ Optimize training by following a 60:40 percent Training to Competition ratio. Too much competition wastes any valuable training that was achieved in the training season.
  - Not enough competition will inhibit the practice of tactical & technical decision making skills and mental/emotional preparedness.

### **PHYSICAL PRIORITIES:**

- ✓ Make aerobic training a priority AFTER the onset of PHV (PHV – info in Supercoach material)
- ✓ Improving flexibility
- ✓ Improve speed & strength to prepare for freestyle specific skills. Consider the windows of opportunity for strength training e.g. Females: immediately after PHV & with the onset of menarche.



## CAN FREE TEAM TOOLBOX

### **CFSA Website:**

- Examples for Yearly Plan Instrument (YPI) and Training Block periodization
- Guidelines for training priorities for each phase of the year.
- Performance Tracking Tool: track Train to Train athletes' physical and technical performances & compare anonymously with other T2T athletes.
- Physical testing protocols and standards

<http://freestyleski.com/wp/club/can-free-team/>

### **CFSA Wiki:**

- Physical training exercise video demonstration and descriptions relative to Freestyle Skiing
- Technical video demonstrations with descriptions

<http://www.canfreestyle.com/wiki/category/exercises/>

More to come in the future...

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## YEAR ROUND TRAINING FOCUS



Physical Training



Technical Training Camps



Comp Focus

MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH	APRIL
PREPARATION							COMPETITION				
TRANSITION	GENERAL PREPARATION	SPECIFIC PREPARATION		PRE COMPETITION PREP		REGULAR COMPETITION PREPARATION					
<b>MAY – AUG TRAINING FOCUS</b> <ul style="list-style-type: none"> <li>•Basic skiing and acrobatic skill development</li> <li>•General conditioning, improve fitness base</li> <li>•Develop Motor Abilities</li> <li>•Develop fundamental technical skills</li> <li>•Develop fundamental psychological skills</li> </ul>				<b>SEPT – NOV TRAINING FOCUS</b> <ul style="list-style-type: none"> <li>•Improve technical skills</li> <li>•Develop competitive skills: tactics, strategies, psychological</li> <li>• Develop sport specific physical abilities</li> </ul>			<b>COMP SEASON FOCUS</b> <ul style="list-style-type: none"> <li>•Recovery / Regeneration</li> <li>•Ongoing assessment of weaknesses</li> <li>•Mental / Emotional management</li> <li>•Maintain physical levels</li> </ul>				

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## TRAINING SEASON SPECIFIC FOCUSES

TRANSITION	GENERAL PREPARATION	SPECIFIC PREPARATION	PRE-COMPETITION
<ul style="list-style-type: none"><li>•Rest, regeneration</li><li>• Injury rehab, Aerobic endurance, Flexibility</li><li>•Free ski if possible</li></ul>	<ul style="list-style-type: none"><li>•General Strength/Endurance, Aerobic base, Motor Abilities (Balance, Coordination), Flexibility</li><li>•Technical basic repetition, develop new skills</li><li>•Develop mental skills, assess and improve during camps</li></ul>	<ul style="list-style-type: none"><li>•Focus on strength development, Introduce power training, Introduce agility and quickness training, Introduce anaerobic training, Maintain aerobic fitness</li><li>•Improve new skills, repetition of new skills</li><li>•Practice and improve Mental skills.</li></ul>	<ul style="list-style-type: none"><li>•Improve power, agility, and quickness, Secondary focus anaerobic power and capacity, Maintain maximal strength, maintain aerobic fitness, Mobility/Flexibility.</li><li>•Develop strategies, tactics and improve competitive technical skills i.e. speed.</li><li>•Develop and improve Ideal Performance State</li></ul>

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## COMPETITION SEASON FOCUSES

PHYSICAL	MENTAL / EMOTIONAL	RECOVER / REGENERATION	LOGISTICS
<ul style="list-style-type: none"><li>•Lower body strength every 7-10 days (before a day off only)</li><li>•Core exercise every 3-4 days</li><li>•Aerobic every 6-7 days</li><li>•Mobility/Flexibility daily</li></ul>	<ul style="list-style-type: none"><li>•Ongoing assessments to develop IPS – Ideal Performance State</li><li>•Using skills to overcome challenging situations</li></ul>	<ul style="list-style-type: none"><li>•Proper nutrition for performance and recovery</li><li>•Adequate rest</li><li>•De-stressing</li><li>•Home time</li></ul>	<ul style="list-style-type: none"><li>•Proper planning of travel to lend to IPS</li><li>•Home time</li><li>•Recovery time</li></ul>

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**If you have any inquiries, please contact:**

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**FREESTYLE  
SKI  
ACROBATIQUE**