



Freestyle Whistler Performance Program Park & Pipe: Skill Requirements

B-Team:

The B-Team within Freestyle Whistler is competing at the national level with hopes to enter the NorAm circuit. They have demonstrated that they are at the late Train 2 Train stage of the Long-Term Athlete Development plan. This means that they are moving towards sport specific, work on sport specific skills on and off the hill, competing in national level events, and require support from experts in strength and conditioning, sports psychologists, nutritionists to excel at their discipline. These athletes are mature enough to travel within the country with a single chaperone and willing to follow a training program with or without a coach present.

Skill Requirements:

Jumps:

- All 4 540s
- The athlete should also be able to perform these skills with different grabs to demonstrate variety and execution.
- The athlete should be able to perform their most 2 comfortable directions off-axis and with a technical grab (anything other than safety).
- One double is recommended, but not necessary

Rails:

- The athlete should be able to perform multiple 270's onto rails, 450's out of rails, and 6/8 all eight switch up 270's out.
- The athlete should have the ability to do this on the more difficult rails in Black Park. Every event is different, but the jumps are generally the same. The rails, however, always changing and the athletes that perform the strongest are able to adapt to any rail feature.

Half pipe:

- The athlete needs to demonstrate that they want and understand the need to learn half pipe skiing. There are no half pipe requirements, but it is recommended that the athlete demonstrate interest in half pipe as slope style courses are constantly changing and they will have to perform tricks on similar features.
- All athletes on B-Team will have to compete half pipe if the event coincides with the other events.

A-Team/Moving Forward:

A-Team is based on skill level, attitude towards competition direction and selection ability to compete in NorAm events. The goal of every member on A-Team is to make National Team, X-Games and Olympics. This will ensure that every internationally travelling athlete will be 100% focused on performance skiing. This is a guideline for coaches so they can prepare the athletes that want to make it towards A-Team.

Jumps:

- 3/4 900's with different grabs on multiple axis's
- Minimum 2 doubles
- Ability to perform skills off any size jump consistently. 35-85ft.

Rails:

- Very subjective as the rails at the international level are very different and creative, every time.
- All 8 270's in (forwards and lip 270, and sw and saw lip 270).

- With pretzels out, judges require edge control.
- All 8 switch up 450's out
- 360 switch ups with pretzels and continuous are recommended.

Half pipe:

- At this point it will be coach discretion whether the athlete specifies in Slopestyle or halfpipe. Both will be accepted and accommodated