



# SHOSHONE FREESTYLE TEAM

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## 2021 PROGRAM

### PROGRAM OVERVIEW

**WHO:** Confident all-mountain freeride skiers and snowboarders ages 10-18

**WHAT:** Ten Saturdays of fully-coached freeride skiing and snowboarding

**WHEN:** 10:00 – 3:00 (10:00-12:30, 1:30-3:00), Saturdays, starting January 9<sup>th</sup>, 2021

**WHERE:** Sleeping Giant Ski Area

### ABOUT THE TEAM

The Shoshone Freestyle Team is a collaborative, multi-disciplinary group of freestyle skiers and snowboarders seeking to advance individual and team confidence, proficiency, and style on a broad spectrum of mountain terrain. Instruction will cover important foundations of freeriding including mountain safety and respect, mind and body, steep terrain management, aerial mechanics, and avalanche terrain awareness. Freestylers will also develop individual and team learning goals to be addressed and reviewed throughout the season. Coaching will include on-mountain instruction and demonstration, video analysis, one-on-one as well as team feedback, dry-land exercises and more.

# PROGRAM BREAKDOWN

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## **Week 1 - Intro to Freestyle: Mountain Safety and Respect + Team Building**

Week one will lay the foundation for the freestyle team. We will discuss and practice mountain safety and respect for its users, and have a ton of fun developing team camaraderie. Finally, we will set individual and team goals for the season.

## **Week 2 - Mind and Body**

During week two, we will dial into the mental and physical components of freeriding. This includes line visualization, maintaining confidence and composure, addressing comfort zones and risk thresholds, athletic breathing exercises, warming up/stretching, and injury prevention.

## **Week 3 - Steep Terrain Management - Fall Line and Terrain Features**

During week three we will develop confidence on the entire spectrum of fall lines and terrain features available at Sleeping Giant. Moguls, cliffs, trees, log-rides, natural jumps, gulleys – you name it, we'll ride it.

## **Week 4 - Steep Terrain Management - Control, Flow, and Creativity**

After developing confidence all over the mountain in week three, we'll focus on three important aspects of a great freestyle line in week four. Control/composure, line flow, and creativity will be the hot topics of discussion as we watch each other ride and provide objective feedback during video reviews and at the bottom of each run.

## **Week 5 - Midway Check-In**

In week five, besides having a ton of fun free-styling, we will revisit the goals we set to celebrate our progression, as well as focus on areas for growth in the remaining three weeks.

## **Week 6 - Aerial Mechanics**

Weeks six and seven will be all about defying gravity, in style. In week six, we'll gain confidence on the safety and mechanics of catching air.

## **Week 7 - Aerial Mechanics**

After establishing the safety and mechanics of catching air in week six, we will hone-in on learning and improving airborne freestyle movements. This will be another great week of video review, fist-bumps, and practicing your signature "stomped-that-landing" holler.

## **Week 8 - Avalanche Awareness + Progression Review**

We'll wrap up the season in week eight with in-bounds extended column tests, beacon finding, and discussions/education on avalanche awareness. Most importantly though, we'll have a great time skiing as a team and celebrating our progress throughout the season.

# PROGRAM CONCEPTS

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**Fun:** Freestyle exists on the basis of fun. Yes, it is normal among this crowd to have a hoarse voice and sore face from smiling and laughing all weekend. So please, give yourself permission to have fun.

**Safety:** We approach every decision in freestyle with a safety mindset. This doesn't just mean our personal safety, but the safety of the team, and other mountain users.

**Creativity:** The core of freeriding is personal expression and creativity on snow. Total yard sales are just as important as calculated landings. We celebrate and enjoy the whole process.

**Respect:** Respect for teammates, coaches, mountain staff, other riders, the environment, your equipment, other's equipment, and yourself, begets respect. Make it a daily practice and notice the difference.

**Discipline:** Commit yourself to at least one goal. In addition, tell someone committed to you and your success. Determine the steps to accomplish it, and make room in your daily routine for those steps. Monitor the results and refine your process. You get to determine each day how much you will progress. No one will do the work for you.

**Confidence:** Realize that freestyle is the process of building confidence in new situations. Embrace these opportunities with courage and the willingness to learn and watch your confidence blossom.

**Communication:** Success in freestyle has a great deal to do with the people you ride with. As a team, we will learn to develop solid communication skills that will make us better backcountry partners, competitors, guides, and people.

**Growth:** Our growth as individuals and as a team is determined not by roles, but by our openness. Be willing to learn from both your coaches and your peers, and be willing to share your knowledge with both as well.

**Influence:** As freestylers, realize that the whole mountain literally looks up to you. You get to dictate the future of our mountain's culture and reputation by modeling it on and off the hill. So, what will it be?