



SKI NB ATHLETE DEVELOPMENT PATHWAY

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Introduction

Ski NB is excited to share our first Athlete Development Pathway Program, the goal of which is provide our member athletes with a clear pathway to the next level of racing following U16 and encourage athletes to extend their ski racing careers far beyond the U16 level. It will provide athletes the opportunity to reach their full potential and compete at a national level.

The program will provide the guidance, resources and programming necessary to enable athlete progression, focusing on developing athlete abilities both on and off-snow to create technically strong skiers. The objective is to develop a sustainable program which will retain athlete engagement during the off season as well as increase regional accessibility to programming.

The program will consist of off-season and on-snow opportunities, a fitness and sports psychology program and a competition season training program. The attached document contains the full details. The intent is to work in conjunction with the Ski NB member club programs to maximize resources and time on-snow for the participating athletes.



SKI NB ATHLETE DEVELOPMENT PATHWAY May 2022 – December 2022

GOALS:

1. DEVELOPING ATHLETIC ABILITIES

- Prioritizing off-snow strength and conditioning.
- Creating technically strong skiers.

2. PROGRAM CONSISTENCY

- Retaining athlete engagement during the off-season.
- Increasing regional accessibility to programming.

ATHLETE ELIGIBILITY:

All athletes of age eligibility for the selection of Ski NB's Canada Winter Games Team 2023 are able and encouraged to participate in opportunities of the Ski NB Athlete Development Pathway.

Participation in activities associated with the Ski NB Athlete Development Pathway is in no way a condition for qualification or selection to Ski NB teams for the 2022-2023 season, including Team NB for Canada Winter Games.

PROGRAM REGISTRATION:

Please follow the [link here](#) to be added to the distribution list of registration information for all programs outlined below. **An Open House will be held via Zoom before end of April for all athletes and parents seeking further information on the Ski NB Athlete Development Pathway.**

COACHES' NOTE:

Development of the athlete's physical fitness should be the primary factor in determining the programs in which to participate in the off-season.

Athletes and families uncertain of which opportunities are best suited for them are encouraged to discuss with their club coaches and attend the Ski NB Open House via Zoom (Date TBD).



PROGRAM CALENDAR

Date	Activity	Location	Cost
May 4 – May 11	Post-Season High-Performance Training Camp₁	Sunshine, AB	\$\$\$
May 29	ACA/Ski NB Fitness Testing₂	Fredericton, NB	\$
May 29	CSCA High Performance Pathway_{3A} (HPP) Program Introduction and Screening (Cycle 1 Begins)	Fredericton, NB	\$
May 30 – June 24	CSCA Multisport Program_{3B} : Bi-Weekly Facility Access	Fredericton, Moncton, or Saint John	\$
June 25	CSCA HPP – Full Team	Fredericton, NB	\$
June 26 – July 22	CSCA Multisport Program: Bi-Weekly Facility Access	Fredericton, Moncton, or Saint John	\$
July 10	Mountain Bike Clinic and Sport Psychology Session₄	Edmundston, NB	\$\$
July 23	CSCA HPP – Full Team	Fredericton, NB	\$
July 24 – August 19	CSCA Multisport Program: Bi-Weekly Facility Access	Fredericton, Moncton, or Saint John	\$
August 20	CSCA HPP – Full Team (End of Cycle 1: Re-Test)	Fredericton, NB	\$
August 22 – August 29	Off-Season High-Performance Training Camp₅	TBD	\$\$\$
September 10	CSCA HPP – Full Team (Cycle 2 Begins)	Fredericton, NB	\$
September 11 – October 28	CSCA Multisport Program: Bi-Weekly Facility Access	Fredericton, Moncton, or Saint John	\$
October 29	ACA/Ski NB Fitness Testing	Fredericton, NB	\$
October 29	CSCA HPP – Full Team	Fredericton, NB	\$
October 30 – November 9	CSCA Multisport Program: Bi-Weekly Facility Access	Fredericton, Moncton, or Saint John	\$
November 10 – November 13	Pre-Season High-Performance Training Camp₆	TBD	\$\$
November 14 – January 2023	On-Snow Club Training (Pre-Season, Regular Programming, Christmas Camp)₇	CMRC, MFRT, PMRC	
November 14 – December 16	CSCA Multisport Program: Bi-Weekly Facility Access (End of Cycle 2)	Fredericton, Moncton, or Saint John	\$
December 2022 - January 2023 (TBD)	Canada Winter Games Team NB Selection Derby₈	TBD	\$\$



INDEX: PROGRAM DETAILS

1. Post-Season High-Performance Training Camp

WHAT:

6 days of technical free skiing and terrain exposure in Sunshine, AB, led by CWG Head Coach Kay Mills and other NB club coaches (TBD).

WHY:

The technical nature of a post-season camp plan lends itself to be the best use of time on snow for a U16 athlete. Fundamental skills and movement patterns must be solidified before pursuing performance in competition season and beyond U16 ski racing.

COST:

Quote of \$2110.00 per person includes air fare, accommodations, shuttle service, lift tickets, and breakfast. Total cost will also include coaching expenses (divided evenly amongst athletes), lunches and dinners, and team activities. Estimated total cost is \$3000.00. Cost is subject to change based on date of booking and number of athletes.

2. ACA/Ski NB Fitness Testing

WHAT:

Nationally standardized fitness testing designed by Alpine Canada and hosted bi-annually by Ski NB and the Canadian Sport Centre Atlantic. Data is recorded and released to athletes with their personal performance scores compared to previous iterations and the national benchmarks.

WHY:

Standardized fitness testing keeps athletes on target with personal performance goals through physical development.

Several skills are also evaluated during the [ACA Skills Combine](#) at U16 Nationals. If athletes attend U16 Nationals as part of their competition season, racing will include fitness testing during the Combine.

COST:

\$20.00 per athlete X 2 sessions (29 May 2022, 1 October 2022)



3. Canadian Sport Centre Atlantic High-Performance Pathway

WHAT:

National level strength and conditioning at the Canadian Sport Centre Atlantic. Athletes may participate in 1 of 2 ways:

3A. Attend monthly check-in sessions at the CSCA Fredericton location, log bi-weekly workouts on TeamBuildr and complete them at a facility of choice.

3B. Attend monthly check-in sessions at the CSCA Fredericton location and complete bi-weekly workouts as a team of Ski NB athletes at Moncton, Fredericton, or Saint John CSCA facilities.

WHY:

Developing physically literate and injury-resistant athletes is the top priority of creating U16 athletes. Introduction to sport-specific training is necessary for any athlete interested in competing at national events.

COST:

Sessions at the CSCA facilities are highly subsidized by the province for high-performance athletes. Each session is a flat rate of 25.00\$, evenly divided amongst athletes in attendance.

2 male and 2 female athletes at Saint John and Moncton locations will qualify for entire program funding from the Canadian Sport Centre Atlantic Multisport Program. If more than this show interest, selection will be based on results of March 2022 Derby at Crabbe Mountain.

4. Mountain Bike Clinic and Sports Psychology Session

WHAT:

Mountain bike clinic led by dual-certified cycling and alpine coaches at Mont Farlagne followed by an interactive goal-setting session with UNB's sport-psychologist Dr Renee Matte.

WHY:

Downhill mountain biking involves the same balance point, visual cues, muscle groups, and movement patterns as Alpine Ski-Cross. This will be an asset for athletes who have little or no SX experience to prepare for national-level SX competition.

Sport psychology toolkits are essential for high-performance athletes. Performing at any stage of development requires establishing ownership of training; it is the optimal age to build this toolkit. A sport psychologist facilitates this through strategizing and prompting.



COST:

Personal travel expenses, 1-day trip to Edmundston.

5. Off-Season High Performance Training Camp

WHAT:

6 days of skills, drills, and gate training. This may be centrally coordinated or externally pursued based on group interest. Location TBD.

WHY:

Additional time on snow enhanced by off-season physical fitness gains solidifies movement patterns developed in the post-season during fundamental skill progressions. Off-season training is the ideal time to test new equipment and ensure proper fit.

COST:

TBD, in range of Post-Season High Performance Training Camp.

6. Pre-Season High-Performance Training Camp

WHAT:

On-snow training ahead of New Brunswick ski hills opening. This may be centrally coordinated or organized by home clubs as appropriate. Location and duration TBD.

WHY:

Maximizing training before competition season assures a technical foundation that will not waver. This allows athletes to focus on tactics and race preparation during early season selection events.

COST:

TBD, less than Post-Season High-Performance Training Camp.

7. On-Snow Club Training

Athletes are expected to participate in all their home club's programs to maximize time on snow and receive appropriate coaching.



8. Canada Winter Games Team NB Selection Derby

The [Canada Winter Games](#) in March 2023 is an event of note for the 2022-2023 Season Calendar. Athletes interested in continuing along the Ski NB Athlete Development Pathway are encouraged to participate in the Canada Winter Games Selection Derby at the end of December 2022. Please see [here](#) for more information regarding the Ski NB CWG 2023 Selection Criteria.