



SKI NB ATHLETE DEVELOPMENT PATHWAY

September 2022 – December 2022

PROGRAM 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 born in 2008 or before and those born in 2009 with 2023 Canada Winter Games age exemption requirements completed.

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

PROGRAM REGISTRATION:

Please register at the following link : <https://go.teamsnap.com/forms/333182>

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.

PROGRAM CALENDAR



Date	Activity	Location	Program Level
September 10	CSCA HPP ₁ – Full Team (Cycle 2 Begins)	Fredericton, NB	Remote Pathway Full Pathway
September 11 – October 15	CSCA Multisport Program ₂ : Facility Access 2x/Week	Fredericton, Moncton, or Saint John	Full Pathway
September 24	Mountain Bike Clinic ₃	Poley Mountain, NB	Intro Pathway Remote Pathway Full Pathway
October 16	ACA/Ski NB Fitness Testing ₄ with Concussion Baseline Testing	Fredericton, NB	-
October 16	CSCA HPP – Full Team Check-In with mental performance coaching by Renee Matte ₅	Fredericton, NB	Remote Pathway Full Pathway
October 18 – November 25	CSCA Multisport Program: Facility Access 2x/Week	Fredericton, Moncton, or Saint John	Full Pathway
November 13 – November 18	Pre-Season High-Performance Training Camp₆	Mont Édouard, Quebec	See Appendix
November 26	CSCA HPP – Full Team	Fredericton, NB	Full Pathway Remote Pathway
November 14 – January 2023	On-Snow Club Training (Pre-Season, Regular Programming, Christmas Camp)₇	CMRC, MFRT, PMRC	-
November 27 – December 16	CSCA Multisport Program: Facility Access 2x/Week (End of Cycle 2)	Fredericton, Moncton, or Saint John	Full Pathway
January 2 – January 3 (2023)	Canada Winter Games Team NB Selection Derby₈	Mont Farlagne, NB	-

INDEX: CALENDAR EVENT DETAILS



1. Canadian Sport Centre Atlantic High-Performance Pathway

WHAT:

National-level strength and conditioning programming and coaching from the team at the Canadian Sport Centre Atlantic. Athletes attend mandatory check-in sessions at the CSCA Fredericton location approximately monthly, log two workouts per week on TeamBuildr, and complete them on own time.

WHY:

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

PROGRAM:

Remote Pathway, Full Pathway

2. CSCA Multisport Program

WHAT:

In addition to the services offered through the CSCA monthly, athletes in Fredericton, Moncton, and Saint John can access CSCA training facilities with coaches on site. Workouts take place twice per week in two of four available time slots. Monthly check-ins are mandatory for participation in the CSCA Multisport Program.

Time slots:

- . Tuesday 7:00am
- . Tuesday 4:00pm
- . Thursday 7:00am
- . Thursday 4:00pm

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.

PROGRAM:

Full Pathway



3. Mountain Bike Clinic

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.

PROGRAM:

Full Pathway, Remote Pathway, Intro Pathway

4. 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. Athletes attending U16 Nationals as part of their competition season will be required to compete in the Combine in addition to all alpine events.

PROGRAM:

No pathway required. Registration is open to all second year U12 athletes and up.

5. Mental Performance Coaching

WHAT:

Mental performance session with UNB's Renee Matte.

WHY:

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.



PROGRAM:

Full Pathway, Remote Pathway

6. Pre-Season High-Performance Training Camp

WHAT:

Five day camp at Mont Edouard, Quebec. November 13-18. Fee (TBD) includes athlete lodging, meals, lift tickets, training session, ski locker, free ski lift access. Travel days Nov 13 & 18. Final details will be provided in September.

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.

PROGRAM:

No pathway required. Registration is open to athletes born from 2008-2005, and athletes born in 2009 who have completed the age exemption request process by September 9th, 2022.

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

WHAT:

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.

PROGRAM:

No pathway required. Registration is open to athletes born from 2008-2005 who have never held an ACA or International FIS card, and athletes born in 2009 who have completed the age exemption request process by September 9th, 2022.