



SKI NB ATHLETE DEVELOPMENT PATHWAY Summer/Fall 2023

PROGRAM GOALS & STRUCTURE:

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.

In keeping with Ski NB's mandate to provide opportunities for athletes to develop their racing skills through our Athlete Development Program (ADP) Ski NB will be offering the ADP again in this season beginning in July. This is a fully inclusive program for all U14 and older athletes from New Brunswick who are registered with their respective clubs. Please find below program descriptions, schedules, and cost estimates for participation in this continued program.

ATHLETE ELIGIBILITY:

U14 and U16 ADP	U18 and FIS (U19-U21) ADP
Any U14 and older athlete from New Brunswick who is registered with their respective clubs.	Any U19 or U21 and older athlete from New Brunswick who is registered with their respective clubs.

PROGRAM CALENDAR & COST ESTIMATES:

All event dates and locations in the calendar are subject to change.

These cost breakdowns are intended to help athletes and families budget appropriately. Costs are not finalized, however, Ski NB will attempt to keep the final event costs in this general range.



PROGRAM CALENDAR & COST ESTIMATES:

Date	Event	Location	Eligibility	Cost
May 27, 2023	ACA fitness testing- CSCA UNB	Fredericton NB	U14+	\$25
July 22, 2023 11:00 AM	CSCA Program Onboarding	Fredericton – UNB Kinesiology building	U14+	Free
July 25 – December 21, 2023	CSCA Multisport Program See next section for details	Fredericton – UNB Kinesiology building Rothesay - Forfitness & Athletics Moncton – CEPS	U14+	Free
August 27, 2023	Dryland clinic	TBD	U14+	<\$25 Minimum 10 athletes
TBD	Mountain Bike clinic	TBD	U14+	\$50 Minimum 15 athletes
September 24, 2023	Mountain Bike clinic	Poley Mountain, NB	U14+	\$50 Minimum 15 athletes
September, 2023	Dryland clinic	TBD	U14+	<\$25 Minimum 10 athletes
September 2023	CSCA Check-in & new program	Fredericton – UNB Kinesiology building	U14+	Free
October 15, 2023	Fall Fitness Testing	UNB Fredericton, NB	U14+	\$25
October 6-21, 2023	Fall on snow camp	Hintertux, Austria	U14-U16	\$6500 (TBC) Minimum 7 athletes
November 2023	CSCA Check-in & new program	Fredericton – UNB Kinesiology building	U14+	Free
December 1-9, 2023	Pre-season on snow camp	TBD	U14+	\$1600 (TBC)



Canadian Sport Centre Atlantic Multisport Program

U14 and U16	U18 and FIS (U19-U21)
<p>U14 and U16 athletes are welcome to participate in Ski NB sport-specific training through the Canadian Sport Centre Atlantic (CSCA) in one of the following capacities:</p> <ol style="list-style-type: none"> Athletes can complete assigned workouts twice per week at a local facility of their choice, on their own time. Athletes will or can attend check-in sessions at the CSCA Fredericton location as scheduled, every 8 weeks (roughly) to receive a new program. Athletes can use TeamBuildr to log and keep track of their progress through the strength and conditioning programs Athletes can attend training sessions twice per week at CSCA locations in Fredericton, Moncton, or Saint John, in the scheduled time slots of their choice and can use TeamBuildr to log and track their progress. <p>Time slots for CSCA training: Tuesday 7:00am Tuesday 4:00pm Thursday 7:00am Thursday 4:00pm</p>	<p>Ski NB FIS and National card U19 athletes are welcome to participate in Ski NB sport-specific training through the Canadian Sport Centre Atlantic (CSCA) in one of the following capacities:</p> <ol style="list-style-type: none"> Athletes can complete assigned workouts twice per week at a local facility of their choice, on their own time. Athletes will or can attend check-in sessions at the CSCA Fredericton location as scheduled, every 8 weeks (roughly) to receive a new program. Athletes can use TeamBuildr to log and keep track of their progress through the strength and conditioning programs Athletes can attend training sessions twice per week at CSCA locations in Fredericton, Moncton, or Saint John, in the scheduled time slots of their choice and can use TeamBuildr to log and track their progress. <p>Time slots for CSCA training: Tuesday 7:00am Tuesday 4:00pm Thursday 7:00am Thursday 4:00pm</p>

COACHING AND STAFF:

Position	Name	Point of Contact for:
Program Lead	Michele Leger	<ul style="list-style-type: none"> Overall program michele@skinb.ca
Event coach	Paul Levesque	<ul style="list-style-type: none"> Mountain Bike clinic Edmundston
Event coach	Toby Bourque	<ul style="list-style-type: none"> Mountain Bike clinic Poley
Event coach	Andrew Arsenault	<ul style="list-style-type: none"> Dryland clinics
Event coaches – on snow camps	TBD	