FREESTYLE WHISTLER

BIG MOUNTAIN FREESTYLE FAMILY HANDBOOK

2026-27

A practical guide for parents and athletes

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Welcome to the club

From age 12 onward, athletes should become active partners in their development. They are still supported by coaches and families, but they are expected to understand the purpose of training, communicate clearly and take increasing responsibility for preparation, decisions and recovery.

This handbook explains the expectations shared across our 12+ programs. Each program has its own training priorities, seasonal plan, competition pathway and How We Train guide. Those program-specific resources provide the technical detail; this handbook explains how athletes, families and coaches work together.

Our team will continue to support families, but planning conversations should increasingly include the athlete. The goal is not independence all at once. It is the steady development of ownership, judgement and confidence.

The website and the appropriate Parent Hub are the sources of truth for current schedules, program details, forms, fees, registration links and updates:

https://freestylewhistler.com

START HERE

Before training begins

ATHLETE

- Read the program-specific How We Train guide and season information.
- Understand the weekly schedule, meeting locations and attendance expectations.
- Take part in the opening goal-setting conversation.
- Arrive able to manage personal equipment, food, hydration and required clothing.
- Tell the coach about injury, illness, medication, fear or another issue that may affect training.
- Know how to contact the team and what to do after a missed connection.

FAMILY

- Confirm registration, waivers, payment status and required memberships.
- Confirm lift access and program-specific equipment requirements.
- Keep emergency, medical, allergy, dietary and contact information current.
- Review the schedule, fees, competition options and likely travel commitments.
- Agree on routines that allow the athlete to prepare and communicate with growing independence.

KNOW

- Website and Parent Hub: current schedules, guides, forms, recordings and links.
- Email: weekly context, preparation, deadlines and actions.
- Time-sensitive updates: use the website and club email until our team confirms the new messaging channel.
- Coach conversation: individual development, readiness, wellbeing or behaviour matters.

OPTIONAL

- Parent education, judging clinics and pathway meetings.
- Competitions, camps and off-season training when they align with the athlete’s program and goals.

WHO WE ARE

Freestyle Whistler develops skiers for long-term participation and performance. Our work is grounded in strong technical skiing, safe progression, purposeful coaching and a team culture in which athletes are known and supported.

For athletes aged 12 and older, development includes more than acquiring skills. Athletes learn to prepare, evaluate risk, respond to feedback, manage setbacks and contribute to the training environment.

What families should experience

- A clear explanation of the program's purpose and training priorities.
- Coaching that connects daily sessions to longer-term development.
- Progressions based on evidence and readiness, not pressure or comparison.
- Honest feedback and regular opportunities for athlete reflection.
- Increasing athlete ownership with appropriate family support.
- Transparent decisions about competition, travel and program progression.
- A safe, respectful environment with clear professional boundaries.

What changes after U12

The athlete's voice becomes more important. Coaches will increasingly expect athletes to ask questions, describe how training feels, contribute to goals and take responsibility for agreed actions. Parents remain essential, but the role gradually shifts from managing every detail to creating the conditions in which the athlete can take ownership.

SAFE SPORT AND TEAM CULTURE

Every athlete has the right to participate in an environment that is safe, respectful and free from abuse, harassment, bullying and discrimination.

Our expectations

- Treat people and property with respect.
- Use inclusive language and behaviour.
- Follow coach, resort and facility instructions.
- Keep hands, equipment and objects to yourself unless an activity requires otherwise.
- Report bullying, harassment, boundary violations or unsafe conduct.
- Respect privacy and do not share humiliating images or messages.
- Support teammates without pressuring them to attempt a skill.
- Accept that mistakes and different rates of progress are normal.

Concerns should be reported through the appropriate club or Safe Sport process. Immediate danger should be reported to emergency services or on-mountain staff first.

Consent, boundaries and respect

Athletes must respect physical, emotional and digital boundaries. Unwanted touching, sexual comments, hazing, discriminatory language, threats, retaliation and pressure involving relationships or intimate content are not acceptable.

Privacy matters in change areas, bedrooms, hotel rooms and medical situations. Athletes must never record or share images from a private setting. An athlete can say no, step away or ask for help without being punished or excluded.

Leadership and team responsibility

Older athletes are expected to model mature behaviour, include teammates and help create a calm, respectful environment. Leadership does not make an athlete a coach or disciplinarian. Concerns should be brought to an adult rather than handled through confrontation, rumours or group chats.

THE FREESTYLE PATHWAY

Our 12+ programs include different disciplines, training volumes and competitive opportunities. They share a common foundation, but they should not look identical.

Program priorities drive development

Each program determines the appropriate balance of technical skiing, discipline-specific skills, terrain use, physical preparation, tactical learning, competition and recovery. Big Mountain, Park Riders, Gz Progression, mogul, freeski and performance-focused programs will emphasize different environments and outcomes.

Families should use the program-specific How We Train guide, season plan and coach communication to understand what training is intended to develop.

Readiness matters more than age alone

Progression into a different program or a higher level is based on fit and readiness. Coaches consider:

- Technical skill, consistency and decision-making.
- Ability to train with purpose and respond to feedback.
- Physical and emotional readiness for the training demands.
- Independence, reliability and contribution to the group.
- Interest in the program's discipline and goals.
- Competition experience where it is relevant.
- The family's capacity for the required schedule, travel and cost.

Progression is not automatic, and athletes do not need to follow the same route. The right program is the one that provides an appropriate challenge and a sustainable environment for development.

HOW WE TRAIN

Training in the 12+ programs is planned around the demands of each discipline and the stage of the athlete. A session is one part of a larger progression, not an isolated collection of runs or tricks.

Program priorities drive the plan

Depending on the program, training may include:

- Technical skiing and movement skills that support the discipline.
- Discipline-specific tactics, line choice and terrain management.
- Air awareness, take-off, landing and feature progressions where relevant.
- Physical preparation, mobility, recovery and workload management.
- Mental skills, decision-making and strategies for pressure.
- Video review, athlete reflection and goal check-ins.
- Competition preparation and review when competition is part of the program.

The program's How We Train guide and skills matrix explain the specific priorities. Athletes within the same group may work on different tasks because readiness, experience and goals are not identical.

Training happens in cycles

Coaches organize training into blocks with a clear purpose. One block may emphasize technical quality, another may build volume and consistency, and another may prepare athletes to perform in a competition environment. Weather, snow, terrain access, fatigue and group needs can change the daily plan without changing the longer-term objective.

Progression and risk management

Before increasing difficulty, coaches normally look for:

1. Understanding of the task, environment and consequences.

2. The required technical and physical prerequisites, developed first through trampoline, airbag or another controlled environment when the skill is aerial.
3. Controlled repetition in an appropriate setting.
4. Consistency and useful decision-making.
5. Readiness to transfer the skill to a variety of terrain.

The coach determines whether the environment and progression are appropriate. Athletes are expected to communicate honestly and may decline an attempt without punishment. Stepping back is a normal training decision when conditions, confidence or execution do not support the next step.

What quality training looks like

Progress is not measured by the number of new tricks or competition results alone. Quality training includes focused repetitions, strong fundamentals, good decisions, useful feedback, appropriate recovery and the ability to apply skills in changing conditions.

Video and training evidence

Video may be used to support feedback, compare execution with the training objective and help athletes reflect. Not every run needs to be recorded. Coaches choose evidence that is useful and manage it in keeping with privacy and Safe Sport expectations.

ATHLETE, PARENT AND COACH ROLES

The athlete’s role

- Arrive on time, fuelled, hydrated, prepared and ready to contribute.
- Know the purpose of the session and engage with the training task.
- Manage personal equipment, food, hydration and clothing with increasing independence.
- Communicate honestly about readiness, injury, fatigue, fear and confidence.
- Ask questions, receive feedback and follow through on agreed actions.
- Take part in goal-setting, reflection and review conversations.
- Make decisions within the boundaries established by the coach.
- Respect teammates, coaches, officials, staff, the public and the mountain.
- Support the training environment rather than comparing progress or pressuring teammates.

The parent or guardian’s role

- Protect the conditions that support training: sleep, nutrition, recovery, attendance and timely arrival.
- Ensure required registration, memberships, payments, equipment and travel documents are complete.
- Keep health, emergency and contact information current.
- Encourage the athlete to communicate directly and take age-appropriate ownership.
- Reinforce effort, preparation, decision-making and learning rather than only results.
- Allow coaches to make technical, terrain and progression decisions.
- Raise individual concerns privately, early and with the appropriate coach or program lead.
- Make travel and competition commitments only after reviewing the full expectations and costs.

The coach’s role

- Plan purposeful training aligned with the program and athlete stage.
- Explain the objective, expectations and relevant risks.
- Select terrain and progressions based on conditions, evidence and readiness.
- Provide clear feedback and opportunities for athlete reflection.
- Monitor workload, attendance, wellbeing and group dynamics.

- Communicate material changes and follow-up actions.
- Document and report injuries, incidents and athlete progress appropriately.
- Maintain professional boundaries and follow Safe Sport requirements.

Shared conversations

Whenever possible, the athlete should speak first in development conversations. Parents add relevant context, and coaches explain the training evidence and next steps. A useful family question is: “What was the focus today, and how did you respond?”

COMMUNICATION

Keep one place current

The Parent Hub is the home for schedules, program guides, recordings, forms and updated links. Messages should point families there rather than circulating multiple versions of the same information.

How messages are used

KNOW - Information the family should understand.

DO - A clear action, who needs to complete it and the deadline. Examples include forms, registration, volunteer sign-up, trip confirmation, equipment preparation, report review or booking a meeting.

OPTIONAL - An opportunity such as a clinic, competition, parent session, spring program or summer camp.

Time-sensitive communication

Our team is preparing Uplifter Messages for urgent or last-minute information. Families will receive setup instructions when it is ready. Until then, email and the website are our official communication channels.

Individual matters

Questions about an athlete’s development, behaviour, health or group placement should move into a private conversation. Coaches will not discuss another athlete’s progress or personal information.

Communication with minors follows Safe Sport expectations. Coaches do not use private one-to-one messaging with minor athletes; a parent, guardian or another appropriate adult is included.

PHONES, SOCIAL MEDIA AND ONLINE CONDUCT

Phones can support safety and communication, but they must not distract from training or affect another athlete’s privacy or wellbeing. The same standards of respect apply in person, in messages, in group chats, while gaming and on social media.

During training

- Phones stay put away during briefings, training, and lift loading.
- Permitted uses may include emergencies, transportation coordination, medical needs and coach-directed video.
- Headphones or earbuds may be used only when specifically approved and must not prevent an athlete from hearing instructions or mountain traffic.

Photos, video and social media

Ask permission before recording or posting another athlete. Do not record in bathrooms, bedrooms, hotel rooms, medical situations or private conversations. Do not post humiliating crashes, mistakes, injuries or private messages, and do not share another person’s location, contact details or personal information without permission.

Club group chats and social channels must remain respectful and focused on legitimate team communication. Online conduct outside training may still become a club concern when it affects an athlete’s safety, wellbeing or ability to participate.

Cyberbullying

Cyberbullying includes using messages, group chats, gaming platforms or social media to mock, threaten, exclude, embarrass, impersonate or harm someone. It can be direct or disguised as a joke, and forwarding or reacting to harmful content can make the harm worse.

If it happens: do not retaliate or forward the content; save screenshots or messages; block and report the account when appropriate; and tell a parent, coach or club contact. Immediate threats or danger should be reported to emergency services or police as appropriate.

Private or sexual content

Never pressure anyone to create or share intimate images or messages. Never save, forward or post intimate content involving a minor. If an athlete receives a threat, is pressured, or believes an image may be shared, they should stop responding and tell a trusted adult immediately. Asking for help will not get an athlete in trouble.

THE FIRST TRAINING DAY

Before leaving home

- Check the website and latest club email for changes.
- Confirm meeting time and location.
- Check weather and mountain conditions.
- Eat breakfast and pack food and water.
- Check boots, skis, poles, helmet and goggles.
- Pack spare gloves, neck warmer and suitable layers.
- Confirm the pickup plan.

Arrival

The training start time is still being confirmed with Whistler Blackcomb and will be published with the program schedule. Once confirmed, athletes should arrive early enough to be dressed, equipped and ready. Coaches use the opening minutes for attendance, grouping and the day's safety information.

Pickup

Be at the stated pickup location on time. Coaches may provide a brief positive summary. Longer athlete-specific conversations should be scheduled separately so the coach can supervise dismissal safely.

Athletes under age 14 will be skied to the bottom with their group until the end of December. If another arrangement is needed, please speak with the coach at the morning meeting point.

Attendance and changes

Follow the program's published process for an absence, late arrival or early departure. Do not rely on an athlete to relay important schedule or pickup changes.

If an athlete will arrive late, the athlete or parent or guardian must text the coach directly as early as possible and well before the scheduled start time. The group cannot guarantee that it will be able to wait after training begins. Unless the athlete arrives during the warm-up, the next practical meeting time is lunch.

With a minimum of one week's notice, athletes may request to make up a missed training day at a later date when an appropriate session is available. Contact info@freestylewhistler.com to arrange the make-up day.

EQUIPMENT AND DAILY PACKING

Essential ski equipment

- Program-appropriate skis in safe condition.
- Properly fitted boots.
- Approved ski helmet.
- Goggles with a lens suitable for the conditions.
- Poles.
- Lift pass.

- Clearly labelled equipment.

Clothing

- Weather-appropriate base, mid and outer layers.
- Neck warmer.
- Warm gloves or mitts, plus a spare pair when possible.
- Extra socks and dry layers for changing conditions.
- Sunscreen when appropriate.

Food and hydration

- A balanced breakfast.
- Water in a container the athlete can manage.
- Simple, familiar snacks that can be eaten quickly.
- Lunch when required by the program schedule.
- Any allergy or medical supplies specified in the athlete's plan.

Equipment fit matters. Painful boots, loose helmets, poorly adjusted bindings and unsuitable skis can limit both safety and learning. Families should seek qualified fitting and binding service.

FUEL FOR THE DAY

Athletes in the 12+ programs need a consistent routine for food and hydration. The goal is enough energy to train, think clearly, recover and make good decisions throughout the day.

Before training

Eat a familiar breakfast that includes carbohydrate for energy, protein to support recovery and fluids. Useful options may include oatmeal with yogurt and fruit, eggs with toast and fruit, a breakfast wrap, or a smoothie paired with solid food.

Athletes should not rely on an energy drink, coffee or a single snack to replace breakfast.

During training

During regular training in Whistler, groups normally stop for lunch in the late morning, before the lodge becomes busy. Athletes should be prepared to eat earlier than a typical lunchtime. Bring food that is easy to carry, open and eat during the available break. Include more than one option and enough fluid for the conditions. Athletes should understand where food and water will be stored and when the group expects to stop.

After training

Eat a meal or substantial snack with carbohydrate, protein and fluid soon enough to support recovery. The athlete should also replace wet clothing, communicate any injury or unusual fatigue and prepare equipment for the next session.

Competition and travel

Competition days can be long and schedules can change. Athletes should practise their food routine in training, bring reliable options and avoid experimenting with unfamiliar products on event day.

Families should share allergies, dietary restrictions, disordered-eating concerns or medical nutrition guidance privately with the appropriate club contact. Individual medical advice belongs with a qualified health professional.

HEALTH, RECOVERY AND SUBSTANCES

Training well requires honest communication about physical and mental health. Athletes should speak with a parent, coach or qualified professional when sleep, stress, anxiety, mood, eating, body image, school demands or another concern is affecting their wellbeing or participation. Asking for help is a sign of good judgement.

Sleep, recovery and body image

Athletes need enough sleep, food, hydration and recovery to learn safely. Families and teammates should avoid comments about weight, body shape or restrictive eating. Performance conversations should focus on health, strength, skill, energy and sustainable habits.

Energy drinks, supplements and medication

Energy drinks, pre-workout products and supplements are not a substitute for food, hydration or sleep. Some products may contain large amounts of caffeine or ingredients that are not clearly labelled. Athletes should discuss supplements with a parent or guardian and an appropriate health professional, and athletes subject to anti-doping rules must understand the risk of contaminated products.

Prescription and over-the-counter medication must be used as directed and must never be shared. Athletes should tell the coach when a medical condition or medication may affect training or emergency care.

Vaping, nicotine, alcohol and drugs

Freestyle Whistler activities must be safe, focused and substance-free. Athletes may not possess, use, share or supply vapes or e-cigarettes, tobacco, nicotine pouches, alcohol, cannabis, illegal drugs, or medication that is not prescribed or approved for them during club training, competition, travel, accommodation or other club activities. Athletes may not participate while impaired.

Nicotine can cause dependence and may affect concentration, learning and emotional regulation in adolescents. Alcohol, cannabis and other drugs can impair judgement, reaction time and coordination.

An athlete who feels pressured, has used a substance or is worried about a teammate should speak privately with a parent, coach or club leader. Seeking help will be treated first as a safety and wellbeing issue. If use or possession is suspected, the club will prioritize immediate safety, contact the parent or guardian when appropriate, and respond under the Athlete Code of Conduct and applicable club policies. Participation may be paused until the athlete can return safely.

THE GEMINI FREESTYLE CENTRE

The Gemini Freestyle Centre was built by the National Training Centre Society, a group of dedicated parents who worked to provide world-class freestyle training facilities in Whistler. Freestyle Whistler athletes use the centre for controlled, program-based training. Depending on conditions and the session plan, available features may include mogul terrain, a single-air training area, wave terrain, a landing airbag and rail features.

What families need to know

- Access is controlled and the facility is not open for unsupervised public use.
- Athletes use only the areas opened and assigned by coaches.
- Feature choice is based on readiness, conditions and the day’s objective.
- Being in the facility does not mean an athlete will use every feature.
- Coaches may change or stop an activity when conditions, traffic or athlete readiness require it.
- Athletes must follow all boundary, waiting-area and equipment instructions.

The facility is a training environment, not a shortcut. Athletes continue to build strong skiing, speed control, takeoff and landing skills throughout the mountain.

SAFETY ON THE MOUNTAIN

Shared responsibility

Coaches manage the group and the training environment, but every athlete is learning to make responsible decisions. Athletes must follow the Alpine Responsibility Code, resort rules and coach instructions.

Helmets are mandatory during training. Athletes must remain within the boundaries established by the coach and must not enter closed terrain or attempt unapproved features.

If an athlete becomes separated

Families should review this procedure with the athlete before the season:

On the first training day, athletes who carry a phone should save their coach's number, and the coach will record the athlete's number. Athletes should also save Chris Muir's emergency number: 604-905-8788. These numbers are for safety and meeting-point communication; normal program updates will continue through the club's approved communication channels.

1. Stop and stay calm.
2. Go to the nearest lift or clearly staffed mountain location.
3. Tell the lift operator or staff member that the athlete is separated from a Freestyle Whistler group.
4. Call Chris Muir at 604-905-8788, or ask the lift operator or staff member to call.
5. Remain there unless directed by mountain staff.
6. Do not continue skiing to search for the group.

The coach will follow the club's search and escalation process and involve mountain staff or Ski Patrol when required. Program-specific meeting points and emergency information will be posted on the website.

Injury and concussion

Athletes must report pain, injury, a hard impact or unusual symptoms immediately. A suspected concussion means the athlete is removed from training and does not return the same day. Medical assessment and the appropriate return-to-sport process take priority over training or competition.

In an immediate on-mountain emergency, contact mountain staff or Ski Patrol. Current emergency numbers and procedures should be stored from the website before the first training day.

GOALS, REVIEWS AND REPORTS

Athlete planning in Big Mountain Freestyle is athlete-led and coach-supported. Goals help connect daily work to the athlete's development; they are not guarantees that a particular skill, result or selection will occur by a fixed date.

Our review rhythm

- Start of the season: athlete and coach establish priorities and actions.
- Early winter: goals are confirmed against the actual training environment.
- Mid-season: the athlete and coach review evidence and adjust the plan; families receive a progress report.
- End of the season: the athlete reflects, the coach completes the review and families receive an end-of-season report and next-step guidance.

What a useful goal includes

Goals may address technical skills, tactics, physical capacities, competition processes, confidence, independence, teamwork, recovery or training habits. A useful goal identifies the intended outcome, the actions the athlete can control and the evidence that will show progress.

The family's role

Parents help protect time, routines and access to agreed opportunities. They can add relevant health, school, travel or wellbeing context, but the athlete should be prepared to describe goals, progress and challenges in their own words.

SKILLS, EVIDENCE AND PROGRESS

Coaches use the program's skills matrix, observation, video where useful, training history, competition evidence and athlete reflection to understand development.

Evidence is broader than completion

A skill is not considered established because it happened once. Coaches look for:

- Technical understanding and appropriate execution.
- Control at the intended speed and in the intended terrain.
- Consistency across more than one session or condition.
- Sound decisions without constant prompting.

- The ability to adapt the skill when terrain, pressure or fatigue changes.
- Awareness of what worked, what changed and what needs further attention.

Progress is individual

Athletes can be at different stages within the same group. One athlete may be developing a new movement while another is consolidating it or transferring it to a more demanding environment. Coaches may progress, hold or regress a task based on evidence and readiness.

Reports and conversations

Written reports summarize important patterns, not every session. The most useful development conversations combine the athlete's reflection, the coach's evidence and relevant family context. Questions about another athlete's progress or placement will not be discussed.

COMPETITION

Competition is an important development tool in Big Mountain Comp. The season plan explains the intended competition exposure.

Why we compete

Competition can help athletes apply skills under pressure, learn inspection and event routines, make tactical decisions, evaluate preparation and identify the next training priority.

Readiness and event choice

Coaches consider technical readiness, consistency, athlete interest, emotional readiness, independence, event format, travel demands and the family's capacity. Entering more events is not automatically better.

Selection, registration and costs

An expression of interest is not always a confirmed team trip or athlete entry. Families should wait for the program communication that confirms eligibility, registration steps, coaching, travel structure, costs and deadlines. Event details remain provisional until the organizer publishes official information.

Supporting the athlete

Families should reinforce preparation, effort, decisions and learning. Results are one source of evidence, not a complete measure of development. Technical feedback should come from the coach, and concerns should be discussed privately after the athlete has had time to recover and reflect.

Big Mountain Comp target events

Athletes who are interested in competition may target the following IFSA events, subject to eligibility, registration, event acceptance and athlete readiness:

- Revelstoke Junior 2* - February 19-21, 2027.
- Whistler Junior 3* - March 12-14, 2027.

Families should review the Big Mountain Comp season plan and confirm registration, coaching and travel arrangements before committing.

Provincial tour and travel events

Athletes may have the opportunity to travel to Freestyle BC Timber Tour and Shred Series events, the provincial development tour. The current Junior Development calendar lists:

Fernie - January 21-24, 2027.

Sun Peaks - February 18-21, 2027.

Apex - March 4-7, 2027.

TRAVEL: WHAT FAMILIES NEED TO KNOW

Travel is an extension of the training environment. Athletes are expected to contribute to the team, follow the schedule and manage age-appropriate responsibilities away from home.

Who manages travel

Freestyle Whistler provides coordinated logistics and team travel only for Canada Cup, Junior Nationals and NorAm events. For all other competitions, families should expect to travel with their athletes and manage transportation, accommodation, meals and supervision unless the club confirms another arrangement in writing. Coaching support at an event does not mean the club is managing travel.

Before committing

For club-managed travel, families should review the Trip Sheet and confirm:

- Dates, location, event purpose and athlete eligibility.
- Coaching, chaperone and supervision structure.
- Transportation, accommodation and rooming arrangements.
- Estimated shared costs and individual expenses.
- Registration, payment, cancellation and response deadlines.
- Required travel documents, memberships and insurance.
- Whether a parent or approved guardian must accompany the athlete.

Athlete responsibilities

Athletes are expected to follow the itinerary, curfews, rooming rules and coach or chaperone directions; communicate illness, injury or concerns promptly; care for personal equipment and documents; contribute to meal preparation and cleanup when required; and represent the club respectfully.

Age and supervision

Families of athletes under 13 should plan for a parent or an approved designated guardian to accompany the athlete unless the club confirms another arrangement in writing. Older athletes may travel within a club-managed structure when the Trip Sheet and policy allow it. Supervision decisions are based on the trip, athlete readiness and approved staffing - not age alone.

Costs and withdrawal

Participating families may share applicable coaching, transportation, accommodation, food or chaperone costs. Families choosing separate accommodation may still be responsible for their share of team costs. Once participation is confirmed, non-refundable expenses may remain payable if the athlete withdraws.

Conduct and wellbeing

At every event, athletes represent Freestyle Whistler. Whether travel is club-managed or family-managed, athletes are expected to behave in a mature, respectful manner that reflects the club in a positive light on snow, at venues, in accommodation, in public and online. Athletes must follow the Athlete Code of Conduct, Safe Sport expectations, event rules and coach or official directions. Fighting, bullying, harassment, intimidation, property damage and other unsafe or disrespectful conduct are not permitted. Drugs, alcohol, cannabis products and vaping are prohibited. Athletes must report illness, injury, bullying, boundary concerns or an unsafe situation promptly.

Parents must submit required consent, medical, dietary and travel information before departure.

The complete travel policy is available here:

https://www.freestylewhistler.com/policies

The full policy and the event-specific Trip Sheet govern when their requirements are more detailed or restrictive than this summary.

VOLUNTEERING AND CLUB COMMUNITY

Volunteers help make events, facilities and club activities possible. Opportunities may include event support, course work, registration, athlete services, fundraising and community activities.

Current volunteer opportunities, eligibility requirements and any family volunteer or earn-back commitment will be posted on the website. Families should use the official sign-up process so hours and roles can be recorded accurately.

SPRING AND SUMMER DEVELOPMENT

Winter is the core program season. Spring and summer participation is not mandatory unless it is specifically included in a program commitment.

Athletes who want to keep progressing in freestyle should consider training opportunities that support their individual priorities. These may include:

- Explore spring training opportunities.
- Explore summer trampoline and water ramp training.
- Strength, conditioning, mobility and recovery work appropriate to the athlete's stage.
- Other sports and unstructured activity that build athleticism and enjoyment.

Off-season choices should be discussed with the program coach when possible. More volume is not automatically better. The right plan balances useful exposure, recovery, school, other sports, family capacity and the athlete's motivation.

FREESTYLE GLOSSARY

Aerials - Athletes take off from a steep snow jump, perform flips and twists, and are judged on takeoff, form and landing.

Air awareness - Understanding body position and orientation while off the snow.

Airbag - A specialized landing surface used for selected jump progressions under supervision.

Athlete pathway - The range of programs and experiences available as an athlete grows and develops.

Base - The flat underside of a ski.

Berm - A banked turn or shaped snow feature.

Big air - A freeski event in which athletes perform a single trick from a large jump and are judged on difficulty, execution, amplitude and landing.

Competition run - The athlete's judged or timed performance during an event.

Dual moguls - Two athletes race head-to-head on parallel mogul courses, combining turns, airs and speed.

Edge control - Using the metal ski edges to grip, release and shape turns.

Fall line - The most direct line downhill.

Feature - A jump, rail, box, mogul, roller or other element used in training.

FIS - The International Ski and Snowboard Federation, the international governing body for competitive skiing and snowboarding.

Freeride - One of FIS's newest discipline groups. Athletes ski or snowboard ungroomed natural terrain and are judged on the line they choose and how they execute it.

Freeski - The FIS discipline group that includes halfpipe, slopestyle and big air.

Freestyle - The FIS discipline group that includes aerials, moguls and dual moguls. FIS also runs aerials team events.

Freestyle BC - The provincial sport organization and governing body for freestyle skiing in British Columbia. It supports clubs and delivers programs, coach development and events for athletes, coaches and volunteers.

Freestyle Canada - The national sport organization and governing body for freestyle skiing in Canada. It develops programs and services, supports provincial organizations and clubs, and leads Canadian athletes from grassroots participation to the national team.

Halfpipe - A freeski event in which athletes link tricks on alternating walls of a U-shaped snow feature.

Inspection - A controlled look at a course or feature before training or competition.

Jumps or airs - Takeoffs and landings used to learn controlled flight and tricks.

Knuckle - The rounded area where a jump landing begins. Athletes aim to land in the designated landing zone, not on the knuckle.

Landing - The sloped area designed for returning to the snow after a jump.

Moguls - A field of snow bumps skied with controlled turns and, in competition, airs.

Park or terrain park - An area with designed jumps and features.

Pop - An active extension used to leave a takeoff with control.

Progression - A sequence that moves from simpler preparation to a more complex skill.

PSO - Provincial Sport Organization. The recognized body responsible for developing and governing a sport within a province; Freestyle BC is the PSO for freestyle skiing in British Columbia.

Rail or box - A terrain-park feature designed for sliding.

Run - One trip through a course, terrain area or planned sequence.

Slopestyle - A competition discipline using a course of jumps and rail features.

Spotting - Coach support used in some dryland or acrobatic settings. Spotting does not eliminate risk.

Switch - Skiing backwards in a balanced, controlled stance.

Takeoff or lip - The shaped part of a jump from which the athlete leaves the snow.

Trampoline - A controlled training environment for body awareness and selected acrobatic progressions.

Water ramp - A summer training facility where athletes practise selected aerial skills and land in water.

Trickionary

Trick names can vary slightly between disciplines and coaches. These definitions are a parent-friendly guide; the coach’s language and progression are the final reference.

Switch takeoff - Leaving a jump or feature while skiing backwards.

Upright spin - A spin around a mostly vertical axis, with the head staying above the feet rather than flipping or corking.

360, 540 and 720 - Rotation measured in degrees: 360 is one full turn, 540 is one-and-a-half turns and 720 is two full turns. From a forward takeoff, a 360 or 720 normally lands forward and a 540 normally lands switch.

Switch 360, switch 540 and switch 720 - The same rotations beginning from a switch takeoff. A switch 360 or switch 720 normally lands switch; a switch 540 normally lands forward.

Cork - A backward-set off-axis spin. The athlete tilts away from upright without completing a full flip.

Misty - A forward-set off-axis or inverted spin that combines forward flip and rotation.

Bio - A forward-set off-axis spin between an upright spin and a misty.

Rodeo - A backward-set off-axis or inverted spin with more flip than a cork.

Flat spin - In club language, a backward-set rotation that is closer to a backflip than a cork or rodeo.

Flip - A complete feet-over-head rotation.

Double flip - Two complete feet-over-head rotations in one trick.

Double cork - A spin in which the athlete passes through an off-axis position twice. It is different from a double flip.

Dub - Athlete shorthand for “double.” It may refer to a double flip or double cork, so the full trick name matters.

Common grabs

Grab - A clear hold of one or both skis while in the air. Coaches look for control, position and a deliberate hold rather than a quick touch.

Safety grab - The same-side hand holds the outside edge of the same-side ski near the boot.

Mute grab - A cross-body hand holds the outside edge of the opposite ski while the skis cross.

Critical grab - A cross-body hand holds the inside edge of the opposite ski.

Japan grab - The hand reaches behind the ungrabbed leg to hold the outside edge of the opposite ski, with the other leg extended.

Tail grab - The hand holds the tail area of the ski.

Blunt grab - A tail grab taken at the very end of the ski.

Nose grab - The hand holds the tip area of the ski.

Truck driver - Both hands hold the outside edges near the ski tips, with the skis together and legs extended.

Seatbelt grab - A cross-body safety-style grab using the opposite hand and opposite ski.

Rails and boxes

Rail slide - Sliding a rail or box with the skis turned across the feature while staying balanced over it.

Straight on - Approaching forward, then turning onto the rail or box.

Switch on - Approaching backwards, then turning onto the rail or box.

Lipslide - Approaching from the side and rotating away from the feature so the ski tails pass over it before the slide.

Switch lipslide or switch lip - Approaching backwards and rotating away from the feature so the ski tips pass over it before the slide.

Switch-up - Popping and rotating while remaining on a rail or box, then landing back on the feature.

Moguls and big mountain

Line - The route an athlete chooses through natural terrain or a course, including turns, speed control, features, takeoffs, landings and a safe exit.

Zipper line - A direct, narrow path down a mogul field, using quick turns through the troughs close to the fall line.

Mogul crest - The top of a mogul.

Mogul face - The uphill-facing side of a mogul.

Mogul backside - The downhill-facing side of a mogul.

Trough - The low channel between moguls where the skis and legs absorb changing terrain.

Air site - A shaped jump within a mogul course.

Mogul course anatomy - A competition course has a start gate, an upper turn section, a top air site, a middle turn section, a bottom air site, a lower turn section and a finish line or finish area. Course markings define the competition lanes and boundaries.

FAQ

What if my athlete is nervous?

Tell the coach privately and encourage the athlete to communicate. Nervousness is information. Coaches can adjust the task, environment or timing without making the athlete feel that they have failed.

What if my athlete is sick, injured or returning from an injury?

Do not send an athlete who cannot participate safely. Tell the coach as early as possible and report pain, injury, a hard impact or concussion symptoms immediately. Medical guidance and the appropriate return-to-sport process take priority over training or competition.

Will my athlete use the airbag or large jumps?

Only when the feature is available, the activity fits the program and the coach believes the athlete has the necessary preparation and readiness. Access to a facility never guarantees access to every feature.

Why is the group doing different things?

Athletes may receive different tasks within the same session. Appropriate challenge is more useful than identical progression.

How are training groups formed?

Coaches consider age, experience, readiness, skiing pace, discipline interests and the required coach-to-athlete ratio. Friendships are a priority, and we try to honour friend, sibling or grouping requests wherever possible. Placement cannot be guaranteed, and coaches may adjust groups when a different placement would better support safety, learning or group balance.

What if my athlete misses a day?

Use the attendance process and review any posted update. Coaches will help the athlete rejoin the learning progression. If sufficient notice is provided, we are happy to reschedule the training session for a later date when an appropriate session is available. Contact info@freestylewhistler.com to inquire.

Are competitions required?

Competition is not required in Big Mountain Freestyle. The program can be as much about skill development, terrain awareness and confident freeride skiing as it is about competition. The program guide will explain whether an event is included or expected, and optional events will be communicated separately. Coaches can help families decide whether an event suits the athlete's interests and readiness.

How do we know if our athlete is ready for another program?

Readiness conversations include the athlete, parent and coach. Options may include continuing in Big Mountain Freestyle, moving to Big Mountain Comp for athletes who want more IFSA competition, or exploring Park Riderz, Girlstylerz Progression, Development Freeski or Development Mogul based on the athlete's interests and readiness. Some athletes may later be considered for performance-stream programming. Placement depends on readiness, available space, program expectations and a conversation with the athlete, family and coaches.

Where and when does my athlete meet the group?

Meeting and pickup locations are published in the Parent Hub or current program update and may vary by day. Check the latest information before leaving home and arrive early enough for the athlete to be ready at the session start. If anything is unclear, contact info@freestylewhistler.com.

What happens if weather, snow or terrain conditions change?

Coaches may change the meeting point, terrain, activity or progression to suit the conditions. Check the website and current club email before leaving home. Unless the club or resort confirms a change or cancellation, families should expect training to proceed.

Where do we find current information?

Use the website first:

https://freestylewhistler.com