FREESTYLE WHISTLER

FREESTYLERZ FAMILY HANDBOOK

2026-27

A practical guide for parents and athletes

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Welcome to the club

Joining a freestyle ski club brings new language, new routines and plenty of questions. This handbook is designed to help families understand what to expect, where to find current information and how we can work together to create a safe, positive development environment.

Freestyle Whistler supports athletes at different ages, stages and levels of commitment. Some athletes are discovering freestyle for the first time. Others are preparing for competitions or pursuing performance goals. Every athlete should feel known, supported and appropriately challenged.

The website is our source of truth for current schedules, program details, forms, fees, registration links and updates:

https://freestylewhistler.com

START HERE

Before the first training day

DO

- Confirm program registration, waivers and payment status.
- Complete the required Freestyle BC and Freestyle Canada membership.
- Confirm the athlete has the required lift access.
- Review and update emergency, medical, allergy and dietary information.
- Confirm that the family email address and mobile number in the registration system are current.
- Read the program-specific How We Train guide.
- Label the athlete’s equipment and clothing.
- Practise a simple family plan for a missed connection or separated athlete.

KNOW

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

OPTIONAL

- Attend parent education sessions, judging clinics and pathway meetings.
- Explore spring and summer opportunities when they support the athlete’s goals and interest.

WHO WE ARE

Freestyle Whistler has supported freestyle skiing in Whistler since 1988. Our work is grounded in athlete development, safe progression, strong coaching and a sense of belonging.

Our aim is not to rush athletes through skills or programs. We want athletes to develop the technical, physical, psychological and social foundations that allow them to enjoy the sport, make good decisions and continue progressing over time.

What families should experience

- A safe, welcoming and inclusive training environment.
- Coaches who know the athletes and plan purposeful sessions.
- Progressions based on readiness, not pressure.
- Training opportunities that reflect the priorities of the athlete’s program.
- Clear information about the program and the next important action.
- Honest feedback, regular reviews and private conversations when needed.
- A club community in which athletes, parents, coaches and volunteers contribute.

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.

THE FREESTYLE PATHWAY

Freestyle skiing includes several related disciplines and many ways to participate. Young athletes benefit from broad exposure before specializing.

Different ways to explore the mountain

Freestyle athletes do not all see the mountain in the same way. Some are drawn to natural terrain and creative line choice. Others are most excited by terrain park features, jumps, moguls or competition. Our programs are built around these different ways of exploring and using the mountain.

- Athletes who enjoy natural terrain, freeride skills and line choice may move toward Big Mountain Freestyle.
- Athletes who enjoy terrain parks, jumps and rails may move toward Park Riders or the Freeski Development Teams.
- Athletes who enjoy moguls, technical turns and aerial development may move toward the Mogul Development Teams.
- Athletes who are ready for greater training commitment, want to compete more seriously or want to train year-round may move toward the Performance Stream.

These are pathways, not fixed labels. Athletes can discover new interests over time, and program moves should be based on readiness, motivation and fit.

Progression Stream

Programs that build strong skiing, physical literacy, confidence and introductory freestyle skills. The emphasis is enjoyment, variety, safe progression and learning how to train.

Performance Stream

Programs for athletes who are ready for greater training commitment, individualized planning, competition and discipline-specific development. Entry is based on readiness and program fit, not age alone.

A pathway, not a conveyor belt

Athletes do not need to progress at the same speed or choose the same destination. Readiness includes:

- Technical skill and consistency.
- Confidence and sound decision-making.
- Coachability and increasing independence.
- Physical and emotional readiness.
- Interest in the next challenge.
- The family’s time, travel and financial capacity.

- The athlete’s own motivation.

Competition can be useful, but it is not the only evidence of progress. A strong season may include new skills, better habits, growing confidence, improved teamwork or a deeper love of skiing.

HOW WE TRAIN

Freestyle athletes develop through a mixture of environments rather than repeating one discipline every day.

A training day may include:

- Technical skiing and all-mountain movement skills.
- Moguls and turn development.
- Terrain-park awareness, jumps and features.
- Air awareness and landing skills.
- Games, challenges and decision-making.
- Warm-up, physical literacy and recovery habits.
- Goal check-ins, reflection and video review.

Coaches adapt the plan to snow, weather, terrain availability, group needs and athlete readiness. A published plan is a direction, not a promise that every feature or skill will be used on a particular day.

Safe progression

Coaches normally move athletes through a progression:

1. Understand the skill and the safety expectations.
2. Build the movement in a controlled environment - often trampoline and then airbag for aerial skills - before moving it to snow.
3. Practise with control and useful feedback.
4. Demonstrate the skill consistently.
5. Apply it in a more challenging environment when ready.

Athletes may progress, pause or return to an earlier step. That is normal coaching - not failure.

ATHLETE, PARENT AND COACH ROLES

The athlete’s role

- Arrive on time, fuelled, hydrated, prepared and ready to participate.
- Listen, ask questions and communicate honestly.
- Make choices within the boundaries set by the coach.
- Respect teammates, coaches, staff, the public and the mountain.
- Tell an adult about pain, injury, fear, bullying or an unsafe situation.
- Help with age-appropriate responsibilities, including carrying gear and managing snacks.
- Focus on learning and effort rather than comparing progress.

The parent or guardian’s role

- Protect the athlete’s sleep, preparation and arrival time.
- Provide suitable equipment, clothing, food and hydration.
- Keep health, emergency and contact information current.
- Encourage effort, curiosity and recovery from mistakes.
- Let coaches teach technical skiing.
- Ask the athlete what they learned or enjoyed before asking about results.

- Raise individual concerns privately and early.
- Support respectful communication and the club's conduct expectations.

The coach's role

- Create a physically and emotionally safe environment.
- Plan purposeful, age-appropriate sessions.
- Choose terrain and progressions based on conditions and readiness.
- Provide clear, useful feedback.
- Communicate the day's purpose and important follow-up.
- Monitor attendance, wellbeing and group dynamics.
- Document and report injuries or incidents appropriately.
- Maintain professional boundaries and follow Safe Sport requirements.

A helpful parent question is: "What did you learn or enjoy today?" Technical corrections are most effective when they come from the coach.

COMMUNICATION

Keep one place current

The website or 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.

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

Please arrive early enough for the athlete to be dressed, equipped and ready at the stated meeting time. 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.

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.

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 when requested by the program.
- 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

Young athletes need enough food and fluid to support growth, concentration, warmth and activity. Our message is simple: fuel regularly, choose familiar foods and avoid making food a source of pressure.

A practical breakfast includes:

- Carbohydrate for readily available energy.
- Colour from fruit or vegetables.
- Protein for staying power and recovery.

- Water or another suitable drink.

Examples include oatmeal with milk or yogurt and berries; eggs with toast and fruit; yogurt with granola and banana; or a smoothie served with toast or another carbohydrate. When an athlete struggles to eat early, a smaller breakfast plus a second breakfast or substantial snack may work better.

Prepare the night before when mornings are rushed. Families should follow medical advice for allergies, dietary restrictions or health conditions.

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

Every U12 athlete receives a contact sticker for the back of their lift pass. If they carry a phone, save the club contact number listed below.

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

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

We want young athletes to have a voice in their development.

Our normal rhythm includes:

- Start of the season: athlete and coach goal-setting.
- Mid-winter: goal check-in and adjustment.
- Mid-season: written progress report.
- End of the season: athlete reflection, coach review and next-step conversation.
- End of the season: written report.

Goals may cover freestyle skills, skiing, physical capacities, confidence, independence, teamwork or training habits. They are not promises that a particular trick will be completed by a particular date.

Parents support the process by listening, adding relevant context and helping the athlete follow through. The athlete should speak first whenever possible.

SKILLS, EVIDENCE AND PROGRESS

Coaches use program skill matrices, observation, video where useful, reports and athlete reflection to understand progress.

A skill is more than one successful attempt. Coaches look for:

- Understanding of the movement and safety expectations.
- Control in the appropriate environment.
- Repetition across more than one occasion.
- The ability to make a useful decision without being prompted every time.
- Growing consistency under normal training pressure.

Some programs use a Skills Passport or similar athlete-facing record. A sticker or checkmark recognizes that an athlete has demonstrated the skill two or three times in the intended setting. It is a milestone, not a declaration that the skill is finished. Athletes continue refining skills as terrain, speed and combinations become more demanding.

COMPETITION

Competition is optional in many programs and should be introduced when it supports the athlete’s development and interest.

Coast Series - Whistler | February 12-14, 2027

For athletes who are unsure about competition, Coast Series - Whistler is the best place to try one. It offers a familiar, local setting without the added demands of travel. Registration opens in late November. The planned schedule is:

- Friday, February 12 - Training
- Saturday, February 13 - Moguls
- Sunday, February 14 - Slopestyle

Event registration, daily times, meeting locations, equipment requirements and volunteer information will be shared separately.

Provincial tour and travel events

Freestylerz 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.

We are also developing events at Grouse Mountain and Mount Washington. IFSA freeride events may be available for athletes ready to travel. Dates, formats, eligibility, costs and coaching will be confirmed before families commit.

Participation is optional. Families arrange their own registration, transportation, accommodation, meals and other travel logistics. Freestyle Whistler provides coaching at all Timber Tour and Shred Series events. Freestylerz participation, final dates, eligibility, costs and coaching details will be confirmed before families commit.

Open the Freestylerz Parent Hub

A first competition can help an athlete:

- Learn event routines and course inspection.
- Set a simple performance or process goal.
- Practise managing nerves and uncertainty.
- Meet athletes from other clubs.
- Understand judging, timing and fair play.
- Celebrate progress and identify the next learning step.

Readiness is broader than technical skill. Coaches consider athlete interest, emotional readiness, independence, event format, travel demands and the family's capacity.

Families should expect event information to remain provisional until the organizer publishes official details. The event-specific communication will explain registration, schedule, costs, travel, equipment and the athlete-support plan.

TRAVEL: WHAT FAMILIES NEED TO KNOW

Freestyle Whistler provides coaching at all Timber Tour and Shred Series events. Families are responsible for their own registration, transportation, accommodation, meals and other travel logistics for these events. Event-specific communication will confirm coaching plans, meeting details and athlete-support expectations.

Before committing

Families should review:

- Location and dates.
- Transportation and accommodation arrangements.
- Estimated shared and individual costs.
- Cancellation terms.
- Registration and response deadlines.

Costs

Depending on the trip, participating families may share applicable coaching, coach travel, transportation, accommodation, food or chaperone costs.

As a planning estimate, away-competition club costs are generally $200-$300 per athlete for events at Okanagan ski resorts or Mount Washington and $350-$450 per athlete for events in the Kootenays.

These estimates cover coach travel and additional coaching days and may change based on the total number of athletes attending and the final event plan. 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

Athletes represent Freestyle Whistler whenever they train, travel or compete. We hold ourselves to the standard of being the best ski club in Canada and one of the best in the world, and we expect athletes to represent the club with mature, respectful behaviour. Fighting, bullying, harassment, intimidation and other unsafe or disrespectful conduct are not permitted. Athletes must follow the Athlete Code of Conduct, curfews, rooming and supervision rules, contribute to age-appropriate meal preparation and cleanup, and report illness, injury or safety concerns.

Parents must submit required consent, medical and travel information and communicate allergies or dietary requirements before departure.

The complete travel policy is available here:

View the complete Travel Policy

Trip requirements may be more restrictive than this summary. The full policy and Trip Sheet govern.

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. Each family's volunteer requirement and any related volunteer levy or earn-back terms are set out during registration. Families should review these requirements at the start of the season and plan how they will contribute.

Track It Forward is the club's volunteer sign-up and hours-tracking app. The new season is set up each November, and families should use the opportunities listed there so roles and hours are recorded accurately.

Club community matters too. Parent coffee mornings and après gatherings at RMU will be announced throughout the winter. We aim to bring parents together once or twice each month, depending on the training and event calendar.

SPRING AND SUMMER DEVELOPMENT

Winter is the core program season. Spring and summer participation is optional.

Athletes who want to keep progressing may benefit from:

- Explore spring training opportunities.
- Explore summer trampoline and water ramp training.
- Other sports and unstructured play.
- Activities that build balance, coordination, strength, confidence and enjoyment.

Off-season participation should suit the athlete's interest, family schedule and readiness. More volume is not automatically better. Quality, recovery and enthusiasm matter.

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.

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.

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.

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.

Should we coach our athlete after training?

Ask about learning and enjoyment. Share relevant observations with the coach, then allow the coach to provide technical direction.

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

Readiness conversations include the athlete, parent and coach. They consider skills, habits, independence, motivation and program demands rather than one result or one completed trick.

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 should my athlete bring?

Bring the equipment required by the program, including a helmet, skis and poles where applicable, boots, goggles, gloves or mittens, suitable layers and the athlete's lift pass. Athletes should also carry water, lunch, snacks and any required medication. Label personal items and follow the program-specific equipment list.

How are training groups formed?

Coaches consider age, experience, readiness, skiing pace, discipline interests and the required coach-to-athlete ratio. Families may share a friend, sibling or grouping request, but placement cannot be guaranteed. Coaches may adjust groups when a different placement would better support safety, learning or group balance.

Does my athlete need a lift pass and memberships?

Yes. Athletes must have the lift access required by their program and complete the required Freestyle BC and Freestyle Canada membership before training. Check the program page and registration information for the current requirements.

Are competitions required?

Competition is not required in every U12 program. 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 interest and readiness.

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.

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.

Where do we find current information?

Use the website first:

https://freestylewhistler.com