



WATERVILLE VALLEY BLACK & BLUE TRAIL SMASHERS

Snowsports Education Foundation

Pioneering Snowsports; Cultivating Tomorrow's Leaders

WVA/BBTS Freeski/Freestyle Program Principles

1. Freeski as well as Freestyle preparation: Slopestyle/Big Air, Moguls/Aerials
2. Diverse Training is the focus up to age 13
3. Sport Specialization beginning with physical maturation, definitely specialized by age 14.
4. Athletes are eligible for FIS competitions at 13 years.
5. All B athletes participate in USSA Eastern Competitions, B's leaning toward Slopestyle participate in USASA competitions
6. Middle School Program will blend USASA as well as USSA competitions – B+/A- program
7. Freestyle A – Moguls, encouraged to attend WVA, or add as many camps as possible.
8. Freeski A – Slopestyle, encouraged to attend WVA, or add as many camps as possible.

Camps – Dryland/off-snow

1. Mites/Groms – June
2. Trampoline Club – Weekly during winter
3. Memorial/Columbus/Labor Day – three day AirBag
4. Summer Dryland camp – six day overnight camp, late July/August
5. Summer Training Sessions – 1-3 weeks, and/or weekends

Camps – On-Snow

1. Western North America – June, Slopestyle/Moguls focus, all ages
2. Mt Hood – July, Slopestyle/Big Air focus, older Freeski
3. Saas Fee – September, Slopestyle/Big Air focus, older Freeski (includes academic support)

Staffing – organization

A Freeski – Dan Shuffleton, Matt Crowe

A Freestyle – Rob Dresser

Middle School Program Head Coach – Wes Preston

WVBBTS B Program – Ned Morse, Philip Morse, Patrick Heald

