



## **FREESTYLE ONTARIO PROVINCIAL TEAM STRUCTURE POLICY**

### **REVISION RECORD**

July 9, 2018 – Policy created and approved.

April 15, 2021 – General wording updated to reflect current program design; Section numbering updated; Athlete membership requirements updated (Section 6.2.d); Coach requirement exception created (Section 7.b).

April 21, 2021 – Minor updates to Definitions (Section 1); Daily Training Environment requirements adjusted to meet discipline specific needs (Section 6.2.b.); COVID-19 Exception added (Section 9).

April 8, 2022 – Phasing out of non-Ontario High Performance Partner Clubs added (section 7.g.).

June 12, 2023 - Policy approved.

### **1. DEFINITIONS**

For the purposes of this policy, the following definitions apply.

**Sport Organization:** Provincial, Territorial or National Sport Governing bodies (i.e. Freestyle Ontario).

**Club:** A “club” is a freestyle skiing program that has a valid Provincial/Territorial Sport Organization membership and meets all Provincial/Territorial Sport Organization and Freestyle Canada membership requirements. A club may consist of zero or more freestyle skiing teams. It must provide freestyle skiing programming and have a valid Freestyle Canada membership.



## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

**High Performance Partner Club:** A “High Performance Partner Club” is a club that has met the minimum requirements and has signed an High Performance Partner Club Agreement with Freestyle Ontario, to provide an Ontario Team Training Program through a High Performance Club Team.

**Training Group:** A “training group” is a group of athletes who train together under the leadership of one or more coaches. A training group must be part of a club or sport organization.

**Team:** A “team” is a group of athletes who represent a club or a jurisdiction (Region, Province, Country). A team must be part of a club or sport organization ( e.g. Freestyle Ontario) but a club or sport organization is not necessarily a team. A club or sport organization may be represented by more than one team.

**Ontario Team:** The Freestyle Ontario “Ontario Team” is the team selected by Freestyle Ontario to represent the Province of Ontario in Freestyle Skiing, as the top tier of the Freestyle Ontario High Performance Program.

**High Performance Club Team:** A “High Performance Club Team” is a team operated by a Freestyle Ontario High Performance Partner Club, that meets the minimum requirements to provide an Ontario Team Training Program.

**Program:** An organized activity structure designed with the intention of supporting freestyle skiing activity for athletes.

**Ontario Team Program:** The overall “Ontario Team Program” includes all organized activity designed by Freestyle Ontario and its various high performance partners, with the intention of supporting freestyle skiing activities for Ontario Team athletes.

**Ontario Team Training Program:** Is a training program offered by a High Performance Club Team that meets the minimum training requirements for Ontario Team Athletes.

**Ontario Team Athlete:** An athlete selected to the “Ontario Team” by Freestyle Ontario according to the Freestyle Ontario – Ontario Athlete Selection Criteria, and who has signed the Freestyle Ontario High Performance Program Athlete Agreement.



## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

**Moguls:** Refers to both the single moguls and/or dual moguls freestyle skiing disciplines.

**Park and Pipe:** Refers to the slopestyle, big air, and/or halfpipe disciplines.

## **2. PURPOSE**

This policy is to define and outline the structure of the provincial teams that make up the Freestyle Ontario High Performance Program. This policy is intended to work in conjunction with all current Freestyle Ontario High Performance Program selection criteria and policies.

This policy is intended to support the High Performance goals of the Freestyle Ontario Strategic Plan.

Freestyle Ontario's overarching High Performance goal is:

To advance Ontario athletes to Freestyle Canada's national team.

This policy provides two team structures that allow for high performance athletes selected to the Ontario Team to receive quality programming, qualified coaching, Freestyle Canada aligned strength and conditioning training, and support from Freestyle Ontario, its clubs, and its high performance partners. It also supports the development of Ontario's high performance athlete, coach, and club development system.

## **3. ONTARIO TEAM PROGRAM**

Freestyle Ontario's Ontario Team Program is defined in section 6.1 of the Freestyle Ontario – Ontario Athlete Selection Criteria.

Athletes may be named to the following Ontario Teams:

- Ontario Team – Moguls
- Ontario Team – Park & Pipe

Athletes are selected for these teams through the process outlined in the Freestyle Ontario – Ontario Athlete Selection Criteria. FO reserves the right to



## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

adjust the team size to ensure that team composition aligns with the High Performance Program goals in the Freestyle Ontario Strategic Plan. It is not mandatory for Freestyle Ontario to name athletes to either Ontario Team.

Athletes must sign a Freestyle Ontario High Performance Program Athlete Agreement and pay any associated team fees to be part of these teams.

### **4. TEAM STRUCTURE**

There are two possible structures for the Ontario Team Program. Freestyle Ontario reserves the right to activate and/or deactivate either of these structures at any time. These structures are:

#### **4.1 STRUCTURE #1**

Freestyle Ontario operates the Ontario Team and provides the entire Ontario Team Program. Team(s) are coached by a head coach who is employed by Freestyle Ontario in either a full-time, part-time, seasonal, or contract position.

Structure #1 teams:

- Consist of athletes selected for the Ontario Team by Freestyle Ontario
- Consist of athletes who train together as an Ontario Team training group with on- and off-snow technical programming provided by Freestyle Ontario.
- Are supported by Freestyle Ontario through the high performance systems and services it is able and willing to provide.

#### **4.2 STRUCTURE #2**

In the event that Freestyle Ontario does not own and operate a Structure #1 Ontario Team for the disciplines of moguls or park and pipe, Structure #2 will become effective.

Structure #2 teams:



## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

- Consist of athletes selected for the Ontario Team by Freestyle Ontario
- Consist of athletes who train with one or more High Performance Club Teams that meet the eligibility requirements outlined in this policy. On- and off-snow technical programming is provided by the High Performance Partner Club(s).

Are supported by Freestyle Ontario through the high performance systems and services it is able and willing to provide.

### **5. ATHLETE SELECTION**

For both Structure #1 and Structure #2, athletes will be selected as per the criteria outlined in the Freestyle Ontario – Ontario Athlete Selection Criteria.

### **6. ATHLETE ELIGIBILITY**

#### **6.1 STRUCTURE #1 - ATHLETE ELIGIBILITY**

Ontario Team athletes must meet the eligibility requirements outlined in the Freestyle Ontario – Ontario Athlete Selection Criteria.

#### **6.2 STRUCTURE #2 - ATHLETE ELIGIBILITY**

In addition to the Ontario Team Program eligibility requirements outlined in the Freestyle Ontario – Ontario Athlete Selection Criteria, Structure #2 athletes must:

- a. Team Membership: Be a full-time member of a High Performance Club Team that meets the Ontario Team Training Program eligibility requirements outlined within this policy. Athlete eligibility is contingent on the athlete actively engaging in the Ontario Team Training Program provided by their High Performance Club Team.
- b. Daily Training Environment (DTE): Athletes must meet the annual DTE requirements during each year they are part of the Ontario Team:



## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

- i. Ontario Team – Moguls:
  1. Water Ramp and Trampoline: Train for 6 or more water ramp and trampoline training days at Freestyle Ontario's water ramp facility at Horseshoe Resort.
  2. On-Snow: Train for 5 or more on-snow training days at a resort that falls within the Ontario Division Boundaries as described in Section 33(g) of the FC By-Laws.
- ii. Ontario Team – Park & Pipe:
  1. On-Snow or Water Ramp and Trampoline: Train for 11 or more on-snow training days at a resort that falls within the Ontario Division Boundaries as described in Section 33(g) of the FC By-Laws, or at Freestyle Ontario's water ramp facility at Horseshoe Resort.
- c. Freestyle Ontario High Performance Partners & Services: Participate and cooperate with all Freestyle Ontario high performance partnership initiatives. If made available to Freestyle Ontario, this includes full participation and engagement in the Canadian Sport Institute Ontario's (CSIO) Ontario High Performance Sport Initiative (OHPSI) program.
- d. Membership: Athletes must have a valid Freestyle Ontario Provincial license or Freestyle Ontario FIS license.

Failure to fulfill the above eligibility requirements may result in an athlete losing their Ontario Team Program eligibility, and thus losing their spot on the current and/or future Ontario Team.

If an athlete feels they cannot fulfill the above requirements due to injury, they may apply for an eligibility exemption through section 5.6 of the Freestyle Ontario – Ontario Athlete Selection Criteria (i.e. Extraordinary Circumstances/Injury Clause).

## **7. STRUCTURE #2 – HIGH PERFORMANCE CLUB TEAM & HIGH PERFORMANCE PARTNER CLUB ELIGIBILITY**



## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

In order for a club to be eligible to be a Structure #2 High Performance Partner Club that can deliver an Ontario Team Training Program, the following requirements must be met:

- a. Governance and Administrative Commitment: The High Performance Partner Club is committed, and has governance structures in place, to offer programming to support Ontario Team athletes at the Learn to Compete & Train to Compete stages of Long-Term Athlete Development; and has signed a current Freestyle Ontario High Performance Partner Club Agreement.
- b. Coach: The Head Coach of a High Performance Club Team must be a Freestyle Canada Comp-Dev Trained<sup>i</sup> Coach, or higher in a relevant discipline:
  - Moguls
  - Slopestyle
  - Halfpipe
- c. Yearly Training Plan (YTP): High Performance Club Teams must deliver a YTP that consists of the following periodized phases:
  - Transition
  - General Prep
  - Specific Prep
  - Pre-Comp
  - Comp Phase/Main Comp

The YTP must include details including:

- Targeted Competitions/Events (and their priority)
- Training Camps
- Trampoline Training
- Water Ramp and Airbag Training

---

<sup>i</sup> Exception: \*A club whose coach is not yet Comp-Dev Trained (which includes both the sport-specific and NCCP multisport training requirements) may request an extension for a period of 1 YEAR ONLY while the coach completes their Comp Dev training. Freestyle Ontario reserves the right to turn down this request.



## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

- On-snow training

This YTP must be shared with and approved by Freestyle Ontario's High Performance Director.

d. Ontario Team - Moguls: In order to be eligible to become a Structure #2 High Performance Club Team, a team must meet the following requirements<sup>ii</sup>:

- i. Training Volume (Moguls): Ontario Team Training Programs must schedule 70 or more sport-specific technical training days per year, where the athlete is coached by a team coach. A day may consist of one or more training sessions and environments. These days may include:
  - Trampoline training
  - Water ramp training
  - Air bag training
  - On-snow training
  - Competition training days

The following do not count towards these 70+ days:

- Event days (as defined in the Freestyle Ontario – Ontario Athlete Selection Criteria)
  - Training days devoted to strength and conditioning and/or mental skills training, but do not include trampoline, water ramp, air bag, or on-snow training.
  - Rest/Recovery days
  - Travel days
- ii. Competitions (Moguls): High Performance Club Teams must target 8 or more events (as defined in the Freestyle Ontario –

---

<sup>ii</sup> Freestyle Canada's Skill Matrix and Gold Medal Profile for Learn to Compete mogul athletes was consulted while determining the OMT program requirements.





## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

Ontario Athlete Selection Criteria) per year. These events must fall within one of the following event categories:

- Ontario Provincial Championships
  - Canada Cup
  - Canadian Championships
  - Canadian Selections
  - Nor-Ams
  - Jr. World Championships
- e. Ontario Team – Park & Pipe: In order to be eligible to become a Structure #2 High Performance Club Team, a team must meet the following requirements<sup>iii</sup>:
- iii. Training Volume (Park & Pipe): Ontario Team Training Programs must schedule 80 or more sport-specific technical training days per year, where the athlete is coached by a team coach. A day may consist of one or more training sessions and environments. These days may include:
- Trampoline training
  - Water ramp training
  - Air bag training
  - Rail/Box/Feature off-snow training
  - On-snow training
  - Competition training days

The following must not count towards these 80+ days:

- Event days (as defined in the Freestyle Ontario – Ontario Athlete Selection Criteria)
- Training days devoted to strength and conditioning and/or mental skills training, but do not include trampoline, water ramp, air bag, or on-snow training.
- Rest/Recovery days

---

<sup>iii</sup> Freestyle Canada's Skill Matrix and Gold Medal Profile for Learn to Compete slopestyle and halfpipe athletes was consulted while determining the OPPT and OPPA program requirements.



## FREESTYLE ONTARIO – PROVINCIAL TEAM STRUCTURE POLICY

- Travel days
- iv. Competitions (Park & Pipe): High Performance Club Teams must target 5 or more events (as defined in the Freestyle Ontario – Ontario Athlete Selection Criteria) per year. These events must fall within one of the following event categories:
  - Ontario Provincial Championships
  - Competitions identified as being Tier 2, 3, or 4 in section 4.2 of the current season’s Freestyle Ontario – Ontario Athlete Selection Criteria
- f. Collaboration: Structure #2 High Performance Club Teams must work collaboratively and communicate regularly with Freestyle Ontario.
- g. Be located within Freestyle Ontario’s Boundaries: The High Performance Partner Club must be a member club of Freestyle Ontario, and be located within the boundaries of Freestyle Ontario.
  - a. Exemption: Athlete(s) who listed a non-Ontario club as being their High Performance Partner Club prior to the commencement of the 2022-23 Ontario Team Program may continue to train and compete with this club, providing the club has demonstrated a commitment to honoring all other requirements in this policy.

That club will continue to be recognized as being a High Performance Partner Club, providing they have demonstrated a commitment to honouring all other requirements in this policy. However, this does not allow any other Ontario Team athletes to identify this club as being their High Performance Partner Club, nor does it allow the athlete to transfer to another non-Ontario club.

Once the athlete(s) ceases to be a member of the non-Ontario club, that club will no longer be recognized as being a High Performance Partner Club.



## **8. STRUCTURE #2 - FREESTYLE ONTARIO SUPPORT**

Structure #2 allows Freestyle Ontario to continue to support athletes who have been selected to the Ontario Provincial Team Program. This is achieved by providing a provincial team structure and designation that aligns with all other Freestyle Ontario high performance policies and selection criteria. These policies and selection criteria allow Ontario Team athletes to continue to have priority and access to Freestyle Ontario's suite of high performance athlete development services, systems, and opportunities. These services, systems, and opportunities are subject to change, depending on their availability.

## **9. COVID-19 EXCEPTION**

If any part of this policy contradicts a relevant COVID-19 government restriction or public health guideline, the government restriction or public health guideline will take priority. Athletes, clubs, and coaches will not be in violation of this policy if they are unable to fulfill a policy requirement because of a COVID-19 restriction or guideline. The health and safety of our members and community are of the highest priority.