



# WHITEFISH MOUNTAIN RESORT FREESTYLE TEAM

## FREESTYLE SKI & SNOWBOARD TEAM

**Freestyle Team or WMRFT** at its simplest, is a group of young skiers and snowboarders ages 8-18. Team consists mostly of 'local' youth from all over our Flathead Valley. Some kids have graduated from our Ski & Ride School's 'Development Program,' as well as athletes from our local Alpine Race Team, some who even dual train. We even have kids from other US States and Canada.

**Our primary emphasis is safety on the mountain;** we teach kids how to make appropriate choices when choosing terrain and snow quality. Kids learn about **tree well safety** and **avalanche awareness**. Basically, we are an all mountain team with a freestyle progression base. Meaning, if athletes want to learn how to do tricks (180's, 360's, grabs etc) or want to participate in freestyle competitions, we will help them learn and master the skills needed to be successful. If an athletes' interests are not focused on learning tricks, our coaches will center their teaching around other advanced freeride skills.

We do spend a lot of time skiing and riding every part of the mountain as long as the snow is safe and appropriate for what we are doing. We, like most youth programs, give the kids time to freeski/freeride to practice and hone their skills.

Freestyle Team has a very broad spectrum of curriculum, from all mountain skiing/riding to competition preparation AND everything in between!

Our coaching is structured around the interests of each group of athletes. Our coaching staff is passionate, experienced, trained and are all positive mentors to their athletes.



**We are building better skiers and snowboarders!** We are building successful competitors! We are guiding development and growth through winter sports! We are building a passion for winter! We are advocating a community! We are building lifelong skiers and snowboarders! We are the WMR Freestyle Ski & Snowboard Team!



## FAQ's

### Does my child need to 'try out?'

Nope! We do recommend that children are able to comfortably, ski or ride EVERY groomed run at Whitefish Mountain Resort. Skiers, using parallel turns throughout. Snowboarders, riding both heel-side and toe-side. We strongly encourage that children have participated in WMR's Devo program through blue level before joining Freestyle Team.

### Do kids have to compete?

Nope! Competing is encouraged but not required. We will have coaches at all home mountain events. There are events for new to competing, intermediate and advanced athletes. Our mountain offers a few different styles of 'Freestyle' events; Rail Jam, Slopestyle, Banked Slalom & Skier/Boardercross.

### What if my child doesn't want to learn 'park' skills?

We have groups for every interest! Athletes will learn and progress in the areas that best suit their interests and ability levels.

## WHAT WE OFFER

### INTRO TO FREESTYLE TEAM

**Ages 8-15 – 10 Week Program – Fall Dryland Training**

**Available Full Day Saturday or Full Day Sunday for skiers and snowboarders**

For intermediate skiers and snowboarders to build their fundamental skills while adding Freestyle skills to the mix. This 10-week program builds skills that apply to freeriding/freeskiing, all mountain and freestyle terrain park.

**Requirements:** In order to participate, athletes need to have completed up to a level blue Devo program through WMR Ski & Ride School OR have participated in FVSEF Race Team's All Mountain Rangers.

**Is this the right place for you?** If this is your child's first year doing Freestyle Team and they have not participated in a Freestyle Team tryout, this is the place for you!

### FREESTYLE TEAM

**Ages 9-16 – 11 Week Program**

**Fall Dryland & Indoor Aerial Training**

**Available Full Day Saturday or Full Day Sunday for skiers and snowboarders**

For advanced skiers and snowboarders who have a passion for all mountain terrain, want to progress their off-piste (freeride) and freestyle skills and/or grow toward the Competition Team. Curriculum will include: freeride skills, progress fundamentals into dynamic skills, competition introduction, safety awareness including avalanche and tree well workshops.

**Requirements:** In order to participate, athlete(s) need to have participated on the Freestyle Team for at least 1 season prior OR have the Head Coach's approval to skip Intro to Freestyle Team. The Freestyle Team is for returning athletes.

**Is this the right place for you?** If your child participated in Freestyle Team last season and would like to continue to progress their skills without frequently competing, this is the place for you!

### COMPETITION TEAM

**Ages 10-18 – 14 Week Program**

**Fall Dryland & Indoor Aerial Training**

**Available Full Day Saturday for skiers and snowboarders**

For athletes who have progressed through the Intro to Freestyle Team and Freestyle Team, have a passion for competing, whether it be slopestyle, freeride, banked slalom or boardercross/skiercross events. **Athletes should plan to compete in MOST home events.** Home events include: 2 banked slaloms, 1 boardercross/skiercross, and 2 slopestyles. Snowboarders should plan to compete in Nate Chute event. Rail jams and night park events are optional.

USASA regional events available through, travel team.

Cold Smoke Freeride at Lost Trail strongly encouraged.

There will be no training on relevant event days. Coaches will be with their athletes at competitions listed above. Your athlete will receive coaching at home events with their coach and will not miss a training day!

**Is this the right place for you?** If your child participated in Freestyle Team last season and competed in numerous home events, this is the place for you!

### FRIDAY PM TERRAIN PARK TRAINING

**4:30 – 6:30 PM**

**Add-on Freestyle Team, Comp Team  
OR stand-alone\***

**Skiers & Snowboarders – Ages 10-17**

The curriculum is terrain park and competition based. Coaches will be working on a competition skills geared toward slopestyle, rail jam and big air competitions as well as freestyle terrain park skills. These also include park etiquette and safety skills used to help keep our athlete safe when skiing/riding terrain park features and in competitions.

Please keep in mind that Friday PM trainings happen after sunset, so temperatures are colder and snow is usually hard packed. We recommend additional safety gear such as knee/shin guards, hip guards, spine guards and wrist protection (for snowboarders).

### SUNDAY AFTERNOON FREERIDE TRAINING

**12 – 3:30 PM**

**Add-on for Freestyle Team, Comp Team  
OR stand-alone\***

**Skiers & Snowboarders – Ages 10-17**

The curriculum is advanced big mountain Freeski/ride based; which entails advanced skiing/riding skills in expert terrain. For example: off-piste skills, advanced tree skiing/riding, cliffs, chutes, steep and deep powder, controlling higher speeds on steeper terrain, line choice, avalanche and tree well safety.

Athletes will learn about backcountry skiing/riding and safety (in bounds of course). We do a couple of inbounds hikes and discuss the skills athletes would use out of bounds. We also do some competition training for IFSA events (if athletes seem interested in this sort of competition.).

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\*Does not include Holiday Camp or dryland training when used as a stand-alone option.

Please contact **Freestyle Team Manager Connita Parks** at 862-2971  
or **SSC Sales Representatives Brittany Denson and Will Jacobson** at 862-2909 for any questions.

**More information can be found at [skiwhitefish.com/freestyle-team/](http://skiwhitefish.com/freestyle-team/)**