



HANDBOOK

GROM SERIES SPEED & STYLE

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1. INTRODUCTION

Canada Snowboard is implementing a Learn to Train - Stage 03 event level platform with the intention to better standardize the delivery of events at this stage and increase the reach of competition introduction to a younger age of participant. These events are built on the basis of participation, progression and fun.

These events are a great way to attract and engage youth at any resort into the competitive snowboard world that may not have the opportunity at this level otherwise. The MAZDA GROM SERIES SPEED & STYLE serve as an excellent capstone for the 8-12 week RIDERS Program and give participants an opportunity to showcase skills and progressions learned within the program in a fun introduction to competition.

The MAZDA GROM SERIES SPEED & STYLE introduces participants to competitive snowboarding through a multi-discipline skills course or mini-Olympic disciplines designed to challenge freestyle, snowboard cross and alpine skills. The MAZDA GROM SERIES SPEED & STYLE courses are designed to facilitate the development of fundamental snowboard skills and introduce the technical skills necessary for each of the competitive snowboard disciplines.

The MAZDA GROM SERIES SPEED & STYLE takes components of each of the competitive snowboard disciplines and incorporates features to showcase skill progression into a single course. MAZDA GROM SERIES SPEED & STYLE can be operated by any organization affiliated with Canada Snowboard, including provincial territorial snowboard associations, clubs, mountain resort activity centres, snowboard shops, and schools.

The event incorporates an instructional component and participants are given ample amount of time to get familiar with the course before being assessed on their ability to successfully navigate features. We heavily encourage those organizing events to include this pre-event instructional format for participants.

As a skills development event, MAZDA GROM SERIES SPEED & STYLE encourages participation to all the participants. Participants are divided into appropriate age groups when appropriate. Participants are encouraged to interact with each of the features on course in their own creative way and are assessed on their ability to successfully navigate each of the features on course.

The end goal is to create an identifiable, unique and attractive brand for participants in the “Learn to Train” stage 3 of the Canada Snowboard’s Long-Term Athlete Development Plan (see following page) that will engage, and in turn, grow our membership from the bottom up. Our goal is to capture the member early and provide them with the platform and resources to grow as an athlete, and retain them as members for life.

2. GROM SERIES vs SUPER GROM SERIES

Both, the GROM SERIES and the SUPER GROM SERIES events are part of the MAZDA GROM SERIES SPEED & STYLE. All the Provincial/ Territorial Snowboard Association shall organize a minimum of GROM SERIES events per season.

Canada Snowboard recommends to organize the SUPER GROM SERIES events during a Provincial/ Territorial Series major event (ex: Provincial Championships), a National major event (ex: Freestyle National Championships) or an International event (ex: Freestyle World Cup).

All the SUPER GROM SERIES events will be organized by the Provincial/ Territorial Snowboard Associations and under the supervision of Canada Snowboard Events Department.

3. LONG TERM ATHLETE DEVELOPMENT – LTAD

The LTAD sets out the process of an athlete's development in sport from the earliest acquisition of fundamental skills through participation on the world stage and beyond – “from park to podium”. LTAD recognizes that the windows of trainability of developing athletes are central to the long-term improvement of snowboard performance and training the right components at the right stage of development is crucial for the success of all snowboard participants.

Long Term Athlete Development is composed of eight stages based on the participant's developmental, both physiological and mental, age, rather than their chronological age. It is a framework encompassing every element of snowboarding, with the rider as the central focus. It should be noted that LTAD is not just an elite model, but rather provides a solid foundation for all riders at all ages and ability levels, allowing for long-term participation, enjoyment and achievement.

Canada Snowboard has adapted the conceptual LTAD to the development of athletes in our sport and strives to have a fully integrated system in place for snowboarders to not only reach the podium, but also experience success and a lifelong enjoyment of snowboarding.

Canada Snowboard's LTAD has the following stages:

- Stage 1 - Active Start
- Stage 2 – FUNdamentals
- Stage 3 - Learn to Train (eg. GROM SERIES)
- Stage 4 - Learn to Train
- Stage 5 - Train to Compete
- Stage 6 - Learn to Win
- Stage 7 - Train to Win

- Stage 8 - Ride for Life

Key principles of the LTAD, related to GROM SERIES, are:

- Competition formats should target the windows of trainability in children.
- Adult competition formats should not be superimposed on children and pre-pubescent teens.

The GROM SERIES is based on these principles, and implements the Learn to Train stage of Canada Snowboards Long Term Athlete Development Plan. The Learn to Train stage, which covers our entry-level competitors, is one of the most important periods of motor-development. It is too early for specialization; therefore, participants are introduced to each of the snowboard disciplines, allowing him or her to identify what he or she likes while creating a solid snowboarding foundation.

The major areas of skill development at this stage are building fundamental snowboard skills and targeting the windows of trainability of physical development.

CANADA SNOWBOARD'S LTAD

(long term athlete development)



01

Stage 1: ACTIVE START (ages 0-6)

Physiological development: Initiation of basic human movement skills: running, jumping, kicking, throwing, catching, swimming, sliding, etc.



02

Stage 2: FUNDAMENTALS (ages 6-9)

Physical literacy: Interrelation of movement skills and sport skills. Speed, power and endurance are developed using sports and games.



03

Stage 3: LEARN TO TRAIN (ages 8-12)

Snowboard literacy: Introduces snowboarders to all disciplines. This will allow the child to identify what they like while creating a great multi-skill foundation.



04

Stage 4: TRAIN TO TRAIN (ages 12+)

Training literacy: Specialization and emphasis on strength conditioning. Focus is on training rather than competing.



05

Stage 5: TRAIN TO COMPETE (ages 14-16+)

Competition literacy: Emphasis on developing individual strengths through modeling, physical, technical and tactical skills.



06

Stage 6: LEARN TO WIN (ages 17-18+)

Excellence: Transition period between the national and international level. All performance factors are now fully established in order to optimize performance.



07

Stage 7: TRAIN TO WIN (ages 20-24+)

Mastery: Focus is on the preservation of high quality and consistent performances to be "winning for a living".



08

Stage 8: ACTIVE FOR LIFE (any age)

Transition from competition to an active lifestyle.

4. WHOSE EVENTS IS IT ANYWAY?

MAZDA GROM SERIES SPEED & STYLE are a collaborative partnership between Canada Snowboard, the Provincial and Territorial Snowboard Association (PTSA), and the organization running the event on snow.

4.1 Canada Snowboard's Duties

- The conceptual design of the event
- Providing resource materials
- Securing national sponsors
- Monitoring the series' implementation
- Making revisions on the basis of feedback received from its delivery partners

4.2 The PTSA's Duties

- Managing the events in its province/ territory
- Recruiting organizations to deliver the series
- Distributing resource materials
- Tracking memberships
- Providing ongoing support to the delivering organizations

The delivering organization can be a snowboard club, a mountain resort, a snowboard shop, a school, service club or the Provincial/ Territorial Snowboard Association. It is responsible for the on-snow delivery of the event, for recruiting participants and coaches, for tracking participation and for forwarding records to the Provincial/ Territorial Snowboard Association.

Canada Snowboard will sanction all MAZDA GROM SERIES SPEED & STYLE events upon application to the delivery organizations respective Provincial/ Territorial Snowboard Association.

5. PROVINCIAL/ TERRITORIAL SNOWBOARD ASSOCIATION RESPONSIBILITIES

5.1 Minimum events per Province/ Territory:

Each PTSA needs to guaranty a minimum of MAZDA GROM GRASSROOTS EVENTS SERIES events:

- British Columbia: two (2) GROM SERIES events + one (1) SUPER GROM SERIES event
- Alberta: two (2) GROM SERIES events + one (1) SUPER GROM SERIES event
- Ontario: two (2) GROM SERIES events + one (1) SUPER GROM SERIES event
- Quebec: two (2) GROM SERIES events + one (1) SUPER GROM SERIES event
- Nova Scotia: two (2) GROM SERIES events + one (1) SUPER GROM SERIES event
- Prince Edward Island: one (1) GROM SERIES events
- New Brunswick: one (1) GROM SERIES events
- North West Territories: one (1) GROM SERIES events
- Manitoba: one (1) GROM SERIES events
- Saskatchewan: one (1) GROM SERIES events
- Yukon Territory: one (1) GROM SERIES events

5.2 The PTSA's responsibilities:

- Assume the lead responsibility for the implementation of the events within its jurisdiction
- Execute an agreement, using the template drafted by Canada Snowboard, with each delivering organization, setting out respective responsibilities for the delivery each event
- Monitor the delivery of each event, ensuring that participants are Provincial/ Territorial members prior to participation
- Distribute, to individual delivering organizations, the event materials and kits received from Canada Snowboard
- Collect these materials and have them returned upon the conclusion of the event
- Request a Canada Snowboard sanction for each event
- Ensure that all the Volunteers, Staff and Officials on-site are, at least, Officials Level 1 certified

6. DELIVERING ORGANIZATION RESPONSIBILITIES

6.1 Participants

- Ensure the event is available to both male and female participants, including able-bodied and participants with a disability
- Participants with a Physical Impairment will be allowed to participate in a GROM SERIES event under the same requirements as an able-body participant
- Participants with a Visual and/or Hearing and/or Intellectual Impairment will need to be endorsed and accompanied by a certified CADS Instructor
- Participants must have fundamental snowboarding skills

6.2 Minimum coaching requirements & volunteer standards

- Minimum certification/training requirements are necessary in the delivery of GROM SERIES Events
- Two (2) coaches must be on site at all times that meet the minimum requirements below:
 - CSCP Competition Introduction- Trained Status
 - CASI 2 w/ Park Certification- Certified Status
- All coaches MUST be current members in good standing with CASI or Canada Snowboard.

6.3 Membership with both organizations is preferred

- Organizers can recruit volunteers to help set-up and run the events as needed or desired
- All volunteers need to be, at least, Officials Level 1 trained and need to have a current membership: canadasnowboard.ca/officials
- Please contact your respective Provincial/ Territorial Snowboard Association for more information regarding the Officials Level 1 certification

6.4 Event Fees

Fees for the event may be set and retained by the delivering organization. A “[basic competitor](#)” membership will be created with the Canada Snowboard membership system, to be used for participants in these events.

All participants (including coaches, organizers and volunteers) must be members of the respective Provincial/ Territorial Snowboard Association

- Memberships to be purchased online [HERE](#)

- The delivering organization must be recognized as a member organization of their respective Provincial/ Territorial Snowboard Association

For more information, please contact your respective PTSA or info@canadasnowboard.ca

A full list of PTSA's, including contact information, can be found [HERE](#)

6.5 Registration

- Online pre-registration is the best practice standard for participants to register for GROM SERIES events
- Participant registration/waiver forms will be provided by Canada Snowboard for onsite as needed
- Onsite registration and waiver forms must be entered into the online registration immediately following the event

For more information, please contact your respective PTSA or info@canadasnowboard.ca

6.6 Who will you call?

1. If you want to organize a GROM SERIES event, you first need to get a Letter of Intent from the Snowboard & Ski Resort (an email/ letter or document reflecting the intention from both parties – Snowboard & Ski Resort and Event organizer – to organize the GROM SERIES event).
2. The delivering organization will enter into a formal agreement with the Provincial/ Territorial Snowboard Association, setting out each party's responsibilities with respect to the event.
3. The PTSA will appoint a Provincial/ Territorial Events & Competitions Coordinator, who will be the primary contact for ongoing liaison and trouble-shooting.
4. The delivering organization will enter into a formal agreement with the Snowboard & Ski Resort.

7. RUNNING A MAZDA GROM SERIES SPEED & STYLE EVENT

7.1 The Event

The GROM SERIES events are intended to be introduction to competition that embrace a multi-discipline course design or a mini-Olympic discipline course.

7.2 Multi-Discipline

There are a number of different course styles that can be adapted to utilize existing features at the host resort. It can be any combination of jumps, boxes, rollers, banked turns and race gates. All features should be appropriately sized for the age and skill level of participants in question.

7.3 Mini-Olympic/ Paralympic Disciplines

Only the following Olympic/ Paralympic disciplines are allowed at a GROM SERIES event:

- Snowboard cross -> Mini Snowboard cross
- Giant Slalom -> Mini Giant Slalom
- Halfpipe -> Mini Halfpipe
- Big Air -> Mini Big Air
- Banked Slalom -> Mini Banked Slalom

7.4 Participants

- Participants need to be dressed appropriately for conditions and have a certified helmet on at all times
- All athletes will have to purchase a GROM SERIES Competitor membership before competing and sign a waiver
 - Legal guardians will have to do this as individuals will be under 18
- Athletes need to be well behaved on the course or they will not be permitted to participate

7.5 Coaches

- Two (2) coaches must be on site at all times that meet the minimum requirements below:
 - CSCP Competition Introduction- Trained Status
 - CASI 2 w/ Park Certification- Certified Status
 - All coaches MUST be current members in good standing with CASI or Canada Snowboard. Membership with both organizations is preferred
- The ratio of participants to coaches should not exceed 8-to-1, if possible
- Coaches need to wear certified helmets at all times when on the hill
- A Coach, appointed by the Local Organizing Committee, is responsible for the assessment of all individuals' runs.
- The scoring templates provided must be used, as this provides the participants and parents or guardians with a basic riding assessment for the day and communicates next steps to continue the progression of their riding

7.6 Officials

- All the Officials and Volunteers on-site will need to be a member **or Canada Snowboard (Officials Membership)** and be, at least, an Official Level 1 trained.
- All the Officials and Volunteers need to wear certified helmets at all times when on the hill
- All the information about the Officials Program can be find [HERE](https://canadasnowboard.ca/officials)

7.7 Jury

The Jury will be comprised of at least 3 people. The Jury members can include the coaches, volunteers and event organizers on site):

- The Jury will inspect the course prior to the competition
- The Jury will rule on all appeals and safety issues

- Course Setter
- The Course Setter will be named by the Jury - must be a trained CSCP Coach or certified CASI Instructor
- The Course Setter may be a member of the Jury

7.8 Course Setting

- The course should be set to the terrain, with a primary consideration for the participants' safety
- A moderate slope should be used, and the different sections of the course should be organized to produce a reasonable and increasing speed.
- Courses must have start and end gates
- Course running length between 100 meters and 300 metres is recommended, but a shorter course is allowable if the 100 metres recommended minimum cannot be met
- The course may be set through a snowboard park or similar (i.e. natural park – always using the easiest line of the snow park)

It is RECOMMENDED that 5 of the following items are included in the Multi-discipline course:

- 2 or more GS type gates a minimum of 2 linked turns
- 2 or more airs (pipe or park) – only Park Table Jumps are allowed
- 2 or more box
- 2 or more rollers (natural or man made)
- 2 or more banked turns
- The distance from turning point to turning point must be no less than 4m and no more than 8m
 - Prior to start of the event the jury must approve the course
 - The course set must be finished no later than thirty minutes before training begins

7.9 Inspection

- Two forerunners are recommended for each competition – can be members of the Jury
- Forerunners must be available during the setting of the course in order to allow the Course Setter to verify the quality of certain sections as the setting advances
- Forerunners should NOT be competitors

7.10 Training

Running a coaching session before the event greatly benefits the participants before actually competing, and makes the event more of a full day activity.

You can run the participants through every individual feature on course and assess their initial ability by giving them specific skills or tricks to try.

They can then learn how to tie all of these skills together through an entire course.

- Suggested training should be conducted by a CSCP Competition Introduction Trained Coach and/or a CASI Level 2 w/ Park Cert Certified Instructor
- Each participant must be allowed a minimum of two training runs

- Training may consist of riding multiple runs, terrain parks, or the GROM SERIES course and always accompanied by a CSCP Competition Introduction Trained Coach and/or a CASI Level 2 w/ Park Cert Certified Instructor.
- The ratio of coaches/instructors to participants should not exceed 1:8, if possible

7.11 Competition Schedule (sample)

- Registration (Online Prior to Event, When Possible)
- 8:00 am-9:00 am: Sign in (Host waivers, Bib, Welcome Package Pick-up)
- 9:00 am – 12:00 Training (With CSCP Trained Coach and/or CASI Certified Instructor)
- Lunch Break
- 12:45 Riders Meeting (Meet at Top of GROM SERIES Course)
- 1:00 Competition Starts – minimum 3 Runs per participant
- 3:00 Competition Ends (Tear down of Materials)
- 3:30 Final Overview with Coaches and Completion of Event

7.12 Competition Format

Two coaches should be on the course at all times; one at the start gate sending athletes, and one at or near the finish scoring each run. If no coach is present at the finish, ensure that a volunteer is present that has clear communication via radio contact with the start in the finish area.

Participants will run the course one at a time, doing their best to put together a solid combination of speed and style skills into a complete run. Participants are encouraged to interact with each feature on course.

The coach at the bottom of the course will be the one to observe and assess each individual participant using the provided assessment template.

Each event should consist of at least 2 runs, with the option to go to 3 at the discretion of organizers. The object of the assessment is to indicate the level of skill of each participant in various components (great, good, needs practice).

7.13 Safety

- The use of helmets is mandatory for all participants, coaches, officials and volunteers on-site.
- The different sections of the course must be organized to produce a reasonable and increasing speed.
- A jump should have a soft and steep landing, going downhill.
- A jump's height must always be proportional to the slope.
- A jump's height cannot be more than 1 meter.
- A landing area cannot lead into an abrupt turn.
- A landing area must have a similar or steeper gradient than the take-off platform.
- A landing must be long enough for competitors to balance themselves.
- A course marshal must be assigned to each section of the course to ensure continued visual of the athlete. This can be the coaches if they have sight of the entire course.
- One or two ski patrollers on site during training and competition.

- All course marshals and jury members should be equipped with two-way radios.

7.14 Accidents during the event

All athletes, officials, coaches and/or judges' accidents during the event will need to be reported to Canada Snowboard by email at info@canadasnowboard.ca no longer than 24h after the end of the event. The [Accident Report](#) will need to be signed by the Major Official in charge of the event.

7.15 Safety Equipment:

- The event venue must be closed to public – only participants, coaches, officials and volunteers are allowed to be on-course.
- All the Berm sections must be protected with B-net
- The Start Corral must be closed to the public with C-net
- The Finish Corral must be closed to the public with C-net

7.16 Equipment

- Zip ties (a lot)
- Black tape
- Cutter
- Computer (with internet access if possible)
- Printer
- Paper A4
- Waivers (a lot and printed in color)
- Pens and Pencils
- Power bar
- Drill
- Drill Snow bit (if the resort doesn't have on)
- Drill batteries
- Drill Charger
- Radios (with a minimum of 2)
- Extra Radio Batteries
- Radio Charger
- C-net and B-net (if the Snowboard & Ski Resort doesn't have)

7.17 Venue Requirements – Personnel

(Some of these roles can be the same person)

- Sign in and results manager
- Course setter
- Announcer (may be any member of the organizing committee)
- Starter
- Finish line scorer
- Canada Snowboard trained coaches.
- One or two course maintenance/ banner workers
- One or two ski patrollers on site during training and competition

Note: All the above staff should be equipped with two-way radios, if possible.

7.18 Venue Requirements - Materials

- Groomed slope or maintained snowboard park.
- Registration/sign in area
- Meeting area
- Fencing for safety and traffic control
- Two way radios
- Music or DJ
- Complimentary lift tickets for Volunteers
- Lunches for volunteers and Officials.

7.19 Venue Requirements - Branding

- All branding found in the GROM SERIES branding kit should be used on-site
- Beach flags should be at the start gate
- Vinyl banners should be at the end gate
- Race gates should be incorporated into the course
- Every participant should have a GROM SERIES bib on
- GROM SERIES logos should be visible and unobstructed at all times

7.20 Sponsors

MAZDA CANADA is the official title sponsor of the GROM SERIES SPEED & STYLE events.

The Provincial/ Territorial Snowboard Association has the opportunity to secure a regional presenting sponsor (maximum 2 presenting sponsors by PTSA), provided that it obtains prior approval for its sponsorship plans from the Business Development and Sport Development Department of Canada Snowboard. Canada Snowboard has the right to not approve any proposed sponsorship or sponsor solicitation activity.

The provincial presenting sponsor may obtain exposure through banners, and through a maximum of 2 banners displayed through the course. In addition, they may be added to any other promotional material such as posters and website content.

Canada Snowboard reserves the right to find National level sponsors that will have first right to all sponsor areas in relation to GROM SERIES. Any provincial/ territorial level sponsorship should only be sold on a yearly basis in order to avoid potential conflict in the future. National sponsorship will not take over any provincial/ territorial sponsorship under an existing contract for the season should one come in mid-way through the season. If a National sponsor comes in for any given season, provincial/ territorial sponsorship allowance (if any) will be discussed and outlined.

8. MAZDA GROM SERIES SPEED & STYLE – BRANDING KITS

Canada Snowboard will provide GROM SERIES KITS to be managed and distrusted by the Provincial/ Territorial Association.

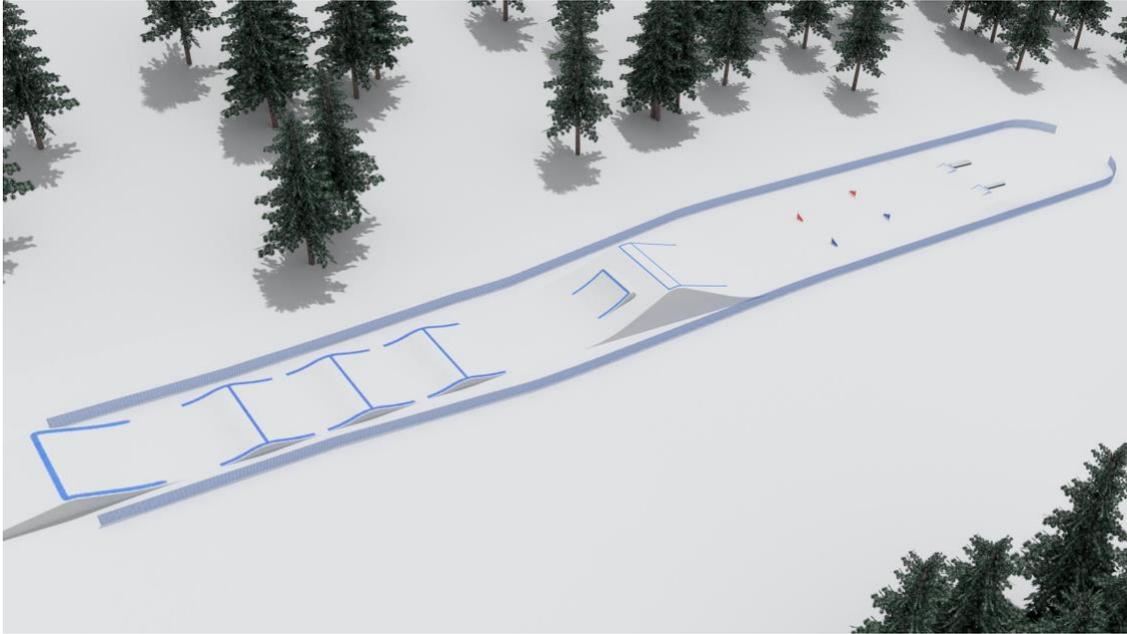
GROM SERIES Speed & Style – Branding kits (BC, AB, ON, QC, NS)

- Fifty (50) Numbered bibs
- Four (4) Gate Flags
- Four (4) Banners
- Two (2) Beach flags without hardware (Use the Old RIDERS Events kits hardware)

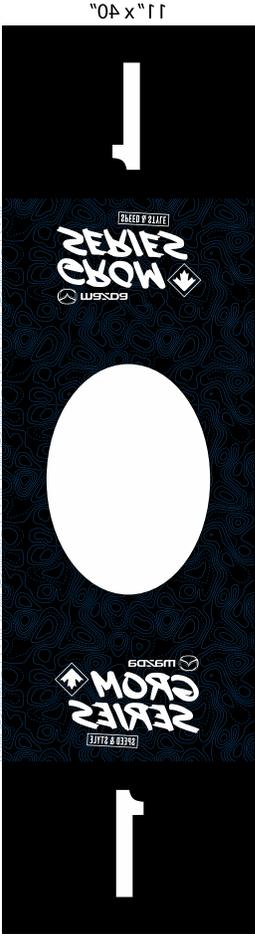
GROM SERIES Speed & Style – Branding kits (YT, NWT, MB, SAK, NF, PEI, NB)

- Thirty (30) Numbered bibs
- Two (2) Gate Flags
- Two (2) Banners
- Two (2) Beach flags without hardware (Use the Old RIDERS Events kits hardware)

9. COURSE DESIGN MOCKUPS



10. COURSE BRANDING



11. EVENT NOTICE CHECKLIST

11.1 The Event

- A short paragraph about the event including:
 - Dates
 - Location
 - Format

11.2 The Resort

- Information about the resort
- Homepage link

11.3 Event Schedule

- Competition times
- Any additional offerings
- Times and locations

11.4 Registration

- How to register and the link
- Starting and closing dates and times
- If on-site registration is available

11.5 Eligibility

- Competitors must hold valid Provincial memberships
- Age requirements depending on the discipline

11.6 Entry Fees

- Entry fee amount per competition

11.7 Lift Tickets

- Ticket costs
- Location for ticket pick-up

11.8 Rules and Regulations

- Helmet requirements
- Canada Snowboard Rule book

12. GROM ASSESSMENTS

13. ACCIDENT REPORT

14. ON-SITE REGISTRATION AND WAIVERS

15. HELMET POLICY

16. CONTACT INFORMATION

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