



**Youth Performance Program  
Canada Snowboard's Alberta Edge Camp  
November 20<sup>th</sup>, 2022**

**What is this?**

An early-season training opportunity for Clubs and Teams across the Country. This camp will be focused on developing and refining carving abilities for athletes across all LTD stages and all disciplines. Come ride alongside National Team members and friends through alpine courses with fun races! Everyone will work together to develop new skills and have fun. No alpine specific equipment needed, this is for everyone! This camp is not only for athletes, but also for coaches. Coaches will work closely with our technical leads and our National Team coaches to gain more insight on the sport, better understand the elements of a carve and the alpine discipline and learn new coaching techniques.

As this is a team training opportunity, athletes must attend with coaches. If your team is not interested in participating please contact [Austin.white@canadasnowboard.ca](mailto:Austin.white@canadasnowboard.ca) and we will work to get you added to another team attending.

**When (MST):**

November 18<sup>th</sup>, 2022, 21:00: **TC Meeting** (Online – Link to be emailed to registered coaches)

November 20<sup>th</sup>, 2022, 9:00 – 16:00: **On Snow**

**Itinerary (Subject to changes, will be confirmed at the TC Meeting)**

9:00 – 9:30: Athletes arrival, boot up, hand out lift tickets

9:30 – 10:30: Meet and greet, warm up, first laps

10:30 – 13:15: Course laps

13:15 – 13:30: Slip/ tear

13:30 – 15:30: Technical freeride\*

15:30 – 16:00: Debrief

*Please pack your own lunch! We will have space at the top of the course to stash your bag with snacks and hydration.*

**Goals:**

- Target the awareness needs for Alpine as a discipline in Western Canada
- Create a positive “come-try-it” environment to athletes of lower-level LTD stages and coaches who have little to no previous experience with Alpine
- Provide athletes with opportunities to train and race alongside National Team members and friends
- Provide coaches with the opportunity to discuss relevant skills, coaching techniques, and rules related to Alpine with Technical Leads and National Team coaches

**Registration:**

Registration costs are \$15 and include your lift ticket. All coaches and athletes must register on [SnowReg](#) so we know you are coming.

\*Will be determined based on available terrain