

V O L V O

GROM 
SERIES

SPEED & STYLE

Handbook

Grom Series Speed & Style

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INTRODUCTION

Canada Snowboard (**CS**) has implemented the Learn to Train - Stage 03 Event level platform with the intention to better standardise 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 VOLVO GROM SERIES SPEED & STYLE gives participants an opportunity to showcase skills and progressions learned in a fun introduction to competition.

The VOLVO 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 VOLVO 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 VOLVO GROM SERIES SPEED & STYLE takes components of each of the competitive snowboard disciplines and incorporates features to showcase skill progression into a single course. The VOLVO GROM SERIES SPEED & STYLE must be Sanctioned by Canada Snowboard through the local Provincial & Territorial Snowboard Associations. Any organisation affiliated with Canada Snowboard, including Provincial & Territorial snowboard associations, clubs, mountain resort activity centres, snowboard shops, and schools can host an event.

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

As a skills development event, the VOLVO GROM SERIES SPEED & STYLE encourages participation of all the participants. Participants are divided into suitable 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 03 of the Canada Snowboard's Long-Term Athlete Development Plan (LTAD) (see following page) that will engage, and in turn, grow our membership from the bottom up. Our goal is to capture the members early and provide them with the platform and resources to grow as an athlete, and retain them as members for life.

GROM SERIES vs SUPER GROM SERIES

Both the GROM SERIES and the SUPER GROM SERIES events are part of the VOLVO GROM SERIES SPEED & STYLE. All the PTSA's shall organise a minimum of (see below) GROM SERIES events per season.

Canada Snowboard recommends organising 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 organised by the PTSA and under the supervision of Canada Snowboard Events Department.

LONG TERM DEVELOPMENT – LTD

The LTD 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”. LTD 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 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 LTD 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 LTD 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 LTD has the following stages:

- Stage 01 - Active Start
- Stage 02 – FUNdamentals
- Stage 03 - Learn to Train (eg. GROM SERIES)
- Stage 04 - Learn to Train
- Stage 05 - Train to Compete
- Stage 06 - Learn to Win
- Stage 07 - Train to Win
- Stage 08 - Ride for Life

Key principles of the LTD, 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 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 specialisation; 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.

Snowboard LTAD Framework



Stage 1: ACTIVE START (ages 0-6)

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



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.



Stage 3: LEARN TO RIDE (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.



Stage 4: TRAIN TO TRAIN (ages 12+)

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



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

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



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.



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".



Stage 8: ACTIVE FOR LIFE (any age)

Transition from competition to an active lifestyle.

WHOSE EVENTS IS IT ANYWAY?

The VOLVO GROM SERIES SPEED & STYLE are a collaborative partnership between Canada Snowboard, the PTSA, and the venue's organising staff.

Canada Snowboard 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

The PTSA duties:

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

The delivering organisation can be a snowboard club, a mountain resort, a snowboard shop, a school, service club or the PTSA. 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 PTSA.

Canada Snowboard will sanction all VOLVO GROM SERIES SPEED & STYLE events upon application to the delivery organisations respective PTSA.

PROVINCIAL & TERRITORIAL SNOWBOARD ASSOCIATION (PTSA) RESPONSIBILITIES

Minimum events per Province/ Territory:

Each PTSA should host a minimum of VOLVO 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

The PTSA 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 organisation, 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 organisations, the event materials and kits received from PTSA and/or 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 have a volunteer [membership](#)

DELIVERING ORGANISATION RESPONSIBILITIES

Participants

- Ensure the event is available to all 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

Gender Categories

- Open: This category is open to all participants – boy/men, girl/women, non-binary, and gender non-confirming. Consistent with the event, the open category will be divided by age categories or another categorization when appropriate.
- Girl/Woman: This category is open to all participants that identify as girl/woman, non-binary, and gender non-confirming. Consistent with the event, the open category will be divided by age categories or another categorization when appropriate.
- Further detail on Canada Snowboards Inclusivity Policy, [HERE](#)

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

Volunteers and Support Staff

- Organisers can recruit volunteers to help set-up and run the events as needed or desired although it is preferable to have trained Level 1 Officials
- All volunteers must have a volunteer membership

Membership

A PARTICIPANT – LIMITED ACTIVITY MEMBERSHIP is valid for one event, an upgrade to RECREATIONAL or COMPETE membership is required to participate in multiple events.

All participants (including coaches, organisers and volunteers) must be members of the respective PTSA. Memberships to be purchased online [HERE](#)

For more information, please contact your respective PTSA [HERE](#) or info@canadasnowboard.ca

Officials Training

The Canada Snowboard Officials' Program (CSOP) is a three-level education program to ensure officials will have the best opportunity to have all necessary knowledge and experience to operate and officiate at snowboard competitions. Check [HERE](#) for more information regarding the Officials certification program.

Registration & Event Fees

- Pre-registration is required for participants to register for GROM SERIES events
- For dates and registration links [HERE](#)
- Fees for the event may be set and retained by the delivering organisation.

For more information, please contact your respective [PTSA](#).

Organising a VOLVO GROM SERIES SPEED & STYLE EVENT

1. If you want to organise a GROM SERIES event, you first need to coordinate with your local PTSA who will apply to Sanction the Event through Canada Snowboard.
2. The delivering organisation will enter into a formal agreement with the PTSA, setting out each party's responsibilities with respect to the event.
3. The PTSA will appoint a Events Lead who will be the primary contact for ongoing liaison and trouble-shooting.
4. The delivering organisation will enter into a formal agreement with the Snowboard & Ski Resort.

RUNNING A VOLVO GROM SERIES SPEED & STYLE EVENT

The Event

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

Multi-Discipline

There are a number of different course styles that can be adapted to utilise 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.

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

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 membership before competing and sign a waiver through their PTSA and [Snow Reg](#)
 - Legal guardians will have to do this as individuals will be under 18
- Athletes need to be respectful well at all times, on the course and off or they will not be permitted to participate

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 and Canada Snowboard. Membership with both organisations is required.
- 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
- Judges are appointed by the Events & Competitions Coordinator, and are responsible for the assessment of all individuals' runs

Officials

- All on site Officials and Volunteers will need to be a member with their local PTSA or Canada Snowboard (Officials Membership)
- 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:
canadasnowboard.ca/officials

Jury

The Jury will be composed of at least 3 people. The Jury members can include the coaches, volunteers and event organisers 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

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 organised to produce a reasonable and increasing speed.
- Courses must have start and end gates
- Course running length between 100 metres 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 snowpark

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

Inspection

- Two forerunners (when timing is part of the event) 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

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

Competition Schedule (sample)

- Registration (Online Prior to Event)
- 8:00 am-9:00 am: Sign in (Host waivers, Bib, Welcome Package Pick-up)
- 9:00 am – 12:00 Warm up (With CSCP Trained Coach and/or CASI Certified Instructor)
- Lunch Break (optional)
- 12:45 Riders Meeting (Meet at Top of GROM SERIES Course)
- 1:00 Competition Starts – minimum 3 Runs per participant (if time allows) min 2 runs each)
- 3:00 Awards (Tear down of Materials)
- 3:30 Final Overview with Coaches / Completion of Event / Tear down of event

Competition Format

Two coaches, trained Level 1 Officials or volunteers 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. Ensuring that there is clear communication via radio contact with the start and 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.

Each event should consist of at least 2 runs, with the option to go to 3 at the discretion of organisers.

Coaches assessment - to indicate the level of skill of each participant in various components (great, good, needs practice).

Safety

- The use of helmets is mandatory for all participants, coaches, officials and volunteers on-site.
- The different sections of the course must be organised 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 metre.
- 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.

Safety Equipment:

- The event venue must be closed to the public – only participants, coaches, officials and volunteers are allowed to be on-course, MUST have a PTSA membership.
- 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

Equipment

- Zip ties (a lot)
- Black tape
- Cutter
- Computer (with internet access if possible)
- Printer
- Paper A4
- Waivers (a lot and printed in colour)
- 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)

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 organising 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.

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 (optional)
- Complimentary lift tickets for Volunteers
- Lunches for volunteers and Officials. (optional)

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

Sponsors

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

The PTSA 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.

Volvo GROM SERIES SPEED & STYLE – BRANDING KITS

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

KIT BREAKDOWNS

Item Specs:

Banner Size: 8' x 3'

Flags: 7ft

Gate Flags: half red, half blue

Bibs: Numbers noted below.

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

- Bibs: 1-70
- Flags: 2
- Banners: 4
- Gate Flag: 6

GROM SERIES Speed & Style – Branding kits (NS)

- Bibs: 1-50
- Flags: 2
- Banners: 2
- Gate Flag: 4

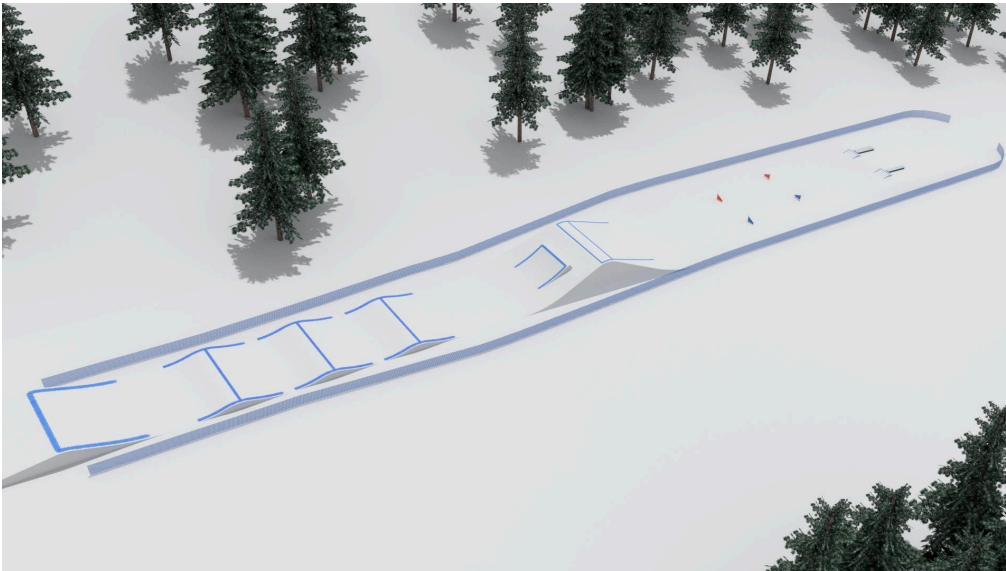
GROM SERIES Speed & Style – Branding kits (MB, NWT, SK)

- Bibs: 1-40
- Flags: 2
- Banners: 2
- Gate Flag: 4

GROM SERIES Speed & Style – Branding kits (NL, YT, PEI)

- Bibs: 1-25
- Flags: 2
- Banners: 2
- Gate Flag: 2

COURSE DESIGN MOCKUPS (optional)



EVENT NOTICE CHECKLIST

The Event

A short paragraph about the event including:

- Dates
- Location
- Format

The Resort

- Information about the resort
- Homepage link

Event Schedule

- Competition times
- Any additional offerings
- Times and locations

Registration

- How to register and the link

- Starting and closing dates and times
- If on-site registration is available

Eligibility

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

Entry Fees

- Entry fee amount per competition

Lift Tickets

- Ticket costs
- Location for ticket pick-up

Rules and Regulations

- Helmet requirements
- [Canada Snowboard Guidelines](#)

REGISTRATION AND WAIVERS

Register for a VOLVO GROM SERIES SPEED & STYLE EVENT [HERE](#). All waivers must be signed before each event and are typically provided within the registration platform [SnowReg](#)

HELMET POLICY

All Athletes, Coaches, Judges, Officials and Volunteers shall follow the Canada Snowboard Helmet policy. Details [HERE](#)

CONTACT INFORMATION

Canada Snowboard works closely together with the twelve Provincial & Territorial Snowboard Associations. Find their most up to date contact information [HERE](#). Canada Snowboard (CS) Sport System Development (SSD) department will be the main point of contact for all Event related questions - email_events@canadasnowboard.ca

