



# Freestyle Ski Nova Scotia

## Junior Nationals March 9 – 13<sup>th</sup>, 2011 in Jasper, AB Athlete Selection Criteria

Nova Scotia Quota Allocation:

### **5 spots for Big Air, 5 spots for moguls, 5 spots for Slopestyle**

1. Must be part of a freestyle program or freestyle club in Nova Scotia.
2. Have achieved Stage 3 (Learning To Train) of the CFSA Long Term Athlete Development Model, ie. proficiently demonstrated active stance and balance; executed basic mogul skiing technique; demonstrated controlled skiing on a variety of surfaces and terrain; able to execute basic jumps with tricks in a mogul course; able to grind rails; comfortable performing jumping skills with height as well as tricks, grabs, and combos.
3. Have participated in dryland training, another fitness program, or another fitness sport during the fall season.
4. Preference given to those who participated in trampoline training during fall schedule.
5. Must possess a high level of commitment to the sport.
6. As long as all criteria are met, at least one athlete of each gender will be chosen to participate in each event.
7. Athletes are required to have good sportsmanship qualities, participate fully in all programs offered and demonstrate a positive and respectful attitude. The head coach of each club will have discretion in this regard.
8. Preference for those with water ramp experience.
9. Provincial competition results from 2010 and 2011, and 2010 Junior Nationals will rank eligible athletes, ties will be broken by 2010 Junior Nationals results.

Athletes chosen to represent Nova Scotia at the Junior Nationals will be required to:

1. Make full effort to attend all training camps offered between now and the Junior Nationals and must be excused by coach prior to missing training camps.
2. Participate in all local competitions unless excused by coaches
3. Sign and abide by the FSNS Code of Conduct.

Please indicate your interest to compete at the 2011 Junior Nationals in writing to the selection committee, Thor Durning, Kevin Marczak and Eric Mullaley before January 31, 2011.

Announcement of the team for the 2011 Junior Nationals will be made on February 6, 2011.