

First Nations Snowboard Team

High Performance Team Selection



Whistler team try out's (3 people)
 When: March 25, 2008
 Where: Whistler Blackcomb
 Meeting Place: Base of Wizard Chair
 Time: 9:00 am

Vancouver team try out (3 people)
 When: March 26, 2008
 Where: Cypress Mountain
 Meeting Place: Ticket Booth
 Time: 9:00 am

If selected the FNST will provide:

- Board
- Trampoline Coach & Training
- Helmet
- Conditioning and Strength Coach
- Boots
- Freestyle Snowboard Coach
- Jacket
- CASI Membership Fees
- Bindings
- BSCA Membership Fees
- Pants
- 2008/09 Season Pass

To confirm your spot please send complete package to :

Lindsay Hubley
 Recreation Program Coordinator
 lindsay_hubley@squamish.net
 www.FNRiders.com

320 Seymour Blvd
 North Vancouver
 V7L 4J5

Tell: (604) 982-8661
 Toll Free: 1 (877) 628-2288
 Fax : (604) 980-4523

Please note day passes will be provided
 Please bring your own equipment

Objectives:

- To develop your snowboarding skills
- To improve your intermediate to advanced riding skills
- To develop a positive attitude toward snowboarding
- To create a general understanding of the skill concept

Content:

During the day, the following subjects will be practiced:

1. Safety - Snowboarders code of conduct, and Alpine Responsibility Code
2. Group Management
3. Principles of Learning
4. Skill Concept
5. Basic Freestyle Manuevers

Technical Evaluation

FNST Candidates will have to demonstrate good beginner to intermediate riding skills in different situations:

- Terrain: moderate (boarder park)
- Speed: moderate and controlled
- Skills: fundamental riding, stance and balance, pivoting, edging, pressure control, as well as timing and coordination will have to be adjusted according to speed and difficulty of terrain.

FNST Evaluation

The First Nation Snowboard Team Requires the participation of the candidates in all workshops and sessions. The Candidate will have to demonstrate that he/she can complete the following criteria:

- safe environment
- speed runs and freestyle moves demonstrated with full control
- good communication skill and demonstrate a positive attitude
- understanding of the fundamental riding skills
- adequate technical demonstrations
- meet the criteria as per FNST Athlete Agreement

Marking System:

1. Technical Evaluation: (Marked out of 10)
2. FNST Evaluation: (Marked out of 10)

Selection Process

If you are selected for the High Performance Team:

All selected candidates for the First Nations Snowboard Team will be notified by FNST Staff.

Most Importantly: Remember, you are all winners! Please board, laugh, and enjoy your day with us. Thank you all for participating in the First Nations Snowboard Team selection camp.

FNST APPLICATION

NAME : Last _____ First _____ CELL: _____

PHONE NUMBER: E-MAIL: _____

DATE OF BIRTH : *Day* _____ *Month* _____ *Year* _____ SEX please circle: Male / Female

MAILING ADDRESS: _____ City _____ Province _____ Postal Code _____

CARE CARD NUMBER: _____

EMERGENCY CONTACT NAME: _____ EMERGENCY CONTACT NUMBER: _____

DO YOU HAVE ANY INJURIES (Please Explain)? _____

SCHOOL: _____ GRADE: _____

HEIGHT: _____ WAIST: _____ WEIGHT: _____ SHOE SIZE: _____ JACKET: _____

EMPLOYER: _____ POSITION TITLE: _____

PLEASE CHECK WHAT SNOWBOARD EQUIPMENT YOU REQUIRE

Board _____ Bindings _____ Helmet _____ Boots _____ Pants Jacket _____ Jackets _____

WHAT OTHER SPORTS DO YOU PLAY?

PLEASE IDENTIFY ONE MOUNTAIN LOCATION YOU ARE TRYING OUT FOR?

WHAT ARE YOUR INTERESTS AND HOBBIES?

PLEASE EXPLAIN WHY YOU SHOULD BE SELECTED?

PLEASE CIRCLE YOUR AREAS OF DISCIPLINE:

Boardercross _____ Half Pipe _____ Slopestyle _____ Slalom _____

About us

The First Nations Snowboard Team (FNST) and its partners are establishing a Legacy for Aboriginal youth by providing opportunities using winter sport as a vehicle for social change.

The FNST is the only snowboard body that is entirely operated by Aboriginal snowboarders. FNST members must reflect a holistic approach, and commit to their Athlete Agreements.

The FNST will continue to expand and create new divisions by sharing our model to all First Nation, Métis, and Inuit of Canada.

The FNST is comprised of six components: Elite Team, High Performance Teams (HPT), Junior Elite Team Recreation Programs (REC), Instructors and Coaches, Events Team

History - Building Our Legacy Together

On November 22, 2002 the nations, Vancouver 2010 Bid Corporation and the Province of British Columbia signed the "Shared Legacies Agreement from the 2010 Vancouver Olympic and Paralympic Winter Games."

The Aboriginal Youth Sport Legacy Fund (AYSLEF) was created and provided funding to start the FNST in 2004. The AYSLEF has since been the main contributor to the FNST's growth. The Canada West Ski Areas Association provides the FNST opportunities to create and strengthen relationships between First Nations and Resorts.

FNST Mission Statement

"To improve the quality of life and empower Aboriginal youth across Canada using the winter sport of snowboarding as a fundamental tool for excellence";

FNST Ultimate Goal

To support an Aboriginal athlete to the podium at the Vancouver 2010 Winter Olympic Games.

FNST Goals:

1. Healthier communities through structured diverse training
2. Operate in all regions of British Columbia by 2009/2010
3. Build capacity within Aboriginal communities and create the infrastructure for winter sport beyond 2010
4. Pilot in BC and expand Nationally post 2010
5. Establish new beneficial partnerships between Aboriginal organizations and ski areas

The FNST is looking for:

1. Experienced (3+yrs) snowboarders for the High Performance Team (ages 15-27)
2. Snowboarders to enter BC Snowboard Association Competitions
3. Community role models

Who can apply?

1. Aboriginal Youth with proof of status
2. Youth with good standing in school and community (excellent attendance)
3. Be Drug and Alcohol free
4. Be capable of attending 90% of weekend training

How to apply?

1. Complete the High Performance Team application
2. Include a reference letter
3. Include a list of athletic experience

Application Deadline?

Please submit all completed applications by March 18, 2008.

PLEASE COMPLETE FNST APPLICATION