

# 'Fun, Creativity & Progression'



## GB Park & Pipe Performance Pathway 2015/16

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## **Introduction and Guide**

The Great Britain Park & Pipe, Performance Pathway has been up and running for a number of years. However, this year we received external funding to focus on building a sustainable performance pathway. This is positive and exciting for our sport. A GB P&P Performance Pathway Manager (PPM) dedicated to fully focus on this area was employed in March 2015 and with support of partners will focus on the following:

- Complimentary training/guidance working closely alongside 'Home Nation Governing Bodies' to support athletes' weekly programmes.
- Access to the GB P&P philosophy (more about this further), which in turn should help all athletes' develop in an autonomous self-determined way.
- The capacity and capability to develop 'trick' learning in a safe and progressive manner.
- To have a dedicated performance development coaching point of contact to help guide athletes' through the pathway.
- Advising on the best training and competition program for the athletes' progression.
- Camps for athletes' to attend domestically and abroad (please note that camps will be targeted for certain athletes based on the environmental features and the stage of athlete progression). It is our intention to have camps suitable for all selected athletes.

## **Administration & Selection**

The PPM and camp selection group will conduct the administration of the programme supported by the Home Nations (HN). It is the responsibility of each athlete (we purposely say athletes here as this will empower them, however young, to be responsible for their programme) to make sure the following administration items are complete:

1. GB P&P Performance Pathway paperwork must be completed and returned to your Home Nation Governing Body point of contact:

**Ian Findlay SSE**  
**Ross Gardner SSS**

- You are required to be a registered rider or free skier
- Have the appropriate winter sport insurance to include athletes competing abroad
- Be a Championship Ski & Snowboard and a club member (individual HN option) <http://championshipsnowboarding.com>

It is good for athletes to have the European Health Insurance Card (formerly known as an E1 11 card).

On receipt of costs associated to the athlete contribution per camp- these will be paid to the British Ski and Snowboard Office (BSS), Bank details will follow.

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2. Please also note that attendance on camps below will be dependent upon the riders/freeskiers' stages of progression and the GB P&P PP camp selection group will inform riders/freeskiers' of the appropriateness of the camps. Camp selection will also depend on further criteria, which is currently under review and development. When this is completed we will broadcast this.

**Overall please remember that camps are pitched at developing riders/freeskiers' skills and therefore are tailored to suit certain stages of creativity and mastery.**

### **Camps & Costs**

We are really fortunate to have support from the HN's and BSS to support the camp programme this year.

We have also tried hard to bring the cost of training down, through access to funding and building relationships with providers thus reducing the athletes' costs. However, there is still a need for top-up funding and athletes' contributions will be needed to make camps happen as we build to make our programme sustainable.

In order to maintain manageable costs we will continue with the following initiatives:

1. Stay in self-catered accommodation for some of the camps.
2. Athletes' contributions to the overall camp environment.
3. Promoting the use of social media outlets to create more awareness around our pathway.
4. Once aware of the individual camp fees for Performance Pathway camps, we encourage swift payment to the BSS office.

### **The Progression Emphasis**

When on camp the emphasis is on fun, creativity, trick progression, execution and mastery. Additionally, this year we'll be aiming to spend some time developing fundamental riding/freeski skills.

Off-snow time will be spent in reduced-risk facilities, off-snow skills, development and recovery.

Importantly, we will also be factoring in time for riders/freeskiers to stay on top of schoolwork. We've tried hard to balance school holidays, (different in every HN), into our calendar but there may be instances where athletes are out of school and we are placing a high importance on identifying time for athletes to stay on top of this. We can also help try to co-ordinate schools that schoolwork will be integrated into our camp programme. To this extent, once the winter programme has been discussed with the coach, we will be happy to help with letters confirming athletes' places on the Pathway and their desired training programme.

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## Calendar 2015 -2016 (subject to variables in winter sports)

### Aims & Objectives of the calendar:

- Have Fun!
- Let the riders/freeskiers get on with it and lead their plan.
- Develop to maximise individual creativity, trick progression, execution and mastery.
- Coaches will guide the above three statements with individual learning according to the athletes' stages of progression and individual pathways.
- In order to achieve these aims and objectives we expect athletes to continue or get involved with their own home based activities such as Championship Ski and Snowboard, local clubs, skate parks, free-running and other such programmes.

In order to gain the greatest advantages from weather, resort buy-in and exchange rates, our programme is subject to change. As camps firm up we'll confirm via email and Facebook and aim to have flights booked at an early date.

With these aims and objectives in mind we are proposing the following calendar:

### October 2015

- Hintertux Training Camp: 11<sup>th</sup> – 25<sup>th</sup> October.

### November 2015

- Scottish Dryslope Championships, Bearsden: 7<sup>th</sup> November
- Glasgow Mini-Camp: 8<sup>th</sup> November
- Glasgow Camp: 27<sup>th</sup> – 29<sup>th</sup> November

### December 2015

- Laax Training Camp: 12<sup>th</sup> – 20<sup>th</sup> December

### January 2016

- Laax Pipe specific training: 2<sup>nd</sup> – 9<sup>th</sup> January (selected Pipe athletes only). Possibility of Laax Rookie Fest Entry at same time.
- Glasgow Camp: 8<sup>th</sup> – 10<sup>th</sup> January
- Lecht/Cairngorm Camp: 22<sup>nd</sup> – 24<sup>th</sup> January

### February 2016

- Laax Training Camp: 6<sup>th</sup> – 24<sup>th</sup> February
- Venue (tbc) Camp aimed at younger riders 6<sup>th</sup> – 13<sup>th</sup> February

### March 2016

- Cairngorm/Lecht Camp: 4<sup>th</sup> – 6<sup>th</sup> March
- Cairngorm Scottish Slopestyle Championships: 12<sup>th</sup> March

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- Cairngorm Mini Camp 13<sup>th</sup> March
- Laax Training Pre-Brits: 26<sup>th</sup> March – 3<sup>rd</sup> April

### **April 2016**

- British Championships, Laax: 3<sup>rd</sup> – 10<sup>th</sup> April
- Cairngorm Camp: 14<sup>th</sup> – 16<sup>th</sup> April
- Possible late season camp to be confirmed.

**Mark Ritchie**

**GB P&P Performance Pathway Manager**

**18<sup>th</sup> September 2015**