



Association of Ontario Snowboarders

An Introduction to Competitive Snowboarding

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What is the AOS?

The acronym stands for the Association of Ontario Snowboarders. The Association is designed to support the sport of snowboarding at all levels throughout the Province from the first time competitive rider to the National Team member. The AOS is responsible for the sanctioning of events within the Province including learn to ride events, a competitive series, FIS events, the Provincial championships and NorAm events. These events are offered at various age levels from 7 to 70 years. Our goal is to encourage more individuals to get and stay involved in the sport of snowboarding.

The Association is led by a Volunteer Board of Directors that is elected by the Association's membership. The Association supports the training of instructors and coaches to ensure that qualified individuals are available to coach throughout the Province. The AOS also trains officials and volunteers, so that we may hold events and competitions within the Province of Ontario. The Association maintains relations with other provincial organizations and the Canadian Snowboard Federation to support and increase opportunities available within Ontario.

Snowboarding 101

Snowboarding combines the elements of surfing, skateboarding and skiing. Snowboard, one of the fastest growing sports, is a recent addition to the Olympic Winter Games. Back in 1981, the first official snowboard competition was held in Colorado, USA. From there the sport grew widely and was first recognized as an Olympic Winter Games discipline in 1998. Two snowboard events were introduced at the Nagano 1998 Olympic Winter Games – Halfpipe and Giant Slalom. Parallel Giant Slalom replaced Giant Slalom at the Salt Lake City 2002 Olympic Winter Games. Snowboardcross was introduced in 2006 at the Torino Olympic Winter Games. All three disciplines, Snowboardcross, Halfpipe and Parallel Giant Slalom will be showcased at the 2009 LG Snowboard FIS World Cup.

Snowboardcross

What is Snowboardcross?

In Snowboard Cross, timed runs are used to qualify riders for the finals. Each rider can have up to two qualifying runs. The fastest time is used, while the slower time is thrown out. The fastest athletes progress to finals and four racers at a time start in a pack down a course, racing against each other over rolling terrain and a series of jumps and ramps. The fastest two racers from each heat move on to the next round.

The Physical Snowboardcross Course

Snowboardcross courses are typically narrow courses which are approximately one kilometre in length and have a vertical drop of 200 metres. They include many features such as cambered turns, gap jumps, berms, drops and flat sections to challenge the riders' ability to remain in control. The Snowboardcross course at Cypress Mountain is built to the most recent specifications. Specifications include: 1,135 metres in length and 208 vertical metres.

Terms and Facts about Snowboardcross

Berm – A wall of snow built up, creating a large banked corner.

Wu Tang – Typically immediately after the start gate, a large feature made out of snow in the shape of a 'W'.

Equipment – The choice of snowboard for Snowboard Cross varies. Some athletes choose to use freestyle snowboards, while others prefer alpine boards which are longer and stiffer, and require hard snowboard boots, to give them more speed on various sections of the course.

How Snowboardcross is judged

There are no judges for Snowboardcross events. Snowboardcross riders race individually against the clock in qualifications, and the fastest riders progress to finals. In finals, athletes race in groups of four, with the two fastest racers from each heat moving on to the next round.

Halfpipe

What is Halfpipe?

In the Halfpipe, one snowboarder at a time performs a routine of acrobatic jumps, twists and tricks on the inside of a half-cylinder-shaped snow tube or ramp while moving from one side of the halfpipe to the other.

The Physical Halfpipe

Wall – The section of a Halfpipe that slopes up from the flat bottom, propelling the rider into the air.

Transition – The section on a Halfpipe where it “transitions” from the flat bottom to the vertical wall. Transitions are measured as the radius of a large imaginary circle.

Lip – The upper edge of the Halfpipe where the wall ends.

Deck – The flat area on either side of the Halfpipe where people hike back up the pipe or stand and watch.

A great example of a competitive Halfpipe is at Cypress Mountain, it is built to the most recent specifications including 170 metres in length, 22-foot high walls and an incline of 17.4 degrees.

Terms and Facts about Halfpipe

Once a snowboarder or “rider” is inside a Halfpipe, they perform tricks as they go back and forth down the pipe. Most Halfpipe vernacular has to do with these tricks, which all have a name and can include subtle variations that have a different name.

Dropping or dropping in – To start a run inside the Halfpipe, you first “drop in”.

Hit – Each time a rider goes into the air and performs a trick, it is called a hit.

Straight air – When a rider goes into the air and pivots 180 degrees to re-enter the pipe, but does not spin around while in the air.

Grab – A trick whereby a rider goes into the air and grabs the snowboard. Each grab has a different name depending on where and with which hand the snowboard is

grabbed. Some common grab names are: method, lien, stalefish, melancholy, indy, mute, tail, nose, etc.

Spin or rotation – When a rider goes into the air and spins 360 degrees or more before coming back down into the pipe.

3, 5, 7, 9, 10 – Spins are measured in degrees, but sometimes these are shortened to just the first digit. Hence, a 360 degree spin will sometimes be called a “three”, likewise with a “five” (540), “seven” (720), and “nine” (900). The 10, or 1080 (pronounced teneighty) is three full rotations.

Cab or switch or fakie – All riders prefer to have a specific foot in front, like being right or left handed. When the opposite foot is in front from the rider’s natural preference, it is called switch, fakie, or Cab; e.g., a Cab 900 is a trick where a rider spins 900 degrees while in the air and takes off with the unnatural foot in the lead.

Frontside wall and backside wall – Describes which way a rider is facing when going up the wall of a Halfpipe. A frontside wall could be either side of the pipe, it just means that the rider is going up it on their frontside (toeside) edge with their back facing down the pipe. A backside wall means a rider is going up it on their backside (heelside) edge, chest facing down the pipe.

Frontside spin and backside spin – Refers to the direction of a spin, relative to the rider. A frontside spin is when a rider turns their chest into the spin first, a back side spin is when a rider turns their back into the spin first (also known as a blindside).

Alley Oop – A spin that rotates in an uphill direction; i.e. back up the pipe. Usually, spins rotate down the pipe in the direction travelled.

Inverted – Any time the rider’s head is below their feet while performing a trick.

McTwist – One of the most common inverted tricks in the Halfpipe, a McTwist is basically an inverted 540 or a backflip with a twist. Other inverted tricks are: Michalchuks, Cripples, Kasseroles and Haakonflips.

Sketch or sketchy – Being slightly off balance or out of control, but not necessarily falling down. Judges will dock points for sketchy tricks or sketchy landings.

How Halfpipe is Judged

Halfpipe is judged by judges who will each give an overall impression score based on the following criteria:

1. Amplitude
 2. Difficulty
 3. Variety
 4. Pipe-use
 5. Execution of all tricks
- (Courtesy of Brandon Arnold from www.about.com)

Parallel Giant Slalom

What is Parallel Giant Slalom?

In the Parallel Giant Slalom, two snowboarders race head-to-head down a course, turning through a series of gates. The fastest goes on to the next round. The top finishers compete in a total of nine runs.

The Physical Parallel Giant Slalom Course

The Parallel Giant Slalom course consists of a blue course and a red course side by side. The course typically has a vertical drop between 120 and 200 metres with a

minimum of 18 gates. It is recommended that there are 25 set gates with a horizontal distance of approximately 20 to 25 metres. The course should be between 400–700 metres in length. The Parallel Giant Slalom course at Cypress Mountain is built to the most recent specifications. Specifications include: 515.23 metres in length and has a vertical drop of 167 metres.

Terms and Facts about Parallel Giant Slalom

Gates – A Parallel Giant Slalom gate consists of one stubby flex pole (turning pole) and one long slalom pole (outside pole) which are connected with a triangular gate flag.

Terrain – One slope is used to house two courses. The terrain variations must be the same across both courses. The course layouts have the same profile and the same difficulties.

Blue Course / Red Course – When the two courses are set, the left course (looking from the bottom) will be set with blue poles and gates, and the right course will be set with red poles and gates.

Equipment – Parallel Giant Slalom athletes prefer to use long, stiff, narrow snowboards to help gain faster speeds and more control around turns. Hard and stiff boots must be used with these types of snowboards and provide better support.

How Parallel Giant Slalom is Judged

There are no judges for Parallel Giant Slalom events. Riders race head-to-head down the course against each other.

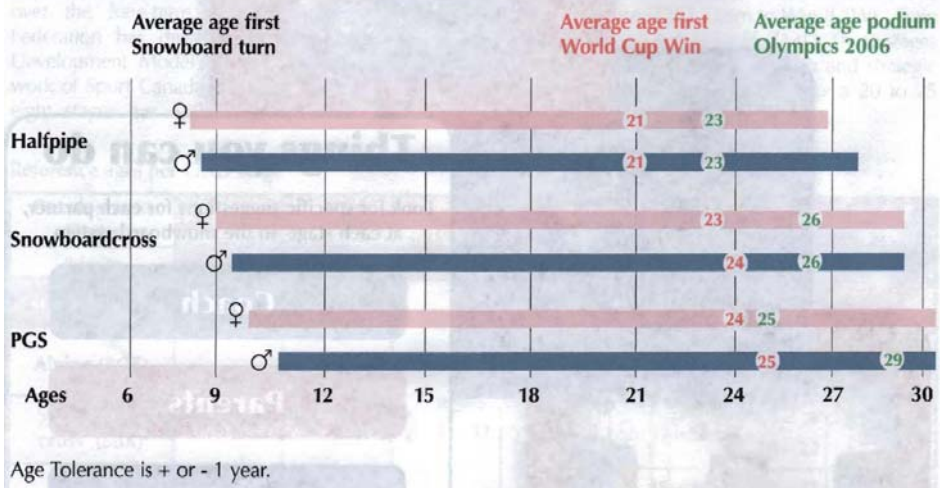
The Ten-Year Rule

“There is no shortcut to success in athletic performance” Istvan Balri, LTAD Guru

Research has concluded that it takes a minimum of 10 years and 10,000 hours of deliberate training for a talented athlete to reach elite levels (Starkes & Ericsson, 2003). For an athlete and coach, this translates into slightly more than 3 hours of training or competition daily for 10 years.

A study of 85 snowboard Olympians in Torino has shown that less than 10% have started snowboarding before the age of 8 years old. Most have been snowboarding for 15 years, thus allowing 4 to 5 years to develop the fundamentals of snowboarding and 10 to 12 years of deliberate training.

Olympic athlete learn to turn profile



Recommendation: It takes a long time to develop a champion; therefore it is important that we track their progression and not rush their development.

The Long Term Athlete Development Plan (LTAD)

The AOS supports and is currently implementing the Canadian Snowboard Federation's Long Term Athlete Development Plan (LTAD). The LTAD is a framework encompassing every element of snowboarding, with the rider as the central focus. The LTAD seeks to enable Canadians to step regularly on top of the podiums; due to the system supporting them, not because of exceptional performances. It provides a solid foundation for all riders at all ages and levels, allowing long-term participation, enjoyment and achievement.

The Long-Term Athlete Development explains how best to use the 10,000 hours depending on the athlete's age and stage. It provides guidance on what and when to train. It recommends the ratio of time spent competing vs. training vs. recovering. The aim of this LTAD plan is to outline to coaches, parents, clubs, and administrators in Canada what a long-term approach to training and preparation means. The plan gives detailed training and competition guidance that will be of assistance to snowboard stakeholders (clubs, resorts, schools) in planning their programs.

There are ten clear reasons for implementing a LTAD approach:

1. To establish a **clear** snowboarder development **pathway**
2. To identify **gaps** in the current snowboard development pathway
3. To provide **solutions**
4. To act as **change agent** to create proper planning, training, competition and recovery programs for developing Canadian snowboarders
5. To create a streamlined **efficient system**
6. To provide a **planning tool**, based on scientific research, for **coaches and administrators**
7. To provide awareness, education and action **planning for parents and clubs**
8. To improve **communication** between the four performance partners
9. To help athletes **win!**
10. To facilitate **lifelong enjoyment** in snowboarding

Please visit the AOS website for the complete LTAD,
<http://ontariosnowboarders.ca/ltad.htm>

RBC Riders

RBC Riders is a young exciting program executed by the Canadian Snowboard Federation and the Provincial/Territorial Snowboard Associations, with support from principal sponsor RBC.

This nation-wide program is part of an overall strategy to introduce skill development in a competitive context to young snowboarders.

RBC Riders was developed to fill a gap in the availability of grassroots competitive snowboarding events. It is a national event series that combines snowboarding basics with fun competition. **RBC Riders** uses a multi-skill "slingshot" format with one rider at a time on the snowboardcross style course.

RBC Riders is an integral part of the CSF's Long Term Athlete Development Model. The course features are designed to facilitate the development of the "ABC" fundamental snowboard skills: Agility, Balance, and Coordination of jumping and turning.

This program is a great opportunity for resorts, sponsors, officials, coaches and above all the next generation of young athletes, and there is still an opportunity for you to be a part of the 2009/2010 **RBC Riders** event series.

For more information, please download the [RBC Riders Handbook](http://ontariosnowboarders.ca/rbc.riders.htm) on the AOS website, <http://ontariosnowboarders.ca/rbc.riders.htm>

The CSF High Performance Program

Mandate & Purpose

The High Performance Program is a program authorized by the Board of Directors of the CSF, and managed by the CSF's professional staff. The purpose of the High Performance Program is to identify those athletes best capable of representing the CSF in elite international competition, and provide these athletes with the support to maximize their opportunities for success. Such support includes:

- Coaching.
- Training opportunities.
- Competitive opportunities.
- Services such as health support, strength and conditioning, and mental training.
- Access to Sport Canada's Athlete Assistance Plan and other sources of financial assistance.

Structure

The High Performance Program is managed by the High Performance Program Director, under direction of the Chief Executive Officer. Other HPP personnel, including coaches, support service practitioners, and technical staff report to the High Performance Program Director. The HPP provides programs and services in each of three disciplines: Alpine, Halfpipe, and Snowboardcross. Athlete participation in the HPP is by invitation. Athletes are selected for invitation in accordance with the "High Performance Protocol Selection Protocol", which is reviewed annually. Athlete participants in the HPP are members of the National Snowboard Team, or are members of such other programs or Teams as may be established from time to time.

Objectives

The general objectives of the High Performance Program are:

1. To provide elite international competitive opportunities to athletes who have demonstrated their ability, or their potential ability, to perform effectively at this level of competition, where:
 1. "elite international competitive opportunities" include Olympic Winter Games, World Championships, World Cups, and Junior World Championships; and
 2. "ability to perform effectively at this level of competition" is demonstrated through meeting performance standards established by the CSF from time to time, but will ordinarily reflect an ability to

- perform consistently at or above the mid-point of the World Cup field;
and
3. "potential ability to perform effectively at this level of competition" is demonstrated through meeting performance standards established by the CSF from time to time, but will ordinarily reflect an ability to perform consistently within the top eight at National Championships, Continental Cups, and other designated competitions.
2. To provide persons selected for participation in the High Performance Program the opportunity to fulfil their potential as elite international athletes, where:
 1. "persons selected for participation in the High Performance Program" are those athletes who have met the criteria set out in the High Performance Program Selection Protocol and such other Selection Protocols as the CSF may establish for specific competitions; and
 2. "the opportunity to fulfill their potential as elite international athletes" is reflected through the provision by the CSF of the following, subject to the restraints of the Federation's financial capacity and other sport development obligations:
 - Coaching.
 - Training opportunities.
 - Entry into elite international competitions.
 - Support services.
 - Direct and indirect financial support.
 3. To achieve medal results in all elite international competitions on a sustained basis in all Olympic disciplines, where:
 1. "medal results ... on a sustained basis" means at least one medal in each discipline in each competition entered; and
 2. "all Olympic disciplines" means the disciplines of Alpine, Halfpipe, and Snowboardcross, as well as such other disciplines as may be established by the IOC.
 4. To achieve a sustained level of overall success in elite international competition in each Olympic discipline, where
 1. "a sustained level of overall success" means at least one third of results in the top eight of the field, and at least two thirds of results in the top half of the field.

National Development Group

Background

From 2004 through this past spring, the CSF operated "Project 2010". "Project 2010" was a "virtual" National Development Program. Participating athletes and coaches stayed with their provincial or club teams, but were given enhanced training opportunities, competitive opportunities, and support services.

As the focus on preparation for 2010 has now moved to the National Team, "Project 2010" has been discontinued.

It has been replaced with the Learn To Win - Athlete Development Program. The foundation for this program is based on established Long-Term Athlete Development (LTAD) principles.

The CSF LTAD Plan

The CSF's LTAD Plan is a framework encompassing every element of snowboarding, with the rider as the central focus. Its goal is to enable Canadian snowboarders to step regularly on top of international podiums due to the system supporting them - not just because of exceptional performances.

The Learn To Win (L2W) Stage is a transition period between national level podiums and international level podiums. This is the 6th and final stage of athletic preparation. At the end of this stage, maturation is complete and all the performance factors are fully established to optimize performance on the international circuit to begin winning for a living.

View a summary of the L2W Stage recommendations from [Vision 2020: The Long Term Athlete Development](#) (LTAD) Plan for Snowboarding in Canada.

The Learn to Win – Athlete Development Program

Objectives

The objectives of the L2W Program are:

- To identify and support coach driven programs operating in the L2W context.
- To provide a high level of training and competition for athlete not selected to the 2007-2008 National Snowboard Team.
- To identify and support athletes at the Learn to Win stage.
- To provide these athletes with opportunities to accelerate the transition between national level podiums and international podiums.
- To create awareness – on the part of the CSF – of potential members of the National Team, and to create awareness – on the part of athletes – of the expectations and responsibilities involved in participation in elite level sport.
- To increase the capacity of the provincial snowboard associations.
- To increase the capacity of provincial level snowboard coaches.

Features

The main features of the new L2W Program are:

- It will be available to athletes graduating from the Train to Compete stage of the CSF's Long Term Athlete Development Plan.
- Athlete who previously graduated to the High Performance Program will, on a transitional basis, also be eligible for selection.
- It will be a "virtual" team. That is, athletes will be allowed to train in any recognized L2W program of their choice but will be provided with enhanced training programs, competitive opportunities, and support services.
- Participating athletes will be required to work within a program delivering the L2W recommendations.
- It will identify and include coaches who have the commitment to design and manage a program meeting L2W standards.
- In this initial year, team uniforms will not be provided.
- In this initial year, direct financial athlete assistance is unavailable.
- In the second year, incremental program funding strategies will be outlined.

- It will run for five years, through 2012. It will be reviewed following the fourth year, and may be modified and/or extended at that time.
- It will be lead by the CSF's Sport Development Unit, with the support of a management group drawn from both the Sport Development and High Performance Programs.
- Participating athletes will be recognized as athlete members of the High Performance Program.

Athlete Selections

- The 2007/08 L2W National Development Group in Alpine and SBX will ordinarily consist of 5 men and 5 women. Additional athletes may be added during the course of the program year.
- The 2007/08 L2W National Development Group in Freestyle will ordinarily consist of athletes currently named to the Development Group. Additional athletes may be added during the course of the program year.
- All athletes identified for L2W Program selection will be interviewed before being offered a position in the program.
- All L2W athletes will enter a contractual agreement with the CSF. This contract will set out key undertakings, which the athlete shall include in his or her training and competitive program. These undertakings will be based on recommendations in the CSF's Long Term Athlete Development Plan.
- L2W athletes will be required to train under the direction of a Canadian Snowboard Coaching Program (CSCP) licensed professional coach, who has been confirmed by the CSF as a "L2W coach". The selection of the coach will be the athlete's responsibility.
- In this initial year, potential athletes will be identified through National Team selections, competitive results, and consultations with HPP coaches, L2W coaches, and Provincial Snowboard Associations.
- In future years, L2W program athletes will be identified through a coach driven selection strategy and by the athlete's ranked results at Canadian Open Snowboard Tour (COST) events and National Championships. Athletes will not be selected on the basis of FIS Points.

Coach Selections

- In this initial year, coaches who are in the process of obtaining their Comp-Dev Certification, or who have completed their Old NCCP L3 certification, will be recognized as approved L2W coaches. Additional coaches may be approved on the recommendation of the Canadian Snowboard Coaching Program (CSCP) Technical Committee.
- All coaches identified for L2W Program selection will be interviewed before being offered a position in the program.
- All L2W coaches will enter a contractual agreement with the CSF. This contract will set out key undertakings, which the coach shall include in the program she or he delivers to L2W athletes. These undertakings will be based on the Learn To Win stage of the CSF's Long Term Athlete Development Plan.
- In future years, a more comprehensive set of criteria for selecting L2W coaches will be established before the second year of the program.

Benefits

Athletes and coaches participating in the L2W Program will receive the following:

- Designation as a member of the CSF's National Development Group with I.D. card.
- Eligibility to be entered into World Cup, World Championship, and Olympic Winter Games competitions.
- Eligibility to be invited to National Team Training Camps.
- Eligibility for "carding" through Sport Canada's Athlete Assistance Plan.
- Waived entry fees for COST and National Championship competitions.
- Presentations at selected Canadian Open Snowboard Tour competitions in the areas of Strength and Conditioning, Sport Psychology, and Nutrition.
- Identification to Canadian Sport Centres and Mountain Resorts as a member of the CSF's National Development Group.

The Canadian National Team

The High Performance Program identifies the athletes best capable of representing the CSF in elite international competition, and provides them with support to maximize their opportunities for success. Such support includes:

- Coaching.
- Training opportunities.
- Competitive opportunities.
- Health support, strength and conditioning, and mental training.
- Access to Sport Canada's Athlete Assistance Plan and other sources of financial assistance.

The Program is led by HPP Director Christian Hrab. Other HPP personnel, including coaches, support service practitioners, and technical staff report to the HPP Director.

The HPP provides programs and services in each of three disciplines: Alpine, Halfpipe, and Snowboardcross.

Athlete participation in the HPP is by invitation in accordance with the "High Performance Protocol Selection Protocol," which is reviewed annually. Athlete participants in the HPP are members of the National Snowboard Team, or are members of such other programs or Teams as may be established from time to time.

FIS License

An athlete who wishes to enter FIS (Federation Internationale de Ski) sanctioned competitions must have a current valid FIS License. A FIS License gives the rider the right to register in FIS events and compete for FIS points. FIS points are used to rank riders internationally.

A FIS License is necessary for athletes wishing to compete in the NorAm and Canadian Open Snowboard Tour events and to qualify to the Canadian Snowboard Nationals. FIS Licenses expire on August 31 of every year and must be renewed annually.

There is a minimum age for a FIS License:

- Alpine and Snowboardcross--15 years or older (born before December 31, 1993).
- Freestyle--13 years or older (born before December 31, 1995).

To obtain a FIS License, an athlete must:

- Be a member of the AOS; **Forms and payment must be received before you are able to log on to the CSF website.**
- Log on to www.csf.ca (member services) and proceed with the email address you provided on your AOS membership form and your Date of Birth.
- complete and submit the FIS Athlete's Declaration;
- submit the appropriate FIS License fee;
- complete and submit the CAIP (Canadian Athlete Insurance Program) form;
- submit the appropriate CAIP fee

Note: FIS Licenses are not activated immediately. Please allow a minimum of two weeks for your application to be processed.

Once the FIS has received your application, you will be assigned a FIS number, which can be found on the FIS web site: www.fis-ski.com under Competitor Biographies. You will need to provide your unique FIS number when registering for NorAm events and the Canadian Open Snowboard Tour events.

Canadian Athlete Insurance Plan (CAIP)

CAIP Insurance provides coverage, in excess of provincial health plans or other private insurance, against risks specific to sport training and competition. Recreational and competitive members may apply for coverage. Applicants must have provincial health care to be eligible for CAIP. CAIP offers three levels of coverage; Bronze, Silver and Gold. Please see below for a link to the Policy outlining CAIP coverage. Coverage is effective for 365 days from the date of registration with CAIP. Please note that the date of registration with CAIP may be as many as fourteen days after the submission of your application. Make sure you apply well in advance.

The regular CAIP Insurance only covers activities (training and competitions) in Canada. If you are training or competing outside of Canada, you must acquire the out-of-country coverage. You may purchase CAIP weeks from the CSF website under Member Services.

Note: It takes a **MINIMUM** of **TWO WEEKS** to process a FIS License and CAIP application. Make sure that you leave enough time prior to the competition for processing your application!

Volunteering with the AOS

We will be working on handbooks and ensuring that training opportunities are available for volunteers. We would encourage all of those that wish to get involved to consider the positions listed below or contact us with your specific area of interest or expertise. Volunteers are crucial to the running of events and we appreciate any and all assistance that you might be able to offer.

If you are willing to assist, please contact the AOS and we will add your name to a separate email list to receive updates in regards to training, dates and other opportunities for involvement. Level 1 Officials course will take place a couple times a year. The purpose of the Officials Training Program is to provide snowboard officials with a greater understanding of the role they will assume during a competition and to introduce them to the rules of snowboard competition, the International Rules of Competition (IRC) of the [Fédération Internationale de Ski](#) (FIS).

We would also encourage all volunteers to consider membership in the association. This assists with ensuring that funding levels can be maintained and that liability concerns are kept at a minimum.

Competitive Series:

Alpine Coordinator
HP Coordinator
SBX Coordinator
Slopestyle Coordinator

At Events and On Hill Positions'

Registration
Gate Keeper
Starter
Finisher
Timer
Tabulator

We hope in the future to establish Committees that will both share ideas and execute initiatives to support the growth of snowboarding in the province. The potential of the Association is almost limitless at this point in time, but we really do need the support and involvement of many to realize that potential.

In conclusion, WE NEED YOU.....for one event, a series or behind the scenes. Every contribution will make a difference.