



Foundation Stage		Pre and Post Puberty			World Class Performance Full Maturation
PHASE 1	PHASE 2	PHASE 3	PHASE 4	PHASE 5	PHASE 6
<b>Biological Age</b> Pre Puberty <b>Age</b> 2–6 years old <b>Play Age</b> 1–4 years in sport <b>Participation</b> Ride 1 day a week or less 20 days/year 100% freeriding Play many other sports-gymnastics or balance-based sports	<b>Biological Age</b> Pre Puberty <b>Age</b> 6–10 years old <b>Play Age</b> 3–6 years in sport <b>Participation</b> Ride 1–2 days a week 40 days/year 90% freeriding Emphasis on fun and experience Play many complementary sports	<b>Biological Age</b> Pre Puberty <b>Age</b> Girls: 10–13 Boys: 11–14 <b>Training Age</b> 4–7 years in sport <b>Participation</b> Ride 2–4 days a week 60 days/year 60% freeriding Competition Period: (Dec–Apr) Number of events: 5–7 Ratio 1:12 (compete:training) Play many complementary sports	<b>Biological Age</b> Puberty (Growth Spurt) <b>Age</b> Girls: 11–14 Boys: 12–15 <b>Training Age</b> 4–8 years in sport <b>Participation</b> Ride 3–5 days a week 75 days/year 30–50% freeriding Competition Period: (Dec–Apr) Number of events: 5–10 Ratio 1:8 (compete:training) Play complementary sports	<b>Biological Age</b> Post Puberty (After Growth Spurt) <b>Age</b> Girls: 12–16 Boys: 14–17 <b>Training Age</b> 6–11 years in sport <b>Participation</b> Ride 4–5 days a week 100 days/year 30% freeriding Competition Period: (Nov–Apr) Number of events: 5–10 Ratio 1:6 (compete:training) Play a complementary sport	<b>Biological Age</b> Full Maturation <b>Age</b> Female: 16+ Male: 17+ <b>Training Age</b> Minimum 10+ years in sport <b>Participation</b> Ride 4–5 days a week 110–120 days/year 30% freeriding Competition Period: (Nov–Apr) Number of events: 10–12 Ratio 1:4 (compete:training) Specialize
Conditioning Emphasis					
Emphasis on play, fun, snowboarding and balance.  Incorporate balance and movement.	Emphasis on play, fun, basic agility, balance and coordination. Include activities that develop general endurance.  Incorporate activities that also include short bursts of speed and reaction time for up to 10 seconds (sprints), as well as general flexibility.	1–2 conditioning sessions per week in season.  Continue to challenge rider's balance, agility and coordination. Emphasize aerobic training. Incorporate spatial awareness (acrobatics) and bodyweight strength training.	1–2 conditioning or recovery sessions per week in season.  Increase aerobic conditioning. Continue acrobatic training along with balance, agility, coordination and flexibility through growth spurt. Begin light resistance work including bands, med balls, etc. Females begin strength training with focus on proper movements. Limit the loss of flexibility, functional strength, balance and coordination during growth spurt.	2–3 conditioning or recovery sessions per week in season.  Maximum gains can be made during this time in speed, agility and stamina. Acrobatics focus continues. Flexibility is an essential part of training as well. Females can begin increasing loads in their strength training. Males focus on proper movements with minimal loads.	4–5 conditioning and recovery sessions per week.  Continue acrobatic training. Strength, power and explosivity (particularly eccentric work), efficiency and recovery, anaerobic training, core strength and flexibility. Use recovery to counter the forces of snowboarding. Males should begin increasing loads in their strength training (ages 17–20).
Technical and Tactical Emphasis					
<b>Active start – Learning and fun environments</b>  Snowboard and play on snow.	<b>Adventure stage – Riding all terrain, exploring the mountain</b>  Riders are learning basic turn shapes and riding styles. Through effective stance and efficient movements, they are learning to control the board to perform a variety of fundamental tasks:  Riding in control turning from toe to heel, simple switch riding on green terrain, basic carve turn, basic Ollie, ability to ride flat base for short periods of time, riding easier moguls or tree runs and powder turns. In freestyle terrain riders are getting comfortable grabbing over small jumps and exploring small rotations 180 to 360, both front side and backside. Riders begin to explore simple rail features.  Riders combine these fundamentals to achieve a variety of turn shapes and techniques to match their task and terrain choices.	<b>Technical stage – Refining basic skills while learning advanced techniques over a variety of terrain and features</b>  Riders are learning to apply different turn shapes, board performance and movement patterns to a variety of terrain. In freestyle terrain, riders are learning to spin beyond 360 frontside and backside both riding forward and switch.  Can carve turns on a variety of terrain. Riders should be competent on small to medium jumps, basic grabs, ability to ride comfortably in halfpipe and rail features.  Sound fundamental skills are mastered and integrated in the rider's movement patterns. SBX riders are developing tactics with speed and can effectively follow a race course.	<b>Tactical stage – Event/discipline specific technical and tactical skills</b>  Maintain technical skills through the growth spurt and refine tactical skills. Riders begin to feel the subtle differences between different board performance concepts and how it affects the skill, trick or technique they are mastering.  Able to use a variety of high intensity movements to maximize performance in competitive venues, carving and edge control in race courses, ability to ride flat base at high speeds, edge control in halfpipe, amplitude in pipe, controlled spins in any direction off small or medium jumps and comfortable with over a second of airtime.  Significant use of upper/lower body separation. Makes recovery moves. Dynamic and complex movement patterns are emphasized to achieve a desired outcome on specific terrain and features.	<b>Technical and Tactical Refinement stage – Event/discipline specific technical and tactical skills</b>  Refine technique and tactics after growth spurt. Integrate the increased strength, power and body size into riding style.  Advanced techniques and tactics are applied to specific disciplines.  In freestyle terrain, riders should be comfortable spinning over large jumps as well as in the pipe. Riders begin experimenting with single inverted maneuvers and should be able to handle the more technical rail features with confidence.	<b>Mastery and Innovation stage – Event/discipline specific technical and tactical mastery</b>  Mastery of technical and tactical skills based on the individual's style.  Masters discipline specific skills. Optimize technical and tactical skills for ability level and conditions in competition situations.
Equipment Selection and Preparation					
<b>Snowboards:</b> Choose based on height, weight and skill level.  <b>Boots:</b> Proper boot fit and flex to facilitate a balanced, athletic stance.  <b>Protection:</b> Helmet required at all times.	<b>Snowboards:</b> Choose based on height, weight and skill level.  <b>Boots:</b> Proper boot fit and flex to facilitate a balanced, athletic stance.  <b>Protection:</b> Helmet required.	<b>Snowboards:</b> Choose based on height, weight and skill level. Introduce basic snowboard tuning and board preparation skills.  <b>Boots:</b> Proper boot fit, flex and performance.  <b>Protection:</b> Helmet required.	<b>Snowboards:</b> Based on height, weight and skill level. Begin to test discipline specific boards. Tuning skills continue to improve.  <b>Boots:</b> Proper boot fit, flex and performance. Begin to test discipline specific boots.  <b>Protection:</b> Helmet required, back protection, impact shorts and mouth guard recommended.	<b>Snowboards:</b> Discipline specific boards. Tuning skills continue to improve.  <b>Boots:</b> Discipline specific boot to maximize performance.  <b>Protection:</b> Helmet required, back protection, impact shorts and mouth guard recommended.	<b>Snowboards:</b> Discipline specific boards. Professional support or consultation is recommended for preparation.  <b>Boots:</b> Discipline specific boots to maximize performance.  <b>Protection:</b> Helmet required, back protection, impact shorts and mouth guard recommended.
Performance Psychology Emphasis					
<b>Sampling Years</b> Fun, variety, positive reinforcement and perseverance. Positive parental support is essential. Have FUN!	<b>Sampling Years</b> Teamwork and sportsmanship. Emphasis on developing healthy habits that promote success in sport and life. Positive parental support is essential. Families become involved with club or team. Have FUN!	<b>Sampling Years</b> Develop positive self talk, work ethic and perseverance. Focus on the process, not results. Encourage the use of imagery and visualizing good technique. Demonstrate teamwork and sportsmanship. Positive parental support and club/team involvement. Have FUN!	<b>Sampling Years</b> Positive self talk, work ethic, perseverance and focus on gaining experience. Begin to develop goal setting and competition preparation. Begin to associate competing as fun.  Continue to use imagery and visualize good technique. Teamwork and sportsmanship. Positive parental support and club involvement. Have FUN!	<b>Commitment</b> Develop and refine event day plan. Develop mental competition routines, what to focus on, what works on event day, develop "athletic plan" to approach training sessions and life. Document through journaling. Parents continue to support the commitment of the athlete in the sport. Competing is FUN!	<b>Specialization and Mastery</b> Refine performance psychology skills: imagery, goal achievement, performance planning, attention and focus, self regulatory talk and confidence, dealing with competition, risk, failure and fear. Identify optimal performance state. Parents continue to support the commitment of athlete in the sport. Compete to WIN!
Competition Emphasis					
	USASA regional competition FUN focused local competition	USASA regional competition	USASA regional events USASA Nationals/Revolution Tour	USASA/Revolution Tour/NorAm USASA Nationals/Junior World Championships	Grand Prix, Burton Global Opens, Dew Tour, World Cups