

FNST



FNST



High Performance Team

Orientation

August 11, 2005

Mount Currie



Thirteen of the twenty High Performance Team athletes get together with Lill'wat Nation Chiefs and Council and Guardian Project Ambassadors to discuss what it takes to be a leader for your community. The HPT also signed thier athlete agreements, got to know each-other as well as enjoyed witnessing the beautiful traditional dancing hosted by the Lil'wat Nation.

Dry Land Training,

Anita Cote

Season 1, 2005

Whistler Blackcomb



The athletes participated in strength, flexibility and conditioning training in order to enhance their muscle power, endurance, and agility. The dry land training has a very strong and positive effect on the snowboarders ability to perform on the snow.

On-Snow terrain training

Season 1, 2005

FNST Principle of Learning



The FNST members must build a positive attitude towards each other and learning. One of the most common errors made in teaching is to TELL students something, and assume they have learned. Telling is not teaching and it does not ensure learning. It is simply one way communication. One of the best ways to teaching students is to have them put ideas into practice to demonstrate they have learned.

Acknowledgments:

The FNST would like to acknowledge the professional organizations and exceptional individuals who have supported and continue to support the FNST's goal which is to "Create a legacy for youth in the sport of snowboarding":

- Squamish Nation Chiefs & Council
- Lil'wat Nation Chiefs & Council
- Todd Allison
- Steve Podborski
- Brian Dolsen
- Arthur Dejong
- Dough Forseth
- Erick Kalacis
- Linda Swain
- Krissy Jacobs
- Steve Parks
- Anita Cote
- Pascale Gadbois
- Chris Nakomechny
- Rick Harry

- Squamish Nation
- Lil'wat Nation
- VANOC
- Olympian
- 2010 Legacies Now
- Whistler Blackcomb
- Whistler Blackcomb
- Grouse Mountain
- Cypress Mountain
- Squamish Nation
- Snowboard Coach
- Dryland Coach
- Trampoline Coach
- North Shore Snowboard Team
- FNST Logo Artist

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**First
Nation
Snowboard
Team**



Snowboarding made its Olympic debut in the 1998 Winter Games in Nagano, Japan with a total of four categories: men's and women's half pipe and men's and women's giant slalom.

"We joined the First Nations Snowboard Team to learn new tricks and to do our community proud." - Dillon Sampson -

"I like that the Squamish and Lil'wat Nations united as a team and learned to work and laugh together." - Randall Lewis Jr. -

Building a Legacy Together

wwwfnriders.com



FIRST NATIONS SNOWBOARD TEAM PURPOSE

The First Nation Snowboard Team (FNST) is working together with Cypress Mountain, Whistler Blackcomb and Grouse Mountain to establish a legacy for first nation youth in the winter sport of snowboarding. The FNST provides a positive and unique opportunity for first nation youth.

FNST is developing new partnerships with local mountains to provide:

- * A unique First Nation pacific program for First Nations athletes,
- * Organized training and athletic development,
- * Instructor certification,
- * Increase physical activity,
- * Instill discipline skills,
- * Nutritional educations,
- * Skills to achieve personal excellence.

FNST is Canadian Snowboard Federation (CSF) sanctioned club with all team members insured and registered to the British Columbia Snowboard Association (BCSA) membership by the Canadian Athlete Insurance Program (CAIP).

The FNST assists our young First Nations athletes to increase their physical activity, instill discipline skills, nutritional education and habits as well as to achieve personal excellence.

The initiative will provide training and coaching of First Nations athletes to prepare for regional, national and international competitions while introducing a winter sport to many first nations youths, with the ultimate goal of reaching the podium in the 2010 Winter Olympics.

The FNST is strategizing to seek employment opportunities with local resorts for the High Performance Team members who have received their Canadian Association of Snowboard Instructors (CASI) Level I and Level II certification. FNST will train and sponsor its members to receive their Instructor certification, with a goal of developing its own certified coaches to be employed by the FNST and become the FNST mentors.

Canadian Olympian and Alpine skiing legend, Steve Podborski has and will continue to share his knowledge to guide this program.

"This program is a winner, as are the athletes. I think that an Olympic medalist will come from this program, but even if that doesn't happen, so many other good things will and not winning a medal would hardly matter."
- Steve Podborski -

FIRST NATIONS SNOWBOARD TEAM (FNST) HISTORY

Together with the Squamish Nation and Lil'wat Nation, Aaron Marchant, FNST Manager, founded the FNST in 2004. Season one (2004 - 2005) was launched July 2004 and proved to be a successful program which gained momentum throughout the season.

In its innagural year, the program was comprised of ten athletes aged 15 - 21 from the Squamish and Lil'wat Nations, as well as four world class coaches who specialize in different areas of winter training. The ten members committed themselves to extensive training which was developed in the FNST curriculum. Their training included:

- * Freestyle snowboarding
- * Sport psychology
- * Participated in lectures
- * Strength, flexibility and conditioning
- * Yoga
- * Journal writing
- * Acrobatics
- * Trampoline training

Five athletes successfully received their Instructor certification on March 27, 2005. This year the High Performance Team (HPT) certified instructors will be employed by the FNST to instruct the Recreation Program athletes.

Funding for season one and two has been provided by the Aboriginal Youth Sport Legacy Fund. A legacy which was created through the Shared Legacies Agreement. The local mountains have helped fund the team and have made the FNST a "one of a kind program".

PARTNERSHIPS

Cypress Mountain, home of the Snowboarding and Freestyle events for 2010 Olympic Winter Games, is proud to support the First Nation Snowboarding Team. Cypress Mountain and the First Nation Snowboard Team have entered into a long-term partnership with the aim of seeing local athletes on the podium in 2010.

"Whistler Blackcomb shares in the same vision of bringing a First Nations athlete on the podium in 2010. Most importantly we support the daily positive experiences that these athletes will have training on our mountains."

- Arthur Dejong -

The FNST is seeking partnership, funding and in-kind contributions to assist in developing and expanding the FNST initiative. Assistance is required for program administration, staffing, coaching, training, transportation, equipment, accommodations and competition costs. The aim for these partnerships is to deliver a program which can be provided to other First Nation Youth across British Columbia. The FNST has sponsorship opportunities for parties interested in establishing an Aboriginal Winter Sport Legacy in First Nations Communities.

"Our athletes need more than just encouragement to realize Olympic aspirations. A commitment of resources is required to provide them with support and infrastructure necessary for their success". - Chief Gibby Jacob -

1. HIGH PERFORMANCE TEAM (HPT)

Season two (2005-2006) of the FNST is comprised of a High Performance Team, a Recreational Program as well as Outreach Initiatives.

The HPT currently consists of 20 experienced First Nations snowboarders who all share a common goal: To gain the technical skills necessary to compete and win snowboarding events leading up to and at the 2010 Winter Games.

Tryouts were held on July 28, 2005 on Blackcomb Mountain. The examiners for the HPT tryouts were coaches from the North Shore Snowboard Team (NSST). A selection process and criteria was established to select the 20 High Performance Team members. The 20 FNST members signed the FNST Athlete Agreement August 11, 2005.

The FNST will provide all equipment, coaching, transportation and resources for the 20 members who are now ready to begin their training, which will commence Sept 17, 2005 at Whistler Blackcomb H2O Water ramp.

Training will include 30 on-snow coaching sessions, acrobatics, sport psychology, strength, flexibility and conditioning, disciplinary skills, yoga, participate in lectures, journal writing, freestyle snowboarding, cultural and team building activities.

The HPT athletes will have the opportunity to become certified instructors who will mentor and instruct the younger generation in a recreational program. They will gain employment experience, leadership skills resulting in an increase in self-esteem. Currently the FNST has six certified Instructors.

"I am thrilled with the momentum of the First Nations Snowboard Initiative. These kids are achieving thier goals and becoming leaders in their communities."

- Todd Allison -

2. RECREATIONAL PROGRAM

The Recreational Programs main focus is to introduce the sport of snowboarding to the younger generation (ages 5 to 21) in order to seek out future competitive athletes and Instructors. The Recreation Program consists of 44 experienced and beginner snowboarders. Twenty-two of these athletes are from Squamish Nation and twenty-two are from the Lil'wat Nation.

Training for this program includes ten on-snow coaching sessions with rental equipment and season passes provided. The instructors are First Nations Snowboard Team HPT members. They are certified and are members of the Canadian Association of Snowboard Instructors (CASI). Instruction of the Recreation Program is divided into three levels: Beginner, Intermediate and Advanced.

Check our our website for more details: www.fnriders.com

3. OUTREACH PROGRAM

The Outreach Program gives the FNST the opportunity to offer support to First Nation snowboarders who reside in the Lower mainland and currently possess a high level of technical & freestyle snowboard skills. These athletes will train and compete with the FNST. Their experience in competing and in BC Snowboard Association (BCSA) events and competitions has become a great asset to the FNST.

Athletes are encouraged to inspire and train with the High Performance Team and the Recreational Program athletes.



HIGH PERFORMANCE TEAM MEMBERS

Bikadi, Logan
Bikadi, Troy Jr.
Donald, Joseph
Findlay, Rachel
Gabriel, Matthew
Johnston, Stephanie
Johnston, Virginia
Joseph, Adrian
Lewis, Cody
Lewis, Randall



McAuley, Keegan
Mitchell, Chelsea
Redman, Jonathon
Sampson, Dillon
Seschillie, Desiree
Sherwood, Mike
Sparrow, Joshua
Wallace, Kyle
Ward, Sandy
Williams, Leon

HOW TO BECOME A MEMBER?

If you are a First Nations snowboarder, be sure to watch for our flyers for next years applications for our HPT and Recreation Program or contact us at below contact information.

For more information view our website at:
www.fnriders.com

