



2021 - 2022 National Aerial Team Selection Criteria

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2020-2021 World Cup Spot Allocation Criteria

September 30, 2020

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1. Preamble

This document defines the procedures used by Freestyle Canada to:

- Select athletes to the 2021 – 2022 National Aerial Team (Groups A & B)
- Select athletes to the 2021 – 2022 National NextGen Aerial Team
- Allocate spots to Canadian athletes for the 2020-2021 FIS World Cup Aerial competitions

2020 – 2021 COVID Precision

Freestyle Canada realizes that the 2020-2021 season will be a challenge due to the uncertainty and restrictions caused by COVID. The information provided in this document will form the framework for decision making however, the Selection Committee will have the flexibility to adjust criteria in the event that published decision processes are not possible based on the current situations.

Should there be an inadequate number of competitive opportunities ahead of select WC opportunities due to COVID restrictions, the HPP Selection Committee will look to create specific competitive opportunities for selection purposes.

In the event that modifications are needed, affected parties will be notified as early as possible.

2. Freestyle Canada High Performance Program Goals

To develop athletes in a safe and ethical manner, who win medals at both the Olympic Winter Games and FIS World Championships.

Freestyle Canada's high-performance staff will support, prepare and assist identified athletes in achieving their goals through a variety of mechanisms including:

- Gap Analysis which will identify each athlete's strengths and areas of improvement to prescribe appropriate technical, physical and mental training programs
- Gaining competitive experience on the International stage where they can hone their tactical and psychological skills

Athletes identified as National Team A & B Group have shown evidence that they are on track to win a medal at a major event within four years

Athletes identified in the NextGen Group have shown evidence they are on track to win a medal at a major event within eight years

3. Definitions and Roles

Title	Acronym	Role
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Freestyle Canada	FC	Governing body for Freestyle skiing in Canada
Chief Executive Officer	CEO	Top staff member of Freestyle Canada; answerable to the Board of Directors
High Performance Program	HPP	Performance stream within Freestyle Canada
High Performance Director	HPD	Leader of the HPP
High Performance Athlete Development	HPAD	Identified process for developing athletes
Gold Medal Profile	GMP	Identified skills for skiers at various levels of the LTAD
Long-Term Athlete Development	LTAD	Pathway for development of freestyle skiers from grass roots through sport for life
FIS World Cup	WC	Top FIS competition series
FIS NorAm	NorAm	Continental FIS competition series in North America
International Ski Federation	FIS	Governing body for Freestyle skiing internationally
NextGen	NG	Athletes showing evidence of medal potential for the subsequent Olympic Winter Games (up to 7 years ahead)

NextGen B	NGb	Athletes put on OTP's radar to watch for the future
Sport Science Sport Medicine	SSSM	Category of performance services for medical, paramedical and applied research aimed at enhancing athlete performance
Own the Podium	OTP	Technical agency who makes recommendations to Sport Canada on the funding for all Canadian sports.

4. National Team Structure

4.1 National Team

The National Aerial Team is composed of (up to) three groups of skiers:

- The "A" group athletes who receive priority entry into WC events and the highest level of Freestyle Canada funding support
 - The "B" group athletes who receive the next priority entry into WC events and enhanced Freestyle Canada funding over NextGen athletes
- AND**
- The "NextGen" group of athletes for athlete development, tiering and funding purposes.

The selection committee will determine the National team size and each of its groups' sizes. *Team sizes may change depending on the year of the quadrennial, depth of the athlete pool as well as budget and funding considerations.*

- All team selections are for a one-year period only;
- The national team will be named by May 15th, 2021 (each year by May 15th);
- FC will strive to maintain gender equity.

4.2 Prospect Team (RBC Training Ground)

Each year Freestyle Canada staff members work with RBC representatives to identify potential aerial athletes through the RBC Training Ground initiative. Prospects are athletes who have trained and competed at a high level acrobatic sport (other than aerials). These athletes are committed to an aerial training plan, are part of the RBC Training Ground program and have showed progression in aerial training (physically, trampoline, ski, water ramps, air bag and on/or snow jumping).

Athletes identified for the 2021-2022 RBC Training Ground group will have personalized programs that he or she will follow. Those athletes will be required to meet their specific individual benchmarks by October 15th, 2021 to determine their ongoing training plans for the winter season. These athletes are not part of the HPP but will work alongside the NextGen Group to facilitate their training.

Athletes who were identified as part of the 2020 – 2021 RBC Training Ground group will meet with their coach(es) after October 15, 2020 to determine their training plans for the 2020 – 2021 season.

5. Selection Authority and Process

The selection of athletes to participate in the Freestyle Canada's HPP is the responsibility of the CEO, acting on the recommendations of the HPP Aerial Selection Committee (the "Selection Committee").

5.1 HPP Aerial Selection Committee

Under the authority of the CEO, the Selection Committee is responsible for all team selections and the allocation of competitive opportunities. Team selection and FIS World Cup spot allocation details are as described in this document; selection for major events will be published in separate document aligned with each event's specific timelines and selection requirements.

The Selection Committee shall, as its regular business:

- Select athletes to be offered positions on the National Team and within team groups (i.e. A, B and NextGen);
- Allocate HPP athletes with competitive opportunities for targeted FIS events;

The Selection Committee will consist of:

- Three voting members:
 - National Team Head Coach
 - NextGen Head Coach
 - High Performance Director (Chair – tie breaking vote)
- Non-voting members:
 - Other national aerial program coaches (if applicable)
 - Sport Science Sport Medicine Director
 - High Performance Athlete Development Manager
 - CEO

When relevant, the Selection Committee will seek input from content experts, such as the HPP Manager, mental training consultants, strength and conditioning trainers, medical team members or others.

Meetings of the Selection Committee:

- The HPD will chair meetings.
- Meetings may be held either:
 - a. Live:
 - i. in person,
 - ii. using technology (such as phone, web conference, etc.)
 - b. Non-live: using electronic means such as e-mail to share information and poll on positions.
- For live meetings: In the event one of the three voting members is not available, the Freestyle Canada CEO will appoint an equivalent replacement for that meeting.

- The committee will usually make decisions by consensus however, if a vote is necessary it will be by majority.
- Selection committee members shall abstain from voting on matters that directly affect members of their immediate families.
- Meetings of the selection committee shall be open to members of the committee, and invited guests only.

Documentation/Communication from Meetings of the Selection Committee:

- Notes from the meeting will be kept by HP staff and distributed to members of the selection committee.
- A summary of the decisions of the selection committee meetings shall be made available to interested parties on request; divisions will be notified of their availability.
- HPP staff will notify selected athletes in writing of the decisions of the meeting.

5.2 Selection Process

Within 30 days of the completion of the last ranking eligible competition of the season (usually the Senior Canadian Championships):

- Team selections are for one calendar season (May through the following April)
- The 2021 – 2022 National Aerial Team qualification period runs from December 1st 2020 through April 30th 2021, inclusively.
- The selection committee reviews the initial HPP Aerial Ranking list and determines if there are any special ranking considerations or mistakes in the data entry. Corrections will not be made after May 15th for that selection period.
- Eligible athletes are identified and ranked for nominations.
- Athletes who would qualify for Exceptional Circumstances (i.e. injury, etc.) are identified and ranked appropriately.
- The National Team is identified and nominated in the following order:
 - a. The A group, then
 - b. The B group, then
 - c. The Nextgen group
- The selection committee will identify any athletes who should be identified as NextGen B athletes. These athletes are identified for the purposes of tracking for OTP and are not part of the HPP.
- Nominated athlete will be officially notified, having a period of 10 days to accept or declined selection.

5.3 HPP Aerial Rankings

The HPP Aerial Ranking criteria is explained in detail in Section 7.2. The High Performance Director and the High Performance Program Manager coordinate all HPP Aerial Rankings and calculations related to the selection of HPP teams. These rankings are presented to the selection committee for their input and consideration. Coaches also report on each athlete's skill level and overall progression and commitment the past 12 months.

- For an athlete to be ranked, they must normally have competed at least five jumps in at least two different Freestyle Canada eligible competitions during the current season.
- Athletes' results are used from the selection period outline in section 5.2 - Time Frames.

5.4 Major Games Selection Considerations

During an Olympic Winter Games or FIS World Championship qualification period, athletes who have a reasonable chance at selection may be given priority in the allocation of WC opportunities. Major Games selection criteria will be developed in a separate policy and posted on the Freestyle Canada website.

5.5 Score Anomalies

In some circumstances, there are three to four competitive, qualifying events on the same course within a short period of time, often with the same panel of judges. Circumstances such as these can skew rankings (positively or negatively). Scenarios such as these will be reviewed by the Selection Committee and may warrant out of order selections.

6. Eligibility

To be eligible for selection to the 2021-2022 National Aerial Team program, an athlete needs to meet both general and performance eligibility criteria.

6.1 General Eligibility

- An athlete must be a Freestyle Canada member in good standing;
- Have a valid Canadian passport;
- Have their skill / performance capability curve trending upward
- Have the FIS age requirement to compete at FIS World Cup level events for 2021-2022.

6.2 Performance Eligibility

OTP provides funding two restricted funding envelopes of program funding to Freestyle Canada:

1. Enhanced Excellence: To support athletes who have shown evidence they are on track to medal at the upcoming Olympic Winter Games and
2. NextGen: For the program that supports athletes who are showing evidence they are on track to medal at the subsequent Olympic Winter Games.

To be eligible for selection to the National Aerial Team, athletes are ranked on recent historical performances; these results will be used to formulate the HPP Aerial rankings. Athletes are selected to the A and B groups based on their individual aerial results; NextGen athletes are selected based on the ranking results. The following criteria outlines the performance requirements for each level:

6.2 a National Aerial Team - A Group ("Podium Excellence" - LTAD stage: Train to Win)

Athletes will be selected to this group based on the 2020 - 2021 HPP Aerial Ranking¹ and meeting at the following performance benchmarks:

- One podium at a 2020 – 2021 FIS World Cup Aerial event (excluding team events & downgraded DD events)

OR

- Two top 5 results at 2020 – 2021 FIS World Cup Aerial events (excluding team events & downgraded DD events)

6.2b National Aerial Team - B Group ("Performers" - LTAD stage: Learn to Win)

Athletes who are ranked in the top four by gender (including A Group athletes) in the Final 2020 – 2021 HPP Aerial Ranking will be considered for selection to this group based on meeting the following:

- Met the following Minimum Skill Level at least once before in their careers:
 - Men – Pass snow jump level 6.1 (LFF and FFF with an execution score of 25,8/30,0) or higher of the Canadian Aerial Progression Plan for men.
 - Women – Pass snow jump level 5.1 (LF and FF with an execution score of 26,3/30,0) or higher of the Canadian Aerial Progression Plan for women.

AND

- Make one WC final in the 2020 – 2021 season.

6.2 c National Aerial Team - NextGen Group (LTAD stage: Train to Compete & Learn to Win)

The selection committee will select athletes to this group guided by the FC Gold Medal Profile framework and will consider a multitude of athletic traits specific to the discipline of aerials such as:

- Fitness level;
- Acrobatic skills;
- Attitude.

In addition, the Selection Committee will consider athletes who have met the following Minimum Skill Levels:

- Men – Perform at the minimum of snow jump level 4.3 (LF and FF with an execution score of 26.3/30) or higher on the Canadian Aerial Progression Plan for men (see Appendix 1); skiers are not restricted from performing more difficult tricks.
- Women – Perform at the minimum of snow jump level 3.2 (LT and bF with an execution score of 25.8/30) or higher on the Canadian Aerial Progression Plan for women (see Appendix 2); skiers are not restricted from performing more difficult tricks.

Please note that the intent of these minimum standards is to ensure that each athlete is performing at the level expected to join the High Performance Program.

The selection committee will select athletes to this group by considering the following variables:

- The size of the NextGen team will be determined after the A & B groups of athletes are identified and funding from partners is confirmed (team size is a partly a function of coach capacity and safety)
- The athletes will be ranked using the 2020-2021 HPP Aerial Rankings; the selection committee may choose to end selections at the point where a large drop in points occurs between athletes on the ranking list.
- The selection committee may select athletes out of ranking order base on skills and/or injury status.
 - Skill assessment can occur throughout the season by any of our National program coaches or during spring training camp(s).
 - Skills will be assessed based on the framework outlined in Freestyle Canada’s Gold Medal Profiles.

6.2 d Probation

Selections of new athletes or promotion in the level of the team are considered provisional until the completion of the first camp at which time the athlete’s performance and compliance will be reviewed to make sure they are a fit with the team.

The Selection committee may nominate provisional athletes. Provisional members of the 2020–2021 NextGen group are athletes who have reach the minimum skills level, but that have not demonstrated technical and athletic traits outlined in the FC Gold Medal Profile framework. Provisional athletes will be required to meet specific individual benchmark by October 15th, 2021 to determine if they will continue as members of the Next Gen group.

7. Competitive Opportunities

FIS provides competitive opportunities to Freestyle Canada which in turn is able to enter athletes into competitions.

- Freestyle Canada is not required to fill all FIS World Cup (or FIS World Championship) quota spots.
- WC opportunities will be prioritized for National A & B group athletes and then appropriate non A & B group athletes (NextGen or others), as determined by the Selection Committee based on current team ranking or special considerations.

7.1 QUALIFYING COMPETITIONS

For the 2020 - 2021 season, the following events will count towards the HPP Aerial Rankings.

2020-2021 Eligible Aerial Competitions:

World Cup Level:	Continental Cup Level:
World Cups	NorAm
World Championships	Jr. World Championships
Olympic Winter Games	Senior Canadian Championships
	Select Europa Cup events
COVID Consideration	
Should there be an inadequate number of competitive opportunities ahead of select WC opportunities due to COVID restrictions, the HPP Selection Committee will look to create specific competitive opportunities for selection purposes.	

7.2 HPP Aerial Rankings

Athletes are ranked in descending order (i.e. the higher the sum of five jump scores, the higher the ranking) based on the sum of their five (5) best individual, single-jump scores.

- Total scores (Judges score: Take off score + Air and Form score + Landing score multiply by the degree of difficulty of the jump) of each individual single jump from eligible competitions will be used.
- The selection committee may recommend a change in the number of jumps used to select the National Aerial Team depending on the competition schedule or other extraneous factors.
- Other than in Exceptional Circumstances, scores must be taken from competition held during the just concluded season.

7.3 World Cup Selection Process

World Cups opportunities will be offered as determined by the selection committee. The HPP Aerial Rankings are used to allocate competitive opportunities including World Cup spots. Other criteria considered for competitive opportunity spot allocation are:

- An athlete achieving his or her World Cup skill benchmarks in camps or competitions (based on his or her signed athlete signed agreement) and,
- Ongoing Rankings and / or potential to qualify for major events

7.4 Quotas

To start in a WC, an athlete must normally be a member of the High Performance Program (except for personal spots directly earned through FIS rules (i.e. the FIS NorAm Grand Prix champion from the previous season). Consideration will be given to athletes who are either part of a provincial aerial team or who are part of the RBC Training Ground group of athletes who have met their identified benchmarks and are progressing towards podium results in the 2026 Olympic Winter Games.

For the 2020 - 2021 season:

- Canada has earned six men and four women FIS WC Aerial quota spots; there is a

maximum team size of ten athletes.

- Canada will have two additional Host Nation quota spots per gender when they host a WC event.
- Marion Thenault has earned a personal quota spot as a result of winning the 2019-2020 Women’s NorAm Aerial Title.
- Miha Fontaine has earned a personal quota spot as a result of winning the 2019-2020 Men’s NorAm Aerial Title.

Personally earned quota spots are not included in the nation’s maximum team size.

- FC is not required to fill all FIS World Cup and FIS World Championship quota spots.
- Gender split may fluctuate based on points gaps, results and development stages.
- A & B group athletes have their spot confirmed through the Deer Valley WC; the first two blocks.
- Athletes must meet the minimum FIS point level to be eligible to ski in a WC event.
 - The first quota spot per gender requires a minimum of 50 FIS points
 - Addition quota spots per gender require a minimum of 100 FIS points
 - Host nation quota spots require a minimum of 50 FIS points

7.5 Timelines of Spot Allocations

The competition season is broken onto “blocks” of competitive opportunities. These blocks are established based on:

- The FIS calendar confirmed in the fall of each year;
- Having a logical number of events to update rankings;
- Travel logistics.

There are three identified WC selection/qualification dates for the 2020 - 2021 season; one is specifically to consider any NextGen group athletes for the WC. All selections are to be done on or before the identified Selection Date:

Block	Selection Date	Planned Events ¹	Scheduled Starts	Event Dates
1a	October 31, 2020	FIN, CAN, USA	3 - 5	Dec 2020 - Feb 2021
1b	December 30, 2020	North America – for non-A&B athletes	1 - 3	Jan – Feb, 2021
2	February 9, 2021	Post World Championships ²	Up to 4	Feb – Mar 2021

A & B Group Athletes:

National Team A & B group athletes are assigned quota spots for the first block of the 2020 – 2021 FIS Aerial World Cups events with the intention of renewing their spots for the balance of the season based on a review of each athlete’s performance.

¹ Depending on Canadian participation in the events; subject to change by the FIS

² This block could include a WC Final which would require athlete qualification

Non-A or B Group Athletes – for 2021 North American FIS WC:

Specific to the selection of athletes to the 2021 North American FIS World Cup, the Selection Committee will consider the NextGen group, and in special cases, provincial team or RBC Training Ground athletes.

- Freestyle Canada will select athletes based on scores from jumps performed in identified competitions in advance of the team registration deadline for the first WC in a specific block of competitions.
- Only jumps that meet the gender-specific minimum skill level will be considered
- There is no obligation to select or fill open WC spots.

Freestyle Canada recognizes the long-term health of the athletes as paramount and athletes who are not ready to perform certain jumps will be held back by their coaches to enhance their long-term development and safety.

Minimum Skill Levels:

- Male** - LF and FF
- Female** - Two different doubles performed in the qualification events.

Additional Selections:

Additional selections of an athlete into a WC spot may be done at any time within the season on the request and discretion of the HPD or the Selection Committee, with validating evidence. These additional, selections are more likely to happen if any of the following are true:

- An athlete is showing excellent NorAm level results;
- A rising start demonstrates potential for Olympic Winter Games or FIS World Championship medal performance;
- The athlete who would be moving up is replacing an athlete who has had several recent WC opportunities without top 12 rankings.

8. Exceptional Circumstances

An athlete who is progressing positively in their career but has a setback due to an injury, a death in the family or similar life experience could be afforded additional flexibility when it comes to HPP Aerial Score Rankings, WC spot allocation and other Freestyle Canada decisions; these situations are referred to as “Exceptional Circumstances”. The maximum backwards extension of the selection period shall ordinarily be one competition season.

Based on a potential of eight competitive jumps:

If during the 2020 – 2021 season, an athlete has missed the following number of starts due to Exceptional Circumstances:	Then the athlete may use up to the following from the 2019 – 2020 season:
Entire season (fewer than 8 jump scores – usually four events)	Selection period will be extended backwards to a maximum of one season ⁵
5 or more starts	Up to 3 scores and 3 placing values
3 or 4 starts	Up to 2 scores and 2 placing values
1 or 1 starts	Up to 1 score and 1 placing value

1. Only athletes who are members of the HPP program are eligible to use the “Exceptional Circumstances” clause. Provincial athletes who have suffered injury may be brought into the HPP through the mechanism of an “out of order” selection should sufficient evidence be available to justify.
2. The selection committee has the discretion to use the Exceptional Circumstance clause for special cases. This is more likely for athletes with a significant body of recent WC results (medals, top 6, or top 16 at major games). This may include expanding the backwards extension of the selection period, or other adjustments to meet the special case.
3. Any injury must be evaluated and validated by a FC medical staff member. The purpose of the medical assessment is to confirm the degree of the athlete's injury and the anticipated time of the athlete's recovery. The selection committee, with input from medical experts, may prevent an athlete from entering an event if the pace of the athlete's rehabilitation from injury warrants doing so.
4. An athlete, not capable of competing in the National Championships due to injury or other Exceptional Circumstances, must request permission, in writing from the HPD; the HPD may require medical documentation.
5. It may occur that it is inappropriate for a High-Performance Program athlete, by reason of a health-related curtailment of activities, to participate in HPP training and competition activities for an entire program year. In such a situation, the following shall apply:
 - Any such determination shall be made collectively by the athlete, the athlete's personal physician, the Freestyle Canada HPD, and the FC's Chief Physician.
 - The athlete shall remain a member of the High-Performance Program, and shall purchase a FC membership and an International Competitor's License.
 - The athlete shall remain eligible for HPP clothing and other supplier pool goods, shall continue to be promoted in the FC Media Guide, and shall continue to be eligible for Sport Canada carding and Canadian Olympic and Paralympic Sport Institute Network (COPSIN) services.
 - A rehabilitation program for the athlete shall be developed jointly, by the athlete and the FC. The rehabilitation program shall be monitored by the FC, and

³ The most recent events will be counted until a total of 8 results are available (example: Canadian Championships will be the first replacement event if they were the last event of the season)

evaluated on a regular basis. The athlete's return to full HPP participation shall be, in part, dependent on satisfactory completion of the rehabilitation program.

- The rehabilitation program may include formal HPP training and entry into competitions, as well as physiotherapy, individual training, and other rehabilitative measures. Any formal HPP training or entry into competitions shall be for rehabilitative purposes only. Evaluations or results from such training or entry into competitions shall not be used for the ranking of the athlete for HPP Team selections.
- The athlete shall be eligible to return to full HPP participation only after the FC determines that the rehabilitation program has been successfully completed and risk of further injury is no longer a concern.

9. Special Ranking Considerations

The selection committee may in some cases choose to select athletes out of the initial ranking order. In such case, the selection committee must record in detail the reasons for its decision. These reasons must support the program goals outlined at the beginning of this document.

Special ranking considerations include, but are not limited to the following examples:

- Athletes who have reached major event podiums in recent years (i.e. Olympic Winter Games and/or FIS World Championships)
- An athlete who is showing excellent results and increasing her or his performance results may be moved higher than their calculated ranking.
- An athlete who shows excellent physical characteristics (measurable in testing) and / or technical capability; may be moved higher than her or his calculated ranking. This is more likely to happen early in an athlete's career. Rational: in some stages of development an athlete may focus on training and not perform as well at competition.
- An athlete who has had opportunities and is not advancing towards the program goal may move lower than her or his calculated ranking; written rational from the Selection Committee will be provided
- When there is a relatively narrow point spread between two athletes, there is greater chance of "out of order" selection.
- An athlete with strong work ethic and commitment to training opportunities may move ahead of an athlete who has not demonstrated these traits.

10. General

Issues not otherwise covered by this document are subject to the decision of the Chief Executive Officer of the FC, in consultation with the selection committee.

11. Hearing and Appeal Process

Freestyle Canada is bound by the mandate of our organization, and in some cases our performance partners; every attempt is made to make decisions that are in line with those parameters. In the event that an athlete feels a decision was incorrect, he or she may launch an appeal.

The purpose of an appeal is to correct any missing or incorrect information or correct any procedures that were not properly followed by the Selection Committee or HPP staff. Appeals must be conducted in accordance with the Appeal Policy established by the FC. Policy can be found on www.freestylecanada.ski

APPENDIX 1 – Men’s Aerial Progression Plan

Canadian Aerial Program Progression Plan - MEN

Men

Lev.		Trampoline		Jump			
		skills	r./scor.	Water	Snow		
7	3	3188 (4,4 - L)	7/8.0				
	2	3186 (4,2 - L)	7/7.5		bFdFF, bdFFF or bFFdF		
	1	3186 (2,4 - L)	7/7.0	bFdFF, bdFFF or bFFdF	bLdFF, bFdFF		
6	3	2185 (2,3 - puck)	6/8.0	bLdFF, bFdFF	bLdFF, bFFF	21 ans +	
	2	3184 (2,2 - L)	6/7.5	bLdFF, bFFF	bLFF, bFFF		
	1	3182 (0,2 - L)	6/7.0	bLFF, bFFF	bLFF, bFFF (25,8)	20-21 ans	B-Team
5	3	3184(2,2 -L)	5/ 8.0	bLFF, bFFF	bLTF or bLFT, bLFF		
	2	2183 (0,3 -T)	5/ 7.5	bLTF or bLFT, bLFF	bFdF,bLdF or bdFF	18-19 ans	
	1	3182(0,2L)	5/7.0	bFdF, bLdF or bdFF	bFF, bFdF		
4	3	2183(1,2Puck)3184(2,2 Puck)	4/ 8.0	bFF, bFdF	bLF, bFF (26,3)		C-Team
	2	3182(1,1-T), 318L	4/7.5	bLF, bFF	bLF, bFF	16-17 ans	
	1	2181P, 3182(0,2-Puck)	4/7.0	bLF, bFF	bLT or bLL, bLF		
3	3	2181T, 318P	3/ 8.0	bLL or bLT, bLF	bLT, bLL		Québec Performance
	2	3144	3/7.5	bF, bLT,	back lay, back full	14-15 ans	
	1	2143, 318T	3/7.0	back lay, back full	back lay, back full		
2	3	3131, 3142	2/ 8.0	back pike, back lay	back pike, back lay		
	2	313L, 2141L	2/7.5	back pike, back lay	back pike, back lay	12-13 ans	Québec Regional
	1	314L, 2141P	2/7.0	back tuck, front tuck	back tuck, front tuck		
1	3	314P, 213L	1/ 8.0	zudnik, 360°	zudnik,360°	10-11 ans	
	2	F drop to Back, 214P	1/7.5	zudnik, kosak	zudnik, kosak		
	1	Cradle, 31123	1/7.0	straight, spread eagle	straight, spread eagle	8-9 ans	Club
0	3			jump on water	ski a mogul run		
	2				ski the landing	no age	
	1				250h skiing+ 100h coaching		Ex gymnist

To be considered for the B group, an athlete needs to achieve level 6.1 with a minimum execution score of 25.8/30.

To be considered for the NextGen group, an athlete needs to achieve level 4.3 with a minimum execution score of 26.3/30.

APPENDIX 2 – Women’s Aerial Progression Plan

Canadian Aerial Program Progression Plan - WOMEN

Women

Level		Trampoline		Ramp		Age	Team
		skills	r./scor.	Water	Snow		
7	3	3188 (4,4 - L)	7/8.0				
	2	3186 (4,2 - L)	7/7.5				
	1	3186 (2,4 - L)	7/7.0				
6	3	2185 (2,3 - puck)	6/8.0				
	2	3184 (2,2 - L)	6/7.5		bFdF, bdFF (26.3)		
	1	3182 (0,2 - L)	6/7.0	bFdF, bdFF (26.3)	bFdF, bdFF	21 ans +	
5	3	3184(2,2 -L)	5/ 8.0	bFdF, bdFF	bFF, bFdF (26.3)		
	2	2183 (0,3 -T)	5/ 7.5	bFF, bFdF (26.3)	bFF, bFdF	20-21 ans	
	1	3182(0,2L)	5/7.0	bFF, bFdF	bLF, bFF (26.3)		B- Team
4	3	2183(1,2Puck)3184(2,2 Puck)	4/ 8.0	bLF, bFF (26.3)	bLF, bFF	18-19 ans	
	2	3182(1,1-T), 318L	4/7.5	bLF, bFF	bLT or bLL, bLF (26.3)		
	1	2181P, 3182(0,2-Puck)	4/7.0	bLT or bLL, bLF (26.3)	bLT or bLL, bLF		
3	3	2181T, 318P	3/ 8.0	bLT or bLL, bLF	bLL, bLT (25.8)	16-17 ans	C- Team
	2	3144	3/7.5	bF, bLT,	back lay, back full (26.3)		Québec
	1	2143, 318T	3/7.0	back lay, back full	back lay, back full	14-15 ans	
2	3	3131, 3142	2/ 8.0	back pike, back lay (26.3)	back pike, back lay (26.3)		
	2	313L, 2141L	2/7.5	back pike, back lay	back pike, back lay	12-13 ans	Québec Regional
	1	314L, 2141P	2/7.0	back tuck, front tuck	back tuck, front tuck		
1	3	314P, 213L	1/ 8.0	zudnik, 360°	zudnik,360°	10-11 ans	
	2	F drop to Back, 214P	1/7.5	zudnik, kosak	zudnik, kosak		
	1	Cradle, 31123	1/7.0	straight, spread eagle	straight, spread eagle	8-9 ans	Club
0	3			jump on water	ski a mogul run		
	2				ski the landing	no age	
	1				250h skiing+100h coaching		Ex gymnast

To be considered for the national team B group, an athlete needs to achieve level 5.1 with a minimum execution score of 26.3/30.

To be considered for the NextGen group, an athlete needs to achieve level 3.2 with a minimum execution score of 25.8/30.