



CVA SBX Elite Program Description

At CVA we focus on long-term athlete development and applying the appropriate and latest research principles to promote overall athleticism in our student athletes. Our **human performance** program works with each athlete to define individual needs and provide the resources needed to support athletic growth. As a team, the Head Coach and the Human Performance Director will collaborate to define the conditioning program for the team. We work together to support one another both on and off the hill.

By incorporating each athlete into the process of goal setting, competition planning, fitness evaluations, and conditioning planning, we will allow each student athlete to become part of their individual **athletic process**.

The group will be comprised of athletes at a similar ability level and working towards similar performance goals. Each individual's needs will be assessed and a season long plan will be created that will encompass all details related to the season, and will clearly define the pathway to success.

From the web:

SBX/RACING

GRADES 9-12

The SBX group will concentrate on developing a complete acquisition of skills needed for snowboard competition in parallel slalom, giant slalom and boardercross. All aspects of competitive snowboarding including, but not limited to; technique, tactics, tuning and maintenance, visualization, and a complete understanding of FIS rules and procedures will also be addressed. Athletes will primarily be competing in USASA and FIS/Nor-am events. All athletes in this group will be introduced to Elite level FIS snowboard competitions and boardercross events as needed to enhance and continue overall progression. Athletes in this group will also be encouraged to compete in FIS Jr. Worlds

Specific Job Description

Elite SBX Head Coach

The Elite SBX Head Coach will work 40 + hours a week and will be responsible for all aspects of the Elite SBX program including: coaching, supervision, recruitment, budgeting, and the continued development of the CVA SBX program. In addition, the

head coach will be working closely with the program director to grow and enhance the SBX pipeline at CVA.

Coaching

- Complete goal setting process and define version of success for each athlete
- Review one on one with each athlete
- Complete Equipment/Competition Plan
- Assist in Equipment acquisition.
- Responsible for daily progression and plan
- Provide positive feedback daily through video, movement analysis techniques, and direct communication
- Work with Sugarloaf competitions director and program manager on training space and needs
- Provide coaching and wax support for all competitors

Supervision

- Enforce all CVA Student Handbook policies and procedures
- Maintain a positive learning environment while traveling away from CVA
- Support academic endeavors and communicate with CVA academic staff
- Provide clear direction and expectations to all team members and all CVA students .

Trip Planning/Reporting

- Budget and plan each travel trip in line with CVA's travel procedures
- Organize and manage all aspects of the travel for each trip; including but not limited to air/transportation/training space/etc.
- Communicate with parents on all aspects of the trip and provide an estimate for each trip 30 days in advance.
- Reconcile each trip within 7 days of return

Development

- Retain all current athletes
- Work with the admissions department to cultivate relationships with new athletes
- Be engaged with admissions visits, follow up phone calls, etc.
- Recruit and provide new names and interested students and families to the admissions department