

# ALL MOUNTAIN-FREERIDE FAQs

1. Is All Mountain the same as Freestyle?
  - a. NO!! All Mountain is Freeride or Freeskiing which is distinct from Freestyle (or from Alpine Racing). Freestyle is governed through Freestyle Canada and consists of Moguls, Aerials, Slopestyle and Halfpipe. See the Vancouver Freestyle Club for more info. Alpine Racing is governed by Alpine Canada, and consists of slalom, giant slalom etc. See Cypress Ski Club U8 to U16 programs. Freeride is governed by IFSA (International Freeskiers & Snowboarders Association). It is focused on big mountain terrain rather than a man-made course.
2. How are IFSA competitions different?
  - a. IFSA Junior and Adult competitions consist of a designated slope with a gate at the top and a gate at the bottom. How you navigate the terrain between the gates is entirely up to the skier. Points are awarded by IFSA judges based on judging criteria such as line choice, control, fluidity, technique, style & energy.
3. What does a Junior Freeride Competition look like?
  - a. Junior Freeride events take place on ski resorts and are set up on designated runs. For example, the Whistler IFSA Junior Regional is in Goat's Gully, and the Whistler IFSA Junior National is on Saudan's Couloir.
4. Does my child have to compete?
  - a. No, competition is entirely optional. We are still working on developing the Cypress All Mountain Program and competing is still TBD-but we are training for the same skills in everyday skiing that your child would need to compete.
5. What are the benefits to Freeriding vs other types of skiing?
  - a. Whether your child wants to alpine race, mogul ski or navigate big mountain lines, skiing is skiing. It is really about the features of each that might attract different children. All Mountain skiing has a focus on creative skiing with natural elements. However, we firmly believe having a solid technical base which is why we require previous training or coaching, as well as minimum age requirement. Be aware that we still run drills and technique development that draws from the Alpine racing curriculum, but we apply those drill in an all mountain environment.