



Introduction of program to IFSA coaches

BACKGROUND:

The mission of the Flyin Ryan foundation revolves around the principle: Core Values Matter. It is particularly important that core values be generated by students and athletes from inside themselves rather than handed exclusively “top down” by traditional resources: parents, teachers, coaches, etc. the Flyin Ryan Foundation was established to extend the impact of the life of Ryan Hawks, a gifted freeride skier who died during competition at a Freeskiing World Tour event at Kirkwood California in 2011. Two or three years before he died, Ryan composed for himself a set of 14 core principles which he called principles for living. The FRF was established with the idea of EXPOSING adventurers to Ryan’s core principles, INSPIRING them to compose their own core principles, and, ultimately, ACTING on the core principles that they have composed. At South Burlington high school, where Ryan went to school, over 700 students have participated in a four step process called the Flyin Ryan Decisions Program. The FRF is currently installing the Decisions program in other high schools in the Vermont area. In addition to the impact this program has had on the students and their parents, it has had a dramatic and positive impact on the culture and climate of the school.

[Watch Our Video Here](#)

WHAT IS THE PROBLEM WHICH NEEDS TO BE SOLVED?

Ego, drive, and commitment to excellence in an environment of competition is a double-edged sword. Unbridled, these potentially positive characteristics can lead to destructive and dangerous behaviors and potentially tragic outcomes. It is our belief that the Decisions program can channel the athletes energy and positivity into deliberative decision-making with significantly higher parameters for safety and well-being in terms of risk management and ultimately, and importantly, maintenance of the passion and joy which brings each of your athletes to your team and the sport.

Bryan Salatino, head freeride coach at Smugglers Notch Freeride Ski Team, was wrestling with ideas to help his athletes manage risk effectively. Bryan and Peter collaborated and Bryan ultimately came up with a 15 page, five module syllabus which he presented to 12 of his 20 athletes who volunteered to participate in the program this past winter. The mechanism of delivery is to have five one hour athlete meetings at noon on successive Saturdays followed by a potluck



dinner to which coaches and parents were invited to hear each of the athletes present themselves and their core values as a means for decision-making and the management of goals and expectations. You can catch the flavor of this program in the accompanying 11 minute documentary which introduces your athletes to Ryan Hawks and to the Smugglers program.

The success of this program has been self-evident and we presented it to Scott Mahoney, IFSA president and Josh Mattison, a IFSA head judge. They both wholeheartedly endorsed the Decisions Program as a productive and needed component for each of the freeride programs under the IFSA umbrella. The coaching certification committee also recognized the value of this instructional exercise of self-evaluation and is incorporating it into IFSA coaching certification standards.

The IFSA Decisions Program has three founding partners : We are grateful to them for providing the means to make this program possible.

TECHNICA BLIZZARD

FLYLOW

SMUGGLERS NOTCH

WHAT IS THE DECISIONS PROGRAM?

Five Step Process:

- *Learn what core values are*
- *Write down your core values*
- *Learn the concepts of risk management, decision making, and setting goals and expectations, all within the context of your own personal core principles*
- *Write down your individual goals and expectations*
- *Share your core values, goals and expectations with your coaches, parents, and teammates (pot luck dinner ...an option)*

This process is all outlined in a 15 page syllabus, a copy of which goes to each athlete in your program. Our recommendation here is that you offer this program as an option to your athletes as opposed to a requirement. The degree of engagement is apt to be greater from volunteers rather than inductees.



WHY DO IT?

- This program gives your athletes the opportunity to define themselves in a deliberative fashion and to craft core values, goals, and expectations from within. This is likely to produce a level of OWNERSHIP of who they are and how they expect to engage in life.
- Ownership produces self-respect and self respect radiates outward to more respect for your surroundings and the people around you.
- Self-respect and increased respect for your teammates and your surroundings produces more realistic line selection and safer behaviors both on and off the mountain.
- This program produces the opportunity for each athlete to replace unbridled ego and drive with deliberative behavior which is driven by adherence to core principles which are self composed. It's pretty hard to say no to something that you crafted for yourself.

WHAT MATERIALS DO YOU GET?

- IFSA will provide you with a master syllabus that you can reproduce in accordance with the needs for your team.
- You will get a welcome letter from the Flyin Ryan Foundation. This letter will describe the adventure scholar program: a mechanism whereby athletes with significant financial need have the opportunity to get some financial help to enable them to pursue their passion for freeride skiing.
- Each athlete will get the Flyin Ryan core values card which will introduce them to the Flyin Ryan website and an attractive die cut Flyin Ryan decal.
- You will get either an electronic access to the 11 minute documentary or you'll get a DVD.

WHAT IS THE RELATIONSHIP BETWEEN IFSA AND FRF

Both organizations are committed to the responsible development of freeride skiing on a best practices basis. Bryan Salatano serves on the IFSA Board of Directors and is on the coaching certification program which is currently a work in progress.

WHAT ARE YOUR FELLOW COACHES SAYING ABOUT THE DECISIONS PROGRAM?



Several IFSA coaches have had experience or are familiar with the Flyin Ryan decisions program and the Smugglers Notch freeride initiative. Here is what they have to say:

BRYAN SALATINO...Head Freeride Coach @ Smuggler's Notch & IFSA Advisory Boardmember:

"Along with the fun, excitement, and physical and mental challenges of big mountain freeskiing comes the potential for bad things to happen. We make critical decisions every day that can affect the rest of our lives, as well as the lives of our family, friends, peers, and coaches. I have seen firsthand the positive impact that the Flyin Ryan Decisions program can have on the decision making process of our young athletes, when decisions are grounded in core values and thoughtful consideration of risk. I strongly endorse this program and highly recommend that every team integrate the Flyin Ryan Decisions Program into their curriculum."

SCOTT MAHONEY: President of IFSA

"'Individuality,' the ability to look at a mountain, pick a run and make it yours, that's for a great living" ownership," and they are two of the most beautiful things this sport offers. It is really a recipe for living great life! The Junior program at the IFSA provides a unique chance to interface with a kid and make a difference on the athlete's terms. These driven athletes love what they are doing. They are passionately devoted to freeride, and they look to our organization's resources to learn how to do it well. Wow, what a great opportunity to have a lifelong impact on a young person! Giving young people a set of tools to help them discern what they want from each run, or day, for that matter, is the ultimate gift. The IFSA is excited to be part of the Flyin Ryan Decisions Program, which will give these athletes tools to help them make the best individual decision honestly as" they face risk and reward decisions both on and off the slopes for the rest of their days!

Trevor Tanhoff - Head Freeride Coach Sugar Bowl Academy & IFSA Advisory Boardmember:

"Having personally been impacted by Ryan and his core values, I am intimately aware of how important and impacting one's core values can affect decision-making and how we choose to live our lives. Given the nature of the sport of Big Mountain skiing, knowing and reflecting on our core values is that much more critical. Furthermore, it is extremely important that the sport retain its camaraderie, fun and passion that Ryan so vehemently inspired in his friends. The Flyin Ryan Hawks Decision Making Program will ensure just that!"



JEFF HOLDEN - IFSA Senior Head Judge, & Boardmember:

The flyin Ryan decisions program assists in expanding consciousness. The program brings a more holistic approach to those who choose to learn, grow and evolve on and off the snow.

JOSH MATTSON - IFSA Head Judge & Advisory Boardmember:

The Flyin Ryan Decisions Program aligns well with the objectives and aspirations that the IFSA envisions by creating an environment where athletes can learn to cultivate their character, and develop lifelong skills that prepares them for their future. The Decisions program expands on skills in which competitive skiing develops, by evolving those developments to aid in instilling empowering character-building principals, to the athletes. I am excited to endorse the Flyin Ryan Decisions Program, and look forward to the progress that will envelop the competitive Freeride community.

Proudly supported by:

