

learn & improve your skills in the air  
perfect on trampoline and water  
take it to the snow!!!



the best coaching  
available from  
TBR GROM  
TBR MOGUL  
TBR FREERIDE

OLYMPIC WINTER INSTITUTE  
NATIONAL DEVELOPMENT TEAM



TBR: WATERJUMP

1 bungee  
2 trampolines  
3 different sized water jumps  
video review facilities



## TBR WATERJUMP: COURSE OUTLINE

**TBR WATERJUMP** is the best way to refine your skills and learn new tricks before the international season begins in December. TBR values the importance of building a strong aerial skill base on water and trampoline to maximise on snow performance and minimise the risk of injury. For these reasons, TBR strongly encourages all riders to attend water jump training.

### Coaches:

- Learn and refine mogul specific jumps with **TBR MOGUL Head Coach & National Development Team Coach - Peter McNiel**
- Groms, continue acquiring new skills and furthering your progression with **TBR GROM Coach – Tim Gale**
- Receive invaluable trick tips and learn, switch, off-axis, big spin and freeride specific aerial skills with the **TBR FREERIDE Coaches**
- Gain the opportunity to learn everything from basic acrobatic skills to advanced flipping and twisting skills from the **Olympic Winter Institute Aerial Development Coach - Anthony Khoury**
- Jump alongside and gain valuable feedback from a host of **TBR Coaches** including, **Watkin & Oscar McLennan, Andre Bennett, Liam Wallis, Tom & Rob Lovick, Kate Blamey, Zoe Jaboor and Anna & Nat Segal**

### Facilities:

- 2 x in-ground trampolines with bungee harnesses available
- Small, medium and large water jumps available (work on anything from spreads to double flips)
- Indoor video review room

### Calendar:

	Saturday		Sunday	
Week 1	31 <sup>st</sup> October 2009	<input type="checkbox"/>	1 <sup>st</sup> November 2009	<input type="checkbox"/>
Week 2	7 <sup>th</sup> November 2009	<input type="checkbox"/>	8 <sup>th</sup> November 2009	<input type="checkbox"/>
Week 3	14 <sup>th</sup> November 2009	<input type="checkbox"/>	15 <sup>th</sup> November 2009	<input type="checkbox"/>
Week 4	21 <sup>st</sup> November 2009	<input type="checkbox"/>	22 <sup>nd</sup> November 2009	<input type="checkbox"/>
Week 5	28 <sup>th</sup> November 2009	<input type="checkbox"/>	29 <sup>th</sup> November 2009 <i>Competition</i>	<input type="checkbox"/>
Week 6	5 <sup>th</sup> December 2009	<input type="checkbox"/>	6 <sup>th</sup> December 2009	<input type="checkbox"/>

TBR MOGUL Head Coach – Peter McNiel, TBR GROM Coach – Tim Gale and a TBR FREERIDE Coach will be available every session.

### TBR Water Jump Competition:

On Sunday the 29<sup>th</sup> November 2009, we will be holding a competition available to any TBR Water Jump Riders who wish to participate. The competition is a great way for riders to gauge their level of progression over the duration of TBR Water Jump program. All riders are encouraged to have a go.



## Daily Schedule:

Time	Activity	Time
9:30 am	Warmup & Stretch	15 minutes
9:45 am	Trampoline Session	30 minutes
10:15 am	Morning Water Ramp Session <i>Skill Refinement Session</i>	105 minutes
12:00 pm	Lunch Break	30 minutes
12:30 pm	Video Review	15 minutes
12:45 pm	Afternoon Water Ramp Session <i>Skill Acquisition Session</i>	75 minutes
14:00 pm	<b>Finish Time</b>	<b>4.5 hours</b>

*The day will be based around the daily schedule above, however, all sessions are flexible depending on individual rider goals and development level.*

### Trampoline Session

The trampoline session is a great way to enhance your overall aerial awareness and acrobatic skills. On selected days, OWI Aerial Development Coach, Anthony Khoury, will be available to help you develop the fundamentals of flipping and twisting.

### Morning Water Ramp Session – Skill Refinement Session

In the morning session riders will continue to work on refining tricks they can already do, to improve them to a level they can perform on snow or to refine them to become a well executed competition trick.

### Video Review

There will be brief video review of the morning session for riders to see and understand the changes they need to make to their tricks.

### Afternoon Water Ramp Session – Skill Acquisition Session

In the afternoon session riders have the choice to continue working on skills that they wish to refine, or get creative and work on developing new skills that they have learnt on the trampoline and wish to transition onto skis.



### Location:

**Ski & Snowboard Australia Water Jump Park**

**Address:** Ross Road, Gruyere. **Melways Reference:** Page 119 H6

**Note:** Take the Maroondah highway through Lilydale, then the Warburton highway turn off on the right, then consult Melways.

### Transport:

TBR will not be providing transport. We recommend parents communicate with each other to share driving responsibilities or feel free to make your own arrangements with coaches on an individual basis.

### Equipment Required:

- Old skis
- Old ski poles
- Helmet
- Old boots
- Wetsuit
- Lifejacket

### Pricing:

There are two pricing options available:

TBR Water Jump - Season Pass	TBR Water Jump - Day Pass
Attend any or all of the 12 sessions	Attend any session on a day by day basis
Price: \$500	Price: \$65 per day

**All riders attending the water jump facilities are required to purchase a Ski & Snowboard Australia Water Jump Pass for \$250. You are only required to purchase this SSA Pass once per year and it is valid until April 30, 2010.**

The SSA water jump pass must be purchased online at [www.skiandsnowboard.org.au](http://www.skiandsnowboard.org.au)

### Questions:

Please contact:

- Peter McNeil, TBR MOGUL Head Coach, email: [peter@teambullerriders.com](mailto:peter@teambullerriders.com), phone 0412 220 444
- Andrew Pattison, TBR Manager, email: [patto@teambullerriders.com](mailto:patto@teambullerriders.com), phone 0411 281 372



### To Proceed

Confirmation can be submitted via:

- 1) Email: [peter@teambullerriders.com](mailto:peter@teambullerriders.com) (email indicating days you will attend, and payment method).
- 2) Fax: 03 9686 2988

Rider name: \_\_\_\_\_

Indicate dates attending:

	Saturday		Sunday	
Week 1	31 <sup>st</sup> October 2009	<input type="checkbox"/>	1 <sup>st</sup> November 2009	<input type="checkbox"/>
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### PAYMENT DETAILS

#### Amount:

Please enter amounts in box next to the item

Seasons Pass  or Number of Sessions

Coaching: Season Pass \$500 (up to 12 sessions) or \$65 per session

#### Payment Options

- 1) Cash (pay at water jump)
- 2) Credit Card See Below, fax or call with details
- 3) Internet Transfer    BSB: 013 304    Account Number: 301368626    Name: Team Buller    Bank: ANZ

#### Credit card details

Please complete this section if you intend to pay by Credit Card.  
**Note:** a 2.5% surcharge will be added to all credit card transactions.

Please charge to:     Visa     Bankcard     MasterCard

Card Number:   

Cardholders Name: \_\_\_\_\_    Expiry Date: \_\_\_\_\_ / \_\_\_\_\_    Signature: \_\_\_\_\_