



## TBR:FREERIDE STATED GOALS

**TBR:FREERIDE** is TBR's freeride skiing specific training program for graduates of the TBR:GROM program and competent 13 – 20 year old athletes who wish to progress their skills in any or all disciplines of halfpipe, big air, slopestyle and all mountain. It is intended that TBR:FREERIDE athletes already possess the skill set known as the TBR:PLATFORM.

**TBR:FREERIDE** aims to further progress the TBR:PLATFORM, the technical skiing skill set developed through the TBR:GROM program, in order to maximise an athlete's future freeride skiing potential and provide opportunities for growth and experience within the freeride industry.

**TBR:FREERIDE** can be sorted into three distinct categories

- **Halfpipe** skiing is very specialised and demands a strong skill set. Advanced understanding and execution of the TBR:PLATFORM are required to be successful in the halfpipe and will remain a strong focus for those athletes wishing to progress.
- **Big Air & Slopestyle** will utilise the TBR:PLATFORM to enhance and build on existing skiing and jumping skills in order to develop new skills and learn to piece together clean, fluid slopestyle runs.
- **All Mountain** will use all the fundamentals of the TBR:PLATFORM to ski advanced ungroomed terrain in creative and dynamic ways.

**TBR:FREERIDE** is designed for both competition focused and pure progression focused athletes. With freeride skiing's imminent inclusion on future Olympic Winter Games Programs, TBR:FREERIDE is well positioned to provide the required skills for athletes to progress along the SSA athlete pathway towards the Olympics as well as other high end international competitions such as the Dew Tour, US Open and US X-Games. TBR:FREERIDE caters for all levels of freeride skier with developmental stages ranging from entry level to an intensive, high performance program.

**TBR:FREERIDE COACHES** All TBR:FREERIDE coaches are fully certified by the APSI and SSA with the individual knowledge, personal high level competitive experience and technical skiing skill set required to teach competitive and progressive freeride skiing techniques to the highest level. TBR is dedicated to ensuring that all TBR:FREERIDE coaches continue to develop and improve their individual knowledge and technical skiing skills. All TBR coaches are at minimum encouraged to partake in group TBR skill acquisition sessions and to participate in international skiing & coaching opportunities during the Northern Hemisphere winter.

**TBR:FREERIDE** includes a dedicated freeride big air facility on Chamois for the exclusive use of TBR riders. This facility will complement the top notch park set-up to be designed and maintained by MBP.

**TBR:FREERIDE EXECUTION** The development of both competitive and pure progression based freeride skiing skills will be taught using specialised coaching techniques as described below:

- **Groomed Technique:** Technical drills and demonstrations will be applied on easy to medium grade runs in order to develop an advanced level of skiing fundamentals. The major focus will continue to be around stance & balance, edge control, pressure control and rotary skills.
- **Advanced Groomed Technique:** Further freeride skills be harnessed and developed on groomed training, including switch skiing, switch carving and butter (applying pressure to the nose or tail of the skis) techniques.
- **Advanced Jumping:** Jumps of varying sizes will be used on an aerial site and within mogul courses in order to teach advanced level freeride skiing specific aerial manoeuvres. Switch carve takeoffs and butter take offs will be introduced.

- **Mt Buller Park:** The Mt Buller park will continue to be used to teach athletes to develop specific skills to individual features and progress to building fluid slopestyle runs.
- **Halfpipe:** The Mt Buller Halfpipe will be used to transfer the technical skills developed on the groomed and in the park into the halfpipe, by first developing a fluid halfpipe technique then introducing new skills into the halfpipe.
- **Ungroomed Terrain:** All the ungroomed terrain that Mt Buller has to offer will be explored in order to develop confident, versatile and creative all mountain skiers.
- **Competition:** TBR:FREERIDE athletes will be encouraged to compete in all available freeride competitions of various levels, including TBR:INHOUSE events, Falls Creek Big Air and Thredbo and Perisher Freeride Events in order to develop their competitive abilities in a friendly and progressive environment.
- **Acrobatic Skills:** Gymnastic equipment and trampolines will be used throughout the season to refine athlete's aerial awareness, promote general body tension and in the development of new skills. Advanced freeride specific acrobatic skills will be developed and integrated in to the athletes' on snow skill set.
- **Strength & Conditioning:** Athlete's will be progressively introduced to Strength & Conditioning training with an additional focus for the high performance program. Both aerobic and strength training will be used where applicable.

**TBR:FREERIDE PLATFORM** Athletes graduating from TBR:FREERIDE will have developed an advanced understanding of the TBR:PLATFORM with enhancements to freeride specific technical, aerial, competitive and strength and conditioning related abilities. The following specific technical skills will form the TBR:FREERIDE PLATFORM.

- **Stance:** Strong understanding and execution of stance in for both normal and switch skiing.
- **Balance:** Ability to consistently maintain balance over the outside ski in a variety of turn shapes on groomed terrain and all mountain terrain.
- **Edging:** Advanced ability to put the ski on edge, apply constant pressure throughout turns, complete turns and link turns together using both extension and retraction turn techniques.
- **Switch Skiing:** Ability to maintain a central stance whilst skiing switch. Be able to ski switch looking over either shoulder and be able to execute a strong switch carve in both directions.
- **Jumping:** Be able to perform a number of medium to high quality freeride airs with further development of more difficult tricks simultaneously occurring on water.
- **Switch Jumping:** Be able to take off and land switch and have developed a medium level of switch rotational aerial manoeuvres, both on big air and as a mount and/or dismount to rail and box features.
- **Run Development:** Have an understanding of how jump and feature lines flow and be able to link aerial manoeuvres and rail and box features in a clean, fluid slopestyle run.
- **Halfpipe:** Ability to ride the halfpipe fluidly, link jumps from wall to wall and generate power through the transitions of the walls. Understand how to integrate aerial manoeuvres into a halfpipe setting.
- **All Mountain:** Ability to confidently assess all mountain terrain for safety and ski-ability and be able to pick fluid, clean lines through ungroomed and off-piste terrain to maximise on snow creativity.
- **Acrobatic Skills:** Have developed a high level of aerial awareness and body tension and be able to perform a series of fundamental freeride aerial manoeuvres on the trampoline to a high level whilst maintaining strong body tension.
- **Strength & Conditioning:** Have an understanding of the benefits of strength & conditioning to freeride skiing progression, the associated injury prevention benefits and be progressing towards raising one's baseline strength and aerobic fitness.
- **Judging:** Have an understanding of the judging elements involved in freeride skiing and have an understanding of how to maximise a competitive performance within one's abilities.

On graduation from TBR:FREERIDE a strong understanding of all the elements of freeride skiing will have been achieved. All round freeride skiing, acrobatic, competition and strength & conditioning skills will have been gained that will enable athletes to maximise their athletic potential and freeride skiing aims and goals.