

## TBR:Mogul Progression Levels

To develop the next generation of leading mogul skiers, TBR has sought to clearly define the levels of progression in the program, and to establish the new TBR:Mogul – Development Group, ensuring more structure, detailed technical coaching and also higher effort expectations from the athletes.

Level	How to join	Activities	Targeted Events	Performance Requirements	Jump DD Requirements	Physical Requirements
<b>TBR:Mogul</b>  <b>Focus:</b> Fun, Interschools  <b>Coaching:</b> TBR Mogul Coaches, ratio of 1:8	TBR Application form.  Athletes are expected to have either progressed through the <b>TBR:Grom</b> program or already possess the required <b>TBR:PLATFORM</b> technical skiing skill set.	<ul style="list-style-type: none"> <li>- TBR: Mt Buller</li> <li>- Off Snow               <ul style="list-style-type: none"> <li>o Water Jump</li> <li>o TBR:Bounce Inc</li> </ul> </li> <li>- TBR:Steamboat</li> </ul>	<ul style="list-style-type: none"> <li>- jNats</li> <li>- Interschools</li> </ul> On Coach Recommendation can also compete: <ul style="list-style-type: none"> <li>- ABOM Mogul Challenge</li> </ul>	TBR:Mogul is a competition focused training program for skiers aged 14-20 who have either progressed through the <b>TBR:Grom</b> program or already possess the required <b>TBR:PLATFORM</b> technical skiing skill set.	Base level jumping fundamentals	Encouraged to be active in as many sports as possible
<b>NEW FOR 2014</b>  <b>Development Group</b>  <b>Focus:</b> Progress to performance group  <b>Coaching</b> 1-2 coaches ensuring ratio 1:5  <b>Athlete Numbers:</b> 8-10	Meet the following requirements: <ul style="list-style-type: none"> <li>- Development Team Application form (Distributed June 2)</li> <li>- Performance standard</li> </ul> ALSO - expected to attend over 70% of training schedule (on snow, water jump, etc) & train at required intensity level.	<ul style="list-style-type: none"> <li>- TBR: Mt Buller</li> <li>- Off Snow               <ul style="list-style-type: none"> <li>o Water Jump</li> <li>o TBR:Bounce Inc</li> </ul> </li> <li>- TBR:Steamboat</li> </ul>	<ul style="list-style-type: none"> <li>- ABOM Mogul Challenge</li> <li>- jNats</li> <li>- Interschools</li> </ul> On Coach Recommendation can also compete: <ul style="list-style-type: none"> <li>- FIS Events @ Perisher</li> </ul>	Top 5 performance in either:  <ul style="list-style-type: none"> <li>- Interschools</li> </ul> OR <ul style="list-style-type: none"> <li>- jNats</li> </ul>	Any two of the following: Backflip, 360, Single (Daffy / Twister / Cossack)  ALSO Be able to perform set trampoline routines competently.	Encouraged to be active in as many sports as possible  ALSO – Expected to do things outside of coach supervision, e.g stretching after training sessions & warm ups before training sessions
<b>Performance Group</b>  <b>Focus:</b> Develop skiers for World Cup  <b>Coaching:</b> Hamish Cox  <b>Athlete Numbers:</b> 4-6	Meet the following requirements: <ul style="list-style-type: none"> <li>- Performance standard</li> <li>- Jump difficulty</li> <li>- Physical standards</li> </ul> ALSO - expected to attend over 80% of training schedule (on snow, water jump, S&C sessions etc..) and train at required intensity level.	<ul style="list-style-type: none"> <li>- TBR: Mt Buller</li> <li>- Off Snow in AUS               <ul style="list-style-type: none"> <li>o Water Jump</li> <li>o Trampoline</li> </ul> </li> <li>- Whistler Spring Camp</li> <li>- Park City Water Jump</li> <li>- Apex, BC, CAN Performance Camp</li> <li>- TBR:Steamboat</li> </ul> Nominated for OWIA/NSWIS level “connection camps”	<ul style="list-style-type: none"> <li>- ABOM Mogul Challenge</li> <li>- FIS Events @ Perisher</li> </ul>	Top two TBR male & female athletes on SSA AUS Mogul Skiing Order of Merit  OR Top 40% of field performance in either  <ul style="list-style-type: none"> <li>- Australian FIS Continental Cup event</li> </ul> OR <ul style="list-style-type: none"> <li>- US Regional Event (Rocky or Inter Mountain Circuit)</li> </ul>	Any two of the following: Backflip, 360, d-spin	Within 15% of NSWIS Mogul Program Testing Standards