TEAM BULLER RIDERS 2016 HANDBOOK

Program Sponsors & Supporters

www.teambullerriders.com

TBR:2016 HANDBOOK – TABLE OF CONTENTS

TBR: 2016 WELCOME....3
TBR: WHO WE ARE....4
TBR: YEARLY OVERVIEW....5
TBR: TRAINING PROGRAMS....6
TBR: 2016 CREW....16
TBR: FACILITIES....20
TBR: FREQUENTLY ASKED QUESTIONS....22
MARK ADAMS SCHOLARSHIP....25
TBR: TEAMBULLERRIDERS.COM....25
TBR: CODE OF CONDUCT....26
TBR: TRAINING GUIDELINES....26
TBR: UNIFORM POLICY....26
TBR: MOGUL/FREESKI PERFORMANCE GROUP....27
EVENT CALENDARS....28
SKI & SNOWBOARD AUSTRALIA MEMBERSHIP....28
AWAY COMPETITIONS....28
EQUIPMENT....29
LE BENT....29
DOUCHEBAGS....29
AUSSIESKIER.COM....29
THE BOOT LAB....29
ALTITUDE @ MT BULLER....30
K2 SPONSORSHIP....31
TBR RECOMMENDED EQUIPMENT REQUIREMENTS....32
OVERSEAS PROGRAMS....34
TBR: TRAINING CALENDAR - JUNE....35
TBR: TRAINING CALENDAR - JULY....36
TBR: TRAINING CALENDAR - AUGUST....37
TBR: TRAINING CALENDAR - SEPTEMBER....38
TBR: CONTACT DETAILS....39

TBR: 2016 WELCOME

Welcome to the 2016 Team Buller Riders (TBR) Program!

We are excited for the snow to start settling on the ground, snow guns to fire up and lift operations to commence!

TBR is continually striving to remain on top of the game in delivering the best training outcomes to up and coming freestyle skiers via our team of experienced and skilled coaches and superior training facilities. TBR forms an essential part of the Australian Winter Sports Olympic Pathway, closely linked with Ski & Snowboard Australia (SSA) and the Olympic Winter Institute of Australia (OWIA). This provides our athletes with access to some of the best program design, coaching and training opportunities in the world.

We aim to create a learning environment that inspires our athletes to be passionate about their sport and feel motivated to improve every day.

We are very proud of the experienced coaching team at TBR. Many of our coaches have graduated through the TBR program, which creates a pathway to stay involved in the club. As a result of this, a strong sense of community permeates through to our staff, athletes, volunteers and friends across Mt Buller and the world.

New initiatives for 2016 include:

- **New program option:** TBR has added a new program option to our on snow structure for 2016 – **TBR: All-Mountain**. This program option is a continuation of the **TBR: Grom** concepts, focusing on all elements of freestyle and skiing.
- **Increased media focus:** Partnerships have been created with a number of up and coming filmers in the industry. Look out for increased level of content hitting social media this season. TBR has also invested in new media equipment and don't forget our drone quadcopter, which can capture some unique training vision for analysis …. and cool shots!
- **Additional events:**
    - **SSA Snowracer Mogul competition. TBR** is working alongside SSA/BSL for a new mogul event designed for athletes at the **TBR: Grom** level and equivalent. We strongly believe that extra exposure to competition at a young age is great for long-term athlete development.
    - **Expanded Junior Slopestyle Event**. Buller Ski Lifts (BSL) and the Mt Buller Resort Management Board (RMB) are both committed to delivering a leading junior slopestyle event for competitors from Mt Buller and other Australian resorts.

Be sure to perform a snow dance or two, and we look forward to seeing you on the slopes!

Kind Regards,

Andrew Pattison
TBR: Program Manager

TBR: WHO WE ARE

Team Buller Riders (TBR) is a freestyle skiing club based at Mt Buller, specialising in the Olympic disciplines of mogul skiing, slopestyle and aerial skiing. We have been in operation since 1986.

TBR is set apart from other programs by our genuine passion for the disciplines we operate in. This passion drives our relentless attempt to refine our program structure and coaching technique.

Our unique focus on the maximised all round development of our athletes combined with a strong club history of professionalism, cutting edge training programs and close relationships with the worlds best coaches and athletes is the cornerstone of our continued success at all levels of our sport.

Our focus continues to be based on developing the technical skill platform our athletes require to improve, become the best skier they can be and to achieve personal best results in competition.

We create a professional, inclusive, understanding, fun and supportive club environment to achieve this platform.

Our coaches are the best skiers on the mountain with many past competitors who excel at creating a learning environment that inspires our athletes to be passionate and motivated to improve every day.

Our success over the years is testament to the quality of the programs and support that we offer our athletes.

TBR's phenomenal achievements include Australia's four Olympic aerial skiing medals (Alisa Camplin & Lydia Lassila - Gold & Bronze medal each), Australia's first skiing X-Games Gold medal (Anna Segal), 5 World Champions, 10 Olympians & too many World Cup medals to mention.

TBR forms an essential part of the Australian Winter Sports Olympic Pathway, closely linked with Ski & Snowboard Australia (SSA) and the Olympic Winter Institute of Australia (OWIA). These relationships provide our athletes with access to some of the best program design, coaching and training facilities in the world.

TBR On Snow Structure:

- **TBR: Grom (Ages 9-13):** Focus on all elements of freestyle & skiing
- **TBR: All-Mountain (14 and Up):** Focus on all elements of freestyle & skiing
- **TBR: Mogul (14 and Up):** Focus on competitive mogul training
- **TBR: Freeski (14 and Up):** Focus on competitive park skiing, film and photography

In addition, TBR operates programs aimed at supporting and extending TBR's on snow training at Mt Buller. All athletes are encouraged to take part in as many off snow programs as possible, such as:

- **Water Jump –** Training at the SSA Water Jump Park
- **Acrobatic/Trampoline**
- **Dryland –** Strength, fitness and agility training
- **TBR: Park City –** Freestyle skiing camp in Park City, UT, USA www.tbrparkcity.com

TBR also operates a number of world class events to ensure our athletes have the opportunity to test their skills in fun, friendly environments. Leading events include:

- **ABOM Mogul Challenge –** www.abommogulchallenge.com
- **Junior National Mogul Championships (jNats) –** www.jnats.com
- **Victorian & Australian Interschools –** www.vicinterschools.com.au
- **Junior Freeski Events**

TBR: YEARLY OVERVIEW

TBR understands that success on the snow takes a holistic approach to training. To complement TBR's comprehensive on-snow offering, TBR provides training opportunities in water jumping, acrobatics and strength and conditioning.

Our year round calendar of activities looks like this:

JANUARY	TBR: MOGUL & GROM CAMP SKIERS JUNCTION	PARK CITY, UT, USA LOCATION TBC (Likely USA)
FEBRUARY	ACROBATICS/FITNESS	TRAMP/GYM/SPORTS
MARCH	TBR: WATERJUMP ACROBATICS/FITNESS	SSA WATERJUMP PARK TRAMP/GYM/SPORTS
APRIL	TBR: WATERJUMP ACROBATICS/FITNESS	SSA WATERJUMP PARK TRAMP/GYM/SPORTS
MAY	ACROBATICS/FITNESS	TRAMP/GYM/SPORTS
JUNE	ACROBATICS/FITNESS	TRAMP/GYM/SPORTS
JULY	TBR: 2016	ON-SNOW - MT BULLER
AUGUST	TBR: 2016	ON-SNOW - MT BULLER
SEPTEMBER	TBR: 2016	ON-SNOW - MT BULLER
OCTOBER	ACROBATICS/FITNESS	TRAMP/GYM/SPORTS
NOVEMBER	TBR: WATERJUMP ACROBATICS/FITNESS	SSA WATERJUMP PARK TRAMP/GYM/SPORTS
DECEMBER	TBR: MOGUL & GROM CAMP	PARK CITY, UT, USA

TBR: TRAINING PROGRAMS

TBR: GROM

TBR: GROM HEAD COACH - JOSH LANEY

TBR is set apart by our genuine passion for the sport of freestyle skiing. This passion drives our relentless attempt to refine our program structure and coaching technique. We believe in the importance of a holistic all-mountain skiing skill set to ensure maximised all round athlete development – we aim for all **TBR** athletes to be able to ski any mountain in any condition.

Our unique focus on the maximised all round development of our athletes combined with a strong club history of professionalism, cutting edge training programs and close relationships with the worlds best coaches and athletes is the cornerstone of our continued success at all levels of our sport.

TBR: GROM is TBR's entry level ski training program for competent 9 – 13 year old skiers.

TBR: GROM aims to instill the technical skiing skill set younger skiers (aka Groms) require to maximise their future athletic potential.

TBR calls this technical skiing skill set the **TBR: PLATFORM**.

TBR: GROM is a fun, base technical skills focused program for young skiers who have successfully progressed through the ski school ranks and are ready to learn how to take on all that the hills have to offer. TBR: GROM will expose skiers to the technical cornerstones of all mountain skiing, mogul skiing and freeskiing.

TBR: GROM is designed to foster skiing & acrobatic skills that will enable skiers to move into the more specialised **TBR: MOGUL** and **TBR: FREESKI** programs and beyond... The transition from **TBR: GROM** is entirely the choice of individual skiers and is encouraged to be based on an individual's future aims and skiing goals.

TBR has previously stated the importance of aerial and acrobatic development, both on and off snow. To complement on snow development, **TBR: GROM** will push skiers to the next level of aerial and acrobatic ability utilising the **TBR: ACROBATIC FACILITY** at Mt Buller.

TBR: GROM skiers are encouraged to test their skill and gain competitive experience by entering the following competitions:

- **Junior National Mogul Championships** – Mt Buller www.jnats.com
- **Victorian Interschools Snowsports Championships** – Mt Buller www.vicinterschools.com.au
- **ABOM Mogul Challenge** - Mt Buller www.abommogulchallenge.com
- **Australian Interschools Snowsports Championships** – Perisher www.ausinterschools.com.au
- **Mt Buller Junior Slopestyle Event –** TBR

TBR: GROM – Program Goals

TBR: GROM EXECUTION The fundamentals of mogul skiing, all mountain and freeski will be taught using specialised coaching techniques as described below:

- **Groomed Technique:** Technical drills and demonstration will be applied on easy to medium grade runs in order to assist in teaching the basics of stance, balance and edging. The major focus will be split between short-turn mogul specific drills and long-radius turn/edging drills.
- **Jumping:** Jumps of varying sizes will be set up in order to teach progression in aerial ability.
- **Skill Zones:** As an introduction into moguls, basic rollers will be used to develop absorption and extension techniques while maintaining a balanced body position. Basic fall line moguls will follow once basic short-turn technique is achieved and the fundamentals of absorption and extension have been developed.
- **Natural Terrain:** Natural terrain is a great way to developed skills for both moguls and freeski technique. It trains skiers to adapt to a changing environment and be versatile in their skiing.
- **Competition: TBR: GROM** riders will be encouraged to compete in competition of various levels, including interschools, junior nationals, basic freeski and **TBR: INHOUSE** events in order to introduce them to competition in a friendly and fun environment. Developing riders who are comfortable with competitive conditions is key to success at higher levels.
- **Acrobatic Skills:** Gymnastic equipment and trampolines will be used throughout the season to develop skiers' aerial awareness. Basic spins and flips can be developed if a high enough level of aerial awareness is achieved.

TBR: PLATFORM Riders graduating from **TBR: GROM** will have developed the following specific technical skills known as the **TBR: PLATFORM**

- **Stance:** Strong basic stance with the ability to adjust from a freeski position into a basic mogul position with a more upright back and a larger amount of ankle flexion.
- **Balance:** Ability to balance over the outside ski in a variety of turn shapes.
- **Absorption & Extension:** Ability to maintain excellent body position through the range of absorption and extension over basic rollers.
- **Edging:** Basic ability to put the ski on edge, apply constant pressure throughout turns, complete turns and link turns together.
- **Short-turns:** Be able to make basic short-radius turns initiating the turn from the skis not with the hips or upper body.
- **Moguls:** Be able to maintain fall line moguls down a skills based course such as Chamois.
- **Mogul Jumping:** Be able to pop and execute a t-set while maintaining a central body position. **Freeski Jumping:** Be able to pop and execute a solid landing whist staying balanced in the air. Have an understanding of carving and carved take off's.
- **Acrobatic Skills:** Have developed fundamental aerial awareness and technique to be able to perform balanced 360's and be progressing towards safe flipping techniques on the tramp.

On graduation from **TBR: GROM** a broader understanding of skiing will have been achieved. Skiing & acrobatic skills will have been gained that will enable riders to move into the more specialised **TBR: MOGUL** & **TBR: FREESKI** programs to maximise their athletic potential, skiing aims and goals.

TBR: ALL-MOUNTAIN

TBR: ALL-MOUNTAIN HEAD COACH – JOE CORCORAN

TBR is set apart by our genuine passion for the sport of freestyle skiing. This passion drives our relentless attempt to refine our program structure and coaching technique. We believe in the importance of a holistic all-mountain skiing skill set to ensure maximised all round athlete development – we aim for all **TBR** athletes to be able to ski any mountain in any condition.

Our unique focus on the maximised all round development of our athletes combined with a strong club history of professionalism, cutting edge training programs and close relationships with the worlds best coaches and athletes is the cornerstone of our continued success at all levels of our sport.

TBR: ALL-MOUNTAIN is **TBR**'s entry level ski training program for competent 14 years and older skiers.

TBR: ALL-MOUNTAIN aims to instill the technical skiing skill set skiers require to maximise their future athletic potential.

TBR calls this technical skiing skill set the **TBR: PLATFORM**.

TBR: ALL-MOUNTAIN is a fun, base technical skills focused program for skiers who have successfully progressed through the ski school ranks and are ready to learn how to take on all that the hills have to offer. **TBR: ALL-MOUNTAIN** will expose skiers to the technical cornerstones of all-mountain skiing, mogul skiing and the terrain park.

TBR: ALL-MOUNTAIN is designed to foster skiing & acrobatic skills that will enable skiers to move into the more specialised **TBR: MOGUL** and **TBR: FREESKI** programs and beyond... The transition from **TBR: ALL-MOUNTAIN** is entirely the choice of individual skiers and is encouraged to be based on an individual's future aims and skiing goals.

TBR has previously stated the importance of aerial and acrobatic development, both on and off snow. To complement on snow development, **TBR: ALL-MOUNTAIN** will push skiers to the next level of aerial and acrobatic ability utilising the **TBR: ACROBATIC FACILITY** at Mt Buller.

TBR: ALL-MOUNTAIN skiers are encouraged to test their skill and gain competitive experience by entering the following competitions:

- **Junior National Mogul Championships** – Mt Buller www.jnats.com
- **Victorian Interschools Snowsports Championships** – Mt Buller www.vicinterschools.com.au
- **ABOM Mogul Challenge** - Mt Buller www.abommogulchallenge.com
- **Australian Interschools Snowsports Championships** – Perisher www.ausinterschools.com.au
- **SSA Futures Camp (Slopestyle) –** Perisher www.skiandsnowboard.org.au
- **Mt Buller Junior Slopestyle Event -** TBC

TBR: ALL-MOUNTAIN – Program Goals

TBR: ALL-MOUNTAIN EXECUTION The fundamentals of mogul skiing, all-mountain and freeski will be taught using specialised coaching techniques as described below:

- **Groomed Technique:** Technical drills and demonstration will be applied on easy to medium grade runs in order to assist in teaching the basics of stance, balance and edging. The major focus will be split between short-turn mogul specific drills and long-radius turn/edging drills.
- **Jumping:** Jumps of varying sizes will be set up in order to teach progression in aerial ability.
- **Skill Zones:** As an introduction into moguls, basic rollers will be used to develop absorption and extension techniques while maintaining a balanced body position. Basic fall line moguls will follow once basic short-turn technique is achieved and the fundamentals of absorption and extension have been developed.
- **Natural Terrain:** Natural terrain is a great way to developed skills for both moguls and freeski technique. It trains skiers to adapt to a changing environment and be versatile in their skiing.
- **Competition: TBR: ALL-MOUNTAIN** riders will be encouraged to compete in competition of various levels, including interschools, junior nationals, basic freeski and **TBR: INHOUSE** events in order to introduce them to competition in a friendly and fun environment. Developing riders who are comfortable with competitive conditions is key to success at higher levels.
- **Acrobatic Skills:** Gymnastic equipment and trampolines will be used throughout the season to develop skiers' aerial awareness. Basic spins and flips can be developed if a high enough level of aerial awareness is achieved.

TBR: PLATFORM Riders graduating from **TBR: ALL-MOUNTAIN** will have developed the following specific technical skills known as the **TBR: PLATFORM**

- **Stance:** Strong basic stance with the ability to adjust from a freeski position into a basic mogul position with a more upright back and a larger amount of ankle flexion.
- **Balance:** Ability to balance over the outside ski in a variety of turn shapes.
- **Absorption & Extension:** Ability to maintain excellent body position through the range of absorption and extension over basic rollers.
- **Edging:** Basic ability to put the ski on edge, apply constant pressure throughout turns, complete turns and link turns together.
- **Short-turns:** Be able to make basic short-radius turns initiating the turn from the skis not with the hips or upper body.
- **Moguls:** Be able to maintain fall line moguls down a skills based course such as Chamois.
- **Mogul Jumping:** Be able to pop and execute a t-set while maintaining a central body position. **Freeski Jumping:** Be able to pop and execute a solid landing whist staying balanced in the air. Have an understanding of carving and carved take off's.
- **Acrobatic Skills:** Have developed fundamental aerial awareness and technique to be able to perform balanced 360's and be progressing towards safe flipping techniques on the tramp.

On graduation from **TBR: ALL-MOUNTAIN** a broader understanding of skiing will have been achieved. Skiing & acrobatic skills will have been gained that will enable riders to move into the more specialised **TBR: MOGUL** & **TBR: FREESKI** programs to maximise their athletic potential, skiing aims and goals.

TBR: MOGUL

TBR: MOGUL HEAD COACH - HAMISH COX

TBR is set apart by our genuine passion for the sport of freestyle skiing. This passion drives our relentless attempt to refine our program structure and coaching technique. We believe in the importance of a holistic all-mountain skiing skill set to ensure maximised all round athlete development – we aim for all TBR athletes to be able to ski any mountain in any condition.

Our unique focus on the maximised all round development our athletes combined with a strong club history of professionalism, cutting edge training programs and close relationships with the worlds best coaches and athletes is the cornerstone of our continued success at all levels of our sport.

TBR: MOGUL is a competition focused training program for skiers aged 14-20 who have either progressed through the **TBR: GROM** program or already possess the required **TBR: PLATFORM** technical skiing skill set.

TBR: MOGUL aims to foster a level of skill development and passion geared towards success in competition from Interschools through to athletes who wish to pursue the highest levels of the sport such as World Cup or the Olympic Winter Games.

TBR: MOGUL intends to achieve its aims by creating a fun, structured training environment, focusing on best preparing skiers via technical progressions involving groomed run technique, freeskiing, aerial site jumping, trampoline training utilising the **TBR: ACROBATIC FACILITY** at Mt Buller and training on TBR's exclusive mogul courses.

TBR: MOGUL coaches have competed at the highest levels of competition in Australia and overseas, and have the insight to best guide our athletes to success. Coaches are also all Ski and Snowboard Australia freestyle certified and maintain their skills through constant exposure to the most current techniques being taught by the Olympic Winter Institute mogul skiing program.

TBR: MOGUL is formally recognised in the SSA Olympic athlete pathway and will prepare mogul skiers for competition and potential selection to make the transition into the following mogul skiing development programs:

- New South Wales Institute of Sport (NSWIS) program
- Olympic Winter Institute (OWIA) program

TBR: MOGUL athletes are strongly encouraged to test their skill and go for glory by entering competitions on the Australian freestyle circuit calendar including:

- **Junior National Mogul Championships** – Mt Buller www.jnats.com
- **Victorian Interschools Snowsports Championships** – Mt Buller www.vicinterschools.com.au
- **ABOM Mogul Challenge** - Mt Buller www.abommogulchallenge.com
- **Australian Interschools Snowsports Championships** – Perisher www.ausinterschools.com.au
- **Australian Freestyle Mogul Championships** – Perisher www.perisher.com.au

TBR: MOGUL – Program Goals

TBR: MOGUL EXECUTION The development of competitive mogul 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 mogul specific fundamentals. The major focus will continue to be split between short-turn mogul specific drills and long-radius turning and edging drills.
- **Advanced Jumping:** Jumps of varying sizes will be used on an aerial site and within mogul courses in order to teach competitive mogul skiing specific aerial manoeuvres.
- **Skill Zones:** Rollers will continue to be used to develop advanced level absorption and extension techniques. A medium grade mogul course will be used to develop advanced level technique and to introduce technical changes and new jumps into athletes' repertoires. Where applicable, an advanced grade mogul course will be used to develop skiing skills on a world class level of terrain.
- **Competition: TBR: MOGUL** athletes will be encouraged to compete in all mogul competitions of various levels, including **TBR: INHOUSE** events, Interschool's, Junior Nationals, Australian National Championships and the ABOM Mogul Challenge in order to develop their competitive abilities in a friendly and progressive environment. Developing athletes progressively to be comfortable in an elite level competitive environment is the key to success at the elite level.
- **Acrobatic Skills:** Gymnastic equipment and trampolines will be used throughout the season to refine athlete's aerial awareness, promote general athleticism and in the development of new skills. Advanced mogul 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. A rounded approach incorporating aerobic, strength, plyometric and flexibility training will be used and applied to athletes individually based on their age and level of athletic development.

The following specific technical skills will form the **TBR: MOGUL PLATFORM.**

- **Stance:** Strong understanding and execution of the mogul stance in all drills, groomed and mogul activities.
- **Balance:** Ability to consistently maintain balance over the outside ski in a variety of turn shapes on groomed terrain and in a mogul course.
- **Absorption & Extension:** Ability to maintain excellent body position through the range of absorption and extension over rollers at speed and within a medium grade mogul course.
- **Edge Rolls:** Be able to perform consistent mogul specific edge rolls maintain a strong mogul stance.
- **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.
- **Short-turns:** Be able to make advanced level short-radius turns, incorporating a strong level of edge control, whilst maintaining a strong mogul stance.
- **Moguls:** Be able to consistently ski top to bottom mogul runs, incorporating two high quality mogul airs, both in training and in competition on a medium to advanced grade mogul course.
- **Jumping:** Be able to perform a minimum of two consistent medium to high quality mogul airs in competition with further development of more difficult tricks simultaneously occurring on water.

- **Acrobatic Skills:** Have developed a high level of aerial awareness and body tension and be able to perform balanced 360's and back somersaults on the trampoline to a high level whilst maintaining strong body tension.
- **Strength & Conditioning:** Have an understanding of the strength & conditioning requirements and expectations of a national level mogul program and be progressing towards raising one's baseline strength and aerobic fitness.
- **Judging:** Have an understanding of the judging elements of a competitive mogul run and understand how to maximise a competitive performance within one's abilities.

On graduation from **TBR: MOGUL** a strong understanding of competitive mogul skiing will have been achieved. Mogul skiing, acrobatic, competition and strength & conditioning skills will have been gained that will enable athletes to maximise their athletic potential and mogul skiing aims and goals.

Ultimately, athletes graduating from the **TBR: MOGUL** high performance program will be targeted by the New South Wales Institute of Sport Australian Development Mogul Team to take their skills to the next level and compete on the international stage.

TBR: FREESKI

TBR: FREESKI HEAD COACH - WATKIN MCLENNAN

TBR: FREESKI COMPETITION COACH – JOHNNY LIPZKER

TBR is set apart by our genuine passion for the sport of freestyle skiing. This passion drives our relentless attempt to refine our program structure and coaching technique. We believe in the importance of a holistic all-mountain skiing skill set to ensure maximised all round athlete development – we aim for all TBR athletes to be able to ski any mountain in any condition.

Our unique focus on the maximised all round development of our athletes combined with a strong club history of professionalism, cutting edge training programs and close relationships with the worlds best coaches and athletes is the cornerstone of our continued success at all levels of our sport.

TBR: FREESKI is a competition focused training program for skiers aged 14-20 who have either progressed through the TBR: GROM program or already possess the required **TBR: PLATFORM** technical skiing skill set.

The **TBR: FREESKI** philosophy is about skiing the mountain; anything, anywhere, depending on what's best that day. Special attention is given to slopestyle skill development, a recent debutant at the 2014 Sochi winter Olympics.

Areas of training include: jumping, rails, skiing the whole mountain, fun carving, free bumps and of course making the most of any fresh powder snow that falls.

TBR: FREESKI aims to foster a level of skill development and passion geared towards progression to maximise opportunity for growth and experience within the freeski industry including competition, sponsorship and media shoots.

TBR: FREESKI intends to achieve its aims by creating an active learning environment, focusing on skiing the entire mountain, trampoline training utilising the **TBR: ACROBATIC FACILITY** at Mt Buller and building a bag of tricks in the MBP terrain parks.

To aid progression and skill development TBR will establish a dedicated big air facility on Chamois for the exclusive use of our skiers. This facility will complement the top notch park set-up to be designed and maintained by MBP.

TBR: FREESKI coaches are some of Australia's best all round and most progressive skiers.

TBR: FREESKI skiers are strongly encouraged to test their skill progression by entering the following list of competitions:

- **Perisher Slopestyle Events** www.perisher.com.au
- **Thredbo Slopestyle Events** www.thredbo.com.au
- **SSA Futures Camps (Slopestyle) –** Perisher www.perisher.com.au
- **Victorian Interschools Snowsports Championships** – Mt Buller www.vicinterschools.com.au
- **Australian Interschools Snowsports Championships** – Perisher www.ausinterschools.com.au
- **Mt Buller Junior Slopestyle Event –** TBC

TBR: FREESKI – Program Goals

TBR: FREESKI EXECUTION The development of both competitive and pure progression based freeski 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 freeski skills be harnessed and developed with 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 freeski 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: FREESKI** athletes will be encouraged to compete in all available freeski competitions of various levels, including **TBR: INHOUSE events**, Thredbo and Perisher 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 freeski 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: FREESKI PLATFORM

Athletes graduating from **TBR: FREESKI** will have developed an advanced understanding of the **TBR: PLATFORM** with enhancements to freeski specific technical, aerial, competitive and strength and conditioning related abilities. The following specific technical skills will form the **TBR: FREESKI 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 freeski 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 freeski 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 freeski progression, the associated injury prevention benefits and be progressing towards raising one's baseline strength and aerobic fitness.
- **Judging:** Have an understanding of the freeski judging elements involved and have an understanding of how to maximise a competitive performance within one's abilities.

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

TBR: 2016 CREW

TBR: PROGRAM DIRECTOR - Andrew Pattison
Nickname: Patto
With the program since: 1998
Qualifications: Bachelor of Business (Accounting) and Master of Business Administration
Sponsors: Bolle, K2, Full Tilt, Le Bent
Favourite run at Buller: Anywhere in the Bull Run Bowl + some secret lines in lower Chamois area!
Who inspires you in the snow world: Dale Begg-Smith for being a genius in skiing and business, and Britt Cox for her work ethic, dedication and professionalism from such a young age through to the current day.

TBR: PROGRAM MANAGER - Nick Franklin-Jones
Nickname: Frank
With the program since: 2008
Qualifications: Full Cert APSI/SSA/CAA, SSA Freestyle Judging Clinic
Favourite run at Buller: Anything groomed!
Who inspires you in the ski world: My old man aka The Silver Fox

TBR: GROM HEAD COACH/COACH UP-SKILLING MANAGER – Josh Laney
Nickname: Seppo, Tex
With the program since: 2008
Qualifications: PSIA Level III (full cert), PSIA Freestyle Level III, PSIA Alpine & Freestyle Trainer Credential, SSA Freestyle Coach I, SSA Freestyle Judging Clinic,
Sponsors: K2
Favourite run at Buller: Hogsback
Who inspires you in the ski world: Aspiring young athletes (Cheesy, but true)

TBR: MOGUL HEAD COACH – Hamish Cox
Nickname: Hambo
With the program since: 2011
Qualifications: Level 2 Australian Mogul Skiing Coaching Accreditation (developer of the course), past NSWIS scholarship mogul athlete, Bachelor of Exercise/Sports Science (sport coaching), Level 1 ASCA Strength and Conditioning Trainer
Favourite run at Buller: Chamois
Who inspires you in the ski world: Godan Walker

TBR: FREESKI HEAD COACH - Watkin McLennan
Nickname: Watto
With the program since: 2002 (coaching since 2006)
Qualifications: Level one freestyle coach, SSA Freestyle Judging Clinic
Sponsors: Sontimer, Line, Full Tilt, Helly Hansen
Favourite run at Buller: All zones other than Baldy
Who inspires you in the ski world: Geoff Lipshut

TBR: FREESKI COMPETITION COACH - Jono Lipzker
Nickname: Lipstick
With the program since: 2011
Qualifications: 3 years as head park coach at Falls Creek's 'Air & Style' program, Certificate 3 & 4 in fitness (personal training), SSA Freestyle Judging Clinic, Currently studying Arts at Melbourne Uni
Results: 2x 1st place Australian Planet X games slopestyle, 2nd place Rip Curl Freeride Pro 2010
Sponsors: Armada, Sontimer, Full Tilt, Marker
Favourite run at Buller: Anywhere with Watkin
Who inspires you in the ski world: Sean Petit – amazing all round skier.

TBR: ALL-MOUNTAIN HEAD COACH – Joe Corcoran
Nickname: Joey, Big Papa, Captain
With the program since: I started as an athlete in 2002 Qualifications Level 1 Freestyle coach, Advanced Diploma of Photography, Ph.D in Shreducation
Sponsors: Don meats, "Is Don, Is good."
Favourite run at Buller: The Time Machine
Who inspires you in the ski world: The up and coming AUS skiers.

Nickname: Joey, Big Papa, Captain
With the program since: I started as an athlete in 2002
Qualifications Level 1 Freestyle coach, Advanced Diploma of Photography, Ph.D in Shreducation
Sponsors: SoO AirTime, Fyve, Line, Surfanic, Don meats, "Is Don, Is good."
Favourite run at Buller: The Time Machine
Who inspires you in the ski world: Garrett Reynolds

Alex Eisner
With the program since: 2010
Qualifications: APSI Level 1, SSA Judging Clinic, ASC Coaching Principles
Sponsors: Volkl skis, Marker bindings, Dalbello boots
Favourite run at Buller: The Chamois Bowl (on a good day)
Who inspires you in the snow world: Cole Drexler, Henrik Harlaut, Clayton Vila, Shea Flynn, Sean Jordan and John Ware

Henry Eisner
With the program since: 2010
Qualifications: APSI Level 1, SSA Judging Clinic, ASC Coaching Principles
Sponsors: Volkl skis, Marker bindings, Dalbello boots
Favourite run at Buller: Hogs back
Who inspires you in the snow world: Nicky Keefer, John Kutcher, Cole Drexler & "TheBunch"

Kate Esposito
With the program since: 2008
Qualifications: APSI Level 2, Former TBR FIS Mogul Competitor
Favourite run at Buller: Thulke's on a powder day!
Who inspires you in the ski world: Kelly Sildaru

Tim Gale
Nickname: Gale, TMG
With the program since: 2009
Qualifications: APSI Level 4, SSA Freestyle Coach, CSIA Park & Pipe, CSCF Level 1 Race Coach, SSA Freestyle Judging Clinic
Sponsors: www.aussieskier.com
Favourite run at Buller: Bull Run Area
Who inspires you in the ski world: Whoever wants to go out for shred and have a great time.

Robert Lovick
Nickname: Lobert, Corporal
With the program since: I started as an athlete in 2000
Qualifications: Level 1 Freestyle Coach, represented Australia on World Cup
Sponsors: Lovick Electrics
Favourite run at Buller: Bull Run Bowl
Who inspires you in the ski world: Helen Clark

Tom Lovick
Nickname: Terrance
With the program since: I started as an athlete in 2000
Qualifications: Level 1 Freestyle Coach, represented Australia on World Cup
Sponsors: Lovick Electrics
Favourite run at Buller: Chamois
Who inspires you in the ski world: Helen Clark

Lisa McComb
With the program since: 2010
Qualifications: BASI 3 (Technical)
Favourite run at Buller: The old poma line into Bull Run bowl
Who inspires you in the snow world: Any skier who pushes the limit, gets creative and enjoys being in the mountains.

James Phillips
Nickname: Phillips, Phil
With the program since: 2008-2009 (TBR: Mogul)
Qualifications: SSA Freestyle Judging Clinic, Buller SSS Hiring Clinic, fluent in French, "Mansfield"
Favourite run at Buller: Hogs back
Who inspires you in the ski world: "The Russians"

NEW COACHES

Maddie Bernard
Nickname: Big Mads
With the program since: 2010
Qualifications: APSI Level 1, First Aid
Results: 2014 National Mogul Champion (Australian Snowsports), 2014 2nd place Moguls (Victorian Interschools).
Favourite run at Buller: Chamois
Who inspires you in the ski world: The one and only Claudia Gueli

Jackson Comben
Nickname: Jacko
With the program since: 2010
Qualifications: Level 1 APSI
Results: Vic Interschools Moguls 2nd, 2nd, 3rd, Aus Interschools Moguls 2nd, 3rd, Abom Mogul Challenge 2014 12th
Favourite run at Buller: Bull Run Bowl
Who inspires you in the ski world: Hambo

Jarred Rodden
Nickname: J - Rad
With the program since: 2011
Qualifications: APSI Level 1
Results: 1st in 2016 snow expo
Sponsors: Full Tilt, Yuki Threads, Oakley
Favourite run at Buller: Fishbowl Alley
Who inspires you in the ski world: Oldies that still love skiing at Mt Buller

Will Knight
Nickname: Knighty
With the program since: 2013
Qualifications: APSI Level 1
Results: Qualified for Nationals in 2012 for Moguls, Qualified for nationals for all 3 disciplines in 2015
Sponsors: My Mum
Favourite run at Buller: Wood Run
Who inspires you in the ski world: All my friends

TBR: FACILITIES

TBR is serious about maximising the long-term athletic development of our athletes and recognises the need to ensure world class training facilities to ensure progression.

On Snow Facilities

In 1997 Buller Ski Lifts (BSL) constructed from earth works a world cup specification aerial site. This offers world class training for aerial skiing, and also serves as a great jump site for mogul and slopestyle skiing.

BSL also allocate the main part of the Chamois run for a full length mogul course, ideal for developing athletes.

The unpredictability of the weather at Australian resorts has often limited the usage and training opportunities of these two facilities.

In an exciting development for the club in 2013, this unpredictability is now reduced, with BSL and the Olympic Winter Institute of Australia teaming up to install three fully automated snowmaking machines on Chamois.

There are no guarantees when it comes to Mother Nature and good old M Buller's temperamental climate, but based on a normal winter we should have facilities open on Chamois for the first day of the TBR program!

TBR Acrobatic Facility

The spectacular jumps skiers are able to perform on snow does come with risk. We believe that as a club we must be proactive in reducing risk and ensure a safe learning environment is in place for our athletes.

To create a safe learning environment **TBR** runs a number of off-snow skill development initiatives aimed directly at improving fundamental skills, necessary to achieve success in the disciplines of moguls and Freeski. The long-term success of mogul & Freeski athletes has been strongly correlated with aerial and acrobatic training from an early age and throughout the teen years.

The development benefits of early & sustained acrobatic training are clear and proven. Consistently TBR athletes who are involved in these initiatives have significantly improved their competition results with some even being selected into National Teams and invited to attend prestige Freeski events.

The **TBR: ACROBATIC FACILITY**, located in the sports hall at Buller Central includes:

- 3 full competition level trampolines complete with safety pads
- Double-mini and single-mini trampoline
- Multiple safety mats

TBR skiers will get opportunities throughout the season to use the **TBR: ACROBATIC FACILITY** with acrobatic sessions being scheduled into day-to-day training. The facility is also a great resource for poor weather days.

TBR: WATERJUMP

TBR: WATERJUMP is TBR's off snow aerial training program for competent & proven 9 – 20 year olds.

TBR: WATERJUMP is the best way to refine your aerial skills and learn new aerial tricks in a safe and productive way in the off snow season. 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 athletes to attend water jump training.

TBR: WATERJUMP is run in spring and autumn. All TBR athletes will be sent information regarding **TBR: WATERJUMP** sessions via email, prior to the sessions' commencement. The information will also be hosted on the TBR website.

TBR: STRENGTH & CONDITIONING

TBR recognises the importance of physical conditioning for athlete development and injury prevention of freestyle skiing athletes. With the size that Freeski athletes are jumping and the speed that mogul skiers are barrelling down the courses, the physical demands of freestyle skiing on athletes' bodies are huge.

During the season, TBR will work with the older athletes to provide strength and conditioning opportunities designed to aid athletic progression through increased, strength, power, endurance, flexibility and overall athleticism. For younger athletes, activities designed to promote body tension and agility will be integrated into off-snow activities in order to build a base level of body versatility.

TBR will continue to work with dedicated athletes in the off season, in and around **TBR: WATERJUMP** and **TBR: ACROBATICS** to help athletes continue to build their physical conditioning levels with both aerobic and anaerobic training focuses.

If you are interested in becoming more involved with Strength & Conditioning please contact **TBR: MOGUL HEAD COACH** – Hamish Cox, e| hamish@teambuller.com

TBR: FREQUENTLY ASKED QUESTIONS

Q1. How long has TBR been operating training programs?
TBR has been operating training programs at Mt Buller since 1986!

Q2. What programs does TBR offer?
TBR offers the following training programs:

- TBR GROM: Focus on all elements of freestyle & skiing
- TBR ALL-MOUNTAIN: Focus on all elements of freestyle & skiing
- TBR MOGUL: Focus on competitive mogul training
- TBR FREESKI: Focus on competitive park skiing, film and photography

Q3. What is the age range of athletes in the program?

- TBR GROM: 9-13 years of age
- TBR ALL-MOUNTAIN 14 and up
- TBR MOGUL: 14 and up
- TBR FREESKI: 14 and up

Q4. What ability level should I be to join the program?
Although no set criteria exist TBR is a high level training program focussed producing top ranking athletes and for this reason we recommend that each rider be at a level that they feel comfortable on the majority of advanced runs on the mountain. TBR requires all new recruits to have the desire to improve and want to make the most out of their on snow experience. Our coaches are experienced and we place great emphasis on making sure that the individual needs of our athletes are met.

Q5. Where do most of your athletes come from before joining TBR?
Athletes joining TBR come from all over the place:

- Mt Buller Ski & Snowboard School programs such as Snow Squad
- Mt Buller Race Club
- Interschool's

Q6. Are there many female athletes in the program?
Not only are females present in the program but they are consistently some of our highest performing athletes. The old saying "gee she's good for a girl" just isn't relevant these days at TBR…

Q7. What if I don't know anyone in the program prior to joining?
Take a chance and meet some new friends. Here at TBR we are committed to creating a fun and inclusive environment in which athletes of differing ages, ability and character can come together and improve their on snow abilities.

Q8. What are the TBR training times for the 2016 season?
TBR: WEEKEND (this includes the school holiday training period)
Morning Sessions: 9:00 – 11:45am
Afternoon Sessions: 1:00 – 3:00pm

TBR: FULL TIME/TBR Midweek
Morning Session: 9:00 – 12:00
We are keen to get out on the hill as soon as the clock ticks nine so we advise athletes to be 10mins or so early…

Q9. Where do TBR meet for training?
TBR have laid claim to the Village square 'fire' as a constant meeting place for training and other relevant events.

Q10. Is each training session compulsory?
No is the short answer. Athletes are involved in the program to improve and enjoy riding. The decision to attend is at the discretion of each individual rider although TBR would love to see all athletes present at all sessions.

Q11. Who will my coach be?
Coaches are assigned specific groups closer to the commencement of the program. TBR has announced the involvement of a number of guest coaches in the program for 2016. All athletes should take the opportunity to ask these athletes for a tip or two when they see them out on the hill.

Q12. What happens if the weather/snow is bad?
Mt Buller being Mt Buller the chances of high wing days, rain, blizzard of lack of snow affecting the ability of the TBR training programs to operate as scheduled are high. TBR has devised a number of alternative off snow activities to keep athletes motivated and active when conditions prevent us getting out onto the hill.

Q13. Where do I collect my TBR uniform?
In 2016, TBR jackets will be distributed at the TBR: Meet & Greet in Melbourne, and on the first day of the program. If you will not be there on the first day of the program, please contact Andrew Pattison to arrange a time to collect.

Q14. Do I have to compete in competitions?
TBR encourages athletes to take part in events. Not only are they are great test of skill but in cases they provide an opportunity for athletes to experience other resorts around Australia.

Q15. Does TBR take part in competitions at other resorts?
Yes TBR does send athletes and coaches to compete at resorts other than Mt Buller. Away events are an amazing experience and we have found that this really adds to the bonds and friendships created between our athletes and coaches.

In some occasions, TBR organises all logistics of the away event with athletes staying with TBR under the supervision of our coaches, but sometimes parents may need to organise their own accommodation for athletes.

Q16. When do I have to wear my TBR Jacket?

2016 TBR: Uniform Policy

TRAINING: During training and at all TBR events TBR jackets are to be worn unless specified otherwise. This creates a presence for TBR on the mountain and allows coaches to keep track of athletes during training.

MOGUL EVENTS: TBR recommends athletes wear uniforms during mogul events. Due to the at times, subjective nature of mogul judging it is our opinion that athletes stand to benefit from competing in uniform.

FREESKI EVENTS: TBR realises the importance individual style plays in Freeski. For this reason athletes are encouraged to wear whatever they feel comfortable competing in.

Q17. Where is the TBR office located?
The TBR office at Mt Buller is located in the Judges Stand on the World Cup Aerial Site located on the Chamois Ski run. Members of the TBR community are welcome to drop for a chat or to raise any concerns. The Judges stand is used for club activities throughout the season including video analysis and meetings.

Out of season, administrative work is performed part time in Melbourne by TBR: Program Manager, Andrew Pattison and other minions.

Q18. How are athletes selected to the Performance Group in TBR Mogul and Freeski?

TBR caters for athletes who want to enjoy their skiing and be the best they can be along with athletes who strive to compete for Australia at the highest level.

TBR: performance groups are composed of dedicated and talented athletes with a desire to maximise their potential and progress along the SSA Athlete Pathway in pursuit of excellence at the highest level.

In considering selection for the Performance Group, the following factors are assessed:

- Commitment to the full TBR year round training schedule (On snow – training & competition, water jumping, gym, acrobatic training.
- Attendance, performance and attitude in training
- Results at domestic and international events
- Strength and conditioning levels
- Ability from a mental and physical perspective to handle an increased/higher intensity workload

Consideration will also be made based on the determination as the maximum number of athletes suitable for the group to function efficiently and deliver a coach -athlete ratio conducive to a high level of feedback.

Whilst in depth consultation occurs between all TBR coaches, the sole decision as to the composition of all TBR Performance Groups rests with the respective discipline Head Coach in consultation with the TBR Program Manager.

Criteria for selection and applications to the TBR: Performance Group will be sent out to TBR: Mogul and TBR: Freeski athletes in the first week of June.

Q19. What if I still want to know more?

You're a tough customer but we still love you!!! Feel free to visit www.teambullerriders.com or contact TBR: Program manager, Andrew Pattison. Patto takes thousands of calls throughout the year and looks forward to dealing with your questions and concerns

MARK ADAMS SCHOLARSHIP

MARK ADAMS REAL ESTATE SUPPORTING OUR FUTURE STARS

Daniel Walker, winner of the Mark Adams Real Estate Scholarship in 2015, had an amazing training experience in North America with the TBR: Mogul Camp.

We are excited to announce that the Mark Adams Real Estate scholarship will be returning in 2016!

TBR would like to thank Mark Adams Real Estate, leading the way on Mt Buller since 1996, for their continued support in providing direct assistance to the champions of tomorrow.

Past Winners:

2015 – Daniel Walker

2014 – Claudia Gueli

2013 – Angus Cronin-Guss

2012 – Max Bernard

2011 – Jake Ashton

2010 – Jakara Anthony

2009 – Brodie Summers

2008 – Pip Sparrow

TBR: TEAMBULLERRIDERS.COM

TBR continues to develop teambullerriders.com as a gateway for our athletes, parents & friends to access key content including:

- News items
- Program information
- Calendars
- Competition entry forms
- Athlete profiles
- Coach profiles
- Photos
- Video edits
- Weekly newsletters
- Key industry links
- Links to the TBR Facebook site, Instagram & Youtube channel
- E- Commerce platform for program, event applications/payments and also equipment sales.

TBR: CODE OF CONDUCT

All athletes are expected to conduct themselves in a civil, friendly and honest manner.

Each rider is responsible for their own conduct during all TBR activities including but not limited to: training, competition and travel. We expected this conduct be of the highest standard at all times.

TBR is a proud organisation with a reputation for maintaining a high standard of conduct both at Mt Buller and within the Australian snow sports industry. We look forward to each and every rider contributing to maintain this high level of conduct throughout the season and into the future.

TBR: TRAINING GUIDELINES

The following guidelines are put forward with the aim of creating a healthy, fun and constructing training environment within which our athletes can best achieve their on snow goals. TBR treats this aim with great seriousness and repeated behaviour contrary to these guidelines will not be tolerated.

- Helmets are essential. Heads and the stuff that's in them are important! For that reason helmets are a must for all athletes during training, competition and at all other appropriate times on snow.
- Alcohol, cigarettes & illegal drugs are obviously not permitted at training and the inappropriate use of such substances is strongly condemned by TBR.
- TBR recommends its athletes get a good night's rest in order to maximise their performance at training. For this reason TBR expects all athletes to be home and off the streets by 10pm
- If a time/date arrangement is made, keep it! Timing is important to TBR & we will not tolerate lateness.
- Limit the use of profane and abusive language if it is to be used at all. TBR is especially keen to limit such language in inappropriate situations e.g. a lift queue in TBR
- TBR Coaches & Staff are involved to help athletes become better athletes and maximise their athletic potential. They are experienced and their word is final.
- TBR is part of the Mt Buller community and whilst it may seem that we are some of the best athletes out on the hill we must ensure that we treat this position with respect. All mountain staff should be treated with civility and any incidents should be reported to the TBR staff immediately.

TBR: BREACH OF TRAINING GUIDELINES

As mentioned TBR treats the aims of these guidelines with great seriousness and repeated behaviour contrary to these guidelines will not be tolerated.

Appropriate disciplinary action will be taken in light of the circumstances of any potential breach to ensure that the aims of the guidelines are maintained and our reputation is not adversely affected.

TBR: UNIFORM POLICY

- **TRAINING:** During training TBR jackets are to be worn unless specified otherwise. This creates a presence for TBR on the mountain and allows coaches to keep track of athletes during training.
- **MOGUL EVENTS:** Although not compulsory, we recommend athletes wear uniforms during events. Due to the subjective nature of mogul judging, we believe athletes stand to benefit from competing in uniform.
- **FREESKI EVENTS**: TBR realises the importance individual style plays in Freeski. For this reason athletes are encouraged to wear whatever they feel comfortable competing in.

TBR: MOGUL/FREESKI PERFORMANCE GROUP

TBR caters for athletes who want to enjoy their skiing and be the best they can be along with athletes who strive to compete for Australia at the highest level.

TBR: Performance Groups are composed of dedicated and talented athletes with a desire to maximise their potential and progress along the SSA Athlete Pathway in pursuit of excellence at the highest level.

In considering selection for the Performance Group, the following factors are assessed:

- Commitment to the full TBR year round training schedule (On snow – training & competition, Off snow - water jumping, gym, acrobatic training)
- Attendance, performance and attitude in training
- Results at domestic and international events
- Strength and conditioning levels
- Ability from a mental and physical perspective to handle an increased/higher intensity workload

Consideration will also be made based on the determination as the maximum number of athletes suitable for the group to function efficiently and deliver a coach -athlete ratio conducive to a high level of feedback.

Whilst in depth consultation occurs between all TBR coaches, the sole decision as to the composition of all TBR Performance Groups rests with the respective discipline Head Coach in consultation with the TBR Program Manager.

More information

For more information on progressing up the pathway, we recommend reading a number of publications produced by Ski & Snowboard Australia Pathway Coordinator Ramone Cooper.

Visit: www.skiandsnowboard.org.au and access “Athlete Resources” from the main menu bar

EVENT CALENDARS

2016 Australian Mogul Skiing Calendar

Date	End	Event	Type	Resort
30/07/16	31/07/16	Junior National Mogul Championships	Youth/Junior	Mt Buller
22/08/16	28/08/16	Victorian Interschools	Interschools	Mt Buller
30/08/16	31-08/16	Australian Freestyle Mogul Championships	FIS/OPEN	Perisher
02/09/16	03/09/16	ABOM Mogul Challenge	FIS/OPEN & Youth	Mt Buller
07/09/16	11/9/16	Australian National Interschools	Interschool	Perisher

2016 Australian Freeski Calendar

Date	End	Event	Type	Resort	Format
11/08/16	11/08/16	SSA Futures Camp	SSA	Perisher	Slopestyle
12/08/16	14/08/16	Australian Junior Freeride Champs	Junior	Perisher	Slopestyle/Halfipe
18/08/16	18/08/16	Thredbo Snow Series	OPEN	Thredbo	Slopestyle
22/08/16	28/08/16	Victorian Interschools	Interschools	Mt Buller	Slopestyle
02/09/16	02/09/16	Thredbo Snow Series	OPEN	Thredbo	Big Air
07/09/16	11/9/16	Australian National Interschools	Interschool	Perisher	Slopestyle
TBC		Mt Buller Slopestyle Event	Youth/Junior	Mt Buller	Slopestyle

SKI & SNOWBOARD AUSTRALIA MEMBERSHIP

Ski & Snowboard Australia (SSA) is the nationally and internationally recognised authority governing competitive snowsports in Australia.

SSA, largely through Federal Government grants via the Australian Sports Commission, fund development and elite level programs in all Olympic disciplines.

Ski & Snowboard Australia (SSA) Membership is required to compete in such events as: ABOM Mogul Challenge, jNats, National Mogul Champs, Junior Freeski events etc.. For more information and to purchase, please visit www.skiandsnowboard.org.au

Athletes wishing to compete in any FIS sanctioned events in Australia and overseas will be required to 'upgrade' their membership via the SSA website to include Freestyle registration.

To register with your chosen discipline, please visit the SSA website www.skiandsnowboard.org.au

If you have any questions, please contact SSA via
Phone: 03 9696 2344
Email: info@skiandsnowboard.org.au

AWAY COMPETITIONS

TBR encourages participation in competition both at Mt Buller and at other resorts.

Away events are an amazing experience and we have found that this really adds to the bonds and friendships created between our athletes and coaches.

In most occasions, TBR organises all logistics of the away event with athletes staying with TBR under the supervision of our coaches, but sometimes parents may need to organise accommodation for athletes.

If you have any questions regarding away events, please contact TBR Program Manager Andrew Pattison.

EQUIPMENT

LE BENT

Le Bent Pro Deal – TBR Athletes & Family Members

We are excited to announce that Le Bent is returning as a sponsor of TBR.

Le Bent is the leader in bamboo and merino blended products and have been fine tuning their unique and innovative blend each and every year to bring you one of the most silky smooth, warm, odourless and durable products in the market whilst being able to cater for those with allergies and skin irritations to 100% merino.

The TBR coaching team is loving the range of Le Bent products:

- Balaclava's and neck warmers
- Socks
- Base Layers

Le Bent are offering TBR Athletes & Family Members a special pro deal discount on all products.

Visit the online store at www.lebent.com
And use the **Promo Code –"ProDeal40"** to receive an amazing 40% off!

DOUCHEBAGS

Le Bent are also the importer of Douchebags into Australia!

Founded by pro skier Jon Olsson, Douchebags are regarded as the best ski & snowboard bags available. Visit Douchebags for more information on the product range.

Visit the online store at www.bentsquare.com.au
And use the **Promo Code –"ProDeal40"** to receive an amazing 40% off!

AUSSIESKIER.COM

Aussieskier is the official Melbourne retailer for the TBR program.

Aussieskier has kindly offered a 10% discount off RRP pricing off all equipment listed online at aussieskier.com and in-store for all athletes and their families.

To receive the discount either talk to staff in-store (2 Grattan St, Prahran) or for online purchases call 03 9999 5946 so discount can be added.

THE BOOT LAB

The Boot Lab, located @Aussieskier is operated by expert boot fitter Andy Filer. The Boot Lab has kindly also offered:

- 10% discount to all TBR members.
- Footbeds reduced to $149 from $199
- Guaranteed fit for life on all boot fitting and footbeds!

Address: 2 Grattan St Prahran VIC 3181 **Phone:** 03 9999 5946

ALTITUDE @ MT BULLER

Altitude is the official Mt Buller retailer for the TBR program.

Stay tuned for information on discounts available to TBR Members.

Drop into Altitude this winter for all your equipment and clothing needs.

Demo some of the best skis on the market and we also offer a range of ski boots and will have our team help you find the perfect fit.

The team in our tune shop are some of the best, so if you need your gear to be in top shape for your next race - you know where to come!

Altitude also stocks a handy range of accessories and gift lines.

Address: Village Square, underneath Cattleman's Cafe, Mt Buller **Phone:** 03 5777 7886

K2 SPONSORSHIP

Both K2 and TBR are very proud of our strong relationship over the past few years and as always we are stocked to have the world's leading ski brand K2 behind us as the TBR Equipment sponsor.

K2 is one of the leading snow sport brands in the world, with many of the world's best athletes using their equipment.

MOGUL SKIS

As part of K2's sponsorship of the TBR program, K2 have made available to TBR members their Mogul skis at a special pro deal rate. The K2 Mogul skis are recommended by our Head Mogul coach for all TBR Mogul athletes.

Please note that K2 Mogul skis are only available to be purchased from TBR.

The '244' model will have sizes available in:

- 153 cm
- 163 cm
- 173cm

Please consult your coach for your ideal ski length.

Bindings

Marker 7.0 EPS, 2-7 Din (119cm -149 skis)
Marker 10.0 JR. Comp, 3-10 Din (139cm-163 skis)
Marker XCELL 12.0, 4-12 Din (163cm-173 skis)

The bindings can be ordered in from Aussieskier.com & Altitude stores, who we also recommend to mount the bindings to the ski.

To purchase

Once final prices are confirmed, an information sheet will be sent to all TBR members. This will be available by early June. For more information, please email TBR Program Manager Andrew Pattison: e| patto@teambuller.com to express your interest.

TBR RECOMMENDED EQUIPMENT REQUIREMENTS

TBR GROM

Skis

- 1 pair of All-Mountain, Twin Tip skis. We suggest an All-Mountain Twin Tip ski for the Grom's as we put great emphasis on the fundamentals of skiing at this level. All-Mountain Twins perform both on the groomers and in the park. Junior bindings such as the Marker 7.0 EPS, 2- or Marker 10.0 JR are recommended.

Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance.
- We recommend a progressive flexing boot. This will minimize shin bang and increase performance in the park, bumps and for all mountain skiing. 3 piece boots will suit best.

Poles

- Generally poles used are shorter than normal for Moguls/Freeski. Consider a smaller grip. This will give greater finger movement which helps when grabbing skis.

Helmets

- Helmets are compulsory for all athletes in the program. Check out K2 and Bern Helmets.

TBR MOGUL

Skis

- 1 pair of Mogul Ski's, K2 "244", with Marker 10.0 JR. Comp or Marker XCELL 12.0 bindings.
    - Please note that K2 Mogul skis are not available to purchase from TBR. To purchase K2 mogul skis, please contact TBR Program Manager Andrew Pattison via: **email:** patto@teambuller.com **phone**: 0411 281 372
- OPTIONAL: 1 pair of Freeski/Twin tip ski's, to use for rails, switch riding and jumping. Consider Marker Griffon 13.0 or Jester 16.0 Bindings. These binding are Freeski Specific and are designed to increase performance in this area.

Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance.
- We recommend a progressive flexing boot. This will minimize shin bang and increase performance in the park, bumps and for all mountain skiing. 3 piece boots will suit best.
    - Full Tilt boots are highly recommended

Poles

- Generally poles used are shorter than normal for Moguls/Freeski. Consider a smaller grip. This will give greater finger movement which helps when grabbing skis.

Helmets

- Helmets are compulsory for all athletes in the program.

TBR FREESKI/TBR ALL-MOUNTAIN

Skis

- 1 pair of Freeski/Twin tip ski's, to use for rails, switch riding and jumping. Park and Pipe All-Mountain skis and Park specific symmetrical side cut skis are both suitable Consider Squire 11, Marker Griffon 13.0 or Jester 16.0 Bindings. These binding are Freeski specific and designed to increase performance in this area.

Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance.
- We recommend a progressive flexing boot. This will minimize shin bang and increase performance in the park, bumps and for all mountain skiing. 3 piece boots will suit best.
    - Full Tilt boots are highly recommended

Poles

- Generally poles used are shorter than normal for Moguls/Freeski. Consider a smaller grip. This will give greater finger movement which helps when grabbing skis.

Helmets

- Helmets are compulsory for all athletes in the program.

OVERSEAS PROGRAMS

TBR: Park City

The official overseas training camp of the Team Buller Riders (TBR) program.

In 2015/2016, the camp returned back to Park City, Utah, USA, and was a huge success with amazing snowfalls, great training facilities and strong skill progression by the athletes.

We can confirm that the camp will be returning to Park City for 2016/2017.

Park City is an ideal choice for a camp location due to

- Park City is the biggest ski & snowboard resort in the USA now, with Park City Mountain Resort & The Canyons now linked
- Park City is part of the "Epic Pass" offering amazing seasons pass value at some of the world's best resorts.
- Great training facilities at Park City/Canyons (Powder, Freeskiing, Terrain Park & Moguls)
- Utah Olympic Park as an athlete cantered facility offering 2 x mogul courses, ski-x course and terrain park
- Perfect for families, with 3 x resorts, amazing town with great activities available ... and look out for the Hollywood A-List at the Sundance Film Festival.
- A strong link exists between TBR and the USA camp, with TBR Program Director Andrew Pattison running the camp, and last year a number of TBR: Coaches including Hamish Cox, Tim Gale and Kate Esposito involved as coaches in 2015/2016.
- Location to Salt Lake City/Airport only 45 mins from Park City

TBR is perfect for all TBR athletes, with a number of different training packages/options available

- Fly over & live with TBR
    - 6-week option (commencing mid December)
    - 4-week option (commencing post Christmas/late December)
- Stay with your family/train with TBR
- Custom dates also possible

For information please visit www.tbrparkcity.com

TBR Freeski – Skiers Junction

Stay tuned for an announcement on the 2017 Skiers Junction Camp.

Possible scenarios being considered included returning to Colorado, or teaming up with the TBR: Park City camp to delivered a shared operation. Announcement expect by the end of June 2016.

www.skiersjunction.com

TBR:2016 Calendar

June 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 30	31	June 1	2	3	4	5
NOTE: SUNDAY MAY 29 TBR Meet & Greet 1pm to 2:45pm @ O'Brien Group Arena (The Icehouse) 105 Pearl River Rd Docklands						
6	7	8	9	10	11	12
					Opening of the ski season	
13	14	15	16	17	18	19
Queen's Birthday						
20	21	22	23	24	25	26
					First Day of TBR TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual
27	28	29	30	July 1	2	3
TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	Day Off	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	Day Off

Note: Buller dates only, see specific event calendar for away comps. Date changes to be passed on via website/email newsletter. as at 01/05/2016

TBR:2016 Calendar

July 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 27	28	29	30	July 1	2	3
TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	Day Off	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	Day Off
4	5	6	7	8	9	10
TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	Day Off	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual
11	12	13	14	15	16	17
Day Off	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9-12pm & 1-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
18	19	20	21	22	23	24
Day Off	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9-12pm & 1-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
25	26	27	28	29	30	31
Day Off	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9-12pm & 1-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	jNats Mogul Event @ Mt Buller – Training TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	jNats Mogul Event @ Mt Buller – Event TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time

Note: Buller dates only, see specific event calendar for away comps. Date changes to be passed on via website/email newsletter. as at 01/05/2016

TBR:2016 Calendar

August 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 1	2	3	4	5	6	7
Day Off	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9-12pm & 1-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
8	9	10	11	12	13	14
Day Off	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9-12pm & 1-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual
15	16	17	18	19	20	21
Day Off	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9-12pm & 1-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual
22	23	24	25	26	27	28
VIC Interschools @ Buller No TBR Training	VIC Interschools @ Buller TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek Note: Limited full-time groups	VIC Interschools @ Buller TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	VIC Interschools @ Buller TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek Note: Limited full-time groups	VIC Interschools @ Buller TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek Note: Limited full-time groups	VIC Interschools @ Buller TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	VIC Interschools @ Buller TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
29	30	31	September 1	2	3	4
Day Off	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	ABOM MOGUL CHALLENGE – Training Day TBR Training 9am to 12pm - TBR Full-Time, Midweek - TBR Weekend (ABOM MO Challenge Train only)	ABOM MOGUL CHALLENGE – Event Day TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	LAST DAY TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual

Note: Buller dates only, see specific event calendar for away comps. Date changes to be passed on via website/email newsletter. as at 01/05/2016

TBR:2016 Calendar

September 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 29	30	31	September 1	2	3	4
Day Off	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	ABOM MOGUL CHALLENGE – Training Day TBR Training 9am to 12pm - TBR Full-Time, Midweek - TBR Weekend (ABOM MO Challenge Train only)	ABOM MOGUL CHALLENGE – Event Day TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	LAST DAY TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR Casual
5	6	7	8	9	10	11
		AUS Interschools @ Perisher	AUS Interschools @ Perisher	AUS Interschools @ Perisher	AUS Interschools @ Perisher	AUS Interschools @ Perisher
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	October 1	2

Note: Buller dates only, see specific event calendar for away comps. Date changes to be passed on via website/email newsletter. as at 01/05/2016

TBR: CONTACT DETAILS

Andrew Pattison
TBR: PROGRAM MANAGER
Phone| 0411 281 372 (Best number to call)
Fax| 03 9686 2988
Mailing Address| PO BOX 33, Mt Buller, VIC, 3723
Website| www.teambuller.com
Email| patto@teambuller.com

Mt Buller: winter only
Office Location| Judges Stand, Chamois, Mt Buller
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Josh Laney
TBR: GROM HEAD COACH
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Hamish Cox
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Joey Corcoran
TBR: ALL-MOUNTAIN HEAD COACH
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Athlete/Parent Contact Details

To improve communication between TBR families, this year we will be providing a document listing athlete and parent contact details.

This will be available once program registrations are closed.