



TEAM BULLER RIDERS 2017 HANDBOOK

Program Sponsors & Supporters



www.teambullerriders.com

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TBR: 2017 WELCOME

Welcome to the 2017 Team Buller Riders (TBR) Program!

We are excited to see an early opening of the 2017 season, largely due to Buller Ski Lifts (BSL) significant investment in a new \$1.6 Million Dollar Plus Snowfactory, capable of producing snow at almost any temperature, giving BSL the confidence to guarantee skiing for the entire season.

The new Snowfactory, combined with the existing snowmaking resources and natural snowfalls will hopefully lead to Mt Buller's core snowmaking runs opening earlier, enabling snowmaking resources (Water & Snow Guns) being allocated to advanced terrain earlier also.

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. Because of this, a strong sense of community permeates through to our staff, athletes, volunteers and friends across Mt Buller and the world.

TBR is a competition focused program, and we look forward to:

- 29th running of the ABOM Mogul Challenge (September 1-2)
- Victorian & Australian Interschools at Mt Buller
- FreeBOM August 19
- jNats Moguls August 5 and Junior Slopestyle August 12

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** – 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 Slopestyle 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: OVERSEAS CAMP	PARK CITY, UT, 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: 2017	ON-SNOW - MT BULLER
AUGUST	TBR: 2017	ON-SNOW - MT BULLER
SEPTEMBER	TBR: 2017	ON-SNOW - MT BULLER
OCTOBER	ACROBATICS/FITNESS	TRAMP/GYM/SPORTS
NOVEMBER	TBR: WATERJUMP ACROBATICS/FITNESS	SSA WATERJUMP PARK TRAMP/GYM/SPORTS
DECEMBER	TBR: WATERJUMP ACROBATICS/FITNESS TBR: OVERSEAS CAMP	SSA WATERJUMP PARK TRAMP/GYM/SPORTS 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 instil 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
- **Mt Buller Junior Slopestyle Event**
- **FreeBOM**
- **Victorian Interschools Snowsports Championships** – Mt Buller www.vicinterschools.com.au
- **Australian Interschools Snowsports Championships** – Mt Buller www.ausinterschools.com.au

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 whilst 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 – ALEX & HENRY EISNER

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 instil 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
- **Mt Buller Junior Slopestyle Event**
- **FreeBOM**
- **Victorian Interschools Snowsports Championships** – Mt Buller www.vicinterschools.com.au
- **Australian Interschools Snowsports Championships** – Mt Buller www.ausinterschools.com.au

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 whilst 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
- **FreeBOM**
- **Victorian Interschools Snowsports Championships** – Mt Buller www.vicinterschools.com.au
- **ABOM Mogul Challenge** - Mt Buller www.abommogulchallenge.com
- **Australian Interschools Snowsports Championships** – Mt Buller 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 - 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:

- **Mt Buller Junior Slopestyle Event**
- **Victorian Interschools Snowsports Championships** – Mt Buller www.vicinterschools.com.au
- **Australian Interschools Snowsports Championships** – Mt Buller www.ausinterschools.com.au
- **FreeBOM**

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: 2017 CREW

TBR: PROGRAM DIRECTOR - Andrew Pattison

Nickname: Patto

With the program since: 1998

Qualifications: Bachelor of Business (Accounting) and Master of Business (Sports Management)

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: APSI/SSA/CAA, SSA Freestyle Judging Clinic

Favourite run at Buller: Anything groomed!

Sponsors: [Skiers Junction](#)

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: APSI Trainer/Examiner, 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: Kelly Sildaru, Mikaela Shiffrin and SLVSH

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: Kate Esposito and anyone who does Snow Yoga “Snowga”

TBR: FREESKI HEAD 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. Completed degree in Arts at Melbourne University, currently studying Master of Business (Sports Management).

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 - 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

TBR: ALL MOUNTAIN HEAD COACH - 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"

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: 1st place AUS Uni Games 2016

Favourite run at Buller: Bull Run Bowl

Who inspires you in the ski world: Hambo

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.

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: As an athlete – 2010, Coach - 2015

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.

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

Favourite run at Buller: All zones other than Baldy

Who inspires you in the ski world: Geoff Lipshut

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”

Jared 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**Luka Sinhart****Nickname:** Lucozade**With the program since:** 2016**Qualifications:** CSIA 3 Freestyle Canada super coach**Sponsors:** Yes please**Favourite run at Buller:** Sun Valley**Who inspires you in the ski world:** Shane McConkey, friends and my Opa**NEW COACHES****Max Bernard****Nickname:** Maccy, Maxwell**With the program since:** 2010**Qualifications:** Level 1 Freestyle, FIS NORAM Cup Mogul athlete**Results:** 1st jNats, multiple interschools mogul's podiums**Favourite run at Buller:** Chamois**Who inspires you in the ski world:** Claudia Gueli**Abbey Schwarz****Nickname:** Schwarzzy**With the program since:** 2006**Qualifications:** APSI Level 1, Mogul Judge**Results:** Podium VIC & AUS interschool's, Abom Jnr Podium, jNats Podium, chix with stix slope style**Sponsors:** Dad and Pink Machine**Favourite run at Buller:** Hangman's**Who inspires you in the ski world:** Chris Schwarz

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 2017 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 2017. 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 wind days, rain, blizzard or 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 2017, TBR jackets will be sized up at the TBR: Meet & Greet in Melbourne, and on the first day of the program jackets will be handed out in the village square upon meeting at 9am. 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 a 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?**2017 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 2017!

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:

2016 – Angus Hill

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](http://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 expect this conduct to 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 constructive 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

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- 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

2017 Australian Mogul Skiing Calendar

Date	End	Event	Type	Resort
04/08/17	05/08/17	Junior National Mogul Championships	Youth/Junior	Mt Buller
21/08/17	27/08/17	Victorian Interschools	Interschools	Mt Buller
29/08/17	30/08/17	Australian Freestyle Mogul Championships	FIS/OPEN	Perisher
01/09/17	02/09/17	ABOM Mogul Challenge	FIS/OPEN & Youth	Mt Buller
07/09/17	10/09/17	Australian National Interschools	Interschool	Mt Buller

2017 Australian Freeski Calendar

Date	End	Event	Type	Resort	Discipline
30/06/17	30/06/17	Friday Night Rail Jam	Open	TBO	Rails
15/07/17	15/07/17	PlayStation Slopestyle Championships	Open	PER	SS
09/08/17	10/08/17	SSA Park & Pipe Futures	Youth/Junior	PER	SS/HP
11/08/17	11/08/17	Australian Junior Freeride Championships	Youth/Junior	PER	SS
12/08/17	12/08/17	Mt Buller Junior Slopestyle	Youth/Junior	BLR	SS
13/08/17	13/08/17	Australian Junior Freeride Championships	Youth/Junior	PER	HP
26/08/17	27/08/17	Victorian Interschools	Interschools	BLR	SS
01/09/17	01/09/17	Thredbo Snow Series Slopestyle	Open	TBO	SS
02/09/17	02/09/17	Thredbo Snow Series Big Air	Open	TBO	BA
05/09/17	09/09/17	Toyota One Hit Wonder	Open	TBO	SS
07/09/17	07/09/17	Australian National Interschools	Interschools	BLR	SS

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

ALTITUDE @ MT BULLER

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

A 20% discount is available to all 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



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.
- Guaranteed fit for life on all boot fitting and footbeds!

Address: 2 Grattan St Prahran VIC 3181

Phone: 03 9999 5946



K2 SPONSORSHIP

Both K2 and TBR are very proud of our strong relationship over the past few years and as always, we are stoked 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:

- 159 cm
- 169 cm
- 179cm

Read more: <http://skiersjunction.com/gear-reviews/k2-244-mogul-ski/>

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

Visit www.teambuller.com and click on the TBR Store left menu item

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 <http://skiersjunction.com/product-category/full-tilt-boots/>

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

TBR: Park City is the official overseas training camp of the Team Buller Riders (TBR) program.

The camp is suitable for all TBR athletes ages, abilities and disciplines (Grom, Mogul, Freeski, All Mountain), with athletes having the option of living with TBR or living with their families and training on snow with TBR.

The 2016/17 camp was a great success in Park City, Utah, USA, due to:

- Re introduction of Freeski/All Mountain as a training option
- Large athlete numbers
- Great season for snowfall, with numerous powder days

We can confirm that the camp will be returning to Park City for 2017/18

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 being a part of the “Epic Pass”, the best value seasons pass in the world with resorts like Perisher, Vail/Beaver Creek and now Whistler all “Epic Pass” Resorts.
- Great training facilities at Park City/Canyons (Powder, Freeskiing, Terrain Park & Moguls)
- Utah Olympic Park as an athlete centered 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.
- Location to Salt Lake City/Airport only 45 mins from Park City
- In January 2018, the Deer Valley World Cup will take place mid-January, a few weeks earlier than normal due to the Olympics taking place in February. This gives a great opportunity to witness the best Mogul & Aerial skiers in the world in action under lights at Deer Valley. The Deer Valley World Cup is regarded as the “Super Bowl” of World Cup’s as the event has the biggest crowds and best production values (under lights, big screen and atmosphere) of any event (better than the Olympics!)

TBR is perfect for all TBR athletes, with several different training packages/options available

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

For information please visit www.tbrparkcity.com

TBR:2017 Calendar

July 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 26	27	28	29	30	July 1	2
NOTE: SUNDAY MAY 28 TBR Meet & Greet 1pm to 2:45pm @ O'Brien Group Arena (The Icehouse) 105 Pearl River Rd Docklands					First Day of TBR Program 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
3	4	5	6	7	8	9
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
10	11	12	13	14	15	16
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 Social Outing (Parents) Ski Club of VIC	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
17	18	19	20	21	22	23
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
24	25	26	27	28	29	30
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
31						
Day Off						

August 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 31	August 1	2	3	4	5	6
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 – Comp Day TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	XC Interschools TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
7	8	9	10	11	12	13
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	Junior Slopestyle @ Mt Buller TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
14	15	16	17	18	19	20
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	FREEBOM Event @ Mt Buller TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
21	22	23	24	25	26	27
VIC Interschools @ Buller No TBR Training	VIC Interschools @ Buller TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	VIC Interschools @ Buller TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	VIC Interschools @ Buller TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	VIC Interschools @ Buller TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	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
28	29	30	31	September 1	2	3
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 & Youth Qualifications TBR Training 9am-1200pm - TBR Full-Time - TBR Midweek	ABOM MOGUL CHALLENGE – Event Day TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time

September 17

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

TBR: CONTACT DETAILS

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