



# TEAM BULLER RIDERS 2019 HANDBOOK

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## TBR: 2019 WELCOME

On behalf of Team Buller Riders, I would like to once again extend a warm welcome to all new and existing athletes, parents and family for the 2019 winter season.

In 2019, we have raised the minimum age from 8 to 9 for all athletes, and also set higher result entry standards to be accepted into the program. We are pleased to report that even after the higher standards we have set, our athlete numbers are at an all-time high!

The TBR program is more prepared than ever to train and inspire our team of young freestyle skiing talent in the 2019 winter.

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. TBR is continually striving to remain on top of the game in delivering up and coming freestyle skiers in our club the best training via our team of experienced and skilled coaches and superior new training facilities.

Following two years of earth works and construction on Chamois Run and the Acrobatic Centre we are pleased to offer the most modern state of the art training program possible in 2019. The Olympic Training Centre is the most exciting development for Mt Buller athletes since the World Cup Aerial Site was constructed by the Grollo family in 1996.

A summary of the new improvements and their completion dates are as follows:

Item	Location	Completion Date
Mogul Slope Regrade	Chamois Mogul Site	Completed March 2018
Drainage System Mogul & Aerial Site	Chamois Run	Completed March 2018
Installation of underground Audio, Timing & Internet Cables	Chamois Run	Completed April 2018
Wired Audio System & Speakers covering the whole run	Chamois Run	Completed May 2018
Buller Airzone	Alpine Central Sports Hall	Completed June 2018
Permanent Lighting	Chamois Mogul & Aerial Site	Completed April 2019
Enclosed Mogul Skiing Judges Stand	Chamois Mogul Site	Estimated April 2020
Additional Snowmaking Water Allocation and Snowmaking Machines	Mt Buller	Following construction of new Mt Buller Snowmaking Dam

Once the new dam is built with extra water allocated to Chamois, we anticipate the Aerial Site and Mogul Course being open early July for great training all season, with night training and events.

**Already, our new facilities will rival any development level training centre in the world! Once complete, we believe our facilities may be the best in the world!**

We very are excited to be running some expressions sessions shows under lights this July, a fantastic showcase of our freestyle athletes and also to stage our mogul event finals for the jBats, ABOM Mogul Challenge and Div 1 Interschools under lights this year.

Finally, fingers crossed the early snowfalls are a sign for a huge winter, great events and plenty of fun and athlete progression!

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, 14 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
- **TBR: Snowboard: (14 and Up):** Focus on competitive park riding, film and photography

In addition, TBR: Off Snow 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 Jumping
- Acrobatic/Trampoline training
- Strength/ Fitness and Agility training
- **TBR Overseas Camp in Park City, UT, USA**

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](http://www.abommogulchallenge.com)
- Junior National Mogul Championships (jNats) [www.jnats.com](http://www.jnats.com)
- FreeBOM
- Victorian & Australian Interschools
- Mt Buller Slopestyle Event

## 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 TBR: WATERJUMP	TRAMP/GYM/SPORTS SSA WATERJUMP PARK
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: 2019	ON SNOW - MT BULLER
AUGUST	TBR: 2019	ON SNOW - MT BULLER
SEPTEMBER	TBR: 2019	ON SNOW - MT BULLER
OCTOBER	ACROBATICS/FITNESS TBR: WATERJUMP	TRAMP/GYM/SPORTS SSA WATERJUMP PARK
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](http://www.jnats.com)
- Mt Buller Slopestyle Event
- FreeBOM - Mt Buller
- Victorian Interschools – Mt Buller
- ABOM Mogul Challenge - Mt Buller [www.abommogulchallenge.com](http://www.abommogulchallenge.com)
- Australian Interschools Snowsports Championships – Mt Buller [www.ausinterschools.com.au](http://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](http://www.jnats.com)
- Mt Buller Junior Slopestyle Event
- FreeBOM
- Victorian Interschools Snowsports Championships – Mt Buller [www.vicinterschools.com.au](http://www.vicinterschools.com.au)
- Australian Interschools Snowsports Championships – Mt Buller [www.ausinterschools.com.au](http://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](http://www.jnats.com)
- FreeBOM
- Victorian Interschools Snowsports Championships – Mt Buller [www.vicinterschools.com.au](http://www.vicinterschools.com.au)
- ABOM Mogul Challenge - Mt Buller [www.abommogulchallenge.com](http://www.abommogulchallenge.com)
- Australian Interschools Snowsports Championships – Mt Buller [www.ausinterschools.com.au](http://www.ausinterschools.com.au)
- Australian Freestyle Mogul Championships – Perisher [www.perisher.com.au](http://www.perisher.com.au) (Comp Team Only)

## **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 – LUKA SINHART

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](http://www.vicinterschools.com.au)
- FreeBOM
- Australian Interschools Snowsports Championships – Mt Buller [www.ausinterschools.com.au](http://www.ausinterschools.com.au)
- SSA Futures Camps

## **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: 2019 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 LEADER - 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:** J Daddy

**With the program since:** 2008

**Qualifications:** PSIA Full Cert Alpine & Freestyle, PSIA-RM Alpine Trainer, PSIA-RM Freestyle Examiner, APSI Examiner, SSA Freestyle Coach, SSA Freestyle Judging Clinic, PSIA Childrens Specialist 2

**Sponsors:** K2

**Favourite run at Buller:** Bull Run

**Who inspires you in the ski world:** Kelly and Henry Sildaru, Mikaela Shriffrin, Jakara Anthony

### **TBR: MOGUL HEAD COACH – Hamish Cox**

**Nickname:** Hambo

**With the program since:** 2010

**Qualifications:** Mogul Coach PyeongChang 2018 Olympic Winter Games, Level 2 Australian Mogul Skiing Coaching Accreditation (developer of the course), past NSWIS scholarship mogul athlete, Bachelor of Exercise/Sports Science (sport coaching), ASCA Accredited Strength and Conditioning Coach

**Favourite run at Buller:** Chamois

**Who inspires you in the ski world:** 'The Mogul Men'

### **TBR: FREESKI HEAD COACH – 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



**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"

**Jackson Comben**

**Nickname:** Jacko

**With the program since:** 2010

**Qualifications:** Level 1 APSI, FIS level international judge

**Results:** 1<sup>st</sup> 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 Shrededucation

**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.

**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](http://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.

**Kate Esposito**

**Nickname:** Kathy

**With the program since:** 2008

**Qualifications:** APSI Level 1 & 2, Level 1 Sport Trainer, Level 2 First Aid & COR, Final year Masters of Physiotherapy student

**Sponsors:**

**Favourite run at Buller:** Thulke's on a powder day

**Who inspires you in the ski world:** Britt Cox

**Johnny 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.**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**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, APSI Level 1**Favourite run at Buller:** Hogs back**Who inspires you in the ski world:** "The Russians"**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, Ab Fab, Absolutely Fabulous**With the program since:** 2006**Qualifications:** APSI Level 1, Mogul Judge**Sponsors:** Dad and Pink Machine**Favourite run at Buller:** Hangman's**Who inspires you in the ski world:** Chris Schwarz

**Peter Woitas**

**Nickname:** Peter Pan, or Twigg

**With the program since:** 2018

**Qualifications:** PSIA Level II, PSIA Children's Specialist I, PSIA Freestyle I

**Sponsors:** Flying Penguin Outdoor Sports

**Favourite run at Buller:** First season at Mt. Buller but I hear the people watching on Bourke Steet is phenomenal

**Who inspires you in the ski world:** My trainers, co-workers, and friends at Beaver Creek who have coached me and continue to push me further.

**NEW COACHES****Tori Hill**

**Nickname:** T-Hill

**With the program since:** 2011

**Qualifications:** APSI Level 1, Mogul Judge

**Sponsors:** My parents, Pink Machine

**Favourite run at Buller:** Chamois

**Who inspires you in the ski world:** My brothers

**Teddy Laycock**

**Nickname:** Teddy

**With the program since:** 2016

**Qualifications:** APSI Level 4

**Sponsors:** Macpac, Lebent, Sontimer, Black Crows Skis

**Favourite run at Buller:** Laycocks Lane

**Who inspires you in the ski world:** Marcus Caston

## TBR: FACILITIES –OLYMPIC TRAINING CENTRE FOR MT BULLER

Christmas has come early again for TBR and the Australian Winter Sports Pathway, with the second stage of the brand new Mt Buller Olympic Training Centre complete in time for the 2019 season.

The Olympic Training Centre is the most exciting development for Mt Buller athletes since the World Cup Aerial Site was constructed by the Grollo family in 1996.

Following several months of planning and negotiations, a landmark partnership has been reached between the Olympic Winter Institute of Australia, Ski & Snowboard Australia, Buller Ski Lifts, and the Mt Buller & Mt Stirling Resort Management Board.

The partnership will see Mt Buller athlete training programs recognised as an Olympic Training Centre, and the only resort in Australia where Olympic athletes can live on the mountain and train both day and night.

The Olympic Training Centre is a game changer for the TBR Program and the Athlete Pathway at Mt Buller.

Once complete, the facilities will rival any development level training centre in the world.

A summary of the new improvements and their completion dates are as follows:

Item	Location	Completion Date
Mogul Slope Regrade	Chamois Mogul Site	Completed March 2018
Drainage System Mogul & Aerial Site	Chamois Run	Completed March 2018
Installation of underground Audio, Timing & Internet Cables	Chamois Run	Completed April 2018
Wired Audio System & Speakers covering the whole run	Chamois Run	Completed May 2018
Buller Airzone	Alpine Central Sports Hall	Completed June 2018
Permanent Lighting	Chamois Mogul & Aerial Site	Completed April 2019
Enclosed Mogul Skiing Judges Stand	Chamois Mogul Site	Estimated April 2020
Additional Snowmaking Water Allocation and Snowmaking Machines	Mt Buller	Following construction of new Mt Buller Snowmaking Dam

### Chamois Under Lights

The latest Olympic Training Centre enhancement at Mt Buller have been delivered, with event level permanent lighting now fully installed for the 2019 winter.

The aim of the Olympic Training Centre enhancements is to make Chamois a worlds best training centre for development level athletes.

With lights now in place for training and events combined with the earth works in the past two years, the dream is now a reality.

In total, 9 light towers have been installed, with lights also located on two buildings to provide lighting that meets the international standard for competition.

We look forward in 2019 to:

- Night training
- Expression Session night jumping shows in July
- Junior National Mogul Championships (jNats) finals under lights
- Interschool Div 1 Moguls at Victorian & Australian Interschools .... followed by fireworks!
- ABOM Mogul Challenge finals under lights

## **Buller Air Zone**

Funded by the Mt Buller Resort Management Board and the Olympic Winter Institute of Australia, an exciting new acrobatic centre constructed in 2018 by Mr Trampoline – a TBR Sponsor.

The Buller Air Zone includes the following components

- 3 x Olympic sized tramps
- Special “Super Tramp”
- Bungee harnesses
- Airbag zone with many ways to launch into the bag

This will be a great asset for the mountain and athletes in program at Mt Buller.

Special thanks to TBR Sponsor Mr Trampoline for his work in putting the Buller Air Zone together!

## **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: ATHLETE PORTAL – S&C, SPORTS PSYCH & NUTRITION (New in 2019)

For exclusive access to holistic athlete recourses online, TBR has developed “TBR Athlete Portal” through the TBR website with expertise from the Olympic Winter Institute of Australia’s leading support staff and our own sport scientist. Inside TBR Athlete Portal are detailed, interactive strength and conditioning programs and testing specifically designed for junior athletic development of freestyle skiers, sport psychology training guidance, goal setting and nutrition education.

**Stay tuned for information on how to access this new intuitive.**

The screenshot displays the TBR Athlete Portal interface. On the left is a dark green navigation sidebar with the TBR logo at the top. The sidebar contains the following menu items: TBR: HOME, TBR: ON SNOW, TBR: OFF SNOW, TBR: EVENTS, TBR: STORE, TBR: PARK CITY, TBR: NEWS, TBR: ATHLETE PORTAL (highlighted), TBR: CONTACT, and My Account. The main content area has a light grey background with a large image of a snowy mountain slope. At the top right of the main area is a smaller TBR logo with a silhouette of a skier. Below this, there are two columns of text. The left column is titled 'TBR: S&C 1' and 'THE 'ATHLETIC STANCE''. The text explains that the athletic stance is a key fundamental in all sports, also known as the 'ready position' or 'position of greatest strength', which lowers the center of gravity with a wide base of support. The stance is described as feet at least hip width apart, knees bent, and arms up and in front. The right column is titled 'FLEXIBILITY' and states that stretching after workouts is crucial for building a well-rounded athlete and preventing injury. It offers a download link for a TBR S&C Flexibility guide. Below the text is a green button labeled 'CLICK TO DOWNLOAD'. A red text overlay in the center of the page reads '1-2 times per week)'. At the bottom right, there is a video player for 'TBR S&C Activation Warm Up Drills' from TeamBullerRiders, with a play button and a 02:40 duration. The video player also features the TBR logo and a Vimeo logo.

...com/tbr-athlete-portal.html

## 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
- TBR SNOWBOARD: Focus on competitive park riding, 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
- TBR SNOWBOARD: 14 and up

### Q4. What ability level should I be to join the program?

Please see minimum entry standards for new applicants on the TBR website

<http://www.teambuller.com/tbr-new-applicants.html>

### 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 2019 season?

**TBR: WEEKEND** (this includes the school holiday training period) & **TBR Fridays**

Morning Sessions: 9:00 – 11:45am

Afternoon Sessions: 1:00 – 3:00pm

**TBR: FULL TIME/TBR Midweek**

Morning Session: 9:00 – 12:00

Trampoline Sessions 5-6pm

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.

Skill assessment will be conducted during the first week of the school holidays, assessing athlete skiing skills, acrobatic skills and physical skills. Results from the assessment along with previous competition results will assist in finalising the groups.

**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 2019, TBR jackets will be distributed on the first day of the program. The meeting place for the first day of the program will be in the ABOM.

**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?**

**2019 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](http://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

Paris Speirs, winner of the Mark Adams Real Estate Scholarship in 2018, had an amazing training experience Water Jumping in Park City, USA, with the TBR: Mogul Camp.



We are excited to announce that the Mark Adams Real Estate scholarship will be returning in 2019!

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:**

2018 – Paris Speirs

2017 – Edward Hill

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](http://teambullerriders.com) as a gateway for our athletes, parents & friends to access key content including:

- News items
- Program information
- Calendars
- Competition entry forms
- Weekly newsletters
- Key industry links
- Links to the TBR Facebook site, Instagram & Youtube channel
  - Photos
  - Videos
- 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. **NOTE: See next page TBR Head Injury Safety Policy**
- Bullying will not be tolerated, and athletes found to be in breach will risk being suspended from the program or expelled.
- 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.

## HEAD INJURY SAFETY POLICY

**CONCUSSION TESTING** Freestyle skiing is a sport where concussion is a high risk. Australia's elite freestyle skiing athletes are mandated to complete baseline concussion tests every year so that if they ever take a knock to the head the diagnosis of concussion can be fast and simple.

If an athlete has completed a baseline concussion test before an injury occurs, then they will be a step ahead of in easier and faster diagnosis and recovery from concussion if they do get an injury to the head.

SSA has come up with an affordable way for club level skiers to be concussion tested. SSA members are now entitled to a huge discount on HeadSmart's online testing system.

This is available to both SSA members and Snowracers. It costs \$15 and can be done online via the links below. Results are then emailed and also available via their membership portal.

**It is mandatory for ALL TBR athletes to complete a baseline test annually.** This must be completed before the commencement of any TBR training program.

### LINK

<https://www.skiandsnowboard.org.au/resources/concussion-guidelines/>

**HELMETS** TBR takes athlete safety very seriously. We are proud to say that a number of our top athletes have escaped serious head injury on multiple occasions because they were wearing a helmet. **Helmets must be worn by all TBR athletes** during all on snow and water jump training and competitions or when skiing in TBR uniform outside of TBR sessions. Helmets must be worn correctly with the helmet strap fastened under the chin to ensure that it does its job in the event of a crash.

We recommend a helmet with MIPS technology

<https://www.sweetprotection.com/en/blog/tech/tech-mips.html>

## PAYMENT POLICY

### TBR Mt Buller and TBR Park City

Athletes will not be able to commence any program activities until Full Payment has been made.

Full payment completes the registration process, making athletes a member of the club, and covered under our Public Liability Insurance.

### Other Activities

For TBR activities that place outside of on snow operations (e.g Water Jump, Trampolining etc.), payment can be made up front, or at the end of the training sessions. For any people paying at the end of the training sessions, Credit Card details will be required prior to commencing, so they can be charged at the completion of the sessions.

Athletes taking part in any non-snow related activities, should already be TBR Mt Buller or Park City members, covered under our Public Liability Insurance.

## **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.

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- 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](http://www.skiandsnowboard.org.au) and access “Athlete Resources” from the main menu bar

## EVENT CALENDARS

### 2019 Australian Mogul Skiing Calendar

Date	End	Event	Type	Resort
06/07/19	06/07/19	Chamois Expression Session 1	Jump Show	Mt Buller
13/07/19	13/07/19	Chamois Expression Session 2	Jump Show	Mt Buller
02/08/19	03/08/19	Junior National Mogul Championships	Youth/Junior	Mt Buller
19/08/19	25/08/19	Victorian Interschools	Interschools	Mt Buller
26/08/19	28/08/19	Australian Freestyle Mogul Championships	FIS/OPEN	Perisher
30/08/19	31/09/19	ABOM Mogul Challenge	FIS/OPEN & Youth	Mt Buller
04/09/19	08/09/19	Australian National Interschools	Interschool	Mt Buller

### 2019 Australian Freeski Calendar

Date	End	Event	Type	Resort
06/07/19	06/07/19	Chamois Expression Session 1	Jump Show	Mt Buller
13/07/19	13/07/19	Chamois Expression Session 2	Jump Show	Mt Buller
10/08/19	10/08/19	Mt Buller Junior Slopestyle	Youth/Junior	Mt Buller
19/08/19	25/08/19	Victorian Interschools	Interschools	Mt Buller
04/09/19	08/09/19	Australian National Interschools	Interschools	Mt Buller

## 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](http://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](http://www.skiandsnowboard.org.au)

If you have any questions, please contact SSA via

Phone: 03 9696 2344

Email: [info@skiandsnowboard.org.au](mailto: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

TBR Highly recommends, freestyle skiers service their skis regularly. Altitude offer TBR athletes a discount and do a great job of ski servicing with TBR coaches in regular communication with their ski technicians to ensure they know just what our athletes need. Mogul skis please tune to 88 and 0.5 degrees and mount all mogul skis shorter than 170cm on the recommended mid sole line. For mogul skis longer than 170cm please contact our head mogul coach for advise before mounting.

### ALTITUDE @ MT BULLER

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

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!

### **20% Discount for TBR ATHLETES AND FAMILIES**

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

**Address:** Village Square, underneath Cattleman's Cafe, Mt Buller

Phone: 03 5777 7886

Email: [info@altitude.com.au](mailto:info@altitude.com.au)

Web: <https://www.altitude.com.au>

### **New in 2019 - Altitude TBR Family Night**

In store on Saturday June 29.

Representatives from equipment brands will be in store along with TBR coaches.

Time to be advised (likely after 5pm)

### **Altitude Equipment relevant to TBR**

- K2 (e.g. Poacher, Miss Conduct)
- Black Crows (3 models to choose from)
- Voelkl (e.g. Bash, Revolt, Mantra)
- Rossignol Hero Mogul Ski
- Line Skis
- Boots and Poles
- Helmets (POC and Anon)
- Goggles (POC, Anon, Oakley and Smith)
- Snowboards (Burton, Captiva, Nitro and K2)
- Clothing from Burton and Peak Performance



## 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. A softer boot that can be flexed is ideal.
- We recommend having your boots professionally fitted.

#### 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.
- We recommend a helmet with MIPS technology  
<https://www.sweetprotection.com/en/blog/tech/tech-mips.html>

### TBR MOGUL

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.

#### Skis

- 1 pair of Mogul Ski's, K2 "244", with either Look/Rossignol pivot bindings, or Marker 10.0 JR. Comp or Marker XCELL 12.0 bindings.
  - **Please note that K2 Mogul skis are only available to purchase from TBR. To purchase K2 mogul skis, please visit the online store on [www.teambullerriders.com](http://www.teambullerriders.com) or contact TBR Program Manager Andrew Pattison via email: [patto@teambuller.com](mailto:patto@teambuller.com) or phone: 0411 281 372**
  - If a K2 mogul ski is not available in your size (smaller than 153cm), we can make recommendations for other brands with smaller skis.
- OPTIONAL: 1 pair of Freeski/Twin tip ski's, to use for rails, switch riding and jumping. Consider Marker bindings - Squire 11 and the Griffon 13.0. These binding are designed to increase performance in all areas of skiing.

#### Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance. A softer boot that can be flexed is ideal.
- We recommend having your boots professionally fitted.

#### 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.
- We recommend a helmet with MIPS technology  
<https://www.sweetprotection.com/en/blog/tech/tech-mips.html>

## 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 are suitable. Consider the Marker Squire 11 or Marker Griffon 13.0 bindings. These binding are designed to increase performance in all areas of skiing.

### Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance. A softer boot that can be flexed is ideal.
- We recommend having your boots professionally fitted.

### 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.
- We recommend a helmet with MIPS technology  
<https://www.sweetprotection.com/en/blog/tech/tech-mips.html>

## OVERSEAS PROGRAMS

### TBR: Park City

TBR: Park City is the official overseas training camp of Team Buller Riders (TBR), catering for the the Grom and Mogul program areas.

The camp is suitable for all TBR athletes ages and abilities, with athletes having the option of living with TBR or living with their families and training on snow with TBR.

The 2017/18 camp was a great success in Park City, Utah, USA, due to:

- Large athlete numbers
- Utah Olympic Park jumping and moguls facilities
- Competition for our athletes on the Deer Valley World Cup mogul course.
- Centralised accommodation close to the Utah Olympic Park and the town

We can confirm that the camp will be returning to Park City for 2019/20

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 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.
- Location to Salt Lake City/Airport only 45 mins from Park City

TBR: Park City 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](http://www.tbrparkcity.com)

TBR:2019 Calendar

June 19						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 27	28	29	30	31	June 1	2
						TBR Meet & Greet 5pm to 6pm @ The Icehouse, Docklands  TBR Jacket Sizing & Meet The TBR Coaching Team
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
					First Day of TBR Program  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE

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

as at 01/06/2019

TBR:2019 Calendar

July 19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 1	2	3	4	5	6	7
TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Day Off	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Expression Session #1  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE  TBR Social Outing TBA	Day Off
8	9	10	11	12	13	14
TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Day Off	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Expression Session #2  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE
15	16	17	18	19	20	21
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-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
22	23	24	25	26	27	28
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-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
29	30	31	August 1	2	3	4
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	jNats Mogul Event Presented by Mark Adams @ 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

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

as at 01/06/2019

TBR:2019 Calendar

**August 19**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 29	30	31	August 1	2	3	4
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	jNats Mogul Event Presented by Mark Adams  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	XC Interschools  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
5	6	7	8	9	10	11
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	Mt Buller Slopestyle Comp  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
12	13	14	15	16	17	18
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	FREEBOM Event  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
19	20	21	22	23	24	25
VIC Interschools @ Mt Buller  No TBR Training	VIC Interschools  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	VIC Interschools  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	VIC Interschools  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	VIC Interschools  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	VIC Interschools  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	VIC Interschools  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
26	27	28	29	30	31	September 1
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	ABOM MOGUL CHALLENGE – Training Day FIS/Open & Youth Qualifications  TBR Coaching Provided to TBR athletes competing in ABOM Mogul Challenge	ABOM MOGUL CHALLENGE – Event Day FIS/Open & Youth Finals  TBR Coaching only provided to athletes competing in event	SSA Mogul Skiing Futures Camp – Olympic Athletes Guest Coaching  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 01/06/2019

TBR:2019 Calendar

**September 19**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 26	27	28	29	30	31	September 1
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	ABOM MOGUL CHALLENGE – FIS/Open Training Day – Youth Qualifications  TBR:Mogul Coaching only provided to athletes competing in Event	ABOM MOGUL CHALLENGE EVENT  TBR:Mogul Coaching only provided to athletes competing in Event  TBR Training 9am-1145am & 1pm-3pm	SSA Mogul Skiing Futures Camp – Olympic Athletes Guest Coaching  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
2	3	4	5	6	7	8
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	AUS Interschools @ Buller  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	AUS Interschools @ Buller  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	AUS Interschools @ Buller  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	AUS Interschools @ Buller  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	AUS Interschools @ Buller  LAST DAY OF TBR  TBR TRAINING 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
9	10	11	12	13	14	15
16	17	18	19	20	21	22
					September School Holidays Training  TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR Program fees.	September School Holidays Training  TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR Program fees.
23	24	25	26	27	28	29
September School Holidays Training	September School Holidays Training	September School Holidays Training	September School Holidays Training	September School Holidays Training	September School Holidays Training/AFL GF	
30	TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR Program fees.	TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR Program fees.	TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR Program fees.	TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR Program fees.	TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR Program fees.	

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

as at 01/06/2019

## **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](http://www.teambuller.com)

Email| [patto@teambuller.com](mailto:patto@teambuller.com)

Mt Buller: winter only

Office Location| Judges Stand, Chamois, Mt Buller

Phone| 03 5777 7963 (Winter Only)

Josh Laney

TBR: GROM HEAD COACH

Email| [josh@teambuller.com](mailto:josh@teambuller.com)

Hamish Cox

TBR: MOGUL HEAD COACH

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Luka Sinhart

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Alex & Henry Eisner

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