



WATER JUMP TRAINING



WHY WATER JUMP?

TBR:WATERJUMP training is the best way to refine your skills and learn new aerial tricks.

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 riders to attend water jump training.

The importance of water jumping cannot be understated.

These days to be competitive at any level of the sport, from Interschools to the Olympics, it is impossible to achieve success without investing in accumulating as many water jump days as possible each year.

TBR water jump sessions are not just about getting upside down for the first time before trying it on snow. Water jumping is the safest way to build your jumping skills from the ground up.

TBR water jump sessions begin with a specific warm up in the parking lot followed by a fundamental trampoline session, which leads into the day's water jump training. Each athlete will receive one on one feedback on their jumping. Athletes who attend most of our sessions will also have the opportunity to work on planned long-term progressions with their jumping to build their fundamentals for a growing trick repertoire.

INVERTS TO BE PERFORMED ON SNOW MUST BE APPROVED BY TBR COACHES AT WATER JUMP

To ensure the safety and wellbeing of TBR athletes, any TBR member must have inverted jumps signed off by TBR Head Coach Hamish Cox at Water Jump. Athletes will be required to demonstrate a sufficient number of jumps showing they can successfully execute the trick.

COACHING

TBR:WATERJUMP training will be coached by TBR:MOGUL, TBR:FREESKI & TBR:GROM Coaches.

Our TBR water jump coaches are some of the most knowledgeable in the game and will ensure all of our athletes learn the correct fundamentals to progress at their individual rate to learn more difficult skills.

FIRST TIMER FREE DAY

Implemented in **SPRING 2011**, again to encourage new athletes to give Water Jumping a try, any TBR athlete who has not jumped at the facility in the past can receive coaching for free on their first day.

TBR WATER JUMP COMPETITION (New in 2018!)

New for 2018, we encourage all athletes to take part in Australia's only Water Jump Competition.

This is a great opportunity also for parents to see their kids in action, catch up with their coaches and other TBR families over a **BBQ** and catch a great acrobatic show.

The event will have multiple age divisions as well as multiple competition formats to make for a fun and inclusive day of competition for all levels.

The mogul jumping format competition is a great way for young mogul skiers to further familiarize themselves with the FIS scoring system of judging mogul airs.

The event date, likely mid December and entry details to be advised – keep an eye out in the TBR newsletter and website www.teambuller.com



THE WATER JUMP FACILITY

LOCATION

Ski & Snowboard Australia Water Jump Park
Ross Road, Gruyere, Victoria, 3770

FACILITIES

2 x in-ground trampolines with bungee harnesses
Small, medium and large water jumps
Men's and women's change rooms, showers and toilets.

FOOD & SNACKS

All riders should bring their own snacks, lunch and water.
The training takes up a lot of energy, so bring supplies.



TRANSPORT

TBR will not be providing transport. We recommend parents communicate with each other to share driving responsibilities or feel free to make your own arrangements with coaches on an individual basis.

Join the TBR Water Jump Car Pooling Group

<https://www.facebook.com/groups/1951949941771743>

EQUIPMENT REQUIRED

BOOTS:

You don't need top end brand new equipment for water jumping but we recommend that your ski boots fit properly and aren't too stiff (Race boots generally not ideal).

SKIS:

Old skis can be used but we highly recommend that kids under 14 don't use twin tips (race skis, mogul skis, carve skis all ideal). Almost all twin tip skis don't have enough camber to track straight easily on the plastic surface which makes water jumping much harder. Also, the fatter skis aren't ideal because of the higher impact landing on the water with a larger surface area on the ski.

STRAPS:

Ensure that you have a solid strap system so that you don't lose your skis if they come off on landing as they will sink! The two best systems are coiled boogie board straps OR a small carabiner clip on the end of a strong cord to clip onto the ski boot buckle.

OTHER ESSENTIAL EQUIPMENT:

- Sports shoes & clothes for warm up/trampoline sessions
- Life jacket
- Wetsuit
- Helmet
- Optional (ski poles, gloves)

TBR SESSION SCHEDULE

9AM - Warm-Up & Stretch

10:00am to 12:30pm Water Jump Session

9:20AM - Trampoline

12:30pm - Finish

USAGE RULES

Please Note: The facilities at the water jump Park are maintained by the 'Skate Family' who live on the property. It is expected that participants at the facility will clean up after themselves, including removing all rubbish and leaving the change rooms clean and tidy.

People are not to take/borrow equipment from others that is left at the facility for use. Athlete's must ensure they have back up equipment in case anything breaks/ski's sink to bottom of the dam.

Cars are not to be driven on the grass for any reason, there is adequate parking provided off the grass. Please also ensure all equipment is taken home once you have completed your last session at the park for the period.

People are also not able to bring out Animals/Pets to the facility.

SSA WATERJUMP PASS

All athletes attending the water jump facilities are required to purchase a Ski & Snowboard Australia (SSA) Water Jump Pass.

You are only required to purchase this SSA Pass once per year and it is valid until June 30. (Pass valid July 1 to June 30).

The SSA water jump pass must be purchased online at www.skiandsnowboard.org.au

TBR WATERJUMP TRAINING APPLICATION FORM

ATHLETE	
: Name	
: Surname	
: Primary Email Contact	
: Primary Mobile Contact	

Confirmation of Attendance / Cancellation Policy

NOTE: Athletes must confirm session attendance by 5pm on the Wednesday prior to the weekend (weekend sessions only)

Athletes who cancel on the weekend/last minute will be charged the daily rate.

This is to ensure we can suitably plan coaching for the athletes, and also means coaches who allocate their time/weekend to coaching are not left out of pocket in case of last minute cancellations.

SESSIONS/DATES	LIKELY ATTENDANCE	SESSIONS/DATES	LIKELY ATTENDANCE
WEEKENDS		WEEKENDS	
Saturday October 6	<input type="radio"/>	Saturday December 1	<input type="radio"/>
Sunday October 7	<input type="radio"/>	Sunday December 2	<input type="radio"/>
Saturday October 13	<input type="radio"/>		
Sunday October 14	<input type="radio"/>	SCHOOL HOLIDAYS (START TIME TBA)	
Saturday October 20	<input type="radio"/>	Saturday December 8	<input type="radio"/>
Sunday October 21	<input type="radio"/>	Sunday December 9	<input type="radio"/>
Saturday October 27	<input type="radio"/>	Monday December 10	<input type="radio"/>
Sunday October 28	<input type="radio"/>	Wednesday December 12	<input type="radio"/>
Saturday November 10	<input type="radio"/>	Thursday December 13	<input type="radio"/>
Sunday November 11	<input type="radio"/>	Friday December 14	<input type="radio"/>
Saturday November 17	<input type="radio"/>		
Sunday November 18	<input type="radio"/>		
Saturday November 24	<input type="radio"/>		
Sunday November 25	<input type="radio"/>		

CHOOSE YOUR PROGRAM	PRICING	NUMBER SESSIONS	TOTAL
: ALL SESSIONS COACHING PASS	\$640 (inc. GST)		
: TBR ATHLETE DAILY RATE	\$80 (inc. GST)		
: NON TBR MEMBER DAILY RATE	\$85 (inc. GST)		

: PAYMENT OPTIONS				a.b.n 67485148319
: EFT	BSB: 013 304 - ACCOUNT NUMBER: 301368626 - NAME: Team Buller - BANK: ANZ			
: Credit Card	3.5% surcharge will be added to all credit card transactions			
	Please charge to	<input type="radio"/> Visa	<input type="radio"/> Mastercard	Amount
	Card number			
	Card holders name		Expiry date	Signature

Completed forms should be

1) emailed to patto@teambuller.com 2) or faxed to 03 96862988

REMINDER : SSA WATERJUMP PASS

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then vist "Freestyle" page and click on "SSA Water Ramp Facility"