

TBR

TBR:SPRING WATERJUMP 2014



Mark Adams
REAL ESTATE
"From the Beach to the Snow"

BOUNCE INC

JUMP!
The Trampoline

**Buller
Ski Lifts**


olympic winter institute
OF AUSTRALIA


SKI &
SNOWBOARD
AUSTRALIA

**Mt Buller
Mt Stirling**
Resort Management

**FULL
TILT**

K2

aussie
SKIER

bolle.

JS

**Pink
MACHINE**

TBR:SPRING WATERJUMP

: WHAT IS IT

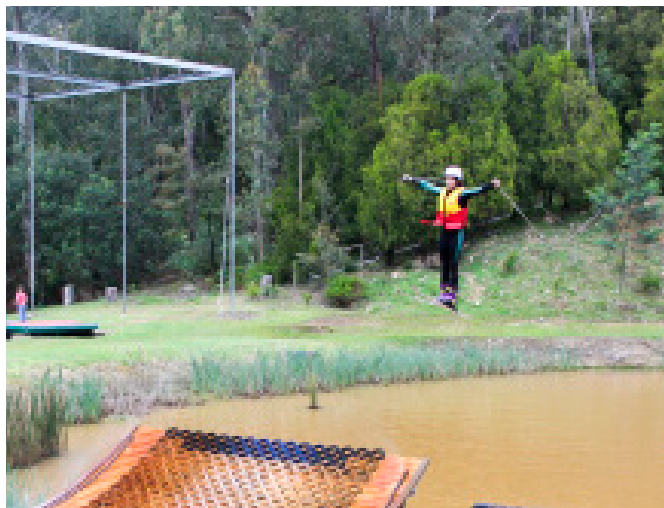
TBR:SPRING WATERJUMP is the best way to refine your skills and learn new aerial tricks. TBR values the importance of building a strong aerial skill base on water and trampoline to maximise on snow performance and minimise the risk of injury. For these reasons, TBR strongly encourages all riders to attend waterjump training.

: COACHES

TBR:SPRING WATERJUMP will be coached by TBR:MOGUL, TBR:FREERIDE & TBR:GROM Coaches.

: 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.



: FACILITIES

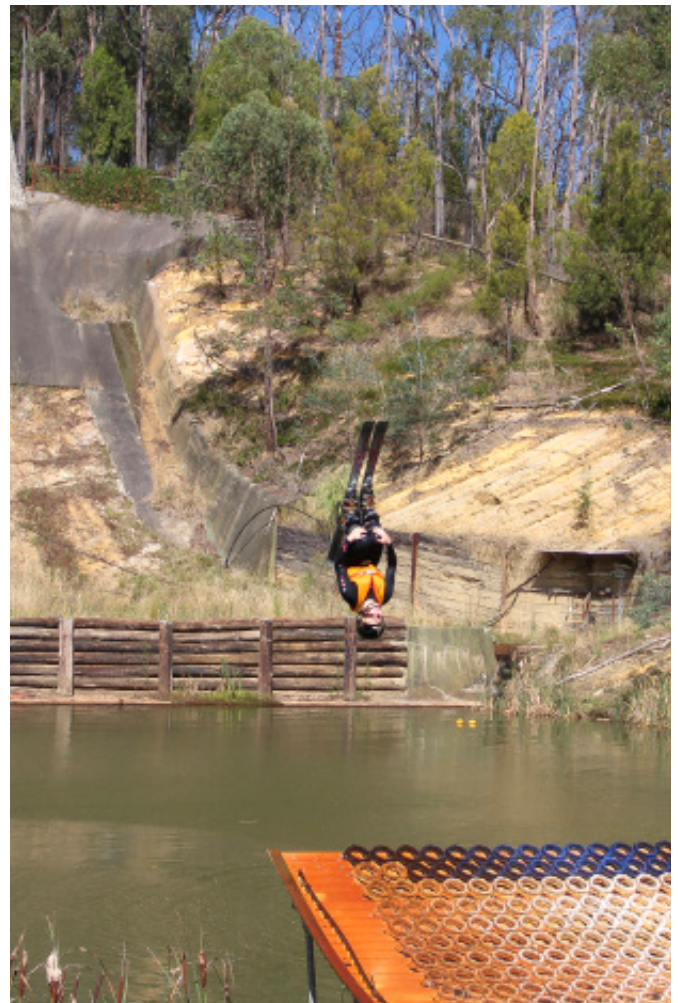
- 2 x in-ground trampolines with bungee harnesses available
- Small, medium and large jumps available (work on anything from spreads to double flips)

Please Note: The facilities at the Waterjump 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.

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.
- thanking you in advance.

: SESSIONS & DATES

SESSIONS	DATES
:SUNDAY SESSION	OCTOBER 19 2014
:SUNDAY SESSION	OCTOBER 26 2014
:SUNDAY SESSION	NOVEMBER 09 2014
:SUNDAY SESSION	NOVEMBER 16 2014
:SATURDAY SESSION	NOVEMBER 22 2014
:SUNDAY SESSION	NOVEMBER 30 2014
:SUNDAY SESSION	DECEMBER 07 2014
:WEEKEND SESSION	DECEMBER 13 2014
:WEEKEND SESSION	DECEMBER 14 2014



TBR:SPRING WATER JUMP

: LOCATION

Ski & Snowboard Australia Water Jump Park
Ross Road, Gruyere.
(Melways Reference: Page 119 H6)

Take the Maroondah highway through Lilydale, then the Warburton highway turn off on the right, then consult Melways or the maps program on your phone.

: LUNCH

All riders should bring their own snacks, lunch and water.

: 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.

: EQUIPMENT REQUIRED

- Old skis
- Old boots
- Old ski poles
- Life jacket
- Wetsuit
- Helmet
- Ski straps to hold skis if they detach in water

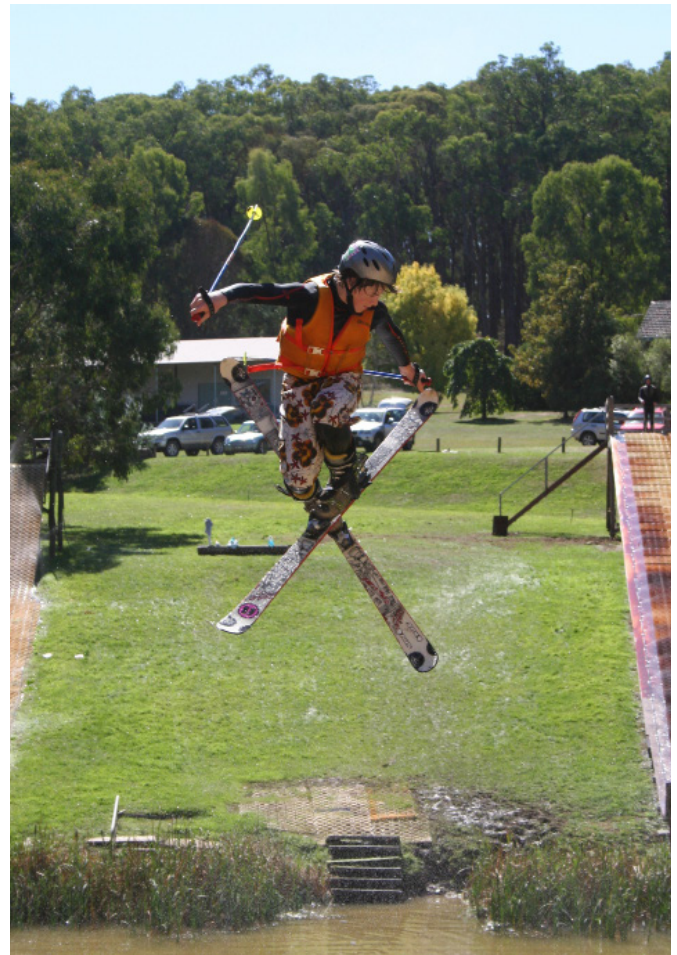
NOTE: People are not to take/borrow equipment from others that is left at the facility for use. Athlete's must ensure they have back up equipment in case anything breaks/ski's sink to bottom of the dam.

: SSA WATERJUMP PASS

All riders 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, 2015.

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



: QUESTIONS

Andrew Pattison, TBR:PROGRAM MANAGER,
patto@teambullerriders.com
0411 281 372



TBR:WATERJUMP SESSIONS

: SESSION SCHEDULE

: TIME	: ACTIVITY	: TIME
9:30AM	Warm-up & stretch	10 mins
9:40AM	Trampoline session	20 mins
10.00AM	Morning waterjump session	90 mins
11:30AM	Lunch break	30 mins
12.00PM	Afternoon waterjump session	90 mins
1.30PM	Finish	

The day will be based around the daily schedule above, however, all sessions are flexible depending on individual rider goals and development level.

: TRAMPOLINE SESSION

The trampoline session is a great way to enhance your overall aerial awareness and acrobatic skills. On selected days, SSA Acrobatic Coach, Anthony Khoury, will be available to help you develop the fundamentals of flipping and twisting.

: MORNING WATERJUMP - SKILL REFINEMENT

In the morning session riders will continue to work on refining tricks they can already do, to improve them to a level they can perform on snow or to refine them to become a well executed competition trick.

: AFTERNOON WATERJUMP - SKILL ACQUISITION

In the afternoon session riders have the choice to continue working on skills that they wish to refine, or get creative and work on developing new skills that they have learnt on the trampoline and wish to transition to skis.



TBR:SPRING WATERJUMP APPLICATION FORM

ATHLETE	
: Name	
: Surname	
: Email	
: Mobile	
: Home phone	

SESSIONS	DATES	ATTENDANCE
:SUNDAY SESSION	OCTOBER 19 2014	<input type="radio"/>
:SUNDAY SESSION	OCTOBER 26 2014	<input type="radio"/>
:SUNDAY SESSION	NOVEMBER 09 2014	<input type="radio"/>
:SUNDAY SESSION	NOVEMBER 16 2014	<input type="radio"/>
:SATURDAY SESSION	NOVEMBER 22 2014	<input type="radio"/>
:SUNDAY SESSION	NOVEMBER 30 2014	<input type="radio"/>
:SUNDAY SESSION	DECEMBER 07 2014	<input type="radio"/>
:WEEKEND SESSION	DECEMBER 13 2014	<input type="radio"/>
:WEEKEND SESSION	DECEMBER 14 2014	<input type="radio"/>

CHOOSE YOUR PROGRAM	PRICING	: NUMBER	TOTAL
: ALL SESSIONS	\$320 (inc. GST)	<input type="radio"/>	
: DAILY RATE	\$65 (inc. GST)	<input type="radio"/>	

: PAYMENT OPTIONS		a.b.n 67485148319	
: cash	Pay at Waterjump		
: Cheque	Payable to 'Team Buller' - send via mail		
: EFT	BSB: 013 304 - ACCOUNT NUMBER: 301368626 - NAME: Team Buller - BANK: ANZ		
: Credit Card	2.75% surcharge will be added to all credit card transactions		
	Please charge to	<input type="radio"/> Visa	<input type="radio"/> Bankcard
		<input type="radio"/> Mastercard	Amount
	Card number		
	Card holders name	Expiry date	Signature

Completed forms should be

- 1) faxed to 03 9686 2988
- 2) or emailed to patto@teambuller.com
- 3) or mailed to PO Box 33, Mt Buller, VIC 3723

REMINDER : SSA WATERJUMP PASS

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The SSA water jump pass must be purchased online at www.skiandsnowboard.org.au then vist "Freestyle" page and click on "SSA Water Ramp Facility"