

# TBR

TBR:AUTUMN WATERJUMP 2015



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

**BOUNCE** INC

**JUMP!**  
trampoline

**Buller**  
Ski Lifts

  
olympic winter institute  
OF AUSTRALIA

  
SKI &  
SNOWBOARD  
AUSTRALIA

**Mt Buller**  
Mt Stirling  
Resort Management

**FULL**  
TILT

**K2**

aussie  
SKIER

**bolle.**



**Pink**  
MACHINE

# TBR:AUTUMN WATERJUMP

## : WHAT IS IT

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

## : FIRST TIMER FREE DAY

Implemented in AUTUMN 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)

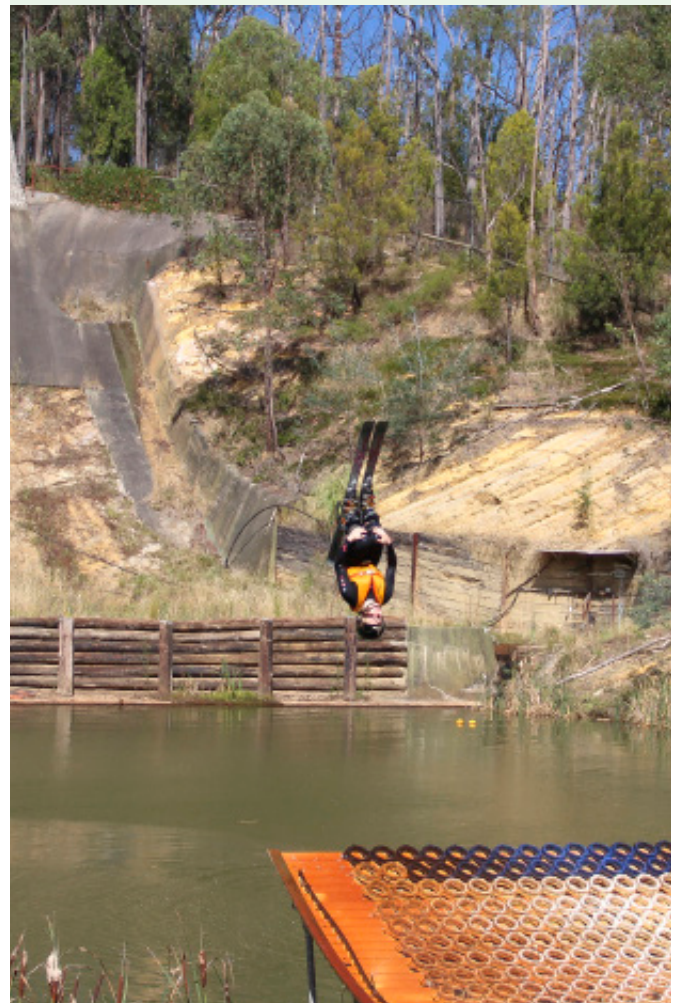
Please Note: The facilities at the Waterjump Park are maintained by the 'Skate Family' who live on the property. It is expected that participants at the facility will clean up after themselves, including removing all rubbish and leaving the change rooms clean and tidy.

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	MARCH 1 2015
:SUNDAY SESSION	MARCH 8 2015
:MONDAY SESSION	MARCH 9 2015
:SUNDAY SESSION	MARCH 15 2015
:WEEKEND SESSION	MARCH 21 2015
:WEEKEND SESSION	MARCH 22 2015
:SUNDAY SESSION	MARCH 29 2015
:SUNDAY SESSION	APRIL 12 2015
:WEEKEND SESSION	APRIL 18 2014
:WEEKEND SESSION	APRIL 19 2015
:SUNDAY SESSION	APRIL 26 2015



# TBR:AUTUMN 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

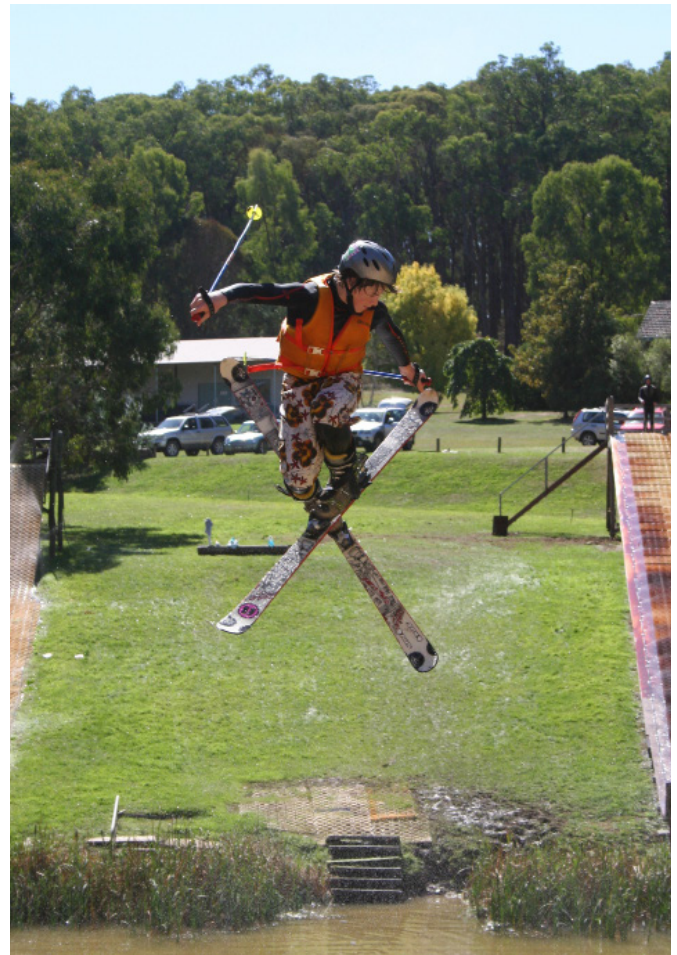
**NOTE:** People are not to take/borrow equipment from others that is left at the facility for use. Athlete's must ensure they have back up equipment in case anything breaks/ski's sink to bottom of the dam.

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



## : QUESTIONS

Andrew Pattison, TBR:PROGRAM MANAGER,  
[patto@teambullerriders.com](mailto: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:AUTUMN WATERJUMP APPLICATION FORM

ATHLETE				
: Name				
PARENT (1) CONTACT DETAILS				
: Name				
: Email				
: Mobile				
PARENT (2) CONTACT DETAILS				
: Name				
: Email				
: Mobile				
SESSIONS		DATES		ATTENDANCE
:SUNDAY SESSION		MARCH 1 2015		<input type="radio"/>
:SUNDAY SESSION		MARCH 8 2015		<input type="radio"/>
:MONDAY (LABOUR DAY)		MARCH 9 2015		<input type="radio"/>
:SUNDAY SESSION		MARCH 15 2015		<input type="radio"/>
:WEEKEND SESSION		MARCH 21 2015		<input type="radio"/>
:WEEKEND SESSION		MARCH 22 2015		<input type="radio"/>
:SUNDAY SESSION		MARCH 29 2015		<input type="radio"/>
:SUNDAY SESSION		APRIL 12 2015		<input type="radio"/>
:WEEKEND SESSION		APRIL 18 2015		<input type="radio"/>
:WEEKEND SESSION		APRIL 19 2015		<input type="radio"/>
:SUNDAY SESSION		APRIL 26 2015		<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	3% 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) 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](http://www.skiandsnowboard.org.au) then visit "Freestyle" page and click on "SSA Water Ramp Facility"