

TBR

TBR:WATERJUMP TRAINING - AUTUMN 2017



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



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TBR:WATERJUMP TRAINING

: WHAT IS IT

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.

: COACHES

TBR:WATERJUMP training 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 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.

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

This water jump season TBR has decided to ramp up the number of water jump days we are offering including 3 x 3 day camps where athletes have the opportunity to get some consistent day after day training on the ramps in the way our National Team and TBR Mogul Performance Team athletes train.

This is the perfect opportunity to tune up the jumping skills and learn some new tricks before the TBR Park City camp where we are going to be doing lots of on snow jumping!

SESSIONS	DATES
SATURDAY SESSION	MARCH 4
SUNDAY SESSION	MARCH 5
SATURDAY SESSION	MARCH 11
SUNDAY SESSION	MARCH 12
MONDAY SESSION	MARCH 13
SATURDAY SESSION	MARCH 18
SUNDAY SESSION	MARCH 19
SUNDAY SESSION	MARCH 26
SCHOOL HOLIDAYS	
SATURDAY SESSION	APRIL 1
SUNDAY SESSION	APRIL 2
MONDAY SESSION	APRIL 3
WEDNESDAY SESSION	APRIL 5
THURSDAY SESSION	APRIL 6
FRIDAY SESSION	APRIL 7
SUNDAY SESSION	APRIL 9
MONDAY SESSION	APRIL 10
TUESDAY SESSION	APRIL 11

Confirmation of Attendance / Cancellation Policy

NOTE: Athletes must confirm session attendance by 5pm on the Wednesday prior to the weekend (applies to weekend sessions only - school holiday block different)

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.

TBR:WATERJUMP TRAINING

: LOCATION

Ski & Snowboard Australia Water Jump Park
Ross Road, Gruyere.

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, 2017 (July 1 to June 30).

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
12:30PM	Warm-up & stretch	10 mins
12:40PM	Trampoline session	20 mins
1:00PM	Water jump sessions #1	90 mins
2:30PM	Break	20 mins
2:50PM	Water jump sessions #2	70 mins
4.00PM	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.

: WATER JUMP SESSION #1 - SKILL REFINEMENT

In the first 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.

: WATER JUMP SESSION #2 - SKILL ACQUISITION

In the second 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 TRAINING APPLICATION FORM

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

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SESSIONS/DATES	LIKELY ATTENDANCE	SESSIONS/DATES	LIKELY ATTENDANCE
SATURDAY MARCH 4	<input type="radio"/>	SATURDAY APRIL 1	<input type="radio"/>
SUNDAY MARCH 5	<input type="radio"/>	SUNDAY APRIL 2	<input type="radio"/>
SATURDAY MARCH 11	<input type="radio"/>	MONDAY APRIL 3	<input type="radio"/>
SUNDAY MARCH 12	<input type="radio"/>	WEDNESDAY APRIL 5	<input type="radio"/>
MONDAY MARCH 13	<input type="radio"/>	THURSDAY APRIL 6	<input type="radio"/>
SATURDAY MARCH 18	<input type="radio"/>	FRIDAY APRIL 7	<input type="radio"/>
SUNDAY MARCH 19	<input type="radio"/>	SUNDAY APRIL 9	<input type="radio"/>
SUNDAY MARCH 26	<input type="radio"/>	MONDAY APRIL 10	<input type="radio"/>
	<input type="radio"/>	TUESDAY APRIL 11	<input type="radio"/>

CHOOSE YOUR PROGRAM	PRICING	NUMBER SESSIONS	TOTAL
: ALL SESSIONS	\$550 (inc. GST)		
: TBR/OVERSEAS CAMP ATHLETE DAILY RATE	\$70 (inc. GST)		
: NON TBR MEMBER DAILY RATE	\$80 (inc. GST)		

: PAYMENT OPTIONS							a.b.n 67485148319
: Cash	Pay at Water Jump						
: Cheque	Payable to 'Team Buller' - send via mail						
: 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"/> 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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