

TBR

TBR:WATERJUMP TRAINING - AUTUMN 2018



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

WEEKEND SESSIONS
SATURDAY MARCH 10
SUNDAY MARCH 11
MONDAY MARCH 12
SATURDAY MARCH 17
SUNDAY MARCH 18
SATURDAY MARCH 24
SUNDAY MARCH 25
SCHOOL HOLIDAY SESSIONS
MONDAY APRIL 2
TUESDAY APRIL 3
WEDNESDAY APRIL 4
FRIDAY APRIL 6
SATURDAY APRIL 7
SUNDAY APRIL 8
TUESDAY APRIL 10
WEDNESDAY APRIL 11
THURSDAY APRIL 12
SATURDAY APRIL 14
SUNDAY APRIL 15

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
9:00 AM	Warm-up & stretch	10 mins
9:10 AM	Trampoline session	20 mins
9:30 AM	Water jump sessions #1	90 mins
11:00 AM	Break	20 mins
11:20 AM	Water jump sessions #2	70 mins
12.30PM	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.

: 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	
: Primary Email Contact	
: Primary Mobile Contact	

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SESSIONS/DATES	LIKELY ATTENDANCE	SESSIONS/DATES	LIKELY ATTENDANCE
WEEKENDS		SCHOOL HOLIDAYS	
SATURDAY MARCH 10	<input type="radio"/>	MONDAY APRIL 2	<input type="radio"/>
SUNDAY MARCH 11	<input type="radio"/>	TUESDAY APRIL 3	<input type="radio"/>
MONDAY MARCH 12	<input type="radio"/>	WEDNESDAY APRIL 4	<input type="radio"/>
SATURDAY MARCH 17	<input type="radio"/>	FRIDAY APRIL 6	<input type="radio"/>
SUNDAY MARCH 18	<input type="radio"/>	SATURDAY APRIL 7	<input type="radio"/>
SATURDAY MARCH 24	<input type="radio"/>	SUNDAY APRIL 8	<input type="radio"/>
SUNDAY MARCH 25	<input type="radio"/>	TUESDAY APRIL 10	<input type="radio"/>
		WEDNESDAY APRIL 11	<input type="radio"/>
		THURSDAY APRIL 12	<input type="radio"/>
		SATURDAY APRIL 14	<input type="radio"/>
		SUNDAY APRIL 15	<input type="radio"/>

CHOOSE YOUR PROGRAM	PRICING	NUMBER SESSIONS	TOTAL
: ALL SESSIONS PASS	\$600 (inc. GST)		
: TBR ATHLETE DAILY RATE	\$70 (inc. GST)		
: NON TBR MEMBER DAILY RATE	\$80 (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"/> Bankcard	<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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