



TBR:MOGUL - Program Goals

TBR:MOGUL EXECUTION The development of competitive mogul skiing skills will be taught using specialised coaching techniques as described below:

- **Groomed Technique:** Technical drills and demonstrations will be applied on easy to medium grade runs in order to develop an advanced level of mogul specific fundamentals. The major focus will continue to be split between short-turn mogul specific drills and long-radius turning and edging drills.
- **Advanced Jumping:** Jumps of varying sizes will be used on an aerial site and within mogul courses in order to teach competitive mogul skiing specific aerial manoeuvres.
- **Skill Zones:** Rollers will continue to be used to develop advanced level absorption and extension techniques. A medium grade mogul course will be used to develop advanced level technique and to introduce technical changes and new jumps into athletes' repertoires. Where applicable, an advanced grade mogul course will be used to develop skiing skills on a world class level of terrain.
- **Competition:** TBR:MOGUL athletes will be encouraged to compete in all mogul competitions of various levels, including TBR:INHOUSE events, Interschools, Junior Nationals, Australian National Championships and the ABOM Mogul Challenge in order to develop their competitive abilities in a friendly and progressive environment. Developing athletes progressively to be comfortable in an elite level competitive environment is the key to success at the elite level.
- **Acrobatic Skills:** Gymnastic equipment and trampolines will be used throughout the season to refine athlete's aerial awareness, promote general body tension and in the development of new skills. Advanced mogul specific acrobatic skills will be developed and integrated in to the athletes' on snow skill set.
- **Strength & Conditioning:** Athlete's will be progressively introduced to Strength & Conditioning training with an additional focus for the high performance program. Both aerobic and strength training will be used where applicable.

The following specific technical skills will form the **TBR:MOGUL PLATFORM**.

- **Stance:** Strong understanding and execution of the mogul stance in all drills, groomed and mogul activities.
- **Balance:** Ability to consistently maintain balance over the outside ski in a variety of turn shapes on groomed terrain and in a mogul course.
- **Absorption & Extension:** Ability to maintain excellent body position through the range of absorption and extension over rollers at speed and within a medium grade mogul course.
- **Edge Rolls:** Be able to perform consistent mogul specific edge rolls maintain a strong mogul stance.

- **Edging:** Advanced ability to put the ski on edge, apply constant pressure throughout turns, complete turns and link turns together using both extension and retraction turn techniques.
- **Short-turns:** Be able to make advanced level short-radius turns, incorporating a strong level of edge control, whilst maintaining a strong mogul stance.
- **Moguls:** Be able to consistently ski top to bottom mogul runs, incorporating two high quality mogul airs, both in training and in competition on a medium to advanced grade mogul course.
- **Jumping:** Be able to perform a minimum of two consistent medium to high quality mogul airs in competition with further development of more difficult tricks simultaneously occurring on water.
- **Acrobatic Skills:** Have developed a high level of aerial awareness and body tension and be able to perform balanced 360's and back somersaults on the trampoline to a high level whilst maintaining strong body tension.
- **Strength & Conditioning:** Have an understanding of the strength & conditioning requirements and expectations of a national level mogul program and be progressing towards raising one's baseline strength and aerobic fitness.
- **Judging:** Have an understanding of the judging elements of a competitive mogul run and understand how to maximise a competitive performance within one's abilities.

On graduation from **TBR:MOGUL** a strong understanding of competitive mogul skiing will have been achieved. Mogul skiing, acrobatic, competition and strength & conditioning skills will have been gained that will enable athletes to maximise their athletic potential and mogul skiing aims and goals.

Ultimately, athletes graduating from the **TBR:MOGUL** high performance program will be targeted by the New South Wales Institute of Sport Australian Development Mogul Team to take their skills to the next level and compete on the international stage.