

# TBR Physical Screenings

Musculoskeletal & functional movement screen



Due to the success of the functional movement screening program introduced with TBR Mogul Performance Group athletes in 2019/2020. TBR will be offering the opportunity for ALL TBR athletes to complete a physical screening in 2021

The skill level of the TBR Mogul Performance Group as a whole is currently at its best ever and a lot of that can be attributed to the individualized screenings and individualized physical training follow up approach in the last 18 months.

## How can a screening benefit me?

It has been identified and highlighted by the coaches and support staff of the Australian Freestyle Ski Team that physical competencies play an even larger role in the development of junior freestyle skiers than many believe.

Impressive links have been made in the ability for young child athletes to execute skiing and jumping skills and their physical competencies including functional strength, mobility and coordination.

A specially designed screening process highlights the strengths and weaknesses in the individual athlete from which recommendations can be made to strength and conditioning professionals and physiotherapists who can help young athletes improve upon their weaknesses. The result of this approach can allow young athletes to optimize their body's ability to improve their skiing and jumping skills.

## What is involved in the screening?

A screening typically takes about 20minutes per athlete. The athlete will be asked to perform some specific but basic movements and skills, some of which are measured objectively and others which are recorded on video and analyzed qualitatively for movement efficiency and bilateral variance.

A few days after your screening you will receive a report detailing the findings of the screening including recommendations for seeking specific coaching or therapy to optimize your individual needs.

## Booking:

Appointments are available on 4<sup>th</sup> & 5<sup>th</sup> January between the hours 11:30 and 2pm.

Please email [hamish.cox@me.com](mailto:hamish.cox@me.com) to schedule an appointment.

Screenings will take place at the water jump facility in the green building near the trampolines.

## Cost/payment:

\$100 per athlete (includes screening, and detailed report)

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		<input type="radio"/> VISA	<input type="radio"/> Mastercard	Amount:
	Card number				
	Card holders name	expiry:		Signature:	