



TBR:FREESKI - Program Goals

TBR:FREESKI EXECUTION The development of both competitive and pure progression based freeski 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 skiing fundamentals. The major focus will continue to be around stance & balance, edge control, pressure control and rotary skills.
- **Advanced Groomed Technique:** Further freeski skills be harnessed and developed with groomed training, including switch skiing, switch carving and butter (applying pressure to the nose or tail of the skis) techniques.
- **Advanced Jumping:** Jumps of varying sizes will be used on an aerial site and within mogul courses in order to teach advanced level freeski specific aerial manoeuvres. Switch carve takeoffs and butter take offs will be introduced.
- **Mt Buller Park:** The Mt Buller park will continue to be used to teach athletes to develop specific skills to individual features and progress to building fluid slopestyle runs.
- **Halfpipe:** The Mt Buller Halfpipe will be used to transfer the technical skills developed on the groomed and in the park into the halfpipe, by first developing a fluid halfpipe technique then introducing new skills into the halfpipe.
- **Ungroomed Terrain:** All the ungroomed terrain that Mt Buller has to offer will be explored in order to develop confident, versatile and creative all mountain skiers.
- **Competition:** TBR:FREESKI athletes will be encouraged to compete in all available freeski competitions of various levels, including **TBR:INHOUSE events**, Thredbo and Perisher events in order to develop their competitive abilities in a friendly and progressive environment.
- **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 freeski 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.

TBR:FREESKI PLATFORM

Athletes graduating from **TBR:FREESKI** will have developed an advanced understanding of the **TBR:PLATFORM** with enhancements to freeski specific technical, aerial, competitive and strength and conditioning related abilities. The following specific technical skills will form the **TBR:FREESKI PLATFORM**.

- **Stance:** Strong understanding and execution of stance in for both normal and switch skiing.
- **Balance:** Ability to consistently maintain balance over the outside ski in a variety of turn shapes on groomed terrain and all mountain terrain.
- **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.
- **Switch Skiing:** Ability to maintain a central stance whilst skiing switch. Be able to ski switch looking over either shoulder and be able to execute a strong switch carve in both directions.
- **Jumping:** Be able to perform a number of medium to high quality freeski airs with further development of more difficult tricks simultaneously occurring on water.
- **Switch Jumping:** Be able to take off and land switch and have developed a medium level of switch rotational aerial manoeuvres, both on big air and as a mount and/or dismount to rail and box features.
- **Run Development:** Have an understanding of how jump and feature lines flow and be able to link aerial manoeuvres and rail and box features in a clean, fluid slopestyle run.
- **Halfpipe:** Ability to ride the halfpipe fluidly, link jumps from wall to wall and generate power through the transitions of the walls. Understand how to integrate aerial manoeuvres into a halfpipe setting.
- **All Mountain:** Ability to confidently assess all mountain terrain for safety and ski-ability and be able to pick fluid, clean lines through ungroomed and off-piste terrain to maximise on snow creativity.
- **Acrobatic Skills:** Have developed a high level of aerial awareness and body tension and be able to perform a series of fundamental freeski aerial manoeuvres on the trampoline to a high level whilst maintaining strong body tension.
- **Strength & Conditioning:** Have an understanding of the benefits of strength & conditioning to freeski progression, the associated injury prevention benefits and be progressing towards raising one's baseline strength and aerobic fitness.
- **Judging:** Have an understanding of the freeski judging elements involved and have an understanding of how to maximise a competitive performance within one's abilities.

On graduation from **TBR:FREESKI** a strong understanding of all the freeski elements will have been achieved. All round freeski, acrobatic, competition and strength & conditioning skills will have been gained that will enable athletes to maximise their athletic potential and freeski aims and goals.