

QUEEN'S BIRTHDAY OPENING WEEKEND TBR – ACROBATIC & DRYLAND SESSION

On the Saturday (June 11) of the opening weekend of the 2016 ski season, TBR will be running training in the Mt Buller Alpine Central Building/Sports Hall (level 2).

We see acrobatic/trampoline training as being essential for all TBR athletes, and first step to learn new tricks in a safe, controlled environment. Acrobatic/trampoline training is then linked to performing jumps on water and finally on snow.

The session will be run for 2 hours and will be split into an hour of acrobatic fundamental skill building training with opportunities to practice your skiing tricks. The other hour will be spent learning important technique fundamentals and exercises which have been designed by our Head Mogul Coach and Sports Scientist Hamish Cox to maximize your athletic development specific to freestyle skiing.

Be quick to book a spot before the session is full!

The deadline to sign up is by close of business on Wednesday June 8.

Coaches for the training session include:

- Tim Gale
- Jackson Comben
- Jared Rodden
- Will Knight

Details

Cost: The cost of the session is \$30 per person

Date: Saturday June 1

Time: 2pm to 4pm

Location: TBR Acrobatic Facility @ Sports Hall in the Mt Buller Alpine Central Building

Payment Options



: Name (s)	
: Cost	\$30 per person
: EFT	BSB: 013 304 - ACCOUNT NUMBER: 301368626 - NAME: Team Buller - BANK: ANZ
: CHEQUE	Payable to "Team Buller"
: CREDIT CARD	3.5% surcharge will be added to all credit card transactions
	Please charge to □VISA □Mastercard
	Card Number
	Card Holders Name Expiry Date Signature

Completed forms should be

1) faxed to 03 9686 2988 2) Scanned/emailed to patto@teambuller.com

OR pay Via EFT (see details above), be sure to leave the athlete surname and training time session in the EFT comments

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