



# TEAM BULLER RIDERS 2022 HANDBOOK

Program Sponsors & Supporters

**adams.**



[www.teambullerriders.com](http://www.teambullerriders.com)

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## **TBR: 2022 WELCOME**

On behalf of Team Buller Riders (TBR), I would like to extend a warm welcome once again to all new and existing athletes, parents, and families for the 2022 winter season.

After two frustrating winters impacted by COVID lockdowns, we can't wait to bounce back bigger and better than ever, with great training and athlete progression over the season and the return of our favourite events.

We are very fortunate at Mt Buller to have Buller Ski Lifts and the Mt Buller Resort Management Board who are so committed to the Mt Buller community. TBR congratulates both organisations on the incredible job they did the last two winters to keep lifts running and programs operating as long as they possibly could.

Big thankyou also to our continued support from our sponsors and program partners.

### **2022 Beijing Olympics**

Congratulations to TBR Alumni Jakara Anthony on an incredible gold medal performance in the moguls, and Scotty James on the second Olympic medal of his career in the halfpipe.

We also recognise the outstanding career of Brodie Summers, as a three time Olympian and multiple World Cup medallist, who recently retired from competitive mogul skiing.

Well done to all athletes who represented Australia in Beijing, you certainly made us all proud.

### **On Snow Training**

We are well placed for a big season of training on world class facilities with the completion of the new snowmaking dam and additional power upgrades to snowmaking providing the opportunity to make more snow on the mountain and get our facilities including mogul courses, aerial site and the terrain park open earlier. Already we are seeing the benefits of this capacity with piles of snow made throughout May ready to be pushed out onto runs and recent snowmaking upgrade on Standard run.

TBR forms an essential part of the Australian Winter Sports High Performance Pathway, closely linked with Snow Australia and the Olympic Winter Institute of Australia (OWIA). This provides our athletes with some of the best program design, coaching and training opportunities in the world.

Our coaches and facilities rival any development level freestyle training centre in the world!

### **Events**

We are also keen to give our athletes as many competition opportunities as possible, especially after COVID wiped out the competition calendar in 2020 and 2021.

It will be a priority of TBR to support and promote events, to get our kids back in the start gate, with more resources to make them more spectacular than ever.

Fingers crossed for lots of snow, athlete progression and endless fun filled memories in 2022!

Kind Regards,



Andrew Pattison  
TBR: Program Manager

## TBR: WHO WE ARE

Team Buller Riders (TBR) is a freestyle skiing and snowboard club based at Mt Buller, specialising in the Olympic disciplines of mogul skiing, aerial skiing, and slopestyle skiing/snowboarding. We have been in operation since 1986.

TBR is set apart from other programs by our genuine passion for the disciplines we operate in. This passion drives our relentless attempt to refine our program structure and coaching technique.

Our unique focus on the maximised all round development of our athletes combined with a strong club history of professionalism, cutting edge training programs and close relationships with the world's best coaches and athletes is the cornerstone of our continued success at all levels of our sport.

Our focus continues to be based on developing the technical skill platform our athletes require to improve, become the best skier they can be and to achieve personal best results in competition.

We create a professional, inclusive, understanding, fun and supportive club environment to achieve this platform.

Our coaches are the best skiers on the mountain with many past competitors who excel at creating a learning environment that inspires our athletes to be passionate and motivated to improve every day.

Our success over the years is testament to the quality of the programs and support that we offer our athletes.

TBR's phenomenal achievements include Australia's four Olympic aerial skiing medals (Alisa Camplin & Lydia Lassila - gold & bronze medal each), gold medal to Jakara Anthony in mogul skiing, Australia's first skiing X-Games gold medal (Anna Segal), 9 world championship gold medals, 17 Olympians & too many World Cup medals to mention.

In TBR Snowboard, a number of legendary Snowboarders have also trained in our program in the past including 3 x World Champion and two time Olympic medallist Scotty James.

TBR forms an essential part of the Australian Winter Sports Olympic Pathway, closely linked with Snow Australia and the Olympic Winter Institute of Australia (OWIA). These relationships provide our athletes with access to some of the best program design, coaching and training facilities in the world.

### TBR On Snow Structure:

- **TBR: Grom (Ages 10-13):** Focus on all elements of freestyle & skiing
- **TBR: All-Mountain (14 and Up):** Focus on all elements of freestyle & skiing
- **TBR: Mogul (14 and Up):** Focus on competitive mogul training
- **TBR: Slopestyle (14 and Up):** Focus on competitive park skiing, film, and photography
- **TBR: Snowboard: (12 and Up):** Focus on competitive park riding, film, and photography

In addition, TBR: Off Snow operates programs aimed at supporting and extending TBR's on snow training at Mt Buller. All athletes are encouraged to take part in as many off snow programs as possible, such as:

- Water Jumping
- Acrobatic/Trampoline training
- Strength/ Fitness and Agility training
- TBR Overseas Camps

TBR also operates a number of world class events to ensure our athletes have the opportunity to test their skills in fun, friendly environments. Leading events include:

- ABOM Mogul Challenge - [www.abommogulchallenge.com](http://www.abommogulchallenge.com)
- Junior National Mogul Championships (jNats) [www.jnats.com](http://www.jnats.com)
- Mt Buller Slopestyle Event
- FreeBOM
- Victorian & Australian Interschools

## **TBR: 2022 CREW**

### **TBR: PROGRAM DIRECTOR - Andrew Pattison**

**Nickname:** Patto

**With the program since:** 1998

**Qualifications:** Bachelor of Business (Accounting) and Master of Business (Sports Management)

**Sponsors:** [Skiers Junction](#), [Black Crows Skis](#), [Roxa Ski Boots](#)

**Favourite run at Buller:** Anywhere in the Bull Run Bowl + some secret lines in lower Chamois area!

**Who inspires you in the snow world:** Dale Begg-Smith for being a genius in skiing and business from such a young age.

### **TBR: MOGUL HEAD COACH – Hamish Cox**

**Nickname:** Hambo

**With the program since:** 2010

**Qualifications:** Mogul Coach PyeongChang 2018 Olympic Winter Games, past NSWIS mogul athlete, Bachelor of Exercise/Sports Science (Maj sport coaching), ASCA S&C Coach, 2019 Snow Australia Club Coach Of The Year, Snow Australia Freestyle Coach Course Presenter/Examiner

**Sponsors:** [Skiers Junction](#), [Black Crows Skis](#), [Roxa Ski Boots](#)

**Favourite run at Buller:** Chamois & Bourke St

**Who inspires you in the ski world:** Japanese mogul skier Ikuma Hiroshima.

### **TBR: GROM HEAD COACH– Josh Laney**

**Nickname:** J Daddy

**With the program since:** 2008

**Qualifications:** PSIA Alpine & Freestyle Specialist Full Cert, Trainer + Examiner APSI Trainer/Examiner, Snow Australia Freestyle Coach, PSIA Children's Specialist II, Snow Australia Judging clinic.

**Sponsors:** K2 (Bentley Sports)

**Favourite run at Buller:** Bull Run Bowl

**Who inspires you in the ski world:** My athletes (current and former)

### **TBR: SNOWBOARD HEAD COACH – Jarryd Williams**

**With the program since:** 2017

**Qualifications:** APSI level 1

**Sponsors:** Nitro snowboards, trigger brothers

**Favourite run at Buller:** Main Street

**Who inspires you in the snow world:** Eero Ettala

### **TBR ALL MOUNTAIN HEAD COACH - Joe Corcoran**

**Nickname:** Joey, Big Papa, Captain

**With the program since:** I started as an athlete in 2002 Qualifications Level 1 Freestyle coach, Advanced Diploma of Photography, Ph.D in Shreducation

**Sponsors:** Don meats, "Is Don, Is good."

**Favourite run at Buller:** The Time Machine

**Who inspires you in the ski world:** The up and coming AUS skiers.

### **TBR MASTERS HEAD COACH - Watkin McLennan**

**Nickname:** Watto

**With the program since:** 2002 (coaching since 2006)

**Qualifications:** Level one freestyle coach, Snow Australia Freestyle Judging Clinic

**Sponsors:** Black Crows, Marker, Roxa

**Favourite run at Buller:** Sun Valley AKA Fun Valley

**Who inspires you in the ski world:** The mountain

**Alasdair Coates**

**Nickname:** Allie

**With the program since:** 2020

**Qualifications:** APSI SBL3, Children's Cert & Adaptive Cert

**Favourite run at Buller:** Out back off the top & Park Run down to Standard

**Who inspires you in the ski world:** All time Riding & Style – Hamus Mosesson & Jakob Whilhelmson, Jake Burton for his contributing to Snowboarding and Scotty James cos he's from Wazza.

**Jackson Comben**

**Nickname:** Jacko

**With the program since:** 2010

**Qualifications:** Level 1 APSI, FIS level international judge B licence

**Results:** 1<sup>st</sup> place AUS Uni Games 2016

**Favourite run at Buller:** McLaughlin's Shoulder

**Who inspires you in the ski world:** Claudia Gueli & my family

**Alex Eisner**

**With the program since:** 2010

**Qualifications:** APSI Level 1, Snow Australia Judging Clinic, ASC Coaching Principles

**Sponsors:** Volkl skis, Marker bindings, Dalbello boots

**Favourite run at Buller:** The Chamois Bowl (on a good day)

**Who inspires you in the snow world:** Cole Drexler, Henrik Harlaut, Clayton Vila, Shea Flynn, Sean Jordan, and John Ware

**Henry Eisner**

**With the program since:** 2010

**Qualifications:** APSI Level 1, Snow Australia Judging Clinic, ASC Coaching Principles

**Sponsors:** Volkl skis, Marker bindings, Dalbello boots

**Favourite run at Buller:** Hogs back

**Who inspires you in the snow world:** Nicky Keefer, John Kutcher, Cole Drexler & "TheBunch"

**Tom Eisner**

**Qualifications:** APSI level 1

**Sponsors:** Marker, Volkl

**Favourite run at Buller:** Anywhere in bull run bowl when its good, park laps when it's not.

**Who inspires you in the snow world:** TheBunch, Jake Mageau, Henrick Harlaut, Watto, and anyone out there ripping and loving it.

**Nick Franklin-Jones**

**Nickname:** Frank

**With the program since:** 2008

**Qualifications:** APSI/Snow Australia/CAA, Snow Australia Freestyle Judging Clinic

**Favourite run at Buller:** Anything groomed!

**Sponsors:** [Skiers Junction](#)

**Who inspires you in the ski world:** My old man aka The Silver Fox

**Tim Gale**

**Nickname:** Gale, TMG

**With the program since:** 2009

**Qualifications:** APSI Level 4, Snow Australia Freestyle Coach, CSIA Park & Pipe, CSCF Level 1 Race Coach, Snow Australia Freestyle Judging Clinic

**Favourite run at Buller:** Bull Run Area

**Who inspires you in the ski world:** Whoever wants to go out for shred and have a great time.

**Claudia Gueli OLY**

**Nickname:** Claud

**With the program since:** 2008

**Qualifications:** Olympian, L1 Freestyle, L1 APSI

**Favourite run at Buller:** Chamois – my coach never let me see any other runs but I'm excited to see more in 2022

**Who inspires you in the ski world:** The French Canadian boys

**Teddy Laycock**

**With the program since:** 2016

**Qualifications:** APSI Level 4

**Sponsors:** Macpac, Lebent, Sontimer, Black Crows Skis

**Favourite run at Buller:** Laycock's Lane

**Who inspires you in the ski world:** Marcus Caston

**Tristan Mioni**

**With the program since:** 2021

**Qualifications:** APSI L2, L 1 Freestyle, School Teacher, Athletics Coach, Hockey Coach

**Favourite run at Buller:** Women's Downhill, Woodrun

**Who inspires you in the ski world:** Torah Bright & Glenn Plake

**Abbey Schwarz**

**Nickname:** Schwarzzy, Ab Fab, Absolutely Fabulous

**With the program since:** 2006

**Qualifications:** APSI Level 1, Mogul Judge

**Favourite run at Buller:** Hangman's

**Who inspires you in the ski world:** Chris Schwarz

**David Speirs**

**Nickname:** Speirsy

**With the program since:** 2005

**Qualifications:** French Nationale, APSI L4 Examiner, Snow Australia Freestyle Coach Course Presenter/Examiner, Former Olympic Mogul Skiing Coach

**Favourite run at Buller:** Wood Run

**Who inspires you in the ski world:** The greats Sergei Shupletsov, Dale Begg-Smith

**Paris Speirs**

**With the program since:** 2014

**Qualifications:** APSI Level 1, Level 1 Freestyle, Snow Australia Coach Apprenticeship Program 2022

**Favourite run at Buller:** Men's & Women's Downhill

**Who inspires you in the ski world:** Dave Speirs

**Crystal Whiteley**

**With the program since:** 2020

**Qualifications:** APSI L3 Ski, APSI L1 Adaptive Ski

**Favourite run at Buller:** Cow Camp

**Who inspires you in the ski world:** Elyse Saugstad – because she's an absolute boss.

**Daniel Waker**

**Nickname:** Godan, Dan, Benny Macca

**With the program since:** 2013

**Qualifications:** APSI L 1, Level 1 Freestyle

**Favourite run at Buller:** Wood Run

**Who inspires you in the ski world:** Tom Lovick, James Phillips

**Sponsors:** Head

## **NEW COACHES**

### **Max Bardas**

**Nickname:** Bardas

**With the program since:** 2017

**Sponsors:** Volkl, Spy Optics

**Favourite run at Buller:** Hogsback

**Who inspires you in the ski world:** Candide Thovex

### **Mia Kollevris**

**Nickname:** Miwoogie

**With the program since:** 2015

**Qualifications:** APSI L1

**Favourite run at Buller:** Dam Run

**Who inspires you in the ski world:** Kelly Sidaru & Tess Coady

### **Maximillian Mall**

**Nickname:** Max

**With the program since:** 2022

**Qualifications:** State certified ski instructor in Austria, former World Cup Slopestyle & Big-Air competitor

**Sponsors:** Sungod, Faction

**Favourite run at Buller:** Never been there but I guess the fun park

**Who inspires you in the ski world:** Candide Thovex

### **Julian Peters**

**Nickname:** Jules, JP

**With the program since:** 2022

**Qualifications:** APSI L2

**Favourite run at Buller:** Ridge Run

**Who inspires you in the ski world:** Tess Coady, Lars Popp, Arthur Longo

### **Matthew Szepe**

**Nickname:** Szepe

**With the program since:** 2013

**Qualifications:** Level 2 Canadian Ski Instructor CSIA Snow Park Certification CSIA

**Favourite run at Buller:** Sun valley

**Who inspires you in the ski world:** Lucas Stål Madison (LSM)

### **Jo Dee Yeoh**

**Nickname:** Jojo

**With the program since:** 2022

**Qualifications:** PSIA-RM Children's Rocky Mountain Trainer, PSIA-RM Alpine Level 3, APSI Alpine Level 3, APSI Snowboard Level 1, PSIA Telemark Level 1, Avalanche Canada AST1

**Favourite run at Buller:** Dam Run on a powder day or Shakey Knees when it's firm and groomed.

**Who inspires you in the ski world:** Too many people to choose from, including many colleagues and friends but if I had to choose one, it would be Marcus Caston.



## TBR: FACILITIES –OLYMPIC TRAINING CENTRE AT MT BULLER

The Olympic Training Centre initiatives have made a huge impact on athlete training at Mt Buller.

We are excited to announce that even more enhancements will be made in the next few years to continue to improve the facilities for athletes at Mt Buller.

### Increased Snowmaking Priority

Buller Ski Lifts and the Resort Management Board continue to make huge investments in snowmaking at Mt Buller, with construction of the new dam underway, which will more than double our current water storage.

The new dam became operational in 2020, with the resort now able to top up the water levels in the dam much quicker, with the daily limit for pumping water from catchments doubling per day.

This means that snowmaking will be turned on for Chamois significantly earlier than ever before, resulting in the jump site and mogul course opening much earlier in the season.

### Aerial Site Upgrade

With the improved early snowmaking for Chamois, our aim is to have the Mt Buller aerial site operational in early July, and have it set up for all TBR athletes (Ski & Snowboard).

Extra lights will be added to the aerial site, and the plan is for the Australian Aerial Team to also train alongside the TBR athletes in the lead up to the 2022 Beijing Olympic Winter Games.

### Permanent Mogul Judges Stand

Plans are currently being submitted for a permanent Mogul Judges Stand at the bottom of the Chamois course. This will allow for much improved events, with judges being at a higher level, so they can see more of the course. With the new stand being an enclosed structure, live scoring will also be improved, with judges scores feeding straight into computers for real time results.

When events are not taking place, TBR coaches can utilise the building, ensuring they see more of the athletes run and can provide improved coaching feedback.

Item	Location	Completion Date
Mogul Slope Regrade	Chamois Mogul Site	Completed March 2018
Drainage System Mogul & Aerial Site	Chamois Run	Completed March 2018
Installation of underground Audio, Timing & Internet Cables	Chamois Run	Completed April 2018
Wired Audio System & Speakers covering the whole run	Chamois Run	Completed May 2018
Buller Airzone	Alpine Central Sports Hall	Completed June 2018
Permanent Lighting	Chamois Mogul & Aerial Site	Completed June 2019
New Dam/Additional Snowmaking Water Allocation	Mt Buller	Completed May 2020
Enclosed Mogul Skiing Judges Stand	Chamois Mogul Site	Estimated April 2023

### Chamois Under Lights

The highlight of our last “normal” winter in 2019 was no doubt the spectacular night events on Chamois.

We look forward in 2022 to:

- Night training and look to bring back Expression Session night jumping shows
- Junior National Mogul Championships (jNats) finals under lights
- Interschool Moguls under lights, Divisions TBC
- ABOM Mogul Challenge finals under lights

## **Buller Air Zone**

Funded by the Mt Buller Resort Management Board and the Olympic Winter Institute of Australia, an exciting new acrobatic centre constructed in 2018 by Mr Trampoline – a TBR Sponsor.

The Buller Air Zone includes the following components.

- 3 x Olympic sized tramps
- Special “Super Tramp”
- Airbag zone and wall with many ways to launch into the bag.

Special thanks to TBR Sponsor Mr Trampoline for his work in putting the Buller Air Zone together!

## **TBR: WATERJUMP**

**TBR: WATERJUMP** is TBR’s off snow aerial training program and is the best way to refine your aerial skills and learn new aerial tricks in a safe and productive way in the off snow season. 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 athletes to attend water jump training.

**TBR: WATERJUMP** is run in spring and autumn. All TBR athletes will be sent information regarding **TBR: WATERJUMP** sessions via email, prior to the sessions’ commencement. The information will also be hosted on the TBR website.

## TBR: ATHLETE PORTAL – S&C, SPORTS PSYCH & NUTRITION

For access to holistic athlete resources online, TBR launched “TBR Athlete Portal” in 2019 through the TBR website with expertise from the Olympic Winter Institute of Australia’s leading support staff and our own sport scientist. Inside TBR Athlete Portal are detailed, interactive strength and conditioning programs and testing specifically designed for junior athletic development of freestyle skiers, sport psychology training guidance, goal setting and nutrition education.

The TBR Athlete portal has been updated almost every month for the past two years and is now one of the most well respected online training resources for young athletes on the web including guided workouts with tutorials on movement technique, sports science education for young athletes, nutrition, and sports psychology resources.

Visit via [www.teambuller.com](http://www.teambuller.com)

Under the AIS return to sport guidelines for COVID-19 it’s recommended that athletes warm up for training prior to arriving to training rather than in a group so TBR’s pre-ski warm-up routine is available via video on the TBR Athlete Portal home page.

The screenshot displays the TBR Athlete Portal interface. On the left is a dark blue sidebar with a yellow 'TBR' logo at the top. Below the logo are several navigation links: TBR: HOME, TBR: ON SNOW, TRAINING FACILITIES, TBR: WATER JUMP, TBR: EVENTS, TBR: STORE, TBR: OVERSEAS CAMP, TBR: NEWS, TBR: ATHLETE PORTAL (highlighted in yellow), TBR: FITLINK, TBR: CONTACT, and Log In | Register. To the right of the sidebar, the main content area has a yellow header 'TBR: Strength & Conditioning'. Below this, there is text about freestyle skiing's impact on athletes and a link to 'DOWNLOAD TBR S&C TESTING PROTOCOL'. Further down is a section titled 'TBR WARM UP ROUTINE' with a video player showing a person performing a warm-up exercise. The video has a title 'TBR PRE-SKI WARMUP from TeamBullerRiders' and a subtitle 'SLOW WITH STEADY UPPER BODY'. At the bottom of the page, there are links to 'LANDINGS' and 'mic'.

### Snow Performance S&C Programs

Freestyle skiing Disciplines are not only physically challenging, but they are also high impact sports which can easily lead to a number of overuse-type injuries. There is no doubting both the performance and injury reduction benefits in participating in a consistent targeted strength and conditioning program from a very young age.

TBR has officially partnered with Snow Performance this year who remain connected with both TBR’s and Snow Australia’s coaching and support services network to deliver the most appropriate and age specific S&C preparation for all ages. TBR strongly recommends participating in Snow Performance’s S&C programs to get the most out of your TBR program.

Snow Performance operates training in Melbourne, and at Mt Buller during the winter.

**Rhys Artridge - Snow Performance Managing Director MSc (S&C)**

[www.snowperformance.com.au](http://www.snowperformance.com.au)

0428 919 330

[rhys@snowperformance.com.au](mailto:rhys@snowperformance.com.au)

**Melbourne Location:** 358 Swan Street, Richmond

**Mt Buller Location:** Mt Buller Gym @ Alpine Central

## **TBR: FREQUENTLY ASKED QUESTIONS**

### **Q1. How long has TBR been operating training programs?**

TBR has been operating training programs at Mt Buller since 1986!

### **Q2. What programs does TBR offer?**

TBR offers the following training programs:

- TBR GROM: Focus on all elements of freestyle & skiing
- TBR ALL-MOUNTAIN: Focus on all elements of freestyle & skiing
- TBR MOGUL: Focus on competitive mogul training
- TBR SLOPESTYLE: Focus on competitive park skiing, film, and photography
- TBR SNOWBOARD: Focus on competitive park riding, film, and photography

### **Q3. What is the age range of athletes in the program?**

- TBR GROM: 10-13 years of age
- TBR ALL-MOUNTAIN 14 and up
- TBR MOGUL: 14 and up
- TBR SLOPESTYLE: 14 and up
- TBR SNOWBOARD: 12 and up

### **Q4. What ability level should I be to join the program?**

Please see minimum entry standards for new applicants on the TBR website

<http://www.teambuller.com/tbr-new-applicants.html>

### **Q5. Where do most of your athletes come from before joining TBR?**

Athletes joining TBR come from all over the place:

- Mt Buller Ski & Snowboard School programs such as Snow Squad
- Mt Buller Race Club
- Interschool's

### **Q6. Are there many female athletes in the program?**

Not only are females present in the program, but they are consistently some of our highest performing athletes. The old saying "gee she's good for a girl" just isn't relevant these days at TBR...

### **Q7. What if I don't know anyone in the program prior to joining?**

Take a chance and meet some new friends. Here at TBR we are committed to creating a fun and inclusive environment in which athletes of differing ages, ability and character can come together and improve their on-snow abilities.

### **Q8. What are the TBR training times for the 2022 season?**

**TBR: WEEKEND** (this includes the school holiday training period) & **TBR Fridays**

Morning Sessions: 9:00 – 11:45am

Afternoon Sessions: 1:00 – 3:00pm

**TBR: FULL TIME/TBR Midweek**

Morning Session: 9:00 – 12:00

We are keen to get out on the hill as soon as the clock ticks nine, so we advise athletes to be 10mins or so early...

### **Q9. Where do TBR meet for training?**

TBR have laid claim to the Village square 'fire' as a constant meeting place for training and other relevant events.

### **Q10. Is each training session compulsory?**

No is the short answer. Athletes are involved in the program to improve and enjoy riding. The

decision to attend is at the discretion of each individual rider although TBR would love to see all athletes present at all sessions.

**Q11. Who will my coach be?**

Coaches are assigned specific groups closer to the commencement of the program.

Skill assessment will be conducted during the first week of the school holidays, assessing athlete skiing skills, acrobatic skills, and physical skills. Results from the assessment along with previous competition results will assist in finalising the groups.

**Q12. What happens if the weather/snow is bad?**

Mt Buller being Mt Buller the chances of high wind days, rain, blizzard or lack of snow affecting the ability of the TBR training programs to operate as scheduled are high. TBR has devised a number of alternative off snow activities to keep athletes motivated and active when conditions prevent us getting out onto the hill.

**Q13. Where do I collect my TBR uniform?**

Stay tuned for announcements on the TBR website and Newsletters.

**Q14. Do I have to compete in competitions?**

TBR encourages athletes to take part in events. Not only are they a great test of skill but in cases they provide an opportunity for athletes to experience other resorts around Australia.

On most occasions, TBR organises all logistics of the away event with athletes staying with TBR under the supervision of our coaches, but sometimes parents may need to organise their own accommodation for athletes.

**Q15. When do I have to wear my TBR Jacket?**

**2022 TBR: Uniform Policy**

**TRAINING:** During training and at all TBR events TBR jackets are to be worn unless specified otherwise. This creates a presence for TBR on the mountain and allows coaches to keep track of athletes during training.

**MOGUL EVENTS:** TBR recommends athletes wear uniforms during mogul events. Due to the at times, subjective nature of mogul judging it is our opinion that athletes stand to benefit from competing in uniform.

**SLOPESTYLE EVENTS:** TBR realises the importance individual style plays in Slopestyle. For this reason, athletes are encouraged to wear whatever they feel comfortable competing in.

**Q16. Where is the TBR office located?**

The TBR office at Mt Buller is located in the Judges Stand on the World Cup Aerial Site located on the Chamois Ski run. Members of the TBR community are welcome to drop for a chat or to raise any concerns. The Judges Stand is used for club activities throughout the season including video analysis and meetings.

Out of season, administrative work is performed part time in Melbourne by TBR: Program Manager, Andrew Pattison, and other minions.

**Q17. How are athletes selected to the Performance Group in TBR Mogul?**

The integration of on and off snow skills and understanding of high-end concepts at this level is crucial. For this reason, athletes should meet the following criteria minimums below to be considered for inclusion in this training group during the Mt Buller Winter and receive other servicing benefits available to this group of athletes:

- Participate in at least 75% of scheduled sessions during both water jump seasons
- Attend at least 25 on snow TBR days in Mt Buller
- Attend all assigned S&C testing sessions and Physical screening sessions

- Attend TBR's key on snow camp in the northern winter
- Complete a baseline concussion test at least 6 monthly.
- Beep test score (or equivalent) over 6.5 (females) and over 8.0 (males)
- Special consideration for injured athletes or athletes under \*extenuating circumstances

**Q18. What if I still want to know more?**

You're a tough customer but we still love you!!! Feel free to visit [www.teambullerriders.com](http://www.teambullerriders.com) or contact TBR: Program manager, Andrew Pattison. Patto takes thousands of calls throughout the year and looks forward to dealing with your questions and concerns

**TBR: TEAMBULLERRIDERS.COM**

TBR continues to develop teambullerriders.com as a gateway for our athletes, parents & friends to access key content including:

- News items
- Program information
  - On Snow/Mt Buller
  - Water Jump
  - Overseas Camps
- Calendars
- Competition entry forms
- Weekly newsletters
- TBR Store: for program payments, event entry, merchandise, and equipment sales.
- [TBR Athlete Portal](#): cutting edge library of online athlete resources.
- Links to the TBR Facebook site, Instagram & Youtube channel
  - Photos
  - Videos

## ADAMS ESTATE AGENTS SCHOLARSHIP

### ADAMS ESTATE AGENTS SUPPORTING OUR FUTURE STARS

Indi Speirs, winner of the Adams Estate Agents Scholarship in 2021, had a great year training camp with the TBR program in Ruka, Finland, with some outstanding results in Europa Cup events, including a victory in the dual mogul event in Taivalkoski.

**adams.**  
ESTATE AGENTS

We are excited to announce that the Adams Estate Agents Scholarship will be returning in 2022.

TBR would like to thank Adams Estate Agents, leading the way on Mt Buller since 1996, for their continued support in providing direct assistance to the champions of tomorrow.

#### **Past Winners:**

2021 – Indi Speirs

2020 - COVID

2019 – William Atwell

2018 – Paris Speirs

2017 – Edward Hill

2016 – Angus Hill

2015 – Daniel Walker

2014 – Claudia Gueli

2013 – Angus Cronin-Guss

2012 – Max Bernard

2011 – Jake Ashton

2010 – Jakara Anthony

2009 – Brodie Summers

2008 – Pip Sparrow

## TBR: CODE OF CONDUCT

All athletes are expected to conduct themselves in a civil, friendly, and honest manner.

Each rider is responsible for their own conduct during all TBR activities including but not limited to training, competition, and travel. We expect this conduct to be of the highest standard at all times.

TBR is a proud organisation with a reputation for maintaining a high standard of conduct both at Mt Buller and within the Australian snow sports industry. We look forward to each and every rider contributing to maintain this high level of conduct throughout the season and into the future.

## TBR: TRAINING GUIDELINES

The following guidelines are put forward with the aim of creating a healthy, fun, and constructing training environment within which our athletes can best achieve their on snow goals. TBR treats this aim with great seriousness and repeated behaviour contrary to these guidelines will not be tolerated.

- Helmets are essential. Heads and the stuff that's in them are important! For that reason, helmets are a must for all athletes during training, competition and at all other appropriate times on snow. **NOTE: See next page TBR Head Injury Safety Policy**
- Bullying will not be tolerated, and athletes found to be in breach will risk being suspended from the program or expelled.
- Alcohol, cigarettes, vaping & illegal drugs are obviously not permitted at training and the inappropriate use of such substances is strongly condemned by TBR.
- TBR recommends its athletes get a good night's rest in order to maximise their performance at training. For this reason, TBR expects all athletes to be home and off the streets by 10pm
- If a time/date arrangement is made, keep it! Timing is important to TBR & we will not tolerate lateness.
- Limit the use of profane and abusive language if it is to be used at all. TBR is especially keen to limit such language in inappropriate situations e.g., a lift queue in TBR.
- TBR Coaches & Staff are involved to help athletes become better athletes and maximise their athletic potential. They are experienced and their word is final.
- TBR is part of the Mt Buller community and whilst it may seem that we are some of the best athletes out on the hill we must ensure that we treat this position with respect. All mountain staff should be treated with civility and any incidents should be reported to the TBR staff immediately.

## TBR: BREACH OF TRAINING GUIDELINES

As mentioned TBR treats the aims of these guidelines with great seriousness and repeated behaviour contrary to these guidelines will not be tolerated.

Appropriate disciplinary action will be taken in light of the circumstances of any potential breach to ensure that the aims of the guidelines are maintained, and our reputation is not adversely affected.

## TBR: UNIFORM POLICY

- **TRAINING:** During training TBR jackets are to be worn unless specified otherwise. This creates a presence for TBR on the mountain and allows coaches to keep track of athletes during training.
- **MOGUL EVENTS:** Although not compulsory, we recommend athletes wear uniforms during events. Due to the subjective nature of mogul judging, we believe athletes stand to benefit from competing in uniform.
- **SLOPESTYLE EVENTS:** TBR realises the importance individual style plays in Slopestyle. For this reason, athletes are encouraged to wear whatever they feel comfortable competing in.



## HEAD INJURY SAFETY POLICY

Freestyle skiing & snowboarding are sports where there is risk of concussion in the event of a crash. TBR strives to minimise the chance of concussion as well as implement best practice policies in managing athletes in the event of a head injury (or potential head injury) is sustained. Australia's elite freestyle skiing athletes are mandated to complete baseline concussion tests every year so that if they ever take a knock to the head the diagnosis of concussion can be fast and simple.

### CONCUSSION TESTING

If an athlete has completed a baseline concussion test before an injury occurs, then they will be a step ahead of in easier and faster diagnosis and recovery from concussion if they do get an injury to the head.

The Headsmart online baseline test previously accessible via Snow Australia is no longer available.

**TBR now requires athletes to arrange an appointment at the Alpine High Performance Centre in Mt Buller to complete a Sport Concussion Assessment Tool (SCAT5) baseline test at the beginning of the ski season.**

This appointment is claimable on private health insurance for policies which include Physio Extras and has also generously been discounted for TBR athletes by **Alpine High Performance Centre**.

**Alpine High Performance Centre** is located on level 1, 10 Summit Rd (Alpine Central Building).

Contact number for appointments (03) 5777 6000 <https://www.alpinehighperformance.com.au>

**Concussion management guidelines: Step-by-step (Courtesy Snow Australia)**

#### Step 1 – Ready

Prepare by wearing a helmet & getting pre-season baseline testing

#### Step 2 – Recognise

Apply first aid principles, recognise the clinical domains of concussion, and use the [Concussion Recognition Tool 5 \(CRT5\)](#).

#### Step 3 – Remove

Anyone suspected of concussion must be removed from participation and not return to train/compete on the same day.

#### Step 4 – Rest & Recovery

Rest & limit light exercise until all symptoms have resolved, school has resumed, and baseline tests are normal again.

#### Step 5 – Rehab: Return to Exercise & Sport

Medical clearance is needed to progress from GRTS stage 0 to 1 (light exercise, stage 3 to 4 (snow/ice) and stage 5 to 6 (unrestricted competition).

## HELMET POLICY

TBR takes athlete safety very seriously. We are proud to say that a number of our top athletes have escaped serious head injury on multiple occasions because they were wearing a helmet. **Helmets must be worn by all TBR athletes** during all on snow and water jump training and competitions or when skiing in TBR uniform outside of TBR sessions. Helmets must be worn correctly with the helmet strap fastened under the chin to ensure that it does its job in the event of a crash.

We recommend a helmet with [MIPS technology](#).

## TBR INVERTED AND OFF-AXIS MANOEUVRE ON SNOW POLICY:

To ensure safety of TBR athletes, any TBR member must have approval from TBR head coach Hamish Cox before executing inverted or off-axis manoeuvres on snow. Athletes will be required to demonstrate sufficient competency of each skill on a water jump or air-bag facility including at varied speeds with consistent safe landings. Athletes must also always consult with coaches prior to attempting any new skills on snow.

## **PAYMENT POLICY**

Athletes will not be able to commence any program activities until Full Payment has been made. Full payment completes the registration process, making athletes a member of the club, and covered under our Public Liability Insurance.

### **PROGRAM FEES/REFUNDS**

Fees for TBR training programs contribute to coaching costs and TBR's annual operation costs.

As a result of upfront non refundable costs involved in TBR training, no discounts, credits or refunds will be issued for non-participation or missed program days, due to weather, illness or any other circumstance, except in accordance with the TBR Concussion Policy..

#### **Refunds**

Deposits made to secure your place in the program are non refundable.

The balance of program fees are non refundable once paid save as TBR agrees.

We recommend an insurance policy that will cover loss of fees.

## OVERSEAS PROGRAMS

### New Location for TBR Overseas Camp

TBR is currently in the process of arranging overseas training camp(s) and more information will be available very soon. TBR is committed to operating a year round comprehensive training program for its athletes.

New dates will also be looked at for additional training camps, with the April School Holidays also being considered in addition to December/January.

News will be announced on the TBR website social media channels and via our newsletter.

## EVENT CALENDARS

### 2022 Australian Mogul Skiing Calendar

Date	End	Event	Type	Resort
TBD	TBD	Chamois Expression Session	Jump Show	Mt Buller
06/08/22	06/08/22	Junior National Mogul Championships	Youth/Junior	Mt Buller
22/08/22	28/08/22	Victorian Interschools	Interschools	Mt Buller
30/08/22	31/08/22	Australian National Mogul Championships	FIS/OPEN	Perisher
02/09/22	03/09/22	ABOM Mogul Challenge	FIS/OPEN & Youth	Mt Buller
06/09/22	11/09/22	Australian Interschools	Interschools	Perisher

### 2022 Australian Slopestyle Ski & Snowboard Calendar

Date	End	Event	Type	Resort
25/07/22	25/07/22	Thredbo Snow Series - Rails	Junior/Open	Thredbo
02/08/22	04/08/22	Perisher Showdown – Big Air, Slopestyle x2	FIS-WSPL	Perisher
13/08/22	13/08/22	Mt Buller Slopestyle	Youth/Junior/Open	Mt Buller
22/08/22	28/08/22	Victorian Interschools	Interschools	Mt Buller
28/8/22	29/8/22	Thredbo Snow Series – Rails, Slopestyle	Junior/Open	Thredbo
06/09/22	11/09/22	Australian Interschools	Interschools	Perisher
15/09/22	15/09/22	Australian Junior Freeride Champs	FIS-WSPL	Perisher
TBC mid/late September		Snow Australia Futures Camp	Futures Camp	Jindabyne & Perisher

## SNOW AUSTRALIA MEMBERSHIP

Snow Australia is the nationally and internationally recognised authority governing competitive Snowsports in Australia.

Snow Australia, largely through Federal Government grants via the Australian Sports Commission, fund development and elite level programs in all Olympic disciplines.

Snow Australia Membership is required to compete in a number of events.

For more information and to purchase, please visit [www.snow.org.au](http://www.snow.org.au)

Athletes wishing to compete in any FIS sanctioned events in Australia and overseas will be required to 'upgrade' their membership via the Snow Australia website to include Freestyle registration.

To register with your chosen discipline, please visit the Snow Australia website [www.snow.org.au](http://www.snow.org.au)

Membership is also required to access the Snow Australia Water Jump facility.

If you have any questions, please contact Snow Australia via

Phone: 03 9696 2344

Email: [info@snow.org.au](mailto:info@snow.org.au)

## EQUIPMENT

TBR highly recommends that athletes have the right equipment to train and compete successfully. Without the right equipment, it's almost impossible to make progression on snow.

To ensure athletes have the right gear, we will be partnering up with Altitude again this winter!

Altitude offer TBR athletes a discount and do a great job of ski/board servicing, with TBR coaches in regular communication with their technicians to ensure they know just what our athletes need.

Additionally, please visit the equipment page on [www.teambuller.com](http://www.teambuller.com) before purchasing your gear to assist you with the right equipment for your needs.

### ALTITUDE @ MT BULLER



Altitude is the official Mt Buller retailer for the TBR program.

Drop into Altitude this winter for all your equipment and clothing needs.

Specialising in freestyle, racing equipment, and outerwear, our range includes brands like Black Crows, K2, Line, Volkl, Rossignol, Movement, Karbon, Maloja, Picture, Patagonia, Oakley, Alpina, Zanier, Hestra, Sweet Protection and POC.

Altitude's large range of skis and boards is also available to demo, allowing you to try before you buy. The expert team can provide you with expert knowledge on all ski equipment.

See Mitch's team in the tune shop if you need your gear to be in top shape for your next competition.

### **20% Discount for TBR ATHLETES AND FAMILIES**

Altitude also stocks a handy range of accessories and gift lines.

**LOCATION:** Altitude is located in two convenient locations. Find us in the Kooroora development in the Village Square, and in the Mt Buller Chalet Hotel.

**TUNING:** Our Tune Shop is located next door to the Buller Grocer. Get your skis and boards tuned-up and slope-ready on the Montana Crystal Magic machine.

**BOOT FITTING:** Ortho Ski, a professional boot fitting and podiatry service joined us in 2020. Ortho Ski will be open for boot fitting appointments. Online bookings are required via the following link -

<https://www.orthoski.com.au/bookings>

**Address:** 2/4 The Avenue, Ground Floor, Mount Buller VIC 3723

**Phone:** 03 5777 7886

**Email:** [altitude.kooroora@skibuller.com.au](mailto:altitude.kooroora@skibuller.com.au)

**Web:** <https://altitude.com.au/>

#### **Altitude Equipment relevant to TBR**

- Black Crows (e.g., Junius, Junius Birdie, Camox Junior, Camox Birdie, Captis, Captis Birdie)
- Volkl
- Rossignol Hero Mogul Ski (can be ordered in)
- Scott Poles
- Ortho Ski – boot fitting service
- Helmets (Sweet Protection, Alpina, K2)
- Goggles (Oakley, Alpina and Smith)
- Big range in Mons Royale first- and mid-layers
- Outerwear (Picture, Maloja, Karbon)
- Austrian Zanier gloves and Eisbaer beanies new in store

## TBR RECOMMENDED EQUIPMENT REQUIREMENTS

### TBR GROM

#### Skis

Park Twin tips are not recommended as the primary ski for any TBR Grom or TBR Mogul athletes. The design and construction of these skis is favourable for elite slopestyle performance but significantly hinders technical progress in skiing and jumping for young athletes.

TBR Groms are recommended to have 2 pairs of skis:

- First, a well maintained mogul/carving ski for mogul and alpine skill development.
- Next, an all mountain twin-tip ski for off-piste, park and development of general body awareness on snow. This will be the ski used for poor snow conditions.

A twin tip is a fun ski to play on, but a well maintained mogul/carving ski is an excellent tool for skill development and performance

The binding should be mounted with the boot centre indicated on the ski.

TBR GROM SKI GUIDE							
TECHNICAL CARVE SKI				TWIN TIP, OFF PISTE & PARK SKI			
Athlete Height	Ski Length	Radius	Max width	Athlete Height	Ski Length	Max width	
110cm	100cm	>10m	70mm	110cm	110cm	76mm	
120cm	110-115cm	>10m	70mm	120cm	110-115cm	76mm	
130cm	120-130cm	>10m	70mm	130cm	135cm	85mm	
140cm	130-140cm	>12m	70mm	140cm	145cm	85mm	
150cm	140-150cm	>12m	70mm	150cm	155cm	85mm	

#### Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance. A softer boot that can be flexed is ideal.
- We recommend having your boots professionally fitted.
- Before purchasing boots, please watch TBR's boot fitting video here <https://vimeo.com/404880192> and consult one of our head coaches.

#### Poles

- Generally, poles used are shorter than normal. Consider a smaller grip. This will give greater finger movement which helps when grabbing skis.

#### Helmets

- Helmets are compulsory for all athletes in the program.
- We recommend a helmet with [MIPS technology](#)

## Wax

- It's important to keep your gear in good condition. A simple hot wax every few weeks is a good way to keep your skis/snowboards gliding and performing well. Consider our waterways and use an environmentally friendly wax.
- View the MountainFLOW eco-wax products [online here](#)

## TBR MOGUL

K2 have made available to TBR members their Mogul skis at a special pro deal rate. The K2 Mogul skis are recommended by our Head Mogul coach for all TBR Mogul athletes.

## Skis

- 1 pair of Mogul Ski's with either Look/Rossignol pivot bindings, or Marker bindings.
  - ***Please note that K2 Mogul skis are only available to purchase from TBR. To purchase K2 mogul skis (stock limited), please visit the online store on <http://www.teambuller.com/tbr-store.html> or contact TBR Program Manager Andrew Pattison via email: [patto@teambuller.com](mailto:patto@teambuller.com) or phone: 0411 281 372***
  - If a K2 mogul ski is not available in your size (smaller than 153cm), we can make recommendations for other brands with smaller skis.
- **Mogul Ski Tuning**  
Please tune to 88 and 0.5 degrees and mount all mogul skis shorter than 170cm on the recommended mid sole line. For mogul skis longer than 170cm please contact our head mogul coach for advice before mounting.
- OPTIONAL: 1 pair of Twin tip skis, to use for rails, switch riding and jumping. The Black Crows [Captis](#) and [Captis Birdie](#) skis fit this description.
- Consider Marker bindings - Squire 11 and the Griffon 13.0.

## Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance. A softer boot that can be flexed is ideal.
- We recommend having your boots professionally fitted.
- Before purchasing boots, please watch TBR's boot fitting video here <https://vimeo.com/404880192> and consult one of our head coaches.

## Poles

- Generally, poles used are shorter than normal. Consider a smaller grip. This will give greater finger movement which helps when grabbing skis.

## Helmets

- Helmets are compulsory for all athletes in the program.
- We recommend a helmet with [MIPS technology](#)

## Wax

- It's important to keep your gear in good condition. A simple hot wax every few weeks is a good way to keep your skis/snowboards gliding and performing well. Consider our waterways and use an environmentally friendly wax.
- View the MountainFLOW eco-wax products [online here](#)

## TBR SLOPESTYLE/TBR ALL-MOUNTAIN

### Skis

- TBR All Mountain athletes should have a pair of all mountain skis which are versatile for skiing on and off piste and jumping at a length measuring between the nose and forehead. Black Crows is a good first place to look at quality all mountain skis.
- The Black Crows [Captis](#) and [Captis Birdie](#) skis fit this description.
- Consider the Marker Squire 11 or Marker Griffon 13.0 bindings.
- TBR Slopestyle athletes should have a pair of twin tip (park skis) at a length measuring between the nose and forehead.

### Boots

- We highly emphasise the importance of a good fitting boot. Poor fitting boots can drastically decrease an athlete's performance. A softer boot that can be flexed is ideal.
- We recommend having your boots professionally fitted.
- Before purchasing boots, please watch TBR's boot fitting video here <https://vimeo.com/404880192> and consult one of our head coaches.

### Poles

- Generally, poles used are shorter than normal. Consider a smaller grip. This will give greater finger movement which helps when grabbing skis.

### Helmets

- Helmets are compulsory for all athletes in the program.
- We recommend a helmet with [MIPS technology](#)

### Wax

- It's important to keep your gear in good condition. A simple hot wax every few weeks is a good way to keep your skis/snowboards gliding and performing well. Consider our waterways and use an environmentally friendly wax.
- View the MountainFLOW eco-wax products [online here](#)

## TBR SNOWBOARD

### Snowboard

- We suggest an all mountain or freestyle oriented snowboard with medium flex at a length between the rider's chin and nose. A board with a regular camber is suggested, hybrid cambered boards are okay too, but we suggest steering clear of full reversed or zero cambered boards.

### Boots

- We strongly suggest making sure boots are well fitted and in good condition. If they are too small discomfort will ensue, if they are too large difficulties relating to board control will be an issue.
- In regard to flex, this is highly personal however we would suggest steering clear of anything too soft and ugg boot like, or too stiff and ski boot like. The perfect flex should offer support while allowing for adequate ankle flexion.

### Helmets

- Helmets are compulsory for all athletes in the program.
- We recommend a helmet with [MIPS technology](#)

### Wax

- It's important to keep your gear in good condition. A simple hot wax every few weeks is a good way to keep your skis/snowboards gliding and performing well. Consider our waterways and use an environmentally friendly wax.
- View the MountainFLOW eco-wax products [online here](#)

TBR:2022 Calendar

June 22						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 30	31	June 1	2	3	4	5
<b>SAVE THE DATE</b>  TBR: Pre Season Meet & Greet will be held on <b>Sunday May 29 @ The Icehouse, Melbourne in the afternoon.</b>						
6	7	8	9	10	11	12
13	14	15	16	17	18	19
Queens Birthday Holiday						
20	21	22	23	24	25	26
					First Day of TBR Program  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE
27	28	29	30	July 1	2	3
TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Day Off	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	<b>TBR Parents Social Outing</b> TBC  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Day Off

Note: Buller dates only, see specific event calendar for away comps. Date changes to be passed on via website/email newsletter.

as at 15/05/2022



TBR:2022 Calendar

July 22

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 27	28	29	30	July 1	2	3
TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Day Off	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	<b>TBR Parents Social Outing</b> TBC  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Day Off
4	5	6	7	8	9	10
TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	Day Off	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time - TBR VCE
11	12	13	14	15	16	17
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
18	19	20	21	22	23	24
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
25	26	27	28	29	30	31
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time

Note: Buller dates only, see specific event calendar for away comps. Date changes to be passed on via website/email newsletter.

as at 15/05/2022

TBR:2022 Calendar

August 22						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 1	2	3	4	5	6	7
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	jNats Mogul Event Presented by Mark Adams @ Mt Buller – Comp Day  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	XC Interschools  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
8	9	10	11	12	13	14
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	MT BULLER SLOPESTYLE  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
15	16	17	18	19	20	21
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm & 1pm-3pm (TBR Friday) - TBR Full-Time - TBR Midweek - TBR Friday	FREEBOM Event  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
22	23	24	25	26	27	28
VIC Interschools @ Mt Buller No TBR Training	VIC Interschools  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	VIC Interschools  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	VIC Interschools  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	VIC Interschools  TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek NOTE: No space in groups for additional TBR athletes	VIC Interschools  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	VIC Interschools  TBR Training 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
29	30	31	September 1	2	3	4
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	ABOM MOGUL CHALLENGE – FIS/Open Training Day – Youth Qualifications  TBR Midweek Training 9am-1200pm	ABOM MOGUL CHALLENGE EVENT  TBR TRAINING 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	LAST DAY OF TBR  TBR TRAINING 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time

Note: Buller dates only, see specific event calendar for away comps. Date changes to be passed on via website/email newsletter.

as at 15/05/2022

TBR:2022 Calendar

**September 22**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 29	30	31	September 1	2	3	4
Day Off	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	TBR Midweek Training 9am-1200pm - TBR Full-Time - TBR Midweek	ABOM MOGUL CHALLENGE – FIS/Open Training Day – Youth Qualifications  TBR Midweek Training 9am-1200pm	ABOM MOGUL CHALLENGE EVENT  TBR TRAINING 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time	LAST DAY OF TBR  TBR TRAINING 9am-1145am & 1pm-3pm - TBR Weekend - TBR Full-Time
5	6	7	8	9	10	11
	AUS Interschools @ Perisher	AUS Interschools @ Perisher	AUS Interschools @ Perisher	AUS Interschools @ Perisher	AUS Interschools @ Perisher	AUS Interschools @ Perisher
12	13	14	15	16	17	18
					TBC September School Holidays Training  Additional TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR program fees.	TBC September School Holidays Training  Additional TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR program fees.
19	20	21	22	23	24	25
TBC September School Holidays Training  Additional TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR program fees.	TBC September School Holidays Training  Additional TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR program fees.	TBC September School Holidays Training  Additional TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR program fees.	TBC September School Holidays Training  Additional TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR program fees.	TBC September School Holidays Training  Additional TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR program fees.	TBC September School Holidays Training / AFL GF  Additional TBR Coaching to be offered based on suitable snow conditions. This will be in addition to TBR program fees.	
26	27	28	29	30	October 1	2

Note: Buller dates only, see specific event calendar for away comps. Date changes to be passed on via website/email newsletter.

as at 15/05/2022

## **TBR: CONTACT DETAILS**

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