



## WATER JUMP TRAINING Autumn 2022





# WHY WATER JUMP?

**TBR:WATERJUMP** training is the best way to refine your skills and learn new aerial tricks.

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 riders to attend water jump training.

***The importance of water jumping cannot be understated.***

***These days to be competitive at any level of the sport, from Interschools to the Olympics, it is impossible to achieve success without investing in accumulating as many water jump days as possible each year.***

TBR water jump sessions are not just about getting upside down for the first time before trying it on snow. Water jumping is the safest way to build your jumping skills from the ground up.

TBR water jump sessions begin with a specific warm up in the parking lot followed by a fundamental trampoline session, which leads into the day's water jump training. Each athlete will receive one on one feedback on their jumping. Athletes who attend most of our sessions will also have the opportunity to work on planned long-term progressions with their jumping to build their fundamentals for a growing trick repertoire.

## **INVERTS TO BE PERFORMED ON SNOW MUST BE APPROVED BY TBR COACHES AT WATER JUMP**

To ensure the safety and wellbeing of TBR athletes, any TBR member must have inverted jumps signed off by TBR Head Coach Hamish Cox at Water Jump. Athletes will be required to demonstrate a sufficient number of jumps showing they can successfully execute the trick.

## **COACHING**

**TBR:WATERJUMP** training will be operated by

- TBR: Mt Buller Coaches
- Guest Olympic athletes
- Specialist acrobatic (gymnastics and trampoline) coaches

Our TBR water jump coaches are some of the most knowledgeable in the game and will ensure all of our athletes learn the correct fundamentals to progress at their individual rate to learn more difficult skills.

## **FIRST TIMER FREE DAY**

Implemented in SPRING 2011, again to encourage new athletes to give Water Jumping a try, any TBR athlete who has not jumped at the facility in the past can receive coaching for free on their first day.

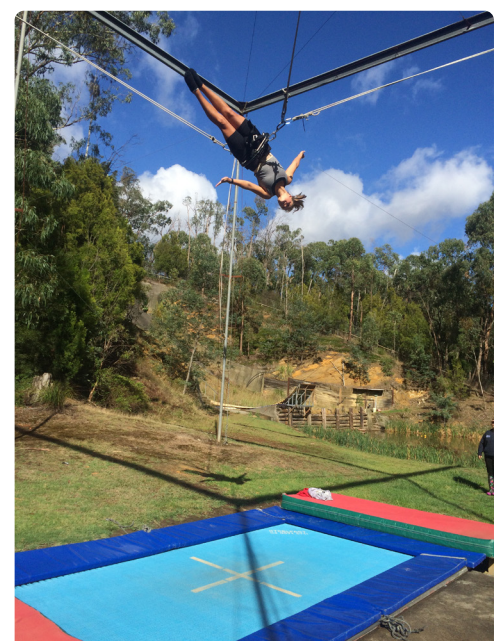
Note: First timer days can only take place on set days. This is due to avoiding peak usage times at the facility, as extra time is required from coaches to help new athletes.

**First timer days:**

**Autumn 2022**

Saturday March 5  
Saturday April 2

Note: new water jump athletes only need to do one of the days listed above as a first time. Once first day completed they can sign up for any listed TBR water jump training day.



# THE WATER JUMP FACILITY

## LOCATION

Snow Australia Water Jump Park  
Ross Road, Gruyere, Victoria, 3770

## FACILITIES

**2 x in-ground trampolines with bungee harnesses**

Small, medium and large water jumps  
Men's and women's change rooms, showers and toilets.

## TRANSPORT

TBR will not be providing transport. We recommend parents communicate with each other to share driving responsibilities, TBR can help parents touch base to coordinate ... let us know!

## EQUIPMENT REQUIRED

**Warm Up Clothing & Shoes** should be worn to the ramps every day for the physical warm up prior to getting changed for jumping.

**Boots** should be as similar to the on snow boot (style and fit) as possible with type of boot and correct fit crucial to skill development!

**Skis:** Most ideal on the water jump for freestyle skiers of all disciplines are mogul or aerial skis. A second option would be to use a GS ski or similar with a sandwich construction. Skis with a capped ski construction do not perform well or last long on the water jump.

Most importantly, twin tip skis do NOT perform well on the water jump surface or jump shapes we have on Australia's water jump facilities. Twin tipped skis should be avoided for water jumping!

**A strap system connecting the binding with the boot is essential.**

[Click here to see example image and more detail on ski straps.](#)

The water is usually cold and the weather can vary. We recommend athletes have a **full length wetsuit** with a snug fit (a wetsuit that is too big doesn't keep you warm). Wetsuit gloves are also a good idea when its colder.

**Helmets are compulsory for all TBR water jump athletes.**

**Life jacket:** It is essential that TBR water jump athletes train with a quality life jacket. Slim line / tight fit water skiing vests are most ideal as they don't restrict movement.

**Ski poles** are not essential/usually not used for water jumping.

Bring a **water bottle and snacks** as water jumping is physically demanding training.

## SESSION SCHEDULE

7:30am - Group dynamic warm-up  
8:00am to 10:15am Water Jump Session  
10:30am - Finish/Depart Facility

## USAGE RULES

Please Note: The facilities at the water jump Park are maintained by the 'Skate Family' who live on the property. It is expected that participants at the facility will clean up after themselves, including removing all rubbish and leaving the change rooms clean and tidy.

People are not to take/borrow equipment from others that is left at the facility for use. Athlete's must ensure they have back up equipment in case anything breaks/ski's sink to bottom of the dam.

Cars are not to be driven on the grass for any reason, there is adequate parking provided off the grass. Please also ensure all equipment is taken home once you have completed your last session at the park for the period.

Due to covid 19 restrictions, no equipment can be left in change rooms. You may leave your skis outside the change rooms down the side of the building but all other equipment including wetsuits, helmets, ski boots etc. must go home each day).

**People are also not able to bring out Animals/Pets to the facility.**

## SNOW AUSTRALIA WATER JUMP PASS

All athletes attending the facility are required to purchase a [Snow Australia Water Jump Pass](#).

You are only required to purchase this pass once per year and it is valid until June 30.  
(Pass valid July 1 to June 30).

The Snow Australia water jump pass must be purchased online at  
<https://www.snow.org.au/disciplines/water-jump/>

# TBR WATERJUMP TRAINING APPLICATION FORM

: Athlete Name	
: Primary Email Contact	
: Primary Mobile Contact	

## Confirmation of Attendance / Cancellation Policy

**NOTE: Athletes must confirm session attendance 48 hours prior**

**Athletes who cancel on the weekend/last minute will be charged the daily rate (if you do not have the seasons coaching pass).**

**This is to ensure we can suitably plan coaching for the athletes, and also means coaches who allocate their time/weekend to coaching are not left out of pocket in case of last minute cancellations.**

SESSIONS/DATES	LIKELY ATTENDANCE	SESSIONS/DATES	LIKELY ATTENDANCE
Weekends/Public Holidays		School Holidays	
Saturday February 26	<input type="radio"/>	Saturday April 9	<input type="radio"/>
Sunday February 27	<input type="radio"/>	Sunday April 10	<input type="radio"/>
		Monday April 11	<input type="radio"/>
Saturday March 5	<input type="radio"/>		
Sunday March 6	<input type="radio"/>	Wednesday April 13	<input type="radio"/>
		Thursday April 14	<input type="radio"/>
Saturday March 12	<input type="radio"/>		
Sunday March 13	<input type="radio"/>	Tuesday April 19	<input type="radio"/>
Monday March 14	<input type="radio"/>	Wednesday April 20	<input type="radio"/>
		Thursday April 21	<input type="radio"/>
Saturday March 19	<input type="radio"/>		
Sunday March 20	<input type="radio"/>	Saturday April 23	<input type="radio"/>
		Sunday April 24	<input type="radio"/>
Saturday March 26	<input type="radio"/>		
Sunday March 27	<input type="radio"/>		
Saturday April 2	<input type="radio"/>		
Sunday April 3	<input type="radio"/>		

CHOOSE YOUR PROGRAM	PRICING	NUMBER SESSIONS	TOTAL
: ALL SESSIONS COACHING PASS	\$660 (inc. GST)	N/A	
: TBR ATHLETE DAILY RATE	\$110 (inc. GST)		

: 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 to	<input type="radio"/> Visa	<input type="radio"/> Mastercard	Amount	
	Card number				
	Card holders name		Expiry date	Signature	

Completed forms should be emailed to [info@teambuller.com](mailto:info@teambuller.com)

## REMINDER : SNOW AUSTRALIA WATERJUMP PASS

All riders attending the water jump facilities are required to purchase a Snow Australia Water Jump Pass. You are only required to purchase this Snow Australia Pass once per year and it is valid from July 1 to June 30.

The Snow Australia water jump pass must be purchased online at <https://www.snow.org.au/disciplines/water-jump/>