

# TBR

## TBR:WATERJUMP TRAINING - SPRING 2017



**Mark Adams**  
REAL ESTATE  
*"From the Beach to the Snow"*



**BOUNCE** INC

**Buller**  
Ski Lifts



**Mt Buller**  
**Mt Stirling**  
Resort Management

**FULL**  
**TILT**



**aussie**  
**skier**

**lé bent**

**bolle.**

# TBR:WATERJUMP TRAINING

## : WHAT IS IT

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.

## : COACHES

TBR:WATERJUMP training will be coached by TBR:MOGUL, TBR:FREERIDE & TBR:GROM Coaches.

## : 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.



## : FACILITIES

- 2 x in-ground trampolines with bungee harnesses available
- Small, medium and large jumps available (work on anything from spreads to double flips)

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.

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.

- thanking you in advance.

## : SESSIONS & DATES

This water jump season TBR has decided to ramp up the number of water jump days we are offering including 3 x 3 day camps where athletes have the opportunity to get some consistent day after day training on the ramps in the way our National Team and TBR Mogul Performance Team athletes train.

This is the perfect opportunity to tune up the jumping skills and learn some new tricks before the TBR Park City camp where we are going to be doing lots of on snow jumping!

WEEKEND SESSIONS
SATURDAY OCTOBER 14
SUNDAY OCTOBER 15
SATURDAY OCTOBER 21
SUNDAY OCTOBER 22
SATURDAY OCTOBER 28
SUNDAY OCTOBER 29
SATURDAY NOVEMBER 4
SUNDAY NOVEMBER 5
SATURDAY NOVEMBER 11
SUNDAY NOVEMBER 12
SATURDAY NOVEMBER 25
SUNDAY NOVEMBER 26
DECEMBER CAMP
TUESDAY DECEMBER 12
WEDNESDAY DECEMBER 13
THURSDAY DECEMBER 14
SATURDAY DECEMBER 16
SUNDAY DECEMBER 17
MONDAY DECEMBER 18
WEDNESDAY DECEMBER 20
THURSDAY DECEMBER 21
FRIDAY DECEMBER 22

### Confirmation of Attendance / Cancellation Policy

**NOTE: Athletes must confirm session attendance by 5pm on the Wednesday prior to the weekend (applies to weekend sessions only - school holiday block different)**

**Athletes who cancel on the weekend/last minute will be charged the daily rate. 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.**

# TBR:WATERJUMP TRAINING

## : LOCATION

Ski & Snowboard Australia Water Jump Park  
Ross Road, Gruyere.

Take the Maroondah highway through Lilydale, then the Warburton highway turn off on the right, then consult Melways or the maps program on your phone.

## : LUNCH

All riders should bring their own snacks, lunch and water.

## : TRANSPORT

TBR will not be providing transport. We recommend parents communicate with each other to share driving responsibilities or feel free to make your own arrangements with coaches on an individual basis.

## : EQUIPMENT REQUIRED

- Old skis
- Old boots
- Old ski poles
- Life jacket
- Wetsuit
- Helmet
- Ski straps to hold skis if they detach in water

**NOTE:** 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.

## : SSA WATERJUMP PASS

All riders attending the water jump facilities are required to purchase a Ski & Snowboard Australia (SSA) Water Jump Pass.

You are only required to purchase this SSA Pass once per year and it is valid until June 30, 2017 (July 1 to June 30).

The SSA water jump pass must be purchased online at [www.skiandsnowboard.org.au](http://www.skiandsnowboard.org.au)



## : QUESTIONS

Andrew Pattison, TBR:PROGRAM MANAGER,  
[patto@teambullerriders.com](mailto:patto@teambullerriders.com)  
0411 281 372





# TBR:WATERJUMP SESSIONS

## : SESSION SCHEDULE

: TIME	: ACTIVITY	: TIME
1:00PM	Warm-up & stretch	10 mins
1:10PM	Trampoline session	20 mins
1:30PM	Water jump sessions #1	90 mins
3:00PM	Break	20 mins
3:20PM	Water jump sessions #2	70 mins
4.30PM	Finish	

The day will be based around the daily schedule above, however, all sessions are flexible depending on individual rider goals and development level.

## : TRAMPOLINE SESSION

The trampoline session is a great way to enhance your overall aerial awareness and acrobatic skills.

## : WATER JUMP SESSION #1 - SKILL REFINEMENT

In the first session riders will continue to work on refining tricks they can already do, to improve them to a level they can perform on snow or to refine them to become a well executed competition trick.

## : WATER JUMP SESSION #2 - SKILL ACQUISITION

In the second session riders have the choice to continue working on skills that they wish to refine, or get creative and work on developing new skills that they have learnt on the trampoline and wish to transition to skis.



# TBR: SPRING WATERJUMP TRAINING APPLICATION FORM

ATHLETE	
: Name	
: Surname	
: Primary Email Contact	
: Primary Mobile Contact	

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SESSIONS/DATES	LIKELY ATTENDANCE	SESSIONS/DATES	LIKELY ATTENDANCE
SATURDAY OCTOBER 14	<input type="radio"/>	DECEMBER CAMP	
SUNDAY OCTOBER 15	<input type="radio"/>	TUESDAY DECEMBER 12	<input type="radio"/>
SATURDAY OCTOBER 21	<input type="radio"/>	WEDNESDAY DECEMBER 13	<input type="radio"/>
SUNDAY OCTOBER 22	<input type="radio"/>	THURSDAY DECEMBER 14	<input type="radio"/>
SATURDAY OCTOBER 28	<input type="radio"/>		
SUNDAY OCTOBER 29	<input type="radio"/>	SATURDAY DECEMBER 16	<input type="radio"/>
SATURDAY NOVEMBER 4	<input type="radio"/>	SUNDAY DECEMBER 17	<input type="radio"/>
SUNDAY NOVEMBER 5	<input type="radio"/>	MONDAY DECEMBER 18	<input type="radio"/>
SATURDAY NOVEMBER 11	<input type="radio"/>		
SUNDAY NOVEMBER 12	<input type="radio"/>	WEDNESDAY DECEMBER 20	<input type="radio"/>
SATURDAY NOVEMBER 25	<input type="radio"/>	THURSDAY DECEMBER 21	<input type="radio"/>
SUNDAY NOVEMBER 26	<input type="radio"/>	FRIDAY DECEMBER 22	<input type="radio"/>

CHOOSE YOUR PROGRAM	PRICING	NUMBER SESSIONS	TOTAL
: ALL SESSIONS	\$630 (inc. GST)		
: TBR/OVERSEAS CAMP ATHLETE DAILY RATE	\$70 (inc. GST)		
: NON TBR MEMBER DAILY RATE	\$80 (inc. GST)		

: PAYMENT OPTIONS						a.b.n  67485148319
: Cash	Pay at Water Jump					
: Cheque	Payable to 'Team Buller' - send via mail					
: 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"/> Bankcard	<input type="radio"/> Mastercard	Amount	
	Card number					
	Card holders name		Expiry date		Signature	

Completed forms should be

1) faxed to 03 9686 2988 2) or emailed to [patto@teambuller.com](mailto:patto@teambuller.com) 3) or mailed to PO Box 33, Mt Buller, VIC 3723

## REMINDER : SSA WATERJUMP PASS

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then visit "Freestyle" page and click on "SSA Water Ramp Facility"