



## TBR:GROM - Program Goals

**TBR:GROM EXECUTION** The fundamentals of mogul skiing, all mountain and freeskiing will be taught using specialised coaching techniques as described below:

- **Groomed Technique:** Technical drills and demonstration will be applied on easy to medium grade runs in order to assist in teaching the basics of stance, balance and edging. The major focus will be split between short-turn mogul specific drills and long-radius turn/edging drills.
- **Jumping:** Jumps of varying sizes will be set up in order to teach progression in aerial ability.
- **Skill Zones:** As an introduction into moguls, basic rollers will be used to develop absorption and extension techniques while maintaining a balanced body position. Basic fall line moguls will follow once basic short-turn technique is achieved and the fundamentals of absorption and extension have been developed.
- **Natural Terrain:** Natural terrain is a great way to developed skills for both moguls and freeski technique. It trains skiers to adapt to a changing environment and be versatile in their skiing.
- **Competition:** **TBR:GROM** riders will be encouraged to compete in competition of various levels, including interschools, junior nationals, basic freeskiing and **TBR: INHOUSE** events in order to introduce them to competition in a friendly and fun environment. Developing riders who are comfortable with competitive conditions is key to success at higher levels.
- **Acrobatic Skills:** Gymnastic equipment and trampolines will be used throughout the season to develop skiers' aerial awareness. Basic spins and flips can be developed if a high enough level of aerial awareness is achieved.

**TBR:PLATFORM** Riders graduating from **TBR:GROM** will have developed the following specific technical skills known as the **TBR:PLATFORM**

- **Stance:** Strong basic stance with the ability to adjust from a freeski position into a basic mogul position with a more upright back and a larger amount of ankle flexion.
- **Balance:** Ability to balance over the outside ski in a variety of turn shapes.
- **Absorption & Extension:** Ability to maintain excellent body position through the range of absorption and extension over basic rollers.
- **Edging:** Basic ability to put the ski on edge, apply constant pressure throughout turns, complete turns and link turns together.
- **Short-turns:** Be able to make basic short-radius turns initiating the turn from the skis not with the hips or upper body.
- **Moguls:** Be able to maintain fall line moguls down a skills based course such as Chamois.

- **Mogul Jumping:** Be able to pop and execute a t-set while maintaining a central body position. **Freeskiing Jumping:** Be able to pop and execute a solid landing whilst staying balanced in the air. Have an understanding of carving and carved take off's.
- **Acrobatic Skills:** Have developed fundamental aerial awareness and technique to be able to perform balanced 360's and be progressing towards safe flipping techniques on the tramp.

On graduation from **TBR:GROM** a broader understanding of skiing will have been achieved. Skiing & acrobatic skills will have been gained that will enable riders to move into the more specialised **TBR:MOGUL & TBR:FREESKIING** programs to maximise their athletic potential, skiing aims and goals.