



In conjunction with SSA Pathway Program, Skiers Junction



Presents...

The
**Easter
Ramp
Sessions**

April 20 - 22nd
SSA Water Ramp Facility | Melbourne

register online at www.ssafutures.com

WHAT IS SSA FUTURES:

Ski & Snowboard Australia have introduced a series of athlete development and talent identification programs under the name SSA Futures. With a vision to further develop the opportunities and resources for athletes involved in the SSA athlete pathway and to engage with athletes who have shown potential, SSA Futures provides an elite sporting environment to achieve the aims as listed below.

- Increase participation in SSA Pathway Programs
- Bridge the gap between Interschools competition participation and Club Program involvement
- Introduce developing athletes to elite sport opportunities and elite sports people
- Increase knowledge of the athlete pathway, selection criteria and the various opportunities, resources and programs available to Australian snow sports athletes
- Establish a consistent and unified approach to Long Term Athlete Development
- Engage our National Team athletes in pathway initiatives
- Enhance technical ability, athleticism and competition performance while educating developing athletes in 'what it takes' to become an elite athlete
- Encourage involvement in SSA domestic ski/snowboard events

SSA Futures engages our elite, national team athletes across multiple disciplines to deliver a unique program in which participants are able to receive technical feedback, mentoring, and pathway direction from athletes who have gone through the system successfully before them. Utilising the first class training venues and facilities that our national team athletes train on and with the support of our national team athletes and head coaches, SSA aim to achieve a consistent message of Long Term Athlete Development and direct more developing athletes into pathway programs.

WHAT IS AN SSA PATHWAY PROGRAM:

The SSA Athlete Pathway relies on a variety of different sport program providers that operate at the elite, underpinning, development and grass-root level. These include a mix of institute providers, resorts, clubs, schools and commercial operators. With the recent inclusion of new winter sports to the Olympic program and the ongoing growth of some of the existing disciplines that make up the SSA Athlete Pathway, there is an increasing demand for a structured and consistent approach to sports programming. With an increasing portfolio of sports programs that operate both in Australia and overseas, SSA Pathway Program recognition seeks to formally recognise and provide support to the programs which play a vital role in the development of athletes in the pathway.



SKIERS JUNCTION:

As a recognised SSA Pathway Program, Skiers Junction operates International Free Ski camps as well as domestic training opportunities for developing athletes in Slopestyle and Halfpipe. Working alongside Team Buller Riders, skiers junction provide great coaching in a fun learning environment with access to the best facilities. Find out more information through their website, www.skiersjunction.com.



SSA FUTURES: EASTER RAMP SESSIONS

The Easter Ramp Sessions will be the first instalment of SSA Futures for 2012. Water ramping is the best way to refine your skills, become more comfortable in the air and learn new aerial tricks in a safe environment, before moving onto snow. The importance of a strong aerial skill base is essential across most skiing and snowboarding disciplines, and SSA would like to provide developing athletes in the Free Ski disciplines with the opportunity to maximise their off-snow training before the 2012 domestic winter.

The 3 day sessions, combining water ramping with sessions in trampolining, acrobatics and strength and conditioning have been designed to assist athletes in developing skills to keep up with the rapid progression that the Free Ski disciplines have seen in recent times. With the constantly increasing difficulty of tricks and physical demand on athlete's bodies, dry land training methods such as water ramping and acrobatics are the safest and quickest way to enhance aerial progression

Athletes will have the opportunity to train alongside some of Australia's best snowsport athletes who will also be utilising the facility and some of the best coaching available.

SSA Acrobatics and Strength Coach, Anthony Khoury will be coordinating the off ramp sessions, with Skiers Junction Coach Watkin McLennin and SSA Pathway Coordinator Ramone Cooper heading up the ramp Sessions.

Athletes will also be presented with the SSA Free Ski Handbook and learn about the pathways that are in place for Australian athletes, and what the Olympic qualification systems will look like for Sochi 2014.

WHEN IS IT:

The 3 day camp will commence on Friday, April 20th and run through until Sunday April 22nd.

WHO IS IT FOR:

SSA is calling for athletes to submit an application whom:

- Attended the Skiers Junction Colorado Camp in 2012; OR
- Are interested in Halfpipe and/or Slopestyle skiing, and want to improve their aerial skills and learn about strength and conditioning and the; AND
- Are between the ages of 12 and 21.

There is a maximum of 20 spots available. Please find the link to the application at the back of this document.

FACILITIES:

The SSA Water Ramp Facility hosts two Olympic sized, in-ground trampolines with bungee harnesses also available. There are a variety of water ramps, including a small, medium and large jump. The camp will operate on the trampoline set-up and the small and medium water ramps.

COACHES/ STAFF:

Ramone Cooper - Program Coordinator/ 2010 Olympic Mogul Skier

Watkin McLennin - Free Ski Coach (TBR and Skiers Junction)

Anthony Khoury - SSA Acrobatic and Strength Coach

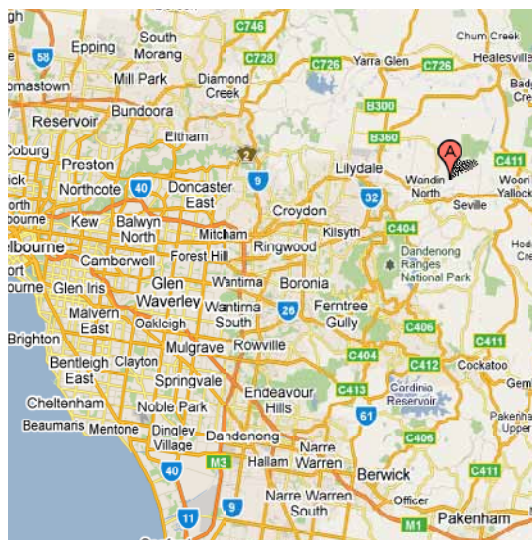
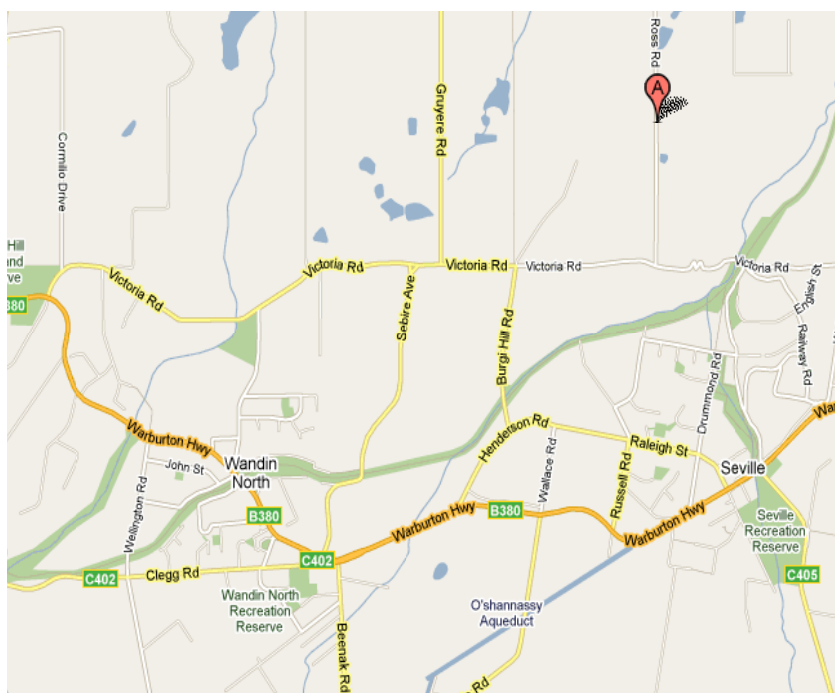
Others, TBA

WHERE IS IT:

Ski & Snowboard Australia Water Jump Park – Melbourne, Victoria

Directions (from Melbourne):

- Take the Maroondah Highway through Lillydale, then the Warburton highway turn off on the right.
- Take a left along Victoria rd and follow all the way until Ross rd (on dirt).
- The facility is located on Ross Rd, Gruyere.
- Google Maps: <http://g.co/maps/vuaxx>



DAILY SCHEDULE:

TIME:	ACTIVITY:	TIME:
9:30 AM	Assemble at the facility/ Warm up & Stretch	30 mins
10:00 AM	Session 1 begins. Group 1 – Acrobatics/ Group 2 – Water Ramps	105 mins
11:45 AM	Lunch	30 mins
12:15 PM	Session 2 begins. Group 1 – Water Ramps/ Group 2 - Acrobatics	105 mins
2: 00 PM	Review and Goal Setting/ End of the day	4.5 hrs total

LUNCH:

All athletes are to bring their own snacks, lunch and water, as the nearest shops are a 5 – 10 minute drive. On the Saturday, a BBQ lunch will be supplied.

TRANSPORT:

Transport to and from the water ramps will not be provided. It is accessible by car (not public transport). The SSA office can assist in arranging car pool options with other parents to share the driving responsibilities.

EQUIPMENT REQUIRED:

- Old skis
- Old boots
- Old ski poles
- Life jacket
- Wetsuit or Dry suit
- Helmet
- Ski straps to hold skis if they detach in water
- Towel
- Sports clothes and shoes/change of clothes



COST:

\$ 160.00 for non SSA Water Ramp Season Pass holders

\$ 60.00 If you have a current/ Valid SSA Water Ramp Season's Pass

WHAT IS INCLUDED IN THE PRICE:

- 3 - day SSA Water Ramp Pass
- Associate SSA Membership (If not already a member)
- 3 - days acrobatic coaching and use of the trampoline facilities
- 3 - days technical coaching and use of the water ramp facilities
- Goal setting and Pathway Presentation
- BBQ lunch on the Saturday

WHAT IS NOT INCLUDED:

- You will need to find your own transport to and from the facilities
- Accommodation is not provided
- You will need to bring your own food and water
- You will need to source your own equipment as listed above

HOW TO APPLY:

Please go to <http://www.ssafutures.com> OR <http://www.skiandsnowboard.org.au>, and from the homepage follow the links to the SSA Futures page. Please follow the steps as outlined once clicking the registration link, under the program brochure image.

Please Note: Registration and payment does not ensure your place on the program. Depending on the number of registrations, there will be a final selection/review of applications on Monday 9th (April). Successful applicants will be notified shortly after. All paid applications will receive a full refund in the case their application is not successful.

Please note: Applications must be submitted and paid for, **no later than Sunday 8th April.**

CONTACT:

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