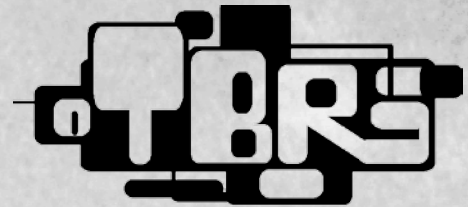


SSA
SKI & SNOWBOARD AUSTRALIA
FUTURES

IN CONJUNCTION WITH SSA PATHWAY PROGRAM,



PRESENTS...

**THE
MOGULS
RAMP
SESSIONS**

**APRIL
13TH
TO
15TH**

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.



TEAM BULLER RIDERS:

Team Buller Riders (TBR) is a recognised SSA Pathway Program, based at Mt Buller specialising in Moguls & Freeride. Operating since 1986, TBR are committed to providing athletes with the technical skiing skill set & support network to become Australia's most accomplished freestyle winter athletes. TBR's phenomenal achievements include Australia's two Olympic Aerials Gold medals (Alisa Camplin & Lydia Lassila), Australia's first X-Games Gold medal (Anna Segal), 4 World Champions, 10 Australian Olympians & too many World Cup medals to mention.

Program Aims:

- To provide passionate, skilled, qualified and proven on and off snow training platforms from which riders in the disciplines of mogul skiing & freeride skiing are able to progress to their fullest potential
- To create a professional, inclusive, understanding, fun and supportive club environment

SSA FUTURES: MOGULS RAMP SESSIONS

The Mogul 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 mogul skiing athletes 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 aerial progression that mogul skiing has 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 mogul skiing athletes (NSWIS and OWI National Teams) 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 SSA Pathway Coordinator and 2010 Olympian, Ramone Cooper heading up the ramp Sessions. Support will be provided by a host of other coaches.

Athletes will also be presented with the SSA Mogul Ski Handbook and learn about the pathways that are in place for Australian athletes.

WHEN IS IT:

The 3 day camp will commence on Friday, April 13th and run through until Sunday April 15th.

WHO IS IT FOR:

SSA is calling for athletes to submit an application who:

- Are a member of the Perisher Winter Sports Club Mogul Team; OR
- Are Interscholars competitors, looking at learning more about mogul skiing; OR
- Any athlete who is interested in Mogul skiing, and want to improve their aerial skills and learn about strength and conditioning and the; AND
- Are between the ages of 12 and 18.

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

Andrew Clark - TBR - Mogul Ski Coach

Anthony Khoury - SSA Acrobatic and Strength Coach

Hamish Cox - TBR Mogul Ski Coach

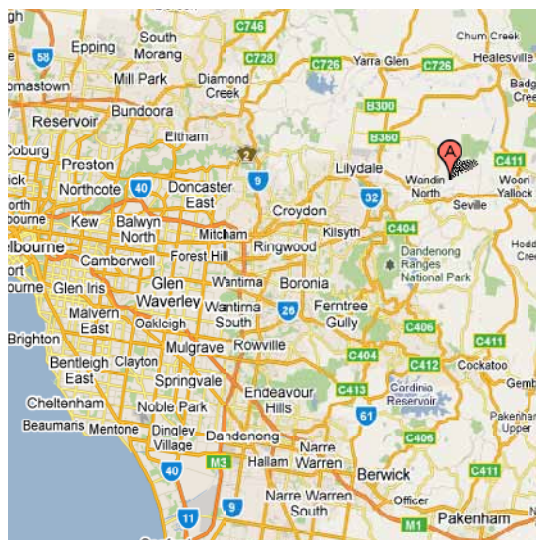
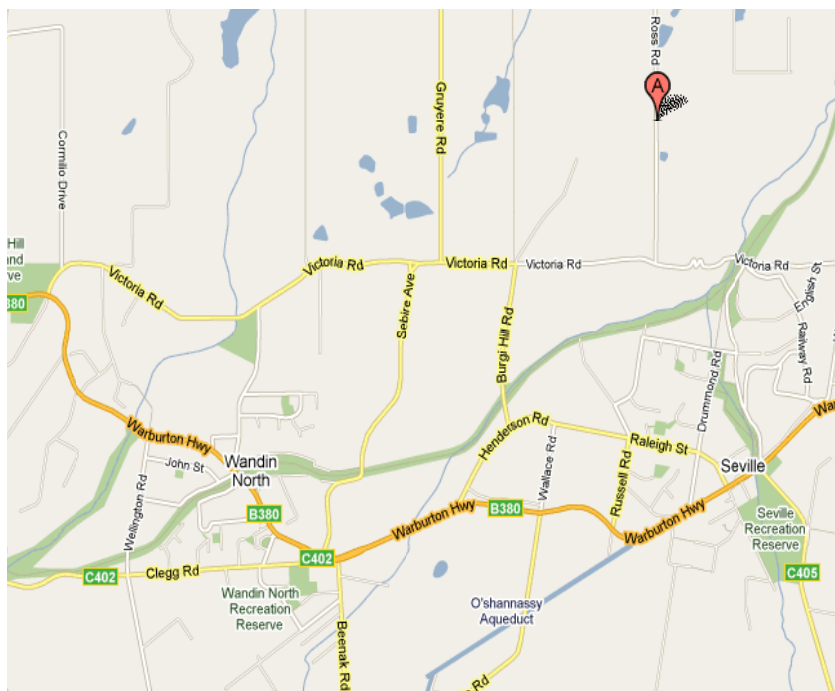
Others, TBA

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.

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

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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National Pathway Coordinator

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