



SSA SKI & SNOWBOARD AUSTRALIA FUTURES

X-COUNTRY DRYLAND SESSIONS

SESSION 1: CANBERRA
SUN: 28th APRIL

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SESSION 2: SYDNEY
SAT: 4th MAY
SUN: 5th MAY

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OPEN TO ALL CROSS COUNTRY SKIING ATHLETES WHO:

- COMPETE IN INTERSCHOOLS OR STATE EVENTS
- WANT TO LEARN NATIONAL TEAM TRAINING METHODS
- ARE BETWEEN 12 & 18 YEARS OF AGE

MORE INFO. AVAILABLE SOON FROM
SKIANDSNOWBOARD.ORG.AU

FEATURING:

- NATIONAL TEAM COACHES/ ATHLETES
- ROLLER SKIING, HILL BOUNDING, CIRCUIT TRAINING
- INFO ON: TECHNIQUE TRAINING, WINTER PLANNING, SSA ATHLETE PATHWAY

The SSA Futures: X-Country Dryland Sessions have been designed to introduce developing athletes to National Team training techniques and to outline the Australian Cross Country Skiing Athlete Pathway. Athletes will benefit from expert coaching from national level coaches and athletes. Following the Futures Camp interested athletes can consider joining the ACT or NSW Training Squads, which offer dry-land training leading into the winter and on-snow training in the July school holidays.

WHAT IS SSA FUTURES

SSA Futures is a Ski & Snowboard Australia athlete development and talent identification program. SSA Futures has a vision to further develop the opportunities and resources for athletes involved in the SSA athlete pathway. SSA Futures programs aim to:

- Bridge the gap between Interschools competition participation and involvement in seasonal SSA Pathway Programs
- Introduce developing athletes to elite sporting 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 National Team athletes and programs in pathway development initiatives
- Provide athletes with superior technical coaching and performance opportunities
- Showcase 'what it takes' to become an elite athlete
- Encourage involvement in SSA domestic ski/snowboard events

SSA Futures engages our elite, national team athletes and programs across multiple disciplines to deliver a unique program in which participants are able to receive technical coaching, mentoring, and pathway direction from athletes that have successfully gone through the pathway. Utilising the world 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 Futures aims to achieve a consistent message of Long Term Athlete Development and direct more developing athletes into pathway programs.

AUSTRALIAN CROSS COUNTRY SKIING

Cross Country Skiing has a long tradition in Australia, with the first competitors competing at the Winter Olympics in Oslo in 1952. Australia had three competitors in each of the past two Winter Olympics, in Vancouver 2010 and Torino 2006. SSA's cross country skiing athlete pathway feeds talented athletes into the state and national teams, and each year team members head overseas to compete in many different levels of competitions including World Junior and U23 Championship, Continental Cup and World Cup. In the coming years major international competitions include the 2014 Winter Olympics in Sochi, Russia; the 2015 World Championships in Falun, Sweden; and the 2016 Youth Olympic Games in Lillehammer Norway.

SSA FUTURES: X-COUNTRY DRYLAND SESSIONS

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SESSION 1: CANBERRA

SUN: 28th APRIL

WHAT IS IT:

- Introduction to rollerskiing
- Technique tips and training advice
- Hill bounding
- Strength training for cross country skiers
- Athlete pathway information

WHEN IS IT:

Sunday April 28, 9:00AM – 3:00PM

WHERE IS IT:

Canberra - Australian Institute of Sport (AIS)

WHO IS IT FOR:

- Athletes aiming to compete at Interschools or State level
- Aged between 12-18
- Maximum of 10 participants

COACHES/ STAFF:

- **Finn Marsland:** SSA Head XC Coach
- **Jackson Bursill:** National XC Ski Team
- **Alasdair Tutt:** National XC Ski Team
- **Hamish Roberts:** XC Ski Team
- Others: TBA

DRYLAND ACTIVITIES:

- Rollerskiing
- Hill bounding
- Circuit training

COST:

\$50

Included in the cost is all coaching, facility entry and usage fees and lunch at the AIS. Not included in the cost is transport and personal incidentals.

FOOD:

Lunch will be provided in the AIS athlete cafeteria.

TRANSPORT:

All participants are required to make their own way to and from the AIS.

EQUIPMENT:

- Running shoes and gym clothing
- Rollerski equipment if you have it (if not, bring inline skate or ski boots)
- Bicycle helmet (mandatory), elbow and knee pads (optional)
- Drink bottle
- XC Poles for Hill Bounding



TIME:	ACTIVITY:	TIME:
9:00 AM	Meet at Australian Institute of Sport (meeting place TBC)	30 mins
9:30 AM	Introduction to rollerskiing and rollerskiing technique session	75 mins
10:45 AM	Short break and change of gear	15 mins
11:00 AM	Introduction to hill bounding	60mins
12:00 PM	Lunch	45 mins
12:45 PM	SSA Cross Country Skiing Athlete Pathway and Videos	90 mins
1:45 PM	Warm-up and strength circuit	60 mins
2:45 PM	Ski training information and camp wrap up	30 mins
3:15 PM	Finish, pick up of athletes from AIS	

SESSION 2: SYDNEY

SAT: 4th MAY - SUN: 5th MAY

WHAT IS IT:

- Introduction to rollerskiing
- Technique tips and training advice
- Fitness and developing the correct training pattern to be a XC skier
- Hill bounding
- Strength training for cross country skiers
- Athlete pathway information

WHEN IS IT:

- Saturday 4th May – 9am to 3pm
- Sunday 5th May 9am to 3pm

WHERE IS IT:

Sydney

Day 1 Oatley Park – (end of) Douglas Haig St, Oatley 2223

Day 2 The Kings School 87-129 Pennant Hills Road North Parramatta. NSW. 2151

FACILITIES:

- Oatley Park
- The Kings School

WHO IS IT FOR:

- Athletes aiming to compete at Interschools or State level
- Aged between 12-18
- Maximum of 20 participants

COACHES/ STAFF:

- **Ben Sim** – Olympic XC Skier, 2010 Vancouver
- **Nick Grimmer** – Australian World Juniors Team Coach 2013
- **Callum Watson** – National Cross Country Ski Team
- **Lucy Glanville** – National Cross Country Ski Team, Winter Youth Olympics 2012
- **Daniel Walker** – National Biathlon Team
- **Sarah Slattery** – NSW State Team Senior Coach
- **Anthony Khoury** - SSA Strength and Acrobatics Coach

COST:

\$50 per day or **\$90** for two days

Included in the cost is all coaching, facility entry and usage fees. Not included in the cost is food, transport and personal incidentals.

FOOD:

Participants should bring lunch and a morning tea and afternoon tea snack. Plenty of drinks and hydration should also be brought. It will not be possible to purchase food or drink at the venues where the Camp is being held.

TRANSPORT:

All participants are required to make their own way to and from the Camp venues. Meeting places for each day will be advised to accepted Camp attendees.

EQUIPMENT:

- Running shoes and gym clothing
- Rollerski equipment (including ski boots) and poles or skikes if you have them. Inline skates can also be used if you don't have roller skis or skikes.
- Bicycle helmet (mandatory), elbow and knee pads (optional)
- Drink bottle
- XC poles for hill bounding



SESSION 2: SYDNEY

Continued...

Day 1		
TIME:	ACTIVITY:	TIME:
9:00 AM	Meet at Oatley Park (meeting place TBC)	15 mins
9.15am	Warm Up activities	15mins
9:30 AM	Introduction to rollerskiing and rollerskiing technique session	120mins
11:30 AM	Sport Psychology presentation	60 mins
12:30 PM	Lunch	60mins
1:30 PM	Introduction to Hill Bounding	45 mins
2:15PM	Circuit activities, XC run, Cool Down	60 mins
3:15 PM	Finish	
Day 2		
9:00 AM	Meet at The Kings School (meeting place TBC)	15 mins
9.15AM	Warm Up activities	45mins
10:00 AM	Introduction to strength and conditioning for XC skiers	90mins
11:30 AM	SSA Cross Country Skiing Athlete Pathway and Videos	60 mins
12:30 PM	Lunch	60mins
1:30 PM	Roller Skiing and roller skiing technique session	75 mins
2:45PM	Ski training information and camp wrap up	30 mins
3:15 PM	Finish, pick up from Kings School	

HOW TO APPLY:

Please go to <http://www.skiandsnowboard.org.au>, and follow the links to the SSA Futures Page (from the homepage) to the fill out the application/ registration form.

Applications must be submitted and paid for, by no later than April 20th (Canberra Session), and Tuesday 30th April (Sydney Sessions).

Please Note: Registration and payment does not ensure your place on the camp. Depending on the number of registrations, there will be a final selection/review of applications, with successful applicants being notified shortly after. All paid applications will receive a full refund in the case their application is not successful. If this event is closed for registration and you believe you meet the criteria, please email Ramone Cooper on rcooper@skiandsnowboard.org.au for a unique registration code.

CONTACT:

CANBERRA:

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