

HOTHAM SKI CROSS SESSIONS

SSA
SKI & SNOWBOARD AUSTRALIA
FUTURES



JUL 29 - 30

Featuring Olympians **Anton** Grimus, **Sami** Kennedy-Sim

Register Online at www.skiandsnowboard.org.au

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: HOTHAM SKI CROSS SESSIONS

The SSA Futures: Hotham Ski Cross Sessions is a Talent Identification/ Talent Development initiative developed by SSA with support from some of Australia's top Ski Cross athletes and coaches including, Anton Grimus, Sami Kennedy Sim and Shawn Flemming.

With an aim of identifying potential talent in the discipline of Ski Cross the sessions will also enable talent development opportunities amongst athletes who are current members of various SSA Pathway Programs or train on their own individual program. The sessions will aim to introduce athletes to 'what it takes' to become an elite athlete, the progression of skills in line with Long Term Athlete Development principals, the opportunities that are available to athletes in the pathway, as well as providing the opportunity to train alongside some of Australia's top athletes on the facilities and courses that they use.

The Ski Cross sessions will lead into the FIS ANC Ski Cross Race at Mt. Hotham, which will provide athletes the perfect platform to execute new skills learned on the program. Entries for this event can be found on the Mt. Hotham events website.

TEAM HOTHAM



Since 1972, Mount Hotham Racing Squad (MHRS - a not for profit society) has been focused on the development of alpine ski racing and ski cross. MHRS programs are designed to consistently develop the key athletic, mental, personal management and sport specific skills required for athletic success and personal growth. MHRS programs are based on a community culture and core values (community- passion – can do – respect – professionalism)

www.mhrs.org.au for more information.

WHAT IS IT:

- 2 day Ski Cross session run by Ski & Snowboard Australia
- Hosted at Mt. Hotham with support from MHRS
- Featuring Olympic and World Class coaches and athletes

INCLUDES:

- Technical Training and feedback
- Event Preparation
- Start gate training
- Side by Side race training
- Pathway discussion and Q & A Session
- Exposure to World Class Athletes and Coaches

WHO IS IT FOR:

SSA is calling for athletes to submit an application who;

- Are interested in Ski Cross
- Are between the ages 12 and 20
- Have experience in Alpine Skiing and/or Ski Cross

There is a maximum of 20 spots available, which will be allocated upon discretion of SSA and the coaching staff.

High level technical ability is not a prerequisite, however, safety for the individual and group is always the priority with these activities and as such some basic proficiency must be present in participants.

WHEN IS IT:

The 2 day sessions will commence on Tuesday 29th of July and conclude on Wednesday 30th. The Hotham FIS ANC Ski Cross event will run on the 31st July - 1st of August.

WHERE IS IT:

Mt. Hotham Ski Resort

FACILITIES:

Training will be run on the ski cross track designed for the FIS ANC races, the Hotham terrain park and the start gate.

The Off-Snow (Dry-Land) component of the program will be run at the MHRS club house.

EQUIPMENT:

- GS skis
- Helmet, Goggles, Gloves, Ski poles
- Back-protection (recommended)
- Hip protection (optional)
- Mouth guards (recommended)

COACHES/ STAFF:

Shawn Fleming - National Ski Cross Coach
Anton Grimus - 2014 Olympian - Ski Cross
Sami Kennedy- Sim - 2014 Olympian - Ski Cross

ACOM:

Accommodation will not be provided for the program. You will need to source your own accommodation.

LIFT PASS:

Lift passes are provided in the costing options on the next page.

FOOD:

All participants are required to bring their own snacks, lunch and water up to the mountain each day. After the on-snow sessions, we will break for lunch before heading to the community centre for the dry-land training component.

TRANSPORT:

Transport to and from the training facilities will not be provided. You will need to organise your own transport. If you cannot organise transport, please contact the SSA office, who may be able to assist in arranging car pool options with other attendees.

DAILY SCHEDULE:

Day 1

TIME:	ACTIVITY:
8:30 AM	Meet at MHRS Club House - Warm Up
9:00 AM	Inspect the course, learn about course features
9:30 AM	Split into Groups, training on specific terrain
11:00 AM	Groups swap terrain training
12:30 PM	Quick break
1:00 PM	Groups swap terrain training
2:30 PM	On-Snow session complete, lunch
3:30 PM	Q&A's, Pathway Discussion,
4:30 PM	Day 1 complete

Day 2

TIME:	ACTIVITY:
8:30 AM	Meet at MHRS Club House - Warm Up
9:00 AM	Start Gate Training & Training full SX Track
10:30 AM	Groups swap terrain training
12:00 PM	Quick break - Lunch
12:30 PM	Head to head race time
2:00 PM	Futures session complete

COST:

OPTION 1: Hotham Lift Ticket Inclusive.

For those that do NOT have a season ticket for Hotham
\$220.00

OPTION 2: Hotham Lift Ticket Exclusive.

For those that DO have a ticket for Hotham
\$120.00

WHAT IS INCLUDED IN THE PRICE:

- Hotham lift ticket (if applicable)
- SSA Futures Membership
- World Class Coaching
- Q&A Session/ Pathway Presentation/ Video Session

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

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.

Please note: Applications must be submitted and paid for, no later than 5:00 pm Friday, 25th, July.

CONTACT:

Ramone Cooper

Ski & Snowboard Australia
P +61 3 9696 2344|F +61 3 9696 2399
E rcooper@skiandsnowboard.org.au
W www.skiandsnowboard.org.au

