

THE
PERISHER
FREE
SKI
SESSIONS

JULY
17
TO
18

SSAA
SKI & SNOWBOARD AUSTRALIA
FUTURES



Rob Kneller Youth Foundation
Providing Opportunities



Featuring **Russ** Henshaw, **Jordan** Houghton, **Charlie** Timmins, **Johny Lipzker** and other Aussie Pro Skiers

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: PERISHER FREESKI SESSIONS

The SSA Futures: Perisher Free Ski Sessions is a Talent Identification/ Talent Development initiative developed by SSA with support from some of Australia's top Pro Free Skiers, including; Russ Henshaw Jordan Houghton, Charlie Timmins, Johny Lipzker and more.

With an aim of identifying potential talent in the discipline of Slopestyle Skiing, 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, the 2016 Winter Youth Olympic Games selection process as well as providing the opportunity to train alongside some of Australia's top athletes on the facilities and courses that they use. The Sessions, sponsored by the Rob Kneller Youth Foundation, Perisher, Skiers Junction and K2 Skis will provide plenty of give-a-ways for all.

The Free Ski sessions will run off the back of the 1st Playstation Night Slopestyle Series event on Tuesday 15th July and the Thredbo Freeride series on Saturday 19th, which provide athletes the perfect platform to execute new skills learned on the program. Entries for this event can be found on the respective resort's websites.

ROB KNELLER YOUTH FOUNDATION



The Rob Kneller youth foundation (RKYF) was established in December 2013 by Scott and Luke Kneller in loving memory of their late father.

Rob Kneller was an iconic figure in the Jindabyne community, infamous for his generosity and charismatic qualities. Rob was a snowsports enthusiast at heart and it was his love for skiing that saw him move to Jindabyne and ultimately start a family there. The Rob Kneller Youth Foundation aims to continue Rob's legacy and increase the opportunities for the youth of Jindabyne to participate and excel in snowsports.

The RKYF will generously be subsidising the cost of local Snowy Mountains youth to attend the SSA Futures: Perisher Free Ski Program. For the first 20 eligible local youth to enrol, the SSA Futures program fee will be reduced to \$50. To be eligible to receive this generous subsidy, athletes must be enrolled full time at a local primary or secondary school (Jindabyne Central School, Snowy Mountains Grammar School, Monaro High School, St Patrick's Parish School, Snowy Mountains Christian School, Cooma North Primary School, Cooma Public School, Berridale Public School, Dalgety Public School).

PERISHER WSC



Perisher's Winter Sports Club (WSC) conducts a variety of season long programs specially designed for enthusiasts to develop and progress their snow riding skills. WSC products range from introducing children three years old and up to skiing, through to coaching for elite athletes in Skier and Boarder Cross, Moguls, Halfpipe, Alpine Racing and Freeride. The WSC recruits highly qualified coaches from Australia and around the world to provide the best ski and snowboard training tuition and develop great athletes. Perisher's WSC also offers a variety of tailored shorter duration programs such as Interschools Training Camps, Masters Race Camps and Private Race Training.

No less than twenty members of the Australian Olympic Team trained and developed their skills in Perisher. All had at one time participated in Perisher's WSC programs as a pathway to their Olympic dreams.

Perisher's freeski program has seen an overhaul and new coaches look forward to the opportunity to create a fun and inspiring training environment. Athletes will grow and mature their skills and techniques as they prepare for rails, jumps and halfpipe.

Key objectives for the Freeski Team; Advance discipline specific skills; Safety in terrain features; Individual goal setting; Athlete support at weekend competitions

WHAT IS IT:

- 2 Day Free Ski Session run by Ski & Snowboard Australia
- Hosted at Perisher and Action Sports Training in Jindabyne
- Featuring World Class coaches, athletes and mentors

INCLUDES:

- Technical Training and feedback
- Event Preparation
- Trampoline and Acrobatics Training
- Pathway discussion and Q & A Session
- Exposure to World Class Athletes and Coaches
- Give-a-ways from K2 Skis and more...

WHEN IS IT:

The 2 day sessions will commence on Thursday July 17 and conclude on Friday, July 18.

WHERE IS IT:

Perisher Ski Resort, NSW, Australia
Jindabyne Sport and Recreation Centre, Jindabyne, NSW

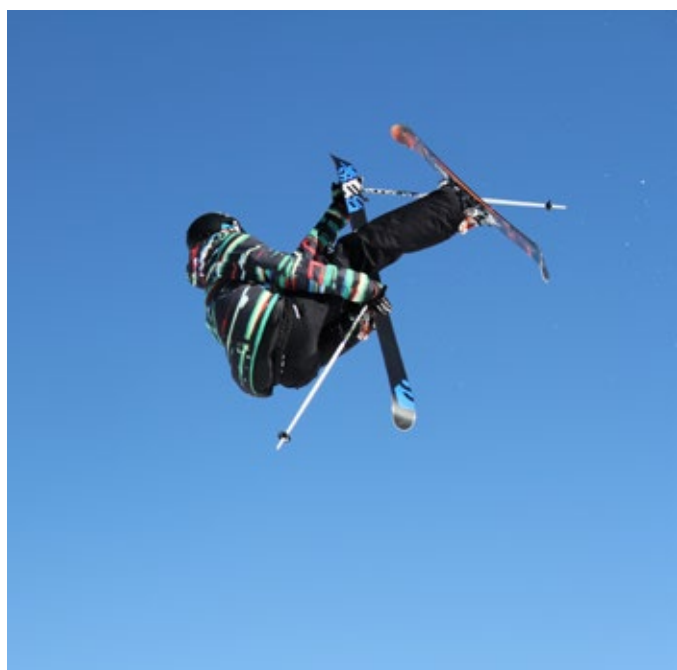
FACILITIES:

The On-Snow component of the sessions will take place on the Perisher Slopestyle Course.

The Off-Snow (Dry-Land) component of the program will be run at the Jindabyne Sport and Rec Centre at the Action Sports Training facility. The facility boasts a full acrobatic and trampoline facility.

EQUIPMENT:

- Park Skis
- Helmet, Goggles, Gloves, Ski poles
- Back-protection (optional)
- Mouth guards (recommended)



WHO IS IT FOR:

SSA is calling for athletes to submit an application who;

- Are interested in Slopestyle Skiing
- Are between the ages 12 and 20
- Have experience in riding the Terrain Park

There is a maximum of 30 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.

COACHES/ STAFF:

Ramone Cooper - Program Manager
Russ Henshaw - 2014 Olympian - Slopestyle
Jordan Houghton - National Team Member
Charlie Timmins - National Team Member
Johny Lipzker - TBR Free Ski Coach

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:

(Approximate Schedule)

DAY 1

TIME:	ACTIVITY:	TIME:
9:00 AM	Meet at Perisher Front Valley (Look for SSA Futures Banner)	15 mins
9:15 AM	Inspect the course, learn about course features	15 mins
9:30 AM	Split into 3 Groups, training on specific terrain	60 mins
10:30 AM	Groups swap terrain training	60 mins
11:30 AM	Lunch break	30 mins
12:30 PM	Groups swap terrain training	120 mins
2:30 PM	On-Snow session complete	
2:30 PM	Q&A's, Pathway Presentation, Olympic Criteria Place TBD	60 mins
3:35 PM	Day 1 Complete	

DAY 2

TIME:	ACTIVITY:	TIME:
9:00 AM	Meet at Perisher Front Valley (Look for SSA Futures Banner)	15 mins
9:15 AM	Inspect the course, learn about course features	15 mins
9:30 AM	Split into 3 Groups, training on specific terrain	60 mins
10:30 AM	Train Full Course and dial in competition run	90 mins
12:00 PM	Slopestyle Training and Futures Competition	60 mins
2:15 PM	Trampoline Session - Jindabyne	90 mins
3:45 PM	Futures Camp Complete	



COST:

SNOWY MOUNTAINS LOCAL YOUTH:

For the first 20 eligible applicants ONLY. Includes lift ticket (if required).

\$50.00

OPTION 1: Perisher Lift Ticket Inclusive.

For those that do NOT have a season ticket for Perisher

\$220.00

OPTION 2: Perisher Lift Ticket Exclusive.

For those that DO have a ticket for Perisher

\$150.00

WHAT IS INCLUDED IN THE PRICE:

- Perisher lift ticket (if applicable)
- Associate SSA Futures Membership
- Acrobatic/ Trampoline Use
- Futures Competition
- 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 11th July.

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 on Monday 15th July. Successful applicants will be 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 for a unique registration code.

CONTACT:

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