

# SSAA SKI & SNOWBOARD AUSTRALIA FUTURES

# SYDNEY DRYLAND SESSIONS



## SESSION 1: MAY 19TH

ACRO/ TRAMP +  
FITNESS

**OPEN TO ALL ATHLETES:**  
ALPINE SKIING, SNOWBOARD,  
FREESTYLE SKIING, XC SKIING

**TARGETING:**  
CLUB PROGRAM ATHLETES AND  
INTERSCHOOLS ATHLETES

## SESSION 2: MAY 26TH

ACRO/ TRAMP +  
MONSTER SKATE SESSION

REGISTER ONLINE AT: [SKIANDSNOWBOARD.ORG.AU](http://SKIANDSNOWBOARD.ORG.AU)

## HIGHLIGHTS

TRAMPOLINE & ACROBATICS AT **SYDNEY OLYMPIC PARK**  
SKATE SESSION AT **MONSTER SKATE PARK**  
FEATURING: **NATIONAL TEAM ATHLETES AND COACHES**  
+MUCH MORE

## 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.

## SSA FUTURES: SYDNEY DRY-LAND SESSIONS

The Sydney Dry-land Sessions will be the third instalment of SSA Futures for 2013. Involving two separate, unique programs the sessions will be run over two consecutive weekends, with athletes able to participate in as many of the sessions as they like. The program has been designed to offer athletes across all snowsports disciplines the opportunity to develop their acrobatic skills, aerial and body awareness and strength and conditioning programming, through a series of fun and engaging sessions. SSA Strength and Acrobatics Coach, Anthony Khoury will be coordinating the program, with assistance from National Team athletes.

### SESSION 1 (MAY 19):

#### Alternative Acrobatics

For this alternative acrobatics session, athletes will take a look at other forms of acrobatic training, including Parkour and Circus arts. Athletes will learn to manipulate movement and body control, explore the art of free running and taste what makes people run away and join the circus.

#### X-Fit

In this session, athletes will participate in a range of different activities and games, as well as X-Fit. X-fit is a strength and conditioning program that builds strength and increases endurance while working on weaknesses using functional movements combined into high intensity, varied workouts. Participants are asked to bring appropriate gym attire and a drink bottle.

### SESSION 2 (MAY 26):

#### Acrobatics and Trampoline Session

In this session, can try and push your acrobatic skills to the next level in a safe and progressive environment. Participants will be led through a series of skills, drills and trampoline progressions which aim to target body and spatial awareness as well as ski and snowboard trick progression. Participants are asked meet in the Foyer 10 minutes before start time and to bring appropriate gym attire and a drink bottle.

#### Monster Skate Park

Skiers: Inline skating | Snowboarders: Skate board

The skate session will provide athletes with opportunity to learn new skills, master tricks and gain experience in varied planes of movement. Emphasis will be on increasing body and spatial awareness and coordination in a fun, safe and varied environment. Participants are asked to arrive at the Monster Skate Park at least 10 minutes before the session is to commence. SSA Strength and Acrobatic Coach, Anthony Khoury will be there to greet you in the main foyer. Look out for the SSA Futures Banner. Please make sure that you bring your skateboard/ inline skates and a helmet. If you do not have a board/skates or a helmet, these are available for hire at the Monster Skate Park.

## DAILY SCHEDULE:

Date:	Time:	Activity:	Location:	Equipment:	Cost:	
19th	10:45am	Arrival	Sydney Olympic Park	Gym clothes, shoes, socks, drink bottle	\$50	
	11:00am - 1:00pm	ACRO	Sydney Olympic Park			
	1:00pm - 2:00pm	Lunch	Sydney Olympic Park			Athletes to bring their own lunch and snacks
	2:00pm - 4:00pm	Fitness	Sydney Olympic Park			Gym clothes, shoes, socks, drink bottle
26th	10:45am	Arrival	Sydney Olympic Park	Gym clothes, shoes, socks, drink bottle	\$50	
	11:00am - 1:00pm	ACRO	Sydney Olympic Park			
	1:00pm - 2:00pm	Lunch	Sydney Olympic Park			Athletes to bring their own lunch and snacks
	2:00pm - 4:00pm	SKATE	Monster Skate Park			Helmet, Inline Skates or Skateboard
<b>Sessions cost \$50 Per Day or \$90 for both</b>						

## WHO IS IT FOR:

SSA is calling for applications specifically from SSA Pathway Programs; **PWSC, TSRC, TSC, AUSMSA** and Interschools competitors, however we encourage any interested competitive snowsports athletes in Alpine, Cross Country, Freestyle, Snowboard who are interested in expanding their skill set to apply. There is a maximum of 20 spots available per session, allocated on a first in first served basis.

## WHERE/ WHEN IS IT:

### Session 1/ Sunday 19th May:

[Sydney Aquatic Centre and Sports Centre:](#)  
Olympic Boulevard Sydney Olympic Park NSW 2127

### Session 2/ Sunday 26th May:

[Sydney Aquatic Centre and Sports Centre:](#)  
Olympic Boulevard Sydney Olympic Park NSW 2127  
[Monster Skate Park:](#)  
Grand Parade, Sydney Olympic Park NSW 2127

Please see: <http://www.sydneyolympicpark.com.au/maps> for more details on how to get to the venues.

## COST:

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

**Session 1 Only: \$50**

**Session 2 Only : \$50**

**BOTH Sessions 1&2: \$90**

## COACHES/ STAFF:

**Anthony Khoury:** SSA Acrobatic and Strength Coach

**Dani Scott:** National Aerial Skiing Team

**Renee McElduff:** National Aerial Skiing Team

**Eliza Graham:** Perisher Freestyle Team Coach

**Sami Sim:** National Ski Cross Team

**Jarryd Hughes:** National Snowboard Cross Team

## FOOD:

All participants are required to bring their own lunch, drink and snacks.

## TRANSPORT:

All participants are required to make their own way to and from each venue. There will be no traveling in between sessions.

## 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.

## CONTACT:

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