

THE HOTHAM SBX SESSIONS

SSA
SKI & SNOWBOARD AUSTRALIA
FUTURES



SKI & SNOWBOARD AUSTRALIA

XTM
PERFORMANCE SNOWGEAR

HOTHAM
Aim Higher

KNELLER

Santner
EST. 1987
HMY

AUG 3-4 SSA FUTURES
AUG 4-7 ANC FIS RACES

Featuring **Jarryd** Hughes, **Alex** Chumpy Pullin, **Belle** Brockhoff, **Cam** Bolton & National Team Coaches

Register Online at www.hotham.com.au/events

WHAT IS SSA FUTURES:

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

- 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 athlete development
- Engage National Team athletes and programs in pathway development initiatives
- Provide athletes with superior technical coaching and performance opportunities
- Encourage involvement in SSA domestic ski/snowboard events
- Bridge the gap between Interschools competition participation and involvement in seasonal SSA Pathway Programs

SSA FUTURES: HOTHAM SBX SESSIONS

The SSA Futures: Mt Hotham SBX Festival is a Talent Identification (TID) initiative by SSA with support from the OWIA and NSWIS Athletes and Coaches. The program is designed to lead into the FIS ANC SBX Races which follow immediately after the program concludes.

With an aim of identifying potential talent in the discipline of SBX, the sessions will also enable talent development opportunities for athletes who are current members of the various SSA Pathway Programs. The sessions will aim to introduce athletes to 'what it takes' to become an elite athlete, as well as providing the opportunity to train alongside our OWIA and NSWIS athletes on the facilities and courses that they use.

ON SNOW ACTIVITIES

Participants will be guided through some of the technical and tactical elements of effective starting, jumping and technical snowboarding. There will also be race courses for line and head-to-head tactics, technical straight sections; including roller-packs, box-rollers, step-ups, step-downs (features will be snow dependent). Participants will have the opportunity to put their skills to the test on the final day in the official training of the FIS SBX ANC Series event.

OFF SNOW ACTIVITIES

Off snow activities will include an introduction to: tactical approaches to course inspections and competition planning/mental skills. There will also be the opportunity to participate in a video session and discussion with current Olympic Winter Institute, National SBX team members/coaches and gain a greater understanding of the SBX pathway and what it takes to achieve success on the domestic and world stage.

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 be generously subsidising the cost of local Snowy Mountains youth to attend the SSA Futures: Mt Hotham SBX Sessions. For the first 15 eligible local Snowy Mountains 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).



WHAT IS IT:

- 2 Day SBX Session run by Ski & Snowboard Australia
- Hosted at Mt.Hotham with support from Mt Hotham Events Department
- Featuring Olympic and World Class coaches & athletes

INCLUDES

- Technical Training
- Jump Training
- Start Gate Training
- Side by Side Racing
- Educational and Motivational speeches
- Tactical/ Competition Preparation
- Board Testing and Equipment Setup education

WHEN IS IT:

- August 3-4: SSA FUTURES
- August 4-7: FIS ANC SBX Race Series

WHERE IS IT:

Mt Hotham, Victoria

FACILITIES:

The On-Snow component of the sessions will take place at Mt Hotham on a specifically designed course with input from World Champion and HOTHAM Ambassador, Alex 'Chumpy' Pullin.

Training will be run on the start gate, and upper features of the SBX track at Mt Hotham and various flat-medium groomed terrain for developing solid technical and SBX specific skills, potential for some off-groomed riding for overall skill development (snow cover dependent).

EQUIPMENT:

- Freestyle Board or SBX Specific Race Board (recommended)
- Helmet, Goggles, Gloves,
- Back-protection/ mouth Guard (recommended)
- Hip protection (optional)



WHO IS IT FOR:

SSA is calling for athletes to submit an application who;

- Are interested in SBX
- Are between the ages 10 and 18
- Are advanced Boarders

There is a limited number of 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 so some basic proficiency must be present in participants.

COACHES/ STAFF:

Ben Wordsworth – Head Snowboard Coach
Harald Benselin – Assistant Snowboard Coach
Alex 'Chumpy' Pullin – 2 x World Champion/ 2 x Olympian
Belle Brockhoff – World Cup Winner, 2014 Olympian - SBX
Cameron Bolton – 2014 Olympian - SBX
Jarryd Hughes - X-Games Gold Medallist
SSA Pathway Program Head Coaches
NSWIS Athletes - Matt Thomas, Georgia Baff, Adam Dickson, Adam Lambert, Ellise Turner, Alex Dickson

ACCOMMODATION:

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

LIFT PASS:

Lift passes available for purchase during online registration.

FOOD:

All participants are required to bring their own snacks, lunch and water up to the mountain each day.

TRANSPORT:

Transport to and from the training facilities at Hotham 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



APPROX. DAILY SCHEDULE:

DAY 1

TIME:	ACTIVITY:
9:00 AM	Meet outside MHRS Club House/ Warm-up
9:15 AM	Split into groups, training on specific terrain
10:45 AM	Groups swap terrain training
12:15 PM	Lunch break
1:00 PM	<ul style="list-style-type: none">• SBX course inspection and slipping• Discuss the importance of course inspection and course memory• Outline the process that national team riders exercise before they run a new course• Training on specific Course Features
3:00 PM	On-Snow session complete
3:15 PM	Question time for coaches and national team athletes
4:00 PM	Day 1 Complete

DAY 2

TIME:	ACTIVITY:
9:00 AM	Meet outside MHRS Club House/ Warm-up
9:15 AM	<ul style="list-style-type: none">• Event day preparation• Warmup/ inspection Training on specific Course Features with a focus on: <ul style="list-style-type: none">• Line• Tucking• Starting gate choice• Time trial strategy• Board Testing/ Equipment set-up
12:00 PM	Lunch/ End of Futures Camp
1:00 PM	Official Training for the FIS ANC SBX Event

COST:

PARTICIPANT FEE: \$150.00

SNOWY MOUNTAINS LOCAL YOUTH: \$50.00

Thanks to the RKYF the first 15 eligible applicants will receive a discounted Futures registration fee. The discount will be rebated to eligible participants once registration is confirmed.

WHAT IS INCLUDED IN THE PRICE:

- World Class Coaching
- Training Sessions
- Access to facilities and race courses
- Q&A Session/ Pathway Presentation/ Video Session
-

WHAT IS NOT INCLUDED:

- Lift ticket - available to purchase through Online registration process.
- Transport
- Accommodation
- 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 'Pathway' tab) to be directed to the application/ registration form.

Please note: Applications must be submitted and paid for, no later than Sunday 24th, July.

CONTACT:

Annie McCormack

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

