



Dryland - Term 4, 2017

The 2017 Dryland program aims to provide a high performance platform in which we support athletes from as early as 10 years old through to late teens. We start with movement literacy to teach athletes to perform fundamental movement skills like hopping, skipping, jumping, landing and accelerating.

The program progresses to allow more advanced athletes to handle stressors a ski racer would be exposed to, such as axial loading. The movement literacy program advances the athletes skills into a gym setting focussing on weight lifting movements under close supervision. This progresses the athlete into power lifting and olympic lifting movements, that have a strong transfer to on snow performance. These programs have an emphasis on the prevention of typical injuries ski racer’s experiences, such as ACL ruptures and shoulder dislocations.

Snow Performance has an emphasis on smaller group sessions to make sure each athlete gets the appropriate attention and progression that is required to excel.

Suggested timetable

	Sunday	Monday	Tuesday	Wednesday	Tuesday	Friday	Saturday
9am	Group 1						
10am	Group 2						
11am	Group 3						
12pm	Group 4						
4:00pm		Group 5		Group 5			
4:45pm		Group 6		Group 2		Group 6	

Group Descriptions

	Description	Ages	Training Frequency	Training times	Availability
Group 1	Designed for athletes with little experience with dryland or gym and that can only train once per week. We will cover fundamental movements incorporating mobility, stability, basic speed and jump/landing mechanics. We will also familiarise the athlete with SSA testing protocols.	U12 & U14	1	9 am Sunday	6 spots available
Group 4			1	12pm Sunday	6 spots available
Group 2	Designed for athletes with at least 1 year gym experience or previous work with Snow Performance who wish to train once or twice a week. We will cover fundamental movements incorporating mobility, stability, basic speed and jump/landing mechanics. We will also familiarise the athlete with SSA testing protocols.	U12 & U14	2	10am Sunday 4:45pm Wednesday	1 spot available
Group 3			1	11am Sunday	2 spots available
Group 5		U14	2	4pm Monday 4pm Wednesday	3 spots available
Group 6	Designed for athletes with at least 1 year gym experience or previous work with Snow Performance who wish to train twice a week. Progressions from the foundation strength program to more advanced barbell lifts including the Barbell Back Squat, Bench Press and Deadlift. This program also sets foundations for more advanced weightlifting (Olympic) movements such as the Clean and Jerk and the Snatch.	U16/FIS	2	4:45pm Monday 4:45pm Friday	3 spots available

More information

- Groups are limited to 6 spots
- Weekend sessions will be 60 minutes and mid week sessions will be 45 minutes
- Fees are \$25 per session and are billed for the term unless otherwise stated
- If you have a group of at least 3 and no more than 6 and express interest in other weekend or morning sessions this can also be arranged
- Athletes outside of Mt Buller race club are welcome to join!
- Spots available are as of the 4th of October and are subject to change
- First session begins October 9th (unless otherwise notified) and continues until the end of term 4
- More training sessions may be made available for small groups of athletes that do not fit into the proposed time table

To secure a spot for Term 4 Dryland or for more information please email Rhys at rhys@snowperformance.com.au or 0428919330