



2023 MBRC Program Document



Presidents Welcome:

Welcome to our 2023 Winter Program!

What a fantastic Winter 2022 Season we have had! Our core full and part time programs were fully subscribed and with the excellent snow conditions we were able to offer pre and post season training in the school holidays (June and September). Our athletes competed across the Tasman in the Cardona FIS Alpine series, the Snow Australia Boarder Cross futures in Mt Hotham, and the Snow Australia National Alpine Children's Carnival in Thredbo. MBRC also hosted a leg of the inaugural Snow Australia's FIS Junior Snowboard series.

We continue to develop the club, facilities, and programs to support our athletes. With some great feedback from our members, and the retirement of Sue Anthony as Program Administrator, we are bolstering our Senior Leadership team and have commenced the recruitment process for a General Manager, and key Alpine and Snowboard leadership positions. This aligns to the clubs' strategic objectives.

On behalf of the MBRC Committee we would like to thank you for enquiring about our programs. We look forward to welcoming back our existing members and are very excited to meet our new members in 2023!



MBRC Sponsors

MBRC thank and greatly appreciate the long-term contribution that all our sponsors and program partners have made to the successful operation of the club.

The latest generation of red Karbon jackets are excellent quality, look fantastic and provides for a perfect background for the embroidered corporate logos of our major sponsors and program partners; Mt Buller, Adams Estate Agents, Mr Trampoline and Whispir. This is the second year of the jacket sponsorship program and continues to look very sharp at races and around the mountain as it is worn with pride by the athletes as they represent all that is the Mt Buller Race Club. Last Frontier Heli Skiing now support the Master's program and XTM sponsors the clubhouse and newly named MBRC/XTM High Performance Center. A great number of minor sponsors contribute across many areas and can all be found on our website under Sponsorship.

Any enquiries about future sponsorship can be directed to our office:
info@mtbullerraceclub.com.au

The Whispir logo consists of the word 'whispir' in a white, lowercase, sans-serif font, centered within a dark rectangular background.The MR Trampoline logo features the text '+ MR TRAMPOLINE' in a bold, dark blue, sans-serif font, enclosed within a thin dark blue rectangular border.The Adams Estate Agents logo displays the word 'adams.' in a large, bold, black, sans-serif font, with 'ESTATE AGENTS' in a smaller, all-caps, black, sans-serif font directly below it.

Vision

To be the best ski and snowboard race program in the nation



Mission

To provide our athletes with continuous development in pursuit of excellence in sport and life



Values

Athlete Development and Performance

- Technical, physical and psychological
- Commitment, resilience and discipline
- Providing a safe environment

Community

- Teamwork, focusing on the best interests of the group and club participation
- Stakeholder engagement

Respect

- Individual, Club and Mt Buller
- Sportsmanship
- Integrity

Sustainability

- Financial
- Staff
- Facilities

Committee

MBRC is proud to have enthusiastic committee members who provide a link between parents and operational program staff and represent the parents in the decision-making process of the club. The list of committee members can be found on the MBRC website:

<https://www.mtbullerraceclub.com.au/about/committee>

MBRC Uniform



For 2023 MBRC will require all athletes to have a red jacket from Karbon that displays the current program partners and sponsors; Mt Buller, Adams Estate Agents, Mr Trampoline, Whispir. New jackets can be purchased through the MBRC Shop on the website.

<https://www.mtbullerraceclub.com.au/shop>

Jackets can be picked up from the MBRC/XTM High Performance Centre Club House from the opening weekend onwards. To ensure the correct fit, refer to the Karbon sizing chart on the shop to order the correct fit as exchanges may not be possible.

Other Outerwear

Black soft shell, black raincoat and beanie are all additional and optional uniform items and can also be purchased through the shop. During program times all MBRC members must wear any of the following:

- MBRC Red club jacket (compulsory purchase)
- MBRC Black soft shell
- MBRC black raincoat (only during wet weather)
- Black pants
- Race suit (not for snowboarders and younger age athletes)
- Training shorts
- Back brace
- FIS approved hard eared helmets must be worn by Alpine athletes
- Red MBRC jacket for podium medal presentation

For more information go to the equipment guidelines:

<https://www.mtbullerraceclub.com.au/resources/equipment-recommendations>



2023 Member Information

Key Club Race Events:

The MBRC calendar will be communicated when Snow Australia and Mt Buller confirm their 2023 events and will be posted in the Race Training Program (RTP) at the start of Term 2 2023.

This will include off mountain races, pre-season and spring camps offered by MBRC at Mt Buller.

The key club race events for 2023 include: -

King Of the Mountain Club Race - A three-race series including

- Giant Slalom
- Ski and Boarder Cross and
- Parallel Giant Slalom for Ski and Snowboard (All ages)

Children's Carnival Snow Australia Race - Skiing event for selected u14/16 including Giant Slalom, Ski Cross and Slalom.

Jnr SBX - Snow Australia Race - Snowboard event for selected FIS athletes

Karbon Buller Cup Club Race - Giant Slalom for Ski and Snowboard (All ages)

All MBRC members* have free entry to club races and **must enter these and other races** via the race notice for each event. Club races include the Karbon Buller Cup, and the King of the Mountain races.

(*Masters/Social members are excluded from participating in the the King of the Mountain races)



2023 Member Information

Key Social Events:

Members Information Evening : An update and overview of the coming season and a chance for our members to catch up, ask questions, meet the committee, staff and sponsors of the club. Term 2 2023 – Date/Place TBC

Opening Weekend BBQ: This weekend marks the start of the snow season and the first time for most to do some turns since last season. The clubhouse will be open for members to collect uniform, ask questions and enjoy one another's company over a BBQ lunch. Monday 12th June 2023 at the MBRC Clubhouse

Welcome Drinks: The MBRC Committee invite all parents to attend and informal social occasion on Saturday evening. This is a great opportunity for new members to get involved with the club, enjoy some light snacks and drinks and help celebrate the start of the program. Saturday 1st July 2023 at The Whit , Mt Buller

End Of Season Athlete Awards and Break Up BBQ Term 3 – Date/Place TBC



MBRC Programs - Choosing the right program



MBRC Age Categories 2023

MBRC groups are in accordance to years of birth as opposed to school years and reflects the international age categories for racing. Therefore our club and inter club races are categorized by the year of birth and not by school year level as is done in interschools.

Snowboard: Both weekend and full time

Grom 0	YOB 2013 / 2014
Grom 1	YOB 2011 / 2012
Grom 2	YOB 2009 / 2010
FIS	YOB 2008 +

Alpine: Both weekend and full time

U10	YOB 2014 / 2015
U12	YOB 2012 / 2013
U14	YOB 2010 / 2011
U16	YOB 2008 / 2009
U19	YOB 2005 / 2006 / 2007
FIS	YOB 2005 +

MBRC Daily Schedule – All groups

8.30am - 12pm	Morning training
12pm - 1.30pm	Lunch at home
1.30pm - 4pm	Afternoon training

MBRC can provide extensive assistance for our members and draw on our own combined years of experience, local knowledge and the resources of Snow Australia to provide you with advice and relevant information. To help you decide choosing the right program for your child, please consider the following.

- Consider a **full-time program** at a younger age (8-14yrs) when education plays a lesser role than it does in later years. Time spent on snow in the younger years are most critical to establishing correct fundamentals and skills as well as developing strong friendships and experiences, especially if snow sports is the main sport of choice.
- **Weekend programs** during the last years at school combined with extra training blocks can easily co-exist with increase demand for your study and keeps athletes active and staying in touch with your friends, the club and snow until the time when you have more time to return to an increased training load.
- We strongly encourage you to speak contact the MBRC Program Director for advice when making decisions about the right program for your child.

Physical Literacy

Physical literacy involves holistic lifelong learning through movement and physical activity. It delivers physical, psychological, social and cognitive health and wellbeing benefits. MBRC will continue delivering topics of physical literacy to all athletes and this season will in part be covered during scheduled events over the first week of the program during school holidays and at other times during the season.

Additionally, athletes will be educated on the importance of good nutritional and health decisions and will be encouraged to drink and bring water to training, have healthy snacks to sustain being in an outdoor environment and get enough rest to enable participation in a demanding sport.

Physical

MBRC provides online Zoom Dryland sessions for all age groups throughout Terms 1,2 and 4. All MBRC Athletes are encouraged to participate in weekly sessions to gain knowledge, improve fitness and wellbeing with the aim of lifting on-snow performance and avoid injury.

During the season, Full time athletes attend regular weekly dry land training sessions and Weekend athletes attend dry land training when weather does not permit on snow activity.

All participants need good quality running shoes, athletic clothing and a water bottle when attending any dry land training.

The focus of Physical training has moved away from testing to reach benchmarks, to a focus on correct movements and education with testing as a means of comparing individual improvement.

Psychological

All members will have the opportunity to attend programmed Sports Psychology sessions during the season. Sessions are tailored to the age and experience of the athletes. Sports psychologist Susi Martin has a long history with the club and will be based full time on the mountain to deliver programmed group sessions and is also available privately on request.

Social

Athletes will be involved in a discussion on what it is to be part of Mt Buller Race Club and the greater community.

How athletes behave in a group and individually with each other is extremely important for reasons of inclusiveness and being part of a team.

Cognitive

The development of knowledge and understanding required for movement and physical activity in skiing and Snowboarding mostly occurs on the snow. Whenever possible this is also developed off snow in a classroom environment where tools such as video, written literature and drawings are used.



MBRC Policies

At MBRC we encourage athletes to develop their skills in a safe and enjoyable manner. All athletes are expected to:

- Communicate with the coaches positively on all aspects of the program plan
- Wear team uniform with pride during training
- Behave in a fashion that brings credit to themselves, the team and program
- Show respect for fellow athletes, other coaches, parents, officials and members of the Mt Buller community.

The MBRC website contains our rules, codes of conduct, policies and terms and conditions.

Concussion Policy

Concussion and head injuries are a serious injury that unfortunately occur within the industry. MBRC take the health and wellbeing of our athletes seriously, and ensure information is provided to parents and athletes as well as support where we can in the event of a concussion or head injury. The medical responsibility of athletes ultimately rests with parents/guardians.

All athletes for the 2023 season will be required to sign a waiver stating that they understand the nature and risk of concussion and head injury and agree that in the event of a concussion or head injury, the athlete will not return to MBRC until they have received written clearance from a qualified medical practitioner trained in the evaluation and management of concussion and head injuries.

The reality is that your child may miss training and returning to snow while they recover. If training is missed due to concussion, MBRC will endeavour to offer replacement training at a time that MBRC is offering normal training in the regular season or during confirmed pre or post season training. There will be no refund available due to concussion or any other injury. We recommend that you consider insurance to provide cover if a concussion or other injury results in your child missing training.

Alpine and Snowboard Seasonal Programs

- This season the Mt Buller Race Club program will operate for an extra weekend that is positioned between the Victorian and Australian
- Interschools. (No MBRC programs August 21st - 27th August due to Victorian Interschools)
- School holidays 14 days from 24th June - 9th July and every weekend until 3rd September 2023 (except Interschool Weekend of 26th & 27th August)
- Each athlete/group has two days off snow during the school holidays to give effective rest over this busy training period
- An additional day of Physical Literacy will also be scheduled in the school holidays to all programs and will comprise of two off snow sessions
- All scheduled days are subject to confirmation of participant numbers and will be confirmed on the Mt Buller Race Club Website when the joint Race Training Program "RTP"/calendar has been finalised April 2023.

All Weekend Age Groups – Alpine and Snowboard

- Free ski, Technical and Race training program
 - School holidays 14 days from 24th June - 9th July
 - Term 3 Weekends finishing 3rd September 2023 (not including Interschools weekend 26th and 27th August)
- Price: \$4,590**

All Full Time Age Groups – Alpine and Snowboard

- Free ski/free ride, Technical and Race training program
 - School holidays 14 days from 24th June - 9th July, midweek mornings and all-day Sunday
 - Term 3 Midweek mornings starting July 13th and then each Sunday, finishing 3rd September 2022 (not including Interschools Monday 21st – 27th August)
- Price: \$6,270**

FIS Performance – Alpine Only

- Technical and race program specialising in GS, SL and SX
 - FIS and Snow Australia membership required
 - Program will be a combined Weekend and Fulltime program
 - Athletes can sign up as a Full time or Weekend athlete and program dates/days will be modified based on the number of athletes in program.
- Price: \$6,270 - Full time & \$4,590 – Weekend**

Ski Cross Friday Program – Alpine U10, U12, U14 & U16 Only

- Specialized ski cross training
 - Must be signed up to a weekend program to participate Starting July 14th and every Friday until 1st September (not including Interschools Friday 25th August) - 7 Fridays total
- Price: \$890 (Plus weekend \$4,590 = \$5,480)**

MBRC Additional Program Opportunities

Off Mountain Racing:

MBRC Athletes attend off mountain domestic Snow Australia races to compete against athletes from other clubs and countries. These races include; The Australian New Zealand Cup (ANC) Snowboard Cross and Ski Cross Series (Mt Hotham), The FIS Junior Snowboard Cross Races and the FIS Alpine National and Junior Championships Giant Slalom and Slalom (Perisher).

Off mountain races other than interschools are fully supported by the club and coaches and would incur additional costs above what the normal program costs are.

Additional costs would be;

- Daily coaching charge of \$110 (unless the race day occurs in the core program day)
- Shared costs associated with providing the coaches and athletes at the event such as accommodation, travel expenses, meals and allowances etc - payable to MBRC
- Entry to the event and lift tickets - payable to the host mountain and race club
- Your own accommodation and travel to and from the event unless organized by MBRC
- Appropriate level of membership to Snow Australia

More details, costs and expressions of interest will become available when the 2023 calendar and race notice is released.



Dry Land Training

Physical training is very important to support the demands of snow sports training and racing. MBRC has committed great resources in developing off season training over many years and will continue to make this offering during terms 1,2 and 4 of 2023 through the Sunday Sessions. The younger athletes will enjoy the fun and activity based "Skill Acquisition" sessions held at Burnley Park in Melbourne while the older athletes explore the benefits of working out with correct form with the "Gym Introduction and Development" session.



Masters & Social Memberships

Masters Saturday – Alpine and Snowboard

- Free ride, technical and introductory race training program
- Starting Saturday 1st July and every Saturday morning until 19th August
- 8 Saturday mornings in total

Price: \$1,120

Masters Friday – Alpine Only

- Free ride, Technical and Introductory race training program
- Starting July 14th and every Friday morning until 1st September (not including Interschools Friday 25th August) - 7 Friday mornings total

Price: \$1,020



Social Membership

- Open to those who have previously been a MBRC participant member or a parent/guardian of a MBRC member
- Free entry to the Karbon Buller Cup
- Invite to all social events held by MBRC during the year and included for all newsletters and member communications

Price: \$50

Overview of Programs

Program Costs	Full Time ALP & SNB	Weekend ALP & SNB	Skier X Friday ALP	Masters ALP & SNB	Masters ALP Friday
12 Month program and full-time staff	✓	✓	✓	✓	✓
Access to clubhouse, facilities and tuning equipment	✓	✓	✓	✓	✓
A focus on skill development, long term athlete development and physical literacy	✓	✓	✓	✓	✓
Exclusive access to the MBRC SX/SBX start gates and terrain features	✓	✓	✓		
Snow Australia basic membership	✓	✓	✓		
Video review and analysis using Sprongo	✓	✓	✓	✓	✓
Head coach overview of programs and coaches	✓	✓	✓		
Training log and reports	✓	✓	✓		
Exclusive race training courses	✓	✓	✓	✓	✓
Free entry to club races (KOM, Buller Cup) and social events	✓	✓	✓	✓	✓
Equipment selection advice	✓	✓	✓	✓	✓
Program Including GST	\$6,270	\$4,590	\$890	\$1,120	\$1,020

In addition to the program fee, MBRC will charge all members a \$100 Race Equipment Levy and \$100 Maintenance Levy. Members will be required to have a red jacket and new jackets can be purchased for \$350 at the MBRC shop. Masters do not require a red club jacket.

These amounts are payable with your final instalment by 31 March 2023. All programs are subject to receiving the minimum numbers required to run programs. Deposit payment (10% of program fee, non refundable) upon registration, balance payment 31st March 2023.

No lift pass is included in these prices. MBRC refund policy can be viewed on the MBRC website: <https://www.mtbullerraceclub.com.au/resources/policy>

Northern Hemisphere Camps – 2023



Following on from the success of the last Northern Hemisphere camp, MBRC will offer a two-week and a three-week camp option for Alpine athletes in Winter Park, Colorado, USA.

- 3 Week camp - Saturday 1st April – Saturday 21st April 2023 - \$3,300
- 2 Week camp - Saturday 8th April – Saturday 21st April 2023 - \$2,200

The prices shown are for the on-snow coaching and training component of the camp and do not include lift pass.

To book these camps and for further details please go to the MBRC shop. Weather and snow conditions at this time of the year are excellent in Winter Park and is available to all Alpine athletes from U10 – U16 and FIS.

The timing of the Easter holidays provide a perfect opportunity to bridge the Australian seasons for continued training and or skill development and is an ideal way for the competitive athlete to prepare for the coming Australian season.

For further details contact MBRC
info@mtbullerraceclub.com.au



How To Apply

To maximise the value and ensure the delivery of high-quality programs and training outcomes, MBRC have a limit on program participant numbers. To secure your spot within one of the MBRC programs, we encourage you to apply in the application period and pay the program deposit to secure your place.

Returning 2023 MBRC Members:

- Returning athletes (including Masters) can re-apply to the program in the Initial **Application Period Monday 7th November 2022 - Sunday 21st November 2022**. A deposit of 10% is required to be paid.
- After the Initial Application Period closes, program positions will be filled according to the date of application

Invited new applicants (from trials):

- Apply **Monday 28th November 2022 – Sunday 11th December November 2022**. A deposit of 10% is required to be paid.
- After the Initial Application Period closes, program positions will be filled according to the date of application



To secure your place for 2023, please complete the online registration:

<https://www.mtbullerraceclub.com.au/registration>

Additional costs



MBRC Levies

Race Equipment Levy \$100 and Building Maintenance Levy \$100 are **additional costs** and will be invoiced with final instalment due by March 31st, 2023.

MBRC provides every member the benefit and use of our own clubhouse on Summit Road next to Shakey Knees run. Through our maintenance levy we have been able to keep the facility up to date and ensure its functionality for current and future members. Please feel free to come in during normal business hours to say hello, tune your skis or ask questions about the program or technical aspects regarding snowboard or skiing.

An equipment levy ensures that all athletes have up to date and relevant equipment for safety and training. This includes gates, safety fencing, Rider X start gates and resources used by coaches such as video, computers, iPads, radios, tuning equipment and drills to set courses.

Uniform

Members are required to have a red jacket and can purchased via shop on website when available.

Lift Pass

NO lift pass is included in these fees

MBRC Refunds

Members need to be clear regarding the terms and conditions and the MBRC refund policy:

- Deposits contribute to MBRC's fixed costs and are non-refundable.
- The balance of program fees are non-refundable save as MBRC agrees. We recommend an insurance policy that will cover loss of fees.
- As a result of upfront non-refundable costs involved in MBRC training, no discounts, credits or refunds will be issued for non-participation or missed program days, due to weather, illness or any other circumstance, except in accordance with the MBRC Concussion Policy.
- Where participation in training is suspended or cancelled due to a breach of MBRC rules, no refund will be given.

For further information on all MBRC policies and MBRC Terms & Conditions please refer to the website at:

<https://www.mtbullerraceclub.com.au/resources/policy>