

# TRAINING THE WINTER OLYMPIANS OF TOMORROW

**SJTA**

SKIJAPAN.COM JUNIOR  
TRAINING ACADEMY

**2019/20**



# THE SJTA IS BACK

The SkiJapan Junior Training Academy (SJTA) returns for the 2019/20 winter with more training weeks, more innovation and more fun! To support the success of our training programs, our athletes have taken their skiing and boarding to new heights, with outstanding results at State and National Interschools events.

SkiJapan, through their ski school affiliate NBS, has been teaching kids from all over the world to ski and snowboard in Hokkaido since 2001. Our innovative training programs are designed to prepare aspiring junior snowsports athletes for the ultimate competitive success in a fun environment at the world's number one powder playground - Niseko.

Our programs encompass all aspects of ski and snowboard competition:

- **Ski Racing – GS & Skier Cross**
- **Snowboard racing – GS & Snowboard Cross**
- **Moguls, Slopestyle, Freestyle**

## WHY HOKKAIDO?

It is exciting for SJTA to have Niseko, Annupuri, Hirafu, Moiwa, Kiroro and Rusutsu available to take advantage of the best slopes, training conditions and snow on the day. Not only does this choice of resorts improve the quality of training for the athletes, it offers a valuable Japanese cultural experience throughout the Hokkaido prefecture. Hokkaido resorts have the longest season of all the resorts in Japan with first lifts running from the last weekend in November until the first weekend in May. Hokkaido also offers a short "jetlag free" trip with the finest powder snow on the planet for training and pleasure.



*SJTA is an excellent training environment for our Snowsports athletes to hone their competitive skills in the best snow in the world. SJTA coaching staff are professional and very friendly.*

**~ Bruce Campbell, SCECGS  
Redlands Snowsports  
Administrator**



## SCHOOL SNOWSPORTS TEAMS

The SJTA program has been endorsed by school Snowsports teams and their administrators. We are able to tailor make a program of any length and date for your school based on a range of educational and cultural needs, not just the usual competitive training requirements. A March or April school holiday ski training week is highly recommended in preparation for the Aussie snow season when accommodation prices are at rock bottom and the snow is ideal for both moguls and racing.

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# WHY CHOOSE SJTA?

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## WHY CHOOSE SJTA?

The team at Ski Japan Junior Training Academy (SJTA) are motivated by the evolution of the competitive ski and board scene. We believe that challenging the next generation of athlete is the key.

Our success with this passion has come from developing progressive camps that are fun, safe and challenging in specific disciplines such as GS, Moguls, Skier/Boardercross and Slopestyle.

- ✔ Training aspiring junior skiers/boarders aged 7–18 years by instilling core techniques for high level skill development for success at Interschools & SSA competitions.
- ✔ Structured 5 and 6 day camps, December to April.
- ✔ Spring Freestyle/Moguls/slopestyle Camp (Easter 2020).
- ✔ Mobile program operating in Niseko, Moiwa, & Rusutsu.
- ✔ Weekly timed GS fun race with medal presentation.
- ✔ Fully inclusive packages, airfares, ski rental & other activities for the family can be arranged (Ski-in/ski-out accommodation).
- ✔ Training camps can also be tailor made for school groups.
- ✔ SJTA powered by Japans leading tour operator SkiJapan.com with over 20 years of experience.



*We found the SJTA program's balance of fun and serious training perfect for our Snowsports team and helped us gain a competitive edge at Interschools ; these experiences for our kids in Japan are priceless.*

**~ Mark Tickle, Newport PS  
Snowsports team Co-ordinator**



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# COACHING STAFF

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## A TYPICAL DAY OF SJTA

7.50am	SJTA Coaches meet the athletes at the NBS offices.
8.00am	Athletes are transported to training venue
8.30am–12pm	Morning training session
12pm–1pm	Lunch (provided)
1pm–3.30pm	Afternoon training session
3.30pm–4pm	Video analysis session
4.30pm	Return to NBS

It is important to understand that the SJTA is a mobile camp and as such the plan can/will change daily. The coaches are very skilled at planning and adapting the program to best suit the conditions on the day.

## WHAT TO BRING?

The purpose of these camps is to prepare athletes for competition. As such it is important to train with the equipment you plan to compete on. The following is a list of items that we recommend:



- **Competition skis (i.e. Race/Mogul/Freestyle) or snowboard**
- **Boots/poles**
- **Helmet/goggles/gloves**
- **Race suit (GS)/knee patches (moguls)**
- **Gear bag, extra layers etc.**

# CAMP SCHEDULE

Name	Dates	# Days	Price (AUD)
Early Season Camp	Tue 17 Dec - Sat 21 Dec	5 day	\$1535
Christmas Camp	Thu 26 Dec - Mon 30 Dec	5 day	\$1535
New Year	Tue 31 Dec - Sat 4 Jan	5 day	\$1535
CNY Camp	Thu 23 Jan - Mon 27 Jan	5 day	\$1535
Freestyle Camp	Wed 8 Apr - Sun 12 Apr	5 day	\$1535
Pro Freestyle Camp	Tue 14 Apr - Sun 19 Apr	6 day	\$1840

Applies FX of 75JPY as at 29 May 2019 (nb: FX subject to fluctuations)



*I love the personal attention that all the kids received throughout the program, it was a nice small number in the group, so they could really focus on each child. It was great that they were so flexible with the program and could change venues and schedules due to weather etc.*

~ Kate Potter



## INCLUSIONS

- Daily coaching
- Daily lift pass
- Daily video analysis
- Daily lunch
- Transport from Niseko to the training venue
- End of camp competition event with awards



# SJTA

# www.SJTA.net

*SkiJapan.com also offers all inclusive packages including flights, accommodation, transfers etc.*

For more information please enquire

**Ski Japan Travel (Aust) Pty Ltd**

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