

## 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 4, 5, 7 and 11 Day Camps December through March.
- ✓ Spring Freestyle/Moguls/slopestyle Camp (Easter 2016).
- ✓ Mobile program operating in Niseko, Moiwa, Rusutsu & Kiroro.
- ✓ 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 23 years of experience.

## COACHING STAFF

The extensive experience held by the SJTA coaches is guided by Paul Lorenz, an instructor examiner, technical committee consultant and national demonstrator for the APSI with over 10 years of experience training coaches and personally coaching athletes for national and international competition. Paul has handpicked passionate and experienced coaches from around the globe to provide world class training for these programs. Sora Yoshikawa is SJTA guest coach for our Spring freestyle moguls camp. Sora is a Niseko local with competition experience on the FIS World Cup moguls circuit and is currently ranked no. 3 mogul skier in Japan.



Director of Coaching - Paul Lorenz



## 2015/16 CAMP SCHEDULE

No/ Type.	Camp	Start	End	Price (AUD*)
Session 1 7 Day	Interschools	Sun 6 Dec	Sat 12 Dec	\$1,637
Session 2 5 Day	December Peak	Mon 14 Dec	Fri 18 Dec	\$1,264
GS Event	Kiroro GS Race	Sun 20 Dec		\$319
Session 3 4 Day	Christmas	Mon 21 Dec	Thu 24 Dec	\$1,044
Session 4 5 Day	New Year	Mon 28 Dec	Fri 1 Jan	\$1,264
Session 5 5 Day	January Peak	Mon 4 Jan	Fri 8 Jan	\$1,264
Session 6 5 Day	Mid Winter	Mon 11 Jan	Fri 15 Jan	\$1,264
Session 7 4 Day	Chinese NY	Mon 8 Feb	Thu 11 Feb	\$1,044
Session 8 7 Day	Moguls/ Freestyle	Sun 20 Mar	Sat 26 Mar	\$1,758
Session 9 11 Day	Spring Camp	Sun 10 Apr	Thu 21 Apr	\$2,170

## INCLUSIONS

Daily Coaching, Daily Lift Pass, Daily Video Analysis, Daily Lunch, Transport from Niseko to the training venue, End of Camp Race with Awards.

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

For more information please enquire

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SKIJAPAN.COM JUNIOR  
TRAINING ACADEMY  
2015/16



[www.SJTA.net](http://www.SJTA.net)

The Skijapan Junior Training Academy (SJTA) is back for the 2015/16 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

## 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.

## 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.

## A TYPICAL DAY OF SJTA

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

Alternatively you can travel light! Niseko Base Snowsports (NBS) have a variety of Head junior race skis, snowboards, and freestyle skis available for rent in a range of sizes. We also have a wide range of gloves, goggles, helmets, base layers and other soft goods for purchase in our retail shop.

The Ski Japan Junior Training Academy is entering its 3rd season of operation. Participant parents and school snowsports organisers have this to say about the programs run last season:

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*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**

“

*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**

“

*We feel so blessed to have had such an amazing week with you guys! The instructors were top notch - Matt and Jens were fabulous with the kids! Really nice guys!*

**~ Emily Fung**

“

*Monte really enjoyed the Race Program and the 3 trainers were great role models and wonderful people. Each night he came home with great excitement about the day and wanting to tell us what he learnt and how his technique and stance had to change to be a racer. Monte will definitely be interested in enrolling again next year.*

**~ Jude Kellett**

“

*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**