

# HIGHER

## Welcome to HIGHER Freeride. New Zealand Edition

HIGHER Freeride offers an international extension to existing Australian and New Zealand freeride/slopestyle programs.

Founded by Australian coaches Coen Bennie-Faull (Arc'teryx Athlete, APSI level 4) Jake Woods (APSI level 4 examiner/trainer) and Nicholas Higginson (APSI level 3 & qualified Secondary school teacher).

Our aim is to create the pathway to help young athletes transition from local junior freeride competitions onto the international stage. Our programs focus on the physical and psychological skills to succeed in competition and aim to cultivate training environments that build leadership skills and self-reliance in young athletes.

### Our 2025 Program

Core Program: 22nd Aug - 22nd Sept

Location: Wanaka, Craigieburns, Queenstown

On-Snow Coaching: 22 Days

Shorter training blocks may be an option pending discussion.

Competitions: Treble Cone 2\*, Mt Olympus 2\*,  
Remarkables 3 \*

### Entry Requirements

Minimum level: meet the standard of a local club program level, exhibiting strong fundamentals (i.e carving in most black terrain) looking to extend themselves on new terrain and open to competing for the first time. Local and national level competition experience is a bonus but not a requirement.





## Program Inclusions & Exclusions

- 5 full days on snow coaching per week
- Accommodation
- Food – Breakfast & dinner, supplies for packed lunches
- Transport from arrival to departure
- Off season athlete guidance
- Coach/Athlete ratio - 1:6
- Strength & Conditioning consultation with Hugh @ Pillar
- Consultation with sports psychologist Gavin Freeman
- 2 x Off Snow Sessions per week (i.e. gym, tramp, climbing)
- HIGHER branded Arc'teryx t-shirt
- One-time use Arc'teryx discount code

Other costs not covered in program fee:

- Flights
- Ski Passes
- Lunches daily
- Competition entries
- Medical expenses
- Travel insurance

## Sample On-Snow Daily Structure

6:30am Pre-hab, injury prevention and mobility session

6:50am Breakfast

7:20am Van load for training venue for the day

7:25am Wheels up for daily on-snow coaching

8:00am Morning on-snow coaching

11:30am Lunch - (Restaurant or packed at home)

12:30pm Afternoon on-snow coaching

3:00pm Van Load, return to accommodation

3:30 - 5:30pm Ski-tuning, video review, off snow session, rest for athletes

5:30 - 7:00pm Study/Down Time

7:00pm Dinner

8:30pm Brief for tomorrow, athlete preparation and reflection

9:30pm Lights Out



## Training Objectives

On-snow training blocks will be organized into three general themes:

- Air & Style – Utilizing terrain park features and natural features around the mountain to train all things freestyle. From the fundamentals of jumping to freestyling natural hits, it's all about airtime.
- Technique & Control – Building the technical foundations to improve speed, power and control in any terrain, racecourse or competition venue. This is the core of skier improvement.
- Line & Fluidity – Focusing on more of the tactical and practical elements of Big Mountain Skiing, these sessions will center around terrain exploration, skiing out-of-resort, line choice and visualization.

Off-snow sessions will be built into daily programming with the goal of ingraining healthy training habits and improving the physical, psychological and tactical skills that complement our on-snow capabilities. These will happen both in person and online.

Activities whilst program is in session will include:

- Access to gym to participate in S&C sessions programmed by Pillar.
- Indoor climbing/bouldering
- Trampoline sessions
- Recovery sessions - Sauna, cold plunge, pool
- Exploring the outdoor surroundings of Wanaka, Queenstown and the Craigieburn region

Rest days will be taken twice a week to ensure appropriate mental and physical recovery time. Our staff will monitor athletes fatigue levels and manage training load to be productive for their growth while also ensuring we manage the level of risk athletes and staff taking on.



## Accommodation and Catering

- Athletes will be housed in an appropriately sized house accommodating for numbers. Coaches will be housed on site as well to ensure athletes are supervised and cared for.
- Breakfast and dinner will be catered through coaches and staff. Staff will support athletes with their nutritional choices and appropriate fuelling for days on snow.
- Lunch will be a combination of packed lunches prepared by the athletes and on-mountain restaurant lunches (self funded). Athletes will have choices within this structure.
- Snacks for on snow refuelling will be available in accommodation kitchen.
- Athletes will have access to local transport and coaching staff will be available to take them to supermarkets or any other shops they need during their stay.

## Injury Protocol and Medical Disclosure

- Injury prevention and risk management is an important part of our process. Daily movement preparation, micro-strength activation movements to ensure that our athletes bodies are prepared for their on snow performance.
- If an injury is sustained, staff will ensure athletes are supervised, cared for and facilitate medical appointments and treatment.
- Concussion: In the event of a blow sustained to the head, staff will follow the SCAT5 (Sports Concussion Assessment Tool) protocol and make informed judgements on return to snow for athletes.
- All athletes are required to complete the HIGHER medical disclosure form prior to departure.

For further information, pricing and to send expressions of interest  
contact [admin@higherfreeride.com](mailto:admin@higherfreeride.com)

## Contact Information

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