



## Welcome to HIGHER Freeride. Europe Edition 2027

For 2027 we're moving to Tignes / Val d'Isère, in the heart of the French freeride scene. HIGHER Europe is a high-performance program for committed skiers and snowboarders, built around structured coaching, a full competition calendar and world-class terrain.

Our program is an extension of club and academy training, for athletes wanting to take their skiing or riding to the next level on the junior and FWQ circuits. New for 2027, we're officially welcoming snowboarders into the program. Snowboarders have the same program options as our skiers and train in their own snowboard-specific group.

HIGHER was 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 and qualified secondary school teacher).

Our aim is to create the pathway for young athletes to move from local junior freeride competitions onto the international stage.

| BASE                         | DATES                    | DISCIPLINES     |
|------------------------------|--------------------------|-----------------|
| Tignes / Val d'Isère, France | January to February 2027 | Ski & Snowboard |





## Sainte Foy Accommodation

Our home for the program is a large contemporary chalet in Sainte-Foy-Tarentaise, sitting at 1,300m. Spread over four floors, it has seven bedrooms, four bathrooms, a shared kitchen, dining and living area, and a balcony. Coaches live on site, and Tignes is just 10km down the road.



## Where We Are

The Tarentaise valley is one of the world's great freeride regions. Tignes-Val d'Isère has 300km of linked slopes reaching over 3,000m, around 5-6m of snow a season and huge off-piste terrain, with Les Arcs, La Rosière and Sainte Foy all close by. Off the hill, it's classic French alpine village life.



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## Entry Requirements

HIGHER Europe is designed as an extension of club and academy programs, for athletes ready to take their skiing or riding to the next level. Athletes should have strong fundamentals (e.g. carving confidently in most black terrain) and be keen to train and compete in a high-performance environment. Local and national competition experience is an advantage.

## 2027 Program Streams

Our streams are built around where athletes sit on the competitive pathway, from the junior circuit to FWQ events. Each offers tailored coaching, structured support and access to world-class terrain. Both streams are open to skiers and snowboarders, with snowboarders training in a dedicated snowboard group.

### Core Program

#### SKI & SNOWBOARD

Ages 14–18

3 January – 1 February (4 weeks)

3 January – 15 February (6 weeks)

- 5 days/week on-snow coaching
- Full-board accommodation and 24/7 care
- Off-snow: gym, trampolines, sauna, climbing
- Focused on competition success, mindset and independence

### Qualifier Program

#### SKI & SNOWBOARD

Ages 18–22

3 January – 1 February (4 weeks)

3 January – 15 February (6 weeks)

Independent training blocks may be available on request

- For athletes stepping into FWQ, or into freeride from other disciplines
- Emphasis on line strategy, competition execution and logistical independence
- High-performance peer environment with tailored coaching

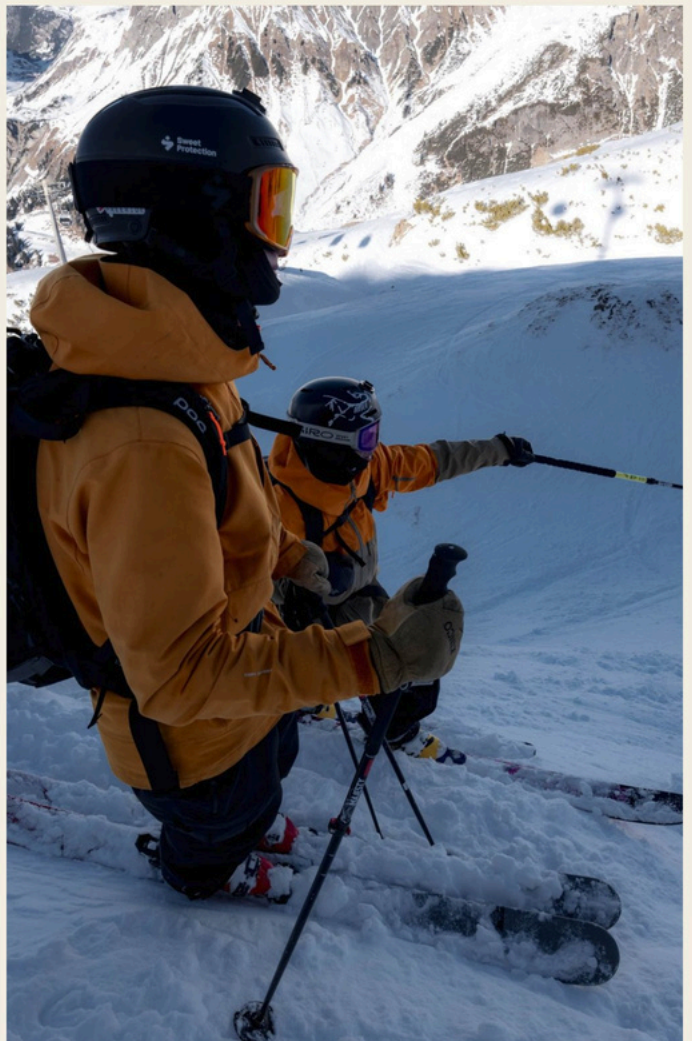


## Introducing the Mentor Program

FOR OUR LEGACY ATHLETES, PROFESSIONAL ATHLETES AND COACHES

We understand the value of bringing a community together, and we're always looking for ways to create a high-performance environment with skilled, like-minded peers. That's why we're introducing the HIGHER Mentor Program for 2027.

If you're interested in contributing to the progression of the Australian freeride scene, are happy to help with some of the daily operations of our international training camps, and want the chance to ride world-class terrain in an affordable way, reach out. We can talk through what the Mentor Program can offer you.



Get in touch: [admin@higherfreeride.com](mailto:admin@higherfreeride.com)



## Program Schedule

With accommodation in Sainte Foy and our training base at the world-class Tignes-Val d'Isère resort, we'll be nestled in some of the best freeride terrain in France.

### Core Program

Ages 14–18

4 weeks: 3 January – 1 February

6 weeks: 3 January – 15 February

### Qualifier Program

Ages 18–22

4 weeks: 3 January – 1 February

6 weeks: 3 January – 15 February

Independent timelines also available after discussion

## Potential Competitions

### JUNIOR

|            |    |
|------------|----|
| Les 7 Laux | 2* |
|------------|----|

|           |    |
|-----------|----|
| La Clusaz | 2* |
|-----------|----|

|          |    |
|----------|----|
| Les Arcs | 3* |
|----------|----|

|          |    |
|----------|----|
| Montafon | 3* |
|----------|----|

|          |    |
|----------|----|
| Chamonix | 2* |
|----------|----|

### QUALIFIER

|            |    |
|------------|----|
| Les 7 Laux | 2* |
|------------|----|

|          |         |
|----------|---------|
| Les Arcs | 2* & 4* |
|----------|---------|

|          |    |
|----------|----|
| Chamonix | 2* |
|----------|----|

|                 |    |
|-----------------|----|
| Serre Chevalier | 4* |
|-----------------|----|

|          |    |
|----------|----|
| La Grave | 4* |
|----------|----|

|                       |  |
|-----------------------|--|
| Verbier Freeride Week |  |
|-----------------------|--|

Competition calendar is indicative and subject to confirmation. Entry fees are not included in the program fee.



## Training Objectives

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

- **Air & Style:** using 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 or competition venue. This is the core of athlete improvement.
- **Line & Fluidity:** the tactical and practical elements of Big Mountain riding. Sessions centre on terrain exploration, riding out of resort, line choice and visualisation.

**Off-snow sessions** are planned based on staff assessment of athlete fatigue, competence and logistics on any given off day. Activities include:

- Gym access for S&C sessions programmed by Pillar
- Indoor climbing/bouldering
- Trampoline
- Recovery sessions: sauna
- Day trips
- Cultural excursions

**Rest days** will be taken twice a week to ensure appropriate mental and physical recovery. Staff will monitor athletes' physical and emotional state and manage training load so it is productive for their growth, while managing the level of risk athletes and staff take on.



## Care, Injury Protocol & Medical Disclosure

- We encourage you to share any details about your child that can help us give them the care they need during the program. This includes, but is not limited to, learning difficulties, anxiety, depression, personal preferences, allergies and dietary conditions.
- Injury prevention and risk management are an important part of our process, including daily movement preparation and micro-strength activation so athletes' bodies are prepared for on-snow performance.
- If an injury is sustained, staff will ensure athletes are supervised and cared for, and will facilitate medical appointments and treatment.
- Concussion: in the event of a blow to the head, staff will follow the SCAT5 protocol and make informed judgements on return to snow.
- All athletes are required to complete the HIGHER medical disclosure form prior to departure.

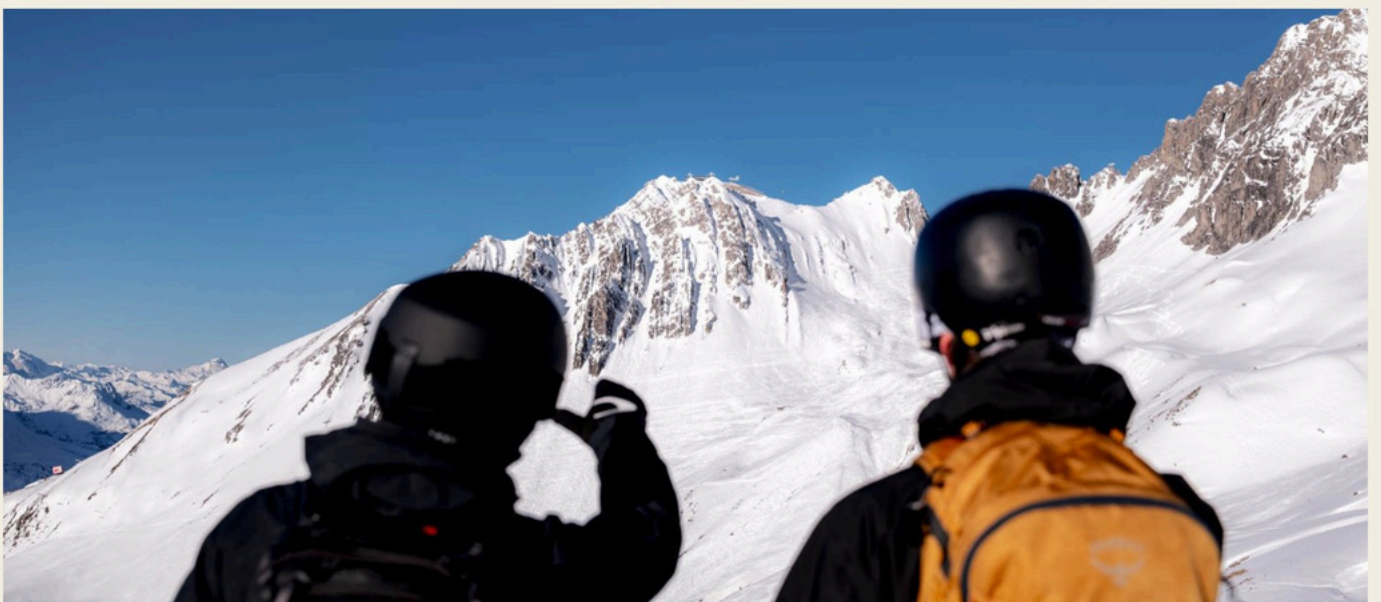
## Training Modalities

- **Physical:** the physical program is designed to push as hard as necessary (relative to the weekly, monthly and seasonal phase) without compromising the volume or intensity of on-snow training. We plan frequent light touches on key aspects (strength, movement skills, mobility) with the overall goal of increasing durability and improving performance.
- **Psychological:** these sessions revolve around the psychological, emotional and social health needs of young developing athletes.
- **Technical:** our objective is to create strong, versatile skiers and riders who carry these skills for life, starting with the fundamentals and developing them into the sport-specific skills needed to excel in competitive Big Mountain Freeride.
- **Tactical:** good decisions come from understanding and experience. By exposing athletes to a range of choices, educating them on what should inform those decisions and reflecting on the outcomes, we develop athletes who can push their potential and keep themselves and those around them SAFE.



## Sample On-Snow Daily Structure

|               |                                                           |
|---------------|-----------------------------------------------------------|
| 6:30am        | Pre-hab, injury prevention and mobility session           |
| 6:50am        | Breakfast                                                 |
| 7:20am        | Van load for the day's training venue                     |
| 7:25am        | Wheels up, Sainte Foy to Tignes / Val d'Isère (20–25 min) |
| 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/board tuning, video review, off-snow session, rest    |
| 5:30 – 7:00pm | Study / down time                                         |
| 7:00pm        | Dinner                                                    |
| 8:30pm        | Brief for tomorrow, athlete preparation and reflection    |
| 9:30pm        | Lights out                                                |





## Additional Resources

### Hugh O'Keefe, Strength & Conditioning Coach

Hugh is a passionate and experienced strength and conditioning coach and the founder of Pillar of Strength, a performance coaching business focused on building strength, mobility and resilience in snow sports athletes. Currently completing a Master's in Strength and Conditioning, Hugh works with elite-level skiers and snowboarders, including athletes within the NSW Institute of Sport SBX program.

Hugh supports HIGHER athletes with group and individual programming designed to prepare their bodies for the demands of freeride skiing. His work focuses on injury prevention, movement quality and progressive strength development so athletes can perform at their best on snow, and stay there.



[pillarofstrength.com.au](http://pillarofstrength.com.au)



[gavinfreeman.com.au](http://gavinfreeman.com.au)

### Gavin Freeman, Sport Psychologist

Gavin works with HIGHER athletes to develop the mental tools needed to train and compete in the high-pressure world of competitive freeride. Through group sessions and one-on-one coaching, he helps athletes build awareness, resilience and a mindset that supports consistent performance and long-term growth.

As a registered psychologist, Gavin has worked with Olympic athletes, CEOs, elite coaches and high-performing teams across sport and business. His expertise spans performance psychology, goal setting, leadership and pressure management.



## Catering

- Breakfast and dinner are cooked by our support staff, and they're always a camp highlight: waffle breakfasts, taco nights, big bowls of pasta and sticky date pudding that never lasts long. Staff also help athletes with their nutritional choices and fuelling for days on snow.
- Lunch supplies (bread rolls, sandwich meats and cheeses) are stocked at home so athletes can make their own packed lunch. On-mountain restaurant lunches are optional and self-funded.
- Snacks for on-snow refuelling will be available in the accommodation kitchen.



## Transport

- Athletes are required to arrive at Geneva Airport on 3 January 2027, the first day of the program. Staff will meet athletes at their arrivals gate. To make this easier, morning/daytime arrivals are **STRONGLY** encouraged when booking flights.
- 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.

## Insurance

- Athletes are required to purchase their own travel insurance covering injury, illness, theft, accident and skiing or snowboarding in off-piste terrain throughout their trip.
- We suggest booking insurance before booking flights so flight logistics are covered under any potential claim. Insurance should cover athletes from the day they leave until the day they arrive back home.
- Insurance should cover your athlete for interruption of journey costs, as many of HIGHER's costs are likely to be unrecoverable if your athlete's camp is interrupted for any reason. We strongly suggest discussing the type of program your athlete is involved in with your insurer. If the camp is interrupted, HIGHER will do everything we can to support your claim to recover your costs.



## Program Inclusions / Exclusions

### INCLUDED

- 24/7 care
- Accommodation, full board
- Breakfast and dinner, plus lunch supplies at home
- 5 full days on-snow coaching per week
- Transport
- Off-season athlete guidance
- Coach/athlete ratio 1:6
- Strength & conditioning consultation with Pillar
- Consultation with sports psych Gavin Freeman
- Arc'teryx AUS/NZ 55% discount

### NOT INCLUDED IN PROGRAM FEE

- Flights
- Lift passes
- On-mountain restaurant lunches
- Competition entries
- Medical expenses
- Travel insurance
- Off-snow activities



## Region / Lift Pass

Please wait until we arrive before buying a lift pass. Training venues may change around the competition schedule, so our coaches will confirm the right pass once on-snow days have been calculated. Most athletes will need the Tignes-Val d'Isère Winter Season Pass, covering the full 300km area.

Winter Season Pass price: €915 (ages 8–18), €1,130 (ages 19–64)

## Liability Waiver

Athletes and parents are required to sign the HIGHER Liability Waiver prior to acceptance into the camp.



## Talk to Us

Have questions, or want to talk through whether the 2027 Europe Program is the right fit for your athlete? Email [admin@higherfreeride.com](mailto:admin@higherfreeride.com) to arrange a phone call with our coaching team.



## Contact Information

Coen Bennie-Faull

[coen@higherfreeride.com](mailto:coen@higherfreeride.com) · +61 458 401 720

Nick Higginson

[nick@higherfreeride.com](mailto:nick@higherfreeride.com) · +61 448 767 834

Jake Woods

[jake@higherfreeride.com](mailto:jake@higherfreeride.com) · +61 447 778 836

Admin

[admin@higherfreeride.com](mailto:admin@higherfreeride.com)