



# KOREAN NATIONAL FREESTYLE SKI TEAM TRAMPOLINE TRAINING CAMP



Hawaii Academy-Kalihi, 2015 April 16-26

The Korean National (Olympic) Freestyle Ski Team is training in Hawaii to learn flipping and twisting skills that transfers to mogul skiing in world-level competitions. Their objective is to learn skills and fundamentals on trampoline and other rebound equipment that allow them to perform more flips and twists off the moguls as they prepare for the 2016 Winter Olympics (which Korea is hosting). They also train in Australia, Austria, Canada, and Utah on mogul and aerial courses and specialized water jumps. They come to Hawaii because we have experience in training skier, divers, trampolinists, acrobats, and others with possibly the best overhead bungee and traveling spotting systems in the world. Working from simple jumps and drops these highly motivated and disciplined skiers train very hard to acquire twisting triple and quadruple somersaults (beyond what is currently performed in competitions). Unlike most would think, their exhausting schedule of two practices per day leaves them little time to see the splendors of our paradise. They are here strictly to train as hard as they can for the upcoming Olympic Games.

If you see them please share your Aloha Spirit to welcome, congratulate, and encourage them!



## Ji-Hyon Kim (20, GKL Ski Team, Seoul)

Best world cup result - 24<sup>th</sup> place (where, when). World Cup Rank ~ 50. Camp Goals: Improve form and understand principles for jumping (skill and feel). Camp Goals: Multiple twisting multiple somersaults.



## Myung Joon Seo (22, GKL Ski Team, Seoul)

Best World Cup result - 12<sup>th</sup> place (Lake Placid, when). 2014-15 World Cup Rank ~ 30<sup>th</sup>. Camp Goals: Better set positions for twisting double and triple somersaults and understanding physics of flips and twists.



## Jung-Hwa Seo (24, GKL Ski Team, Seoul)

2010 Vancouver Olympics - 21<sup>st</sup> place. 2014 Sochi Olympics - 24<sup>th</sup> place. Loves learning trampoline skills. Camp Goals: Twisting singles and doubles, forward and backward.



## Jee-Won Seo (21, GKL Ski Team, Seoul)

2014 Sochi Olympic Games - 23<sup>rd</sup> place. 2015 Granada Universiade Games - 3<sup>rd</sup> place. Ranked 21 (FIS) in the 2014-15 World Ranks. Camp Goals: Twisting doubles, forward and backward.



# KOREAN NATIONAL FREESTYLE SKI TEAM

## COACHES and CLINICIANS



### **Toby Dawson, National Team Head Coach**

Former USA Olympic Ski Team member who was a World Champion in 2005 and won the Olympic Bronze in 2006. Dawson is currently the Head Coach for the Korean National Freestyle Team. He was inducted into the US Ski Hall of Fame (2013) and the Colorado Ski Hall of Fame (2012).



### **Ferry Lee, Assistant Coach**

Australian Representative and Sport Psychologist. Team member of the Australian Winter Olympic Team at Sochi in 2014, and participated in the 2011 World Open Karate Tournament. He has constructed successful mental training environments and helps with contingency management for behavior modification.



### **Joe Pack, Hawaii Host Coach**

A previous USA Freestyle Aerialist, and Mogul Champion, he is also a two-time Olympian (2002, 2006). 2002 Olympic Silver Medalist, and 1996 Junior World Champion. He was inducted into the US Skiing Hall Of Fame in 2010 and consults as a motivational speaker (especially the transfer of life lessons from sport to everyday activities). He is also a Golf Professional who lives in Haleiwa. His daughter attends Hawaii Academy for gymnastics training and he is a member of the Academy's Board of Olympic Advisors (Olympians only).



### **Max Vercruyssen PhD, Training Camp Director**

USA Gymnastics Master of Sport and a retired coach of many national and world champion elite gymnasts. He currently serves as President of Hawaii Academy and Research Department Chair and is the principal investigator of the Hawaii Longitudinal Study of Fitness. Dr Vercruyssen is an expert in teaching flipping and twisting and does this more effectively and efficiently than most. He has post docs in ergonomics and gerontology; a PhD in neuromuscular control/learning (human performance); master's degrees in physiological/experimental psychology, kinesiology and sport sciences, public health, and is working on one in statistical modeling; and advanced certificates in gerontechnology and human development.



### **Nani Vercruyssen, Flipping/Twisting Clinician**

Currently the Hawaii Trampoline and Tumbling Team Assistant Coach (previous head coach) and Hawaii Academy Assistant Director, she is the most decorated gymnast, ever, from Hawaii winning all levels of US National Championships (Level 10, Junior Elite, and Senior Elite), as well as national championships in many other countries, USAG Sportswoman of the Year (2010), 10 years on US National Teams, National Team Most Valuable Gymnast Award (2009), and has represented the US in all world events except the Olympics. She is a three-time Age Group World Champion and was US National Team Coach at the 2014 World Age Group Competitions, probably the youngest US elite national coach ever at 22. Coach Vercruyssen is graduating this semester from the University of Hawaii in Elementary Education.



### **Kelsen Onigama, Flipping/Twisting Demonstrator**

Currently the Hawaii Trampoline and Tumbling Team Assistant Coach and a frequent clinician for teaching advanced skills to diverse sport training groups, Onigama is an Age Group World Champion (2007) on double mini-trampoline and internationally experienced elite trampolinist. He holds Hawaii records for the most twists per somersault and demonstrates most multiple twisting multiple somersaults.

