



# Manchester Cross Country Ski Club

Cross Country Ski, Roller Ski, Telemark and more.

Regular coaching sessions and equipment hire

[www.mccsc.org.uk](http://www.mccsc.org.uk)

[facebook.com/mccsc](https://facebook.com/mccsc)

## Roller Ski Courses: 2017-2018 Season

December 2017 Update

After another successful roller ski season in 2016-17, once again the club's autumn coaching sessions will take place on the cycle track at the University of Central Lancashire (UCLan) Sports Arena near Preston. We will have exclusive use of the 1.5-km long circuit, which is wide and smooth and with a good variety of slopes to practise different techniques on, from completely flat, to gently sloping, to a reasonable hill over a bridge (which can be avoided if you're not yet ready for hills!).

The Arena has free parking, toilets and changing rooms, and there is a café where we will have a break halfway through the session and where we can have lunch afterwards.

### Who the Sessions Are For

The sessions will cater for skiers of all levels, including aspirant racers, and beginners with no previous experience will be particularly welcome. You can come to as many or as few sessions as you like.

The aim of the coaching programme is to be as flexible as possible and to cater for the needs of those who attend. Ideally, by the end of the programme, all beginners would be of a level able to take part in the roller touring programme starting in late winter/spring 2018 or for a cross-country skiing holiday on snow. Those with some previous experience should be ready for anything, be it loppet racing or touring on snow or on tarmac.

There will be an opportunity to be assessed for Snowsport England Nordic Proficiency Awards, which are a very useful way to gauge your progress and, for those who are interested, to prepare for training to be a cross-country and/or roller ski instructor.

Those who don't want any actual coaching are very welcome to join us on the coaching dates for a ski round the track (the session fee will also apply).

### Non-Club Members Welcome

The sessions are open to non-club members to try roller skiing. We ask anyone who is not yet a club member to join the club (details on our website) if they wish to continue with the coaching after an initial taster session.

## Session Dates and Times

Saturday 28 October	10 am – 12.30 pm
Saturday 11 November	10 am – 12.30 pm
Saturday 25 November	10 am – 12.30 pm
Saturday 9 December	10 am – 12.30 pm
Saturday 20 January	10 am – 12.30 pm
Saturday 17 February	10 am – 12.30 pm
Saturday 17 March	10 am – 12.30 pm

**Please be ready to put boots on 15 minutes before the session starts**, so that we have time for a warm-up before we start to ski.

## Cost and Equipment

Sessions cost £5, including hire of equipment.

If you require equipment let us know your shoe size and height when you contact us to let us know you would like to come. We also have some knee and elbow pads that can be lent out, but you are strongly advised to bring your own gloves.

All skiers, including those not participating in a class, must wear a cycle helmet which we do not supply.

## Location

UCLan Sports Arena, Tom Benson Way, Preston PR2 1SG  
[http://www.uclan.ac.uk/uclan\\_sports\\_arena/](http://www.uclan.ac.uk/uclan_sports_arena/)

## Who to Contact

Alison Pawley, email [rollerski@mccsc.org.uk](mailto:rollerski@mccsc.org.uk).

Please email me by the **deadline of 7pm on the Wednesday before the Saturday class** so that I have an idea of numbers and of gear requirements.

I will send out a reminder approximately a week before each session. Early booking is recommended if you are hiring boots, in case there is high demand for your boot size, but please do not book in before I send out the reminder email. Prompt cancellations would be appreciated so that we don't end up bringing more gear than necessary.

