

MCCSC Rollerski Courses - Autumn 2017

After another successful rollerski season in 2016-17, once again the club's autumn coaching sessions will take place on the university cycle track at Preston Sports Arena. 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 half way through the session and where we can have lunch afterwards.

Roller coaching dates:

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.

Sessions will cost £5, including hire of equipment. Come to as many or as few sessions as you like. We ask anyone who is not yet a club member to join the club if they wish to continue with the coaching after an initial taster session. The sessions will cater for skiers of all levels, including aspirant racers, and beginners with no previous experience will be particularly welcome. Just 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 cycle helmet and gloves.

The aim of the coaching programme is to be as flexible as possible and to cater for the needs of those who attend. 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. Ideally, by the end of the programme, all beginners would be of a level able to take part in the rollertouring programme starting in late winter/spring 2018 or for a cross-country skiing holiday on snow, and those with some previous experience should be ready for anything, be it loppet racing, touring on snow or on tarmac. Even 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 £5 fee will also apply).

Location:

UCLan Sports Arena, Tom Benson Way, Preston PR2 1SG http://www.uclan.ac.uk/uclan_sports_arena/

Who to contact:

Alison Pawley, email 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. 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.