

# MCCSC Rollerski Courses - Autumn 2018

After another successful rollerski season in 2017-18, 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 27 October, 10 am – 12.30 pm

Saturday 10 November, 10 am – 12.30 pm

Saturday 24 November, 10 am – 12.30 pm

Saturday 8 December, 10 am – 12.30 pm

The aim of the coaching programme is to be as flexible as possible. The sessions will cater for skiers of all levels, including aspirant racers, and beginners with no previous experience will be particularly welcome. 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 roller ski touring programme starting in late winter/spring 2019 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.

## **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/)

Sessions will cost £10, including hire of equipment, or £5 if no equipment is required. Come to as many or as few sessions as you like. We will 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.

## **How to book:**

This year we will be using an online booking system. Details to be provided in a couple of weeks' time.

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