



## SSE Roller Ski Courses 2018

Snowsport England will be running two roller ski training weekends located at cycle tracks at Lancaster and Co.Durham for 2018.

The events are:

- Saturday-Sunday 18<sup>th</sup> – 19<sup>th</sup> August, Hetton Lyons Country Park, Co.Durham
- Saturday-Sunday 6<sup>th</sup> – 7<sup>th</sup> October, Salt Ayre , Lancaster

At each of these events you will improve your skiing technique (classic and skating), gain confidence for skiing, pick up loads of helpful training tips and just have a fantastic time. The courses are open to everyone, whether you are beginner, intermediate or expert; whether you are a tourer, a racer, a downhiller or whether you just want to try cross-country skiing. For skiers who have completed an introductory roller ski course via the 'Go-Rollerski' programme, you will extend your skills, meet other skiers and even have the chance to try racing.

We have assembled a first-rate coaching team and are hoping to run the following course groups at each event:

- Advanced – for experienced skiers who wish to refine their skills for more efficient skiing and are interested in the latest developments in technique. This group is suitable for those who are already skiing at 3\* and above and interested in attaining a four or five star proficiency award.
- Intermediate - for skiers who are confident on roller skis and are skiing at 2\* proficiency level. This group is for those aiming towards skiing at 3\* proficiency level in both classic and skating styles.
- Beginners and Improvers group - for those with none or limited cross country/roller ski experience and are interested in progressing to one and two star level.

There will be the opportunity to be assessed for the SSE Nordic Proficiency Awards. Details can be found at: [http://snowsportengland.org.uk/nordic\\_proficiency\\_awards](http://snowsportengland.org.uk/nordic_proficiency_awards)

Equipment (classic and skating) can be hired if booked in advance on the booking form.

### **Applying for the course**

Each course is run separately by a different SSE Cross Country Ski Club so you will need to send the booking form to the designated course organiser for each course, as shown on the booking form.

We will try to assign you to the group of your choice, on a first-come-first-served basis as long as the application is accompanied by payment. You will be told before each course which group you will be in, but if your group of choice is full you may be offered a place in another group. **To ensure your place, please book early.**

### **What you will need to bring**

**Equipment** Bring your own roller skis, poles and boots **suitable for skating and classic** (unless you have pre-booked hire equipment - £10 for the weekend).

**Clothing** (not your best gear). Wear something comfortable, layers are best and close fitting clothing makes it easier for your coach to analyse your movements. The use of **protective headgear (cycle helmet) is compulsory** and knee and elbow protection is strongly advised. Bring waterproof clothing if the weather forecast is poor. **Gloves** are essential, but not too thick. A pair of trainers/running shoes may be useful for any 'dry land' exercises.

**Refreshments** including lunch – bring your own.

### **18-19<sup>th</sup> August Hetton Lyons Country Park, Co. Durham**

**Organiser:** Alan Mitcham (Tyneside Loipers) [alanmitcham@metronet.co.uk](mailto:alanmitcham@metronet.co.uk)

**Where :** Down Pit Lane, Hetton-le-Hole, Houghton Le Spring, Tyne and Wear, DH5 0RH.

The Country Park is reached by leaving the A1 at Junction 62, heading northeast on the A690. After a few miles, turn right towards Hetton-le-Hole, and the park is signposted from the centre of Hetton-le-Hole (beneath the wind turbines).

**Times :** Starts on Saturday at 10:00 a.m. and finishes on Sunday at around 4:00 p.m.

**Accommodation:** We have pre-booked some rooms at the Premier Inn Durham East. The cost is around £40/45 per person per night based on two people sharing, available Friday and Saturday (plus £6.99 or £8.99 for breakfast). You can request a room on the course application form. These rooms will be filled on a first come, first served basis. If further rooms are required then these will be booked at the going rate at the time of booking. You may like to join the rest of the group for an evening meal on the Saturday night at the adjacent Table Table restaurant.

**Price:** If booked more than two weeks in advance: £120 for the weekend or £65 for one day (excluding meals and accommodation), otherwise £130 or £70 respectively.

### **6<sup>th</sup> -7<sup>th</sup> October Salt Ayre Cycle Track, Lancaster**

**Organiser:** Colin Lee (Manchester Cross Country Ski Club), [colinleefurniture@gmail.com](mailto:colinleefurniture@gmail.com)

**Where :** Salt Ayre Leisure Centre, Doris Henderson Way, Salt Ayre Lane, Lancaster, LA15JS.

Travelling N on M6 leave Motorway at junction 34. Follow slip road down to Caton Road [A683] signal junction. Straight across to continue N beside M6 on new Bay Gateway [M6 to Heysham Road] route for 500m. At new roundabout turn L [away from Motorway] towards Morecambe & Heysham. Follow Bay Gateway for around 3km crossing new roundabout to eventually reach large signal junction. Take the left filter lane to join Morecambe Road [A589] Heading towards Lancaster City centre. Head 200 on A589 to large roundabout and take second exit [B5273] to pass through Asda traffic lights. After 200m turn L into Salt Ayre Lane [council tip entrance] and immediate L to reach Doris Henderson Way and Salt Ayre Leisure Centre.

**Times :** Starts on Saturday at 1.00 pm and finishes on Sunday at around 5pm.

**Accommodation:** We have pre-booked some rooms at the Premier Inn, Lancaster. The cost (available on enquiry) is per night per person based on two people sharing, available Friday and Saturday (plus £8.99 per day for breakfast) You can request a room on the course application form. These rooms will be filled on a first come, first served basis – If further rooms are required then these will be booked at the going rate at the time of booking. You may like to join the rest of the group for an evening meal on the Saturday night at the adjacent Cottams Field restaurant.

**Price:** If booked more than two weeks in advance: £120 for the weekend or £65 for one day (excluding meals and accommodation), otherwise £130 or £70 respectively on the day.

### **Additional Information**

SSE Membership

If you are not a member of a registered SSE or SnSC club, you will need to pay £10 per course Weekend SSE Membership to cover your insurance. We advise people to join an SSE affiliated Nordic Ski Club to enjoy the other benefits of club membership.

One day attendance.

It is possible for participants to book for one day only at the discretion of the organiser. This may mean that your place can only be confirmed two weeks before the start of the course, depending on how many full (2 day) places have been booked in the group.

### **Opportunities for Racing**

You may decide to put all your newly-learned skills to the test in the race at Hetton. The race fee is included in the weekend course fee.

### **Hetton - Saturday 18th August**

This year there will be a new format in classic technique. We will have a mass start 1km loop to start with followed by a handicap race of 5 full laps ie 9km with the slowest starting first and the fastest last. Novices/first time racers can choose to do just the 1km mass start or a shorter race and can also choose their technique.

Starts 4 p.m. Any type of classic ski, must have ratchet. Organiser – Tyneside Loipers

**Just a reminder, wearing a helmet and eye protection in the race is compulsory.**

## **Terms and Conditions of Booking**

1. Any changes to bookings made by the website must be received in writing by email and acknowledged.
2. Candidates who request a transfer from any courses will incur an administration charge of no more than £10 per transfer.
3. Cancellation by candidate will invoke administration charges. Such charges will depend on amount of notification given. Any candidate cancelling within 14 days of the course the full amount paid will be forfeit.
4. Cancellation due to injury or illness must be accompanied by a letter/note from their doctor/hospital or physiotherapist.
5. No monies will be refunded for non-attendance of a course without prior notice. Snowsport England will refund appropriate monies if the decision is made by Snowsport England to cancel all or part of a course.
6. Snowsport England reserve the right to alter the venue and/or dates without prior notice or warning but in all cases Snowsport England will do their best to notify all concerned within 7-10 days of start date of course. In this event, Snowsport England will refund monies of candidates who become unable to attend, due to the change in dates or if the venue is too distant. But not responsible for accommodation booked by the candidate.
7. Any persons found under the influence of alcohol or drugs during any course will be removed without refund.
8. Except for death or personal injury arising through the negligence of Snowsport England, Snowsport England shall not be liable for any loss or damage arising whether in respect of death, bodily injury, illness suffered or contracted, loss, costs, damages or expenses incurred.

**Snowsport England is, a company limited by guarantee and Registered in England No. 1517634 SportPark, 3 Oakwood Drive, Loughborough, Leicestershire, LE11 3QF Tel 01509 232323, e-mail [info@snowsportengland.org.uk](mailto:info@snowsportengland.org.uk) VAT No. 388 6417 03**