



SSE Roller Ski Courses Summer 2014

Snowsport England will be running three roller ski training weekends this summer, located at cycle tracks in different parts of the country.

The events are:

- Saturday-Sunday 5th - 6th July, Hillingdon Cycle Circuit, Hayes, Middlesex
- Saturday-Sunday 16th - 17th August, Hetton Lyons Country Park, Co.Durham
- Saturday-Sunday 4th - 5th 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://www.snowsportengland.org.uk/nordic-proficiency-awards>
Equipment 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).

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)** 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. Skiers in the advanced group may be interested in bringing a heart monitor if they wish.

Refreshments including lunch – bring your own.

5th-6th July Hillingdon Cycle Circuit, Hayes

Organiser: Gerard Evans (London Region Nordic Ski Club) ssehayes@hotmail.co.uk

Where : Hillingdon Cycle Track, Springfield Road, Hayes UB4 0LT

The Hayes circuit is off the A312, between the A40 and M4/A4. From the M4, leave at Junction 3 and head north. At the roundabout with Sainsbury's on the left, turn right then take the first right (Springfield Road) at the traffic lights. The entrance to the circuit is about 300 metres on the right.

Times : Saturday 1pm – 6pm, Sunday 9.30am – 5.00pm

Accommodation: Premier Inn, Uxbridge Road, Hayes, Middlesex UB4 0HF

Twin Rooms are £24 per person for the Friday night and £34 per person for the Saturday night, Breakfast not included

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 if available. There may be a trip to nearby Southall afterwards for curry if there is interest, otherwise there is a Beefeater next door.

Requests for rooms must be received two weeks before the event.

Price: If booked more than two weeks in advance: £110 for the weekend or £60 for one day (excluding meals and accommodation), otherwise £120 or £65 respectively.

16th- 17th August Hetton Lyons Country Park, Co. Durham

Organiser: Helen Bell (Yorkshire Dales Cross Country Ski Club) xcskiinfo@btinternet.com

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 £33.50 per night per person based on two people sharing, available Friday and Saturday (plus £6.25 or £8.75 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: £110 for the weekend or £60 for one day (excluding meals and accommodation), otherwise £120 or £65 respectively.

4th – 5th October Salt Ayre Cycle Track, Lancaster

Organiser: Marian Hesketh (Lakeland Cross Country Ski Club), mhesketh@tiscali.co.uk

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

Leave the M6 at junction 34, then turn right onto the A683 (signposted Lancaster). Bear left into one way system on the A6 (signposted Heysham/Morecambe). At traffic lights continue onto the A589 (signposted Heysham/Morecambe). At roundabout take 1st exit onto B5273 – pass ASDA on your left – then take next left.

Times : Starts on Saturday at 12.30pm 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 £5.25 or £8.25 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: £110 for the weekend or £60 for one day (excluding meals and accommodation), otherwise £120 or £65 respectively on the day.

Additional Information

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.

If you want to turn up and pay on the day for any event, please check beforehand that there is a place available.

Opportunities for Racing

You may decide to put all your newly-learned skills to the test in the races at Hayes and Hetton. This year the race fee is included in the weekend course fee.

Hayes - Sunday 6th July

Team Sprints – Free Technique

Starts at 2:00pm. 2 per team 3 x 1 lap per racer, alternating. Any type of rollerski under F.I.S. rules.

Organiser - LRNSC

Hetton - Saturday 16th August

2 x 7.2 km Skiathlon - Classic Technique/Free Technique

Starts 4 pm. Any type of classic ski, must have ratchet. (shorter events for U18's and novices)

Organiser – Tyneside Loipers

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

Terms and Conditions of Booking

1. The application will only be accepted and secured provided that:
 - a. The application is confirmed in writing on the official application form.
 - b. The application is accompanied by payment.
 - c. The application is signed.
2. Any changes to bookings must be received in writing either by letter or email.
3. Cancellation by participants will lead to a proportion of the money paid being forfeited, depending on amount of notification given. Any participant cancelling within 28 days of the course will forfeit 50% of the amount paid, while a participant cancelling within 14 days of the course will forfeit 100%. A participant cancelling more than 28 days before the event will invoke administration charges of £10.
4. No money will be refunded for non-attendance of a course without prior notice.
5. Snowsport England will refund appropriate money if the decision is made by Snowsport England to cancel all or part of a course.
6. Except for death or personal injury arising through 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.