



SSE Roller Ski Courses Summer 2011

Snowsport England will be running three roller ski training weekends this year. Two of the three events will take place in County Durham, which will allow you to experience one of the best roller ski circuits in Britain; the third will take place in Lancaster, Lancashire. The events are:

- Saturday-Sunday 2nd-3rd July, Hetton Lyons, Durham
- Saturday-Sunday 27th - 28th August, Hetton Lyons, Durham
- Saturday-Sunday 1st - 2nd October, Lancaster, Lancashire

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.

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

- Advanced, Intermediate and Beginners

If you attend all courses, continuous technical improvement is guaranteed. Confirmation of the coaches attending each event will be sent out with the final joining instructions two weeks prior to the course commencement.

As in previous years, there may well be dry land training, so you should bring running shoes and a heart rate monitor if you have one. Most of the time on the courses will be devoted to roller skiing. We will also be using video analysis and feedback, so please bear this in mind and avoid baggy clothing.

There will be the chance for you to be assessed, during the course, for an SSE Proficiency award. If you are interested in this, please circle Yes on the application form. For more information on these awards refer to the SSE website:

www.snowsportengland.org.uk/proficiency_awards-1226.html

The year we will be strict both with numbers and ability levels in each group and will allow only eight people per coach. The application form invites you to say which group you would like to join and your level of skiing. As a guide, the advanced group is for those with or interested in attaining a four or five star proficiency award, the intermediate group for those with or interested in a three star proficiency award and the beginner groups for those interested in the one and two star awards.

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.

As you improve, you may move to a higher group from one event to the next.



You may decide to put all your newly-learned skills to the test in the races at the August Hetton and Lancaster events usually held on the Saturday afternoon at around 16:00. These races are included in the British Roller Ski Series and are as follows:

Hetton Lyon – GB6 - 15km in classic style
Lancaster – GB10- classic/Freestyle sprints

This year the race at each of the above events will be classed separate from the course and as such there will be a £10 entry fee (£5 for juniors) if you wish to take part. This will apply also if you just want to take part in the race only.

Just a reminder, wearing a helmet and eye protection in the race is compulsory. There will be races for juniors/novices at each event, but the details and timings of these races have yet to be finalised.

Interested? You should be by now, so the details are as follows:

Hetton Lyons Country Park

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 for JULY event: We will be staying at the Premier Inn Sunderland (A19/A1231). The address is Wessington Way, Castletown, Sunderland, SR5 3HR – telephone no. 08715279058. From A1M (Junction 65) take A1231 towards Sunderland to the junction with the A19. Hotel is 100 yards past the junction on the left (next to the Brewers Fayre).

We have pre-booked some rooms the cost of which is £29 per night per person based on two people sharing, available Friday and Saturday (plus £5.25 or £7.99 per day for breakfast), and 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.

Accommodation for August event: We have pre-booked some rooms at both the Premier Inn Durham East and Premier Inn Durham North.

The cost is £29 per night per person based on two people sharing, available Friday and Saturday (plus £5.25 or £7.50 per day for breakfast), and 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.

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.



Lancaster

Where : Salt Ayre Leisure Centre, Doris Henderson Way, Salt Ayre Lane, Lancaster, LA1 5JS.

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 10:00 a.m. and finishes on Sunday at around 4:00 p.m.

Accommodation: To be confirmed

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.

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

If you are not a member of a registered SSE or SnSC club, you will need to pay £10 per course Day Membership to cover your insurance. However, you can do this for only one event, after which you must become a club member.

Even better, why not take part in all three SSE events this summer and save £30!

Remember, book early, because groups will be closed when full. Also please note that if you pay for one or more courses and then withdraw, you will be offered a refund minus £10 per course (we have certain fixed costs which we need to cover).

For course entry form and further details: contact Sue Bambridge, 07595 499202; sbambridge@tiscali.co.uk