

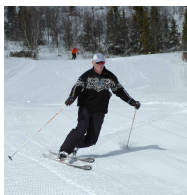
Coaches

We are very fortunate in having a team of top coaches lined up for the week at Kvitavtn, lead by Snowsport England Senior Tutors Patrick Winterton and Andy Stewart.



Patrick Winterton skied with the British Nordic Team for eight years, competing on the World Cup Circuit and representing Great Britain at the Olympic Games in Calgary in 1988. He is also an accomplished telemark skier and has been British Telemark Champion twice. Patrick is a Snowsport England Senior Tutor.

Mike Dixon is the only British athlete to have competed at six Winter Olympic Games. Mike has also competed at thirteen World Championships and has been British Champion twenty six times. He still competes regularly in domestic competition both on roller skis and snow. Mike is a Snowsport England Senior Tutor.



Andy Stewart is a Senior Tutor for Snowsport England in both Nordic and Alpine disciplines and is a qualified BASI Telemark Instructor. He holds a Mountain Instructor Award and is a 'provider' for the Mountain Leader Training Board. Andy is a specialist in Outdoor Education.

Ian Johnston has extensive coaching experience and is a very experienced and able mountaineer and skier. He is a member of Manchester Cross Country Ski Club and regularly provides instruction to their members. Ian is a Snowsport England Tutor.



Alan Eason has been racing internationally for over ten years. He represented Great Britain at two world championships and over 100 FIS races and is a former British cross country ski champion. He is now ski school director and head instructor at Australia's largest cross country ski resort, Lake



Mountain. Alan is a Snowsport England Nordic Tutor and also holds BASI & APS instructor qualifications.

Chris Stewart is the current British Telemark Champion. Chris is a credit to Snowsport England's coaching scheme, benefiting from top level coaching received over a number of years during the SSE Nordic events. Chris is now a Snowsport England Nordic Club Coach and instructs Alpine and Telemark skiing at the Manchester Chillfactore. He hopes his success will encourage other young skiers to take up telemarking and cross country skiing.



Coaching costs

To encourage people to book early there will be a **substantial** 'early bird' discount.

Bookings received by 31/12/10 £295

Bookings received 1/01/11– 28/02/11 £330

Bookings received after 28/02/11 £380

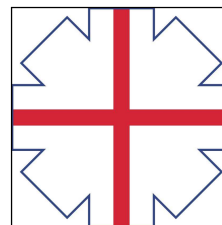
Juniors (under age 18) will receive a £50 discount on these prices.

Non Snowsport England club members should add a £20 supplement.

Deposit £100, balance payable **4 weeks** before departure.

Places on the course will only be reserved once the deposit has been received. Acknowledgements will be sent via E-mail.

SNOWSPORT ENGLAND



ON SNOW NORDIC SKILLS & MULTI ACTIVITY WEEK



KVITAVATN, RJUKAN, NORWAY, 3-10 APRIL 2011

Who is the course for?

- Cross-country skiers who wish to improve their skills, whether their interests are in touring, racing or freeheel downhill. They will need to be able to ski at a minimum standard of improver/intermediate level.
- Alpine skiers who wish to improve their downhill skills by converting to freeheel downhill/telemark skiing. A minimum standard of basic parallel turns on most blue runs on alpine/telemark equipment is required.
- Those wishing to be assessed for Snowsport England Skills Awards.
- If there is sufficient demand there will be a separate group for members of the Snowsport England Coaching Scheme who wish to be trained and assessed for, or revalidate, an award.

Course content

Each morning will be devoted to skills training in groups of similar ability. The XC groups will concentrate on classic and skating techniques while the freeheel downhill groups will develop skills leading up to and including telemark turns. The afternoons will be more informal. Participants may decide to remain on the slopes, refining the skills they have learned in the morning sessions. There will also be opportunities for one to one tuition, to try out other skiing disciplines and to participate in other activities such as fun races and ski tours. A full evening programme includes talks about ski waxing, presentations, films and videos on ski/mountaineering/outdoor activities related themes.



Course Booking Form

Please reserve a place for me on the Snowsport England On Snow Nordic Skills and Multi Activity Week.

Forename (Dr/Mr/Mrs/Miss/Ms): _____
Surname: _____
Address: _____
Postcode: _____ E-mail: _____
Tel: (daytime) _____ (evening) _____
Snowsport England affiliated club: _____
Snowsport England Reg. No. (Instructors & Coaches): _____

The course

There will be opportunities to cross transfer but, for the purposes of booking the coaches, please tick your main discipline:

- ☐ Cross country skills
☐ Freeheel downhill/telemark skills
☐ Snowsport England Coaching Award (will only run if there is sufficient interest)

Experience/ SSE Proficiency Award Level _____

What you hope to gain from the course _____

☐ Please tick if you are interested in being assessed for **SSE Skills Awards**

I enclose my cheque (**payable to Snowsport England**) for the sum of **£100**, being payment of deposit for coaching fees.

Balance payable **4 weeks prior to departure**.

I am in good health and have no medical condition that may cause undue concern to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the course.

Signed: _____
Date: _____

Please return by post to: Wendy McRae, 15 Belle Vue Road, Shelf, Halifax, West Yorkshire, HX3 7LU.

Please book early to obtain your substantial discount and to take advantage of the cheaper flights.



Venue

Kvitåvatn Fjellstoge, www.kvitaavatn.no/en/, is situated on a south-facing site, overlooking a frozen lake which is dominated by Gausta (1883 m), the highest mountain in southern Norway. There are excellent ski tracks following the rolling terrain. Nearby are the downhill slopes. The area also provides excellent mountain touring. Self service meal arrangements include

Norwegian style breakfast buffet (where you make your own packed lunch) and full evening meal. Tea and coffee are available all day at no extra charge.

Please note: **participants will need to book their accommodation directly with the Fjellstoge, E-mail: kvitaavatn@kvitaavatn.no Tel: 004 735 092 040.**

People in room	Without bathroom		With bathroom	
	NK	£ (approx)	NK	£ (approx)
1	4375	470	4732	509
2	3332	358	3689	397
3	2777	298	3075	331
4	2499	269	2747	295

Kvitavatn are giving us 15% off their normal full pension price. The attached table shows the weekly rate per person with the discount.

Participants are advised to book early to secure their choice of room

Children under 4 are free and 1 free child 4 - 15 years per every two paying adults

Equipment

Participants are encouraged to bring their own equipment: lightweight track skis and waxes for the XC course and heavier metal edged equipment for the freeheel downhill course. However, equipment for both XC and freeheel downhill can be hired at the centre and waxes bought from the hotel reception.

Travel

Participants will need to make their own travel arrangements. Most people fly to Oslo Gardemoen Airport. This year coach transfer from Oslo Gardemoen Airport to Kvitavatn will be arranged by Kvitavatn. **If you require coach transfer please book this direct with Kvitavatn.** The cost will be 800 NK return (approximately £86). The transfer bus will be timed to meet the SAS flight from London Heathrow arriving at Oslo Gardemoen Airport at 16.20 and departing the following week at 15.05. Please ensure your flights arrive at or before and depart at or after these times. It will also be possible for the coach to pick up/ drop off at the Hotel Opera, in Oslo town centre, approximately 40 minutes from the airport. Alternatively, participants may wish to use public transport. Information about public transport is available on www.nor-way.no (Rjukan express bus), www.trafikanten.no (general traffic website) and www.fjellbussen.no (ski bus).

Insurance

Participants should ensure that they have their own personal travel and accident insurance cover for the week.

Further information

Contact the organiser
Wendy McRae
Tel: 01274 670071
E-mail: wendy@royds.org.uk