

## Course Booking Form

Please reserve a place for me on the Snowsport England On Snow Nordic Skills and Multi Activity Week 25th March—1st April 2012

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ E-mail: \_\_\_\_\_

Tel: (daytime) \_\_\_\_\_ (evening) \_\_\_\_\_

Snowsport England affiliated club: \_\_\_\_\_

Snowsport England Reg. No. (Instructors & Coaches): \_\_\_\_\_

### Coaching Costs

Coaching costs are **£300** for 6 days coaching. (plus £20 supplement if you are not a member of a Snowsport England affiliated club)

### 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)

If booking for first time— experience/ SSE Proficiency Award Level

What you hope to gain from the course \_\_\_\_\_

- Please tick if you are interested in being assessed for **SSE Proficiency Awards**

I enclose my cheque (**payable to Snowsport England**) for the sum of **£50** (if booking before 31st Dec), **£100** (if booking after 31st December), being payment of deposit for coaching fees.

Balance payable **8 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.

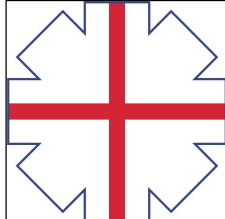
Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**Please return by post to the Bookings Manager:** Sue Dore, 30 Woodhurst Close, Cuxton, Kent, ME2 1LU. E-mail: [spddps@aol.com](mailto:spddps@aol.com). Tel: 01634 722407

Confirmation will be sent by email

**Please do not book your flights or accommodation until you have received confirmation that you have been accepted on the course.**

	<b>SNOWSPORT ENGLAND</b>	<b>ON SNOW NORDIC SKILLS &amp; MULTI ACTIVITY WEEK</b>
	<b>KVITAVATN RJUKAN NORWAY</b> <b>25th March—1st April 2012</b>	



### 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 varied. Participants may decide to remain on the slopes, for more informal coaching, putting into practice 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 optional activities such as fun races and ski tours. A full evening programme includes talks about ski waxing, presentations/films/videos on skiing, mountaineering, and other outdoor related topics.

### Venue

Kvitåvatn Fjellstoge, [www.kvitaavatn.no/en/](http://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.



Kvitavtn are giving us 15% off their normal full pension price. The table below shows the weekly rate (7 nights) per person with the discount.

People in room	Without bathroom		With bathroom	
	NK	£ (approx)	NK	£ (approx)
1	5173	616	5712	680
2	3451	411	3808	453
3	2875	342	3173	378
4	2588	308	2856	340

Unisex dorm room (no bathroom) - 370kr (£44) per night  
 Children under 4 are free and 1 free child 4 - 15 years per every two paying adults per room

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

Don't worry if you have no one to share a room with- people wishing to share can be grouped together by Kvitavtn

**Participants will need to book their accommodation directly with the Fjellstoge, E-mail: [kvitaavtn@kvitaavtn.no](mailto:kvitaavtn@kvitaavtn.no) Tel: 004 735 092 040.**

### Coaching Costs

Coaching costs are **£300** for 6 days coaching. (plus £20 supplement if you are not a member of a Snowsport England affiliated club).

### Equipment

Participants are encouraged to bring their own equipment. Lightweight track skis and waxes for the XC course and dedicated steel edged modern telemark equipment with plastic boots 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.

### Lift Pass

Participants on the freeheel downhill course will need to buy a 6 day lift pass. Last year participants paid 1210NK (aprox £144) for the lift pass. Information about the ski area can be seen on [www.gaubstablukk.no/en/sider/winter.html](http://www.gaubstablukk.no/en/sider/winter.html).

### Travel

Participants will need to make their own travel arrangements. Most people fly to Oslo Gardemoen Airport. Coach transfer from Oslo Gardemoen Airport to Kvitavtn will be arranged by Kvitavtn. **If you require coach transfer please book this direct with Kvitavtn.** The cost will be 800 NK return (approximately £95). It is likely 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. 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. **If you wish to use the transfer bus please check with Kvitavtn before booking your flights.** Alternatively, participants may wish to use public transport. Information about public transport is available on [www.nor-way.no](http://www.nor-way.no) (Rjukan express bus), [www.trafikanten.no](http://www.trafikanten.no) (general traffic website) and [www.fjellbussen.no](http://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](mailto:wendy@royds.org.uk)



### 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.

All three of our **telemark** coaches have the BASI level 3 telemark coaching award.

All three of our **cross country** coaches are Snowsport England Senior Tutors.



**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 a Snowsport England Nordic Club Coach and instructs Alpine and Telemark skiing at the Manchester Chillfactor. He hopes his success will encourage other young skiers to take up telemarking and cross country skiing.



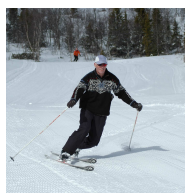
**Patrick Winterton** skied with the British Nordic Team for eight years, competing on the World Cup Circuit and representing Great Britain at the Olympic Games in Calgary in 1988. He is also an accomplished telemark skier and has been British

Telemark Champion twice.



**Mike Dixon** competed at six Winter Olympic Games and thirteen World Champs. He has been British Champion twenty six times. He still competes regularly in

domestic competition both on roller skis and snow.



**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.

Regular viewers of cross-country skiing and biathlon on Eurosport will know Patrick and Mike for their commentary and in depth analysis of the sport.



**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** holds BASI & APS instructor qualifications. He is ski school director and head instructor at Australia's largest cross country ski

resort, Lake Mountain. Alan runs a number of cross country skiing courses over the winter.

For information about the SSE early season on snow week see [www.totallynordic.co.uk](http://www.totallynordic.co.uk).

To enable us to book these coaches we need sufficient course participants. **As soon as we have enough participants your place on the course will be confirmed.** After that applicants will be placed on a waiting list until there are sufficient bookings to pay for another coach. **BOOK EARLY TO SECURE YOUR PLACE ON THE COURSE.** If booking before 31st December a deposit of just **£50** will be required. After that the deposit will be £100. Balance payable 8 weeks prior to departure. **Please do not book your flight or accommodation until you have received confirmation that you have been accepted on the course.** Booking confirmation will be sent by email.