

SSE/BMCCSA Roller Ski Course

Hetton-le-Hole, Durham, 28th – 29th June 2008

Now in its third year, the roller ski training weekend in beautiful County Durham will allow you to experience one of the best roller ski circuits in Britain not once but TWICE (with the second event coming up in September).

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 course is open to anyone, 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 the course will be divided into three groups:

- race training/advanced technique with Mike Dixon,
- intermediate technique training with Adam Pinney,
- beginners/intermediate technique training with our special, mystery guest coach.

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 course will be devoted to roller skiing, though. We will also be using video analysis and feedback, so please dress smartly and avoid baggy clothing. There will be the chance for you to be assessed, during the course, for an SSE Proficiency Award so, if you're interested in this, please tick the box on the application form.

The year, however, 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, and 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, well before the course, which group you will be in but, if your group of choice is full you may be offered a place in another group.

You may decide to put all your newly-learned skills to the test in a race on Saturday afternoon, which is the British Roller Ski Series race 4 and will be over 10 km in classic style (5 km for juniors), beginning at 4:00 pm. The type of roller skis has yet to be decided, but it is likely that all participants will be using Start Combis. If you want to take part in the race, will you please print out and complete the Athlete's Declaration (if you haven't already done so). And, just a reminder, wearing a helmet and eye protection is compulsory.

On Saturday evening, we will dine together, during which you will hear many stories about the exploits of British skiers and Mike will give us a presentation or show the video analysis of your day's performance, so please practice looking embarrassed.

Interested? You should be by now, so the details are as follows: Where: Hetton Lyons Country Park, Hetton-le-Hole, off the A690 between Durham and Sunderland. 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).

When: Saturday 28th June (start at 10:00 am) – Sunday 29th June (ending around 4:00).

Accommodation: We return to a Durham hotel this year, the Premier Inn Durham East, handy for the A1 and Durham railway station. The address is Broomside Lane, Belmont Industrial Estate, Durham, DH1 1GG, which involves leaving at junction 62 of the A1(M) heading into Durham. At the first roundabout, turn left onto Broomside Lane then first left. The cost is £27 per night 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.

Price: if booked more than one week in advance and including race entry: £80 for the weekend or £45 for one day (excluding meals and accommodation). Otherwise £90 or £50 respectively on the day but, if you want to turn up and pay on the day, please check beforehand that there is a place available. Entry fee for the race only is £10. Equipment hire is available.

Even better, why not take part in all three SSE/BMCCSA events this summer: Hetton Lyons, Durham, June (this course); Hayes, London, 9th-10th August; and Hetton Lyons, Durham, 6th-7th September. All of these will have the same Head Coach, Mike Dixon, so continuous technical improvement is guaranteed, and all three are part of the British Roller Ski Series: 20 km pursuit (2 x 10 km) in August and 15 km classic technique mass start in September. By entering all events now, you can save a STAGGERING £30!

However, the groups (and the coaches allocated to each group) have not yet been decided for the August and September events. If you are offered a place for the current (June) course, you will be guaranteed a place on the other courses and a specific application form will be sent to you nearer the time.

Please complete the form below and send it, with payment, to the address indicated. But, 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 discount minus £10 per course (we have certain fixed costs which we need to cover).

Further details: contact Adam Pinney, 01582 602995; aapinney@tinyworld.co.uk.

ENTRY FORM

SSE/BMCCSA EVENTS 2008

Name : Club :

Address :
 :
 :
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E-mail : Age: :

I would like to take part in the following events:

	£	Enter amount
Hetton Lyons, 28 th - 29 th June (booking before 13 th June)	£80
I would like to do: Race training <input type="checkbox"/> , Intermediate skills <input type="checkbox"/> , Beginner/intermediate skills <input type="checkbox"/>		
Skiing level and experience		

I would like to be assessed for an SSE Proficiency Award Yes/No

Hayes, 9 th -10 th August (booking before 25 th July)	£70
Hetton Lyons, 6 st -7 th September (booking before 22 nd August)	£70
Equipment hire (see below)	£10
Less discount (£30 for three events, £20 for two events)	
Total	

Please make cheques out to SNOWSPORT ENGLAND.

Equipment hire:

I would like to hire the following, at £5 per day:

Boots, size
Poles, your height
Roller skis

Hotel (to be paid on arrival) Friday Yes/No, Saturday Yes/No

Please return this form, with payment, to:

Adam Pinney, 46 Princes Street, DUNSTABLE, BEDFORDSHIRE, LU6 3AX

ATHLETE'S DECLARATION For GBR Roller Ski Competitions 2008 (1 declaration per competitor)



Understanding that my signature to this declaration does not in any way reduce or limit the responsibility of the competition organiser with respect to the installation and preparation of competition installations or in the carrying out of the competition, in consideration of registering me as a racer, I

Family Name:	First Name:	Age:	Club:	BASS No.: (if applicable)

Discipline: Cross Country (Roller Ski)	Sex: Male / Female
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make and hereby agree to be bound by the following declaration:

1. Identification of Risk

I am fully aware and conscious of the dangers involved in the performance of all British calendared sports and of the dangers caused by gravitational forces, be it during training runs or during the actual competition. I recognise that there is a risk in reaching excellent results which requires me to stretch my physical abilities to the absolute limit. I know and accept, that by engaging in such competitive sports, life and physical safety could be endangered. Furthermore, I know and accept that the above mentioned dangers may threaten anyone within the competition and training area, and may include environmental conditions, technical equipment, and atmospheric influences as well as natural or man made obstacles. I am aware that certain movements or actions cannot always be anticipated or controlled and therefore cannot be avoided or prevented through safety measures.

2. Acknowledgement of Risk

I acknowledge that it is up to me personally to assess whether any competition or training course is too difficult for me. I agree that I will conduct my own inspection and I will immediately, notify the jury of any obvious safety concerns I may have. By starting in a competition, or taking part in training I acknowledge acceptance of the suitability and condition of the courses. I also agree that I am responsible for the choice of the equipment I have used and for the selection of my line through the course and my ability to handle this line.

3. Personal Liability

I understand that I may be found personally liable to third parties for damages arising from bodily injury or property damage they have suffered as a result of my participation in training or competition. I agree that I will make myself familiar with the applicable competition regulations before taking part in such competition.

4. Dispute Resolution

I agree that prior to commencing a claim in any court of competent jurisdiction, I shall first submit my claim before an Arbitration Court, which is constituted in accordance with the Statutes and Regulations of the Court of Arbitration for Sport (CAS). In case I am not in agreement with the decision of this court, I am free to bring or re-institute any such claim before any Court of competent jurisdiction.

The Athlete's Declaration is also binding on any relatives, personal representatives, heirs, successors, beneficiaries, next of kin or assigns who might pursue any legal action.

Serving military personnel may have recourse through Single Service channels to pursue any claims for injuries, damages etc to either the athlete themselves or a third party.

I have read the above Athlete's Declaration.

Location:	Date:	Signature of Athlete:

For athletes of minority age (according to national laws):

This is to certify that, as parent / guardian of this participant, I do consent to his / her agreement to be bound by each of the terms and conditions identified above.

Name (printed) Parent/Guardian:	Date:	Relationship:	Signature of Parent / Guardian: