



Snowsport England

www.ssenordic.org.uk

Nordic Cross Country Coaching Awards and

Race Training Week

Kvitåvatn, Rjukan, Norway

5-12 April 2008

Who is the course for?

- Cross-country skiers who wish to be trained and assessed for a Snowsport England Nordic Instructor or Club Coach Award
- Cross country skiers who are interested in competing in cross country ski races at all levels. Participants may be new to racing or already have some racing experience.

What will we be doing?

- Snowsport England Coaching Award participants will receive training and assessment for the appropriate award. There will be plenty of opportunity for participants to take sessions prior to assessment and practise their coaching.
- Race training participants will concentrate on classic and skating techniques on the local tracks. This is not just a technical course but will cover other aspects of racing and training, including nutrition, psychology, tactics, equipment and preparation for specific events. It is intended for performers at all levels.
- Assessment for Snowsport England Proficiency Awards will be available for those who wish.

Who will be coaching:

Patrick Winterton will be planning the week's programme. Regular viewers of cross-country skiing and biathlon on Eurosport and/or Channel 4 will know Patrick for his commentary and in depth analysis of the sport. Patrick skied with the British Nordic Team for eight years, competing on both the World Cup Circuit and at the Olympic Games in Calgary. After retiring from International competition Patrick became a Snowsport England Nordic coach, a position he has held since 1991. He is now a Snowsport England Senior Tutor.

He will be supported by other Snowsport England tutors/ senior coaches.

Where is it held and where do we stay?

We stay in the hospitable Kvitåvatn Fjellstoge, 1000m above the town of Rjukan. The south-facing site, overlooking a frozen lake, is dominated by Gausta (1883m), the highest mountain in southern Norway. The well-maintained loipe offer excellent skiing over rolling terrain.

Accommodation is in 3+ bed and 2 bed bunkrooms and 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 for residents.

How do we get there and how much does it cost?

Coaching costs are £285 for the week, with total discounts of £45 available for early booking and membership of Snowsport England Clubs. Coaching fees for Juniors are £160.

Independent travellers: Participants may prefer to book their own flight to Oslo and make their own onward travel arrangements to Kvitåvatn. Accommodation and meals will be NK 2590 (approx. £244 for the week) in a three-plus bunk room, or NK 3059 (approx. £288) in a 2-person room, bookable through the organiser and payable directly to Kvitåvatn Fjellstoge at the end of the week.

or

Exodus Holidays: Alternatively, a package to include flights from London Heathrow, transfer, accommodation and meals can be arranged through Exodus Holidays. The cost for this will be £629 based on a three/four bunk room. Exodus can also offer a transfer-only package between Oslo and Kvitavatr (£70 return or £40 one way)

Equipment?

Participants are encouraged to bring their own equipment: lightweight track skis (classic and skating) and waxes. However, equipment can be hired at the centre and waxes bought from the hotel reception.

How do I become a member of the SSE Nordic Coaching Scheme?

Participants in the Nordic Coaching Course must be registered with the Nordic Coaching Scheme and hold a SSE Nordic Log Book. (Contact the Snowsport England Office for details). Details of the Outline Syllabus are available on the Nordic website

www.ssenordic.org.uk)

How do I book?

- Complete the booking form and return with £80 coaching fee deposit to the organiser (see below). The remaining balance to be paid eight weeks before departure. Cheques made payable to 'Snowsport England'.

Independently:

- Accommodation bookable through the organiser on behalf of Snowsport England.
- Book your own flight. (Contact the organiser for advice on times to meet Exodus transfer arrangements.)
- Make your own transfer arrangements or book the Exodus transfer.

Or through Exodus:

- Telephone or email to book flight, transfer, accommodation and meals.
Exodus, Grange Mills, Weir Road, London SW1 0NE Tel 0845 330 6009
Email: groups@exodus.co.uk

This course is organised by Helen Bell on behalf of Snowsport England.

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