



SSC RACE TRAINING 2012 – CAIRNGORM PROGRAMME

Please complete and return the following weekend training booking form.

Trainees name..... Age Category.....

Please tick the training days that you wish to book including the races you intend to compete in. Your deposit for 50% of the training fee must accompany your booking form. Cheques payable to “SCOTTISH SKI CLUB” please.

It is recommended that you keep a copy of your completed form to keep a record of days booked.

Cost of training or race cover for 2012 is:

Bairns and Childrens = £12 per day.

Juniors = £15 per day

	<u>Saturday</u>	<u>Sunday</u>	<u>Recommended Race Programme</u>
14/15 January	_____	_____	
21/22 January	_____	_____	
28/29 January	_____	_____	Lecht Open Camps (CH) (JNRS tbc)
4/5 February	_____	_____	Glenshee Open Champs (CH & JNRS)
11/12 February	_____	_____	
18/19 February	_____	_____	
25/26 Feb	_____	_____	Coylumbridge Hilton CSC Open (CH & JNRS)
3/4 March	_____	_____	
10/11 March	_____	_____	Scottish Winter FIS Race (JNRS)
17/8 March	_____	_____	Scottish Childrens Champs & Bairns Bucket (Sat only)

Additional BAIRNS Races to be confirmed during season.

Please return this form together with your completed CONSENT FORM, your CONTACT DETAILS FORM and your 50% DEPOSIT to:

**Craig Lamont, SSC Head Coach,
49 Orchardhead Road,
Edinburgh E16 6HS**

SSC POLICY ON CANCELLATIONS & STORMBOUND DAYS

Season 2012

1. If you fail to turn up for training on a booked day, or cancel at short notice (ie after the Monday prior to the booked weekend) then you will still have to pay for the full cost for the day's training. If you are not able to make it at very short notice, please send the Head Coach a text so that we will know not to expect you on that day and we will not have to wait for you.
2. Cancellations of booked days received a reasonable time before the booked weekend (ie. before the Monday prior to a training day) can be re-scheduled for a later date at no additional cost, as long as there is space available in the programme on the preferred new date.
3. If training is cancelled in advance for whatever reason (ie lack of snow) by the Head Coach, then training fees will not be charged. This would be communicated via the club's website on Thursday at 7pm.
4. If training is not possible due to the hill being stormbound, no training fees will be charged.
5. If the slopes are stormbound, coaches will deliver some other form of training programme. The nature of this will depend upon the weather and opportunities available on the day. This would likely be just a morning programme. It is possible that some expense may be incurred for this (such as hiring Cross Country skis), however every effort will be made to choose an activity that is appropriate to the conditions, is affordable or preferably free!