



## *Scottish Ski Club Cairngorm Race Training 2012*

Under the guidance of Head Coach, Craig Lamont and with coaches Callum Henderson, Craig Lawless, Gary Todd, Aileen Paterson & Conway Williams, the main block of SSC race training on Cairngorm will run from 14 & 15<sup>th</sup> January to 17 & 18<sup>th</sup> March 2012. Additional training will also take place just as soon as the snow arrives and details of any early season training will be e-mailed out and posted on the Coaching Announcements on the website. This training will not be dependant upon numbers or age groups - whoever turns up will get to train through gates. Pre Christmas training will be snow dependent, so arrangements will be made as and when snow arrives. Charges for early season training may be made if there are many people taking advantage of the early snows and groups have to be formed, but the intention is to use this period as a transition from plastic to Snow technique and for coach training also.

### TEAM CLOTHING

The club has sourced quality branded clothing through Beyond-X for ski suits, race protection and race clothing and the club has also recently designed very affordable soft shell jackets. All details are downloadable from the SSC Website and trainees are recommended to purchase some Team Clothing.

### THE PROGRAMME

Our commitment is towards racing and to running the highest quality training programme. The Club will be running training for three Teams in 2012:

1. The Bairns Development Squad (Sat & Sun every weekend + race cover)
2. The SSC Children's Team (for CH1 & CH2 age categories)
3. The Juniors Race Squad.

We are again offering a flexible programme on a "pay as you go" basis to cater for all those with other skiing or weekend commitments, so you can book any combination or number of Saturdays, Sundays or a mixture of both.

Juniors should also consider taking part in SJADG training when this is organised, however SSC is committed to running a dedicated Juniors Race Squad programme every weekend in 2012, including race support. It is intended that Juniors Race Squad training will take place in the same resort where the SSC Children's Team will be training (and racing) to aid transport logistics. SSC will provide coaching support for Juniors at

home based FIS races and other races that Juniors can enter and car sharing will be discussed and co-ordinated during the season so that Juniors can get to these races.

### VENUE

All training is based at Cairngorm Mountain and will make use of the Club Hut for breaks, video playback and coaching seminars. Parents wishing to make use of the hut are reminded that the hut is for members only and a Family Membership is the best option for those of you wishing to have your lunch there and to make use the hut when our racers are out on the hill training.

Arrangements have been put in place to train at the Lecht, Glenshee or Nevis Range should the conditions at these resorts be significantly better than on Cairngorm. We will not cancel our programme on the strength of a forecast, as forecasts are often wrong. In the event of the hill being stormbound the coaching team will run activities or fitness training in the valley.

### TRAINING FEES

The cost of training for the 2012 season will be:

Bairns Development Squad and Children's Team: £12 per day for both training and race day cover. **Please note that RACE DAY COVER is intended for those who participate in some weekend training.**

Junior Race Squad: £15 per day for training and race day cover. Race Squad members will benefit from additional off-snow coaching advice, personal consultation and information relative to this age category.

These fees do not include a lift pass.

### APPLICATIONS & CLUB MEMBERSHIP

Please fill in the weekend booking sheet available for downloading from the website and return this to Craig with a **deposit of 50%** to secure your training days. **Please note that if you cancel your training less than 5 days before the weekend or simply do not turn up, then you will still be invoiced for the full cost of the days training.** Booked training cancelled prior to the Monday before training can be re-scheduled at no extra cost, as long as there is space available in your next preferred training day. Additional days can always be added to your original booking later on, as long as space in the groups allow. If a booked day is stormbound, then this can be rolled over onto your next preferred weekend, so you are not penalised by pre-booking. Invoices for the balance due will be issued at the end of the season. The programme is underwritten by the Scottish Ski Club so participants are required to be members of the club. Parents wishing to use the club hut(s) must be members too, which gives members access to club huts in Cairngorm, Glencoe, Nevis Range and Glenshee, as well as tea, coffee and occasional

snacks on a help-yourself honesty basis. Club members also benefit from skiing insurance covered by Snowsport Scotland (full details available from them). Full details about club membership and application forms can be found on the club website. ([www.scottishskiclub.org.uk](http://www.scottishskiclub.org.uk))

### WEEKEND PLANS

Craig will post the weekend's training plans and arrangements on Thursday evenings at around 7pm on the club website in the Racing/Training section under Coaching Announcements. There is a Comments facility below the post, in case you need to raise any queries. You can also make posts here to arrange car-sharing and to share accommodation plans. If you are looking to car share on any one weekend, simply post a comment.

When training on Cairngorm, we will meet at the old chairlift turnwheel at the top right of the Cas Car Park, ready to go at 8.30am. Trainees must be on the first funiculaire up the mountain at 9am, so please arrive early, with lift passes, packed lunches and the correct equipment for the day. There will be at least one break during the day in the Club Hut and again we hope to have bacon rolls on offer, but this is not guaranteed. Trainees **MUST** bring a packed lunch and something to drink with them every day. Tea, Coffee, soup and Hot Chocolate are available in the club hut upon making a sensible donation to the "honesty jar". The water supply has been fixed, so the toilets will be in operation this year!

### RACING

Trainees are expected to participate in the Scottish race programme and coaching cover will be available on race days. The full race programme is published on [www.britski.org](http://www.britski.org) along with entry forms, race information and bulletins. The recommended race programme for SSC trainees is shown on the Training Booking Form, which is available from the SSC website. The SSC training programme is committed to supporting these events and there will be no training on offer for those choosing not to race, as all the club's coaches will be supporting our racers on race day. Where the Children Team are racing in a resort other than Cairngorm, we will aim to offer Bairns Coaching and Juniors training in that same resort to assist with travel logistics. We appreciate that brothers or sisters may be racing in a resort other than Cairngorm, so we will aim to keep these squads training in the same resort as races.

**Please note the following points that relate to matters of Child Protection, Safety and Club Liability.**

1. No child will be accepted for training unless the correct application form, consent documentation and deposit have been received by the Head Coach prior to commencing training.

2. A parent, guardian or nominated parent friend must remain on the mountain when we are training for the duration of the day and must be contactable in the event of training having to be suspended due to weather or an injury to a child. Please bear in mind that when weather deteriorates, no cars will be allowed back up the ski road, so being down in Aviemore with a mobile phone will not help in getting your child off the mountain! If you can not be on the mountain yourself, please make advance arrangements with another parent to have your child brought off the mountain in case the roads are closed.
3. All children must be appropriately clothed and equipped for the conditions including helmets designed for skiing, which are mandatory and any race protection required.
4. Maximum group sizes will be one coach for 10 trainees.
5. Please note that there are specific equipment requirements for racing, depending upon age. Information on this is can be found at [www.britski.org](http://www.britski.org) . Ask Craig for a SSC Racer's Manual (on CD-Rom) if you are unsure.

**PARENTAL CONSENT FORMS, TRAINING APPLICATION FORMS WILL BE AVAILABLE FOR DOWNLOADING FROM THE SSC WEBSITE [www.scottishskiclub.org.uk](http://www.scottishskiclub.org.uk) MID-OCTOBER. PLEASE COMPLETE THEM AND SEND BY POST WITH YOUR DEPOSIT CHEQUE TO THE HEAD COACH, CRAIG LAMONT BY FRIDAY 16TH DECEMBER.**

Craig Lamont  
SSC Head Coach

Email [rcoaching@scottishskiclub.org.uk](mailto:rcoaching@scottishskiclub.org.uk) Mobile 07770 403 545