

THE **piste**

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THE MAGAZINE OF SNOWSPORT ENGLAND



SNOWSPORT
ENGLAND

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SKI NEW ENGLAND

P12,13

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SNOWSPORT ENGLAND

ON SNOW NORDIC SKILLS & MULTI ACTIVITY WEEK

KVITAVATN, RJUKAN, NORWAY 25 March – 1 April 2012



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.

COACHES

We are very fortunate in having a team of top coaches lined up for the week at Kvitavatn, lead by Snowsport England Senior Tutors Patrick Winterton and Andy Stewart.

All three of our freeheel/ telemark coaches, Chris Stewart, Andy Stewart and Ian Johnston have the BASI level 3 telemark coaching award. Chris Stewart is the current British Telemark Champion.

All three of our cross country coaches are Snowsport England Senior Tutors. Patrick Winterton and Mike Dixon are regular commentators on biathlon and cross country skiing for Eurosport. Alan Eason is ski school director and head instructor at Australia's largest cross country ski resort, Lake Mountain. This winter Alan will be running an SSE early season on snow week see www.totallynordic.co.uk for details.

COACHES COSTS

Coaching costs are £300 for 6 days coaching. (plus £20 supplement if you are not a member of a Snowsport England affiliated club). There will be a £40 discount for juniors (under age 18). Payment can be made by cheque or credit card.

VENUE

We stay at the hospitable Kvitavatn Fjellstoge, www.kvitaavtn.no/en/, (<http://youtu.be/JK3i3VwzUUM>). The Fjellstoge 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. Self service meal arrangements include Norwegian style breakfast buffet (where you make your own packed lunch) and full evening meal. Participants book their own accommodation direct with Kvitavatn.

TRAVEL

Participants make their own travel arrangements.

For further information contact the organiser
Wendy McRae

T: 01274 670071 E: wendy@royds.org.uk

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Well here we are again, approaching another ski & snowboard season, does not seem five minutes since the last one ended. If the snow in the southern hemisphere is anything to go by then we are hopefully in for a good season of snow. They always say that if snowfalls are good in Argentina, New Zealand, Australia and Chile, then it usually means we will have a good winter in Europe etc. So let's keep hoping.

Well what will this year bring us, the Crystal Report is out (see page 6) and it showed that the ski season was around 5% down on the previous year, which was also down on the previous year. So obviously the economic situation is biting.

This brings some good news in that many ski holidays are lower in price than 2010/11, and are more inclusively priced, study the brochures go onto the websites, if you hunt around you will find good value abounds. The same goes for equipment, clothing and the like, many winter sports shops have top quality equipment and hardware so if you are looking to buy, again, go on the websites and visit your local store. It has been tough times for these retailers they need the support and many have fabulous bargains in store – you know



the old saying 'Use it or lose it'.

In this, our first issue of the season, you will find a great selection of articles from Coaching to Snowboarding, from products to events, new FIS regulations regarding skis for performers.

Our GB athletes still struggle for funding, I know this is not good times for many of us, but I do strongly believe we should be providing them with more training, programmes from national funds. When I read about money that is made available to 'other items', I often say, so why are we giving funding to this and not providing what would be vital support to our own athletes who give up everything to represent their country. It is a question that always seems to come up in conversations, but one which I am sure will never be answered by a politician. As I said last year it seems to be 'No Medals – No Funding, what it should be is 'No Funding – No Medals' which seems obvious to many of us.

So let's hope you find plenty to read in this issue, as always if you have anything to say about the magazine then let me know at:

barry.spouge@snowsportengland.org.uk or if you have a good story then send it to me at the same address.

Don't forget the ski show are coming up shortly this month so head down to London or up to Birmingham – you will find details of your Ski Club Members FREE VIP PASS and show entrance ticket - on page 5. All you have to do is email: info@snowsportengland.org.uk

Have a great season

Barry Spouge

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Cover Picture: Boarding in New England

SKIERS CAN SLOPE OFF EASIER WITH MEET AND GREET

Snow-seekers heading off to the slopes this winter can give themselves a lift with Meteor meet and greet, the UK's favourite airport meet and greet operator.

Lugging big and bulky bags of gear on- and-off trains and car park shuttle buses can make it feel like you're already climbing a mountain. But with Meteor meet and greet, you can glide up to the terminal in your own car, hand over your car keys and be nice and early for a bit of après-drive relaxation.

Said Sarah Anglim from Meteor meet and greet: "Getting to and from the airport with lots of winter sports gear is an uphill battle, but with Meteor it's downhill all the way."

Parking over 300 cars a day, Meteor meet and greet has built its reputation on giving travellers

peace of mind, confident that they've handed over their keys beside the terminal to uniformed staff who've undergone an assessment with an advanced driving instructor. Holidaymakers can relax in the knowledge that their car will be tucked away in Meteor meet and greet's secure car storage facilities - which boast 24/7 security - for the duration of their break.

As the nation's favourite airport parking provider, Meteor meet and greet provides parking services at major airports in the UK, including Heathrow, Gatwick, Stansted, Manchester, Birmingham and Liverpool.

Snowsport England members and *Piste* readers can claim a 10% DISCOUNT using the discount code PIS10 when booking.



NEW APPOINTMENTS

VICKY JOINS SKI CLUB

The Ski Club of Great Britain has appointed Vicky Norman to the role of Public Relations Manager. Formerly PR and Representative for Neilson Active Holidays, Vicky steps into the ski boots of Betony Garner who, after nine years at the Ski Club, has left to join the press team for the 2012 Olympics.

"I'm so excited to be on board at the Ski Club. Wintersports are my passion and the Ski Club sits right at the heart of the industry - I can't think of a better place to work. I'm looking forward to meeting many new journalists in this role, as well as working with those who already know me, and helping the Ski Club maintain its authoritative voice on all things snowsports in the media."

TAKE ME TOO IN MAJOR REVAMP

A new marketing director has been appointed to carry out a major growth development programme of a Gloucestershire based holiday company as it bids to become a key player in river cruising, high altitude ski and adventure holidays.

Martin Griffiths, previously with Phillips Electronics and Diageo is revamping the company, which currently operates under the brands of Phoenix Holidays, Take Me Too and Alpine Tracks.

It will see Take Me Too become a single strong holiday brand with the three strands of the business providing powerful and exciting holiday options for 21st century holidaymakers with a thirst for adventure.

See www.takemetoo.com for more information.

BRITISH ALPINE EVENT RETURNS TO ITALY

BARSC are pleased to announce that the Championships will return to the superb resort of Champoluc, Italy in December 2011.

The event will build on the success of the races in January 2011 and our partners in the resort, Monterosa Ski and Ski2 and launch the British winter season. Champoluc, Monterosa Ski and Ski2 intend to mark the opener with an exciting range of social and fun activities, including minis on the mountain, speed skiing with the champions, fireworks and party.

There will be three FIS NJR events, three BASS Children's races and 2 Minis races. The FIS Super G has been replaced by a FIS GS but a Children's Super G is retained. The provisional timetable:

- Saturday 17th December 2011, *first team captain's meeting*
- Sunday 18th December, *FIS GS 1*
- Monday 19th December, *FIS GS 1 and Mini GS 1*
- Tuesday 20th December, *FIS SL 1 and BASS CH SG and possibly Mini GS*

- Wednesday 21st December, *BASS GS and Mini GS 2/3*
- Thursday 22nd December, *BASS SL*

BARSC 2011/2012 Races

Champoluc - If snow precludes the running of the Super G, the organisers will aim to replace it with a GS. The TD rules committee is investigating two run races for Mini athletes and if agreed this may be incorporated into the programme.

Meribel, SuperCombined - A FIS Super Combined is planned in Meribel on Saturday 28th Jan 2012

Bormio, Italy Super G - We are investigating options for a FIS NJR and a BASS CH Super G in Bormio or Santa Caterina on Saturday 11th February 2011 or for another date in Austria.

Meribel, Minis - We anticipate running our normal minis' races in Meribel in April.

For more information on the BARSC British Alpine Racing Ski Clubs and the Championships visit www.barsc.net or www.twitter.com/barscchamps



COMPETITION WINNER

This winning photo was taken by Matt Strange in Dec. 2010. The photo features George Broom launching off a homemade snow kicker at Chatham Ski Centre. Matt won a copy of the World Snowboard Guide, Snowsearch Japan and a selection of branded goodies courtesy of www.worldsnowboardguide.com. To enter the next round send your photos to clownshoes@hotmail.co.uk (subject: Piste photo) including a brief description and the names of the rider/riders and photographer.



ROXETTE TO OPEN ISCHGL'S SEASON

Ischgl's five month long winter ski season will be launched on Saturday 26 November with an open air evening concert by pop duo Roxette. The Austrian village has a reputation for marking the ski season opening and closing weekends with a high energy rock concert featuring international stars. The pop duo of Roxette joins a gallery of big names to perform the prestigious Top Of The Mountain Opening Concert, which include Katy Perry, Rihanna, Gossip, Leona Lewis, Pussycat Dolls, Lionel Richie and Ronan Keating.

For more details on all events and activities in Ischgl go to www.ischgl.com where there is also an accommodation search facility.

SOCK BRAND JOINS THE FREERIDE WORLD TOUR

Teko the performance sock brand based in Boulder, Colorado have signed an agreement to become the official licensed sock of the Freeride World Tour for season 2012.

Being recognised at this level for the quality and performance of their socks is a very high accolade for Teko and they see that as a strategically important move that will raise the awareness for their brand in many countries around the world.

The Teko limited edition FWT ski sock will be available in the shops and online from October this year. For further information: www.tekosocks.com

SNOW+ROCK OPENS LATEST SUPERSTORE

Snow+Rock have opened their latest superstore in Croydon. At 14,000 square feet this will be the biggest store in the group and will house all three of their retail brands under one roof: Snow+Rock, CycleSurgery and Runners Need.

Dion Taylor, Managing Director Snow+Rock Group, has this to say about the new store: "We have been waiting for the right location to become available south of London and this is the bull's-eye! Directly on Purley Way with great parking and surrounded by other quality retail businesses. We have put a lot of emphasis on the retail experience and interior design of the store, so we are sure customers will be delighted when they visit"

IT'S SHOW TIME!

A NEW HOME...

Your season starts at the **SKI AND SNOWBOARD SHOW** as it lands in its new home this October at London's iconic Earls Court (19th - 23rd October) with new and returning favourite winter sports attractions. This year the show gets a facelift with fresh new attractions, delicious food, and lots of winter fun for the whole family.

Watch the UK's finest riders in action on the Trespass Hip Kicker, have a go at snow tubing or check out the latest ski and snowboard styles and holidays for this winter season and take advantage of offers exclusive to the show.

Other highlights include the Natives Job Fair, après sessions with live music from international musicians and DJs, Land Rover Fashion Show & Brand Arena showcasing all the latest styles, Les 3 Vallees Resort Bar setting the scene for how to celebrate après ski in style and World Food Pavilion with food samples from around the world.

The show is open from 11am until 7pm on Wednesday, 11am until 10pm on Thursday and Friday, 10am until 7pm on Saturday and 10am until 6pm on Sunday

Tickets are on sale now with prices ranging from £10 (weekdays), £14 (weekend) for adults when purchased in advance to children under 16 who go free.

For more information or to book tickets visit metrosnow.co.uk

...AND A WELCOME RETURN

The 2011 **BRITISH SKI AND BOARD SHOW**, the UK's most interactive winter sports show, returns to Birmingham's NEC from Friday 28th to Sunday 30th October. Whether creating tracks for the first time or a seasoned expert, find the latest information, advice and products to optimise your winter holiday with resorts from all over the World.

If taking to the snow for the first time or just looking to finely tune that parallel turn then the indoor Skills Slope gives an ideal opportunity to gain expert tuition from skilled instructors. If getting air is more preferable then the Big Air Freestyle Show



will have spectators transfixed as the team perform some amazing tricks and jumps during what will be their only UK performance during 2011. Visitors to the show have the opportunity to try their skills on the Ice Climbing Challenge utilising two specially created faux ice walls.

Check out the latest fashions at the biggest ski shopping area enabling the visitor to gain expert advice before purchasing the latest clothing, equipment and gadgets. It also provides a one-stop shop for those looking to book a winter break by offering hotel, self-catering, chalet and resort information.

With plenty of advice on offer in the form of the Talk Theatre and the adrenaline fuelled Adventure Winter Film Festival there's plenty to keep the visitor entertained. Food is in abundance with cuisine from around the World on offer to really tantalise those taste buds.

The British Ski and Board Show, sponsored by the Daily Telegraph, is open from 12noon until 8pm on Friday and 10am until 6pm on Saturday and Sunday. Tickets are now on sale and prices range from as little as £6.50 for adults when purchased in advance and child tickets costing £2.50 each throughout the show.

For more information, the latest updates or to book tickets, visit www.britishskiandboardshow.co.uk or telephone the booking line on 0844 581 0734.



EUROSTAR OPENS DIRECT SKI SERVICES TO THE FRENCH ALPS

Eurostar has opened ticket sales for its direct ski services from St Pancras International and Ashford International to the heart of the French Alps.

The direct seasonal ski services will run from Saturday 17 December (day services) and Friday 23 December (night services) until Saturday 14th April 2012.

Eurostar's day and night services, carry ski and snowboarding enthusiasts direct to the popular French ski towns of Moûtiers, Aime-La-Plagne* and Bourg St Maurice, with return fares starting from £149. Eurostar stations are located a short bus ride from the resorts avoiding lengthy transfers to and from the airport.

The stations offer easy access to a variety of top ski destinations in the French Alps, such as Courchevel, La Plagne, Tignes, Meribel, Les Arcs, allowing people to choose a resort that matches their needs. For added convenience, Eurostar allows ski passengers to carry on-board an extra item of luggage in addition to the normal luggage allowance - such as a pair of skis or a snowboard - at no extra cost.

Eurostar's overnight services arrive in the Alps early on a Saturday morning and depart late on a Saturday evening, making them perfect for winter sports enthusiasts looking for an extra couple of days on the slopes.

Return fares start from £149 return.

Tickets for the direct seasonal ski services are available from www.eurostar.com, by calling 08432 186 186, at Eurostar stations or from travel agents.

SLOPES ALL DAY, LAUGH ALL NIGHT

The Altitude Comedy Festival sees the world's biggest names in comedy performing over 6 nights at one of the best ski resorts in Europe. Along with venues designed for comedy and cabaret, excellent restaurants, luxurious hotels and enticing spas, Mayrhofen, Austria also offers access to the entire Zillertal super ski area with 639km of piste and 167 lifts and gondolas.

Comedian Andrew Maxwell curates Altitude, opening up his little black book and inviting all his comedy friends to join him for days whizzing around the slopes and providing hours of laughter for the evening entertainment. Maxwell has this to say about Altitude: "Getting to snowboard all day and enjoy my comedian mates on stage and backstage all night is like a week long, snowy, fantasy island for me".

Comedians performing include Jimmy Carr, Frankie Boyle, Al Murray, Ed Byrne, Kevin Bridges, Tim Minchin, Milton Jones, Craig Campbell, Rufus Hound, Marcus Brigstocke, Andrew Maxwell, Terry Alderton, Carl Donnelly, Abandoman, The Cuban Brothers and many more.

The Altitude Comedy Festival, Mayrhofen, Austria runs from March 26 - 31 2012. For more details visit www.altitudefestival.com, @AltitudeComedy, [facebook.com/altitudecomedyfestival](https://www.facebook.com/altitudecomedyfestival)



Photo courtesy of Crystal Ski

SKI MARKET SET TO REBOUND AFTER THE 'PERFECT STORM'

Tour operators again increased their share of the ski market as the overall number of skiers fell by five percent across all sectors last season, the Crystal Ski Industry Report 2011 finds. The fall in the market is largely as a result of an exceptionally late Easter and follows two years of decline of 13.3% and 11% respectively. It reduces the number of skiers travelling abroad to 910,900 in 2010/11.

The combination of the extremely late Easter with some resorts unable to stay open until then, extra public holidays around the Royal Wedding encouraging a sunshine spring holiday and below average snowfall at the end of the season Alps created a 'Perfect Storm' for the ski industry.

The independent travel sector showed the biggest fall (by 8.2% to 270,200 skiers, down from 294,300) predominantly as a result of the continuing increase in flight and ski carriage costs.

The schools market also experienced a reduction in volume for the second time since 1999/2000 with a fall of 3.7%, similarly affected by the Easter shift.

Despite the overall number of skiers declining by 16,600 year on year, the percentage of those travelling with tour operators has actually increased by just over one percent. The top seven operators' market share represents 85% of the total tour operator market.

Crystal Ski strengthened its market leadership last season to 32%, up from 28% due to its attractive Ski Plus packages, and Thomson Ski also saw an increase of 2000 skiers. First Choice saw a fall in its market share from 22,000 to 10,000 as a result of capacity reductions. However, TUI Ski remains the clear market leader with 40% share, up from 37% last year.

Hotelplan's 5.6% reduction is mainly due to Inghams cutting back on charter seats to Canada and some European destinations. Ski Esprit/Ski Total, part of Hotelplan, saw an increase of nearly 5%. Thomas Cook with Neilson remains in third place.

France continues to be the most popular country with British skiers accounting for 32.5% in the 2010/11 season. However, this is the third consecutive year of fall in market share (down from 33.2%) predominantly due

to the ongoing perception of high prices in resort.

Austria increased its market share to 26.7% from 25.6% and Italy's remains level with that of last year at 14.1%. Andorra increased its market share to 6.4% from 6% which is attributed to the Andorran government's arrangements to assist tour operators, combined with cheaper holiday prices.

Switzerland's 6% share is relatively steady and North America's 4.6% share has dropped slightly due to additional flight costs driven by fuel and Air Passenger Duty (APD). Bulgaria also saw a small increase to 4% due to the attraction of its low prices whilst the small countries sector shrunk by 0.4% reflecting erratic snow conditions.

The Crystal Ski Industry Report finds strong evidence that customers have stayed away due to financial constraints rather than falling out of love with the sport. The report predicts that skiers will continue to be price-sensitive next season, but the more favourable calendar combined with a hopefully more stable economic environment could lead to a "bottoming out" of the market.

Mathew Prior, Managing Director Specialist Holidays Group, home to the TUI Ski brands, said: "Over the last three seasons, tour operators have done what they do best: develop excellent relationships with airlines and overseas suppliers to deliver great value holidays for British skiers across each element of the holiday - flights, transfers, accommodation and ski packs. As the cost of independent travel increases, tour operators have regained share of the overall market. Only the most resolute DIY skier would omit to check the tour operator price for the equivalent holiday.

A recent TUI Ski survey highlights that 60% of our customers do not take package holidays for any trip other than skiing. These customers recognise that a winter sports holiday with a tour operator is the smarter option."

The ski and snowboard overview amalgamates information from tour operators' own statistics, CAA published statistics, tourist office figures and travel agency feedback. To read the report, go to: <http://mag.digitalpc.co.uk/fvx/crystal/sir2011>

MAKE TRAX TO NEW SKI MECCA

Skiers and snowboarders from across the UK are now able to experience the very latest in artificial snow surface technology. Four years in the making and representing a leap forward in the quality, safety and experience of artificial ski slopes, Proslope has been installed at the Snowtrax Ski Centre in Christchurch, Dorset.

The brainchild of Chris O'Connell, Proslope utilises a unique patented multi-height bristle system that makes for deeper and faster dry slope turns in addition to new levels of durability and cushioning, ensuring that even the hardest falls are hazard-free.

The first phase of the £350,000 installation of Proslope at Snowtrax is now complete and open to the public with the remaining areas set to be resurfaced in the coming months. Several top snow sports brand teams are set to trial the Proslope during autumn 2011 and the use of Proslope will soon be expanded to create tobogganing and tubing facilities at leisure resorts around the UK.

Snowtrax Owner and Director Colin Iseard says, "We've been looking for a modern surface to replace our ageing matting and have been following the development of the Proslope surface for some time. We're convinced it's the future of snowsports in the UK. Our customers - freestylers, racers, instructors and beginners - have been testing it like mad and have all told us they love it. Having experienced it firsthand we can firmly say that it's the step

forward in artificial ski slope technology that we've all been waiting for."

O'Connell got the idea for the Proslope after becoming frustrated with the limitations and expense of existing dry slope materials. After several months of testing prototypes on the hills near his home in Newquay and a great deal of time spent exploring the options for creating a dry ski mecca in Cornwall, O'Connell approached Snowtrax, one of the most successful ski centres in the UK.

"People are telling me that riding Proslope is so much closer to the real thing than any of the other existing artificial surfaces" says Chris O'Connell. "I'm passionate about snow sports and have been dedicated to finding a technology that really replicates the feeling of skiing or boarding on snow. Proslope is also much easier to maintain than other surfaces which end up looking grubby and ragged after a few years. Using long lasting PBT filaments and UV resistant plastics, Proslope is much safer, much more cost effective and much more enjoyable as a result. Snowtrax were really keen to make sure their customers were getting the best experience out there so I'm really pleased to be working with them."

Chris adds, "It has taken a long time and a lot of trial and error but we've finally got a product that is really going to hit the right notes with snow sports fans in the UK and further afield. You've got to try it to really understand it!"



Snowtrax Owner and Director Colin Iseard on the Proslope



GRAHAM BELL
FROM THE SLOPES

SIZING UP THE OPPOSITION

In the depths of time on the World Cup circuit: Downhill racers were big lumbering oaf like creatures with a limited ability to turn, we called them the Muelleratops. No matter what anyone says about a ton of feathers and a ton of lead, in the real world of friction and drag, big is better when it came to downhill. Slalom skiers were lighter, but wiry and agile, the king of them all was the Stenmarkosaurus. These were the days of solid slalom poles, when you had to duck your center of gravity around each gate, it made sense to have less mass.

Sarajevo 1984 was the first Olympics to see the introduction of spring-loaded poles, and soon a bigger more powerful Slalom skier appeared, height became a positive advantage specially on courses with a big off-set. By Calgary 88 the Tombaceps became all concurring.

Giant Slalom remained the only discipline where size did not matter. The diminutive Freddy Nyberg and Urs Kaelin could compete against the monster that was Hermann Maier. I have dropped the dinosaur puns, which is a shame, Maier would make the perfect Velociraptor. Giant Slalom is ultimately about perfecting technique, and perfect technique evolves with ski technology. Ever since Maier mastered the new shaped skis of the 90's, the body angles World Class GS skiers create have become more and more extreme.

There is a very large meteor about to strike, in the shape of the FIS equipment regulations for the season 2012-13. A massive leap of the minimum radius from 27m to 40m will make an apocalyptic change to GS. The question is, who will adapt best? Without the hook-up at the end of the turn will the smaller racers still generate speed, or will the more powerful skiers loose out in the search for grip? Ted Ligety is convinced it will be the smaller skiers like Fanara and Hirscher that will lose out, and that brute strength will now rule all the disciplines.

Graham Bell is a former World Cup and Olympic skier, currently co-hosting the well known BBC 'Ski Sunday' programme. Well known for his exploits, Graham with his helmet and ski camera, takes viewers down some of the World's most feared downhill slopes as part of 'Ski Sunday'.

NEWS



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family's requirements




JACKET DONATION 'FANTASTIC' FOR PORTER CHARITY

The Ski Club of Great Britain has donated over 200 winter jackets previously worn by Ski Club Leaders to the charity Porters' Progress UK who run a clothing bank for trekking porters in Nepal.

Following the Ski Club of Great Britain's rebrand last year, which included a change of logo and colour of uniform, Ski Club Leaders who are based across Europe and North America through the winter season were asked to return their old jackets. The jackets will be put to good use by porters in Nepal who are often under equipped for the harsh mountain environment in which they work.

Gabrielle Dean from Porters' Progress UK said of the donation: "We are delighted to receive such a significant donation of high quality jackets from the Ski Club of Great Britain. They will be tremendously valuable in helping us achieve our goal of kitting out hundreds more porters on trails this season."

"Being able to give our old Ski Club Leaders jackets to such a worthwhile cause is fantastic. We hope that the jackets will make a real difference. It will be a great day when one of our members spots an old Ski Club jacket in the Nepalese mountains!" said Caroline Stuart-Taylor, Chief Executive of the Ski Club of Great Britain.

Porters' Progress UK facilitates the safe treatment, education and empowerment of adult and child trekking and commercial porters around the world. This includes running a clothing bank which offers a free service to loan sleeping bags, jackets, boots and sunglasses to hundreds of porters each season.

RE-DISCOVER YOUR SKI LEGS

Looking to get a head start for the new ski season? Why not sharpen your skills and re-discover your ski legs at Manchester's Chill Factor? With Winter upon us again, there's plenty to celebrate on the slopes.

Home to the North West's only indoor real snow centre, and the UK's longest indoor real snow slope (180 metres), Chill Factor offers a range of Ski and Snowboard sessions, suitable for any level of experience.

Equipment hire is included in the price and clothing is available to hire. For more information, visit www.chillfactor.com



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CAREER OPPORTUNITIES IN THE FRENCH ALPS

Job opportunities for hotel managers, musicians and even masseuses have been created by high altitude ski specialists Take Me To (Ski)

The Gloucester-based travel firm has received an avalanche of applications from across the West for choice posts at its newly refurbished hotel in the heart of the French Alps.

Take Me To (Ski) swooped on the landmark Hotel Les Grandes Rousses in the premier resort of L'Alpe d'Huez in June and launched an immediate overhaul of the facilities.

They are now looking to appoint a new manager, head chef and a host of other positions to work in the most strikingly contemporary hotel in one of the most popular resorts on the fashionable Alpine ski scene.

Brand manager Chris Wadley said they had been overwhelmed with more than five hundred applications for around a dozen posts.

He said: "We had expected a good number of people to go after these jobs but really weren't prepared for the avalanche of applications we received."

Among the top posts available in the legendary ski, cycling and adventure hotel are key positions of hotel manager, assistant manager and head chef.

There are also a host of supporting

positions available including musicians to play in the newly revamped après ski bar, masseuses to work in the upmarket health and fitness spa as well as reception, housekeeping, childcare and porter roles.

Chris Wadley said: "With some of the best Alpine ski runs right on your doorstep it's no surprise people flock to L'Alpe d'Huez for holidays. With all the refurbishment complete this is an unmissable opportunity for a new career in a top resort.

"Take Me To (Ski)'s philosophy is all about being Number One - providing customers with the best possible holiday for their money and ensuring nothing is too much trouble. We are looking for a unique blend of people to add to our team - men and women who know the importance of providing the personal touch."

Take Me To (Ski) is offering a competitive salary, accommodation, free lift pass, full training, holiday concessions (after 12 months employment) free ski and boot hire, friends and family discount, travel to and from London to resort, stylish uniform and certain roles incorporate a performance related bonus.

For further details, contact Paul Edmonds at paul.edmonds@takemetoo.co.uk Take Me To (Ski), Kestrel Court, Waterwells Drive, Quedgeley, Gloucestershire, GL2 2AT or see www.takemetoo.com for more information.



SNOW-CAMP CELEBRATES FUNDRAISER SUCCESS

Youth charity Snow-Camp are celebrating as their 3rd Annual City Drinks fundraising evening raised over £10,000 to support their work. Over 160 people representing 65 different companies attended, held on the spectacular roof terrace at Norton Rose LLP.

Olympic skier and BBC presenter Graham Bell welcomed guests with a short address about his support for Snow-Camp, before introducing a short movie about the charities work, (visit www.vimeo.com/25457175)

Snow-Camp young people, recently qualified as snowsports instructors, were on hand to talk to guests about how they had been helped by the charity. The auction was also very entertaining; with donated ski holidays, ski equipment, festival tickets and even Team GB rider Ben Kilner's Olympic Helmet helping raise valuable funds.

Snow-Camp also used the occasion to promote their new corporate sponsorship programme and launch the Everest Challenge 2012 ski-a-thon event (see box).

The evening also saw the launch of The Good City Ski Company - a new corporate ski events company giving 50% of profit to support Snow-Camp. By booking their events through the new social enterprise, companies aiming to run client or staff ski trips can now support Snow-Camp at the same time. Please see www.goodcityskicompany.com



SKI AND BOARD-A-THON NEEDS YOU!

Snow-Camp will be holding its third annual charity ski-a-thon in the French Alps on January 26th to 29th 2012.

The Snow-Camp Everest Challenge gives snowsports enthusiasts the opportunity to fundraise for charity by doing something they love to do: skiing or snowboarding, but like they have never done before! The challenge is designed for skiers and boarders of all levels who will seek to ride over 150km of terrain in 48 hours, including 2 night stages and of course a huge party to finish! All funds raised will go toward Snow-Camp's work supporting inner-city young people through skiing, snowboarding and life-skills development.

Last years event was a huge success raising over £30,000 for the charities work, and Snow-Camp hopes to ensure the event is bigger and better this year!

Visit www.snow-camp.org.uk/everestchallenge to find out more.

SHAFF KEEPS ON GROWING

You have probably heard of the Kendal Mountain Festival, but what about the Sheffield Adventure Film Festival, or SHAFF, for short? Started in 2006, SHAFF takes over Sheffield's Showroom arts cinema for a full weekend every year. I have been attending SHAFF for the last few years and it keeps getting bigger and better each time. This year's event took place on 4-6th March, and I was particularly excited as there was a full 2 hour screening dedicated to 'Ski and Board films' on the opening night.

The first snowboard film was the hilarious 'Cross Country Snowboarding'. Essentially no more than a blatant dig at the too-cool-for-school world of adrenaline sports, this film had the entire room in stitches for the whole 3 minutes it was on the screen. The "mockumentary" follows Joel and Tate - two dedicated Nordic snowboarders, pure stupidity! The tempo upped a notch when 'Airblaster' took over the screen, more of a traditional snowboard movie, featuring big names such as Ben Lynch and Travis Parker, with a strong focus on fun. The next snowboard, or more correctly 'nboard', film was 'Hack Your Shackles'.

NoBoarding is essentially snowboarding without bindings, a bit like skateboarding or surfing on snow. This beautifully made film was a real eye-opener to this fast moving sport. Last up was 'The Storming' the latest big budget release from the infamous Standard Films. Featuring a whole host of big names, this film just piped 'Airblaster' as my favourite of the evening. Although it didn't have quite the same emphasis on fun, the snowboarding and cinematography were amazing.

Aside from snowboarding, other highlights of the festival included 'Adrenaline films', 'Young Adventurers films' and of course the 'The Best of SHAFF' on the closing night. In addition to the films, there was loads to keep in the most grizzled adventured festival goers occupied, such as chilling in the bar, attending a lecture or even going to 'Peaty's Steel City Downhill' in Grenoside woods. In summary a brilliant weekend, so get yourself along next year.

For more information visit www.shaff.co.uk



PARK CITY CUP IS FITTING TRIBUTE TO 'SPEEDY'

Top members of the U.S. Freestyle Ski Team were soaring skyward at the Festival of Flight aerials show Saturday, July 30 at the Utah Olympic Park. GB athletes Harry Gillam and Tim Lever also competed. All of the athletes were jumping with special thoughts on their mind in tribute to their teammate Jeret "Speedy" Peterson, who died recently.

Speedy claimed the Utah Olympic Park as his home training base for well over a decade which helped him to achieve the highest of success – an Olympic silver medal at the Vancouver Winter Games.

The event marked the first International Ski Federation (FIS) competition of the season in North America and drew top competitors like Emily Cook, Dylan Ferguson and Scotty Bahrke from the U.S. as well as competitors from Great Britain, Australia, Canada and other nations. Athletes dedicated this first competition of the 2011-12 season to Speedy.

The Festival of Flight was the first to utilise a new World Cup scoring format. This was the first event utilising the new bracket style aerials format. Athletes qualified into the brackets, then went head-to-head on scores before making it to the one-jump final with four athletes (men and women). Fans worldwide were also able to watch a live webcast of this competition, enjoying the action in the park. Harry and Tim competed jumps full full, lay full, lay tuck and full pike. The biggest jump for the Ladies was from

Emily Cook with bFdF and in the men's, at the top the triples 'making it big' were bFdFF and bDFFF

Two-time Olympian Emily Cook and U.S. Champion Dylan Ferguson took the wins at the Utah Olympic Park's Festival of Flight. In the men's Aerial event there were ten competitors; the top 4 places went to the top USSA team athletes; GB Athletes Harry Gillam highest place in the heats was 5th and he was placed 7th overall in the final; Tim lever highest place in the heats was 7th and was placed 8th overall in the finals – a great start at the season opener competing against some of the best aerialists in the USA.

We would like to thank our team sponsors, Planet Knox and Whiterock; Harry extends thanks to personal sponsors Dale Boot (ski boots), Rivington Alpine and to Outdoor Traders.

FREESTYLE SESSIONS

We are updating the Freestyle Section of the Snowsport England Web Site and would like to know details of any regular organised Freestyle sessions that happen at slopes around the UK. The sessions that we are aware of can be found at www.snowsportengland.org.uk/start-freestyle-skiing. If you know of something we don't can you let me know?

BIGGEST NORFOLK FARMERS JAM YET

Over 95 competitors travelled to Norfolk Snowsports Club in Trowse, near Norwich, on September 17 and 18 to take part in the freestyle ski and snowboard festival and competition.

Saturday saw the slope style event with skiers and boarders trying out the ramps and rail on the slope. Sunday was the Big Air competition with riders launching themselves off a large ramp and performing a series of maneuvers before landing safely. Compere, Pat Sharples, one of the leading names on the British Ski Scene, said "This year's Farmers Jam is the most fun and best atmosphere of any of the UK freestyle ski and board competitions".

An estimated 200 spectators came to watch and over 60 people took part in "Come and Try ski and snowboard" sessions on the nursery slope.

Jam organiser, Matt Hood, thanked all the volunteers who helped to make this such a great event and said "we are already looking forward to the 2012 Jam which will be even bigger and better".



WINNERS

SLOPE STYLE SKI

Male 13 and under

Male 14-18

Male 19+

Females 13 and under

Females 14 and over

Michael Rowlands

Ollie Powell

Tom Coe

Ava Aram

Katie Summerhayes

BIG AIR SKI

Male 13 and under

Male 14 - 18

Male 19+

Females 13 and under

Females 14 and over

Chris McCormick

Josh Ingram

Tom Coe

Ava Akram

Katie Summerhayes

SLOPE STYLE BOARD

Male 13 and under

Male 14 to 18

Male 19 and over

Female under 14

Females 14 and over

Will Cotton

Lann Canu

Lewis Sonvico

Cerys Allen

Becca Rishardson

BIG AIR BOARD

Male 13 and Under

Male 14-18

Male 19+

Females 13 and under

Females 14 and over

Will Cotton

Ollie Chapman

Nathan Albury

Cerys Allen

Becca Rishardson

HOME NATIONS JOIN FORCES FOR SUMMER RACING PROGRAMME

SnowSport England, SnowSport Scotland and SnowSport Wales have come together to bring a new dimension to the home nations summer racing programme.

The exciting new series will create two champions, one for the traditional artificial outdoor slopes and one for the indoor snow facilities.

The series, will take place at the traditional venues including at least one in each country at Glasgow, Pontypool and Manchester.

There are also plans to include a GS race and a Parallel Slalom.

Both indoor and outdoor series will create a champion in all male and female categories based on a point system with an overall champion for each surface.

The series will replace the current Celtic Cup and Grand Prix series.

The organisers are currently in discussion with commercial partners for overall race branding and individual venue sponsors.

Further information about the individual race venues and dates will be released on completion of the 2012 Race Calendar.



Last winter was a record-breaking season for ski resorts in New England, and based on this year's weather patterns, one meteorologist is predicting a repeat of last year's excellent snow conditions.

New England, with its blue sky winters, offers dozens of family-friendly skiing and snowboarding resorts (many just a short drive from Boston), and is known for superb terrain, reasonable prices (<http://www.loonmtn.com/lines>) compared to Western US resorts, with excellent ski schools, especially for children, couple that with the short flight from Heathrow it's easy to see why New England is a favourite of many UK skiers and boarders. But it is American practicality that Marion Telsnig of Crystal Holidays commends: "Everything is geared towards the skier. Getting around the resort is easy, pistes are well-groomed, lifts are state-of-the-art and there is an array of runs for all abilities, from gentle cruisers to testing double diamond black runs."

In Vermont, New Hampshire and Maine, New England's three main ski states, the countdown to the new season is already under way.. Here are just two resorts to put on your short list.

For more information visit www.discovernewengland.co.uk or call 01825 76 36 33



SKI NEW ENGLAND



LOON MOUNTAIN – NEW HAMPSHIRE

Just a two hour drive from Boston, Loon Mountain offers convenience, spectacular beauty, and a full menu of winter adventure. There are 45 trails winding down 2,100 vertical feet, all spread over 275 acres. This year, there are two new trails and improved snowmaking with 167 new tower guns.

The North Peak, the highest point at Loon, offers the famous Walking Boss trail and other long, cruising trails packed with fresh powder and sunshine -- for one of New England's best skiing and riding experiences. This mountain also offers extensive ski classes for all ages well as snowshoe tours of the summit, ice skating, zip line rides, and rock wall climbing. Highly popular is snow tubing, available during day and evening hours, including a Tot tubing area for children less than 8 years of age!

www.loonmtn.com

RESORT REVIEW



JAY PEAK RESORT – VERMONT

Located in a village setting in Northern Vermont only a few miles from the Canadian border, Jay Peak Resort boasts the most snow in eastern North America on its 385 acres and 2,153 vertical feet of glades, bumps, groomers, and parks. The resort offers eight lifts (including Vermont's only aerial tramway) 76 trails, 4 terrain parks for all abilities, and on average, 376" of natural snow every season. Jay Peak is well known for its glades and extreme chutes but there's more to the mountain than just expert terrain – like The Zone, Jay Peak's learning area, which includes 4 lifts

that access 11 trails and introductory glades.

Most of the mountain's lodging is slope side, including new ski in/out condos and townhomes. The new Hotel Jay and Conference Center opens in February 2012 and will have 175 rooms and suites, conference center and breakout rooms, spa and fitness center, restaurants. Another grand opening is slated to happen earlier in December 2011: a giant indoor water park called "The Pump House". This will be one of the largest indoor parks in the North-east USA, featuring the only indoor Aqua Loop on the continent! www.jaypeakresort.com



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SSE UPDATE

SNOWSPORT ENGLAND LAUNCHES OWN INSURANCE SCHEME

Snowsport England, the governing body for snowsports in England, has launched a new travel insurance scheme specifically designed to meet the needs of its coaches and competitive snowsport athletes. It also covers your normal recreational skier as well.

The policies can be bought online via a secure website www.snowsportenglandinsurance.com or over the telephone on + 44 (0)1732 853 192

You can arrange cover for one, two or all three of these categories:

- **PERFORMER** - covers race training & racing in FIS and BASS races and because many Performers are under 18, there's cover for accompanied travel as a minor. Suitable for Freestyle, Snowboard & Nordic too.
- **COACH / INSTRUCTOR / ASCL** - covers courses (including course fees) and working as an instructor, coach or ACL.
- **RECREATIONAL** - Automatically covered, it includes off-piste skiing with or without a guide and you can select up to £2,000 cover for your equipment and personal possessions. Of course, you don't have to always be on snow - your policy will also cover other types of trip like summer mountain biking, watersports or just lazing under the sun.

Tim Fawke, Chief Executive of Snowsport England said

"Finding travel insurance that caters for ski racing, freestyle skiing and snowboarding competition, has been a bug bear of athletes for many years so we decided to approach the insurance market and organise our own scheme. Our main focus was to be able to offer our performers, coaches and alpine ski course leaders, an insurance scheme that specifically covered the activities they would be taking part in while abroad. Many of our racers are still minors so it was also important to offer them the ability to have a policy in their own right for when going on club trips without their parents. For coaches we have ensured that course fees are included within the cancellation cover."

Mike Welby, Director of Dogtag who arranged the scheme and built the transactional website, said

"We are delighted to be working with Snowsport England and believe we have created a product that fits the detailed brief that was formulated over a series of meetings. Our key objective was to ensure that policyholders could be certain that they are covered to take part in their particular activity and also to deliver at a price that is competitive. We are particularly pleased that Snowsport England are going to plough much of the commission income back into funding the sport."

For further information contact Tim Fawke at Tim@snowsportengland.org.uk



CEO UPDATE



Well it has been an exciting and busy summer for many reasons. I got married in July and had a fantastic day. I would like to thank the Ski Club of Great Britain for the loan of some wooden skis which you can see in the picture! The bringing together of England and Wales (Jessica Fawke is the step daughter of the CEO of Snowsport Wales Robin Kellen)! The other exciting development is the move of the office to SportPark in Loughborough which has kept me extremely busy. We seem to be settling in okay and Julia Parker is getting on top of things as the new operations manager and Emma Bamford will be starting shortly to help her.

The renewals are now open online and we are getting through processing all these. If you do have any problems then please either email or call the office and we will help sort out your problems. We might take slightly longer to resolve as all the staff are on a steep learning curve.

There are some new developments on the coaching side. We had a fantastic response to the updated level 3 and 4 development coach course that was run in Austria in March 2011 and we will be running the course out there again this year. Please contact the office for more information.

The Development officers have been working extremely hard and there is some exciting programmes being launched shortly. We will be at both the London and

Birmingham ski shows so please come and visit us. There are free tickets available for the British Ski and Board show in Birmingham, please contact your club for more info.

We will also be launching an individual membership scheme and information will be up shortly about this. I hope everyone has had a good summer and more importantly looking forward to a fantastic winter.

Tim Fawke

WE HAVE MOVED OFFICES

Our new address is SportPark, Loughborough University, 3 Oakwood Drive, Loughborough, Leicestershire LE11 3QF
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HELPING SKIERS TO LEARN RATHER THAN JUST TEACHING THEM....

Coaching is a process that is used to help learners to develop over an extended period.

There are many definitions of coaching. Tim Gallwey (author of The "Inner Game" series of books) explained coaching as: "Unlocking a person's potential to maximise their own performance. It is helping them to learn rather than teaching them." Though the concept originated in sport, coaching has subsequently found its way into many other walks of life including personal self-development and business.

From a distance ski coaches and ski instructors may look similar, however there are significant differences between the two processes which we all need to understand.

Ski schools train instructors to deliver products that often have defined entry and exit standards. Instruction is an important part of introducing the sport to the masses.

In contrast, a coach usually works locally with individuals to help them reach their personal goals. As a consequence, there are as many potential outcomes as there are skiers.

So "coaching" and "instructing" are different. Some of the distinctions are highlighted below.

Of course we all know coaches who instruct, and instructors who coach. Good coaches are often amongst the best instructors, because of their deep insight into what skilful skiing is and how to help the learner to learn for themselves.

What we do as coaches should be helpful for the lifetime of the skier, enabling them to pursue the sport however they desire,



Photo courtesy of Marion Thomson

irrespective of whether we are still coaching them.

Level 2 instructors wanting to learn more about the power of coaching should consider the Level 3 Development Coaches course.

In the next article we will explore components of the coaching process. *Tomasz Ondrusz and Richard Barbour*

SOMETIMES IT'S EASIER TO LET OTHERS DO THE TALKING...

In March 2011 groups of skiers attended Snowsport England's Level 3 and 4 Development Coaches courses in Itter, Austria. Here are some of the candidates' comments:

"A great learning experience in an excellent environment"

"It met and exceeded my expectations of what would be included"

"Supplied the tools to improve my coaching and improved my skiing 100%"

"Tutors displayed enormous skill, professionalism, knowledge and outstanding competence"

Candidates skied hard, worked hard and returned to the UK tired, but as better coaches and as better skiers.

18-23 March 2012: Snowsport England will be offering a more extensive programme, hosted by Snowsport England Coach Peter Neurauter at the Club Hotel Edelweiss, Itter. The hotel will be transformed into an alpine centre of excellence where candidates can attend Level 3 and Level 4 development coach courses or simply work with the tutor team on developing their own skill.

The Level 3 coach award is a natural step for experienced Level 2 Instructors who intend to work regularly with the same skiers or want to learn about the power of coaching. The course covers coaching tools, powerful feedback styles and goal setting. Level 4 coaches are licensed to operate in a mountain environment and are also issued with a separate, internationally recognised licence though the IVSI [the International Federation of Ski Instructors].

So if you are a Level 2 instructor who wants to know more, or a senior club coach who wants to develop your understanding of the coaching process contact the Snowsport England Office on 01509 232323 or info@snowsportengland.org.uk.

Not sure if you are ready yet? Why not consider the "Personal performance and coaching tools" week from 11-17 March 2012 at the same venue.

"Grateful thanks to Friedl and Christine from the SkiWelt (Wilder Kaiser Brixental) for their support of the course"



ASPECT	COACHING	INSTRUCTING
Contact time with skier	Often over an extended period from weeks to years	Often short-term whilst on holiday skiing (from one hour to a week)
Relationship	Develops over time with coach/skier rapport	Often brief as the allocation of instructors to classes varies
Goal setting	Coaches need a good understanding of skill development, so they can help the skier set realistic process and outcome goals over short, medium and long-term periods	Goals are often short-term and outcome (product) led; requiring the instructor to set specific goals for their skiers
Observation and feedback	Feedback is structured to help the skier develop in a variety of areas including: Perceptual, technical, tactical, physiological and psychological	Feedback is largely structured to help the skier develop technique to achieve the lesson outcome
Specialist support	Coaches enlist the support of experts in other fields to support the skier (e.g. fitness coaches)	Instructors tend to work with the skier in isolation and rarely enlist specialist assistance



NOT ACL NOR ACLS BUT ASCL

To avoid any confusion it's not a ligament nor cardiac life support but a training and assessment course for teachers and group leaders – the Alpine Ski Course Leaders Course or ASCL.

Under its various names and guises the course has been around for a long time – since the late 70's, early 80's. It came into being as one of a pair of courses responding to the need for teachers and party leaders to be more aware and better trained when organising and leading groups skiing abroad.

Coupled with ASCL is the Ski Course Organiser course or SCO previously known as SCO1. In its present form this is a one day course usually run in the UK. It has no outdoor practical element and is classroom based. Its content is intended to be interactive enabling teachers to share experiences and best practice. Topics include; Risk Assessment, Resort and Tour Operator Selection, Organising and Running Snowsports Courses, Clothing and Equipment Selection etc. The course is open initially to teachers and party leaders over the age of 21 who are already leading or intend to organise/ lead snowsports groups. It has been noticeable in recent times that the course has attracted leaders of other activity courses. Courses are being run all over the country and throughout the year (For dates and venues see SSE website).

The ASCL course is a six day programme conducted on snow in a complex Alpine (or American) ski resort open to qualified teachers and youth leaders, over the age of 21 and

already with some experience of skiing and leading or assisting groups in the Alps. Over most seasons ten to fifteen of these courses are run largely part sponsored by tour operators with others organised by individual schools and Education Authorities. The course has four strands: Group Leadership, Navigation, Mountain Awareness and Personal Skiing which are coached and assessed throughout the week on the mountain and via a theory paper.

Typically a group would spend a couple of days getting to know the resort and the mountain, working on their personal skiing and being made aware of the expected outcome standard. This is not a 'standing about course', it is very much about skiing as much of the mountain as possible in as many different conditions as the area offers. Candidates joining the course, which is limited to a maximum group size of eight, are expected to be able to ski controlled parallel turns on most slopes and in most conditions. There is no emphasis on speed, more on being in balance and using the skis effectively and appropriately in the conditions of the day. As the courses progress the focus changes to one of assessment but still intertwined with personal coaching. Participants take it in turns to lead the other group members using a variety of leadership techniques and styles. Group members are not asked to behave and ski like children but to ski using

a variety of turning techniques as children would do. Leaders thus have to select appropriate terrain to match group capabilities.

While leading members have to show that they are 'comfortable' in the mountains and not 'phased' by changing snow and weather conditions. From the tutor's point of view the worse the conditions the more realistic the assessment. While skiing on perfectly prepared pistes and in bright sunshine is enjoyable, from an assessment point of view poor visibility and 'ify' snow are much better. It's the luck of the draw and while some candidates may not be able to see much of the slopes they are skiing on others come home with superb suntans. The navigation is done largely with the piste map but group members are encouraged to use natural geographical features too, this means that awareness is the key so whilst skiing in 'the line' absorbing features is practiced.

Hotels used to base the courses chosen to give exclusive use of quiet areas for evening sessions. All participants keep a log book of their experience prior to the course, during the course and after qualification. On a day to day records are kept of individual performance, how candidates felt that they performed in a whole variety of situations; coping with weather, snow conditions, navigation, personal performance, leadership, group management, risk assessment and management etc. As this is done each day it enables participants to build up an individual

action plan which they discuss with the tutor as it develops. Frequently candidates are videoed and the results analysed; this proves to be a very popular part of the courses helping candidates understand verbal feedback and show them what they look like as many have not seen themselves in this situation before.

On one evening candidates complete a written examination on mountain craft, ski safety, ski equipment, avalanches, meteorology, first aid etc. Information for this is gained from previous training (e.g. first aid), from the comprehensive course manual or from delivery by the tutor during the days on the mountain. The examination paper enables candidates to demonstrate the breadth and depth of their knowledge in a way which doesn't detract from 'time on the hill'.

Results are announced at the end of the course and are subject to candidates having all of the pre-requisites (although some can be completed after the course – SCO, First Aid etc) and then verification by SSE. The majority of candidates are successful although a major weakness area is 'personal skiing' and this is usually because candidates have come to the course misunderstanding the desired outcome level. Once candidates have received the confirmation from their head of establishment that they are 'fit and suitable' to lead young people their ASCL career begins. Operating under IVSI protocols e.g. they can only work with their own groups, they arrive and depart with their group, they obtain permission from the local ski school etc. Groups can be led on runs they have skied before and in similar conditions. The intention is not that qualified ASCL's replace the local ski school, it more that they complement it; in fact developing a close relationship with the local ski school is actively encouraged.

In these times of economic 'squeeze' schools are finding that their budgets are smaller and spending is scrutinised and school funding for teachers to attend ASCL courses is being restricted. SSE has seen a steady reduction in the number of courses being run in recent years not just because of school funding but the

reluctance of tour operators to invest in sponsorship when passenger numbers are declining. There is little doubt that the quality of snowsports course leadership has improved and it is reassuring to hear local ski schools complimenting teachers on the way UK groups are lead in the Alps. Those who have completed the ASCL course frequently feedback on the 'buzz' they get from leading their own groups on the mountain and being confident in the decisions they make.

Having got the award and more experience of leading what happens next? The award has to be revalidated every three years by attendance at a one day course on an artificial slope in the UK, one day in the Alps or by attending the six day course again (but without the assessment element). The day includes an up-date on changes in legislation and then a practical session which has a large element of personal performance with coaching helping candidates get back up to the standard they were at the end of the assessment course.

At the present time SSE is looking at additional benefits to ASCL holders; currently discounts are available from a number of retail outlets and manufacturers. More will be available in the near future, details of which will be posted on the SSE website. As members of SSE ASCL holders are covered by insurance but additional insurance is now available at competitive prices. The Piste magazine is the official SSE publication and it is developing with each edition. Unfortunately contributions for teachers and group leaders are few and far between but the magazine has the potential to be a networking mechanism for party leaders – resort reviews, tour operator reviews, kit reviews etc.

As we head into a new season a number of ASCL courses are already programmed so if you know anyone within your organisation who will benefit from the course and make their leadership of your groups safer refer them to the SSE website at: <http://www.snowsportengland.org.uk/alpine-ski-course-leader-award>



JOHN SHEDDEN – LIFETIME ACHIEVEMENT AWARD

How can you do justice to someone like John and compress their lifetime contribution into a few hundred words?

When I set about ski coaching at my local artificial ski slope 20 years ago, I learnt that the slope on which I skied was funded with support by the Sports Council because of a strategy that some governing body or other was developing for English skiers. Little did I know that John Shedden was leading the English Ski Council's strategy.

Some bright spark had also decided on creating a Coaching Scheme and leading a revolution in what coaching has become. John is that spark; researching, writing seminal texts and generally reflecting-on and influencing the shape of our sport in ways previously unknown.

John's legacy includes introducing National Junior Squads and competition structures for Alpine and Freestyle skiing. He adopted a humanistic approach of putting the skier at the centre of the sport's model. The Skill model that includes perception, emotion and technique, from his 1981 book "Skilful Skiing", provoked a global interest in his work.

His introduction of the Intention-Attention feedback loop as a coaching tool is sport-leading. He's still in demand, mentoring Olympic Team coaches from Judo, Sailing Track Cycling and Gymnastics in recent years.

John continues to reflect and contribute his intellect to coaching material. That bright spark continues to shine and for many of us he is Mr Coaching.

It was a great honour to present John with the award at the Coaching Conference. Afterwards so many coaches approached me to say how their lives had been changed by his work.

So John: Thank you from us all; you thoroughly deserve the Lifetime Achievement Award. *Richard Barbour*

Photo above shows (L - R) John Shedden, Tim Fawke and Andrew Bingham MP for High Peak – Snowsport England link with Sport England's parliamentary fellowship scheme



NEW SPECIFICATIONS FOR ALPINE EQUIPMENT CONFIRMED

Over the past several seasons, FIS has undertaken considerable work in trying to find ways to reduce the risk of injury and improve safety. This has been an important focus of the work of the Alpine Committee and the Alpine Technical Equipment Working Group. The FIS Injury Surveillance System was set up in 2005 together with the Oslo Sports Trauma Research Centre and as part of the project the University of Salzburg together with institutions from Lausanne and Davos focused on three main injury risk factors for Alpine ski racing: course setting/speed, snow conditions and equipment (combination of ski, binding, plate and boot).

The equipment project has involved the development of special ski prototypes through the support and close collaboration with the ski manufacturers. Last summer FIS, the ski industry and the University of Salzburg defined the specifications in terms of radius, length, standing height and ski plates with the goal of gaining more safety. A number of prototype skis have been built for downhill and giant slalom and last season recently retired World Cup racers tested these prototypes.

Following the results of the prototype testing, new specifications for implementation in the 2012/13 (Northern hemisphere) season

for downhill, super-g and giant slalom skis, as well as standing height for men and ladies have been approved by the FIS Council on proposal of the Alpine Committee and its Working Group for Technical Equipment.

As far as the timing of the implementation of the new regulations is concerned, these specifications will apply at World Cup and European Cup level. For other Continental Cups and FIS level races, an implementation tolerance will apply in 2012/2013: The men will be allowed to use the ladies' skis whilst the ladies will have a tolerance of -5cm in their ski length.

See table for the ski equipment parameters

SPECIFICATIONS FOR COMPETITION EQUIPMENT

WCL & M, COCL & M, ECL & M FISL & M

			2006/2007	2007/2008	2011/2012	2012/2013	2012/2013		
1.2.1.1	Ski length (Minimum) Ski length measurement tolerance +/- 1cm	DH Ladies	210	210	210	215	215**		
		DH Men	215	215	215	218	215		
		SG Ladies	200	200	200	205	205**		
		SG Men	205	205	205	210	205		
		GS Ladies	180	180	180	188	188**		
		GS Men	185	185	185	195	188		
		SL Ladies	155	155	155	155	155		
		SL Men	165	165	165	165	165		
				** (tolerance of -5 cm)					
		1.2.1.2	Profile width under Binding	DH Ladies	60	67	>=67	<=65	<=65
				DH Men	60	67	>=67	<=65	<=65
				SG Ladies	60	65	>=65	<=65	<=65
SG Men	60			65	>=65	<=65	<=65		
GS Ladies	60			65	>=65	<=65	<=65		
GS Men	60			65	>=65	<=65	<=65		
SL Ladies	60			63	>=63	>=63	>=63		
SL Men	60			63	>=63	>=63	>=63		
New 1.2.1.2.1	Profile width in front of Binding			DH Ladies				<=95	<=95
				DH Men				<=95	<=95
				SG Ladies				<=95	<=95
				SG Men				<=95	<=95
		GS Ladies				<=95	<=95		
GS Men				<=95	<=95				
SL Ladies									
SL Men									
1.2.1.3	Radius (Minimum)	DH Ladies	45	45	45	50	50		
		DH Men				50	50		
		SG Ladies	33	33	33	40	40		
		SG Men	33	33	33	45	40		
		GS Ladies	21	23	23	35	35		
		GS Men	21	27	27	40	35		
		SL Ladies							
		SL Men							
2.1.2	Max. Standing height (ski/plates/binding)	SL & GS (L&M)	55	50	50	50	50		
		DH & SG (L&M)	55	50	50	45	45		



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Available in John Lewis, Tesco, Lloyds Pharmacies, Independent Chemists and online at <http://shop.crawfordpharma.com/>

AWARD-WINNING JACKET

New for Autumn this year from Marmot is the Zion Jacket for men – a softshell jacket constructed from Polartec's new Neoshell fabric - great for wearing on the ski slopes. SRP: £280.

Polartec's Neoshell is the first fabric to combine the superior breathability, ventilation and stretch of a soft shell with the waterproof performance of a hard shell – delivering the best of both worlds. Combining protection from wet weather with unprecedented breathability through dynamic air exchange, Polartec Neoshell gives the Zion Jacket the ability to breathe, be completely waterproof and windproof, warmer than a hard shell, more stretchy than a hard shell, quieter than a hard shell and conveniently it is machine washable. It comes in three colours – red, blue or black.

ALL SHOOK UP WITH USN

USN will be creating a storm at gyms up and down the country with their latest product, the USN Tornado Shaker.



This 650ml shaker comes complete with a detachable compartment to hold a serving of USN shake powder. Retail price is £7.99 and is available online at www.usn.co.uk and in the following outlets: Holland and Barrett, GNC, Tropicana Health & Fitness, Monster Supplements, Affordable Supplements, Evolution Nutrition, Muscle Finesse, Ultimate Fitness4U and Wiggle

STAY WARM WITH HELLY HANSEN

For winter 2011, technical clothing brand, Helly Hansen has launched a new design of its popular HH Warm Odin Half Zip baselayer – created for unrivalled warmth and dryness during the most extreme winter conditions.

The new design features Lifa Coolgrid panels in both the front and back of the garment. The grid construction provides exceptional breathability and moisture management when placed against the skin, by enabling air to flow easily between the skin and the garment for a cooling feeling and better evaporation of body moisture. In addition, a roll up neck has been incorporated into the half zip design and can be opened completely for additional ventilation when the body is working hard.

The Odin Half Zip is available in sizes S – XXL. SRP £80.



EASY-TO-USE AVALANCHE TRANSCEIVER

This winter Mammut will launch the new Element Barryvox avalanche transceiver [SRP £290]: a three-antenna device that's been pared down to offer an easy-to-use package of essentials at the push of a button.

With clear instructions, one button operation, 200 hour battery life and clearly laid out display, this piece of kit guarantees fast and precise location. It's ideal for group use as the screen can show multiple victims, their distance and direction helping the user to prioritise.

Pair Mammut's Element Barryvox [SRP £290] with the Alugator super light shovel [SRP £45] and the Probe Light [SRP £45] for the full complement of snow safety gear.



CAMERAS JUST GOT TOUGHER

Waterproof, shockproof and freezeproof, the new Olympus TOUGH TG-610 and TG-310 allow you to take stills and shoot HD movies in any environment. Both cameras offer a host of features that deliver excellent image quality, usability and connectivity in any situation. Users can shoot 14 Megapixel still photos with the dramatic realism of 3D and thanks to Eye-Fi card compatibility the cameras will automatically upload your pictures and movies wirelessly to your computer or website. For extra convenience the cameras can also be charged through USB.

The Olympus TOUGH TG-610 is available in silver, black, blue and red – price, £250

The Olympus TOUGH TG-310 is available in silver, blue, red, white and orange – price, £200



TEVA GETS A GRIP ON WINTER

Adventure footwear brand Teva has launched the new Forge Pro Winter Mid – a super grippy, midcut boot that helps thrill seekers enjoy action in the snow and ice whilst protecting them from the usual bone crunching slips and accidents. The secret of the boot's success lies in its Hypergrip Icelock technology, which consists of fiberglass-infused pods strategically placed along the length of the sole. These pods drastically increase the shoe's grip, however slippery the ice or slushy the snow.

The Forge Pro Winter Mid is available in men's and women's versions and is available in black or urban chic (green).



2011 BRITISH TELEMARK WORLD CUP REPORT

The second British hosted FIS Telemark World Cup drew to a close in the small vibrant Austrian town of Rauris. Attracting a large international field, with some competitors travelling from as far as the United States, the competition was staged over an intensive three days.

With Slovenia's Bohinj World Cup event called off the previous week due to the lack of snow the British organising committee agreed to run a replacement Telemark Sprint in Rauris in addition to the scheduled British hosted races. With 12 nations competing there was a buzz around town as it filled up with locals and spectators from further afield who had descended upon Rauris to watch the exciting international races take place over the weekend.

The conditions were near perfect and the racers gave spectators their fair share of thrills with huge jumps and some impressive spills. Both Giant Slalom and Sprint courses were technically difficult, the terrain on the

NEW TELEMARK COACHING AWARD SCHEME

Inspired by the success of our Alpine colleagues in refashioning their coaching awards as UKSS qualifications, SSE Nordic has just completed several years of hard labour in a necessary and radical revision of both its cross country and Telemark coaching schemes. In truth, whereas the new XC awards - which will be introduced here and detailed on the SSE website shortly - are updated versions of earlier ones, the new Telemark scheme breaks free from the limitations of the outdated XC Downhill provisions of the old Nordic Coaching scheme. It comes to terms with the dramatic changes in freeheel equipment - boots, bindings and skis - and in freeheel skiing techniques, so evident in the overlap of Alpine and Telemark disciplines.

The new award scheme is responsive to the growing popularity of Telemark skiing, not least among both Alpine and Nordic enthusiasts in this country. It is designed to enable SSE instructors and coaches to play a leading role in Telemark development especially in SSE clubs using artificial slopes and indoor snowdomes.

So far Levels 1, 2, 3 and 4 have been approved. The first two award levels follow the pattern of the UKSS Alpine ones in qualifying Telemark Instructors to coach on artificial and indoor slopes in the UK only. Further - and here the overlap with Alpine is

crucial - Levels 1 and 2 require aspirant Telemark Instructors to be trained and approved as Alpine Level 1 and 2 Instructors before proceeding to their Telemark training and assessment. (Clearly skiers who already have these Alpine qualifications or their equivalent can proceed straightway to the Telemark section). The underlying inspiration - and challenge - behind this scheme is to nurture a coaching scheme of really proficient freeheel downhill skier-instructors.

The Level 3 award breaks new ground. It qualifies coaches to lead, though not to coach, groups of skiers with whom they are already well acquainted as, for example, fellow club members, when skiing in complex ski resorts abroad. (This responds to a growing enthusiasm among Alpine and Nordic club freeheelers to enjoy downhill trips abroad) The Level 3 syllabus has been much influenced by the SSE Alpine Ski Course Leader example, with its emphasis on leadership and mountain skills. But it remains a coaching award with its focus on both personal skiing and coaching and is therefore a clear pathway to progress towards Level 4 and the IVSI licence itself, which qualifies holders to coach as well as lead in foreign ski resorts.

Ralph White - Chair, SSE Telemark Development Committee



Full details of these awards and background information can be found on the Telemark pages of the SSE website. For dates and places of the relevant training and assessment courses or to register an interest, contact either the SSE Office or Stephen Johns Telemark Coaching Award Scheme Administrator.

Kreutzboden piste was particularly challenging with a shallow start giving way to an icy and fast track about half way down that lasts to the finish. The jump which was perched rather precariously on the edge of the transition meant racers were exposed to a fast landing with the next gate situated only a few metres from touchdown. The Rappelokke (360 banked turn) was well placed and provided onlookers with the perfect place to see world class athletes in action. Finishing off both Sprints was a tough skating section at the bottom of the course which really put the racers endurance to the test.

In the first Sprint the Norwegians and French dominated the top ten with Phil Lau taking gold, the young Norwegian Sondre Kristenstuen took silver and bronze medal went to youngest of the French Lau brothers, Sven with the top three all within a second of each other. In the first of the ladies Sprints Amelie Reymond convincingly took first place with almost two seconds between her and fellow Swiss racer Sandrine Meyer who was closely followed by Susann Schubert from Germany.

The following day was the Giant Slalom and French Coach, Denis Gacon, set a fast paced first course which really complimented his team's style with Sven Lau taking first place by almost a three second margin followed by Norway's Harald Kvaerner and Thomas Bergfors from the Danish team. Again in the ladies race the Swiss took first and second places with Amelie Reymond just



Chris Stewart – British Telemark Champion (far left); Sondre Kristenstuen (NOR), Chris Lau (FRA) & Sven Lau (FRA) (above); The British Team (below).



ahead of Sandrine Meyer and Norwegian Katinka Knudsen on their tails in third position.

In the final race, the Telemark Sprint, we saw some more exciting racing from both the men and the women. This time Phil Lau took first place followed by Eirik Rykhus of Norway and France's Antoine Bouvier. With the final Sprint in Rauris the ladies put on a good show with Amelie Reymond taking gold, Sandrine Meyer in silver position and Katinka Knudsen took home another bronze medal.

The British Team had a spectacular break through with Chris Stewart breaking into the World's top 15 in the Telemark Sprint on Saturday whilst also producing some creditable top 20 results in the other two races. There were also some solid top 30 results across the British Team which has put them in a good position as they continue to rack up FIS points. Ollie Wotton, 11 years old, from the British Team's newly formed junior development team had his first World Cup experience recording some promising times forerunning two of the races.

The British organising committee paid tribute to the terrific help and assistance of the local Rauris community in putting together a brilliant few days of World Cup racing, particularly the Tourismusverband and the Hochalmbahnen who played vital roles during the proceedings. The event was a huge success and proved again that it is possible to host a World Cup level event in a foreign country.

THE NATIONAL TELEMARF FESTIVAL 2011

The first ever National Telemark Festival took place on the 31st July 2011 at Snowdome, Tamworth in the West Midlands. Organisers of the event, Midland Telemark, have been running coaching clinics, taster sessions and regional telemark festivals for several years at Snowdome. After the success of these events and the growing popularity of the sport in the UK, Midland Telemark took the next step and created a national festival open to all levels of the sport.

Ian Acey, BASI ISIA Alpine ski teacher and Level One Telemark Instructor, runs Midland Telemark and organised the festival himself. The idea is to create a buzz around the sport and involve some high profile athletes from the British Telemark Team along with a mix of BASI Instructors. BASI trainer, Andrew Salter, was on hand to provide top class coaching alongside Ian and Willie Mcilwraith, another BASI qualified telemark instructor based at The Snowdome.

Three members of the men's British Telemark Team were there in force too. Captain of the team Andrew Clarke, took the time out of his 10 day R&R from Afghanistan to participate and display some of his telemark skills alongside Jack Harvard Taylor and Ian Roberts. The team also took the opportunity to try out some Kneissl skis which they will be using for the 2011/2012 season.

David Hall from Backcountry UK brought down a selection of skis with the revolutionary new telemark binding system known as NTN (New Telemark Norm). Manufactured by Rottefella, the NTN is



more aligned to the type of binding used in alpine skis. Anyone who has tried telemarking in the past will know about bending down to 'strap' in your boots with a cable type binding. The NTN system is designed with a simple step in process that is quick and easy to use. The binding system also provides far more lateral stability than traditional telemark bindings meaning more edge control and stability. This is good news for freeride telemarkers who want added performance from their skis but is suitable for any level of skier from beginner to advanced.

The coaching sessions were organised into two groups with 10 people attending the performance clinic and four on a taster

session with Ian, Andrew and Willie on hand to provide their expert tuition. There was also the chance for recreational telemark skiers to get together and practice on the slope with plenty of like-minded individuals. I also took the opportunity to change my boots, free my heels and get some telemark skiing in myself. I have telemarked before but it had been a couple of years so I took the first couple of runs easy. What I discovered is that an indoor slope like Tamworth is perfect for practising on telemark skis and provided me with a challenge that I would have not found so much on alpine skis.

Learning to telemark is great fun and for experienced alpine skiers, provides something new and exciting, but also very accessible and relatively quick to become proficient at. For non-skiers trying telemarking for the first time the challenges are clearly more demanding.

Ian was delighted with the day and summed up the event by saying, 'It was a real success with very positive feedback from attendees. This event will certainly grow over the coming years and it was a great opportunity for Telemarkers across the UK to get together to demonstrate how cool this minority sport is.'

They are already planning next years festival and similar events are being organised across the UK network of indoor snow slopes.

This article was written by Robert Stewart of The Skiing Department > blog.themountaindepartment.com

TAKING ON THE PISTES

Richard Hardingham. Snowsport England Coach takes part in the world's longest ski race.

The White Ring Race takes place annually in Lech in Austria during January, and is the longest ski race in the World with 22km of pistes to ski. It follows the route of the early ski pioneers and was started in 2006 by ex-Olympic and World champion, Patrick Ortlieb.

Anyone can apply to enter the race, and it is a chance for racy recreational skiers (who feel somewhat constrained on ordinary pistes) to compete against big names, admittedly now mostly retired from World Cup duties and a host of other ex-racers. Safety is monitored by marshals stationed at critical parts of the course.

Lybra suits are likely to save seconds in a race of this type and make body movements easier, so a fair proportion of competitors were wearing them. Lech is fashionable, so if lycra is not your thing, avoid turning up in those ripped-to-shreds ski pants, which can on occasions be seen at plastic slopes.

I arrived late in the day before the race with some journalists, and we only had time to ski a small section of the course. Ski lifts were kept running for us after their normal

closing time; obviously they had mistaken us for celebrities. When I mentioned to the winner, "Pepi" Strobl that we had only skied part of the course, he said that if we had skied the whole course in practice, he probably wouldn't have won! Either he had not seen us ski, or was it that Austrian sense of humour? His array of victories includes the Lauberhorn Downhill and I suspect the White Ring course would have been easy for him, coming from a World Cup background where courses tend to be extreme. Local girl, Angelika Kaufmann, whose array was more in the form of ski instructor qualifications, was the Ladies' winner.

The British have a reputation here for being proficient at après ski, and we were naturally invited to the party the night before the race, where the dress code was, yes, you've guessed it, white. Unfortunately skiers who had been training for several months for the race and fancied their chances, were tending not to attend the party, which is now proposed to be held following the race. Nearby St. Anton, which is on the same ski pass, is also famous for the odd party.

You will need to do some training if only to negotiate several small sections of the course, which are uphill and necessitate herringbone climbing and skating. At speed, I would recommend keeping away from the vertical banks adjacent to some of the pathways.

Marc Girardelli, (now forty eight), was there, wearing a ski jacket from the Girardelli skiwear range. You would definitely blend in with the glitterati with anything from this range. He reckoned he could pick up a bit of time on the Madloch, which is the most challenging part of the course. Well, he has got forty-six World Cup victories to his name. Even trickier than the Madloch is gaining entry into the race as the numbers are limited to about 1000, with competitors going off in groups. At the time of going to press, the exact format for the race entry has yet to be decided in terms of numbers allocated for individuals and for teams.

Marc Girardelli said skiers like beating him; if you have aspirations and a white outfit for the party, contact email address wr@lech-zuers.at for race entry details. The website is www.derweissering.at



Former World Cup skiers 'Pepi' Strobl and Marc Girardelli – compete in the race at Lech, Austria

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