



Eastern Region Ski Assoc.

AGM

**SUNDAY, 28 SEPTEMBER 2003
BRENTWOOD PARK SKI CENTRE**

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Minutes

The AGM was held at lunch time during the ERSA Summer League Race at Brentwood Park Ski Centre, Between the Open Age group Slalom and the Team Events.

Present:

John WILLIAMS, NOR	Gillian POTH, HEM
Gillian WALKER, VIK	Dee AYLING-BATE, VIK/S C
John RADFORD, VIK	Sandra KEEN, HEM
Hilary WHIPP, BAS	Matthew DULCAMARA, WGC
Pam ATKINSON, HEM	Judy REID, WGC
Daphne van KEMPEN, BAS	Jonathan SERDET, WGC
Jeremy AYLING, VIK	Alan COUPE, NOR
John CURTIS, BWP	Colin CRISP, NOT
Kevin DRISCOLL, HEM	Niki THOMAS, BEC
Ros HUMPHREY, HEM/S C	Steve LAMBERT, HEM
Sheila DRISCOLL, HEM	Thomas PAXTON, HEM

Apologies received:

Alan HUMPHREY HEM/SC	Paul FRAYLICH, HEM
Piet VAN KEMPEN BAS	Judith WRIGHT, XCS

The Chairman welcomed all present.

Approval of Minutes

[Minutes of last year's AGM](#), which had been posted for several months on ERSA's website, were signed by the Chairman.

Chairman's Report

The Chairman congratulated all ERSA Athletes and Race Officials who took part in the recent All England Championships at Sunderland.

The Chairman further reported:

- That racing within our Region has had record attendance with one more Summer League Race as well as the ERSA Championships 2003 still to be held in the next few weeks.
- That the committee managed the ERSA business, now for the 3rd year, within budget and that the Summer League race entry fee will not be increased in 2004
- That at the ESC AGM Mr. Sandy Telling became the new Chairman of the ESC and it was decided that the name 'English Ski Council' will now be changed to Snow Sport England. Steven Lambert serves now on ARC and Piet van Kempen on ROTP – in addition to Ros Humphrey on the BARSC Committee.
- That from now on, to ensure the return of all the perpetual ERSA trophies handed out at the ERSA Championships and for the ERSA Summer League Races, the trophies will only be handed over to the winner (signature, address and telephone number will be required). A penalty of £ 50.00 will be enforced in the case a trophy has not been returned. If the athlete is not available, his/her Club will have to pay the penalty. There is a Trophy Amnesty at the moment in force and parents/athletes and club officials are asked to help to locate all missing trophies as those awards hold the long history of the Eastern Region. We owe it to future racers. A big Thank You to Daphne van Kempen who has been trying, since Easter, to locate all ERSA trophies.
- The Chairman thanked all committee members as well as the opted on members for their work input during the year and asked for their support in the coming year.

Chair of Race Panel/ERSA-RTP Report

In the absence of Piet van Kempen, JA read the prepared report of ERSA's Race Committee.

I would like to open by thanking the other members of the race panel for their support, and for all the time that they spend much of which is done without the racers realising how much time it takes up.

I am pleased to say that the summer race season has been very successful. We have had an increase in the number of races attending each event this year, but due to the efficient running of events we have still managed end the day's races at reasonable times.

I would like to thank each slope for allowing the races to take place and for all their help on the race day. Without their support we would not be able to run the events.

We are going to run squad training sessions throughout the winter in order to ensure that more sessions will be organised between now and the start of next season.

If anyone has any comments or suggestions for the future, please discuss with your race manager or a member of the race panel so that they can be presented to all the clubs at the race managers meeting in February.

Again I would like to thank all those who have helped make the season a success.

Race Trainers Report 2003

In the absence of Paul Fraylich, JA read the prepared report of ERSA's Race Trainers (Paul Fraylich and Kirk Durham)

Due to the heavy race calendar I held two Squad training sessions early in the season so that I could look and discuss with many of the members what they had done over the winter season. Due to a number of the squad having been away training on snow, it was at these sessions that we worked to adapt skills learnt on snow to dry slope racing.

As stated previously this year's race calendar has been rather busy and I must applaud the large number of ERSA racers and parents who trekked all around the country to attend the races. Comparing the seed points from last season with this season all this traveling has paid off, especially in the female category, where racers such as Shanna Prince were matching the times of the top males. I have tried to attend and watch our athletes succeed at as many of these events as possible. It has been at these races that I have attempted to discuss with those ERSA racers who wanted what elements of their performance I believed they needed to work on and what I thought they should notice in the courses that were set. Hopefully next year I can extend this facility.

I would like to conclude with a few general comments taken from my observations at these races about what I believe ERSA members should work on in the coming months:

The female racers really need to work on their starts; this year there were only two individuals that stood out in this element of racing and they were Sega Fairweather and Harriet Steggles. A good start can gain you anything up to half a second per run. I believe next year this factor will be critical in maintaining and improving your seed points.

For the males, I really think they should work on linking what they learn in course inspection to how they ski the courses. Of course there are some notable exceptions but I have too often seen racers from this and other regions having to hack down courses because they haven't set themselves up for changes in combinations. In the main the courses set this year have been relatively straightforward and easy; I wouldn't rely on next years courses being the same.

I would finally like to thank everyone present for their time and support without which much of the work carried out by me and all the other coaches in ERSA would be worthless. It is very few of us who have to get up at the crack of dawn to get all our athletes to these races on time.

Treasurers Report

Copies of the accounts were circulated. The accounts had been posted for several months now on ERSA's website (ERSA's financial year runs from April - March).

Income Expenditure Year Ended 31st March 2003

Financial Review Balance Sheet 31st March 2003

John Curtis, ERSA's independent "Overseer" of the accounts, has ok-ed the accounts.

The Treasurer pointed out that ERSA's finances are very healthy with some £ 4000.00 in the bank and she would support the proposed purchase of a Timing Board, as well as the purchase of some more radios to be used at all the Races.

Coaching Panel Report

There were no courses organised in 2003 (decided at the 2002 AGM).

For 2004 if the membership requests, a Course Setters Course, Race Training Workshops etc. could be arranged. Anybody interested is asked to contact Ros Humphrey - Ros.Humphrey@ntlworld.com. Those workshops can be organised with very little notice as long as we have some 6 - 8 participants. In the meantime, ERSA promised to pay the £ 5.00 registration fee to all participants of the Race Officials Course organized at Hemel in January 2004 (To book your place, please contact Dermot Flahive on Dermot.Flahive@ukgateway.net) However, all recipients will be asked to 'work' at 2 race meetings in our Region in 2004.

ERSA Snow Race Training Camp 2003

It was a really good camp. 70 participants from 6 different Clubs took part in this year's Summer Race Camp. RH thanked all the Trainers and Club Managers and for their help and support. The athletes spent the morning on the glacier and in the afternoon, they went swimming, played football (we had the use of the all weather surface sports ground) or fitness training etc. Some parents skied as well while others enjoyed the many walks in the area. To help with future planning, **the 2004 Summer Race Training Camp** is suggested to be held from *31 July - 07 August 2004*. Detailed written information will be handed to the various Race Managers at the pre-season meeting in February 2004 and/or at the first Summer League Race 2004.

Election of Officers

Jeremy AYLING	Chairman/VIK
John CURTIS	Vice Chairman/Overseeing Accounts BWP + S C
Hilary WHIPP	Treasurer/BAS
Ros HUMPHREY	Secretary/HEM + S C
Piet van KEMPEN	Chairman Race Panel/BAS
Steven LAMBERT	Regional Race Manager/HEM
Paul FRAYLICH & KIRK DURHAM	Regional Race Trainers -HEM/BEC
Thomas PAXTON	ERSA Website

All officers were reselected and JC was elected to serve also as ERSAs Vice Chairman.

AOB

1.	<p>RH reported on Mark Tilston's Report to the BARSC Committee Meeting:</p> <p>Mark Tilston is the new Performance Director for Snowsport GB. He is effectively employed by UK Sport, and must produce medal winners. He is aiming to unify the performance pathway through British skiing, and has made a start with the children. He has a three year contract, and must achieve his goals in that time. His short-term goal for children is a top 5 place at Topolino in the next three years.</p> <ul style="list-style-type: none">· Aims to introduce effective technical development· Aims to focus on development (i.e. skiing) rather than just racing· Free skiing is an extremely important part of this <p>He plans to set up new selection criteria for all within the next couple of months, so that it will depend on % behind the average of the best 10 in the world. This will make the criteria a bit tougher in some disciplines. There will be a sliding scale, performance related.</p> <p>Children's selection will be based on a matrix of scoring from a technical skills assessment, fitness tests, and winning a run at a Championship event. (The new start order proposals include a suggestion that racers who fall or are disqualified on the first run should still be allowed to do the second run).</p> <p>Along with the new performance pathway, the coaching system will undergo updating and improvement, IT skills will become more important (and may even lead to foundation degrees, with university funding available).</p> <p>The technical skills assessment for children's selection will be introduced at Easter, during the latter part of the BJCC. The drills will be published shortly, and are to be demonstrated at the forthcoming fitness camp for children at Xscape, Milton Keynes on 4th -5th October. They will tie in with the newly revamped APC course.</p> <p>Coaching arrangements must be fluid, head coaches from the clubs must come into the system, and are invited to observe senior team coaching by arrangement, at the clubs' expense. Clubs should work together; MT suggested that one should take all athletes of a similar age and standard, another then taking a different level. Club identity must not interfere with the development of an individual, and clubs should pool their resources.</p> <p>The Christmas period is the best clear time for free skiing and development of technique, and MT suggests that this is a problem that the BARSC race organisers should address. He would like to see BARSC moving towards a performance pathway.</p>
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The selected elite British Children's Ski Team will have an October camp in Kaprun, a free-skiing camp in mid-December, and ten will do the Slovenia and Topolino events as a single trip. The new head coach is Tony McAllister. Gunter Puhlinger (head coach of the National Development Team) will also be involved. The Children's Development Squad will continue to train with their clubs.

The first fitness testing session will be run in England and Scotland during the weekend of 29th-30th November, with another likely in mid-January. Clubs must nominate children for these tests, and must prepare them so that they are able to pass them. Targets will be published.

- Box jumps (40cm box, 60 seconds)**
- *Since AGM height of box has changed*
- Cooper Test
- Pull-ups
- 5 jump test
- Agility test

2	<p>Purchase of ALGE Timing Board and of some more Radios All present Club Members agreed to purchase the necessary equipment to improve the Timing System. Estimated Cost for the Timing Board: Euros 2900.00 + £ 30 for the Bankers draft. ERSA will also get some additional radios to help with race organization,</p>
3	<p>ERSA Summer League Scratch Teams The Chairman asked all the Clubs to air their opinion regarding the Scratch Teams at the Summer League Races at the yearly Team Managers meeting (early Feb. 2004). If voted in, an additional Organiser will have to be found as well as new trophies bought.</p>
4	<p>ERSA Media Officer Again the Chairman asked the Club's opinion regarding ERSAs own Publicity/Media Officer. Club Representatives to report back to the Committee at the next Committee Meeting, planned in November 2003.</p>
5	<p>Sport England Squad Support long-sleeved T-Shirts To raise some money for the Home Nation Alpine Race Squad, the ESC is selling long-sleeved, white T-Shirts. Anybody interested should either contact the ESC or Sandy Telling direct: sandy.telling@ntlworld.com.</p>
6	<p>ERSA Race at the Xscape, Milton Keynes in 2004 RTP will organize a snow race at the SnowDome next year. As not all ERSAs racers can take part, RTP will award places in relation to Club participation during ERSAs Summer League Races. More information on that will be available at the Race Managers Meeting in February 2004.</p>

The AGM closed and the Team Races continued.