

Eastern Region Schools Ski Race



Put this date
in your diary

SUNDAY 29th April 2018
at Norfolk Snowsports Centre

ERSA are pleased to announce we will be holding the annual
Eastern Region Schools Artificial Ski Race.

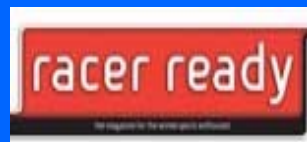
- ❑ Schools can enter an individual or a team of 3 or 4 skiers from the same school. Maximum is under 19 (yr13)
- ❑ The minimum standard of skiing required is to be able to perform linked snow-plough turns safely and to be able to control speed and be able to use a button lift.
- ❑ No previous racing experience is necessary .
- ❑ Helmets and gloves must be worn
- ❑ Ski and boot hire is available if required and included in the school entry fee.

Please contact ERSa : schools@ersa.co.uk or visit
www.ersa.co.uk/schools-race for more information

There are ski clubs see in the region who can help with some practice and training facilities .

This is a FUN event though prizes will be awarded. The aim is to encourage more young people into the sport and have fun at the same time.

Sponsored by



***Eastern Region Snowsports Association
Schools Artificial Ski Slope Championships Race
Sunday 29th April 2018 at
Norfolk Snowsports Club***

Eastern Region Snowsports Association (ERSA) is one of several regions in the country affiliated with the national governing body SnowSport England. The emphasis of the region is to encourage participation in snowsports through fun and enjoyment.

This race is organized to encourage young skiers to try skiing as a competitive sport, while representing their school. As such no previous racing experience is required, although a minimum level of skiing ability is required. It can be a step on the ladder to higher levels of racing at Regional and National levels for those who want to.

Who can enter: Anyone who attends a school in the ERSA region. We do not require any previous competition experience, but must insist, for reasons of safety, that all competitors can use the lift and ski in control from the top of the slope. Team members must be from the same school.

Team or Individual: We encourage team entries, as this means those new to ski racing will be able to join their more able fellow pupils. However, we also recognise that schools may not be able to find enough competitors to form single sex teams so mixed teams and individuals can also enter the event. Teams must consist of 3 or 4 racers. If a school is unable to find enough competitors to make up a team they can enter racer in the Individual category.

Prizes: There are prizes for both the team and individual events in all age groups. All winning team members also receive a medal to compliment the team's prize. There are also male/female/team overall prizes.

Need some pre-race training? If you haven't skied through a course before, one hour could make all the difference. Contact your local ski slope and you will find they should be able offer your team some coaching. For further advice contact schools@ersa.co.uk or look for your nearest slope on the website www.ersa.co.uk/schools-race

How to enter

Complete and return the entry form(s) by 19th April 2018
If possible please scan and email the form to schools@ersa.co.uk

Cheques payable to "ERSA" and post to:

**ERSA, c/o Jo
Ogden
2 Skinners Lane, Wroxham Norfolk
NR12 8SJ**

Late entries may be accepted at the discretion of the organisers. If your entry is likely to be late, please call/email with names and approximate number of entries. This will help us plan the race schedules and would be greatly appreciated. **NO TEAM ENTRIES WILL BE ACCEPTED ON THE DAY.**

Entry Fees: ERSA aims to run this event 'at cost'. All organisers are un-paid volunteers. We are pleased to acknowledge the help and support of many individuals, but in particular the event's sponsors who have helped to run this event

£30 per team entry (up to 4)

£10 individual entry

Rules

The race will be run under FIS rules modified by ERSA, which are in summary:

- ❖ The race will consist of 2 timed runs through a slalom course.
- ❖ Individuals: the BEST time from the 2 runs will count.
- ❖ Teams will consist of a minimum of 3 and a maximum of 4 skiers. On each run, the fastest 3 times will count toward the team score.
- ❖ A 3-member team could therefore score as highly as a full team of 4.
- ❖ All teams should preferably be either all male or all female, although mixed male/female team entries will also be accepted.
- ❖ Competitors may be part of a team in an older age group, if this makes it easier to form a team, but will still be judged in their correct age group for the individual event.
- ❖ All competitors will be allowed to inspect the course before the race. For safety reasons, racers must not ski the course.
- ❖ All competitors must be able to use the lift and ski in at least a controlled snowplough and perform linked turns from the top of the slope.
- ❖ All competitors must wear helmets, gloves, long sleeves and trousers.
- ❖ Under SSE safety rules, competitors must either use the slope's ski sticks, or ensure that their own ones have tip protectors.
- ❖ Age groups are U19; U16; U14; U12; U10 (All based on the School year as at 1st September 2017)
 - Years 2, 3, 4 (U10) ○ Years 5, 6 (U12) ○ Years 7, 8 (U14) ○ Years 9, 10 (U16)
 - Year 11+ (U19)
- ❖ Years 3,4,5,6 will ski through a stubbie pole course and all older racers will ski through full poles.
- ❖ Years 3,4,5,6 will ski in the morning with prize giving held at the end of the morning's racing followed by the older racers in the afternoon.
- ❖ No racer from years 2-6 can ski up into the Secondary teams
- ❖ If schools in the U10/U12 category cannot make up a team (min of 3 racers) then they can still enter as individuals so no one is excluded from racing.
- ❖ Teams can be of mixed ages but the oldest racer determines the age category for the team.

Venue Information

The race will be held at the Norfolk Snowsports Club

Venue:

Norfolk Snowports Club
Whitlingham Lane

Trowse

Norwich

NR14 8TW Tel: 01603 662781

<http://www.norfolksnowsports.com/>

Leave the Southern By-Pass at the A146 exit, turn left and then turn right at the lights. Follow the ring road until you reach a round-about. Take the fourth exit signposted 'Trowse'. Follow the road for approximately ¼ mile then take a left turning signposted 'Ski Slope'. Norfolk Ski slope is just down on the right.

Parking: There is ample free parking available on site, please follow the signs and marshal's directions on arrival.

Catering: Catering will be available on the day. There will be a tea/coffee/soft drink and cake stall, as well as a stall selling hot food. You are also welcome to bring a picnic if you prefer.

Equipment: Limited amounts of equipment are available to hire. However, equipment must be requested in advance of the race. Only pre-booked equipment will be available on the day.

ERSA Schools Ski Championships Race, Sunday 29th April 2018, Norfolk Snowsports Club

Team Manager/Organiser	Signed
School	
Contact Address	
Postcode	
Phone (day)	(evening)
Email	

Your details will be kept on record and used to keep you informed of other skiing activities in the region. Your details will not be disclosed to other parties. If you wish to update the contact details at any time, Email: schools@ersa.co.uk

TEAM 1	Age Group (please tick one box)	U19		U16		U14		U12		U10
	Competitor Name	Male/Female		Date of Birth		School Year				
1										
2										
3										
4*										

TEAM 2	Age Group (please tick one box)	U19		U16		U14		U12		U10
	Competitor Name	Male/Female		Date of Birth		School Year				
1										
2										
3										
4*										

TEAM 3	Age Group (please tick one box)	U19		U16		U14		U12		U10
	Competitor Name	Male/Female		Date of Birth		School Year				
1										
2										
3										
4*										

**4th team member optional*

INDIVIDUALS					
	Competitor Name	Male/Female	Date of Birth	School Year	Age Category
1					
2					
3					

If you wish to enter more teams or individuals, please copy this form, or attach an additional sheet.

Remember: Teams need minimum 3, max 4 members. Age group is based on oldest member of team on 1st September 2017. U19 means 18 or less on 1st September. Racers may compete in an older age group as part of a team within the primary and secondary groups, but will be judged in their own age group in the individual competition.

A GROUP photograph of competitors (no names) will be put on the ERSA web site. Will schools please obtain permission from parents. If any parents object, please include the name of the competitor(s) concerned:

Consent NOT given for (names):

Disclaimer: The organisers and officials of ERSA cannot accept responsibility for injury or loss during the Competition. Please ensure you have insurance for this activity.

Please email completed forms to schools@ersa.co.uk

*Cheques payable to ERSA - £30 per team or £10 per individual
Please mail cheques to – Jo Ogden, 2 Skinners Lane, Wroxham, NR12 8SJ
(please write school name on back of cheque)*

ERSA Schools Ski Championships Race,
Sunday 29th April 2018, Norfolk Snowsports Club
Equipment Request Form

Team Manager/Organiser		Signed
School		
Contact Address		
Postcode		
Phone	(day)	(night)
Email		

Your details will be kept on record and used to keep you informed of other skiing activities in the region. Your details will not be disclosed to other parties. If you wish to update the contact details at any time, Email: schools@ersa.co.uk

Competitors need to have minimum equipment of:

Ski Equipment: Skis and Boots

Safety Equipment: Helmet, Long sleeved top and trousers, gloves

Racers are recommended to try to borrow equipment from school colleagues, or their local ski club.

Ski poles will be available to borrow on the day (no pre-booking required)

Skis, Boots and Helmets are available to hire from the Norfolk Snowsports Club, but this must be requested in advance and confirmed with the organisers.

Only pre-ordered equipment will be available to borrow on the day.

Please return this form absolutely no later than 19th April

EQUIPMENT HIRE REQUEST FORM					Please tick box for equipment required		
	Competitors Name	School Year	Height (cm)	Weight (kg)	Skis	Boots (size)	Helmet
1							
2							
3							
4							
5							
6							
7							
8							

***** Please email this form to schools@ersa.co.uk *****