

## WHO IS THIS WEEK FOR?

This is the ninth year that Snowsport England has held this highly successful course. It is designed for cross-country skiers who want to improve their skills whether their interests are in touring, racing or freeheel downhill. Participants should be able to ski at a **minimum standard** of improver/intermediate level. For alpine skiers who want to improve their downhill skills by converting to freeheel downhill/telemark the **minimum standard** is the ability to perform basic parallel turns on most blue runs on alpine/telemark equipment. 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

Mornings will be devoted to skills training in groups of similar ability. The XC groups will concentrate on classic & skating techniques. The freeheel downhill groups will concentrate on skills leading up to & including telemark turns. The afternoons will be more informal with a range of snow related activities such as fun races, games & ski touring. On some afternoons there will be the opportunity for XC skiers to try telemarking & vice versa for telemark skiers.



## EQUIPMENT

Participants are encouraged to bring their own equipment: lightweight track skis and waxes for the XC course and heavier metal edged equipment for the freeheel downhill course. However, equipment for both XC and freeheel downhill can be hired at the centre and waxes bought from the hotel reception.

## INSURANCE

All participants should ensure that they have their own personal travel & accident insurance cover for the week.



**To return booking form or for further details contact**

**WENDY MCRAE**

**15 Belle Vue Road, Shelf, Halifax,  
West Yorkshire, HX3 7LU  
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**Email:- [wendy.mcrae@tesco.net](mailto:wendy.mcrae@tesco.net)**



# ON SNOW NORDIC SKILLS & MULTI ACTIVITY WEEK



**KVITAVATN, RJUKAN  
NORWAY**

**28 MARCH—4 APRIL 2009**

## COACHES

The week will be led by Snowsport England's leading coaches Andy Stewart, Mike Dixon & Patrick Winterton.

### ANDY STEWART

Andy is a qualified BASI Telemark Instructor & a Senior Tutor for Snowsport England in both Nordic & Alpine disciplines. He holds a Mountain Instructor award & is a 'provider' for the Mountain Leader Training Board.



### MIKE DIXON

Mike is Britain's most successful biathlete. He is the only British Athlete to have competed at six Winter Olympic Games. Mike has also competed at thirteen World Championships. In addition to his International achievements Mike has been British Champion twenty-six times. Mike still competes regularly in domestic competition both on roller skis and snow. He is a Snowsport England Nordic Coach & Tutor.



### PATRICK WINTERTON

Patrick skied with the British Nordic Team for eight years competing on the World Cup Circuit and representing Great Britain at the Olympic Games in Calgary in 1988. He is also an accomplished telemark skier and has been British Telemark Champion twice. After retiring from International competition Patrick became a Snowsport England Nordic coach, a position he has held since 1991.



## COACHING COSTS

Coaching costs for the six days are £295 per person **less the following discounts.**

**£15 discount** for members of an SSE affiliated Club or Snowsport Coaching Scheme.

**£35 discount** for early booking (**before 31 December 2008**).

There is a special **Junior fee** of £165 for those under 18 (no other discounts).

## VENUE

Kvitåvatn 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. The area also provides excellent mountain touring.

Accommodation (full-board) in two or three-plus bed bunk rooms will be NK 3304 (approx. £337) for a two-person room or NK 2800 (approx. £286) for a three-plus bunk room, payable directly to Kvitåvatn Fjellstoge at the end of the week. **Please note that this year participants will need to book their accommodation directly with Marianne Folmer at the Kvitåvatn Fjellstoge; email:- [kvi-taavatn@kvitaavatn.no](mailto:kvi-taavatn@kvitaavatn.no). Tel:- 0047 350 920 40.**

## TRAVEL

Participants will need to make their own travel arrangements. Most people fly to Oslo Gardemoen Airport.

Coach transfer from Oslo Gardemoen Airport to Kvitavatn will cost £80 return (£40 one way) if booked in advance on the course booking form (£20 deposit required). The coach will leave Oslo Gardemoen Airport at 5.00pm. Participants wishing to use the coach transfer must ensure they allow sufficient time (at least an hour) to get through customs and baggage collection. Arrangements can also be made for those travelling via Torp Airport to join the coach at Oslo Bus Station (pick up time approximately 5.30pm). Participants using the coach transfer for the return journey should ensure their return flight is no earlier than 3.00 pm from Oslo Gardemoen Airport.

Alternatively, participants may wish to use public transport. Information about public transport is available on [www.nor-way.no](http://www.nor-way.no) (Rjukan express bus) and [www.trafikanten.no](http://www.trafikanten.no) (general traffic website).

## COURSE BOOKING FORM

Please reserve a place for me on the Snowsport England Nordic On Snow Skills Course.

Forename: (Dr/Mr/Mrs/Miss/Ms) \_\_\_\_\_  
 Surname: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Postcode: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Tel: (daytime) \_\_\_\_\_ (evening) \_\_\_\_\_  
 SSE affiliated club: \_\_\_\_\_  
 SSE Reg. No. (Instructors & Coaches) \_\_\_\_\_

### The course

Please tick which aspect of the course you are most interested in:

1. Cross-country skills
2. Freeheel downhill/telemark skills
3. Snowsport England Coaching Award Experience/ SSE Proficiency Award Level

### Coach Transfer

I would like to book the coach transfer, cost £80 (£40 one way), **(£20 deposit required)**.

I wish to be collected from/return to (please tick)  
 Oslo Gardemoen Airport  
 Oslo Bus Station  
 (if one way please delete as appropriate)

Payment	
Full course fee	£295
Full course fee – under 18	£165
Return coach transfer (£40 one way)	£80
<b>Discount</b> (SSE/Club Member)	-£15
<b>Early Bird Discount</b> (Book before 31/12/08)	-£35
<b>Total Payable</b>	
<b>Deposit-</b> course fee	£80
<b>Deposit-</b> coach fare	£20
<b>Payment enclosed</b>	

### Balance payable 8 weeks prior to departure

I enclose my cheque (payable to Snowsport England) for the sum of £..... being payment of deposit for course & coach transfer (delete as appropriate).

I have read and accept the full 'Terms and Conditions of Booking' shown on [www.ssenordic.org.uk](http://www.ssenordic.org.uk).

I am in good health and have no medical condition that may cause undue concern to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the course.

Signed: \_\_\_\_\_  
 Date: \_\_\_\_\_

**Please return by post to Wendy McRae, address overleaf**