

Snowsport Scotland

Nordic Performance Coach

Level 1 Assistant Coach (roller ski) Training

Dates: Monday 20th and Tuesday 21st July.

Place: Glenmore Lodge Roller Ski track.

Times: 9.30am-5.00pm both days. Meet by the biathlon range ready at 9.30am.

Cost: £50 cheques pay Highland Nordic.

Course tutor: Roger Homyer (NPC level 3 coach and tutor)

What will I need? Classic and skate roller skis, poles, boots (some available on request), pen and paper, helmet and glasses.

What level of skier must I be? Reasonably competent in skate and classic i.e. balanced and coordinated. As a rough guide you should be able to ski the biathlon loop at Glenmore. The course will cover some aspects of personal performance although the main focus will be on coaching others. At least of equal important is the desire to help others to learn and to take part in our sport.

Will I have to do any coaching? Yes. You will be required to deliver short sessions on the course from a set list of topics given on the course. You will be given time to prepare your sessions.

In order to gain the level 1 qualification what else must I do? You will need a current first aid certificate (at least 6 hours), have attended a 3 hour (or on-line) child protection course, and gained 15 hours coaching experience after passing the training course. You then register with the coaching scheme of Snowsport Scotland. They provide support, insurance and other benefits in return for an annual subscription. You will also need to be 16 years old to attend the course, and 18 to gain the full qualification.

What pre-course materials will I receive? You will be sent the course tutors pack by e-mail. This includes all the information given to tutors about running the course.

Where can I stay? Glenmore Lodge has accommodation as does the nearby Cairngorm Lodge Youth Hostel.

I have more questions. Who should I call? Call Roger on 01540 661051. Alternatively e-mail on roger.homyer@tesco.net