

Message from Roger Crombleholme, Head Coach

I'm delighted to confirm that the Midland Ski Club is once again intending to run its Annual Race Training Camp on alpine snow (usually Aosta & Pila) after Christmas but over New Year culminating in a race (usually the Anglo Scottish). The purpose of this message is to get an early expression of interest for who would like to join us.

### **What is the Junior Race Training week?**

This is a camp provides free skiing and race training / performance coaching to children and families.

The Junior Race Training Week trains both children and parents alongside each other based on ability with approximately 70% of time focussing on children/juniors training, sometimes in full slalom gates and/or stubbies. In this arrangement parents may possibly end up not skiing with their own children but possibly with other children from other families. Some adults may act as temporary guardians if there is a problem on the mountain - this may mean staying with a child/junior from their group in a restaurant until their parents catch up with them or escorting them to another location where they could meet up and so on.

This has worked really well in the past and helped form a very close-knit community in the club whilst providing an excellent uninterrupted training environment for all children/juniors. We aim to run a great camp with coaches from the club providing an instantly effective coaching environment with people you know and can trust. This year we will planning on having a least two coaches.

The main emphasis for the top group on this training camp will be advanced skiing and race based training techniques for which you will need to be quite fit and strong, however don't let this put you off but be an inspiration. If we get enough interest I will organise additional coaches for the other groups. This is a great opportunity for all who really want to:

- push their skill development on to higher levels,
- learn more about what it takes to become a great skier and racer,
- for parents who would like to understand the methods and reasoning behind what we coach the children and why,
- gain knowledge to become actively involved with your child's coaching process – the extended coaching team,
- and for prospective coaches and instructors to develop their knowledge base

There is no fixed ratio between children/juniors and adults, in the past we have had all adult groups.

### **Where could the camp be based?**

#### **ITALY - PILA**

Usually: [Pila](#) is in the Aosta Valley in north-west Italy, about half an hour south of the Mont Blanc tunnel. Resort altitude is 1800m with access to 70km of pistes from 1765-2700m. Plus other surrounding resorts such as [La Thuile](#) and [Crevacol](#), even [Champoluc](#). Long established coaching relationship over many years.

There is a direct ski gondola from Aosta to the resort of Pila extending accommodation options from Pila down into the town.

To keep costs down and for maximum flexibility, this trip is on an “Organise Yourself Basis”, i.e. you need to organise your own transport, accommodation, food, lift pass, ski/race insurance, equipment hire etc.

This has worked well in previous years with most of us staying in the town of Aosta and meeting up each morning at either top or bottom of the gondola.

Families can book to come for as many or as few days as they wish. There is also the flexibility to book coaching for only part of your stay, giving opportunity for family skiing/rest days in between.

The review of the 2019/20 trip can be found in the newsletters on the MSC website <http://midlandski.uk/news/2020-04.pdf>.

The race: BSA Artemis Anglo-Scottish Championships

### **AUSTRIA – Near Hinterreit.**

Run in a similar way to the Pila trip but Austria is currently more accessible to our coaches than Italy. Location to be decided but at a similar time of year culminating in the Ambition Children’s Championships in [Hinterreit](#).

### **SWITZERLAND**

No race identified or resort identified yet but Switzerland is outside the EU and therefore all pre-existing agreements are still valid as far as coaching is concerned. Obviously more expensive than Austria and Italy.

### **NORWAY - GEILO**

No race identified, again more expensive than Italy or Austria but would require a plane to Oslo or ferry trip to Bergen then overland (rail, coach or car) to [Geilo](#). Norway also outside the EU but I have established contacts there that would enable us to coach.

### **When would it happen?**

I would suggest:

- Monday 26<sup>th</sup> December 2022 – Travel out (boxing day)
- Tuesday 27<sup>th</sup> December 2022 – Arrive in resort
- Wednesday 28<sup>th</sup> December – Coaching commences
- Friday 6<sup>th</sup> January 2023 - Races likely to start around this sort of date for 3 /4 days
- Monday 9<sup>th</sup> January 2023 – Possible return
- After races opportunity to continue coaching to the following weekend.
- Saturday 14<sup>th</sup> January 2023 – Approximate alternative return

Race support and coaching will be available on all race days for those participating in the races.

There is an option for 5 additional/alternative coaching days from potentially Monday 9th January to Friday 13 January 2023, giving the possibility of customised training days to suit your requirements.

### **How much will the coaching cost?**

Yet to be fully understood, but for example you could book any coaching time period between Wednesday 28 December 2022 and Friday 13 January 2023 inclusively depending on your circumstances, 14 days coaching and race support in total (plus option for extra days detailed above).

We still need to work out what the MSC coaching price but it will be on per day price based on coaches accommodation and travel costs etc.

You will be responsible for buying lift passes and lunches, accommodation, transport, race entry, insurance etc.

We tend to eat together at lunchtime, either in one of the mountain restaurants or outside with your own packed lunches.

Race training insurance will be required for the duration of your trip. Medical consent forms will be issued for completion nearer the time.

### **What do you need to do now?**

We need to get a quick understanding of who would be interested coming to the Race Training Camp and on what dates you would like coaching. Please complete the doodle poll below to indicate your interest and what options you would likely to want:

- Interested: Yes/no
- Which country:
- Which Resort:
- Arrival date:
- Departure date:
- Who would be going:
- Who would want coaching:
- Who is going to race:
- How many days of coaching/race support:

What I must emphasise is that there is no guarantee that the race or the camp will go ahead during COVID-19 epidemic as national, local restrictions and the economic viability may dictate that we have to cancel and stay in the UK. So if you make any bookings I strongly suggest that you ensure that you can get your money back either from the suppliers or insurance providers if you have to cancel. The club cannot accept any financial liability for any attendee at the camp. If the race gets

cancelled (this could happen due to bad weather or the epidemic) the training camps could still go ahead providing training only. You should also consider the possibility of resort closure and that we may have to suddenly return to the UK. In this case you will also need additional cover and we expect this would affect everyone.

Finally, if you are interested in coming but this is your first time, please don't hesitate to speak to Roger if you want more information.

All the best

Roger