

Fostering,
promoting and
developing the
interests of
English skiers

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THE *piste*



The magazine of Snowsport England

February - March 06

Great day out

Come on, you Brits! Get out to the Dolomites for some spectacular skiing and scenery

A star is born



Freestyle

Catch up on the latest news on pages 8-9

Winter Olympics hopeful
Finlay Mickel talks to the Piste

SNOWSPORT ENGLAND INSTRUCTOR COURSES UPDATE - 12-13

EDITOR'S message

Hi to you all. I hope you have enjoyed your winter ski season. It no sooner seems to start than it's over!

This year seems to have been an excellent year for snowfalls; Austria, Switzerland, Italy, Canada and the USA all had early dumps to start it all off.

It all started just before Christmas in Europe with huge dumps of the white stuff. I was lucky enough to be in Val Gardena the week before Christmas; having checked at regular intervals the web cams on the Val Gardena website I was concerned that no snow would have fallen by the time I travelled.

One week before it was still pretty green, then came the snow and, boy, did it snow! My week was an excellent one with huge falls and fabulous skiing conditions.

With Easter a little later this year, many of you



will be having a late ski break. Hopefully, the snow will hang around for a while yet. For those of you still to go on your trip, enjoy.

In our last issue of the season

With days to go before the Winter Olympics in Torino we talk to **Finlay Mickel**, Britain's hope in the Downhill.

We feature one of skiing's "Great Ski Days Out" – a day trip around the **Sella Ronda** in the Dolomites.

The latest report from **Tim Fawke** on England's Alpine team.

Freestyle – Brits take on the world ... and a charity **Snow-Camp** that takes some of the country's most disadvantaged kids to the Alps – your chance to help kids enjoy the joys of skiing and boarding.





Barry Spouge

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Cover picture: **Sella Ronda** – one of the great
ski days out

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Make sure of your copy – call Snowsport England on 0121 501 2314.

February - March 06

Productive meeting on modernisation programme

At the Council meeting on 3 December 2005, the November Snowsport GB congress presentation was presented to Council members. The full presentation is available on the website on www.snowsportengland.org.uk

It was followed by a question and answer session. A number of questions were raised by Council, and these questions accompany the presentation on the website with the answers given on the day.

Key questions have been highlighted, which will be fed back to the Modernisation Working Groups. A hard copy of the presentation and questions has been sent to all clubs and regions.

The consultation with Council was very productive and

there was a considerable amount to gain from the day. Council raised some very important questions that need to be answered before taking the proposals to the clubs and regions.

Council recommended that roadshows be postponed until their questions had been answered and members can be better informed. The Board have, therefore, accepted this recommendation. The roadshows are expected to take place after Easter.

■ If after reading the presentations and questions and answers you have any additional questions or would like to offer any feedback, please contact info@snowsportengland.org.uk

Snowsports day to boost profile

This year sees the inauguration of the National Ski and Snowboarding Day on Saturday 4 March.

The aim of the day is to promote all aspects of snowsports activities, and the event has been chosen to take place shortly after the Turin Winter Olympics, taking place from 10 - 26 February 2006.

It is hoped the day will encourage non-skiers and boarders to join in the various activities, promotions and competitions taking place across the country.

All details will be published on the website www.nationalskiand snowboardingday.com.

In addition there will be many offers for active skiers and snowboarders.

The day is the idea of the Snowsports Forum whose aim is continuously to raise the profile of snow-related activities.

The day also seeks to improve the understanding of ski activities and raise the profile of health and fitness benefits.

The National Ski and Snowboarding Day has already won the support of tour operators, tourist boards, airlines and ski related organisations.

Caroline Stuart-Taylor, chief executive of the Ski Club of Great Britain, said: "The Turin Winter Olympics will create a platform from which we can promote a sport which is not only fun and fashionable but that is good for you too.

"How many other sports encourage you to work out at altitude in clean mountain air?"

"The introduction of new technologies and wider carving skis means that most skiers and boarders are able to ski unaided down a hill within a day and improvement comes fast thereafter."

Ms Stuart-Taylor continued: "We are positive that the 4 March 2006 will be an exciting day and hopefully many people will be encouraged to give snow sports the chance it deserves."

BARSC triumph for member

Snowsport England member Greg Evans had a successful outing at this year's BARSC Championships at Les Menuires, France.

He took gold medal in the British Slalom event in the Junior 1 category, and was the fastest British racer overall in this Junior 1 and Junior 2 slalom championship.



Podium triumph: Greg Evans with Frankie Clough and Jai Geyer.

In poor weather conditions, he completed the two runs successfully to take the lead in what had been intended to be just a training trip with his club Sandown Park Ski Racing Club based in Esher.

Frankie Clough took the silver medal and Jai Geyer, bronze in this Junior 1 category.

GETfit

Skiing is one of the best ways of burning calories – 30 minutes downhill skiing burns 247 calories, says the Ski Club of Great Britain.

This compares with:

■ **189 calories for 30 minutes cycling**

■ **192 calories for 30 minutes vigorous canoeing**

■ **162 calories golfing, and**

■ **114 calories fishing.**

Skiing also works all major muscle groups – and all this in the fresh mountain air!

EHIC - make sure you understand rules on claims

In response to news items about the new EHIC (formerly E111) card, you need to be aware that you will only get a refund *after* the treatment by applying to the relevant office in the country where the injury occurred. Most insurance companies insist that you make the claim before they refund money, less the refund received via the EC.

If you do not make a claim against an EHIC, they will probably reduce the amount refunded. The excuse that you do not have a EHIC is not usually accepted.

Also it is important to notify the insurance company before obtaining

treatment, especially in a case of serious injury. Always ask for a claim reference number to prove you have advised them. Make sure you have the emergency number of the insurance company handy (it's no use to you at home!).

To get the refund from the EC:

- At the time of treatment, ensure the doctor/chemist is aware of your entitlement by showing the new EHIC card. They will then produce the correct receipt for you to claim a refund. THEY WILL EXPECT PAYMENT IN FULL.

- Before leaving the resort make sure you have the address of the local social

security office where you must make the claim.

- This office will require all original documents. (Make sure you have a copy for the insurance company but do request the originals back from the social security office).

- Inform your insurance company of the claim immediately. Do NOT wait until you get the refund from the social security.

- On the social security form make sure you ask for the refund in Sterling (unless you have a Euro bank account) as the refund otherwise will automatically be in Euros.

Konrad Bartelski, (right) Britain's highest achieving World Cup downhill racer, is backing the proposed £300m SnOasis winter sports development.
 ■ Just text the word SNOW and your postcode (optional) to 81025 right away! (The cost is charged at the standard text tariff rate.)



SnOasis: Latest £300m planning phase delayed

Barry Spouge reports

In the last issue of *The Piste* we featured the proposed £300m SnOasis development planned for the old Blue Circle Cement works at Great Blakenham, near Ipswich, in Suffolk. At the time of publishing it was expected that a planning meeting to discuss the proposals would be held on 13 December 2005. The meeting was delayed to a date as yet unknown.

Developer Godfrey Spanner said: "Although the chief executive and planning officer felt they could meet the December date, one of the agencies involved was unable to agree with the predicted number of visitors to SnOasis.

"These numbers had originated three years ago for locum Destination Consulting Ltd, revisited by them a year ago and a fresh estimate prepared by Grant Thornton in June 2005.

"A report commissioned by Mid Suffolk DC, Ipswich Borough, Suffolk County, EEDA, SDA and several other bodies and carried out by DTZ on a totally impartial basis, came up with the same numbers!

"Although this report was widely publicised in November 2005, it was not until mid-January 2006 that the agency concerned was persuaded that we might have been right.

"This is the last significant box to be ticked and I assume that we are now on a straight line to a planning committee – with luck in early April."

Meanwhile, the importance of SnOasis has been further recognised as an Olympics training camp from 2010-12.

Female Ski Pal Wanted

Single skier and fed up with paying for expensive single room supplement when booking your holiday? Or reading about special late deals, only to find out they're for couples?

How about getting together and booking a ski holiday with me? I am a keen and experienced skier, and able to book on very short notice. Igluski currently offer B&B for £89 and fully catered chalet from £199/ week!

I'm also interested in joining any group that needs an extra member to fill up booked accommodation.

Please call Christiane, on 01263 510955 / 0773 333 8356 email chrisrahner@freeuk.com

February - March 06

Alpine plan for young disadvantaged



Positive experience: Young people from south London enjoy Snow-Camp.

Taking some of Britain's toughest and most disadvantaged kids out of the restrictive environment of south London's estates to the exhilarating surroundings of the Alps, where they can learn to snowboard, ski and develop their life skills, can be a life-changing experience.

Dan Charlish moved jobs to work at a community project in Stockwell, south London, and was doing a lot of youth work with kids and young people on local estates.

He explained: "As with many inner city areas, the community was struggling with a whole range of social problems. There were lots of families on very low incomes and large numbers of young people with nothing to do at a high risk of getting involved in drugs, gangs, fighting, crime and so on."

In 2003, Dan convinced five friends with a range of experiences, skills and contacts voluntarily to give up their time to help establish Snow-Camp, a registered charity.

Snow-Camp has already taken two

groups of young people to Les Deux Alps – in March 2004 and April 2005 – with a further trip planned for April this year.

Fundraising for Snow-Camp proved a major challenge. However, after lots of form-filling and perseverance, Snow-Camp received its first grants from the Skiers Trust of Great Britain, UnLtd Lottery Fund and Stockwell Community Grants and were able to launch the first pilot Snow-Camp trip to Les Deux Alpes in 2004.

Additional support from companies such as Mambo, Edge to Edge Clothing, Ellis Brigham and a local French family-run shop in Les Deux Alpes called La Datcha, enabled Snow-Camp to kit out the first groups of young people.

"Learning to ski or snowboard also requires a lot of the skills and characteristics which young people need to develop as they grow up – perseverance, commitment, concentration, listening, decision making and so on – and we felt these could also form elements of a very

positive experience for young people," said Dan.

"A Life-Skills course, built into the week, is effectively based around these issues and highlights for the young people the skills they are using and confidence they are developing – and how these will be useful back in their home situation. It creates a level playing field where the hierarchy of the estates can be left behind.

"I know how I feel staring across the Alps breathing crisp mountain air at a blue sky about to start a days boarding with my mates. It's just something young people who have grown up in the inner city estates need to experience. In London they are very territorial, and rarely leave their 'endz'."

Dan and the Snow-Camp team have discovered that skiing and snowboarding really do provide a fantastic platform for youth work – and it's believed to be the first organisation to use snowboarding and skiing in this way.

Snow-Camp is a young people's charity with an important role in today's society – it provides attractive opportunities that are relevant to today's youth culture and, by doing so, engages young people in a very positive experience.

■ Snow-Camp relies on donations and sponsorship to develop and to be able to offer the opportunity to even more young people. If you'd like to help out, whether by donating gear, providing sponsorship or giving a one off donation you can do this by visiting www.snow-camp.co.uk or call Dan at Snow-Camp on 07930695384 or email info@snow-camp.co.uk

CASEstudy



The young people that take part in Snow-Camp also benefit greatly from personal growth and reflection.

Marcus Lendon, a 19-year-old who lives with his mother and two brothers on an estate in Streatham, said he had never imagined himself being able to go on a foreign holiday.

"I hadn't done anything like it before. It was my first time abroad. I'd never imagined myself doing it

because of the cost but it was the best thing I've ever done," says Marcus.

"When we were there we were talking about how you shouldn't give up in life. Because when you do then you don't get anything done. When you're skiing or boarding you just have to get up and try again if you fall down."

Prince keeps his pledge to Ski Club



The Earl of Wessex kept a promise by visiting the new slope complex at Norfolk Ski Club in Norwich.

Due to open the new developments last October, Prince Edward was taken ill the day before and unable to perform the opening. The Lord Lieutenant of Norfolk, Richard Jewson, performed the opening on his behalf.

The Prince pledged to visit the club and kept his promise in January. Following a tour of the site, which now boasts two ski slopes, a Fun Park, large Nursery slope, a Moguls field plus a larger main slope area fed by five new lifts, he met members of the club, contractors involved in the project and special guests.

All areas except the main slope are now covered in SnowFlex carpet matting. The main slope remains in Dendex at present.

"The Prince was very impressed by what he saw and the commitment of the club," said Barry Spouge, chairman and director of the club. "He thoroughly enjoyed his visit and meeting both members and those that were involved in the development."

Sport England granted Lottery funding of nearly £700,000 to the project, local authority grants of £25,000 and the remainder funded by the club helped to fulfil the £1.5m project aim.



Royal visit: Prince Edward (second left) meets young club members with chairman Barry Spouge.

TIME FOR A REAL JOB?

Packages include:

- Lift pass
- Ski/board hire
- Accommodation
- Food
- Return travel
- Insurance

and you get paid as well!

SNOW AWARDS WINNER
Best Winter Website

To apply NOW visit natives.co.uk, email jobs@natives.co.uk or call 08700 463377

natives.co.uk
the season workers' website

PISTE WINNERS

CONGRATULATIONS TO OUR WINTER PISTE COMPETITION WINNERS

Our competitions in the Dec/Jan issue were really popular, judging by the number of entrants. So check out whether you're a winner

- Help-Me-Park.com Competition
Winner - **Spencer Barr** of Stoke Gifford, Bristol
- Flight Bags and Ski Bags Competition.
Prizes courtesy of www.touchofginger.com
For Him Winners - **Nigel Brindley** of Hamstall Ridware, Staffordshire
R Llewelyn of Dorking, Surrey
For Her Winners - **Jackie Barker** of Bletchingley
Joan Evans of Didcot, Oxon
- Ski Bags
Jacquie Woodland of Wivenhoe, Essex
Gemma Fish of Lowestoft, Suffolk

Well done to all our winners – look out for more competitions in The Piste.

Christmas work and play



Team appeal: The winter camp in Norway.



FUNDraiser

Tamworth Snowdome has offered its facilities to host a fundraising evening for young England alpine skier Segal Fairweather. Money raised from the event will help to secure Segal's place in the England Team for the forthcoming season. Tickets at £5 from craftymums@btconnect.com

Head Alpine Coach Tim Fawke reports

The England Alpine Ski Team Christmas Camp was based in Norway again over the Christmas period. The camp ran alongside the Scottish and we trained together most days.

We started off in Hafjell which is where some of the Olympic events were held in 1994.

They were really helpful and provided good training facilities, despite the lack of natural snow.

We managed to train Super-G, which worked really well as they built jumps which gave the athletes some much-needed practice over jumps in a safe environment.

Then, in a snowstorm on 17

December, we moved up to Oppdal which is where we were based for the rest of the camp.

Bad luck for Jake Richardson, who crashed in GS training and broke his arm. This meant a two-hour trip to the nearest hospital – not the nicest drive. It also meant Jake had to go home early and miss the races.

Adam Gellatly had to go home early as well due to a leg injury – which meant our numbers were down to 10 athletes.

We trained hard up until Christmas and then had a day off with the usual Christmas sledging, snowball fight and dinner!

It was then time to refocus ourselves as the races started on 27 December. There were eight races in total: four SL and four GS.

As always the races produced a mixed bag of results – but, overall, very successful.

Best results came from Segal Fairweather scoring 66 and 67 in SL, which is very good for a first year FIS. Tania Scilimati did well with a 66 in the GS, considering she had an injured back and could not move properly.

So the athletes headed home on 10 January, but it took me another three days to get back with the minibus thanks to the ferry time table.

The camp was a good start to the races this season and hopefully everyone will move forward from here. The next team camp is in Oslo, Norway during February half term.



Cash boost: Segal Fairweather.

NEW sponsor

The 2005-06 season looks bright for the Snowsport England Alpine Ski Team with Ford dealer Gates of Harlow providing a discounted lease minibus for the team.

The sponsorship deal is for six months while the team are travelling in Europe, following a trip to Norway in December and training in France and Austria in January and February.

Head Coach Tim Fawke would also like to thank Ski into the Blue for their help in brokering the deal.

The team have seen some excellent



results this season already with Segal Fairweather and Joanna Ryding scoring good FIS points in Opdall.

Gates have been operating Ford dealerships since 1919 and, 85 years on, Gates is still a family business with the present managing director the fifth generation of family owners. The company now has seven dealerships in Essex and Hertfordshire (see www.gatesgroup.co.uk)

READERoffer

Snowsport England teams up with



SNOWSPORT ENGLAND has formed links with Cotswold Outdoor, the leading UK outdoor retailer. With retail experience totalling over 30 years and staff that actually get out there and use the products, who better is there to advise you of the right equipment for you?

This new relationship between Cotswold Outdoor and Snowsport England means that you – as a member of Snowsport England – can now claim 15%* discount on all purchases in store, on line and via mail order

Cotswold Outdoor provide a wide range of outdoor equipment for virtually every outdoor activity you can think of.



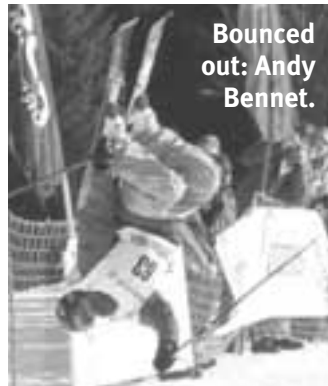
Gift ideas: Some of the items on sale at Cotswold.

In order to claim your discount you will be required to quote your Cotswold account number when you come to purchase your items. For details of the account number contact Snowsport England.

● For more information about our products and your nearest Cotswold Outdoor visit our website at www.cotswoldoutdoor.com

* Discount not available on sale items, books or maps. Not in conjunction with any other offers or discounts.

Brits put on good show at punishing French course



British Freestyle riders took part in World Cups in January at the French Resort of Les Contamines.

In the Ski X Angus Morrison (unsponsored) finished 38th, his best result to date and building on last season's experience.

He is now very close to making the top 32 and finals when the event becomes a "four-man" knock-out, being only fractions of a second behind the leaders.

MOGULSnews

Lone Brit Simon Bates proved that he is still on the up by scoring a personal best, and the best British Mogul skiing result in over 10 years in January at Lake Placid. Rapidly changing weather conditions made for a tough course on the Whiteface Mountain, but Bates proved he was up to it, with his huge spin and backflip propelling him into the top 30.

"Definitely my fastest run to date, and one of the most fun. When I crossed the line I just started laughing. I'm absolutely stoked to have broken into the top 30 and scored my first World Cup Standing Points," said Bates.

The result also meets the Olympic qualification criteria required by the International Olympic Committee and the International Ski Federation.

Sheffield Sharks Ski Club has rewarded the achievements of some of their young skiers with the presentation of the annual awards.

The award for **Most Improved Moguls Skier for 2005 was shared this year between nine-year-old Hannah Handford-Styring (Sponsor: Xscape) and 10-year-old Katie Summerhayes.**



Well done: Katie (left) and Hannah (right) receive the trophy from GB Freestyle star and former Shark, Andy Bennett.

After the 2005 season it proved impossible to separate the two performers, Hannah having won the Moguls in the minis category at Kendal

and being the British Artificial Moguls Champion in Girls Minis and Katie having won the Moguls (Minis) in the Yorkshire Snowsports Champs.



Contenders: (from left) Will Burrows, Shelley Jones and Richard Martin.

The Les Contamines course was potentially the most punishing yet with up to one-third of the skiers withdrawing through injury.

Emily Sarsfield (unsponsored) reached the quarter finals in her second Ski X World Cup, ultimately finishing 15th placing and 3rd in her heat – an amazing achievement in only her third FIS Ski X event. With any luck this will push her into the top 30 in the World.

“You have no mountains, and you're kicking my ass”

One of the Swiss girls

In the Halfpipe, Shelley Jones (Salomon) achieved GB Freestyle's first ever top ten in HalfPipe, 9th, carrying out the same tricks as the other girls, but with a little less amplitude. This event has shown she can mix it with the best.

Andy Bennet (Line Skis, The North Face) was lying in 13th place going into the semi final, but fell on his third hit, bouncing off the coping of

the pipe while carrying out a huge 540. Andy will be back to claim the final place that he knows is within his grasp.

Rookies Richard Martin (riding Atomic) and Will Burrows (riding Dynastar) excelled in their first International competitions. Given spots based on their UK results, both trained hard and put together runs to be proud of, gaining 21st and 26th places respectively, beating many seasoned pros.

Both performed big flairs in their runs, Will's just failing to come off causing him to lose a ski, fall and drop valuable places.

The evening Final attracted a crowd of thousands with flying Fin Kalle Leinonen taking first place ahead of Canada's Michael Riddle and France's Alexandre Laube in the men's event.

In the women's final France's Anais Caradeux took first place ahead of Swiss Mirjam Jaeger and Swede Marta Ahrenstedt.

■ www.freestylesnowsports.co.uk

MOGULSdates

■ The moguls events for the 2006 Turin Olympics will be covered on national TV and Eurosport. Be sure to watch these events in February – the biggest moguls show that you are likely to see!

■ The Scottish Moguls Championships at the Lecht on 26th February 2006 (subject to confirmation and weather conditions). Anyone interested should contact Kay Bates at Snowsport Scotland kaybates@blueyonder.co.uk

■ The British Moguls Championships will run at Lenggries in Germany on 25 March (contact martin.carr@freestylesnowsports.co.uk for further information)

■ The first real snow moguls competition at Xscape Castleford will be run on 22 April 2006 (contact pk@freestylesnowsports.co.uk for further information)

■ The annual summer moguls training camp is planned for July on the Tignes glacier with ex-moguls World Champion Eric Berthon. Anyone interested in this should contact martin.carr@freestyle-snowsports.co.uk

Details of all training camps and competitions can be found at www.freestylesnowsports.co.uk

MOGULScourses

Moguls Coaches Course

Snowsport England will be running an ASFSPC Moguls Coaches course on the weekend of **13-14 May** (9.30am - 4pm each day).

This will be held at the real snow moguls slope at Xscape, Castleford, and will cost £100 inclusive of slope fees and course instruction.

Skiers will need to be qualified to BASI 3, ASSI or higher.

There are just a couple of spaces left on this course and anyone interested should contact martin.carr@freestylesnowsports.co.uk to

register their interest.

The course will take instructors through the principles of “flat work” (outside the moguls), current mogul technique, as well as skiing in the newly innovated real snow moguls field exclusive to Xscape Castleford.

Participants who achieve the necessary standard will qualify as an ASFSPC (Moguls) and be able to specialise in coaching moguls technique from absolute beginner to an intermediate standard.

Introduction to Moguls Course

Also running on **13 May**, at Xscape, Castleford, (9.30am - 4pm), Snowsport England will be running an “Introduction to Moguls” one-day course.

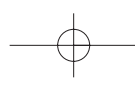
This is designed to develop intermediate skiers' and trainee instructors' knowledge and technical ability of moguls skiing.

There are no qualifications required for this course except that skiers must be competent parallel skiers and preferably have some experience in moguls skiing. Anyone interested should

contact pk@freestylesnowsports.co.uk to register. Cost of the day will be £50.

■ We would be happy to consider putting on a course on your home slope or at an alternative time subject to numbers. You can make contact at either of the above email addresses.

■ Check out the real snow slope Events Calendar on Xscape's website www.xscape.co.uk for confirmed dates of when the moguls are available.



READER

EXCLUSIVE Elan prices for our members

THE EQUIPMENT on offer covers regular production race skis through to World Cup race department models and includes SG skis as well as freestyle skis for both seniors and juniors.

GBR tries to ensure that the stock is available throughout the year, so the spring and summer training period and race camps are covered. GBR Sports was formed at the start of 2005 as the UK distributor for Elan skis and snowboards. Elan skis has just celebrated their 60th anniversary and comes with one of the finest pedigrees in ski racing.

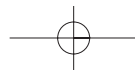
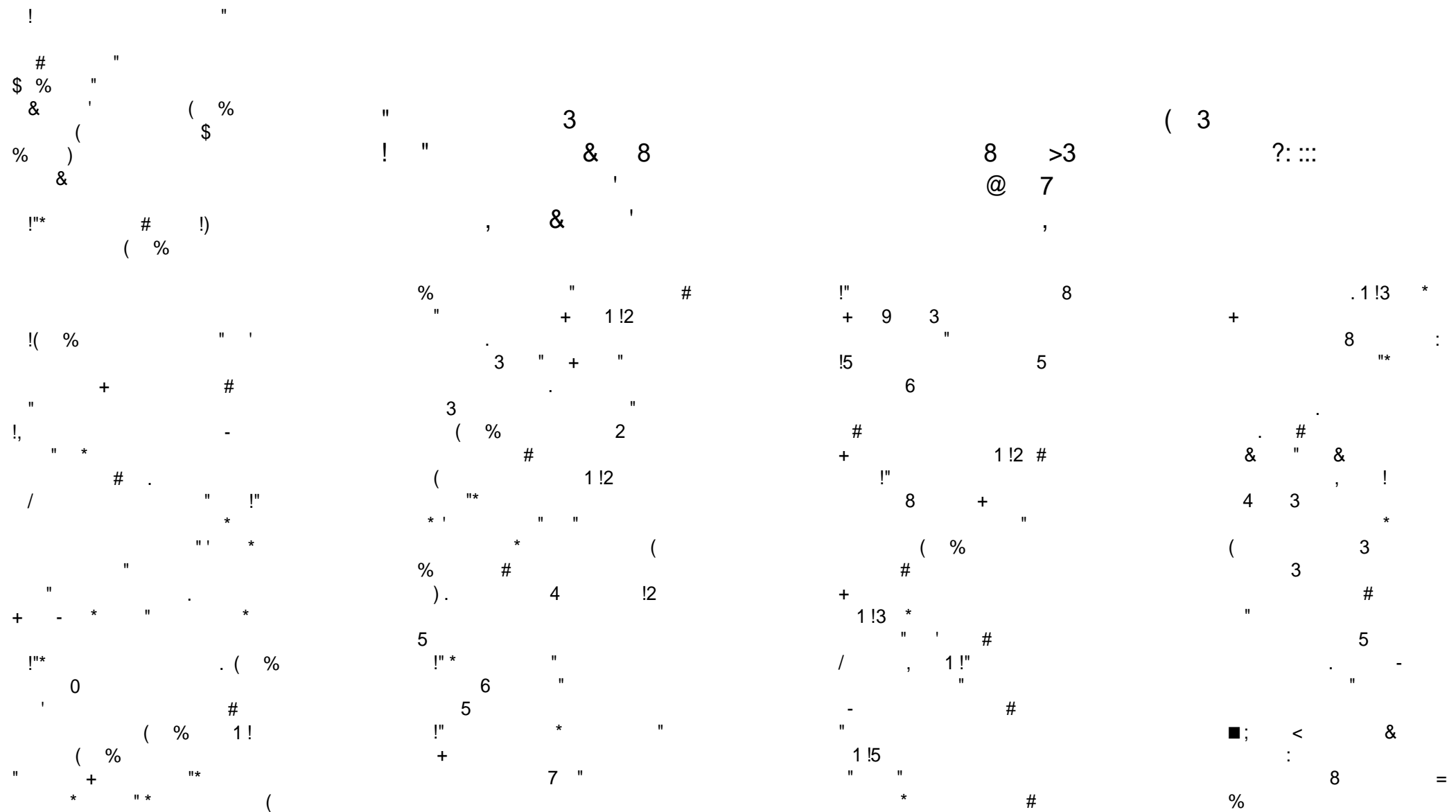


Elan was the leading brand through the 1970s and 1980s with the great Ingemar Stenmark and Bojan Krizaj dominating the technical events. Stenmark won a record 1987 World Cup races on Elan.

Today, they have some of the hottest young racers such as Dane Spencer, Mitja Dragic, Andrej Sporn all scoring highly on Elan.

● Equipment can be ordered directly from the web site www.gbrsports.co.uk or through participating retailers. To claim the discount you will require the account number 2826771255. If the code number is entered in the discount code box during the purchasing process it will automatically reduce the price by 15%. This applies to all adult skis shown on the web site. Junior models are offered to Snowsport England members at a net price which shows a discount considerably more than 15%.

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ALPINE PERFORMANCE COURSE

Course Aim

The Alpine Performance Coach Level 1 course is designed specifically for those who work with young skiers on a regular basis. It will provide information which will enable the coach to carry out his/her coaching role within a coaching programme more effectively. The training aims to ensure that children in their charge engage in safe purposeful practises, which will develop skiing performance in addition to enhancing the personal development of the skiers.

Course Description

The six-day course contains elements designed to improve the participants' ability to coach skiers in a mountain environment and to introduce skiing to children in a safe and enjoyable manner. Active participation is required of all candidates.

Course Content

Performance, stance and balance; edge, pressure and steering control; coach theory and practice; coaching philosophy; processes and style

Athlete Skill Development

Skills analysis; developing skills through use of slalom poles; setting appropriate drill courses; concept of skill/drill matching.

Assessment is continual during the six days of the course. Course participants will be expected to demonstrate an understanding of the material covered during the course and be able to assimilate this material into a practical context. The course Tutor will provide ongoing feedback during the course concerning participants' performance. On completion, the Tutor will conduct individual course review with each participant.

Next Course

The dates will be from Sunday 16 April to Friday 21 April 2006 and Sunday 23 April to Friday 28 April 2006 held in Tignes. Tutor will be Tim Fawke and hotel accommodation has been reserved. There are only **8 places** available on each course so early booking is advisable. Course cost is £290 plus accommodation. Call Jenny at Snowsport England on **0121 501 2314** to put your name on the list.

INSTRUCTOR

CLUB INSTRUCTOR TRAINING COURSES (2 DAYS)

This course will be held predominately outdoors / on skis and will address:

- Safety considerations
- The basic principles of instructing
- Examples of instructional activities
- Examples of teaching methods

Emphasis throughout the course will be the SAFE introduction of beginners to skiing on artificial slopes.

A COURSE WORKBOOK IS SUPPLIED TO EACH CANDIDATE ON THE FIRST DAY TOGETHER WITH RELEVANT PAPERS AND CRB FORMS.

4-5 March	Silksworth Sports Complex, Sunderland 0191 553 5785
6-7 May	Ski Rossendale, Rawtenstall, Lancs 01706 226457
1-2 July	The Ackers, Small Heath, Birmingham 0121 772 511
8-9 July	Silksworth Sports Complex, Sunderland 0191 553 5785
15-16 July	Ski Rossendale, Rawtenstall, Lancashire 01706 226457
23-24 Sept	Gloucester Ski & Snowboard Centre ** some dates may be available from May, please contact ski centre for information 08702 400375
30 Sept - 1 Oct	Ski Rossendale, Rawtenstall, Lancashire 01706 226457

ASSESSMENT FOR THE CLUB INSTRUCTOR AWARD (1 DAY)

A one-day assessment for candidates completing Level 1 to become Club Instructors. The award is aimed at skiers who wish to introduce beginners to skiing at their local ski centre or within their local ski club.

ALL CANDIDATES SHOULD BE CRB CHECKED BY THE TIME THEY COMPLETE THEIR CI ASSESSMENT. IF THEY HAVE NOT BEEN CHECKED THEN THE CANDIDATE CANNOT HOLD THEIR CLUB INSTRUCTOR LICENCE UNTIL A CHECK HAS BEEN COMPLETED.

7 May	Stoke Ski Centre 01782 204159
2 July	Ski Rossendale, Rawtenstall, Lancashire 01706 226457

ASSI TRAINING COURSES (2 DAYS)

This course will take place predominately outdoors and will address:

- Revision of teaching methods
- Revision of safety factors
- Investigation of and training in the essential elements of skiing which link ploughing and parallel skiing.

This course also serves to refresh the Club Instructor Award for a period of 3 years and is a prerequisite for completing the ASSI Award.

A COURSE WORKBOOK IS SUPPLIED TO EACH CANDIDATE ON THE FIRST DAY TOGETHER WITH RELEVANT PAPERS.

20-21 May	Ski Rossendale, Rawtenstall, Lancashire 01706 226457
23-24 Sept	Silksworth Sports Complex, Sunderland 0191 553 5785

ASSI EXAMINATION (1 DAY EXAMINATION)

This Examination (Part II Assessment) will take place predominately outdoors on skis where the appointed Examiners will ask to see:

- Log book records (if your log book does not contain the current date stamp you will not be allowed to attend this course).
- Practical illustrations of personal skill showing understanding of the principles which underpin skilful skiing,
- The candidates' ability to observe peers' performances and provide feedback which serves to improve their performances of the task which has been set by the Examiners. If any ski centres have enough instructors to go through to Examination then the ski centre manager or organiser needs to get in touch with Head Office for details.

COURSES FOR OUR MEMBERS

6 May	Hemel Ski Centre, St Albans Hill, Hemel Hempstead, Herts	0121 501 2314
17 June	Gloucester Ski & Snowboard Centre	0121 501 2314
16 Sept	Gosling Ski Centre, Welwyn Garden City, Herts	0121 501 2314
7 Oct	Sunderland Ski Centre, Silksworth Sports Complex, Tyne & Wear	0121 501 2314
8 Oct	Ski Rossendale, Rossendale, Lancs	0121 501 2314
25 Nov	Gosling Ski Centre, Welwyn Garden City, Herts	0121 501 2314

CI and ASSI REFRESHER COURSES (1 DAY)

In order that Snowsport England's appointed staff can meet and appraise all our Instructors and Coaches. All qualified persons are required to attend Refresher Courses. Instructors may attend these as often as they wish but must attend at least once every three years in order to RE-VALIDATE their qualification. These courses enable Instructors to clarify their own views and keep up to date with Snowsport England's current policies. All qualifications are valid for a period of 3 years.

7 May	Hemel Ski Centre, Hemel Hempstead, Herts	0121 501 2314
13 May	Kendal Ski Club (Please take your own lunch as no catering facilities. Tea and coffee can be provided.)	0121 501 2314
17 June	Kendal Ski Club (Please take your own lunch as no catering facilities. Tea and coffee can be provided.)	0121 501 2314
18 June	Gloucester Ski & Snowboard Centre	0121 501 2314
2 Sept	Kendal Ski Club (Please take your own lunch as no catering facilities. Tea and coffee can be provided.)	0121 501 2314
3 Sept	Bromley Ski Centre, Orpington, Kent	0121 501 2314
17 Sept	Gosling Ski Centre, Welwyn Garden City, Herts	0121 501 2314
24 Sept	Telford Ski Centre, Court Centre, Madeley	0121 501 2314

ARTIFICIAL SNOWBOARD INSTRUCTOR COURSES (5 DAYS)

4-5 Nov / 10-12th Nov	Ski Rossendale, Rawtenstall, Lancashire	01706 226457 Contact: Peter Hinde
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ASSI COURSE - WEEKENDER (OVER 2 WEEKENDS PLUS 1 ASSESSMENT DAY)

An alternative to the present method of becoming an Artificial Slope Ski Instructor. Two consecutive weekend courses (plus one day assessment) which takes you straight to ASSI once 20 hours supervised instruction has been completed. Ski centres can organise these courses, therefore either contact your local ski centre to enquire if they are holding a course. Or phone Snowsport England to see if they have any dates on 0121 501 2314.

DISABILITIES AWARENESS COURSE

This course is open to all Club Instructors, Senior Club Instructors, ASSIs and Coaches who wish to be involved in teaching courses for skiers with disabilities. Contact Stoke Ski Centre 01782 204159.

FREESTYLE COURSES AND COMPETITIONS

Details of all Freestyle Courses can be found by going to www.freestylesnowsports.co.uk and clicking on courses. You will be able to register your interest to do a particular course on-line - more specific details will then be sent to you. Exact details of the course content can be found on the web site. You can also register by contacting the Snowsport England office. Dates of all Freestyle Competitions can be found by going to www.freestylesnowsports.co.uk and clicking on diary.

SCO COURSES

1 July	Silksworth Sports Complex, Sunderland	Gordon Brown	0191 553 5785
16 Nov	Perlethorpe Environmental Education Unit, Perlethorpe, Newark, Notts, NG22 9EQ	Clare Faye or Viv Howard	0115 9535056

Contact Chris Bowes Skills Unlimited Training 01405 814363

ASCL COURSES 2006

Organiser	Interski Aosta/Pila, Italy
Contact	Chris Best - 01623 456333

ASCL REVALIDATION

9 Sept	Telford Ski Centre
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NORDIC COURSES AND EVENTS

1-8 April	Kvitavatn, Norway Helen Bell - 01274 875680 - email: helen@hebell.fsnet.co.uk
8-9 July	Hayes Roller Ski Weekend and British Race Series, London Adam Pinney - 01582 602995 - email: aapinney@tinyworld.co.uk
2-3 Sept	Hetton Lyons Ski Weekend and British Series Race, Durham Adam Pinney (as above)
16-17 Sept	Nordic Downhill Course, venue to be finalised. Ralph White - 01772 654319 email: johnsy@grimsar.fsnet.co.uk
30 Sept / 1 Oct	Lancaster Roller Ski Weekend Graham Aspinall - email: graspinnall@netscape.net



Snowsport England
www.escnordic.org.uk

Free-heel skiing, Telemark and Nordic skills activity week
Kvitavatn, Norway, 1-8 April 2006

Who is the course for?

- Alpine skiers who wish to add Telemarking to their downhill skills.
- Cross-country skiers who wish to improve their skills, whether their interests are in touring, racing or free-heel downhill.

What will we be doing?
Mornings will consist of skills training in groups of similar ability. Afternoons will include a range of fun activities. Some of the instructors:

Andy Stewart - qualified BASI Telemark Instructor and a Senior Tutor for Snowsport England.
Ian Johnston - a Snowsport England Nordic Downhill Coach holding a Mountain Instructor Award.

How much does it cost?
Coaching costs are £225 for the week. Flights from London Heathrow, transfer, accommodation and meals can be either arranged independently, or through Waymark Holidays at a cost of £499.

How do I book?

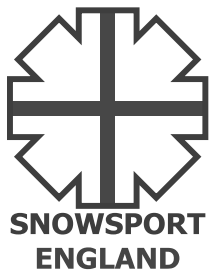
- Waymark Holidays. Tel 01753 516477 or email snosport@waymarkholidays.com
- Hele Bell (Snowsport England) Tel 01274 875680 or email helen@hebell.fsnet.co.uk

"This course has reactivated my skiing career. I will have lots of fun learning and applying new-found free-heel skills, and still have my Alpine skiing skills to fall back on."

John Dimmock, first-time Telemarker and participant on 2004 course.



For the full calendar, please check the website
www.snowsportengland.org.uk



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Carrs of Sheffield



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0121 501 2314

Let's get fit!

You need to recover fast for your next day on the slopes or your next workout. Here **Carl Petersen**, Personal Trainer (right) and travelling physio for the Canadian Alpine Ski Team, presents some recovery tips used effectively by the Canadian Alpine Ski Team and travelling tennis pros to optimize recovery.



Recovery - a generic term used specifically with reference to the restoration of the physiological systems and regeneration of psychological parameters that have been altered during activity.

Your responsibility as a skiing athlete is to minimize the effort it takes to recover.

Being smart about your skiing, training and recovery means recognizing non-adaptive responses to training such as prolonged fatigue, sleep disturbances, pain and inflammation in any joints or muscles. Some people work out or ski even when they are sick and sometimes they do too much, too fast, too hard and too soon risking problems associated with over-training or overuse injuries. Following are some practical tips to help keep you Fit to Ski.

■ Re-Hydrate

Dehydration is enemy number one so drink plenty of water or clear fluid. Try clear juice or sports drinks diluted with water. The goal is to have light coloured urine. The harder, higher and hotter conditions you ski or train in the more you need to drink. A good rule of thumb is 1-2 glasses for every hour of activity (beer does not count).

Pre-hydration and immediate re-hydration are key since, once you become de-hydrated, it may take 24 hours to top up your tank and that means 24 hours of potentially impaired training or skiing.

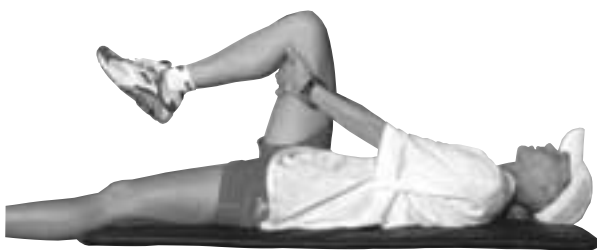
■ Re-Fuel

To ensure adequate nutrition (carbohydrates) gets back into the muscles try eating 50-70 grams of carbohydrates within 20-30 minutes of stopping exercise. You can get this by eating a small potato, 1/2 cup raisins, cereal (raisin bran) and milk (1 cup) or sports drinks if available.

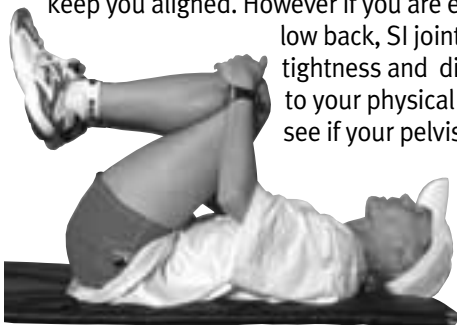
Slower carbohydrates are best and even better if mixed with a little protein (30%).

Respect the warning signs your body is sending you. Common sense should always prevail ...

■ Re-Align



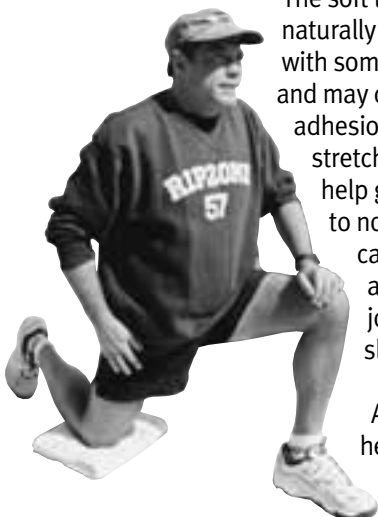
Sports like skiing are asymmetrical in nature and can torque the body's muscle and fascial systems leading to an imbalance in length and strength. As well, the flexed posture of sport further adds to this imbalance. Simple symmetrical stretches for the low back and hips will help keep you aligned. However if you are experiencing



low back, SI joint or hip tightness and discomfort talk to your physical therapist to see if your pelvis is malaligned.

They can give you some simple hold and relax exercises to remedy it.

■ Regain Muscle Length



The soft tissues of the body naturally react to hard work with some adaptive shortening and may develop knots or adhesions that need to be stretched out. Stretching will help get your muscles back to normal length so they can work as shock absorbers for your joints next day on the slopes.

All stretches should be held for 30-40 seconds to point of tension NOT PAIN.

■ Recovery Workout

To help flush out the lactic acid and other waste products that build up in the muscle during training and play, try a "spin only" light resistance cycle at 75-80 RPM (revolutions per minute) and a HR (heart rate) of 100-115 BPM (beats per minute).

Two ways to achieve this are:

- 1 x 20-30 min cycle spin followed by light stretching, or
- 2 x 10-15 min with some light stretching in between.



You can substitute pool, fast walk or elliptical trainer for variety.

These practical recovery tips will help you recover quickly and keep you "Fit to Ski"

Carl Petersen PT is a Director of High Performance Training at City Sports & Physiotherapy Clinics. He is also a traveling physiotherapist with the Canadian Alpine Ski Team. Info on his new book Fit to Ski can be found at www.citysportsphysio.com

YOUR letters

from **Iain Mackay**, Romsey

The December/January edition of The Piste included an article by Graham Bell (British Ski racing: A lesson learned?) in which Graham described Konrad's celebrated second place in the Val Gardena World Cup Downhill of 1981 as "the best British World Cup Skiing result to date".

Now I suppose that "best" is an adjective open to interpretation and Graham is entitled to his view on that, but I would have thought that Jilly Curry's Freestyle career, that in the period 1987 to 1994 netted 29 top 3 places of which 3 were firsts, ought at least to make her a candidate for the title.

The Editor writes: Thanks for your email. I have sent this on to Graham Bell to add his comment to it. I think Graham is obviously talking "Alpine" skiing. Jilly's Freestyle career will take some beating even in today's stiff competition.

from **John Williams**, British Masters Team Captain and FIS Representative, and **Alan Jones**, British Masters Group Artificial Slope Event Organiser

We are writing this open letter to the Piste because:

■ ARC (Alpine Racing Committee of Snowsport England – SSE) has failed to offer any encouragement to skiers over the age of 19 to continue with racing and to those who started skiing later in life to ever participate in competition.

■ ARC has failed to acknowledge the principle that Masters age groups should be treated in the same way as junior age groups, i.e. having age categories.

■ ROTP has circulated a letter to some Masters which is misleading and fails to invite them to express an opinion on the proposals submitted by the Masters Group.

■ ARC has not had the courtesy to respond to suggestions from the British Masters Group of Snowsport GB.

The British Masters Group had proposed replacing the old single Veterans age category (over 35) by multiple Masters age groups (over 30) corresponding to FIS policy for nearly 20 years. However it recognised that numbers currently involved in England did not justify five year age categories. It therefore proposed (and

still proposes) that in SSE races there should be one medal in each of the 30-39, 40-49, and over 50 age groups (male and female) instead of 1st, 2nd and 3rd for over 35s. This would have involved no extra cost as the number of medals was unchanged. In the event, medals were offered in ESC Club National Races for 1st, 2nd and 3rd in each of these age categories which resulted in significant wastage.

Without reference to the Masters Group, ARC then went back to one age category offering 1st, 2nd and 3rd prizes for all SSE events but only for one 'over 30s' category. This left older skiers significantly disadvantaged. It is more unreasonable for someone aged 70+ to compete against someone aged 30 than someone aged 11 to compete against someone aged 19.

We would urge all skiers who may be interested in Masters racing to make their views known to ARC. Also we have made the point to ARC that it is the listing of the Masters categories in the computerised race results which takes precedence over the medals. Failing agreement to provide the three medals above we would settle for the listing of three Masters Categories in the results.

from **Gill Hall**, Leader Alpine Racing Committee, Snowsport England

I was very disappointed and somewhat bewildered to read the criticisms directed at ARC in the open letter to the The Piste magazine. At every ARC/ROTP meeting for the past 2+ years, I have been involved with ARC, the Master categories has been discussed at great length, mainly due to correspondence from a couple of members of this group. We have tried to accommodate their requests whenever possible, but we also have to look at the wider picture and implications their requests may have on the organisations/clubs running the events.

At the last ARC meeting in October 2005, to make sure we were getting the views of a greater number of Masters, it was decided that SSE should write to every registered Master asking their opinions on age categories and the issue of medals. We received a 20% response and almost half of those who replied asked that the three Masters categories be acknowledged in prize giving, but medals only be issued to the top three overall masters of each sex.

This will not, therefore result in clubs having to purchase additional medals that are invariably wasted. As happily we still live in a democratic society, the response received by ARC/ROTP will now be acted upon in the coming season. I would also like to point out that because of feedback from previous years, we have included a Masters category in the English Alpine Championships for the first time this year.

ARC is charged with the interests of all aspects of Alpine skiing and will always offer encouragement to anybody who wishes to participate in the sport in whatever form. I would argue vehemently that the Masters views have always been taken into account, discussed, minuted and responded to.

ARC welcomes opinions and suggestions on how the sport can be improved. It is the only way we can move forward, and I can assure you that all the decisions made by ARC are considered and discussed beforehand on an egalitarian basis, with the interests of everybody taken into account.



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February - March 06

THE *piste*

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UK's 'oldest ski club' celebrates 70 years of development



The Lake District Ski Club reached its 70th birthday on 2 January, 2006, and a celebratory party was held in the Millennium Hut situated at 2500ft (750m) on Raise, to the north of Helvellyn.

Active members range in age from 10 - 75 years. The club has a modern button lift and a new members' hut, rebuilt for the Millennium.

There are rarely queues because Raise, a mountain in the Helvellyn Range, is not for the faint-hearted. The Raise skier has to walk from the valley bottom to the tow, carrying all their gear and food. This normally takes about an hour.

The club was formed by a group of local enthusiasts, one of whose aims was to exchange information about suitable ski-ing areas in the Lake District. The founding members called a meeting at which 12 were present, drew up a constitution and the club came into being.

We believe this is one of the oldest ski clubs in the UK.

The first members, about 40, skied all over the Lake District and there are accounts in a club journal, published in 1938, of expeditions to Skiddaw, Coniston Old Man, Raise, Bowfell, Esk Hause and Scafell Pike. The early members were mainly ski mountaineers. Many of the past presidents were noted alpinists and some took part in Everest expeditions.

During the 1950s the club's activities became centred on Raise. Savages Gully, a north-facing gully, was found to form a very good drift, which retained snow for many weeks.

The idea of a tow was mooted for the gully. Much energy, improvisation and time was spent designing such a device. It was built in a garage in Penrith, taken to pieces, and then

Kath Bannister, past president, and **Mike Crossley**, past president and club archivist, look back at the 70-year history of the Lake District Ski Club



Club activities: Members on Raise in 1947; and (above) the Hut.

hailed up Raise and reassembled.

A tractor formed the basis for this first tow. Later in the 1960s a three-cylinder Lister diesel engine was hauled up the mountain and this formed the basis of a good workable rope tow for many years.

During this time the hard working members turned their energies to erecting a shelter – the club hut.

It was again built in Penrith, taken to pieces and carried up bit by bit and erected on a levelled piece of ground to the east of Savages Gully. Six months of hard graft, in appalling weather conditions, saw the completion by Christmas 1958.

The members replaced the rope tow with a modern one in 1989.

All the work was done by a band of enthusiastic members who planned, surveyed, excavated, concreted, joined wood, and worked stone. All the materials for the project had to be lifted up by helicopter.

In January 1990, the hut and tow were completely buried by a huge

snowfall and it took three weeks to dig it out and get it working.

The ease of use of the new tow has encouraged young people to come up Raise and use it, particularly snow boarders.

The club's most recent project was to replace the ageing wooden club hut, built in 1958, with a more permanent structure in time for the Millennium. Once again, members rallied round and gave their valuable time and expertise in building the new hut. This was completed and officially opened on Boxing Day 1999.

It is a splendid, well-built structure using local materials with modern insulating materials, and provides a warm shelter for anyone skiing. It was achieved under the direction of the club's master builder.

All these projects have largely been financed by members. Supporting grants towards the projects have been given by the tourist board, local authorities, the lottery, the sports council and various local sponsors.

Get on the ski circuit for some



Majestic: The Dolomites of Sued Tirol.

FACTfile

To check out the region go to; www.suedtyrol.it or go on to the Val Gardena website (www.valgardena.it) and click on the "Live & Web Cam" on the left hand side of the home page. Here you will see webcams covering some of the areas. You can see the snowfall and get some early idea of what it is like, and I can't recommend it enough for a truly great ski holiday.

One hotel I would recommend is the Hotel Linder (www.linder.it), a 3-star family run hotel right in the heart of Selva, five minutes from the main Ciampinoi lift. This hotel offers fantastic accommodation and really looks after its guests.

Selva's Ski & Boarders Factory is a great place for ski and boot hire and has many English-speaking ski school instructors; go online at www.ski-factory.it

Crystal Ski and Thomson go to Selva and full details can be found in the Crystal & Thomson Ski brochures, or go online at www.crystalski.co.uk or www.thomsonholidays.co.uk

One of the world's greatest ski circuits and most spectacular areas in the world is the Sella Ronda, set in the Dolomites in Sued Tirol, Italy. **Barry Spouge** wonders why more Brits don't holiday there

Set among the mighty Dolomites, the Gruppo Sella (a huge limestone rock) stands majestically in the centre, with a ski route all around the base of it.

Travelling the circuit (around 26 km) you will pass through many villages with many access points allowing you to hop on a lift and go into some of the smaller villages off the main routes.

The Dolomites are one of the world's most spectacular areas – and they are never out of view, huge limestone rock faces growing out of the gentle landscape.

You follow a very clear signed route, either clockwise (Orange) or anti clockwise (Green). We used the green route as it is often not so crowded. The circuit can be completed in around three to four hours, but during busy periods it could take up to six hours.

The Sella Ronda circuit is a great way to see the area. We started from Selva, about the largest village in the region, using the green route. From Selva we headed up the Ciampinoi lift, in the centre of town, and out towards the Plan De Gralba and around to the Passo Sella. Most runs are Reds, some quite challenging, but many are easily completed by most intermediate skiers. From the top of the Ciampinoi lift you can also take the World Cup run (Saslong Classic), a very challenging Black run, either A or B down into St Christina.

Moving on from the Passo Sella, we came into the Val Di Fassa region. In this region you can exit the circuit and go off into Campitello Di Fassa or Canazei. Pressing on, we skied some fantastically long runs through trees, wide excellently groomed pistes, mostly Reds but with some Blues here and there, heading for Arabba.

Close to Arabba is the Marmolada glacier which, if you have a day spare, is worth a visit to ski challenging Reds. Make sure weather conditions are OK as at times the lifts can be closed due to high winds. At Arabba we nearly made a mistake by taking a wrong lift – easily done; so many lifts sometimes meet in one area it's easy to miss the green Sella Ronda sign and head off somewhere entirely different.

After Arabba, it's off through Passo Campolongo into the Alta Badia region, a beautiful region in itself, where you can ski some of the longer runs of the circuit out through Corvara, La Villa and Colfosco.

A couple of years back I holidayed in S Cassiano, a small up-market village off the main track, a fantastic area with plenty of good runs. Only last season, a new gondola at Piz Sorega was put in to replace an ageing chair lift.

So, pressing on we skied from Arraba through towards Colfosco. Here we took another detour off into the Edelweiss Tal, a small area just off the beaten track where you will find a fantastic "Hut" looking out over the valley under the Col Pradat – a large rock face.

spectacular action



Time for a breather: A chance to rest weary legs.

We stopped here for refreshment, sitting in the sunshine resting those weary legs. Another excellent "Hut" to visit is "Jimmy's Hutte" after Colfosco and close to the Dantercepies lifts. We spent an excellent lunch hour here on a previous day.

Somewhat recovered we set off on the homeward leg which was a long Red to Passo Gardena then on up to Dantercepies; from here we could easily ski back down into the centre of Selva, close to our hotel.

All in all, the circuit is an excellent way to spend a day's skiing. A word of warning, though: make sure you have adequate warm clothing with you and check all the lifts before leaving to ensure none is closed for bad weather.

It is also advisable to ensure that you keep an eye on time to make sure you have enough to get all of the lifts back. Quite often you end up chasing the sun around. Most of the runs are in sunshine, but if the weather's cold the area from Corvara back towards Selva can be extremely chilly.

The Dolomites region is well-known for having more sunny days – they say it's around 8 out of every 10 days when the sun shines. Every visit I make it's more often the case.

The slopes cover a huge area, known as the Dolomiti Superski, some 1220 kms with around 460 lifts. Many old drag lifts have now been replaced by fast quads with older chairlifts being replaced by modern gondolas, connecting the whole area with Selva, the best-known resort.

The region has extensive snow-making facilities to ensure good coverage throughout the season. It is a bit like being in Austria; indeed the Sued Tirol used to be part of Austria, that's why it looks Austrian, and the food is a mix of Austrian and Italian. The area has its own culture, Ladin, which many of the locals consider themselves.

Throughout the area, you will also find many mountain huts steeped in character with great food selections.

INbrief

Insurance update

Please note all members who use Top Quote/Click for Quote as your insurer.

Following a recent change to policy, Snowsport England has renegotiated the insurance offer with Click4Quote and members can be insured for racing if you are over 21. The level of cover will be assessed on an individual basis.

■ For more information please visit www.topquoteinsurance.co.uk

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