Snowsport England Roller-ski Coaching at Hetton Country Park near Durham
24th and 25th August 2019

Snowsport England are again running this roller-ski training weekend at the excellent Hetton Country Park, near Durham. The course runs over the Saturday and Sunday of the Bank Holiday weekend – 24th and 25th August. It has been run successfully for the past 20 years and provides top coaching from SSE-qualified coaches. The course is suitable for all levels whether you are new to cross-country skiing or are an experienced track skier or cross-country racer.

Hetton Country Park has a 1.8km tarmac track which encircles a large lake and includes two short hills for more experienced skiers and more gentle terrain for beginners.

Participants on the course will improve their technique (classic and skating), gain confidence for skiing on snow, pick up loads of helpful training tips, and just have a fantastic time. The course is open to everyone (beginner, intermediate or expert) whether you are a tourer, a racer, a downhiller, or whether you just want to try cross-country skiing. For skiers who have completed an introductory roller ski course via the 'Go-Rollerski' programme, you will extend your skills, meet other skiers and even have the chance to try racing.

Skis and boots can be hired (both classic and skating) if booked in advance on the booking form.

There will be the opportunity to be assessed for the SSE Nordic Proficiency Awards. See details at http://snowsportengland.org.uk/nordic_proficiency_awards

We have assembled a first-rate coaching team and are expecting to run the following course groups:

- Advanced – for experienced skiers who wish to refine their skills for more efficient skiing and are interested in the latest developments in technique. This group is suitable for those who are already skiing at 3* and above and interested in attaining a four- or five-star proficiency award.
- Intermediate - for skiers who are confident on roller skis and are skiing at 2* proficiency level. This group is for those aiming towards skiing at 3* proficiency level in both classic and skating styles.
- Beginners and Improvers group - for those with none or limited cross country/roller ski experience and are interested in progressing to one- and two-star level.

Applying for the course

You will need to send the course booking form and payment to the course organiser Alan Mitcham (details shown below and on the booking form). Or book online at https://snowsportengland.org.uk/course_calendar

We will try to assign you to the group of your choice, on a first-come-first-served basis. You will be told before each course which group you will be in, but if your group of choice is full you may be offered a place in another group. **Please book early to ensure your place.**

The Course Organiser is Alan Mitcham of Tyneside Loipers.
Phone - 01661 823960. Email - alanmitcham@metronet.co.uk

What you will need to bring

Equipment Bring your own roller skis, poles and boots **suitable for skating and classic** (unless you have pre-booked hire equipment - £10 for the weekend).

Clothing (not your best gear). Wear something comfortable. Layers are best with preferably close fitting clothing so it is easier for your coach to analyse your movements. A waterproof jacket is advisable if the weather forecast is poor. P**rotective headgear (cycle helmet) is compulsory** and knee and elbow protection is strongly advised. **Gloves** are essential, but not too thick. A pair of trainers/running shoes may be useful for any 'dry land' exercises.

Refreshments including lunch – bring your own.

Hetton Country Park is at Down Pit Lane, Hetton-le-Hole, Houghton Le Spring, Tyne and Wear, DH5 0RH. Leave the A1 at Junction 62, heading northeast on the A690. After a few miles, turn right towards Hetton-le-Hole. The country park is signposted from the centre of Hetton-le-Hole (below the hill with the wind turbines).

Times : The course starts on Saturday at 10:00 a.m. and finishes on Sunday at around 4:00 p.m.

Price: If booked at least two weeks in advance, the price is £130 for the weekend or £70 for one day. Otherwise it is £140 or £75 respectively. This does not include meals and accommodation. (For one-day attendance see below.)

Accommodation: We have pre-booked some rooms at the Premier Inn Durham East. The cost is around £40/45 per person per night based on two people sharing, available Friday and Saturday (plus £6.99 or £8.99 for breakfast). You can request a room on the course application form. These rooms will be filled on a first-come first-served basis and, if further rooms are required, these will be booked at the going rate at the time of booking. You may also like to join the rest of the group for an evening meal on the Saturday night at the adjacent Table-Table restaurant.

Additional Information

SSE Membership

If you are not a member of a registered SSE or SnSC club, you will need to pay a £10 SSE membership fee to cover your insurance. We advise people to join an SSE-affiliated Nordic Ski Club to enjoy the other benefits of club membership.

One day attendance.

It is possible for participants to book for one day only at the discretion of the organiser. This may mean that your place can only be confirmed two weeks before the start of the course, depending on how many full (2 day) places have been booked in the group.

Opportunities for Racing

You may decide to put all your newly-learned skills to the test in the race which will be a half-hour or one-hour classic-style event. The race entry is covered by the weekend course fee. The race will take place on the Saturday afternoon at 4.30pm, following on from the day's coaching. The race is organised by Tyneside Loipers.

Just a reminder, wearing a helmet and eye protection in the race is compulsory.

Terms and Conditions of Booking

1. The application will only be accepted and secured provided that:
    a. The application is confirmed in writing on the official application form.
    b. The application is accompanied by payment.
    c. The application is signed.
2. Any changes to bookings must be received in writing either by letter or email.
3. Cancellation by participants will lead to a proportion of the money paid being forfeited, depending on amount of notification given. Any participant cancelling within 28 days of the course will forfeit 50% of the amount paid, while a participant cancelling within 14 days of the course will forfeit 100%. A participant cancelling more than 28 days before the event will invoke administration charges of £10.
4. No money will be refunded for non-attendance of a course without prior notice.
5. Snowsport England will refund appropriate money if the decision is made by Snowsport England to cancel all or part of a course.
6. Except for death or personal injury arising through negligence of Snowsport England, Snowsport England shall not be liable for any loss or damage arising whether in respect of death, bodily injury, illness suffered or contracted, loss, costs, damages or expenses incurred.