

WHO IS THIS WEEK FOR?

This is the fourth year that Snowsport England Nordic is organising an early season, on-snow race training week. It is hoped that skiers who already race, or those who are thinking of taking part in races in the future will want to take part in what promises to be a very popular week with top class coaching. It should be emphasised that this week is NOT just for experienced racers; however, it will be assumed that participants will be able to ski at intermediate level or above and that they will have a good level of fitness.

To maintain the quality of coaching at the highest level numbers for the week will be limited to fourteen participants. Priority will be given to Snowsport England Nordic Club members.

COURSE CONTENT

The week will include six full days coaching (4 to 9 November inclusive) consisting mainly of practical training with the focus being on technical improvement. There will also be some speed and race sessions included. Video analysis will be used throughout the week to provide visual feedback on performance to participants.



NORDIC ON SNOW RACE TRAINING WEEK 2007



VUOKATTI, FINLAND

3—10 NOVEMBER 2007

COACHES

The week will be led by Snowsport England's two top Nordic coaches, Patrick Winterton and Mike Dixon. Many people will know both Mike and Patrick for their commentary and in depth analysis of cross-country skiing and biathlon on Eurosport.

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. Patrick is also a very accomplished kayaker and during the summer of 2006 completed a 1400 km solo journey around the coast of Scotland and its islands.

MIKE DIXON



Mike Dixon 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. Since retiring from major competition after the Olympics at Salt Lake City in 2002 he has started the Cairngorm Biathlon and Nordic Ski Club for which he is head coach. Mike still competes regularly in domestic competition both on roller skis and snow. He is the current British roller ski champion and British roller ski race series winner. At the British Championships in Ruhpolding this year he finished in an excellent fifth place.

COACHING COSTS

Coaching costs for the week will be £320 per person. However, there will be a discount of £20 on this fee for members of Snowsport England affiliated Clubs. Course booking through Snowsport England can be completed on the booking form opposite. Deposit £150; balance payable eight weeks before departure. Places on the training week will only be reserved once the deposit has been received and an acknowledgement of a place confirmed by e-mail.

VENUE

This year's race training week will be held at the Vuokatti Sports Institute, Finland. This is an internationally recognised centre for Nordic skiing and is used for training each year by a large number of International teams including the Czech biathlon and Canadian cross-country teams. The centre has a large range of facilities including a very well equipped, ski specific, gym and a swimming pool.

Accommodation will be in four person apartments. The cost for the week will be around £295 per person, full board, and should be paid direct to the venue at the end of the week. Please note that there are no single rooms available.

Please be aware that this is an early season camp and that snow is NOT guaranteed. NO refunds of coaching fees will be given if there is no snow. In the event of this happening the week will go ahead as a dry-land camp.

Vuokatti is one of the few Nordic ski centres that has a ski tunnel. The tunnel is 1.2 km in length and we should be able to use this facility if necessary, however, this will cost participants an additional 5 Euros per day each.

There is a ski shop situated just across the road from the Sports Institute and two supermarkets within easy walking distance (3-5 km).

TRAVEL

Flights and transfer to and from the venue will be the responsibility of the individual. The easiest way to access Vuokatti is to fly to Helsinki and then take an internal flight to Kajaani. There is a bus that runs between Kajaani and Vuokatti to coincide with flight times.

Participants should make sure that they have their own personal travel and accident insurance cover for the week.

Course Booking Form

Please reserve me a place on the Snowsport England On Snow Race Training Week:-

Forename: (Dr/Mr/Mrs/Ms) _____

Surname: _____

Address: _____

E-mail: _____

Tel: (daytime) _____

Tel: (evening) _____

Snowsport England affiliated club: _____

Vegetarian: Yes/No (Please delete)

Payment & Declaration: I am in good health and have no medical conditions 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. I enclose my cheque (payable to Snowsport England) for the sum of £150, being payment of deposit for coaching fees.

Signed: _____

Date: _____

Please return to:-

E-mail: fiona1crossley@yahoo.co.uk