

MY CHILD LOVES TO SKI AND WANTS TO TRY SCHOOL SKI RACING – WHAT DO I NEED TO DO NEXT?



You will need some race training - it is impossible to say how much training is needed until we see what each pupil can already do, so the initial requirement is to be **able to ski linked turns and use a drag lift unaided**. Each pupil would then **need to attend, as a minimum, a full day of training** (ESSKIA or SASA) **or three evening sessions with Berkshire Race Squad** (BRS), and then we can assess the need for any additional training. We don't expect a new team to win races initially but we do need to ensure that everyone can complete the course safely and enjoy themselves. Below are recommended training dates and non-member costs:

- ESSKIA training day at Southampton Alpine Snowsports Centre: Sunday 24th June, £32
- ESSKIA training day at JNL Chatham Ski & Snowboard Centre: Saturday 30th June, £32
- SASA training day at Southampton Alpine Snowsports Centre: Sunday 9th September, approx. £30 including lunch https://www.skisasa.co.uk/?page_id=1898
- BRS training at JNL Bracknell Ski Slope: 7-9pm most Fridays, £14 per session

SASA can be booked online and the ESSKIA booking form is available separately. I will attend both Southampton training days and can arrange to meet parents at most BRS sessions; these are a good way to find out what is involved, especially if you are unsure about committing to a whole day of training initially. We do have links with other clubs/slopes but I've just mentioned those which are local and good at helping to get new schools started in the sport. Parents of novice racers are expected to stay at the training sessions.

What about ski equipment? Rental skis, boots and helmet should be included with the training/slope fee and can be booked in advance if you supply your pupil's height and boot size. Helmets must be worn by all skiers. **No purchase of equipment is necessary** although we can recommend retailers and there are some second-hand sales at training days.

What should I wear? All skiers must wear clothing that fully covers hands, arms, legs and body (and consider the weather), so pupils will need **long sleeved tops, long trousers, ski socks and durable gloves** (e.g. school rugby top, thermals, waterproof jacket, tracksuit bottoms or salopettes – no jeans!).

Still interested, but have questions? Please contact annabelct@yahoo.co.uk