



# Roller Ski Skills Training Course & Roller Ski Instructors Courses

**Lancaster: Saturday 30<sup>th</sup> September & Sunday 1<sup>st</sup> October 2023**



Manchester Cross Country Skiing Club are pleased to announce that they will once again be hosting the Snowsport England (SE) Roller Ski Skills Training Course at the Salt Ayre cycle track, Lancaster on Saturday 30<sup>th</sup> September & Sunday 1<sup>st</sup> October 2023.

Skills Coaches include Scott Dixon, Adam Pinney and Dagmar Junghanns.

Roller skiing is the off-snow equivalent of cross-country skiing, which helps to build both technique and endurance. It is a fantastic low impact exercise which activates all major muscle groups as well as the cardiovascular system.

The skills course is open to everyone, whether you are an absolute beginner, an experienced intermediate skier or an advanced cross-country/roller skier. Under the instruction of a team of highly experienced Snowsport England coaches, participants will work on improving technique (both classic and skate) to build their skill levels and confidence. The course offers the opportunity to pick up helpful tips, to meet and ski with like-minded people and above all have an enjoyable time.

## Location

**Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster, LA1 5JS**

The Salt Ayre cycle track is 1.5 km in distance with a good, tarmacked surface.

The clubhouse of the Lancaster and Morecambe Athletics Club is close to the cycle track and has toilet facilities.

## Skills Course Levels

Groups at the following skill levels will be offered:

### Beginners and Improvers

For those with no or limited cross-country or roller ski experience and who may be interested in progressing to Snowsport England 1- and 2-Star Cross Country Proficiency Award levels.

### Intermediate

Skiers who are confident on roller skis and skiing at SE 2-star proficiency level. This group is suitable for skiers aiming towards skiing at SE 3-star proficiency award level in both classic and skate styles.

### Advanced

Experienced skiers who wish to refine their skills for more efficient skiing and are interested in the latest developments in technique. Suitable for skiers who are already skiing at SE 3-star proficiency award level and above and are interested in skiing at SE proficiency award levels 4 and 5.

Please indicate on the booking form if you wish to be assessed for the Proficiency Awards. If you have an assessment record card, please bring it with you. If you are new to the scheme this will cost a one-off registration fee of £5.00 payable to your coach.



### **Group Allocation**

Every effort will be made to assign you to the group, which most closely matches your experience level. Group assignment will be done on a first-come-first-served basis. Once groups are full you may be offered a place in an alternative group or placed on a waiting list.

### **Skills Course Timings**

Nominal course timings are:

<b>Saturday</b>	<b>30th September :</b>	<b>12.30 hrs - 17.00 hrs</b>
<b>Sunday</b>	<b>1st October :</b>	<b>09.30 hrs - 16.00 hrs</b>

### **Instructor Qualification**

Snowsport England will be offering:

#### **Level 1 Roller Ski Instructor Training and Assessment course – 2 days**

This course is for those intending to qualify as a Level 1 roller ski instructor. For more information on pre-requisite skills and experience please contact: [alisonraynes@outlook.com](mailto:alisonraynes@outlook.com)

#### **Level 2 Roller Ski Instructor Training and Assessment course (part 2) – 2 days**

This course is for those intending to qualify as a Level 2 roller ski instructor and follows on from the first 2 days of the course held at Leeds in August. For more information on pre-requisite skills and experience please contact: [alisonraynes@outlook.com](mailto:alisonraynes@outlook.com)

#### **Level 1 & 2 course Timings**

Both Level 1 & 2 Instructor courses commence **Saturday 30<sup>th</sup> September 9.30am**

#### **Course Costs**

To encourage early booking, if booked before midnight Thursday 31st August 2023 the price is £210 for the weekend. After that date the cost will be £220.

Booking will close at the end of the day on Friday 22nd September 2022.

Please note that this price does not include meals or overnight accommodation and is for both days. It is not possible to book just one day of the course.

#### **Snowsport England Membership - Insurance**

For insurance purposes, if you are not a member of a club affiliated to SE or affiliated to another Home Nation National Governing Body, you will need to pay a £10 SE short term membership fee. This fee provides third party insurance for the duration of the course. We recommend participant's join a SE affiliated Nordic/ Cross-Country Ski Club.

#### **Hire Equipment**

Roller ski equipment (i.e. boots, roller skis, ski poles, knee and elbow pads) can be hired for the weekend at a cost of £10. Equipment must be pre-booked at the time of course application. Participants will require equipment for both classic and skate techniques, please

provide your height and shoe size on the booking form. Participants who have their own roller ski equipment are encouraged to use it.

## Booking and payment:

Here is a link that will enable you to book on the event: [Sport:80 | Investing in Sport \(sport80.com\)](https://sport80.com).

## Other Details

### Accommodation

Due to the increasing accommodation costs, especially for flexible (non-prepaid) bookings, the organiser has regrettably had to take the decision not to block book any accommodation for participants.

In previous years we have used the Premier Inn, but this year, due to costs, we are looking to use the Travelodge in Morecambe for instructors; it is approximately the same distance from the Leisure Centre as the Premier Inn.

**Travelodge Morecambe, The Arndale Centre, 57 Euston Road, Morecambe, LA4 5DQ**

Click [here](#) to visit the Travelodge Morecambe website

**N.B.** *There is no on-site free parking. Parking is available at Telephone Exchange Car Park, Morecambe, Lancashire, LA4 4DW at £8.00 from 5-24 hours (correct at May 23)*

**Premier Inn Lancaster, Caton Road, Lancaster LA1 3PE**

Click [here](#) to visit the Lancaster Premier Inn website

### Food and Refreshments

Whilst meals and accommodation are not included in the price of the courses, a selection of hot and cold drinks (tea, coffee, & squash), and snacks (biscuits & cakes) will be provided in the club pavilion throughout the weekend. If you are not bringing your own lunches, there is a café in the Leisure Centre and ASDA close by for lunches.

As in previous years, a group meal is planned on the Saturday evening and will be at a restaurant in Morecambe; details of the venue and a menu will be circulated closer to the event to those that have indicated on the Course Booking that they wish to attend.

### COVID-19 Safety

There are currently no COVID-19 restrictions in place, though if you have COVID-19 the advice is that you should try to stay at home. Though we would still suggest that if you feel ill beforehand you discuss attendance with the organiser or if during the course with both the coach and organisers

Please feel free to take other precautions such as wearing a mask, not entering the pavilion during breaks etc.as you see fit.

### Equipment and Clothing

**Use of protective headgear (cycle helmet) is a compulsory SE requirement of course attendance. Helmets are to be worn when actively participating in roller skiing. Please note that you should provide your own helmet as we do not have any for hire.**

It is recommended that participants wear protective elbow and knee pads (these are provided to those who hire equipment).

Participants are also strongly recommended to wear gloves (they should not be close fitting and not too thick).

Layered, close fitting, active sportswear is recommended to be worn during the course. Layers allow temperature regulation during periods of high activity and rest periods. Waterproof clothing should be brought in case of inclement weather.

For 'dry land' sessions participants should bring sports trainers.



## Further Questions

Please Contact the Course organiser: Nigel Pawson

Mobile: 07960 171 505

E-mail: [nigel.pawson@outlook.com](mailto:nigel.pawson@outlook.com)