



## Outline Alpine Coaching and Events Programme January to April 2018

Coaching week	Sat	Sun	Events
6 / 7 Jan	Core Training	Core Training	
13 / 14 Jan	Core Training	Core Training	MEET and GREET- Saturday 13 <sup>th</sup> , 3.30pm at Rothiemurchus Tennis Club. <a href="http://rothiemurchus.net/how-to-get-here/">http://rothiemurchus.net/how-to-get-here/</a>
20 / 21 Jan	Competition weekend		Gordon Skiers Open, Lecht – Sat and Sun <a href="http://gbski.com/competition.php?ID=414">http://gbski.com/competition.php?ID=414</a>
27 / 28 Jan	Core Training	Core Training	31 Jan SSSA Alpine Series Primary Schools Qualifier – Cairngorm <a href="http://www.sssa.co/competitionsold">http://www.sssa.co/competitionsold</a>  1 Feb SSSA Alpine Series Secondary Schools Qualifier – Cairngorm <a href="http://www.sssa.co/competitionsold">http://www.sssa.co/competitionsold</a>
3 / 4 Feb	Core Training	Core Training	
10 / 11 Feb	Core Training	Core Training	
17 / 18 Feb	Core Training	Core Training	Mid Programme performance updates
<b>Half Term Race Training Camp 19 - 21 February – Preparation for Hilton Coylumbridge Cairngorm Ski Club Open Championships</b> See separate programme sheet			
24 / 25 Feb	Competition weekend		Hilton Coylumbridge Cairngorm Ski Club Open – sat and Sun <a href="http://gbski.com/competition.php?ID=423">http://gbski.com/competition.php?ID=423</a>
3 / 4 March	Core Training	Core Training	7 March SSSA Alpine Series Primary Finals <a href="http://www.sssa.co/competitionsold">http://www.sssa.co/competitionsold</a>  8 March SSSA Alpine Series Secondary Finals <a href="http://www.sssa.co/competitionsold">http://www.sssa.co/competitionsold</a>
11 / 12 March	Competition weekend		Scottish Children's Champs and Bairns' Bucket – Sat & Sun <a href="http://snowsportscotland.org/calendars/competitions/scottish-childrens-champs-cairngorm-tbc">http://snowsportscotland.org/calendars/competitions/scottish-childrens-champs-cairngorm-tbc</a>
<b>CSC Easter Holidays Race Training Camp 2 – 13 April. 5 and 10 day options available</b> See separate programme sheet			



## February Half Term – Pre Hilton/CSC Open Championships Training

### Monday 19 – Wednesday 21 February

Monday	Tuesday	Wednesday
Giant Slalom	Slalom / Kombi Slalom	Timed run preparations for CSC Open Championships
Course inspection practice Video feedback Ski prep	Course inspection practice Video feedback Ski prep	Race starts practice Video feedback

- Advanced booking required to secure training places and allocated on first come – first booked.

## Easter Race Training Camps

### Week 1 – Monday 2 to Friday 6 April

Monday	Tuesday	Wednesday	Thursday	Friday
Technical freeskiing	Slalom	Freestyle and skier cross	Super G Introduction	Team Pro Slalom
Timed run slalom/GS	Kombi slalom	Bumps skiing/ Off piste intro	Skills Quest	Timed Slalom/GS race

- Advanced booking required to secure training places and allocated on first come – first booked.

### Week 2 – Monday 9 to Friday 13 April

Monday	Tuesday	Wednesday	Thursday	Friday
Technical freeskiing	Slalom	Kombi Slalom	Slalom gate clearing workshop	Team Pro Slalom
Timed run slalom/GS	Freestyle and skier cross	Bumps skiing/ Off piste safety	Skills Quest	Timed Slalom/GS race

- Advanced booking required to secure training places and allocated on first come – first booked.