



CAIRNGORM
SKI CLUB

Summer Alpine Coaching & Racing Programme

Cairngorm Ski Club are running an exciting programme of training and race support for selected artificial ski slope races between May and November 2018.

The programme is aimed at keeping you race ready and providing opportunities to take part in the Scottish Summer race season.

The events planned, include:

- Athletic Capacity Evaluations – May and September
- Scottish Alpine Summer Artificial Slope Race Season:-
 - Pre-races slalom training – Sunday 27 May
 - [Firpark Slalom – 2 June](#)
 - [LSR Slalom – 3 June](#)
 - [GB Indoor Championships – 16 June](#)
 - [Scottish Indoor Championships – 17 June](#)
 - Scottish Outdoor Championships (Hillend) – 1 & 2 September
 - British Outdoor Championships (Hillend) – 22 & 23 September
- Summer Race Training Camp:-
 - [Landgraaf, Indoor Snow Centre](#), Holland – 22 -25 July



Cairngorm Ski club – Scottish Summer Artificial Race Programme 2018

The club will be supporting the following race event, subject to demand and sufficient bookings being received.

Sunday 27 May:- Pre-Twin Peaks Race training.

- Where:- Provisionally Alford Ski Centre / Polmont Ski Centre, Falkirk.
- When:- 2-4pm. Slalom training in both full gates and stubbies.
- Cost:- approx. £25.00
- **Closing date for booking training:- 6pm, Friday 18 May**

***Saturday 2 June:- [Firpark Slalom](#) (Part of the Twin Peaks Race weekend)**

- Where:- Firpark Ski Centre, Tillycultry.
- When:- 9am – 3pm. Race Support Cost:
- Race support cost:- £22.00 per person.
- Closing date for race entry:- **Monday 28 May. Please note that this is a very popular race event and the entry can fill up before the closing date!**

***Sunday 3 June:- [GB Outdoor Race Series](#) (Part of the Twin Peaks race weekend).**

Where:- Midlothian Ski Centre (Hillend), Edinburgh.

- When 1pm.
- Race support cost:- £22.00 per person.
- Closing date for race entry:- **Monday 21 May. Please note that this is a very popular event and the entry can fill up before the closing date!**

* Twin Peaks Race weekend. You do not have to enter both days to take part in the Twin Peaks Race weekend. If planning to enter only one race, our advice is to enter the Firpark Slalom, taking place on Saturday 2 June.

Saturday 16 June:- [GBR Indoor Championships, Braehead](#)

- Where:- Midlothian Ski Centre (Hillend), Edinburgh.
- When 9am -3pm.
- Race support cost:- £22.00 per person

Sunday 17 June:- [Scottish Indoor Championships, Braehead](#)

- Where:- Midlothian Ski Centre (Hillend), Edinburgh.
- When:- 9am -3pm.
- Race support cost:- £22.00 per person

Saturday 1st and Sunday 2nd September:- Scottish Outdoor Championships

- Where:- Midlothian Ski Centre (Hillend), Edinburgh.
- When 9am -3pm.
- Race support cost:- £22.00 per person

Saturday 22nd and Sunday 23rd September:- British Outdoor Championships (Hillend)

- Where:- Midlothian Ski Centre (Hillend), Edinburgh.
- When 9am -3pm.
- Race support cost:- £22.00 per person

Places for race training and race support must be booked in advance.

For further information about the summer race programme, contact in the first instance :- email: headcoach@cairngormskiclub.co.uk

Cairngorm Ski Club - Summer Race Training Camp



- Where:- [Landgraaf, Indoor Snow Centre](#), Holland – July
- When:- Sunday 22 – Wednesday 25 July 2018
- Who is it for?
 - All club race trainees and even adults who wish to try an introduction to slalom and/or would like to try summer skiing on the biggest indoor snow centre in Europe.
 - The camp is being run in conjunction with [Impulse Race Training](#) Cairngorm participants will have the opportunity to train and ski race against other racers attending with Impulse Race Training.
 - In addition to on snow training and racing, the Landgraaf camp provides opportunities for fitness and agility training and a ski preparation and waxing workshop.
- Race Camp cost: £550.00*
 - * Return Easyjet flights from Edinburgh to Amsterdam not included but around £139.00 as of 1 May 2018.

Booking enquiries – To find out more about this exciting new summer race training camp and how to book, contact: headcoach@cairngormskiclub.co.uk
It is anticipated that bookings will need to be made no later than Friday 31 May.

