Cairngorm Ski Club

**2016 Members Welcome Pack**

Welcome to the Cairngorm Ski Club. We aim to foster the development and enjoyment of, and participation in, the sport of skiing. Like all clubs, our members are very important to us, and we hope that this Welcome Pack will help you get the most out of your membership of the Club. and remove some of the mystery of skiing and ski racing - especially for members who are new to the sport. If you have any comments about the pack, or suggestions for improvements, please contact the Club Secretary at: Secretary@cairngormskiclub.co.uk.

**What are the Club’s competitive objectives?**

Objectives for 2013 to 2018

* Run an alpine training programme based at Cairngorm
* Run a freestyle training programme based at Cairngorm
* Run at least one annual overseas training camp for racing
* Run at least one overseas training camp for freestyle from 2016.
* Establish and run 3 one day gate training sessions at SnowFactor, Glasgow.
* Establish and run an additional 4 week ski training block during April based at Cairngorm (snow conditions allowing).
* Enter at least 5 alpine racers for each of the 3 race categories (Slalom, Giant Slalom and Bairns) for each Scottish Ski Race each season, with the goal of the following results:
* 3 CLUB racers will be in the top 10 for each race
* 1 CLUB racer will be in the top 5 for each race
* By 2018 a CLUB racer will have won at least 3 races
* Enter and support a CLUB team at the British Alpine Championships in 2016, 2017 and 2018.
* Support at least 2 coaches per year through UKCP coaching qualifications to build a pool of qualified coaches.
* Support at least 2 club volunteers per year through Snowsport Scotland training aimed at building club capacity to support races and events.
* Establish a mentoring programme to support trainee coaches.
* Maintain or adapt the CLUB structure to help achieve racing objectives.
* Provide resources to achieve race objectives.
* Provide non racing trainees with a pathway to develop their skills.

**How is the CLUB structured?**

Committee – made up of elected members who are volunteers and the majority of who are parents or guardians of trainees. Committee members are appointed our Annual General Meeting held in April. Committee roles are: Chair, Vice Chair, Secretary, Treasurer and Conveners for each of: alpine race camps, coaching, Club Race, social and fundraising.

Coaches – Our Coaching Convener, Mark Tate, recruits the coaching team each year working with our Head Coach Jamie McWilliam The Head Coach attends committee meetings.

Adult Members – open to anyone who has an interest in the sport of skiing on Cairngorm and/or would like their children to train and potentially compete in ski competitions in Scotland.

Athletes - Our trainees at the core of our club and we encourage anybody to join who wants to learn performance skiing either in alpine races or freestyle. We would love everybody to compete but recognise that some young trainees may not want that yet. Our training groups will generally match the age structure for competitive skiing so we have Bairns groups and Junior/Children’s groups.

**Bairns groups**

* Born after 1st January 2004;
* Minimum level 5 – being able to:
* Able to ski in control on blues and some reds runs;
* Basic parallel turns; and,
* Can use surface tows confidently.

Children’s Groups groups

* 12 years old or older on 1st January 2016;
* Minimum level 6 - being able to:
* Able to ski on red runs;
* Making S-shape turns;
* Beginning to carve on easier gradient;
* Can ski in control on M1 and White Lady.

Junior groups

* 16 years old or older on 1st January 2016;
* Can ski anywhere on Cairngorm.
* Levels 7 - 9 – being able to:
* Level 7: Ski various radius of turns on a variety of gradients, confident on Red runs;
* Level 8 : Skiing comfortably, confidently and skillfully on all groomed pistes; and,
* Level 9: Ski any piste confidently in variable snow and terrain.

Freestyle group

* Born after 1st January 2004;
* Minimum level 5 – being able to:
* Able to ski in control on blues and some reds runs;
* Basic parallel turns; and,
* Can use the tows confidently.

**How many groups will be in operation in any one season and what is the athlete: coach ratio?**

The number of groups in each category will depend on the number of coaches the CLUB can source and the number of trainees who apply. : We operate at a minimum ratio of 1:8 and will tend to have groups of 10-16 with two coaches to allow for individual development. It is the CLUB aspiration to have a maximum of 8 athletes per group.

Applications to train are available every Autumn and trainees are allocated to their groups before the season starts. **There will always be flexibility during the season and depending on trainee development or wish we may switch groups. The coach will discuss this with you.**

**If the CLUB cannot find enough coaches then there will be fewer places available for athletes.** Coaching groups are usually allocated in late November and can be viewed on the CLUB website at: [Training-groups.](http://www.cairngormskiclub.co.uk/training-groups/)

**How is performance skiing different to leisure or social skiing?**

Alpine ski racing in Scotland and abroad is a competitive sport where competitors are timed following a set course and are centred upon competing at 2 disciplines: slalom and giant slalom. Generally each race has two runs for each competitor and the cumulative time from the two runs determines the final result.

Slalom: a timed race between pairs of 2 metre poles which form a gate. The gates are set close together compared to other Alpine race disciplines and therefore slalom is a very technical event with tight, rapid turns which requires good technique and rhythm rather than pure speed.

Giant Slalom (GS): as with slalom this is a timed event through a course of gates. The main differences to slalom are that the gates are set wider and are further apart and the course is longer. The nature of a GS course requires higher speeds and longer turns.

Freestyle: this is a [skiing](https://en.wikipedia.org/wiki/Skiing) discipline comprising aerials, [moguls](https://en.wikipedia.org/wiki/Mogul_Skiing), [cross](https://en.wikipedia.org/wiki/Ski_Cross), [half-pipe](https://en.wikipedia.org/wiki/Half-pipe_skiing) and [slopestyle](https://en.wikipedia.org/wiki/Slopestyle). It can consist of a skier performing jumps, flips and spins, and can include skiers sliding rails and boxes on their skis. It is also commonly referred to as freeskiing, jibbing, as well as many other names around the world.

**What equipment is required for Performance ski training and racing?**

Alpine Skis: all trainees should aim to have a pair of skis which are suitable in terms of length and cut for training provided by club.

Race trainees and higher level Performance group members are advised to use Giant Slalom (GS) race skis. Club race training will focus on GS with the aim of having all trainees being comfortable skiing at speed.

The race trainees will also take part and train for slalom. Ideally all racers should have a pair of slalom skis in addition to their GS skis.

Freestyle skis: Skis tend to be more flexible than alpine skis and are regularly referred to as ‘twintips’ to allows for easier skiing and landing backwards.

Boots: Trainees should look to use ski race boots which are suitable and comfortable for the level of training with the Club.

Race trainees and High level performance group members are advised to use race boots designed to support the posture for racing.

**Can the CLUB advise and recommend equipment for training & racing?**

Yes, the Club has provided guide to skis and boots in Section 9 of the Cairngorm Ski Club Long Term Athlete Development document. If you require any further advice please contact the Club at [secretary@cairngormskiclub.co.uk](mailto:secretary@cairngormskiclub.co.uk) and a committee member will get back to you with advice. Coaches and committee members will be available to advice trainees at our Snowsports Equipment sale on Saturday 14 November 2015.

**Where can ski racing & training equipment be bought?**

There are several stores within Scotland which can advise and help with fitting. There are also a number of online outlets – ask or contact the Head Coach or a CLUB committee member. The Club Snowsports Equipment Sale on 14 November 2015 where new and used equipment is available as well as expert advice from our coaches and committee members.

**How will the Club assess athlete development?**

Our Long Term Athlete Development Programme has been produced by the club to explain how coaching works and what you can expect on our development paths. All members will receive an electronic copy and a hard copy can be purchased at the Snowsport Equipment sale on 14 November 2015.

This contains lots of information for parents and trainees including details of equipment you will need, more detail on alpine racing disciplines and our approach to coaching for different age groups. It will give you the information you need to have an informed conversation with your or your child’s coach.

As the Club will be concentrating of preparing athletes for competition there will be regular assessment of development through each season. The main method for assessment and feedback will be by video analysis. Coaches can also provide feedback throughout the season to parents on technique, motivation and behaviour of trainees – please take the opportunity to speak to coaches after training.

In addition it is the intention for the club to hold a series of timed practice runs for alpine race trainees on race courses during each season so that each athlete can gain experience of skiing through gates in race conditions. Times will be recorded and posted on the CLUB website to show how each athlete is developing in terms of speed in comparison with their peers for each Club Race.

As the CLUB’s primary focus is on competitive skiing, we do recognise that athletes will develop at different rates and have different motivations. We would like all of our trainees to aspire to enter competitions. However, if a trainee does not want to do this then they are welcome to continue to train with us and we will be happy to discuss alternative pathways to retain their interest in snowsports.

**ADULT COACHING**

Throughout the season we do offer the opportunity for adult members of the club to take part in performance coaching. Details will be posted on our web and Facebook pages.

**What is expected of athletes?**

Athletes are expected to turn up promptly for training each day at weekends during the season. This means arriving at **8:30am** and be ready to leave to ski at **08:45am**. The Club has a code of conduct form for trainees to fill out and sign before the season starts. This sets out an agreement between the trainee and the Club to ensure each trainee will represent the Club when skiing on Cairngorm and at events. This is very important as we all want our coaches to concentrate on skiing matters.

The Club also expects all athletes to have fun within a healthy atmosphere within the Club. However if an athlete shows a pattern of being disruptive the relevant coach will bring this to the attention of the parents/guardians and committee. We would hope to be able to work to improve any such situation as early as possible and work with parent/guardians constructively. The Club do have a disciplinary process if there are any issues which are brought to the attention of the Committee and/or Head Coach.

**Does the CLUB have a child protection policy?**

Yes, the child protection policy is available and can be requested from the Secretary [secretary@cairngormskiclub.co.uk](mailto:secretary@cairngormskiclub.co.uk)

**A Social Club**

This is a social Ski Club run by volunteers and it is very rewarding to meet, mix and make friends with other skiing enthusiasts no matter what age or ability. The Club organise a programme of events throughout the year and we would be delighted to have all members attend and get involved in your Club. Keep an eye on the Social pages of the website [Social Events](http://www.cairngormskiclub.co.uk/social-events/). Key events over the next few months are:

**Saturday 14 November 2015 - Ski sale**

Opportunity to buy used and new ski equipment at bargain prices – not to be missed!

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**Saturday 28 November 2015** - Meet the coaches and Committee details to follow.

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Winter Ceilidh 7.00-10.30 PM, Carrbridge Village Hall

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**Saturday 9th January 2016** Coaching programme starts and another chance opening season meet and greet the coaches and committee details to follow

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**Scottish Skiing events - 2016**

Lecht 23-24 January

Glenshee 6-7 February

Cairngorm 20-21 February

Glenshee Junior Freeride 20-21 Feb

Scottish Ski & Boarder Cross Glenshee 5-6 March

Scottish Slopestyle Champs Cairngorm 12 March

Scottish Freedom Coe Cup 2-3 April

Note: it is CSC’s intention to provide coach support for events where 6 or more Club athletes are entered.

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**12 March 2016** - Pizza Night, Aviemore. Details to follow.

**Parents, guardians and other Club members – how can you help?**

Like most clubs, CSC is run by volunteers who are primarily made up of parents or guardians of the Club’s athletes. The success of the Club is built on the energy, commitment and enthusiasm of these volunteers. The contribution which our members put into the annual Snowsport Equipment Sale is truly outstanding – it now has the profile of a national event which is eagerly awaited by all Snowsport enthusiasts in Scotland and beyond.

However there are other ways in which members could support the Club other than paying annual subscriptions and fees. Below is a short list of suggestions:

* **Help at the Cairngorm Ski Club Sale on 14th November 2015** - this is our main fundraiser and help is needed for as short or as long as is possible between 8:45am and 9pm. This is also a great opportunity to get first look and purchase what is on offer by being a Club member as well as meet other members, the committee and coaches – this is very much a Club social event as well.
* **Help at the Cairngorm Ski Club Open and Bairns ski race on 20th and 21st February2016** - this is our significant contribution to the Scottish ski racing calendar and help is needed both on the day and beforehand. There are lots of jobs we need to fill and we can provide training.
* **Develop skills in a particular areas of running a ski race** - there are a number of key jobs which require a degree of training;
* **Other various events** – our social convener would be delighted to hear from anyone who would like to help with the ceilidh, barbecues, dry land training. These requests are put on our website or Facebook page; please consider responding to requests for help at these.
* **Please come to our social events and meet fellow club members.**
* **Become a committee member!** Our Annual General Meeting provides an opportunity for any member who would like to become more involved in continuing taking the Cairngorm Ski Club into a bright future.

The committee realises that not everyone is in a position to offer time to help the Club but donations or help in the form of goods and services are welcome. This list is by no means complete there are plenty of tasks and jobs, some we haven’t thought of yet!! If you'd like to help more with the Club, please contact the Club Secretary [secretary@cairngormskiclub.co.uk](mailto:secretary@cairngormskiclub.co.uk)

**If I have any questions who can I speak to?**

On training days, coaches and committee members will be available to speak to any members and help with any queries – please look out for us at the training meeting point, we aim to make ourselves obvious to all members.

If you would like to contact the Club by email please use the Club Secretary Email address: [secretary@cairngormskiclub.co.uk](mailto:secretary@cairngormskiclub.co.uk)

The email addresses of the other committee members are on the Club website at: http://www.cairngormskiclub.co.uk/committee/