

**APPLICATION FOR WEEKEND TRAINING PROGRAMME 2012/13**

Parents Names : ............................................................................................................................

Address :........................................................................................................................................

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Postcode ....................... Tel Nos: ..........................................................................................

E-mail : .........................................................................................................................................

***It is expected that Bairns trainees entering the programme have had at least one season’s experience of skiing on snow; are a minimum age of 8 years; are able to use all the tows on their own; and are at a level graduating toward parallel turns. Please note that we are unable to guarantee your child a place on the training programme. Those selected will be notified by 30 November.***

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| **Trainee Name** | **Date of Birth** | **Level \*** | **Option \*\***  **A, B or C** |
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\*For **Level**, choose one from below : *For further info, see Racing page on website:* [*www.cairngormskiclub.co.uk*](http://www.cairngormskiclub.co.uk) *o*r contact [coaching@cairngormskiclub.co.uk](mailto:coaching@cairngormskiclub.co.uk)

**Level 5** (minimum level for Bairns - born after 01.01.2001)

*Able to ski in control on blues and some reds. Basic parallel turns. Can use the tows confidently.*

**Level 6** (minimum level for Performance Group 12 yrs plus at 01.01.13)

*Able to ski on reds. Making S-shape turns. Beginning to carve on easier gradient.*

*Can ski M1 and White Lady in control.*

**Levels 7,8,9** (minimum standard for race group or top performance/aspirant race group, 12 yrs plus at 01.01.13)

*Can ski anywhere on Cairngorm.*

**Level 7 :** *Ski various radius of turns on a variety of gradients. Confident on Reds.*

**Level 8 :** *Skiing comfortably, confidently and skilfully on all groomed pistes.*

**Level 9 :** *Ski any piste confidently in variable snow and terrain.*

**All above levels correspond with Snowlife Ski Awards re-launched in August 2011.**

***NB : All trainees come on a trial basis. The club reserves the right to regroup trainees whose skiing skills are above or below the level stated.***

\*\*For **Option** state: **A**. Saturday & Sunday Training (includes all registered racers)

**B**. Saturdays only (bairns/performance)

**C**. Sundays only (bairns/performance)

# Costs: (10 weekends) Registered Racers/2 day trainees (Sat & Sun) £280

Saturday or Sunday only trainees £160

To reserve a place on the coaching programme for your child please send your deposit cheque (payable to Cairngorm Ski Club) of £50 per trainee. An invoice will be sent for half the balance in early January.

It is our intention to commence the ten week Training Programme on the weekend of the 5th & 6th January 2012. In the expectation/hope of some early snow in November/December, we hope to be able to offer some early training for those in the Race Training groups and top Bairns group. In addition, and dependent upon numbers, we will also be running some coaching during the School's mid term break in February (11-15th) and during the Easter Holidays. Places can be booked in advance for these weeks as places will be limited. (see Membership Form).

In the event that conditions are unsuitable and/or there is insufficient snow, the Club reserves the right to cancel all or part of the programme.

Please return the completed training application form with your deposit no later than 30th Sept 2012 **along with your membership** **form to the Secretary.**

(NB All trainees must be members of the club for insurance purposes).

**Signed…………………………………......…….. (Parent/Guardian)**

**Date……………..............**