

WHO IS THIS WEEK FOR?

This is the third year that Snowsport England Nordic is organising an early season, on-snow race training week. It is hoped that skiers who already race, or those who are thinking of taking part in races in the future will want to take part in what promises to be a very popular week with top class coaching. It should be emphasised that this week is NOT just for experienced racers; however, it will be assumed that participants will be competent skiers and that they will have a reasonable level of fitness.

To maintain the quality of coaching at the highest level numbers for the week will be limited to fourteen and will be allocated on a first come first served basis. Priority will be given to Snowsport England Nordic Club members.

COURSE CONTENT

The week will include both practical and theory training with the focus being on technical improvement. Video analysis will be used throughout the week to provide visual feedback on performance to participants. Evening talks will cover topics such as race preparation and tactics.



For further details contact

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**SNOWSPORT
ENGLAND**

NORDIC ON SNOW RACE TRAINING WEEK 2006



VUOKATTI, FINLAND

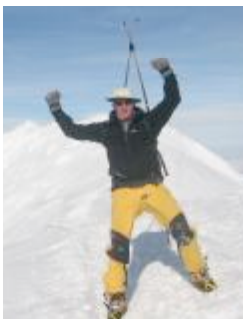
5-12 NOVEMBER 2006

COACHES

The week will be led by Snowsport England's two top Nordic coaches, Patrick Winterton and Mike Dixon. Regular viewers of cross country skiing and biathlon on Eurosport will know both Patrick and Mike for their commentary and in depth analysis of the sport.

PATRICK WINTERTON

Patrick skied with the British Nordic Team for eight years competing on the World Cup Circuit and representing Great Britain at the Olympic Games in Calgary in 1988. He is also an accomplished telemark skier and has been British Telemark Champion twice. After retiring from International competition Patrick



became a Snowsport England Nordic coach, a position he has held since 1991. Patrick still competes over the summer months in roller ski series races

MIKE DIXON



Mike Dixon is Britain's most successful biathlete. He is the only British Athlete to have competed at six Winter Olympic Games, the first in the Nordic discipline in Sarajevo in 1984

and the last five in Biathlon. Mike has also competed at thirteen World Championships, eleven of these in Biathlon and two in cross-country. In addition to his International achievements Mike has been British Champion twenty-six times. Since retiring from major competition after the Olympics at Salt Lake City in 2002 he has started the Cairngorm Biathlon and Nordic Ski Club for which he is head coach. Mike still competes regularly in domestic competition both on roller skis and snow.

COACHING COSTS

Coaching costs for the week will be £275 per person. Course booking through Snowsport England can be completed on the booking form opposite. Deposit £125; balance payable eight weeks before departure. Non Snowsport England Club members should add a £20 supplement. Places on the training week will only be reserved once the deposit has been received. Acknowledgement will be sent via e-mail.

VENUE

This year's race training week will be held at the Vuokatti Sports Institute, Finland. This is an internationally recognised centre for Nordic skiing and is used for training each year by a large number of International teams. The centre has a large range of facilities including a very well equipped gym and a swimming pool.

Accommodation will be in four person apartments. The cost will be around £280 per person, full board, for the week. There are no single rooms available.

Please be aware that this is an early season camp and that snow is NOT guaranteed. NO refunds of coaching fees will be given if there is no snow. In the event of this happening the week will go ahead as a dry-land camp.

Vuokatti is one of the few Nordic ski centres that has a ski tunnel. The tunnel is 1.2 km in length and we should be able to use this facility if necessary, however, this will cost participants an additional 5 Euros per day each.

For those who might want to purchase equipment there is a ski shop situated just across the road from the Sports Institute. There are also two supermarkets within easy walking distance (3-5 km).

TRAVEL

Flights and transfer to and from the venue will be the responsibility of the individual. The easiest way to access Vuokatti is to fly to Helsinki and then take an internal flight to Kajaani. There is a bus that runs between Kajaani and Vuokatti to coincide with flight times.

Participants should make sure that they have their own personal travel and accident insurance cover for the week.

Course Booking Form

Please reserve me a place on the Snowsport England On Snow Race Training Week:-

Forename: (Dr/Mr/Mrs/Ms) _____

Surname: _____

Address: _____

E-mail: _____

Tel: (daytime) _____

Tel: (evening) _____

Snowsport England affiliated club: _____

Vegetarian: Yes/No (Please delete)

Payment & Declaration: I am in good health and have no medical conditions that may cause undue concern to others. I understand that I participate at my own risk and that no liability is accepted by the organisers for any injury, damage or loss sustained by me during the course. I enclose my cheque (payable to Snowsport England) for the sum of £125, being payment of deposit for coaching fees.

Signed: _____

Date: _____

Please return to:-

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