



Roller Skiing Skills Training Weekend

30 September 2006 – 1 October 2006
Cycle Track, Salt Ayre Leisure Centre, Lancaster

The Skills Training weekend is being held at Lancaster for the ninth or tenth successive year. To be honest, we've lost count. It remains the biggest roller ski event in the UK. The course will run on the Cycle Track adjacent to the River Lune and caters for a wide range of ability levels from beginners through to aspirant and current racers.

The coaching team at Lancaster will, all being well, include Mike Dixon – former British Olympic biathlete, Patrick Winterton – former British international cross country skier, Alan Eason – current British international cross country skier, and Iain Ballantine – provider of roller skiing tuition in London through the Roller Ski Co.

The format has been tweaked slightly from that in recent years. Skills training will take place on Saturday until 3.30pm and all day Sunday. At 3.30pm on Saturday, there will be a British Roller Ski Series Event. Entry is included in the course fee but is by no means compulsory.

	Under 20's	21 and over
Course fee* - Booking to 31/08/05	£30	£60
Course fee* - Booking 01/09/05 onwards	£50	£80
Race only** - British Roller Ski Series event	£4	£8

* non Snowsport England registered supplement is £10

** Entering the race on the day costs £12 (21 and over) and £6 (under 20's)

Accommodation

Accommodation will again be available at the salubrious St Winifred's Hotel in nearby exotic Morecambe. Please note that accommodation is limited here and will be allocated on a first come, first served basis.

Bed & Breakfast is available at £30 per night (single supplement applies). There will be dinner available on Saturday evening at a cost of £10 (non residents welcome).

Equipment

Roller skis and boots can be hired in advance

All enquiries (NB. THE ADDRESS HAS CHANGED FROM PREVIOUS YEARS)



Grahame Aspinall, 17 Town End Avenue, Holmfirth, HD9 1QW



01484 681294



graspinall@netscape.net



Roller Skiing Skills Training Weekend



Group: Beginners / Improvers / Advanced / Racing (Please circle)

Name: (Mr/Mrs/Miss/Ms) _____

Address: _____

Postcode: _____ Snowsport England affiliated club: _____

Email: _____

Tel: _____

Age: (if under 20) _____ Special diet: Veggy / Veggy plus fish / Other (specify)

Ski Experience (if 1st time at Lancaster): _____

Sharing a room with (if applicable – note £5 supplement for single rooms): _____

Equipment Hire - Roller ski hire at £6 per set or part thereof (old style Salomon boots only)
 Rollers: (Y / N) _____ Shoe size: _____ *Indicate if you are hiring rollers but using own shoes*

Payment - I enclose my cheque (payable to Snowsport England) for the sum of £.....

Course fee	£80	
Deduction if you are under 20	-£25	
Dinner, bed and breakfast – Saturday evening	£40	
Single room supplement	£5	
Dinner only – Saturday evening	£10	
Roller Ski hire	£6	
Non Snowsport England registered supplement	£10	
Bed & breakfast – Friday night	£30	
I am confident of my skills and only want to race!! £8 (21 and over) & £4 (under 20)		
Early Bird Discount – I am posting this before 1 September (only applies against full weekend course fee)	-£20	
TOTAL		£

Please note that there is a risk of injury with any sports activity and roller skiing on tarmac surfaces is no exception. To minimise the risk, Snowsport England advises that protective clothing should be worn (e.g. helmet, eyewear, gloves, knee and elbow pads). I accept that Snowsport England cannot be held responsible for any injuries incurred unless caused by its negligence.

Signed _____ Date: _____

Please return to **Grahame Aspinall, 17 Town End Avenue, Holmfirth, HD9 1QW** . (email: graspinall@netscape.net)

Full joining instructions will be forwarded by 26 September 2006. Cancellations will be accepted up to 16 September 2006 with a fee being liable after this.