

It has been an eventful and busy year for snow sports in Wales, with significant changes to the national coaching scheme and successes for many of our racing members. This newsletter will hopefully bring you up to speed with what has been going on and also inform you of some things that are to come.

Race Results - What a Fantastic Season for Welsh Racers!

Welsh skiers have dominated the artificial slope race scene this summer, topping the UK rankings and winning a significant number of the major events, here's a summary of what they have achieved;

- UK No1 & 3 in the end of season women's rankings
- UK No2, 3, 4 & 8 in the end of season men's rankings
- 12 Welsh Overall wins out of 19 National standard events in men's competitions.
- 5 Welsh Overall wins out of 19 National standard events in women's competitions.
- The Welsh Women's team wins the British team's parallel event.
- The Welsh Men's team win the Welsh Championships team's parallel event.
- The Welsh Combined Team win the Irish team parallel event.
- Overall winner in the British Artificial Slope Championships.
- 5 out of top 6 finishers in the British Championships men's event.
- Overall 2nd place in the British Artificial Slope Championships women's event.
- 4 out of top 10 finishers in the British Championships women's event.
- All England Women's Champion.
Charlotte Davies (below)



- Welsh Open Champions men and women
- Scottish Champion, men
- Grand Prix Overall Series Winner
- Winner of the Celtic Cup Series

Events

Our event programme has been very successful again this year, with numbers of entrants increased over previous years.

Congratulations must go to all our officers, officials and volunteers to have helped in the success of these events.

The schools programme, with five events run throughout Wales, attracted over 400 entries and culminated in the

Cowbridge Comprehensive School



Welsh Schools Championships at Llangrannog, which was a great success.



SKI STARS SCHOOLS SKIING DEVELOPMENT PROGRAMMES

Snowsport Cymru Wales in partnership with Sports Match Cymru and through the generous sponsorship of Cadog Cheese and Charter Vehicle Hire are organising this exciting junior skiing development programme. This skiing programme is aimed at school children throughout Wales and will provide a number of opportunities for children to try out skiing for the first time alongside another programme for children who want to improve their skiing and are interested in joining their local ski club.

For more information please contact Snowsport Wales

Going FIS - The Welsh Alpine Championships - Champéry, Switzerland



This years championships will be extended to include international FIS races, ran in conjunction with the Scots. Once again the Welsh Alpine Championships will be held in Champéry Les Crosets with the following programme;

20th January 2009 - FIS GS

21st January 2009 - FIS SL

22nd January 2009 - BASS SL

23rd January 2009 - BASS GS



CLUB News

Torfaen Ski Club

- Is small and friendly, we meet every Wednesday at Pontypool Ski Slope, between 7:00pm and 9:00pm, the object is to provide instruction for all members whatever their ability with the main focus on Slalom Racing.



The winter is used to hone the skills before the members test themselves through the Summer months against the clock around the country, with the season culminating in National Championships in September.

New Members - Always welcome, more information please visit our website @ www.torfaenskiclub.org/

Cardiff Ski Club

Now that you've mastered the basics would you like to improve your technique or are you interested in racing? If so Cardiff Ski Club is the next step for you.



Although some of our members just come and enjoy the training every week, others quickly start to enjoy the challenge of ski racing. Most start with Club or Schools races on the artificial slopes. The courses at these events are quite simple and the emphasis is upon participation and fun as well as competition

Those who show more interest go on to compete in National Events such as the Celtic Cup Series or Welsh Championship races held in Pontypool & other Ski slopes each year.

These events attract some of the best skiers from throughout Great Britain, allowing competitors to gain national ranking based upon their finishing positions. Some of our members have progressed further - Cardiff Ski Club currently makes up most of the Welsh Ski Squad, and we have members who hold National & European age group titles.

Race training takes place on Tuesday evenings at 5:30 until 7:30 at Cardiff ski centre with professional coaching, and club members receive reduced ski slope charges.

For more information visit our web site @ www.cardiffskiclub.co.uk

North Wales SnowSports Club

The North Wales Snowsports Club was established back in 1960s by a group of keen skiers. The club originally was based in a back garden in Llandudno, fortunately



these days we have access to the slope at Plas-y-Brenin where the club meets every (weekend apart from Christmas and New Year) between October and Easter.

As a club our aim is to ensure our members can enjoy the sport in a friendly and welcoming environment. We organise Saturday Sessions between 3pm and 5pm during the season, Improver's Sessions from October to Christmas, the club holiday and a number of socials.

If you are interested learning to ski or just getting more practice in then contact us to find out how to get involved! For more information visit our web site @

<http://www.northwalesnow.org.uk/>

Swansea Nomads Ski Club

are based at Pembrey ski centre, if you would like to become more involved with in skiing, please come and have a look at what we do, you would be more than welcome to attend the Swansea Nomads training sessions on Monday evenings, 7pm - 9pm, at Ski Pembrey. We have expert, qualified coaches who really know how to train the children safely. After a couple of sessions, if they still like the sport then they can join the Club. We are sure they will love to be involved with some of the best racers in Wales who can tell them all about the sport. More information on ski racing can be found on our web site @ www.swanseanomadsskiclub.co.uk/



Dragons stoke up their fires for an exciting winter ahead

During a great week of training in early wintery conditions in Tignes, Dragons skiers fired them selves up in preparation for the skiing season ahead. A lively team of 22 athletes (21 + Bob the Codger) had an excellent 6 days of training, improving their race skills and plenty of skiing in the powder.



Our strong & dedicated team of coaches: Carl Ryding, Colin Tee, Jamie Page & Head Coach Robin Kellen maximised time on the hill & used the often challenging conditions to full advantage. Paul Lewis, who assisted throughout, became quite an expert at videoing in poor visibility so that the athletes could view their runs later once we had returned to the Hotel. Days started early with a hearty breakfast before heading up onto the glacier. Warm-up runs, drills & then into the course. The athletes were so keen to make the most of every minute that only on the very worst days did they make for the shelter of the café to eat their baguette, and even on those days some of the truly hardy ones chose to stay out, grabbing a bite to eat between runs, showing just how keen they are. Towards the end of each day all the trainees were able to do some 'free skiing' with their coaches, which left them buzzing & ready for the fitness session that followed our return to the hotel. A big thank you goes to Emily Sarsfield (World Cup Boardercross racer) who was also in Tignes training who was kind enough to join us to lead a fitness session. Despite some aching muscles, the athletes all really enjoyed her input & expertise. Dragons skiers were also able to benefit from the comfort of Hotel Gentianna's swimming pool, sauna, steam room & Jacuzzi as well as the swimming pool in the Lagon. Once ski prep for the next day was finished it was time for meetings with the coaches to discuss the day on the hill. Dinner followed & then some free time to relax & socialise before bed.

All in all it was a great camp & all who participated have had some superb pre season training.

The next time we will be coming together will be for another training camp in Leysin, Switzerland 27th December - 3rd January, which will be fantastic opportunity to prepare for the Anglo-Scottish in Les Houches at the beginning of January, the Welsh Champs in Champéry 20th-24th January, the School girl's & boy's and the English Champs in Bormio in February.

The end of season culminates with training and racing in Meribel at the British Seniors, Juniors & Childrens Championships along with the Scottish Championships in Courchevel.

Bookings are rolling in for each of the above camps, move quickly if you want to make sure of your place.

Book your place by emailing Georgina at g.kellen@ntlworld.com follow this up the appropriate deposit.

Website - www.dragonskiracing.co.uk

Coach Education

Snowsport Wales manages and delivers The United Kingdom Snowsports Coach Awards Scheme in Wales and as such provides a training and qualification programme for aspiring Instructors and Coaches wishing to work with skiers throughout the UK through Clubs, Ski Facilities and upon an individual basis. The courses are well recognised throughout Great Britain.

Starting up in the Coach Awards Scheme, involves firstly registering with the Snowsport Wales Coaching Scheme. Registration forms are available through Clubs and Centres in Wales or though the Snowsport Wales office. The next step is to book onto a Level 1 Training Course and begin your training programme.

The minimum age to be able to embark upon the Coach Awards Scheme is 16 years old.

The new revised UK Snow sports Coach Award Scheme is now being utilised throughout Wales with a gradual transfer of levels of instructors and coaches as they attend revalidation or qualify.

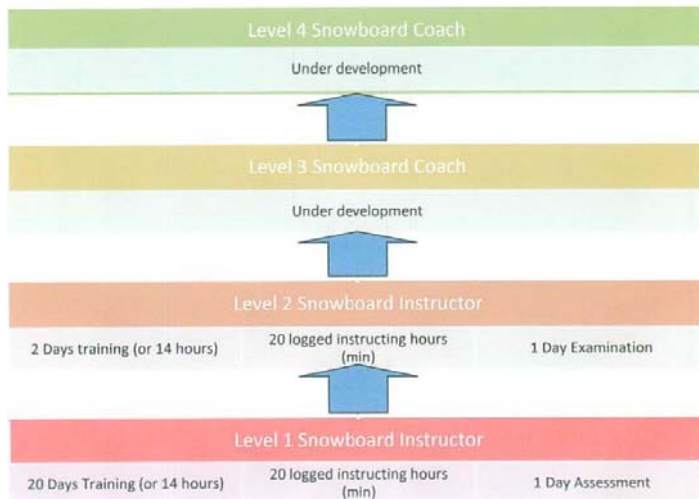
Please find below the progression pathways for the various fields of snow sports.

A Full Timetable and details of all courses can be found on the Snowsport Wales web site at:-

<http://www.snowsportwales.net/2009%20Course%20Calendar.pdf>

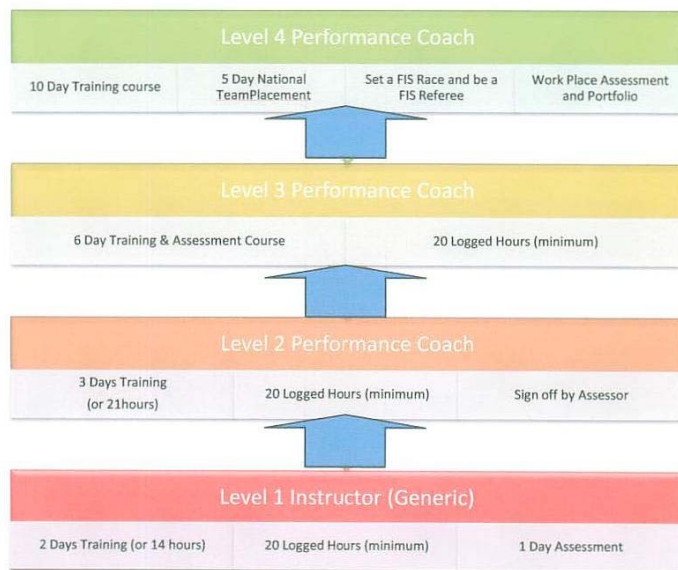


UK Snowsports Snowboard Pathway



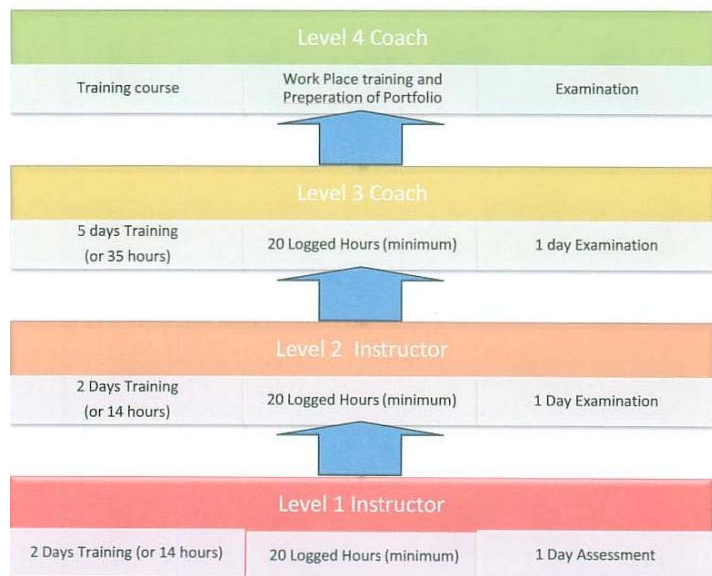
UK Snowsports

Performance Coach Pathway



UK Snowsports

Recreational Pathway



Safeguarding & Child Protection

SSW ran a training workshop for Club Child Welfare Officers in June 2008.

This course run by Ian Fawcett as tutor was well attended and SSW is very pleased that we now have a CWO (if not two) in post at our Ski Clubs in Wales:

Cardiff Ski Club:

Rob Davies (Chepstow) and Stella Davies (Swansea)

Torfaen Club:

Ian Gurner (Crumlin)

Dragons Alpine:

Moira Thelwell (Evesham)

North Wales Club:

Jayne Wainwright

Swansea Nomads:

Henry Hayward (Swansea) (in training)

Phil Maurice (Merthyr Tydfil) and Alice Thelwell (Evesham) have also trained as Child Welfare Officers for SSW.

If anyone at your Ski Club have a concern or wish to discuss any matters involving children - these are the officers at your Clubs to talk to. They are all very approachable.

We have now had 55 instructors who have attended the Safeguarding & Child Protection Workshop since this was made mandatory to all coaching members as part of our Child Protection Policy in 2006. That is about one third of our coaching members.

Please find below a list of Safeguarding & Child Protection Workshops that are available via sports coach UK these are in addition to the courses run by SSW.

Safeguarding & Protecting Children WORKSHOPS - FROM NOVEMBER 2008

CARDIFF	Contact: Eleanor Walker: 02920 873927		
<u>UWIC</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	2 nd February 2009	6.30-9.30pm	scUK
Safeguarding & Protecting Children	1 st April 2009	6.30-9.30pm	scUK
CONWY	Contact: Caroline Jones/Alun Evans: 01492 575566/57		
<u>Coleg Llandrillo</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	2 nd December 2008	6.30-9.30pm	scUK
Safeguarding & Protecting Children	24 th March 2009	6.30-9.30pm	scUK
MONMOUTHSHIRE	Contact: Steve Watkins: 01633 644553		
<u>Croesyceiliog CC</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	9 th March 2009	6.30 - 9.30 pm	scUK
NEWPORT	Contact: Laurence Gully: 01633 432933		
<u>University of Wales, Newport Sports Centre</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	22 nd January 2009	6-9pm	scUK
Safeguarding & Protecting Children	26 th February 2009	6-9pm	scUK
POWYS	Contact: Helen Davies: 01874 612335		
<u>Council Offices, Brecon</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	28 th January 2009	6.30-9.30pm	scUK
Safeguarding & Protecting Children	25 th February 2009	6.30-9.30pm	scUK
Safeguarding & Protecting Children	30 th March 2009	6.30-9.30pm	scUK
RHONDDA CYNON TAFF	Contact: Michelle Gibbs: 01443 490247		
<u>Michael Sobell Sports Centre</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	11 th February 2009	6-9pm	scUK
SWANSEA	Contact: Nia Davies:		
VALE OF GLAMORGAN	Contact: Karen Davies: 01446 704614		
<u>Civic Offices, Barry</u>	<u>Date</u>	<u>Time</u>	<u>Programme</u>
Safeguarding & Protecting Children	3 rd February 2009	6.30-9.30pm	scUK

Contacts

If you have anything you would like included in the next issue of the newsletter please contact us at [Snowsport Cymru/Wales](mailto:SnowsportCymru/Wales).

[Snowsport Cymru/Wales](http://SnowsportCymru/Wales) is a trading name of the Ski Council of Wales

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