

October Camp - Landgraaf, NED - 26th-30th October 2011

The camp run down

Coaches

Sean Langmuir , Head Coach
Alain Baxter, Olympian and hero of Superstars
Lucia Glasse-Davies

Programme

Slalom training
Short to medium radius technical (free skiing)
Coordination and agility exercises (on and off snow)
Goal setting
Accommodation on site
Fitness facilities on site
Fly out and transfer (organised coach transfer) from local airport (1 hour)

Focus/ Values

Team work
Building good work ethics
Specific directed practice
Improving skills and performance
Inspiring athletes to be the very best they can be
Having fun and enjoying training
Developing continuity of coaching and communication

Venue

Landgraaf is a great venue to develop not only general slalom performance, but work on finding the most effective balanced position to cut smooth fast turns on hard snow. We will be complimenting the on snow training with dryland sessions. These will be focusing on agility and coordination.

Accompanied Flights

Flight details to/from Cologne for athletes travelling from Scotland

26th October 2011 Germanwings Dep EDI 12:15 Arr CGN 15:05

30th October 2011 Easyjet Dep CGN 21:25 Arr EDI 22:20

For athletes travelling from London

26th October 2011 Easyjet Dep LGW 14:10 Arr CGN 16:30

30th October 2011 Easyjet Dep CGN 20:55 Arr LGW 21:20

Please book the flights that you require for your child as soon as possible (to ensure good prices, but also to absolutely ensure that they can get a seat on the flight). Please then send full confirmation details by email to Kirsty Buchanan at British Ski and Snowboard. Kirsty will be collating all the details, and will also be chasing those of you who have not sent confirmation! **Email Kirsty** (Tel 0207 842 5764). *If anyone needs help or guidance to book the flights, please do get in touch with Kirsty.*

The cost of these flights (and any associated baggage charges) falls outside the scope of the camp, and parents must accept liability for these costs.