



TYNESIDE LOIPERS

The North East Cross Country Ski Club



Roller-ski Coaching Day, Hetton Country Park, near Durham

Saturday 22nd August 2020

Preliminary info - subject to confirmation

This is a revised plan for the Hetton coaching event in August which we are now envisaging as just a one-day event (in line with gradual lifting of the corona virus restrictions).

The event is being hosted by Tyneside Loipers on behalf of Snowsport England. We hope to be running three coaching groups to cater for advanced and intermediate skiers and also beginners (depending on numbers).

Hetton Country Park has a 1.8km tarmac track which encircles a large lake and includes two short hills for more experienced skiers and more gentle terrain for beginners.

The coaching team will be led by Scott Dixon and Mike Smith.

Participants on the course will improve their technique (classic and skating), gain confidence for skiing on snow, pick up loads of helpful training tips, and just have a fantastic time. For skiers who have completed an introductory roller ski course via the 'Go-Rollerski' programme, you will extend your skills and have an opportunity to meet other skiers.

Skis and boots can be hired (both classic and skating) if booked in advance via the booking form.

We will try to assign you to the group of your choice, on a first-come-first-served basis. However, if your group of choice is full you may be offered a place in another group. **Please book early to ensure your place.** Max number of participants is 20.



Applying for the course

You will need to complete the online course booking form and payment (online booking at Snowsport England link available shortly). Course fee £70.

In the meantime, please also contact the course organiser Alan Mitcham (details below) to let him know that you are interested.

Times: The course will start at 10.00 on Saturday and finish at around 5pm.

Refreshments including lunch – bring your own.

Accommodation (if needed): Durham East Premier Inn are currently offering single-occupancy rooms at a very good rate for the Friday or Saturday night. But, as of early June, they have not yet given a date for reopening their restaurant. You are responsible for your own hotel booking.

Further details will be advised shortly.

Course Organiser: Alan Mitcham

On behalf of Tyneside Loipers and Snowsport England.

Phone - 01661 823960. Email – alan@alanmitcham.plus.com