



SE Roller Ski Skills Course, L1 Instructor course and revalidations
Bodington Cycle Circuit, Brownlee Centre, Bodington Way, Leeds LS16 8NA.
6th and 7th July 2024



Arrival

For all roller ski skills attendee please arrive from **10.30am unless otherwise directed by your instructor**. There will be a course briefing at **11am**. Participants hiring ski equipment **must** arrive before the briefing to check the equipment fits correctly.

L1 Instructor course and revalidations please arrive at 10am and join your group.

Lunch timings will be confirmed on the day. Please bring your own lunch — food is not available to purchase at the centre other than vending machines. However, there are a number of small stores nearby such as a Co-op, Marks and Spencer's and Greggs.

Tea, coffee, and biscuits will be available inside The Brownlee Centre on both days included in your course fee.

Course Timetable

Saturday 6th July

10:00 L1 Instructor Course/Revalidations
10:30 Meet and greet (skills)
11:00 Course briefing
11:30 Skiing begins
17:00 All ski sessions conclude
18:30 Evening Meal (payable on the day)

Sunday 7th July

09:00 L1 Instructor Course begins
10:00 L1 Instructor Skiing begins
15:50 Track closed and course concludes



Directions

Use the post code **LS16 8NA** or if using the what3words app the location is **///orange.lanes.circle**

Please note that the only entrance is off the A660. See street view images below of the entrance and turning. Follow the road to the end to The Brownlee Centre car park.

Street View of right turn to The Brownlee Centre if travelling AWAY from Leeds



Street View of left turn to The Brownlee Centre if travelling TOWARDS Leeds



For any issues on the day, please call Amy on 07875529931.



Equipment

For those who have booked roller ski equipment, you will be provided with this at the start of the course. If you are hiring boots, please bring a variety of socks (thicknesses) to help ensure a correct fit. It is your responsibility to look after hired equipment during the duration of the two days.

Coaching Team – Skills Course

The coaching team for the weekend is: -

Adam Pinney - Advanced skills group
Mike Smith – Intermediates skills group
Rosie Blades – Improvers skills group

Skiers will be allocated to coaching groups based on their indicated preferences, but there is always the potential for movement between groups to ensure balance of numbers and ability.

L1 Instructor Course

Barbara Grogan and Dagmar Junghanns

Revalidations

Martin Watkins

General Information

Please note:

- Do take care of your equipment at all times – never leave it out of sight (whether it is your own or hired). **Do not leave your gear unsupervised outside when you go for a break or lunch.**
- No smoking/vaping onsite
- A cycle helmet is **compulsory**- please bring your own as unfortunately we are unable to loan out any helmets.
- Do bring plenty of warm clothes as well as waterproofs and gloves.
- Bring knee and elbow pads if you have them and wish to use them.
- Remember to take all your belongings with you at the end of the course – if you have any queries before the weekend, please do not hesitate to contact us. We hope you enjoy the course.

Amy Gumbrell
Leeds roller ski course organiser
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