



Kathleen Grehan and guide Dene Mills at PSV, January 2017 (photo PB)

There's been a lot of ASD activity both on the slopes of Aldershot and Puy Saint Vincent, as well as off the slopes and behind the scenes. Our two athletes representing Britain – Karen and Alex – have been gearing up for the imminent Special Olympics World Winter Games in Austria. Thanks to Sarah Baldwin's hard work, ASD is the first disabled ski club to have achieved the coveted SNOWMARK accreditation. ASD's membership database has been recently installed on a secure cloud service – Zoho. Although early days, the project promises to simplify administration in the long run.

### Additional sessions

Additional sessions after the main monthly Sunday session will be reinstated once there is less demand on the slope at Aldershot. The

irregular Wednesday evening sessions may also be reinstated according to demand. For further information contact Jan (see page 2 or email).

### Snowmark awarded to ASD

— by Sarah Baldwin

In September 2016 ASD became the first disabled snowsports club to be awarded Snowmark accreditation – a national award from Snowsport England. The Sport England Clubmark scheme is the only nationally recognised cross sport quality accreditation and was developed to enable people with an interest in sport to recognise those clubs which are committed to providing a quality experience.

Tim Fawke, Chief Executive of Snowsport England said:

“Club development is integral to the success of snowsport, and it is fantastic news that Aldershot Snowsports for the Disabled has become the first ever disabled club to achieve this accolade. I believe that initiatives that encourage clubs to develop skiers, snowboarders, coaches, volunteers and facilities can only be good for the long term prospects of snowsports in this country.”

A big thank you to everyone for all their help and support throughout this process, especially Finn, Jan's dog, who certainly helped win over Snowsport England staff at our first meeting!

### La Plagne, 11-18 March 2017

The promising new ASD trip to La Plagne is looming closer. There are no more places but we will have a full report on their return.

### MEMBERSHIP of ASD

We ask that all our skiers/boarders, SO skiers, volunteers and instructors join the club.

The **annual membership** needs to be renewed in **August**. The Membership **Form** is downloadable from our website (click link): [asdaldershot.org/index.php/about/membership](http://asdaldershot.org/index.php/about/membership)

The annual subscriptions for 2016-17 (September to August) are:

- Adult member: £18
- Junior member: (18 years or under): £10
- Family Membership: £23
- Associate Member\*: £5

(\*E.g. volunteers/instructors who are in full-time education)

### COSTS per session

Please note that for the sake of insurance EVERYONE, including helpers, must REGISTER before going on to the slope.

#### Members

- Skiers/boarders £4
- On-slope helpers free

#### Non-members

- Skiers/boarders £4 plus £1\*
- On-slope helpers £1\*

Non-members are welcome to come along to their first three sessions with us as temporary members before joining the club. This gives them the chance to see whether the sport is for them.

\* Temporary membership fee is £1 per session which covers slope insurance.

### DATES AND TIMES

If you are on our email circulation list you will be sent a reminder at least a week before each session. Please reply to the email if you want to come along. Please make sure we have your current email address.

**Kitting up:** 9.45am, but if you need extra assistance please arrive by 9.30am

**Slope Hours:** 10.15am – 12.15pm

### Session dates for 2017:

5 Mar	(re-scheduled due to clash with La Plagne trip)
9 April	
14 May	
11 June	
9 July	followed by ASD Summer BBQ
13 August	
10 September	
8 October	followed by ASD Annual General Meeting
12 November	
10 December	followed by ASD Christmas Party

### Other dates for your diary:

1-2 April	ASD coach trip to Landgraaf
21 May	SO Race Day



Left: Training for the Special Olympics – racers Alex and Karen with our coach Pete Jesse in Austria this January



Most Improved Skiers 2016: Kathryn (left); Dom (right) both flanked by Pete Jesse again! (anyone good at Photoshopping people out?)



Donuts to the rescue, PSV

## Reflections on Puy Saint Vincent (PSV) 2017

Sarah Baldwin: A few highlights of the trip: Some of our group getting stuck on a chairlift – doesn't sound like one, however when you add to this the fact that they were sat in the sun barely 1m off the ground and whilst waiting were served

donuts by the hotel, it doesn't sound so bad; the fresh snow and clear blue skies.

Adrian: Although a few couldn't make it this year we hope they will be there next year. The hotel staff were very welcoming and hospitable and there was snow. Next year, a musical evening is on the agenda!

Paul Hulcoop: The hotel has had some more improvements since our last visit, having discussed the design details with some of our group there is now a wheelchair accessible room that works really well. The weather was on our side and we had a fall of about 15cm of snow overnight after our first day and the sun shone most days.

## Landgraaf Snowworld

There are still **places on the coach** to Landgraaf. For those who haven't been there, it is superb indoor snow skiing with a 500m+ slope. The company is not too bad either and the food good. Contact Pete.

## Christmas party & skier awards

ASD's Christmas Party proved as popular as ever and the raffle prizes were exceptionally good (thanks to all who donated). While it is always a good event for some fundraising, the event also doubles as an award

ceremony acknowledging achievements over the year. While there were many contenders, the **Most Improved Skiers for 2016** were awarded to **Kathryn Martin** and **Dom Hsu**. **Alex Scarborough** and **Karen Oosthuizen** also received awards for their achievement in being chosen to represent GB at the SO world games (see below).

## Special Olympics

— Derek Oosthuizen

It is hard to believe that there is only a month to go to the major highlight in the Special Olympics winter sports calendar – the **World Winter Games**. Just like the Olympics this event is held every 4 years and athletes from all over the world represent their countries across a range of winter sports. Over 3000 athletes from 110 countries will be participating in the event being held in Austria from 14 – 25 March. Two skiers, Alex Scarborough and Karen Oosthuizen have been selected as part of GB's Alpine Ski team along with Pete Jesse, the head coach of our Special Olympics team, who was selected to be a coach to the GB team. They continue to train hard for the event. **We wish Alex and Karen all the best.**

There are more competitions on the calendar this year with our annual race event being held at Aldershot in May, and races in Norfolk, Rossendale, Brentwood and Birmingham which take place in April, June, September and October respectively.

There are also opportunities for our athletes to ski on snow in Italy and France. They will join groups from other Special Olympics clubs who have organised these trips this year. We of course also have the opportunity to train at Landgraaf in April as well.

## TRAINING COLUMN: Courses at Aldershot, contact Paul Hulcoop, Training Officer

This year we plan to bring on more helpers by encouraging people to get involved. The boot-fitting session went well and probably about April, we plan to run a **course on lift duties** including supervision of the stop buttons, queueing, loading and unloading the sit skis and kartski so we will be able to have a smoother turn round on the slope and ensure we are working as safely as possible.

Three trainees from the **ASD/SSCD Grade 3** course last August have now been signed off as guides and team ASD is growing even stronger.

This year we hope to run another **Grade 3 guide course** perhaps in conjunction with SSCD and probably at **Knockhatch** as there is more flexibility on slope availability and cost. We will try to avoid clashing with

the summer holidays. When we have the proposed dates we will circulate them and invite those who are interested to sign up.

— by Paul Hulcoop

### Fitting skis and boots

— by Adrian Carey

The **ski and boot fitting training** session after the January session saw a number of our guides/helpers getting to grips with the arcane art of ski fitting. We now have a significant number of people who are trained to fit equipment and know about extra long boot wire and the removal of inner boots, etc.. If anyone else would like to be trained to help in this area (it is really quite painless) please let Paul Hulcoop or Adrian Carey know. All enquiries—

### For any queries regarding the Aldershot sessions please contact:

Jan Williams (Chair)

'Aurum', Send Hill, Send, Woking, Surrey GU23 7HR

E: [disabilityskialdershot@hotmail.co.uk](mailto:disabilityskialdershot@hotmail.co.uk)

Support ASD either by going to our website and to the Fundraising page under About Us

[www.asdaldershot.org](http://www.asdaldershot.org)

ASD is registered with HMRC as a Community Amateur Sports Club. CASC Reference: CH10416