



Alex and Karen are welcomed 'home' at the April session, following their SO success

So much has happened this year that we thought it best to bring out this edition earlier than usual this summer. I usually wait till after the annual BBQ, but due to the excitement of the season, and the changes at ASD, there is plenty to talk about. We have had some resounding successes. ASD skiers are proud of our Special Olympic athletes – Alex Scarborough and Karen Oosthuizen – who both brought home medals from the SO World Winter Games in Austria. There are reports from the ski trip to La Plagne in March. Chris Papworth accompanied by Adrian made a landmark trip to Åre in Sweden. The annual bus trip took place to the snow slopes of Landgraaf this April. In May, ASD volunteers joined Dot Sign Language to sponsor a ski taster session for children to celebrate Deaf Awareness week.

Special Olympics World Winter Games, Austria 2017

ASD members **Alex Scarborough** and **Karen Oosthuizen** represented Team GB at the Special Olympics World Winter Games held this year at Schladming, Austria between 14 & 25 March. Karen won Gold in the Intermediate Slalom and Silver in the Intermediate Giant Slalom and Alex won Silver in the Advanced Super G and Bronze in the Advanced Slalom. This was a great achievement by both of them, assisted by ASD's race coach Pete Jesse who was with them in Schladming also as a coach of the GB team. On returning to Aldershot, there was a reception for Alex and Karen following the April session, to acknowledge their stunning achievements. There were additional awards to the two skiers presented by local councillor David Clifford.

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

The annual subscriptions for 2017-18 (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; 2nd session, 1–2pm, depending on availability must be pre-booked.

Additional sessions: Occasionally ASD offers additional evening sessions during the week.

Session dates for 2017 & Winter 2018:

- 13 August
- 10 September
- 8 October followed by ASD Annual General Meeting
- 12 November
- 10 December followed by ASD Christmas Party
- 7 January 2018
- 11 February 2018

Other dates for your diary:

- 10-19 Jan 2018 Puy St Vincent ski trip
- 10-17 Mar 2018 La Plagne ski trip (on hold)

La Plagne, 11-18 March 2017

— by Sarah Baldwin

ASD members joined SSCD (Southern Ski Club for the Disabled) skiers for a trip to La Plagne in France this year, 11 – 18 March. The group arrived by trains, planes and automobiles and stayed at the Terra Nova hotel conveniently situated right next to the slopes. With 225km of pistes, and forming part of the Paradiski area, there was plenty to keep us all occupied during the week. Some of the highlights were –

- Seeing the smile on **Mike Nell's** face as he snowboarded past the hotel
- **Michael Prior** skiing down the fun park, which included rollers and jumps
- Some of our volunteers undertaking **Tessier pilot training**, which involved being bucketed by the Oxygene Ski School instructor – who could definitely give Lewis Hamilton a run for his money!
- The team winning quiz night, or was it **Ben Davis** taking centre stage on Karaoke night?
- Sitting in the sun, drinking hot chocolate whilst listening to live music half way down the run back to the hotel
- Last but not least, the progress that all our skiers and boarders made, particularly **Rachel Englefield, Kathleen Grehan, Michael (& Alison) Prior, Ian Bain** and **Mike Nell**.

A big thank you to **Ian Edwards** and **Sue Morley** for all their hard work in making this holiday such a success. See below for the announcement of next year's trip.

Easyfundraising

Through Easyfundraising we have now raised £586.59 for the club. **Do you shop online?** Do it through [easyfundraising.org.uk](https://www.easyfundraising.org.uk) and raise a free donation for Aldershot Snowsports for the Disabled every time you shop! <https://www.easyfundraising.org.uk/causes/aldershotsnowsports/>

On the snow – Ski Holidays for 2018

Yes, the days are getting shorter and the countdown to winter has begun which means it is time to start planning your ski trips. ASD members are invited to book for Puy St Vincent (sadly the La Plagne trip is on hold). Contact us if interested.

Puy St Vincent, France: Wed 10 Jan – Fri 19 Jan

This holiday has been running for many years. Further details will probably not be available until August or September but the hotel has been booked and it is best to let us know if you are interested now as places are filled very quickly.

Landgraaf

The annual **Landgraaf** trip on the coach was, as usual, well organised by Pete. The coach departed from Aldershot in the wee hours of the morning of April fool's day (that is the 1st for those who don't know) and returned Sunday evening. Also, for those who don't know, Landgraaf's snow slopes are just incredible and usually half empty and around 500m long. The food is great and so is the company despite the gruelling bus journey. Look out for the 2018 trip announcement.

Recuperation

Following an unfortunate accident on the slope while teaching, **Paul Hulcoop** – committee member and pillar of ASD – found himself undergoing major surgery and may not be seen on skis (for some time at least). He is still a stalwart of ASD and active slopeside. Paul's partner **Jan Triggs** – who sometimes takes the role of Reception at the ASD Sunday sessions – was also in hospital. She had surgery on her legs at Roehampton Hospital. Both Paul and Jan are recuperating and Paul is no longer on crutches. We wish them both a speedy recovery.

Committee changes to come

Yes, behind everything there is a committee – a group of members who oversee the running of ASD. This year there are going to be some notable

changes with committee members stepping down and we are looking for a new intake and enthusiasm from ASD members. **Rachel Englefield**, the Welfare Officer, is to step down in October although she will continue as an active member. **Cristina Baker**, who sends out the monthly emails and does the pairings, wants to relinquish the post. And **Karen Aloe** (see below) intends to step down from her role as Registration/Reception. **So please consider joining the committee** and taking on one of these roles. Our club cannot operate without volunteers!

Karen Aloe runs the London Marathon

In Karen's own words: "I completed the London Marathon on Sunday the 23 April, really exciting to be part of such an iconic, well oiled event, I was doing ok enjoying the sites & atmosphere of London... until mile 18 then hit with cramp/foot issues, I had to dig deep & shuffle, walk, trot homeward bound, the crowds were amazing, pushing me along & it was wonderful to get over the finish line. I was very lucky to get a charity place on behalf of the 'Cardiomyopathy' Association, a condition my brother, Lionel Aloe has. Due to the tremendous support, I have managed to raise around £2700 for the (non funded) charity, really rewarding on many fronts, thank you to all those who supported me!"

On a special note, Karen who has been a regular as Reception on our Sunday mornings has decided to step down from that role and also from fundraising on a regular level. When one considers that Karen has raised around £10,000 for the club over the 15 years of involvement with our club, she will be sorely missed. So will her invariable warm welcome which she gives to all who check in.

Moving away

Amy Davis, the one with the gentle smile, who has been a regular at our sessions over the years and who has gained loads of confidence with her skiing, will be sorely missed. Following their retirement, the Davis family are moving to Oxfordshire; it's not too great a distance, and hopefully we will see her on occasion. All the best and it was fun working with you. Earlier this year, **Mikael Undrom** – one of our elite ski racers and all round nice guy – moved back to Sweden with his parents, Elsie & Christer. We really miss these guys.

Special Olympics Race Day, Aldershot

The Special Olympics Race Day, held at Aldershot on 21 May, attracted skiers from as far afield as the Midlands and Exeter. It was a changeable day but dry and ended in wonderful sunshine. The event opened with our two Special Olympians, Karen and Alex leading the ski procession and the Surrey team holding a banner between them. Each team then processed down the slope; this was followed by a short introduction and the Special Olympic motto, read by Caroline Ball who ASD feels is one of our own but who now represents Exeter. All skiers raced well but the greatest achievement of all was the guest ASD skier Liam who managed the gates in the novice category, completely unaided. The lunchtime BBQ was excellent as usual before the skiers got back on the slope for the afternoon session followed by the prize-giving ceremony presided over by Councillor Sophia Choudhary, the Mayor of Rushmore.

Ski Famille supports ASD

Many thanks to Ski Famille for all the racing bibs they have donated to ASD. These are the striking maroon (deep red) numbered bibs that were so crucial for the Special Olympics race day at Aldershot. Ski Famille are a family oriented chalet company running ski trips to France.

Deaf Awareness Week 15-21 May, Ski Taster Session

ASD volunteers joined forces with Dot Sign Language Ltd*, to sponsor an evening ski taster session to celebrate Deaf Awareness Week. Thirteen children turned up. These included Deaf children and their hearing siblings. We also had 12 volunteers including ski instructors and BSL interpreters. It was great to see such brilliant communication going on



Images from La Plagne 2017

There are more photos and videos on our Facebook & Flickr pages.
 (above) Mike Nell snowboarding by the hotel; (top right) Michael Prior excelled on the slopes and the park; (right) Dual skiers with helpers.



SPECIAL OLYMPICS WORLD WINTER GAMES, SCHLADMING, AUSTRIA 2017

Schladming: (above) Spectacular setting; (near right) Cllr David Clifford presenting awards to our two Special Olympians; (far right) Arnie was back! Celebrities at the SO WWG; (below) Alex blasting through the gates; (below right) Karen nears the finish line.



between hearing and Deaf skiers and helpers. The event was truly in the spirit of Deaf Awareness week which promotes communication and understanding between Deaf and Hearing people. (*Dot Sign Language Ltd is a local school that offers British Sign Language lessons).

A long, long drive to Åre (Sweden) and back

From 3rd to the 14th February, **Chris Papworth** and **Adrian Carey** drove to the Swedish ski resort of Åre (pronounced "Aura") to visit the specialist ski school for the disabled, **Totalskidskolan**. Chris wanted to try the 'Skicart' that the school had developed. The trip there took three days with over 1,600 miles of driving! Chris had 5 half-day lessons in the Skicart which he loved. On the drive back they stopped in Ystad to visit our friends and previous ASD members the **Undroms** who had just returned to Sweden after more than 20 years in the UK.

A full and fascinating report by Adrian of this trip together with links to videos of Chris using the Skicart can be found on our website.



Safety

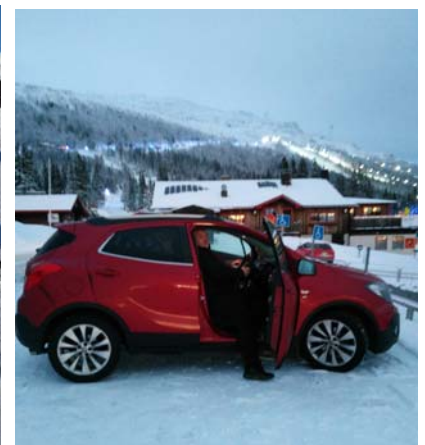
ASD have purchased two adult and two junior **BMX helmets** and an adult and a junior **neck brace** for our Kartskiers and bi-skiers. These additions to our protective equipment will be available for our skiers at each session. Please let us know if there is any other equipment which you feel would help our skiers. — Adrian Carey

Dave May

A veteran of the Aldershot slopes and an instructor, Dave May sadly passed away this June after a lengthy and brave battle with cancer.



Special Olympics Race Day Aldershot: (above) Liam's first run through the gates at SO Aldershot with the help of Adrian... his subsequent runs were unaided. (top right) the Mayor of Rushmoor, Sophia Choudhary presiding over the prize-giving – here the ASD women have done well! (right middle) A farewell to Amy and the Davis family; (bottom near right) trip to Are, Sweden: Chris and Asa about to undertake first descent (looks cold); (bottom far right) Chris arrives at Are after a very long drive.




TRAINING COLUMN: by Paul Hulcoop, Training Officer: p.hulcoop@ntlworld.com

Three of our 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, after the huge response we had last year, there were not enough takers to run a Grade 3 course at Aldershot so SSCD invited us to join in with the course that they are running at Knockhatch on 15th & 16th July. Although only a couple of members have signed up we are sure they will enjoy the course and we will all benefit from their new skills.

At the beginning of the year we held a boot and ski fitting course immediately after a session and it has made kitting up at the start of our sessions easier so we will run it again this Autumn. We are also planning to run a "liftee" course this Autumn so more non-skiers can be involved and help us by operating the lift and ensuring the safety of our skiers.

Supported by **Ski Famille**
www.skifamille.co.uk



For any queries regarding the Aldershot sessions and general enquiries please contact
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Support ASD either by going to our website and to the Fundraising page under About Us or contact Paul Baldwin, M: 07747 024 029, E: treasurerasd@gmail.com
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