



New kit: Chris of ET (left) demos the Dynamique's excellent suspension and hydraulic system. (Above) A well attended meeting and a chance to test kit.

As ever, autumn, winter and spring has seen a lot happen at ASD, from trips to PSV, La Plagne and Schladming. But perhaps the biggest development is the introduction of exciting new kit which arrived from the US to complement and replace our ageing sit skis.

New kit for ASD

Last year ASD received a legacy from one of our skiers who passed away. This legacy has allowed us to buy two new sit skis, called **Dynamiques**

from the American company **Enabling Technologies**. Chris Gilbert from ET demonstrated the technology here at Aldershot, to a good turnout of 16 representatives from six adaptive ski clubs from as far away as Norfolk, Exeter, Gloucester, as well as clubs in the South East. This gave us a great opportunity not only to learn about this new kit but also to exchange ideas and experiences with instructors and volunteers from other clubs. The legacy allowed ASD to purchase both a large and a small size so our adults and juniors can give them a go. This new kit with its improved suspension and excellent lift technology gives a more comfortable ride. We are putting the Dynamiques through their paces over the next few months.

ASD Annual Awards

At our Christmas party in December 'Most Improved Skier' awards were given to **Joseph Pavey** and **Raiss Huda** who our instructors agreed had both had shown huge improvements. Special awards also were given this year to our young volunteers – **Simon Moorcroft**, **Elsbeth Blake**, **Chloe Hambleton**, **Hannah Buckle** and **Sam Prior**. Each were given a box of chocolates and a certificate entitling them to take the adaptive Grade 3 course, subsidised by the club.

Landgraaf ski trip planned for 1 & 2 June

For those who haven't experienced the delights of **Landgraaf**, it is a coach trip to Holland, to one of the longest indoor snow slopes in

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.

Session dates for 2019:

- 14 April
- 12 May
- 19 May – **Special Olympics Race Day** at Aldershot
- 9 June
- 14 July – followed by Summer **BBQ**
- 11 August
- 15 September
- 13 October – followed by the **AGM**
- 15 November
- 8 December – followed by the **ASD Christmas Party**

Other dates for your diary:

- 1 & 2 June – trip to Landgraaf
- 29 & 30 June – SSCD Grade 3 training weekend (see page 2)

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 2018-19 (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.



Skiers and helpers including our ASD team at lunch, PSV 2019

Europe. The fun-packed weekend is ideal for those who want to hone their race skills or just potter about on long, gentle snow slopes. Spaces are limited so book now to avoid disappointment. Contact Pete Jesse or Jan Williams.

Puy-St-Vincent (PSV) 2019

— by Sarah Baldwin

2019 saw another fab trip to Puy Saint Vincent, whilst we had little fresh snow during our visit, the Pisteurs had worked hard ensuring the runs were in good condition and the new lift and configuration of pistes around 1600 are a great improvement. We were also blessed with sunny days, some even warm enough to have lunch outside. It was lovely to see the progress of our ASD skiers, particularly Kathleen Grehan, Michael O'Rourke and Kam Lo and a big thank you to them for all their patience when communicating with those of us who need to work on our BSL! Jonathan and Alan, cheerful as ever, gave us lots of laughs especially skiing down the slalom course, when Jonathan learnt an easy way to sweep a lady of her feet (skis)! I think Susannah has forgiven him.

Whilst sadly Paul Dench had injured himself prior to the trip, he took to snow shoeing and between him and Mike P managed to turn a leisurely morning out into a speed and distance competition!

Schladming 2019 and Special Olympics

– Derek Oosthuizen

On Sunday 24th February a party of 10 athletes from our **Surrey Special Olympics** group supported by 3 coaches and 10 parents hit the Austrian town of Schladming (home of night slalom) for 6 days race training and Alpine fun.

Pete Jesse, our head coach, had arranged exclusive use of the same slope on the Hochwurzen mountain, used during the Special Olympics World Winter Games in 2017. The mornings were spent by the



The Surrey Special Olympics team at Schladming

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

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intermediate and advanced skiers on Slalom, Giant slalom and Super G courses down the race slope set by the same piste staff (Harry, Helmut and Ernest), who set the courses for the world winter games. This intimidating run was skied by all the athletes including Joe, who was having his first session on snow, and eventually by most of the parents including Sonette who had the loudest run!

The Special Olympics annual race event is being held at **Aldershot** on Sunday **19 May 2019**. The event is part of the year-long preparation for the **GB Nationals** taking place in February 2020 and the fact that as we are the first race in the 2019 calendar, we hope to see a record number of participants this year! The Aldershot event cannot take place without your help and we call for volunteers for activities including catering. Contact Derek if you are able to assist at dereko@btinternet.com or at 07801 365 411.

The **Special Olympics GB Nationals** are taking place in **Crans Montana**, Switzerland from **1-8 February 2020** attracting athletes from across Great Britain and is precursor to the World Winter Games to be held in Are, Sweden in 2021.

La Plagne Memories

– Mike Nell

The recently completed 2019 ASD/SSCD holiday in La Plagne was as successful as ever. Organized with the usual aplomb by Sue Morley and Ian Edwards, not even blizzard conditions on the Monday could dampen spirits for long. It was all but impossible to use the slopes during the blizzard as Adrian Carey and Martyn Knott discovered when exploring the slopes beyond La Belle Plagne for suitability as sit-ski locations they found the deteriorating conditions meant the lifts closed behind them and they could scarcely see where they were going. It took an hour to pick their way back to Plagne Centre via the few lifts that were still open. Others enjoyed winters scenes from the bar of the Terra Nova and saved their energy for the glorious sunshine of Tuesday and Wednesday.

As before local company Oxygène exceeded expectations, this time with their skilled snowboard instructor Vittoria a diminutive talented Italian boarder who gave a valuable fresh perspective to Mike Nell's slow return to the sport and caused more than one or two hearts to flutter (list not available on request)!

La Plagne demonstrated once again what a perfect resort it is for skiers, sit-skiers and boarders of all levels, with an excellent green run right outside our hotel the Terra Nova and more challenging runs further into the mountains.

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



This year we are running the SSCD Grade 3 Guide course at Aldershot. This is the entry level disability awareness course and it will introduce you to the equipment and techniques we have to enable people with disabilities to enjoy snowsports.

On the course you will be able to see the equipment in use and try it for yourself both in the Guide and the Skier roles. We will cover as many of the disabilities that we meet as we can including sight impairment, hearing impairment, mobility problems, learning difficulties and more.

It will be held on the weekend of 29th and 30th June, and you will need to attend both days. The course is great fun and you will learn a lot so that you can get more involved with the club and helping our skiers. For full details or to reserve your place please contact Paul as soon as you can.

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