

With winter drawing to a close and snowdrops emerging, we reflect on the year gone by and look forward to the future. Our stalwart Adrian Carey needed time off while ASD had an injection of new energy with the likes of Cristina Baker, Jenny Matheson, Mike Nell as well as Paul Hulcoop who took the bull by the horns by stepping into Adrian's training boots.

### ASD-SSCD Training day

This might seem like old news but the training weekend last August arranged with the Southern Ski Club for the Disabled here at Aldershot, proved to be a tremendous success. During this intensive course, participants were required to enact each disability in order to gain a better understanding. For some of our helpers and instructors it was an excellent opportunity to refresh their skills, while for others it provided ASD/SSCD Grade 3 qualification. We are planning to repeat the course on **6 & 7 August** (please see last page for contact details).

### Landgraaf trip planned for May 2016

ASD's annual trip to the world's largest indoor slope at Landgraaf is to be held **7-8 May**. There is some talk about leaving a bit earlier to ease the journey but the coach is currently scheduled to leave Aldershot at around midnight on night of Friday 6th, arriving at Landgraaf at about



Santa, reindeer and sleigh – our out-going training officer – Adrian Carey – at our December session

midday on Saturday. After a quick lunch, we pack in as much skiing and boarding as we can with the slope closing late. A night's accommodation and meals are included in the price as well as skiing from mid-day Saturday to mid-day Sunday. After lunch we get aboard the coach and arrive back at Aldershot around 9.30pm, tired but happy. The trip is incredibly good value at a cost of £210 inclusive. Space is limited so for further details and to book, please contact the co-ordinator, our racing coach, Pete Jesse at [skiracing@me.com](mailto:skiracing@me.com).

### 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:  
[asdaldershot.org/index.php/about/membership](http://asdaldershot.org/index.php/about/membership)

The annual subscriptions for 2015-16 (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 a current email address for you.

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

**Slope Hours:** 10.15am – 12.15pm

### Session Dates for 2016:

13 March	
10 April	
1 May	
12 June	
10 July	followed by Summer BBQ
14 August	
11 September	
9 October	followed by ASD Annual General Meeting
13 November	
11 December	followed by ASC Christmas Party

### Other Dates:

7-8 May	ASD trip to Landgraaf, Holland
22 May	Special Olympics Race Day



(left) The group at PSV – competition: spot the number of ASD members;  
 (above) Ian Bain and Colin Englefield at PSV, January 2016



(above) Jan inaugurates the PSV trip with a face plant on her first turn, on her first run (yes on the nursery slope) on the first day of the PSV holiday. She mumbled some excuse about bindings!!! The following day some helpful soul decorated her skis with useful suggestions! (right)



(above) Graham Hitchins and Ian Edwards helping Jenny prepare to ski from the hotel doorstep, Hotel Saint Roch at PSV; (right) three ASD skiers at PSV – left to right – Rachel Englefield, Ian Bain, Kathleen Grehan





ASD-SSCD training: (top) It was a lovely day in August – the group being put through the paces; (above) learning through experience and getting to grips with the equipment including sit-skis, kart-skis and tethering; (left) getting acquainted with an assortment of specialist equipment



Deaf skiers at Aldershot – (far left) at a regular ASD session; (near left) at a Wednesday night session

## Annual awards

Our December session was well attended and followed by the **Christmas Party** which gives us the opportunity to award those who were outstanding through the year. This year **Jenny Matheson** won the award for the most improved female skier. **Michael Prior** was our most improved male skier and **James Bern** our most improved Special Olympic skier. The raffle, supported by our members who provide the prizes for free, always helps raise funds and then there is the food which is consistently good.



Jenny Matheson (right) receiving her award at the Christmas party following the December session

## Stefan brings in gold and silver!

—Derek Oosthuizen

2016 is a busy year for team Surrey's **Special Olympics** athletes. At the time of writing this, one of our athletes, **Stefan Nakoneczny**, a regular at ASD, returned victorious from an international race meeting in Austria. Stefan represented Britain at the **Austrian Nationals** this year, the pre games (aka 'trial run') for the World Games taking place in Schladming in Austria next year. Stefan won a **Gold** medal in the



Stefan at the Austrian Nationals

**Super Giant Slalom** event and a **Silver Medal** in the **Giant Slalom**, with Wayne McCarthy, a Special Olympics GB athlete from Bromley, also bringing home the Silver Medal in the Super Giant Slalom, a 1-2 for Great Britain!

## Special Olympics trip to the Nationals

The **Surrey Special Olympics** has had a shot in the arm thanks to the vigour of Derek Oosthuizen and the exuberance of ASD's race coach, Pete Jesse. This year's GB Nationals are to be held at Serre Chevalier in mid-March, with a smart new kit for 10 athletes competing against 70 others, with a team of 8 skiers to be chosen from these participants to represent Britain at the World Games in Schladming next year in 2017. Derek has arranged a grand **send-off** with all at ASD invited, on Sunday **6th March** at: Inn on the Lake, Silvermere Golf Complex, Redhill Rd, Cobham KT11 1EF. The event starts promptly at 10 and ends at 11.30am. Please contact Derek no later than 27 February to confirm if you are coming. His email is: dereko@btinternet.com

## Deaf skiers at Aldershot

Besides our skiers Kathleen and Paul, we now have a large group of Deaf skiers regularly attending our sessions. This has prompted Jan, with help from Deaf skier Martin Strutt, to initiate a special session on every other Wednesday evening. Jan is always looking for helpers as the group is large and needs to be split according to ability. The next session is to be held on **17 February** starting at 7.30 for kitting out and 8pm start. In case you are interested in helping, please contact Jan (see below). This is a great opportunity for our helpers/instructors to learn British Sign Language!

## Trip to Puy Saint Vincent (PSV)

— Paul Hulcoop

This year the "Friends of BSCD" trip, organised by Vivienne Avery, to Puy Saint Vincent (PSV) ran from Thursday 7th to Saturday 16th January. It was a slightly smaller group than previous years, only 34, but 19 of us were ASD members. The main group flew from Gatwick to Turin and then after a 2½ hour transfer we arrived at our usual hotel, the Hotel Saint Roch, to meet those who had made their own way. We had heard the reports of poor snow in Europe but there was enough there for us to get started with. Just as the snow began to look very thin, the temperature dropped, more snow fell and we were lucky enough to be able to ski every day (see page 2 for pictures).

**PAUL'S COLUMN:** BASI and courses at Aldershot, contact Paul Hulcoop, Training Officer: p.hulcoop@ntlworld.com

### Grade 3 Guide Training Course, August 2016

Following the success of last year's course, we will be running the Southern Ski Club for the Disabled (SSCD) Grade 3 Guide training course on the weekend of 6 & 7 August at the Aldershot slope.

The course is an excellent opportunity for helpers to gain knowledge and qualify and is also an invaluable refresher course for

guides and helpers already working with the full range of disabilities.

Attendees will need to work with a range of disabilities through first hand experience using a variety of equipment from sit and kart skis to skiing blind in both instructor and skier roles. It is a challenging weekend but also extremely rewarding and highly recommended. Contact me for further information.

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

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