

Spring to summer and now the approaching autumn, the period has been busy, what with the La Plagne trip (see the Spring newsletter), the trip to Landgraaf, our annual summer BBQ, Special Olympics Race Day and the very successful helper training session held at Aldershot. Coming up soon are the imminent First Aid training days at Aldershot to be held in September.

SSCD Guide training at Aldershot

On one of the hottest weekends of 2019 – 29 & 30 June – 6 Instructors/Guides completed refreshers and 21 new trainee **SSCD Grade 3 Guides** were taught to use various types of equipment and the techniques to enable our skiers to enjoy snowsports. They are now logging their hours to be confirmed as Guides.

SE Cluster Meeting

On June 11, **Snowsports England** held a Club Cluster meeting at Aldershot having invited various snowsport clubs and organisations to participate. While a handful of parties were represented, ASD found this



Above: Instructor and Guide training by SSCD held at Aldershot this June

an opportunity to press home the importance of the essential training that SSCD supplies to volunteers, helpers and guides on the club level. We feel that national bodies such as SE should incorporate the vital knowledge that SSCD provides as opposed to SE pushing their certification for qualified adaptive guides which requires the candidate to first have a ski instructor qualification.

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.

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 2019-2020:

- 15 September
- 13 October – followed by the **AGM**
- 10 November
- 8 December – followed by the **ASD Christmas Party**
- 5 January 2020 (earlier than usual due to the PSV trip)
- 9 February
- 8 March
- 12 April
- 10 May

Other dates for your diary:

- 8-17 January 2020 – trip to PSV
- 14-21 March – trip to La Plagne
- 13-14 June – trip to Landgraaf



Nicole Jewett in a sit ski at Landgraaf

Landgraaf Skiing Trip 2019

— Graham Hitchins

The coach trip to the largest snowdome in Europe at **Landgraaf**, Holland, took place over the weekend of 1st and 2nd June. The longest of its three main slopes stretches for half a kilometre. Pete Jesse is the driving force behind this fun trip, which is open to ASD skiers and helpers, and Aldershot Race team members and their coaches.

Having left the Aldershot ski slope car park at half past midnight Saturday morning, we travelled through the night to arrive at Landgraaf by midday, ready for a full afternoon and evening of skiing. We unloaded a coach full of people and kit, storing kit in a hotel store and allocating people to their hotel rooms. While the hotel was still working on getting many of the rooms ready for occupation, we got changed into ski clothes and headed straight out onto the slopes.

Midday until three was designated for free skiing and practice, followed by slalom gates from three until five, then free skiing again until seven in the evening, when it was shower and change for dinner.

Adrian ran a training session for all the Kart Ski volunteers to prepare them for helping to move the Kart Ski around on the flat and loading it onto the chair lift. Loading onto the chair lift requires team work between the helpers and the skier, strength and timing, and considerable bravery from Chris in the Kart Ski. The training worked well because every loading was a success.

Showers and changing complete, we reassembled on the hotel's outside terrace. Long tables were laid out ready for us, with a "hot stone" shared between six diners. Then the salads and chips arrived with a selection of raw meats, ready for us to cook to our liking on the "hot stones". It was a beautiful warm evening and the chatting, laughter and general revelry soon mounted.

After dinner, a one-hour lesson was run by our Aldershot snowboarding instructors. Despite still digesting their dinner, most of our younger members joined in. The slopes finally closed at one hour before midnight.

Sunday's slope activities started at seven, when we had the slopes to ourselves for the next two hours. The race team coaches had laid out a giant slalom course and all the skiers took the opportunity to lay down fresh tracks on the freshly groomed pistes.

After an all-you-can-eat buffet breakfast, we headed out to the slope for a final ski session until half eleven bringing the total ski time for the weekend to over fourteen hours. We cleared our hotel rooms and packed all the luggage and equipment back into the coach, leaving just enough time for lunch at the hotel before heading back home. A coach full of tired skiers arrived back at Aldershot shortly before midnight. Thanks to Pete and all the other organisers for another successful Landgraaf trip.

Please note: the **next Landgraaf trip** is planned for **13-14 June 2020**. The cost is yet to be confirmed.

Ski trips planned for 2020

Despite the uncertainties posed by Brexit and us leaving the EU, besides the Landgraaf trip, two important fixtures for the coming year are still to go ahead. The **PSV** trip is being planned for 8th to 17th of January 2020. This is an extremely well co-ordinated trip and highly recommended. The **La Plagne** trip, expertly organised by SSCD is planned for 14 March. The La Plagne trip is **desperately short of volunteer helpers** and so as not to disappoint skiers, we request all potential helpers to please give it serious consideration. If you are interested in either PSV or La Plagne, please let Jan know as soon as possible.

Special Olympics Race Day & the ASD BBQ

The annual race day at Aldershot on 19 May with a record attendance hosting clubs from as far as the midlands. Meanwhile, the annual BBQ is a relaxed affair allowing skiers and helpers and volunteers to meet. This year, held after our ski session on 14 July was no different.

First Aid Training

World Class Training is to hold a two-day **First-Aid course at Aldershot** on **5 and 6 September**. If it is time for you to update your qualifications, please book online:

www.worldclasstraining.co.uk

TRAINING COLUMN: by Paul Hulcoop,
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We had a fantastic response to this year's SSCD Grade 3 Guide course. Those who attended are now honing their skills and logging their hours while helping on the slope under the supervision of our more experienced Guides and Instructors. Once they are signed off we will have several more helpers. If you would like to know more or would like to be on the next course please contact me.

The slope has been replacing their older boots with new 4 buckle boots. Most have micro adjust to give the best possible fit so if you would like a refresher or are unsure about fitting these boots please let either Adrian or me know.

If anyone would like to help in any of our roles, on or off the slope, please let us know and we will arrange any necessary training to keep you and our skiers safe.

Lastly on behalf of all of our skiers please accept our sincere thanks for all the hard work and training that our Helpers, Guides and Instructors have undertaken to make sure we can all enjoy our sport safely.

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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