



# London & South East Regional Snowsports Association **L&SERSA NEWS**

JUNE 2006

We are well into another season of summer races. The national races all over the country having been both well organised and exciting to watch. To ensure that there will be plenty to do at each of LSERSA summer events we have new friends and sponsors. Further races will be held at Brentwood Park on 8<sup>th</sup> July; Bromley on 26<sup>th</sup> August and Bromley again for the final race on the 24<sup>th</sup> September. For details please look on the website [www.lsertsa.org.uk](http://www.lsertsa.org.uk) or ask one of the officials. Check out the "Superstars" Fitness Competition being run at each of the regional races. See details below...



**This season we wish to welcome several new sponsors who have offered to support various aspects of our Summer Race Series. Additional offers will be made available to LSERSA members as the details are worked out. Please give all our sponsors a warm welcome.**

## "BGR SUMMER CAMP"

Mon 24<sup>th</sup> July til Fri 28<sup>th</sup> July at Norwich Ski Centre.

Marc Telling and friends will be running another of his summer race camps. If you would like to attend pick up a leaflet from the race office or look on the lsertsa website. Price £40/day or £190 / week

**Places limited, First come First served!!!**

## \* TREASURE HUNT WITH A DIFFERENCE \*

Win!! Win!! a bottle of Bucks Fizz, a bottle of Whisky or a tin of Quality Street if you can find them on the map. Where are they hidden? For 50p a guess you can select a hiding place on one of the dry-slopes around the country.

## KENT SCHOOLS RACE A GREAT SUCCESS!!

After loads of hard work the Kent Schools Championships were held at Bromley on Sunday 11<sup>th</sup> June. Nearly 40 schools were represented totalling 181 skiers. The individual runs went off without a hitch but unfortunately due to the heat and failing 21<sup>st</sup> century technology we were unable to run the Dual slalom. However, everyone seemed to have a really good time and an early finish meant more time for relaxing with a cool drink. If you would like to know more about it or think you could help organise something similar in your county. See a committee member for details and maybe we can help.



Sandown Active Sports will be at some of the events to help and advise you with your ski preparation.

SnOasis still needs your help. If you want to ensure that this wonderful facility will be built then make a note of the internet address below. There you will find out how best you can help

<http://www.snoasis.co.uk/syoucanhelp.html>

## FITNESS COMPETITION

At each of the Regional races we will hold a "Superstar" Fitness Competition open to all racers. The winners at the first regional race were Natalia Harte and Nick Robinson. Prizes to be won and a trophy for the fittest male and female athletes at the end of the series.

Sponsored by:



## WELL DONE!!

Below are listed the LSERSA skiers who received podium positions (either overall or in their age group) at some of the recent national dry slope races. Due to numbers it is not possible to list all the races. Congratulations to all the skiers who earned podium positions. They were:

**Ipswich CN:** James Seiber (SPR); Kathryn Barber (WYC); Alessia Thomas-Jackson (WYC); Lloyd Papantoniou (WYC); Toby Barber (WYC);

**Arrows CN:** Charlotte Evans (BGR); Alessia Thomas-Jackson (WYC); Georgia Luck (BRO); Emily Evans (BGR); Alexandra Askew (BGR); Dan Holdaway (WYC); Paul Telling (BGR) Lloyd Papantoniou (WYC).

**Pontypool GP:** Harriet Steggles (BGR); Alessia Thomas-Jackson (WYC); Christina Pennock (BGR) Emily Evans (BGR); Natalia Harte (SPR); Alexandra Askew (BGR); David askew (BGR); Tristan Lamb (BRO); James Gibb (MED).

**Southampton CN:** Max Moss (BGR); Charlotte Evans (BGR); Anouska Callender (WYC); Stacey Luck (BRO) Christina Pennock (BGR) Emily Evans (BGR); Alexandra Askew (BGR); Georgia Luck (BRO) Amy Young (SUR) Alice Macaulay (SUR); Lloyd Papantoniou (WYC); Tristan Lamb (BRO); Jim Gibb (MED); Andy Proudlove (BRO).

**Hemel GP:** Franki Simonds (WYC); Kathryn Barber (WYC); Alessia Thomas-Jackson (WYC); Natalia Harte (SPR) Alexandra askew (BGR); Emily Evans (BGR); Mary Ondrusz (BRO); Amy Young (SUR); Marc Telling (WYC); Lloyd Papantoniou (WYC); Oliver Robinson (WYC).

**Hemel CN:** Guilla Harte (SPR); Max Moss (BGR); Franki Simonds (WYC); Charlotte Evans (BGR); Alessia Thomas-Jackson (WYC); Georgia Luck (BRO); Emily evans (BGR); Alexandra Askew (BGR); Mary Ondrusz (BRO); Ben Clark (BRO) Joe Ogden (WYC); Jim Gibb (MED).

**WHAT HAVE YOU DONE?** If any coaches, officials or others have completed courses during the past year let us know the details so we can all share in your success. LSERSA runs a bursary award scheme which if you are proposing to improve your skills in either coaching or as an official on the slope may be of interest to you. For more details see the LSERSA website or speak to one of the committee.

## COMING SOON

Events happening soon around the area.

ALDERSHOT (LSERSA)	June 18 <sup>th</sup>
Pendle Thomson GP	June 18 <sup>th</sup>
Pontypool (Celtic Cup)	June 24/25 <sup>th</sup>
Stoke CN	July 1 <sup>st</sup>
Stoke Thomson GP	July 2 <sup>nd</sup>
BRENTWOOD (LSERSA)	July 8 <sup>th</sup>
Gloucester CN	July 8 <sup>th</sup>
Gloucester Inter Region	July 9 <sup>th</sup>
Llandudno (Celtic Cup)	July 15/16 <sup>th</sup>
BROMLEY (LSERSA)	Aug 26 <sup>th</sup>

## MASTERS TRAINING DAY

Over 30?? Fed up watching the kids!!

Want to have a go at racing yourself or know someone who might? Why not turn up for the

Masters Training Day on

Saturday July 1<sup>st</sup> at Aldershot Ski Centre.

BBQ at 1.00 pm

Cost for BBQ lunch £6.00

Training from 2.00 pm onwards

Cost of the training event: £25.00

For more details contact Mary Ondrusz

[m\\_ondrusz@hotmail.com](mailto:m_ondrusz@hotmail.com)

## Ski Focus again presents:

### International Training Camps in Tignes

Coaching by British qualified coaches

Train alongside other European clubs and coaches

Compare yourself to racers from other nations

Compete against FIS and World cup skiers

[www.skifocus.co.uk](http://www.skifocus.co.uk)

16.07.06 – 23.07.06

23.07.06 – 30.07.06

30.07.06 – 06.08.06

06.08.06 – 13.08.06

13.08.06 – 20.08.06

15.10.06 – 22.10.06

22.10.06 – 29.10.06

email: [stuart@skifocus.co.uk](mailto:stuart@skifocus.co.uk) Tel: 01296 624126

## BARA SUMMER CAMPS – AUSTRIA

1<sup>st</sup> July to 29<sup>th</sup> July 2006 – Junior Technical skills and Fitness camp on the Dachstein Glacier/ Mölltaler glacier, Ramsau, Austria

15<sup>th</sup> July to 29<sup>th</sup> August – Children/Junior Technical skills and Fitness camp on the Dachstein Glacier, Ramsau, Austria

**PHOTOGRAPHER:** Stuart Farmer is the accredited photographer for see him on the slope. For those who do not want their photograph Stuart will provide us with a CD of all the photos. If you would like and leave your name, email address and Bib No. There will be no charge to the bursary fund which helps our sport in the Region.