



London & South East Regional Snowsports Association

"SUPERSTARS"



FITNESS COMPETITION 2009

Once again this year's race series will include free entry into a "Superstars" Fitness Competition. Due to race-day time constraints, entry will be based on a first come first served basis. However, we hope as many of you as possible will have a go.

The aim of the competition is to promote fitness within the ski racing community. For the 4th year in succession Snow & Rock, BodyFactor and Armajaro have agreed to provide prizes (travel bags) for the winners at each regional race. A £250 voucher for each of the overall winners will be presented at the final race in September.

We are pleased to welcome Kelly Sage from Sage Physiotherapy as an organiser/sponsor of our fitness competitions working along-side Dave Askew.

So do have a go at each event

We would like to thank all the coaches who help with the organisation of this competition.

Points system and protocol is based on Snowsport GB Fitness Tests.

Prizes Sponsored by: -

