

# Glasgow Ski Racing

2022 /23



# Team GSR

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# Mat to Mountain



## Development stages

1

**Stage 1** - Developing skiers through the Club, learning the skills to move into early competition. Showing a proficient skill level and interest for GSR's Race Development and schools races.

2

**Stage 2** - Introduction to the GSR Race Training programme on the artificial slope. This stage allows young skiers to further develop their skills and experience in racing in a safe and fun training environment with some grassroots competition..

3

**Stage 3** - Moving through the GSR Race Training programme by developing skill level and racing experience on artificial slopes. At this point we are encouraging young racers to gain experience and develop those skills on snow.

4

**Stage 4** - Participating in the GSR snow-based programme in Scotland and abroad. Aiming to participate in the major Alpine competitions and having long-term goals of achieving National Team selection..

# Mat to Mountain

## Programme

**HOME** - GSR Training consists of weekly training sessions August to June with a Summer programme that includes race camps, Snow Factor training, Hillend training, gate training and fitness sessions. Providing a mixture of technical work, skills development and racing on the artificial slope in Bellahouston Park, Glasgow, all delivered by highly qualified coaches.

**AWAY** - GSR aim to deliver 8 camps away from the Club each year. These camps include a mixture of training camps abroad in the Alps and Indoor Slopes, along with race camps and race support to all the major Alpine events in the British Calendar.





# British Indoor Champs Chillfactor, Manchester

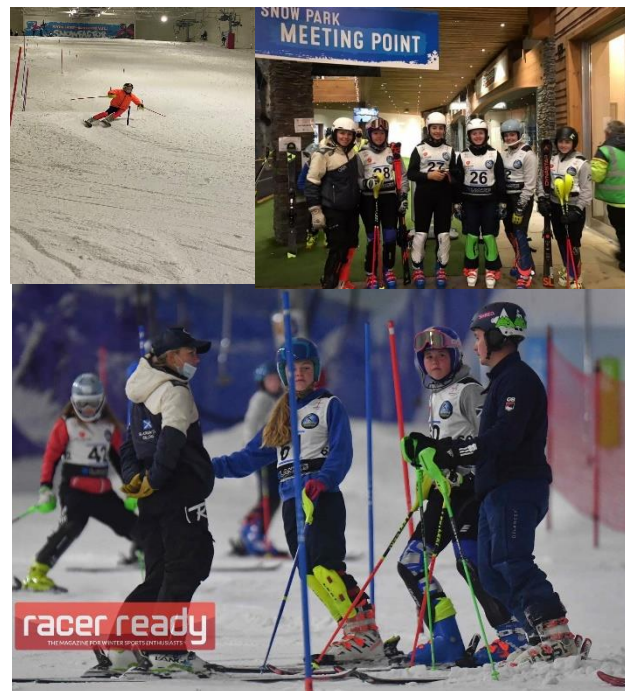
16th & 17<sup>th</sup> July 2022

Our annual race camp at GSR runs into the British Indoor Championships in Manchester.

Coaches will be travelling down after GSR race camp on the Friday night and will be staying at the Premier Inn. There will be time for ski servicing and on-hill race support included.

**Cost** - Club Supported.

Non Club members race support £10 per day



# October Training Camp Hintertux, Austria

October School Holiday: 13<sup>th</sup> - 22nd October 2022\*

Our longest standing camp, 20 years of running this camp brings a great deal of experience. The camp is full of activity, full days on the mountain, fitness daily, school work, video analysis, games and lots of fun.

**Coaching Staff for 2022** - Viki Williams, Nicole Ritchie, Ross Gardner & Andy Prenelle.

**Cost** - £1,250 excluding flights – Costs based on last year.  
Subsidy included



# Anglo Scottish Races Pila 2023

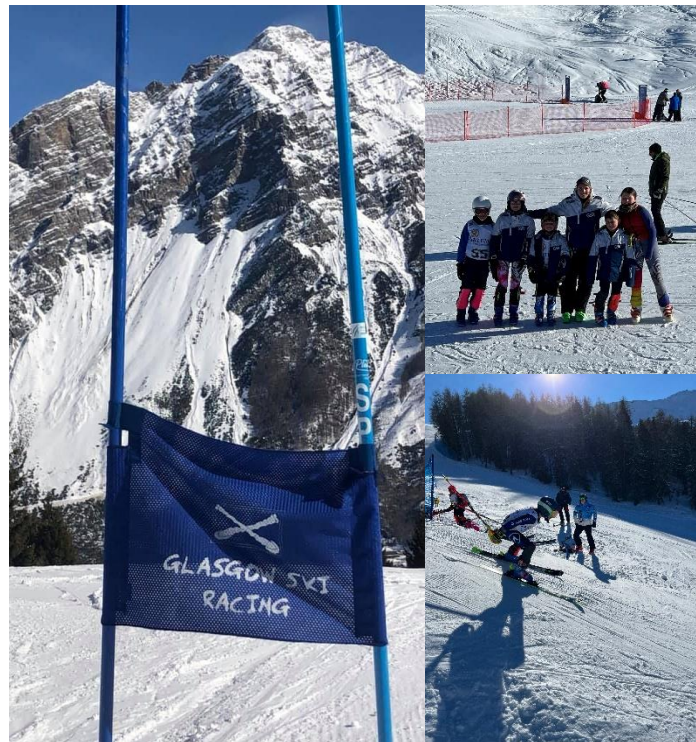
The BSA Anglo Scottish races will accommodate the U10/12 minis and the U14/16 racers, something for everyone. A great resort on and off the mountain for parents and families to enjoy. This camp includes pre – championships training in the few days leading up to the races and then race support throughout the championships.

| 2nd January 2023 – 14th January 2023

| **Cost** - £1,400 excluding flights – Costs based on last year

| On-Hill training & race support £65 per day

| **Open to all racers**



# English Championships Bormio 2023

4<sup>th</sup> – 18<sup>th</sup> February 2023

The best camp in the year for the whole family. The beautiful resort of Bormio in Italy is the stunning setting to a great family ski holiday while the kids do what they love the most - RACE... This year will see the return of the Parade, and the Parallel Slalom event.

| Pre - training week 4<sup>th</sup> – 11<sup>th</sup> February

| Race week 11<sup>th</sup> – 18<sup>th</sup> February

| **Cost** - Residential £1,150 per week, excluding flights

| On-Hill training & race support £65 per day

| **Costs dependant on numbers**





# British Champs - Tignes, France

29th March 2023 – 8th April 2023

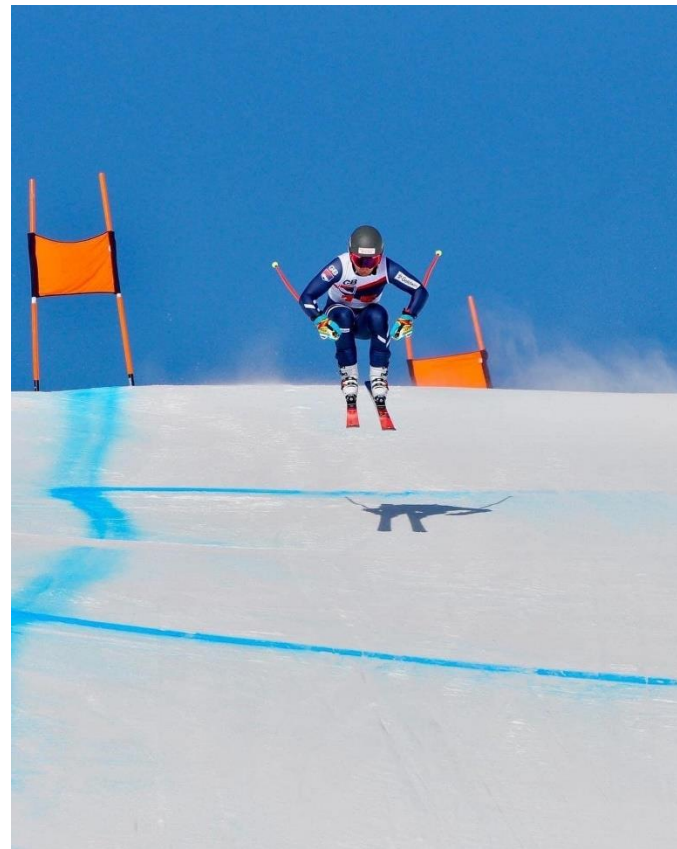
U10-U16 Championships – 3<sup>rd</sup> April – 7<sup>th</sup> April 2023.

This camp includes pre championships training during the FIS Races and race support for the U10-U16 British Championships. Residential and on-hill support available.

**Staff for 2023** - Julie Vinter, Nicole Ritchie & TBC

**Residential Cost** - £1,350 excluding flights – dependant on numbers

**On-Hill** - £65 per Day



**GSR & GBR Racer Owen Vinter – British Overall  
Super G & Junior Downhill Champion 2022**



# New Cams to the Programme



## Welsh Champs January 2023

This camp will be determined by interest and confirmation of time of year and dates from Snowsport Wales.

We are happy to look at other races throughout the year if there is interest.



## Scottish Championships, Cairngorm March 2023

Race support supplied by the Club free of charge for GSR.

# A Few of the Team



## Nicole Ritchie

Nicole has been a full time ski racer for many years and works on all of our camps. Having a good mix of female & male coaches helps to motivate both girls & boys at the Club.

## Scott Dallas & Viki Williams

Our coaches have all come through our Club and are part of an amazing team of people who care about the kids. They give a great deal to the role and love every minute.



## Viki Williams, Christy MacKinnon & Ally Stang

Very lucky to have a talented, experienced team of coaches. Amazing fun and lovely people who make running this programme some of the best times ever. .



