



Newsletter

SPRING 2010

WOMEN WIN THE WEEK!

Sandown's Senior Women skied home to an impressive victory at the British Championships, taking Gold in every event. Louise Thomas won the Slalom and Super G. While Chemmy Alcott won the week taking Gold in Downhill, GS and Combined and Silver in Super G. In the men's event Jack Gower was crowned National Under 18 Super Combined Champion and in the Junior races won the British Cup in Super G. Jack also finished the season 9th in the World in FIS points, one of the best positions ever of any British rising star.



Louise and Chemmy on the Super G Podium

In the British Children's Championships Thomasine Nilson-Wrede took Gold in the Children 2 Girls Slalom and Super G practice race. While in the Mini Girls Katya Bingle-Williams won Bronze in the second GS race.

SPSRC SEVEN MAKE TEAMS

Four Sandown skiers have been selected to represent Britain next season. Louise Thomas and Chemmy Alcott have been named in the eleven strong British Alpine Senior Team (two of only three women). While Jack Gower and Alice MacAulay have been included in the British Alpine Junior Team.



Alice MacAulay in action!

Sandown members also dominate the English Junior team next season. Mollie Dendle, Stephanie Espinosa, Eloise Greenhalgh and Alice MacAulay have been included in the seven girl squad.

PLEASE HELP US!

SPSRC is still looking for more parents to come forward and help. The Club is run on a voluntary basis and will only work if everyone lends a hand. Most urgent position to fill is Head of Finance. The post will be created at next month's AGM, to try to improve the workload of the former Treasurer position.

KEVIN BASHES POLES!

Sandown's Chief Coach, Kevin Blanks, is spearheading the national debate to get rid of long poles in slalom races for younger skiers. Kevin has long argued that encouraging Minis and those with under 300 BASS points in GS to hit long poles damages their technique for the future. With the demise of Snowsport GB, Kevin thinks the time is ripe to encourage all Snow and Artificial races to gravitate to Giant Slalom. Where Slalom races continue, the former GB coach, argues that only stubbies should be used. He thinks this will encourage participants to focus on placing their turns and technique rather



Kevin taking on a long pole!
than bashing poles out of the way to look cool!

At a parents meeting at Sandown, Kevin said that he was pleased with the progress Sandown's members had made this season, but he believes they can improve their performance further by working on core basics. He thinks it's important that developing skiers learn to use their legs and flex correctly rather than picking up bad technique by twisting their bodies to hit gates. It may take a while for his proposed changes to be introduced by British skiing so in the interim while SPSRC training will predominantly use stubbies, those competing in slalom races will be given a limited chance to train with long poles before races.

STAR GAZING FOR REAL!

Sandown's youngsters had their skiing dreams fulfilled, when they were given the chance to ski with their heroes in Meribel. As a result of Snowsport GB's demise the Club agreed to support our British Senior team members Chemmy Alcott, Louise Thomas and Peter Whelan to the tune of £3,000. In return the three agreed to give some tips to the younger generation by skiing with them for an afternoon.

Chemmy took off with the Minis, while Peter and Louise gave Ski Cross and Slalom tips to the Children. Chemmy was a hit with the Bruce family. "We did human slalom" said Sasha, "It was interesting because people moved and the gaps between them varied". Abigail's reaction was more ominous, "It was really fun because she taught us how to fall"! She said. Let's hope not!

A few days later the Clubs famous three attended a reception for parents and members. Having enjoyed nibbles at the Plein Soleil Residence they held a light hearted question and answer session. Most of the current Sandown young generation wanted to know how the stars had got there! One point that was made forcefully was that all three had a passion for all skiing – racing, powder and pistes - and love being in mountains.

AGM: YOUR CHANCE TO SHAPE THE FUTURE

AGM's are often seen as "yawn every minute" events, but this year's for Sandown couldn't be more important. Throughout the year the Committee has been pleading for more volunteers to help with the running of the Club. In the past new families often felt wary of coming forward, but now we hope that everyone knows they're very much welcome!

This year's AGM may see some radical changes. The proposal

to replace the over arduous Treasurer's Post with a new Finance Committee is the most revolutionary! This aims to divide the many roles between more people, making it more realistic for voluntary workers. Pauline Fail, our Treasurer, has agreed to stay on one more year to Chair the proceedings but she desperately needs someone to Shadow her with a view to taking over.

The AGM will also give our

Coach, Kevin Blanks, further opportunity to explain his plans to outlaw long poles. And we'll see the retirement of our Current Head of Training..

It's not all hard work though. Once the heavy stuff is done there'll be a buffet so some socialising can take place! So please come and have your say on Sandown's future on Thursday 24 June, at Esher Rugby Club at 7.30pm.

THANK YOU, THANK YOU! *(Rather overdue)!*

Izabella Evans stood down last year having been a long standing Sandown Committee Member. For many years she was Treasurer, one of the most arduous of the Club's Officer roles. When she retired from the post she diverted her activities to reforming the Junior Training Programme, continuing her work for the Club even though her son, Greg, had moved into the Senior age group. Izabella kindly agreed to hand out the prizes at last year's Club Championships and attended the Ball. She deserves huge thanks for her hard work for SPSRC over the last decade

Anne Thomas was Sandown's long suffering Social Secretary for many years! Be it organising a ball, running the Club Championships or working out how many buns were needed a Social Event, Anne was one of the most brilliant organisers we could have had. Although she has officially stood down, Anne is still a great source of wisdom for those who have taken over and was one of those who were instrumental to running last Autumn's Ball. Anne's husband, Peter, still serves on the Executive Committee and her daughter, Louise, is one of Sandown's strongest skiers.

SWISS COACHES AT CLUB CHAMPIONSHIPS

Sandown's annual championships are always a fun event. Each age group race for a cup, there are prizes from our Chief Coach Kevin Blanks and Fitness Coach Steve Cooper and then there's a good cooked breakfast and a chance to catch up with friends. This year's event will be even more fun. Our swiss coaches, Sandro and Christoph are coming. So will we get to see them do slalom on plastic?.....

Date: 27th June. Place: Sandown Ski Slope. Time 8am. Tickets on Sale soon!

MOVING ON FROM HEAD OF TRAINING, JO VARLEY EXPLAINS SPSRC'S SUCCESS

Sandown has an outstanding record in producing skiers who make it to the top: Chemmy Alcott, Peter Whelan, Louise Thomas to name a few. When you take into account how small the Club is, the record is even more impressive!

The success is no accident. We can offer a programme that suits our membership. Parents run the Club and work with coaches to tailor make camps. We take an holistic approach teaching valuable life skills like healthy living, organisation, safe training and team spirit. It's no accident many of Britain's top skiers have top grades in academic exams. They have to be self-motivated and organised in their school work too!



While we bask in past glory, we face some challenges for the future. The new "Ski Academy" culture and the global recession pose a threat. To provide good quality camps we need commitment. Low numbers means either huge expense or less tailor made training. We need maximum efficiency from our limited snow time but at the

same time keeping organisation workable. SPSRC is run by parents – not paid professionals! For our aspiring skiers the future is looking pretty good. Sandown skiers podiumed at each age at the British Championships. The UK is moving forwards in international sport per se. To build on it we need to remember some critical points. Skiers get there in their 20s, so avoiding early burn out is essential. Also camaraderie brings opportunity. The Italians have proved that building a strong Club base brings international success. So working together at a grass roots level is crucial too.

Jo is handing over to Tony Willis at the AGM, but will continue to help with the Junior Programme. Our thanks go to her for all her hard work, which has been considerable.

SPSRC WORKS WITH:



SPSRC'S OFFICERS

Management Committee

Chairman: John Sharman
 Secretary: Sheila Cowan
 Treasurer: Pauline Fail
 Chair of Training: Jo Carpenter
 Social Sec: Heather Bruce
 Publicity: Liz Williams
 Child Protection: Marie O'Rourke
 Head Coach: Kevin Blanks
 Members: Peter Thomas
 David Woolven

Training Committee

Chair: Jo Carpenter

David Burton, Graham Bruce, Kevin Blanks, John Harris, Nicky Patience, David Woolven, Tony Willis, Henrik Jensen, Judith Jensen, Peter Thomas, Nigel Dixon

WHAT HAPPENED NEXT?

This Pistie Pistie machine came to grief when it fell through a snow bridge into a small river. How did they rescue it?



Answer: They filled the stream with snow around it and then it drove out!

DIARY DATES

24th June AGM
 27th June Club Championships
 4th July Last ski session of term