

## why join?

Our aim is to promote ski racing of all kinds from basic club level through to National squad level and beyond. The Vikings Suffolk Ski Team has thrived for over two decades with some racers going on to snow and competing nationally and internationally.

## how much does it cost?

A training session costs £8.50 for under 18's and this includes the hire of skis, boots and poles, the slope can also supply a helmet. We arrange regular bring and buy sales and other second hand kit is available on the internet. It does not need to be expensive!!

## what you can get from it

- make friends
- race through poles
- keep improving
- compete in competitions
- and finally . . . . . have fun

Through the year you will have the opportunity to take part in other activities such as: Training Camps in the UK, Speed Gun Trials, Freestyle skiing and our Christmas Fun Race. Plus numerous social events to build on the **legendary** Vikings team spirit.



## contact details

To discuss joining the Suffolk Vikings Ski Team please contact:

**Rolf Toogood** - Chairman: (eve) 07824 385037  
Email: rolftoogood@btinternet.com

**Bernard Wright** - Vice Chairman: 07776 201437  
Email: bernard@lindseygang.co.uk

**Lesley Yeung** - Race Manager: 07984 491296  
Email: eadiyeung@yahoo.co.uk

Or visit the Web site: [www.suffolkskivikings.org.uk](http://www.suffolkskivikings.org.uk)



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

## club sponsors

If you would like to sponsor our club and help our racers achieve success please contact Rolf..



## like to race?



## join our team!

## Coaching team

Our Volunteer specialist coaches provide race training on Saturday morning at 9am. Their aim is to teach children (and adults) how to race through poles on a dry slope and on snow.

There is also a practice session on Monday evening at 6.30pm for the more experienced racers in our team.

## Blue Ribbon Championship

'Blue Ribbon' timed slalom races take place on the first Saturday of the month and run from December to November each year. All Vikings are encouraged to attend and to compete, as a way of encouraging them to improve their technique and subsequently their times.

## Monthly awards

Each month the coaching team award two trophies; Skier of the Month and Most Improved to reward those skiers who have made the extra effort through the month.



## Annual presentation evening



Prizes are awarded for skier of the year, most improved male & female and many other categories. This is a fun end to the season and an opportunity to relax and socialise.

## Regional Races

The Suffolk Vikings are an active member of ERSA, one of the nine regions that are currently affiliated to the national governing body of skiing, Snowsport England. As such, Vikings are encouraged to take part in the ERSA Summer League competition.



## Viklings

New for winter 2011, the Vikings coaches will run an introduction session to ski racing for those aspiring Vikings. The Viklings will be on Saturday at 12pm. Aspiring racers can only be accepted to the Vikings by invitation, so hard work and paying attention to the coaches is the key.

## How to join

Potential *Racing* members do not need to have previous racing experience, however they must be able to link turns and control speed for Health & Safety reasons. A short trial will be arranged during a Saturday training session and it may be suggested they join the Saturday Workshops or the new Viklings until the required level is reached. It is not necessary to be a Racing Member to join the Vikings.

We recommend two weeks free trial prior to joining but thereafter Membership is required for insurance purposes.

**Contact one of the committee members to discuss your free trial and join the Vikings.**