Eastern Region Schools Ski Race

Put this date in your diary

SUNDAY 03rd May 2020

at Norfolk Snowsports Club

ERSA are pleased to announce we will be holding the annual Eastern Region Schools Artificial Ski Race.

- Schools can enter an individual or a team of 3 or 4 skiers from the same school. Maximum is under 19 (yr13)
- The minimum standard of skiing required is to be able to perform linked snow-plough turns safely and to be able to control speed and be able to use a button lift.
- No previous racing experience is necessary.
- Helmets and gloves must be worn
- Ski and boot hire is available if required and included in the school entry fee.

Please contact ERSA : **schools@ersa.co.uk** or visit **www.ersa.co.uk/schools-race** for more information

There are ski clubs see in the region who can help with some practice and training facilities .

This is a FUN event though prizes will be awarded. The aim is to encourage more young people into the sport and have fun at the same time.

Sponsored by

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Eastern Region Snowsports Association
Schools Artificial Ski Slope Championships Race
Sunday 3rd May 2020
Norfolk Snowsports Club

Eastern Region Snowsports Association (ERSA) is one of several regions in the country affiliated with the national governing body SnowSport England. The emphasis of the region is to encourage participation in snowsports through fun and enjoyment.

This race is organized to encourage young skiers to try skiing as a competitive sport, while representing their school. As such no previous racing experience is required, although a minimum level of skiing ability is required. It can be a step on the ladder to higher levels of racing at Regional and National levels for those who want to.

Who can enter: Anyone who attends a school in the ERSA region. We do not require any previous competition experience, but must insist, for reasons of safety, that all competitors can use the lift and ski in control from the top of the slope. Team members must be from the same school.

Team or Individual: We encourage team entries, as this means those new to ski racing will be able to join their more able fellow pupils. However, we also recognise that schools may not be able to find enough competitors to form single sex teams so mixed teams and individuals can also enter the event. Teams must consist of 3 or 4 racers. If a school is unable to find enough competitors to make up a team they can enter racers in the Individual category.

Prizes: There are prizes for both the team and individual events in all age groups. All winning team members also receive a medal to compliment the team's prize. There are also male/female/team overall prizes.

Training: Need some pre-race training? If you haven't skied through a course before, one hour could make all the difference. Contact your local ski slope and you will find they should be able offer your team some coaching. For further advice contact schools@ersa.co.uk or look for your nearest slope on the website www.ersa.co.uk/schools-race

How to enter: Complete and return the entry form(s) by 28 April 2019
Please scan and email the form to schools@ersa.co.uk

Payment: BACS transfer to ERSA Sort code 20-98-07 Account 00345415 with School as payment reference.

Paypal payment to race_payment@ersa.co.uk with School as payment reference.

Late entries: may be accepted at the discretion of the organisers. If your entry is likely to be late, please call/email with names and approximate number of entries. This will help us plan the race schedules and would be greatly appreciated.

Note: NO TEAM ENTRIES WILL BE ACCEPTED ON THE DAY.

Entry Fees: ERSA aims to run this event 'at cost'. All organisers are un-paid volunteers. We are pleased to acknowledge the help and support of many individuals, but in particular the event's sponsors who have helped to run this event

£40 per team entry (up to 4) £13 individual entry

Rules: The race will be run under FIS rules modified by ERSA, which are in summary:

- The race will consist of 2 timed runs through a slalom course.
- Individuals: the BEST time from the 2 runs will count.
- Teams will consist of a minimum of 3 and a maximum of 4 skiers. On each run, the fastest 3 times will count toward the team score.
- A 3-member team could therefore score as highly as a full team of 4.
- All teams should preferably be either all male or all female, although mixed male / female team entries will also be accepted.
- Competitors may be part of a team in an older age group, if this makes it easier to form a team, but will still be judged in their correct age group for the individual event.
- All competitors will be allowed to inspect the course before the race. For safety reasons, racers must not ski the course during inspection.
- All competitors must be able to use the lift and ski in at least a controlled snowplough and perform linked turns from the top of the slope.
- All competitors must wear helmets, gloves, long sleeves and trousers.
- Under SSE safety rules, competitors must either use the slope's ski sticks, or ensure that their own ones have tip protectors.
- Age groups are U19; U16; U14; U12; U10 (All based on the School year as at 1st September 2018)
    - Years 2,3,4 (U10) Years 5,6 (U12) Years 7, 8 (U14) Years 9, 10 (U16) Year11+ (U19)
- Years 2,3,4,5,6 will ski through a stubbies pole course and all older racers will ski through full poles.
- Years 2,3,4,5,6 will ski in the morning with prize giving held at the end of the morning's racing followed by the older racers in the afternoon.
- No racer from years 2-6 can ski up into the Secondary teams.
- If schools in the U10/U12 category cannot make up a team (min of 3 racers) then they can still enter as individuals so no one is excluded from racing.
- Teams can be of mixed ages but the oldest racer determines the age category for the team.

Venue: Norfolk Snowsports Club, Whitlingham Lane, Trowse Newton, Norwich NR14 8TW

Parking: There is ample free parking available on site, please follow the signs and marshal's directions on arrival.

Catering: Catering will be available on the day. There will be a tea /coffee/soft drink and cake stall, as well as a BBQ selling hot food. You are also welcome to bring a picnic if you prefer. Please be advised no personal BBQs.

Equipment: Limited amounts of equipment are available to hire. However, equipment must be requested in advance of the race. Only pre-booked equipment will be available on the day.

Eastern Region Snowsports Association
Schools Artificial Ski Slope Championships Race
Sunday 3rd May 2020 at Norfolk Snowsports Club
RACE ENTRY FORM

Team Manager / Organiser		**Signed**	
School			
Contact Address			
Postcode			
Phone (day)		**(evening)**	
Email			

Your details will be kept on record and used to keep you informed of other skiing activities in the region. Your details will not be disclosed to other parties. If you wish to update the contact details at any time, Email: schools@ersa.co.uk

TEAM 1	Age Group (Tick one box)	**U19**	**U16**	**U14**	**U12**	**U10**

	Competitor Name	**Male / Female**	**Date of Birth**	**School Year**
1				
2				
3				
4*				

TEAM 2	Age Group (Tick one box)	**U19**	**U16**	**U14**	**U12**	**U10**

	Competitor Name	**Male / Female**	**Date of Birth**	**School Year**
1				
2				
3				
4*				

TEAM 3	Age Group (Tick one box)	**U19**	**U16**	**U14**	**U12**	**U10**

	Competitor Name	**Male / Female**	**Date of Birth**	**School Year**
1				
2				
3				
4*				

***4th team member optional**

INDIVIDUALS

	Competitor Name	**Male / Female**	**Date of Birth**	**School Year**	**Age Category**
1					
2					
3					

If you wish to enter more teams or individuals, please copy this form, or attach an additional sheet.
Please email completed forms to schools@ersa.co.uk

Teams need minimum 3, max 4 members. Age group is based on oldest member of team on 1st September 2019. U19 means 18 or less on 1st September. Racers may compete in an older age group as part of a team within the primary and secondary groups, but will be judged in their own age group in the individual competition.

A GROUP photograph of competitors (no names) will be put on the ERSA web site. Will schools please obtain permission from parents. If any parents object, please include the name of the competitor(s) concerned:
Consent NOT given for (names): .....

Disclaimer: The organisers and officials of ERSA cannot accept responsibility for injury or loss during the Competition. Please ensure you have insurance for this activity.

Race Entry Fee: £40 per team or £13 per individual – see Race Entry Information for payment details

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EQUIPMENT REQUEST FORM

Team Manager / Organiser		**Signed**	
School			
Contact Address			
Postcode			
Phone (day)		**(evening)**	
Email			

Your details will be kept on record and used to keep you informed of other skiing activities in the region. Your details will not be disclosed to other parties. If you wish to update the contact details at any time, Email: schools@ersa.co.uk

EQUIPMENT HIRE REQUEST FORM					Please tick box below where equipment required		
	Competitor Name	**School Year**	**Height (cm)**	**Weight (kg)**	**Skis**	**Boots (size)**	**Helmet**
1							
2							
3							
4							
5							
6							
7							
8							
9							

Competitors need to have minimum equipment of:
Ski Equipment: Skis and Boots
Safety Equipment: Helmet, Long sleeved top and trousers, gloves. (Helmets should not have camera mounts or other additions).

Racers are recommended to try to borrow equipment from school colleagues, or their local ski club.

Ski poles will be available to borrow on the day (no pre-booking required).

Skis, Boots and Helmets are available to hire from the Norfolk Snowsports Club, but this must be requested in advance and confirmed with the organisers.

Only pre-ordered equipment will be available to borrow on the day.

Please return this form absolutely no later than midday 13th April 2020.

Please email **completed forms to schools@ersa.co.uk**