



# Registration Form & Handbook 2009/2010

Potential members do not need to have previous racing experience, however they must be able to link turns and control speed. It may be suggested to join the Saturday Workshops until the required level is reached and you will then be invited to join.

Vikings membership may also include membership of the Suffolk Ski Centre. The annual membership year runs from 1st October to 30th September. We recommend two weeks free trial prior to joining but thereafter Membership is required for insurance purposes.

Once registered, members are eligible to compete in both Viking and ERSA competitions.

The Annual membership fee covers the cost of providing new equipment such as slalom poles, timing gear, training courses for club officials and Public Liability Insurance.

Please note the insurance is third party only, Racing insurance is available from providers such as the Ski Club of Great Britain and the British Mountain Council, please ask a committee member for more details.

Membership fees	Annual	¾ Annual	½ Annual	¼ Annual
Viking Membership	£16.00	£12.00	£8.00	£4.00
Snow Sport England Fee	£8.00	£8.00	£8.00	£8.00
Ski Centre Adult	£30.00	£22.50	£15.00	£7.50
Ski Centre Child	£16.00	£12.00	£8.00	£4.00
Totals Combined				
Single Adult	£54.00	£42.50	£31.00	£19.50
Single Child	£40.00	£32.00	£24.00	£16.00
Family Memberships				
2 Members per Adult	£53.20	£41.90	£30.60	£19.30
2 Members per Child	£39.20	£31.40	£23.60	£15.80
3 Members per Adult	£52.40	£41.30	£30.20	£19.10
3 Members per Child	£38.40	£30.80	£23.20	£15.60
4 Members per Adult	£51.60	£40.70	£29.80	£18.90
4 Members per Child	£37.60	£30.20	£22.80	£15.40

## Eastern Region Snowsports Association (ERSA) Summer League 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 between the ERSA member clubs.

### A guide to the ERSA Summer League

The Summer League is aimed at all ages of skier and is a good introduction to competitive ski racing in an informal and fun setting.

**Where is it held?** - Races are held at the venues in the Eastern region: Suffolk (Ipswich), Hemel (Snow), Welwyn, Brentwood, Tallington, Milton Keynes (Snow), Norfolk (Norwich) and Basingstourn.

**When/how often?** - The league runs from late April/May to October (excluding the school summer holidays) and races are normally held on a Sunday.

**How are they run?** - Each competitor gets 3 runs and needs to complete 2 runs to get a finish time. Racers are competing in separate sex and age categories. Medals are awarded for first, second and third place in each category.

There are team-based dual slalom races which comprise of; Children's, Masters, and Open Teams. A fun rainbow team race also takes place where teams are mixed and are chosen to be of roughly equal ability, giving even the less experienced racers a chance of picking up a winner's medal!

**What do we need to bring?** - Ski equipment (skis, poles (with bungs), boots, helmet, gloves etc.). It is possible to hire skis, poles and boots at each slope if required (the cost is already included in your registration fee), but most skiers tend to bring their own (carefully prepared!) gear. If you wish to borrow equipment from our slope, please speak to someone behind the desk.

Food - picnic lunch and drinks etc. Money - all slopes run BBQs and a raffle during the day. It is recommended to take some or all of the following; waterproofs, sunscreen, T-shirts, shorts, woollies as dictated by the weather.

**How much does it cost?** - £9 for outdoor races, £15 for snow races. Please pre-register with your race manager by the Monday before the race. It is possible to register on the day as well, but this incurs an extra cost (currently £6.00)

For further information there is an ERSA information pack available, or visit the web site, [www.erskia.co.uk](http://www.erskia.co.uk)

# Suffolk Vikings Registration Form GC/02/2010

First Name:  Surname:

Address:

D.O.B:  Reg No.

Daytime Tel No.  If you are registered with your home nation (i.e. Snowsport England) please tell us your number

Evening Tel No.  Mobile Tel No.

Please note: if the racer is under the age of 18 we need contact numbers for the Parent/Guardians

Email Address

Photographs of the children are sometimes taken and may be published on the website, notice board or in the local press. If you do NOT consent to photographs being used please tick this box.

Photographs may be passed on (no names will be given) to other organisations i.e. Snowsport England. If you do NOT consent to photographs being used in this way please tick this box.

**Please tick all the ethnic groups that apply**

White	<input type="checkbox"/>	Chinese	<input type="checkbox"/>	other ethnic minority	<input type="text"/>
Bangladeshi	<input type="checkbox"/>	Indian	<input type="checkbox"/>		
Black caribbean	<input type="checkbox"/>	Asian Other	<input type="checkbox"/>	No declaration	<input type="checkbox"/>
Black other	<input type="checkbox"/>	Mixed Race	<input type="checkbox"/>		

**Please tell us about your previous skiing experience**

**Please tell us about any medical conditions**



Suffolk Ski Team

## Member's Handbook

**Contact Details:**

Rolf Toogood - Chairman: 07824 385037  
Email: rolftoogood@btinternet.com

Bernard Wright - Vice Chairman: 07776 201437

Email: bernard@lindseygang.co.uk

Lesley Yeung - Race Manager: 07984 491296

Email: eadleyeung@yahoo.co.uk

Or visit the Web site:

[www.suffolkvikings.org.uk](http://www.suffolkvikings.org.uk)

**(Please keep in a safe place)**

### Club Rules

We aim to make ski racing and training as much fun as possible. To protect our skiers and to ensure we comply with regional and national regulations, there are a few basic rules that need to be followed.

1. All Vikings must wear approved ski helmets when racing or training through poles.
2. Gloves must be worn.
3. Arms and legs must be covered at all times.

### Blue Ribbon Championship

Blue Ribbon timed slalom races take place on the first Saturday of the month and runs 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.

Racers compete in four categories:

Female under 13, Male under 13, Female under 21, Male under 21 and Masters, based on your age on 1st January each year.

The times are recorded for each racer and the personal best time of the day is then compared to others in their category. Racers are scored from 50 points (first place) to 2 points (last place), and the best nine scores count to their overall score for the year.

At the end of the year at the Annual Presentation Evening, trophies are awarded for first, second and third place racers in each category. Racers must compete in at least six races over the year to qualify.