

contact details

To discuss joining the Suffolk Vikings Ski Team please contact:

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: eadiyeung@yahoo.co.uk

Or visit the Web site: www.suffolkvikings.org.uk



www.suffolkskicentre.co.uk

club sponsors



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If you would like to sponsor our club and help our racers achieve success please contact our Chairman, details above.

why join?

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

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 and Austria, Speed Gun Trials, Freestyle skiing and our Christmas Fun Race.



like to race?



Suffolk Ski Team

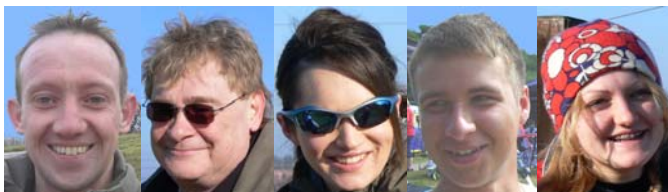
join our team!

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 second training session on Monday evening at 6.30pm for the more experienced racers in our team.

Our coaching team consists of:



Carl Reeder
Head Coach

Chris
Anderson

Adele
Forster

Craig
Wright

Katie
Kolthammer

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.



Skier of the month

Each month the coaching team award a trophy to one skier who has made an extra effort or improvement over the previous 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.

For further information there is an ERSA information pack available, or visit the web site www.erskia.co.uk

How to join

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 they join the Saturday Workshops until the required level is reached and they will then be invited to join.

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

