

Forming Bonds with the Swiss - Training in Meiringen

This year is an important year for British Skiing, as after a generation gap we now have a new British Aerials Training group. We have new young talent that has been brought together to concentrate on Aerial skiing. Links have been formed with both British Gymnastics and British diving for performers to move sideways into aerials utilising the important training that they have been given; as well as skiing performers coming in, inspired by the achievements of the Americans and the Canadians.

The supporting structure has been set in place and the pathways formed to allow performers to train and compete at International level. Training for these athletes is very intense and they will be cross training into gymnastics / trampoline and into diving and will be very well supported in both fitness and nutrition. A major part of their training is done on the water ramp before taking the jumps to train on snow.

We started the training season with a trip to join with the Swiss National team at training sessions before the planned Europa Cup in Meiringen. When the Europa Cup competition was cancelled it didn't dampen the spirits of any of us and the Swiss Team manager and coach Rolf Schmid still warmly extended the invitation for us to join them. The Europa Cup had been cancelled due to lack of snow but by the time we arrived they had more than enough of the white stuff. In true British spirit we joined the Swiss and shovelled, chopped and stamped the snow into shape for the Aerials hill which at the end of the week allowed the Swiss Junior nationals to go ahead. We had a great week with the Swiss team and we learnt a lot – especially that Aerials is not all about skiing and jumping but you need to manage a shovel as well! With help from our new friends we built floaters and a landing hill which we did our first snow training on; a very different experience than jumping on nicely pisted slopes.



We have formed new friends and strong links with the Swiss and now look forward to more combined training sessions both on the water ramp this summer and more snow training in October. It has been a valuable experience that reinforced our feelings that with hard work, determination and the right training opportunities

we can achieve our goal of having a new British Aerials Team back at International competition level and ultimately through to the next Olympics.

The British Aerials Training was supported on this trip by Planet Knox and by Elan. The Aerials training will be linking up with Elan to take part in their Team Green Programme that helps and supports young ski talent.

If you would like to know more about Aerial skiing or would like to support the team please contact.

British Freestyle Aerials Team Manager

Gladys Marr Mb 0778 643 2730

I'm happy to announce that I have been appointed to be the British Freestyle Aerials team manager. This year is an important year for British Skiing, as after a generation gap we now have a new British Aerials Training Squad. We have new young talent that has been brought together to concentrate on Aerial skiing. Links have been formed with both British Gymnastics and British diving for performers to move sideways into aerials utilising the important training that they have been given; as well as skiing performers inspired by the achievements of the Americans and the Canadians moving over. The supporting structure has been set in place and the pathways formed to allow performers to train and compete at International level; the aim being to produce athletes for the Olympics in 2010 and 2014. In order to get to that level they will have to compete on both the Europa Cup and World Cup circuits.

Training for these athletes is very intense and they will be cross training into gymnastics / trampoline and into diving and will be very well supported in both fitness and nutrition. A major part of their training is done on the water ramp and the only facility in the country is at Sheffield.

Three of the Aerials Training squad are members of Ski Art Performance Club who are based at Rossendale. Ski Art Performance Club have an active Freestyle programme which gives support and training to juniors wishing to pursue all types of freestyle skiing. Ski Art coaches will be helping support the performers and the Aerials programme. Two of the team will be training each week at Rossendale doing both jump training and cross training into slalom racing. I will still be an active member of Ski Art helping with the freestyle training.