

# Cairngorm Snowboard Club

Dear Snowboarder,

Welcome to the 6<sup>th</sup> year of the Cairngorm Snowboard Club!! This club was formed 5 years ago to allow anyone interested in snowboarding to get regular coaching and meet like minded people.

This year we will be running training every Sunday starting 13<sup>th</sup> January 2008. If we cannot get onto Cairngorm Mountain due to the weather conditions then alternative plans will be made, we will attempt to offer something every Sunday. Last year on two occasions we had a morning session on the climbing wall in Dalfaber, Aviemore.

If you are interested in joining just fill in the attached form and send it back to the address shown, along with your membership fee and a passport sized photograph. The membership package will include your membership card, a hoodie with the new club logo on the back and a small Vans logo on the front shoulder/breast (worth £25), a page of club logo stickers, a vans key ring and some Vans stickers.

Training fees this year will be £150.00 for 10 weeks. Otherwise training fees will be charged on the day before training commences at £20.00 per day. Payment of 3 x £50.00 due on 13<sup>th</sup> January, 3<sup>rd</sup> February & 2<sup>nd</sup> March. We are also going to run a number of special clinics for more advanced boarders; details to be arranged and will be available early January.

We need to know how much snowboarding you have done before!! So we can plan the sessions, we have broken it down into ability levels;

- Level 1 Turning, can link turns on a **green** run and ride a T-bar.
- Level 2 Rhythmic Linked Turns, can link turns on **blue** runs and ride in variable snow conditions.
- Level 3 Rhythmic Linked Turns, can link turns on **red** runs and ride in variable snow conditions.
- Level 4 All snow and terrain, carving turns on the edge and comfortable at high speed.
- Level 5 Using Snowsports Fun Park equipment, e.g. jumps, boxes and rails.

Please indicate on the form which level you fit into, it is better to be lower, (it is good when you move up).

That's it for now - if you have any questions just phone me or drop me an e-mail and I will get back to you.

We look forward to seeing you on the Mountain!

Les Andean  
Chairman/Treasurer  
Cairngorm Snowboard Club  
[les.andean@btopenworld.com](mailto:les.andean@btopenworld.com)

David McLennan  
Secretary  
Cairngorm Snowboard Club  
[weebobbydazzler@hotmail.com](mailto:weebobbydazzler@hotmail.com)

## Contact Details

<b>Any time - Les Andean</b>	<b>01479 810 794</b>
<b>(Chairman)</b>	<b>07778 458 827</b>
<b>Any time - Ross Dempster</b>	<b>01479 812 816</b>
<b>(Head Coach)</b>	<b>07817 641 448</b>
<b>Info. - Snowsport Scotland</b>	<b>01463 723 077</b>

## **CLUB INCENTIVES**

### **Membership**

Membership package; hoodies and goodies. Ride with other keen boarders, exchange ideas and experiences, have fun together, buy/sell/exchange equipment.

### **New Website**

This will bring first hand notice of club news and any snowboard related events/happenings. There will also be a page where you can have your say. Still under construction.

### **Training Opportunities**

Coaching for all abilities once you have mastered the basics of snowboarding from your local school/slope. This is available every Sunday throughout the season and could involve visiting different slopes/ski areas to enhance your training.

### **Free Insurance**

Free insurance while training with the club (in Scotland only) is offered by our affiliation to Snowsport Scotland.

### **Club Competition**

At club organised events you will, as a club member be entitled to compete for the Club Championship Trophies on top of the respective awards at those events for individuals/non members.

### **Stickers**

A club sticker has been designed; it will be available in various sizes to suit your board, helmet and mobile phone.

### **Discounts**

We are always trying to find better deals; any that we can; we will pass on to you. The club now has a strong link and is supported by **Vans** (Footwear and clothing). Club members are also entitled to discount at other resorts and businesses on production of your club membership card through our affiliation to Snowsport Scotland (see Snowsport Scotland discount list).

### **Annual BBQ**

We have a BBQ at the end of the winter season/beginning of summer to which all members' families and friends are invited, there is a small charge to cover costs.

### **Training Sessions**

We hope to arrange monthly trips to Braehead Xscape indoor snowslope, Friday nights is Freestyle Night. We also hope to regularly use a local artificial slope at other times.

### **Summer Camp**

The opportunity to train at Les2Alpes, France, (the best European Summer Snow Park). Summer Camp places are limited and Club Members have priority.

### **Winter Training Camp and "The Brits"**

Last year we had a team went to Laax, Switzerland for training before entering "The Brits", The British Snowboard Championships. We have already planned next years trip for anyone interested, more information is now available from Les [les.andean@btopenworld.com](mailto:les.andean@btopenworld.com)

### **Free Cairngorm Season Pass**

These are only available at the discretion of Cairngorm Mountain to dedicated athletes who are members of the club selected for National or Regional squads or teams.

## Notes and Conditions of membership to Cairngorm Snowboard Club

1. Training fees cover Sunday sessions beginning **January 2008** for 10 sessions, whether on snow or fitness training. Mid term courses, Easter courses, or extra sessions will be an additional cost.
2. **Safety and enjoyment on the mountain is of paramount importance.** If any members' behaviour is seen to be affecting the safety of other members, he/she will have to leave the training session. This decision is at the Coaches discretion. The member's parent or guardian will be informed by emergency contact and the member will be taken to Ski Patrol.
3. The main meeting point for sessions will be the T-bar café which is accessed from the main car park. Meeting time will be **8.45am**. If it is busy, the car park fills up very quickly so please be on time!
4. **In the event of bad weather and the snow gates being closed we will meet in the small car park next to the snow gates to discuss plans.** This may involve training at the Hay field or fitness training in the gym and possibly swimming pool. Please bring kit for such eventualities if the weather is dubious.
5. E-mail is our main method of contact. We will send out e-mails if the weather is looking marginal. **If you do not hear from us assume the training session is on as normal.** Please check your e-mails on Saturday evenings. If you do not have e-mail please phone one of the numbers under contact details on the first page for an update.
6. Child Protection Policy. The Club has an approved policy on child protection; currently we are looking for a new Child Protection Officer to join the committee, any offers/volunteers. Meantime if you have any concerns please talk to Les Andean.  
**On training days club members may be filmed or have photographs taken.** This is to help with their self image and body awareness while snowboarding or maybe to do with the promotion of the club or snowboarding, (see application form). If you have any concerns or objections please put a cross in the box on the application form.

## Rules for On the Hill.

- 1 **Respect all other people using the slopes.**
- 2 **Everyone's health and safety is EXTREMELY important.**
- 3 **Helmets are compulsory, no helmet no training.**
- 4 **Back protector advised, compulsory for using boxes, rails or jumps.**
- 5 **Listen to and do as your coach says, your life may depend on it, one day.**
- 6 **Do not misbehave or disrupt your group; don't waste time others have paid to learn.**
- 7 **Do not leave your group, without telling the coach, even to go to the toilet.**
- 8 **If you have any accident, you must inform the coach, even if you feel OK.**
- 9 **No swearing; it is not clever and may be offensive to others nearby.**
- 10 **No bullying; be helpful, others may not be as good as you.**
- 11 **No drink, drugs or smoking, it may adversely affect your ability to snowboard.**
- 12 **Be sure you are warm enough, tell the coach if you feel cold or ill, spare gloves help.**
- 13 **Make sure you have enough to eat and drink during the day.**
- 14 **Have FUN**

**Cairngorm Snowboard Club**

Les Andean  
 Ar Dachaidh  
 The Shieling  
 Aviemore  
 PH22 1QD

**Membership Application Season 2007 / 2008**

**Membership;** - £40.00 plus £30.00 for each additional family member.  
**Training Fees;** - £150.00 for 10 weeks (or 3 x £50.00) see details on first page.  
**Daily Training Fees;** - £20.00 per day  
 Please make payment by cheque to [Cairngorm Snowboard Club](#)

Members Name	Level	Date of Birth	Contact Name e.g. parent or guardian
1			
2			Address
3			line 1
4			line2
<b>Any medical condition which may affect these persons ability to take part in snowboarding.</b>			line 3
			line 4
			Post Code
			Home phone no.
			<b>Emergency Contact no.</b>
<b>E-mail address</b>			

**As a member, I hereby agree to abide by the rules and constitution of the Club.**

Members signature		Date	
Parent/Guardian signature (if member is under 16)		Date	
<b>I do not want my child filmed or photographed. (please read conditions) (cross box)</b>			
Reason for joining (circle your choice/s)	Recreational Membership benefits	Freestyle	Competition Other

**FOR OFFICIAL USE ONLY**

Date of joining; - .....	Training fee paid; - £.....	Date; - .....
Membership No:- .....	Training fee paid; - £.....	Date; - .....
Fee paid; - £.....	Training fee paid; - £.....	Date; - .....