



## Roller Skiing with Yorkshire Dales Cross Country Ski Club

### What is roller skiing?

Roller skiing developed as a summer training activity for cross-country skiers. There are the same two styles as on snow, classic and skate: skis and poles are used, just with wheels and without the snow. No previous experience is required, though you will need a reasonable level of fitness and balance to get the most out of it – but this can build up over time. Roller skiing is also a fantastic complement to other sports.

### Who roller skis in Yorkshire?

YDCCSC is a small and friendly club and we welcome all abilities and all ages over 10 yrs. You may have an on-snow holiday booked and want to learn some skills beforehand; you may have cross-country skied previously and want to develop your technique; you may have been impressed by cross country skiing on TV or social media; or you may have never encountered it before and are just looking for an excellent way to achieve a full body workout.

### How do I get started?

We offer an initial taster to anyone new to the Club, so you can come along and have a go - £10 cost per person, which includes instruction and kit hire if required (track fee payable separately to the venue). See table below for full costs. The taster fee is deductible from your year's membership if you decide to continue. Following this for beginners is a 4-week roller ski Introductory Package, each lesson lasting 1.5 hours. Ideally this will be a consecutive block. If we have to cancel a session (e.g. due to bad weather or lack of instructors), we will rearrange it.

Our Nordic ski instructors will introduce you to the basics of roller skiing in the classic style and build your confidence, agility and skills on the skis. Instruction is based on Snowsport England's (SE) Nordic Proficiency Awards; after 4 weeks you should have learned all the basic techniques to achieve the one star award and we will register you on the Scheme as part of the Introductory Package.

If you have previous experience and are already at 1\* level in classic and/or skate at your taster session, you would then join the Club and improve your technique through the coaching programme.

Have a look at the Pathway Information on page 3 below for details.

### Where and when?

The two outdoor cycle circuits we use are great places to learn to roller ski, and subsequently to develop confidence and technique. Please arrive promptly, and if borrowing equipment, allow time to collect your skis, poles and boots and get kitted up.

- **Bodington Cycle Circuit**, The Brownlee Centre, Bodington Way, Leeds LS16 8NA. **Wednesdays:** club session 7-9pm. **Taster/introductory lesson 7.15-8.45pm.**
- **York Sport Village Cycle Circuit**, Lakeside Way, Heslington, York YO10 5FG. **Fridays:** for club members at 1\*, 7-9pm. **Sundays:** club session 9-11am. **Taster/introductory lesson 9.15-10.45am.**

### **Who are the instructors?**

They are all SE qualified and registered instructors, and members of our club. They are volunteers, aiming to share their experience and enthusiasm for cross-country and roller skiing by enabling you to develop a good technique and enjoy your skiing both on roller skis and on snow.

### **How much does it cost?**

YORKSHIRE DALES CROSS COUNTRY SKI CLUB			ROLLER SKI COSTS			
	TASTER	INTRODUCTORY PACKAGE (IP)	COACHING PROGRAMME		TRACK FEE (for all skiers) Payable to each venue at reception <b>Discounts available</b>	
			KIT HIRE	COACHING	LEEDS	YORK
ADULT	£10	£45	£4 max	£3	£5	£4
STUDENT	£5	£30	£4 max	Free	£5	£4
JUNIOR	£5	£20	£2 max	Free	£2.50	£3

- o Student – 16 and over in full time education      Junior – under 16
- o Taster (one session) £10/£5 includes instruction and kit hire - deductible from membership fee/IP if continuing.
- o Introductory Package includes current year's club membership, 5 weeks (including taster) coaching and kit hire, and SE Nordic Proficiency Award registration.
- o Kit hire - adults and students (£4 max) comprises £2 skis, £1 boots, £1 poles; juniors £2 max.
- o Track fees – please check with venues for further details about their memberships and concessions.

### **What do I wear and what do I need?**

A cycle helmet is an essential requirement, you will not be able to ski without one. It is best to wear running tracksters/leggings – nothing too baggy, especially round the ankles. Cycle clothing is fine, but not your best kit and you need to wear roughly the same number of layers as you would to cycle in (with regard to keeping warm and dry). You will need close fitting gloves which allow you to grip easily. Bring a couple of pairs of different thickness socks so we have a better chance of getting a good fit for your boots. Bring knee and elbow pads if you want to use them.

### **What happens after the Introductory Package?**

Once you have reached 1\* classic, you can roller ski unsupervised at our circuit sessions and join in with other club roller ski events. Members can improve their technique on the Club coaching programme, including learning to skate, and this is usually offered at the weekly sessions. See above table for costs and page 3 below for further information.

**Please complete our online Registration Form and we will be in touch with you to organise a taster session.** We also ask that you use this form to give us details of illness/injury/physical difficulty which could impact on your participation.

### **Finding out more**

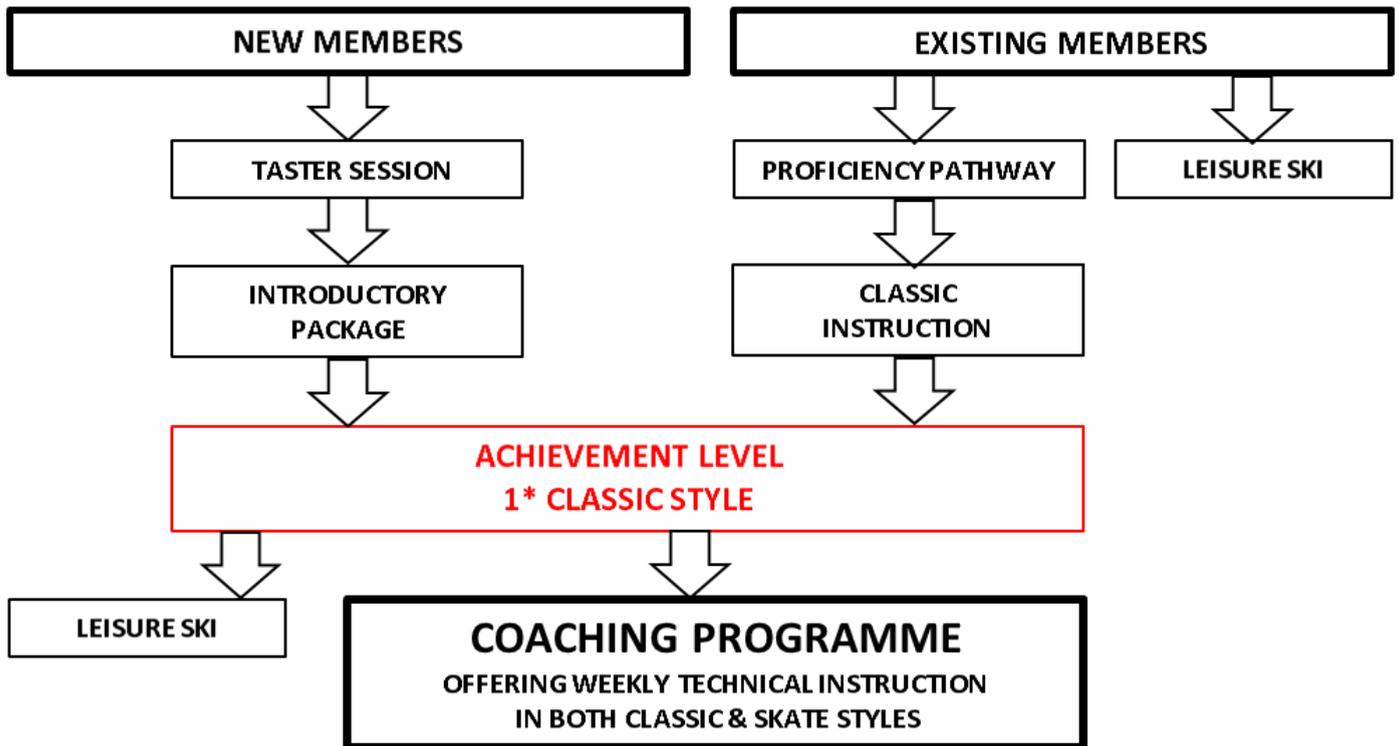
- Yorkshire Dales Cross Country Ski Club [www.ydccsc.org.uk](http://www.ydccsc.org.uk)  
Facebook: yorkshiredalesskiclub      Twitter: @YorkshireSki
- Snowsport England [www.snowsportengland.org.uk/ukss-nordic/](http://www.snowsportengland.org.uk/ukss-nordic/)
- Video introduction to roller skiing <http://ydccsc.org.uk/rollerski-sessions/>

**Please do not hesitate to get in touch with any questions [info@ydccsc.org.uk](mailto:info@ydccsc.org.uk)**



**We hope to see you at one of our sessions very soon!**  
YDCCSC is affiliated to Snowsport England

# YORKSHIRE DALES CROSS COUNTRY SKI CLUB NORDIC PROFICIENCY AWARDS PATHWAY



## ***NORDIC PROFICIENCY AWARDS***

The Yorkshire Dales Cross Country Ski Club offers instruction in both classic and skate styles of roller ski and cross-country skiing. The Snowsport England Awards are highly recommended and open to everyone, helping you to begin, gain confidence and enjoy your skiing at your own pace. There are six levels of Award from 1\* to 6\* enabling you to measure your technical progress alongside recognised criteria, and all for a single £5 registration fee. The Club's qualified Snowsport England instructors aim to provide you with structured and progressive technical instruction, not only to get the most out of your roller skiing, but to gain the ability to transfer and adapt those skills smoothly from tarmac to snow.

New Members	Existing Members
<p>If you are a beginner and wish to join the Club following the Taster Session, progression is made through the Introductory Package and the Nordic Proficiency Awards, the cost of which is included in the Package fee.</p> <p>If you have been assessed at 1* or above in either classic or skate style at the Taster Session, you will be encouraged to join the Nordic Proficiency Awards and the Coaching Programme with a single registration fee of £5.</p>	<p>The Club is streamlining its focus on teaching good technique and, as part of this, we are encouraging all existing members to join the Nordic Proficiency Awards. This is optional and members can continue to leisure ski without instruction if they wish. For those who do join there is just the single £5 registration fee to pay and this then gives access to the Coaching Programme.</p>

### Coaching Programme

Entry to the Coaching Programme requires prior registration on the Nordic Proficiency Awards. The programme offers progressive instruction in both classic and skate styles, improving your technique at your own pace. There is no pressure, targets or competition, but hopefully there will be some fun and the sense of achievement and increased confidence from improving your skiing ability.