



Suffolk Vikings Ski Race Team

Information Sheet 6: Other Skiing Races and Competitions

Introduction

Although the club's main focus is the ERSA Summer League, many Vikings' members compete in other races, either as Individuals, Vikings, or representing their schools. This guide introduces some of the most popular, but there are plenty more, to the extent that you can spend almost every weekend, both summer and winter, ski racing if you so wish. However, training is just as important as racing at all levels. When you start out be careful balance the amount of training you do with the amount of racing, you can always discuss this with your coaches.

Club Nationals

Club Nationals are the next level up from the ERSA Summer League. Organised by the hosting club, they are held throughout the country, and are usually a slightly more challenging course than the ERSA courses. If entering several Club Nationals, and wanting to be awarded seed points, the racer needs to register with Snow Sport England (for a small fee). If however you just want to compete in one or two Club Nationals, or are not bothered about seed points, day entry is available.

The Vikings host one Club National annually at the Suffolk Leisure Park, and many Vikings compete in this race, there is also one held at the Norfolk Ski Club which, being local to the Vikings, is well worth attending.

ESSKIA

The English Schools' Ski Association hold a competition each year with regional heats and a national final. These are team only events with schools entering teams of three or four racers. More details at www.esskia.com

British School Boys

Held in Switzerland each year, for more information visit: <http://www.britishschoolboys.co.uk/>

British School Girls

Held in Flaine, France each year, for more information visit: www.britishschoolgirlsaces.co.uk

British Interschools at Les Houches

Run by the British Ski Academy in Les Houches, France. This is a popular race, open to individuals, held in March each year. Many Vikings make the trip out to Les Houches to compete in this race. For more information visit: <http://www.britskiacad.org.uk/issc/issc.html>

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The Racing Landscape

The diagram below, courtesy of Team Evolution Racing shows diagrammatically the hierarchy of the races available.

