



NSW ALPINE PRE SEASON NEWSLETTER - June 2012

NSWACT Alpine Teams -2012

Congratulations to the following athletes who have been selected in the 2012 NSWACT Alpine teams:

NSWACT Alpine Open Team



Lavinia Chrystal, Luc Chevalier, Matilda Coates, Toni Hodkinson, Max Hough, Nick Karlowatz, Alexandra Pilat, Sam Robertson, Hugh Stevens and Nathan Wood

NSWACT Alpine Junior Team

Tom Lewis, Alia Moore, Hannah Sugerman



NSWACT Alpine Children's Team



Jack Adams, Jake Bennett, Ed Casey, Theo Coates, Sarah Dennis, Maddison Hoffman, Annabelle Hough, Zac Kelly, Connor Leggett, Michela Mueller, Lucy Neill, Ned Neill, Zoe Spanos, Tatiana Skwarko, Oliver Thompson, and Phoebe Wood (announced in Oct 2011)

For the 2011/12 selection criteria go to www.nswsnowsports.com.au

SERAS Scholarships

Three Alpine athletes are participating in the 2012 South East Regional Academy of Sport (SERAS) Snowsports Scholarship Program which focuses on physical assessment and conditioning and education sessions in sports health and psychology. Our scholarship holders are: Montana Byers, Alia Moore, and Daniel O'Sullivan.



NSWACT Alpine Fitness and Conditioning Programs - 2012



During the April school holidays NSW Alpine and the National Alpine Committee organised a 3 day residential fitness testing and conditioning camp for all Child and FIS Alpine racers. The camp was held at the Sydney Academy of Sport at Narrabeen. About 30 participants attended the highly successful camp which was run by Manfred Wolscher and Sami Kennedy and Tom Dilba along with special guest presentations by Ferry Lee, NSWIS sports

psychologist and John Marsden NSWIS Strength and Conditioning Coordinator.

Following on from these camps, weekly fitness training sessions have been held during Term 2 leading into the coming season. The Sydney sessions were conducted by Heidi Ainge and the Jindabyne sessions by Manuela Berchtold.

The coaches were very impressed with participant's enthusiasm and efforts and report good progress by those attending the weekly sessions. The camp and weekly sessions were subsidized by NSW Alpine, NAC, TSRC and a grant from the NSW Govt Dept of Sport and Rec.



Alpine Rising Stars Program -2012



Based on the continued success of this program, NSWACT Alpine, Perisher Winter Sports Club and Thredbo Ski Racing Club are again combining to offer this exciting Award to talented Interschool racers without previous race club experience. 8 Alpine racers from Division 3, 4 or 5 across the Sydney, Northern or Southern/ACT regions will be selected for this year's Alpine Rising Stars Awards which offer the successful racers:

- a weekend of free training with Perisher or Thredbo Race Club
- free entry into the Blue Cow Cup Children's races

The Awards aim to encourage talented Interschool Alpine racers to experience the next level of Alpine skiing and racing. Successful racers will be notified of their selection after the Regional Interschool events. Previous winners are not eligible to win the award again this year.

Alpine Skiing Level 1 Officials' Course

This two hour course covers the role of the official, safety, race rules, race organisation, timekeeping and the use of radio communications is aimed at both new volunteers and those whose accreditation has expired and need a refresher course (ie those accredited prior to 2008). It is suitable for those volunteering at Interschools events as well as SSA and FIS races. Course details are:



SYDNEY: Tuesday 12th June 6:30 pm – 8.30pm
Scots College, the Robert Hies Theatre, enter from Victoria Rd, Bellevue Hill

JINDABYNE: Thursday the 5th July 7:00pm – 9pm Jindabyne Central School, Library building, 8 Park Rd, Jindabyne

To enquire or reserve a place on the Course, email nswalpine@live.com by 10th June for the Sydney course and Tuesday 5th July for the Jindabyne course.

NSW Alpine Facebook



Go to the NSW Alpine Facebook page and click on LIKE to keep in touch with news, updates and postings. NSW Alpine posts regular updates on our alpine athletes' progress and results.

SSA and NSW Snowsports Membership registration

Membership renewals for Ski & Snowboard Australia and NSW Snowsports are now open via the SSA website. All athletes must register before they can enter FIS or SSA races and parents are encouraged to register as well - it costs only \$60.50 for a parent to register as a Non-Competitor and gives you the right to vote at SSA, NSW SnowSports and NSW Alpine general meetings. To Register go to the SSA home page and please make sure that you nominate NSW Snowsports as your "State Sporting Organisation". It costs nothing extra and helps with our funding.

On behalf of the NSW Alpine Committee, we wish you and your family a safe and successful season.

Annette Pilat
NSW Alpine Chair