

Ski Club of Ireland

# Course Schedule: Autumn 2020



**SKI CLUB OF IRELAND**

National Snowsports Centre for Ireland



**MONDAY** Novice Ski Racing (Adults)

**TUESDAY** Advanced Ski Racing (Adults)

**WEDNESDAY** Members Only / Schools / T.Y. IASI + Gaisce Courses

Personal Performance / Carving Clinic

**THURSDAY** Personal Performance

**FRIDAY** Steeps & Deeps

Freestyle Fridays

**SATURDAY** Mini's Race Training (ages 8-13)

Novice Ski Racing (Adults)

Members Only Night

**SUNDAY** Junior Race Training (ages 12+)

Marmots Children's Club (ages 4-8)

Snowboard Sundays

**ALL LEVELS:** *Ski lessons: Mon-Sun*    *Snowboarding: Tues/Thurs/Sun*



# NOVICE SKI RACING

**MONDAYS (8pm)**

## **New** NOVICE SKI RACING

*Does the idea of skiing through a slalom course at speed excite or terrify you? If the answer is yes to either of these questions, then this course is for you! Our experienced race trainers Fiach and Siobhan will take you from improver or intermediate level to someone who can ski confidently through a course of slalom or GS gates. This course is aimed at both men & women and will help you perfect your parallel turns and carving, whilst gently introducing you to basic racing skills. Our trainers will set easy 'stubbie' courses initially to build confidence before moving onto the more traditional slalom gates and poles.*

*This is a great course to try your hand at racing in a relaxed, non-competitive and fun environment whilst also improving your overall skiing skills. All adults from young or old are welcome to join the course - the only requirement is an ability to step outside your comfort zone and enjoy the excitement!*

*Due to demand, you can take this new Novice Ski Racing course either on Saturday mornings with Fiach Cooling OR on Monday evenings with Siobhain Duggan.*

*The Club runs monthly League Races with easy GS courses where members can participate and compete for glory in various age and gender categories - will we see you there?!*

**Level: Improver / Intermediate**

**Trainer: Siobhain Duggan**

*Siobhain started skiing with the Ski Club at the age of ten and raced for a number of years on the dry slope. After qualifying as a ski instructor on the dry slope she taught at the club before moving away. While living and working in Germany and Switzerland for ten years, she completed her IASI qualification Level 3 and has her Level 4 technical and off piste modules. Siobhain has extensive skiing experience in the Alps and she loves teaching others to develop their skiing at all levels.*

**Dates: 6-week course starting Monday 2 November** (missed classes not transferable)

**Cost: €240 for non-members / €120 Season Ticket holders**

# ADVANCED SKI RACING

**TUESDAYS (8pm)**

## ADVANCED SKI RACING

*Sharpen up your race skills on this extremely popular course which sells out every season. This is aimed towards competent adult skiers who can ski easily from the top of our main slope. The course is 6 weeks long and is limited to 10 participants, commencing on Tuesday 13 October at 7:30pm.*

**Level: Advanced**

**Trainer: Ronan Columb**

*Ronan has a lifetime of experience in Ski Instruction & Coaching and maintains an up to date knowledge of all aspects of Competitive Alpine Racing, Training, Coaching and Equipment Preparation.*

*Ronan is also:*

- *A qualified ski instructor for over three decades and a qualified Alpine Performance Coach for almost two decades.*
- *Past President of both the Irish Association of Ski Instructors (IASI) and the Ski Club of Ireland.*
- *Skied competitively at National and International level both on dry-slopes and snow.*
- *Competed in two World Alpine Ski Championships and coached and managed teams at another three World Championships.*
- *Coached racers, both Junior and Senior, at home and abroad on both snow and dry-slopes.*
- *Qualified Ski, Boot and Binding Technician.*



**Dates: 6-week course commencing Tuesday 13 October** (missed classes not transferable)

**Cost: €240 for non-members / €120 Season Ticket holders**

# TRANSITION YEAR INSTRUCTOR PROGRAMME

**WEDNESDAYS (2.00-4.00pm)**

## **New** TY IASI LEVEL 1 INSTRUCTOR TRAINING

*A programme for motivated and positive TY students, providing them with an opportunity to gain an IASI I Level One professional snowsports instructor qualification once they have completed their training, assessment and 20 hours of shadowing experience (qualification awarded to students 16 years or older).*

*They will train & practice with other TY students from October to February, when they will be formally assessed for their Professional Level One IASI ski instructor licence, giving them a real sense of achievement in their TY year. This is a professional qualification and therefore must be taken seriously.*



**Level: Intermediate / Advanced**

**Trainer: Dee O'Neill**

*I was introduced to skiing at a relatively early age and spent winters zipping around the slopes. I quickly became addicted to skiing and joined the Ski Club of Ireland where I was able to ski on more regular basis. Getting involved at an early age introduced me to racing and this proved a useful stepping stone in training towards becoming a ski instructor. After receiving my Level 1 qualification I realised that I wanted to develop more as a skier so I furthered my training which led me to gain my professional qualification and enable me to live in the Alps as a professional ski instructor. I was Chairperson of IASI for a number of years and am still involved as an IASI Alpine Level 1 Trainer. I'm passionate about skiing, cycling and running and teach regularly in Chamonix, France.*

*Qualifications: Full French Equivalence, IASI Alpine Trainer, AIARE Level 1*

*Dates: 13 week course commencing Wednesday 14 October*

**Cost: Please contact [ssc@skiclub.ie](mailto:ssc@skiclub.ie) for more details**

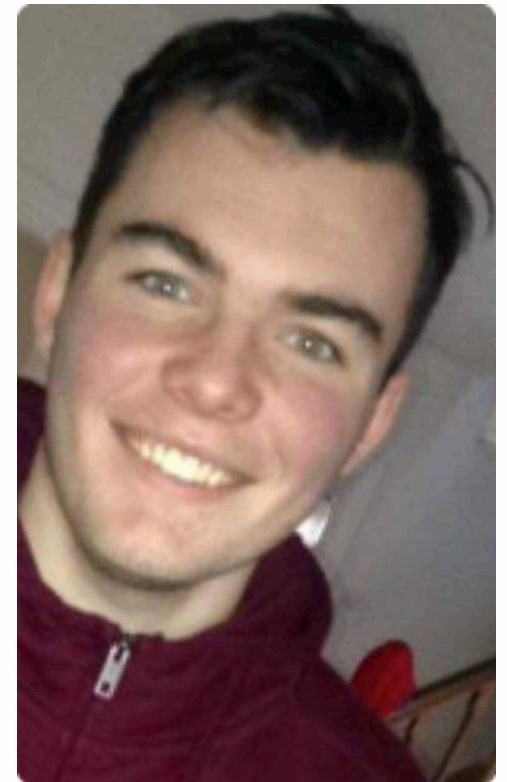
*\* Due to overwhelming demand this course is already **booked out**, but there is a possible new course commencing in February. **Please contact us if you would like to go on the waiting list.***

# TRANSITION YEAR / GAISCE AWARDS PROGRAMME: 'SKI THROUGH T.Y.'

**WEDNESDAYS (2.00-4.00pm)**

## **New** SKI THROUGH TY

*A brand new 13-week TY Ski Course for intermediate plus skiers. This course is for TY students who are youth members (or part of a family membership) of the Ski Club of Ireland who want to use their time in Transition Year to develop their skiing to higher level. You should be comfortable on any blue run on snow and be confident enough to tackle a red. The Ski Through TY Course will run over thirteen weeks to facilitate the new skills section of the **Gaisce Award**. Class size is limited to 8 students. \*Students must arrive dressed to ski as there will be no changing facilities available due to COVID 19.*



*This course will be run alongside the inaugural TY IASI Level 1 instructor programme (see above) on Wednesday afternoons; we hope this will inspire the 'Ski Through TY' programme participants to further their training in the New Year, having achieved a proficiency to enable them to participate in a potential TY IASI L1 instructor training programme starting in February (TBC, limited availability, subject to demand).*

**Level: Improver / Intermediate**

**Trainer: Jamie Roche**

*Hey, my name Jamie Roche and I am an IASI Level 1 Qualified Ski instructor here in the Ski Club of Ireland. Just a small bit about me, I have been skiing since I was 6 years old and qualified as an instructor when I was 18. During my classes I like to really engage with our clients as much as possible so that they enjoy taking the class as much as I do. I like to incorporate different games and exercises into my classes so that the clients don't get bored of doing the same thing over and over again. This way they are always engaged in the class, they enjoy and get more out of the lesson and above all else they improve on their skiing technique during these games and exercises. At the end of the day we all want to enjoy ourselves on the slope and have as much fun as possible and that is what I prioritise in my classes.*

**Dates: 13 week course starting Wednesday 14 October** (missed classes not transferable)

**Cost: €300 course fee + optional €195 Youth season ticket membership for unlimited skiing**



# PERSONAL PERFORMANCE / CARVING CLINIC

## WEDNESDAYS (8pm)

### PERSONAL PERFORMANCE / CARVING

*What better way to work on your carving and short swing techniques than join the very popular Personal Performance course with Brendan Roche. Participants should be comfortable on red runs and confident enough to tackle the odd black run. Each course is 6 weeks long and limited to 10 participants. The first course commences on Wednesday 14 October at 7:30pm*

**Level: Intermediate / Advanced**

**Trainer: Brendan Roche**



*Brendan has been a member of the Ski Club of Ireland since 1972 when he was taught to ski by his father, the legendary SCI instructor Paddy Roche. Brendan is our new Head of Ski School & Instructor Academy and regularly delivers IASI Level 1 Instructor training and assessment courses here at the club.*

- *Ski instructor since 1986*
- *Member of the ski club since 1972*
- *IASI Level 3 Alpine Ski Instructor*
- *Current Head of Ski School in Kilternan*
- *Board member of IASI (currently holds Treasurer role)*
- *IASI Educator delivering Level 1 Alpine ski instructor courses in Dublin since 2005*
- *Experience teaching skiing in the Alps over many years*

**Dates: 6-week course starting Wednesday 14 October** (missed classes not transferable)

**Cost: €240 for non-members / €120 Season Ticket holders**

# PERSONAL PERFORMANCE

## THURSDAYS (8pm)

### PERSONAL PERFORMANCE

*If you are returning to skiing after a break, or simply want to improve your skills in a relaxed group, this course is for you. Participants should be able to ski comfortably down a blue run and feel confident enough to tackle a red run. Stephen is renowned for his calm and relaxed style of teaching; being a qualified IASI instructor, Stephen spends several weeks abroad each year to keep his knowledge and experience on the mountain up to date.*



*Each course is 6 weeks long and limited to 10 participants, commencing on Thursday 15 October at 7:30pm.*

**Level: Intermediate**

**Trainer: Stephen Howe**

*Stephen has been involved in sport throughout his life and appreciates the value of what sport can offer people. His love for the outdoors, fun of sport, and fitness has helped him balance family life and the stresses of a busy professional career.*

*He was introduced to alpine skiing finishing college, learning to ski through numerous BASI courses in the French Alps and IASI courses over the years. He is an avid member of Ski Club of Ireland since the mid 1990's and has been a qualified IASI Ski Instructor in Kilternan for the past 20 years.*

**Dates: 6-week course commencing Thursday 22 October** (missed classes not transferable)

**Cost: €240 for non-members / €120 Season Ticket holders**



# STEEPS & DEEPS

## FRIDAYS (8pm)

### STEEPS & DEEPS

*Work on your all-mountain skiing skills and overcome your fears of skiing on steeper terrain with Conor Stakelum's Steeps & Deeps course. These classes tend to take place on the steep upper green section of our main slope, so trainees should be comfortable on red runs and confident enough to tackle the odd black run. The course is 6 weeks long and limited to 10 participants, commencing on Friday 22 October at 7:30pm.*



**Level:** Intermediate / Advanced

**Trainer:** Conor Stakelum

*Conor is known for his sharp technical eye, ideal for those who really want to push themselves to the next level, take this course and you are sure to feel the difference next time you hit the slopes.*

- *Started as a Member of the Ski Club of Ireland in 2002*
- *Qualified Instructor since 2007*
- *IASI Level 3 Alpine Ski Instructor*
- *Member of International Ski Instructors Association*
- *IASI Educator delivering Level 1 Alpine ski instructor courses in Dublin since 2016*

**Dates:** 6-week course commencing Friday 30 October (missed classes not transferable)

**Cost:** €240 for non-members / €120 Season Ticket holders

# FREESTYLE FRIDAYS



## FREESTYLE FRIDAYS (8pm)

*Our freestyle nights at the Ski Club of Ireland are for people interested in trying something different and developing a whole new set of ski or snowboard skills - or just have some fun! The night's main focus is on enjoying yourself and trying something new with friends. There are no structured lessons but our 'regulars' are always on hand to help build the confidence and skills in the park. We will always have at least one person to give demos and advice on various features and tricks. There is no age limit as long as you can ski in control --- and wear a helmet! We have a core group of freestylers ranging from age 10 to 'old enough to know better!'*

*Our features are designed with beginners in mind, so they are easy to get on and off and have a minimum risk factor. Once you have developed your core skills on both Jumps & Rails, you will pick up the rest very quickly by watching and joining in when others are working on new tricks. There are a number of features for the more advanced freeriders and we are always adding new features to the park. Follow us on Facebook **@SnowParkIreland***

**Dates: Every Friday at 7.30pm, starting October 23**

**Cost: Book a practice session and join in! (€30 Adult/€25 Student/€20 Child)**

**Season Ticket Holders - FREE!**



# NOVICE SKI RACING

**SATURDAYS (11am)**

## **New** NOVICE SKI RACING

*Does the idea of skiing through a slalom course at speed excite or terrify you? If the answer is yes to either of these questions, then this course is for you! Our experienced race trainers Fiach and Siobhan will take you from improver or intermediate level to someone who can ski confidently through a course of slalom or GS gates. This course is aimed at both men & women and will help you perfect your parallel turns and carving, whilst gently introducing you to the basic racing skills. Trainers will set easy 'stubbie' courses initially, before moving onto the more traditional slalom gates and poles.*



*This is a great course to try your hand at racing in a relaxed, non-competitive and fun environment whilst also improving your overall skiing skills. All adults from young or old are welcome to join the course - the only requirement is an ability to step outside your comfort zone and enjoy the excitement!*

*Due to demand, you can take this new Novice Ski Racing course either on Saturday mornings with Fiach Cooling OR on Monday evenings with Siobhain Duggan (see above).*

*The Club runs monthly League Races with easy GS courses where members can participate and compete for glory in various age and gender categories - will we see you there?!*

**Level: Improver / Intermediate**

**Trainer: Fiach Cooling**

**Dates: 6-week course starting Saturday 24 October** (missed classes not transferable)

**Cost: €240 for non-members / €120 Season Ticket holders**



# MINIS RACE TRAINING (Ages 8-13)



## SATURDAYS (10am)

### MINIS RACE TRAINING (ages 8-13)

*Our Minis Group caters for budding racers ages 8 to 13 years and runs on Saturday mornings from 10.00am until 11.30am. Prospective trainees need to have the ability to ski from the top of the slope and should be comfortable skiing at speed. Our training sessions are run by a team of highly qualified & experienced Race Coaches and focus on improving basic technique, progression from snowplough to parallel skiing (including carving), introduction to slalom racing. Over time trainees will graduate to either the Development Squad or the Race Training Squad.*

*Children's race training is only available to Season Ticket Holders (Full Members of the Ski Club).*

***If you think your child might be interested, why not let them try it out for a week or two before committing?*** For more information please call our office on 01 2955658

**Dates:** Saturday mornings throughout the season

**Cost:** €120 (open to Season Tickets holders only)



# JUNIOR RACE TRAINING (ages 12+)



**SUNDAYS (9.30am low season / 9.00am high season)**

## **JUNIOR RACE TRAINING (Ages 12+, including young adults)**

*The Race Squad caters for children aged 14 years and older who want to further develop their racing skills and are interested in committing to an intensive training program. In our ski training sessions racers work towards more complex aspects of skiing such as weight distribution in the turn, loading the ski, hip and knee angulation, etc. but can include some basic exercises where necessary. In addition a large amount of time is spent working in slalom courses. Along with ski training we run a fitness training programme which comprises activities such as dynamic warm-ups, anaerobic fitness, and speed training. **If you think your child might be interested, why not let them try it out for a week or two before committing?** For more information please call our office on 01 295 5658 on email [racing@skiclub.ie](mailto:racing@skiclub.ie)*

**Dates:** Sunday mornings throughout the season

**Cost:** €120 (open to Season Tickets holders only)



# MARMOT KID'S CLUB



**SUNDAYS (11am)**

## **New MARMOT KIDS CLUB (4-8 years)**

*Due to COVID-19 Government & Public Health Guidelines, we regret we cannot run Kinder Classes here at the club for the foreseeable future as social distancing is too difficult to maintain. However, children aged between 4-8 years who are already able to ski proficiently on the main slope can join this year's new **Marmot Kid's Club**. Lessons will be delivered by the kids' favourite instructor Johnny Small and his experienced Kinder team.*

*Please call the office if you feel your child would enjoy this fun focused club and has good ski ability. \* Please note, all children will be assessed before being admitted to the Marmots.*

**Level: Intermediate**

**Trainer: Johnny Small & Marmot Team**

**Dates: Sunday mornings, 6-week courses commence on 11 October and will run throughout the season** (missed classes not transferable)

**Cost: €140** (discounts for members apply)

***Each course must be paid for in advance, missed classes cannot be carried forward.***



# SNOWBOARD SUNDAYS

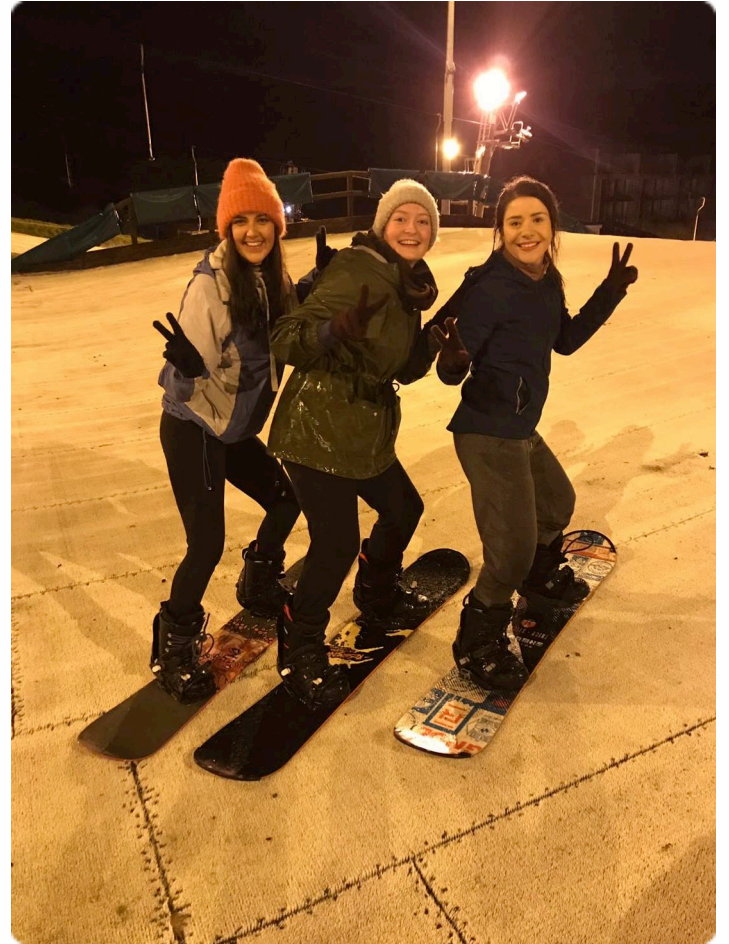
**SUNDAYS (6.30pm - 8.30pm)**

## SNOWBOARD SUNDAYS

*Snowboarding is a hugely popular wintersport, particularly among youth and young adults and is one of the most popular activities at the Ski Club. On Sunday evenings, the slope is reserved exclusively for snowboarders.*

*Snowboard lessons take place throughout the week on Tuesdays, Thursdays and Sundays and our snowboard instructors cater for beginners, intermediate and advanced boarders.*

*Intermediate classes are for those who can manage their way down the slope fairly well with a reasonable amount of confidence. The advanced classes will depend on the ability of the pupils and will be geared towards meeting their specific needs and improving their technique.*



**Level:    Beginners / Improver / Intermediate / Advanced**

**Dates:    Sunday evenings throughout the season**

**Cost:     Lessons start at €50 (€160 for 4 lesson pack) / Practice €30**

*(Season Ticket holder discounts apply on lessons / Practice for free)*

# INSTRUCTOR TRAINING

This season the Ski Club of Ireland is a Licensed Course Provider (LCP) for the Irish Association of Snowsports Instructors (IASI) and we have expanded our Instructor Training across all levels;



- **IASI Level 1 Alpine Training & Assessment**

**Dates:** Training commences 21 October (FULLY BOOKED)

- **IASI Level 1 Snowboard Training & Assessment**

**Dates:** Training commences 21 October (FULLY BOOKED)

- **Journey to IASI Level 1** (Pre-assessment Course)

**Trainers:** Helen Casey

**Dates:** 10-week course starts Monday November 16

**Cost:** €200 *members* / €400 *non members*

- **Journey to IASI Level 2** (Pre-training Course)

**Trainers:** Dee O'Neill (*Wednesdays*) & Ally Henry (*Fridays*)

**Dates:** 10-week course starts Wednesday 14 October (FULLY BOOKED)

+ Friday 16 October (LIMITED PLACES AVAILABLE)

**Cost:** €150 *Panel members* / €200 *non-Panel members* / €400 *non-Panel non members*

- **Journey to IASI Level 3** (Pre-training Course)

**Trainer:** To be confirmed

**Dates:** 10-week course (to be confirmed - please register your interest)

**Cost:** €150 *Panel members* / €200 *non-Panel members* / €400 *non-Panel non members*

Also RACE COACH LEVEL 1 Training & Assessment coming soon. For info email: [ssc@skiclub.ie](mailto:ssc@skiclub.ie)

# BECOME A MEMBER

*In order to avail of half-price lessons and courses, why not become a Ski Club of Ireland member?*

Full Membership of the club includes a **Season Ticket** which offers the following benefits:

- *Unlimited recreational skiing and snowboarding during slope opening hours\*, including exclusive openings on Wednesday mornings and Saturday nights*
- *Up to 50% discount on ski and snowboard lessons*
- *Ski coaching in our personal performance and carving sessions*
- *Freestyle Friday nights*
- *Race training for children age 7-12 (Minis) and youth age 12+ (Race Squad)*
- *Snowboarding from aged 12 years upwards*
- *Family Season Ticket is for 2 adults and up to 4 children under 18 years*
- *Exclusive member discounts with ski shops, travel agents and local businesses*
- *Sports & social events (inc. monthly league races) for members all year round*
- *All equipment (skis/snowboards, boots & poles) provided at no extra cost.*

[CLICK HERE TO JOIN THE CLUB](#)

Membership is open to all and runs from 1 May to 30 April. The Ski Club's main season is from September to early April. You do not have to be a member to use our facilities but if you intend to ski or snowboard regularly there are considerable benefits as detailed above.





## **SKI CLUB OF IRELAND**

National Snowsports Centre for Ireland

Slope opening hours

Monday to Friday: 7.30pm to 10pm

Saturday and Sunday: 10.30am to 5pm

Wednesday: 10.30am to 12.30pm (November to March)

Saturday: 7.30pm to 9.30pm (November to March)

Sunday: 6.30pm to 8.30pm (Snowboarding only)

## **SKI CLUB OF IRELAND**

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