

SENIOR PROGRAMME - 2012

TRAINING

This year we will be combining our Nordic weekend with our social training weekend. The social ski programme will involve a more relaxed structure for those who want to gain some instruction without them having to try and keep up with more experienced skiers. The main focus will be on having fun. Nordic training will operate depending on conditions; both Junior and senior members are eligible to participate in Nordic Training. The intention is the Nordic Training will be in the morning. This weekend will be run from the 27th to the 29st of July.

In 2012 IMBAC will again be offering its Senior Training programme for its senior members. We will run this on the weekend the 3rd to the 5th of August. This is a programme that is aimed at improving abilities of all participants with a focus on higher skills, but most importantly: Having Fun. Lessons are conducted in small groups and are designed to maximise the learning of all participants, along with being an enjoyable social experience.

If you have any questions please feel free to contact me.

RACING

There are two major ski race weekends during the season, which are the Senior Illawarra Interclub race weekend and the Smiggins Bowl race weekend.

The Senior Illawarra Interclub race weekend is held over the 10th to the 12th of August 2012, with the races being on the 11th of August.

The Smiggins Bowl race weekend is held on the 14rd to 16th of September 2012, with the races being on the 15th of September. IMBAC is hosting this event this year so we will be looking for a good turn out and for some helpers, if you are keen let me know.

These are two great weekends and are a great opportunity to meet other members of the IMBAC community and the other lodges. IMBAC encourages all racers to compete not only in the Giant Slalom and Slalom (for those lucky few), but also to have a go at Snowboarding and Cross-Country Skiing, with half-price accommodation for our racers.

INTEREST

If you are interested in participating in any of these great weekends, please forward the expression of interest form below to, the Club Captain, at IMBAC PO Box 245 Oak Flats 2529, **by the 19th of February.**

If you have any questions about the programmes for this year please contact Andrew Fanning at imbacracing@gmail.com

.....

2012 Senior Programme Expression of Interest Form

Please circle

Social Training/Nordic Weekend

Name(s):-..... Senior Training

Contact Number:-..... Inter-Illawarra

Email Address:-..... Smiggins Bowl