



ES Falcons Junior Race Club – 2009/10 Season

The 2009/10 winter season is almost upon us and final adjustments to the Falcons 3rd year programme are being made. We have taken on board all the feedback from the coaches, athletes and their parents and put together what we hope will be a new exciting programme.

ABOUT THE FALCONS

The **ES Falcons Junior Race Club** is a **fully professional club for young people** with a keen interest in developing their talent in snowsports. The fundamental aim of the Club is to provide a **safe, effective and child friendly performance environment** for young skiers.

The ES Falcons are **based in Verbier**, Val de Bagnes, and managed by **European Snowsport Ecole de Ski et Snowboard**. All permanent and contracted staff are **highly qualified and experienced** in their field, catering for a varied programme of activities throughout the season.

The ES Falcons are for **boys and girls aged 8 to 14** who have attained the appropriate ski school level. Our members tend to be regular visitors or residents in Verbier.

CLUB OBJECTIVES

Performance - to provide a structured athlete development programme including individual assessment (inc. video analysis), athlete action planning and mentoring, sports science education (introduction to physical, physiological, cognitive & sociological) , performance race training, access to competition.

Pathway - Access to performance pathways of relevant national bodies. Information about other opportunities within the snowsport industry.

Participation - in a wide range of snowsport disciplines including skiing, snowboarding, touring, racing and adaptive.

Social - to be a fun members club in which young people can interact with their peers. Access to a range of fun off snow trips and activities.

COACHING STAFF

Club Manager - Mike Joyce

Off season Mike is a University Sports Science Lecturer and professional performance development coach in a number of sports. His role with the Falcons is overall responsibility for managing the day to day operations of the club and delivery of aspects of the sports science programme.

Head Coach – Lee Wright

Lee started with ES and the Falcons last season. As well as being an outstanding young race coach he is also a specialist freestyle coach. His enthusiasm is infectious and he was an instant hit with the young athletes last season. We are delighted that he has agreed to step up to the head coach role this year.

Group Coach – Jojo O'Brien

Jojo is one of our most popular and experienced instructors. She is an outstanding role model for young skiers and commands a great rapport with them. She will be splitting her time between training new instructors and coaching the Falcons this year.

Group Coach – Amanda Pirie

Amanda is a highly experienced racer, instructor and coach. Her individual skiing achievements are exceptional, having represented the British Alpine Ski Team in international competition and reaching a high of 56th in the world rankings.

Group coaches are responsible for programme delivery and mentoring of their group.

Contracted Coaches and Guides are appointed for specific programme areas.

CLUB PROGRAMME

The ES Falcons Club programme is organised into 3 Camps - Christmas, Spring and Easter. The Camps run for a total of 36 days (6 weeks).

Each Camp has a variety of technical core skills, freestyle, race gates, off piste (with guide) & excursions. Post skiing off snow activities will take place on 1 afternoon per week. The Easter Camp also includes an excursion day – in the past the Falcons travelled to the Olympic Museum in Lausanne, and had an activities day at a Water park and bowling venue.

The overall programme includes: 36 days training (Technical Core Skills [24], Freestyle [4], Race Days [6], Guide days [1], Excursion [1])

Camp 1 (Christmas): Sunday 20th December 2009 to Friday 1st January 2010

Camp 2 (February): Sunday 7th February 2010 to Friday 19th February 2010

Camp 3 (Easter): Sunday 28th March 2010 to Friday 9th April 2010

Each day runs from 9am to 4pm except Sundays which are half days from 1pm to 4pm

Evening activities include outings as a whole club within Verbier, i.e. Swimming, ice skating, hockey and other activities.

MEMBERSHIP

Membership is open to **boys and girls aged 8 to 14** who have achieved the equivalent of Level 6 of ES Junior Academy. It is important that this level of ability is reached prior to joining the club as activities will be demanding.

CAMP ATTENDANCE

Camp Attendance may be booked on a daily, weekly or seasonal basis. Attendance costs are as follows;

1 Day (9am to 4pm*)	CHF 200
1 Week (5.5 days)	CHF 900
Season (6 weeks)	CHF 5000

The following is included;

- **ES Falcons Soft shell Jacket – in club colours with ES Falcons logo (For bookings of 1 week or more)**
- **Membership Card**
- **ES Falcons Log Book**
- **All tuition**
- **Use of Race equipment for the programme (not including personal equipment such as helmet, race pads, ski boots etc.)**
- **Lunch every day**
- **DVD Feedback**
- **Guides for touring day**
- **Equipment for touring day**
- **Personal goal setting and action planning (1 to 1 session)**
- **Excursions**
- **Evening activities (Swimming, Ice skating, broomball etc.)**

ES FALCONS CAMP PROGRAMME 2009/10

CAMP 1					
WEEK 1	1	20/12/2009	Sun (Afternoon)	1pm to 4pm	TECH
	2	21/12/2009	Mon	9am to 4pm	TECH
	3	22/12/2009	Tue	9am to 4pm	FS/Activity
	4	23/12/2009	Wed	9am to 4pm	TECH
	5	24/12/2009	Thu	9am to 4pm	TECH
	6	25/12/2009	Fri	9am to 4pm	RACE
		26/12/2009	Sat		Day off
WEEK 2	7	27/12/2009	Sun (Afternoon)	1pm to 4pm	TECH
	8	28/12/2009	Mon	9am to 4pm	TECH
	9	29/12/2009	Tue	9am to 4pm	FS/Activity
	10	30/12/2009	Wed	9am to 4pm	TECH
	11	31/12/2009	Thu	9am to 4pm	TECH
	12	01/01/2010	Fri	9am to 4pm	RACE

CAMP 2					
WEEK 3	19	07/02/2010	Sun (Afternoon)	1pm to 4pm	TECH
	20	08/02/2010	Mon	9am to 4pm	TECH
	21	09/02/2010	Tue	9am to 4pm	TECH/Activity
	22	10/02/2010	Wed	9am to 4pm	FS
	23	11/02/2010	Thu	9am to 4pm	TECH
	24	12/02/2010	Fri	9am to 4pm	RACE
		13/02/2010	Sat		Day off
WEEK 4	25	14/02/2010	Sun (Afternoon)	1pm to 4pm	TECH
	26	15/02/2010	Mon	9am to 4pm	TECH
	27	16/02/2010	Tue	9am to 4pm	TECH/Activity
	28	17/02/2010	Wed	9am to 4pm	GUIDE DAY
	29	18/02/2010	Thu	9am to 4pm	TECH
	30	19/02/2010	Fri	9am to 4pm	RACE

CAMP 3					
WEEK 5	31	28/03/2010	Sun (Afternoon)	1pm to 4pm	TECH
	32	29/03/2010	Mon	9am to 4pm	TECH
	33	30/03/2010	Tue	9am to 4pm	TECH/Activity
	34	31/03/2010	Wed	9am to 4pm	FS
	35	01/04/2010	Thu	9am to 4pm	TECH
	36	02/04/2010	Fri	9am to 4pm	RACE
		03/04/2010	Sat		Day off
WEEK 6	37	04/04/2010	Sun (Afternoon)	1pm to 4pm	TECH
	38	05/04/2010	Mon	9am to 4pm	TECH
	39	06/04/10	Tue	9am to 4pm	EXCURSION
	40	07/04/2010	Wed	9am to 4pm	TECH
	41	08/04/2010	Thu	9am to 4pm	TECH
	42	09/04/2010	Fri	9am to 4pm	RACE