

Martin Bell Summer Camp, Southampton Alpine Centre, 2-6 August 2010

Background: The annual Bell Brothers Summer Camp was started by Martin and Graham Bell at Harrogate in 1988. In the mid-90s, it was moved to Hillingdon, then re-located a few years later to Wycombe Summit. This will be the camp's fourth year at Southampton. Although primarily based around race training, the camp has traditionally catered to a wide range of abilities. For some, it is simply an introduction to racing techniques - such trainees may have skied recreationally on snow for a few years, or may have just started regular race training at their local dry slope. At the other end of the spectrum, the more experienced trainees may be racing regularly and looking to knock off a few tenths of a second.

Age range: 7-17

Timetable: Each day at the slope runs from 10am to 6pm. The final hour consists of ski prep, rollerblading and other non-skiing activities, in case parents need to collect children before 6pm. About half the time is spent skiing - technique drills and slalom courses. The rest is taken up with video playback, and fitness - FUN games for agility and co-ordination, plus some basic fitness tests. For most sessions, the trainees are divided into groups according to ability. During the week, there are some fun races: a team dual slalom, an individual dual slalom, and a timed slalom at the end of the week.

The slope: Southampton Alpine Centre. For more info visit: www.southampton-alpine-centre.co.uk

The residential option: Those from further afield may attend as residential trainees. They can be dropped off at 10am on the first Monday morning, and picked up at 6pm on the Friday afternoon. Between those times, they will be lodged locally, transported to and from the ski slope each day, and supervised at all times. They will be provided with breakfast, lunch and dinner each day. There is a cinema evening. It is always exciting for the trainees to stay away from home for four nights, with a group; and good preparation for future on-snow training camps abroad.

The Accommodation: At Lucia Foster Welch halls of residence, Southampton Solent University. (Royal Crescent Road, Southampton SO14 3ZP)

Coaches: **Martin Bell** started ski-racing in Scotland, then attended the Stams Ski Academy in Austria. He skied for Britain in World Cup, World Championships and Olympics between 1981 and 1995, with six World Cup placings in the top ten. He holds the British Olympic record in Men's Downhill, and has taken 13 British Championship titles. In 1997, he won the Jeep King of the Mountain professional title in the USA. On dry slopes, he won the All-England Championships six times between 1988 and 1994. He is the Equipment Editor for Daily Mail Ski magazine. He has commented on ski-racing for BBC, Channel 4 and ESPN. Martin also runs Easter camps for skiers aged 10 to 15 in Zermatt with Powder Byrne Holidays. (www.powderbyrne.com) He currently resides in Big Sky, Montana, USA.

Spenser Pession - 1993 British Giant Slalom Champion, member of the 1994 British Olympic Team.

Italian-qualified Maestro di Sci. Former winner of the prestigious "Topolino" international children's race.

Dino Radice – former ski-racer with Kendal Ski Club, qualified PE teacher and rugby coach

Pete Todorov – ex Bulgarian Team slalom skier; runs his own ski school, ski shop and pub in Pamporovo

Prices: Non-residential **£160** per person per week.

Residential **£320** per person per week.

How to book: Provisionally, by e-mail: martinbellskicamps@hotmail.com

To confirm a booking, please fill out this form and send it, with **£40 deposit**, to: **Martin Bell Camps, 30 Anaconda Drive, Gallatin Gateway, MT 59730, USA**

(Cheques payable to "Martin Bell", deposits in by June 30th please)

Please indicate whether you require the residential or non-residential option.

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Please tick: Non-residential(.....) Residential(.....)

Trainee's name..... DOB.....

Parents' names.....

Address.....

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Tel..... e-mail.....

Special health or dietary requirements.....

I was referred to the camp by: **SASA** Southampton Area Ski Association www.skisasa.co.uk