

SNOWSPORT ENGLAND



Alpine Committee Meeting

Sunday 4 February 2018 at 11:00 am

Sportpark, Loughborough

Present:

Bryan Thomas – Joint Chair (BT)
Lloyd Jenkins – Joint Chair (LJ)
Mary Calvert (MC)
Andrew Hjort (AH)
David Manns (DM)
Nigel Vincent (NV)

By phone link:

Andrea Grant (AG)
Simon Bannister (SB)

1. Apologies

Mike Frith (MF)
Gareth Case (GC) – report received
Karen Conde (KC)
Tim Fawke (TF)
Peter Heath (PH) - report received
Chris Shelley (CS) - report received
Paul Telling (PT)

2. Declaration of Interests

Those members present confirmed that there were no changes to their declarations of conflict of interest. MC will send AH and SB declaration of interest forms to complete. There were no safeguarding issues raised.

Action: MC to send AH and SB declaration of interest forms to complete

3. Minutes from previous meeting

These had previously been agreed and published on 29 October 2017.

4. Action points from previous meeting not on agenda elsewhere

4.1 An equipment inventory still needs to be completed. DM will update the snow equipment at the English Championships and then liaise with MF.

Action: DM/MF to do an inventory of equipment at Bormio and then liaise before next meeting

4.2 DM confirmed that the 5 point race penalty rules had been agreed at the TD forum.

4.3 DM is still looking at ways of collecting race data on “unique entry” numbers.

Action: DM to report at next meeting on unique entry data collection

5. Finance

PH submitted interim accounts up to 31 Dec 2017. The registrations and renewals income from Nov/Dec was not available yet. The final accounts are expected to show a small surplus.

6. Bormio Update

The entry numbers for the English Championships at Bormio are significantly higher this year – particularly for the FIS events. Disappointment was expressed that the resort had not provided any

financial support for the Championships. BT asked that TF (and Jamie Horner if available) take this up with the resort again.

AG and DM reported that preparations for the event are going well.

7. Progress on Committee's Revised Terms of Reference

The Board have still not finalised their plans for the SSE committee structure. However, BT believes that the outline TORs and Roles and Responsibilities (appendix 1) will be accepted. Once this has happened, a message should be put out to the membership confirming the Alpine Committee's structure and remit.

Action: BT to post message to membership about Alpine Committee once details approved by Board

8. Calendar Planning Update

8.1 Club National Races

The calendar for 2018 has been finalised. Because of a shortage of indoor events, Ambition was allocated a second indoor CN. However, DM confirmed that generally clubs/organisations should be restricted to one CN event per season.

There would be an ongoing review of the CN series of races and the total numbers of events.

8.2 CORs for 2018 SSE events

NV has only had 6 offers to act as COR so far so the roles have not yet been finalised. He will circulate a provisional list with race allocations to those who have volunteered.

Action: NV to circulate COR race allocation for SSE events to volunteers

8.3 3rd event at All England Championship weekend

NV proposed that the third event at Silksworth over the All England weekend be a "city event". Both SB and LJ strongly supported this. To provide more racing, it was suggested that pools and a plate competition be considered. NV is looking into what software would be available to make this event possible.

Action: NV to discuss possible city event with TF

It is hoped that top athletes would be invited via BSS. It was suggested that any profit from the event be put into the BSS fund.

Action: TF to talk to BSS re support for city event

8.4 NV reported that the Irish Ski Championships will now be held on 6/7 October. LJ confirmed that the Lowlands Championships would be held on 22/23 September. It has not yet been decided whether that competition will take place at Landgraaf or Peer.

8.5 NV proposed that an additional Facebook page be set up for Alpine Racing. This would allow updates to be posted for races and reminders to be sent out regarding race entries. (The information would then be on three sites – SSE website, gbski and Facebook.)

BT asked that a monthly reminder be sent out to individuals, regions and clubs in order to try and increase entry numbers.

Action: BT/NV to ask TF re setting up of Facebook page for Alpine Racing

9. First Aid Cover at Races

It was confirmed that there must be dedicated first aid cover at races. It was unclear at what level this cover needed to be – and whether the cover provided by the slope was sufficient. It was agreed that, in the first instance, all race organisers should be asked what level of first aid cover is currently provided at their event and what this costs.

Action: DM to contact all race organisers for confirmation of the level and cost of their first aid cover

10. Update on Officials' Pathway, List and Accreditation

10.1 Following feedback from clubs, AH has renamed the levels within the officials pathway (Appendix 2). He emphasised that this was not a change to the training pathway but allowed those who had completed the Level 1 course to be designated as Level 1 officials.

It was emphasised that, to be accredited, officials need to be registered with SSE. NV will ask race organisers to encourage all officials to register with SSE. This SSE membership registration is free of charge.

Action: NV to ask all race organisers to encourage all officials to register with SSE

10.2 AH reported that it was difficult to get information on who had completed the Level 1 online officials' course. He would liaise with Claire Pennell in the SSE office to see how this information could be obtained.

Action: AH to contact Claire Pennell for details of those completing the Level 1 online course

10.3 AH confirmed that Ambition have asked for a Level 3 Course to run after their race camp on two weekdays. Lions have asked about L3 courses but have insufficient candidates. As part of the recent survey AH has tried to establish interest in various courses and could run an L3 course in the North if this proved more accessible to participants.

MC will send the administrative details of the course organised for Snowsport South in November 2015 to AH.

Action: MC to send AH administrative details of officials' course held in Nov 2015 at Aldershot

10.4 AH has been in discussion with Snowsport Scotland (SSS) regarding officials' training. There are some differences which need to be considered. SSS need to include speed event and mountain safety units in their training. It would be possible to make the level 3 training more modular if that suited SSS better.

It was asked if there was a need for referee accreditation. DM reported that this has been discussed in the TD forum. It was felt sufficient that both the COR and TD needed to agree the referee.

11. Officials Update Day

AH reported that he had received 25 responses to his *SSE Training and Information Days 2018 Survey*. 13 respondents indicated that they "might" attend an update on 18 March. However, AH felt the number was more likely to be 8 or 9. Most of the respondents wanted to attend a calcs or race sec course. It was felt that updates would be better attended if attached to a race weekend as a one hour briefing. DM will look at the calendar and suggest dates and topics for this. AH will suggest dates for calcs and race sec courses. The update planned for 18 March was cancelled.

**Actions: DM to suggest dates and topics for one hour updates at race weekends
AH to suggest dates for calcs and race sec courses
MC to cancel room booking for 18 March**

12. Update on Course Setters' Policy

12.1 The course setters' list is published on gbski. The committee approved that Adam Lee be added to the B list. DM asked that the header of the list be amended to "Snowsport England Artificial Slope Course Setters' List". This covers all UK races at indoor and outdoor artificial slopes under the governance of the HNGB.

Action: SB to add Adam Lee to Course Setters' List and amend title of document

12.2 A course setters' course is planned at Chatham on Sunday 11 March. The tutor will be Tomasz Ondrusz. Ryan Grewcock will publish details of this on the training website.

Action: SB to confirm with Ryan Grewcock that the course setters' course on 11 March has been publicised on the training website

12.3 There is currently no mandate to have attended a course setters' course before being put on the B list. SB felt that, to be added to the list, an individual should be UKCP1, have attended a course and have been shadowed by someone already on the list. UKCP2 coaches would be exempt from attending the course but would still need to be shadowed before being added to the list. He proposed that UKCP1 should have "attending a course setting course" added to their logbook. This will need agreement with Snowsport Wales (SSW) and Snowsport Scotland (SSS). SB and PT should take the suggestion forwards.

Action: SB and PT to look into aligning UKCP1 course with SSW and SSS to include attendance on a course setting course

12.4 SB asked that CORs be made aware of the need for the course setting policy to be adhered to at races. Only A list setters can set at GBR and Championship events (a B list setter may set if they are shadowed by an A list setter). Different setters should be used for each run.

DM will consider whether the BCR/BACR should be amended to be more specific – ie that 2 setters are needed for GBR and Championship events.

Action: DM to discuss with TD forum whether BCR/BACR should specify that 2 setters are needed for GBR and Championship events

13. Report from Alpine Squad and Dryslope Ambassador Sub-Committee

13.1 CS thanked everyone who provided feedback on the Alpine Squad Programme proposal. The Alpine Squad sub-committee reviewed and discussed all of the feedback. CS submitted an amended Alpine Squad 2018 Proposal (appendix 3) to this meeting. It was agreed that, at this point, the Squad sub-committee should proceed with this amended proposal.

Action: MC to confirm to CS that the amended Alpine Squad proposal was accepted for 2018

13.2 CS reported that he had been in discussion with TF who was hoping to get more direction from BSS as to a clear remit for the Alpine Squad. CS suggests that a discussion of the remit of the Alpine Squad is added to the agenda for the next committee meeting. He will circulate a high level "consultation paper" to the committee in advance of the next meeting, to frame the discussions.

Action: CS to circulate consultation paper on the Alpine Squad to the committee for the next meeting

14. AOB

14.1 GC had confirmed that, at this point in the season, it is all relatively quiet on the Dryslope front, so he had nothing to report or raise from the Dryslope Ambassadors' Group.

14.2 NV and TF had been in discussion with ESSKIA and BISS to clarify which schools races were being organised by whom. It was confirmed that ESSKIA would be running the outdoor events and BISS the indoor ones.

14.3 NV asked if there would be any SSE representation at the ERSA schools race at Norwich on Sunday 29 April. BT would try and arrange for someone to attend.

Action: BT to arrange for SSE representation at ERSA schools race on 29 April 2018

14.4 TF had asked if the inclusion of ESSKIA parents on the officials' list could be arranged.

Action: AH and TF to discuss inclusion of ESSKIA parents on the officials list

**The date of the next meeting is
Sunday 24 June 2018 at 11:00 am at Sportpark.**

ACTIONS

| | | |
|------|-------|---|
| 2 | MC | to send AH and SB Declaration of Interest forms to complete |
| 4.1 | DM/MF | to do an inventory of equipment at Bormio and then liaise before next meeting |
| 4.3 | DM | to report at next meeting on unique entry data collection |
| 7 | BT | to post message to membership about Alpine Committee once details approved by Board |
| 8.2 | NV | to circulate COR race allocation for SSE events to volunteers |
| 8.3 | NV | to discuss possible city event with TF |
| 8.3 | TF | to talk to BSS re support for city event |
| 8.5 | BT/NV | to ask TF re setting up of Facebook page for Alpine Racing |
| 9 | DM | to contact all race organisers for confirmation of the level and cost of their first aid cover |
| 10.1 | NV | to ask all race organisers to encourage all officials to register with SSE |
| 10.2 | AH | to contact Claire Pennell for details of those completing the Level 1 online course |
| 10.3 | MC | to send AH administrative details of officials' course held in Nov 2015 at Aldershot |
| 11 | DM | to suggest dates and topics for one hour updates at race weekends |
| 11 | AH | to suggest dates for calcs and race sec courses |
| 11 | MC | to cancel room booking for 18 March |
| 12.1 | SB | to add Adam Lee to Course Setters' List and amend title of document |
| 12.2 | SB | to confirm with Ryan Grewcock that the course setters' course on 11 March has been publicised on the training website |
| 12.3 | SB/PT | to look into aligning UKCP1 course with SSW and SSS to include attendance on a course setting course |
| 12.4 | DM | to discuss with TD forum whether BCR/BACR should specify that 2 setters are needed for GBR and Championship events |
| 13.1 | MC | to confirm to CS that the amended Alpine Squad proposal was accepted for 2018 |
| 13.2 | CS | to circulate consultation paper on the Alpine Squad to the committee for the next meeting |
| 14.3 | BT | to arrange for SSE representation at ERSA schools race on 29 April 2018 |
| 14.4 | AH/TF | to discuss inclusion of ESSKIA parents on the officials list |

Appendix 1

ALPINE COMMITTEE

Draft Roles and Responsibilities 2017

| | |
|--|--|
| Joint Chairmen Lloyd Jenkins & Bryan Thomas | <ul style="list-style-type: none"> To chair the meetings To act as the SSE link to BSS To report on the Talent Pathway and the Alpine Speed and Telemark committee To attend Board meetings as required by the Board To provide overall lead on strategy for all SSE race events to ensure the committee moves forward and delivers what is needed. Reporting to the board All meetings to be 10 -15 days before SSE Board if possible and report added to agenda |
| Secretary Mary Calvert | <ul style="list-style-type: none"> To formulate and circulate an agenda prior to each meeting To ensure that all meetings are minuted To ensure that minutes are approved by the committee and sent to the SSE board within 21 days of the meeting |
| Finance Peter Heath | <ul style="list-style-type: none"> To assist with the preparation of the Alpine budgets for approval by the SSE board (by the end of October each year) To monitor the approval and control of income and expenditure To prepare management reports on income and expenditure for the Alpine Committee |
| Technical David Manns | <ul style="list-style-type: none"> To communicate and work with the TD forum To publish and ensure that the Race Manual is updated for use by those involved in race organisation, in conjunction with TD Forum To coordinate the iBarts, oBarts and BASS seeding lists |
| Officials Training Andrew Hjort | <ul style="list-style-type: none"> To administer the recruitment, training and registration of race officials to ensure continuity of a supply of volunteers To develop training resources accordingly |
| Snow events Andrea Grant | <ul style="list-style-type: none"> To lead on snow events calendar structure To provide progression planning for snow race secretary To recruit and train race officials for alpine events |
| Artificial surface events Nigel Vincent | <ul style="list-style-type: none"> To be the lead for the organisation and running of events on artificial surfaces including Landgraaf To lead on artificial surface events calendar structure |
| Regional Representative Mike Frith | <ul style="list-style-type: none"> To communicate with regions and clubs and include them in decision making feedback when required To act as a conduit for liaison with SSE Regions – particularly those which have less activity |

These roles are not full members of the committee but attend as needed and/or to represent other bodies.

| | |
|---|---|
| ASDA (Squad) Representative Chris Shelley | <ul style="list-style-type: none"> Link with ASDA |
| Athletes' Representation Gareth Case | <ul style="list-style-type: none"> To act as a conduit for liaison with athletes (particularly the SSE Ambassadors), both to and from the Committee. |
| Coaching Paul Telling | <ul style="list-style-type: none"> To liaise with the Coaching Committee (and coaches) ensuring they are included in decision making feedback when required |
| Coordination of Summer Race Calendar Karen Conde | <ul style="list-style-type: none"> To coordinate and publish the summer events calendar including regional events To liaise with Regions and Clubs to formulate the Events calendar |
| Course Setting Simon Bannister | <ul style="list-style-type: none"> To maintain the course setters' policy and training To review submissions from coaches for inclusion on the course setters list. |
| Equipment Mike Frith | <ul style="list-style-type: none"> To take responsibility for race equipment purchased by Snowsport England To manage and track all race equipment To prepare and recommend a plan for replacement of race equipment as required |
| SSE Office Representatives | <ul style="list-style-type: none"> Link with SSE communications Gareth Vogan Link with SSE commercialisation Victoria Crampton |

Draft Outline Terms of Reference

- To develop and support the SSE Strategy for Alpine racing
- To provide and develop technical support for Alpine racing
- To organise and administer SSE Alpine ski racing events on snow and artificial slopes
- To support other Snowsport England alpine events such as training on snow and artificial slopes as appropriate
- To set and manage the SSE Alpine budget
- To develop participation in these events
- To develop a clear pathway for athletes to progress from grass roots to BSS
- To liaise with Regions and Clubs as needed for the running of their events
- To recruit and allocate officials and other volunteers to events
- All members must be signed up to the SSE Code of Conduct

A register of officials should be kept by the SSE office – and race secretaries should be asked to submit their list of officials after each race so that the list can be kept up to date.

An equipment inventory should be maintained by the SSE office – but the equipment officer will be responsible for ensuring that the necessary equipment is available at events.

Events such as race training days may be organised by this committee – but they will need to be delivered by coaching staff.

Support required from SSE Office

- Communications support
- It is hoped that in due course the routine management reporting of the accounts using SAGE can be transferred to the SSE office.
- Administration support for management of training records, database management and course setters list



Alpine Officials' Training Pathway

| Level | Gaining Accreditation | Roles | Maintaining Accreditation |
|-------|--|---|---|
| 1 | To become a Level 1 Accredited Official you must: Register and take the Level 1 Course | Gate Judge Course Crew Start Marshal Finish Marshal | Register Re-take the Level 1 course every 2 years |
| 2 | To become a Level 2 Accredited Official you must: Be an Accredited Level 1 Official Gate judge on at least two occasions Undertake at least two of the following roles at a Qualifying Event: Course Crew ~ Backup Time ~ Assistant Chief Gate Judge ~ Start Marshal ~ Finish Marshal Shadow at least one of the following roles at a Qualifying Event: Starter ~ Chief Gate Judge ~ Timing ~ Finish Referee | Gate Judge Course Crew Backup Time Assistant Chief Gate Judge Start Marshal Finish Marshal | Register Re-take the Level 1 course every 2 years Act as Gate Judge at least twice every two years from the date of Accreditation Act as Gate Judge, Course Crew, Assistant Chief Gate Judge, Start Marshal, Finish Marshal or, shadow, or, having shadowed, act as Starter, Backup Timer or Finish Referee on at least two further occasions every two years from the date of Accreditation |
| 3 | To become a Level 3 Accredited Official you must: Be an Accredited Level 2 Official Take the Level 3 Training Course and then Gate judge on at least two occasions Shadow the following roles: Start Referee ~ Chief of Race Undertake, having shadowed, at least two of the following roles: Chief Gate Judge ~ Timing ~ Finish Referee ~ Starter ~ Referee ~ Start Referee After gaining the required experience at Qualifying Events, respond successfully to scenario questions posed by a TD | (All roles must first be shadowed) Chief Gate Judge Timing Finish Referee Starter Referee Start Referee | Register Act as a Level 2 or 3 Official on at least two occasions every two years from the date of Accreditation Act as a Level 3 Official on at least two further occasion every two years from the date of Accreditation Attend a Race Officials' Update at least once every two years from the date of Accreditation |
| 4 | To become a Level 4 Accredited Official you must: Be an Accredited Level 3 Official Undertake, having shadowed, all the following roles: Chief of Race (On Race day. You must be shadowed by a Level 4 Official. They may be the "on paper" Chief of Race) *Start Referee ~ *Finish Referee ~ *Chief Gate Judge ~ *Referee ~ *These may have been done as part of Level 3 | Chief of Race (must be shadowed at Level 3) | Register Act as a Level 2 or 3 Official on at least two occasions every two years from the date of Accreditation Act as a Level 3 or 4 Official on at least two further occasions every two years from the date of Accreditation Attend a Race Officials' Update at least once every two years from the date of Accreditation |

Appendix 3 Alpine Squad 2018 Proposal



Snowsport England Alpine Squad 2017/18

Introduction

The format and basic content of the Snowsport England Alpine Squad programme has remained unchanged for some time, consisting of a mix of fitness and snow skills assessments. However, over this time the training landscape for many athletes has evolved considerably, with the growth of programmes offered by a variety of residential and non-residential training organisations.

The Alpine Squad committee therefore decided to undertake a radical and thorough review of the programme, with the aim of putting together a programme that was complimentary to the training most participants are already receiving, and supportive of British Ski and Snowboards 2030 vision. The review was performance driven, being conducted by the performance qualified staff on the squad programme, with the objective of adding value for each member of the squad.

The Alpine Squad committee are therefore delighted to present their new programme, running for the first time in the 2017/2018 season.

The highlights of the programme include:

- A customised individual summer fitness performance programme for each squad member.
- Opportunity to undertake a Snowsport England delivered ACE assessment.
- Continued educational sessions covering a variety of relevant topics.
- Programme delivered on 6 individual days, over a 6-month period.
- Fully individualised fitness advice based on each athlete's personal needs and physical developmental stage.

As part of the review, the committee have decided that the snowdome based skills quest and snow training requirements are no longer meeting the needs of the sport and therefore these elements of the programme have been dropped. The selection criteria for the squad is unchanged for this season, being based solely on alpine achievement as measured through BASS or FIS seed points (depending on age) and assessed individually for each athlete's year of birth.

The Alpine Squad committee are hugely excited about this new direction for the alpine squad programme, and look forward to working with the 2017/18 cohort of athletes.

Mission Statement

The Snowsport England Alpine Squad aims to recognise, reward and develop high levels of performance through awarding squad places to athletes that meet the defined criteria, and inviting them to enrol on the Alpine Squad Development Programme. It is hoped that through this programme SSE will be able to complement the hard work done by the clubs and academies towards achieving the BSS 2030 mission.

Selection Criteria

Selections will be made using the 2018.7 BASS list and 14th 2017/2018 FIS list, and aim to be published by week ending 11th May 2018. To be eligible for selection to the England Alpine Squad athletes must meet the below criteria

- Must be a registered competitor with SSE in the 17/18 season.
- U18/U21 athletes must have a GBR FIS licence in the 17/18 season.

2006 YOB

Taking into account the feedback received from many coaches and current thinking amongst many other sports, we will not be selecting athletes born in 2006 to be members of the squad. We would encourage 2006 YOB performers to keep trying to improve their skills and enjoy their sport.

2002, 2003, 2004, 2005 YOB

Selection will be conducted from 2018.7 BASS list where athletes within 40 points of the best GBR racer or ranked within the Top 8 GBR racers, in at least 2 disciplines, within their YOB will be selected.

2001 YOB

Athletes with less than 130 points in two disciplines on the 14th FIS point list for 2017/2018 will be selected to the squad.

2000 YOB

Athletes with less than 115 points in two disciplines on the 14th FIS point list for 2017/2018 will be selected to the squad.

1999 YOB

Athletes with less than 105 points in two disciplines on the 14th FIS point list for 2017/2018 will be selected to the squad.

1998 YOB

Athletes with less than 95 points in two disciplines on the 14th FIS point list for 2017/2018 will be selected to the squad.

Grace Periods

All squad members who met the 17/18 squad criteria, but failed to meet the 18/19 squad criteria will be re-selected to the squad and given a one-year grace period in which to meet the criteria again.

Appeals

A letter of appeal should be submitted to the selection committee within 2 weeks of the squad being published. This letter should include a reflection and justification as to why the athlete did not meet the requested standard, and also provide an insight as to how being a member of the squad in the 18/19 season will help them meet the necessary criteria for the 19/20 squad.

ACE Assessments

It is no longer compulsory for athletes to undertake an ACE assessment to be a member of the squad, but we would strongly recommend doing so as the data can aid physical development. We would like to remind U14 & U16 athletes, looking for an international selection, that having completed an ACE assessment is however part of the BSS criteria. ACE Assessments will be run on **28th April and 13th October** in Loughborough, and cost £32.50 to attend. All squad members who undertake at least one of the squad ACE assessments will receive a squad t-shirt.

Invitations to the first ACE will be sent to athletes that are meeting the stated criteria on the 2018.5 BASS and 11th FIS list, and then extended to athletes that are meeting criteria on the 2018.6 BASS list and 13th FIS list. It is appreciated that this may mean receiving an invite at very short notice, so we would recommend saving the date. It is also noted that with these invitations being sent out prior to the final lists of the season some athletes who end up being selected to the squad will have not received an invitation to the first weekend.

Snow Training

In order to achieve the selection criteria, it is anticipated that most squad athletes are spending a reasonable amount of time training in snow conditions. However, each athlete should attempt to build a snow training programme in association with their coaches that fits with their own requirements and resources. As such, Snowsport England will no longer be insisting on a minimum amount of snow training time as a pre-requisite to continued squad membership.

Squad Clothing

All athletes who undertake an ACE assessment or subscribe to the Development Programme will receive a 2017/18 squad t-shirt. As before all athletes selected to the squad will be able to purchase additional squad clothing at a discounted price.

Alpine Squad Development Programme

Athletes selected to the squad will be invited to be a part of the Alpine Squad Development Programme, which aims to improve athletes' physical capabilities. This programme will incorporate 6 months of detailed programming tailored to the individual's needs and constraints. Subscription to the programme will also include 4 training days and 2 assessment days in Loughborough between April and October.

The cost of the programme will be a fixed fee of £300, and while attendance at every day is not compulsory to be sent the next block of programming, we will be unable to give any programming until the athlete has attended one development day. We would encourage athletes to attend as many of the days as possible, as it will give them the opportunity to receive more feedback, and have the programme worked around their individual needs. Note that the fee is for the entire programme, regardless of the number of days attended, and refunds or discounts cannot be offered.

28th April 1100-1700hrs

- Initial ACE
- Feedback & Goals for ACE only athletes

29th April 0900-1300hrs

- Explanation and Coaching through Weeks 1-4 of programme
- Feedback, goals & individual discussions

27th May 1000 – 1500hrs

- Check ins
- Explanation and coaching through weeks 5 – 8 of programme
- Feedback, goals & individual discussions
- Performance Lifestyle & Anti-doping

24th June 1000 – 1500hrs

- Check ins
- Explanation and coaching through weeks 9 – 18 of programme
- Feedback, goals & individual discussions
- Managing S&C through winter/training camps.

2nd September 1000 – 1500hrs

- Check ins
- Explanation and coaching through weeks 19 – 25 of programme
- Feedback, goals & individual discussions
- Managing fatigue

13th October 1100hrs – 1700hrs

- Final ACE
- Feedback