



Performance Courses

**June &
August 2011**

Great Opportunity
10am until 5pm each day

World Class Coaching
**With Shona Tate, Derek Tate & Andrew
Lockerbie, Parallel Dreams Coaches**

One or two day options available
£110 per person per day for slope & tuition

To book your place email coaching@paralleldreams.co.uk
or call **0845 468 1003**



BASS Chamonix Limited is the parent company of Parallel Dreams Coaching, BASS Chamonix & BASS Megeve.

Parallel Dreams Performance Courses @ The Snow Centre - 2011 Summer Programme

Saturday 11th & Sunday 12th of June 2011
Saturday 20th & Sunday 21st of August 2011

Price: £110 per day or £200 for the weekend. Price includes all day tuition, lift pass and equipment hire plus a copy of "Parallel Dreams Alpine Skiing" for each participant. *For those who already have a lift ticket please email us for course only price.*

About the Parallel Dreams Performance Courses

These full day courses are ideal for continuing to develop your performance over the summer and in preparation for the 2011/12 winter season . Whether you wish to build your confidence, improve technical aspects of your skiing, learn specific drills to develop your skills for all mountain skiing we will help you to achieve your goals.

Each day will run from 10a.m. until 5p.m. with a couple of breaks for lunch and coffee. You should aim to arrive at the centre at 9.30a.m. so you can pick up your lift pass and get changed. When you arrive at the Snow Centre reception area give them your name explaining that you have booked through Parallel Dreams. Once you get your pass go through to the changing area where you will meet the Parallel Dreams Coaching Team.

Who should attend these courses?

These courses are aimed at intermediate/advanced parallel skiers wishing to develop their skills.

Why ski with us?

Our team are amongst the best in the business with a wealth of experience over the last 25 years. You can read more about us by visiting our coaches page on the Parallel Dreams web site.

Course content

The course will include the following topics (based on the book "Parallel Dreams Alpine Skiing"); Basic Principles of Skiing; Balancing & Movements and Mechanics of Skiing

In essence this means learning about forces and how to respond and create them, the movements that you can make and how this will affect your balance (fore/aft and lateral) in either a positive or negative way and how to steer your skis to produce fluently linked curves.

We will also use video to help you understand how you are performing and how to improve.

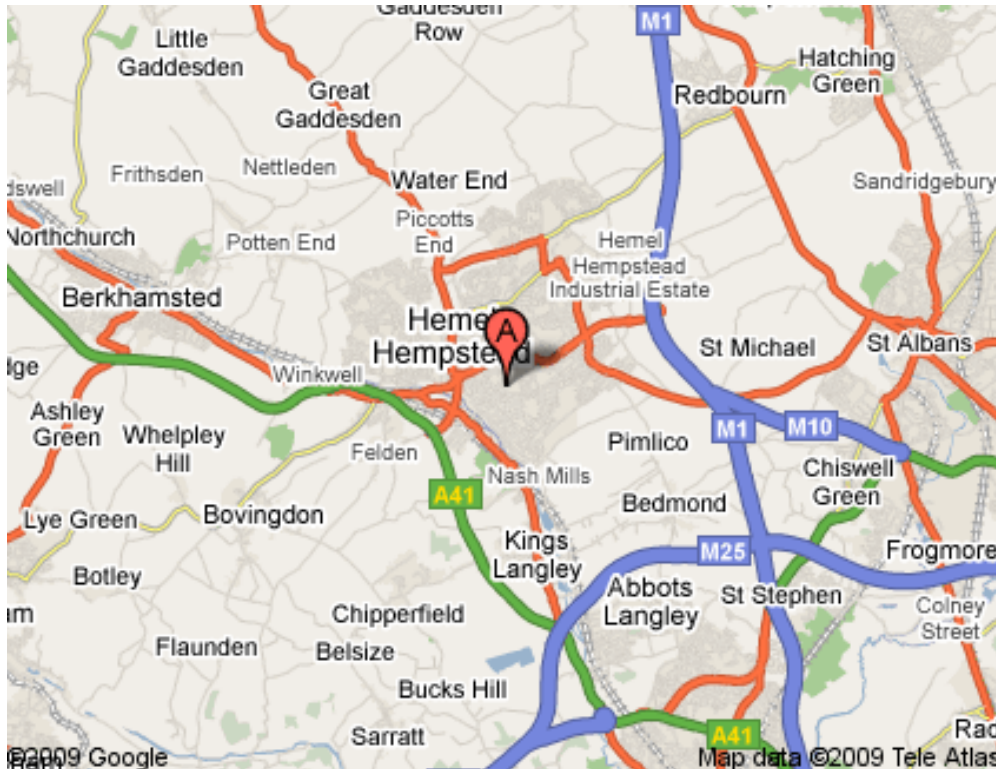
A copy of "Parallel Dreams Alpine Skiing"
for all participants



Getting there:

By Car

The Snow Centre just five minutes from the M1 (SatNav reference HP3 9NH). Exit the M1 at Junction 8 and follow the A414 towards Hemel Hempstead. At the third roundabout take the first exit signposted 'Bennett's End'. Turn first right into 'St Albans Hill'. Straight on at the first mini-roundabout, then right at the next mini-roundabout into the entrance. There is free parking on site.



By Rail or Bus

Hemel Hempstead is on the London Euston to Milton Keynes line. Once at the station, simply take the 500 bus to the town centre and then pick up the 300 bus which passes The Snow Centre. The Snow Centre is only 10 minutes by taxi from the station.

Booking the course

To book your place please email coaching@paralleldreams.co.uk or call **0845 4681003**

For more information about Parallel Dreams visit: www.paralleldreams.co.uk

And for more information about the Snow Centre visit: www.thesnowcentre.com

