



CORE PROGRAMME

SEASON 2024/25
U12-FIS



Our Vision

To become a leading provider within the Alpine Snowsports industry which offers bespoke and unique programmes to succeed.



Our Mission

Our mission at UNIQ Snowsports is to positively influence the lives of individuals with a passion and interest in winter sports by promoting excellence based on an ethos of enthusiasm, hard work and enjoyment.



Highlights and Achievements 2023/24

Last season saw the launch of our flexible Alpine Core Programme, and it turned out to be a huge success. Each athlete in the programme significantly improved their UK/FIS world ranking in all disciplines, with some members earning spots on the GB national squad. We formed a great team of hardworking, resilient, and fun-seeking athletes who share a love for skiing.

The quality of our coaching and programme professionalism improved as we worked hard to meet the athletes' goals. We believe we achieved exactly what we set out to do and enjoyed being more involved in the athletes careers, moving away from a camp-by-camp approach. Notably, our UNIQ athletes in this programme have developed more than just their skiing skills. They've gained knowledge in areas like strength and conditioning, nutrition, time management, sports psychology, goal setting, rest and recovery, and importantly, working as a team in an individual sport. Creating a positive environment where everyone can grow and celebrate individual achievements is what defines UNIQ Snowsports.

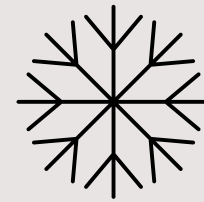
About

UNIQ Snowsports is delighted to share our 10-Week Flexible Core Programme, which offers athletes and parents the ability to select their preferred training weeks by May 20th, 2024. It is mandatory for athletes to participate in a minimum of 10 EU Alpine training weeks to be eligible for reduced camp fees and associated benefits. Failure to comply with this requirement will result in standard camp fees being applied. Our expert coaching team at UNIQ Snowsports is readily available to assist athletes and parents in selecting the most suitable training camps, recognising that each athlete has specific needs.

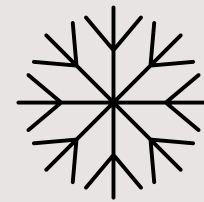
Athlete Benefits



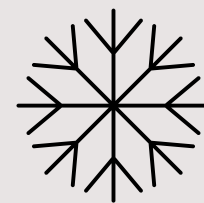
A part of our promotional offering, we are pleased to include:



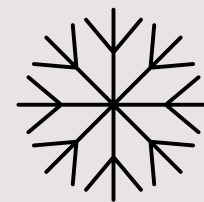
A complimentary UNIQ Training Bib. Athletes will have the option to select their preferred number and name printed on the bib, adding a personalised touch to their training experience.



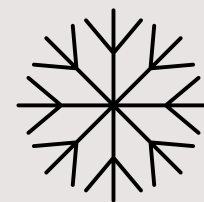
As a special offer, we are providing the Healthkix fitness training programme free of charge. Inclusive of using their app, ongoing support and tailored programmes.



We are pleased to offer one discount voucher for a 50% reduction in the fee for one of our 2025 EU Indoor Training Camps.



Discounted prices on camps + future camps following the 10 week core plan.



Structured on-snow training plan beginning May 2024 to April 2025. Regular coach communication, and goal setting for objective attainment.

UNIQ Advantages



The UNIQ coaching team can more readily plan the focus of each camp in advance.

Tailored training sessions/camps can be arranged in advance, concentrating on individual strengths and areas of improvement.

A more comprehensive and individualised training programme will be offered to athletes.

Improved cash flow during the summer months enables UNIQ to invest in initiatives that support athletes' performance during the winter season.

Who Is Eligible For The Programme?



Not everyone can participate in this programme as it is tailored to athletes with varying levels of ability and dedication to the sport. However, we pride ourselves on treating every athlete equally and providing each individual with the opportunity to enjoy our camp. Those enrolled in our 10-week flexible programme will receive the same treatment as those who join for a shorter period, except for the added benefits and cost savings.

Our programme is designed for athletes who are committed to competing in the British circuit and want to be well-prepared for racing in the various Championships. As coaches, we acknowledge that we can improve our approach and having the flexible programme option enables us to do so with our athletes. Planning in advance and communicating with parents will greatly aid in organising our camps and season.

Aimed at Athletes
aged U12 - FIS

FIS Athletes - What to expect



FIS Programme Flexible but Focussed

In the upcoming season, our focus is on offering an exceptional and cost-effective programme tailored for FIS athletes juggling their commitments with a UK school schedule. We are thrilled to announce the addition of two new coaches, Sam Liddell and Sofia Morton, who will spearhead the delivery of this FIS programme. Starting from July 2024, we are eager to witness the growth and development of the team under their expert guidance. The inclusion of these experienced coaches reinforces our commitment to providing a top-notch, flexible, and value-for-money experience for our athletes.

With our new programme, our strategy is to be strategic and resourceful. Instead of solely pursuing the standard British circuit, we aim to take our racers to events that align with their skill levels. This may entail organising camps with less lead time, but we are committed to keeping athletes and parents well-informed through effective communication.

Our pre-season camps will often coincide with our UNIQ Junior team, but we foresee no challenges due to the well-chosen training locations. We guarantee that athletes enrolled in this programme will not only enjoy their FIS career but also witness a positive impact on their world ranking. They can anticipate life-changing experiences through meticulously planned training and race camps.



Why Are We Offering This?



We are offering the 10-week flexible programme with the sole purpose of providing better service to our athletes. This programme will facilitate our job in terms of administration, coaching, and planning. Furthermore, athletes will feel more supported and will receive clearer guidance throughout their training.



How Will This Work?

A form will be available to complete via our website to interested parties outlining our planned camps from May 2024 to April 2025. To participate in the programme, you must commit to a minimum of 10 Alpine training/racing weeks. Although you may select the weeks that best suit you, we are available to assist you in making an informed decision.

Once you have made your 10-week selection, kindly return the completed document to info@uniqsnowsports.com.

The payment plan will be spread over 10 months, from May 31st, 2024, to February 28th, 2025.

In the event that you do not fulfill the agreed and signed 10-week flexible programme, you will receive an invoice for the outstanding balance. Additionally, you will be charged for the added benefits (Training Bib, Healthkix Fitness Programme, and will not be eligible for a 50% discount on a 2024 EU Indoor camp of your choice).



Testimonials



"The Uniq Snowsports' Core Programme has been invaluable for my performance and helping me to step up to the next level of the sport. On top of the extra weeks on snow, and the relationship with the coaches constantly growing, the strength and conditioning programme provided by Health Kix massively benefited me in both physical and mental aspects. The Core Programme has definitely improved my mindset and has helped me establish where I want to be in this sport. An incredibly year that has matured me both on-slope and as a person"

"The program's focus on areas outside of skiing like nutrition and psychology has been a game-changer, significantly improving my overall skiing. The structured support has added both motivation and a sense of direction to my training routine, creating a larger impact on my on slope performance. The Core Program has been influential to unlocking progress and motivation, improving my skiing and myself as a person"



Testimonials

"Over the past 12 months we have witnessed an incredible growth in his skiing ability, but probably most importantly in his self-belief and his attitude. Committing to the Core programme removed any doubt that he was going to train regularly in the year-round camps both in the mountains as well indoors, allowing him to build on his emerging new skills and gain a truly in-depth knowledge of the sport. He has benefitted immensely from the support provided by the coaching team, all of whom get to know the core athletes on a whole different level. A further aspect (which we hugely value) is the visible bond between the core athletes who build great relationships through the camps and become a genuine support crew. This is hugely self-evident when we see them supporting each other through successes and dnf's in the races. He has found some of his closest friends through the Uniq core programme , indeed it is fair to say so have we!"

"Phenomenal group of coaches at Uniq... awesome support crew from Health Kix... fantastic bunch of athletes... all the ingredients you need to make a superb year on the core programme. Thanks to all and more of the same next year please..."





Flexible Core Programme Costings

- 10 Weeks Skiing
- 12 Month HealthKix Programmes
- 50% discount for Indoor camp
- Personalised Training Bib
- **NO HIDDEN COSTS**

Total

- £14,500
- £3,100 SAVING

If you commit to more than the core 10 weeks of training, this will be charged at the continued discounted rate of £1450 per week.

Non Core Programme Usual Costings

- £15,500 | 10 Weeks Skiing
- £1000 | 12 Month HealthKix Programmes
- £1100 | Standard Indoor camp
- N/A | Personalised Training Bib

Total

- £17,600

Costings



Core Coaching Team



U10/12
COACH

SAM DIX



U14
COACH

ROB POTH



U16
COACH

ASH BREESE



FIS
COACH

SAM LIDDELL



U10/U12
COACH

KEV HARRIS



U14
COACH

MARCO FURIO



U16
COACH

DAN POTH



FIS
COACH

SOFIA MORTON



Additional Staff Members



PASTORAL &
WELFARE
OFFICER
NAOMI SADLER



ACADEMIC
TUTOR &
COACH
ERIKA
HEGINBOTHAM



ASSISTANT
COACH
CHARL GOULD



ASSISTANT
COACH
ELLA STILL



ADMINISTRATIVE
MANAGER
WILL ROGERS



HEALTHKIX /
FITNESS COACH
ELLIOTT D'SOUZA



HEALTHKIX /
FITNESS COACH
BEN RAWINSKY

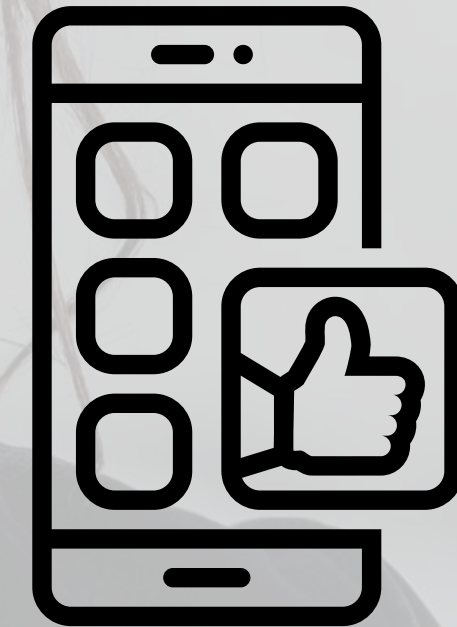
Get In Touch



www.uniqsnowsports.com



info@uniqsnowsports.com



[@uniqsnowsports](https://www.instagram.com/uniqsnowsports)

UNIQ
SNOWSPORTS



Thank You

For your continued support and
interest in UNIQ Snowsports