



DRAFT ITINERARY

Dates: 15 February – 23 February 2019

Resort: Folgaria, Italy

Accommodation: Hotel Francolini, Via Trento, 40, 38064 Francolini TN, Italy

Phone: +39 333 710 6469

Ski Company: SkiTeam4, Unit 5-6, Eclipse Office Park, High St, Bristol BS16 5EL

Phone: 0117 957 5148

SkiTeam4 is an ABTA member and meet all ABTA bonding requirements.

Trip Leader: Mrs Lynda Jackson – Director of Finance, HR and Resources

Deputy Trip Leader: Miss Kerry Stratton – 2nd in Charge, PE Department

01494 712219

School Mobile in UK: 07960 278846

School Mobile in Italy: 07399 456567 – Emergencies only – please call UK mobile first

Group Details: 51 Students (34 Male/17 Female) – See Family Group list below

6 members of staff (3 Male/3 Female)

Mrs Lynda Jackson (Trip Leader)

Miss Kerry Stratton (Deputy Trip Leader)

Miss Danielle Clarke

Mr Harry Larkin

Mr Kodey McMaster

Mr Dan Barker

Insurance:

Insurance company is ASUA

EMERGENCY INSURANCE ASSISTANCE

Mayday Medical Emergency

Tel: +44 1273 624 661 (24 hr emergency number)

Fax: +44 1273 606390

email: operations@maydayassistance.com

All other claims: Rightpath Claims - +44 (0) 208 667 1600

Travel Arrangements

Friday 15 February

Students leave school after Period 4 - 1.40 pm – free to go home to change, have lunch and collect their luggage.

3.00 pm – Students meet the coach in New Pond Road, opposite the Old Oak Public House – students should have their main luggage and a bag for the coach to contain snacks and drinks. One pair of ski socks should be easily accessible in their on board bag. They must also be ready to hand over to their Family Group Teacher the following:

Passport

EHIC card

Any Medicine – named and with signed instructions for dosage from a parent

Purse/Wallet with their spending money – named

3.30 pm prompt – Coach leaves

Students will be monitored throughout this process, counted onto the coach and fully checked before departure.

Any student more than 10 minutes late will be contacted via their emergency contact numbers on information sheets carried by trip leader.

9.36 pm – Euro Tunnel Crossing (35 minute crossing)

Travel to resort with specified stops (to be discussed/decided by trip leader and drivers).

Saturday 16 February

3.00 pm – Arrival at resort – students to check into rooms.

TBC - Walk to ski fit company for equipment fit

Sunday 17 – Friday 22 February

Skiing throughout the days 4 hour activity and 1 hour supervised lunch

Evening activities: TBC

All meals and drinks are included as part of the package

Friday 22 February

4.00 pm – travel home

Saturday 23 February

9.50 am – Euro Tunnel Crossing (35minute crossing)

2.00 pm - (approx) – arrival back at HGSS

Emergency Contacts

School Mobile in UK: 07960 278846

School Mobile in Italy: 07399 456567 – Emergencies only – please call UK mobile first

Ski Team 4 SKITEAM4 Bristol UK
Tel: **+44 1179 575148** (09:00 - 17:30 Monday – 09:00 – 17:00 on Friday)
Tel: **+44 7824 396659** or **+44 7584 886060** (out of hours emergency number)

Coach Company: Owens Of Oswestry Coaches Ltd
36/38 Beatrice Street
Oswestry SY11 1QG
Contact telephone number: +44 1691652126

Ski Trip Family Groups

NAME		YEAR GROUP	STAFF
Carlos	Mulvaney	8	Mr Barker (9)
Thomas	Higgs	8	
Matilda	Davidson	8	
Elleah	Robinson	8	
Harrison	Hall	8	
Ben	Labanski	8	
Ewan	Darvill	9	
Joshua	Lamb	9	
Jessica	Morgan	9	
Oliver	Palmer	9	Miss Stratton (10)
Amber	Prior (Barlow)	9	
Lily	Smith	9	
Madeline	Garvey	9	
Taylor	Massey	9	
Josh	Murphy	9	
Samuel	Pullan	9	
Brandon	Belmar	9	
Lewie	Gray	9	
Morgan	Hockley	9	
Emma	Jackson	9	Mr Larkin (10)
Molly	Lewis	9	
Brandon	Little	9	
Jake	Blakey	10	
Craig	Hooper	10	
Jake	Randall	10	
Cerys	Walker	10	
Henry	Davidson	11	
Jack	Eaton	11	
Sanja	Gliguroski	11	
Jack	Murphy	11	Mr McMaster (11)
Makena	Smith	11	
James	Alexander	11	
Archie	Clarke	11	
Jessica	Hammond	11	
Alex	O'Regan	11	
Freddie	Richardson	11	
Connor	Robinson	11	
Tianna	Ardren	11	
Max	Byrne	11	
Archie	Pask	11	Miss Clarke (11)
Lauren	Michell	11	
Tom	Adkins	11	
Marcus	Chalk	11	
Samantha	Jones	11	
Harrison	Mapp	12	
Alistair	Lamming	12	
Alex	Nunnington	12	
Meghan	Randall	12	
Jack	Pattenden	12	
Samuel	Rints	12	
Grady	Vines	12	

STRENGTHENING EXERCISES

While it is true that skill and technique take much of the physical strain out of skiing, it is also an undeniable fact that the fitter and stronger you are, the less taxing the day will be. The following exercises will benefit beginner and expert alike and if performed well ahead of your holiday, will reduce the risk of injury. It's well worth putting aside 20-30 minutes a day in the weeks leading up to your holiday to perform these exercises:

Legs - the most common injuries are to the knee, but the legs generally are vulnerable when skiing

1. Squats - general leg strength

From upright position with legs shoulder-width apart, squat slowly to your heels, hold for a few seconds, then rise slowly once more to the upright position. Aim to perform 20 repetitions.

2. Alternate steps - builds the quadriceps

Find a low chair or a set of steps. Using alternate legs, step onto the elevation. Aim to perform 40 reps with each leg.

Changing the emphasis, slow the stepping-down motion to alter the stress on the working muscles.

3. Sit-ups - believe it

Described overleaf under "stomach". Believe it or not, sit-ups, if performed with the legs wedged under something, actually place great strain on the upper legs and can help strengthen where standard leg exercises do not.

Shoulders - upper body strength in general is useful when skiing, not least because of all the heavy equipment you have to carry around! Also, shoulder strength is useful for pole-planting.

Press-ups - build the pectorals, shoulder and triceps.

Lie on floor, face down, legs together. Place palms on floor either side just wider than shoulder width, keep back and legs rigid straight and push up until your body is resting on tips of toes and palms only. Try not to lock out your arms.

If you want to strengthen wrists at the same time to avoid those snowboarding injuries, then do your push ups on a closed fist, resting on the knuckles. Remember to keep wrist rigid throughout. Aim to perform 10 repetitions at least.

Back and Stomach - a strong stomach is a valuable asset in any sport, holding the rest of the body together. A strong back is also important - the strain of a day's skiing will soon begin to tell.

1. Sit ups - general stomach strength.

Lie on back on floor with legs drawn up and feet wedged under a door, bookcase, bed etc. With hands behind or to the side of your head (not actually holding on to the head), rise slowly to the sitting position, forehead to knees and hold for a few seconds before lowering slowly to the floor again. Aim to perform 20 repetitions.

2. Reverse crunch - a tough stomach exercise

Lie on back on floor, press hands to floor either side of or beneath buttocks. Keeping legs straight and together, raise off the floor and slowly describe a circle in the air above you with your feet, feeling constant strain on your stomach.

Aim to perform 6 repetitions clockwise and 6 anticlockwise.

3. Back crunch - feel your back burn

Lie face down on floor. You can wedge your feet under a bed or something if you like. With hands clasped behind head, slowly raise upper body off the floor and hold for a few seconds. If your belly-button clears the floor, you're doing well!!

Lower slowly to the floor once more. Aim to repeat 20 repetitions - you will find it hard if performed slowly.

Remember to stretch out properly after any exercise routine