

# SNOWSPORT ENGLAND ON SNOW CROSS COUNTRY

## COACHING AWARDS 2016 Level 1 & 2

Nordseter, Norway

30 March - 03 April 2016



### CROSS COUNTRY COACHING AWARDS

This is a course for aspiring on snow cross country ski instructors at Levels 1 & 2

Snowsport England provides a 4 step pathway for its Cross Country Coaching Awards. In both rollerskiing and On-snow.

This scheme equips instructors and coaches with the skills needed to coach recreational skiers at all levels from beginner to expert, There are 4 levels, we are offering levels 1 & 2 this year.

Click [here](#) for more information on the complete structure of the Snowsport England coaching awards.

### THE COURSE

We are running this in the week prior to our regular On Snow Skills week which is being held in the same venue in Nordseter commencing 03 April. Full details of that course can be found [here](#)

Level 2 is a 4 day course, Level 1 is 2 days, Level 1 participants have two options they can join on day 1 or day 3 to complete their course in 2 days

Please see the following schedule.

|                |                    |          |                                    |
|----------------|--------------------|----------|------------------------------------|
| Wed 30/03/16   | Travel/Arrival day |          |                                    |
| Thurs 31/03/16 | L2 Day 1           | L1 Day 1 |                                    |
| Fri 01/04/16   | L2 Day 2           | L1 Day 2 |                                    |
| Sat 02/04/16   | L2 Day 3           | L1 Day 1 |                                    |
| Sun 03/04/16   | L2 Day 4           | L1 Day 2 | Travel/Arrival day for Skills Week |
| Mon 04/04/16   |                    |          | Skills week commences.             |

On-snow Instructor revalidations will also be available (1 day, date to be confirmed within period 31/3 - 3/4). Please contact us if interested in this.

Fast-track Assessments for L2 or L3 may be possible please contact us to discuss

## TO APPLY

**We need minimum numbers for this course to be confirmed so in the first instance please contact us below to register your interest by 20 Oct 2015**

Level 1 and Level 2 - apply to Alistair Westell  
[alistair.westell@gmail.com](mailto:alistair.westell@gmail.com)

Level 2 Fast Track and revalidations please contact Dagmar Junghanns (Coaching Panel) to discuss.  
[dagmarjunghanns@gmail.com](mailto:dagmarjunghanns@gmail.com)

## COACHES

Instruction will be provided by Patrick Winterton. (Senior Tutor). If numbers are high we would add a second coach.

## THE COSTS

We have given Coaching costs for both Coaching awards alone and an inclusive price for anyone who might want to stay on a take part in Skills week as well.

|         | Coaching Awards Only | Coaching Awards & Skills Week |
|---------|----------------------|-------------------------------|
| Level 1 | £150                 | £400                          |
| Level 2 | £300                 | £500                          |

For further cost of accommodation and travel please see the relevant sections below

## NORDSETER - THE SKIING

Nordseter is situated in Oppland 15 km to the northeast of Lillehammer and 5 km west of Sjusjoen on the Mountain plateau to the east of the Gudbrandsdalen Valley.

The whole area is renowned for it's cross country skiing having hosted the 1994 winter olympics. Nordseter and Sjusjoen share the same network of ski tracks which amounts to 450km of trail but it also links to over 1200 km of trail further afield if you have the energy.

The Berkebeiner cross country ski race course runs through Sjusjoen just to the south of Nordseter.

The Fjellstue is a just a short walk from the ski tracks so it's almost possible to ski from the door

Click [here](#) for a Live map of the Ski trails at Nordseter - see what open and what's been groomed recently

Click here for the Fjellstue [webcam](#) snow and weather information

Further photos from the 2015 trip [here](#)



## ACCOMMODATION - LILLEHAMMER FJELLSTUE



Lillehammer Fjellstue, was built in 1937, has gone through many renovations, and the latest being in 2004. It is decorated in an old-fashioned "modern" style.

In 2015 the name was changed from the Nordseter Fjellstue to the current name but it is the same place that we stayed in March 2015.

It has a pleasant, informal atmosphere, consisting of 24 guest rooms, a cosy lounge, a dining room, the reception has a kiosk and a lobby bar, a sauna and a pleasant TV lounge.



Video Session in the TV room



Dining room



Economy room

### Rooms

Hotel bedrooms come in two types,

Standard rooms have ensuite bathrooms.  
Economy rooms have shared bathroom facilities which are situated in the sauna area.

Huts and apartments are also available.

Huts Sleep 2-5 People, in two bedrooms and have a kitchen, bathroom and living area.

Apartments come in various sizes  
Huts and apartments are normally self catering but it's possible to take meals in the main building.



The price includes full winter pension, (Breakfast and Dinner and a self-made lunch packet being made from the breakfast buffet).

There is free wireless internet access in the public areas of the main building which does reach some of the huts.

## Accommodation costs

Full Board (Breakfast and Dinner with a self made lunch packet being made from the breakfast buffet).

| Standard Rooms | TV and ensuite Bathrooms and a seating area     |                          | Approx cost in £ - using 12.5 NOK to £1 (august 2015) |
|----------------|---|--------------------------|---|
| Double/Twin    | 645,00 NOK PPPN                                 | 4515 NOK PP for 7 nights | £370 PP for the week                                  |
| Single         | 945 NOK PPPN                                    | 6615 NOK PP for 7 nights | £530 PP for the week                                  |
| Economy Rooms  | Simple rooms with a washbasin. shared bathroom. |                          |   |
| Double/Twin    | 545 Nok PPPN                                    | 3815 NOK PP for 7 nights | £320 PP for the week                                  |
| Single         | 745 NOK PPN                                     | 5215 NOK PP for 7 nights | £430 PP for the week                                  |

## Huts



Click [here](#) for more photos

Huts are treated as Standard rooms for pricing purposes

This is a great solution as two in a cabin is the same price as a standard room but you get a room each (although one room is up a ladder in the attic) a kitchen (very handy for hot drinks during the day) and a living area and a bathroom to share. The only downside is the walk outside back to the main building for meals but it's not that far. But it can be icy.

Huts have two bedrooms, upstairs in the attic has two single beds, downstairs has a double bed with a single bunk above, so while they can technically sleep 5 that would be a squeeze and is more suited to families

Final cleaning and bedding is included in the price.

If you want to share a room but have no one to share a room with – we will endeavour to pair people up with a suitable roommate.



Click [Here](#) for more pictures of the Fjellstue and The Nordseter Area

Click [Here](#) for the Fjellstue Website

Address and contact Details for the Fjellstue

Nordseter Fjellstue og Hytter AS, N-2618 Lillehammer,  
Tel +47 61 26 40 08, Fax: +47 61 26 40 78,  
Email: [bente.nordseter@online.no](mailto:bente.nordseter@online.no).

**Please note: participants will need to book their accommodation directly with the Fjellstue,** The Fjellstue are giving us a good discount on their normal rates So be sure to say that you are attending with SSE.

## TRAVEL

**Participants will need to make their own travel arrangements. Do not book any flights until your place has been confirmed.**

Most people fly to Oslo Gardemoen Airport but there are other flights to Rygge and Torp airports.

Travelling to Nordseter is relatively easy on public transport.

From Gardemoen airport there are hourly trains to Lillehammer (2hrs). These trains originate from central Oslo.

The Last 15km to Nordseter can done by public bus or a taxi. There are two buses a day to Nordseter at weekends (three a day during the week). At the time of writing the winter schedule is not published but there is usually a bus at 14:00.

People are free to make their own way to Nordseter but we will try and gather the group together and travel to nordseter on a nominated train with onward travel together to Nordseter. If we have enough people travelling together we will organise a minibus from Lillehammer to Nordseter, sharing out the cost.

### Insurance

Participants should ensure that they have their own personal travel and accident insurance cover for the week.

## HOW MUCH WILL IT ALL COST

Costs will vary depending on your choice of accommodation, where you're travelling from, how you choose to travel and how early you book.

Please use the checklist below as a guide

|                                  |  |
|----------------------------------|--|
| Accommodation                    | Various - see table above - remember this is full board.<br>The fjellstue ask for 30% as a deposit with the balance paid on arrival.   |
| Gardemoen to Lillehammer         | Train<br>Standard Fare 279NOK each way (approx £26).<br>if you pre book the 'Minipris fare' this can be reduced to 249NOK (£23)<br><br>There are also public buses from Oslo via the airport to Lillehammer for 204NOK |
| Lillehammer to Nordseter and rtn | Public bus 50NOK each way (£5),<br>A taxi that can take 4 is 450NOK (£42) each way.<br>If we organise a minibus and share the cost this would cost £10-£15 each depending on numbers.                                  |
| Your flight                      | Various - don't forget any ski carriage charges.   |
| Any ski hire costs               | Various depending on what you need.  |
| Track Fees                       | None   |

## USEFUL LINKS

Google [Map](#) of the area

[The Fjellstue website](#)

[The Fjellstoge on Facebook](#)

[Need a place to stay in Oslo - this was good and cheap in a Norwegian way](#)

[Lillehammer area info](#)

The Skiing

Nordseter [Track Map](#)

[Sjusjoen Ski trails](#)

Travel

[Bus Timetable Lillehammer to Nordseter](#)

[Ruter - general Norwegian Travel info and planner - very good](#)

[Airport Shuttle timetables](#)

Photographs

[2015](#) SSE trip to Nordseter in 2015

[2014](#) SSE trip to Kvitavatn in 2014

[2010](#) SSE trip to Kvitavatn in 2010

[Photos tagged Nordseter on Flickr](#)

[Posts on Google plus Tagged Nordseter](#)