

SKI RACING

DISCOVER BRILLIANCE

SKI STAFF Tracey Davies

Email - davies.t@millfieldschool.com



Tracey has trained as a Ski Instructor in both Scotland and in the French Alps. She has previously qualified as a race trainer, and also completed six seasons in Serre Chevalier in France.

Millfield Ski Team work with Impulse Racing each year to provide high-quality race training sessions every Wednesday afternoon at the Mendip Activity and Snow Centre.

Weekly strength and conditioning sessions have also been put in place and take place every Tuesday lunchtime. Students participate in dry ski slope and snowdome races throughout the year and also compete in races abroad with recent destinations including France, Italy and Switzerland. The Millfield Ski Team is suitable for all abilities, both new and experienced skiers.

Tracey has a lot of skiing experience and has been a part of the Millfield Ski Team for a number of years. If you have any queries regarding the ski programme, please get in touch via the email address above.



BE AUTHENTIC BE BRILLIANT BE CURIOUS BE DISRUPTORS BE KIND



MILLFIELD

SKI RACING

DISCOVER BRILLIANCE

SCHEDULE

Ski training takes place every Wednesday afternoon. Millfield Prep students will meet at the prep school main reception at 12.45pm and senior school students will meet at the Jubilee layby at 1pm so we can head to the Mendip Activity Centre and be on the slope for 2pm. Here, we will be joined by race coach, Jason Hendy, from Impulse Racing. Students train from 2pm until 4pm and will be home for approximately 5.15pm. Strength and conditioning takes place on Tuesday lunchtimes from 12.20pm until 1pm in the Physio Gym.

COST

The cost of each session is approximately £45 per student and the cost for the term is approximately £450 per student.

This is based on a minimum of 10 students signing up for the activity. If a student is absent or does not attend a session, charges will still apply. This cost covers 10 weeks of ski hire, slope hire and race training from Impulse race instructors and will be added to the school bill at the end of each term.

EQUIPMENT

Students are able to hire skis, poles and helmets from Mendip Activity Centre. We also have a number of race skis that students can borrow for training and races. Students will need to wear school sports kit for training as per school policy. Due to the dry ski slope material, students will not be able to ski unless they are wearing kit which covers their arms, so a long-sleeved top, jumper or jacket is a must. Students will also need to provide their own gloves for skiing.



FOLLOW US

-  @MillfieldRacing
-  @millfieldsport
-  @MillfieldSchool
-  The Millfield Way Podcast

