



TEAM KANDAHAR | CORE PROGRAMME INVITATION | SEASON 2021/22

Dear Parents and Athletes,

Team Kandahar. As part of our commitment to developing the next generation of GBR's Winter Olympic athletes, Kandahar Racing is delighted to offer your child a place on our 'Team Kandahar' programme for season 2021/22. The existing U10-U16 programme which includes 10 weeks of training, 2 indoor camps and 4 weeks of alpine racing will remain in place with additional weeks in Norway preseason available to those wishing to extend their season. Continuing our development of the club and support for the next generation we have an enhanced FIS programme for 2021/22 with a minimum of 10 weeks core 2 indoor camps, increasing to a full time programme if requested.

Training vs Racing. As part of the long-term development of our trainees we are keen to stress the importance of training over racing. Clearly it is important to participate in some races as competition is fun and trainees must be given the opportunity to achieve success – there has to be a goal to train for. However, trainees must also enjoy the process of training as this is what will enable them to improve the fastest and it is what will set them up for long-term success. It is rare to achieve results one can be proud of without having trained hard in the first place. Racing without training will only lead to disappointment and does not allow athletes to do themselves justice, particularly in a skill-based sport like ski racing where improvements can take many years and many miles of training on skis. We strongly discourage trainees from following too many races and from 'chasing points' at a young age. Instead we will train hard and focus on performing well at a small number of important races.

Core Programme Proposal. In order for Kandahar Racing's coaching staff to put in place a structured annual programme that will work effectively for our trainees, we are encouraging our U10-FIS athletes to commit to a core programme that will prioritise training over racing. To help encourage this we are offering an inlier rate of £1275pppw (all-inclusive, no hidden extras) for those who commit to attending the core programme. This works out as a total of £15,300pp for a programme of 12 weeks, worth £18,300pp. Payments to be made monthly by invoice. Once committed to the minimum 8/10/12 weeks (U10/12 8 weeks, U14/U16 12 weeks, FIS 12 weeks) any additional weeks to the core 8/10/12 will be invoiced at £1275 per week. We will be implementing our new (KAT) Kandahar Athlete Tracker along with the programme** and will also be supported by a fitness professional who will implement a programme for each core athlete. (Technology app to be confirmed and integrated to KAT).

For any FIS athletes wishing to sign up to our new Flexi programme the core costs will still be required monthly x8 but a standard tariff of £1275 will be in place for extended weeks. Any alternative plans outside of our original planning for FIS, fuel costs and additional accommodation will be charged at face value for last minute changes outside of our control to operate a smooth FIS flexi programme throughout the 21/22 season.

If you do not already use the Winter Sports Foundation (WSF) you can reduce your core programme costs even further by applying gift aid through the WSF. There are specific rules and regulations with the HMRC but this is a very attractive offer as if you input £12,000 you may be entitled to gift aid of £3000 or more with additional mileage options for airport travel too. Please make sure your nominated club is Kandahar.





There is also the [D.I.C.E programme](#) which is available through application in August 2021 to Snowsport England. This programme provides college style courses and off-snow support in the areas of nutrition, psychology, physiology and media training along with credits towards UCAS points. Please contact Snowsport England directly for more information. l.findlay@snowsportengland.org.uk

If you would like to join this programme please sign the contract overleaf and return a copy of the contract to the manager by email (mike@kandaharracing.com) in PDF format by no later than the 1st June 2020. Each age group is listed on separate pages, please complete the appropriate age core programme selections for each athlete. We understand that the core programme may not suit all our athletes. Should you decide not to take part in the core programme it will not affect any opportunities open to you with Kandahar Racing in 2021/22 or in the future.

Yours Sincerely,

MIKE BARKER
Manager
Kandahar Racing



FIS PROGRAMME 2021/22 minimum of 11 alpine weeks plus 1 indoor camp

FIS PROGRAMME 2021/22					
DATE	EVENT	LOCATION	DESCRIPTION	WEEKS	ATTENDING
25-31 May 21	Indoor camp	NED/BEL TBC	TRAIN/RACE FIS	1	OPTIONAL FIS Tick here
17 Jul – 7 Aug 21	Summer Camp	Saas Fee, SUI	TRAINING FIS	2/3	CORE FIS Tick here
17–22 Aug 21	Summer Indoor camp	Landgraaf, NED	TRAINING FIS	1	OPTIONAL FIS Tick here
22– 28 Sept 21	Indoor Lowlanders	Landgraaf, NED	TRAIN/RACE FIS	1	OPTIONAL FIS Tick here
11 – 17 Oct 21	Landgraaf ENL Races	Landgraaf, NED	TRAIN/RACE FIS	1	OPTIONAL FIS Tick here
16 – 30 Oct 21	October Camp	Saas Fee, SUI	TRAINING FIS	2	CORE FIS Tick here
20 Nov - 4 Dec 21	Hemsedal Speed	Hemsedal, NOR	TRAIN/RACE FIS	2	OPTIONAL FIS Tick here
4 Dec - 18 Dec 21	December Camp	Hemsedal Gol, NOR	TRAIN/RACE FIS	2	CORE FIS Tick here
2 – 9 Jan 22	Anglo Scottish	Pila, ITA	TRAIN/RACE FIS	1	OPTIONAL FIS Tick here
9 - 22 Jan 22	Europe, TBC	Europe	TRAIN/RACE FIS	2	OPTIONAL FIS Tick here
22 - 29 Jan 22	Welsh Champs	Champéry, SUI	TRAIN/RACE FIS	1	OPTIONAL FIS Tick here
5 - 12 Feb 22	Bormio Area TBC	Bormio, ITA	TRAIN/RACES FIS	1	OPTIONAL FIS Tick here
12 – 26 Feb 22	English Champs	Bormio, ITA	TRAIN/RACE FIS	2	CORE FIS Tick here
26 Feb – 12 Mar 22	Europe FIS TBC	ITA, SUI TBC	TRAIN/RACE FIS	2/3	OPTIONAL FIS Tick here
12 – 19 Mar 22	Interschools TBC	Pila, ITA	TRAIN/RACE FIS	1	OPTIONAL FIS Tick here
Mar / Apr 202	British Champs	TBC	TRAIN/RACE FIS	2	CORE FIS Tick here

I hereby confirm that I agree to the T&C's enclosed in this document and online. I also confirm I would like to sign my child up to Kandahar Racing's core programme for season 2021/22 with the Core programme and any additional weeks indicated. We will be implementing our new (KAT) Kandahar Athlete Tracker along with the programme and all core trainees will receive a free podium jacket.

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ATHLETE NAME (PRINTED)

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PARENT NAME (PRINTED)

.....
PARENT SIGNATURE

.....
DATE

FORMS AND DOCUMENTS TO BE COMPLETED/UPDATED WITH RETURN OF CORE PROGRAMME SIGN UP

- Medical consent
- Travel consent
- EHIC copy
- Passport copy
- Insurance documents
- Kit order form

* Please tick the core programme weeks your child will be attending on the relevant age category tables above (in the right-hand column).



U16 PROGRAMME 2021/22 minimum of alpine 10 weeks plus 1 indoor camp

U16 PROGRAMME 2021/22					
DATE	EVENT	LOCATION	DESCRIPTION	WEEKS	ATTENDING
25-31 May 21	Indoor BASS races	Landgraaf, NED	TRAIN/RACE U16	1	OPTIONAL U16 Tick here
17 Jul – 7 Aug 21	Summer Camp	Saas Fee, SUI	TRAINING U16	2/3	CORE U16 Tick here
17-22 Aug 21	Summer Indoor camp	Landgraaf, NED	TRAINING U16	1	OPTIONAL U16 Tick here
22– 28 Sept 21	Indoor Lowlanders	Landgraaf, NED	TRAIN/RACE U16	1	OPTIONAL U16 Tick here
16 – 30 Oct 21	October Camp	Saas Fee, SUI	TRAINING U16	1/2	CORE U16 Tick here
20 Nov - 4 Dec 21	Hemsedal Speed	Hemsedal, NOR	TRAINING U16	2	OPTIONAL U16 Tick here
4 Dec - 18 Dec 21	December Camp	Hemsedal Gol, NOR	TRAIN/RACE U16	2	CORE U16 Tick here
2 – 9 Jan 22	Anglo Scottish	Pila, ITA	TRAIN/RACE U16	1	CORE U16 Tick here
22 - 29Jan 22	Welsh Champs	Champery, SUI	TRAIN/RACE U16	1	OPTIONAL U16 Tick here
29 Jan – 5 Feb 22	Bormio Area TBC	Bormio, ITA	TRAINING U16	1	OPTIONAL U16 Tick here
5 – 19 Feb 22	English Champs	Bormio, ITA	TRAIN/RACE U16	2	CORE U16 Tick here
12 – 19 Mar 22	Interschools TBC	Pila, ITA	TRAIN/RACE U16	1	OPTIONAL U16 Tick here
Mar / Apr 22	British Champs	TBC	TRAINING U16	1	OPTIONAL U16 Tick here
Mar / Apr 22	British Champs	TBC	TRAINING U16	2	OPTIONAL U16 Tick here

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U14 PROGRAMME 2021/22 minimum of 10 weeks plus 1 indoor camp

U14 PROGRAMME 2021/22					
DATE	EVENT	LOCATION	DESCRIPTION	WEEKS	ATTENDING
25-31 May 21	Indoor BASS races	Landgraaf, NED	TRAINING U14	1	OPTIONAL U14 Tick here
17 Jul – 7 Aug 21	Summer Camp	Saas Fee, SUI	TRAINING U14	2/3	CORE U14 Tick here
17-22 Aug 21	Summer Indoor camp	Landgraaf, NED	TRAINING U14	1	OPTIONAL U14 Tick here
22– 28 Sept 21	Indoor Lowlanders	Landgraaf, NED	TRAIN/RACE U14	1	OPTIONAL U14 Tick here
16 – 30 Oct 21	October Camp	Saas Fee, SUI	TRAINING U14	1/2	CORE U14 Tick here
20 Nov - 4 Dec 21	Hemsedal Speed	Hemsedal, NOR	TRAINING U14	2	OPTIONAL U14 Tick here
4 Dec - 18 Dec 21	December Camp	Hemsedal Gol, NOR	TRAIN/RACE U14	2	CORE U14 Tick here
2 – 9 Jan 22	Anglo Scottish	Pila, ITA	TRAIN/RACE U14	1	CORE U14 Tick here
22 - 29 Jan 22	Welsh Champs	Champéry, SUI	TRAIN/RACE U14	1	OPTIONAL U14 Tick here
29 Jan – 5 Feb 22	Bormio Area TBC	Bormio, ITA	TRAINING U14	1	OPTIONAL U14 Tick here
5 – 19 Feb 22	English Champs	Bormio, ITA	TRAIN/RACE U14	2	CORE U14 Tick here
12 – 19 Mar 22	Interschools TBC	Pila, ITA	TRAIN/RACE U14	1	OPTIONAL U14 Tick here
Mar / Apr 22	British Champs	TBC	TRAINING U14	1	OPTIONAL U14 Tick here
Mar / Apr 22	British Champs	TBC	TRAIN/RACE U14	2	CORE U14 Tick here

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U10/12 PROGRAMME 2020/21 minimum of 8 alpine weeks plus 1 indoor camp

U10/12PROGRAMME 2021/22					
DATE	EVENT	LOCATION	DESCRIPTION	WEEKS	ATTENDING
25-31 May 21	Indoor camp	NED/BEL TBC	TRAINING U10/12	1	OPTION U10/12 Tick here
17 Jul – 7 Aug 21	Summer Camp	Saas Fee, SUI	TRAINING U10/12	1/2/3	CORE U10/12 Tick here
17-22 Aug 21	Summer Indoor camp	Landgraaf, NED	TRAINING U10/12	1	OPTION U10/12 Tick here
22– 28 Sept 21	Indoor Lowlanders	Landgraaf, NED	TRAIN/RACE U10/12	1	OPTION U10/12 Tick here
16 – 30 Oct 21	October Camp	Saas Fee, SUI	TRAINING U10/12	1/2	CORE U10/12 Tick here
20 Nov - 4 Dec 21	Hemsedal Speed	Hemsedal, NOR	TRAINING U10/12	2	OPTION U10/12 Tick here
4 Dec - 18 Dec 21	December Camp	Hemsedal Gol. NOR	TRAIN/RACE U10/12	1/2	CORE U10/12 Tick here
2 – 9 Jan 22	Anglo Scottish	Pila, ITA	TRAIN/RACE U10/12	1	CORE U10/12 Tick here
22 - 29Jan 22	Welsh Champs	Champéry, SUI	TRAIN/RACE U10/12	1	OPTION U10/12 Tick here
29 Jan – 5 Feb 22	Bormio Area TBC	Bormio, ITA	TRAINING U10/12	1	OPTION U10/12 Tick here
5 – 19 Feb 22	English Champs	Bormio, ITA	TRAIN/RACE U10/12	2	CORE U10/12 Tick here
12 – 19 Mar 22	Interschools TBC	Pila, ITA	TRAIN/RACE U10/12	1	OPTION U10/12 Tick here
Mar / Apr 22	British Champs	TBC	TRAINING U10/12	1	OPTION U10/12 Tick here
Mar / Apr 22	British Champs	TBC	TRAIN/RACE U10/12	2	CORE U10/12 Tick here

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* FIS (2005+ YOB) will need to select a minimum of 11 weeks including the main Core weeks in Blue.

* U16 (2006/07 YOB) will need to select a minimum of 10 weeks including the main Core weeks in Grey.

* U14 (2008/09 YOB) will need to select a minimum of 10 weeks including the main Core weeks in Yellow.

* U10/12 (2010-13 YOB) will need to select a minimum of 8 weeks including the main Core weeks in Salmon pink

* All optional weeks are listed as age appropriate weeks and are marked in purple and can make the total of your core programme selections or be used as additional weeks. Optional weeks will only happen if enough bookings come through to make them viable.

* Trainees must attend as inliers as this will give us the best opportunity of creating the team environment required to ensure high performance on the core programme with optional weeks such as Welsh and Interschools needing to be committed on above forms for Inlier status otherwise these are outlier only camps for 2021.22

* As a K core athlete you will be issued a new style soft shell podium jacket as part of the contract for 2021/22 and this will be delivered to Summer camp. All other items are optional from the range of our new clothing supplier for 2021/22. If you would like the package price for the complete set of Jacket, Trousers and Storm etc jacket please complete the form accordingly, when available to order later in 2021.

* Trainees must sign up to the programme by no later than 1st June 2021 and payments will be required by monthly invoice with a retainer for the British Championships held from first invoice issued.

Example U14/16 (10 weeks) Initial sign up of x1 payment by 14th June 2021 £2550 plus retainer of £2550 and following 5x monthly payments of £1530 will be required for the full 10-week alpine programme. All indoor camps are to be billed separately. If you wish to pay upfront with a lump sum this is available as an option on a two-part bank transfer of £6375 on 14th June 2021 and the second payment of £6375 on 15th November 2021. All payments can be revisited if more weeks are signed up to via the programme invitation otherwise these will be invoiced accordingly.

**Minimum numbers apply

* Extra Kandahar camps which are not included in your Core Programme are available if signed up alongside this Core Programme invitation will be invoiced at a rate of £1275*** per week with indicated weeks above in the table or at the standard advertised rates if not signed up with this agreement. Costs will be £1525pp for 1 week, £2775pp for 2 weeks & £3900pp for 3 weeks as of 1st June 2021. Outlier costs are £80pppd. Indoor camp costs vary depending on durations/locations. ***Age groups are eligible for up to 8/10 weeks at £1275 Core from U10 – U16 and FIS are eligible for up to 25 weeks if signed up on the above forms.

* Stated core programme inlier costs are inclusive of coaching, training, race support, accommodation, full-board food, lift passes and airport transfers, there are no hidden extras! The only items not included are flights, race entries (BASS GBR & FIS GBR) insurance and PCR tests if required for departure. Outliers fees cover training and race support only. FIS flexi programme is a base core cost plus any extras such as hotel bills and mileage in addition to our planned and published programme outside of our control such as race cancellation and travel to another venue, quota spots being taken by other GBR racers. We will endeavor to keep additional costs to a minimum working with our core fees and pre planning our movements.

* Parents are to make sure GBR race entries are submitted within the deadlines for all competitions as K cannot enter trainees on behalf of parents (except for international FIS races which there is an admin fee due to GBS). It is mandatory that all Core programme trainees enter races, and are registered with home nations with Kandahar as their first named club (or snow club). Any race fees which are incurred by K Racing upon entering your trainees as late entries will incur admin fees of £25



* This application is submitted in accordance with the full terms and conditions published on the website. You must ensure that the named trainee/s has comprehensive winter sports insurance which covers them for ski racing, ski race training, COVID-19 and cancellation as well as through injury. By submitting this application, you are confirming that you have read and agree to the full terms and conditions and that the named trainee has comprehensive winter sports insurance.



Kandahar Apparel 2021/22 Order Form

We currently have new soft shells/gilets available and dry land apparel and catsuits of certain sizes on sale for Christmas 2020 check out the latest mail chimp (Nov20)

Item	Size	Junior	Adult xs/S/M/L/XL	No of items
Soft Shell jacket		£65	£75	
Gilet training jacket		XX	£65	

Delivery within 21 days of order – prices include P&P

*As a K core athlete, you will be issued a new style shell podium jacket as part of the contract for 2021/22. All other items are optional as we only require you to have a shell jacket as part of the commitment to the core programme 2021/22.

Kandahar dry land Apparel 2021/22



Available to order immediately

Here are the links to the NIKE Dryland apparel these items are all optional but everyone looks amazing in their travel and podium kit when the sun shines! Sliders are also available just email and state your size. New kit coming 2021/22

[Images of kit](#)

[Excel order form Dryland 2021/2022](#)

Snow Apparel

DELAYED UNTIL MARCH 21** ALL PRICES ARE TO BE CONFIRMED IN MARCH 21

Item – HEY CLOTHING	Size	Junior	Adult s/M/L	No of items
Insulated outer jacket		£325	£350	
Insulated zip off trousers		£200	£220	
Softshell gate jacket		£75	£105	
Training Gilet		XX	£65	
Storm Jacket		£165	£165	
Training shorts		£105	£105	
Catsuit Junior Non-padded		£200	X	
Catsuit Adult Non-padded		X	£250	
PACKAGE PRICE x3 items Jacket/Trouser/Storm		POA	POA	
Packages only available if ordered prior to 15 th March 2021				
RACE PACKAGE x3 items Catsuit/shorts/training gilet		POA	POA	
ALL ITEMS ORDER AT ONCE x7		POA	POA	
Total	£			