

# SKI WAREHOUSE

Stores in Carlisle,  
Bristol, Castleford  
& Tamworth

WWW.SKIWEAR4LESS.COM

## JUNIOR RACE SKIS

Silly prices!

ROSSIGNOL  
Radical  
RSX IBOX  
FIS APPROVED  
RRP £399.99

OUR  
PRICE  
£149.99  
(with bindings)

ROSSIGNOL  
Radical  
RX IBOX  
FIS APPROVED  
RRP £399.99

OUR  
PRICE  
£149.99  
(with bindings)

ROSSIGNOL  
Radical  
RS IBOX  
FIS APPROVED  
RRP £399.99

OUR  
PRICE  
£149.99  
(with bindings)

### ADULT RACE SKIS

to clear online at  
WWW.SKIWEAR4LESS.COM

# THE 'ROCKET' AIMS FOR THE OLYMPIC ORBIT

Another of England's finest, Dave Ryding, has spent the summer training hard for Olympic selection, Barry Spouge caught up with Dave during a very short return to the UK.

How have you spent the summer and how is training for the new season going? "In general I would say training has gone well this summer, it was really frustrating at the start of the summer when we didn't have a programme until September so my training started by going to New Zealand with Dougie Crawford and Pam Thorburn, in August, for three weeks on our own getting what training we could basically because we were so unsure as to when the team was going to start training. After three weeks in New Zealand we went straight to Chile to join up with the team, and although New Zealand was really good it was great to be back with our coaches and have everything structured for us. Chile went really well and I felt I made some real improvements and was confident in my skiing again", said Dave.

He went on to describe the next leg of the training, "Then back to

Europe after a three week stint in Chile and 3 days indoors while the weather was really bad across the alps, before we headed back to Austria. We even started skiing at Reiteralm which had been able to open on the 17th October. Unbelievable as it is only 1600 meters at the top. I have trained a lot of slalom over the summer and it seems to be going well. GS is a little bit behind my slalom at the moment but it's not too bad. As for speed well I think I might leave it to the other guys or wait until the British to pull some results out of the bag again".

What are your hopes and aims for this season? "This season I am really hoping to step it up a level and start to challenge for top 15's in slalom Europa cup races, and with the Europa cup slaloms being at such a high level I may even be able to put in some good world cup performances, but we will see I'm just hoping to ski consistent and a lot better than last year, he said.



What are you looking forward to most in 2009/10? "It has to be the Olympics! Its every athletes dream and the pinnacle of the sport, first I must get selected though".

What is your race programme for this season? "It's hard to say at the moment, I will know more once I have started racing and how I am comparing to the other racers on the Europa Cup Circuit, if that is going well then for sure I would look to start some world cups, but I don't want to go to world cups just to be there, I want to go there because I have a chance of doing something".

What are your thoughts on your achievements last season? "Last season was a real roller coaster for me, it started great in the indoor Europa Cups but then when I got on to the real stuff it all went to pot. My equipment didn't feel right, my confidence went and nothing was going well. Going to the world Champs was a high point but I would have liked to go there with more confidence and skiing well. I went home for a break and when I came back it was going much better and it all started to happen again for me and having a few top 3's in some FIS races was good, but the main achievement for the season was my whole week at the British Champs when I defended my British Slalom Title and won the Overall British title with Ed. To be honest I didn't know I could ski speed like I did so I didn't think I had that much of a chance for the Overall".

What is your lasting memory from last year? "Well other than not doing as well as I wanted to, which if I have to evaluate my

## THIS SEASON I AM REALLY HOPING TO STEP IT UP A LEVEL AND START TO CHALLENGE FOR TOP 15'S IN SLALOM EUROPA CUP RACES."

season it wasn't great, until I was able to go home relax and refresh. The end of my season was really solid though and the lasting memory is for sure the British Champs. However I learnt a lot last year and I will be able to draw upon this in the future and I can learn from how it was when I wasn't skiing great and what I can do to stop that".

Like many current athletes funding is difficult, finding sponsorship is tough, what are your views on funding in snowsports? "Especially with the Economic climate as it is at the moment finding sponsors is really tough. I have been really lucky with being able to find sponsors and if it wasn't for them I wouldn't still be skiing. C-tec has been my main sponsor for the last 4 seasons now, their support has been unbelievable and I'm not exaggerating by saying if it wasn't for them I wouldn't be skiing now. This season I have also got a new

sponsor Vital, who have created me a website, and have done so much to boost my image, it couldn't have come at a better time because of the situation that Snowsport GB is in now and the increased costs it has meant for us! So I really owe them so much and a Massive thanks! To find sponsors like this is really hard so I am very lucky to have C-tec and Vital supporting me." He went on to say "As for the funding, well it will cost me more this season as we now have to pay for lift passes and a fee to ski on the team. Overall funding towards snowsports has decreased over the past 8 years due to the lack of results that the team have produced on the big stage, which is fair enough but it does make it harder for the people who are coming through the ranks now. So hopefully in a few years we will have a few guys starting and consistently being in the top 30 in world cups and we can make it better".

What have you been doing to raise your profile and gain funds to help with the cost of training? "As I said earlier, my new sponsor has set me up a website so that people can keep up with my progress over the season, this should be updated weekly when I have the chance to get on the internet, and it is also possible for sponsors to find out more about me. I have been overwhelmed by the support that people have given me to help raise funds, organising races for me and giving donations as well. I cannot explain how humbled I am with all the support I have received and I would like to take this opportunity to say thank you

to everyone who took part, donated and ran events for me, I really can't say how grateful I am. Hopefully I can have a good season to thank you for the support as well".

Of all the disciplines what is your favoured? "Well I guess it goes without saying it is slalom, and no matter how much I love going fast or launching off jumps in Downhill, nothing compares for me, than to rattle through slalom gates and no matter how many gates I have skied since I started skiing on dry slope and on snow that feeling just gets better and better".

How did you get the nickname 'Rocket'? "Ha-ha well it's a long story, but Craig Ruddick and Anthony Heaversedge gave it to me on a camp with the England team when we were trying to do a bit of rapping and well it kinda stuck".

And finally the Olympics – are you excited by the prospect of competing at the premier event on the sporting calendar, what are your hopes and aspirations? "Of course it is going to be a great opportunity for me and I am looking forward to it a lot, but I'm not going to kid myself about what I can achieve, all I will look to do, as with any other race, is to give it 100% from turn one until the finish. If I happen to pull a good run out let's see where that puts me. But for sure my main goals and focuses are on the 2014 and 2018 Olympics that's when I will be at my peak and that's where I will look to deliver! First I have to get selected though".

Well I am sure along with me, piste readers will want to wish Dave and all of our athletes, success and good luck for 2009/10.