

The Snow Sports Foundation

The Snow Sports Foundation provides funding to promote and deliver individual snow sports coaching to adults and children who are significantly disadvantaged by their additional needs or social circumstances.

The benefits that this funding delivers are:

- The recognised improvement of a student's social skills, such as concentration, fitness levels, listening, motivation, motor skills, self-confidence, social interaction and their ability to communicate.
- The promotion of social inclusion for people with additional needs as, in most scenarios, they find it difficult to mix easily with others.
- The education to families, as well as local and international communities, to fight the stigma associated with additional needs and disabilities.
- The link with education and snow sports, resulting in increased social skills within a school environment.
- Making the identification and management of additional needs by families a positive and beneficial experience.
- The promotion of participation in a health recreation.
- The development of a student's natural abilities in a physical and mentally-challenging sport.
- A positive impact on people's lives.

Sonny's story



“I was rubbish at football, rugby, tennis or anything involving a ball. I tried hard, but often just got hit in the face with a ball because I didn’t see it coming. I am **visually impaired** which meant my friends did not really want me in their team. This made me feel bad.

“When the school organised a ski trip I was 9 years old. Mum set me up with some 1:1 lessons at the Snow Centre with a special instructor that understood my needs. It went so well. I was good; I could actually do it and then I got better and better. When we went skiing with the school I was one of the best skiers, even though all my friends are fully sighted. They all wanted to ski with me, but were not good enough to be in my group. They were setting me dares and challenges and I could do all of them.

“I felt happy, proud and most importantly I felt that I was the same as them. I am 12 now and my skiing experience has made me realise that I am not rubbish, I can do everything that everyone else does, but I have to just work a bit harder.”

To find out more about The Snow Sports Foundation, please contact Amanda Masterman either by email at amanda@snowsportsfoundation.org.uk or calling 01442 213324.

www.snowsportsfoundation.org.uk