



## What is the DHO?

The Downhill Only Club (*DHO*) is one of Britain's leading and longest established alpine racing ski clubs providing training and racing for children and juniors from seven to nineteen inclusive.

## Why join?

Training camps - managed and supervised ski and fitness training, which children can attend without their parents.

- **Trainers** - the quality and experience of our trainers is second to none
- **Racing** - we race all over Europe
- **Expert advice** - we are able to offer comprehensive help and advice on ski equipment and preparation
- **Social life** - the club offers the chance to meet others and make new friends

## Where and when do the training camps take place?

Every school holiday, plus October and February half terms. The summer and October camps are held on glaciers, usually in Austria. February is also usually

in Austria. The first half of the Christmas training normally takes place in Wengen, Switzerland - the home of the DHO - and the others are held in the resorts hosting the races.

## When do the races take place?

- The BARSC (*British Alpine Racing Ski Clubs*) races are over New Year
- The Schoolboys' & Schoolgirls' Races at the end of January



- The Inter School Ski Challenge in March
- The British Junior & Children's Championships are in the Easter holidays
- The English & Scottish also in the Easter holidays

## Age categories

Minis	7-10 years
Children I	11-12 years
Children II	13-14 years
Juniors	15-19 years

# DHO racing



FOR FURTHER  
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or visit [www.downhillonly.com](http://www.downhillonly.com)

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## About the club

The DHO was founded in Wengen, Switzerland in 1925 and still has a strong presence in the resort today with a resident representative and office throughout the winter season.



Race training for children and juniors was started in 1952 and since then a very large proportion of British Team members have started their skiing careers with the DHO.

Apart from running training camps throughout the year, and taking trainees to races, the DHO also runs training days in the UK and is represented by its

trainees at every level of British skiing.

The DHO Racing and Training administration, whether foreign or British, is highly qualified and experienced and the club has a substantial pool of training equipment.

DHO Racing and Training is a non-profit making concern.



[www.downhillonly.com](http://www.downhillonly.com)



DOWNHILL ONLY  
CLUB



Racing and training for 7-19 year olds

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