

FOUR SIDES LONDON - EXCLUSIVE LAUNCH EVENING

SNOW SPORTS SERVICES

TUESDAY 13TH OCTOBER - 6:30PM

Prepare your body for peak performance & injury free skiing this winter

EVENT LED BY FOUR SIDES TEAM

(James Vickers, Lauren Keyse & Abby Clarkson)

Intro to FSL and musculoskeletal (MSK) hub & values.

Snow sports injuries, the key demographics at risk, details on both MSK and WH injuries. Injury prevention and prep for enjoyment / performance.

Snow sports assessment - 5 key areas and the relation to skiing with key demonstrations.

FSL assessment & advice, winter training plan, S&C 1:1, packages and classes.

Intro to the Q&A discussion:
Dougie Crawford - Ex GB Team & FIS World Cup Ski Racers

Prize draw (you don't want to miss this!)



In collaboration with Panda Optics - a UK based polarised specialist eyewear brand with a focus on snow sports and cycling

Bring along your best or worst ski photos for the launch event! We will be pinning them up and showcasing them in reception.

SPECIALIST PACKAGES

Delivered by physiotherapists Abby Clarkson & Lauren Keyse

1:1 Performance Package

- 2x 60 minute Physio Follow Ups
- 10x 1:1 Strength and Conditioning Sessions
- 5x 5:1 Group Classes
- 3x Sports Massages

Return to Snow Sports (Injury/Post-Pregnancy).

- 5x 30 min Physio Consultations
- 5x 60 min Physio Rehab Sessions
- 5x 1:1 S&C/Reformer Sessions
- 5x 5:1 Group Class Pass

