



Bethany Widdup
Season 2015/16

Update: 2



It seems a long time since my last update, however the time for me is going very fast now the season has actually started. I would welcome on board Wirehouse Employer Services as a new supporter for my up and coming season. As always I would like to thank all of my sponsors for their support, you all contribute to really help me have a successful season.

Having returned from a training camp in Stelvio, I then had a 8 week training block back in the UK. This was a decent amount of time to continue building my physical strength before travelling out to Austria to start my October camp/winter season. To ensure that I was making progress with my physical training I tested quite a few times throughout the 8 weeks and kept looking back at previous test results so that I could change things around if some exercises were not working and work out exactly what gave me optimal results.

This summer my physical training has been mainly strength and power. I have really enjoyed the change in direction of my program as this has allowed me to learn a lot more about Olympic weightlifting and different strength/power movements. Along with my lifting sessions (both upper and lower body) I have still done lots of plyometric sessions, agility, core and cardio.

This year I have also decided to take up an opportunity offered to me by Northumbria University. I will be studying via a distance learning program allowing me to concentrate on my skiing however, in my free time, I will be able to access my degree course online. I have been very lucky to be offered a sports scholarship from Team Northumbria and will be supported by the sports department of Northumbria whilst I am out training and racing in Europe. This is a very exciting as it allows me to study whilst still keeping skiing as my main focus. I also look forward to representing Northumbria at the ski races throughout the year.





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I traveled out to Austria on the 9th October to start my training and get all of my kit sorted for the season. For the first week of the camp we traveled back to Italy (Stelvio) where we were in the summer as this was the only glacier open with good training at that point in October. We managed to get some very productive training in with high volumes of runs again. The weather was a little more temperamental, however this meant we were able to train in different conditions (flat light/soft snow) which is helpful as you never know what the conditions are likely to be like on race day.

The Kitzstienhorn glacier (around 30 minutes from our base in Leogang) opened shortly after so we then moved back to Austria and started training there. By staying at the house it has meant that we are able to train either full days or just mornings and then do our physical training back at the house. We are very lucky to have such a good training base which ensures the we have the best opportunities for our training both on and off the hill. Throughout October our training is mainly aimed at sorting out the last little bits of our technique and starting to "race" each run. We do this by using a lot of race simulation such as using timing and wearing full suit and doing our normal race routine. This means than we are used to the surroundings and when we are then faced with a race situation it does not phase us and hopefully we produce our best skiing.





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I have been very lucky over the last six years to be supported by Pendle Leisure. I have been invited to the Pendle Sports awards on a number of occasions, sometimes as a recipient of an award. However this year I was asked to go and do a question and answer session at the dinner. This was a great privilege and nice to do something in return for all of the help that Pendle Leisure have given me throughout the past few years. It was also really good to speak to different athletes from many sports and people who all have some sort of involvement in sport. Following on from the Sports awards, my local MP Andrew Stephenson was in the House of Parliament speaking about women's involvement in sport. I was lucky enough to be mentioned and I have attached the piece within the context of conversation.



I will now continue training in Austria until the 1st November, when I will travel home for a few days break before travelling out to Sweden. We travel out to Scandinavia at this time of year because the training conditions are artificial, therefore it gives us some really hard training conditions, perfect for setting us up to start racing at the end of November. The race calendar also starts earlier in Scandinavia due to the snow conditions so I look forward to starting my racing towards the end of my trip to Sweden.





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The Parliamentary Under-Secretary of State for Women and Equalities and Family Justice (Caroline Dinenage)

First, I would like to welcome the hon. Members for Stretford and Urmston (Kate Green) and for Lancaster and Fleetwood (Cat Smith) to their new positions. I should also like to thank the hon. Member for Ashfield (Gloria De Piero) for her commitment to promoting equality.

The Government are determined to tackle this important issue. The award-winning This Girl Can campaign is a fantastic example of the work we have been doing to encourage women into sport. It features real women of all different shapes, sizes and abilities taking part in sport and, most importantly, having fun. We know that 75% of women want to be more active, and this campaign, which has been viewed by more than 13 million people, offers them the inspiration to do just that.

Andrew Stephenson

The Pendle sports awards, which took place just two weeks ago, recognised the achievements of sportswomen across Pendle, including Bethany Widdup, who is now a member of the British ski team, and many others who have excelled thanks to grass-roots sports clubs across Pendle. What more can my hon. Friend do to give our local sports clubs the help they need to get even more women and girls involved?

