

April 08

Jan-Michael Kochalski

British Alpine Ski Team



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Haus im Enntal, Austria Early March and I am still trying to get back to full fitness, I did a Super G at the Austrian National Junior Championships and finished 29 overall (1st Brit), although I didn't make any points it did my confidence some good.

Spital, Austria Next races were at Spital, and I achieved two good Super G places, a 12th and 20th with a 24th in the Super Combined. This put me in good shape for the Slovenian National Championships. I felt more confident and positive about my fitness.

Slovenian Championships, Kope, I competed in two Downhill's and finished 10th and 15th scoring some good FIS points so I was very pleased, especially as this was a top race and the National Championships.

French Championships, Auron/Isola These would be very high quality races as the French World Cup team would take part, it was a big stage and one of the best fields I had ever raced against. I raced two Downhill's, achieving a 14th and a 22nd place, 1st Brit in both and made some excellent FIS points, I was very pleased, so were the coaches. I also came 14th in the Super G and 18th in the Super Combined, some of my best results to date and showing some consistency that has been missing. All in all I felt very confident about the forthcoming British Championships.

British Championships, Meribel, France I arrived in Meribel feeling great, the first race was the Super G, all the French World Cup racers were here so it would be a great race, with good points on offer, I skied the top section well and was filmed by Channel 4, they also filmed my crash! I was very disappointed as I know I should have been the first Brit. The next day the weather was bad and the Downhill was cancelled, the snow was very soft and my confidence was gone, however the next day we raced the downhill, once again filmed by channel 4, this time I got to the bottom and with a good time. I made a small mistake which cost me the race, I finished 15th (2nd Brit) by 13/100s of a second! And only 1.5 seconds behind the winner, World Cup racer Pierre- Emanuel Dalcin of France, so not too bad. I failed to finish the Slalom and the Giant Slalom, however I skied a good Downhill and a Slalom giving me a 3rd place in the Super Combined. In the Junior events I finished 2nd in the Super G in very soft conditions. The races were filmed by Channel 4 which went out to over 4.5m people, this and National and local press coverage was fantastic for my sponsors.



Scottish Championships, Courcheval, France. Despite atrocious conditions, rain, soft snow and a thaw they managed to hold 2 slalom races, I failed to get down the first one, but managed a 3rd place on the second, posting the second fastest time on my second run. The coaches were very pleased as slalom is not my preferred discipline. On reflection it seems that I am reaching my best form just as the season ends! That's what happens when you miss two months of the season through injury. Talking about injuries the British Team has really suffered this season, with only one member, Dougie Crawford going the whole season without injury. That is the end of the season, we are home for a couple of weeks before returning to Austria for our first training camp in May and then into a full fitness programme for the summer.

Stop Press:

Last week I was told I had qualified for the World Championships in Val D'isere 2009 Brilliant !

Watch for my new web site: www.janskiman.com



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