

# MIDLAND SKI CLUB NEWS

THE MIDLANDS LEADING SNOWSPORTS CLUB

JANUARY 2006



## Skiing the Five-Ring Circus



February will see the Winter Olympics taking place in the resorts of the Milky Way in Italy. So who better to send out there to check if everything is ready than the skiers of MSC's Training Week? And we did a thorough job, sending six groups all around the four Italian resorts of Sestriere, Sansicario, Sauze d'Oulx and Claviere plus Montgenevre in France. We can report that a tremendous amount of work is going on. The ski runs will undoubtedly be ready. On the last day we skied most of the men's Downhill run and we can tell you that it is lightning fast already. But seeing the scaffolding going up, I wouldn't be too happy sitting on the top row of the grandstands. I think we can guarantee you lots of spectacular skiing and a lot of complaints from the media about the facilities.

One of the pleasures of the week was to go back to Claviere and see just what we missed when snow conditions were so bad when we stayed there in 2002. It is a very pretty resort and we found the snow there better than anywhere. We have Rob to thank for getting us there. He found that there was a free public bus to take us the 20minute ride to Cesana (where we can say that the Hotel Alba, the 'swamp' of blessed memory, is still standing). From there we could get either to Sansicario or Claviere. There was an added bonus that our lift pass also covered Montgenevre for one day so we had to visit France. The public bus wasn't good enough for the rest of the groups. They ordered a convoy of taxis to take them all the way to Claviere, thus creating Borgata's first traffic jam.



The trip to Sauze d'Oulx was particularly entertaining. From the top of the gondola the top runs and lifts were closed so you were faced with a choice of either poling and walking a kilometer or getting on a skidoo. No problem you'd say, we'll take the skidoo, but you weren't sitting on it, you were sprawled in a metal bin behind it being bounced about on a bumpy track at 20mph convinced that the skidoo coming in the opposite direction was going to chop your legs off.

Of course, the purpose of the week was to get six days of intensive coaching and it is a sign of the improved skiing in the Club that people now get around the mountains so well that the instruction is given on the move. In the early days of the Training Week we were content to go to a small resort and ski up and down the same few pistes. Now we need lots of slopes of all difficulties. We certainly got that on the slopes of Borgata. Trying to hold an edge on the rock-hard black pistes was almost impossible.

Once again we owe a big debt to the coaches, Alan, Bill, Bruce, Peter, Rob and Roger. They not only had to show their great coaching skills but also the navigational abilities of Vasco de Gama because the main Olympic runs were closed and it was difficult to find interesting alternative ways around the mountains, particularly when we were in a different resort each day. It all worked very well, so much so that for the first time in 24 years no-one changed groups. Another great pleasure was to see so many newcomers to the week. Thank

you all for entering into the spirit of the week so well.

Sadly we did have a couple of injuries. Ann's knees gave in their notice and Lynn Thomas chipped a bone in her shoulder: Rob's coaching was excellent but for some unknown reason he had failed to show us how to ski over 20 yards of glistening blue ice, go between two trees, three feet apart and leap over a large chunk of corrugated iron. Thankfully, Lynn has a very forgiving nature and spent her journey down on

### Diary

#### **Mondays @ 7/8pm**

Adult Coaching  
Alan Parkin 01902 751288

#### **Tuesdays @ 6.30pm**

Instructor Training - Roger  
Crombleholme 01785 714073

#### **Tuesdays @ 7.30/8pm**

Race Coaching - Roger  
Crombleholme 01785 714073

#### **Fridays @ 6/6.30pm**

Junior Coaching  
Sarah Yeomans 0121 449 9198

#### **Fridays @ 8/8.30pm**

Adult Coaching - Roger  
Crombleholme 01785 714073

#### **25-Feb-06**

Sega fundraising evening,  
Tamworth Snowdome  
Tina Fairweather, 01530 415858

#### **4 to 11-Mar-06**

Club Holiday, Saalback, Austria  
Mike Thomas, 024 76 692792

#### **7 to 16-Apr-06**

Family Holiday, Davos,  
Switzerland  
Nigel Dawes, 0121 245 2594.

#### **26-Apr-06**

Annual General Meeting  
Old Silhillians, Solihull  
Jeff Elmore 07958 967709.

#### **1 to 8-Jul-06**

Summer Skiing, Tignes, France  
Maureen Crombleholme, 01785 714073

## Five Rings (cont)



the blood wagon composing a poem praising Rob!

It was a pleasure to go back to the Hotel Sciatori where they have made us so welcome. Cristina is now expecting her third child. I think Massimo is trying to create his own lift queue - certainly we never saw one. We were supposed to be on a training week but the amount of pasta and red wine we consumed mitigated against that. Mind you the Salsa dancing on the last night will have helped. The Cuban girl giving the demonstrations was different this year: a smaller girl, at least in certain directions, and this seemed to cause more spectating than participation.

We now look forward to the 25<sup>th</sup> Early- Season Training Week. The coaches think that we should splash out on a major celebration and go to America. But they would, wouldn't they? They're not paying! What do you think? We could go back again to the Sciatori where we know it all works. But you may feel that you have "been there, done that" and want to find somewhere new. Please let me know what you think

*John Arnold*

## MSC Publicity Cards

With your membership renewals you will should have found a few MSC "Business Cards". The idea behind these is for members to carry a card or two in their wallet or purse, so that if you meet any skiers who may be interested in joining the MSC, then you can give them a card which has details of the benefits of joining the club and contact details.

They came about when Roy Collins was sitting next to a family from the Midlands on a chairlift during the 2005 Training Week. Roy was able to tell the family all about the MSC, but couldn't write down any details for them to take away with them. This new card solves that problem.

So whether you're on a chairlift, in the supermarket, at a restaurant, or wherever, you can now give prospective new MSC members all the information they need to contact the club. If you need more cards, please contact Hilary Cox (membership secretary) or any committee member. The Club has only printed 2000 cards for the time being, so please use them wisely - thanks!

## Competition Winners

The lucky winner of the "Join the MSC at the Ski Show" competition was the Pantani Family from Solihull. Their name was drawn out of the hat in December from all the people who joined the MSC on the stand at British Ski and Snowboard show at the NEC.

The prize was a £100 giant multi-purpose Ski and luggage bag courtesy of KT Active. Their ad is in the brochure, and if you'd like one of these bags or one of the other luggage items that KT Active make, then don't forget that you will get a fantastic 20% discount when you order of you tell them you are Midland Ski Club members.

Winners of the Black Diamond/Warren Miller competition were Dan Yeomans (Luggage) and Nicholas and Sophia Phelps who enjoyed free tickets to the screening of Higher Ground at the Leamington Spa Apollo along with nearly 200 other keen snow fanatics.

If you didn't manage to get hold of the excellent Warren Miller 8 DVD boxed set, then try calling the Black Diamond ticket hotline and mention you're from the MSC and you could get the set for the bargain price of £29.99 instead of the usual £49.99! Hotline number 020 7379 7795 <http://www.warrenmiller.co.uk/>

## Sega Fairweather - Ski Racer

Midland skier Sega Fairweather, who has trained with the MSC both at Ackers and on the Training Week, continues to do well in her on-snow races. You can follow Sega's progress via her website at <http://www.segafairweather.co.uk/>.

The Snowdome in Tamworth have kindly offered their premises to help raise funds for Sega:Russell Carrington, a local talented singer and performer has volunteered to host an evening of entertainment in the domes Tyrol bar on Saturday 25th February 2006. Russ has performed as part of a band, a duo and currently tours Leicestershire, Nottinghamshire and Yorkshire as a solo artist.

He has performed at the Edinburgh fringe festival 3 times and has toured locally with youth arts (Loughborough) sharing his experiences and knowledge with others.

We hope the evening will not only raise much need funds to secure Sega's place on the England Team, but will also raise the profile of our talented athletes, all fighting their personal battles to secure sponsorship. Tickets are £5 each and include an early bird buffet for the first 150 guests.

Doors open at 8pm and close 1am.

If you would like to show your support to Sega and Russell by attending this event, please order your tickets from Tina Fairweather on: 01530 415858 or via email: [craftermums@btconnect.com](mailto:craftermums@btconnect.com)

PS Sega says a **BIG THANKS** to everyone who made a donation to her costs on the Training Week!

## Stories Wanted!!!

Tell us about Stories from your holidays. If you have any interesting stories (and pictures) from your skiing trips this season, or any useful snippets of information that your fellow MSC members would find useful, then please let the editor know and we'll get it into the next newsletter!

## Welcome to New Members

We would like to extend a warm MSC welcome to all the new members who have joined the Club over the last few months. You have joined a friendly, thriving and diverse Snowsports club, dedicated to helping people enjoy their sports. If you have any comments or suggestions about the Club, please let any of the committee know or use the email on the front page of this newsletter.

## Final Fundraising Total

The final total for Macmillan Cancer Relief, raised by the Skiathon, Bike Ride, Ceilidh & Wyoming evening was £2486 ..... slightly over my original target of £1000!

Many, many thanks to all those who took part, helped out, sponsored us or made donations.

Special recognition for the Phelps, Hancock & Pickard families who

raised £700 between them and to Rose Duffill who raised £152 of sponsorship on her own!

This is such a good cause which benefits cancer sufferers and their families to give them the support they need at what is a very tough time for them all.

The mum of my friend who inspired me to do this fund raising, came along to the Ceilidh. I saw her wiping her eyes and asked if she was OK. Her reply was "I haven't laughed so much for months"! She'd laughed till she cried. That alone was worth skiing and biking in the pouring rain.

With much gratitude,

*Maureen Crombleholme*

 Macmillan  
cancer relief

# Going Downhill *Fast*

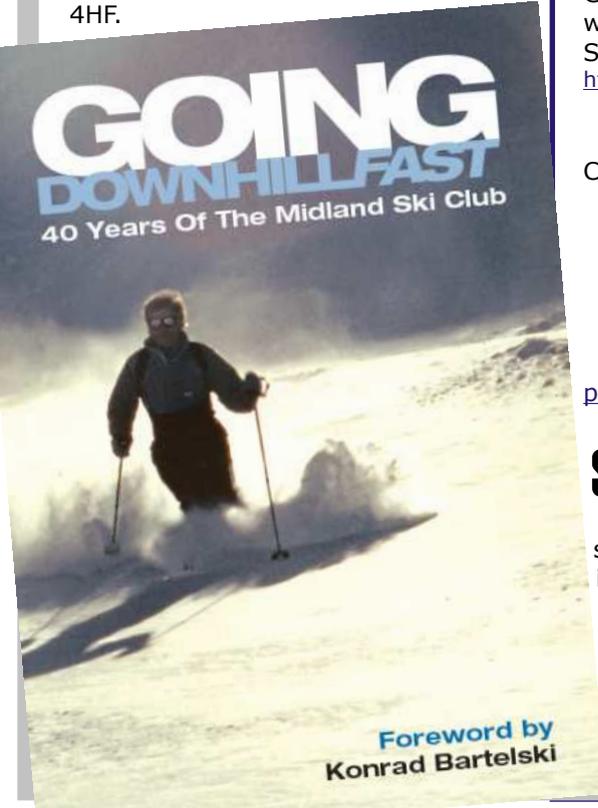
Dudley, West Midlands, may seem to be the most unlikely place to start a Ski Club, but it was there in 1965 that the Midland Ski Club was founded and we are still going strong 40 years later with hundreds of members in the Midlands enjoying the most exciting sport of Skiing.

'Going Downhill Fast' tells the fascinating story of how a few optimists, with virtually no knowledge of the sport, set out to show that you did not have to be rich and privileged to go skiing. Read how they made the Lickey and Clent Hills their own 'St. Moritz', how they would drive overnight to snatch a weekend skiing in Scotland and how the arrival of the package holiday finally enabled them to experience the real thing.

The book brings the story up to date relating how MSC grew to be the thriving Club it is today, organizing many holidays and training weeks abroad, skiing several times a week on artificial ski slopes and having a very active group of young people coached to a very high level who are encouraged to race and are given the opportunity to reach Regional and National Squads.

'Going Downhill Fast' is full of amusing stories and packed with photographs and it will be enjoyed by all skiers and anyone who has ever struggled to take up a new sport.

To obtain your copy please send your name and address and a cheque for £15 plus £2.50 p&p to Midland Ski Club, 64 Cheswick Way, Cheswick Green, Shirley, Solihull, B0 4HF.



# The 20th Winter Olympic Games



The 20th Winter Olympic games start in a few weeks time, based in the Italian city of Turin. Full details are available at <http://www.torino2006.org> from where you can download the complete schedule for the games. But if you can't do that here is the Alpine schedule:

Men's Downhill 12 February 12:00 Sestriere - Borgata  
Men's Combined Downhill 14 February 12:00 Sestriere - Borgata  
Men's Combined Slalom 14 February 1st Run 17:00 Sestriere - Colle; 2nd Run 19:30  
Ladies' Downhill 15 February 12:00 San Sicario Fraiteve  
Ladies' Combined Downhill 17 February 12:00 San Sicario Fraiteve  
Ladies' Combined Slalom 1st Run 17:00 Sestriere - Colle; 2nd Run 19:30  
Men's Super-G 18 February 11:00 Sestriere - Borgata  
Ladies' Super-G 19 February 12:00 San Sicario Fraiteve  
Men's Giant Slalom 20 February 1st Run 09:30 Sestriere - Colle; 2nd Run 13:00  
Ladies' Slalom 22 February 1st Run 14:45 Sestriere - Colle; 2nd Run 17:45  
Ladies' Giant Slalom 24 February 1st Run 09:30 Sestriere - Colle; 2nd Run 13:00  
Men's Slalom 25 February 1st Run 15:00 Sestriere - Colle; 2nd Run 18:30

Biathlon - All taking place in Cesana San Sicario:

Men's 20 km Individual 11 February 13:00  
Women's 15 km Individual 13 February 12:00  
Men's 10 km Sprint 14 February 13:30  
Women's 7.5 km Sprint 16 February 12:00  
Women's 10 km Pursuit 18 February 12:30  
Men's 12.5 km Pursuit 18 February 14:30  
Men's 4x7.5 km Relay 21 February 12:00  
Women's 4x6 km Relay 23 February 12:00  
Men's 15 km Mass Start 25 February 10:00  
Women's 12.5 km Mass Start 25 February 12:00

Cross-Country: There are lots of XC races taking place in Pragelato (too many to list here!) on virtually every day of the games from 12th to 24th February

Freestyle: all taking place in Sauze d'Oulx

Ladies' Moguls 11 February Qualification 15:00 Finals 19:00  
Men's Moguls 15 February Qualification 14:00 Finals 17:30  
Ladies' Aerials 19 February Qualification 18:30  
Men's Aerials 20 February Qualification 18:30  
Ladies' Aerials 22 February Finals 18:45  
Men's Aerials 23 February Finals 18:30

*All times are local (CET)*

For those of you with cable or satellite TV, British Eurosport will be covering virtually every event live during the day. The BBC will have, for the first time ever, a studio at the Winter Olympic games. So there should be plenty of live action and highlights available for everyone throughout the games.

There are a number of interesting "support" programmes about the Winter Games including a special edition of BBC1's Saturday Kitchen on 4th Feb where AWT will prepare a traditional Piedmonte winter dish, and a Blue Peter Special on 10th Feb. Details from Ski Club of Great Britain at <http://www.skiclub.co.uk/skiclub/guides/page.asp?intGuideID=11&intPageID=50>

For those of you following the World Cup races don't forget the regular Channel 4 programmes produced by Nick Fellows' Hothouse Productions:-

World Cup Skiing Magazine Programme - Saturdays at 7.30 am  
Alpine Skiing - Sundays at 7.55 am  
Alpine Highlights - Mondays  
World Cup Nordic Skiing - Wednesdays  
World Cup Snowboard - Fridays

Keep up to date with all the news at <http://www.wothouse-productions.com/>

## Snowsport GB launches new website

SnowsportGB, the body who represents competitive racing and snowboarding at an international level, has recently re-launched its new, improved website. Have a look and see what you think and find out about Team GB's preparations for the Winter Olympics.

<http://www.snowsportgb.com/>

# Gloucester Summer Race League

Alas, it was not to be. Despite a valiant last-ditch attempt to secure top honours in the 2005 summer race league our A team couldn't quite close the gap on the eventual winners, Slalom Plus A, and the runners up, Western Counties. Third place, however, must still go down as a highly credible team performance - not to mention the many outstanding individual results achieved during the course of the season.

The B team continues to go from strength to strength and managed to finish in 10<sup>th</sup> place. The really positive feature of the B team's performance has been the development of our youngest racers. The race-environment experience they've gained this year together with their growing confidence will make the under 10 and under 13 age categories all the more competitive in 2006.

The October final saw ten MSC racers scoring 20 points or more: Roger Crombleholme (26), Dave Hancock (25), Robbie Beak (25), Stuart Wickson (21), Dan Yeomans (21), Mark Hawkins (21), Amy Parkinson (21), Jane Lee (21), James Hornsby (20) and Adam Beardmore (20).

In total, 39 racers represented the MSC during 2005. With over 140 competitors (representing 13 teams) at any one race meeting, five of the club's racers - Stuart Wickson, Mark Hawkins, Adam Beardmore, Dan Yeomans and James Hornsby averaged top-15 overall positions. Stuart's full on, do-or-die approach earned him two overall 1<sup>st</sup> place positions plus several bumps and bruises along the way (witness the video nasty of his October crash on the MSC web site: it will bring tears to your eyes when viewed in slow-mo!).

Roger Crombleholme was the season's top MSC scorer with, on average, 25 points (out of a possible maximum 29). Roger was challenged all the way by Dave Hancock and Stuart Wickson and, towards the end of the season by the bionic man himself, Robbie Beak, on his return from injury. Jerry Crowley once again successfully demonstrated the performance-enhancing link between alcohol consumption and race results by averaging over 20 points! Whilst on the topic of

# Free-heel Skiing, Telemark and Nordic Skills Week

Kvitavtn, Norway, 1-8 April 2006

## Who is the course for?

- Alpine skiers who wish to add Telemarking to their downhill skills.
- Cross-country skiers who wish to improve their skills, whether their interests are in touring, racing or free-heel downhill.

## What will we be doing?

Mornings will consist of skills training in groups of similar ability. Afternoons will include a range of fun activities.

## Some of the instructors:

Andy Stewart - qualified BASI Telemark Instructor and a Senior Tutor for Snowsport England.

Ian Johnston - a Snowsport England Nordic Downhill Coach holding a Mountain Instructor Award.

## How much does it cost?

Coaching costs are £225 for the week. Flights from London Heathrow, transfer, accommodation and meals can be either arranged independently, or through Waymark Holidays at a cost of £499.

## How do I book?

Waymark Holidays. Tel 01753 516477 [enquiries@waymarkholidays.com](mailto:enquiries@waymarkholidays.com)

Helen Bell (Snowsport England) Tel 01274 875680 [Helen@hebell.fsnet.co.uk](mailto:Helen@hebell.fsnet.co.uk)



**"This course has reactivated my skiing career. I will have lots of fun learning and applying newfound free-heel skills, and still have my Alpine skiing skills to fall back on."**

*John Dimmock, first-time telemarker and participant on 2004 course.*

recreational enjoyment, many thanks must go to the Dawes, Waller, Phelps and Lee families for hosting the much-enjoyed apres-ski BBQs (and water fights!).

I'd also like to thank the many helpers who've acted as start, gate and finish marshals. I know their support is much appreciated by the GSRL organisers.

I believe that we have much to look forward to this year. Our growing number of national racers, wise 'old' hands and rapidly-progressing youngsters, will all combine to make the MSC extremely competitive. Many congratulations to everyone who's represented the club during 2005 and here's to an even more successful 2006!

*Guy Hornsby, Race Manager*

# Hemel Fun Race, 16th January

All three of our teams raced very well at Hemel's Fun Race on 16th January.

Team one (Stuart Wickson, James Hornsby, Dan Yeomans and Harry Hornsby) and team two (Freddie Meyer, Amy Parkinson, Phill Deller and Sophia Phelps) both came second in their respective leagues. Team three (Nick Phelps, Lucy Deller, Geraldine Elgy and James Elgy) just missed out on the medals.

There were 149 competitors in total and our individual times and positions are below.

The overall standard was very high and we produced some excellent times - beating a number of very low (sub 100 male and sub 50 female) seed point racers along the way. Full results are on <http://www.britski.org>

*Guy Hornsby*

Name	1st Run	2nd Run	Total Time	Overall Posn
Stuart Wickson	13.63	13.44	27.07	18
James Hornsby	13.63	13.54	27.17	20
Dan Yeomans	13.74	13.77	27.51	24
Harry Hornsby	15.51	14.75	30.26	52
Freddie Meyer	16.22	15.71	31.93	73
Amy Parkinson	16.56	16.26	32.82	81
Sophia Phelps	18.46	18.9	37.36	102
Nick Phelps	19.33	19.83	39.16	106
Lucy Deller	20.65	20.83	41.48	112
James Elgy	21.71	21.78	43.49	124
Phil Deller	17.48	DSQ		
Geraldine Elgy	21.03	DSQ		

# Midland Ski Club Awards 2005

Certificates were presented to the following MSC members in recognition for their achievements over the past year at the Christmas Party in December.

The awards were presented by Caroline Hitchin.

The development awards recognise those individuals who, in the view of their coaches and fellow skiers, have made the most significant improvements in their skiing skills over the past year.

The performance awards are based on a series of objective metrics and recognise the results that MSC members have achieved through their hard work, determination and skill.

The other award winners have been nominated by MSC members to recognise the efforts and support that many people give to the club.

These categories will be the basis for future awards so that we continue to encourage, develop recognise and reward performance in all areas of the club.

Many congratulations and well done to all the award winners

## Development Awards

Best Boy Improver Sam Smith

Best Girl Improver Lucy Deller

Best Male Improver Max Roberts

Best Female Improver Olivia Waller

Best Adult (Male) Improver Simon

Best Adult (Female) Improver Jane Lee

Greatest Determination Elisabeth Thomas

Developing Skill By Teamwork Karl Hancock and Sam Smith

## Performance Awards

### Snowsport England

Best Male Snowsport England Seed Points James Hornsby

Best Female Snowsport England Seed Points Nicky Millington

### Lockwoods Cup

Fastest Time James Hornsby

### Gloucester Summer Race League

Best Overall Male GSRL Stuart Wickson

Best Overall Female GSRL Sarah Walsh

Best Mini Boy GSRL Nick Phelps

Best Mini Girl GSRL Elisabeth Thomas

Best Child Male GSRL Dan Yeomans

Best Child Female GSRL Emily Dawes

Best Junior Male GSRL James Hornsby

Best Junior Female GSRL Sarah Dawes

Best Senior Male GSRL Stuart Wickson

Best Senior Female GSRL Sarah Walsh

Best Master Male GSRL Roger Crombleholme

Best Master Female GSRL Jane Lee

## Achievement Awards

### All England Championships

Qualifiers: James Hornsby, Dan Yeomans, Harry Hornsby, Sarah Dawes and Emily Dawes

## West Midlands Ski Association (WMSA)

WMSA Team Representative James Hornsby

WMSA Squad Member Olivia Waller, Chris May, Alex Ponsonby, Freddie Meyer, Adam Lee, Emily Dawes, Sarah Dawes, Dan Yeomans, Harry Hornsby and James Hornsby

## Instructor Qualifications

No qualified instructors this year, but **Special Citations** awarded to Sarah Dawes, Dave Hancock, Jane Lee and John Stott. And for support to the trainee instructors Special Citations to Sarah Walsh and Craig Jones.

## Course Setter

Snowsport England Course Setters course. **Special Citations** to Dave Hancock, Phil Deller, Dan Yeomans and Guy Hornsby

## Other Awards

### Special Citations for:

Start Ramp Designer Phil Deller

Start Ramp Builders Phil Deller, Dave Hancock, Martin May, Dave Lee, Adrian Waller, Nigel Dawes, Kevin Meyer and Guy Hornsby

GSRL Officials Nigel Dawes, Louise Dawes, Kate May, Sally Phelps, Phillippa Hornsby and Guy Hornsby

MSC Race Organisers Jeff Elmore, Nigel Dawes, Sarah Dawes, Sarah Yeomans, Jane Lee, Roger Crombleholme and Guy Hornsby

BBQ Ruth Fisher and Val Waller

## Certificate of Merit for Outstanding Service to the Midland Ski Club:-

John Arnold

Ann Williamson

**Certificate of Appreciation:** Jeff Elmore

## Starting Ramp

The MSC starting ramp opening was delayed a few weeks due to safety considerations, but finally opened on Friday 9th December. We are now looking for someone who can produce a permanent sign, and ideally also a large banner which can be suspended from the structure.

If you can help, please get in touch with Phil Deller on 0121 777 1301 or email [phil.deller@blueyonder.co.uk](mailto:phil.deller@blueyonder.co.uk)

## Apartment for Rent

Those of you who have been on the training week will know coach Bill Nolan. Bill has a lovely apartment in Les Chavonnes, a small French village near the town of Brides-Les-Bains (5 mins walk down, 10 mins up).

The area has excellent summer walking in the French Alps. The apartment is 40M square with a separate bedroom with a double bed.

Some weeks are still available for this Winter. The apartment is close to the Brides bubble which gives access to Meribel and the rest of the vast Trois vallees ski area.

For more details contact Bill on 07709052925 (UK), France 0033 479 553 920 (home), 0033 611 314 085 (mobile)

## Wanted!

Childrens ski boots size 2 - 2.5 (modern style please)

Childrens Skis 120 - 130cms (carvers please)

Contact Mark Carwardine on 0121 779 3823 or 07957 817569 or email

[mark.carwardine@gbr.dupont.com](mailto:mark.carwardine@gbr.dupont.com)



## ZERMATT

Welcome to our brand new, 4-star luxury apartment for 6 persons with spectacular views of the Matterhorn. Centrally located in sunny Zermatt.

For more information, please see our website:  
[www.alpinezermatt.ch](http://www.alpinezermatt.ch)  
or email us: [info@alpinezermatt.ch](mailto:info@alpinezermatt.ch)

**Haus Alpine**  
Luxury Vacation Apartment

MSC Members Ashley and Fitx Wyss are again offering good discounts for other members wishing to stay in their holiday apartment.

More detail can be obtained from Mike Woodall on 01384 278025 or in person most Monday nights at The Ackers

# SUMMER FUN IN TIGNES, FRANCE

## SKIING OR BOARDING, WALKING & OTHER ACTIVITIES

1<sup>st</sup> to 8<sup>th</sup> July 2006

**Firstly for all you Tux lovers**, my apologies, but I had to take a decision that the significant increase in flight and hotel costs made the total cost of over £750 per person too great.

**BUT are we downhearted? NO!**

**If you want to** take advantage of the very high standard of ski coaching and excellent company which has become a recognised part of this annual trip, come along to Tignes with us.

**Walkers, cyclists and boarders are welcome too.** There are lots of beautiful paths and trails to explore in the afternoons and for you **Rafters, you won't be disappointed with white water trip down the Isere!** I'm sure we can find other activities for the more adventurous as well. Age is no limit and neither is just wanting a relaxing holiday, everyone will be made very welcome!

**After the Hintertux Glacier, I asked Roger which his second choice would be as a summer teaching area and he said Tignes. It is also Alan's second home so it can't be all bad!**

**The Club Hotel Curling** is in Val Claret, close to the lifts for getting up on to the glacier and is used by such companies as Crystal as one of the best hotels. It has recently had some refurbishment too, although it doesn't have the saunas, etc. that we have been used to in the past.

The hotel is said to place emphasis on comfort and style with well equipped bedrooms and spacious public areas. Rooms have a private bathroom, balcony, cable TV & direct phone.

Meals include a buffet-style breakfast, **afternoon tea** and dinner.

**FUN** is essential and the ski coaches make their sessions very entertaining. We can offer similar coaching for Boarders too. Coaches will be Roger Crombleholme & Alan Shergold.

Skiers/boarders will leave at approx. 08:15hrs each day and will finish early afternoon. The rest of the day will be yours to do

as you wish. Other adventures are available, if you have the energy, or just chill out.

**I firmly believe this will continue the tradition of a great value for money trip.**

**FLIGHTS ARE FROM MANCHESTER, but I will do my best to co-ordinate lift sharing and will provide details of discount car parking for those who want it.**

**Clothing:** be prepared for Summer AND Winter conditions.

**The following are included in the cost of this trip:**

- Half Board accommodation, including afternoon tea at a quality hotel.
- Twin bedded rooms with en-suite, balcony, TV, & telephone. There are some 3 bed rooms if people want them, but no singles. See options on booking form.
- Flights from Manchester
- Overseas Transfers
- 6 day ski pass
- 6 days of performance coaching for skiers & boarders
- All costs incurred in arranging activities
- Prizes & tips as appropriate.
- **The cost for skiers/boarders is £560**
- **Non-skiers would be £420 (no ski pass or coaching)**

**Excluded are:** Insurance (see booking form), ski/board carriage £15, activities, cost of lunches & drinks, ski & boot hire (approx. £65)

**A deposit of £120 per person made payable to Midland Ski Club** is required **as soon as possible** to guarantee a place. Bookings from March 2006 will be on a best endeavors basis. **The balance must be received by 7<sup>th</sup> April 2006** to avoid your place being cancelled and your deposit lost.

### TIGNES, 1<sup>ST</sup> TO 8<sup>TH</sup> JULY 2006 - BOOKING FORM

Name(s): \_\_\_\_\_ Address: \_\_\_\_\_

Tel: \_\_\_\_\_ email: \_\_\_\_\_

Please reserve me \_\_\_\_\_ places on the summer 2006 trip.

I enclose a non-refundable deposit of **£120** per person. (Cheque made payable to Midland Ski Club).

No. of skiers/boarders: \_\_\_\_\_ No. of non-skiers: \_\_\_\_\_ No. of vegetarians: \_\_\_\_\_

I require insurance at - Adult £19, Couple £36.10, Senior £38, Senior Couple £72.20: \_\_\_\_\_ I will be arranging my own insurance: \_\_\_\_\_

Please note that if I / we do not take out the offered insurance, I / we undertake to pay the full cost of the holiday should I / we cancel and Midland ski club cannot nominate a replacement.

I will require the following equipment (approx. £65 depending on choice):  
Ski Hire (ski length based on carving skis): \_\_\_\_\_ Boot Hire (size): \_\_\_\_\_

**I will be taking my own skis and understand there will be a £15 carriage charge (please tick if appropriate):**

**ROOM OPTIONS.** Rooms are based on Twin beds. Three person rooms are available. **Single occupancy of a twin room will be an additional £234!**

A twin room is acceptable: \_\_\_\_\_ I am happy to share with 2 others: \_\_\_\_\_ I would like to pay the **extra £234** for single occupancy: \_\_\_\_\_

I am happy to share a room with ..... or another suitable member of the party.

*Please return this form and your deposit to:*  
Maureen Crombleholme, 7 St Modwena Way, Penkridge, Staffs. ST19 5ST  
Tel: 01785 714073 or 07710 511388 email: m.crombleholme@btinternet.com