

# MIDLAND SKI CLUB NEWS

THE MIDLANDS LEADING SNOWSPORTS CLUB

NOVEMBER 2006

## The 10th Annual Lockwoods Cup

MSC's annual club championship ski race is being held on Friday 24th November. This is the 10th such race, and looking back at the results 10 years ago brings back lots of memories.

Come along and watch, eat from the Bar-b-q, drink, witness the exciting racing and appreciate the high skiing standards that the club is achieving, or even just chat about skiing in general.

Racers can practice the course from 6.30pm, and the race itself runs from 7.30pm

Note that there will be NO ski testing this year! This was last month at the Snowdome - if you missed it, then sorry: it was a great evening on an uncrowded slope..

**If you have a cup from last year please return it to Nigel Dawes (0121 445 2594)** - it is very disappointing to make an award when there is no trophy available.

If you can ski you can race! There are lots of age groups particularly for the younger children and juniors.

# LOCKWOODS

Remember LOCKWOODS of Leamington Spa offer a 10% discount (not applicable to sale items) to all MSC members on production of a current membership card - and 25% off servicing!

## Christmas Party and Awards Night

This year's Christmas Party and Awards Night is on Thursday 7th December at the Old Sils Club. We will be running the awards on the same basis as last year, with you the Club members to nominate people for the awards. We are looking for nominations to recognise the efforts and achievements of people from across the whole of the Club, both skiers and non-skiers, racers and non-racers. Nominations can be made for virtually anything, for example - most improved skier, best Coach, step improvement in performance, etc.

You can also nominate people

who may have done a lot of charity work, have helped and contributed to organising Club activities, or have made a significant improvement or impact for the Club over the years. All nominations will be considered, but you will need to say who you are nominating and why.

Any nominations must be received by the end of November so that we can sort everything out in time to present the awards at the Christmas party. If you have any questions, or need further information, contact Jeff Elmore (Chairman) on 07958 967709 or email [jeffski@blueyonder.co.uk](mailto:jeffski@blueyonder.co.uk), or any committee member or any of the coaches.

## Diary

### Mondays @ 7pm

Adult Coaching  
Lui Lopes 0121 357 2307

### Tuesdays @ 6.30pm

Instructor Training - Roger  
Crombleholme 01785 714073

### Tuesdays @ 7.30pm

Race Coaching - Roger  
Crombleholme 01785 714073

### Fridays @ 6/6.30pm

Junior Coaching  
Nigel Dawes 0121 445 2594

### Fridays @ 8pm

Adult Coaching - Roger  
Crombleholme 01785 714073

### 24-Nov-06

10th Lockwoods Cup  
Ackers

### 27-Nov-06

Discount Nite  
Two Seasons, Solihull

### 5-Dec-06

Warren Miller's Off the Grid  
Leamington Spa Apollo

### 7-Dec-06

Christmas Party and Awards Night,  
Old Sils  
Jeff Elmore, 07958 967709

### 14 to 21-Jan-07

Training Week, Sestriere  
John Arnold, 0121 357 1644

### 10 to 17-Mar-07

Club Holiday, Motarret  
Mike Thomas, 024 76 692792

### 30-Mar to 8-Apr-07

Family Week, Davos  
Nigel Dawes, 0121 445 2594

## Club Holiday Update

The Club Holiday has now sold out, but you will still be able to join us if you can make your own arrangements. There is still some availability at the hotel through other tour operators - contact Mike Thomas on 024 76 692 792 for details of other options that might be available.

# High Altitude Training Week

I don't know that the HATW achieved its object of getting us fit for the skiing season but it was certainly great fun after the numbness wore off. Working on the principle that MSC members will gravitate to a pub more easily than they will to a Youth Hostel we met at the local for a meal before being guided to Bryn Gwynant. Hostels are now very different with central heating, duvets and showers which produce hot water for anyone with a degree in engineering.

Next morning our resolve to live healthily was endangered by the sight and aroma of Sam's 'full-Irish' fry-up. Sadly Sherpa Thomas couldn't be with us because he'd fallen off his bike and broken his collar-bone. The things some people will do to avoid buying a birthday cake. So Peter Tolworthy led us up to something spelt Cnicht but apparently pronounced either 'Connect' or 'How much b\*\*\*\*\* further'. First we had to negotiate the rain-forest which was so dense that I kept expecting to meet Ray Mears and a tribe of pygmies. Then we went up and up scaling a nasty scree slope and a bit of rock scrambling to arrive exhausted at the top, but well rewarded

## Child Protection

MSC has adopted the Child Protection Policy as defined by Snowsport England. As required by this policy, a Child Protection Officer has been appointed by the club, and Jill Seamen has very kindly agreed to take this role.

You can download a copy of the policy from [http://www.snowsportengland.org.uk/child\\_protection-227.html](http://www.snowsportengland.org.uk/child_protection-227.html).

Any questions can be directed to Jill on 01676 534469.

with magnificent views of mountains and lakes glistening in the autumn sunshine. Yes, sunshine on the HATW. It must be global warming. A long descent built up our appetites for the grand communal banquet which everyone had provided something towards. This and a modest amount of red wine led to a good night's sleep and several abstentions next morning from the proposed ascent of Snowdon. We used the Watkin Path and this gradually developed into another serious climb with a hard bit of rock-climbing. When we got near the top we could see that the summit was in cloud. There was no point in going on up there to see nothing so we found a variety of ways down all involving wonderful views. We had all earned a cuppa and we needed it before we faced the long drag home down the A5. Thanks to Mike, Tony and Peter for their organisation. It had been hard work but it made us realise why the chair-lift had been invented.

*John Arnold*

## Get it by Email

An increasing number of MSC members now get notified of new newsletters via email and download them from the MSC website. They thus get them in colour and email is quicker than the post!

We have had minor issues with this, and request that everyone who asked to get their newsletter this way confirms that they are indeed receiving it - many thanks to those who have already confirmed this, but if you haven't please do so by Christmas or the next newsletter we'll revert to sending you paper copies.

If you want to sign up for this, then you can change your preference at <http://www.midlandski.org.uk/mailinglist.php>

## Membership Renewal

Renewed your membership yet? If so, many thanks. If not, please do so as the club relies on members' subscriptions to pay the many running costs of the club.

If you've lost your renewal form get in touch with Hilary Cox on 0121 554 974 or renew and pay online at <http://www.midlandski.org.uk> and clicking on the *Membership Renewal* button (bottom left).

## Two Seasons Discount Night

Two Seasons in Solihull are inviting all MSC members to special discount evening on Monday 27th Nov from 6 to 8pm. Drinks and nibbles will be provided along with a special 15% discount off all clothing and accessories, plus 10% of 2007 season hardware (not in conjunction with other offers or promotions). Technical staff will be on hand to provide expert advice if required.

You can find Two Seasons in Mell Square, between the Touchwood Centre and Beatties department store.



This year's Warren Miller ski film Off the Grid will be having its **only** Midlands showing at the Leamington Spa Apollo on Tuesday 5th December at 8pm. Tickets onsale now at [www.warrenmiller.co.uk](http://www.warrenmiller.co.uk)

## SKI APARTMENT: ARCS 2000

**Ski apartment in Arcs 2000.** Doorstep skiing, sleeps 5. High season from £210 per week. Available on following dates 16 Dec-6 Jan, 3 Feb -3 Mar, 10 Mar-21 Apr: Sat-sat preferred but some flexibility. Also half share of the apartment is for sale: £20,000. Ken Gee, 01902 326667. Email [tricia@gee-1.fsnet.co.uk](mailto:tricia@gee-1.fsnet.co.uk)

## Analog/Digital Transceiver Compatibility

*Pete Seaman passes on this item from the Eagle Ski Club:*

Now that the first snow has fallen in the alps, a mention should be made of a slightly worrying article which appeared in DAV Panorama (journal of the German Alpine Club) earlier in the year.

Research in 2004 in France, Germany and the USA shows significant differences in the stability of the transmit frequency of Ortovox F1 analogue transceivers.

Depending on temperature, age and general wear and tear, both the transmit frequency and the strength of the Ortovox F1 signal can drift well outside the international standard for avalanche transceivers.

There are also differences in the ability of different digital transceivers to receive such signals:

- Only the Tracker DTS gave

reliable indicated range and had insignificant loss of receive range.

- Mamut Barryvox, Ortovox M2, and Ortovox X1 indicated significantly false low range measurements.

- Pieps DSV indicated false multiple burials or failed to receive any signal at all. Pieps have since issued a software update to correct this.

For further information see <http://www.bcaccess.com/documents/FreqDrift.pdf>

What does this mean in practice? There should be no problem if those in your group all have digital transceivers. But if some have analogs, a test should be made to be sure they can all send and receive, at a fair distance, to and from all digital transceivers in the group.

Safe skiing this winter!

## Ste Foy tops Telegraph ski list

*(Reprinted from The Sunday Times September 24, 2006 )*

1. STE-FOY TARENDAISE, France

Size doesn't always matter - and Ste-Foy Tarentaise is a case in point. A tiny, four-lift resort, it has long been the preserve of off-piste guides, who bring their clients over when the powder in nearby Val d'Isère has been ground to crud. Now, however, thanks to some sensitively handled redevelopment, the place has been reborn - as a cute and quietly luxurious retreat for families (or anyone else who's tired of the mega-resorts). Yes, the skiing is limited, but at all levels the quality is superb, and when you've had your fill, the larger lift systems at Les Arcs, Val d'Isère, Tignes and La Rosière are all within easy day-tripping distance.

*Ski Sainte Foy have availability at their ski-in ski-out chalet 28 Jan-3 Feb, 3-10 & 10-17 Feb (half term!), 18-25 and 25-31 march. More details at <http://www.saintefoy.co.uk>*

## Win a FREE HOLIDAY to the High Tatra Mountains

All MSC members who are fully paid up on 31st December 2006 will be entered into a draw for a FREE HOLIDAY for two people to the High Tatras Mountains in Slovakia.

The Holiday is for 2 for 7 nights Sat-Sat or Wed-Wed flying from Stansted to Poprad (2hrs Scheduled flight). Staying at the three star Hotel Smokovec, in

the the heart of the High Tatras mountains the area offers visitors many different attractions with some of the best skiing slopes in the High Tatras. Skiing at Strbske Pleso, Hrebienok, Novy Smokovec, Skalnaté pleso & Tatranska Lomnica. 6 day Lift Pas and ski hire included.

A range of evening activities is included in the prize e.g. Snow

Rafting, watching a first class Ice hockey match, Night sledging (3km run) and skijoring. Dates are reasonably flexible, but not the middle of February as this is the Russian Orthodox holiday period!

This VIP holiday package is courtesy of Mountain Paradise, who are specialists in Winter and Summer holidays to the High

Tatras mountains of Slovakia. For more details on the resorts and the skiing and other activities that are available go to [www.mountainparadise.co.uk](http://www.mountainparadise.co.uk)

If a family member wins the prize, then additional people can go on the holiday, at additional cost.

It would also be nice if the winning member wrote up the trip for *MSC News*.



[www.mountainparadise.co.uk](http://www.mountainparadise.co.uk)

## Autumn Race Training: Pitztal, Austria

Olivia Waller

In the half term week there was a training week organised by the White Eagles in Pitztal, Austria. Toby Fisher, an ex-Austrian world cup skier, was doing the training. Four people went from the club, Dan Yeoman, Harry and James Hornsby and myself, Olivia Waller.

The week in Austria was great fun; I feel I've learned a lot from it. The snow conditions were not fantastic but by the end of the week you did have more confidence when skiing on ice.



In the mornings we had to get to the bottom of the train that took you to the mountains for 8.15. We would then catch the gondola up to the top of the

mountain. At about 1 o'clock we would stop for lunch. We would then catch the 2 o'clock or 2.30 train down; most people would then catch the bus down to the hotel, it dropped you literally right outside.

Training started at about four o'clock most days. We did a range of activities including circuit training, swimming, going for a walk; playing football with the Japanese ski team and lots of other things. Often Toby would get the parents to help with an activity or coax them to join in.

On the slopes we did a lot of different things as well.

On the first two days we were all in one big group of 13 or 14 people. On the Tuesday Armin came and helped Toby, we were split up in to two groups, the more advanced skiers and the less experienced skiers. The better group worked with Toby on gates first thing and the other group worked with Armin doing exercises with their arms and legs and things. At about 11.30 we would swap over and Armin would get the better group.



We were skiing on a glacier in Pitztal and a lot of famous skiers were also there getting some practice in so you ended up rubbing shoulders with the likes of Bode Miller. Chemmy Alcot was even staying in the same hotel as us!

Only four people came this year and it would be really good if more people could come, the white eagles have booked the same hotel for the same time next year. For more information speak to either the Waller Yeoman or Hornsby families.

## MSC Norwegian Evening

(As reported on by [www.telemark-skiing.co.uk/news/](http://www.telemark-skiing.co.uk/news/))

A BIG thankyou to the Midland Ski Club for inviting me to talk at the Old Silhillians in Solihull last night. (8th Nov)

Jeff Elmore had asked me to attend to give a brief history of telemark skiing and how it has become the increasingly popular activity across North America and Europe.

It also gave all of those attending the event the opportunity to have a close look the equipment we use for telemark skiing today and enabled them to see how modern technology has advaced OUR sport and transformed how and what we can ski both on and off piste.

The night was attended by approximately 30 people and there were some great memories being recounted by some of the skiers who had achieved their first skiing diplom as long ago as 1949 in Lillehammer.



There was also a short talk by Stuart Robertson (Skiing Master Champion) who was promoting the work of the charity SCOPE - who have the White Peaks Challenge taking place in March next year.

For more information on this fantastic event check out the following link <http://www.scope.org.uk/cgi-bin/np/viewnews.cgi?id=1160050039>

Finally we had a very informative presentation from Brent Wood the MD of Norwegian Wood Travel Ltd - where he dispelled some of the common myths about skiing in Norway.

Having skied in Norway myself, on a number of occassions, I would certainly agree that Norway has some of the best pistes, apres ski activities and facilities available and I have always found the Norwegians to be friendly and helpful.

Norwegian Wood Travel Ltd is a family run business that will make you want to return to Norway, the home of modern-day skiing, again and again.

For more information see [www.nwtltd.co.uk](http://www.nwtltd.co.uk)

The event also saw the distribution of this years MSC brochure -- check out the article on CANSI - the Canadian Association of Nordic Ski Instructors - penned by my goodself.

In all a great opportunity to spread the word about free heel skiing and SLIDING in general.

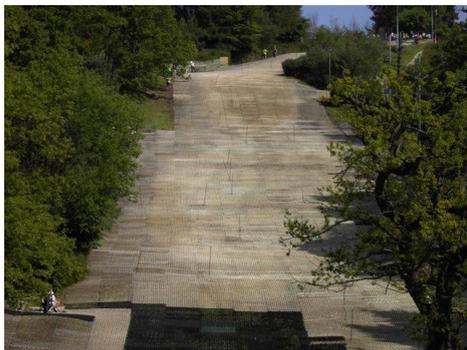
Matt Higginson

# 2006 Racing Round-Up

It's been an extremely active and successful year for the club's racers. From fun races, schools and regional competitions to the Gloucester Summer Race League (GSRL) and the Snowsport England (SSE) national circuit, our racers have performed tremendously across all age groups.

This year, for the first time, we ran 3 teams in the GSRL and saw over 50 racers representing the club during the campaign. With 15 teams competing, our A team finished 2<sup>nd</sup> just a few points behind the eventual winners, Slalom Plus A. The growing strength of our junior racers resulted in the B and C teams finishing 5<sup>th</sup> and 13<sup>th</sup> respectively easily beating their counterparts from Gloucester and Slalom Plus. Stuart Wickson, James Hornsby, Dan Yeomans and Mark Hawkins consistently achieved top-10 overall positions (out of a 150-strong field). Great individual performances but, unfortunately for the club, Stuart, James, Dan and Chris May (all SSE registered racers) have now achieved national rankings that make them ineligible to race in the GSRL next year. But the good news is that we have another excellent crop of young racers champing at the bit to fill these places!

The club has also been very active on the SSE national circuit. We now have more racers than ever (16 in total) competing in club nationals, grand prix and celtic cup events, and the national championships. And, it looks like this number will grow



again next year. The club was represented at 9 (out of 10) club nationals, 3 (out of 5) grand prix, 5 (out of 6) celtic cups and 2 (out of 5) national championships. Considering that the MSC is not a race-only club, our racers continue to go from strength to strength and, this year in particular, they've regularly caught the attention of their competitors (and their coaches) from the specialist race clubs.

Congratulations must go to Dan and Stuart for lowering their seed points below 100 and to Emily Dawes for breaking the 150 points mark! Stuart also represented the West Midlands at the regional championships (Dan and James were also selected but were unable to compete because of prior commitments). In the male category at the English championships, Dan finished 41<sup>st</sup> (out of 149 starters), Stuart 44<sup>th</sup>, James 51<sup>st</sup>, Harry Hornsby 74<sup>th</sup> and Freddie Meyer 98<sup>th</sup>. In the females, Emily finished 34<sup>th</sup> (out of 70 starters) and Sarah Dawes 37<sup>th</sup>. Sarah and James achieved top-10 age group positions. Harry and Chris also recorded top-10 age group positions in the Welsh championships a remarkable comeback for Chris considering he broke his arm at the first club national of the season! .

The fun races have also been extremely enjoyable events and have proved incredibly useful to our growing band of youngsters new to the race environment. Currently, we have 5 'minis' registered with SSE (Lucy Deller, Elisabeth Thomas, Sam Lee, Nick Phelps and Matthew Waller). The benefits of starting as a 'mini' are enormous as these provide

invaluable experience when taking the next step up. With so many juniors now training on a Friday night I'm sure we'll have more 'minis' registered next year.

In addition to the West Midlands Ski Association schools race, the club also hosted the inaugural Birmingham and South Midlands schools race that turned out to be a great success! MSC racers also competed for their respective schools in the English Schools Championships with Sophia Phelps and Alasdair Thorley members of the winning team (Heart of England) in the U14 mixed category!



Whilst the club's racing successes on artificial surfaces are gaining by the season, I think another significant step forward would be to refocus some of our attentions towards racing on snow. Although a number of our racers do train on snow, Nicky Millington was the last person to represent the club at an alpine event. It would be great to see if more racers (in addition to Harry who's now secured his FIS start licence) could be encouraged to race on snow. If anyone's interested please get in contact with me.

So, it's been a tremendous year and the future looks extremely promising! As always, many thanks to Roger for all his support and expert coaching.

*Guy Hornsby*



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6th December

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