

MIDLAND SKI CLUB NEWS

THE MIDLANDS LEADING SNOWSPORTS CLUB

JUNE 2007

CAN YOU HELP?

All members should be aware that Midland Ski Club is owned by, run for, and run by its members. Everything, from the newsletter to holidays to racing is organised and run by volunteers. However over recent years the number of people willing and able to do this across the breadth of club activities has declined.

Those that do help do a brilliant job, but the time that individuals can spare to support club activities is not without limit.

In order to improve and maintain the level and quality of activities in the club, we need bit of help in some areas.

Ideally what we would like to have is many people doing a few small things, rather than a few people doing many things. In this way we can reduce the burden on people by having more people actively involved, but for only a short time or on specific projects or tasks which don't take up lots of time. It is hoped that this approach will bring many benefits to both the members in general, and those helping the club in its activities.

There are a number of roles where we need your help:

Sponsor Support

As you all know we have a number of sponsors who help the club by taking adverts in our yearbook, give discounts to members and support our activities in a variety of ways. We would like to have one or two members to "look after" each of the sponsors. It could be that you live close to one of the retail sponsors, or even use their services on a regular basis. If you do, and would like to help, we are looking for "MSC ambassadors" to keep regular contact with our sponsors so that they know what is happening in the MSC, and we know what's going on with them for example any special offers, sales, new products/services, etc. The idea is to improve the flow and frequency of communications between the club and its supporters, so that everyone benefits. You don't have to phone up or call in every week, but just need to establish a regular and clear channel of communication so that if the sponsor has some news, then they know who to tell it to.

MSC Notice Board at The Ackers

We are looking for someone to be

responsible for keeping the notice board tidy and complete with up-to-date information, and to ensure that there are sufficient supplies of newsletters and yearbooks. The Ackers is one of the best venues for recruiting new members, so keeping our visual communications current and exciting is very important. Much of the information, yearbooks, etc are already provided, but we feel that this area can be improved. All necessary materials and assistance will be provided. This would ideally suit someone who regularly goes to The Ackers on a Monday, Tuesday or Friday. Perhaps a parent of one of the Juniors with an eye for neat layouts and displays would be ideal?

Vice-Chair

The current Chairman will be standing down in 2008 and a vice-chair is sought now to "shadow" the Chairman and see how the Club is run and gain experience in the many and varied aspects of Club business that the Chair engages in. Anyone who might be interested but would like to know more should contact Jeff or any committee members for an informal, non committal, discussion,

MSC Annual Brochure

This is a very important and integral part of the MSC and plays a huge role in promoting the Club and its supporters. Here we are looking for your help in two areas:

1) *Input to the Brochure* Do you have an interesting short story or article that you could write about skiing or snowsports in general? If so we'd like to hear from you. As you know, there are a wide variety of interesting and informative articles that we publish in the brochure every year. These can be difficult to come

Diary

Mondays @ 7pm

Adult Coaching
Luis Lopes 0121 357 2307

Tuesdays @ 6.30pm

Instructor Training - Roger
Crombleholme 01785 714073

Tuesdays @ 7.30pm

Race Coaching - Roger
Crombleholme 01785 714073

Fridays @ 6/6.30/7pm

Junior Coaching
Nigel Dawes 0121 445 2594

Fridays @ 8pm

Adult Coaching - Roger
Crombleholme 01785 714073

**LAST FRIDAY COACHING
20TH JULY**

BACK 7TH SEPTEMBER

16-Jun-07

Summer Race League, Gloucester
Jane Lee, 01905 345416

(also 21-Jul, 18-Aug,
22-Sep, 13-Oct)

22-Jun-07

Evening Pub Walk, 6.45pm
Dog & Doublet, Bodymore Heath
Jeff Elmore, 07958 967709

8-Jul-07

Pony Trekking, Cannock Chase
Hilary Cox, 0121 554 9745

29-Jul-07

Cycling the Manifold Valley
Rob Weeks 01926 470656

10-Aug-07

Summer Social
Green Man, Middleton
Rob Weeks 01926 470656

11 to 12-Aug-07

Midland Telemark Festival,
Tamworth Snowdome
Matt Higginson, 01543 256762

7 to 9-Sep-07

Mid-Wales Cycling Weekend
John Ellis, 01562 884151

by, so if anyone has a piece they would like to contribute, or knows of someone (or a snowsport related company) that has something to tell, then please get in touch with Rob Weeks.

2) *Advertising* We would like a few people to help in the task of persuading our sponsors to continue to support the brochure and to seek

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CAN YOU HELP?

out new sponsorship opportunities for the MSC. Getting sponsorship is becoming increasingly difficult and time consuming, so we are looking for some extra help to spread the load. Ideally you would need to be able to contact current and potential sponsors during office hours. Generally it only takes a couple of phone calls or an e-mail or two to secure support, but if you have 20 sponsors to call it becomes a big task, so by enlisting more people to help, we are hoping to ease the burden and make the exercise more successful for both the Club and the sponsors

Events

1) *Social* We are looking for people to organise one informal social activity or event per year. This could be simply meeting at a pub somewhere, organising a Sunday lunch, a walk, cycle ride or any activity where members can meet in an informal social setting.

2) *Evening Meetings* Ideally we are looking for one person to organise 1 high profile event per year.

3) *Other events* If you have any ideas for events or activities that you think would be of interest to members either at weekends or the evening, then please let us know.

Merchandising

As many of you will know, the MSC now has available some hoodies with the MSC Racing logos. These have proved to be immensely popular with members and we would now like to extend the range of MSC branded clothing into other areas such as Polo shirts and T-shirts. We are confident that these will be equally popular, but we just need a couple of pairs of hands to help in the task of collating and placing orders, getting the money

in and distribution of the goods. At the moment Sally Phelps is doing a sterling job, but if you think you could offer some short term help with this, then please contact Sally or any Committee member.

Membership / Welcome pack

The Committee have been working on a "membership / welcome pack" that we can issue to current and new members upon joining or renewal. The idea of the pack is to give new members all the information they need about the Club, its activities and the all the benefits of joining, in one handy format. It is not intended to replace the Newsletter, brochure or anything else, but to provide a single source of information for members who can use it as a guide to let people know what's going on and where to seek out further help and advice.

If you could spare some time to help on this one-off project, please let us know. It is planned to have the membership packs available in late September / early October.

Charity Event

There is an idea for a joint event to be held with a number of skiing charities over a weekend at a local shopping centre in November or December. The idea is to have a number of displays in the centre so that the general public gain a greater awareness of the various snowsport charities and the MSC in the Midlands. We are also intending to raise funds for the charities at this event.

If you could offer any help in the planning for this event or can spare a few hours on the day, then please contact Jeff for more information.

Grants and sources of funding

There are numerous sources of funding and grants for voluntary organisations in the UK. We feel that

there must be one or two sources where the MSC could be eligible for some level of funding support in some way. What we would like is for two or three people to investigate what possible funding is available to the MSC and what we need to do to go about getting it.

Clubmark

Clubmark is an accreditation scheme run by Sport England which sets the standard for all quality sports clubs in England.

As the kitemark for sports clubs it means that clubs that have achieved the award have high standards of child protection and safety, quality coaching, equal opportunities and good management. In essence a club which qualifies for Clubmark is a well run club.

It has been shown that Clubs that gain the Clubmark accreditation find it easier to gain funding.

The MSC would like to gain this accreditation and would like to set up a small team to investigate what we need to do in order to achieve this accreditation. If you would like to help in some way on this project, please let the Committee know

More details about Clubmark can be found on the Sport England website at www.sportengland.org/index/get_resources/clubs/Clubmark.htm.

You can help!

So over to you, the members. How can you help? I hope you can see from the above that it doesn't have to be a regular commitment: help on a short-term basis is always welcome, but if you help regularly we're not going to turn the offer away! Get in touch with one of the committee soon - either at any of the many MSC events, or you'll find our contact details below.

CHANGE TO HOLIDAY POLICY

Following discussion at the Annual General Meeting on 2nd May, there is to be a change in the club's policy on the sale of holidays.

It has always been our policy to advertise the Club Holidays all together in the August newsletter. This was done in the belief that most members would not be in a position to know their winter plans before then and historically holiday companies did not have their brochures available as early as they do now.

However, to secure places and get the best deal for members the club is now having to arrange the holidays much earlier than previously and holiday companies are also requiring larger deposits - £150 per person is not unusual. Together with the introduction of the Easter Family Holiday, this means much of the club's

finances are tied up until for approaching half the year until members book in early September.

This is causing cash-flow problems in organising other events and paying for our other activities.

So with immediate effect, future holidays will be advertised as soon as they have been arranged so that members have the earliest opportunity to book a place and know their plans for the season in order to arrange any other trips around the club holidays. This also means that the club has to pay out for the deposits for a shorter period of time.

You will therefore find full details of the January Training Week and March Club Holiday in this newsletter, together with details of the 2nd South American Adventure next August. The Easter Family holiday is expected to be announced in the next newsletter.

MSC COMMITTEE

Following the AGM on 2nd May, the committee for 2007-8 is:

Chairman:	Jeff Elmore	☎07958 967709
Secretary:	Diana Horth	☎01889 800706
Treasurer:	Bryan Arnott	☎01827 893243
Publications:	Rob Weeks	☎01926 470656
Membership:	Hilary Cox	☎0121 554 9745
Juniors:	Nigel Dawes	☎0121 445 2594
Coaching:	Roger Crombleholme	☎01785 714073
Training Week:	John Arnold	☎0121 3571644

SUMMER SOCIALS

MIDSUMMER EVENING WALK

Join us on 22nd June for a Midsummer's evening stroll that starts and finishes at a pub!

Meet at the Dog and Doublet pub in Bodymoor Heath, North Warwickshire at 6.45, for a 7pm sharp start. It is easy to get there. From Junction 9 of the M42 (Dunton Island) take the A4097 east towards Kingsbury. After 2 miles there is a roundabout (Marston). Turn left towards Bodymoor Heath and Kingsbury Water Park. Follow the road for about a mile or so, go past the entrance to the Water Park (on your right), go over a bridge across the M42, but just before the narrow canal bridge, turn left along a small lane. Follow the lane for just a few hundred yards to the pub car park. The pub is on the Birmingham to Fazeley canal.

The walk is 4 miles and so should take no more than 2 hours to complete. It is all easy going level ground along well marked paths.

Anyone interested should contact Jeff Elmore on 07958 967709 jeffski@blueyonder.co.uk so we have an idea of numbers and so that we don't set off without you!

CANNOCK PONY TREKKING

Following last summer's successful event, Hilary Cox is once again taking us Pony Trekking on Cannock Chase. This is 2.30 to 4.30pm on Sunday 8th July 2007. Cost £32.00. Please phone Hilary Cox on 0121 554 9745 as soon as possible for more details and to book.



CYCLING THE MANIFOLD VALLEY

Sunday 29th July. A stunning ride of around 17 miles return along the former Leek and Manifold light railway through some of the most spectacular scenery in the Peak District. The ride is surfaced path following the valley floor throughout with a short intermediate section shared with a minor road. Suitable for all ages and abilities, although tougher alternatives abound for any who desire!

Lunch should see us at the Manifold Inn at Hulme End where food is available - or bring a picnic. Cycles can be hired at the start although booking is strongly advised (01538 308609).

Meet in the Waterhouses car park just off the A523 northwest of Ashbourne ready for a 10.30am start. Anyone interested should contact Rob Weeks on 01926 470656 robw@midlandski.org.uk so we have an idea of numbers and don't set off without you!

FRIDAY NIGHT OUT

We're having an informal social evening on Friday 10th August at the Green Man public house in Middleton.

Middleton is between Sutton Coldfield and Tamworth, and is easiest reached from either the Bassett's Pole roundabout on the A38 (take the A446 towards the Belfry, and take the first left), or from M42 Junc 9 (take the A446 towards the Belfry, right at the roundabout onto the A4091 towards Tamworth, and then third left).

See you there from about 8pm!

MID-WALES CYCLING 7TH-9TH SEPTEMBER

John Ellis is co-ordinating a weekend's cycling based at The Old School Hostel, in Corris - a few miles north of Machynlleth.

Bikes can be hired locally and there are many cycle trails of all standards, and other attractions - I suppose you don't really even have to cycle!

Book accommodation directly with the hostel by phoning Ann or Michael on 01654 761686. The cost for Bed and Breakfast is £16.00 per person per night. John would like anyone interested to contact him on 01562 884151 so that he has some idea of numbers. He can also supply more detailed information.

GLOUCESTER SUMMER RACE LEAGUE - MAY

The results from the first meeting of the Gloucester Summer Race League were excellent. Midland A came 3rd, the top 4 positions being:

Slalom Plus A: 242, Western Counties: 233, Midland A: 229, and Gloucester A: 220.

Midland B were 9th with 116 points and Midland Hawks 12th with 69 points.

There were 11 people scoring 20 points or more:

Robbie Beak (27), Phil Deller (25), Maxine Hancock (24), Dave Hancock (24), Emily Dawes (24), Gerry Elgy (23), Sarah Dawes (22), Sam Allen (22), Jane Lee (22), Nick Miller (21), Mark Hawkins (21)

Skiers achieving the maximum 9 points in the afternoon:

Maxine Hancock, Olivia Waller, Robbie Beak, Sarah Dawes, Gerry Elgy, Marcus Plevnalis

Skiers in overall top 20:
Mark Hawkins (6th), Emily Dawes (14th)

There were 10 skiers in their first Gloucester race, some racing for the first time ever, others with previous races as individuals but new to the working together experience of team racing. Welcome and congratulations to all of them, particularly to Gerry Elgy (yet again), Dominic Plevnalis (11th of 32 in U10) and Freya Eaton (16th in U10).

There was the usual tough competition in the U13 and U18 age groups. In the U18 group of 29 skiers well done to all skiers, there were some really good performances and improvements on last year. Fastest were Emily Dawes (age 15, 4th), Nick Miller (age 14, 7th) and Adam Lee (13 last month, 10th) and in the U13 Sam Allen (3rd).

Saturday also saw some more good teamwork and worthy of a mention are Karen Conde who recorded the times in the morning and joined the start team for the afternoon, Sarah Dawes, Jerry Phelps and all the Dads who helped the younger skiers at the start, Fiona Jones for an excellent team contribution in the head-to-head and Valerie Waller for providing a superb apres ski meal. We were unusually quiet, the commentator was disappointed with the lack of support for some of our racers in the afternoon, not the usual Midland cheering, so there's some improvements to be made here.

Finally this was the first race for Kim and me as race managers and we would like to thank everyone for their help and support. Well done teams, a really good first race. *Jane Lee*

KNOWLE FUN RUN

Following from a wet day at opening round of the GSRL, Midland Ski Club were again represented at the Knowle Fun Run this year. Eight of us endured the break in weather after the last few events were dry - this time it was cold and very wet: those spectators with water pistols could not compete. We had a team entry for the first time, but had a number of injuries in the weeks prior, so finished 19th which would have been 13th had our best racer not been missed out of the team by the on line booking system and another one poached by another team. The event was followed by the hospitality of our race manager in the traditional manner - thanks for somewhere dry to change and the wine.

Nigel Dawes

EARLY-SEASON TRAINING WEEK

CANAZEI, ITALY. 13TH. TO 20TH. JANUARY 2008

And now for something completely different. For the last 5 years we have been to Sestriere which has been excellent, but we have had great difficulty in finding anywhere else which matches it, both in the range of skiing and the hotel accommodation we require.

So we have come up with a different type of skiing experience in the Superski Dolomiti Area. This is in the Sud Tirolo region of Italy and is the largest (not totally linked) ski area in the world. It used to be part of the Austro-Hungarian Empire and it now enjoys the dual advantages of Austrian quality and Italian prices, particularly in its mountain restaurants. Also it has the most spectacularly beautiful mountains with a stunning view around every corner.

We will be staying in Canazei which is on the famous Sella Ronda ski tour route. This is a ski journey which can be completed in a day and covers a total distance of 40 km, 26km of which are ski runs. On the other side of the valley is the similar but smaller Skitour Panorama. These routes pass through several villages which have their own small lift systems. For instance we are only a few lifts from Arabba which in my opinion has the best skiing in the whole area. So we will very much be 'learning on the hoof' with the Coaches instructing as we ski around this vast area.

Otherwise the week will follow its

usual pattern. You will ski for 6 full days in a group of about 9 people of similar ability under the care of a fully qualified BASI or SSE Coach. Your friends will be keen to ski all day and they will be supportive, encouraging but non-competitive and the Coach will have plenty of time to give you lots of personal attention.



Our hotel is the 3-star family run Hotel Irma: www.albergoirma.it. All the rooms have private facilities and there is a small 'wellness centre' with a sauna, Turkish bath, gym and sun-bed. The hotel will just hold the 50 people we are taking so there will be the usual house-party atmosphere. But it does mean that we shall have to ask singles to share 3 in a room if all the double rooms are booked by couples.

The flight details have not yet been settled so I have to warn you that there is the danger that we may have to go from Gatwick at some ungodly

hour. But Equity will be providing a coach to and from the airport so the journey will not be that horrendous.

The cost will be £750 which reflects the fact that we will have the full Skidolimiti skipass and I am told that the Hotel Irma is of better quality than the Sciatori in Sestriere. (I'll believe it when I see it!) The cost does include virtually everything; coach to the airport, flights, transfers, half-board in the hotel, all the coaching and the full lift-pass. It also includes Equity's insurance, which has always proved adequate, but if you wish you can save £15 by relying on your own insurance and not using Equity's. Personally I think it is worth the extra £15 to know that Equity's rep. will be fully aware of all the insurance problems and will deal with any difficulties straight away, but it is up to you. About the only things not covered in the cost are lunches and drinks.

To join us please complete the booking form and return it with a NON-REFUNDABLE deposit of £120 payable to Midland Ski Club. Please note that the cost includes £100 to cover the cost of the instruction and this is not covered by the insurance. Also you will have to obtain the Euro Health Card from a Post Office and will need a full passport which is in the name you give on the booking form.

If you have any queries please do not hesitate to ring John Arnold on 0121 357 1644.

CLUB HOLIDAY - TIGNES, FRANCE 8TH-15TH MARCH 2008

For the 2008 Club Holiday we are going to Tignes. We will be staying in 2 chalets in Tignes Le Lac. They are located approximately 100m from the nearest piste and you can return on skis to within 100m of the chalets on the same piste. They are a 400m walk from the main Aeroski lift and ski school meeting place and the centre of Tignes.

The chalets offer the usual standard of catering with breakfast and freshly baked afternoon tea on seven days with a three course evening meal with free wine and soft drinks for six nights. Chalet staff

have one night off when we will have the opportunity to try local eateries.

The 5* Chalet Les Andes offers a level of luxury rarely found in chalet accommodation in the Alps. All bedrooms are ensuite and have the added luxury of televisions. The living room is stunning with widescreen TV, CD and DVD players. The chalet has a sauna, free use of an indoor pool and a boot heater. It is just below its sister chalet, the Chalet Alaska in Les Almes area of the resort.

The 4* Chalet Alaska is situated in Les Almes area of the resort and has a sauna, hot tub and satellite TV. All bedrooms are ensuite.

We will have sole occupancy of both chalets and will all be able to use the facilities in each chalet.

Further details can be found in the Neilson Ski brochure 2007/08.

If you have not been on Club Holiday before, it's a social week skiing and you will always be able to find someone to ski as hard and as long and as you want. There's often a drinks party before the evening meal, and generally as

much après ski as you can cope with.

The basic price is £600 including Birmingham flight supplements. Places will be allocated on a first come first served basis. Chalet Les Andes sleeps 20, based on 2 per room and Chalet Alaska will take 24, based on 2 per room.

Insurance is mandatory, but is NOT included, as so many members now have annual cover. Please see the MSC Insurance article elsewhere in this newsletter, and indicate on the booking form if you'd like a quote.



2ND BIG SOUTHERN HEMISPHERE ADVENTURE CHILE & ARGENTINA 15TH-31ST AUGUST 2008

Welcome to our 2nd ultimate "Summer" skiing/boarding experience to South America.

This is a multi-centre holiday to Chile & Argentina, combining skiing in four areas (6 resorts, 11 days) with some time in the capitol of Chile, Santiago, including a ½ day tour. Other optional tours are also offered.

The very cold dry conditions and high altitude of south American resorts produce a lot of good powder snow, usually in August.

Our trip will start and end in Santiago, the capitol of Chile, which is one of the most pleasant and relaxing cities in South America friendly people, many parks, wide avenues, and plenty of good restaurants.

Our first skiing area is known as "The Three Valleys"... El Colorado, La Parva and Valle Nevado which link together to form a large ski area with 36 lifts in total and maximum descents of up to 900m. Couloirs, off-piste, breathtaking descents and snowy bowls as well as pisted runs. Watch out for the condors!

The next resort, Villarrica-Pucon occupies the slopes of an active volcano and is one of Chile's best resorts for snowboarding. See the box on the right for an exciting optional adventure to the rim of the volcano!

We then travel to Argentina to ski Chapelco with tree skiing and Catedral which is Argentina's largest and trendiest resort, with great views out over the Patagonian desert and Lago Nahuel Huapi.

Proposed Itinerary:

Day 1: Flight to Santiago (approx. 18 hrs)

Day 2: In Santiago and City tour

Day 3-7: Drive to Farellones (1hr) and ski. Resorts are: Valle Nevado (Alt. 2860-3670m), La Parva (Alt. 2700-3600) and Colorado (Alt. 2500-3330m), based at Hotel Farellones for 5 nights (with hot tub!)

Day 8: Travel to Temuco and Pucon

Day 9-10: Ski Villarrica

Day 11: Travel to Argentina

Day 12 -13: Chapelco resort

Day 14-15: Catedral resort

Day 16-17: Temuco, Santiago and home

Please note that **this is a high altitude holiday, with skiing from 3800m**, so the fitter you are, the less breathless you will be and you will enjoy the trip even more.

Because we will be going a long way, we want to see and ski as much as we can, so please be prepared for internal transfers as we move hotels a few times.

We are using the same specialist travel company that we used last time, Andes.

Flight costs from Birmingham are estimated, but should not vary much from this estimate and we will confirm

the exact route and costs as soon as 2008 flights are published which should be in October/November 2007.

The price is based on 2 people sharing a twin room with en-suite. Sizes may vary between hotels, but will be comfortable for 2 people.

A discount of £100 per person off the total cost will be awarded to those paying the deposit by 1st November 2007.

If there are 8 or more of us, then the trip will be exclusive to MSC and group discounts will start to apply if we get over 10 people. Maximum group size is 16.

The following are included in the cost of this trip:

- Transfers in Chile and Argentina, by road and air.
- 5 nights Farellones, ½ board
- 10 nights BandB in Santiago and the other resorts.
- Santiago City tour
- Access to tour Representative/Guide
- Coach driver/tour guide tips, contingency and emergency Fund (any unused elements of this fund will be refunded at the end of the trip)

The Basic cost is £1345 per person

- **Flights estimated at £850 for the flights** (to be confirmed Oct/Nov).
- **Insurance £78 for skiers / £94 for boarders** (70yrs or over, please contact me for further details)
- **Ski carriage approx £50 total**
- **A non-refundable deposit of £200 per person is required**, with final payment no later than 31st May 2008.

Ski passes (£20 - £25 per day, less for the 60+) have been excluded in the overall cost because some people may wish to go on optional excursions. See right.

• **Also excluded are:** evening meals (except Farellones) and lunches (inexpensive and good quality even on the mountains), drinks, optional excursions, gifts, souvenirs, laundry, telephone, etc.

Ski and snowboard hire. Equipment standards and costs are similar to those in Europe.

Chile and Argentina have good health care in major towns and cities and Chile, has the least crime of all South American countries. However, please take the same precautions you would take on any other holiday such as drinking bottled water and keeping valuables out of sight when out and

about. **You will need to check with your GP about Diphtheria and Hepatitis B injections.**

All queries should be made to: Maureen Crombleholme on 01785 714073, 07710 511388, or preferably by email to maureen@ims-lifebalance.com

I hope to arrange an open evening at a suitable venue for those who wish to go on the trip and even just curious people can come along too! You will be able to see the hotel and travel company brochures, ask questions and see the photographs from last time.

OPTIONAL EXCURSIONS

Vineyard Tour

This will be in the vicinity of Santiago, possibly the Concha y Toro vineyard that we visited last time (these wines can be found in most supermarkets). It is also a very pretty estate. Approx £30 per person. Minimum of 5.

Villarrica Volcano Ascent

Weather permitting we can arrange a day trip to make a ski-mountaineering ascent of Volcan Villarrica for anyone who is interested. This is an unforgettable experience will be in place of a normal skiing day. The day involves climbing up on skis, having a quick look at the lava lake in the crater of the volcano, then "flying" back down off-piste! This is not for the feint hearted and a high standard of fitness is required for this day, which may involve up to 6 hours of strenuous exercise, but no previous experience is necessary other than a good level of skiing ability. All specialist equipment can be hired. Only cost is £20-£30 for equipment hire. Tour leader will guide this trip.

Mountain Biking & Rafting

In the Pucon area. £20-£30 per person. Bikes can also be hired without a guide for £10 per day. These activities are dependant upon the winter weather.

Scenic boat tour of Lago Nahuel Huapi to Isla Victoria
From Bariloche. Scheduled departures, so numbers should not be an issue. Approx £20-£30 per person

Bariloche city (instead of a skiing day at Catedral)

If anyone decides to take time off skiing in Argentina, (in addition to après ski), Bariloche is an affluent and pretty city, famous for chocolate and Swiss style houses and has a very scenic location on the shore of Lago Nahuel Huapi. There are regular buses between Bariloche and Catedral so you could do ½ day skiing and ½ day shopping.

FAMILY HOLIDAY TO DAVOS

Once again an intrepid group of MSC members headed to Davos for the annual family holiday this Easter.

We travelled by coach which was an interesting experience. The adults eased the journey with wine and nibbles while the children enjoyed films and sweets. The only *bleep* was a passenger (one of the few who was not with MSC), who requested that the DVD sound was turned off because it was ruining his enjoyment of the Times - this was despite the desires of the majority of the rest of the coach. MSC children are not easily intimidated and proceeded to sing a variety of songs at top volume for the next two hours!! Needless to say the sound was resumed - well done kids!

We stayed at the Youthpalace in Davos, which despite being a hostel was clean and very comfortable. Initially I thought we had gate-crashed a massive school trip but it soon became clear how well behaved the young people were - a credit to the UK.

Now to the really important stuff - the skiing. This year we were split into four groups. As usual we enjoyed the coaching of Roger Crombleholme and Alan Shergold. However, we welcomed two newcomers - Sarah Walsh and Chris Stroud who proved to be extremely popular choices. There are not many organisations where you can enjoy such a high level of instruction for

such a sustained period of time.

Roger headed up 'the young bloods', (plus Jane Lee), who were to be seen charging around the mountains at great speed and with considerable style. From what I was told they all made great progress consolidating their snow skills and moving up to, (and through the ceiling), of the Snowsport England Awards.

Chris was in charge of 'the daddy day-care group'. This was where the younger children had the arduous task of supporting their aged fathers. I know they all really enjoyed Chris's coaching and were particularly fond of his sweets. It was a joy to watch them progress through the week. One tip: if someone is in front of you - it is YOU who are meant to avoid them - you know who you are!

Alan looked after a group of adults who seemed to be up for anything. No mogul was too big or ice too dangerous for this lot! Amazingly they all survived and I've been told are considerably more flexible don't ask!

Last but not least was Sarah's group. We started off as 'the ladies that lunch' but ended up being known as 'the coven' draw your own conclusions. Sarah's coaching was first class and she even managed to persuade me that blacks can be enjoyed, (except for No 13. Just so you know I'm the wimp of the group). She also introduced us to mountain

hugging - a little known activity that you have to endure before laying tracks in fresh powder I'm still not convinced. However, there was a marked improvement in all our skiing which was reflected in our final awards. Certain fathers and children better watch out!!

To conclude, the resort was great, the snow conditions were interesting with lots of variety, the coaching was superb and the camaraderie among both the children and the adults made the holiday something to remember.

Finally, for those of you who were not there please excuse me but there are certain questions that have to be answered:

Who infected half the group with the dreaded cold? (not me honestly).

Did Jamie C engineer his fall to meet the blonde nurse? (Probably).

How much persuasion does it take to get Roger to have another beer? (not much, ask James H).

How many people does Sarah W actually know on the mountain? (nearly everyone).

How many coach drivers or time does it take to empty a chemical toilet? (who knows).

What is the optimum number of cushions for a well-dressed bed? (up for debate, but Roger has one!)

WHEN CAN WE BOOK FOR NEXT YEAR?

Philippa Hornsby

AUTUMN '07 RACE BOOT CAMPS

For the first time ever in the UK!! Solutions 4 Feet have teamed up with The Bootroom Racing Services from Chamonix to bring you a week of race boot fitting camps. From Thursday 6th September to Wednesday 12th September inclusive we will be working on boots for racers, working on improving performance and comfort.

The clinics will be held at our Bicester base [should a race club wish to block book a session then we can discuss this further] and this service is by appointment only, please see details of how to book at the end of this information.

Meet the Team

We have two fitters who will be present for the duration of the Boot camp, Colin Martin, of Solutions 4 Feet and Jules Mills, of The Bootroom Racing Services. By having two fitters we aim to be able to see more skiers over the week and can work together to provide a more specialist fitting service. As you will see from the biographies below, the two fitters are amongst the most highly qualified in the business.

Colin Martin has over 18 years experience in fitting ski boots and other types of footwear, he owns Solutions 4 Feet a footwear fitting clinic which he opened in August '05 after working



9 years for Lockwoods of Leamington Spa. Colin certified as a Pedorthist [C.Ped] in 2002 at the New York College of Podiatric Medicine & the Eneslow Pedorthic Institute, he has fitted boots for the Scottish Alpine Squad, the England Alpine Squad and members of the GB alpine Squad. His areas of speciality are biomechanics, orthotic footbeds and boot modifications for comfort and performance.



Jules Mills has over 20 years of experience and was the founding boot fitter at the world renowned Footworks in Chamonix in 1992. Over the past 6 years he has held senior positions at both Rossignol / Lange and Salomon servicing the ski boot needs of many world cup racers including Antoine Deneriaz, Jean Pierre Vidal, Anja Paerson & Janica Kostelic. At the end of season 05/06 and after over 6 years 'on the road' Jules set up a freelance boot fitting service [The Bootroom Racing Service] which is based in Chamonix, the town he made his home in the early 1980's. His areas of expertise include race boot development & design and performance enhancement & fitting for racers.

Appointments can be made for:

- * General race boot fitting
- * Custom & off the shelf Footbeds

- * Stance adjustment
- * Shell stretching
- * Shell grinding
- * Foam & zip fit liners
- * Booster Straps
- * Boot lifters

Appointments will be available from 8am till 6pm weekdays and 8am till 6pm weekends, bookings can be made by calling Solutions 4 Feet on 01869 244424 [please leave a message if asked]

Enquires can also be made by e-mail to clinic@Solutions4feet.com

Bookings should be made as soon as possible and NO LATER than 3 weeks prior to the event, this is to allow us to order materials necessary to carry out fittings.

Although we do not normally hold boots in stock, we may be able to supply some products by prior arrangement.

Solutions 4 Feet also offer a range of footwear fitting services and analysis for running and other sports please see www.solutions4feet.com for further details of what we do.

The Boot Room Racing Service offer a wide range of ski boot fitting services to all levels of skier they can be found at www.thebootroom.fr [this site is currently under construction and should be operational by the end of June] should you wish to contact Jules directly his e-mail is info@thebootroom.fr

CHILE AND ARGENTINA 2008 – BOOKING FORM

To: Maureen Crombleholme, 7 St Modwena Way, Penkridge, Staffs. ST19 5ST
Tel: 01785 714073 or 07710 511388 email: Maureen@ims-lifebalance.com

Please reserve me _____ places on the trip to Chile & Argentina in August 2008.
I enclose a non-refundable deposit of £200 per person. (Cheque made payable to "Andes").

Name(s): _____

Address: _____

Phone: _____ **Mobile:** _____ **Email:** _____

No. of skiers/boarders: _____ No. of vegetarians: _____

I require insurance @ £78 per skier* / £94 per boarder* / I will be providing my own insurance (cross out as appropriate).

***the insurance prices are for ages up to and including 69 yrs. Anyone 70 yrs or over, please contact me.**

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.

Number requiring Ski Hire: _____ / I will take my own skis & boots (Carriage is estimated at approx. £50 for the return journey. You have approx: 20 kilos for all of your luggage)

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

Signed _____ Date _____

EARLY SEASON TRAINING WEEK, CANAZEI, ITALY

Please reserve for me places on the Early-season Training Week in Canazei, Italy, from 13th. to 20th. January 2008. I enclose a cheque payable to Midland Ski Club for £120 per person as a NON-REFUNDABLE deposit and I undertake to pay the balance of the holiday cost by 30th October 2007. I understand that the holiday cost includes £100 for the Coaching and that this is not covered by the insurance. I will obtain the Euro-health card and will have a full passport.

Name(s) (as on passport) _____

Address _____

Phone _____ **Email**

Any Special or Dietary Needs?

Do you require Equity's insurance?...YES/NO

Do you wish to hire skis at a cost of £32?

Skiing Experience: I have skied for ___ years and am happiest on blues/reds/blacks/off-piste (please delete as appropriate)

Signed _____ Date _____

SCHOOLS RACE 2ND YEAR SUCCESS

(REPRINTED FROM ACKERS NEWLETTER)

Sunday 25th March saw the second Birmingham & Area Schools Race at the Ackers. Once again this even was hugely popular and even bigger than last year, with over 200 people attending. Organised by the Midland Ski Club and sponsored by Skiforce, the day was a great success with some excellent skiing on display. 138 competitors from schools from as far afield as Kidderminster, Staffordshire, Worcestershire and Coventy took part.

Emma Taylor from **Monkspath Junior and Infact School** took first place in the Under 8 Girls, Jordan Fellow from **New Invention Junior School, Willenhall** came first in the Under 10 Boys. Emily Humfress from **Winterfold House School, Worcestershire** took top spot in the Under 12 Girls and Nick Miller from **Kenilworth School** was the winner in the Under 14 Boys group. The Under 16 Girls trophy went to Emily Dawes from **Waseley Hills School**

and her sister Sarah of **King Edward's VI Five Wars School** won the Under 19 Girls.

Balsall Common School came first for the second year in a row in the under 8's, under 10's and under 12's team categories. The overall team winner with the fastest team time of 27.93 was **Solihull School**, in the under 19's category. King Edward's came a close second with a time of 32.55, and Kenilworth School under 14's and **Droitwich Spa** under 16's came in joint third place with a time of 34.93.

For the second year running, Emily Dawes of Waseley Hills High School too the fastest female prize improving on her time from last year of 10.72 to 9.41 seconds.

The winners received trophies, medals and certificates presented by **Trish Chalk**, the **Chief Executive Officer of Snowsport England**. Plans are already being made for next year's event, where we are sure to see some familiar and new faces.



Balsall Common School Team, all smiles after winning handfuls of awards.

TRY A CLUB NATIONAL!

Whilst the MSC now has a record number of SSE registered racers competing in Club National, Celtic Cup, Grand Prix and National Championship events, I'm conscious that we also have a growing number of new racers (now competing in schools races and the Gloucester Summer Race League) who aren't SSE registered but would like to take part in a Club National.

There is a way around this. Provided you were born in 2000 or earlier, you can actually enter one Club National per season without having to be SSE registered. Whilst this will give you a time and a placing (age group and overall) you will not, however, be awarded any ranking (seed) points. But, as a way of testing the water before deciding to pay the SSE registration fee, this is an excellent way forward.

All forthcoming SSE races, entry details and Race Secretary contacts are posted on www.britski.org. The Stoke CN on 30th June or the Gloucester CN on 7th July would be good choices as they will be well attended by MSC racers. To download the appropriate entry form, you need to go on to www.gbski.com and click on the 'forms' tab on the right hand side of the page. Under 'race entry' you will see Club National Day Registration Entry Form - this is the one to use. Entry forms need to be sent to the Race Secretary of the CN you chose to enter at least 2 weeks before the race date. Please note that the entry fee will be higher than the SSE registered fee of £16 in order to cover the additional insurance requirements for non-registered racers.

If any one has any queries please don't hesitate to get in contact with me.

Guy Hornsby

MSC TRAVEL INSURANCE

MSC runs a very popular agency for Travel Insurance which is used by about 25% of members. You benefit because the recommended premiums are reduced by 17.5% for the benefit of members - and the club benefits from the commission that is paid. Have a look around see what Marks & Spencer, the Post Office, Churchill and the like are charging and then take a look at the club website on the Travel Insurance link for the premiums, summary of cover, health requirements and how to obtain a policy with us. Or just telephone the MSC Insurance line on 01676 523505.

Annual cover (which includes skiing on and off piste) is the best for value as one can travel at home and abroad as many times as one likes (up to a maximum of 31 days per trip) knowing you'll have the cover you'll need. For a one off holiday, the single trip with or without Winter Sports cover is ideal if you don't want the expense of an annual policy.

Hope to hear from you soon!

MIDLAND TELEMARK FESTIVAL

The Midlands Telemark Skiing Festival will take place at The Snowdome, Tamworth on 11th - 12th August 2007, 09.00-17.00hrs

The Snowdome and Snowsport England are both supporting this event which promises to be a fantastic freeheel gathering. A great chance to mix with other telemark skiers and to develop some of those skills before the start of next season.

For further details visit <http://telemark-skiing.co.uk/news/> or phone Matt on 01543 256762 or 07813 268124.

SKI WEDDINGS

Many congratulations to those MSC members who are getting married this year:

- Chris Stopford & Rachelle Carden (12th May)
- Steve Hawkins & Sam (9th June)
- Glenys Barnes & Tony Barr (9th June)

RECORD NUMBERS OF REGISTERED MSC SKI RACERS

The number of MSC skiers registered with Snowsport England and racing in Club National and Grand Prix races this summer is more than it has ever been in the past. Historically, it has always been in the 2s or 3s, but this year there are 31! You can keep up with their exploits every week at www.midlandski.org.uk/racenews. Here is a taste of recent happenings...

Norwich, 19/20th May

The Norwich Club National saw Jake Chamberlain and Jamie Conde making their SSE debuts. Well done to Jamie who successfully completed his runs and now has points on the board! And, bad luck to Jake and Olivia Waller who unfortunately didn't finish theirs. Whilst Sarah Dawes continues to build form, sister Emily recorded her best points of the season so far and Harry posted another low score (beating his big bro for the first time!). Only Sarah and Emily competed in the Norwich GP which, unfortunately, took its toll on Emily who didn't finish her 2nd run and Sarah's time was significantly affected by a mishap on her 1st run.

WMSA Schools Race, Telford 20th May

The annual WMSA schools race took place on Sunday at Telford. There were over 150 racers and the MSC was well represented and achieved the following medal positions:

Harry Hornsby 1st U16 Male and 1st Male Overall

Freya Eaton 2nd U10 Female

Adam Lee 3rd U12 Male

Elisabeth Thomas 3rd U12 Female

Nick Phelps 3rd U12 Male

Many congratulations to everyone who took part from the club!

Rossendale Races 26/27th May

Yet another action-packed weekend of racing with the Arrows Club National on Saturday and the Inter-Regional Championships on Sunday (both held at Rossendale).

Despite the forecast of 'orrible weather, eleven brave (or foolhardy?) MSC racers took to the notorious slopes of Rossendale to compete in the CN. On a good, but testing, course that brought the bumps in to play, MSC racers continue to impress the judges!

Many congratulations to Stuart (2nd in Male Seniors) and to Jane Lee (3rd in Female Masters). Stuart's medal is much deserved reward for all the effort and desire to win that he continues to display week in, week out. And Jane,



you better tell Dave that he needs to build another extension to display your growing tally of medals! Gaining experience of competitive racing at an early age is a big advantage when eventually moving up to the Children age categories at which point national

ranking (seed) points become available. So, it was great to see Dominic making his CN debut as a Mini. And, despite being disqualified on his 3rd run, Dominic showed plenty of speed and determination - keep battling it out Dominic as it will be well worth it in the long run!

Despite an error on her 3rd run, Emily continues to show the speed that will almost certainly see her going under 100 seed points before too long. In fact, had Emily managed to replicate her 1st run time, she would have taken 2nd place in Female J1 - argh!!!!!! Lucy just piped Jane and, in so doing, will have shaved a few points off her national ranking when the next list is released this week.

As for the Males, Harry recorded the highest MSC overall position and just keeps on getting quicker and quicker - recording a tremendous 79.82 points. Must be the go-faster hair cut Harry! Stuart was one place behind Harry and, as I've already reported, took home a shiny gong for his endeavours. Nick and Freddie had another battle royal with Nick just taking the honours by 0.71 of a point! Adam Lee cranked up the gears and recorded his best result of the season by some way! Congratulations to Phi Deller! - on two counts. Firstly, for also recording a PB and; secondly, for managing to squeeze in to his race bib unlike all the other racers in the Masters category! And, despite not finishing, it's simply a matter of time before Chris May (similar to Emily) records a cracking result. Chris's form is definitely returning - and not just on the skiing front. His display of aerial acrobatics had the crowd gasping as he flattened the finish board without disrupting the timing gear! Chris - if only someone had captured this on video, you'd be famous on youtube by now!

Many thanks to Kate, Dave and Maurice for acting as race officials - I know this was much appreciated by the Arrows club.

On to the Inter-Regional Championships. On a wet, windy and lightening-fast course, teams from up and down the country battled it out in a thrilling contest of high skill and bravery. Such was the commitment on a very rapid course with a series of tight final gates, it was inevitable that there would be plenty of spills. Unfortunately, in winning their place in the quarter final, Lauren Cadman in the West Midlands A team (our own region) fell badly and broke her collar bone. I have sent her a 'get better soon' message from the MSC. Regrettably, this meant that the A team wasn't able to continue. Our B and C teams put in sterling performances with the C team also fighting it out for a place in the quarter finals. Many congratulations to the following MSC racers who represented the West Midlands region:

Stuart Wickson, Dan Yeomans, Emily Dawes, Harry Hornsby, Chris

May, Nick Miller, Olivia Waller, Adam Lee and Jake Chamberlain.

Sunny Pendle 4th June, 2007

Wonders will never cease - two consecutive days of sunshine on the moors of Pendle!

On Saturday at the Club National the MSC provided the largest contingent of racers from the 'away' clubs. This is now the second time we've achieved this in 2007 (the Hemel CN being the first) and clearly reflects the tremendous growth in the club's racing section!

Saturday's CN saw Freya and Olie making their debuts and both performed with great credit given the unique challenge of the Pendle slope (green matting, rollers, etc.). Congratulations once again to Jane who picked up 3rd place in the Female Masters! Emily narrowly missed out on breaking the 100 race points mark (only a matter of time!) and Sarah continues to show consistent form. Elisabeth's now on the points ladder with her first outing of the season and Lucy managed to chip off a few more points. And, Sophia recorded the best MSC position in the children age groups.

With the country's top male racers competing the lads were always going to have a tough day and this was reflected in their results. With falls for Jake and Adam and DSQs for Chris and Freddie, Jamie managed to record his second race result which will see him knock off a few points. As will Phil after another battling performance. And, despite a very iffy final run Harry managed to hold off James from grabbing the top MSC male spot.

The GP on Sunday produced (at last!) Emily's first sub-100 performance. Two cracking runs saw her record 89.29 race points - well done Emily! Chris unluckily clipped a gate and got DSQ'd and Harry, for the second day in a row, produced an excellent first run only to underperform on the final run.

As I've already commented, Pendle is tough because it's so different to all the other slopes. But it provides great race experience and everyone who competed (and, yes Jake, that does include you!) will have benefited from their trip up north.

Ipswich, Welwyn, and Stoke June 9th/10th, 2007

Another hot and sunny weekend saw many a hot performance from the MSC racers at the Ipswich Club National on Saturday and the Wycombe (held at Welwyn) Club National on Sunday!

A lot to report, but first the two main highlights. Having already this season won medals in the Male Senior (Stuart) and Female Masters (Jane) age categories, Harry Hornsby charged down to take 3rd place in the mega-

RACE REPORTS (CONT.)

competitive Male Junior 1 category at the Ipswich CN and, in so doing, will take his seed points down to 85 when the next list is published on 25th June. Emily also used her cracking Ipswich result to take her seed points below 100 and, in the process, became only the second female racer in the club (after Nicky Millington) to break this milestone. Many congratulations to both!



On an Ipswich course (set by Sally Bartlett) that contained a pretty technical mid-section, Sophia recorded her lowest ever event points and so did Elisabeth who, unfortunately, just missed out on the medals by one place! Nick M also bagged his lowest event points which will see his next seed points of 171.60 getting very close to the GSRL cut off. Great news is that Chris continues to rebuild form with 3 clean runs. Unfortunately, Sam A straddled a gate whilst flying down and got DSQ'd. Stuart also got DSQ'd (on the very last gate!) when it seemed odds on that he would record his best

ever event points - doh!! On a fairly short Welwyn slope, the course (also set by Sally) had to include a difficult mid-section to prevent any racer from breaking the 10 second mark - any time below this would have been frowned upon by SSE. Inevitably, this lead to a higher than usual 'casualty' rate and good points were hard to get. Maxine raced really well to achieve 5th place in the Mini Girls and Freya continues to build her experience of SSE competitions. Nick P, after a crash on his first run, recovered well to take 10th place in the Mini Boys. After the dizzy heights of the day before, Emily couldn't achieve

the same level of performance but, Sophia, again scored very well and will see her next seed points reduced to 240.40 which will allow her to enter Grand Prix events and National Championships - great stuff! Elisabeth also had another really good day and will see her seed points drop significantly to 280.77 and Lucy keeps on chipping away at hers and should come down to 383.10. As for the males, Stuart powered his way to 17th place overall and sub-100 event points whilst Harry, after coming to an abrupt halt on his first run, got things together for his

final two runs. Chris's runs got progressively quicker and Freddie's form guarantees that a quick time is just around the corner. Jamie continues to build experience with every event and will no doubt see his points reduce further in the near future. Both Olie and Karl now have a couple of races under their belts and, like Jamie, will benefit greatly from the experience - keep up the good work guys and let's see those points tumble!

I'm also aware that a number our racers took part in the Stoke fun race on Saturday and came away with a few medals - well done! I wasn't at this race so I was wondering whether any parent that was there could spare a few minutes to scribe and circulate a few words about how everyone got on?

One final point. As our racers achieve higher and higher levels of performance it's critical that skis, bindings and boots are regularly maintained and, in the case of skis, waxed and sharpened as often as possible - especially for races. Dry and blunt skis undoubtedly affect performance - which is a real shame given all the hard work that's being put in to training and the cost of entering races. Regular waxing will also protect ski bases and make them last a lot longer. So, if anyone has any questions please don't hesitate to ask me or Nigel or any of the other regular race-going parents or the experienced racers such as Stuart.

CLUB HOLIDAY, TIGNES 8TH-15TH MARCH 2008

To: Diana Horth, 23 Lockside View, Rugeley, Staffs WS15 1NJ

Please reserve places on the MSC Tignes holiday. I enclose a non refundable deposit of £130 per person, payable to Midland Ski Club

Name(s) as per passport: _____

Address: _____

Phone number: _____ Email: _____

Special dietary requirements? _____

Single travellers please indicate who you wish to share with: _____

Area Lift passes Please indicate quantities you require:

Adult Area lift pass £136 []

Seniors (60-74yrs) area lift pass £115 []

75 and over passes are free but will arranged in resort

Ski/Board Equipment hire (6 days)

Skis & boots standard	£65	<input type="checkbox"/>
Skis & boots superior	£76	<input type="checkbox"/>
Skis only standard	£40	<input type="checkbox"/>
Skis only superior	£54	<input type="checkbox"/>
Ski boots only standard	£25	<input type="checkbox"/>
Snowboard & boots	£69	<input type="checkbox"/>
Snowboard only	£45	<input type="checkbox"/>

I have or will arrange my own insurance/Please send quote for MSC's insurance (delete as applicable).

I accept the terms and conditions detailed in the 2007/8 Neilson brochure

Signed _____ Date _____