

MIDLAND SKI CLUB NEWS

The Heart of England's Leading Snowsports Club

NOVEMBER 2007

Christmas Party and Awards Night

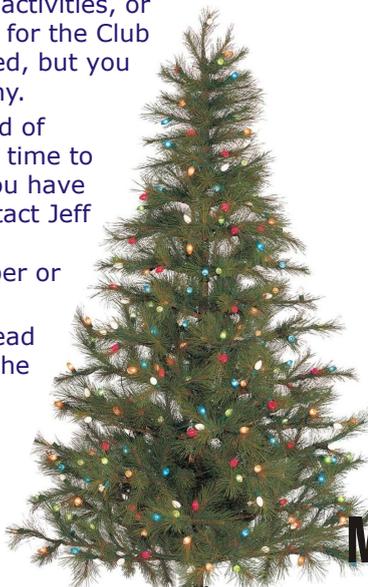
This year's Christmas Party and Awards Night is on Wednesday 19th December at the Old Silhillian's Club, Warwick Road, Solihull.

We are running the awards on the same basis as the last few years, with you the Club members asked 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, any committee member or any of the coaches.

The Old Silhillians Club is just off M42 J5 - head towards Knowle and in 200 yards turn left into the club's car park.



Diary

Mondays @ 7.30pm

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 @ 8.30pm

Adult Coaching - Roger
Crombleholme 01785 714073

19-Dec-07

Christmas Party and Awards Night
Old Silhillians Club
Jeff Elmore 07958 967709

13-Jan-08 (to 20th)

Training Week, Canazei
John Arnold, 0121 357 1644

8-Mar-08 (to 15th)

Club Holiday, Tignes
Diana Horth, 01889 800706

21-Mar-08 (to 30th)

Family Holiday, Zermatt
Nigel Dawes, 0121 445 2594

MSC Fun Race Results

Many thanks to everyone who helped out with the organisation and smooth running of the Fun Race held on 10th November. Despite the 'on - off - on' mayhem caused by the appearance of a mysterious 25-foot deep hole at The Ackers, we still had 75 racers take part - principally from the Midland, Stoke and Telford clubs. Congratulations to all the MSC racers who competed and achieved podium positions. These were:

Overall:

Harry Hornsby 1st Males
Emily Dawes 2nd Females

Super Minis:

Jessica Simson 1st Females
Martha Millington 2nd Females
Oliver Weeks 2nd Males
Jemima Simpson 3rd Females

Minis:

Maxine Hancock 2nd Females

Children 1:

Elisabeth Thomas 1st Females
Rachael Pickard 2nd Females
Ollie Eaton 2nd Males
Robyn Doherty 3rd Females

Children 2:

Olivia Waller 2nd Females
Nick Miller 2nd Males

Junior 1:

Emily Dawes 1st Females
Harry Hornsby 1st Males
Chris May 2nd Males
Fiona Jones 3rd Females
Jamie Conde 3rd Males

Senior:

Geraldine Elgy 1st Females
Mark Hawkins 1st Males
Rachael Eaton 2nd Females
Sue Simpson 3rd Females
John Elgy 3rd Males

Full results are available on the MSC website.

MSC Calendars

If you've not yet ordered your MSC 2008 Calendar, then they will be on sale at the Christmas party - providing they haven't all been sold prior to that! To be sure of getting your's, return the order form in the last newsletter, or call Rob Weeks on 07801 7224451 or email robw@midlandski.org.uk.

Membership Renewals

A reminder that it's the time of your to renew your membership of Midland Ski Club. You will have received a form in the post a few weeks ago: please fill it in as soon as you can and return it to the membership secretary - or renew online.

If you've lost the form, or have any queries, get in touch with Hilary Cox on 0121 554 9745.

Holidays Update

The **Training Week** to Canazei in January is now **full** and we have just 10 weeks to wait. Can I remind all those people who opted out of Equity's insurance that it is vital that they make alternative arrangements. Also will everyone please ensure that they get an EHIC (European Health Insurance Card.)

There are 2 rooms i.e. 3 (possibly 4) places left on the **Club Holiday** to Tignes. Both rooms are in the attic, and one room has a curtain across the en-suite rather than a door and is probably better for one single person unless you are a really close couple.

Places are still available on the **Family Easter Holiday** to **Zermatt**. See previous newsletters for details.

How About Using Your Brain?

Skiing is physical activity but to learn and improve our performance, harnessing the power of our brain might not be a bad idea.



Compare improving your skiing with using a Sat Nav: Many people are conversant with this gadget: you want to go somewhere, enter your intended destination. The machine does the rest. First it identifies where we are and from there it guides our way through the shortest route or the fastest way depending on our wishes.

In skiing you do the same. You decide your destination, which is where you want to get to in skiing terms and then you draw a series of activities that will hopefully get you there. Coaches may call it setting your goal and having a series of mini targets that will help you get to the final destination. But the first thing is to decide where are "we" at the commencement of our voyage. If we do not establish where we are we cannot draw a series of activities that will lead to the eventual venue, i.e. our goal.

I use a satellite navigation system but often I get distracted from its instructions and take a different turn perhaps to see a point of interest. Nothing wrong in that, the system very quickly pulls me back into my original choice of destination but now I may have added a few extra miles. In skiing terms it means that now and again we may wish to do some activities that were not part of our programme. It is acceptable this little deviation providing that we return to our scheduled voyage and continue towards our original goal. We may have added a little extra time to our learning but life is not just following a series of targets, there is more to it, curiosity, adventure, the wish to behave outside our normal role as adults, students, managers, employees whatever. The experience may even be valuable to our formal learning.

So now that a new skiing season is coming, get planning your route. Reflect on your experiences of the last season and decide what it is that you want to get out of your skiing. You should be honest when deciding on a GOAL for the next season. Do not decide about outcomes, these are not under your control but PERFORMANCE is. Consult with a coach but make sure that the goal is decided by you, that you own it and are responsible for its attainment. Come to the club sessions to get feedback of where you are at and check your progress, but there is no need to ski with a coach every single time. Practice with a mate if you must but there is a need to practice at least for four sessions for every session that you ski with your coach.

Do take excursions outside of your destination providing these are of short duration and ensure that you return to work on your decided goal. Happy skiing and even happier learning.



Luis Lopes

BIG SOUTHERN HEMISPHERE ADVENTURE #2 CHILE & ARGENTINA 15 31 August 2008

A multi-centre holiday to Chile & Argentina (6 resorts, 11 days) with some time in the capitol of Chile, Santiago, including a ½ day tour. Other optional tours are also offered (contact organiser for details)

Cold dry conditions and the high altitude of South American resorts produce a lot of good powder snow, **with skiing from 3800m**, so the fitter you are, the less breathless you will be and you will enjoy the trip even more.

This trip covers a large area so be prepared for internal transfers & hotel changes. We start and end in Santiago, the capitol of Chile, which is one of the most pleasant & relaxing cities in South America.

The first resort is "The Three Valleys"... El Colorado, La Parva & Valle Nevado which link together to form a large ski area.

Next, Villarrica-Pucon occupies the slopes of an active volcano. Contact organiser for details of optional adventure to the rim of the volcano!

Then we travel to Argentina to ski Chapelco (tree skiing) and Catedral (Argentina's largest and trendiest resort) - great views over the Patagonian desert & Lago Nahuel Huapi.

Price based on 2 people sharing a twin room with en-suite. **Eight people are already booked on the trip, so it will be exclusive to MSC, we will have our own dedicated tour-guide and group discounts will start to apply if we get over 10 people.** Maximum group size is 16.

We had so much fun and a great experience of the Chilean Hospitality last time, we just HAVE to go again, so don't miss out on this trip of a life time!

The following are included in the cost of this trip:

- Transfers in Chile & Argentina, by road & air.
- 5 nights Farellones, ½ board
- 10 nights B&B in Santiago & the other resorts.
- Santiago City tour
- Access to tour Representative/Guide
- Coach driver/tour guide tips, contingency & emergency Fund



Basic cost is £1345 per person

- **Flights estimated at £850** (to be confirmed by end of Nov)
- **Insurance £78 for skiers / £94 for boarders/volcano ascent** (70yrs or over, please contact me for further details)
- **Ski carriage approx £50 total**

A non-refundable deposit of £300 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. Contact organizer for details.

Also excluded are:

evening meals (except Farellones) & lunches (inexpensive & good quality even on the mountains), drinks, optional excursions, gifts, souvenirs, laundry, telephone, etc. Ski and snowboard hire.

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



English Schools' Ski Association Racing

Ten Midland Ski Club members took part in the English Schools' Ski Association races this year: Oli Eaton, Freya Eaton, Robyn Doherty, Sam Doherty, Alasdair Thorley, Duncan Thorley, Thomas Lawrence, Adam Lee, Sophia Phelps and Nicholas Phelps.



Regional races were held all around the country over the weekend of 22/23rd September and the Midland ski club members took part in the Gloucester Regional Race on 23rd September.

Each team consisted of three or four children with age categories of under 12, 14, 16 and 19. Single sex teams are encouraged but each school is able to enter one mixed team, consisting of 2 boys and 2 girls. The MSC skiers were from Heart of England (under 16), Princethorpe (under 14) and Crackley Hall (under 12) mixed teams, Balsall Common (under 12 boys) and Droitwich High (under 16 boys).

Competition was very strong, teams from schools such as Millfield for example were very well represented. A 13 gate course was set and all the Midlands children skied really well registering some excellent times. Each team member had two timed runs and the fastest 3 times from each run were added together. Teams had to wait a couple of days to receive an email to find out if their times were good enough to be invited to race in the finals. It was a great achievement for four of the teams to qualify for the finals at Stoke on Trent on 13th October.

The finals day arrived, the mixed teams and under 12 and 14 boys and girls teams raced in the morning and the under 16 and 19 boys and girls teams raced in the afternoon. It was an early start, arriving at Stoke at 8am for registration and bib collection. Again, a challenging course was set, but all the MSC skiers rose to the challenge and again registered some excellent times. Princethorpe team had one fall which meant they were down to 3 team members on their second run, but this did not prove to be a problem as the other 3 skiers performed really well.

Once all the racing was over, the teams waited eagerly for the results to be calculated and announced. Mixed teams were put together from 10 year olds to 19 year olds and overall first, second and third places went to the under 19 teams but then first place shields were also awarded to each mixed team age group.

Fantastic news for Princethorpe who won the under 14 mixed team and came 7th overall. Heart of England were awarded the under 16 mixed team shield, however, the celebrations were short lived as it became clear that a mistake had been made and they had in fact come second and 6th overall. The Heart of England team were bitterly disappointed on the day but are determined to return next year and ski even faster. Crackley Hall did well and came 4th in the under 12 mixed team and 11th overall.

Balsall Common boys came 6th in the under 12 boys competition.

Well done to all who took part in the regional and finals races and please do not forget the parents who helped make it possible, we all know how difficult it can be to get a schools team together.

Well done to Princethorpe for winning their age group. If anyone wants to know more about the English Schools Ski Association please see the Esskia web site - www.esskia.co.uk - or ask any of this years participants or parents who would be more than happy to explain how to get involved.

Finally congratulations to Alasdair Thorley from the Heart of England team who has just heard that he has been selected to join the 2008 Esskia Squad. He will join the squad in Geilo, Norway for a weeks training in February. We would like to take this opportunity to wish him the very best of luck.

Sally Phelps

WMSA Squad Selection and Training

This season (i.e. the period between the end of the 2007 artificial surface race season and the start of next year's in May 2008) there will be two West Midlands regional squad coaching sessions - in November and January dates to be confirmed.

The region has decided that, for this season, the squad selection criteria will be:

- Males under 300 BARTS points
- Females under 250 BARTS points
- Final-year Minis (moving to CH1 in 2008) whose 2007 artificial race performances would have seen them achieve less than the above BARTS points requirements. (Minis do not qualify for BARTS points but calculations can be made using their race times.)

This now brings the WMSA selection criteria in to line with other English regions.

Telemarkers at Castleford

Come and enjoy up to 8 hours of skiing with like minded freeheel skiers at XSCAPE Castleford on Saturday the 24th November between 14.00hrs and approx. 23.00hrs.

With the opportunity for tele coaching from Matt Higginson, ramps, rails and hopefully an opportunity to ski a few gates.. tele style, this event is going to attract a large number of telemark skiers.

Why not DIG out some of your unused tele gear and bring it along for the "swap shop" / "bring and buy" - who knows you might make a little cash OR better still find some bargains!!!

All this in a great venue with great food and other entertainment too.. bring along the family and get them to sample the multitude of other delights to be found at Xscape.

And you will be getting all of this for the bargain price - ONLY £55!!!!!!

Drop me a line if you will be going along.. come on lets show the North of England how freeheelers like to let their hair down.

Matt Higginson mmkf-lichfield@tiscali.co.uk
07813268124 / 01543-256762
www.telemark-skiing.co.uk

Ski Resort Guides go Mobile

Ski-Ride Productions has launched a new series of free, electronic guidebooks, which can be downloaded to mobile phones; enabling skiers and snowboarders to keep several seasons worth of resort knowledge at their fingertips whilst on the slopes.

Author Francis Johnston is claiming a world first with his latest in-depth guides to Europe's most popular wintersports destinations. His authoritative resort-specific guidebooks are being published in a specially-developed electronic format (branded as TXTguides) which allows them to be downloaded and read on mobile phones. The guidebooks are, therefore, weightless; and truly pocket-sized.

Once downloaded and saved to a phone's memory files, the guides can then be browsed offline, without incurring any call or text charges. Since no network signal is required to use them, they can be read in the most remote mountain areas; and for those readers who can't wait to reach the slopes, they can even be browsed whilst on underground trains and onboard aircraft. The guides are available free-of-charge, and can be shared with friends via email and Bluetooth. The enterprise will be funded by advertising and commercial affiliations.

Each title contains over 30 chapters of detailed information: covering the history, culture and gastronomy of each mountain region; resort and ski area descriptions; technical data on each ski lift; turn-by-turn critiques of every major piste; appraisals of every mountain restaurant; suggestions for alternative activities; plus après-ski venue listings. Each chapter can be searched by subject, and every page is just two keypad clicks from a main menu. The user experience is as familiar as reading text messages from a [knowledgeable] friend.

By the end of November, resorts covered will include Val d'Isère, Tignes, Alpe d'Huez, and Les 2 Alpes/La Grave (France); Ordino-Arcalís, Pal-Arinsal-La Massana, Pas de la Casa-Grau Roig and Soldeu-El Tarter (Andorra). Ski-Ride are also currently compiling four further titles covering all of the resorts in the vast Trois Vallées ski domain in France; to be published in January (2008). The TXTguides range will then cover the destinations of over half of all British and Irish snowsports travellers, making Ski-Ride the defacto market leader in snowsports guidebook publishing.

The publications, which will be updated every month, are available free-of-charge from Ski-Ride's website (www.ski-ride.co.uk). A parallel mobile-website, specially configured for mobile web-browsers, is also provided for downloading TXTguides files direct to mobile phone handsets: readers can request a web-link to be sent direct to their phone, by texting the word SNOW to 60777 (there is a one-off 50p charge for this service, on top of the bill-payer's normal text charge - this "short code" link service is available for UK-network mobiles only).

Francis Johnston (Ski-Ride CEO and executive author of TXTguides) commented that *"traditional guidebooks go out-of-date almost as soon as they're printed, and are cumbersome for skiers and snowboarders to carry; TXTguides are updateable and are effectively weightless: the travel guidebook has evolved"*.



High Altitude Training Weekend

Working on the principle that if you can't think of anything pleasant to say it is better not to say anything at all, there will be no report on our ascent of Tryfan. But fans of horror stories who really want to know the gory details should speak to Sam McClenaghan who knows more than anyone because he took 3 hours longer to get down.

I prefer to move on to the great feast where everyone contributed something to a vast meal, a lot of which seemed to consist of red food in bottles. As though we hadn't eaten enough the night before, Sunday morning saw 16 people scrambling to prepare their own breakfasts. As they sashayed and dozey-dozed around each other between cookers, fridges and micro-waves it was like a manic Scottish country dance.

In total contrast to Saturday it was a lovely day as we set off for Betwys-y-Coed. Matters improved further when we found that the pay and display machine was broken and we all got free parking. Mike Thomas had a lot to do to regain his reputation but we got happier the higher we went up into the hills until we came across a glorious scene. Lake Elsi is a picture post-card lake with Siabod as a back-cloth. The view was improved even more by the sunshine hitting the magnificent colours of the autumn leaves.

A picnic was lingered over before we were taken to the second wonderful view of the day. Swallow Falls could not have been more dramatic. The previous day's rain produced an absolute flood of water that simply demanded to be photographed. It had been a magical day that more than made up for Tryfan's privations. Thanks to Mike and the Midland Association of Mountaineers for lending Glan Dena to us.

John Arnold

Monterosa Holidays

With your membership renewal form you will have received a brochure from Monterosa Holidays from Macugnaga which is a traditional Italian resort near Lake Maggiore.

We met Luca Vittore at Ackers and he told us that his family run the Hotel Flora where the holidays are based and that he is the head of the ski school - so he can arrange anything you want. If you do book please mention MSC.

Ski Sainte Foy

Xmas before Xmas: 15-22
December or shorter usually £1500 for the entire chalet that sleeps 12 - offer price £1200-£100 each for a week ski-in-ski-out, own sauna etc. Cheap flights with www.bmibaby.co.uk e.g. go Saturday pm return Wednesday pm from Birmingham to Geneva £55 return inc tax.

Also: 12-19 & 19-26 January
£1500 per week

www.saintefoy.co.uk