

MIDLAND NEWS SKI CLUB

The Heart of England's Leading Snowsports Club

FEBRUARY 2008

Hello? Dolomites, where are you??

There we were for the Training Week in the Dolomites, the most beautiful mountains in the world. What could possibly be wrong? Only one thing - we couldn't see them. But the good news is that it was because it was snowing. And boy did it snow. To give you an idea of just how much we had, Dia fell and both skis came off and it took 25 minutes to locate them and dig them out. "Why were you skiing off-piste" she was asked. "I wasn't off-piste!" she said.

In all we had well over a metre to give the best conditions in the area for 20 years. It snowed for 4 days which meant that visibility was poor, giving us very challenging skiing. But everyone revelled in the perfect underfoot conditions and we took full advantage of the vast ski terrain of the Sella Ronda area. The Sella Ronda is a ski tour about 40 km long : 26km of skiing and 14km of lifts! The tour takes you through several charming little villages which each have their own small lift systems, so that you can interrupt the tour with a few diversions of you see a piste you fancy. Modern uplift means that there is no longer the time pressure there



used to be and I think that competent skiers who kept on the move could do the tour in half a day.

Of course we came to learn which is where the coaches, Bruce, Rob, Roger and the two Grahams did such a great job. With the added responsibility of navigating around one of the largest ski areas in the world, they still found plenty of time to give everyone lots of individual coaching and there were plenty of instances of dramatic improvement being made. Many thanks to you all. A special thank you to Graham Leigh who had such a bad throat that I had visions of him having to stand on a Dolomite and give his instructions by semaphore.

Sadly there were other ailments, the most serious being Mo's damaged knee ligament which meant that she had to call on Equity's insurance services and our wonderful rep Lisa who made sure that Mo was looked after as well as possible. Also Colin got the dreaded lurgi and didn't surface for 3 days and Joyce, Penny and Roy had knocks which cost them some skiing time. Hard luck but thank you for being so stoical about your misfortune.

Thanks also to the people new to the Training Week, Bernard, Danny, Graham, Patrick and Rolly. I hope you enjoyed it and we see you all again.

The Hotel matched the snow. The Hotel Irma in Canazei is in a totally different class to anything the training week has used before. The interior was beautifully furnished, the staff totally professional and friendly and the food was like ambrosia (that's the food of the gods, not rice pudding).

Yet the best was still to come. We opened the curtains on Friday morning and there they were, the magnificent cliffs and peaks of the Dolomites glistening in the sun. We have a policy of not

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

8-Mar-08 (to 15th)

Club Holiday, Tignes
Diana Horth, 01889 800706

13-Mar-08

DSUK, Tamworth
Hilary Cox, 0121 554 9745

21-Mar-08 (to 30th)

Family Holiday, Zermatt
Nigel Dawes, 0121 445 2594

13-Apr-08

B'ham & S. Midlands Schools Race
Jane Lee, 01905 345416

teaching off-piste on the Training Week but it would have been sacrilege to leave a metre of fresh powder untouched and we all dived into it, sometimes literally.

We all came back wreathed in smiles after one of the best days of our ski careers. I could go on for ever about how good it was and I probably will when I meet you, but don't be surprised if next year we try the impossible - to repeat it all again.
John Arnold

How much did you ski?

Those who went to Canazei can check out what skiing you did by visiting www.dolomitisuperski.com, clicking on "Check Ski Performance" and entering your ski pass number. Jim Pielow did this and found his summary for the week was 118 lifts used, 36283 vertical metres skied, and 207 kms distance covered. Daily analysis is also available, complete with graphs - well worth a look.

New Year Snow Races

Many congratulations to all the MSC racers who competed for their respective alpine clubs in the British Alpine Racing Ski Clubs (BARSC) Championships in Les Menuires (3V France) over the New Year period!

The MSC racers were Harry Hornsby, Chris May, Freddie Meyer, Nick Miller, Nick and Sophia Phelps, and Olivia Waller - all of whom, apart from Harry, were competing on snow for the first time and achieved some really good results (right) in tough conditions.

An explanation of the categories:

Juniors (FIS - International Ski Federation)

Competitors must be aged 15 and over. Racers in FIS competitions represent their countries and not their clubs. Both runs in slalom and GS must be successfully completed to achieve an overall position, age

group position and event points. Start number for the 1st run is determined by FIS points with the top 15 racers being drawn randomly. All racers with no FIS points start after those who do have points - the order being drawn randomly. Start number for the 2nd run is determined by 1st run times with the top 30 racers going first but in reverse order.

Children (BASS - British Alpine Seeding System)

Racers represent their clubs. Both runs in slalom and GS must be completed to achieve an overall position and age group position. However, each of the two runs count towards BASS points - it doesn't matter if a racer fails to successfully complete both runs to score points. 1st run start order is similar to FIS races - although CH1 racers go before CH2 racers (in FIS races the age groups are irrelevant). The 2nd run, however, is in reverse bib order irrespective of 1st run times. This is to give children racers a fairer start order and greater opportunity to score points.

Minis

Start order drawn randomly and no points awarded.

Date	Category	Discipline	Total Racers	Racer	Start Number	Overall Position	Age Grp Position	Time (mins)	Event Points
30/12/2007 FIS (Junior Boys)	SL	72	Harry Hornsby	31	18	12	1.53.98	268.27	
			Chris May	67	33	23	2.33.79	549.14	
31/12/2007 FIS (Junior Boys)	GS	56	Harry Hornsby	23	37	30	2.23.78	423.30	
			Chris May	48	38	31	2.28.84	465.09	
31/12/2007 Minis	GS	25	Nick Phelps	31	22		0.41.19		
02/01/2008 BASS (Children Girls)	GS	84	Sophia Phelps	67	63	39	2.35.53		
			Olivia Waller	72	DNF1	DNF1	DNF1		
02/01/2008 BASS (Children Boys)	GS	132	Nick Miller	126	78	47	1.48.51		
			Freddie Meyer	119	DNF2	DNF2	DNF2		
31/12/2007 Minis	GS	25	Nick Phelps	34	19		0.46.80		
03/01/2008 BASS (Children Boys)	SL	140	Nick Miller	115	35	25	1.35.63		
			Freddie Meyer	125	42	28	1.38.22		
04/01/2008 BASS (Children Girls)	SL	76	Olivia Waller	67	57	37	1.59.16		
			Sophia Phelps	74	62	40	2.35.05		

Val Burton

It is with sadness that we heard of the passing away of Val Burton on 10th January. Val was a member of MSC for many years. Condolences to friends and family.

For Sale

Boots! Lange 4-clip ladies ski boots, size 6. Medium fit. Good condition. Offers. Sue Brown: 01564 774076.

Ski in Gressoney?

Following Mo's injury on the training week, she won't be skiing for the rest of the season. So there is a place available for a lady in a triple room in the Hotel Ellex in Gressoney, Italy. Half board, flights from Birmingham. Details from Mo Woodful on 0121 445 3839.

DSUK

The next three Disabled Skiing UK sessions at Tamworth Snowdome are 13th March, 8th May, and 10th July. If you can help out at these very rewarding sessions, please contact Hilary Cox on 0121 554 9745

MSC Calendar

They are a small number of MSC 2008 Calendars remaining at £7.50. Please call Rob Weeks on 01926 470656 if you want one before the last few go.

Summer Skiing in South America

Places are still bookable for this summer's trip to four ski resorts in Argentina and Chile, from 15th to 31st August. For full details see previous newsletters, or call Maureen Crombleholme on 01785 714073 or preferably by email to maureen@ims-lifebalance.com.



Reports Wanted!

Send us your resort reports or stories (good and bad) from your holidays - other members may find the information useful. And don't forget to send us your pictures - you might feature in next year's MSC calendar or brochure!

Killy in Tamworth

Ski Warehouse in Tamworth have new stock of ladies top name "Killy" skiwear in at great prices. And for those of you just about to set out for the slopes, Ski Warehouse can now offer same day ski servicing (Mon- Fri) and weekend drop-offs with a wax and edge costing only £20.00, so your ski's will be in top condition before you hit the slopes. The store is open Mon - Sat 9.30 - 6.00 and Sun 11.00-4.00. For more details call 01827 313138 where Lyndsay and her team will more than happy to help.

Two Seasons open in Lichfield

The former Ski Force store in Lichfield has now been taken over by Midlands based Two Seasons, and we are delighted to report that Mark Scarrett (ex-Ski Force) has been appointed store manager and is able to offer MSC members the same high level of expertise and knowledge that he did previously when he was part of Ski Force. The Schools hire part of Ski Force is also now under the Two Seasons banner.

Kids Buy Back

Vaughan Homer, store manager in Snow + Rock, Birmingham, has asked us to make MSC members aware of the "Kids Buy Back" scheme that they operate. When you buy children's equipment from Snow + Rock and they grow out of it, you can take it back and be given up to 30% credit towards your next purchase of equipment. This could be very useful for families who have to keep buying new equipment each year for their rapidly growing offspring!

For full terms and conditions see page 336 of the Snow + Rock catalogue, visit their website, or pop in and see Vaughan and his team. Vaughan is a BASI instructor and has previously coached at the Ackers, and will be more than welcoming towards MSC members as he too is a keen and enthusiastic skier.

In association with



English Schools
Ski Association



West Midlands
Ski Association



Midland Ski Club



Ackers Trust

**West Midlands Ski Association
Birmingham Area and South Midlands Schools Race
Sunday 13th April 2008**

**At The Ackers Trust, Golden Hillock Rd, Birmingham, B11 2PY
0121 772 5111**

Teams must consist of 3 or 4 skiers from the same school.
Individual entries will NOT be accepted.

Race Entry Fee

£24 per team, includes ski and boot hire.

Approximate Timetable

09:30	Registration opens
10:00 - 11:00	Open practice
11:00 - 15:00	BBQ available
11:15 - 14:30	Timed runs
15:30	Prizegiving

Age categories:

Under 8, Under 10, Under 12, Under 14, Under 16, Under 19, Special Needs

Age as at 31st December 2007

WMSA Birmingham Schools Race

Sunday 13th April 2008

ENTRY FORM - One entry form per team

School		Age Group	
Address			
Team Manager		Phone Number	
E-mail			

Skier details

Forename	Surname	DOB	M / F

Acceptance of entry to these races will be deemed to relieve the Sponsors, Organisers, West Midlands Ski Association, its Officers, members, voluntary helpers and all others associated with the races of any liability for injury, loss or damage of any kind due to negligence or otherwise.

I have read the paragraph above and enclose the fee. Payable to Midland Ski Club

£24 per team entry

Signed on behalf of school

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Entries should be sent to:
Jane Lee, Race Secretary
Canal Cottage, Plough Lane
Tibberton
Droitwich WR9 7NG

**Closing Date for entries: Thursday 20th March 2008
or earlier when 140 entries have been received**

Basic Race Skills Training - at Ackers

There will be 1-hour race practice sessions running on selected dates. The cost is £5 / skier. Phone the Ackers slope after 9th January to book on 0121 772 5111, or contact the race secretary or race communications for further details.

Helmet Regulations

The wearing of a properly fitting and approved ski helmet is compulsory for all skiers. Ski helmets can be obtained from a number of suppliers, a few are listed here.

Widney Sports - Solihull - 01564 774176

Decathlon - Merry Hill - 01384 487880 - from £14.95

Lockwoods Outdoor - Leamington - 01926 339388 - from £30.00

Snow and Rock - Birmingham - 0121 236 8280 - from £24.98

White Mountain - Wolverhampton and Walsall - 01902 773395 - from £24.99

Ellis Brigham - Tamworth - 01827 59047 - from £40.00

Stoke Ski Centre - Stoke on Trent - 01782 204149

Two Seasons - Solihull, Leamington and Worcester - 0800 970 8646 - from £45.00

Ski Bartlett - Hillingdon - 0020 8848 0040 - ski race specialists

Equipment

Skis, boots and poles are available for hire from Ackers, the cost is included in the race entry fee. Skiers may use their own skis and / or boots and ski poles, ski poles must have full protection around the point. The use of ski blades is not permitted.

Long sleeves, gloves and long trousers must be worn at all times, and there must be no gap in clothing between shirt and trousers.

Midland Ski Club

For further details of MSC please visit the website at www.midlandski.org.uk

Rules

Teams must consist of 3 or 4 skiers from the same school or college, as at 13th April 2008. Schools with separate infant and junior schools with the same name may enter a combined team. Teams may include skiers of either sex. Age categories are Under 8, Under 10, Under 12, Under 14, Under 16, Under 19, age as at 31st December 2007. There is a special needs category, with no age group restrictions. Please ask for further details.

Skiers from different age groups may form a team and the age group of the team will be determined by the age of the oldest skier. Each skier will also be entered in an individual event for their age group or category. **The individual event is open ONLY to members of a team of 3 or 4.** Each skier will make two timed runs of the slalom course and the best time from each of the two runs will be used for the team event. The team time will be the total of the fastest single run time for 3 any skiers in the team, (maximum of 1 time for any skier) and the winner of each age group will be the team with the lowest final combined time. The individual time will be the total time taken for the two runs for each skier.

Team awards will be presented for the first 3 teams in each age group or category. Individual awards will be presented for the first 3 girls and first 3 boys in each age group or category.

The minimum skiing standard required is to perform linked snowplough turns safely, to be able to control speed and use the button lift. No previous racing experience is necessary.

A maximum of 140 skiers will be included. Personal cheques or school cheques will be accepted, either for each team or for all school teams together. **Entries will be accepted in the order that the form and complete payment is received, there is no guarantee that all entries received before closing date can be accepted.** Schools may enter up to two teams in each age group. Name changes and final confirmation of names may be made after acceptance of a team until the final start list is prepared a few days before the race.

No entries on the day will be accepted under any circumstances. If you are in any doubt that your entry has been received then please phone or e-mail for confirmation.

Each school must nominate a team manager, with name and contact details shown on the entry form. This team manager will be responsible for their teams during the race.

For further information: Race Secretary - Jane Lee : 01905 345416

Email: sam.skier@btopenworld.com

For general queries: Race Communications - Sally Phelps : 01676 530585