

MIDLAND NEWS SKI CLUB NEWS

The Heart of England's Leading Snowsports Club

JANUARY 2009

CHRISTMAS PARTY

Club members from far and wide all gathered at the Old Sills on 10th December for the MSC Christmas Party.

This year the focus was on fun, and the social side of things with a fabulous raffle, Wii skiing games on the big screen to keep the juniors occupied, and a turkey rolls a plenty.

Over 80 people gathered to enjoy the festive fun and discuss the seasons skiing trips, etc

There was a short awards section where certificates were presented to the following:-

"Big Step Improvement" achievement awards went to Matthew Treuge, Libby Albutt, Jack Rigby, Robyn Doherty, Sarah Edmonds, Jessica Mayhew, and Edward Guy.

On the racing side, most improved racers in their respective categories: Freya Eaton, Lucy Deller, Emily Dawes, Dominic Plevnalis, Alasdair Thorley, and Chris May.

Athlete's Racer of the year: Mark Hawkins

Racer of the year (F): Emily Dawes

Racer of the year (M): Harry Hornsby

Certificates of Appreciation were presented to Sally Phelps and Chris Stroud.

Special Citations for outstanding and dedicated service to the MSC were presented to Maureen Crombleholme, and Alan Parkin.

The Franz Neumayr trophy for Outstanding Services to Coaching was awarded to Roger Crombleholme.

Congratulations also go to Clem Chakki and Shaun Gault who both successfully achieved their BASI level 2 in November.

Clem and Shaun, along with John Arnold are heading up the Monday night coaching sessions at The Ackers. So if you want to tune up your skiing ready for your holiday, get along to The Ackers for 7.30 each Monday night for some excellent value coaching.

A great time was had by all at the party, with many people going away with great raffle prizes and freebies, and all having had the chance to meet up with members old and new and enjoy the celebrations of the festive season.

Diary

Mondays @ 7.30pm

Adult Coaching
Bryan Arnott 01827 893243

Tuesdays @ 6.30pm

Instructor Training - Roger Crombleholme 01785 714073

Tuesdays @ 7.30pm

Race Coaching - Roger Crombleholme 01785 714073

Thursdays @ 6/7.30pm

Advanced Race Training - Roger Crombleholme 01785 714073

Fridays @ 6/6.30/7pm

Junior Coaching
Jane Lee 01905 345416

Fridays @ 8.30 pm

Adult Coaching - Roger Crombleholme 01785 714073

18-25th January

Training Week, Canazei, Italy
John Arnold 0121 357 1644

4th February

Winter Social, Bear, Berkswell
Jeff Elmore, 07958 967709

18th February

Winter Social, Bear, Berkswell
Jeff Elmore, 07958 967709

26th February

DSUK, Tamworth
Hilary Cox, 0121 554 9745

14-21 March

Club Holiday, Wengen, Switzerland
Diana Horth 01889 800706

26th March

DSUK, Tamworth
Hilary Cox, 0121 554 9745

28th March

Birmingham & S Midlands Schools Race, Ackers
Jane Lee, 01905 345416

RENEWALS

Many thanks to those members who have renewed your subscriptions for this year. And a reminder to those that haven't: last year's membership expired on 30th September!

If you've lost your renewal form, contact Hilary Cox on 0121 554 9745, or renew online at www.midlandski.org.uk/renewals2009.php.

FRIDAY COACHING UPDATE

There will be no sessions on Friday 23rd January, as most of the instructors are away. But there will be a session on Friday 20th February (half term). Neither are there Friday sessions during Easter (3rd nor 10th April).

You'll find all these dates (and more) on the new Wiki on the MSC website.

GLOUCESTER SUMMER RACE LEAGUE AWARDS

Following our success in last year's Gloucester Summer Race League, the awards have been made to many MSC racers to recognise their performance and improvement. Congratulations to all.

Overall Winner Male Mark Hawkins
Overall Winner Female Sarah Dawes

Age Group Winners

Group	Division	Male	Female
U9	Younger	Ollie Weeks	N/a
U9	Older	Marcus Plevnalis	Jessica Mayhew
U12	Younger	Dominic Plevnalis	Maxine Hancock
U12	Older	Nick Phelps	Elisabeth Thomas
U15	Younger	Jack Yates	Olivia Waller
U15	Older	Alasdair Thorley	Sophia Phelps
U20		Jamie Conde	Fiona Jones
Senior		Ian Johnson	N/a
Master		Roger Cromblehome	Jane Lee

Best Improver Duncan Thorley Sam Doherty

Best Newcomer John Elgy
Best Newcomer - Jnr Edward Guy

Skier of the year Jamie Conde
Team Player of the year Olivia Waller

Team Player awards

Lifetime achievement Mark Hawkins
Hardest earned point Phil Deller
Racing to the very end Sam Lee
Give it your all Alasdair Thorley
Big brother Sam Smith

KEEPING IN TOUCH

We've now made it easier for MSC members to keep in touch with each other via email, courtesy of Google. We'll also be using this to send out details of anything going on which is too short notice to put into the newsletter (e.g. The 150-odd FREE tickets we were given for to last year's Birmingham Ski+Board Show).

This is an **opt-in** system, i.e. If you want to communicate this way, you need to sign up for it.

To opt in, go to <http://www.midlandski.org.uk/maillinglist.php> and fill in the form there.

Once opted in, you can email everyone else in the club who is also opted in, by sending the email to the single address: midlandskiclub@googlegroups.com. It's as easy as that!

So far, there are about 90 members signed up for this invaluable service.

FEBRUARY IN FRANCE

Are you likely to be stuck at home for the week beginning 14th February?
Wouldn't you rather be skiing?

I have a few seats available on my forthcoming skiing trip to France and can provide near door to door transport for two or three people to Moûtiers (for 3 Valleys), La Plagne, Les Arcs and Espace Killy - but you need to find your own accommodation.

I will be leaving the Kenilworth (but could start further north) at 4:30pm on Friday 13th February and be returning by lunch time on 22nd February. Arrival in resort will be around 8:30am so you could be skiing by 9:30. On Saturday 21st February, all being well, I will have been on the last lift up, and make the last tracks down, to depart Tignes at around 7pm after an early supper. **That's eight full days skiing!**

I have two or possibly three seats available at £100 each or three for £250 (provided one is a child) for the return transport all-in.

For one or two adults and one or two children it may also be possible that accommodation is available with a local Leamington family of 6 (two adults and 4 children under 10) by mutual agreement.

If this is worth a second thought for you or a skiing friend then let me know as soon as possible.

Maurice Miller 01926 858042
maurice.miller@ntlworld.com

GRASS SKIING

Do you remember Grass Skis? These were popular for summer training many years ago, and apart from the well-known Grass Skiing Centre in South Wales near Usk (now closed), MSC used to run grass skiing days on the hills at Burton Dassett (just off M40 J12).

Eddie Forester is looking for a pair of Grass Skis so he can try it once again. If you have a pair, or know anyone who has, or know anything about grass skis, then please get in touch with Eddie on 01384 259417 or 07914 968225.

Although I don't think Eddie is going to get this serious just yet:
<http://uk.youtube.com/watch?v=5u8SkQmdgYw>

BIRMINGHAM AND SOUTH MIDLANDS SCHOOLS RACE

This year's Birmingham and South Midlands Schools Race, run by MSC and supported by The Ackers, West Midlands Ski Association, and the English Schools Ski Association is on Saturday 28th March, at the Ackers.

The format of the race has changed this year to enable many more teams to be entered. But even so, get your entries in as soon as you can so you are disappointed.

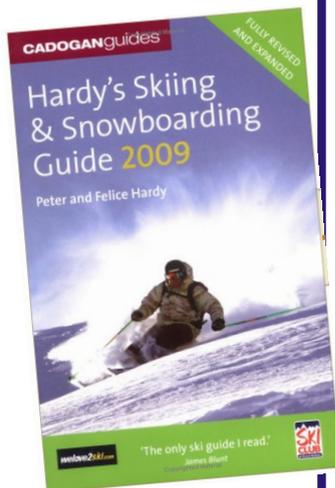
Entry forms are available from the Ackers, or may be downloaded from the MSC website.

WIN A COPY OF "HARDY'S SKI GUIDE"

In conjunction with New Holland, the publishers of the famous Cadogan guides, we are delighted to be able to offer five copies of the latest 2009 edition of "Hardy's Ski & Snowboarding Guide" to MSC members in our free to enter competition.

Fully revised and updated for 2009, the guide is a detailed insider guide to 6000 ski resorts in 75 countries across the globe. The guide contains full colour piste maps, details descriptions of ski areas, recommendations for the best ski and snowboard schools, accommodation, mountain and resort restaurants, childcare and the all-important après-ski. The **2009 Hardy's Ski & Snowboarding Guide** gives all keen snow sports enthusiasts the best impartial advice for a fantastic holiday.

The authors, Peter and Felice Hardy are full time travel writers and are recognised as the leading British experts on the ski travel industry. Peter is Ski Correspondent for the Daily Telegraph and the Daily Mail. Felice writes regularly on skiing for the Guardian and the Evening Standard as well as for a wide range of lifestyle magazines.



**Closing date
extended to
28th Feb**



To be in with a chance of winning one of five copies of **Hardy's Ski & Snowboarding Guide**, simply tell us how many skis are in the roof box. The closing date for entries will be 28th February. You can e-mail your entry to the draw to competition@midlandski.org.uk or send your postal entry to 7 Saxon Meadows, Leamington Spa, CV32 6BY. Only one entry per member will be allowed.

If you're not a winner, don't worry, the guide is available from all good booksellers now for £15.99. Published by New Holland publishers <http://www.newhollandpublishers.com> it would make an ideal Christmas present for someone!

Other travel guides by Cadogan can be found here:- <http://www.cadoganguides.com>

The MSC "Wiki"

Midland Ski Club now has its very own Wiki. If you haven't heard of wikis, they are a special type of website to which anyone can contribute - thus it's very easy to keep up-to-date.

So far on the MSC Wiki you'll find details of the Nordic and Alpine Coaching Programmes, Guidance on Ski Preparation and Where to buy, and a start to the "Rough Guide to Race Slopes". But if there is something you feel should be on it, then go ahead and add it! If you can improve on the information held there, then by all means do so.

So, go and look at the MSC Wiki at www.midlandski.org.uk/wiki, and get contributing.

JUNIORS WANTED!

The Ackers are asking for a couple of our junior members to assist in the preparation of a multi-million pound funding bid to improve the slope. The time commitment won't be huge (so it shouldn't interfere with your schoolwork or skiing!) and you would be working alongside Ackers staff and others, so there will be lots of help and support. You could be involved in the design of the new facilities, research, bid writing or other aspects of the project.

Juniors involved would be asked to attend a couple of meetings to put their thoughts forward and perhaps write a couple of pages that could be used in the bid process. Obviously support and guidance will be given.

Clearly this is a great opportunity to learn and develop new skills and will be an exciting and enjoyable experience. It could also add greatly to your future CV and job prospects!

If you are interested or want more information, please contact Kelvin Staple at The Ackers as soon as possible as the bid will be submitted in the Spring, so work will be starting in the near future. E-mail kelvin.staple@ackers-adventure.co.uk

DSUK @ Tamworth

The next Disabled Skiing UK sessions at Tamworth Snowdome are on 26th February and 26th March. If you can come along and help with either of these, then please get in touch with Hilary Cox on 0121 554 9745.

NEW YEAR FAMILY TRAINING WEEK

Kim Hancock

In a departure from previous holidays with coach travel at Easter, this year saw a variety of methods of transport to our family holiday in Altenmarkt flying, driving continuously (21 hrs!), or taking it gently over a few days. We all arrived on either Friday or Saturday after Christmas (some having driven overnight) to wonderful snow and low temperatures.

The hotel was an instant hit (if only it had a lift, as the oldest member of the party was on the 3rd floor, and was frequently heard requesting oxygen to reach his room!). The pool, games room and bar were quickly found and occupied.

Sunday (our first training day) started a little slowly, as we tried to negotiate the local bus service, but only after finding that Chris (the "A" team coach) had misplaced his lift pass and wallet we deduced that this had been liberated from him in the bar on Saturday night. After complaining about the price of replacing the pass, and comments regarding a "tax on the stupid" we took to the slopes of Zauchensee.

Whilst the "A" team were charging the steeper slopes, and the "adult/sensible" group were investigating their individual levels and objectives. Peter had the joy of finding that young boys do not always want to turn and slow down, and had to contemplate rugby tackling one of his tearaways at high speed. When his young charge eventually heard his calls to stop, he stopped on a sixpence leaving Peter sliding past, and having to hike back up!



The week progressed, and the new members of the club made new friends, and we all started working towards our varying objectives. A lot of ribbing was heard about how one of the instructors had been the first to "take a dive" on both the first and second day. One night, a rather unattractive pink doughnut was left over from the evening meal, and was suitably wrapped in a serviette and placed in a pocket, ready to be presented to the next faller. This became known as the "doughnut of shame", but ended up being shared by two worthy contenders.

New Years Eve was a real success. Whilst the most "eligible" girl in the hotel had gone to the disco with a number of admiring teenage suitors, the men in our group were playing drinking games, and having their nails painted by Lucy. Woe betide any who tried to remove it the next day, as Lucy was there to replace the handiwork. At midnight we were found dancing on the forecourt, drinking gluwain, eating sausages, with a brilliant firework display.

Despite the jollity of the groups, a lot of hard work was put in by all the skiers and instructors, and 5 resorts were covered in 4 days. Many of our group have now achieved further levels within their Snowlife awards.



Many congratulations to those who achieved:

Level 9: Maxine, Karl and Dave Hancock, Lucy and Phil Deller, Jamie Conde.

Level 7: Tony and Eunice Ross, and Jo Maling.

Level 5: Sheila and Iona Campbell

Level 3: David Ford, Harriet RoadknightScott, Aethan Ross, Sam Maling, Alison Haywood

Level 2: Omar Haywood.

Penguins: Mark Hawkins and Sarah Dawes. (Mental age under 6) You will have to really work to get your Polar bear next year !

The instructors made comment that those even who did not achieve a higher level than before had improved their skiing enormously, and are very close to achieving, and to keep working on it.

Oh and a reminder to anyone travelling with a child who is not their own: in France you need a letter of authority from the parent. If they check passports on way in (which I know they rarely do) they may refuse you entry. They will definitely not give any medical treatment, even in an emergency. This may apply to other countries as well.



SNOWMARK COURSES

As part of the Club's drive to achieve Snowmark and make the MSC the Heart of England's premier Snowsport Club we are encouraging as many people as possible to attend the various Snowmark courses that are available. Don't worry though they only last one night, there's no exam and you get a comprehensive book and notes to take away with you on most of the courses. The Club will reimburse your course fees

The idea of encouraging members, particularly parents, to attend is that it is much better for people to attend the course themselves, than for one person to attend the course and try and communicate what they have learned to the rest of the Club. It also enables members to be more involved in Club activities and pick up new skills.

There are three courses that the Club must send representatives on in order to gain the Snowmark award. Other courses are available which will help the Club develop as a strong, well run Club in the future. All courses usually run from 6.30 -9.30

Dates are listed below. If you are interested in any of the courses shown or require more information, please contact Jeff Elmore (Chairman) on 07958 967709 or Karen Conde (Snowmark co-ordinator) on 01543 466285 for more information.

Snowmark "essential courses"

Safeguarding & Protecting Children

26th Feb - Leamington Town Hall 'CV32 4AT

Equity in Your Coaching

16th Feb - Old Saltleians Rugby Club, Water Orton, B46 1PH

24th Feb - Elm Bank Corporate Training Centre, Coventry, CV1 2NN

11th Mar - Pingles Leisure Centre, Nuneaton, CV11 4LX

This course is specifically aimed at Coaches and Instructors

A Club For All

11th Feb - Pingles Leisure Centre, Nuneaton, CV11 4LX

31st Mar - The Studio, Solihull Library complex, Solihull, B91 3RG

Snowmark "recommended courses"

Valuing Your Sports Volunteers

22nd Jan - Elm Bank Corporate Training Centre, Coventry, CV1 2NN

Coaching Children and Young People

26th Feb - Leamington Town Hall CV32 4AT

Funding for your club

2nd Feb - Old Saltleians Rugby Club, Water Orton, B46 1PH

Appointed Persons First Aid

2nd&3rd March - Lawrence Sheriff School, Rugby, CV21 3AG

5th&12th March - Elm Bank Training Centre, Coventry, CV1 2NN

23rd&30th March - Old Saltleians Rugby Club, Water Orton, B46 1PH

Note: this course is a two evening course and you must attend both evenings in order to complete the course

MEMBERS OFFERS

Telemark Skiing

Any member interested in getting a taster of Telemark skiing can contact Matt Higginson on 07813 268124 or go to <http://www.telemark-skiing.co.uk/> for more info.

Matt can run sessions at the Ackers for MSC members at a special discounted rate. Matt is an Snowsport England telemark Coach

Matt also has an extensive stock of telemark equipment for hire too if member wants to try it out

Frontier Ski

Frontier Ski are tailor-made specialists to Canada and are offering extra discounts to MSC members. Just give them a call and mention that you heard about them at the Birmingham Ski Show.

For more info go to www.frontier-ski.co.uk or call 020 8776 8709

Ski Tignes Les Brevieres

Ski Tignes Les Brev are offering of a 7½ % discount to all MSC members on any holidays booked during 2008/2009, and in addition, to increase this to 10% for any holidays starting in January.

SkITLB offer high quality, fully catered chalets in the French Alpine ski village of Tignes les Brévières . They have two chalets to choose from, all with en-suite rooms. They are both British family owned and run, and are a short walk from the lifts. Chalet Bonjour Bonjour has 14 rooms, can sleep 37 guests, has a hot tub and is 3 mins walk from the slopes. Chalet Colettine has 6 rooms for 12 guests and is just 60 metres from the slopes.

For more info go to <http://www.skigitigneslesbrevieres.co.uk> or call 01765 677787

Racer Ready

This is a fantastic opportunity to get a year's subscription to Racer Ready magazine at half the normal price! MSC members can get Racer Ready for only £10 delivered to your door.

Racer Ready covers all the racing news both in the UK and abroad, and it also has the latest news on resorts, clothing, gadgets, equipment, plus events and interviews with top skiers. See the latest edition on-line at www.racer-ready.co.uk

To take advantage of this offer simply tick the Racer Ready box on the membership renewal form (if you haven't yet renewed), or write to Hilary Cox, Membership Secretary stating that you'd like a Racer Ready subscription and include a cheque for £10 for each copy you want. Don't forget to include the address you'd like to Racer Ready to be sent to as this will be done by the publisher and not the MSC.

KNOW BEFORE YOU GO

At the British Ski show in November, officials from the Foreign and Commonwealth Office gave an interesting and enlightening presentation on the risk and problems people encounter when travelling abroad, and the myths and misconceptions about what exactly HM Government can actually do for you if you do get into problems in a foreign land.

The FCO research shows that:

An estimated one in ten British Skiers suffers an injury on the slopes every year.

45% of young skiers and snowboarders are not aware that alcohol can affect you more quickly when drinking at high altitudes.

31% of Brits don't take out travel insurance that covers the specific sport they will be taking part in.

The real costs if things go wrong can be very high as the recent TV ads by the FCO highlight. FCO figures show that:-

1 in 5 travellers have claimed on their travel insurance

94% have had a pay out against their claim

This underlines the importance of having travel insurance. It could go wrong for you and if you haven't got it then things can get very expensive, for example in the USA you can expect to be charged £35K-£45K for treatment and an air-ambulance home.

The FCO's advice is to:

Get travel insurance that will cover you for all medical emergencies and everything you intend to do.

Check out the destination (local laws and customs and the current situation) on the FCO website www.fco.gov.uk/travel

Be aware that there are limits to the help the FCO can give and once arrested you belong to another country's legal system

Take copies of important documents (hard copy or electronic)

Here are some misconceptions that people have about the FCO and what help you can get when abroad:

37% of people think the FCO will get them out of jail free anywhere in the world

42% of people think that the FCO will pay all medical bills if you have no insurance

38% of people think the FCO will fly you home free if you lose tickets and travel documents.

27% think we will give you money to replace any that is lost or stolen.

ALL of these are not true!

Other interesting things that the FCO found in their study was that before people travelled abroad:

53% of people checked the weather!

68% bought new clothes or checked out the nightlife

Only 26% researched their destination.

Only 19% noted useful information (emergency phone numbers, passport details, credit card details, insurance numbers).

Only 4% checked the latest travel advice on the FCO website.

The MSC is very grateful to Alice Draper of the Consular Publicity Team at the FCO for her help in providing this information. For more information go to www.fco.gov.uk/travel

Don't forget that you can get discounted insurance policies through the MSC. Contact Malcolm Gratton on 01676 523505 for more information. There are also several specialist insurers such as Snowcard (see MSC website for link) who can tailor the insurance to meet your specific requirements.

WINTER SOCIALS

All MSC members and their friends are welcome to come along to the Bear at Berkswell for the MSC Winter Socials where the talk will be mainly about skiing- funnily enough! The idea is to give members the opportunity to get together outside of the regular sessions at The Ackers and swap stories of ski trips planned and holidays already completed.

You are sure of a warm welcome, and the Bear is an ideal place to meet with olde worlde charm (it dates from the 16th Century), a real fire, beamed ceilings and plenty of room. The Bear has an extensive range of meals and light bites for those who might want something to eat as well as drink. Meet from 7.30 (if busy, we will be in the Cromwell room upstairs).

Dates: Wednesday 4th Feb, Wednesday 18th Feb

Further dates will be published in the next newsletter.

You'll find the Bear in Spencers Lane, Berkswell - just off the A452 Kenilworth road just before you get to Balsall Common: CV7 7BB for those with the latest gadgets.

If anyone wants directions or has any questions, contact Jeff Elmore on 07958 967709 or email jeffski@blueyonder.co.uk.