

MIDLAND SKI CLUB NEWS

JUNE 2009

MSC CLUB NATIONAL - 18th JULY

Saturday, 18th July 2009 will mark a very important occasion in the history of the Midland Ski Club as it proudly hosts its first ever Club National race!

Given the limitations of The Ackers slope and facilities, we have chosen to run this prestigious event at the Rossendale Ski Centre - a well-established race venue, just north of Manchester, that always offers exciting racing on a long and fast slope!



Racing at Rossendale - with the new MSC flags

Whilst we have around 40 racers currently registered with their home nation to compete in national competitions, we're very much hoping that a number of our non-registered racers will also want to enter under the day registration scheme - which allows non-registered racers the opportunity to compete in one Club National per season.

Skiers who have only limited race experience (for example in the Gloucester Summer Races), or who haven't raced for some years, and who aren't registered with Snowsport England can still compete: just fill in the day-entry form at the back of this newsletter and return it to the race secretary.

If you have any questions then please don't hesitate to get in contact with either Guy Hornsby (01564 779927), Jane Lee (01905 345416) or Nigel Dawes (0121 445 2594).

**CLUB HOLIDAY &
TRAINING WEEK
INSIDE!**

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 @ 8.00 pm

Adult Coaching - Roger
Crombleholme 01785 714073

19th June

Midsummer Walk, Bodymoor
Heath
Jeff Elmore, 07958 967709

4th July

Gloucester Summer Race League
Jane Lee, 01905 345416 (also
22nd August, 19th September)

4th July

Midlands Telemark Festival,
Tamworth Snowdome
Matt Higginson 07813268124

15th July

Summer Walk, Berkswell
Pete & Jill, 01676 534469

18th July

MSC Club National, Rossendale
Guy Hornsby, 01564 779927

31st Oct - 2nd Nov

Birmingham Ski Show

NEW MSC COMMITTEE

At the recent AGM, the following were elected to the committee:

Bryan Thomas	Chairman	01543 490301
Phil Deller	Treasurer	0121 777 1301
Diana Horth	Secretary	01889 800706
Jeff Elmore	Vice-Chair	07958 967709
Hilary Cox	Membership	0121 5549745
Roger Crombleholme	Head Coach	01785 714073
Karen Conde	Welfare Officer	01543 466285
John Arnold	Training Week	0121 3571644
Rob Weeks	Communications/ Newsletter	07801 722451
Nigel Dawes	Club national	0121 3571644
Bryan Arnott	Former Treasurer	01827 893243
Anne Ford	Nordic	0121 6822903
Mark Hawkins	Juniors	07968011542

The President of the Midland Ski Club is Malcolm Gratton (01676 523505).

If you have any questions or concerns on any aspect of the club, do not hesitate to get in touch with any of the above: it is *your* club, the committee need to know *your* views!

TRAINING WEEK, CANAZEI, ITALY - 17TH-24TH JANUARY 2010

Canazei and the Hotel Irma have proved to be the ideal venue for the Training Week, so we are going back. For people new to the Training Weeks, it is a Club holiday where you don't have to ask each day "Who can I ski with?" and "Where shall we go?". This is because you will be part of a group of about 9 other skiers of similar ability led by a BASI or SSE coach who will not only lead you around this wonderful area but will also give you lots of personal coaching as you go. Every day will be somewhere new. It could be Canazei, Selva, Arabba, or the tour of the Sella Ronda. There is even the rumour of a Hidden Valley that we haven't found yet. The week is not suitable for beginners or people still finding their ski legs. You should have skied on snow, be happy on blue runs and keen to progress.

The Hotel is lovely with beautiful public rooms, great food and very friendly staff. We have booked 50 places which just about fills the place and gives the week the air of a house-party. It does mean that singles, of whom there will be many, may be asked to share 3 to a room, but the rooms are fine and all have private facilities

I can't avoid it any longer so I have to tell you about the Flight!

Last year we flew from Birmingham but they didn't get us there till 2 in the morning and they charged us £45 for ski carriage. The good news is that we have solved those problems. The bad news is that we have done so by agreeing to fly from the dreaded Gatwick! I'm sorry about this but don't worry, you won't have to drive there, Equity will provide a coach there and back. It will mean a very

early start but the advantages are that we will be flying with British Airways to Verona with a much shorter transfer, we will have a sensible luggage allowance and ski carriage is free.

Let's get all the bad news out of the way and tell you the cost. It will be £820. This is an increase of £30 over last year which I hope you will think is not too bad considering the slump in the value of the pound against the Euro. But this does cover nearly all you will spend. It includes the coach to the airport, flights, ski carriage, transfers, half-board in the hotel, all the coaching PLUS the full Super Dolomiti lift pass. It even includes Equity's insurance which has always proved adequate, but you can save yourself £15 by providing your own insurance. The only other things you will have time to spend on are lunches in mountain restaurants and drinks.

To book your place please complete the booking form and return it to John Arnold with a NON-REFUNDABLE DEPOSIT of £120. We are sorry to be strict about this but the Club has laid out a large sum of money to reserve this holiday and we must protect our funds. Please note that the cost includes £100 for the Coaching and this is not covered by the insurance. You will need a full passport in the name on the booking form, and will have to obtain the European Health Card.

I hope I have given you all the information you need to persuade you to join us, but if I can tell you any more, please ring me on 0121 357 1644.

John Arnold

CLUB HOLIDAY, SERRE CHEVALIER, FRANCE - 6TH-12TH MARCH 2010

For the 2010 Club Holiday we are going to Serre Chevalier, staying in the 3* Rif Blanc in Monêtier Les Bains, a small, friendly and authentic alpine village. It is one of the highest villages in the Serre Chevalier resort at 1500 metres, and is famous for its natural hot spring baths and endearing local architecture. The ski pistes are a 6 minute walk away or alternatively the village bus stops directly outside the hotel.

From various websites: "With over 250km of piste, and a fantastic lift system covering 4 areas, this has to be one of the best ski regions in France. The snow record is



excellent; most slopes face north so it can be pretty cold but as you go higher, you are virtually guaranteed the irresistible double whammy - great snow and brilliant sunshine. Surrounded by a National Park, Serre Chevalier has spectacular mountain scenery and beautiful runs through France's biggest larch forest, giving good protection and visibility, boasting 300 days of sunshine. Above the tree line there are huge, white bowls with mouth-watering opportunities for everyone".

The local lift pass includes Les Deux Alpes and Alpe D'Huez and Briançon but they are NOT lift linked - you

would have to make your own way there and back.

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

We have 18 twin rooms to offer.

Flights details have yet to be confirmed but we will fly from Birmingham.

The base cost of **£510** includes half board accommodation, ski carriage and Birmingham flight supplements. Lift passes are £180 for adults, £135 for senior (65-74 years). If lift passes are free for over 75s, Equity will remove that element from the holiday cost.

The cost does not include ski equipment hire or insurance.

Ski hire can be arranged through Equity before you go or you can hire in resort.

You must have your own insurance - or book it via MSC's own insurance hotline on 01676 523505.

Diana Horth

SNOWMARK

We have been informed by Snowsport England that all coaches and instructors should have attended a "Safeguarding and Protecting Children" course by the end of 2010. MSC is encouraging as many people as possible to attend these courses which are usually at a very small cost, which we will reimburse. Please contact Karen Conde or Jeff Elmore for more details.

BIRMINGHAM SKI SHOW

This year's Ski Show at the NEC will run from 31st Oct - 2nd Nov. Make a note in your diary now!

TRAINING WEEK, CANAZEI, ITALY - 17TH-24TH JANUARY 2010

To: John Arnold, 102 Yateley Avenue, Great Barr, Birmingham, B42 1JL

Please reserve _____ places on the Training Week. 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 cost by 30th October 2009. I understand that the cost includes £100 for the coaching and this is not covered by insurance. I will obtain the European Health Card and I have a full passport in the following name(s).

Name(s) (as per passport) _____

Address _____

Telephone Number _____ E-mail _____

Any special dietary needs? _____

Do you require Equity's insurance? Yes/No

Do you wish to hire skis at a cost of £36? Yes /No

Skiing experience. I have skied for ___ years and I am happiest on blue/ red / black runs.

Signed _____ Date _____

CLUB HOLIDAY, SERRE CHEVALIER, FRANCE - 6TH-12TH MARCH 2010

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

Please reserve _____ places on the MSC Serre Chevalier holiday. I enclose a non refundable deposit of £120 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:

Adults - £180 Seniors 65 -74 years £135 Over 75

** Over 75's: If lift passes are free in resort Equity will remove lift pass costs from the total amount.

Equipment Hire

6 day boot hire £30 6 day standard ski hire £50

6 day silver ski hire £72 6 day gold ski hire £97

I accept the terms and conditions detailed in the 2009/10 Equity brochure

Signed _____ Date _____

RACING UPDATE

Here are some of the highlights of the summer season so far...

Bromley Club National

The first race of the season saw Ollie W take a much-deserved 3rd place in the Minis and Sam D, on his debut, a really good 6th place! Freya recorded her first points (having just moved up from the Minis) with an excellent 156.61 and Fiona scored 234.52 in her first Club National - well done! Nick M just missed out on an age group podium (4th) but recorded lower points with 78.86 and Alasdair made a big improvement with 136.40 (his best ever!). There were also points improvements for Elisabeth (160.64), Lucy (157.39) and Duncan (291.06).

Telford Club National (Chill Factor)

A different surface and a different race format saw two separately seeded runs and really good points for Freya (154.75 and 140.43) and Sam A (91.46 and 109.75) - congratulations Sam on your first sub-100 points! Dominic, who's also moved up from the Minis, recorded his first points (194.33 and 191.14) and immediately qualifies for GPs and National Championships!

British Indoor Championships (Chill Factor)

Many congratulations to Freya who achieved 3rd place in her age group! Benn came 7th overall and was unlucky to miss out on an age group podium with 4th place.

Pendle Club National

A dry but windy day (what, no rain at Pendle?!) and really good results for Emily (4th in her age group) and Harry (5th overall and 4th in his age group). Fiona, in only her second race, scored a highly-credable 197.80 points.

Pendle Grand Prix

Top honours go to Emily with a 3rd place age

group podium (her first in a GP!) and a really good performance from Sophia secured 4th place in her age group.

Welwyn Club National

Ollie continued his fine form by winning the Minis with some excellent racing! Harry again just missed out on age group podium with 4th place in the mega-competitive JN2 males category. Alasdair made another improvement with 134.55 points and is now ruled out of the GSRL - you're just too fast Alasdair! Commiserations have to go to Nick M who had a fantastic final run and would have won his age group but for a last-gate straddle - argh!!

Norwich Club National

At (in my opinion) the best slope/facilities in the country, Ollie took his 3rd consecutive podium with 2nd place in the Minis (this has to be a club record!) and Nick P recorded a really good 3rd place in his age group - well done lads! Chris, in his first race of the season, skied fast on all three runs and scored 60.19 points.

Norwich Grand Prix

Nick P produced another excellent performance to take 3rd place in his age group - wow! And, whilst Harry once again secured an age group 4th place, he produced two cracking runs to claim 4th place overall and score 33.11 points.

Celtic Cup, Rossendale

Ollie's form didn't continue on the Saturday, when a big crash meant he came last. But many others did very well and we ended up with more podium places than we've had ever! Sunday wasn't quite as prolific, but a good race was had by all.

Full results for all MSC racers are available at <http://www.midlandski.org.uk/raceresults>

Guy Hornsby

SUMMER WALKS

Join us on **Friday 19th June** for our annual Midsummer's evening stroll.

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 (07958 967709, jeffski@blueyonder.co.uk) so we have an idea of numbers and so that we don't leave without you!

Then a few weeks later, Peter and Jill Seamen will be leading a short walk of 4 miles leaving from The Bear, Berkswell on **Wednesday July 15th** at 7.00 pm. Meet in the pub car park for just before 7.00 and we should be back by 8.30. Food is available and, obviously, anyone who does not wish to walk would be welcome to join us at the pub for a drink. Please contact Peter and Jill on 01676 534469 to let them know if you are coming along.

MSC QUESTIONNAIRE

You can still submit your completed questionnaire - we very much want your views and opinions. If you would like additional copies for other members in your household, please contact Diana Horth (01889 800706, Diana.horth@tesco.net) or pick one up from the MSC newsletter holder at The Ackers.

Thanks to all of you who have sent your responses in so far. We will compile all the data when we have enough returned forms to give a good representation of Club members and report back as soon as we can.

MSC BROCHURE

Articles are needed from all parts of the club for the 2009-10 Brochure, which we'll be starting work on shortly. Please please send articles, photos, snippets, etc to Rob Weeks at the address on the front of this newsletter. If you don't send that article in, we can't include it!

FROM THE CHAIR...

Thank you to those of you who were able to attend our recent AGM, thanks to Jeff Elmore for his 5 years of dedication as Chairman and to Bryan Arnott for looking after our financial affairs which are now back to a secure position.

As your new Chairman, the Committee plan to build on our past and current successes, and to communicate to you, the members, more fully and more regularly.

How? By regular reports and updates on key issues by me via the Newsletter and the Google Group E-mail. (Make sure that you are included in this Google Group - see last month's newsletter for details.) Also our aim is to have a monthly social at the Ackers Slope, probably on Friday evenings during and after the ski sessions.

Our "Home", Ackers, needs attention and the Directors and Trustees at Ackers recognise this and I believe that we WILL see changes. Jeff and I are involved in meetings with them and we will report back to you as this develops. I will ask Anna Dellargy, Ackers Director, to give you an update in the next issue of our Newsletter.

The 2009 ski season is well under way and Guy Hornsby, race manager, will keep you up to date with ski race results and successes, Roger Crombleholme, head coach on training sessions and Nigel Dawes on our Club National plans and progress. (Remember the date, 18 July 2009 at Rossendale), come and see and support our racers, or, even better, take part!! And last, but not least, Phil Deller, our new treasurer will report on financial matters...all in our regular newsletters.

At the recent AGM we were asked to publish the minutes of our Committee Meetings and I believe that at least in summary this would be beneficial, so we will do so. Also elsewhere in this Newsletter is a list of the committee members and officers for 2009/2010, which includes Mark Hawkins who will represent the club's junior members

We are all here to be approached on issues that you wish to raise at any time. We would welcome constructive comments and recommendations, and it is your club. We plan to meet every six weeks and the next meeting is planned for the 22 June 2009, at Roger's house - thanks Maureen!!

My vision of MSC is a club of active members of all ages, a very active training and racing group, a group of members who enjoy being members and maybe join in on the planned holidays and all of us wishing to socialise as and when we can, We plan to apply for grants to develop the clubs offerings and equipment, giving more people the opportunity to learn to ski and keep fit.

Our Club is successful because of the dedication of a group of about 25 members, who give much of their time to make things happen. We have asked for other members to come forward to give of their time and expertise, as back-up and at a future date maybe take over some of these responsibilities. Do not be shy, come forward, we also make it fun.

There are a number of critical issues that we need to address in the coming months and it is my intention to raise them as is appropriate in this forum. Snow versus plastic, race training, Ackers slope, subscriptions, PR and promotion, sponsorship, etc.

Lastly, thank you for your confidence in appointing me. I intend to ensure that we continue to move forward as a Club, extending the opportunities particularly to our younger members and hopefully see more of them on the podiums, both in the UK and in Europe.

Bryan Thomas, Chairman

WIN ATOMIC RACE SKIS



WIN Atomic Race ST Skis with UK Snowsport, Bartletts and Atomic by telling us your views on snowsport.



UK Snowsport (Snowsport England SSE, Snowsport Scotland SNSC, Ski Council for Wales SCOW) are conducting some research into the snowsport coaching and instructing workforce so that they can continue to support the delivery and development of snowsport coaches and instructors in the best possible way.

If you are a snowsport coach/instructor or candidate instructor, snowsport club or facility your opinions are valuable. This is your opportunity to WIN a pair of Atomic Race ST Skis

by letting us know about your own coaching and instructing experiences or what goes on at your club or facility.

It is quick and easy to respond just click on the appropriate link below:

http://www.sportstructures.com/snowsport_coach

http://www.sportstructures.com/snowsport_club

http://www.sportstructures.com/snowsport_facility

Alternatively download the word version and return via email to: sarah.smith@sportstructures.com or download the PDF print complete and post to: Sport Structures PO BOX 3949 Warwick CV34 9AF

Word and PDF formats of the survey can be obtained on the Snowsport England website.

Responses MUST be received by 31st July 2009

Please note Sport Structures Limited have been commissioned by UK Snowsport to undertake this research. Sport Structures Limited are registered to collect data in accordance with the principles of the Data Protection Act 1998.

We know that you are busy so to encourage you to submit a response - we will enter the details of all the respondents into a PRIZE DRAW to have the chance to WIN: A pair of Atomic Race ST Skis provided by Ski Bartlett and Atomic - As a club or facility the skis could be used by the club or raffled to raise money for club funds.

Many thanks for your time

MSC CLOTHING

Want a long-sleeve tshirt for summer skiing? Or one of those rather nice jackets, or a hoodie? Then get in touch with Sally Phelps (01676 530585, PhelpsJJ@phelps.j.freeserve.co.uk). Order forms are on the MSC website and on the noticeboard at Ackers.

We do have a small stock of hoodies available now in Children's sizes- no need to place an order - these are ideal for those cooler summer days and are great for use at The Ackers or at Gloucester. Sizes are: ages 5-6 (116cm); 9-11 (140cm); 14-15 (164cm). If you'd like one or want to try one for size, then please contact Jeff Elmore or Sally Phelps and we can bring them along to The Ackers or make alternative arrangements.

MIDLANDS TELEMARX FESTIVAL

This year's Telemark Festival is from Saturday 4th July 2009 11.00 - 18.00 at Tamworth Snowdome. Full details from to Telemark Skiing UK (based in Lichfield) http://telemark-skiing.co.uk/html/mtf_09.html or contact Matt Higginson on 07813268124. For those wanting just a taster session, then Matt is holding a special early session 09.00-10.30 on the same day. There are discounts for early bird bookings. The sessions are open to all competent Alpine skiers 12years or older. Equipment can be hired. Places are limited and should be booked in advance. Please ring Matt Higginson for more details.

SNOWSPORT ENGLAND

Race Entry (Day Registration)

(Registered racers use the online system via Britski!!)



Surname	
Forenames	
Date of birth	
Address	
Tel Number	

Date of race	18 th July 2009
Name of race	Midland Club National
Ski Club	

I agree to be bound by FIS, Snowsport GB and Snowsport England rules including doping and disciplinary control. I have signed an Athlete's Declaration².

Day registration fee	£5.00
Race entry fee	£16.00
Late entry fee (if applicable)	£10.00
Total enclosed	_____

Signed (by Legal Guardian if under 18)

Signature of Competency by Club Coach / Teacher

Please show your race record below if possible. DOPING CONTROL tests for drug abuse may take place at this race.

For official use

RACE RECORD

Date of race	Name of race and location	Slalom or Giant Slalom	Club or National	Name of Winner	Time of Winner	Your Place	Your Time

1. *Day Registration allows an unregistered racer to compete in one Snowsport England Club National (or other event if specifically designated in the regulations for that event) in any one season.*
2. *All competitors in such events must have completed a signed "Athlete's Declaration" before they will be allowed to race. If a declaration has already been completed (for example in a race in the previous season) then a second is not required.*

Return this form to the Race Secretary:

Sue Adcock
27 West End, Long Whatton
Loughborough, LE12 5DW
Tel: 01509 842245
Sea_prj@yahoo.co.uk