

MIDLAND SKI CLUB NEWS

AUGUST 2009

MSC CLUB NATIONAL - 18th JULY

A milestone in the Club's history, our first Club National

On July 18th at the Rossendale Ski Slope we held first MSC Club National with 140 racers from all over the UK. This was an excellent turnout in the current economic climate and is a credit to both the organisers of the event and the recognised standing of Midland Ski Club in the skiing fraternity.



We had to use Rossendale slope (some 20 minutes north of Manchester) because our slope at Ackers is too short and unsuitable for such an event. Maybe one day with substantial slope improvements at Ackers we could be "at home" for future such events.

The weather was mixed after the deluge on Friday's practice, but all in all it was kind to racers, officials and spectators. Benn Hall was course setter which pushed the newcomers and challenged the experienced skiers. His father Ellis Hall set up the timing devices and display which worked well, as compared to the local PA system which let us down, the only downer on the day!

Jerry Phelps kept us fully informed of the racers and their progress coupled with comments from each racer on "What is the most embarrassing thing your parents have done?" - all of this in spite of the dying PA system.

The club provided many of the officials required on the day with the guiding lights of Gill Hall (Chief

of Race), Sue Adcock (Secretary), ably supported by Lucy Pyle (Technical Director), Peter Heath (Chief of Calculations) and Shirley Ryding (Referee). Thanks go to all of these volunteers without whom such events could not take place.

Special mention must also go to the gourmet caterers, the best yet on the circuit. Val Waller and Ruth Fisher did us proud, many thanks.

Presentation of the awards and prizes were given by David Ryding our Olympic hopeful, having cycled some 24 miles to be with us, good luck David. Overall winners are noted below, but a number of MSC members achieved podiums as reported elsewhere in this newsletter.

Overall it was an excellent and well organised event and very well supported. We received an excellent report from the TD so we are told, and on the strength of our success we've already submitted an application for our second Club National next year.

Very well done to all concerned who made it such a memorable and enjoyable day.

Overall Winners:

Females

- 1 - Charlotte Davies
- 2 - Caroline Powel
- 3 - Sarah Lambden

Males

- 1 - Mike Malloy
- 2 - Daniel Curtis
- 3 - Tom Hales



**FAMILY HOLIDAY
INSIDE!**

Diary

Mondays @ 7.30pm

Adult Coaching
Bryan Arnott 01827 893243
Restarts 12th October

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
Restarts 4th September

10th October

Introduction to Nordic, Draycott
Water

Anne Ford - 07958 721310

14th October

New Season Social
Diana Horth 01889 800706

31st Oct - 2nd Nov

Birmingham Ski Show

23rd - 25th October

High Altitude Training Weekend -
Mike Thomas 02476 692792

MSC BROCHURE

Articles are needed from all parts of the club for the 2009-10 Brochure, which is now being produced. Please please send articles, photos, snippets, etc to Rob Weeks at the address at the bottom of this page. If you don't send that article in, we can't include it!

FAMILY HOLIDAY, SAALBACH AUSTRIA - 4th-10th APRIL 2010

Following the success of last year we are again proposing a make your own way trip for 2010. I have reserved rooms at the [Hotel Oberdanner](http://hoteloberdanner.com) in Hinterglem, <http://hinterglemm.at> on the "Ski Circus" ski pass. www.saalbach.com



The hotel is situated close to the centre of Hinterglemm village and is within 50m of the nearest ski lift.

This holiday is aimed at / but is not exclusive to families.

The group price for **half board accommodation, including lift pass** is **600 Euro** for adults or **200 Euro** for

Children under 16 (if sharing with an adult) 200 Euro
i.e. 2 adults+children = 1600 Euro, or 2 adults+1 child = 1400 or 1 adult+1child = 800 euro, however 1 adult with 2 children in a room (1220 Euro for the room) (this may be offset dependant on other adults booking)

Please contact me for prices if your requirements do not match these room arrangements, and we will see what can be arranged.

There are 4 bedded, 3 bedded and double rooms, all rooms are en-suite

There is also access to *sauna, steam-bath, WLAN and included in the price is free entry into the public swimming pool next door.*

The deposit will be £100 per person payable on booking. The balance must be paid before 1st March.

Midland Ski Club will again pay by bank transfer, and notify you of the exchange rate that the bank has given

us at the time.

The cost of the **instructor will again be £120 per head**, and this has to be paid before we leave. In line with previous holidays, there has to be a nominated adult in each group with the children (though we will try to be flexible with arrangements)

We would like to tailor the instruction more to your requirements and aspirations, so please direct any thoughts of what you wish to achieve, or any comments or suggestions from previous holidays, and I will try to co-ordinate with the instructors.

In view of the "DIY" format, you will have to make your own way there. Some of us will be driving, (if you wish to car share, please indicate ASAP in order that we can try to arrange something). Alternatives are flying (Salzburg is closest, though Munich appears to be a less expensive option), or travelling by train. Budget for transfers are EUR60 per person Salzburg and EUR80 Munich, return.

Winter holiday insurance has to be taken out by all, and you need to be a paid up member of the ski club at both time of booking and travelling.- remember that the club does offer discount on travel insurance (please see the MSC website).

Any questions please try to catch me on a Friday evening, or tel : 01788 337280

Kim Hancock



FAMILY HOLIDAY - SAALBACH, AUSTRIA - 3RD-10TH APRIL 2010

To: Kim Hancock, 12 Saffron Close, Rugby, CV23 0XA or email to holidayaddicts@yahoo.co.uk

Please reserve me places for the Easter Family Training week in Austria. I enclose a cheque payable to Midland Ski Club for £100 per person as a NON-REFUNDABLE deposit.

I understand that in addition to the hotel cost, I must pay £120 for the coaching and that this is not covered by most holiday insurance. (if you snowboard, or telemark, please contact me for discounts).

I will obtain the Euro-health card, and will have a full passport.

Please book meroom forpersons

(Children aged andandat time of travel)

Names (as per passport) _____

Address _____

Telephone Number _____ E-mail _____

Any special dietary needs? _____

If you intend to drive, can you offer to let others share (and hence share costs) ? _____

Signed _____ Date _____

GLOUCESTER SUMMER RACE LEAGUE

Race 4 - August: Good news, we have kept our 1st place overall, and are now 9 points in the lead from Gloucester A. Midland Bears came 5th, a magnificent performance, Midland Cats were 10th, and Midland Harlequins 13th of 14 teams. Well done to everyone, some great team performances here.

The top of the table stands at

Midland Hawks	913
Gloucester A	904
Western Counties	892
Slalom Plus A	858

There were some very impressive individual performances. Worth noting were Fiona, Lucy and Sophia with great morning run times, Liam and Karl with good improvements, Sam S with yet another better time, James C with a good afternoon, Sam D with a great day overall despite not being well, and our wonderful top of the table group of Adam, James H, Dan and Alasdair, chased hard by James E. We have some very strong skiers this year, no less than 20 different skiers have represented

Midland in the first placed Hawks team so far, and a further few are pressing for selection in the last 2 months.

Skiers in the top 3:

Adam B(1), James H(3), Dan(5), Alasdair(10), James E(17), Roger (19), Nicholas (25), Sam S (27), Ollie (29)

20+ Points:

Dan(27), Adam B(26), James H, Dave H(25), Roger, Ollie, Alasdair(23), Sam D(22), Sam S, Rob(21), Nicholas, Phil, John (20)

9 afternoon points

Dan, Sam D, Sarah, John, Duncan

Star of the day is a young man who is 7 this month. He raced first two years ago and has worked hard to improve his performance each month. This month he achieved a target for the year of 2 morning runs both under 20 seconds, he also won his first 2 head-to-head races, he's ready now to make some great further improvements, well done Nathan.

I still haven't received the full results, but these are almost complete. I am keen to see how our girls did and will let you know, Fiona, Lucy and Sophia were 32nd, 33rd and 37th overall, there won't have been many faster girls - another great achievement. Well done. Meanwhile 3 of our team couldn't race as they supported the Ed Drake benefit Club national where Marcus won the mini category and Dominic came 3rd in CH1 and disqualified himself for next year so he will join Elisabeth on a final race in September.

Detailed results are on the website.

Jane Lee

HIGH ALTITUDE TRAINING WEEKEND BWLCH, S.WALES 23rd-25th OCTOBER 2009

We have a new venue in South Wales for this year's HATW - the Star Bunkhouse in Bwlch.

This small village is on the A40 almost mid way between Abergavenny and Brecon; ideally located for the walking on the Black Mountains or Brecon Beacons and as luck would have it's opposite the New Inn! The bunkhouse is privately owned and we have booked it exclusively for MSC. There are self catering facilities, so you will need to bring your own food. The cost is £30 for the weekend.

Please complete the booking form at the end of this newsletter to secure a place on this weekend. Don't be put off by 'High Altitude' - the weekend will be a great weekend of mountain walking to help get fit for the ski season.

Mike Thomas 02476 692792



MSC QUESTIONNAIRE

Thanks to everyone who responded to the MSC questionnaire. We had an excellent response, and these are being collated at the moment and conclusions will be published in this newsletter.

The winners of the questionnaire draw were Alex Jolly and Jim Pielow - your prize should be with you shortly.

NEW SEASON SOCIAL

Come along on Old Sils on 14th October to a evening to welcome in the 2009-10 winter season. Chat to other members about the plans you've got for this year, or get ideas if you haven't already decided.

See you at the Old Silhilians Club, just off M40 J5 around 8pm.

TRAINING WEEK & CLUB HOLIDAY

Next season's Training Week in January and Club Holiday in March are now SOLD OUT. Many thanks to everyone who got their booking in early. Sorry to those who left it too late!

HIGH ALTITUDE TRAINING WEEKEND - S. WALES - 23RD-25TH OCTOBER 2009

To: To Mike Thomas 71 Cannon Hill Rd Coventry CV4 7BT

Please book me _____ places on the 2009 High Altitude Training Weekend in South Wales. I enclose a cheque for £30 per person, made out to Midland Ski Club

Names _____

Address _____

E.mail _____

SUMMER NATIONAL RACE REPORTS

SASA Club National - 31st May 2009

A very hot day and more podiums:

Ollie Weeks - 2nd in the Minis; Nick Phelps - 3rd in CH1; Gerry Elgy - 1st in Masters; Jane Lee - 2nd in Masters; and John Elgy - 3rd in Masters

A special mention should go to Sam Smith and Jamie Conde who skied really well and just missed the podium in 4th place in CH1 and JN2.

Stoke & Gloucester Club Nationals 27th/28th June 2009

This weekend saw 29 (yes, 29!) MSC racers taking part in the Stoke Club National and Gloucester Club National - I think this is a record turn-out for the club. And, we produced a multitude of outstanding performances!

With so many successes it's difficult to know where to start but I think, firstly, many congratulations must go to Harry for winning the Stoke Club National on Saturday. We've had many age group podiums and a handful of overall position podiums over the years but this is the first time he (and our club - if records serve me correct) have taken top honours! And, joining Harry on the podium, was Mark with a superb 3rd place overall and thoroughly deserved reward for all the hard work and commitment he's displayed over many moons with the MSC. There's a big message here to all of our up-and-coming racers!

Also at Stoke, our lads did us proud with age group wins in JN2 (Harry), Seniors (Adam B) and Masters (Mark) and further podiums for Nick M (2nd in JN1) and Chris (3rd in JN2). Plus, a near miss for Nick P with 4th in CH1. Our girls (sorry, ladies) also got in on the act with Gery taking 2nd in Masters and Sarah one place away from the honours with 4th in Seniors.

The next day at Gloucester produced (as it always tends to do for MSC racers) a barrage of podiums and points reductions! No overall position honours but age group podiums for Mark (1st in Masters), Nick M (2nd in JN1), Sarah (2nd in Seniors), Gery (2nd in Masters), Jane (3rd in Masters), Ollie (3rd in Minis) and Adam B (3rd in Seniors). Once again, Nick P unfortunately missed out on a podium by one place.

As a result 23 of our racers will have lowered their BARTS points as a result of their weekend's endeavours - wow! There are simply too many for me to list in this note but there are several that deserve special mention. Lucy, Adam B, Nick P and James E have all gone below the GSRL cut-off. Mark's now sub-50 and Adam B and Jamie have both gone sub-100. And, notable BIG points reductions include Adam B (448.00 to 55.01!), Maxine (266.15 to 189.04), James E (257.41 to 157.69) and Karl (296.12 to 214.82).

Many congratulations and my apologies to anyone who I've inadvertently failed to mention.

Ipswich Club National and Grand Prix - 4th/5th July 2009

A gloriously sunny weekend saw a small (because of the GSRL) group of MSC racers head east to Ipswich for the Club National and Grand Prix.

In the Club National, Ollie took top honours in the Minis - his third 1st place and 8th podium so far this season! And Jamie scored his lowest ever event points of 91.05 - well done!

The Grand Prix saw Harry maintain his impressive form with 4th overall, 2nd in JN2 and his best ever event points of 18.23. Jamie set another personal best with 84.22 event points and two top-class runs! And Lucy will have gained much experience from her two gutsy runs down a (long, bumpy and rolling) slope on which she's never before skied - let alone at GP level.

Celtic Cup 5 & 6, Gloucester - 11th/12th July 2009

Saturday: Another bumper MSC turn-out and plenty more podiums! Ollie took 3rd place in the Minis to add to his already-bulging trophy cabinet. Maxine and Sarah just missed out on age group podiums in the Females, but

honours went to Gerry (2nd Masters) and to Jane (3rd Masters) - well done! Benn and Harry claimed 2nd and 3rd respectively in JN2 males with Benn also taking 2nd place overall and Harry 4th. Nick M came 3rd in JN1 and John took 3rd place in the Masters - there's still plenty of life in those legs John!

On Sunday Ollie turned up the gas and came 1st in the Minis with Edward just behind him in 2nd place. There were narrow age group misses for Emily and Sarah and Jane, this time, took 1st place in the Masters. Harry recorded another 3rd JN2 and 4th place overall. Nick M just missed out on an age group podium, but Mark claimed top honours in the Masters with two fine runs!

Midland Ski Club National, Rossendale - 18th/19th July 2009

Saturday saw the MSC organising our first ever Club National and a great MSC showing! Emily stormed to 2nd JN2 and Gerry and Jane (once again!) came home with 2nd and 3rd respectively in the Masters. Nick M maintained his fine form with 2nd JN1 and so did Mark with 2nd Masters. Adam B sealed his very impressive first season on the national circuit with 3rd place in the seniors! And, Nick P was just a fraction away from an age group podium with 4th CH1.

On Sunday, 4th place in age group for Maxine represented a tremendous achievement in her first Grand Prix! Mark took top honours in the Masters and the two Nicks (P and M) secured excellent 2nd and 3rd places in their respective age groups! Whilst Benn claimed 4th overall and 4th JN2.

Grand Prix - Hemel (Indoor) - 26th July 2009

This was the first national event to be held at the recently-opened indoor snow centre at Hemel which has great snow and facilities - if only the slope could have been a bit longer! This event saw Robbie compete in his first race of the season and stride away with 3rd place in the Masters.

Guy Hornsby & Sally Phelps

INTRODUCTION TO ROLLER SKI

On Saturday 10th October we'll be running an "Introduction to Nordic Skiing" session at Draycote Water, just south of Rugby. Come along to try your hand at roller skiing - the 'summer' version of cross-country skiing. We don't expect everyone to complete a full lap of the reservoir on their first day, but you never know!

Details have yet to be finalised, but will be on www.midlandski.org.uk as soon as they are - or phone Anne on 07958 721310 to confirm the arrangements and to let her know you are coming along.

If you have rollerblades, then bring them too, and the action is very similar to roller skis. See you there!