

MIDLAND SKI CLUB NEWS

DECEMBER 2009



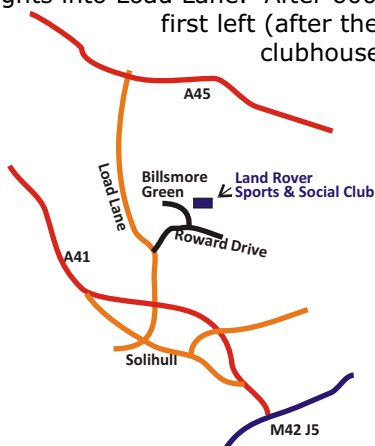
MSC Recognition: We received praise and congratulations at the presentation of the Snowmark and Clubmark certificates in the club lounge at this year's Ski+Board Show at the NEC. Club members present joined our Chairman Bryan Thomas in receiving the awards on behalf of the club from Zoe Gillings UK's Snowboardcross champion in the presence of Tim Fawke, Snowsport England's CEO. Well done all!



CHRISTMAS PARTY - 12th DECEMBER

This year's MSC Christmas Party will be held on Saturday 12th December at a fantastic new location: the Land Rover Sports and Social Club, Billsmore Green, Solihull B92 9LN, from 7.30pm until late. All members of Midland Ski Club are invited and there will be a **free** buffet! (But you have to buy your own drinks.)

The Land Rover Sports & Social Club is a off Load Lane in Solihull: from M40 J5 take the A41 around Solihull Bypass, straight through the first two sets of traffic lights (quite close together), and then right at the next set of lights into Load Lane. After 600m turn right into Roward Drive, then first left (after the bend) into Billsmore Green and the clubhouse is on the right



KEEPING IN TOUCH

Everyone is reminded that one of the key ways we can all keep in touch is via the MSC Google Groups emailing list. If you are not signed up for this, then please do so! Easiest way to join is to fill in the form at www.midlandski.org.uk/maillinglist and we'll do the rest.

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

3rd December

Ski Preparation Workshop, Ackers,
6.30pm

Adam Beardmore 079200 77574

12th December

Christmas Party, Land Rover
Sports and Social Club, Solihull -
Diana Horth 01889 800706

17th-24th January 2010

Training Weeks, Canazei, Italy -
John Arnold 0121 3571644

31st January

Coaching Day, Rossendale - Roger
Crombleholme 01785 714073

(also 14th March)

6th-13th March

Club Holiday, Serre Chevrier -
Diana Horth 01889 800706

FRIDAYS in DECEMBER

4th Dec 5:30-7pm - Helmet Fitting

by snow-kit.com - recreational and race helmets for sale for children and adults.

11th Dec 6-7.30pm - Dual slalom night, cost £10 for the session, all Tuesday / Friday junior skiers invited.

18th Dec - Christmas Night dress up with a Christmas theme, bring mince pies etc to share.

The Adult session continue on all Friday nights 8.30-10pm.

MIDLAND SKI CLUB HELMET POLICY

With effect from 7th November 2009, the Midland Ski Club policy on the use of ski helmets is as follows. This policy is in accordance with Snowsport UK guidelines and is similar to that introduced in many ski resorts in the last few years. This policy has been adopted to bring us in to line with other organisations and has obvious safety benefits. Helmets are now widely available at reasonable prices and many skiers are accustomed to wearing helmets.

Race Training and Racing principally Tuesday, Thursday and Friday race groups and all races anywhere:
Every skier, irrespective of age, racing or receiving coaching within an MSC organised session using race poles must always wear a properly fitted, recognised ski helmet, preferably with chin-guard. This is applicable from

7th November 2009 and there are no exceptions, if a skier forgets to bring a helmet and cannot arrange to borrow a suitable replacement then they will not be allowed to ski.

Skills development principally Monday and Friday skills groups:
Every skier under the age of 18 who is receiving coaching must always wear a properly fitted, recognised ski helmet. This is applicable from 7th November 2009. Exceptions will be made for those who do not currently have a suitable helmet, the deadline to comply is 27th February 2010. In addition new skiers joining these groups will have 3 weeks in which to obtain a suitable helmet, during this time they will ski a reduced program that recognises the lack of helmet. There are no further exceptions, the rule is 'no helmet - no skiing'.

Snow any club holiday on snow:
Every skier under the age of 18 who is skiing as part of an MSC group must always wear a properly fitted, recognised ski helmet. This is applicable from 7th November 2009 and there are no exceptions.

There are a number of suitable suppliers below. In addition MSC have arranged for a representative from snow-kit.com (website:www.snow-kit.com) to visit Ackers on Friday 4th December from 5.30-7pm with a selection of helmets at reduced prices, both recreational and racing, that can be fitted for each skier. This will include adjustable helmets designed for growing children and the popular SH+ helmet favoured by many of our racers. They can bring in other equipment if you contact them in advance.

Widney Sports Solihull 01564 774176
Decathlon Merry Hill 01384 487880
Lockwoods Outdoor Leamington 01926 339388
Snow and Rock Birmingham 0121 236 8280
White Mountain Wolverhampton and Walsall 01902 773395
Ellis Brigham Tamworth 01827 59047

Two Seasons Solihull, Leamington and Worcester 0800 970 8646
Ski Bartlett Hillingdon 020 8848 0040 ski race specialists
Beans Bicester - 01869 246451
Ventura 01942 717 971 also for race protection wear
Ski Warehouse Tamworth 01827 313138
Lidl, Aldi, and TK-Maxx also periodically stock helmets

SKI PREP WORKSHOP

A Ski Preparation Workshop will be running at the Ackers from 6.30 to 7.30pm on Thursday 3rd December. Adam Beardmore (our new Race Manager!) will be showing the full process of preparing skis for racing on plastic - a process which requires a different solution to preparing skis for skiing on snow.

This is aimed at both the older junior racers (who tend to do their own skis) and parents of the younger racers who still get mum or dad to do it.

MSC BROCHURE

The MSC Brochure for 2010 is currently at the printers, and should be out very shortly. Thanks to everyone who contributed and to our advertisers, which whom we could not have such a publication.

Please do support the advertisers, and make sure they know where you got their details from the MSC Brochure.

TELEMARK @CASTLEFORD

There will be a three-hour telemark session at Xscape Castleford on the 6th December from 7 to 10pm.

The session is aimed at novices and beginners - although more experienced telemarkers are welcome if you want to come along and ski with some informal pointers - it is a great deal!

The session costs £42.00 which includes your slope ticket and instruction - equipment can be hired from myself by phoning the numbers below and costs ONLY £10.00 for the session.

Numbers are limited to approx 12 so book your place ASAP. Any questions don't hesitate to get in touch.

Matt Higginson
SSE TELEMARK DEVELOPMENT
www.telemark-skiing.co.uk
info@telemark-skiing.co.uk
07813268124

ADVANCED NOTICE: SCHOOLS RACE

The 2010 Birmingham and South Midlands Schools Race will be at Ackers on Sunday 21st March 2010.

SAFE USE OF THE LIFT

Following recent observation of some of the ways a few MSC skiers (mostly the younger ones) act on the lift at Ackers, we'd like to humourously remind everyone...

Each skier must wear at least one ski and boot (joined by bindings).

Full clothing must be worn.

Passengers are not permitted (unless approved by the coaching staff).

The lift should be used only with skis and feet facing UP the slope.

At least one foot should remain on or near the ground whenever possible.

Jumping is not permitted except to avoid obstructions.

Ski sticks should not be allowed to touch the overhead cables.

Somersaults, back flips, 360s etc. should be avoided whenever possible.

The skiers head, body and upper legs should remain above their knees at all times.

Skiers should watch up the lift track to avoid multiple pile-ups:

- stay on the track whenever practicable and always remain within the fenced area,
- release from the lift immediately at the top before turning to the slope,
- roll to the grass after a fall, not lie still like a dead duck (see multiple pile-ups above).

HIGH ALTITUDE TRAINING WEEKEND



Bwlch - sounds like something you might do when you've swallowed a flyI don't know why....

However it was the base for this year's High Altitude Training Weekend. Sixteen members had sole occupation of a really good bunk house situated conveniently across the road from the New Inn. This proved to be a very friendly hospitality and served food until quite late very welcome.

On Saturday we completed a circular walk outwards via Llangors Lake, stopping for a swift half at the pub in Llangors before returning over Mynydd Llangorse.

The weather was a mix of overcast, rain, sunny spell (yes, singular) followed by heavy rain and strong wind on high ground. But not a problem we had to earn our dinner somehow. Returning to the hut we sampled a delicious lemon cake and mince pies accompanied by Mike's infamous gluhwein.

Then it was time to start preparing the evening's banquet. Although we are told too many cooks spoil the broth this doesn't seem to be the case at these events. As a somewhat haphazard cook I tend to leave the experts to it but as ever the resulting dishes were excellent and despite everyone bringing something different it all seems to fit together.

The post dinner photo show highlighted the various

activities of members during the summer. Ranging from a dreadful knobbly knees competition aka cycle tour in France, we saw Ice Hotels in the arctic circle, motorbike trips, Venice and munro bagging in Scotland.

With a forecast of 'sunny intervals and warm' we set out on Sunday for a trip into the Beacons, starting out from Llanfrynach and heading over Bryn. It was indeed sunny(ish) and warm until we reached the first exposed point on the way up. It rapidly became very wet, very windy and pretty cool. Annoyingly, down in the valley we could see Brecon (Aberhonddu) bathed in sunshine! With no shelter at all it was quite a slog uphill. Still some distance from the top with an extremely windy ridge to navigate a decision was made to head back down going a pleasant way back to the start point. Needless to say the sun came out as we came off the exposed shoulder of the hill.

Back at the hut we finished off anything edible that had been left from the previous evening before tidying up and making our various ways home.

A very good weekend and a big thank you to Mike for organising it again. If you haven't been on a HATW before, the Saturday night dinner alone should be enough to tempt you but if you like the bonus of getting wet and muddy as well do try it.

Diana Horth

MOUNTAIN PARADISE OFFER

MSC supporter Mountain Paradise now have a great holiday offer for MSC members.

The offer is £399 per person, which includes return flights London Luton, Manchester, or Dublin into Poprad, return transfers (20 mins); 7 nights B&B in a pension located 5 mins from the longest ski runs in Slovakia (8km), and a 6 day lift pass all included in the price!

This represents excellent value for money, so to find out more about the skiing and accommodation go to <http://www.mountainparadise.co.uk/>

You can read a fascinating article on skiing in Slovakia in the new MSC yearbook which will be coming out very soon. The article was written by the winners of the MSC / Mountain Paradise holiday prize draw.

The London Luton, Manchester & Dublin flights are direct into Poprad and run 3 times per week. Contact Mountain Paradise for more details, and don't forget to mention you an MSC member - you will be well looked after!

COACHING DAYS

In addition to the regular MSC coaching program at the Ackers, we are now running periodic coaching days at other slopes. The next sessions will be held at Rossendale (31st January and 14th March), and at Pontypool (provisionally 18th April).

Whilst mainly these are aimed at racers, we are planning to a non-race group for the Pontypool session, which will be aimed at parents and other non-racing older skiers who want to improve their technique.

These sessions are full days, typically starting from 10am through to 4pm. Keep a look out for email from the MSC Google Group for more details nearer the times, or get in touch with MSC Head Coach Roger Crombleholme (coach@midlandski.org.uk or 01785 714073).

LOCKWOODS CUP GROUP RESULTS

Congratulations to all who took part in this year's Lockwoods Cup race, held in mid November. Full results for each group are below.

(If a skier has an "e" against their group, they have had some race experience, and therefore their total time was the best of the first two runs, plus the third run. For those without an "e", the total time is the sum of the best two runs.)

Name	Bib	Group	Run 1	Run 2	Run 3	Tot.	Posn.
RACHEL MAYHEW	59	f u7	14.44	13.81	14.73	28.25	1
LAUREN TREUGE	55	ef u7	dsq	14.87	15.63	30.50	2
SOPHIE MILLER	45	f u7	25.09	20.66	18.63	39.29	3
JEMIMA SIMSON	53	f u7	20.31	26.3	20.91	41.22	4
JEMIMA HENDERSON	43	f u7	31.74	29.83	30.67	60.50	5
ANYAHEMMING	50	f u7	36.18	47.34	31.11	67.29	6
JACK WILMOT	67	m u7	14.64	14.25	13.84	28.09	1
GUY JEWKES	47	m u7	15.03	15.92	15.47	30.50	2
NATHAN SMITH	63	em u7	15.45	15.38	15.25	30.63	3
TOBY HENDERSON	41	m u7	17.2	17.13	16.37	33.50	3
TOBY WILMOT	68	m u7	51.23	32.6	35.36	67.96	4
JESSICA MAYHEW	60	ef u10	14.73	14.45	14.55	29.00	1
HANNAH JEWKES	46	f u10	16.91	16.67	17.09	33.58	2
JESSIE SIMSON	54	f u10	17.12	17.84	17.93	34.96	3
PHOEBE HENDERSON	42	f u10	25.8	22.57	22.46	45.03	3
JAYDE BROWNHILL	52	f u10	24.4	23.49	23.7	47.19	3
OLIVER WEEKS	57	em u10	10.37	10.02	10.31	20.33	1
EDWARD GUY	66	em u10	11.47	11.36	11.58	22.94	2
SAM DOHERTY	74	em u10	11.69	11.64	11.53	23.17	3
JORDAN RIGBY	49	em u10	12.28	12.24	11.41	23.65	4
ETHAN HEMMING	51	em u10	14.63	14.28	14.03	28.31	5
RYAN MILLER	44	m u10	16.17	14.86	14.84	29.70	6
LEWIS SMITH	56	em u10	15.48	15.83	15.42	30.90	7
TOM WARNE	79	m u10	16.42	16.13	16.69	32.55	8
MAXINE HANCOCK	70	ef u12	11.8	11.69	11.68	23.37	1
NICK PHELPS	58	em u12	10.17	9.88	9.63	19.51	1
SAM SMITH	64	em u12	10.31	10.06	9.72	19.78	2
DUNCAN THORLEY	65	em u12	11.26	11.37	10.79	22.05	3
ELIZABETH THOMAS	72	ef u14	10.41	10.22	10.06	20.28	1
LUCY DELLER	78	ef u14	10.63	10.43	10.5	20.93	2
SARAH EDMONDS	77	ef u14	15.07	14.63	14.26	28.89	3
JACK RIGBY	48	em u14	10.14	10.06	9.94	20.00	1
KARL HANCOCK	69	em u14	10.81	10.43	10.49	20.92	2
LIAM HUNT	82	em u14	10.89	10.77	10.74	21.51	3
JOEY FROST	87	m u14	15.7	16.07	14.82	30.52	4
SOPHIA PHELPS	85	ef u16	10.25	9.99	9.97	19.96	1
OLIVIA WALLER	84	ef u16	10.61	10.45	10.4	20.85	2
NICK MILLER	76	em u16	9.18	9.05	8.78	17.83	1
SAM ALLEN	88	em u16	9.12	21.61	8.83	17.95	2
ADAM LEE	61	em u16	dsq	9.57	9.24	18.81	3
ALASDAIR THORLEY	73	em u16	9.89	9.68	9.45	19.13	4
JAMES ELGY	92	em u16	10.57	10.58	10.21	20.78	5
BEN HALL	93	m u16	dsq	10.88	10.84	21.72	6
EMILY DAWES	81	ef u19	9.43	9.27	9.11	18.38	1
FIONA JONES	89	ef u19	10.37	10.46	dsq	dsq	2
JAMIE CONDE	62	em u19	9.52	9.09	8.99	18.08	1
JAMES HORNSBY	94	em u25	dsq	9.06	dsq	dsq	1
ADAM BEARDMORE	83	em u35	dsq	8.47	8.49	16.96	1
MARK HAWKINS	95	em u35	8.77	8.59	8.45	17.04	2
DAVE HANCOCK	71	em u45	11.25	11.24	10.97	22.21	1
GERRY ELGY	91	ef o45	12.08	12.17	12.25	24.33	1
JOHN ELGY	90	em o45	11.96	dsq	11.75	23.71	1
PHIL DOHERTY	75	em o45	15.58	15.13	14.76	29.89	2
GARY FROST	86	m o45	dsq	dsq	dsq	dsq	3

LOCKWOODS EXTENDS MSC DISCOUNT

Local MSC supporter Lockwoods are offering a special 15% discount on a wide variety of off-piste safety gear to members. This is available both in store and on-line - see the MSC website for the full list of applicable products, or ask in-store. For all the off piste safety products listed please use code MIDSKI-09-15 for a 15% discount

In addition, Lockwoods are extending their normal 10% MSC discount to their on-line shop. So if you know exactly what you want and don't want to call in at the store itself and take advantage of the great customer service they offer, then you can now get your 10% discount on-line by using code MIDSKI-09-10. This applies to all products in the online shop except gift tokens and special offers.

You won't be able to combine the 15% and 10% offers of course, but if you do order items with both discounts on-line, then place two orders. Lockwoods will then try and despatch them both together and adjust carriage costs accordingly.

Don't forget to take your membership card with you to get your 10% in-store discount.

For more information on the extensive range of products that Lockwoods have to offer go to www.lockwoods.com