

# MIDLAND SKI CLUB NEWS

SEPTEMBER 2010

## Ski Holidays 2010-2011

**FAMILY TRAINING WEEK:** New Year, 27th Dec to 3rd January, Altenmarkt, Austria. Details inside. Places still available.

**TRAINING WEEK:** 15th to 22nd January, Bormio, Italy. Details inside. A few places still available.

**CLUB HOLIDAY:** 12th to 19th March, Verbier, Switzerland. **SOLD OUT**

## Autumn Social Programme

**The Other Side of the MSC Thursday 14<sup>th</sup> October** LandRover Social Club

Your chance to appreciate all the Ski Club activities the club has to offer.

The diversity of the club will be demonstrated by a series of short presentations with a chance to mingle with old friends and the opportunity to meet new club members.

**Warren Miller Film Night Thursday 18<sup>th</sup> November** LandRover Social Club

Warren Miller's Winter-vention features acute cases of classic snow-addiction from across the globe. There are the skiers who sail from Argentina to Antarctica in search of their next descent; there are confessions from a man whose six season passes simply aren't enough. There are the skiers and riders who venture far from the beaten track - deep into the Caucasus Mountains of Georgia or the northern reaches of the Arctic Circle - just because few others have. From everyday terrain parks and lift-accessed powder to the most exotic settings imaginable, Winter-vention is the definitive solution for the snow obsessed.

**Christmas Party : 3rd December.** Details to follow!

## Lockwoods Cup

This year's Lockwoods Cup will take place on Sunday 14th November, from 1 to 4pm, at Ackers Ski Slope.

The Lockwoods Cup is our club's own Annual Championship Race and this will be the 14th year it has been run. The event is open to all skiers - you don't have to be a top racer - from the youngest skiing member through budding and competing racers, to older and more (err) mature skiers.

There will of course be a barbecue at the event, so come along and join in: spectators and skiers are equally welcome. You don't need to pre-enter, just come along on the day.

## Diary

**Mondays @ 7.30pm**

Adult Coaching  
Bryan Arnott 01827 893243

**Tuesdays @ 6.00pm**

Race Novices - 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

**18th September** (also 2nd Oct)

Gloucester Summer Race League  
Jane Lee 01905 345416

**14th October 7.30pm**

The Other Side of MSC  
LandRover Social Club, Solihull

**15th October**

Fun Race @ Ackers  
Carron Thorley 01676 529230

**22nd-24th October**

High Altitude Training Weekend  
Mike Thomas, 02476 692792

**14th November 1pm**

Lockwoods Cup, Ackers

**18th November 7.30pm**

Warren Miller Film Night  
LandRover Social Club, Solihull

## MSC Racers selected to England Squad

Many congratulations to the following MSC racers who've been selected to the 2010 England (Artificial Surface) Squad:

- Harry Hornsby
- Andrew Du Plessis
- Adam Beardmore
- Emily Dawes

Thoroughly deserved reward for their tremendous performances this year!

*Guy Hornsby*



# Family Training Holiday 2011 - Altenmarkt, Austria

27th Dec 2010 to 3rd January 2011

We have again been successful in reserving rooms at Ennstaler Hof in Altenmarkt. For those of you who didn't join us here 2 years ago, this is a lovely hotel in the "Ski Amade" which is the largest ski area of Austria, part of the Salzburg Skiwelt - [en.skiamade.com](http://en.skiamade.com). Recommended for all skill levels, with plenty of snow making capabilities and a glacier, this is a beautiful snow sure area. The lift pass covers many resorts but we found that Zauchensee, Flachau, and Wagrain offered us plenty of training opportunities.

This holiday is aimed at families with school age children, but as usual is open to all.

The hotel is in a lovely quiet position, with a short walk to the centre of town, with the bus stop right outside to take you to the slopes. It has a 12m swimming pool, gym, skittles, play room, TV room and bar. Outside there is sledging and ice skating.

The food consists of a breakfast buffet, and 3 course evening meal. For New Year they plan a special 4 course meal, and on our last visit a New Year party was also thrown.

This will again be a "DIY" format, so you are expected to make your own way to and from the resort. Most people tend to drive, and I can assist in matching people who would

like to car share with others. If you wish to fly, Salzburg is the most convenient airport, with transfers costing approx £40 return. An alternative is a flight to Munich, and then train.

The price which includes half board accommodation in a family room (all en-suite), ski pass, and 6 days full coaching is £650 for adults, £515 for under 16s and approx £420 for under 6s (to be confirmed). If you require a double or triple room there is a £25 supplement per head. (subject to room availability for double rooms, please book early). It may be possible to book double room for parents, and kids share a multi bedded room, if the girl/boy split works.

Winter holiday insurance has to be taken out by all - remember that the club does offer affordable travel insurance (please see the website).

Any questions please try to catch me on a Tuesday or Friday evening, or phone 01788 337280

*Kim Hancock*



# Training Week 2011 - Bormio, Italy

15th - 22nd January 2011

You won't be surprised to learn that the financial situation has hit the Training Week. First of all we can't go back to Canazei as the price had increased unacceptably. But we hope that we have come up with an attractive alternative. We are going to Bormio. Club members were there recently and give it good reports as a resort suitable for our week.

For anyone new to the training week, it is a club holiday where we take our own BASI or SSE qualified coaches and you will ski in a group of about 9 friends of similar experience. The coaching is done very much 'on the hoof' with a minimum of ski school type exercises and a maximum of mileage under your skis. This is the 29<sup>th</sup> training week we have organised and we know that we provide the sort of holiday that will see your confidence on skis grow as quickly as your smile widens. The week is not suitable for beginners or people still finding their ski legs because of the need to form groups of 9. You should at least be happy on blue runs and keen to progress to reds and beyond. Your friends will be willing to ski all day, encouraging but non-competitive.

We will be staying at the Hotel Nazionale. Equity our tour operator know us well and their recommendations

have always been acceptable.

Now to the hard bit- the cost. Hold your breath and read it quickly. £910. Yes, I know it is a lot but it does include virtually all you will need to spend on the holiday- a coach to the airport, transfers, half-board in the hotel, all the coaching, insurance AND YOUR LIFT PASS. About 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 in last months newsletter and return it to me with a NON-REFUNDABLE DEPOSIT of £120. We are sorry to be strict about this but the Club has laid out a lot of money to reserve this holiday and we must protect our funds. Please note that the cost includes £100 to cover the coaching and this is not covered by the insurance. You must have a full passport in the name on the booking form and you will have to obtain European Health Insurance Cards.

I hope I have given you all the information you need to persuade you to join us, but if there is anything else you need to know, please ring me on 0121 357 1644.

*John Arnold*

# Snowsport England Club and Volunteer Awards 2010

Nominations are now open for the Snowsport England Club and Volunteer Awards 2010. These annual awards will be presented on Saturday 30th October at the 2010 British Ski + Board Show.

The deadline for nominations is Friday 1st October 2010 at 5pm. *Nominations may be made either by clubs or by individual members.*

This is an opportunity to say thank you and to recognise the many volunteers who do so much for Snowsports across all the disciplines and the enjoyment and achievement many people who taking part in this great sport receive.

Nominations are open for each of the categories below. These Awards are for clubs and their volunteers – Coaches will be recognised at the Coaching Conference at the Chill Factor 18th – 19th September.

Nomination forms and information on how to complete and return the nominations can be downloaded from the Snowsport England website [www.snowsportengland.org.uk](http://www.snowsportengland.org.uk).

Please note again the deadline for nominations is Friday 1st October at 5pm.

**Recreational Club of the Year** will be awarded to the club that provides a comprehensive range of activities for its members and supports the development of players, instructors/coaches and volunteers of all ages and abilities and can demonstrate achievements and successes. The club must also have active links with the local community, show a commitment to being inclusive and safeguarding children/vulnerable adults where appropriate.

**Competitive Club of the Year** will be awarded to the club that provides a comprehensive range of activities, competitions and events for its members and

supports the development of quality athletes of all ages through a recognised athlete pathway, demonstrating achievements and successes. Strong instructor/coach development should be identified along with the support and development it provides for its volunteers and quality events and competitions the club organises. The club shows a commitment to being inclusive and safeguarding children/vulnerable adults where appropriate.

**Volunteer of the Year Award** will be presented to a volunteer who has made a significant contribution to their sport/club/school in roles like - a club officer, committee member, fundraiser, administrator or official. The volunteer must also show a level of commitment towards their sport along with their own development.

**Young Volunteer of the Year Award** will be presented to a volunteer, aged 13 to 25, who has made a significant contribution to their sport/club/school, in roles like - a club officer, committee member, fundraiser, administrator, or official. The volunteer must also show a level of commitment towards their sport along with their own development.

**Unsung Hero Award** will be presented to an individual who has made an outstanding contribution to sport and whose dedication and commitment will have made an enormous impact on the community/sport/club/individuals/schools over a number of years. This person will have demonstrated dedication to their role /participants and/or wider club environment and going beyond the call of duty.

*If you know anyone who you think would be a suitable nominee for any of the above awards, then please feel free to nominate them. The committee will also be nominating in some of the above categories, but **please feel free to nominate someone yourself.***

## Birmingham Ski Show: Free tickets for members!

The Daily Telegraph British Ski + Board Show with Snow Sport England invite you as ski club members to join us at the NEC as our V.I.P. guests to celebrate the start of the winter season.

Last year saw Ski Clubs from all over the country take part in this invitation; over 2,000 club members converged at the NEC to meet friends, network and enjoy a great day out at The Daily Telegraph British Ski + Board Show.

To get your free ticket, go to [www.globalsnowshows.co.uk/ski\\_and\\_board/lounge/](http://www.globalsnowshows.co.uk/ski_and_board/lounge/) and enter your email address and club name, Global Snowshows will then check your membership and reply with your \*free\* ticket.

If you don't have internet access or an email address, then get in touch with Jeff Elmore on 07958 967709 and he'll try to sort it out.

## MSC Officials & Committee 2010-II

### Officials

Chair: Bryan Thomas

01543 490301

[chair@midlandski.org.uk](mailto:chair@midlandski.org.uk)

Secretary: Diana Horth

01889 800706

[secretary@midlandski.org.uk](mailto:secretary@midlandski.org.uk)

Treasurer: Phil Deller

0121 777 1301

[treasurer@midlandski.org.uk](mailto:treasurer@midlandski.org.uk)

### Committee

Welfare: Karen Conde

01543 466285

[welfare@midlandski.org.uk](mailto:welfare@midlandski.org.uk)

Membership : Hilary Cox

0121 5549745

[membership@midlandski.org.uk](mailto:membership@midlandski.org.uk)

Training Week: John Arnold

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Race Manager: Adam Beardmore

0121 711 1241

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01785 714073

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Social: Bryan Arnott

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President: Mike Thomas

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Nordic: Anne Ford

0121 6822903

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Club National: Nigel Dawes

0121 4452594

[cn@midlandski.org.uk](mailto:cn@midlandski.org.uk)

# Call for interest: 2012 USA Holiday

Last year several members who returned our questionnaire suggested the club should arrange members' holidays in the States. Despite the distance the USA is still actually good value when compared to skiing in Europe. The committee recently discussed the possibility of organising a club holiday to the United States/Canada in February 2012. If there was sufficient interest e.g. at least 10 members this would be in addition to the regular European trip in March.

To make it worth the journey the trip needs to be for at least 10 nights although 14 nights

generally works out better cost wise.

Americans tend to go for large rooms and large beds. Their queen bed is practically a UK double and the king size is even bigger. UK tour operators tend to try and cram as many people in as possible so it can be difficult to accommodate single people. Some hotels do offer 2 queens in a room but sometimes it is easier to self cater in condominiums. But it is advisable to book early for groups to secure the most appropriate accommodation. I would be looking to confirm a booking by end May 2011.

Before that we need to obtain some prices. To enable some early investigation into likely costs can you let me know if you would be interested in this trip? And if there is a particular resort you would like to try. Once we can gauge the level of interest I can cost up the trip and if viable book a number of places. The club will pay the deposit to secure group discounts and early bird discounts which help keep costs down.

Please get in touch the sooner the better: [Diana.horth@tesco.net](mailto:Diana.horth@tesco.net) or 01889 800706 or 07806 777049

## Haven't they grown!

So the kids have gone back to school after the summer holidays and their new uniform and shoes are all bigger. So now is probably a good time to have a look at the DIN settings on their skis.

Ski bindings work by holding the boot in the ski at the toe and the heel. The amount of torque (force) required for the binding to release is determined by a screw adjustment on the toe and heel of the binding. This is known as the 'DIN' setting (short for 'Deutsches Institut für Normung,' the name of the body which sets the Alpine standards).

DIN settings are based on a skier's weight, height, age, ski boot sole length and type of skiing style (cautious, moderate or aggressive). If a skier should fall, the boot is released from the binding by the resulting torque and the ski comes off. However, if the bindings are incorrectly set, then they may either release prematurely or fail to release in a fall, which could have very painful consequences.

To check your DIN settings go to [www.dinsetting.com](http://www.dinsetting.com) and make sure that the settings on your family's skis are all up to date. If in doubt, check with your ski technician or coach..

## Scottish Championships, Hillend

Not a drop of rain, but it was certainly 'fresh' at the Scottish Championships at Hillend. Midland Ski Club had 5 racers taking part: Emily Dawes, Sophia Phelps, Nick Phelps, Alasdair Thorley and Duncan Thorley. All went to the Friday night practice, which is strongly recommended especially if you haven't skied Hillend. It is £9.30 for a junior for three hours recreational skiing (3 hours for the price of 2, at any time).

Saturday's two slalom courses were 28 and 29 gates long and slip gel was scarce at the top of the 400m plus slope! At the end of Saturday afternoon, dual slalom 'fun' races were run on the lower part of the main slope. On Sunday two GS courses were set. The wind was stronger and it did play a part in skiers' times, particularly on run 1; it was reminiscent of this year's Grand Prix at Pendle! Dave Ryding was on hand to present the medals and Alasdair came 2nd in Junior 1 boys on both Saturday and Sunday.

Experience of Hillend is good to have under your belt and all our skiers benefited. Having been under threat of closure a rescue package has now been agreed so the slope will be staying open. Make the most of it!

It was announced that single pole courses would be set at the British Championships at Hillend towards the end of September. Racers can keep up to date at [www.britski.org](http://www.britski.org) or [www.lsra.org.uk](http://www.lsra.org.uk).



## Telford trip to Les Menuires

Richard Williams, Telford slope instructor has invited MSC members on the holiday he runs each year. This year they are going to Le Menuires on the 20th March for a week.

Departure is from Manchester Airport, with half-board accommodation in the Hotel Piolet - all twin rooms.

Price includes flights, taxes, transfers, insurance, 6-day lift pass, ski/board carriage, evening meal with wine, rep & guide service.

We have been to this hotel twice before and enjoyed our stay on both occasions, the staff are very obliging, the hotel is owned by the tour Company and run very professionally. Les Menuires is linked to Val Thorens one of the highest resorts at just under 11000ft. The hotel is very near to the lift system with over 600km of skiing. Price is adults £679, children £499 under the age of 12 yrs. Deposit required £379 on booking with the balance 6 weeks prior to departure

For other details and to book phone Richard Williams on 07976 258039.



**Taking the waters...** Around 15 members took were spotted doing a bit of apres-ski practice (actually apres-walk) at the Church End Brewery visit last month. From what they remember, a good time was had by all, with the pre-refreshment exercise being highly recommended.

## FUN SLALOM RACE Friday 15th October 2010

Ackers Adventure, Golden Hillock Road, Birmingham B11 2PY  
Closing Date for entries: Friday 8<sup>th</sup> October 2010

**Format:** The race will consist of 2 timed runs with the best time to count for medal positions. Medals will be awarded in all age categories for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup>. Results will be posted on [www.midlandski.org.uk](http://www.midlandski.org.uk)

**Age categories:** Super mini: born 2003 or after; Mini: born 2000, 2001 or 2002; Children I: 1998-1999; Children II: 1996-1997; Junior I: 1994, 1995; Junior II: 1991, 1992, 1993; Senior: 1990 and earlier

**Entry fee - £7 per racer** :Includes ski and boot hire.

**Race Entry and Closing Date:** Entry forms are available to download at [www.midlandski.org.uk/funrace](http://www.midlandski.org.uk/funrace) or to collect at the Ackers. Completed entry forms should be posted to: Carron Thorley, 23 Kemps Green Road, Balsall Common, Near Coventry CV7 7QE by 5pm on Friday 8<sup>th</sup> October 2010 with payment. If an email address is included on the entry form, confirmation of receipt will be emailed to you.

**Timetable (approximate)** 18.00 - 18.45 Bibs/registration and Open Practice

18.45 19.00 Course setting

19.00 - 19.20 Course inspection

19.20 20.40 Timed Runs

21.00 Prize Giving

**Helmets and insurance:** Helmets are compulsory. All racers must be insured for third party liability cover for the competition. Membership of a registered ski club affiliated to SSE provides racers with cover.

**BBQ:** A barbeque will run from 18.30 to 21.00 with food and drink at competitive prices.

**Photography:** It is expected that photographs may be taken of skiers at the event and these may be included on the Midland Ski Club or the Ackers Trust websites (no names). If any skier may not be photographed please include this information on the entry form.

**Race Enquiries:** Enquiries to [fun.race@midlandski.org.uk](mailto:fun.race@midlandski.org.uk) or telephone Carron Thorley 01676 529230.

**All skiers are invited! From novices through to experts.**