

MIDLAND SKI CLUB NEWS

NOVEMBER 2011

SNOWSPORT ENGLAND AWARDS: MSC DO IT AGAIN!

We have done it again, in fact gone a step further than last year at the SSE Awards presented at Birmingham Ski+Board Show at the NEC on 29th October. A fantastic result.

Competitive Club of the Year 2011: Midland Ski Club

Recreational Club of the Year 2011: Midland Ski Club

Volunteer of the Year 2011: Phil Deller

Almost a clean sweep and really reflects the club's continuing success and the dedication of volunteering members to offer to all of you the best possible skiing opportunities linked to racing and recreation. A special mention to Phil Deller, well deserved recognition for his dedication and hard work over the last year to mastermind and introduce the new arrangements for slope hire and fees.

Also the CESA skier of the year award was announced and whilst not winning, Lucy Deller and Adam Lee were two of the four nominations put forward. Finally, Fern Cates our Nordic skiing champion was given a special award for her very considerable successes over the last year.

Bryan Thomas



Photos: Chris Wynne

MSC Membership Renewals

Anyone who has not renewed their membership for 2011/12 is reminded that this is now OVERDUE. Please go to www.midlandski.org.uk/renewal to renew online, or use the renewal form you received in the post. PLEASE CHECK your details and let the membership secretary know any corrections. Any problems, call Hilary on 0121 554 9745.

Diary

Tuesdays @ 6.00pm

Race Novices - Roger

Crombleholme 01785 714013

Tuesdays @ 7.30pm

Race Coaching - Roger

Crombleholme 01785 714013

Thursdays @ 7.30pm

Advanced Race Training

Guy Hornsby 01564 479927

Fridays @ 6.30/7pm

Junior Coaching

Jane Lee 01905 345416

Fridays @ 8pm

Adult Coaching

Jane Lee 01905 345416

16th November

Warren Miller Film Night

LRSC Solihull

Bryan Arnott, 01827 893243

24th December

North Face Evening

Bull Ring, Birmingham

Jeff Elmore, 07958 967709

2nd December

MSC Fun Race, Ackers

Carron Thorley, 01676 529230

9th December

MSC Christmas Party

LRSC Solihull

Diana Horth, 01889 800706

26th December to 2nd Jan

Family Holiday

Ski Amade, Austria

Kim Hancock, 01788 337280

14th-21st January

Training Week

Bormio, Italy

John Arnold, 0121 357 1644

North Face Achievers Programme

Midland Ski Club has been selected as part of the Achievers Program by The North Face Store. This program is especially created for the members of selected sport clubs in Birmingham: one snowsports club, one mountaineering club, and one hill-walking club. The goal is to encourage you to learn more about your sport and become more passionate for the outdoors.

Whilst TNF sponsor professional athletes in the fulfilment of their dreams and amazing expeditions, The North Face wants to accompany you in your own explorations. As a member of the Achievers Program, we would like to offer you exclusive benefits and to invite you to a private shopping night in our The North Face Birmingham Store!

Save the date: Thursday 24th November (8:00 pm to 10:00 pm) and enjoy an exclusive night in your The North Face Store Birmingham !

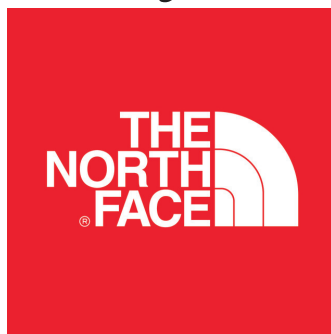
Highlights of the event will include:

- Technical demonstrations and presentations of the products that suit the best with your sport by an expert
- 30% discounts on every The North Face products
- Exclusive films of some of our best explorations
- Surprise gift for everybody at the entrance
- Free offer of The North Face Storyteller Yearbook**: a collectors' book with interviews, photography and stories The North Face athletes during the 2010 season.

And to allow you to keep enjoying the promotion after the night, we offer you 10% on every The North Face products until December 9th***

Please contact Jeff Elmore jeffski@blueyonder.co.uk to have you name place on the guest list to this exclusive event.

Enjoy the Achievers Program of The North Face Store and "Never Stop Exploring"!



The North Face Store Birmingham
Unit Su511a, Middle Mall, Bullring, B5
4BU Birmingham 0121 643 3678
(Near Selfridges and next door to Thomas Cook)

Nearest car park - Moor Street

**For a minimum of £170 of purchase

***On presentation of your club's membership card.

Autumn Socials

Wednesday November 16th: Midland Ski Club are proud to present Warren Miller Entertainment's 62nd winter sports film, **Warren Miller's . . . Like There's No Tomorrow**. The film is hosted by skiing icon Jonny Moseley and is your annual reminder that winter is on its way.

The above events are FREE and will be held at Land Rover Sports and Social Club, Billsmore Green, Solihull - and we'll even throw in a free buffet.

And don't forget the MSC Christmas Party on Friday 9th December.

Retailer Discounts

A number of retailers offer members of Midland Ski Club as discount when purchasing items. These do change regularly, so keep an eye on the website for details. Current discounts are as below.

Edge and Grind: www.edgeandgrind.co.uk

15% discount on servicing

Jacksons Camping, Old Arley, nr Coleshill

10% off everything in store except sale and net price items

Lockwoods, Leamington Spa

25% off servicing. Up to 15% off safety gear. 10% off other items. Sale goods excluded.

Ski Bartlett, Uxbridge

10% discount

Ski Bitz: www.ski-bitz.co.uk

Up to 30% discount: email or phone for a quote.

Ski Brum: www.skibrum.co.uk

10% discount

Ski Warehouse, Tamworth

10% discount

Sport Cam: www.sport-cam.co.uk

10% discount - use code 10MIDSKI

Two Seasons, Stores across the Midlands

10% off (excluding special offers) on production of membership card

White Mountain, Penkridge

10% off anything that is not already discounted

If you find any other retailers willing to offer members a discount, please let us know and we can add them to the list.

For Sale



Salomon Performa T4 - RX881
(size 23.5)

Technica Rider (size: UK 7.5, EU 41.5 or 265 MP)

Contact James Cawte - 0121 745 3882 or robertc42@gmail.com.
Can deliver to Ackers on a club night.

Raise funds for MSC - Free!

Have you heard about **easyfundraising**?

It's the easiest way to help raise money for Midland Ski Club! If you already shop online with retailers such as Amazon, Argos, John Lewis, Comet, iTunes, eBay or HMV, then we need you to sign up for free to raise money while you shop!

So how does it work?

You shop directly with the retailer as you would normally, but first you sign up to **easyfundraising** for free and use the links on the **easyfundraising** site to take you to the retailer, then a percentage of whatever you spend comes directly to our Club and at no extra cost to yourself.

Everyone's a winner - you get the best prices and discount vouchers; the Club gets a small donation towards its funds; and the retailer gets your business.

Sign up for free:

<http://www.easyfundraising.org.uk/causes/midlandski>

How much can you raise?

Spend £100 with M&S online or Amazon and you raise £2.50 for us. £100 with WH Smith puts £2.00 in our pocket and so on. Signing up for gas and electricity with npower can raise £20! There's over 2,000 retailers on their site, and some of the donations can be as much as 15% of your purchase.

Save money too!

easyfundraising is FREE to use plus you'll get access to hundreds of exclusive discounts and voucher codes, so not only will you be helping us, you'll be saving money yourself. We need your help to keep donations coming in. Sign up at

<http://www.easyfundraising.org.uk/causes/midlandski> and start making a difference...simply by shopping

Holiday Insurance from MSC

Be it for a summer holiday by the sea, or a week skiing in the Alps, you can obtain your travel insurance and benefit the club at the same time by using the club agency. We act as agency for N.J. Heritage Partnership Ltd with premiums kept low by making only a small commission for club funds. Single trip premiums are available but if you are taking more than one trip per year an Annual Multi-trip Policy is usually the best buy. We can also provide cover for older members up to age 70.

Our Traveller's Choice policies are underwritten by ETI - International Travel Protection, authorised and regulated by the Financial Services Authority.

Single-trip premiums start at under £20 for 10-days non-skiing cover, whilst Europe-wide annual family cover with skiing (including off-piste within resort boundaries) is around £110.

For full details of the available options are available via www.midlandski.org.uk/insurance and you can apply either by post or online.



Coaching Fees Update

The new contract/PAYG charging arrangement for coaching and slope usage at the Ackers has been in place for five months, and we now have a good feel for uptake.

The good news is that the contract and Pay As You Go (PAYG) arrangements have proved financially viable, we are running at break-even as budgeted. Participation rates are up 41% on the previous period.

This allows us to fine-tune the scheme to address some issues, and to make skiing with us more attractive for under-represented and previously-disadvantaged groups.

To encourage uptake of the earlier sessions of Friday the PAYG rate has been reduced from £15 to £10 per session for skiers participating in instructed sessions starting between 6pm and 7pm inclusive.

To encourage uptake of adult recreational skiing we will be running a session on Thursday evenings between 7:30pm and 9:00pm, again charged at a reduced PAYG rate of £10. [This is the adult sessions previously run by Clem on a Monday night - but Ackers are now closed then.]

The PAYG rate for all other instructed sessions and free skiing remains at £15. Contract rate also remains unchanged at £37.50 per month.

If you are currently a contract rate skier who would now be advantaged by swapping to PAYG, you may do this before 31/12/2011 with no penalty or lock-out imposed.

Furthermore, new contract skiers will NOT be required to pay the initial three months deposit: all contract skiers will now pay one month in advance.

Therefore we will return deposits to current contract rate skiers before the end of the year. This will typically be £75 per skier, to be paid by cheque or bank transfer at your option. We feel able to do this because there is no evidence of members "cherry picking" between contract and PAYG rates.

The club will retain the right to prevent ex contract rate users returning from PAYG to contract rates until a discretionary period (lock-out) of up to 12 months has passed. This discretionary period will be individually agreed to ensure the club does not lose income and/or members gain no benefit from moving in and out of the contract rate, for example during summer or winter holiday periods.

For further information, or to discuss your personal circumstances, please contact Phil Deller, our Treasurer, in person, on 07736 955861 or treasurer@midlandski.org.uk

Merry Christmas!

Roger and Maureen Crombleholme wish everyone in Midland Ski Club a very Merry Christmas and a Happy 2012. A donation of £20 has been made to Barnado's in lieu of individual cards.



High Altitude Training Weekend

John Arnold

HATW is our annual attempt to anticipate the ski season and to get fit for it by going on a serious walking weekend. We think that this was the 21st. year we have done this. I hope it was as Mike Thomas had brought a large anniversary cake and we wouldn't like to think his efforts were wasted. The cake certainly wasn't.

This year we gathered at Gradbach Youth Hostel in the Peak District. In the past we've been to the famous hills like Snowdonia and the Lake District, but this weekend was to prove that it isn't necessary to go so far to find beautiful walking country. Also there was the added bonus that there were none of the crowds you get at the popular tourist areas.

Saturday's expedition took us up The Roaches over lovely rolling hills and moorland overlooked by Jodrell Bank. So GCHQ were keeping an eye on us. We passed beneath some dramatic rock faces where there was serious rock climbing going on. We were not tempted to join in. The climb to the top was more than ample and we had a long descent ahead of us before we could relax at The Lazy Trout Inn. We were assured of a



good welcome be the sign which said "Dogs and Muddy Boots welcome"

We didn't tarry too long because we still had a good trek home and we needed to conserve energy for The Great Feast.

This a unique meal where Mike brings piles of food and everyone mucks in to produce a great variety of courses. There isn't enough of each for everyone so we all draw a number and No.1 gets first choice and so on. I was number 23 and was seriously worried about what would be left. I



needn't have been because everyone went for the poncey stuff and the veggie option leaving a very large slice of steak and kidney pie for me. Needless to say this was all accompanied by the traditional MSC course which is red and comes in bottles. Sadly Diana was not well enough to join us on the walk but she made a fine effort at the table.

We did depart from tradition by not being washed off the hill which has been our experience too often in the past. The weather was fine on Sunday as we set out for Three Shires Head. We did about 10 miles each day including a long ascent. This was enough for me so there were some dubious looks when Mike suggested we climb Shutlingside Hill which looked seriously steep. In fact the paths in the area are so well maintained that we got up there surprisingly easily and the effort was well worth while for the fine views from the top. The route home provided a real surprise: Lud's Church. We were fighting our way through some thick trees when suddenly we nearly fell into a ravine. We worked our way back to the entrance which is a shoulder-width gap in the rocks and dropped into a steep sided gully about 90 metres long and 18 metres deep. Apparently a prehistoric land slip created this and many myths and rumours have grown about it. It is said that the sun only penetrates into the gorge on Midsummer's Day. Then Eddie found a Geocache. I knew nothing about this - you may well do so. But it's a sort of high-tech treasure hunt found by GPS.

It had been a pretty strenuous weekend and we were happy to end it with a final brew-up and the last of the cake, before a mercifully short drive home. Many thanks again to Mike for doing all the work and navigation.

MSC Coaching Programme Update

The Alpine Skiing coaching programme offered by the club has been reviewed and a number of changes put in place to reflect the needs of members. Additionally, the criteria for attendance at these sessions have been reviewed.

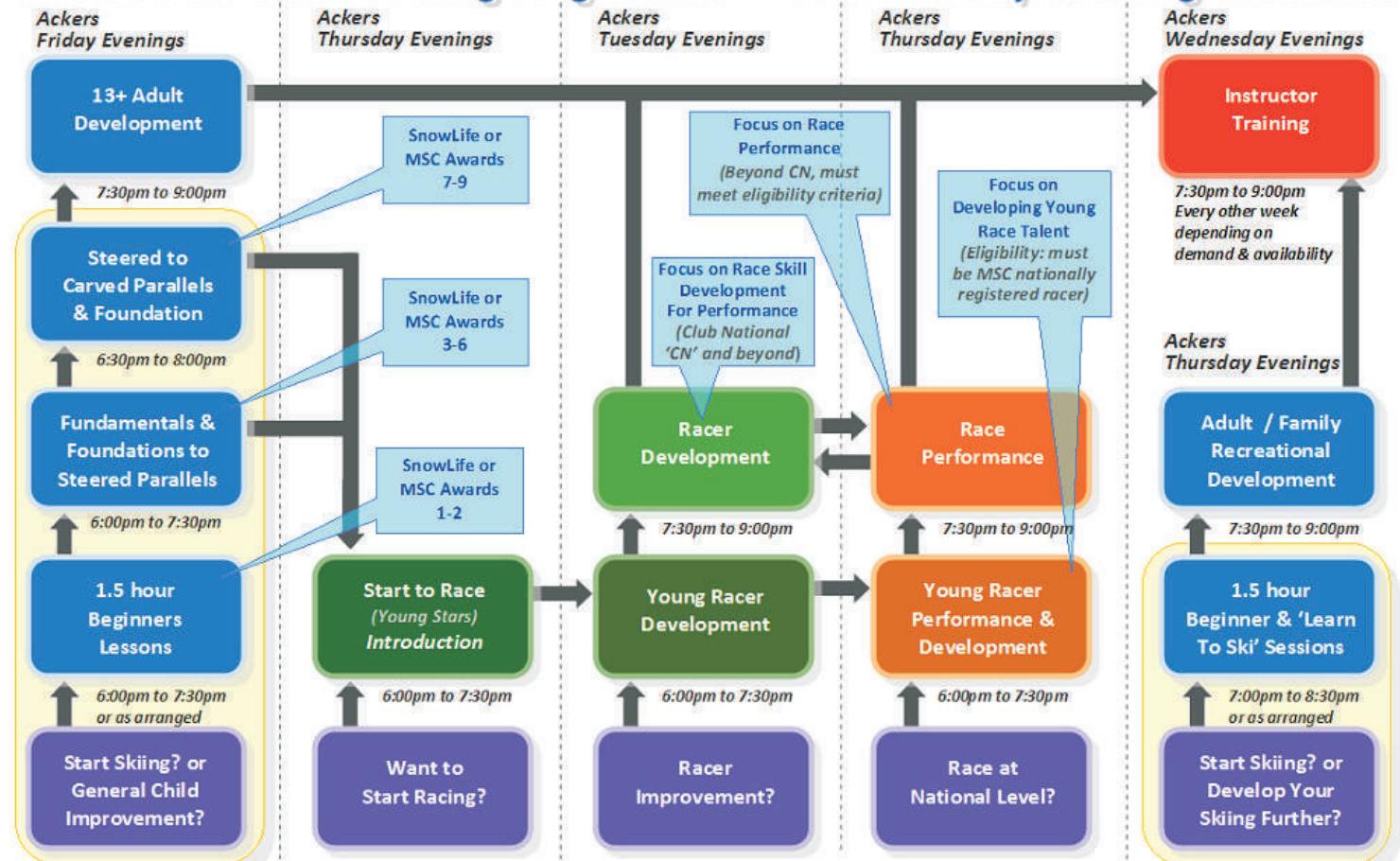
The new Coaching Programme is shown in the diagram below, and the attendance criteria for the sessions is published on the following pages.

Any comment on either please speak to one of the coaching team, or email coach@midlandski.org.uk

Note also the fees changes as detailed elsewhere in this newsletter.

Midland Ski Club: Producing **great skiers**, that become **great racers**, that achieve **great results** whilst respecting individual aims, ambitions and commitment

Midland Ski Club Coaching Programme — Your Pathway to Skiing Excellence



MSC Coaching Programme Session Criteria

General Criteria for all coached sessions:

- Be a member of the Midland Ski Club
- Must want to take part, enjoy skiing or snowboarding, be prepared to take on learning
- Must wear long sleeves, long trousers and gloves when on slope
- Children & Juniors under the age of 18 must have and use a helmet, all other ages are advised to do the same
- To ski on any slope, other than the nursery slope, the skier must be able to use the lift and at a minimum ski linked snow plough turns, controlling speed and line in a safe manner.
- Agree to and always abide by the Midland Ski Club Code of Conduct

Session attendance will be based primarily on acquired skill levels, maturity, learning style and any special requirements.

General Race Training Criteria (for all race sessions):

- Must want to race, enjoy racing, prepared to compete and take learning seriously
- Must have and use a helmet which should have a chin guard
- Ski linked turns, controlling speed and line
- Able to ski at a fast pace around a series of set obstacles brushes, stubbies and slalom gates etc.
- Other useful equipment: pole guards, shin guards, protective gloves, and appropriate skis in good condition.

MSC Coaching Programme Session-Specific Criteria

Friday Night Early Sessions (6pm to 7pm start)

- Aimed at developing and acquiring core skiing skills to a high level, by establishing good foundation skills from the fundamentals of skiing upwards that supports a strong pathway to skiing excellence
- These are a block of flexible sessions that should remain as stable as possible that are delivered in a way that is relevant to the skiers requirements and needs.
- Group attendance will be based primarily on acquired skill levels and the MSC Performance Awards, these awards enable skiers to work towards the SnowLife Awards.
- Groupings will be determined by skier skill level, attendance patterns, skier requirements and coach availability.

NB: Although stability of session coaches and attendees are highly desired to deliver a consistent high quality service, it must be recognised that from time to time these sessions may vary.

Early Thursday 'Start to Race' Training Sessions

- First year racers looking to start racing competitively
- Not necessarily have competed in the previous season
- Want to race in entry-level races such as:
 - Regional Fun Races
 - Schools Races
 - Gloucester Summer Race League
- Introduction to medium level races such as Club National competitions
- Run on a demand basis
- Could include schools groups

Early Tuesday 'Young Racer Development' Sessions:

- Keen interest in racing expressed
- Aimed all those that want to explore the fundamentals of skiing and build sound skiing foundations
- Further develop their skiing technique together with technical racing skills
- Although titled 'Young', these sessions are suitable for all ages but it tends to attract the younger racer due to session times
- Want to race in entry- and medium-level races such as:
 - Regional Fun Races
 - Schools Races
 - Gloucester Summer Race League
 - Club National
- Could include schools groups

Late Tuesday 'Racer Development' Sessions:

- Keen to explore further their interest in racing and develop further
- Looking to excel in the fundamentals of skiing and build sound skiing foundations,
- Further develop their skiing technique and technical racing skills
- Suitable for all ages but attracts the junior & adult racers due to session times
- Expected to have competed reasonably well in races such as the Gloucester Summer Race League
- Want to improve and race well in medium to high level races such as:
 - Club National
 - GBR Series Competitions
 - National & British Championships etc.

Early Thursday 'Young Racer Performance & Development' Sessions:

- Would be expected to have had previous race experience at Club National level or equivalent and be able to demonstrate appropriate skills
- Intend to compete or have competed in medium level races such as:
 - Gloucester Summer Race League
 - Schools Races
 - Midland Ski Club Races
 - Snowsport England Club National Series
- Intend to compete in at least three Club National competitions in the current or following race season
- Will be registered with Snowsport England as a Performer against Midland Ski Club as their 1st (primary) club.

Late Thursday 'Race Performance' Sessions:

- Expected to have competed very well in seeded (BARTS) races such as:
 - Club National Competitions
 - Previously in Grand Prix and Celtic Cup Competitions
 - Other club based competitions deemed to be in this category
- Racers will have reduced their seed point ranking to a maximum 250 points.
- Intend to race 3 or more high level competitions in the current or following race season such as:
 - GBR Series Competitions
 - National & British Championships
- Intend to race many medium level competitions in the coming season such as Club Nationals.
- Will be registered with Snowsport England as a Performer against Midland Ski Club as their 1st (primary) Club

In addition racers will be required to regularly demonstrate 'acquired' base skill level through a series of tests designed to support competition at a higher level such as strong movement patterns, dynamic balance, coordination and independent leg action. The ability to demonstrate these tasks at the right level will be judged by the Head Coach and /or the regular Session Coach.

All test criteria: 6 turns in 80 meters, accurate to 2 mats wide demonstrating in general:

- Accurate symmetrical turns
- Centred balance
- Good upper / lower body separation,
- Keeping quiet stable upper body
- Appropriate hand, arm, shoulder, back and hip control,
- Flexed posture, good stance and appropriate balance
- Accurate leg alignment and rotation control through all phases
- Good flexion and extension control
- Well timed rhythmical movements

Tests:

1. Carving Technique - Carve continuously linked arcs: Actively using both skis
Continuously keeping skis in contact with surface
2. Outer Ski Balance & Control - Carve linked arcs on outside ski:
Lifting inner ski for 75% of the turn
Accurate inner leg matching to outer leg alignment
3. Dynamic Balance Control - Carved Jump turns demonstrating:
Dynamic balance and co-ordination,
Good leg alignment through jump phase
Take off and landing both skis simultaneously

Race Training Periodisation

What is it? It is the way we vary the skill development mix within the training programme over the course of a year depending on the demands of the racing calendar

Why vary it? It makes a lot of sense to change what we are doing to match what you need to do to help you attain your goals.

When do we do what? From the generalised diagram below you can see from the percentages that we do more technical skill based training in Winter and less gate training, compared with more gate training drills and less technical work in Summer and Autumn. Through this process of periodisation we aim to deliver the right sessions at the right time so that you get the results you deserve.

Winter – for us this is development time, time to focus and work on developing those technical skills that need improving for the next race season:

- What would you like to do better next year???
- Have you written them down???
- Have you asked your coach???

If you have set any goals have you told your coach and discussed them???

Are you prepared to put the effort in to achieve them???

Spring – Preparation time, getting ready to start racing again together with some races.

Summer – Racing time – late May, June, July and early August see the bulk of all the races.

Autumn – Championship time – peak performances required.

Our aim - is to make you into great skiers, that become great racers, that achieve great results.

When and what does it apply to? All race training sessions

	AUTUMN September, October, November, December			WINTER December, January, February, March			SPRING March, April, May			SUMMER June, July, August		
	Skill Development			Skill Development			Skill Development			Skill Development		
	Core Fundamentals	Technical Development	Development In Gates	Core Fundamentals	Technical Development	Development In Gates	Core Fundamentals	Technical Development	Development In Gates	Core Fundamentals	Technical Development	Development In Gates
	10%	30%	60%	40%	40%	20%	20%	30%	50%	20%	20%	60%
TRAINING	Championship Racers – Tough courses			Concentration on developing key fundamental skills and race orientated technical skills generally outside of gates. Special development sessions away days preferably at long slopes or different slope sessions			Developing key fundamental skills with more emphasis on developing race specific skills and transferring them to gates. Video feedback.			Concentration moves to individual race preparation and practice in gates but not neglecting general continuous development and any special technical development as required to enhance performance.		
	ESSkiA Championship Racers – Easy courses			Developing skills aligned with individual goals			Start Practice, Gate combinations transitions etc.					
	Club Championship – Club National Standard			Groups aligned to appropriate skill and age levels			Preparation for Artificial Race Season Groups aligned to appropriate skill and age levels					

MSC CHAMPIONSHIP RACE

The MSC Club Championship Race was held on Friday 11th November.

Thanks very much to all who were involved in any way with the running of this race, every one a volunteer including those organising the race, supplying the hot food and equipment, getting the medals and cups, finding sponsorship for prizes, checking out race poles, washing and sorting bibs, setting up the timing and spreadsheets, collating results and of course all those helping on the day - course setter, referee, start team, timing team, catering team, course team, marshalls, commentary, presentations. Without volunteers our skiers are unable to race, so thanks very much to everyone. Thanks also to Ackers staff for supporting us so well.

Congratulations to all skiers who took part, there was some impressive skiing, well done. Age group winners were as follows:

Group	Female	Male
U7	Tilley O'Brien	Jack Teague
U10	Lauren Treuge	Oliver Weeks
U12	Sophie Shakeshaft	Jordan Rigby
U14	Helena Newbould	Nick Phelps
U16	Libby Thomas	Jack Rigby
U19	-	James Elgy
U25	-	Adam Beardmore
U35	-	Mark Hawkins
U45	-	Gary Lee
O45	Gerry Elgy	Dave Hancock
Overall	Libby Thomas	Adam Beardmore

Cups were awarded to all of these skiers, however we were unable to present some as they haven't been returned from last year. We are working on this, but please can all winners remember to return their cups next year well in time for the Championships.

For full results go to www.midlandski.org.uk/results

And for those who asked after Adam - he had a big fall in practice and missed the race. He's battered and bruised with some impressive friction burns, but nothing that won't heal in a week or so (except for his jacket).

MSC FUN RACE

This year's Midland Ski Club Fun Race is due to take place on Friday 2nd December. Entry forms for this year's fun race need to be in by Friday 25th November. This race counts as our leg of the inter-club fun race series so there will be racers from Telford and Stoke there as well as representation from local Universities.

The format is the same as last year - each skier will have two runs and the fastest run counts for medals.

If you have not yet sent in your entry form, it can be downloaded from <http://www.midlandski.org.uk/racefiles/FunSlalomRace2011EntryForm.pdf>

If you are on the contract arrangement then you can just email the entry form to me with a note of your contract (membership) number, otherwise please post it to me with a cheque for the £5 entry fee.

Volunteers to help run the race are still required so if you can help, please let me know.

Carron Thorley