

MIDLAND SKI CLUB NEWS

AUGUST 2012



BIG SUCCESS FOR MSC RACERS

We've had some really major successes this summer race season which surpass even those of previous years.

For the second year running, the club has won the overall **Club National Series**, scoring an incredible 272 points - 65 points ahead - and were the only club in the country to score points in all fifteen races

Harry Hornsby (top) won the **British Outdoor Championship** at Sunderland with a great performance (see the interview in the latest MSC Race Bulletin).

And **Oliver Weeks** (bottom) won the U12M category in both the **Indoor AND Outdoor GBR Race Series** - a result that some claimed no-one could achieve.

Full details of all the MSC racing success are contained in the MSC Race Bulletin - latest edition on pages 6/7 of this newsletter.



Photo courtesy of Racer Ready

NORDIC RACERS MAKE THEIR MARK



Congratulations to our Nordic Racers who've had a fair bit of success in this summer's roller ski races.

Anne Ford (pictured) and Fern Cates raced in the London Region Team Sprints in June and finished 4th overall and the 1st female team. A nordic skiing team sprint is a team of two doing alternate laps of a circuit for a total of 6 laps. In this case the circuit is 1.5km, so 9km total.

Fern also raced in Hayes in July and came 2nd - only being beat by a Russian!

Summer Walk: 15th August

Join us on 15th August for a delightful evening walk near Alcester, starting at 6.30pm from the sports field on Stratford Road at Oversley Green. This is on the old road out of Alcester towards Stratford (map ref 093571). Just park at the side of the road. After the walk we'll have a pint in the Holly Bush in Henley Street, Alcester. If 6.30 is too early and you fancy a drink in Alcester, you know where we will be. Please let me know if you will be coming along.

Mike Thomas 02476 692792 mike@mikethomas.org.uk

Brewery Visit: 20th September

Join us for a trip around the Enville Brewery, tucked away in the countryside between Stourport and Bridgenorth.

The price is £12 per head including free beer in the brewery plus nibbles, and then a cob at the pub after conclusion of trip. Out of £12, £10 goes to charities Mary Stephens and Help the Heroes 50:50

Ladies, please no high heels!

Contact Bryan Arnott bryanarnott@gmail.com to book and for directions.

Diary

Tuesdays @ 6.00pm

Race Novices - Roger Crombleholme 01785 714073

Tuesdays @ 7.30pm

Race Coaching - Roger Crombleholme 01785 714073

Thursdays @ 6.00pm

Race Coaching - Roger Crombleholme 01785 714073

Thursdays @ 7.30pm

Advanced Race Training
Guy Hornsby 01564 779927

Fridays @ 6/6.30/7.30pm

Junior & Family Coaching
Jane Lee 01905 345416

11th Aug

Gloucester Summer Race League and Opening Day

Paul Treuge, 0121 308 5746
(also 15th Sep, 6th Oct)

15th Aug

Summer Walk, Alcester

Mike Thomas, 024 76 692792

20th Sept

Enville Brewery Trip

Bryan Arnott, 01827 893243

28th-30th Sept

High Altitude Weekend

Mike Thomas, 024 76 692792

End of Season Weekend, Corris: 27th-29th April

Following days of heavy rain and a grim weather forecast for the coming weekend it was wonder that anyone turned up. But 17 members did and were rewarded with another very good weekend.

Jean and Gill had very kindly offered to prepare a meal for Friday evening which turned into a mini banquet with choices of main courses and deserts. And a hearty thanks to them and the kind souls, particularly Frank who washed up.

Saturday started indifferently with grey skies and people formed into 3 groups, one for Cader Idris, one for a local walk and one for a train ride with a short but demanding walk. The weather improved and we were treated to glorious sunshine and fantastic views. Gill, Steve and Bryan couldn't have wished for a better day for Cader Idris. Those of us opting for the local walk were out for 7 hours

and the rest drove to Tywyn to take the train to Dolgoch with a walk up to the waterfalls and back.

Saturday evening saw everyone gather for a meal at the Slaters Arms where we were well treated and rather overly well fed.

Sunday was payback for having had a lovely day before! It was very cold and very wet. Nevertheless nearly everyone had plans to do something before heading home. Some went for a walk from the hostel, Yvonne, Graham, Chris and Joyce set off to do the Precipice Walk in Dolgellau but the weather was so grim and just not a good idea for that sort of walk so they abandoned the idea. Six members visited the slate mines in Corris for a very interesting trip with a really good guide and loads of facts and history.

Diana Horth



Mike Woodall

MIKE WOODALL, a former instructor with MSC, is unable to ski at the moment and has been off the MSC radar for while. However, he would love to hear from any former Club friends who may remember him. Mike can be contacted on mewoodall@btinternet.com

For Sale

Ladies Salomon 'Select Touch' Skis (Intermediate/Advanced), 158 cm. Only two weeks on snow + 4 mornings at Snowdome. As new. £175.

Contact: Miriam Nokes, 01527 541451 or 07812 493235

MSC Brochure

Articles and photographs are urgently required for the 2012/12 Midland Ski Club brochure. Please look back through your photos from recent years to find the good ones and send them in. Please think about the ski trips you've done recently and write about those!

All contributions should be sent to Rob Weeks - contact details at the bottom of the front page of this newsletter.

It's **your** brochure - so make it **your's!**

Club Holiday 2013

The club holiday to St Christoph in the Arlberg region of Austria from 9th to 16th March 2013 is **COMPLETELY SOLD OUT.**

Gloucester Ski Opening Day!

11th August 2012

Kids under 5yrs
GO FREE!!!
Under 16yrs £5
Students & NUS
Card Holders £10

Music On The Day From:
GEMMA NICOLE
CASINO TRAP
ARIANNA
THE POCKET TWO'S
LIL-KAY

Tickets:
£10 early bird
£15 2nd Release
£20 General
admission
& Door.

MCGOLDRICK & THE GOOD NOTES



Plus!!!

BPA BIGAIRBAG
DO A NEW MOVE AND IMPROVE

15m x 9m INFLATABLE AIR BAG!!!
(£5 for 2 Jumps / £10 for 5 Jumps / £15 for 10 Jumps)

PRO BMX & SCOOTER DEMO
PLUS
DJ's & SOUND SYSTEM!!!

MOTION

SUMMER RACE LEAGUE
(Downhill Slalom Skiing)

www.gloucesterski.com / www.motionbristol.com / Doors: 12:00-22:00

NEW YEAR FAMILY TRAINING HOLIDAY

29th December to 5th January

Following several successful holidays in Altenmarkt, we are continuing with our tried and trusted formula, and returning to stay with Elke and her family, at the Jungend Hotel Ennstahlerhof. For those of you who have never visited, this is a lovely hotel in Altenmarkt, it is conveniently located at the bus stop, that takes you to either Zauchensee or Flachau, both resorts boasting a variety of runs from FIS world cup level to easy blue runs to move between local resorts. It also gives the option for any groups to explore a little further if they wish to drive. Schladming, Radstadt, Wagrain and St. Johann/Pongau, or even the Dachstein Glacier, are all possible day trips

The hotel has double, family and multi-bedded rooms, and has plenty to keep the kids amused in the evening with TV rooms, swimming pool, climbing wall and the "disco dungeon" (underground bar, which has in the past been opened up for New Year or last night celebrations). For the rest of us who don't have this much energy after skiing, there is a bar adjacent to the dining room, where many a happy evening can be spent, swapping stories from the day.

The hotel is situated across the road from an indoor/outdoor water park the "Therme Amade", which I believe is the largest water park in Austria.

I have again arranged the hotel, instructors and ski pass, so all you need to do is find your own way there. Cheap flights to Salzburg or Munich are the order of the day, with transfers available on the internet for approx.

41 return (with skis) from Salzburg, or I would suggest train from Munich. For those who wish to drive, it is approx. 12 hours from Calais, (700 miles). This holiday is aimed at families with school age children, as we book to account for the school holidays, and generally we have a mixture from all age groups, so friends can be made, but as always, it is open to all.

If someone in your family doesn't ski, but still wishes to join us, please let me know, and I will confirm the price.

Costs include ski pass for whole area, instruction for 6 days (with our own MSC instructors), and half board accommodation in a family room:

Adults £670, "Youth" (age 16-18) £620, and child £540 (there may be a reduction of £100 for children under 7 years, but I can't promise this until lift pass prices are published.

An upgrade to a double, twin or triple room is £25 per person.

Single rooms may be available, price on application. There may also be the possibility of extending your holiday either earlier or later than these dates; I can approach the hotel if you wish.

If you don't have your own skis or boots, these can be rented locally, but you will have to arrange this yourself. I would advise renting on the Saturday, ready for skiing on Sunday, to avoid losing valuable skiing time.



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

Any questions please try to catch me on a club night at the Ackers, or call me in the evenings on: 01788 337280.

Alternatively drop me an email with your phone number, and I will try to return your call.
holidayaddicts@yahoo.co.uk

BOOKING FORM: ALTENMARKT

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

Please reserve me _____ places as indicated below for the New Year 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 the holiday cost includes coaching, and that this is not covered by most insurance companies.

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

I am a member of Midland Ski Club - <http://www.midlandski.org.uk/membership>

I understand that the holiday price does not include transport to the accommodation or ski hire.

_____ Adults (£670 each) _____ Youths (£620 each) _____ Child/children (£540 each)

_____ room supplements of £25 each. Total holiday cost _____.

Names (as on passport), and DOB for under 18s. _____

Address: _____

Phone: _____ email: _____

Signed _____ Date _____ membership number _____.

EARLY SEASON TRAINING WEEK 2013 - AOSTA VALLEY

13th-20th January 2013

Planning for next year's training week is based on consultation with and feedback from members. We have listened to concerns of rising costs and looked at ways to resolve it but without giving too much compromise. We have looked at a number of options but prices are not getting any lower

We will be travelling with Crystal Ski, flying from Birmingham and staying **on slope** in Pila in the Hotel Chalet des Alpes <http://www.crystalski.co.uk/ski-resorts/italy-ski-holidays/pila/hotel-chalet-des-alpes/>



This ski in/ski out family owned hotel offers simple accommodation, buffet breakfast and 3 course evening meals with ¼ litre of wine per person. All rooms have TV, telephone, safe and hairdryer.

You will ski in a group of about 9 friends with similar experience and a BASI or SSE Coach. And this isn't just

for a few hours like ski school but for 6 full days from 9am until the lifts close. The coaching is done 'on the move' with a minimum of exercises and you will do an amazing number of miles. But there will be ample time for your coach to give you lots of personal help.

This is the club's first formal visit to Pila by MSC but we know from a day visit out of Champoluc in March 2012 that it is suitable for our training week. There is plenty of skiing with a good variety of pistes.

The week is not suitable for beginners

The cost for this holiday will be **£859**. It includes flights from Birmingham, transfers, half-board in the hotel, all the coaching and your lift-pass. You will need to buy your own lunches each day.

The cost does **NOT** include insurance and you **must arrange your own insurance**.

The only other cost is either:

Ski carriage at £35 if you bring your own
Ski hire is £59 for basic, £70 for intermediate or £86 for advanced skis.

To join us please complete the booking form and return it with a NON-REFUNDABLE deposit of £130. We are sorry to be strict about this but the Club has invested a lot of money to reserve the holiday and this is not covered by funds.

You must have a full passport and your the name on the booking form must be the same as your passport.

You must hold a European Health Card.

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

John Arnold

BOOKING FORM: TRAINING WEEK 2013

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

Please reserve _____ places on the Training Week in Pila. I enclose a cheque payable to Midland Ski Club for £130 per person as a NON-REFUNDABLE deposit and I undertake to pay the balance of the cost by 30th October 2012.

I understand that the cost includes £130 for the coaching and this will not covered by insurance. I will obtain the European Health Insurance Card and have full passports.

Name(s) (as per passport) _____

Nationality _____

Passport number _____

Issuing office _____

Passport date of issue & date of expiry _____

Country of residence _____

Date of birth _____

Contact Address: _____

Phone & email: _____

Special Dietary needs _____

Ski carriage £35 _____

Do you wish to hire skis ?- Basic £59 _____ Intermediate £70 _____ Advanced £86 _____

Skiing Experience: I have skied for ___ years and am happiest on blue/red/black runs (delete as appropriate).

Signed _____ Date _____

South America: August 2013

The itinerary for our proposed trip, likely to be the last 2 weeks in August, 2013 is getting more finalised. The proposed itinerary is:

Day 1-2 Flight from Birmingham and time in Buenos Aires - arrive day 2 at about 8am or 9am, so just one night.

Day 3 -- Flight to Mendoza, transfer to Las Leñas.

Day 4-6 -- Ski at Las Leñas (3 days skiing) and return to Mendoza.

Day 7 -- Rest day in Mendoza with afternoon wine tour.

Day 8-9 -- Portillo resort (2 days) - first day maybe a bit shorter (e.g from 11am).

Day 10 -- Transfer to Farellones

Days 11-14 -- Ski La Parva, Valle Nevado etc (4 days skiing - or 3 days and optional day trip to Santiago)

Day 15 -- Morning coffee in Santiago. Fly home from Santiago in the afternoon.

Day 16 -- Land UK, probably late afternoon/early evening

I am waiting for the final costs and we'll only have budgetary costs for flights until September when the schedules are released. The following is for BUDGETARY purposes only - we hope to shave a bit off this, if possible.

Andes Travel suggest people to save for the top - say £1900-£2100 for the land cost, plus £900-£1000 for flights, subject to oil prices. On top of this would be lift passes at about £30-40 per day for a total of 8 or 9 days and a few evening meals when not staying at Farellones.

We will also have excess luggage charges for our skis, but we may well be able to do a deal with the airline or put 2 sets of skis in one bag, as long as we stay under the weight limit. On previous trips people put ski boots in their main luggage or took them as hand luggage. We should have time to get laundry done at least when we get to Farellones on day 10.

So..... it isn't a cheap trip, but we will do our very best to make it a very special and memorable one, for all the right reasons! Please also remember that the costs also include the services of a Spanish speaking guide.

An indication of how good our previous 2 trips have been, is that some of the people who went on those trips, also want to go again on this one!

Maureen Crombleholme 01785 714073

Maureen@ims-lifebalance.com

High Altitude Training Weekend 28th-30th September

I've booked Glan Dena for this year's High Altitude Weekend. Of all the many venues we have used for this popular weekend, Glan Dena has to be my favorite. It's located just off the A5 close to some of the finest mountains of North Wales. So some tough rewarding walking is guaranteed.

Glan Dena belongs to the Midland Association of Mountaineers and has very comfortable 4 bedded bunk rooms, a large lounge with open fire, and a superb self catering dining area. Oh yes, and there's a drying room which has occasionally been used in the past!! MSC has paid for 12 places in advance, and I can try to get more as required if they are available. So book early to avoid disappointment.

The accommodation cost is £28 for the weekend. I propose to organize a communal meal on the Saturday evening for which I'll be asking for contributions, and you will need to supply your own breakfasts and picnic lunches. Just complete the booking form below 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

Helping Ourselves

One of Midland Ski Club's new activities over the last year has been its involvement with **easyfundraising**.

A multitude of groups use easyfundraising from schools, youth groups, sports clubs to animal charities. Fund raising success for any group depends on the amount of active support it can mobilise and more successful groups have raised thousands of pounds. So, for example, Valkyrs Hockey Club has raised over £2,500 from 52 registered supporters. Silcoates School has raised over £2,400 from 132 registered supporters and the 11th Burton on Trent Scout Group has raised over £1,500 with 72 registered supporters.

Browsing through the sports category and selecting skiing from the list, you will see there are currently 7 ski clubs registered and with easyfundraising. Midland Ski Club has now generated over £160 for the club at no cost to our 22 registered supporters. Having got the ball rolling, we want to increase the number of active registered supporters and increase our funds raised.

Registered supporters use the easyfundraising website 'gateway' when they do their online shopping, and thereby generate donations to our club from the retailers used. Funds have been raised from hotel bookings made ahead of race weekends, eg Premier Inn donate 2.5%. Online orders at Hotter Shoes generate a 4% donation to the club. Various airlines donate 1% of the net fare and energy companies donate anything between £8 and £25 for an energy switch. New tyres ordered online at Black Circles generate 2.5% and of course Amazon donates 2.5% regardless of whether it is a book or a new TV.

So if you shop online PLEASE register to support us. Save easyfundraising on your list of favourites and delete all your usual shopping retailers off your 'favourites' so you don't forget to go via the easyfundraising site. It is easy to see who has got into the habit. Well done to Kevin Bly, our latest easyfundraising fan! If you have any questions, talk to any of the members listed on our easyfundraising webpage:

www.easyfundraising.org.uk/causes/midlandski

HIGH ALTITUDE TRAINING WEEKEND 28th-30th SEPTEMBER

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

I enclose £28 per person for the 2012 High Altitude Training Weekend in Glan Dena. Cheque made out to Midland Ski Club

Name(s) _____

Address _____

Phone: _____ E.mail _____

MSC RACE BULLETIN

Welcome to MSC Race Bulletin No 12. Anyone is very welcome to contribute to a race bulletin, just send the detail to me (Jane Lee- email: canal.cottage@btopenworld.com).

1. National Racing – GBR series successes GBR Outdoor Series 5, GS and 6

These are the tough races – the GBR series – so good results here are really worth a lot. Pontypool can be as tough as it comes, some very fast and challenging courses on an interesting hill.

Saturday was a gentle introduction to Pontypool with two relatively friendly courses, a small present from the course setters. Relative though, nothing was too simple, a few screams as skiers found speed and bumps disconcerting, a few diversions resulting in uphill hikes but nothing really scary. A superb 2nd run from Lucy gave her 4th place overall and 3rd in U18. Two very solid runs gave Adam 2nd in U21, Ollie had no difficulty winning U12s and a rare appearance from Ed saw him coming 3rd. It was a nightmare for Jordan, a very untypical day for him. This was followed by a GS, more turny than usual for Pontypool. Points from the GS counted towards GBR series and very welcome overall and age group series points were won by Lucy, Helena, Amy, Jonny, Adam L, Harry, Nick. Ed and Ollie managed to tie first in U12s.

Sunday was the day from hell for many racers. Not though for Jack T who came 2nd in the U10s race. Ethan gave a demonstration of how not to plant a ski pole and tangled with the final gate, Phil E and Lucy failed to master the first run, Harry demonstrated his skill in running uphill for the 2nd consecutive day. The first run almost ended in tragedy, Alex Jeal from Gloucester, returning after a long illness missed a gate near the end and skied around the finish – finding the big tree right in his way. He's very disappointed that no-one has the video of the combination cartwheel, somersault and dive, he was back racing at GSRL on Saturday, but it was very frightening for all at the time. This set the scene for the 2nd run, for the men there were no points reduction to be won after a sparkling pair of runs from Smiley Watson, so many skiers opted for smooth, steady but not exactly slow. This suited Amy and Helena who finished 9th and 11th with 3rd in U16 for Helena. It suited Adam L and Ollie who only needed to hang on to win U21 and U12. Two exceptions though who needed to race hard to win – Sam L put in a good run when it mattered, finishing 3rd in U18 then our skier of the day was Nick P, finishing with a really great 2nd run, superb, taking him to a top 10 finish and 2nd in U16.

Presentations on Sunday included the overall series podiums. A win in U12s for Ollie and 3rd for Ed, 3rd places in series also for Adam L U21 and Jonny SEN. Great rewards for a tough series – well done.

Final Series Positions: Overall Females:

Lucy 11th
Helena 18th
Amy 20th
Rachel 42nd

In total 48 females achieved series points in the GBR outdoor series, these are awarded to the top 30 finishers in each race (seven races).

Overall Males:

Jonny 5th
Adam L 12th
Harry 20th
Nick P 24th
Andy 40th
Ollie 49th
Mark 51st
Phil E 53rd
Jack R 56th
Sam L 58th

In total 76 males achieved series points in the GBR outdoor series, these are awarded to the top 30 finishers in each race.

Final Age Group Positions :Females:

Helena U16 4th 7 U16 racers achieved series

The MSC Race Bulletin is issued every few weeks (depending on what is happening) and distributed to members via email. The latest bulletin is on this page and the next. If you are not getting bulletins by email but would like to do so, please send an email to admin@midlandski.org.uk asking to be added to the distribution list and we'll get it done!

points, these are awarded to the top 5 finishers in age group in each race

Lucy	U18	4th	12 U18 racers achieved series points
Rachel	SEN	4th	4 SEN racers achieved series points
Amy	U18	10th	

Males:

Ollie	U12	1st	14 U12 racers achieved series points
Ed	U12	3rd	
Adam L	U21	3rd	10 U21 racers achieved series points
Jonny	SEN	3rd	10 SEN racers achieved series points
Nick	U16	5th	11 U16 racers achieved series points
Harry	SEN	5th	
Mark	MAS	6th	7 MAS racers achieved series points
Sam L	U18	9th =	
Jack R	U18	9th =	17 U18 racers achieved series points
Andy	SEN	9th	
Phil E	SEN	10th	
Tom	U14	14th	14 U14 racers achieved series points

GBR Indoor Series 5 and 6

Ollie Weeks was the only MSC skier to make the long trip north to Braehead, Glasgow. A long trip, but well worth it. Ollie won the race on Saturday in a very close finish, taking a narrow lead over the current series leader and the local champion on the first run and hanging on to it in the second run to beat them by margins of 0.23 and 0.28 seconds. On Sunday the local champion held out to beat Ollie, but he still came second, winning enough points to take first place overall in the U12 series. **Well done Ollie – GBR U12 series winner both indoor and outdoor.**

The unofficial series positions are:

Overall Females:

Rachel 22nd
Lucy 33rd
Amy 46th
Helena 56th =

In total 58 females achieved series points in the GBR indoor series, again awarded to the top 30 finishers in each race.

Overall Males:

Andy 12th
Jonny 26th
Adam L 28th
Ollie 49th
Phil E 75th=

In total 79 males achieved series points in the GBR indoor series, again awarded to the top 30 finishers in each race.

Final Age Group Positions : Females:

Rachel SEN 3rd
Helena U16 7th

Males:

Ollie U12 1st
Andy SEN 6th
Jonny SEN 11th
Adam L U21 12th =

This is a link to MSC race results this year www.midlandski.org.uk/results/MSRacerResults2012.xls. And a link to the video www.midlandski.org.uk/videos2012.php. Full results for all races and the series are on www.britski.org

Southampton CN

Sixteen skiers travelled down to Southampton for the final Club National of the season. Between them they brought back 10 trophies and medals – great Olympic themed medals. This was an interesting course, fine for skiers who got everything right but small mistakes were punishable by an early exit in most cases.

Some very close times in the U21s after 2 runs gave an interesting 3rd run where Adam L and Alasdair kept their cool to win 1st and 2nd U21, 5th and 6th overall. Roger went into the 3rd run just 0.01 seconds ahead of his Aldershot rival – who then dropped his pole and fell over, so undisputed 1st again for Roger. Amy handled the course well and finished top 5, 2nd in U18. Welcome back to Hannah with a top 10 finish. A 3rd place for Lauren in U10.

The stars of the day though were Helena and Jonny. Helena started with a shaky run but then gained confidence and finished two great runs, finishing 3rd overall and 2nd in U16s. Jonny kept his feet mostly on the ground, an exciting 1st run, a smooth and totally controlled 2nd run, then hanging in for 2nd overall and 2nd in age group, taking good advantage of a mistake from a skier in the scrap for first place ahead of him.

Contact: Andy DuPlessis Email: Andy3v53@gmail.com
Phone: 07904200232

2. Exclusive interview with Harry Hornsby – British champion

I was very fortunate to be able to win an exclusive interview with Harry, our British Champion. Here's what he has to say about his success.

On Saturday, 7th July the British Outdoor Championships took place at Sunderland ski centre. This is a very high-profile race and I was absolutely thrilled to win it especially as I was up against so many top racers!

Sunderland is a great slope but it's also a challenging one. So, my race preparation began the night before at a training session on the slope itself. This is crucial to get a feel for things like the matting and the undulations but also for your own skiing and to identify any last minute areas on which to focus. This was then followed by a hearty meal and an early night to wake up refreshed on the day of the race and all ready to go!

First up is the open practice, and I made sure to ski every aspect of the slope, imagining the potential gate combinations (verticales and hairpins) that often get set on the slope's tricky rollers. Next, I watched the first course being set as the forerunners can show the key areas and these influenced how I approached course inspection. During inspection I sought the advice of my coaches, Guy and Roger, and paid special attention to the entrances and exits of the combinations over the ridges as these were areas that had caused me a few difficulties during Friday night's training. As a male racer I have the advantage of being able to watch the top female skiers go first and can see how they handle the tricky sections which provides a critical insight into how the course is running. Finally, I went up to the top of the slope with about 40 racers still to go before me and started my warm up. This mostly involves quick feet work such as jumping and rotating to stretch out the muscles and mentally psyching myself up. Then it was time for the first run and I pushed out of the start as hard as I could and came down in third place overall and 0.34 seconds behind the leader. I admit I felt disappointed as the run was scrappy with several mistakes that cost me time but, as my Dad always says, 'you have to stay positive!'

I repeated my routine for the second course and, with my skis re-prepped, was determined to make a charge and pile the pressure on to the leader and force him in to making a mistake. I couldn't have asked for a better run despite snapping a pole with 5 gates to go and came through in a very fast time. I wasn't competing to come second and knew that my run had to be all or nothing! The final racer came down and ended up finishing just 0.06 seconds behind my combined time and so I was the overall (and age group) winner!

It all goes to show that a race really isn't over until it is all over. Don't give up after the first run and keep positive and confident about your abilities. Have a game plan and stick to it. Do work as hard as you can in training and be prepared to take yourself out of your comfort zone. Don't always look for the easy option as when you come to race (especially in Championships) you will not be prepared for the difficulty of the courses or the mental and physical demands required to succeed. Keep persevering and, and most importantly, have a lot fun along the way!

Harry 'always doing press-ups' Hornsby

3. Gloucester Summer race league 2012 – July results

A good July race with a strong team. Midland A achieved 212 points coming 2nd in the day to retain 2nd overall. It's very close with Gloucester only 21 points behind at 3rd in the series. Paul will be sending out further details.

Results are at www.midlandski.org.uk/raceresults. For further details see previous race bulletins www.midlandski.org.uk/racenews.php.

Contact: Paul Treuge. 0121 308 5746 (evenings only)
p.treuge@sky.com

4. Racer Ready photos

Many of you will have seen Neil McQuoid at national races, taking photos of skiers and anything else that moves. These photos are available online to view and purchase. www.racer-ready.ifp3.com. Select Summer 2012 and there is a folder for all skiers he has photos of this summer – some hundreds of photos. Those who skied first at Southampton will find their photos under the 'portfolios' tag. It's not the easiest site to find or to load and use – but it's really worthwhile looking at the photos there and buying copies for yourself. If you are having trouble finding your photos then contact Neil using the contact tab.

5. Useful links and noticeboard

If you haven't found the MSC noticeboards at Ackers then why not have a look? Much of the information needed by skiers is on the notice boards, generally kept fairly much up to date. We have plenty of information on the MSC website www.midlandski.org.uk and there is information on the Britski site that is of interest to new skiers, particularly

Starting Competing -

www.midlandski.org.uk/wiki/doku.php?id=competing_in_club_nationals

Ski Preparation -

www.midlandski.org.uk/wiki/doku.php?id=ski_servicing_guide

Slope Guide -

www.midlandski.org.uk/wiki/doku.php?id=rough_guide_to_race_slopes

GBR Series – questions and answers -

www.britski.org/GBRSeriesQA.pdf

Guide to ski racing rules -

www.britski.org/racingguide10.pdf

Fun for Minis - www.britski.org/fun4minis.pdf

Former registration – top of page - www.britski.org - this site shows the race calendar and all race results – almost everything you ever wanted to know about national ski racing is there

Please feel free to ask me or any of the coaches if you have any queries.

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If you have read this as a hard copy or on the website or in the newsletter and would like to subscribe to the mailing list then please ask through the 'contact us' section of the website, giving your name, email address and membership number if possible.