

MIDLAND SKI CLUB NEWS

MAY 2013

Annual General Meeting!

The Annual General Meeting of Midland Ski Club will take place on **Wednesday 5th June** at the LandRover Social Club, Billsmore Green Solihull, starting at 8pm prompt!

A key part of the evening will be the selection of new committee members to assist in running the club into the future and all members are asked to consider if they can help - speak to any existing committee member if you have any queries.

Refreshments will be provided.

Dual's Evening **Friday 7th June**

Back by popular demand, a racing evening for all. Two slalom courses will be set up side by side. Skiers start together and the first to the bottom is the winner. As a variation we will also have team races with 4 or more racers on each team, like a relay race, as each racer passes through the finish cell a traffic light at the top tells the next racer to start. This evening is £10 each or free to contract skiers. All club members and all members of school teams are welcome to enter. We need about 20 skiers to make the evening a success. This will run from about 6pm to 8:30pm and the normal family sessions will not run on this evening.

Roller Racing

The first race of the 2013 GB Roller Ski race series was held at Hillingdon Cycle Circuit on 12th May. It was a very well attended event with skiers taking part across the 4 classes. It was also a very cosmopolitan event with skiers from Sweden, Norway, Poland, Russia and two ladies from the German team taking part.

The results for the MSC members were:

Anne Ford - 5th in the women's 15km

Richard Davies - 4th in the men's 7.5 km

Fern Cates - 2nd in the women's 7.5 km

Richard has only just joined us and although he's an experienced telemarker and ski tourer he's not spent too much time on roller skis. However Anne can be very persuasive so he bravely agreed to give racing a go and posted a very good time.

The full results are here: www.londonnordic.org.uk/2013-race-results

Once again many thanks to the London Region Nordic Ski Club for the superb organisation and facilities - and the cake was excellent! The next event is a 1 hour race in July, details on the LRNSC site.



Diary

Tuesdays @ 6.00pm

Young Racer Development Coaching
Roger Crombleholme 01785 714073

Tuesdays @ 7.30pm

Race Development Coaching
Roger Crombleholme 01785 714073

Thursdays @ 6.00pm

Young Racer Performance Coaching
Roger Crombleholme 01785 714073

Thursdays @ 7.30pm

Race Performance Training
Guy Hornsby 01564 779927

Fridays @ 6/6.30/7.30pm

Skier Improvement Coaching
Jane Lee 01905 345416

Fridays @ 7.30pm

Adult Recreational Coaching
Roger Crombleholme 01785 714073

5th June

Annual General Meeting

Land Rover Social Club, Solihull
Diana Horth, 01889 800706

14th June

CESA Schools Race, Telford

28th June

Summer Walk, Sutton Park
Jeff Elmore 07598 967709

29th June

SnowSport England AGM

MSC Club National

The MSC Club National race is on Saturday 22nd June at Gloucester Ski slope.

All racers: please get your entry in as soon as you can. Even if you are not registered you can enter as a day-entry - speak to your coach!

All non-racers: we need your help to run the day! Apart from the official race roles, there are lots of jobs which need doing from issuing bibs to selling raffle tickets to clearing up at the end of the day. Contact chiefofbase@midlandski.org.uk to volunteer.



GOWER WEEKEND 4-6TH OCTOBER 2013

We've booked Rhosilli Youth Hostel for a weekend on far western end of The Gower on the South Wales Coast. The coastal walking there is superb, and the Gower had superb wildlife, bird-watching, rock climbing, horse riding, mountain biking, and sailing opportunities. Walks will be planned for both days. The hostel has been booked on an Escape-To basis which means we will have exclusive use of the hostel for the weekend without a Warden. There are full self catering facilities, and linen is provided etc. The cost of the weekend is £40 per person. Places are limited, so dont delay booking by completing the application at the bottom of this page, and sending this to Peter Tolworthy in South Wales.

Mike Thomas 02476 692792



Children's Ski Boots:

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

Ladies Skis:

SALOMON 'SELECT TOUCH' 158 cm. Only 2 weeks on snow. As new. £175 o.n.o.

Testers' Report: "*Brilliant piste ski for good intermediate and above. Fantastic edge hold and instant response. Stable at speed and nicely balanced. Wants to be pushed.*"

I agree with the above, they are fast and sail over crud without a murmur. But too long for me.

Contact Miriam Nokes, 01527 541451 or 07812 493235.

Easyfundraising - Find-and-Remind

Midland Ski Club have now raised £400 through easyfundraising! You can see how well we are doing at any time by going to <http://www.easyfundraising.org.uk/causes/midlandski>. This money is being put to good use supporting the activities of the club. And it hasn't cost members a penny.

Have you registered as an easyfundraising Midland Ski Club supporter but keep forgetting to use it? Much more can be raised when we don't miss out on a donation. THE SOLUTION IS FIND-AND-REMIND.

Find-and-Remind is a tool bar which alerts you to a potential cause donation whenever you visit the website of a participating retailer...there are over 2,000 of them! You can then click on the button which ensures your cause will pick up the easyfundraising donation from any purchases you decide to make. It is easy and effective. For more information, and to download Find-and-Remind go to <http://www.easyfundraising.org.uk/find-and-remind>.

If you have yet to register as an easyfundraising Midland Ski Club supporter or you want to know more about how easyfundraising works, go to <http://www.easyfundraising.org.uk/how-it-works>.

Join us!

Summer Racing

The summer alpine racing season is now in full swing with MSC Racers competing around the country most weekends at Club Nationals and GBR racers, as well as the monthly Summer Race League at Gloucester.

There have been some excellent results in the seeded races, with four overall podiums (including 1 overall winner) and an incredible **53** age-group podiums, including **25** first places. Full results are available via www.midlandski.org.uk/results

SnowSport England will be launching **Slide to Sochi** on 6th June. This is a major push to increase participation and performance in the run up and over next year's Winter Olympics. Watch this space...



GOWER WEEKEND 4-6TH OCTOBER 2013

To: Peter Tolworthy, Pentre Cottage, 2 School Row, Llanfrynach, Powys LD3 7AZ

I enclose £40 per person for the 2013 Gower Weekend. Cheque made out to Midland Ski Club

Name _____ Phone _____

E.mail _____

Training Week 2014: Pila, Italy

For the 2014 Early Season training week we are returning to Pila in the Aosta Valley. We will be travelling with Crystal Ski, flying from Birmingham and staying once again **on slope** in Pila in the Hotel Chalet des Alpes

<http://www.crystalski.co.uk/ski resort/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.

There is plenty of skiing with a good variety of pistes. 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.

The cost for this holiday will be £880 . 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 only other cost is either:
Ski carriage at £35 if you bring your own; or

Ski hire has not yet been confirmed but will be about which is £50 for basic, £70 for intermediate or £80 for advanced skis.

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

To join us please complete the booking form below 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.



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

You should hold a European Health Card.

The week is not suitable for beginners

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, Bryan Arnott on 01827 893243, 07578 428864 or bryanarnott@gmail.com

TRAINING WEEK - PILA - 12th-19th January 2014

To: Bryan Arnott, 40 Woodland Way, Birchmoor, Tamworth, Staffs B78 1AY

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 **10th October 2013**. (this is early but tour operators are now expecting final balances a good 3 months before the holiday starts)

I understand that the cost includes £140 for the coaching and this will not be covered by insurance. I have a current (or will obtain) European Health Insurance Card - do check the expiry date. I have a full passport valid for the dates concerned.

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: _____

Ski carriage? £35 yes/no number of ski bags _____

Do you wish to hire skis - costs have yet to be confirmed but are likely to be in the region of: Basic £50
Intermediate £70 Advanced £80

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

Special Dietary needs _____

I would like to share with _____

CLUB HOLIDAY - St.Christoph, Austria, March 2013

Our week saw some very mixed weather conditions ranging from lovely sunny days to complete white outs and even one late afternoon offering of freezing rain and that made for a very interesting return to the hotel. There was a decent amount of snow when we arrived, the pistes were in mostly good condition and we saw more fresh stuff during the week. A couple of blue runs in the St Anton area were closed due to avalanche damage.



The hotel was ski in ski out and it was easy enough to get into the lift system to ski over to St Anton, Rendl or Stuben. I think most of us made it to Sonnenkopf by bus which was very pleasant. The buses into Lech and Zurs worked well enough in the mornings but were an overcrowded nightmare coming back at the end of the day. It is definitely something the Arlberg area administrators should look into. That said it is a



big area and I don't know how many members actually got into each of the resorts I certainly didn't. But in our defence the white out conditions on some days really didn't encourage exploring.

Despite Austria's reputation for après ski I'm not convinced anyone took much notice; certainly most of the MSC group seemed to arrive back in time for afternoon tea which was a bit of a meal in itself.



We sustained 2 injuries during the week. Steph Harburn (nee Pielow) knew she had hurt her ankle/leg but after a visit to the St Anton hospital it was confirmed as a fracture involving plaster, crutches and the dreaded next few weeks. We wish her a speedy recovery. On the last day Richard Hopkinson didn't see a significant drop on to the piste in bad weather and winded himself very badly. We hope that didn't turn out to be anything more serious than bruising. However our injuries were slight in number compared to those of the groups from Glasgow and Dorset that we shared the hotel with. The skiing was not particularly easy at the

beginning of the week with very varied conditions but these groups did seem to suffer more than their fair share of torn ligaments, multiple fractures and stays in hospital. And all early in the week; either very unlucky - or maybe could benefit from instruction.



We stayed at the very comfortable Inghams Chalet Hotel in St Christoph on a half board basis. As a chalet hotel this meant afternoon tea was included and probably because of the lack of other amenities in St Christoph the hotel staff also provided catering on their official



night off at a very reasonable cost. The copious quantities of wine with dinner did help to keep the bar bills down.

Diana Horth