

# MIDLAND SKI CLUB NEWS

DECEMBER 2013

## Girls win the Brits!

Solihull School Girls came 3rd in the English Schools Ski Association British Open Finals at Gloucester in November. It is no coincidence that all five are members of Midland Ski Club.



From left to right:  
Georgina Hall, Hannah Shakeshaft, Libby Thomas, Amy Middleton,  
Helena Newbould.

## Membership Renewals

Many thanks to all those members who renewed on time.

For those who have not renewed, your membership is now **overdue** - all memberships expire each year on 1st October. You should have received a renewal form in the post so please dig this out and return without delay.. Alternatively you can renew online at [www.midlandski.org.uk/renewal](http://www.midlandski.org.uk/renewal).

## Lastminute offer for Tignes

I have 2 studio apartments available this Saturday 30 November and 7 December, and one available the following week, Saturday 7-14<sup>th</sup> December in Tignes Val Claret.

Each sleep a total of 4, with 2 in the lounge and bunk beds in the corridor, but sleeping 2 would be reasonable for the price. They are 200m from the main lifts up to the Grande Motte. They have a balcony, and come with bedlinen and towels provided. The apartment block has a pool, and there's wifi in the lounge area.

We are there in another from 1st December for the 2 week period, so if anyone is interested, please get in touch with me very quickly! Mobile: 07739 460950 or home: 0121 681 3611.

Price is £170 for the apartment per week, so if you want you can come for both weeks or come out on the sunday (cheaper flights) as we are doing, and still get a very reasonable holiday! No reasonable offers refused.

At this time of year, Easyjet fly to Geneva from Luton, and there are easy public buses from the airport to resort.

These apartments will be for rent in future years also, if this is too short notice for this year.

Catherine Frankenburg

## Diary

**Tuesdays @ 6.00pm**

Young Racer Development Coaching

**Tuesdays @ 7.30pm**

Race Development Coaching

**Thursdays @ 6.00pm**

Young Racer Performance Coaching

**Thursdays @ 7.30pm**

Race Performance Training

**Fridays @ 6/6.30/7.30pm**

Skier Improvement Coaching

**Fridays @ 7.30pm**

Adult Recreational Coaching

*For all coaching contact:*

Roger Crombleholme 07736 821147

Guy Hornsby 07768 253515

**27th November**

**"Ticket to Ride"**

Vue Cinema, Leamington Spa

[www.warrenmiller.co.uk](http://www.warrenmiller.co.uk)

**6th December**

**Christmas Party**

LRSC, Solihull,

Diana Horth, 01889 800706

**7th December**

**MSC Club Championship Race**

Ackers,

Rachel Bill, [rachbilly18@hotmail.com](mailto:rachbilly18@hotmail.com)

**12th-19th January 2014**

**Training Week**, Pila, Italy

Catherine Frankenburg,

07739 460950

**8th-15th March**

**Club Holiday**

Sauze d'Oulx, Itlay

Diana Horth, 01889 800706

## MSC Christmas Party

The MSC Christmas Party will be held at LandRover Sports and Social Club, Billsmore Green, Solihull B92 9LN from around 7.30pm until late.

# ZERO ALTITUDE TRAINING WEEKEND

John Arnold



For the first time in over 20 years our annual attempt to get fit for the skiing season was not to be into the hills. Instead we were promised easy sea-level walking along the Gower Coast in South Wales.

That was the theory, so it was with some surprise that we found ourselves immediately clambering up what seemed like hundreds of rocky steps through dense forest and having reached the top we marched down the other side without seeing what we had gone up for. Sherpa Thomas had turned into the Grand Old Duke of York. But eventually all was revealed as the trees thinned out and we had a spectacular vista of the bay and the coastal path we were to follow. Not that we were going to have an easy stroll. The path was pretty uneven so that you had to watch every step and walking poles were a great aid.

It really was a lovely place to be, helped by the fact that it was so very quiet with very few people about. Not like the Lakes or Snowdonia where you can find yourself queuing to get up. Even more pleasant was the weather. Those of you who have been on previous trips and have come to regard them as some form of water-sport will be most envious of the sun we enjoyed.

Eventually we came to Port Eionon and were glad to find seats outside a café and enjoy a civilised lunch. We lingered a bit too long and Mike was concerned about the pace we were making, so we split into two groups with the fit ones going all the way to Rhosshili and the rest of us cutting the corner and getting first use of the showers back at our base at the Residential Centre in Middleton. This was another nice surprise; a

comfortable 'hostel' with a magnificent view over fields sloping down to the sea.

In addition to acting as our guide Mike also masterminds the evening meal. Here again we seemed to be moving up-market. Gone are the days when we all brought a contribution and somehow merged them into a meal. Now Mike brings all the food and a fine repast it was. We started with a choice of soup or melon studded with cherries, followed by poached salmon in a cream sauce. A certain amount of wine had been taken by the time we came to pudding and I can't remember what it was, but I'm sure it was delicious. And so to bed.

Next morning saw the usual scrum as everyone prepared their own

breakfast. Another sign of the times; not a frying pan in sight. just cereals and fruit. Oh! For the good old days and a bacon sandwich!

Our destination on Sunday was Worms Head, a spectacular promontory which looks like the Loch Ness Monster swimming out to sea. Again this was not to be a gentle ramble. First of all you have to wait for the tide to go out so that your route is revealed. And what a route! It was, half-a mile of stepping stones, hopping nervously from rock to rock fearful that at any moment you could step into an icy pool.

We were glad to reach dry land but soon we faced another obstacle. In front of us was an amazing mass of almost vertical slabs of rock like giant After Eights leaning against each other. Again the keen ones sped on, hopping from rock to rock and racing to climb the final peak at the point. The rest of us had done enough leap-frogging for one day and we also had to take the time into account because we still had to get back across the rocks before the tide came in and cut us off. So we settled down for a picnic on top of a steep cliff overlooking the waves crashing against the rocks below, and were rewarded for our sloth with the wonderful sight of seals basking in the sun and chasing fish in the bay. Soon though it was time to get rock-hopping back to the mainland and to the delights of the M4.

Many thanks to Mike for all his planning, organisation and hard work which gave us all a weekend we will remember.



# Lord Mayor of Birmingham at Ackers "Slide to Sochi"



In November Ackers Adventure hosted the Lord Mayor and Lady Mayoress of Birmingham as well as GB Paralympian Anna Turney and members of the West Midlands Special Olympics team at a 'Slide2Sochi' Winter Olympic and Paralympic roadshow.

The Winter Olympic themed roadshow was run by governing body Snowsport England with Ackers Adventure and Midland Ski Club. People had the chance to take part in a 'TRY' ski and snowboard sessions, free rollerskiing taster sessions with the Midland Ski Club and free tobogganing.

As well as getting involved in activities on the slope, those attending the Slide2Sochi roadshow wished our British wintersports athletes' good luck for the Games by signing the giant Slide2Sochi snowball which is touring the country and will eventually make its way to Sochi.

To find out more about learning to ski and snowboard, Ackers Adventure offers Snowsport England GO SKI GO BOARD courses sessions offering value for money ski or snowboard instruction. For more information visit [www.goskiqboard.org.uk](http://www.goskiqboard.org.uk)

## MSC CLUB CHAMPIONSHIP RACE

The annual Midland Ski Club Championship race will take place at Ackers on **Saturday 7th December**. The race consists of 3 timed runs with the best time of the first two runs plus the 3rd run to count for medal positions.

Medals will be awarded for 1st 2nd and 3rd places in male and female in the following categories:

U7, U10, U12, U14, U16, U19, U25, U35, U45, and 45+ (ages as per the day of the race).

Please enter using the entry form below..

The race is open to all, including non-members, but only members can win the perpetual trophies.

The cost of entry is £10 per racer, including ski and boot hire if required.

Completed entry forms should be posted to the address on the form

below by 5pm on Thursday 5th December together with a cheque for payment made payable to "Midland Ski Club".

If an email address is included on the entry form, confirmation of receipt will be emailed to you, along with a start list the day before the race also a result sheet as soon as possible after the race.

Entry may be made by email to Rachel Bill at [rachbilly18@hotmail.com](mailto:rachbilly18@hotmail.com) and payment made by direct bank transfer to Midland Ski Club at sort code 089299 a/c number 65362479, or by posting the entry form and a cheque to: Post Office Flat, The Village, Chaddesley Corbett, Kidderminster, DY10 4SA, an email will be sent to confirm that your entry has been received, or see Rachel at the Ackers.



The provisional timetable on the day is as follows:

- 11.15 Registration (until 12.15)
- 11.30-12.15 Open practice
- 12.15 Course setting
- 12.30 Course inspection
- 12.55 Runs 1 & 2 followed by Run 3 around 14.00
- 15.15 Prize giving

## MSC CLUB CHAMPIONSHIP RACE - ENTRY FORM

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender **M/F**

Club (if not MSC) \_\_\_\_\_ MSC Memb No \_\_\_\_\_

Email: \_\_\_\_\_ Payment enclosed: \_\_\_\_\_

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