

MIDLAND SKI CLUB NEWS

FEBRUARY 2014

The ups and downs of the Training Week

The 32nd. Training Week returned to Pila in Italy and it was good to see 42 people there, a big increase on last year. It was particularly nice to welcome new-comers Jeannie, Glenys and Rachel. Jim Pielow also introduced a new member in the form of a replacement knee and, considering it was its first time on snow, it performed remarkably well.

Chalet des Alpes is ideally placed. You just walk out of the ski room and put on your skis. So an early start was made and we were pleased to find that the pistes were in good condition, if a bit skiddy. But the resort was very quiet and we had plenty of room to find our ski legs. There was no such thing as a lift queue so the Coaches soon had us ranging over the whole mountain. Pila is not a big resort but there is plenty of variety and it was surprising

that the different groups hardly saw each other. Often we had a deserted piste to ourselves.

So, it was a pleasantly tired group who gathered for the first of our very Italian dinners. We had antipasta (a large salad bar) and a choice of starters, mains and puddings. We had to order our dinner at breakfast and the staff expected us to sit at the table where we had ordered. Of course no-one could remember where they had sat or even what they had ordered. (What is Italian for senility?) But we eventually all got very well fed with the complimentary wine helping.

Things had started well and they got even better when next day it snowed. The pistes were very well groomed, like corduroy, and the soft snow silenced the scraping sound of yesterday. The increased grip
(cont.)



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

8th-15th March

Club Holiday

Sauze d'Oulx, Italy

Diana Horth, 01889 800706

23rd March

Schools Race, Ackers

Paul Lawrence, 07976 691389

GSRL Dates 2014:

10th May; 14th June;

19th July; 16th August;

27th Sept; 18th October.

AGM Notice

This year's Annual General Meeting will be held at Land Rover Social Club, Bilsmore Green, Solihull on Wednesday 4th June starting at 8pm.

Nominations for the roles of Chairman, Secretary, Treasurer as well as membership of the committee are welcome and should be made to the current secretary, Diana Horth (01889 800706, diana.horth@ntlworld.com).



Training Week (cont)

helped our confidence and the things the Coaches were asking us to do became increasingly possible, If that was good, next day was even better because the sun shone and we were able to get into the lovely fresh powder off the side of the runs.

Things were going well. But it couldn't last. We hit Black Thursday. Bryan did a good job hiring a bus to take us to La Thuile, the venue for the first ever Training Week. But we couldn't see it! In fact we could hardly see anything as visibility was awful- about 20yards and as flat as yesterday's beer. We tried to get to La Rossiere in France but the lift up to the Petit St. Bernard Pass was an ancient Poma. Gripping an icy metal pole being dragged through a fog in the face of a freezing gale was so bad that Bruce, showing the caution for which he is renowned, thought the lifts could close. Being caught in the wrong valley is one thing, being caught in the wrong country quite another. So we turned round, grabbed another icy pole and I'm told we skied in La Thuile. For all I could see we could have been on the dark side of the moon. To cap everything when we got back we found that Dia had fallen and broken her arm.

The contrast next day could not have been greater. We could see and we could see that Pila had had a really good dump of fresh snow. We all dived into it, none more enthusiastically than Fred who landed on his shoulder and dislocated it. Commiserations to Dia and Fred and thanks for the stoical and cheerful way you accepted your

misfortune. For the rest of us the remainder of the week was superb. We all agreed that the snow condions were the best we had ever had on a Training Week. I was on a new pair of skis and there isn't a mark on them. The Coaches, Bruce, Clem, Rob and Roger did a great job, taking full advantage of the snow to keep us on the move, take us everywhere and give us the confidence to believe that we were improving, which I'm sure we did.

This was the first time that Bryan Arnott organised the Training Week and I can tell you from experience that he did a brilliant job. The rest of us could just relax and enjoy all that he provided but I know he did a great deal of work unobtrusively and I just hope that you also had time to enjoy your week, Bryan. Very many thanks.

In the words of General Macarthur "We will return".

John Arnold

A BIG Thank you....

To everyone who went on the 2014 Training week to Pila, I'd like to thank you all for your excellent company and for a great time. Rog & I didn't get time to say "bye for now" before everyone disappeared from the airport and my re-introduction to the Training Week was so memorable, for all the right reasons, it shouldn't go without recognition to everyone involved in organising it, coaching and taking part. The excellent snow played a big part, but it wouldn't have been so much fun without the great people to ski with. Hope to see you all next year (if not before),

Maureen Crombleholme

Ye Olde Saracen's Head, Balsall Street, Balsall Common



MIDLAND SKI CLUB SPECIAL:
25% off all food on bill.
 No limit to party size. Drinks excluded.
 Offer redeemable upon proof of membership of MSC or show this newsletter!

SKIING AROUND THE WORLD

From the Alps to Asia, ski resorts all over the world welcome millions of visitors every year. So, where will you find the highest number of ski resorts? And which destinations are most popular?

SKI RESORTS WORLDWIDE
2,110 RESORTS

- AMERICA: 21%
- THE ALPS: 35%
- EUROPE (Exc. The Alps): 13%
- EASTERN EUROPE & CENTRAL ASIA: 12%
- ASIA & PACIFIC: 19%

GLOBALLY, THE ALPS HAVE THE MOST SKI LIFTS PER RESORT

THE MAJOR SKI RESORTS ARE MOSTLY IN EUROPE AND AMERICA

- 77% are in the Alps
- 17% are in America
- 6% are in the rest of Europe

THE RECORD FOR THE LONGEST TIME NON-STOP SKIING IS 201h 1m²

Nick Willgoose set the record in Sept 2005 in his home country of Australia. Over 9 days he skied down 916 slopes and travelled over 1150km.

WHICH COUNTRIES ATTRACT THE MOST SKIERS?³

RESORTS AROUND THE WORLD

- Austria: 20.9%
- Canada: 15.7%
- France: 14.4%
- Germany: 15.1%
- Italy: 7.4%
- Japan: 9.7%
- Switzerland: 7.7%
- United States: 3.9%
- Other Countries: 5.2%

SKI & SURF ON THE SAME DAY!

It might not seem the obvious activity combination, but Canada, Morocco, Hawaii, and New Zealand are all famous destinations for surfing and skiing in the same day.

Sources:
¹ A report is considered to report if its attendees reach over 1 million over its life span.
² <http://www.garmin.com/usa/fitness/records/2005/longest-nonstop-skiing>
³ Average for last 5 seasons.
 Data sourced from: <http://www.crest.com/world-skiing-2013.pdf>

Brought to you by **Sainsbury's Bank**
www.sainsburysbank.co.uk



Birmingham Area and South Midlands Schools Ski Race

Sunday 23rd March 2014

At Ackers Adventure,
Golden Hillock Road, Birmingham, B11 2PY

Teams must consist of 3 or 4 skiers from the same school. The minimum standard of skiing required is to be able to perform linked snowplough turns safely, to be able to control speed and to use the button lift. No previous racing experience is necessary. **Helmets must be worn.** Ski and boot hire is available and included in the school entry fee. The closing date for school entries is Monday 10th March 2014.

For full details go to
www.midlandski.org.uk/schoolsrace
or contact raceseecretary@midlandski.org.uk



Mont Lachau Open Race

The Mont Lachau open race is the oldest race in the Swiss Alps and dripping with tradition – this race gives skiers of any level, age, and state of mind a chance to spend a weekend wearing a race number and negotiating professionally-timed courses. The start lines sees young ones giggling and poking each other with their elbows; club racers vying for a personal best; and laid back amateurs just enjoying the company. There's a big entry, carefully allocated to classes, and so the finish line and social events are always really lively.

Organised by Swiss Mountain Sports in Montana, it is an open race event with a great historical pedigree – and Yves Caillet, Director of SMS has carefully nurtured the event and developed it into one of the key dates on the Valais calendar. This year it's on the weekend of the 8th and 9th of February – still plenty of cheap Easyjet flights left to Geneva.

The key course is a long one – over 6km from Bella Lui at 2600m down to the base station in Crans at 1500m. Carefully marshalled throughout the course, kids and adults have plenty of time to fluff things on a few turns and then make up time on the lower sections. There are loads of excellent viewing points to cheer on friends and sit having lunch while watching the different classes shoot through the GS gates: watch as tiny kids battle their tiredness on the lower sections, and adults shave hundredths off on the turns at Chez Erwin. It's a weekend of much socialising, personal successes and that special buzz which comes from skiing your heart out. Plenty of people simply arrive beaming at the finish line having skied the course, others arrive in a speed tuck, watching the clock.

Of course, when you drop into the finish area you join the mayhem of the social side of the event: live music, Swiss raclette, loads of local food and drinks, steaming Gluwein, and various prize events and ceremonies. The big tents are a great opportunity to hang out and rub shoulders with extremely interesting folk.

So...lighthearted or serious, young or old, if you and your members feel like being part of a 'proper job' ski race weekend, on one of the sunniest valley walls in the Alps, do get onto the SMS website
<http://www.sms04.ch/index.php/en/trophee-du-mont-lachau->

Snow Racing Report

We don't have nearly as many of our members racing on snow during the winter as on the artificial slopes (indoor and outdoor) during the summer - this is inevitable given the high costs and level of commitment involved. Nevertheless, well done to those who have competed so far this winter - and good luck on the remaining races.

In the BARSC Championships in Les Arcs France, Ollie Weeks won one Slalom Race and the Kombi Race and was 3rd in one GS race. The following week at Anglo Scottish/BSA Championship in Les Houches, Ollie was unlucky with the start draws and finished just outside the podiums on both the GS and SL races (and with a nasty crash on the last day).

At the Welsh Championships in Champéry, Switzerland, both Jack and Jordon Rigby had good runs in the GS races and reduced their seed points, but didn't do so well in the SL races.

Full results from with winter races can be found on the MSC website at www.midlandski.org.uk/results



Bluebird Chalets
Les Houches, Chamonix Valley

Special 5% discount for all Midland Ski club members with promo code MID14!

Our chalet is owner run, ski in/ski out and comes highly recommended by a number of club members.

Still a wide range of availability for winter 2013/2014, both for full weeks and shorter breaks.

Offer valid for winter 2013/2014, please email directly for a quote.