

MIDLAND SKI CLUB NEWS

DECEMBER 2015

End of Year Race Report

Jane Lee

The end of the racing year has finally arrived, results have been published and we now know how everyone has done. It's been yet another good season for Midland members in racing.

Snow

Kieran finished 2nd in the GS in the U10 boys British Championship in Tignes, France, and 3rd in the GS in the English championships in Bormio Italy.

Ollie finished 1st overall in the SL and 3rd overall in GS at the Welsh Alpine championships at Champéry, Switzerland and then went on to the English Championships at Bormio finishing 2nd in the GS, 3rd in slalom, 8th in SuperG which together gave him the overall English Championship title - this is a huge achievement for any skier, even more so for a club skier who is not spending his winter at a ski academy.

Artificial Surfaces

In artificial slope national registered races, 31 MSC racers have made 275 starts between them across 35 races. Welcome to 7 skiers joining the Midland team this year: In the U10s **Amber**, **Emilia**, **Lottie** and **Toby** (at last he is old enough to race nationally after years watching his brother), **Charlie** in the U12s, **Ellie** in U14 and **Adam K** in Senior. A very successful first year, well done.

Midland skiers have won 150 age group podiums and 11 overall podiums. Top of the podiums wins were:

Emilia 7 x 1st, 4 x 2nd

Jack 21 x 1st, 2 x 2nd

Ollie 1 x 3rd overall, 16 x 1st, 6 x 2nd

Harry 1 x 1st overall, 3 x 2nd overall, 2 x 3rd overall, 5 x 1st, 1 x 2nd

Helena 1 x 1st overall, 1 x 2nd overall, 2 x 3rd overall, 6 x 1st, 1 x 3rd



English Champs Trophies

Podiums also for **Amber** (13), **Anya** (3), **Kieran** (12), **Charlie** (1), **Toby** (5), **Jess** (6), **Maxine** (5), **Ellie** (13), **Ella** (1), **Jonny** (2), **Adam L** (7), **Tom U** (9), **Tom L** (3), **Sam D** (1), **Adam K** (2)

Midland Club National

An key race for everyone the Midland Ski Club CN at Gloucester. A entry of 16 MSC skiers including some racing for the only time in 2015 - great to see the turnout. A medal haul of overall winner for **Harry**, age group wins for **Emilia**, **Jack**, **Harry** and **Ollie** and podiums for **Kieran**, **Jess** and **Tom U**. Thanks to **Guy** for course setting, **Gill** and **Rachel** for organising the race and to everyone else who helped.

Championships

There are indoor and outdoor championships for each of Welsh, English, Anglo Welsh, Scottish, Irish, British and European. Here is the full list of podium wins at National Championships seeded races - well done to everyone, this is a superb result for the club and its coaches, skiers and families.

British - Outdoor

SEN men 1st Adam

U16 boys 1st Ollie

U14 girls 3rd Ellie

U12 boys 1st Jack, 2nd Kieran

U10 girls 2nd Emilia, 3rd Amber

All England - Outdoor

Overall 3rd Harry

MAS men 1st Mark

SEN men 1st Harry, 3rd Adam L

U16 boys 1st Ollie, 3rd Tom U

U12 boys 1st Jack, 2nd Kieran,
3rd Charlie

Welsh - Outdoor

SEN men 1st Adam L

U16 boys 1st Ollie, 3rd Thomas U

U14 girls 3rd Ellie

U12 boys 1st Jack U, 2nd Kieran

U10 girls 2nd Emilia, 3rd Amber

Scottish SL - Outdoor

SEN men 1st Adam L

Scottish GS - Outdoor

Overall 2nd Ollie

U16 boys 1st Ollie

British - Indoor

U14 girls 3rd Ellie

U12 boys 1st Jack

Scottish - Indoor

U16 boys 2nd Ollie

U14 girls 3rd Ellie

U12 boys 1st Jack

U10 girls 1st Emilia

Anglo Welsh - Indoor

U16 boys 2nd Ollie

U12 boys 2nd Jack

Irish - Outdoor

U18 boys 2nd Tom L

U16 boys 1st Ollie

U10 girls 1st Amber

European - Outdoor

U16 boys 1st Ollie

U10 girls 1st Amber

Lowland Champs - Ind.

U12 boys 3rd Kieran

(continued..)

GBR Series

This is the top level series, 5 races indoor and 6 outdoor, each with series points. Racers must qualify to ski in this series. There were overall podiums for:

Outdoor series: Top 10 overall **Ollie 6th**, **Helena 9th**
Top 3 in age group **Ollie 1st U16**, **Tom U 3rd U16**, **Jack 1st U12**, **Helena 2nd U18**, **Ellie 3rd U14**, **Emelia 1st U10**, **Amber 3rd U10**.

Indoor series: Top 10 overall **Ollie 8th**.

Top 3 in age group **Maxine 3rd U21**, **Ellie 3rd U14**, **Emilia 2nd U10**, **Ollie 1st U16**, **Jack 1st U12**.



Waiting for the train, Tignes

Seed Points and Rankings

Seeded races award seed points to skiers the rule here is the lower the better. Seed points are calculated comparing the racers time to the winner and then adding a penalty which shows how the race ranked against other similar races.

It's always an achievement to be in the top 50 nationally on the seed list the following who raced this year achieved this in 2015

Outdoor: **Harry (5)**, **Helena (6)**, **Ollie (35)**, **Jonny (38)**, **Jess (39)**, **Adam L (49)**

Indoor: **Jonny (34)**

Another great achievement is to be in the top few in your age group the following who raced this year were in the top 25% by year of birth

Outdoor: **Ollie**, **Harry**, **Helena**, **Tom U**, **Ellie**, **Sam D**, **Jess**, **Ella**, **Ethan**, **Jonny**, **Adam L**

Indoor : **Ollie** and **Tom U**

On snow **Ollie** finished the season on 172 slalom points, 3rd overall in the U14 age group - a very impressive result. All the top 3 skiers in this age group race regularly on outdoor slopes in the UK

The big improvers this year were **Ollie**, **Tom U**, **Tom L** and **Helena**.



Giant Slalom - Bormio

National and Representative Squads

I'm trying to put together these names, apologies if I have missed anyone, the squads have only just being published.

English Alpine Squad and British Children's Development Squad: **Ollie Weeks** - Good luck to Ollie on selection for his first race representing GB in Slovenia next February.

Welsh Ski squad: **Adam Lee**

ISF schools team: **Helena Newbould** and **Jess Mayhew**

Schools and Universities

Midland Ski Club now has two satellite clubs training alongside us, **Solihull School** and **Kingsley School**, quite a few pupils are enjoying their ski sessions and learning to race. Solihull School travelled to Les Houches where they took part in the International Schools Ski competition and the Aiglon Cup. **Helena**, **Tom**, **Patrick**, **Ella** and **Dan** enjoyed their trip, more than that Helena achieved two 2nd place results and Solihull finished 5th overall in the Aiglon Cup, the highest placed UK school. Solihull School also competed in the British Finals at Pontypool, the girls (**Helena**, **Leticia**, **Ella** and **Bella**) finishing 11th and the boys (**James**, **George**, **Dan** and **Tom L**) finishing 18th. Well done to all, particularly **Helena** 1st overall girl and **Tom** with a great 2nd run, and **Bella** who had never skied at the start of term and completed the course at Pontypool with an impressive run. Congratulations to Kingsley School who reached the age group and overall English Schools finals.

Many of the Midland racers have continued to race as students, and new racers come to the club from Universities. Midland skiers take part in the Midland, South West and Northern leagues of Kings, a duals racing event on Saturday evenings over the winter. Some raced in the seeded Buisic indoor championships in February and March, some went to Hillend in November for BUDS.



MSC's trophy haul at Pontypool

GSRL and fun races - Winter League

It doesn't finish yet. There's the ever popular summer race league at Gloucester (GSRL), 10 racers per team where each racer completes 2 slalom runs in the morning and then 3 individual duals races in the afternoon to win points for the team. There's a great turnout, some of the national racers take part and a whopping 33 racers took part to represent Midland ski club. There's a fun race series at Stoke, again slalom and individual duals races. Some of our skiers take part in the popular ERSA race series. There's the winter league at Ackers on four Fridays

(continued..)

in the winter, with 58 racers taking part in the November race this year. That's plenty of races to start your race career, and some good fun.

Team races

The inter regional took place at Pendle in May. This is a duals race, teams of 7, like a relay race between two teams, each racer starts when the previous has finished, racing on courses side by side. A very, very exciting event to watch: it was great to see Midland racers in the top 2 teams on the podium, **CESA** (central region) finished 2nd.

Midland also achieved 2nd in the Inter Club at Sunderland, 3rd in the inter-club Club National series and 3rd in GSRL.

Disability Racing

It's great to see **Mollie** taking part in disability races, she travelled to Landgraaf in November for classification by Disability Snowsport UK. I've been watching the results from races over the weekend there, it really was a great event to take part in.

Coaches and Officials

This wouldn't work without coaches, officials and volunteers. Thanks to **Guy** and **Roger** for coaching, supported by **Steve, Ed, James E, Adam, Phil C, Rob** and **Jane**. Thanks to **Paul, Bryan and Richard** for schools race work. To **Rob** for all the videos, to **Gerry** for running our team at Gloucester race league and to **Gill** and **Shaun** for the winter race series. At a national race level it's thanks not just to **Gill** and **Rachel** for running our Club National, it's also **Dave L** and **Adam** for the timing, **Dave L, Bryan, Jane, Gill** and others as officials, **Sam L** and **Libby** as regular forerunners, and most importantly thanks to **Guy** as a very experienced course setter on the National circuit, with **Adam L** just starting to gain experience.

Everyone else

There are so many more racers and volunteers than mentioned above. So many people have volunteered and helped on a regular basis. There are a huge number of schools racers, loads who raced and helped at Gloucester, more who are starting out in the winter series. It's looking brilliant for the future. There will be achievements I have missed and I apologise for that. Please let me know and I can add it to the list.

An interesting question from one of the parents is just how many racers does **Midland Ski Club** have? There are **65** skiers who have represented the club in seeded races or GSRL this year plus many more club members who race in schools races, fun races, disability races and winter league and more still who train but don't have the opportunity to race. Too many to count accurately - but a lot!

Well done for a great 2015.

Jane

Membership Renewals

Membership renewals were due no 1st October. Many thanks to all those members who renewed their membership on time. For those who haven't yet done so, please do so immediately. Note it is a requirement to be a member if you are taking part in any MSC activities.

Either dig out the form you received in the post and return it with your payment, or go renew online at midlandski.uk/renewal.

Winter Racing @Ackers

The first of this year's MSC Winter Race series was held on November 12th with a great turnout of skiers.

The series continues on 11th Dec, 8th Jan and 5th February.

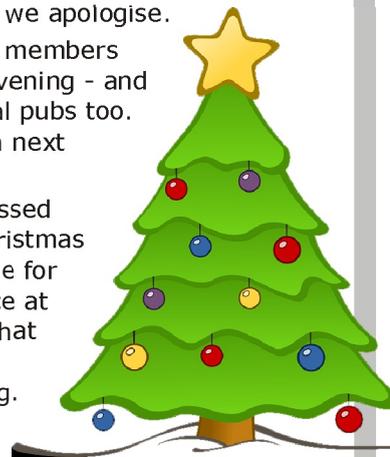
Then on Friday 26th February there will be the **MSC Club Championship** race, followed by the **Birmingham & S.Midlands Schools Race** on 28th February. More details on these races in January.

Christmas Celebration

You might recall that in the September newsletter it was announced that there would be a pre-Christmas MSC Curry in Moseley in mid-November. Due to a communication failure the actual arrangements for the night didn't make it into the planned newsletter - for which we apologise.

However around two dozen members met up at Imlees for a great evening - and a bit of a crawl around the local pubs too. Thanks Phil, can we do it again next year please?

A few members have expressed dismay at their not being a Christmas Party this year as we have done for many years, but the attendance at this has dropped off so much that it was thought not worth the effect and expense in arranging. If members do want it, then they need to express their desire and get involved in organising and publicising it.



New Race Helmet Rules

This winter, and next summer, the new helmet rules for racing WILL be enforced. Basically all racers need to have a suitably-certifiedski helmet, but the big change is that **any additional stickers or mounts on a helmet will render the certification invalid**, and you risk not being allowed to start.

Full rules at <http://goo.gl/KPngGW>

Any questions or if you are in doubt as to whether your helmet is okay, please ask one of the coaches.

YE OLDE
**SARACEN'S
HEAD**
PUB & DINING

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!

Family Training Week Dec2015/Jan 2016 and the **Additional Training Week** Jan 2016

The Family Training Week is back!

It's in Pila, Italy, with from coaching from Monday 28th December 2016 for the week.

And there is an option of **the additional training week** starting Monday 4th January, before the usual annual Early Winter Training Week.

- Travel out on 26th or 27th December.
- Family coaching Week 28th Dec to 1st Jan (with an option for 2nd Jan too).
- Travel back (or out!) on 2nd/3rd Jan.
- Additional Training Week: 4th to 9th Jan.
- 10th to 17th Jan Early Winter Training Week

Where is Pila? Pila is in the Aosta Valley in north-west Italy, about half an hour south of the Mont Blanc tunnel. Resort altitude is 1800m with access to 70km of pistes from 1765-2700m. We know Pila well as it's been used for the last 3 years for the Early Winter Training Week.

To keep costs down and for maximum flexibility, this trip is on an "Organise Yourself Basis", i.e. you need to organise your own transport, accommodation, food, lift pass, insurance, equipment hire etc. This applies to both **Family training week** and **Additional Training Week**

NB: The Fully organised Early Winter Training Week is fully booked

Coaching: Coaching cost is £140 per person per week. The coaching period is Monday 28th December 2015 to Friday 1st January 2016, with optional Saturday 2nd January 2016. Coaching on the family training week (unless the group decides other wise) will be mainly aimed at the children

whilst still coaching adults and parents.

Coaches are yet to be finalised, Roger Cromblehome is already confirmed, booked up, flights and accommodation ready and is raring to go. Rob Weeks should also be coaching and other coaches will be brought in depending on the numbers.

Accommodation: From discussions with people so far, most people are staying in the town of Aosta, as am I, 1km from Gondola up to Pila. There is of course plenty of accommodation in the resort, apartments to hotels, but it is much more expensive (it is New Year week). Gerdaz at the mid-station half way up gondola system also has some accommodation.

Meeting up: The gondola opens at 8.00am and closes at 17.00am with a journey time of 20 minutes. We'll meet either at 8.15am at the bottom gondola station in Aosta, aiming to leave by 8.30, or else at the top gondola station at 9:00am (or at the Yeti bar just across the piste from the gondola station if weather is bad).

Booking and more info: Please book using the form below. For more details and information on accommodation options please see midlandski.uk/FTW2016.pdf on the MSC website.



FAMILY/ADDITIONAL TRAINING WEEK - BOOKING FORM

To: Roger Crombleholme, 7, St. Modwena Way, Penkridge, Staffordshire ST19 5ST

Which week: **Family Training Week** - Pila, Italy - Mon 28-Dec-15 to Sat 02-Jan-16 **Y/N**

Additional Training Week - Pila, Italy - Mon 04-Jan-16 to Sat 09-Jan-16 **Y/N**

Names	Age	M/F	Coaching
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please detail on a separate sheet the skiing standard and experience of each named participant.

I enclose a cheque payable to **Midland Ski Club** for £140 per person per week, total: £ _____

I understand that I need to organise my own travel, accommodation, transport, equipment, appropriate travel, medical and skiing insurance for on-piste, off-piste and gate training.

Contact name: _____ Signed: _____

Address: _____

Phone & email: _____

WALKING WEEKEND 2-4 OCTOBER 2015

Diana Horth

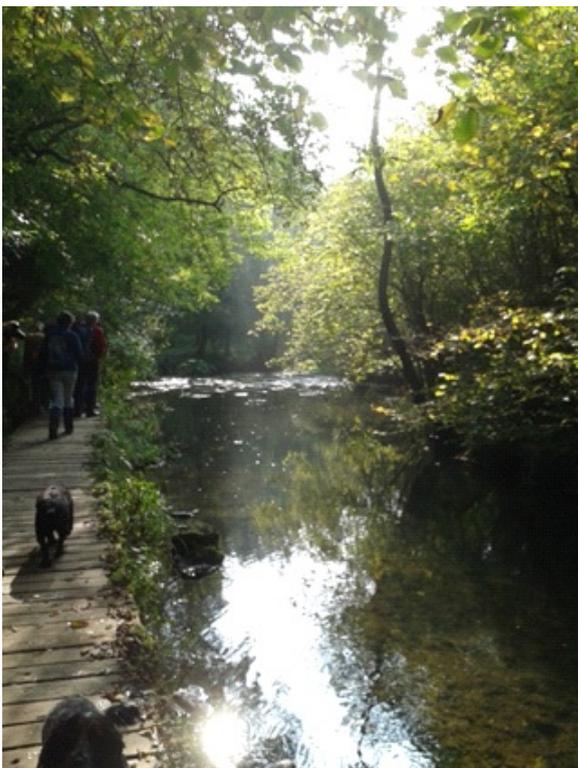
This year for our weekend of walking and dining we stayed at Hartington Hall YHA. It was extremely busy with several other large groups but it all seemed to work. The accommodation was reasonable and breakfasts were good. The weather was a bit foggy/overcast both mornings but cleared to provide sunny spells, especially Sunday almost shorts and t-shirt weather.

On the Friday night most of the party opted to eat at the Devonshire Arms in Hartington village and enjoyed a good meal with excellent service.



On Saturday Mike led a group for the long walk and took half the party while I opted for a much shorter 6 mile walking down Biggin Dale and was joined by the other half. When it came to turning back for Hartington along Wolfscote Dale we'd had such an easy time of the first half that most of us decided to go on following the River Dove, climbing out of Wolfscote Dale, doing a loop just short of Alstonefield and back down again.

We were standing admiring some belted Galloway cattle when Mike's group appeared heading our way which made for a



companionable walk back to Hartington and afternoon tea. Usually this weekend is self catered with a communal meal on Saturday. This year we thought we'd try YHA catering which was OK but because of the numbers of people at the hostel we had to go into dinner at 6pm and could not all be seated at the same table so the communal bit didn't happen. The meal was filling but nothing special, unlike our usual banquets. One plus of our early sitting was that as we came out a large group went in meaning we could grab their circle of seats in the lounge.

On Sunday we parked at Alsop-en-le-Dale on the Tissington Trail and walked as one group down into Dove Dale and up into Thorpe where we stopped for a prearranged coffee at The Peveril of the Peak HF hotel.. After this pleasant break we walked into Tissington and stopped for lunch/afternoon tea at a delightful cafe.

The owner was only too happy to shuffle tables around so that we could all sit together in the glorious sunshine.



After stuffing our faces it was an easy walk back along the trail.

The catered option at the YHA was worth giving a go but I'm guessing it will be back to the previous format of self catered bunkhouse/YH or a hotel environment for next year.

Any suggestions or ideas for a late summer / early autumn walking weekend would be most welcome.

Diary

Tuesdays @ 6.00pm: Young Racer Development Coaching

Tuesdays @ 6.00pm: Recreational 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

Coaching contacts:

Roger Crombleholme 07736 821147 Guy Hornsby 07768 253515

11th Dec: Winter Race League, Ackers. Also 8th Jan, 5th Feb.
Shaun Hemming - S.hemming494@btinternet.com

26th Dec-1st/2nd Jan: Family Coaching Week, Pila, Italy
Roger Crombleholme 07736 821147 **AVAILABLE**

3rd-9th Jan: Extra! Coaching Week, Pila, Italy
Roger Crombleholme 07736 821147 **AVAILABLE**

10th-17th Jan: Training Week, Pila, Italy
Bryan Arnott 07578 428864 **FULL**

26th Feb: MSC Club Championship, Ackers

27th Feb-5th Mar: Social Holiday, Courchevel, France
Diana Horth 07806 777049 **FULL**

28th Feb: Birmingham & S.Mids Schools Race, Ackers