

# MIDLAND SKI CLUB NEWS

FEBRUARY 2016

## Family Training Week in Pila

Andy Orzel

Between Christmas and New Year, a group of us took up the opportunity to reignite what has been traditionally known as the Midland Ski Club Family Training Week.

A group of 6 excited children and a few adults took to the slopes under the careful guidance of Roger. The children wanted to use the opportunity to learn more about the technical side of skiing to compliment their existing training which they do each week at Ackers, whilst the adults hoped for the best...

Joking aside, Roger offered much guidance and support to both children and adults to get the best out of everyone. Roger had us all doing various exercises, technical drills and allowed the children to give in to their speed demons.

He gave feedback in a number of ways (verbally, visually and through video analysis), which helped everyone make big improvements throughout the week.

It wasn't all just hard work though - most evenings were spent meeting up in Aosta to socialize and get to know one another better. New Year's Eve went by in a flash and after an entertaining Chinese meal we all went to celebrate the New Year in the main square. Some of us even had a boogie and a sing along.

All in all an excellent week, highly recommended and we are looking forward to next year...

The week built on the existing good coaching relationship we have with 'snow sure' Pila for the Early Winter Training Week. We are already looking to organise next season's trip hopefully with greater numbers attending.

What has been suggested for the next trip is that we travel out on Monday 26th Dec (Boxing Day) with coaching from Tuesday 27th Dec 2016 until Sunday 1st Jan (6 days) then travel back on Monday 2nd Jan 2017.

Having a good idea of the numbers of people who are likely to attend is very important and helps us greatly with planning and organisation, so if you are interested please contact Roger as soon as you can.

There is also the possibility of additional coaching the following week.

## Spring Socials

### March 23rd - Ski Mojo

Martin Hannaford of Ski Mojo will provide us with information, and a demonstration of their device to support knees and enhance skiing performance

### April 13th - Outdoor Jackets

What is what in waterproofing and breathability? Snow & Rock

**May 18th Beer - it's simple:** An expert's view on Brewing and Craft Beers. Our very own Steve Price, Industrial Fellow at The International Centre for Brewing Sciences at Nottingham University will talk us through the art (and science) of brewing, plus details of the creation of Craft Beers.

All evenings will be at Hollyfields Sports & Conference Centre, Woodacre Road, Erdington, Birmingham B24 0JT.

Please come from about 7.15 to socialise, there will be sandwiches provided with the presentations from 8pm.



# TRAINING WEEK 2016: PILA

Bryan Arnott

I must admit that around New Year I was fearful that our beloved Pila pistes would be verdant green but once again the snow gods have looked kindly upon us and given us a great Training week in Pila.

We arrived to fresh snowfalls and enjoyed the first two days skiing on piste in perfect powder conditions.

The slopes were in ideal condition throughout the week and we basically had the pistes to ourselves apart from a few Interski classes.

Our 5 instructors included newcomer Norman who had to replace Rob who was supporting Ollie on the racing circuit, with old hands Roger, Terry, Clem and the refurbished Bruce provided us with excellent tuition and feedback throughout the week.

Many thanks to them all for their hard work.

Our unique relationship with the Aosta Valley ski authorities gives us permission to coach our members in the valley for 15 days per season. This has been sought after for several years and is difficult to obtain in other regions of Italy and not allowed in France.

We also welcomed several new skiers to the week: Jane Mellor, Sue Marr, Ann Paget Manley, Dave Beech, Steve Price, Mike Madden, Paul Johnson, Rob Tredwell, Neil Bennett, Elaine Smithson, Jennifer Kirwan and Elaine Harte. Thank to all for being great company and skiing so impressively by the end of the week!

A special thanks to Paul Johnson for helping with Peter White's brief visit to hospital.

Our hotel, Chalet Des Alpes once again obliged with ski in ski out facilities and we were on the first lift in 10 minutes most mornings apart from the very first when countless skiers decided to play human dominos falling on the nursery slope traveller.

The food was excellent and the wine kept flowing so we were well sustained on all counts.

All participants should by now have received a feedback form and we appreciate your continued support and enthusiasm for the week.



## WANTED: Instructors & Coaches

Midland Ski Club is one of the most active, progressive and successful ski clubs in the UK on both artificial ski slopes and on snow. In order to maintain and improve our services we need to expand our pool of instructors and coaches.

Our coaching takes place mostly at Ackers Adventure in Birmingham and is for all ages: children, juniors, students and adults and for both racing and recreational skiing. Competitive rates of pay, great club atmosphere, broad coaching practices, young to old skiers, inexperienced to experienced skiers, racing and recreational skiing.

To work with us you need to be qualified either as a Level 2 instructor or coach.

If you are already qualified at this level then we can discuss opportunities to coach at MSC sessions on Tuesday, Thursday and Friday evenings. These are paid positions.

If you are currently qualified at Level 1 and want to work towards your Level 2, then we can offer hours shadowing our current coaches. There is no payment or charge for this, but we do ask for a commitment to working with the club once you qualify at Level 2.

If you are not yet qualified, then we can guide you through the process of getting qualified.

Assistance with costs for gaining qualifications may be available either from the MSC or from external bodies subject to application, depending on the applicant's existing and potential future contribution to the club.

For more information or to discuss possibilities, please contact Roger Crombleholme, MSC Head Coach at [coach@midlandski.org.uk](mailto:coach@midlandski.org.uk) or call 07736821147.

## MSC Club Championship Race

The Midland Ski Club Championship race will take place at Ackers on the evening of Friday 26<sup>th</sup> February. The race consists of 3 timed runs with the best time of the first two runs plus the 3<sup>rd</sup> run to count for medal positions. Medals will be awarded for 1st 2nd and 3rd places in male and female in the following categories:

U8, U10, U12, U14, U16, U18, U21, Senior, Masters (ages based 1<sup>st</sup> January 2016).

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

The cost of entry is free to club members, which includes satellite clubs, and entry to non-members is £5 per racer, including ski and boot hire if required.

Entries should be emailed to [richardnewbould@btinternet.com](mailto:richardnewbould@btinternet.com) and payment made by direct bank transfer to Midland Ski Club at sort code 089299 a/c number 65362479, or see Richard or another RSG member at the Ackers.

Please include in your entry email full name, membership number, club (if not MSC) and date of birth.

Bib issue will be at 6pm and then timing is consistent with the recent Winter Race League events at which many of you have participated. If you are not able to race on the 26<sup>th</sup> your assistance in helping on the evening is welcome there are many roles, including gate judging / helping in the catering tent etc. at which your participation will be very welcome. Please let Richard Newbould ([richardnewbould@btinternet.com](mailto:richardnewbould@btinternet.com)) know if you are able and willing to help and preferred activity (if any preference).

More details and a paper entry form are available at [midlandski.uk/racefiles/MS-Clamps-2016.pdf](http://midlandski.uk/racefiles/MS-Clamps-2016.pdf)

## Autumn Welsh Weekend

We have booked a Mid Wales weekend for 30 September - 2 October at the George Borrow Hotel, Ponterwyd, just 12 miles east of Aberystwyth. As well as hill walking in the Cambrian Mountains, it is a great location for exploring the Vale of Rheidol and the village of Devil's Bridge, famous for its 3 stacked bridges and the waterfalls, the narrow gauge steam railway between Devils Bridge and Aberystwyth, bird watching, the nearby red kite centre, and much more.

Mountain walks will be arranged on both days, and possibly a biking route.

The £87.00 price for the weekend includes bed and breakfast for two nights and a three course meal on the Saturday night. Rooms are all en suite. See [www.thegeorgeborrowhotel.co.uk](http://www.thegeorgeborrowhotel.co.uk)

The hotel bar and restaurant will be open on Friday night.

We have booked the whole hotel and places will be on a first come, first served basis - room types permitting.

Please email me [Diana.horth@ntlworld.com](mailto:Diana.horth@ntlworld.com) for any other information.

DEPOSIT FOR THE WEEKEND £27 PER PERSON

By direct transfer: You can make a direct transfer of £27 per person to the Midland Ski Club account at sort code 08-92-99 a/c 65362479; please reference it *Wales2016* and advise me that you have made the transfer at [Diana.horth@ntlworld.com](mailto:Diana.horth@ntlworld.com).

By cheque: Send a £27 deposit per person (cheques payable to *Midland Ski Club*, please write "*MSC Wales Weekend*" and your contact details - phone & email - on the back of the cheque) to Diana Horth 23 Lockside View, Rugeley WS15 1NJ

The balance of £60 will be due mid September.

## Winter Race League

The final race has now been completed for this years Winter Race League. The four race series proved a great success attracting 84 different skiers over the four races, 30 of which competed in all four races. The weather was extremely favourable over the winter apart from the high winds experienced at the top by our hardened Start Officials.

Full results are available at [midlandski.uk/raceresults](http://midlandski.uk/raceresults), but

Special mention to the top skiers from the Overall Male and Female competitions:

- Sam Dewison Top Male
- Ellie Jackson Top Female
- Jack Teague Top Boy
- Emilia Orzel Top Girl

Trophies for all the age groups and overall competitions will be handed out after half-term.

A big thanks to all those who helped in any capacity making the event a success and hopefully we will see you all again next year.

## Birmingham & S.Mids Schools Ski Race

This year's Birmingham and South Midlands Schools Ski Race will be held on Sunday 28th February 2016 at Ackers.

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 22nd February 2016.

Full details and entry form at [midlandski.uk/schoolsrace](http://midlandski.uk/schoolsrace)

## Snowmark Revalidation

We are pleased to announce that our Snowmark certification has been renewed. Snowmark is the snowsport-specific Clubmark quality accreditation which recognises those clubs which are committed to providing a high quality experience - similar to ISO9000 for those familiar with that.

Snowmark/Clubmark is important to the club as it gives us genuine credentials when negotiating with outside bodies as it demonstrates that club is well organised and run along effective lines.

Many thanks to Gerry Elgy for all her work in making this happen.



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!

## 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

**26th Feb: MSC Club Championship**, Ackers,  
[richardnewbould@btinternet.com](mailto:richardnewbould@btinternet.com)

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

**28th Feb: Birmingham & S.Mids Schools Race**, Ackers,  
[racecommunications@midlandski.org.uk](mailto:racecommunications@midlandski.org.uk)

**23rd Mar: Ski Mojo**, Hollyfields,  
Catherine Frankenburg 07739 460950

**13th April: Outdoor Jackets**, Hollyfields,  
Catherine Frankenburg 07739 460950

**18th May: Beer - it's simple**, Hollyfields,  
Catherine Frankenburg 07739 460950