

# MIDLAND SKI CLUB NEWS

MAY 2016

## ANNUAL GENERAL MEETING 8th June 7.30pm

The Annual General Meeting of Midland Ski Club will be held at Hollyfields Sports & Conference Centre, Woodacre Road, Erdington, Birmingham on Wednesday 8th June commencing at 7.30pm - see map below.

Nominations for club officers and the committee are invited and should be sent to [diana.horth@ntlworld.com](mailto:diana.horth@ntlworld.com) prior to the meeting or on the night. It is important that we have new people coming forward to help run the club to stop the club becoming stale and bringing in new ideas.

Apart from the usual business of approving the accounts and appointing the committee for next year, there are a few special attractions to entice you along:

- **Free Buffet**
- **Free Champagne Raffle**
- **Free Ski Mart** - bring your old gear along and sell it on the night
- **Free Beer!!** - But you must email [diana.horth@ntlworld.com](mailto:diana.horth@ntlworld.com) a week in advance to let us know you are coming.

## Your Club needs **YOU!**

The success of our club is due to a relatively few of the total membership, relying on a small number of volunteers as officers, committee and sub-committee members and officials together with a small group of instructors and coaches.

As of now and going forwards we need more members to step up to the plate and be ready to take on roles so as to maintain momentum in our club's offerings and success.

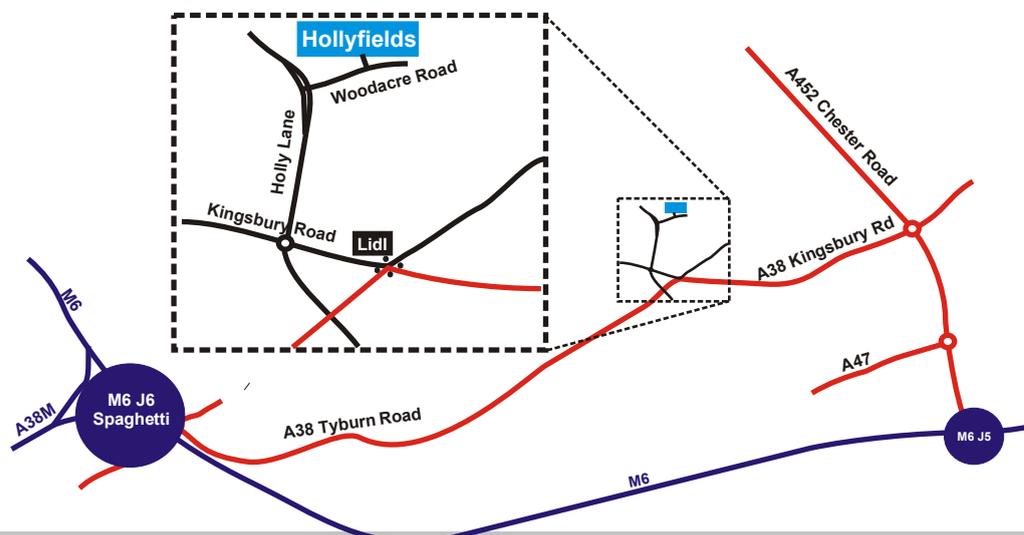
We need new volunteers to understudy certain roles and/or to train up to become instructors/coaches and race officials. We are particularly looking to parents of younger members who will be with us for a number of years to come.

In our last Newsletter Roger Crombleholme made a plea for existing or potential Level 1 and Level 2 instructors/coaches to contact him, we received not one response. We are critically short of such expertise to the extent that training sessions are running under staffed and we are unable to accept more schools under the satellite programme.

If you have any interest to help us, please contact one of the committee members who will talk you through the opportunities that exist. It is very rewarding and on observing young people really enjoying themselves and being successful gives me a buzz.

I will also be raising this at our upcoming AGM which this year is to be more of an event, so please come and join us.

*Bryan Thomas, Chair*



# Social Events

**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.

**August 17th:** 'Georgia and Armenia' - Colin Little (a Ski Club member of some years ago) will briefly cover the history of the region and then describe the tour of the area he did recently.

These 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

**July 1st** (Friday): Walk from the Green Man, Church Lane, Middleton, B78 2AN. Walk leaving from 7.15pm (this is near the M42)

The walk will take us through the countryside, and then past Middleton Hall (part mediaeval) and the RSPB bird sanctuary. We can book a table to eat at the pub afterwards, or just have a quiet drink. Contact Catherine on 0121 681 3611 or 07739 460950 so we can book a table.

# Situations Vacant

There are a number of roles in the club that need to be filled to help with the promotion or operation of the club. If you can help, please get in touch with anyone on the committee, or email [contactus@midlandski.org.uk](mailto:contactus@midlandski.org.uk)

**Social Media Contributors:** A number of roles to publicise the club's activities on social media, e.g. Facebook, Twitter. Ideally someone familiar with the technology and putting a positive view on happenings. Multiple contributors would be good, one from each of Racing, Nordic, Holiday and Social.

**Instructions and Coaches:** We want to beef up our coaching team! If you are an existing instructor or coach, or want help in becoming one, get in touch.

**Deputy Chairman:** We need a new deputy chair for the committee with the aim of taking over from the existing chairman in about a year's time.

# Colour or Black&White?

Are you reading this in **colour**? Or is it in boring Black & White?

If you got this newsletter by post, then you'll only be seeing B&W. Do you know you can get it in **colour** too via the MSC website? Go to [www.midlandski.uk/news](http://www.midlandski.uk/news) to download this and previous newsletters in glorious **colour**.

If you'd like to receive an email notification when newsletters are published, then send a short email to the address on the front of 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 contact:*

Roger Crombleholme 07736 821147

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

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

**14th May: Summer Race League**, Stoke (also 18th Jun, 16th Jul)

**14th May: Summer Race League**, Gloucester (also 18th Jun, 16th Jul, 20th Aug, 17th Sep, 8th Oct)  
Gerry Elgy, 01527 544858

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

**8th June: ANNUAL GENERAL MEETING**, Hollyfields  
Diana Horth, 01889 800706

**1st Jul: Summer Walk** Middleton, Catherine Frankenburg 07739 460950

**17th Aug: Georgia & Armenia**, Hollyfields, Catherine Frankenburg 07739 460950

**30th Sep-2nd Oct: Welsh Walking Weekend**, Aberystwyth, Diana Horth, 01889 800706 **FULL**

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 2016/17

Following on from the success of last year's Family Training we are planning to run another next season.

The Family Training Week trains both children and parents alongside each other based on ability with approximately 70% of time focussing on children/juniors training. In this arrangement parents may possibly end up not skiing with their own children but possibly with other children from other families. Thus adults act as temporary guardians if there is a problem on the mountain - this may mean staying with a child/junior from their group in a restaurant until their parents caught up with them or escorting them to another location where they could meet up and so on.

This has worked really well in the past and helped form a very close-knit community in the club whilst providing an excellent uninterrupted training environment for all children/juniors. As it turned out last year, due to numbers going, everyone was in the same group.

There is no fixed ratio between children/juniors and adults, in the past we have had all adult groups.

Building on last year's successes we intend to run the Family Training Week in Pila involving coaches from the club. The advantage is that our coaches have been ratified to coach in the resort as a result of previous negotiations. This means MSC could provide coaching for three weeks starting with possibly the:

- Family Training Week Tuesday 27th December 2016 to Tuesday 3rd January 2017, (6 days coaching Wed 28th to Tue 2nd)

- Option for additional / alternative coaching days Tuesday 3rd January 2017 to 7th January 2016, (4 days coaching Wed 4th to Sat 7th)

- and culminating with the normal January Training Week Sunday 8th to Sunday 15th January 2016.

**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 4 years for the Early Winter Training Week.

There is a direct ski gondola from Aosta to the resort of Pila extending accommodation options from Pila down in to the town.

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 Days.

The Family Training Week will be based on organising yourself to get out there, accommodation, travel, insurance, equipment, lift passes etc. This worked out well last year with most of us staying in the town of Aosta and meeting up at either top or bottom of the gondola.

**Coaching:** Coaching cost is approx. £140 per person per week. The coaching period is Wednesday 28th December 2016 and Tuesday 2nd January 2017, with further options from Wednesday 3rd January 2017.

Coaching on the Family Training Week (unless the group decides otherwise) will be mainly aimed at the children whilst still coaching adults and parents.

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).

Please book using the form below. For more details and information on accommodation options please see [midlandski.uk/FTW2016.pdf](http://midlandski.uk/FTW2016.pdf).

## FAMILY/ADDITIONAL TRAINING WEEK - BOOKING FORM

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

Which week: **Family Training Week** - Pila, Italy - Tue 27-Dec-16 to Tue 03-Jan-17 **Y/N**

**Additional Training Days**- Pila, Italy - Tue 03-Jan-17 to Sat 07-Jan-17 **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: \_\_\_\_\_

# CLUB HOLIDAY LA PLAGNE 5th-12th MARCH 2017

For the 2017 Club holiday we will be staying at the Mark Warner Chalet Hotel Christina in Plagne Central. The hotel is ski in/out and is right on the door step of the Becoin, Colorado and Bergerie lifts as well as the Grande Rochette Bubble. You can find details in the Mark Warner brochure or on their website

<http://www.markwarner.co.uk/ski-holidays/france/la-plagne/chalet-hotel-christina>

The Chalet hotel has a spacious restaurant and lounge. Full English breakfast, afternoon tea and a three course dinner with complimentary wine are all served here, and throughout the day there is tea, coffee and hot chocolate available at anytime.

We have 2 double rooms and 16 twins, all en-suite.



Flights are from Birmingham to Grenoble and provisional times are:

Sunday 5 March depart Birmingham at 08.00 to arrive Grenoble at 10.45

Sunday 12 March depart Grenoble 11.55 to arrive Birmingham at 12.50

\*\*\*If you would like to fly from **Manchester or Gatwick** please let me know as soon as you can.

The base cost of the holiday is £656. The deposit is £125 per person. Final balance will be due at the end of November. Ski carriage is £30

The current cost of Paradiski Unlimited lift passes is Adult £218 and Senior £172. These give you access to Les Arcs and Vallandry. For those who would prefer to stay in La Plagne, the local pass is cheaper. Please get in touch for details or click on the 'lift passes' tab on the above web page.

Prices may go up or down so I have held off passes at this year's prices. Over 72s will pay approx £8 and will be sorted out in resort.

Ski hire prices have yet to be set but you can expect to pay £85 for top rated skis and about £50 for economy. Boots are usually about £35 and helmets £18.

If you have not joined a club holiday before now please be reassured that we do all we can to make sure you are included, that you have a group to ski with and that you're not left alone wondering who to talk to. There's sometimes a drinks party before the evening meal, and generally as much après ski as you can cope with.

You can also book online at [midlandski.uk/ebooking](http://midlandski.uk/ebooking)

## Club Holiday - La Plagne 5th-12th March 2017

**To:** Diana Horth, 23 Lockside View, Rugeley, Staffs WS15 1NJ 01889 800706 or 07806 777049

Please reserve \_\_\_\_\_ places on the Club Holiday to La Plagne. I enclose a cheque payable to Midland Ski Club of £125 per person as a NON-REFUNDABLE deposit and I undertake to pay the balance of the cost at the end of November. Or you can pay by direct transfer to the Midland Ski Club account at sort code 08-92-99 a/c 65362479; please reference it Club Holiday 2017 and advise me that you have made the transfer.

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? £30 yes/no number of ski bags \_\_\_\_\_

Do you wish to hire skis?: Excellence Performance Evolution Economy

Please contact me if you require boot hire.

Special Dietary needs \_\_\_\_\_

# Training Week 2017: Pila, Italy

For the 2017 Training Week we are returning to Pila in the Aosta Valley from 8th to 15th January. We will be travelling with Crystal Ski, flying from Birmingham and staying once again in the Hotel Chalet des Alpes <http://www.crystalski.co.uk/ski resort/italy-ski-holidays/pila/hotel-chalet-des-alpes/>

Flying times are departing Birmingham 0720 by Thomson Airways to Turin arriving 1020.

Return departs at 1130 arriving Birmingham 1240.

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 8 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 is £860 (less that last year). It includes flights from Birmingham, transfers, half-board in the hotel, coaching, tourist tax 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 which is £50 for basic, £70 for intermediate or £80 for advanced skis.

Also insurance is NOT included and you **must arrange your own insurance** and supply details before you travel.

To join us please complete the booking form below and return it with a non-refundable deposit of £175. 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 07578 428864 or [bryanarnott@gmail.com](mailto:bryanarnott@gmail.com)

You can also book online at [midlandski.uk/ebooking](http://midlandski.uk/ebooking)

## TRAINING WEEK - PILA - 8th-15th January 2017

**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 of £175 per person as a NON-REFUNDABLE deposit and I undertake to pay the balance of the cost by **8<sup>th</sup> October 2016**.

I understand that the cost includes £140 for the coaching and this may 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?: 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 \_\_\_\_\_

# WINTER 2016 ALPINE RACING REPORT

This winter we had more MSC members racing across the Alps than ever before.

The first racers of winter were the Anglo-Scottish Championships in Les Houches, France, where Ollie Weeks and Tom Jinks raced in U16s Slalom and Giant Slalom races on the famous "Kandahar" downhill piste in some pretty soggy conditions the giant Tartiflette provided at finish was much appreciated. Toby Weeks also raced in the U10s slalom on the "Planards" piste overlooking the centre of Chamonix town.

Focus then moved to Austria, where Maxine Hancock raced in the Scottish FIS races at Reiteralp, and Jack Upton and Kieran Wooley did the Ambition Championships in Leogang.

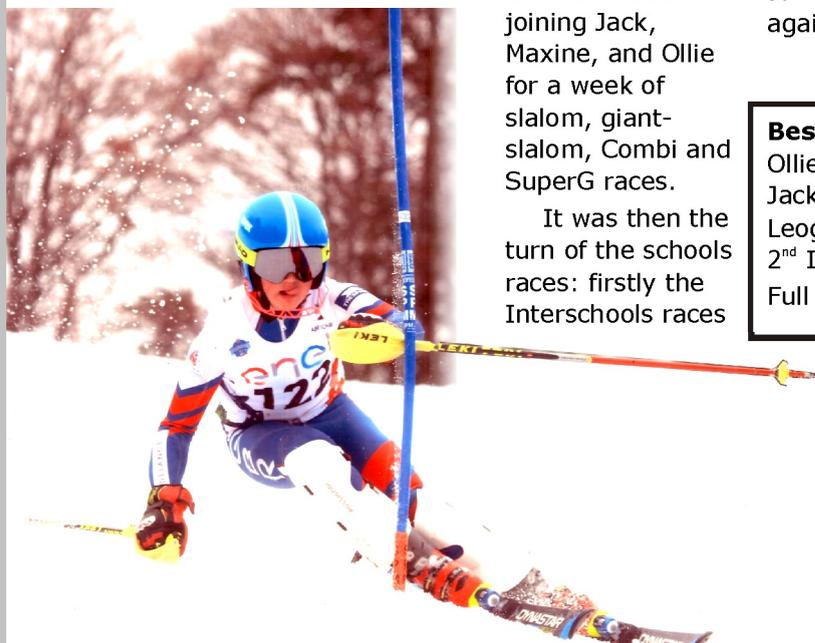


And then onto Champéry, Switzerland for the Welsh races Maxine in the FIS GS and SL, Jack in the U12s SL and GS, and Ellie Jackson and Ollie in the U14/16s races.

So to February half term, where Ollie raced for GB in the FIS International Youth races in Kranska Gora, Slovenia before heading for Bormio Italy, for the English Championships. These saw the biggest MSC turnout with Amber Fennell, Emilia Orzel, Ella Giles, Tom Upton

and Tom Jinks joining Jack, Maxine, and Ollie for a week of slalom, giant-slalom, Combi and SuperG races.

It was then the turn of the schools races: firstly the Interschools races



back in Les Houches, which saw Alex Home, John Gallagher, Ella, Tom Lawrence, Tom J, Dan Giles, Alex Johnson, George Daly and James Shakeshaft all competing in slalom and GS. Then Alex, John, Ella, Tom L, Tom J, Dan, Alex and George were joined by John Jennings and moved onto Aiglon College in Villars, Switzerland for another SL and GS.

A quick weekend in Scotland saw Emilia and Adam Orzel racing in the Scottish Bairns Bucket Combi race unfortunately due to the typically Scottish changing weather the Saturday race was cancelled.

The final races of the winter season took place in Tignes, France the British Championships. These saw Emilia, Jack, Ollie, Tom U, and Tom J racing in two GSs, one SL, one SuperG, and a speed combi (GS/SG cross).



At the last moment, Ollie was called up for GB duty again and went to Tuscany in Italy to race in another FIS International Youth race the international leg of the Italian *Pinocchio sugli Sci* series in Abetone.

Congratulations to all those who raced snow racing is a big step up from artificial slopes: the pistes are much more varied, courses much longer, weather more challenging, ruts much deeper and speeds much higher. Now you have experienced it, train hard over the summer and autumn and look forward to doing it all again next year.

## Best results:

Ollie Weeks, 4<sup>th</sup>, Anglo-Scottish SL, Les Houches, France  
Jack Upton, 2<sup>nd</sup> & 2<sup>nd</sup> Ambition GSs; 2<sup>nd</sup> Ambition SL,  
Leogang, Austria; 1<sup>st</sup> Welsh GS & SL; 1<sup>st</sup> Interschools GS;  
2<sup>nd</sup> Interschools SL.

Full results on [midlandski.uk/raceresults](http://midlandski.uk/raceresults).

# NORDIC SEASON ROUNDUP

Anne Ford

It was a disappointing season for snow as far as cross-country skiers were concerned. Early snow gave us hope for a great season but warm temperatures soon put paid to that, and many of us were skiing on machine made snow. Whilst this was technically fine, it was not aesthetically pleasing to be skiing on a white stripe though green fields.

I was in Dobbiacco/Toblach for Christmas and New Year and the snowmakers were working through the night to lay down snow for the high season holiday-makers. It helps that Dobbiacco is the resort for the famous 'Tour de ski'; a stage race with classic and skate races over different distances in January culminating a final stage of the race including a steep climb up [Alpe Cermis](#), with a height difference of 425 meters. This last stage is held in a [pursuit](#) format, with competitors starting with the gaps they have in the overall classification, so the first skier to reach the top is the overall winner.

This, incidentally is the race where British skiers Andrews Young and Musgrave have excelled with 'Muzzy' posting the fastest time in one of the stages. As with the Tour de France just finishing is a major achievement

Rachael and John, regular roller skiers at Tudor grange, went to Oslo for their first on snow ski experience. Although conditions were icy and a bit sparse they managed to ski for 4 days completing 20km concentrating mostly on technique. They enlisted the help of a local ski coach and were able to enjoy a week on snow, improve technique and get even more addicted to the sport. Staying in the city they commuted by metro to the snow at Holmenkolem, now that's the sort of commute I could enjoy

I then moved to Ramsau, but snow here was disappointing. Dan and Ruth decided to cancel after looking on webcams but I managed to ski every day with lots of repetition over the same crowded snow tracks. I gave up and went alpine! (Schladming, Dachstein, etc, etc)

Font Romeu in the Pyrenees was no better with limited snow despite being at an altitude of 2000m. This is a high altitude training centre with athletes coming from all over the world to train here. It was a little strange to pass a Kenyan distance runner in our mini-bus ride to the tracks, only 7km down the road to be passed by her still running as though out for a Sunday morning jog. She was actually on her regular 25km training run according to our driver, Claude, and she was moving! She may have been in the London marathon this weekend. My groups skied every day but we had to repeat routes and be inventive with coaching to get the best out of the conditions.

February in Ruhpolding found Shane racing for his TA regiment. Last year he was in the novice race but this year was his first 'serious' race. His colleagues were impressed with his improved technique (and times) and he eventually 'came clean' and admitted he had been roller skiing in the previous months. In May he will be back to novice for the roller race in Hayes, along with Rachael, and I'm sure they will do well.

Back to Ramsau for me, this time with John and Mary, and some more skating on good quality snow. We didn't cover many miles but we had fun on fast skate skis.

Rachel and John had another week in Norway in April this time in AI, with much better snow conditions, cooler temperatures and sunny skies. This time they concentrated on skate technique and covered almost 30km in 4 days

Steve G began the season with a bright and sunny week of telemarking in Tignes where he found good piste conditions but off piste too thin. He reports:

## Traverse of the Jura - guided group

Jan 2016 - Planned to do the classic (nordic) ski traverse of the Jura from France (Les Rousses) into Switzerland. Had a good week preparing at Lech in Austria on track. The conditions in the Jura, however, were probably the worst that I have skied in - in terms of the lack of snow and condition of the tracks. The weather was very mild and for the first few days, cloudy with rain - some heavy. Tracks which were not great to start with, got worse - washed out in places. The drives to and from the various ski locations were along green valleys devoid of snow.

The 'traverse' of the Jura as such did not happen - instead with our guide's local knowledge, contacts, and resourcefulness, and accommodation changes, we skied stretches along the route that enabled us to ski for whole days on snow and tracks! It proved to be a different 'adventure' to the one planned, but at the end of the week we were rewarded with fresh snow and spectacular views of the Alps across a misty Lake Geneva.

## Norway- Feb 2016 - Veanabu & Beitostolen

Veanabu - Skied here last year for the first time - good system of tracks for classic and some skate. Off track options. Nice location with access to surrounding hills for longer excursions - views towards the Rondane national park. Good snow and tracks weather mostly good.

Beitostolen - First time here for me. Located west of Lillehammer on the edge of the Joutunheim. Extensive track system classic and skate with quite a variety in terms of terrain, forests and lakes as well as higher more alpine areas. Has a biathlon centre with tracks for classic and skate. Tracks out towards the Jotunheim have a more alpine feel in terms of the scenery. Also has a small alpine lift system. One of my days out coincided with a race in the international dog sled race schedule - managed to avoid being run down or bitten!

Ron spent some time in Finland where he enjoyed very good quality tracks. Finland is noted for wide tracks which are great for skating.

Fern is back to form and qualified for the British senior team under 23 worlds in Utah in 2017 and is in the frame for Lahti, Finland. Hopefully there will be more good news from cross-country world in 2017

For us it is back to roller skiing at Tudor grange with the occasional race at Hayes thrown in to keep us fit

# RACER? READ THIS!

## TIGNES APARTMENTS FOR SALE ~1/2 price

**IMPORTANT.** If you are planning on racing this summer season the new helmet rules will be enforced.

What is new is that helmets must be used without alteration or modification **as certified by the manufacturer** and following the manufacturer's instructions. This means that nothing can be affixed to the surface of the helmet: no camera mounts, no stickers, and so on.

The full rules are available on Britski, but the key points are as follows:

- Helmets are compulsory for all British calendar events and in all disciplines.
- Conformity to the rules may be checked at any event, and the lack of an approved helmet, or having a modified helmet, is grounds for refusal to allow a competitor to race.
- Spoilers, visors or protruding edges are not permitted. Add-on items such as camera mounts stuck onto the surface of the helmet are not permitted.
- Hard shell must cover head and ears, except for slalom in which soft protection over the ears is allowed.
- Must be labelled as meeting appropriate standards (EN 1077, CEE 1077, US 2040, or other standards as defined in FIS Equipment rules) and marked as intended for Alpine skiing.
- A badly-fitting or over-large helmet may significantly reduce the level of protection provided, and may even add to the hazard or contribute to injury.
- A helmet's level of protection will be significantly reduced if it is not fitted correctly; this includes the use of a beanie or head band worn under the helmet that may alter the fit of the helmet and therefore reduce its effectiveness.
- A helmet is a vital piece of your competition equipment and should be properly looked after; dropping a helmet on a hard surface can significantly reduce the level of protection it would provide in the event of a fall.
- Any modification of a helmet, including the application of camera mounts, simple stickers or other decoration, is liable to reduce the effectiveness of the helmet as the adhesives can weaken the shell material. Any such modification (unless carried out in the factory as part of the original manufacture) may also invalidate the helmet from the point of view of any insurance cover.

If you have any doubt as to the suitability of your helmet for competition, speak to your coach.

For many years MSC members have been to Tignes in December for early season low cost skiing. Conditions as this last winter (Dec 15) have generally been superb allowing us to explore the whole Espace Killy covering both Tignes and Val d'Isere - without queuing! On the few occasions when snow conditions have been less than perfect we have enjoyed the extensive skiing on the Grande Motte in this high altitude resort. In recent years we have made use of a friendly group, Ski-Mad, run by Elizabeth and Nigel Harrison who arrange flights, transfers and use of the excellent Interresidences apartments, ideally located in the Val Claret part of Tignes. Ski-Mad was originally founded by Ian Davies who acquired a number of time-share apartments, and is now selling some of these at very attractive prices. There are smaller and larger studio apartments for the first 2 weeks in December, including the Ski-Mad week (week 2) though there are other MSC members there in week 1 also. So if anyone makes a purchase, and didn't need it in any particular year, they could potentially release it to Ski-Mad or use it for friends, even let it on e-Bay!

Details of resort; <http://www.skiresort.info/ski-resort/espace-killy-val-diseretignes/> Views of apartments <https://multivacances.groupepvcp.com/gb-en/search/index/page/2> and click on any of the photos to access an 18-long string of detailed photos

For further details, please contact Ian Davies on [iandavies@manx.net](mailto:iandavies@manx.net); 01624 882332 (home and answerphone); 07624 331853 (mob).

PS Also one larger apartment for first 2 weeks in July. Combine skiing with loads of other activities in this wonderful area of the High Alps.

## SKI CARRIERS FOR SALE

Ideal for anyone doing any of the summer races, GSRL, etc or regular visits to Ackers. For more details contact Jeff 07958967709 [jeffski@blueyonder.co.uk](mailto:jeffski@blueyonder.co.uk)

### Thule Snowpro 746



40cm loading width (total width, 57.5cm)  
Wide rubber protectors  
Locks the skis to carrier  
The ski carrier can be locked to the roof bars  
Holds up to 4 x skis.  
Complete with 2 keys.  
Can fit to Aero bars using T-Track adapter 888

### Fapa PRIMO magnetic ski carrier



Fapa's roof mounting ski carriers are magnetic, which makes them ideal for short trips in cars without roof bars  
Carries 2 pairs of skis (alpine, carving or cross-country)  
Locks the skis to the carrier  
Locks the carrier to the roof.  
When the skis are in place the trap door covering the release mechanism cannot be lifted.  
Not suitable for cars with glass