

MIDLAND SKI CLUB NEWS

AUGUST 2016

Summer Coaching at Ackers

This summer we will be running training days at Ackers during the school holidays. These are open to all members.

Confirmed dates are: Fridays **12th & 19th August**, Monday **15th & 22nd August**. Depending on demand, additional sessions may run on 5th, 8th and/or 26th August.

Each day will start at 10am and finish around 5pm. You need to bring refreshments (drinks especially) and lunch each day.

Each session will cost £20 per member to use the Ackers for the period above plus the normal Midland Ski Club £15 coaching fee.

The sessions will follow previous models that we have used in the past:

- local at the Ackers
- very desirable for children/juniors whilst on school holidays
- make good use of valuable session times.

The sessions can also be seen as a useful way of building up to or as an addition to any week long training camps you may be booked on.

The coaching will involve Agility Training, Race Training, Video Analysis etc. Agility training helps you to gain better control over your body, improving agility, stability, balance, fitness, power and strength, leading to better control, better dynamic balancing, better movement co-ordination - bring your trainers etc. you will need them!

Coaches will be Roger and others (depending on attendance numbers).

Content will be dependent upon attendees abilities and numbers.

LET Roger KNOW A.S.A.P.: coach@midlandski.org.uk as we need to know well in advance which ones you are going to attend, this is so that we can bring in extra coaches if required.

Tuesdays, Thursday and Friday sessions will continue as normal except the Friday session may start a little earlier at 6:30 or 7:00 giving a longer session with a break, better value and offering greater improvement opportunities.

Note that **Friday 19th August** has been reserved for a duals slalom training and selection evening ahead of the Inter-Club Championships which are on the Sunday of the of the All England Champs at Gloucester weekend 3/4th September.

Social Events

August 17th: Georgia and Armenia - Colin Little on his travels through Georgia and Armenia, and some of the historical background. Colin was a member of the MSC some years ago, and he is a still keen hillwalker.

Sept 21st: Italy Top to Toe - a cycle tour of Italy. Peter & Jill Seamen

Oct 12th: What's new for this winter season? James from Snow & Rock

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

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

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

19th Aug: Inter-Club Team selection, Ackers 6.30pm

Roger Crombleholme 07736 821147

20th Aug: Summer Race League, Gloucester (also 17th Sep, 8th Oct)

Gerry Elgy, 01527 544858

21st Sept: Italy Top to Toe, Hollyfields, Catherine Frankenburg 07739 460950

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

12th Oct: What's new for Winter?, Hollyfields, Catherine Frankenburg 07739 460950

6th Nov: Chill Factor® Training Day
Bryan Arnott 07578 428864

SnowWorld Landgraaf

In the early hours of Friday 29th July an intrepid group of 32 MSC skiers and 1 dog set out on their long journeys to that famed mountainous region know as The Netherland, where on the black slag heaps of long spent industries a mighty white mountain had arisen which was named SnowWorld Landgraaf - the largest indoor ski slope in the world with a 520 meter slope that can host FIS level races.

After a journey of many hours across seas and on roads the group arrived at base camp for a de-brief, a bite to eat and prepared for the first training session on the mighty white mountain. After a prolonged period grappling with 40 poles and various drills a course was set. The skiers were supported by an increasingly merry support crew watching from the warmth of the bar that overlooked the slope as they trained late into the night and everyone wondered at the stamina of Roger.



Saturday and Sunday were not for the faint hearted. 4 hour skills and gate sessions in the morning were followed by 3 hour skills and gate sessions in the afternoon and then the evening consisted of either sharpening and waxing or a further skills session on the slope. Despite the long training hours a few drinks at the bar were also enjoyed.

The timed session on Sunday afternoon saw all the skiers pushing themselves to the limit to get increasingly faster times down an increasingly rutted course. Our fastest club racer was Ellie Jackson with some amazing runs and a time that was only fractions of a second slower than an older, male GBR squad member.

Despite the fatigue the ski racers were up early again on Monday morning for a final 2 hour skills and gate session before the long journey home.

What a great few days. A big thank you to coaches Roger Crombleholme and Ollie Eaton and their able assistants James Elgy and Neil Jackson. Also thanks must go to Gerry Elgy for the vast number of administrative hours she put in to make this all happen. I'm certain we will all be returning next year!

Sally Giles



MSC-Branded Clothing

A range of recreational Midland Ski Club clothing is now available to order online. All items are embroidered with the Midland Ski Club logo. Most items available in small child sizes, right up to adult XXXL:

*Polo shirts -Hoodies- T-shirts - Fleeces
Reversible shelled fleeces - Sweatshirts*

Other items and colours can be made available - please ask.

The online shop can be found at <http://www.tesco.com/direct/midland-ski-club/10160.school>

Delivery is £3 per order, or free if you are a Tesco Delivery Saver customer. You'll earn Tesco Clubcard points, and 5% of whatever you spend comes back to the club.

Xscape Indoor Training

Richard Breeze, Telford coach, is running indoor training at Castleford Xscape every other week until Oct/Nov. Sessions are from 7am to 9am and cost £35 slope fee plus £10 for training. Phone 07973 493743 for more details and to let Richard know you are coming - 72hrs notice please.

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MSC AGM - 8th June

Time flies by, it is some seven weeks ago and for those who attended our AGM, they were lucky enough to enjoy free food and a free drink. The number attending was very disappointing in spite of the committee's best efforts to attract and encourage more attendees. There is never a right time for such occasions, but it does give us the opportunity to review the passing year and officially thank those who continue to step forward and ensure the ongoing success of Midland Ski Club.

We received no new nominations for club officers or other committee members and we will continue to rely on a main committee whose composition is unchanged. We thank them for sticking with us and their outstanding contributions throughout the year. But new faces really would be most welcome, to have their new energy and ideas to keep the club alive and thriving.

2015/16 was a good year for us from all points of view, social, holidays, club nights and events, both home and away. Finances are fine, we have made an adjustment to the junior membership to include a non-skiing responsible adult and all other fees, membership and slope, will stay the same.

We are anxious to see the completion of the new building at the bottom of the slope now scheduled for the end of the year and for Ackers to announce their plans to promote this new facility. We will be pressing for further development relating to the slope itself in terms of length, width and condition.

Snowsport England, our National Governing Body is now very busy preparing our bid for grant money covering 2017-2021 based on their new and revised strategy. Apart from supporting our core business, greater focus is on getting the inactive active, underprivileged groups, young people and girls. 25% of the total grant funding, some £1 billion to all sports, will be directed towards getting the inactive active, this crossing over all the areas of funding, aimed at improving the health of the nation.

My sincere thanks go to both our Main Committee and the Race Steering Group.

Bryan Thomas, Chair

Level 1 Instructor Course

A Level 1 Ski Instructon Foundation Course will be held locally at the Ackers over the weekend of 22nd to 23 October 2016. The cost will be £170 per person, this is already cheaper than normal but with support from the club may be further reduced for existing Midland Ski Club members. How much and under what terms will be dependent on what is agreed at a committee level.

This course fee includes: SSE Membership (SSE will do the whole of next year's membership), Tutor fees, Slope fees and Admin fees.

The minimum age for attendance on this course is 16.

Full information on the course is available at <http://www.uksnowsports.co.uk/coursesDisplay.asp?jobID=802>

To firm up the go ahead for the course and to enable us to progress further we now need your absolute commitment to attend.

Please let Roger know you are attending. Formal booking is by phoning the Snowsport England office on 01509 232323.

Pre-season Chill Factor^e Training



**CHILL
FACTOR^e**

We are inviting all members to start the 2017 winter season with an on-snow coaching session at the Chill Factor^e, Manchester on Sunday November 6th. This session is open to all members and is a golden opportunity for any Training Week and Family Holiday week participants to meet with instructors and discuss their goals and objectives.

Cost of the day is £47 including slope fee, coaching, and equipment hire if needed. Meet at 9.30am ready for at 10am start on the snow.

There will be two coaching sessions from 10 to 12 and then after lunch from 1 to 3pm. There will be further opportunities to free ski later.

Chill Factor^e is considered best of the UK indoor slopes, with a long wide slope and a separate beginners slope.

Chill Factor^e is just off M60 J10 - head up the M6 to J21a, turn off onto the M62 towards Manchester, and then when you get to the M60 head south for and as you go over the bridge you'll see it off to the left: leave at the next junction and keep turning left until you arrive.

Note that **IT IS COLD** inside: so make sure you have your thermals and winter outdoor gear with you, although you can hire clothing at an extra charge. Book using the form below.



Cfe Training Day Booking

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

Please can I book ___ places on the Chill Factor training day on 6th November.

I enclose a cheque payable to **Midland Ski Club** for £47 per person, total: £ _____

Contact name: _____

Phone & email: _____

Attendees: _____

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

We can now confirm that the Family Training Week is now definitely on for 2016/17. I have booked accommodation in Aosta town 1km from the gondola to Pila and we have already got three/four families committed to going.

Just to clarify you can book any coaching time period between 28th December 2016 and 7th January 2017 inclusively depending on your circumstances. MSC coaching price is currently £140 for 6 days any more or less will be charged on a pro-rata basis. Also just a reminder that this is an organise yourself trip. The date periods below are only examples.

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.

FAMILY/ADDITIONAL TRAINING WEEK - BOOKING FORM

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

Which dates do you want coaching?

Start date _____ End date: _____

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

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/skiresort/s/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

You can also book online at 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 **8th 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 _____