

MIDLAND SKI CLUB NEWS

MAY 2017

Dave Ryding at Kingsley School

Three years ago, Kingsley School in Leamington Spa partnered with MSC and became a "satellite club". Satellite clubs is a national initiative aimed at getting more people skiing, and it has certainly done that: Kingsley now have an active race squad as well as an increasing number of recreational skiers.

England's top slalom skier, Dave Ryding visited the school during the recent National Schools Snowsport Week to see how they were getting on.



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

31st May: Birds in India

Hollyfields, Erdington

Catherine Frankenburg 0121 681 3611

16th June: Middleton RSPBB Lakes Walk

Middleton, Catherine Frankenburg 0121 681 3611

20th May: Summer Race League

Gloucester (also 3rd Jun, 15th Jul, 19th Aug, 16th Sep, 14th Oct)

Stuart James swjames@live.co.uk

13th-15th Oct: Derbyshire Walking Weekend
Mike Thomas

ANNUAL GENERAL MEETING

The MSC Annual General Meeting was held on 26th April.

Bryan Thomas stepped down as chair. Many thanks to Bryan for his contribution to the club over the years. The club officers for 2017-18 are:

Chair: Gerry Elgy

Secretary: Diana Horth

Treasurer: Bryan Arnott

John Elgy has taken over from Gerry as membership secretary.

Membership fee for 2017-2018 will rise by £1 for single memberships and by £2 for family members

Landgraaf - Summer 2017

Roger Crombleholme

Many members have expressed interest in training in Landgraaf this summer. Now I need you to pay and book on to your course as soon as possible so that we can pay the 75% deposit required to confirm rooms and race lanes that are currently only provisionally booked.

To confirm your booking please let Gerry gerry@elgy.org.uk and myself roger@wiredforideas.com know together with details of which package(s) you are selecting, who is going, who is doing what, what type of room you want and how you have paid.

Direct transfer to MSC's bank is preferred: Account name: Midland Ski Club, Bank: Co-operative, Sort code: 08-92-99, A/c no: 65362479 or send a cheque payable to Midland Ski Club.

This year we are offering two packages that can either be taken separately or added together. Places will be limited to 15 racers only to ensure the highest quality of coaching and feedback. Booking is strictly on a first come first served basis.

Package 1 – 24th to 28th July 2017
Monday (late PM), Tuesday, Wednesday & Thursday (All Day) and Friday (AM).

Options:

1. Race Training (Gates Only): Estimated cost £565.
2. Recreational Skiing: Estimated cost £410. Optional coaching available: let me know if you are interested.

Package 2 – 28th -31st July 2017

Friday (late PM), Saturday & Sunday (All Day), and Monday (AM)

We will team up again with Western Counties and Avon over the weekend so that all clubs benefit from increased numbers, better group management and flexibility and working adults only need to have 2 days annual leave.

Options

1. Race Training (Gates & Stubbies): Estimated cost £430 per person.
2. Recreational Skiing: Estimated cost £310. Optional coaching available: let me know if you are interested..

In general

Costs are based on comfort room for two. There is a possibility to upgrade your accommodation please speak to Gerry about this. Our full package includes:

- Room bookings in the SnowWorld Hotel (which is an integral part of the whole complex including the snow slopes)
- Full board meals (breakfast, lunch and dinner – good variety and quality)
- Full day ski passes for the period
- 8 or 6 x 2 hour sessions of slalom pole training / fitness work (including gate hire costs)
- Technique training sessions on the main public snow slope
- Video feedback
- Timed runs (only available on Extended Weekend Package) using Avon's electronic timing equipment
- usually about 3 runs in 3 of our pole sessions
- Access to the SnowWorld HealthClub
- Coaching costs

The only extras should be transport costs from UK to Landgraaf and return (estimated at £75-85

per person via Dover-Calais car ferry) and any personal expenditure such as beer or buying new ski kit bargains from the SnowWorld shop.

The typical itinerary is as follows (may be subject to change):

Day 1:

Travel out to Landgraaf by car, Arrive late afternoon have check-in, meet up, have meal and general briefing.

Evening warm up, recreational session followed by 2 hour gate session using stubbies in private lanes. Sleep.

Mid course days:

Breakfast, meet up and briefing, warm up. 2 hour gate session using stubbies / gates in private lanes
Rest, food, drink break video feedback & session on recreational area, Fitness work, 2 hour gate session using stubbies / gates in private lanes

Evening meal and general briefing, recreational session. Sleep

Last day:

Breakfast, meet up and briefing, 2 hour gate session using stubbies / gates in private lanes

Rest, food, drink break video feedback & recreational session

Final debriefing and any course feedback then travel back to UK

It is proposed take at least two coaches, take our own radios, hire the gates and drill, bits

You will need to have travel insurance that covers race training and timed runs, and a EHIC is highly recommended.

Please book as soon as you can. Any questions to Gerry or Roger.



CLUB HOLIDAY 2018 - TIGNES, FRANCE

The 2018 Club Holiday will be to Tignes, France from Sunday 4th- 11th March, staying at the Ski Total Chalet Hotel Rosset in Tignes. The hotel is not quite ski in/out but it is only 100m to the Rosset lift. You can find details in the Ski Total website or on this website

<https://www.skiline.co.uk/france/tignes/chalet-hotel-rosset>

The hotel has Wifi, Sauna, Steam Room and even its own Swimming Pool.

Chalet style catering with full buffet breakfast with daily hot option, afternoon tea and evening meal with complimentary wine.

We have fewer rooms this time so the holiday is restricted to members only. There is 1 double room and 16 twins, all en-suite.

Flights are from Birmingham to Chambéry***. Flight times are provisional:

Sunday 4 March: depart Birmingham at 13.25 to arrive Chambéry at 16.15

Sunday 11 March: depart Chambéry 10.25 to arrive Birmingham at 11.15

*** There are flights into Chambéry available from regional airports Gatwick, Manchester, Bristol, Southampton and Stanstead but no train option this time.

If you would like to fly from one of these please let me know as soon as you can as flights/places are limited.

The base cost of the holiday is £830. The deposit is £150 per person. Final balance will be due at the end of November

Ski carriage is £35 but we are getting 2 for 1 if we buy the lift passes now so it's now £17.50 per bag

Lift passes are Adult £250 and Senior £200 (65 and over). If you want to wait until you are in resort to purchase at the going rate just let me know.

Over 75s will pay a smaller amount and will be sorted out in resort.

Ski hire full pack prices (skis, boots & helmet) range from £108 for new season top rated skis, £95 for performance, £72 for intermediate and about £58 for economy. Skis only will be less.

Boots are usually about £35 depending on standard of boot and helmets £20.

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.

BOOKING FORM - CLUB HOLIDAY, TIGNES

Please book me places on the club holiday to Tignes. I enclose £..... deposit(s).

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 2018 and advise me that you have made the transfer.

Or you can send cheques made payable to Midland Ski Club to
Diana Horth, 23 Lockside View, Rugeley, Staffs WS15 1NJ

NAMES				
Passport number				
Passport - Date of issue				
Passport - Date of expiry				
Passport – issuing office				
Nationality				
Date of birth				
Address				
Telephone numbers				
Email				
Preferred Airport if not Birmingham (circle choice)	Gatwick, Stanstead, Bristol, Manchester, Southampton			
Number of Adult lift pass at £250				
Number of Senior lift pass at £200				
Number of Ski bags - carriage at £17.50 per bag				
Equipment hire	Skis only	Qty	Ski pack	Qty
Excellence	(Less than pack)		£108	
Performance			£95	
Evolution			£72	
Economy			£58	
Boots approx £35				
Helmet approx £20				

Training Week 2018 - Pila, Italy

We will be travelling with Crystal Ski and staying once again in the Hotel Chalet Des Alpes - 20 rooms available for the first 35 places thereafter places will be booked in the Hotel Lion Noir.

This ski in / ski out family owned hotel offers simple accommodation , buffet breakfast and 3 course evening meal with wine (1/4 litre 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 level 2 + coach.

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 with ample time for your coach to give you personal help.

The cost of the holiday is £895 .It includes flights from Birmingham or Manchester or Gatwick or Bristol, transfers, half board in the hotel, all the coaching and your lift pass. You will need to buy your own lunches each day. The only other costs are ski carriage at £35 for your own skis, or Ski hire £65 basic , £80 intermediate , or £90 advanced.

This does not include insurance - your must arrange your own insurance and furnish the group leader with a copy of the document + next of kin . To join us please complete the booking form below and return it with an non refundable deposit of £175 - 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 on 07578428864 or email bryanarnott@gmail.com.

Summer Socials

Wednesday **May 31st** (note new date): Birds in India! A trip to India with bird watching included! From our very own Derek Walsh! At Hollyfields Conference centre from 7.15pm Woodacre Rd Erdington B24 0JT

Fri 16th June: Meeting at RSPB Middleton Lakes near Middleton Tamworth B78 2AE at 6.30 for walking at 6.45 prompt. We will end with a visit to the Green Man Middleton at the end of the walk. If people want to have a meal register your number of places with me by Friday 9th June so I can book the table.

November Date for your Diary! Due to the success of last year's meal! Friday 24 November pre Christmas get together Nepalese buffet meal at Jojolapa in central Birmingham. Full details to follow but format will be similar.

Any questions ask Catherine, 0121 681 3611, cfrankenburg@hotmail.com

TRAINING WEEK - PILA - 7th-14th January 2018

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 7th October 2017.

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 £65 Intermediate £80 Advanced £90

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 _____

NORTH WALES WEEKEND 13-15th OCTOBER 2017

We have booked a North Wales venue for the weekend 13-15th October at the Swallow Falls Hotel in Betws y Coed. As well as hill walking and climbing in the Snowdonia range, Betws y Coed is a great location for exploring this area of North Wales. There are numerous activities and tourist attractions to explore.

Mountain walks of varying lengths will be arranged on both days.

The £83.00 price for the weekend includes bed and breakfast for two nights and a three course meal on the Saturday night. See <http://swallowfallshotel.co.uk>

We have booked 2 double and 6 twin rooms on a first come, first served basis room types permitting. Rooms are all en suite

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

Please email diana.horth@ntlworld.com for any other information.

DEPOSIT FOR THE WEEKEND IS £40 PER PERSON Either do a direct transfer of £40 per person to the Midland Ski Club account at sort code 08-92-99 a/c 65362479; please reference it HATW 2017 and advise me that you have made the transfer at diana.horth@ntlworld.com. Or send a cheque for £40 deposit per person (payable to Midland Ski Club) to Diana Horth 23 Lockside View, Rugeley WS15 1NJ

The balance of £43 will be due on check out.
Only 1 female place left.

SNOWSPORT ENGLAND AGM

Snowsport England, our National Governing Body has a very important date on the 16th May 2017 - the Annual General Meeting - and all members of Midland Ski Club are also members of SnowSport England and thus entitled to vote.

The Board of Directors are tabling a number of key resolutions critical to our future on which they would ask for your support either by attending the meeting or if not by completing the proxy form at your early convenience.

The resolutions are the adoption of amended articles (details below) and the appointment of two members' directors, Chris Stroud and Mike Danbury.

Below are the links to the meeting and the proxy form, please support your NGB and make your voice count.

http://snowsportengland.org.uk/Notice_of_Annual_General_Meeting_2017

https://www.surveymonkey.co.uk/r/AGM_Proxy_Form

Thank you,

Bryan/Board of directors

Special Olympics - Call for kit

Special Olympics West Midlands, who train at Ackers Adventure are part of the international Special Olympics organisation for people with special needs that enables them to compete in sport and gain all the experiences this brings. Special Olympics West Midlands is very active and have a regular trip to Pila every winter with our Athletes, some of whom represent at the national games. Full details at www.sowmski.co.uk

As a charity we aim to supply much of the equipment needed by our Athletes, but funding for this is difficult. So if any of MSC members have old or unused ski poles with hand protector or helmets with chin guards or even just spare chin guards that you'd be willing to donate, please get in touch with Sam Morrey sam.morrey@ntlworld.com or 07763899101.

