

MIDLAND SKI CLUB NEWS

MARCH 2018

ANNUAL GENERAL MEETING 25th April 7.30pm

The Annual General Meeting of Midland Ski Club will be held at Hollyfields Sports & Conference Centre, Woodacre Road, Erdington, Birmingham on Wednesday 25th April commencing at 7.30pm.

We are seeking nominations for our three official posts as officers, that is chair, secretary and treasurer also for other members of the committee.

Our club relies heavily on all its volunteers to prosper and survive so please give these nominations your serious consideration and if willing to be nominated please inform me together with the names of a proposer and seconder who need to be members of our club.

A free buffet and drink is available to all attendees.

Diana Horth, Secretary

Support our Club National!

Calling all skiers, young and not so young, support our Club National!

The annual **MSC Club National** seeded race is taking place this year at Stoke Ski Centre in Festival park, Stoke-on-Trent on **Saturday 5th May 2018**, part of a triple header of events offering families the opportunity for a great festive long weekend.

Our CN is the Saturday, Sunday is the first outdoor GBR race sponsored by BSA and Monday is the SSE Inter-regional Race. Open practice will be available on the Friday evening.

Additional activities are being planned for the weekend to entertain all members of the families in attendance. An announcement should be made in the next few days.

So book your hotel accommodation, plan to be there for the three days and help us to attract record numbers of racers and for our CN to be the race of the season in the 2018 calendar.

And, even if you are not a racer, come and support the event, **your club needs you.**

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

**25th Apr: ANNUAL GENERAL MEETING
Hollyfields, Erdington**

Diana Horth 01889 800706

21st April: Summer Race League

Gloucester (also 12 May, 16 Jun, 14 Jul, 15 Sep, 13 Oct)

Dave Beech dabhand13@gmail.com

5th May: MSC Club National Race

Stoke Ski Centre

Do you have any of these?



These are the MSC Club Championship perpetual trophies. Perpetual means the winners hold the trophy for a year, and then return it to be awarded again at the next MSC Champs.

However we do seem to be a bit short with quite a few missing. Please check you trophy cabinets for them and return them to a committee member at any event. Many thanks

Landgraaf - Summer 2018



Roger Crombleholme

MSC will be running our popular Landgraaf training weeks again this summer. Members need to book and pay 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. All cheques and transfers made payable Midland Ski Club and referenced Landgraaf 2018.

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

MSC Bank details: (for direct payments): Midland Ski Club, Co-operative Bank, Sort code: 08-92-99, A/c no: 65362479

There are two options that can either be taken separately or added together. Places will be limited to 16 racers only to ensure the highest quality of coaching and feedback, first come first served.

Costs are estimated only and may be reduced depending on the number of skiers taking up each package. Greater room occupancy (up to 4) will also reduce cost.

Option 1 – Monday 30th July 2018 PM to Friday 3rd August 2018 AM

1. Race Training (Gates Only): £640 per junior (U17) or £678 per adult for the full 4 day race training package.

2. Recreational Skiing: £450 per adult. Optional coaching available.

Option 2 – Friday 3rd August PM to Monday 6th August AM. We will team up again with Western Counties and Avon so that all clubs benefit from increased numbers, better group management and flexibility.

1. Race Training (Gates & Stubbies): £480 per junior or £508 per adult for the full 4 day race training package

2. Recreational Skiing: £336. Optional coaching available.

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, Access to the SnowWorld HealthClub, and Coaching costs

Timed runs (only available on Extended Weekend Package) using Avon's electronic timing equipment – usually about 3 runs in 3 of our pole sessions.

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):

First day: Travel out to Landgraaf by car. Arrive late afternoon have check-in, meet up, have meal and general briefing, Evening warm up session on recreational area, Evening

2 hour technical session or gym work

Mid camp days: Breakfast, briefing, warm up session, Morning 2 hour gate session using stubbies / gates in private lanes, lunch, video feedback & session on recreational area, Fitness work etc, Afternoon 2 hour gate session using stubbies / gates in private lanes, Evening meal and general briefing, Session on recreational area

Last day: Breakfast, briefing, warm up session, Morning 2 hour gate session using stubbies / gates in private lanes, lunch, video feedback & session on recreational area, Final debriefing and any course feedback, Travel back to UK

You must have your own travel insurance that covers race training and timed runs, and a EHIC is also recommended.

Can you please book as soon as possible.

Roger & Gerry



YE OLDE
**SARACEN'S
HEAD**
PUB & DINING
Balsall Street, Balsall Common
MIDLAND SKI CLUB SPECIAL:
20% off all food on bill.
No limit to party size. Drinks excluded.
Offer redeemable upon proof of membership of MSC or show this newsletter!

Millie@Midland



You'll recall the recent feats of Paralympic skier Millie Knight who won 2 silvers and a bronze with guide Brett Wild.

During the run-up to Pyeongchang, a select band of MSC members visited Birmingham University for a ski film night where Millie was the guest speaker.

We had the pleasure of meeting her and here she is posing in front of the MSC flag!

Training Week 2019 - Champoluc, Italy 12th-19th January 2019

After several years in Pila and following feedback from members, the 2019 Training Week will relocate a short distance away to the Italian resort of Champoluc.

Please book your place as soon as possible. Booking early helps hold down the price and allows us to book more time to get additional places if needed.

We will be travelling with Inghams/Hotelplan and staying in the Chalet hotel de Champoluc. It's set at the skiers end of the village centre, in a perfect, virtually ski-in/ski-out location at the foot of the home-run piste, and right next door to the main Crest gondola and ski-hire shop, combining the relaxed, informal atmosphere of a chalet with the space and facilities of a larger hotel. The facilities generally include comfortable lounge and bar areas, en suite bedrooms, Free WiFi, sun-terrace.

Included are Daily continental buffet breakfasts with occasional hot options Afternoon teas on 6 days, 3-course evening meals with choices and including wine, served as buffets or as table service on 5 days.

There is plenty of skiing with a good variety of pistes. You will ski in a group of about 8 members with similar experience and a BASI level 2+ coach. 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 £1075. It includes flights from Birmingham or Manchester, transfers, half board in the hotel, all the coaching and your lift pass which includes Gressoney, Champoluc, Alagna & 2 days skiing in Courmayeur,

La Thuile, Pila or Cervinia. You will need to buy your own lunches each day and dinner on the two nights it is not provided in the hotel. The only other costs are ski carriage at £65 for your own skis, or ski hire £65.

This does not include insurance - you must arrange your own insurance and furnish the group leader with a copy of the document and emergency contact details. To join us please complete the booking form below and return it with an non refundable deposit of £150 - 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. You must be a MIDLAND SKI CLUB MEMBER to join this trip.

Any questions? Please ring me on 07578428864 or email bryanarnott@gmail.com.

Baggage allowance is 22kg.

TRAINING WEEK - CHAMPOLUC - 12th-19th January 2019

To: Bryan Arnott, 40 Woodland Way, Birchmoor, Tamworth, Staffs B78 1AY

Please reserve _____ places on the Training Week in Champoluc. I enclose a cheque payable to Midland Ski Club of £150 per person as a NON-REFUNDABLE deposit and I undertake to pay the balance of the cost by **7th October 2018**. Deposit may also be paid by direct bank transfer to MIDLAND SKI CLUB 089299 A/C 65362479 .

I understand that the cost includes £185 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? £65 yes/no number of ski bags _____

Do you wish to hire skis?: Advanced £65

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 _____

NEW CLUB CLOTHING

The club is launching a fabulous new range of brightly coloured clothing which will surely get us spotted on the slopes in future seasons. A range has been produced which covers regular club members and racing members.

The range currently includes a long sleeve tech t-shirt, hoodie, soft shell jacket and padded jacket, in junior and adult sizes. We are hoping to add further items such as t-shirts, hats and polo shirts in the near future. Pictures and prices to the right.

All the items except for the padded jacket are available in junior and adult sizes and have the option of being personalised with your name or initials for an additional £1. The padded jacket is only available in adult sizes although if a children's version becomes available we will add this to the range.

All the clothing can be purchased online and delivered to your home address. It's available at www.captainkid.org.uk (click online shop and scroll down to find MSC logo). If you are a regular at Ackers the clothing can be delivered there by club member Sally Giles. If you'd like to try any items for sizing before you buy please email sally.ann.giles@btinternet.com.

The clothing range has only just been finalised and at the time of printing a photo of the printed hoodie and non racing logo was not available. Please check out the website for the fully printed range.



Midland Ski Club Hoodie
£22.00 - £27.00



Midland Ski Club Long Sleeved Tech T
£13.00 - £16.00



Midland Ski Club Softshell Jacket
£42.00 - £58.00



Midland Ski Club Padded Jacket
£42.00

Training Week 2018

Once again the snowgods blessed Pila with bountiful dollops of the white stuff.

Too much in fact, for the first time the Midland Ski club were barred from skiing on the second day due to too much snow.

But we were rewarded with wonderful conditions for the rest of the week which provided our coaches with the ideal platform to progressively improve everyone's skiing.

The week was not without its events though, with Bruce's call of FOLLOW ME to his candidates to promptly scream down the slope and disappear down a deep snow hole on the side of the piste and then taking half an hour to be extricated from his predicament.

We welcomed the Dellers to their first Training week for many years with other newcomers/returnees Ray O'Brien, Mike Connell, Julie Edwards, Jason Smith and the Stasinskis they all skied superbly and were a great addition to the week.

And, lastly, a mention and thanks to our magnificent coaches who overcome some tricky climatic conditions to providing us with feedback and challenges to iron out those mistakes and shortcomings hoping that at least some of the advice would be taken on board.

I am sure that Champoluc 2019 will be even more successful and look forward to seeing enough participants for may be 6 groups.

Gloucester Summer Race League

Bit of a change to the Gloucester Summer Race League this year - they are going to start a month earlier and there is no race in August. The GSRL is a series of fun races held once a month during the summer in which teams of 10 skiers compete to earn points. Teams are from various ski clubs across Wales, South West England and the Midlands.

The morning is a conventional timed slalom and if you arrive early enough you can practice the course beforehand. You get two runs and it is your fastest time that counts. The fastest racer in each age-group gets 20 points, 2nd gets 19 points and so on - every finisher gets at least 1 point.

Then in the afternoon it's head-to-head races where you get three races against other skiers who got similar times to you in the morning - 3 points for a win, 2 points for a draw, and 1 point for a finish.

The races are held at the Gloucester Ski Centre - one of the best and longest ski slopes in the country. Race days are on a Saturday on dates as shown in the Diary on the front page of this newsletter.

The slope is open for practice at 9:00, with the timed racing starting at 10:00 and finishing at approximately 12:30. The afternoon dual slalom starts at 1:30-2:00 and runs through to around 5:00.

The normal price to enter each day is £13, but to encourage members to race, MSC subsidise this by £6 per racer, meaning it only costs you £7 to race for the day - bargain!

Dave Beech dabhand13@gmail.com is coordinating our entries this year. Drop him a note now telling him you want to be there.

And no, you are not too young nor too old to race: we've had skiers as young as 3 and as old as 75 taking part. Good racing!

Club Holiday Tignes 4-11th March 2018

Diana Horth

After a fairly relaxed early afternoon flight we arrived in Tignes le Lac to be rather unceremoniously dropped at the end of the road leading to our hotel. Ski Total staff were rather short in supply to help with luggage but eventually we all got checked in. That really was the only low point because the hotel was good, food very good and wine plentiful and the Hotel Chalet Rosset manager and her staff cheerful and helpful.

It was a bit of a palaver trying to find the best way to ski hire shop and slopes on the first day but we soon got the layout. The conditions were snowy very making for touchy feely skiing as it was difficult to see more than a few metres and when visibility got better the light was so flat it was still a bit of an effort.

We only had one day of wall to wall sunshine which was much appreciated but overall there were enough bright and even sunny spells during the week to make it all worthwhile.

Le Breviere and Le Daille saw more than their fair share of MSC skiers all trying to find some definition amongst the



trees. On our one sunny day it seemed the whole group had made its way towards Le Fornet for some fabulous conditions.

The poor visibility early on meant that everyone and their extended friends and

family + the dog were all on the same bit of piste. It was manic, with novices having to cope with some absolute loons clearly in a hurry to be somewhere else and the rest of us trying to find a small patch of snow to get some sort of rhythm going. Luckily once it stopped snowing people spread out. Despite the crowded pistes the lift queues were pretty small, so no lengthy waits.

The mountain restaurants were not cheap but we were able to get in without too much fuss. Only the day out to Le Fornet proved a problem where the queue just to get in to the buffet bar was about 30 minutes.

We learned a few things during the week. Do not compete with under 30s in quizzes that have anything to do with fast food outlet logos. You won't win. We more than held our own on general knowledge but had no hope on the logos. Similarly the music quiz which the bar manager had adapted to partly suit the bulk of the clientele mature MSC people but almost 20 questions on rap, grunge and hip hop left us somewhat bemused.

We had one minor injury where for some reason Derek Needham thought it might be a good idea to slice his leg open with a ski. But a few stitches and liquid anaesthetic seemed to cure him ready for the next day.

*Diana Horth
With thanks to Kevin
for the photos*



Cycling around Iceland

On 21st Feb the Club held another of our well attended winter social events. We were treated to a fascinating tale by the intrepid trio of Pete Seamen, Tony Costin, a their friend Bob Tinley, of their Mountain Biking adventures in Iceland in June 2016. The team illustrated their talk with some great pictures of the stunning Icelandic countryside – Waterfalls, geysers, lava fields, lakes, Ice fields, and the odd tectonic plate or two.

Travelling "light" they used a combination of mountain huts, hostels and bivouacking to traverse a large part of the island. With virtually 24 hour daylight they were able to make relatively good progress on mainly unsurfaced roads across the interior. For certain segments of the journey that were simply too risky to make on two wheels, they used the very limited public transport that crosses the barren and virtually uninhabited interior.



Iceland has a population of about 300,000 people – and most of them live in Reykjavik.

The elements played a significant part in the journey - as well as coping with winds coming in straight off

the Atlantic, the team had to cope with what was truly "four seasons in one day" weather. Sunshine, snowstorms and rain – all in 24 hours. Iceland has virtually no trees, and any that do pop up in the few places that they are able to grow and are very short, so there were few places that the team could shelter. Despite some challenging sections of the ride, the team were always able to find somewhere for a coffee and a cake!

The key success factors for this adventure was the detailed planning that was carried out beforehand and the combined set of skills, knowledge and experience that meant that the team always had a "plan B" should something go wrong in some way. Without a single puncture during the whole journey and no major incident or injury, the whole adventure was highly successful.

Pete, Tony and Bob gave a wonderful talk full of great pictures, stories and anecdotes, and gave the audience a superb insight into the strange and fascinating place that is Iceland.

