

Ollie competes in EYOF 2019

Oliver Weeks competed in the European Youth Olympic Festival and was the only Team GB racer to complete both slalom runs coming 33rd – read more inside.



Kingsley Satellite success in Flaine

Girls from The Kingsley School, Leamington Spa, all MSC members, won the Best Newcomer category at the British Schoolgirls' Championships. Full article inside.

Well done to all MSC members having success in Alpine racing this season.

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Diary

Training times at Ackers Adventure, social events and holidays

Roger Crombleholme 07736 821147

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 and taster sessions

Thursdays @ 7.30pm: Race Performance Training

Fridays @ 6/6.30/7.30pm: Skier Improvement Coaching

Fridays @ 7.30pm Adult Recreational Coaching

Thursdays @ 6pm Taster sessions 11/04/2019

MSC club races (Fridays)

01/03/2019 Winter race league 5

10/03/2019 MSC Schools' race

18/05/2019 MSC Club National (Stoke)

Telford Winter Races (Fridays)

8/3/19 Last of the winter races

Gloucester Summer Race League

13/04/2019, 11/05/2019, 20/06/2019

13/07/2019, 21/09/2019, 19/10/2019

Stoke Spring Races

09/03/2019, 06/04/2019, 11/05/2019

01/06/2019, 29/06/2019

Club Holidays

02/03/19-09/03/19

Club Holiday (Mayrhofen)

22-26/07/2019

Landgraaf indoor training (provisional)

Social Evenings: Wednesdays at Hollyfields

03/04/2019

Encounters of the 3rd kind (cycling across the USA)

10/05/2019

Bluebell walk

Date to be announced

Summer walk and barbeque

European Youth Olympic Festival Sarajevo, February 2019

Ollie Weeks

Following a late evening WhatsApp message, I found myself at very short notice heading for Sarajevo in Bosnia Herzegovina for the 2019 European Olympic Youth Festival – athletes from across Europe getting together for a week of competitions across Alpine and Nordic Skiing, Snowboarding, Skating and Curling.

The EYOF happens every two years and entry is restricted to specific years of birth: if you miss it once, you miss it forever. The 2019 event was being held jointly in Sarajevo and Istočno Sarajevo (East Sarajevo) – the city was partitioned after the wars in the 1990s and this is part of the reconciliation effort

I first realized the size of the event when arriving for kit issue by Team GB near Heathrow which saw 27 UK competitors and about 6 officials given just about every bit of clothing they'd need to the week – mostly provided by TeamGB's sponsors Adidas – including an enormous duffle bag to carry it all in.

The following day saw a 3am departure from the hotel flying via Munich to Sarajevo where we transferred to the Athletes Village and were issued with our accreditation for the week – without this we'd not be able to get anywhere! Sunday evening's opening ceremony was impressive, with all the teams parading into the stadium one at a time to great applause from the massive crowd, following by the lighting of the Olympic Flame and lots and lots of fireworks.



The skiing team



Ed, Ollie, Owen and Charles suitably attired (spot the odd one out)

Monday saw the first events of the week – for us Alpine skiers this meant the Ladies Slalom at Jahorina, about an hour south of Sarajevo. Despite the rather damp conditions, all four UK competitors completed the first run in good times to make the cut for the second run. At the finish, Sarah was 8th, Daisy 25th, Olivia 26th, and Vicky DNF.

Tuesday and it's the Mens Slalom on the same slope. It had turned a lot colder overnight with lots of fresh snow which made even getting to the ski area a challenge: but they'd worked hard on the slope and we were greeted with a tough 64-gate course down a pretty steep piste.

My run one wasn't too bad considering the conditions - I was a late bib so the course was a bit cut up. It wasn't my cleanest run, but I was fighting the whole way. Second run the course held up a lot better, so you could actually attack it a lot more on the flat. I made a little mistake coming into the flat and lost a bit of speed there, but I'm happy with it and I'll look to push more towards that thirty-mark next time out. I ended up 33rd – a great improvement on my start number of 59 in a field of 105.

Unfortunately Owen and Charles both skied out on the first run, and Ed DNF the second.

Wednesday saw the Ladies back on the same slope – starting somewhat higher for the Giant Slalom. Weather conditions hadn't improved much, still overcast with slight snow with low temperatures.

Sarah was really pleased with her first run, ranked in fourth position and was only 0.22s off second place. She went hard on the 2nd run but unfortunately the pressure got to her and she ended up finishing 15th. Victoria, Olivia, and Daisy finished 21st, 30th and 34th respectively.

Thursday and the mens' turn as Slalom. Ed and I both skied out on the first run, but Owen finished 20th and Charles 35th. That evening we were all invited to a reception at the British Embassy in Sarajevo, where the Ambassador, Matt Field, welcomed us to the country and reminded us it was **35 years ago** when Torvill & Dean won gold in the 1984 Olympics and hoped some of us would do similar one day.

The final day, Friday, saw Sarah, Victoria, Charles and Owen race the final alpine event: the Mixed Team Parallel Dual Slalom at Bjelašnica – a relatively new competition at this level in which teams compete down parallel courses – something we've done in the UK for many years. Despite a 2-2 result in the first run, they lost out on time as so didn't progress further.

The closing ceremony on Friday evening was held in East Sarajevo in a different stadium from the opening ceremony, but we were a bit tired to take it all in.

The experience has been a massive eye-opener for us all: we've all competed in ski-racing internationals as children, but not within a multi-sport experience like this. It's really inspiring to see such a large group of young athletes aspiring for and wanting to do so well within their sport.

And so Saturday morning saw us up at 4am for the long drive to Bormio in Italy for another week of Ski Racing at the English Alpine Championships.

Success for Amber Fennell on her Snowboard

Congratulations to Midland Ski Club member Amber Fennell who is having a fantastic winter season on her snowboard. Amber spends most of the winter training in Zillertal (she is also a very good skier doing exceedingly well on the UK indoor and dry slope ski races during the summer.)

Eleven year old Amber competes in slopestyle and snowboard cross

In her first competition of the season Amber took part in the World Rookie Tour. This is the largest youth snowboard series in the world and the stepping stone to a professional career.

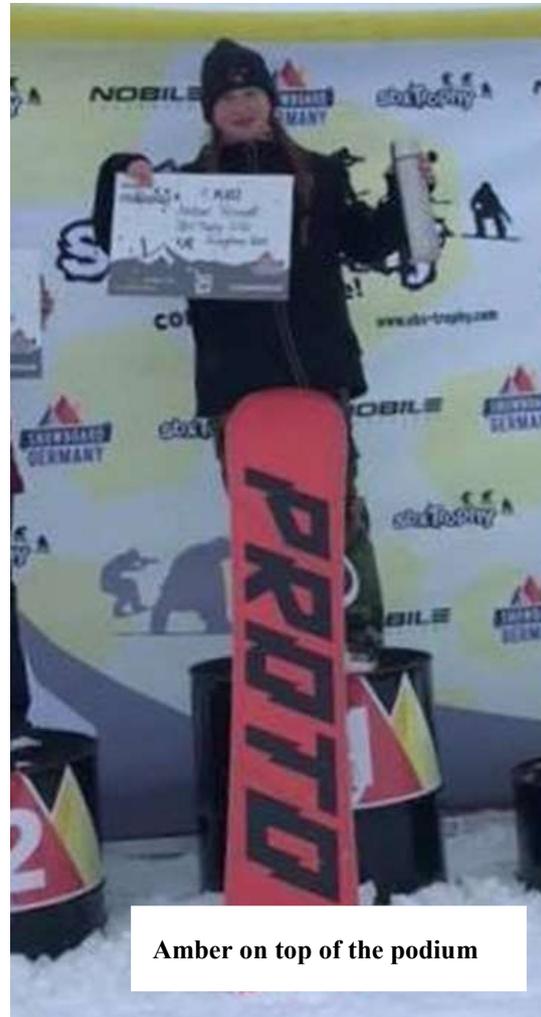
The first European tour stop of winter season 2018/19 kicked off in Corvatsch, Switzerland where Amber finished third place in the U16 category. With a strong performance in qualification, she was able to step up the difficulty and land her best run of the event when it mattered.

This result has given Amber a ticket to the World Rookie Tour Finals this Spring.

Since then, she has gone on to complete in Valley Ralley, an international competition where she competes in the U12 category. In both Valley Ralley's competitions in Austria, she finished in first place. An amazing result.

Following this, the team travelled to Grasgrehen in Germany, where Amber competed in Snowboard Cross (SBX) where she was able to race in into first place.

We look forward to following Amber's progress throughout the coming seasons



Amber on top of the podium

From the Chair Gerry Elgy

The club has been very active on and off snow hence the length of this newsletter! There's even more news on our Facebook page so please follow us at

<https://www.facebook.com/midlandskiclubmsc>

We have more followers than actual members but want to spread the word far and wide.

If you haven't yet renewed, a further reminder to renew here:

<http://midlandski.uk/renewal2018.php>

Please email membership sec john@elgy.org.uk with any queries.

We're thinking about a ski prep demonstration so please let an RSG member know if you are interested.

Our AGM is May 1st at Hollyfields Sports and Leisure Centre. The club is always on the lookout for anyone who can spare some time helping us. We can't do it without you so please come forward if you're able. Every little helps!

Please think about signing a petition to help Exeter Ski slope. It's not looking very promising right now.

<https://www.change.org/p/exeter-city-council-save-exeter-ski-slope>

Welcome to New Members

Jemimah Miller

Sophie Burtenshaw

Sacha Tolley

Maria Grzesik

Margaux Webb

Delphine Tchakotine

Archibald Tchakotine

Louisa Tchakotine

Mateusz Grzesik

Rebecca Tinley

Andre Tchakotine

Juliet Maiden

Thomas Lawther

Robert Grzesik

Welcome back Bob Treadwell

Early Season informal meet of Midland Ski Club in Tignes - Mike Thomas

This winter season got off to a fantastic start - skiing early December in Tignes with superb conditions and beautiful clear skies. The week started with an evil blizzard which closed all the lifts on the first day, and damaged the new cable car up to the Grand Motte glacier. However on day 2 this cleared and the Tignes/Val d'Isere resort was left with a superb blanket of deep fresh snow and very few skiers; so the off-piste was excellent and we were finding fresh tracks for the week.

The MSC has been well represented in Tignes before Christmas for many years now; quiet slopes and good snow have been the norm. On the very few occasions when snow has limited us to the Tignes area there has always been good skiing on the Motte, and artificial snow has allowed us to ski back to the resort. I went with SKI-MAD again this year which offers a sociable holiday in quality apartments plus a swimming pool and saunas in a very convenient location in Val Claret at an excellent price. The custom is to bring our own drinks down to meet up with the people in different apartments in the communal area each evening so it's a good way to meet up with fellow skiers and plan the next day's skiing. Being low season, lift passes are reasonable also.

Look out for details of Tignes skiing next December in the MSC newsletter

MSC Winter Race League - John Elgy

Once again this year the Midland Ski Club has organised a series of races at the Ackers to keep us entertained before those inevitable trips to the Alps and beyond impinge upon our time.

The courses are set with the novice racer forefront in the mind and attract a large number of skiers starting their ski careers as well as some top skiers coming from as far as field as Aldershot. There are 84 entrants in total. The time down the course vary from just over 8 seconds to just over 20 (to be fair that usually involved a walk back up the slope)

The races are held under a tight time schedule since we have to be out of the building before 9pm but the start marshals were very kind to me in the January races when I arrived just before 7 put my kit on and got to the top only a few minutes late. I delayed the race only a few minutes. It may not have been the first time of skied a race course without inspection, but it was the first time I've skied one without being on a dry slope for over a month. My slow time only delayed the race for a few seconds. These are really friendly races with lots of encouragement and help from fellow competitors. I urge more members to give it ago.

Sadly I hear the March race between the school teachers has been postponed ☹

The organisers want to thank the brilliant team that allow these races to happen.

Winter race league standings after 4 legs

	Under 10	Under 12	Under 14	Under 16	Under 20	Open
Females						
1st	Olivia Southall	Claudia Cresswell	Jasmine Spencer	Emma Lawton	Millie Hatton	Gerry Elgy
2nd	Alice Gallagher	Eleanor Whitmarsh	Amelie Hampson	Hannah Dennison	Lilly Williamson	Joss Brown
3rd	Amy Watson	Ffion Lewis	Matilda Wilkinson	Emma Trust	Hannah Phillips	Abigail Ward
Males						
1st	Tommy Jones	George Brown	Joe Pearce	Harvey Blackhurst	Alex Trust	Phil Wigfield
2nd	Toby Haselhurst	Alex Chadwick	Luke Reid	Gabriel Schroeter	Ethan Hemming	Stuart Brown
3rd	George Harrison	Toby Weeks	Charlie Deem	James Shakeshaft	Josef Feiven	John Elgy David Beech

Upcoming Social events

Wed 3 April Encounters of a third kind cycling across the USA a talk by Ed Shore on his cycle trip across the USA at the Hollyfields sports club 7:15 for 8. Refreshments provided

Wed 1 May AGM Have a voice in how your club is run. Once again at the Hollyfields sports club 7:15 for 8. Refreshments provided

Fri 10 May Bluebell Walk (approx. 1.5 hrs), park car + dinner after walk at Green Man pub, Church Lane, Middleton, Staffs B78 2AN If you plan to attend could you please notify the social secretary Catherine so she can tell the pub how many there will be for dinner

+ **Worcestershire Summer walk then Barbeque - date to follow**



Last year's bluebells



These do not look very blue to me

Cycling from Lands End to John O'Groats - Catherine Frankenburg

Our January meeting heard about an interesting Land's End to John O'Groats (LEJOG) cycle trip last May, taking some unusual routes, with some beautiful views. Bob Tinley (a seasoned cyclist) had puncture free riding, yet had his tent damaged in a storm, and on completion was forced to take several days returning by train, due to various train cancellations, suggesting that cycles are more reliable!



Approaching Cape Wrath



Camping near Ludlow

Ski Touring in Norway and Sweden - Catherine Frankenburg

Bill Thomson gave us a fascinating talk, with many amazing photos, of his experiences ski touring in Norway and Sweden in March over the last few years. He showed us the kit needed, which is much lighter than Alpine ski touring kit, and also less suited to descents, although he firmly told us it was possible to descend by traversing and kick turning, or even by taking the skis off and walking down the tracks! He also showed us the pulk that he improvised from a child's sledge, for his last trip in Sweden, where the terrain is flatter so pulling a small sledge is viable. There are many marked routes, with clear maps and there is plenty of space in their huts and English is a well used language, so he enthusiastically encouraged us to get out there to try it for ourselves. He is happy to answer questions by email if any of our members want any more information.



Sweden March 2017

Training week Champoluc Brian Arnott

We arrived in Champoluc to be greeted with warm sunshine but true to form our wishes were granted by a moderate fall of snow that evening freshening up the slopes for the rest of the week.

This provided our coaches with the ideal platform to progressively improve everyone's skiing.

Champoluc proved to be an ideal venue with plenty of reds of varying complexity and a few black runs to waken the senses.

Some reds were left unpisted which was a bonus in the fresh snow on the first two days.

I believe everyone was impressed with the Hotel Chalet Champoluc and the staff did a great job on behalf of Inghams and the standard of food could not be faulted.

We welcomed newcomers from far and wide including a certain gentlemen from down under Mr John Hackett who provided an entertaining speech on our last night regaling the virtues of being taught by Roger.

Other newbies included Martin Hassett, Ian Holden, Duncan and Lesley Wilson who were great company and contributed greatly to the week.

So here's looking forward to an equally successful Champoluc 2020

Training week 2020

Due to popular demand our allocation of bookings is filling up quickly and we now only have a very few places available at the guaranteed price of £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 lunch each day. The only other costs are ski carriage at £55 for your own skis, or Ski hire £55



Please reserve _____ places on the Training Week in Pila. Transfer to MIDLAND SKI CLUB 089299 A/C 65362479 OR
 enclose a cheque payable to Midland Ski Club
 as a NON-REFUNDABLE deposit and I undertake to pay the balance of the cost by 7th October 2020 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:

Prepared to share a triple room

Ski carriage? £55 yes/no number of ski bags --

Do you wish to hire skis?: Advanced £55

Skiing Experience: I have skied for _____ years and am happiest on blue/red/black runs (delete as appropriate).

Special Dietary needs _____

MSC satellite club Kingsley School do well in the British Schoolgirls' race

The Kingsley School's U16 Ski Squad have won 1st place in the Best New Team category in the 60th anniversary year of the British Schoolgirls' Races in Flaine, France.

The team of Year 10 girls, comprising Hannah Dennison, Emma Lawton and Lucy Sainsbury (all aged 14) were crowned champions in the Slalom event, and achieved bronze medals in the Giant Slalom event. The girls were competing against 153 of the very best skiers from the UK, with Hannah finishing 3rd, Emma 9th and Lucy 21st individually in their age category.

These results follow on from last year's international success at the Aiglon Cup in Switzerland, where Hannah and Emma were awarded gold and silver respectively. The squad were crowned English Schools' Champions for 2018 at the ESSKIA Championships in October.

All the girls are MSC members and are coached at The Ackers by Roger,



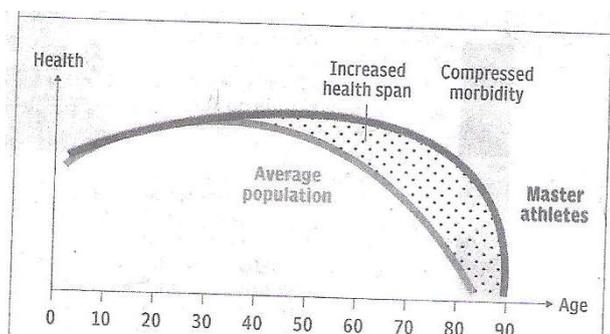
The Kingsley School Skiers L-R: Lucy Sainsbury, Amelie Hampson, Jasmine Spencer, Hannah Dennison, Emma Lawton

Advice for the older skier John Elgy

An article appeared in the Telegraph Magazine (<https://www.telegraph.co.uk/travel/ski/articles/how-to-carry-on-skiing-past-retirement-age/>) discussing continuing skiing until your 80s. As many of us are now getting on a bit (myself included) I thought I would summarise the article and add my own thoughts.

Well my first thought was, not about health or the benefits of skiing, but "what a steal it is" I ski with my wife and son most of the time, we ski the same pistes and the same length of day, but because I am over 65 I get a lift pass a lot cheaper. An interesting concept since my pension is much higher than James' student grant. My season pass for Paradiski was €680 this year and I have had 20 days use out of it already.. Not only that but when (if) I get to 75 the lift pass is free. I can just imagine spending the whole season in the Alps. Why not?

Anyway back to the article. The graph from the Telegraph below shows why we should keep active as we grow older



The benefits of staying active



The author enjoying his discounted season pass

Really it says we live a longer happier life if we keep active (now there's a surprise) but it is the upper range that is interesting. There is no reason why we cannot keep skiing until our 90s

The top tips for keeping going are: Exercise at the optimum level, build muscle, work on balance and coordination, take heed of warning signs, be prepared, and maintain range of movement.



Midland Ski Club

Birmingham and Midlands Schools Ski Race

Sunday 10th March 2019

At Ackers Adventure, Golden Hillock Road, Birmingham, B11 2PY

Race Entry Fee

£30 per team. Entry fee includes ski and boot hire if required.

Provisional Timetable - includes format changes for 2019 - please read carefully

12:00 Centre opens for registration
 12:30 to 16:00 Food Available
 16:30 Prizegiving

Stage 1 - U8 to U12 - Y0 to Y6

Stage 2 - U14 to U19 - Y7 to Y13

12:00 to 12:30 Registration / Ski Hire
 12:30 to 13:00 Open Practice
 13:10 to 14:00 Timed runs

13:00 to 13:30 Registration / Ski Hire
 14:00 to 14:30 Open Practice
 14:40 to 16:00 Timed runs

Note: Timings are provisional and may vary depending on entry numbers

Age categories - revised categories for 2019

Stage 1 - Under 8 (Y0 to Y2), Under 10 (Y3 to Y4), Under 12 (Y5 to Y6) Special Needs U12 - (Y0 to Y6)

Stage 2 - Under 14 (Y7 to Y8), Under 16 (Y9 to Y10), Under 19 (Y11 to Y13) Special Needs U14+ (Y7 upwards)



ENTRY FORM - One entry form per team

School:	Age Category:
Address:	
School Contact and Email:	
Team Manager:	
Email:	Phone:

Skiers details

First Name	Last name	School Year	DOB	M / F	Novice

Photographic consent NOT given for.....
 Acceptance of entry to this race will be deemed to relieve the Sponsors, Organisers, Midland Ski Club, its Officers, members, voluntary helpers and all others associated with the race of any liability for injury, loss or damage of any kind due to negligence or otherwise.

I have read the paragraph above and enclose the entry fee (£30 per team, cheques payable to Midland Ski Club)

Signed on behalf of school:.....
 ...

Entries should be sent to: Race Secretary
 Alan Edwards c/o The Kingsley School, Beauchamp Avenue, Leamington Spa,
 Warwickshire, CV32 5RD email
a.edwards@kingsleyschool.co.uk

Closing Date for entries: Tuesday 5th March 2019 Please submit your entries as soon as possible,

Basic Race Skills Training at the Ackers Adventure Ski Slope

Midland Ski Club can arrange race training sessions at the Ackers Adventure Ski Slope to allow skiers to practise for the race. IN THE FIRST INSTANCE SCHOOLS MUST CONTACT THE RACE SECRETARY BY EMAIL GIVING DETAILS OF NUMBERS OF CHILDREN REQUIRING TRAINING. DATES AVAILABLE AND COSTS WILL THEN BE ADVISED ACCORDINGLY.

RULES

Teams must consist of 3 or 4 skiers from the same school or college, as at 1st March 2019. Teams may include skiers of any gender. Age categories are Under 8, Under 10, Under 12, Under 14, Under 16, Under 19, see front page for definition of categories and stages. There are two special needs categories with no upper age restriction. **Entries from individuals may be accepted subject to numbers of entries. This will be reviewed two weeks prior to the closing date.**

Skiers from different age categories **within the same stage** may form a team and the age category of the team will be determined by the age of the oldest skier.

Each skier will make 2 timed runs of the slalom course and the best time from a skier's two runs will be used for the team event. The team time will be the total of the fastest run times for any 3 skiers in the team, (maximum of 1 time for any skier) and the winner of each age group will be the team with the lowest final combined time.

The skier's fastest time will be used for ranking in the individuals' event, using the skier's individual age category.

Team awards will be presented to the first 3 teams in each age category. Individual awards will be presented to the first 3 girls and first 3 boys in each age category.

The minimum standard of skiing required is to be able to perform linked turns safely, to be able to control speed and use the button lift. No previous racing experience is necessary.

A maximum of **120** skiers will be accepted and entries will be accepted only when they reach the race secretary with correct payment before the closing date (this date may be brought forward if the race is oversubscribed before the official closing date). Payments will not be accepted from individual members of a team; a single cheque must be paid to cover one or more teams. Entries will be accepted in the order that the form and complete payment is received; there is no guarantee that all entries received before closing date can be accepted. Schools may enter multiple teams in each age category.

Late entries may not be accepted. **Entries on the day will not be accepted.** All accepted entries will be confirmed by email so please include a clearly printed email address on the entry form. No refunds will be made if skiers are unable to ski after this acceptance has been sent, but substitutions may be made until 11am on race day by contacting the Race Secretary on 07834395976.

No team changes or name changes can be accepted after 11am on 10th March 2019.

Each school must nominate a **Team Manager**, with name and contact details shown on the entry form. This **Team Manager** will be responsible for their teams during the race.

Ski Helmets

Ski helmets must be worn by all competitors for racing, practice and training.

Helmets will not be available for hire from Ackers Adventure. You may be able to borrow one from a friend. Alternatively, ski helmets can be purchased from a number of suppliers.

Equipment and clothing

Skis, boots and poles are available for hire from Ackers Adventure and the cost is included in the race entry fee. Skiers may use their own skis and/or boots and ski poles, however ski poles **MUST** have bungs on to prevent damage – bungs will be on sale at the venue.

Long sleeves, gloves and long trousers must be worn at all times, and there must be no gap in clothing between shirt and trousers.

Photography

It is expected that photographs may be taken of skiers at the event and these may be included on the Midland Ski Club or the Ackers Adventure websites (no names).

If any skier may not be photographed please include this information on the entry form.

Code of Conduct

The school **Team Manager** will be responsible for the general conduct of the team members and ensure that good sporting behaviour is maintained **at all times**.

Race Format

Age categories U8 to U12 will race on a course set with stubbies (short flexible poles). Each racer will have two runs. Racers will race in bib number order, from low to high, run 2 will directly follow run 1 with racers in the same order for each run.

Age categories U14+ will race on a course set with full poles. Each racer will have two runs. Racers will race in bib number order, from low to high, run 2 will directly follow run 1 with racers in the same order for each run.

