



December 2019

Kingsley School win British Schools' Artificial Slope Championship 2019

The team from Kingsley School and members of the Midland Ski Club won the British School Girls' Championship this year. Club Member Hannah Dennison was top girl overall. Full report on page 3



Best wishes for Christmas and the New Year

May the snow be with you

Diary

Training times at Ackers Adventure, Swadlincote Snowsports Centre, 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
Wednesdays @ 6.00pm Young Racer Development (Swadlincote ski centre)

Wednesdays @ 7.30pm Race Development (Swadlincote ski centre)

Thursdays @ 6.00pm: Young Racer Performance Coaching/coach development
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. Now every Thursday

Winter Race League 29/11/19, 13/12/19, 17/01/20, 07/02/20, 06/03/20

Midland Schools Race 22/03/20

Club Holidays

28/12/2019 to 11/1/2020

Christmas/New Year Family training week.

18-25/01/2020 Club training week, Champoluc (fully booked)

07-14/03/2020 Club holiday, Ischgl

Social Evenings: Wednesdays at Hollyfields

15/01/20 Cycling in Bulgaria and Sardinia

19/02/20 Travelling with a folding bike

INSIDE THIS ISSUE

- 1 Kingsley School wins School Championship
- 1 Dates for your diary
- 2 Club Championships, Gloucester Summer Race League and some interesting offers
- 3 ESSKIA championships success for MSC skiers
- 4 First Winter Race League and photographic awards
- 5 News from Snowsport England, coaching course
- 6 Membership news, Mike Abrahams
- 7 Trip report from Tignes, Second Winter Race League
- 8 End of Year Message from the Head Coach, Landgraaf 2020
- 9 Welsh Walking Weekend

Club Championships - John Elgy

One of the highlights of the club calendar, the club Championships, was held at the Ackers on 8/11/2019. This year we had 55 entries, 17 under 12, racing round stubbies and 38 12 and over racing through full sized poles.

Jenni Fennell and her mum did an excellent job organising the race and getting a good range of entries. In previous years we have found it difficult to attract many adults to take part, but this year we had 4 over 20 women and 6 over 20 men. A good turn out with some very good racers. The old Sports Council and their Sport for All campaign would have been pleased to see over 60 years separating the youngest and oldest competitors. For the record I am pleased to announce the eldest competitor me beat the youngest, Hattie. Just. Gill Weeks organised her usual supply of hot and cold food, and Roger set a course that was both a challenge to the faster skiers and straightforward enough for us slower ones.

The full set of results is on the Club Website <http://midlandski.uk/results/Club%20Championships%202019.pdf>.

The overall club champions are: Josef Feiven, men and Hannah Dennison, women, with David Michaela winning the male juniors and Sacha Tolley, the girls.

At the time David was not a member of the club, but his dad was impressed with the running of the race so they promptly joined.

Thanks must go to everyone who helped with the running of this very successful event.

Classified adverts

From Lou Webb, a friend of Gilly Peto. Stylish, cosy, apartment 1km from Maria Alm in Austria for rent.

Contact zobo.urry@gmail.com and check it out at

https://www.airbnb.co.uk/rooms/38660169?source_impression_id=p3_1575054118_Zl%2FOp2UxTsk%2F xaym

Ski tow looking for a good home

Those members with long memories will recall that the Midland Ski Club used to own its own ski tow. The machine was built by former member Terry Thornton over 30 years ago. It consisted of a Villiers 4 stroke engine and about 200m of rope. The engine and tow mechanism would be staked to the ground on a suitable snow covered slope and the bottom more loosely staked lower down. One person at a time could use the lift otherwise the motor stalled. I recall using it on Cofton Park one snowy weekend. It worked – sort of.

Talking to a friend, Keith Wells, a few weeks ago he told me it was stored in his garage and he would happily return it to a club member if anyone wanted it. I don't think it has run for a very long time so it will probably need an oil change and fresh petrol. Contact john@elgy.org.uk if interested.

A Merit award

John Elgy, the club membership secretary, has been awarded a merit award from British Gymnastics for his long standing contribution to the sport. John is an international judge who has officiated at the Olympic Games, World Student Games, European Championships and many other international events. He is due to be presented with the award at a gala dinner in Telford in January.

Final Gloucester Summer Race league race 2019 - Dave Beech

We were very lucky with the weather on Saturday for the final meeting of the 2019 Gloucester summer race league, only one shower during the whole day.

Midland A finished fourth in the overall standings, holding off the challenge of Gloucester A by the narrowest of margins... a single point! Exeter were crowned champions, beating Western Counties to the title by 35 points, in third place were Pontypool, some distance ahead of ourselves.

We had 12 racers and everyone did really well, Chloe Gardiner was star of the day, the only one of us to win all of the head to heads! Jonathan Schofield was our fastest racer on the day with a time of 25.09 finishing 29th overall with Alex Chadwick in 30th overall, just 0.1 of a second behind. Sacha Tolley was our highest points scorer with a total of 22 points amassed, Amelie Hampson had two great runs at 26.01 and 26.02, great performances by you all, well done.

The day itself got off to a slow start when the racers were held at the top for a very long time as the timing equipment at the finish was not working properly, this was resolved with a slight course change allowing the beams to be relocated closer together. Eventually we got racing and a good day was had by all.

As ever a massive thank you to all of our racers who have participated over the league series, to our gate changers and gate judges and to Alan Edwards for all of his assistance. Special thanks to Jane Lee who volunteered to be our finish judge for the head to heads on Saturday.

THE KINGSLEY SKI TEAM BRITISH SCHOOLS' CHAMPIONS 2019 - Alan Edwards

The Kingsley School Senior Ski Squad of Lorenza Chapman aged 16 from Warwick, Hannah Dennison aged 15 from Daventry, Emma Lawton aged 15 from Leamington Spa and Lucy Sainsbury aged 15 from Stratford-Upon-Avon were crowned British Schools' Ski Champions at The Stoke on Trent Ski Centre on Sunday 17th November. They are the first ever School Team from The Midland Region to win this championships.

The squad qualified for The English Championships in Norwich at The Gloucester Ski & Snowboard Centre in September.

At Norwich in October, they finished 6th and thus qualified for one of the 11 places available for English Schools in the British final.

At Stoke in the British Final there were 50 race teams of 4 athletes representing England, Scotland and Wales, 25 boys teams and 25 girls teams.

The Kingsley team were faster than the 5 teams that bettered them at Norwich in The English Schools' Championship and also defeated the best that Scotland and Wales had to offer.

Individually, Hannah Dennison was crowned individual overall champion after the 2 fastest runs in both rounds 1 and 2 and was awarded the prestigious Boyd-Anderson Trophy as the most outstanding female athlete. However, she was brilliantly supported by the other team members to ensure that their overall team time was not beaten.

Alan Edwards, Ski Team Manager at The Kingsley School said that this was the culmination of 6 years' of hard work and commitment by a very talented group of students. It will also inspire the other 26 girls in the ski squad who range from aged 8 to 18. Alan also wished to acknowledge the crucial role that The Midland Ski Club based at The Ackers Adventure Centre in Birmingham had played in the teams development and success, especially the key role their Head Ski Race Coach, Roger Crombleholme had occupied.

The girls will attempt to conquer Europe in 2020 by competing in The British Schoolgirls' Challenge in Flaine, France, in January and The Aiglon College Cup in Villars-sur-Ollons in Switzerland in March.

Midland Ski Club Results from the British Schools Artificial Championships - John Elgy

Girls Team first - Kingsley School
Boys Team Fifth - Solihull School

Girls overall

1st Hannah Dennison
9th Emma Lawton
23rd Lucy Sainsbury

Boys overall

8th James Shakeshaft
23rd Fraser Blackhurst
31st Dan Giles
40th George Daly



There is not a lot of room on the top step for the Kingsley girls

First winter race league of the 2019/20 season John Elgy

The Midland Ski Club is building an excellent reputation for running ski races and this is reflected in the success of our winter race league, organised by Jenni Fennell and her mum Di. For the first race of this season on November 29th we had over 80 racers entered. With racers from not only our own club but also Arden, Solihull and Kingsley schools. Following on from the club championships we had a good number of adults entering. Some people drove for hours to get to the Ackers for the early start.

The evening itself was dry and cold with one of the first frosts of the winter forming. This and a straightforward course set by Roger made for some very fast times with quite a lot of runs under 9 seconds. I think my complete evening's skiing came to less than minute.

Once again we must thank the volunteers who stood for hours in the cold to make this event run so well. The full set of results are on the club website

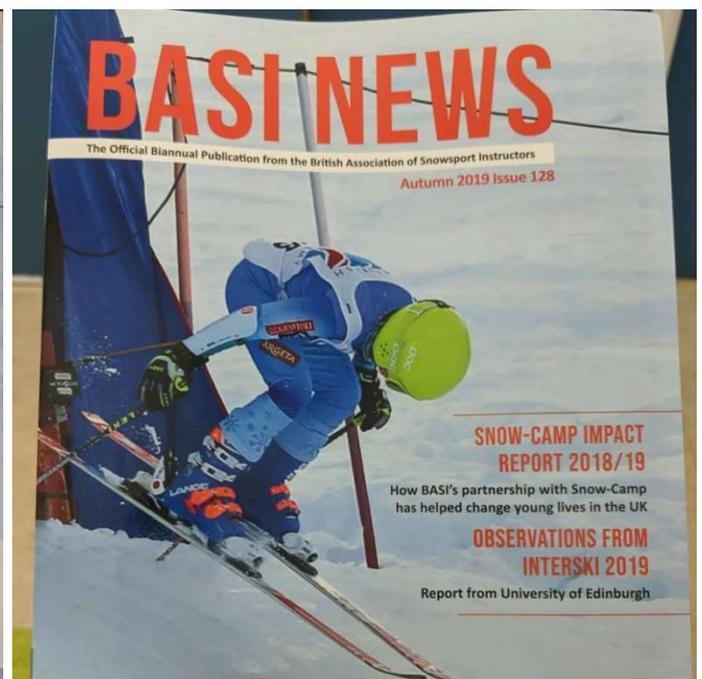


Award for Stuart Brown

It is not just our skiers that are winning awards for skiing, but also for photography. Stuart Brown, one of our adult racers, won an award from BASI for his photograph of son George. A crop of which formed the cover photograph of the Autumn 2019 BASI news



Picture above and front cover: Huge congratulations to Stuart Brown, the winner of our Wigwam Socks Europe snap of the season competition. This was Stuart's winning photo of his son, George Brown, going full send out of the gate at the Artemis Anglo Scottish championships in Pila this January in the U12 giant slalom where George came 7th. Not bad for his first time on GS skis! Prize: 2 x Wigwam Moarri lightweight ski socks (RRP £25 per pair!), 1 x BASI cap, 1 x BASI beanie



SLOPESIDE SPECIAL



Slopeside Special – Get Fit to Ski with GB's Dave Ryding

Snowsport England has joined forces with Dave Ryding, David Lloyd Clubs and SportPursuit to produce a new series of ski fit videos aimed at helping you get fit for the slopes. Welcome to Get Fit to Ski!

No matter what your level, Get Fit to Ski can help you get ready for your ski holiday or a session at your local slope. Dave combines his own experience as one of the best skiers in the world with the fitness expertise of David Lloyd Clubs' Personal Training team.

The exercises are easy to follow, have low impact options and are split into three videos; Body & core strength for skiing, Leg strength for skiing & Active recovery for skiing.

Performed regularly in the build up to a ski holiday or a session at an indoor or dry slope, 'Get Fit to Ski' can help improve overall fitness as well as making you stronger and helping reduce the risk of injury.

<https://www.snowsportengland.org.uk/getfittoski/>

From the Chair Gerry Elgy

As we approach the festive, and more importantly, the ski season, I would like to say a big thank you to everyone who has supported the club in any way over 2019, including skiers, parents, officials, sponsors, holiday and race organisers, social event organisers and speakers and our committee and Race Steering Group. Thank you all and here's to ongoing success in all we do in 2020.

I hope you all have a Happy Christmas with your families and loved ones, and to those skiing, fingers crossed for perfect snow and blue skies!

See you all in 2020.

UKCP Alpine Level 1 Training (2 Days) - Course fee - includes SE membership - T&C's apply

Dates and Times

Start Date: 01/02/2020 9:00 AM

End Date: 02/02/2020 6:00 PM

Register by: 27/01/2020 9:00 AM

Location

Swadlincote Snowsport Centre
Hill Street, Swadlincote
DE11 8LP

Contact

Sharon Goold 01509232323 for more information

sharon@snowsportengland.org.uk

Pre-requisites for course: 16 yrs of age at start of the course

How well do I need to ski to do this Course?

Students must be able to carve clean GS turns leaving clean tracks on easy blue piste terrain and ski rhythmical slalom turns showing good speed and control. Students should also be physically fit for the demands of the course.

Alpine Coach Level 1

Designed for working with children (specifically 5-12 years old) and entry standard competitors. Alpine Coach L1 is able to plan and run training sessions appropriate for developing and challenging their athletes' skills.

There are two main classroom based modules on the course:

Planning a Training Session
Making Difficult decisions

On snow the following content is covered:

Structuring a training session
Technical elements of ski racing
Understanding skill acquisition
Skill analysis
Video analysis
Working with children

Students are assessed on their ability to ski slalom and giant slalom turns on easy blue piste terrain as well as their ability to reflect on their coaching.

Trained status = Alpine Coach Level 1 +
Safeguarding Children + CRB/Disclosure check

Licensed status = Trainee status + Logbook verified
+ First Aid + Coaching assessment

Welcome to new members

A warm welcome to our new members: Ella Bloomfield; Melanie, Jonah and Stuart Duckworth; Melanie and Jonah Hearn, David Baird; Norma Hiles; Huw Harding; Jon, Debbie, Adam and Jack Simcox; Bryoni Platt; Arjan and Veer Naga; Marcus, Emily, Thomas and Oliver Bott; Daniel and David Michaela; Jasper Johal; Marcus Groutage; Noah Bateman; Crystal Wallwork Wilson

Renewal reminder

Thank you to everyone who has renewed promptly. If you haven't yet renewed, a gentle reminder to do so! There is still time!

[Http://www.midlandski.uk](http://www.midlandski.uk)

A couple of people have said they haven't received membership cards though we're sure they were posted. If you haven't had yours and expected to, please contact john@elgy.org.uk. And we'll reissue.

New Life Members- Gerry Elgy

We are pleased to announce some new life members. Thank you all for your contributions to the club success.

John Arnold joined in 1974 and joined the committee in 1980. He organised the training week for 30 years. He became an ASSI in 1984 and instructed at The Ackers for many years. He is our current President.

Diana Horth has been a member since 2000 and has been on every club holiday since 2004 bar one. She has organised the March trip for the last 20 years and quite a few trips to USA/Canada. She was Secretary for 12 years standing down last year.

Mike Thomas Mike joined in 1985, joined the committee and served as Chairman and President. He organised a Derbyshire BBQ for 15 years and started the High Altitude Training Weekend many years ago by taking a group down a steep gully on the N ridge of Tryfan. He continues to lead our walks.

Rob Weeks became a member in 1992 and has contributed much to the club over many years in many ways including Chairman, Committee member, Coach, website creator and maintenance, newsletter, filming race events, publicity, email circulation list. His wife **Gill Weeks** supplies hot food at our race events, supplies trophies, is Race Secretary for our club Nationals, has kept race results and run our Facebook page. Please forgive me if I have forgotten something!

Obituary

Mike Abrahams. 15/10/1940 – 12/10/2019
Midland Ski Club Chairman 1970 - 74
By Alan Parkin.

The Midland Ski Club was only five years old when Dr. Michael Abrahams took up the post of Chairman. He was the first of the 'new blood' drawn from members who joined during the Sandy Tebbutt era. There are few documentary records from this period of the Club's history, but I remember that he brought not only his own forceful personality to bear, but also his management expertise. This gave the Club some much needed structure and discipline and served the Club well during its subsequent growth and development. At that time, we ran regular weekend trips to ski in Scotland, Michael's home country, and I recall an awkward episode when his negotiating skills proved very useful. We were just starting dinner in our hotel on the Saturday evening when we received a phone call from another hotel, claiming that the person who had set up the holiday (not Mike) had booked the Club in with them, and they had forty dinners getting cold! Somehow Michael calmly sorted this out – I did not enquire too deeply how – and resumed his meal. It would have given me a fit (and massive indigestion). Eventually, Mike moved on to other posts in industry and left the West Midlands, living in various places, including Holland, before settling in Essex. For him, skiing was a bit of a sideshow and his real love was for sailing. Together with his Swedish-born wife Anita, he cruised all over Europe in his yacht, and he raced it off Harwich and in the North Sea. He also had a share in a motor cruiser so that they could explore the inland waterways of Europe.

I had the pleasure of skiing with Mike and Anita and other friends in Chatel and they also joined MSC holidays at various resorts, including Zermatt and notably the first Club trip to Chile in 2004. I think I am correct in saying that the last MSC event which they attended was the 50th Anniversary Dinner in 2015. Mike was, unfortunately, no stranger to personal tragedy. In 2001 his son Erik was killed in a sailing accident, and he lost Anita when she died suddenly and unexpectedly in 2016. We still know little about his own passing, only that he was enjoying a walking holiday in Italy when he died suddenly in the hotel.

Alan Parkin.

MSC Chairman 1975-78.

I would like to thank John Dimmock (MSC Chairman 1981-1984) for his corrections and additions to this obituary.

A Snowy start to the season in Tignes - Mike Thomas



33 of us have had a superb start to the season in Tignes Val Claret with SKIMAD under the care of our very own Catherine Frankenburg. A further 6 members stayed in a hotel in Lac. Conditions were excellent when we arrived, and on the first day most of us skied over to Le Fornet and enjoyed the day off piste there under blue skies.

More snow arrived on Monday making for challenging conditions, but we were rewarded the next day with fresh tracks and blue skies again. This was the theme for the rest of the week with fabulous days interspersed with evil blizzards. On Friday the weather can only be described as evil and none of the lifts opened.

As we leave now (on 14/12/2019) it's been snowing hard for over 24 hours, so if you are going to Tignes or Val d'isere soon you will be in for a ball.

Many thanks to Catherine for her great arrangements and guiding.

Winter Race League race 2 - John Elgy

Friday 13th December 2019

I'd bought some new skis at the last Gloucester Summer Race League and just got around to putting new bindings on. I'd sharpened the edges to 87 degrees and rewaxed the bases. This race was going to be their first outing. All the week leading up to the race was wet. It seemed to rain daily so I was not looking forward to this race, expecting to get very wet and muddy. However the rain stopped and the full moon came out for the race. It stayed dry all evening, but there was a cold wind to chill the officials at the top to the bone.

Once again there was a very good entry, lots of small children skiing down the stubbies and a fair number of adults, some having their first race with the Midland Ski Club. And once again the event was very well organised. Jenni Fennel had negotiated sponsorship by a couple of supermarkets. Sainsbury's had supplied 250 mince pies to sustain the racers and their supporters. Asda supplied an seemingly unending supply of hot chocolate to keep them warm and more hot chocolate. A small skate and snowboard shop, Devine Ride from Halesowen, were also present to display their wares and offer advice on equipment.

My 2 practice runs were a bit of a nightmare. The wax I applied to my new skis was very sticky and I could barely move. Well I blamed the wax but all the other skiers were complaining about the slow surface.

Roger had set another straightforward course with 9 gates but it still caught some of the first time racers out when they got a bit lost and went the wrong way. A couple cones at some gates helped immensely.

Everyone's first runs were much slower than the November race, probably about a second slower, but the course bedding in and a slight dew forming speeded things up for the second and third runs.

Amongst the stubbie racers Sacha Tolley put in a couple of great runs winning the Under 10 girls by over 7 seconds. Tommy Jones in the Under 10 boys was one and a half seconds faster still. In the under 12 boys Tommy's brother Robert was even faster and reversed the positions on David Michaela the winner last month.

The pole racers provided some very tight racing, especially amongst the boys with Matthew Vickers and Fraser Blackhurst both posting 2 sub 9 second runs. Overall Matthew was the winner by less than a quarter of a second.

Amongst the adults David Baird did very well with 3rd in the men. He had only just returned to dry slope racing with our satellite club Midland Arrows and trains at Swadlincote.

You may ask how I got on with my new skis. Well I was last in my class - Again. However, I had a really enjoyable evening.

Full results and overall standings can be found on our website <http://midlandski.uk/raceresults.php>

Ackers Adventure / Swadlincote Christmas Closing - Roger Crombleholme

2019 has been another great year for Midland Ski Club and we now look forward to 2020.

During the year we have welcomed lots of new members as the club continues to grow.

The skill and experience of all shows a great level of improvement. We have had many personal racing successes and podium positions at levels across the board from fun racing to national championships and FIS including three 'da\$ for ca\$h' winners! Recently culminating in the superb individual and team first place results for Kingsley School returning as Champions from the British Schools Championships.

We have run a very full coaching programme with many training camps both in the UK and in Europe. Club taster sessions continue every Thursday 6:00 to 7:30pm, so please keep promoting these to friends, family and work colleagues as we still want to grow the club more particularly for recreational skiers.

We have welcomed new instructors and coaches, Dave and Toby, to support the increasing demand for training within the club. But as new coaches come in sadly older coaches have retired. We have regrettably had to say good bye and thank you from a coaching point of view to Stephen Wragg, a highly valued member of the coaching team who we say a BIG thank you for all his years of coaching and regularly sharing his knowledge, passion, experience and skill with club members, come rain or shine. Big Steve retires from coaching but remains an active skier within the club.

We also have many going through instructor and coach training through club training sessions and with both BASI and UK Snowsports.

We have recently expanded the clubs reach and coaching programme to include the newly resurfaced Swadlincote Ski Centre on Wednesday evenings.

Ackers Adventure.

The last training session at Ackers Adventure in 2019 will be Thursday 19th December.

We will start back with our normal programme on Thursday 9th of January 2020.

Swadlincote

The last training session at Swadlincote in 2019 will be Wednesday 18th December.

We will start back with our normal programme on Wednesday 15th of January 2020.

The coaching team would also like to take this opportunity to thank for all your enthusiasm, attention and hard work throughout the year, which makes coaching you so rewarding and such a pleasure. Ultimately the better we can coach you the more skillful you will become, successes will follow and we all enjoy our skiing more. We wish you a Merry Christmas, Happy New Year and a great success in everything you do in 2020.

Finally, thank you to all the coaches and instructors for your expertise and dedication throughout the year and the support of the committees, race officials and the many volunteers that help us and the skiers out.

Landgraaf 2020 - Gerry Elgy

After the success of this year's camp, we've already provisionally reserved rooms for next year for the dates **July 20-24 2020** at Snowworld Landgraaf, The Netherlands.

We'll issue a detailed mail early next year asking for expressions of interest.

As this year, we plan to arrive in time for training on the Monday evening, then we will have 3 full on days of 2 race training sessions, technical sessions, gym work and video feedback! We'll finish with a final 2 hours training on the Friday morning, followed by lunch and travel home, which I hope runs smoother than this year (nothing to do with the club I hasten to add!)

We'll run sessions for recreational skiers as well as racers if we have enough interest.

I hope we can hold the prices the same as this year but it all depends on the effect of Brexit! It will be around £690 (adult) and £650 (junior) for room, full board, lift pass, training, ie everything except travel and insurance.

Welsh Walking Weekend 4-7 October 2019 Diana Horth

We changed the format once again by staying in Glaslyn, a very well appointed self catering property in Pennorth, just off the A40 and about 5 miles from Brecon.



Saturday was forecast to be very mixed weather wise and the view of the hills from the house was limited by low cloud. Starting from Llanfrynach most of the group went with Mike to do a circuit of Cwm Oergwm. The high point was Fan y Big with a descent down the delightful Cefn Cyff ridge. After climbing up onto the circuit the group entered thick cloud but this soon started to break up providing tantalising views of the route ahead. By lunchtime the cloud had lifted giving great views of the Brecon Beacons and across to the Black Mountains.

Those that didn't do the long day enjoyed less strenuous local walks either taking in the delights of Brecon and the canal or the novelty values of deliberately blocked footpaths.

On Sunday it looked wet so where better to go than a walk among the waterfalls? We enjoyed a good walk along the river with a highlight of passing behind the curtain fall of Sgwd yr Eira.



For Saturday evening's dinner everybody had brought along a previously agreed selection of food and we enjoyed a really magnificent feast which served well on the Sunday evening too with just minimal top ups.

Although a few of the group had to leave on Sunday It was nice to have the relaxed evening after a day out and leave in leisurely fashion on Monday.

From there those doing the longer walk left us but for those who opted for a shorter walk it involved going back down to the river and back through the waterfall. For the two canine members of that trip it was probably quite traumatic and they were thoroughly soaked. Although it was wet underfoot from heavy rains the day itself proved to stay dry and it was a lovely area to explore.

