



TRACKS



The Newsletter for Midland Ski Club Members



What a way to leave for Uni

See full write up of The British Outdoor Champs - Page 5

More fun walks and a steam train

see social scene - All members welcome

Uniq opportunity for MSC Members

see page 6 for details

Two Club Ski Holidays to Les Arcs

see page 12 for further details



Hello and welcome to the latest edition of Tracks.

It's been a busy summer for many MSC members who've criss-crossed the country from Hillend to Pontypool to Norfolk on the race circuit, as well as travelling to training camps in Peer, Landgraaf and Dubai!

Over the summer, the club have also announced their new partnership arrangement with UNIQ and we look forward to seeing how this will unfold and work for our members in the future.

The GBR series drew to a conclusion with podium places aplenty for MSC, both indoor and outdoor.

As the summer artificial race circuit comes to an end it's time to start planning for the autumn and winter season with the return of the Tri-Club Cup and Winter Race League.

Peter Carter

Tracks Newsletter Editor

Send any content please to news@midlandski.uk

A Selection of upcoming race dates...

14 October	Gloucester Summer Race League Round 6	Gloucester
3 November	Midland Ski Club Championships	Swadlincote

Midland Ski Club Winter Race League Series 2023/2024 - Ackers

Friday 17 November	Round 1
Friday 8 December	Round 2
Friday 12 January	Round 3
Friday 9 February	Round 4
Friday 8 March	Round 5

There will be another Tri Club Cup for the 2023/24.

Saturday 20 January	Race 1 - Telford
Saturday 24 February	Race 2 - Swadlincote
Saturday 16 March	Race 3 - Stoke

Ski Team Telford Fun Race Series have also announced dates for 2023/24 as follows:

Saturday 30 September	Race 1
Saturday 11 November	Race 2
Saturday 25 November	Race 3
Saturday 20 January 2024 (also the 1st leg of the Tri Club Cup Series).	Race 4

Entries to the Race 1 on Saturday 30th September are now open on our website via this link : <https://www.skiteamtelford.co.uk/book-online>.

These are FUN Race series and are open to all skiers aged between 6 and 99 years of age, providing they can ski in control and use the lift. Please encourage friends and family to enter too. It would be great to see more adults having a go this year!...Go on - you know you want to!

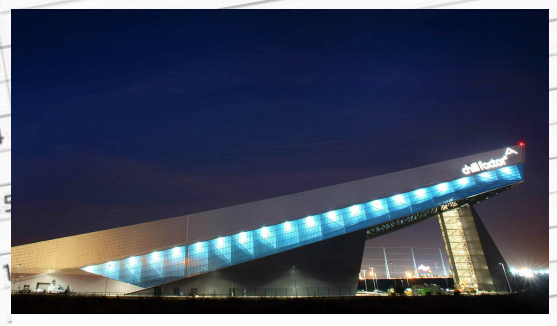
We can't run our races without support from our skiers and their families, but we understand that volunteering to be a course official can be daunting. There are various roles involved in running a race, from handing out and collecting bibs, acting as a gate judge on the slope, to marshalling the racers at the top and bottom of the slope. If you are interested in getting involved and would like to understand more, please speak to Di, Dave or one of our race managers and they will happily explain what is involved and arrange for you to shadow one of our experienced volunteers at a race.

Dates for your diary...

Monday
 7 For those who want some longer term diary planning. We are hoping to run a MSC trip to Landgraaf during May half term school holidays - week commencing Monday 27th May.
 8 This will be a race training trip with our race coaches.
 9 Although early, could anyone who may be interested please contact Di Fennell lesleyh@blueyonder.co.uk

Chill Factor Sunday sessions

Our ever popular Chill Factor Sunday sessions continue on 8 October, with another planned for early December. These sessions are 11am to 3pm. They are NOT race training, there are no gates or stubbies out. The aim of these sessions is to work on developing skills and technique. To find out more or to make a booking please contact Di Fennell lesleyh@blueyonder.co.uk



Midland Ski Club and CESA Club National Weekender

On the last weekend of July, Swadlincote Snowsports Centre was the venue for the Midland Ski Club and CESA Club National races. It was great to have racing back at Swadlincote for the first time this year. The sun shone on us and we had some terrific racing over two days.

MSC racers were out in force with over 20 members competing over the two days. We had winners from the U10 age groups right through to the Masters and a total of 16 podium places over the weekend. Well done to everyone and may thanks to all who contributed to making the event run so smoothly.

Results of MSC Members are as follows

- MSC Club National
- U10 Martha M 1st
- U10 Elliott J 1st
- U12 Ted M 3rd
- U12 Jasmine P 3rd
- U12 Tyler R 4th
- U14 Sasha T 3rd
- U14 Delphine T 5th
- U14 Tommy J 7th
- U14 Nicholas E 8th
- U14 Monty H 10th
- U14 Archie T 9th
- U16 Georgia B 3rd
- U16 Kitty C 8th
- U16 Cameron J 9th
- U16 Thomas G 10th
- U16 Daniel G 12th
- U16 Arjan N 14th
- U18 Elena B 4th
- U21 Jonathan S 3rd
- Masters Louisa T 1st
- Masters Stuart B 4th
- Masters Russ P 5th

- CESA Club National
- U10 Elliott J 2nd
- U12 Tyler R 1st
- U12 Jasmine P 3rd
- U14 Sasha T 2nd
- U14 Delphine T 8th
- U14 Tommy J 7th
- U14 Archie T 8th
- U16 Bob J 1st
- U16 Kitty C 6th
- U16 Reece P 6th
- U16 Cameron J 9th
- U18 Lucy B 4th
- U21 Charlie D 2nd
- Masters Louisa 1st
- Masters Andre T 2nd
- Masters 4th Stuart
- Masters 6th Russ P



Artificial Race Circuit 2023

There's been a huge number of races over the last 2 months, with dozens of Midland Ski Club racers representing the club far and wide throughout the UK, both on dry slopes and in the chillers!!

As well as the Club National circuit, there's been the GBR Indoor and Outdoor series of races where Midland Ski Club have been fighting it out for points and podiums.

With your kind permission, we're just featuring the notable podium finishes on these pages with a selection of photos. However, a more complete listing of all recent results is included at the end of this newsletter.

Well done to all our MSC racers who continue to represent the club at so many races and achieve so many fantastic results. Thanks also to the parents, partners, coaches, members, supporters and four legged friends who give up their own time to help create such a friendly supportive atmosphere from Pontypool to Hillend!



Club Nationals
Welwyn
U21 Jonathan S 2nd
Masters Joss B 1st

Evolution
Masters Joss B 1st

Chatham
U14 Nicholas E 3rd

APR
U16 Bob J 3rd

Pendle
U10 Elliot J 1st
U10 Max E 3rd
U10 Martha M 3rd
U12 Tyler R 2nd
U21 Charlie D 1 (3rd overall)
U21 Jonathan S 2nd
Seniors Joely S 1st

Hemel
Masters Andre T 2nd

GBR Series
Outdoor

Round 1
U14 Sasha T 1st

Round 2
U14 Sasha T 3rd
U16 Bob J 2nd

Round 3
U14 Sasha T 1st

Round 4
U14 Sasha T 3rd

Round 5
U21 Charlie D 3rd

GBR Outdoor Overall
U14 Sasha T 2nd
U16 Bob J 3rd
U21 Charlie D 8th

Rossendale
U10 Elliot J 2nd
U12 Tyler R 4th
U14 Jonathan E 2nd
U16 Lucy B 2nd
U21 Charlie D 1st (3rd overall)
U21 Jonathan S 2nd

Snowsport Wales
Masters Louisa T 1st
Masters Andre T 1st
U16 Lucy B 3rd
U14 Sacha T 2nd
U10 Elliot J 3rd

Welsh Open
U16 Lucy B 3rd
Masters Louisa T 1st
Masters Andre T 1st

Ambition (day 1)
Seniors Hannah P 1st
Masters Andre T 2nd
Masters Louisa T 1st
Masters Joss B 2nd

GBR Series
Indoor

Round 1
Masters Louisa T 1st
Masters Andre T 3rd

Round 2
U18 Amber F 1st (3rd overall)
Masters Louisa T 1st
Masters Andre T 3rd

Round 3
U18 George 2nd (2nd overall)
Masters Louisa T 1st
Masters Stuart B 3rd

English Indoor Champs /
GBR Round 4
Masters Louisa T 1st
Masters Andre T 2nd

Ambition (day 2)
U18 George B 1st (1st overall)
U18 Elena B 3rd
Seniors Hannah P 1st
Masters Louisa T 1st
Masters Joss B 3rd

Pontypool
U10 Elliot J 2nd
U14 Sasha T 3rd
U16 Bob J 2nd

Cardiff & Dragons
U10 Elliot J 3rd
U14 Sasha T 2nd
U16 Bob J 2nd
U21 Jonathan S 3rd

British Championships
Masters Louisa T 1st
Masters Andre T 2nd
U18 Amber F 2nd
U16 Georgia B 3rd

Welsh Indoor Champs /
GBR Round 5
U16 Georgia 1st
U18 Amber 3rd
Masters Louisa 1st
Masters Andre 3rd

GBR Indoor Overall
Masters Louisa 1st
Masters Andre 3rd
U18 Amber 3rd
U16 Georgia 4th
U18 Elena 8th
U18 George 5th
Masters Stuart 4th
Masters Joss 4th

Charlie Leads the Way at British Champs - Pontypool

As our newsletter went to press Midland Ski Club was enjoying even more success at some of the final championship races of the dry slope season.

At the All-England Championships in Norwich, competition was fierce with racers drawn from all corners of the country competing in Saturday's individual slalom as well as the Team event the following day.

In the junior races, there were strong finishes from Huw H who was 8th in U12 boys and Bea who finished 5th in U10 girls, while Jasmine put a first run DNF behind her to recover to 11th place in U12.

On a hot and humid afternoon, our best finisher was Andre who snuck onto the podium with a 3rd place in the Masters competition, while Stuart B finished 6th. Elena and Georgia B were 7th in U18 and 4th in U16 respectively. Delphine was the 9th in U14

MSC teams fought hard but sadly didn't progress beyond the first knockout race against some inspired Norfolk, Hemel and Aldershot teams among others.

And so to Pontypool, for the double header of Welsh National and British Outdoor Championships. Set within Pontypool Park and surrounded by trees, the dog-legged course was proving to be a challenge for many with a shallow top section that required strong arm effort before the slope dropped away to the left for a faster finish.

Charlie secured an admirable 3rd in U21, 6th overall, with Reece 10th in U16 and Jonathan E and Tommy 14th and 16th respectively in U14. In the girls, Sacha placed 2nd in U14, missing top spot by just over half a second. Elena (U18) and Lucy B (U16) both placed 6th, while Kitty got herself a top 10 finish with 10th in U16.

In the stubbies race, Bea did fantastically well to claim 3rd place in the U10 girls, while Max E rounded off the MSC results with a 7th place in U10.

And finally, after a good nights rest, they were back for an early Sunday morning start where Charlie built on his excellent performance with an even better 1st place in U21, 3rd overall - fantastic! Elena, 6th overall and 3rd U18, Sacha 4th U14 and Lucy 5th U16 completed a great set of British Championships results for MSC.



A UNIQ Opportunity for MSC

We are very pleased to announce a working collaboration with UNIQ Snowsports.

We have been giving careful consideration to the future and our forward planning to ensure a solid platform for growth in all aspects of your ski club.

Midland Ski Club is a long established organisation with a solid presence in UK snowsports. We know our membership attach great value to this, but clearly as a voluntary not for profit organisation we do have limitations in what we are able to provide. Midland athletes, who train regularly with us, but also strive for greater development on snow already use a number of different academies for training and race camps across Europe.

In common with the national snowsport bodies we wish to provide a clear pathway for development and continual improvement for our athletes, and coaches, ensuring that such opportunities exist within our club structure for those wanting to pursue them.

Through ongoing discussions it has become clear that Midland Ski Club and UNIQ share a very similar ethos and outlook with regard to the development and growth of athletes as individuals and both feel that there is great value in future collaboration.

This collaboration means that we, as Midland Ski Club, can enhance our offering to our aspiring athletes. It will ensure ongoing effective communication and understanding exists between the clubs and coaches for continuity and development when athletes attend stand-alone UNIQ Snowsports training camps and events, in conjunction with their training at Midland Ski Club.

It is becoming more common to have such collaborative arrangements between clubs. The dryslope sessions that we currently run will remain unchanged, but we look forward to increased opportunities for snow based Midland Ski Club events in resort and indoor race training venues, with support from the UNIQ Snowsports team as appropriate.



UNIQ Snowsports was founded in the late stages of 2020 between Ashley Breese and Daniel Poth. After many years together ski training, competing and latterly coaching, whilst sharing the same ambitions at the ages of 24 with over 13 years combined coaching experience, they decided that it was the right time in their career to invest into themselves and run their own Alpine Snowsports business. This joint venture partnership led to the creation of UNIQ Snowsports which they are immensely proud of. They have both had the privilege to work with some amazing coaches and athletes during their time in the industry, which is why they are combining their skillsets to create one of the the best UK providers of Alpine ski training. Growing up as ski racers themselves, they have an extensive knowledge of the industry and thus can empathise with their athletes to push them to not only meet but exceed their full potential. Over the years Dan and Ash have delivered a wide range of outstanding leadership and management tasks which has fuelled their drive and determination to succeed as leaders and deliver one of the greatest Alpine Programmes within the UK

Family Race Night

As the school holidays drew to an end, Midland Ski Club hosted a family race night at Swadlincote. Free to enter, the event was all about growing participation and encouraging family members to join in the fun and try their hands (and feet) at ski racing.

A balmy, late summer evening saw a field of over 40 skiers take to the Swadlincote hill while family members enjoyed the BBQ and spectating, and a great club night was in prospect.

Unfortunately, traffic problems had already led to a delayed start when technology gremlins brought the race to an abrupt end. Nevertheless, it was a great evening until then and hopefully we can build on the enthusiasm and try again soon!

Medals are being sent out to winners, with a selection of members sporting them below.

Podium Places

Masters	1st Andre T 2nd Richard J 3rd David G	1st Louisa 2nd Joss B 3rd Gerry E
U21	1st Charlie D	
U18	1st Finlay B 2nd Sam L	1st Lucy Bl 2nd Elena B
U16	1st Reece P 2nd Justice M 3rd Cameron J	1st Lucy B 2nd Kitty C 3rd Alya C
U14	1st Hugh S-C 2nd Nicholas E 3rd Archie T	1st Sacha T 2nd Delphine T 3rd Abigail B
U12	1st Tyler R 2nd Ted M-L 3rd Huw H	1st Jasmine P 2nd Ellie H 3rd Grace F
U10	1st Elliot J 2nd Max E	1st Bea S-C 2nd Martha M-L 3rd Annie M



Winning Family:

Richard, Cameron and Elliot with their medals

Snow Races - Winter 23/24

We are now looking at the calendar for the Snow Races and for you to express your interest.

The first two of these are...

Ambition Race in Hinterreith, Austrian 22nd December to 6th January
and Bormio Italy commencing on 3rd February.2024

It is important to show interest now in these camps if you wish to go with our highly qualified race coaches
It does seem a long way ahead but for these camps to run smoothly we need to know numbers

Look forward to hearing from you all

For any questions or to show interest please contact the email below

lesleyh@blueyonder.co.uk

MSC Members shine in Schools Racing



NATIONAL **SCHOOLS**
SNOWSPORTS
ASSOCIATION

Late June saw the final two national schools races of the 2022/23 school year and Midland Ski Club members featured in both of them with some great individual and team performances.

18 of our racers travelled to Castleford for the ESSkia UK Indoor Championships.

In the U19 category, Elena topped the podium with a fantastic 1st place, with Georgia also on the podium in 3rd.

In the team event, Warwick School U15 boys raced to a well earned 2nd place with some consistent runs, with the U19 boys coming 5th.

In the girls team event, Stafford Grammar U19 girls took 2nd place while King's High U15 teams came in 4th and 5th.

And so on to Chill Factore for the NSSA British Schools Indoor Championships.

Nearly 200 took to the starting gate, of which MSC linked skiers numbered over 20.

In the Junior races, Ted M-L and Tyler R, both from Stafford Grammar placed 1st and 2nd respectively in the U12 boys. Stafford Grammar went on to take 2nd place in both the boys junior team and mixed team events.

In the Senior races, Midland racers Lucy B took a terrific 3rd place in the U16 girls with Elena B finishing 5th in a very strong U19 field.

Consistency paid off for the King's High, Warwick girls. Four top 10 finishes meant they took 1st place in the senior team competition, narrowly edging Stafford Grammar girls into 2nd place.

In the boys team event, The Friary School raced to a well deserved 3rd place.

A full listing of all the results is attached at the end of this newsletter.

It really was great to see so many of our racers competing at these events, supporting each other and working hard towards their own individual and team achievements.

Huge thanks to all the parents, volunteers, coaching and club members for their help and support in developing our school racers throughout the year.

Midland Ski Club members from Warwick Schools Foundation and Solihull School signed off the school ski year with a trip to Stoke in July to attend an ESSkia training day. Under tutelage of 3 race coaches, including our very own Roger Cromblehome, the group worked hard on technique and race drills before a series of timed runs and head to head dual slalom races.



Team members have continued with the summer race programme and training camps, both on snow and dry slope before returning for team training in early September. They will head back to Stoke on 17th September for ESSkia qualifier races, hoping to reach the English Schools Finals in Norwich in October.

Paws On Parade with Tracks' latest Midland Ski Dog

Our latest edition features a very well known face from Midland Ski Club, a loyal and friendly supporter on the race circuit and definitely the 5th member of Team Tchakhotine, it's Corrie.

"I love going to races as there are lots of people who give me attention and sometimes they give me food"



"But I'm not so keen on Gloucester or Chill Factore as they don't allow dogs which means I stay in the car the whole time"



New Coach from the dark side

At the time of going to print, Russ Pike has just qualified as level 1 Coach. This means Russ is now able to coach u10-u12 skiers without supervision. Russ, as many of you will know has been snowboarding for the past 10 years, but decided to take up skiing again in the alps last winter whilst his son Reece was out training for the season.

Russ said 'I like to give a massive thanks to Roger who has been my mentor for the past 3 months, and also to the parents, and especially the kids who have been really supportive. To help better understand what the kids go through, Russ has also started racing but admits he has a long way to go to keep up with other Masters skiers including Stuart and Andre, and is worried he won't be able to wear his shorts anymore.



Get Ready For Christmas - New Club Kit

Refresh your wardrobe ready for the winter season by treating yourselves to Midland Ski Club clothing. Follow this link: <https://2and2print.co.uk/midland-ski-club/>

ESSkia Training Trip to Peer

By Fenton

In the summer holidays, I waved goodbye to my parents and headed off with the English Schools' Ski Association (ESSKIA) to the indoor slope at Peer in Belgium. I managed to secure my place through the national schools' finals in Norwich, qualifying in a good position.

As I arrived at our destination, I realised how colossal it really was; a 350metre slope! Each morning we woke up at seven thirty and got ready for a long day of skiing. After a couple of runs on the slope I realised that skiing on ice is challenging. Heading through the week we skied a variety of stubbies, gates and exercises, progressing our skills with the help of the fantastic ESSKIA coaches.

The week came to an end as quickly as it started, we said goodbye to Peer and headed home. The trip was lots of fun and I really enjoyed it.

Fenton



A chile one for leading MSC skier

U18 racer George Brown continues to go from strength to strength on the world stage, having recently competed in FIS races in Chile. It was great to see George at the recent MSC fun race, back in the UK briefly before jetting off to Austria where he'll be based again this Winter. Watch this space for regular updates on Georges progress.

Below are just a few of the photos from Chile, to show what learning to ski on a dry slope can lead to with a lot of hardwork and dedication.





Raise funds for Midland Ski Club every time you shop online – and at no cost to you!

Did you know that whenever you buy anything online – from your weekly shop, your annual holiday, car insurance, etc – you could be raising donations for Midland Ski Club at no extra cost to yourself with **Easyfundraising**?

This is a super easy way that you can support the Club and raise funds for all our activities.

There is no hidden on-cost to yourself – the donation comes from the company you are buying from.

Easyfundraising partners with over 7,000 brands who will donate part of what you spend to a cause of your choice. It won't cost you any extra. The cost is covered by the brand.

There are over 4,000 shops and sites on-board ready to make a donation – including Snow+Rock, Ellis Brigham, eBay, Argos, John Lewis, Tui, Travelodge, Skyscanner, Neilson ski, Booking.com and M&S – and it won't cost you a penny extra to help us raise funds.

Just search the easyfundraising website for your favourite brands, stores or products to see how much you could raise for the Club with just a couple of clicks.

All you need to do start raising funds for MSC is:-

1. Visit www.easyfundraising.org.uk/causes/midlandski and register for free.

2. Then, every time you want to shop online, first go to easyfundraising (online or via the app) to find the brand or shop you want, and easyfundraising will take you there to start shopping.

3. After you've checked out, the retailer will know you have visited their site via easyfundraising and make a donation to Midland Ski Club at no extra cost to you whatsoever!

There are no catches or hidden charges and Midland Ski Club will receive donations generated by you that can go towards running all aspects of the Club for the benefit of all members.

If you want more details and information on exactly how it works visit here

<https://www.easyfundraising.org.uk/how-it-works/>

Thank you for your support!

Some questions you may have...

What is easyfundraising?

easyfundraising is the UK's biggest charity fundraising site. It's simple to use, and it's free. Since 2005, good causes and charities across the UK have raised over £24 million with easyfundraising.

How much will I raise?

The donation per purchase will generally be between 0.5% and 10%. Some retailers - including insurance and broadband providers - will pay a flat fee which can be in the £100s.

How can easyfundraising help Midland Ski Club?

Using easyfundraising means that we will have a steady stream of donations coming throughout the year.

It's an effortless way of raising funds consistently alongside all our other fundraising initiatives.

Is it really free?

Yes! You won't spend a penny more than normal when shopping online.

Can I buy everything online that I would normally?

The world is your oyster. easyfundraising's huge range of online retailers includes big names such as John Lewis, M&S, Boden, Expedia, Amazon, eBay, all the major supermarkets, holiday operators, insurance providers, plus a wide range of smaller and more niche online shops and stores. You name it, they've got it covered.

What if I forget to shop through easyfundraising?

Not a problem! easyfundraising have designed two handy tools to help you remember:

1. Install the Donation Reminder onto your desktop in just a couple of clicks - it will then automatically highlight retailers where a donation is available while you're browsing.
2. Download the easyfundraising app. You'll be able to use the app whenever you shop from your mobile or tablet and know that you'll never miss out on a donation.

The more the merrier

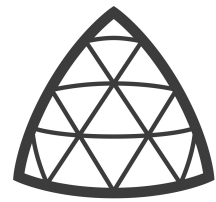
An average online shopper can easily raise over £100 a year with easyfundraising.

Multiply that by the number of people in Midland Ski Club, and the size of the prize is huge.

Just think how much we could raise in total, and how we could use the funds to benefit all Club members!



Does anyone want someone to ski with us next season?



LES ARCS

Paradiski

John Elgy invites you along...

The Midland Ski Club, like many other ski clubs, was originally formed for people to have other people to ski with and quietly we still do this both with club holidays and members getting together on an informal basis. Perhaps not all members get to hear what others are doing so I was thinking that I would use this newsletter to simply say just where and when I'd be skiing this year in case anyone wants to join me, my family and friends.

We will be in Arc 1600 for two periods this winter and if anyone wants to come along they would be very welcome. I'm not organising a holiday just giving advice on how to do the journey, where to search for accommodation, along with someone to ski with and socialise with in the evening. I'm not going to deal with any money.

We've reserved our accommodation for December 16th to 30th and March 23rd to April 6th though we will be unlikely to be there for the whole period. We usually go mid-week to mid-week since travel is often easier (as anyone will know the roads into and out of the Tarentaise can be unpleasant at weekends)



Les Arcs is a big ski area with a huge variety of slopes from straightforward blues to serious unpisted blacks with open bowls and tree skiing. It has a long season with good skiing available until the end of April. Arc 1600, in particular, is relatively speaking less expensive than some of the other big ski areas and has a direct connection via funicular to the town of Bourg St Maurice with its railway station and big hypermarkets.

Gerry and James will ski anything in the resort but I may have to take it easy over Christmas having just had a knee replacement. Other friends and family will be joining us at various times and piling into our apartment so there will be others around.

If anyone wants more information then email me at john@elgy.org.uk

Midland Ski Club at the National Snow Show

The Countdown has begun!



Join MSC at the National Snow Show at the NEC Birmingham this 14-15th October.

The National Snow Week is a week celebrating everything the UK snowsports scene has to offer and will play host to mini events across the country for brands, associations, resorts and destinations. The week is bookended by the London Excel and Birmingham NEC show which provides the biggest community meet-ups of the year, bringing together inspirational speakers, cutting-edge technologies, and the best in gear, all under one roof.

At the Birmingham show there will be a diverse line-up of athletes and industry experts ready to talk all things performance, nutrition and more.



Speakers include: Chemmy Alcott, Ed Leigh, Eddie the Eagle Edwards, Dan Egan, Eve Muirhead, Ed Leigh, Millie Knight Warren Smith, and many more.

There will also be some great features including: the Snow stage, Ask the Experts, Ski Technique Lab (Warren Smith), introduction to Roller Skiing, Biathlon and Nordic laser shooting experience, Boot fitting, Brand village, plus lots of retail and holiday resort opportunities!

The full agenda can be found here

<https://nationalsnowweek.com/birmingham/agenda>

...and most of the speakers will be available to sign autographs and take selfies with visitors.

The show is also a great chance to meet up with all your MSC friends - and we'd encourage you to proudly wear your MSC gear around the show to promote all the great snow sport opportunities that MSC has to offer.

We are planning to have the "Wall of Fame" on the MSC stand – so you might see your name up there!

The show is an opportunity for us to reflect on the year so far, and plan and look forward to the season ahead. A chance also to celebrate all the great successes that we've had as a Club – and tell everyone else in the snowsports industry about us!

So tell all your friends and family to come along and join us at the show and get ready for the winter season in style!

Key information:-

The show will be open 10am – 5:30pm on Saturday 14th and 10am – 4pm Sunday 15th October 2023.

Hall 1 Stand I46 We are close to the Alpine bar

Online Show Guide will be available the week before the show

All speaker talks and panels are free-to-attend and are first come, first served

Heads up on getting there as the NEC have advised us that National Highways will be closing the M42 between Junctions 5 and 6 this weekend for road improvement works. This may impact your journey as there will be a short diversion...

<https://www.thenec.co.uk/visitors/travel-updates/>

You could always get the train to Birmingham International as an alternative mode of transport.

Top Tip:- book your parking in advance as it's much cheaper than on the day – this can be booked here – <https://parking.thenec.co.uk/NECBirmingham/Booking/Booking/SearchParking>.

Concussion!

If In Doubt, Sit Them Out



A recent incident involving one of our members during training highlighted the risk to skiers of a concussion injury and the importance of the protocols to be followed immediately following such an injury, as well as in the weeks afterwards.

Fortunately as well as the onsite first aiders, there was a doctor on site who knew exactly what they were dealing with and was able not only to provide medical advice but reassure the individual involved.

While not personally involved, it did get me thinking - concussion is one of those things you can know very little about until it happens to someone close to you and suddenly you need to know a lot about.

Thankfully, the skier involved is back enjoying skiing again, but their return took a while and needed to be approached with care.

It is important that members, officials, racers and parents of racers are aware of the risks of concussion and recognise the signs of such an injury. We all have a potential role to play, as coaches, volunteers, parents, teammates, participants and spectators in watching out for anyone with a suspected concussion and ensuring they are immediately removed from the slope or race.

The UK Government has published a set of Concussion Guidelines for grassroots sport entitled If In Doubt, Sit Them Out. [Click the below link to go straight to the Guidelines](#)

https://www.sportandrecreation.org.uk/policy/research-publications/concussion-guidelines?dm_i=7GWB,339U,O8WGF,BAKG,I

The guidance is targeted at people across grassroots sports to provide them with the necessary steps to:

- **RECOGNISE** the signs of concussion;
- **REMOVE** anyone suspected of being concussed immediately and;
- **RETURN** safely to daily activity, education/work and, ultimately, sport.

Developed by an expert panel of domestic and international clinicians and academics in neurology and sports medicine, it sets out steps to improve understanding and awareness of the prevention and treatment of concussion in grassroots sport where trained medical professionals are less likely to be routinely present.

The Key Points of the guidance are..

- Most people with concussion recover fully over time
- A concussion is a brain injury - all concussions are serious
- You don't need to be knocked out to have concussion - but if you do lose consciousness, you do have a concussion
- Anyone with visible signs of head injury should stop & be removed from training/competing until assessed by medical professionals
- Individuals with concussion should only return to sports which risk head injury having followed a graduated return programme
- There should be no return to competition before 21 days from injury
- Anyone with symptoms after 28 days should seek further medical advice



social scene

more than just a ski club

Walking Date for Your Diary



I know this is a long time in advance, but I'm looking at either Saturday 13th or 20th April for the National Arboretum walk and social. This is after the Easter holidays and hopefully spring flowers and blossom.

Our friends who don't walk so much are very welcome to come along and use the little train that takes people around. I'll also investigate a guided tour as well as working out a longer walk.

The intention is to book a table in the cafe/restaurant for meeting up for a social get together later in the afternoon.

I'm not asking for any commitment now, just an idea of numbers and date preference please to be able to liaise with the Arboretum.

WhatsApp me or email maureen@ims-lifebalance.com please.

Thank you

Maureen Crombleholme



Trying to keep “track” of MSC Walkers and Socialites

Saturday 17th June - Maureen reports

On a sunny Saturday 17th June, 10 walkers left the railway car park at Bewdley to walk to Arley along the banks for the river Severn, 10 walked back and 17 finished at The Mug House pub for refreshments.

That's the simple version!

After witnessing a steam train arriving and having refreshments at the café, 10 MSC members left the Severn Valley Railway station at Bewdley for a walk.

It was a lovely sunny day and we crossed the river to the left side to head towards Arley. About 45 minutes later, 10 became 13 as Gill, Steve and their friend Martin, who were staying close by, joined us.

The riverside walk had plenty of wild flowers and we said “hello” to quite a few fishermen along the way. We passed under railway bridges and a viaduct, through a lovely wood and past meadows and at one point Railway Children came to mind when there was a certain amount of waving as the steam train went by.



Arley station was our half way point – 4.5 miles – and time for our lunchtime picnics. Arley is a very pretty station with lots of picnic areas as well as a refreshment room. We were joined by 4 more MSC members who arrived on the 13:15 steam train from Bewdley. A short shower didn't put us off and we enjoyed our picnic lunch. Then Linda and Jim went off to check out Arley Arboretum before returning by train and 5 others decided to head back on the next train, whilst Gill and Howard joined the walkers. We were back to 10 again, but a slightly different 10 for the return walk!

We returned to Bewdley along the other side of the river for the return 4.5 miles and headed for The Mug House (some via an ice cream shop) where the 7 train commuters joined us for drinks in the pub's secret garden. Unfortunately, the sunshine turned to a heavy rain storm and despite all our efforts some of us got a bit soggy, but the sun came out again and those of us who ordered food were able to enjoy it after all.



Everyone said they had a lovely time and that the flexibility of walking and / or taking the train worked well. At one point I wasn't sure I could keep up with all the comings and goings to know how many there should be on each part of the walk, but I didn't lose anyone!

Thank you Paul, Yvonne, Graham, Jill, Peter, Gerry, John, James, Gill, Steve, Martin, Linda, Jim, Gill, Howard and Roger for coming along and for providing great company.



Wet walk to Henley in Arden

Saturday 5th August - Mike Thomas reports

To say the weather forecast for Saturday August 5th was not good is the understatement of the year, and early in the morning I think we were all longing to get a WhatsApp message from Jill Seamen to say the walk had been cancelled. However when I arrived at the Navigation Inn in Wootton Wawen to start the walk there was just light drizzle and 8 members suitably booted up all keen to start walking.



Shortly afterwards we joined the Stratford Canal which we followed back to the Navigation pub. I find canals somewhat monotonous, but not the Stratford Canal with its unique quaint bridges and barrel shaped roofs on the lock keepers cottages, and further south there's the longest aqueduct in the country; a fine listed structure.

We followed the Monarch's Way along the Stratford Canal for the first half mile of the walk before following the swollen River Alne on a fairly level path through arable land on to the High Street in Henley which is lined with fabulous timber framed buildings. Passing the famous Ice Cream Cafe for a warmer day we continued along High Street and discovered the delightful Dolce Cafe for our first refreshment stop.



Suitably refreshed we then continued the walk without the drizzle and climbed up a steep muddy path onto 'The Mound' which is the site of an Iron Age fort and later Beaudesert Castle dating back to the Medieval period. There's no evidence of this now but it makes for good views across the attractive surrounding countryside. Continuing across this delightful rolling landscape we made out way to All Saints Church in Preston Bagot for our second refreshment stop. The generous porch here gave excellent protection from more serious rain, which thankfully didn't last long.

Many thanks to Jill and Peter Seamen for planning a delightful walk which we all enjoyed despite the less than perfect weather.

If you want to join one of the regular MSC walks, look for details in the club newsletter, and join the MSC Walkers WhatsApp group by texting a request to Tony Costin on 07831 822706

Racing Results

Club Nationals

MSC

U10 Martha M 1st
U10 Elliott J 1st
U12 Ted M 3rd
U12 Jasmine P 3rd
U12 Tyler R 4th
U14 Sasha T 3rd
U14 Delphine T 5th
U14 Tommy J 7th
U14 Nicholas E 8th
U14 Monty H 10th
U14 Archie T 9th
U16 Georgia B 3rd
U16 Kitty C 8th
U16 Cameron J 9th
U16 Thomas G 10th
U16 Daniel G 12th
U16 Arjan N 14th
U18 Elena B 4th
U21 Jonathan S 3rd
Masters Louisa T 1st
Masters Stuart B 4th
Masters Russ P 5th

CESA

U10 Elliott J 2nd
U12 Tyler R 1st
U12 Jasmine P 3rd
U14 Sasha T 2nd
U14 Delphine T 8th
U14 Tommy J 7th
U14 Archie T 8th
U16 Bob J 1st
U16 Kitty C 6th
U16 Reece P 6th
U16 Cameron J 9th
U18 Lucy B 4th
U21 Charlie D 2nd
Masters Louisa 1st
Masters Andre T 2nd
Masters 4th Stuart
Masters 6th Russ P

Welwyn

U14 Tommy J 8th
U16 Kitty C 8th
U21 Jonathan S 2nd
Masters Joss B 1st
Masters Stuart B 5th

Evolution

Masters Joss B 1st

Chatham

U14 Nicholas E 3rd
U16 Kitty C 7th

Norfolk

U12 Jasmine P 5th
U14 Nicholas E 8th

APR

U16 Bob J 3rd
U14 Tommy J 5th

Pendle

U10 Elliot J 1st
U10 Max E 3rd
U10 Martha M 3rd
U12 Tyler R 2nd
U12 Ted M 4th
U21 Charlie D 1 (3rd overall)
U21 Jonathan S 2nd
U16 Reece P 8th
U16 Lucy B 4th
U14 Nicholas E 5th
U14 Jonathan E 9th
Seniors Joely S 1st

Hemel

U14 Delphine T 8th
Masters Andre T 2nd

Rossendale

U10 Elliot J 2nd
U10 Max E 4th
U12 Tyler R 4th
U21 Charlie D 1st (3rd overall)
U21 Jonathan S 2nd
U16 Lucy B 2nd
U14 Jonathan E 2nd
U16 Reece P 5th
U16 Cameron J 8th

Snowsport Wales

Masters Louisa T 1st
Masters Andre T 1st
U16 Lucy B 3rd
U14 Sacha T 2nd
U10 Elliot J 3rd
U16 Cameron J 5th
U14 Tommy J 6th
U14 Nicholas E 9th
U14 Archie T 11th
U14 Delphine T 7th

Welsh Open

Masters Louisa T 1st
Masters Andre T 1st
U16 Lucy B 3rd
U10 Elliot J 4th
U12 Chay B 6th
U14 Tommy J 8th
U14 Archie T 12th
U14 Jonathan E 15th
U14 Delphine T 6th
U16 Cameron J 6th
U21 Jonathan S 4th

Ambition (day 1)

Masters Andre T 2nd
Seniors Hannah P 1st
Masters Louisa T 1st
Masters Joss B 2nd
U12 Hugh H 10th
U14 Archie T 14th
U14 Delphine T 10th
U16 Lucy B 9th
U18 Elena B 4th

Ambition (day 2)

GBR Outdoor

GBR Indoor

U18 George B 1st (1st overall)

Round 1

Round 1

Seniors Hannah P 1st

Masters Louisa T 1st

Masters Joss B 3rd

U18 Elena B 3rd

Masters Andre T 5th

U12 Huw H 9th

U14 Delphine T 11th

U16 Lucy B 5th

U16 Bob J 5th

U12 Huw H 9th

U14 Sasha T 1st

U14 Tommy J 7th

U16 Bob J 15th

U21 Jonathan S 5th

Masters Louisa T 1st

Masters Andre T 3rd

Masters Stuart B 4th

Masters Joss B 4th

U18 Amber F 4th

U18 Elena B 6th

U16 Lucy B 6th

U16 Bob J 7th

U14 Delphine T 15th

U14 Archie T 12th

Pontypool

Round 2

U12 Huw H 7th

U14 Sasha T 3rd

U14 Tommy J 11th

U16 Bob J 2nd

U16 Lucy B 6th

U21 Jonathan S 6th

Round 2

U10 Elliot J 2nd

U16 Bob J 2nd

U14 Sasha T 3rd

U14 Tommy J 5th

U16 Reece P 5th

Masters Russ P 4th

Round 3

U14 Sasha T 1st

U14 Tommy J 7th

Masters Louisa T 1st

Masters Andre T 3rd

Masters Stuart B 4th

Masters Joss B 4th

U18 Amber F 1st (3rd overall)

U18 Elena B 6th

U16 Georgia B 7th

U16 Lucy B 8th

U14 Delphine T 15th

U14 Archie T 18th

Cardiff & Dragons

Round 4

U10 Elliot J 3rd

U14 Sasha T 2nd

U16 Bob J 2nd

U21 Jonathan S 3rd

U14 Tommy J 7th

U16 Reece P 6th

U16 Cameron J 8th

U14 Sasha T 3rd

U14 Tommy J 7th

U16 Bob J 4th

Round 3

British Champs

Round 5

U14 Sasha T 4th

U14 Tommy J 7th

U21 Charlie D 3rd

Masters Louisa T 1st

Masters Stuart B 3rd

Masters Andre T 5th

U18 George 2nd (2nd overall)

U18 Elena B 5th

U16 Georgia B 4th

U16 Bob J 7th

U16 Lucy B 9th

U16 Reece P 10th

U14 Delphine T 13th

U14 Tommy J 15th

U14 Archie T 19th

U12 Tyler R 19th

U12 Huw H 12th

Masters Louisa T 1st

Masters Andre T 2nd

U18 Amber F 2nd

U16 Georgia B 3rd

U12 Huw H 15th

U14 Sasha T 6th

U14 Delphine T 13th

U14 Tommy J 9th

U14 Monty H 18th

U14 Archie T 17th

U16 Bob J 5th

U16 Kitty C 15th

Masters Stuart B 5th

GBR Outdoor Overall

U14 Sasha T 2nd

U16 Bob J 3rd

U21 Charlie D 8th

English Indoor Champs / GBR
Round 4

Masters Louisa T 1st
Masters Andre T 2nd
Masters Stuart B 4th
U18 Elena B 7th
U16 Lucy I 11th
U14 Delphine T 11th
U14 Archie T 16th
U12 Tyler R 15th
U12 Huw H 16th

Welsh Indoor Champs / GBR
Round 5

Masters Louisa 1st
Masters Andre 3rd
U18 Amber 3rd
U16 Georgia 1st

U12 Huw H 20th
U14 Sasha 6th
U14 Delphine 14th
U14 Tommy 14th
U14 Archie 17th
U16 Lucy 7th
U16 Kitty 19th
U18 Elena 5th
Masters Stuart 5th

GBR Indoor Overall

Masters Louisa 1st
Masters Andre 3rd
U18 Amber 3rd
U18 Elena 8th
U18 George 5th
U16 Georgia 4th
Masters Stuart 4th
Masters Joss 4th

Schools Racing

NSSA British Schools Indoor
Champs

U12 Ted M 1st
U12 Tyler R 2nd
U16 Lucy B 3rd
U19 Elena B 4th
U12 Patrick I 15th
U14 Jonathan E 7th
U14 Frankie Y 8th
U14 Greta S 9th
U16 Kitty C 6th
U16 Carys H 7th
U16 Alex M 10th
U16 Cameron J 14th
U16 Reece P 15th
U16 Sean W 19th

Junior team results

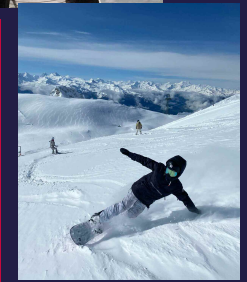
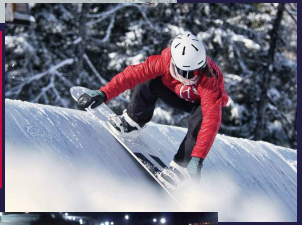
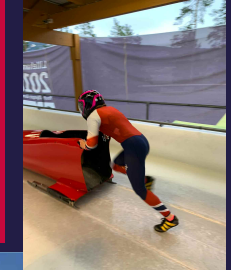
Stafford Grammar boys 2nd
Stafford Grammar mixed 2nd
Stafford Grammar mixed B
7th

Senior team results

Kings High, Warwick girls 1st
Stafford Grammar girls 2nd
The Friary School boys 3rd

ESSkiA Indoor

U19 Elena B 1st
U19 Georgia B 3rd
U15 Warwick School boys 2nd
U19 Stafford Grammar girls
2nd
U15 Kings High, Warwick girls
A 4th
U15 Kings High, Warwick girls
B 5th
U19 Warwick School boys 5th



Following the tragic death of Team GB athlete Ellie Soutter on her 18th birthday, her family has committed to continue fundraising in her memory. We support upcoming young winter sports athletes, both financially and mentally, to help them fulfil their potential and achieve their dreams.

Please help us to help our young winter sports athletes

Supporting talented young winter sports athletes through funding initiatives and coaching them through the pressures of professional competition.

We have created different corporate funding packages for all budgets, offering promotional opportunities to businesses. You can make a real difference to a talented young winter sports athlete

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www.theelliesoutter.foundation

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media@theelliesoutter.foundation

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