

MIDLAND SKI CLUB NEWS

JULY 2011

MIDLANDERS WIN AT CESA SCHOOLS RACE



The TWO fastest teams at the recent Central England Schools race are ALL members of Midland Ski Club! Back Row, from Solihull School: Amy Middleton, Elisabeth Thomas, Hannah Shakeshaft and Laura Newbould. Front Row, from Princethorpe College: Nick Phelps, Ed Brotherton, Jack Rigby, and Sam Doherty.

Summer Evening Walk

A walk has been arranged starting at the Dog and Doublet pub car park with a walk in the nearby Kingsbury Water Park on Wednesday 3rd August, starting at 6.30 from the pub where we can drink and eat after.

The Dog & Doublet is hidden next to the Fazeley Canal at Bodymore Heath. To find it from Junction 9 on the M42 take the A4097 towards Kingsbury. At the first roundabout in about 1.5 miles turn left towards Kingsbury Water Park. Pass the main entrance into the park, go over the motorway, and the lane leading to the pub is on the left before the canal humpty bridge.

If you just want an excuse for a pub meal and natter about next season's skiing plans, the walkers will be back to the pub from about 8.30pm.

Mike Thomas 02476 692792

Holiday Updates

Places are still available on the **Family Holiday to the Ski Amade** in Austria over New Year. Please get your bookings and deposits in quickly.

Details of the **Training Week to Bormio** in Italy in January are enclosed in this newsletter.

The **Club Holiday to Champoluc**, Italy, in March is **sold out**: we *told* you to get your bookings in fast!

Diary

Tuesdays @ 6.00pm

Race Novices - Roger Crombleholme 01785 714073

Tuesdays @ 7.30pm

Race Coaching - Roger Crombleholme 01785 714073

Thursdays @ 7.30pm

Advanced Race Training
Guy Hornsby 01564 779927

Fridays @ 6/6.30/7pm

Junior Coaching
Jane Lee 01905 345416

Fridays @ 8pm

Adult Coaching
Jane Lee 01905 345416

23rd July

Summer Race League, Gloucester
Paul Treuge, 0121 308 5746
(Also 13th Aug, 18th Sep, 8th Oct)

3rd August

Evening Walk, Bodymore Heath
Mike Thomas, 02476 692792

21st-23rd October

High Altitude Training Weekend
Mike Thomas, 02476 692792

9th December

MSC Christmas Party, LRSC
Solihull
Diana Horth, 01889 800706

MIDLAND TO WIN CLUB NATIONAL SERIES

STOP PRESS

Following last year's cliffhanger at the final 2010 Club National Race at Southampton, whereby MSC lost the series by **a single point** to Telford, this year it's a bit different.

After 12 races (at Norwich, Welwyn, Bromley, Stoke (x2), Pendle, Sunderland, Milton Keynes, Manchester, Gloucester, Ipswich and Hemel Hempstead) we go into the final race at Southampton with a total of 191 points - 26 more than our closest rivals, Aldershot.

And as the maximum points you can get in an event is 25, we have an unassailable lead!

Congratulations to all our racers.

End of Season Corris Weekend 20th-22nd May 2011

Driving west towards the late afternoon sun and final destination of Corris one could be forgiven for some complacency about the less than happy weather forecast for the coming weekend.

Friday evening saw most of us visiting the Slaters Arms where Mike Woodcock treated us to some guitar playing and a selection of folk songs. I think some of the locals were a little taken aback, but the landlady asked Mike to repeat the exercise on Saturday night!

Saturday morning was a bit dull but gradually people made up their minds about what they intended to do with 8 opting for the walk up Cader Idris, 5 for a tough mountain bike trail and the others either doing low level walks or visiting the disused slate mines for a very interesting trip in a real life situation.

The Cader Idris trip started off reasonably well, cold and windy but not raining. The last few metres of ascent were in a swirling mist but the bothy at the top provided some respite from the wind and allowed us to eat lunch. Leaving the bothy was a different matter - it was very windy and wet, and seemed to get wetter the further we descended.

Arriving back at Braich Goch we heard the news that one of the bikers had suffered a serious fall shortly after setting off on the ride. John Ellis drove him to the hospital in Aberystwyth where they both spent the best of their day. Paul

had broken his scapula and was in a lot of pain. However for him the hardest pain was probably explaining to his wife that her special birthday driving trip to Skye was now in jeopardy. But we all wish him a speedy recovery.

Saturday night all but one went to the Slaters Arms for a simple but good and very reasonably priced meal. It was pretty late when we finished so the folk singing had to be abandoned. As this was the day the world was scheduled to end a few of gathered in the bar at the Braich Gogh to await the event. Luckily it didn't.

The rain continued to amuse itself most of the night and the weather wasn't looking too good for Sunday. So there were various plans: low

level walks in and around Corris, in Macynlleth, more mountain biking, visits to craft centre and the Centre for Alternative Technology which has since been reported as worth the trip.

16 members and 1 guest stayed at the Braich Gogh bunkhouse in Corris which is situated on the main road with adequate parking across the road. There is extra parking in the village if needed. The bunkhouse has been recently refurbished and was comfortable if a bit 'busy' at times in the kitchen area but is an ideal place to stay. There is a lot to do in the area and chances are that we will return for the next 'end of season' weekend.

Diana Horth



There was much interest from certain members of the party in the blonde Viking sitting atop the stile. She and her friend were in shorts - but everyone else on that hill was in near full winter kit

High Altitude Training Weekend Peak District - 21st-23rd October

We've booked Gradbach Farmhouse for this year's High Altitude Training Weekend. This is adjacent to YHA Gradbach Youth Hostel, and booked on a YHA 'Escape-To' basis, which means we have sole use of this fully equipped farmhouse on a self catering basis.

Gradbach YHA is somewhat remotely situated on the western side of the Derbyshire Peak District, with

superb moorland and gritstone edge walking nearby. For details of the hostel see http://www.escape-to.co.uk/view_property.php?id=943.

Walks will be arranged on Saturday and Sunday, but if you prefer to do your own thing; cycle, or rock climb etc then that's fine. The cost of the weekend is £40 per person which covers the cost of the dormitory accommodation, bedding, and self

catering facilities. Don't be put off by the title of the weekend: oxygen masks are not required, and the walking is relatively easy. On the Sat. evening I propose we have a diy meal, and I'll co-ordinate the contributions. To book places on this weekend complete and return the booking form below, and if you have any questions, just call me.

Mike Thomas 02476 692792

HIGH ALTITUDE TRAINING WEEKEND 21-23 OCTOBER

To: Mike Thomas 71 Cannon Hill Rd Coventry CV4 7BT

I enclose £40 per person for the 2011 High Altitude Training Weekend in the Peak District. Cheques made out to Midland Ski Club

Name(s)

E.mail.....

I'd like to offer for the Saturday evening meal.

30th Early-Season Training Week Bormio, Italy 14th-21st January 2012

Yes, it's 30 years since we started our very popular Training Week and you are invited to join the celebrations in Bormio. There will be a special party atmosphere but the emphasis will always still be on the skiing and on helping you to enjoy your improvement. You will ski in a group of about 9 friends with similar experience and a BASI or SSE Coach. And this isn't just for a few hours like ski school but for 6 full days from 9am until the lifts close. The coaching is done 'on the move' with a minimum of exercises and you will do an amazing number of miles. But there will be ample time for your coach to give you lots of personal help.

This will be a return visit to Bormio so we know that it is very suitable for our week. There is plenty of skiing and great variety of pistes and we will also visit the satellite villages like Santa Caterina. We are staying at the excellent Hotel Nazionale. You will receive a typically Italian welcome, the rooms and food are fine and there is the bonus of the luxurious swimming pool, sauna and Jacuzzi. A delightful way to ease those aching muscles.

We are very keen to make this special week an amazing success so the club is subsidising the cost so that there will be **NO INCREASE FROM LAST YEAR'S PRICE**. It will stay at £910. Yes, I know that this is not cheap, but it does include nearly all you will have to spend, including a coach to the airport, flights, transfers, half-board in the hotel, insurance, all the coaching **AND YOUR LIFT-PASS**. The only other cost is either ski hire or ski carriage if you bring your own.

To join us please complete the booking form and return it with a **NON-REFUNDABLE** deposit of £120. We are sorry to be strict about this but the Club has



invested a lot of money to reserve the holiday and we must protect our funds. Please note that the cost includes about £125 to cover the coaching and



1. Early Season Training Course - 10 - 17 January

This is a Ski Holiday PLUS all the fun of the usual M.S.C. Holiday.

- PLUS Top class coaching from our own BASI Instructors led by Doug Godlington one of the great names in British skiing.
- PLUS Instruction in mountain craft, snow conditions, weather, etc.
- PLUS Evening film shows, talks, etc.

In fact it's a complete ski course designed especially for M.S.C. to improve your knowledge and ability as a skier.

THE RESORT LA THUILE, ITALY. We've chosen this small Italian resort both to keep down costs and also because there will be so much to do you won't need the vast ski areas of the large expensive resorts. Even so, La Thuile provides skiing from 8,500 ft, 70km of pistes including one of 11km, 12 lifts and plenty of off-piste.

THE COURSE There are only 30 places available. Members will be put into three groups according to ability, each in turn led by either the Course Director - Doug Godlington - or one of the two BASI Instructors. In addition to lots of instruction in skiing under all conditions, Doug and the Instructors will pass on their vast knowledge of mountain craft, snow conditions, weather, etc. You may even find yourself digging a snow hole - just for practice we hope! On some evenings there will be short talks, film shows, etc.

THE DATE Monday 10th January to Monday 17th January, 1983.

THE SKIERS (That means you!) We are looking for keen skiers who are willing to enter whole heartedly into the spirit of this new venture. You don't have to be a great skier, but we'd hope that you can do a basic parallel turn. If you haven't yet reached this standard, don't be put off. Regular attendance at the Club's dry skiing sessions will soon get you up to the mark. We expect there will be a group for intermediates, good parallel skiers and experts.

ACCOMMODATION We will be staying in a luxury apartment block. Each apartment will have 2 or 3 bedrooms and each bedroom will have twin beds. Each apartment has private facilities and kitchen. Breakfast and dinner will be taken in a nearby highly recommended restaurant.

APRES SKI Don't think you're signing up for an Everest Expedition. There will be plenty of time to enjoy the indoor heated swimming pool, recreation rooms, TV lounges disco and English style pub.

THE COST The all inclusive price for the course, including flight from Luton to Turin, transfers, half board accommodation, instruction, lift pass and insurance is only **£185.00**.

The first training week, as announced in MSC News August 1982.

this is not covered by the insurance. You should have a full passport in the name on the booking form and you will have to obtain a European Health Card.

I hope I've given you all the information you need to persuade you to join us but if there is anything else you wish to know please ring me on 0121 357 1644.

John Arnold

TRAINING WEEK, BORMIO, ITALY

To: John Arnold, 102 Yateley Avenue, Great Barr, Birmingham, B42 1JL

Please reserve _____ places on the Training Week in Bormio. I enclose a cheque payable to Midland Ski Club for £120 per person as a **NON-REFUNDABLE** deposit and I undertake to pay the balance of the cost by 30th October 2011. I understand that the cost includes £125 for the coaching and this is not covered by the insurance. I will obtain the European Health Insurance Card and have full passports.

Names (as on passports) _____

Address: _____

Phone: _____ Email: _____

Special Dietary needs _____

Do you require Equity's Insurance? _____

Do you wish to hire skis? _____

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

Signed _____ Date _____

New Year Family Training Holiday

Tuesday 27th December 2011 to 3rd January 2012

Following another successful holiday in Altenmarkt, we have again secured rooms in Ennstaler Hof.

For those of you who haven't been there before, this is a lovely hotel in the "Ski Amade" which is the largest ski area of Austria, part of the Salzburg Skiwelt. www.en.skiamade.com. Recommended for all skill levels, with plenty of snow making capabilities and a glacier, this is a beautiful snow sure area. The lift pass covers many resorts but we found that Zauchensee, Flachau, and Wagrain offered us plenty of training opportunities.

The hotel suits family groups perfectly, with very comfortable en-suite rooms, for 2, 3, 4 or more, and has plenty to occupy the younger guests, (climbing room, table tennis, TV room, internet, swimming pool) and also a good bar for the rest of us! It is in a lovely quiet position, with a short walk to the centre of town, with the bus stop right outside to take you to the slopes. Our booking is on a half board basis, with a breakfast buffet, and 3 course evening meal. New Year celebrations include a special 4 course meal, and party with fireworks, sausages and gluwain.

This holiday is open to all, but accommodates those who have to abide by the school holidays: this is awkward again this year as Easter is so late, and the schools are breaking up early before

Christmas

As travel is left up to you, there is the opportunity to extend your stay either at the beginning or end of the core training days. The hotel can usually accommodate extra nights at a cost of approx £50pp half board.

Most people tend to drive, (approx 12 hours from Calais to Altenmarkt the hotel is just off of the main motorway). If you wish to fly, Salzburg is the most convenient airport, with transfers costing approx £40 return. An alternative is a flight to Munich, and then train. Booking early should give the best prices.

The price which includes half board accommodation in a family room (all en-suite), ski pass, and 6 days full coaching is £650 for adults, and £515 for a child. £610 for 16-17 year olds. If you require a double or triple room there is a £25 supplement per head. (subject to room availability for double rooms, please book early). It may be possible to book double room for parents, and kids share a multi bedded room, if the girl/boy split works.

Winter holiday insurance has to be taken out by all, - remember that the club does offer affordable travel insurance (please see our website).

Any questions please try to catch me on a Tuesday or Friday evening, or tel : 01788 337280.

Kim Hancock

Summer Coaching

Coaching Sessions will continue all summer as normal on Tuesday and Thursday evenings.

On Fridays we will be running a series of 3 hour "camps" from 29th July to 26th August.

The new payment structure makes these evenings desirable and affordable for all - especially those on school holiday.

The coaching will involve Agility Training, Race Training, Video Analysis and so on. The evenings will start at 6pm for Agility Training, followed by on-slope coaching from 7 until 9pm.

The general timings give some degree of flexibility to arrival times, although preferably you will be able to make the 6pm start.

The agility training is:

- Land based
- FunHelps you to gain better control over your body
- Improves agility, stability, balance, fitness, power and strength
- Practice agile skiing based movement patterns and react to them in a predictable way

See you on Fridays!

FAMILY TRAINING HOLIDAY, ALTENMARKT, AUSTRIA

To: Kim Hancock, 12 Saffron Close, Rugby, CV23 0XA - or email holidayaddicts@yahoo.co.uk

Please reserve me _____ places for the New Year Family Training week in Austria.

I enclose a deposit of £100 per person as a NON-REFUNDABLE deposit. I understand that the holiday cost includes a coaching fee, which may not be covered by the insurance.

Cheques payable to Midland Ski Club, or by direct transfer to : The Co-operative Bank plc;

Account Name: Midland Ski Club; Sort Code: 08-92-99; Account Number: 65362479; Quote reference : **Your Surname FTW12**

I will obtain the Euro-health card, and will have a full passport.

I understand that the prices quoted do not include transport to and from the resort or equipment hire.

Names as on passport, and date of birth of all U18s.

Address _____

Phone _____ Email _____

Membership number _____ Any special dietary needs _____

Adults: _____ U16s: _____ 16-17yrs: _____

Special rooms requests: Doubles: _____ Triples: _____

Signature _____ Date _____