

MIDLAND SKI CLUB NEWS

The Heart of England's Leading Snowsports Club

JUNE 2008

HOLIDAY EDITION

FREE HEEL FUN

At the Annual General Meeting on 15th May, it was agreed that Midland Nordic Ski Club would merge with Midland Ski Club. The immediate effect of this is that we can now offer a regular programme of instruction and coaching in cross country skiing.

But how can you ski without snow? Well the answer is provided by roller skis as shown in the picture.

These, along with poles and the same boots as used on snow, enable ski training for the winter season throughout the year. In fact many of the top racing skiers use roller skiing as part of their out of season training as it helps with balance and keeps the same muscles toned. What is in it for us, who perhaps don't aspire to FIS world cup points? Well, apart from being a fun, outdoor, sociable pursuit; once the basics have been mastered, it can provide excellent training. Muscles which can't easily be trained in a gym can be exercised whilst out in the open air with the advantage that there is little wasted time on holiday whilst the body adapts to exercise.

Draycote Water near Dunchurch is the usual venue for our roller skiing and we hope to use the new cycle track in Solihull when it becomes available later this summer.

In fact any smooth, preferably tarmac surface with little motor traffic is ideal.

If you fancy having a go at roller skiing I will be at Draycote Water on 14th June from 10am and again on 5th July. Meet in the car park by the path which runs up to the café. All you need to bring is a cycle helmet, gloves



(cycling mitts are ideal - not thick padded glove) and some old trousers. The car park costs £3 and we will have a drink in the café afterwards. Please let me know if you intend to come along and I will look out for you. My mobile number on the day is 07958 721310 or you can email me beforehand with any questions

annetford@blueyonder.co.uk

On 21st June again at Draycote Water there is a joint event with Manchester Ski Club - experienced skiers but beginners are welcome to come along to cycle or walk.

Anne Ford

TRAVEL INSURANCE

With this edition of the MSC News including next year's winter holidays, it seems appropriate to remind you about your travel insurance.

As an agency for N.J. Heritage Partnership Ltd, MSC is usually able to meet your travel insurance requirements with premiums kept lower than normal by accepting a lower-than-usual commission for club funds.

Single-trip and Annual Policies are available, with Annual cover starting at £53. All policies cover skiing on and off piste. For full details of the available options see <http://www.midlandski.org.uk/insurance> or call Malcolm Gratton on 01676 523505.

Diary

Mondays @ 7.30pm

Adult Coaching
Bryan Arnott 01827 893243

Tuesdays @ 6.30pm

Instructor Training - Roger
Crombleholme 01785 714073

Tuesdays @ 7.30pm

Race Coaching - Roger
Crombleholme 01785 714073

Fridays @ 6/6.30/7pm

Junior Coaching
Nigel Dawes 0121 445 2594

Fridays @ 8.00 pm

Adult Coaching - Roger
Crombleholme 01785 714073

12-Jun-08

DSUK, Tamworth
Hilary Cox, 0121 554 9745
(also 10-Jul, 14-Aug, 11-Sep)

14-Jun-08

Introduction to XC, Draycott
Water. Anne Ford, 07958 721310
(also 5-Jul)

4-Jul-08

Midsummer Walk, Shustoke
Jeff Elmore, 07958 967709

5-Jul-08

Summer Race League, Gloucester
Jane Lee, 01905 345416
(also 9-Aug, 20-Sep, & 11-Oct)

15-Aug-08

Great S.American Adventure
Maureen Crombleholme, 01785
714073

DSUK @ Tamworth

The regular Disabled Skiing UK sessions at Tamworth Snowdome are now running every month, and during the summer there will be an evening session as well as the current afternoon session. If you can come along and help with any of these, then please get in touch with Hilary Cox on 0121 554 9745.

The sessions will run from 2 to 5pm and 8 to 10pm on the following dates: 12th June, 10th July, 14th August, 11th September.

Club Holiday - Wengen, Switzerland

The 2009 Club Holiday is to Wengen, Switzerland, staying in the Hotel Wengenerhof. Wengen is one of the cradles of modern skiing: it was here in 1911 that the first British visitors started downhill skiing below the mighty peaks of the Eiger, Mönch, and Jungfrau. The local ski area is shared with Grindlewald, whilst with the full Jungfrau area pass Murren on the other side of the valley offers generally more difficult runs up to almost 3000m on the Schilthorn where you'll find James Bond's Piz Gloria with its revolving restaurant.

Our 4 star hotel is located approximately 4 minutes walk from the Männlichen lift and the resort centre. The cost includes a buffet breakfast and a 5 course evening meal. Rooms are mostly twins with a few singles. Facilities include a bar, a free minibus shuttle, sauna, and TV, tea and coffee making facilities plus a hairdryer in all rooms. All rooms are en-suite.

The local lift pass includes Grindlewald, whilst the full area pass includes Murren. Details can



be found in the Thompson Ski and/or Crystal brochure 2008/09.

Flights are direct from Birmingham (7.05am) to Geneva. The transfer includes a very attractive journey past Lake Geneva and a train journey up the mountain from Lauterbrunnen to Wengen.

If you have not been on a Club Holiday before, it's a social weeks skiing and you will always be able to find someone to ski with as hard and as long and as you want.

14th to 21st March 2009

There's often a drinks party before the evening meal, and generally as much après ski as you can cope with.

The basic price is £545 including Birmingham flight supplements. The adult local lift pass is about £145 and area lift pass £162 (currency fluctuations may cause a change). Lift passes are discounted for over 62 yrs at £131 or £145. Unfortunately there are no free passes for over 75s.

Ski carriage will be charged at £15.

Ski hire can be arranged before you go but there are markedly different prices for whether you get equipment from Wengen or Grindlewald. E.g. Skis £59 in Grindlewald, £83 in Wengen. If you hire in Grindlewald you will have to ensure you take them back to the originating store.

You must have your own insurance, which can be arranged through the club at attractive rates - see the front page of this newsletter for details.

Diana Horth

New Year Family Training Holiday - Altenmarkt, Austria

Following comments of "wonderful holiday, just hated the coach journey", for this year's family training week, next year you have a choice of transport! We're going to "Ski Amade" the largest ski area in Austria, part of the Salzburg Skiwelt:
<http://en.skiamade.com>

The SCGB recommends the area for "Intermediates, Skiing for all standards, Mountain restaurants, Families, Romantic/charming". Glacier skiing ensures this is a snow sure area. The lift pass covers resorts such as Altenmarkt, Zauchensee, Radstadt, Flachauwinkl, Kleinarl & Flachau, Wagrain and St. Johann/Pongau

This holiday is aimed at families with school age children, but as always is open to all.

We'll be staying in the Jugend Hotel Ennstahlerhof, half board at £390 per person (assuming full occupancy rooms), including instruction. All rooms are en-suite, and the hotel has a small swimming pool, sauna, solarium, and fitness room, for those not content with skiing all day! Children under 3 are free, and 3-6 years are at 30% discount. Rooms

have 2, 3, 4 or 6 beds

We will try to obtain a group discount for the lift pass. (prices are not yet released, but based on last years cost budget for £165 per adult and £90 per child).

The price **does not include transport**, for which you'll have to make your own arrangements. If you are driving, and willing to car share, please indicate so on the booking form in order that we can try to arrange something. Flying wise, Salzburg is closest, but Munich appears to be a less expensive option. Budget for

27th Dec 2008 to 3rd Jan 2009

transfers are EUR 41 per person Salzburg and £48 Munich, return. By train is also possible typically Eurostar to Paris, then overnight TGV to Munich/Salzburg and then a local train.

Winter holiday insurance has to be taken out by all - remember that the club does offer discount on travel insurance (please see our front page of this newsletter).

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

Kim Hancock



Early Season Training Week - Canazei, Italy

18th to 25st January 2009

Having struggled for years to find a suitable resort to replace our old favourite, Sestriere, we struck gold last season when we decided upon Canazei in the Dolomites. This is one of several resorts which link to form the Sella Ronda, a ski journey of 40 kms. of which 26 are downhill ski runs. The choice of ski areas is vast.

You can do the complete circuit in either direction or you can choose one of the villages and do all their runs. Arabba and Selva are the best known and Canazei itself will provide an excellent day's skiing for anyone.

The usual Training Week system will apply. You will ski for 6 full days in a group of about 9 people of similar experience led by a BASI or SSE Coach. The coaching will be done 'on the move' with a minimum of ski-school type exercises but the coach will have plenty of time to give you lots of personal help. The week is not suitable for beginners or those still finding their ski-legs because we have to form groups of 9. You should have skied on snow, be confident on blue runs and keen to progress.

One of the reasons for going back to Canazei is the excellent Hotel Irma with its beautiful

public rooms and gorgeous food. It just holds the 50 people we will be taking so there will be the usual house-party atmosphere but it does mean that singles, of whom there will be many, will probably be asked to share 3 to a room. All the rooms have private facilities.

The cost of the week this year is £790 but this includes virtually



everything a coach to the airport, flights, transfers, half-board in the hotel, all the instruction PLUS your lift-pass. It also includes Equity's insurance which has always proved adequate but if you wish you can save £15 and provide your own insurance. I will be having

Equity's. About the only things not included are lunches and drinks. The cost has increased by £40 from last year, but I hope you agree that, in view of what has happened to fuel costs and the value of the Euro, this is not too bad.

To book please complete the booking form and send it to John Arnold with a deposit of £120 per person. Because we will be flying with a Budget Airline we will have to purchase an air-ticket in your name which we would lose were you to cancel. Therefore we must strictly apply the rule that this deposit is NON-REFUNDABLE.

Please note that the cost includes £100 for the coaching and this is not covered by the insurance. You must have a full passport in the name you put on the booking form and you need to get the European Health Card.

After the success of last year I am expecting a rush of bookings. In fact Jane Lee designed her own booking form and sent it in before I'd even arranged the holiday! So please don't hesitate, book now for what I know will be a great week. If you have any queries give me a ring on 0121 357 1644.

John Arnold

TRAINING WEEK CANAZEI - 18TH TO 25TH JAN 2009

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

Please reserve places on the Training Week. I enclose a cheque made 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 2008. I understand that the holiday cost includes £100 for the coaching and this is not covered by the insurance. I will obtain the European Health Card and have a full passport in the following name(s).

Name(s) (as per passport)

Address

Phone Number Email

Any special dietary needs?

Do you require Equity's Insurance? Yes/ No

Do you want to hire skis at a cost of £36? Yes/No

Skiing experience. I have skied for..... years and am happiest on blue / red / black / off-piste. (Please delete as appropriate).

Signed Date

AGM Summary

At the MSC Annual General Meeting on 15th May, the following points were discussed/agreed.

Snowmark Snowsport England (SSE) is encouraging clubs to work towards Snowmark. Snowmark forces a permanent change by improving the way a club is run and managed. It will ensure MSC is more adaptable to membership needs. It will open the way to grants and should enhance the club's growth prospects.

Communications and promotion
The club had made improvements to promote itself with an improved website, brochure/yearbook and newsletter. The use of email and websites such as Facebook were also helping with communications.

Finance A surplus of £2,895. £14,797 in bank account as at 31 March 2008.

Membership The total membership was 442, including life members

Coaching Coaches covered 16 hours per week at the Ackers. Winter training on snow accounted for 180 hours; junior training 144 hours. Coaches were active for **946 hours** per year. The club had introduced the MSC Skills Progression Development programme where members could follow pathways.

Racing 2007/08 had been a fantastic year for the club on plastic and snow. There is a strong desire amongst members to improve their skiing.

MSC now has 35 registered racers; 2007/08 saw 32 podium places and 7 podiums in national championships.

GSRL Quite a few racers are now disqualified from this through low seed points (i.e. they are too good!), But we still entered three teams and the A team came second.

Alpine 4 FIS racers; 8 children's racers 1 podium place.

Election of Officers The Chair, Secretary and Treasurer are unchanged.

Committee members Last year's committee members were happy to continue and are joined by Bryan Thomas and Anne Ford. Members were asked to let the Chair know if they wanted to join the committee in any role.

President Alan Parkin is standing down, and a new President will be appointed shortly.

Membership fees Committee proposed a base line increase of £1 in each category. Family rates for 2008/9 will be £26 + £3 per member; Individuals £21; Students £11 and Junior £10.

Club Constitution The Club Constitution requires revision to enable the club to satisfy the requirements of Snowmark. A EGM will be called to approve these as a date to be announced.

Midland Nordic Ski Club
It was agreed that the Midland Nordic Ski Club will merge with MSC.

SUMMER RACING UPDATE

We have more skiers racing this year than we've ever had in the history of the club. Most weekends from April through to September you'll find them at slopes around the country. The reports are too many to include in each newsletter: you'll find them online after each race at <http://www.midlandski.org.uk/racenews>.

But for those who aren't online, here is one of the recent reports to give you a feel of what is happening...

Rossendale Celtic Cup - 24th-25th May 2008

The appeal of a double-header Celtic Cup up at wind-swept Rossendale saw the MSC racers once again out in force. And, on a slope with large sections of matting boasting less bristle than Duncan Goodhew and more undulations and bumps than a lunar landscape, the racing was always going to be tough and unforgiving. Solid technique, sharp edges and plenty of bottle were certainly the order of the day!



Special congratulations must go to Freya who came 1st in the Mini Girls on both Saturday and Sunday with a tremendous display of aggressive racing! Jane picked up a silver in her age group on Saturday and Emily a thoroughly deserved 3rd in JN2 Females on Sunday - nice one Emo!

Saturday

With Freya showing how it's done in the Minis, our Females recorded a mixed bag of results with Emily a 2nd run DNF after posting a very good 1st run time and Elisabeth straddling an early gate on run 1. Sophia brought home the MSC ladies with 192.43 pts and, in so doing, shaved a touch more off her seed points - well done! Sarah battled away for 210.84 pts and an age group 5th place and Jane's 365.77 pts secured her podium position.

The Males fared little better with DNFs for Chris and Freddie (in his first race of the season). Harry booted a gate on the 2nd run and lost a ski (803.57 pts) whilst Adam posted two strong runs (185.31 pts) and will have lowered his seed points as a result! Ollie E (249.72 pts), Nick P (261.16 pts) and Sam L (462.66 pts) will have all benefited from their first Rossendale experiences.

Sunday

Freya once again demonstrated her class with a comprehensive win in the Mini Girls! Emily showed great 'bouncebackability' with 95.62 pts, an age group podium and 15th place overall. A fall on her 1st run saw Lucy's chances of a podium unfortunately blown away and Elisabeth also took a tumble on her 1st run and decided not to risk further possible injury by sensibly withdrawing from the 2nd run. Sarah (210.84 pts) started to show signs of her old form which, hopefully, will return quickly with regular training.

Harry produced a powerful 2nd run to record 70.82 pts and 14th place overall. Chris finally blew away his Rossendale demons with 2 successfully completed runs and 156.39 pts! Ollie E recorded his season's best points of 221.78 and, in so doing, will have taken a big chunk off his current seed points! Freddie was unfortunately a DNF but, with a return to regular training, his points will undoubtedly fall!

Benn (racing for Arrows) came 2nd overall and 2nd in JN2 Males on Saturday and 4th overall and 2nd in JN2 Males on Sunday. Many congratulations!

MIDSUMMER WALK

With Summer at its height and the nights just starting to draw in, make the most of this wonderful time of the year and join us for a relaxing summer's evening walk on Friday 4th July at Shustoke reservoir near Coleshill. The circular walk is 3 miles long and is over easy terrain. Meet at the Severn Trent Car park on the eastern edge of Shustoke (signposted from the road) at 7.00 pm. After the walk, we will pop in to one of the friendly traditional local pubs to replenish any liquids lost during the walk.

Shustoke and the reservoir is on the B4114 Coleshill to Nuneaton road, OS Landranger map 139 Grid ref 224910

Please contact Jeff Elmore if you are intending to come along so that we know to wait for you, and so that we can contact you if there are any last minute alterations (e.g. if reservoir car park is closed).

This event is free and open to all. For more info contact Jeff on 07958 967709 or e-mail jeffski@blueyonder.co.uk

CLUB HOLIDAY WENGEN - 14TH TO 21ST MARCH 2009

To: Diana Horth, 23 Lockside View, Rugeley, Staffs WS15 1NJ
Enquiries - 01889 800706 or 0121 3451041 (day)

Please reserve _____ places on the MSC Wengen holiday. I enclose a non-refundable deposit of £120 per person, payable to Midland Ski Club

Name(s) as per passport:

Address:

Phone number: Email:

Special dietary requirements??.....

Single travellers please indicate who you wish to share with:

Area Lift passes Price to be confirmed. Please indicate quantities you require:

Adult Local lift pass £145	[]	Senior local lift pass £131	[]
Adult Area lift pass £162	[]	Senior area lift pass £145	[]

Ski equipment hire	Wengen	Quantity	Grindlewald	Quantity
Skis standard	£83	£59
Ski superior	£113	£75
Boots standard	£48	N/a
Boots superior	£58	£43
Snowboard	£83	£75
Snowboard boots	£48	£43

The balance will be due by mid December. I/we accept the terms and conditions detailed in the 2008/09 Crystal brochure. I confirm we will arrange suitable winter sports insurance.

Signed Date

FAMILY TRAINING WEEK ALTENMARKT 27TH DEC TO 3RD JAN

To: Kim Hancock, 12 Saffron Close, Rugby, CV23 0XA

Please reserve me places for the New Year Family Training week in Austria.
I enclose a cheque payable to Midland Ski Club for £100 per person as a NON-REFUNDABLE deposit. I understand that the holiday cost includes £120 for the coaching and that this is not covered by the insurance.

Names (as on passport).....

Address:.....

Phone: email:

Any Special or Dietary Needs ? Willing to share multi bedded room?

Wish to car share ? _____ Spaces available? _____ or can share cost in others car? _____

We will obtain the Euro-health Insurance Card, and will have full passports.
We understand that the price of £390 per person, does not include the lift pass or transport to the accommodation.

Signed Date