

MIDLAND SKI CLUB NEWS

SEPTEMBER 2011

FREE Recreational Coaching Night

To get you into the mood for winter, and to launch this year's Recreational Ski Coaching program there will be a FREE Coaching Night on 20th October at The Ackers, Golden Hillock Road, Birmingham. Members are invited to come along anytime after 7pm and join in the sessions with one of MSC's qualified instructors..

And why not come for a curry afterwards....

Curry Nite

There will be no Race Coaching on Thursday 20th October and instead there will be a Phil Deller Famous Curry Night somewhere in Birmingham's Balti Triangle. Please let Phil know in advance if you are coming and keep an eye on googlegroups so you know where to meet.

Those members taking advantage of the FREE recreational skiing at Ackers on the same night are welcome to come along after their skiing.

BROCHURE

You still have a few days to get your articles and photos in for this year's brochure. Final deadline is 1st October.

Please send articles/photos to Rob Weeks (contact details at bottom of page) and we'll use them if we can. If you don't send items in, we can't use them!

Aiming high



The UK's number one female alpine skier, Chemmy Alcott (centre) dropped in to the Stoke Club National race earlier this year.

MSC's own young ladies couldn't resist the opportunity to pose with her, wondering whether one day they'll be racing for their country.

(The MSC ladies are Hannah Shakeshaft, Amy Middleton, Helena Newbould and Elisabeth Thomas.)

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

8th October

Summer Race League, Gloucester
Paul Treuge, 0121 308 5746

19th October

Rob Bullen: Ski Race Psychology
LRSC, Solihull
Bryan Arnott, 01827 893243

20th October

Race Group Curry Night
Phil Dellar, 0121 777 1301

20th October

FREE Recreational Coaching,
Ackers
Bryan Arnott, 01827 893243

21st-23rd October

High Altitude Training Weekend
Mike Thomas, 02476 692792

28th-30th October

Ski+Board Show, NEC
Jeff Elmore, 07958 967709

16th November

Warren Miller Film Night, LRSC
Solihull
Bryan Arnott, 01827 893243

9th December

MSC Christmas Party, LRSC
Solihull
Diana Horth, 01889 800706



Holiday Insurance from MSC

Be it for a summer holiday by the sea, or a week skiing in the Alps, you can obtain your travel insurance and benefit the club at the same time by using the club agency. We act as agency for N.J. Heritage Partnership Ltd with premiums kept low by making only a small commission for club funds. Single trip premiums are available but if you are taking more than one trip per year an Annual Multi-trip Policy is usually the best buy. We can also provide cover for older members up to age 70.

Our Traveller's Choice policies are underwritten by ETI - International Travel Protection, authorised and regulated by the Financial Services Authority.

Single-trip premiums start at under £20 for 10-days non-skiing cover, whilst Europe-wide annual family cover with skiing (including off-piste within resort boundaries) is around £110.

For full details of the available options are available via www.midlandski.org.uk/insurance and you can apply either by post or online.

Club National Series Winners

As forecast last time MSC have won this year's Snowsport England Club National Series trophy (pictured right), which was awarded at the recent All England Championship.

The top three clubs in the series were Midland (211 points), Aldershot (190) and Telford (139).



Autumn Socials

Wednesday 19th October: Rob Bullen: Ski Racing Psychology

25-year-old ski racer Rob Bullen is ranked #5 in Great Britain in Slalom and Giant Slalom and is currently competing in the Europa Cup. Rob will be talking about how he has used psychology to improve his race performance and how you can do so too.

Wednesday November 16th: Midland Ski Club are proud to present Warren Miller Entertainment's 62nd winter sports film, **Warren Miller's . . . Like There's No Tomorrow**. The film is hosted by skiing icon Jonny Moseley and is your annual reminder that winter is on its way.

The above events are FREE and will be held at Land Rover Sports and Social Club, Billsmore Green, Solihull - and we'll even throw in a free buffet.

And don't forget the MSC Christmas Party on Friday 9th December.

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.

A few places are also remaining on the **Training Week to Bormio** in Italy - see the previous newsletter for full details.

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

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.

Raise funds for MSC - Free!

Have you heard about **easyfundraising**?

It's the easiest way to help raise money for Midland Ski Club! If you already shop online with retailers such as Amazon, Argos, John Lewis, Comet, iTunes, eBay or HMV, then we need you to sign up for free to raise money while you shop!

So how does it work?

You shop directly with the retailer as you would normally, but first you sign up to **easyfundraising** for free and use the links on the

easyfundraising site to take you to the retailer, then a percentage of whatever you spend comes directly to our Club and at no extra cost to yourself.

Everyone's a winner - you get the best prices and discount vouchers; the Club gets a small donation towards its funds; and the retailer gets your business.

Sign up for free:

<http://www.easyfundraising.org.uk/causes/midlandski>

How much can you raise?

Spend £100 with M&S online or Amazon and you raise £2.50 for us. £100 with WH Smith puts £2.00 in our pocket and so on. Signing up for gas and electricity with npower can raise £20! There's over 2,000 retailers on their site, and some of the donations can be as much as 15% of your purchase.

Save money too!

easyfundraising is FREE to use plus you'll get access to hundreds of exclusive discounts and voucher codes, so not only will you be helping us, you'll be saving money yourself. We need your help to keep donations coming in. Sign up at <http://www.easyfundraising.org.uk/causes/midlandski> and start making a difference...simply by shopping



Calling all Engineers!

We're looking for some help with designing and programming a Dual Race Timing system: this would be used for MSC events and also could be used at national events.

We've know what needs to be done, but making it happen needs some practical experience of electronics and programming (C++ or similar).

If you can help, or know anyone who can, please get in touch with Dave Lee, davedoneworking@yahoo.co.uk.

MSC Membership Renewals

All current MSC memberships are up for renewal on 1st October. Please go to www.midlandski.org.uk/renewal to renew online, or wait for the renewal form you'll get in the post. PLEASE CHECK your details and let the membership secretary know any corrections.

FREE Ski+Board Show Tickets

The kind people who run the Birmingham Ski+Board Show are again offering FREE tickets to members of Midland Ski Club. We've not yet been informed of the actual process for this, but based on last year you will probably need to show your 2011/12 membership cards to the box office and they'll then give you a complimentary ticket. Check on the MSC website a few days before hand to check it this changes.

Snowsport England - Renewals

Those who are registered with Snowsport England, whether as competitors, official, or on instructors are reminded that renewals are now due. To renew online follow the link from the Snowsport England home page.

"An illustrated account of an emotional trek to the Base Camp of K2"

Vince Williams

8.00 p.m. on 5th October 2011

At The Old Royal -53 Church St. Birmingham B3 2DP

Promoted By Mercian Mountaineering Club

Ticket £2.00 includes free raffle

Vince is a Search manager and active member of the Western Beacons Mountain Search and Rescue Team. This talk is in memory of a relative who died after accomplishing a feat never before achieved by a climber on K2.

Bar Meals are be available up to 7.00 pm.

A limited amount of Street parking is available near by-free after 6.00p.m Or let the bus or train take the strain: The venue is close to Snow Hill station for train and Metro, and is approximately 10 minutes walk from New Street station.

Tickets at the door £2.50 subject to availability.

For further details or tickets: Librarian@mercianmc.org.uk

Scottish Championships, Edinburgh 27th-28th August

A small group of Midland skiers travelled North, or in the case of Emily, South, to face the Hillend challenge, the first time for Lucy and Elisabeth, and another visit for Alasdair and Duncan.

Following Carron's suggestion, the racers met up on the Friday morning to give the slope a first try before the busy evening practice, although Emily could not make it until the Saturday. The girls felt the slope was everything they had been told about it and Elisabeth tumbled twice on her first runs. It starts quite steeply, veers to the left along a narrow section, goes down a wall to a flat and then when you finally get to bottom part, it is more like the other slopes, except that the end is cushioned by bouncy castle-type blow-up protection. It is fast and tight, especially at the top, and if you go out there is no nice snow to fall on, just grass and stones and nasty things. The view however is exceptional. The Friday evening open practice in the evening did go better as poles were set which slowed things down fractionally.

The seeded slalom race took part on the Saturday with 101 racers, and all of ours managed the course without mishap. In the girls Lucy did especially well, finishing 4th in JN1 and 8th overall, with Elisabeth coming 6th JN1 and 14th overall and Emily 3rd SEN. Alasdair had two excellent runs and richly deserved a 2nd place in JN2 and Duncan revealed another side with an excellent, very competitive second run that placed him 20th overall for the second run, after slipping badly during the first.

The slalom was followed by a dual slalom with six-racer teams and our five were joined by Charlie Gould to form a Central England regional team. Very unfortunately, in the quarter finals, with an advantage of at least three gates, our very last racer fell at the penultimate gate and the team did not reach the semis.

Scottish weather prevailed and a relatively sunny, cold Saturday was followed by a wet, windy, very cold Sunday. The GS course had been set the evening before and had survived the night. Emily had left and it was down to four once again. Elisabeth was the first to go with bib 9, and had hoped that her relative experience in GS racing would help her, but after getting down the steep, difficult part, quite well, she virtually stopped on the flat as she thought she had missed a gate. She had not, but then made a similar mistake on her second run.

Lucy again made two excellent runs, and her prize was 3rd JN1 in her very first GS race, and 6th overall. Alasdair was 5th JN2 and Duncan 11th CH2 and they all did enjoy themselves (even if the girls still profess trepidation at repeating the experience - which Elisabeth will do at the British Championships in two weeks' time...). The GS race was videoed and it is well worth watching:

www.youtube.com/watch?v=VvnaA_6OKeE

Juliet Hammond-Smith

