



NEWSLETTER DECEMBER 2008



**SEASONS
GREETINGS**

CHRISTMAS OPENING TIMES

24th, 25th & 26th DECEMBER	CLOSED
27th, 29 & 30th DECEMBER	OPEN AS USUAL
28 DECEMBER	OPEN 10 –2 RECREATIONAL SKIING ONLY
31st DECEMBER	CLOSED
1st JANUARY	CLOSED

Mums and Dads don't forget—



SUNDAY 21st DECEMBER

KIDS' CLUB CHRISTMAS PARTY

SKI FROM 9.30 TO 10.30

PARTY FROM 10.30

See the notice on the board for further information

Freestyle sessions are starting in January 2009



They will run once every two weeks from 5pm—7pm as follows

Sunday 11th Jan
Sunday 22nd Feb
and so on.....

Sunday 25th Jan
Sunday 8th March

Sunday 8th Feb
Sunday 22nd March

The time will be dedicated for people wishing to use the freestyle equipment.

Helmets are compulsory and the club jump rules have to be followed.

To comply with our insurers we have had to draw up a consent form which must be signed by everyone wishing to use the freestyle equipment.

Anyone under the age of 18 must get a parent or guardian to sign this form on their behalf.

The forms will be available to members from Sunday 30th November in the Clubhouse. You will have to sign two copies of this form; one will be kept by the club and the second copy by yourselves.

From January the 1st you will not be allowed to use any freestyle equipment unless this form has been completed. You will **NOT** be able to turn up on the night and sign; it will have to be done beforehand.

This should give you plenty of time to get this organised.

Any queries, please see Ed on a Tuesday evening or call him at the ski club.

**NORTH STAFFS
SKI CLUB LTD**

Running your club

Following the annual General Meeting held in October the following people are working hard on the committee on your behalf:-

Terry Boulton - Chairman

Jo Stackhouse - Secretary

John Daines, Craig Timmis - Treasurers,

Dave Dick - President

Simon Jones - Health and Safety

Phil Rowley, Simon Jones - Kids' Club

Ann Loton - Membership and Newsletter

Eric Hartley - Maintenance

Gerald Loton - Maintenance and Ski Technician

Mark Cornes - Social Secretary

Paul Knapper - Ski Technician

Ed Marshall - Free style equipment.

Neil Ravenscroft representing instructors.

Ian Shakespeare who rejoined the committee in October.

The membership of the ski club continues to remain healthy and currently we have over 1000 members. The committee are always looking for ways to improve the facilities and at the moment there is a great deal of discussion about developing the slope. The committee would welcome ideas from the members so if you have any thoughts regarding what you would like to see please have a word with one of the committee members. We are also on the lookout for a person or persons who have the skills and time to manage the project of developing the slope, just let someone know if you would like to be involved.

As usual we are DESPERATE for help in the kitchen on Sundays so if you can spare an hour or two just have a word with someone behind the counter. If there are not enough people the kitchen will not be open.



GOING ON A SKIING HOLIDAY?

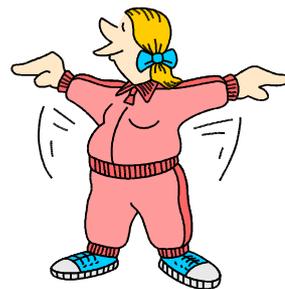
Check your passports and travel insurance. You will also need your European Health Insurance Card if skiing in Europe. You can get an application form from the Post Office which has to be sent away so if you haven't already got one you need to act quickly with the Christmas holidays looming. If you already have one check it hasn't expired.

Sunscreen and sun block are essential together with extra gloves, hats and socks. Layers of clothing under your ski jacket & trousers or ski suit are better than one thick item. Also remember sunglasses and goggles. Don't forget your swimwear for the hot tub. If you are thinking of skiing on the arrival day remember to pack your skiwear at the top of your luggage as you may not be able to get into your room until later.

A supply of cereal and chocolate bars and other snacks is useful to top up with energy on the mountain. It is also a good idea to pack your usual medications for colds, headaches etc.

GET READY TO SKI

You've been training hard for your ski trip (or is that wishful thinking) but one of the main contributors to injury in the recreational skier is the absence of a warm up routine. Some form of warm up should be done before making a single turn. Look at the walk to the ski lift as an opportunity to warm the body. Warming the body helps to prevent injuries that may be caused by going too hard, too fast, too soon with cold, muscles and joints. You should warm up slowly and increase the intensity and complexity. Leg and arm swings get the body going but don't forget to do some stretches.



Snowsliders' Dictionary - Boot Bag. A sack designed to be carried over the shoulder with a large central compartment that holds a pair of ski boots and enough zippered side pockets to contain all the pills, lotions, ointments, creams, blister pads and bandages you will need to take or apply, or affix after wearing a pair of ski boots for a day.



ATTENTION ALL FORD OWNERS

We have now become the new Ford Dealer for North Staffordshire
Please contact us if you require help or advice at any time.

Tel:- Office hours 01782 50 50 50 -
Evening and other times 07866 253869 or 07831 296982

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