



Newsletter

February 2019

OPENING TIMES as usual except the following	
Easter – Sat 20 April, Sun 21st and Mon 22nd April	CLOSED
Last Saturday afternoon open - 27 April	
May Day - Sunday 5th and Mon 6th May	CLOSED
Spring Bank Holiday Sun 26th and Monday 27 th May	CLOSED

2019 Sestriere - Holiday Round Up



We're off



What shall I choose?



R and R in the sunshine

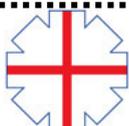
In the week of 19th to 26th January 2019, 85 club members and friends had an excellent (3rd time) holiday at the Hotel du Col Sestriere, Italy. It is part of the "Milky Way / Vialettea" ski area that also includes Sansicario and Sauze d'Oulx.

It hadn't snowed since December 19th but the clear cold weather had held the snow and there was plenty of man made to add to it. With a good mix of beginner and more advanced slopes there was something, not only to match everyone's capabilities, but to stretch them. There won't be many people whose skiing didn't improve during the week and as usual, whether a first timer or experienced skier, everyone had a wonderful time from both skiing and social point of view with new friendships being formed.

On the Wednesday afternoon we had some cloud and a few centimetres of snow but apart from that it was blue skies all the way. On Friday nearly two coach loads went to Montgenevre in France for the day— another great day out. The food at the hotel continues to amaze and there was plenty of opportunity to socialise—there was a real buzz in the air. Much fun was had in the quiz (teams were very competitive) and during the karaoke session we saw some remarkable talent.

Let's hope that next year's holiday in La Tania, part of the Three Valleys area in France, is as successful. Further details on page 6. Book early to avoid disappointment!

A lesson to be learnt - on the holiday one of our members had a collision resulting in a cracked destroyed helmet. Had he not been wearing his helmet properly he would almost certainly have suffered concussion due to the impact on the side of his head on the hard packed piste. Surprisingly he was not even aware that he had bumped his head and it was not until the next day that he noticed the four centimetre split in the outer casing going through to the inner shell. The helmet cannot be used again so he had to go and hire one! Better and cheaper than a trip to the hospital!



SNOWSPORT ENGLAND

Member of the British Ski Slope Operators Association

Kidsgrove Ski Centre, Bathpool Park, Kidsgrove, Stoke on Trent, ST7 4EF Telephone (01782) 784908

www.ski-kidsgrove.co.uk
Company Number:4337963



Active Accessible Accredited

FREESTYLE NEWS

As we look back at 2018 all we can say is WOW!

- We hosted 3 successful Jams,
- Gained 6 new freestyle coaches,
- Installed a new rail,
- Became a venue for the new Futures Project sessions run by Snowsport England,
- Provided 3 new Freestyle beginner sessions (see below for details).
- Welcomed newcomers of all ages and abilities to join us shredding on skis and snowboards .
- Got a mention in the Telegraph`s article about the top dry ski slopes.
- Finally, we raised £120 for the Callum Wylie Foundation with donations and the raffle for the bike.

Thanks to everyone who got involved and supported us!

What next?

After an extended Christmas break we kicked off the New Year in style shredding with sparkling lights and enjoying hot dogs and hot chocolate - topped with cream and marshmallows, of course!

New Year Resolutions

Where is your skiing journey taking you?

A few years ago one young member was asked to write a letter to his future self, here is what he said aged thirteen:

"...I also hope I have progressed well in my hobbies, one of my main skiing goals is a backflip or a front flip on skis ... my dreams and aspirations are mostly to become a good skier...I wish to have overcome my fear of big rails because they scare the life out of me... one of the positives in my life at the moment is the amount of skiing I do and enjoy. The advice I would give to my future self is to not give up, things may get hard but it will be ok."

If you have seen him ski, or encourage others in his orange Freestyle jacket we think you will agree that he has succeeded!

At the age of sixteen he joined our Freestyle Coaching team, is a role model for younger members of the club and is often seen motivating others to develop their freestyle skills.

Who is he? Jacob Bott of course!



MORE FREESTYLE INFO

Dates for your diary:



Remaining Freestyle Fridays 7 - 9 pm
All help welcome (setting up airbag etc)

1 March 15 March 29 March 12 April 26 April

10 May 24 May 7 June 21 June

If you are interested in Freestyle boarding or skiing, please join us on alternate Fridays 7pm - 9pm.

If you are a member of the Junior Club then you may find the 9.30am - 10.30am session on Sunday mornings fun.

Introduction to Freestyle lessons are also available:

Tuesday 7.30pm to 8.30pm

Wednesday 7.30pm to 8.30pm

Sunday 12.30pm to 1.30pm

These lessons need to be booked in advance:

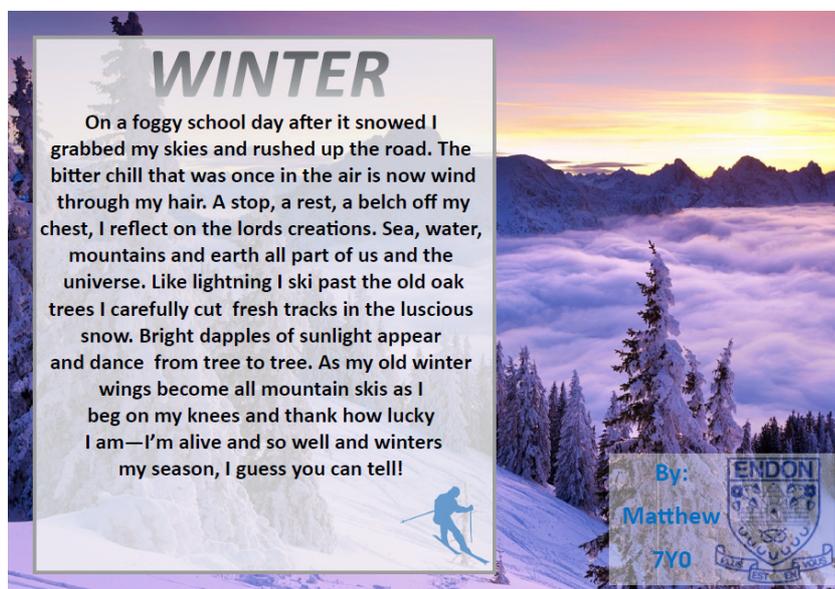
£5 for Adult members and £4 for Junior members.

Junior Club

Sunday morning sessions 10.30 to 11.30 and 11.30 to 12.30 continue to be well attended. The juniors work towards the Snowlife Badges and we have recently presented some Level 3 awards (blue levels). They are always excited to be moving into the Red Awards of which there are 3 before progressing further onto Black

One of the club's young, enthusiastic skiers, who can often be seen to be helping out on Sundays, recently wrote this poem which clearly shows his love for the sport and for the outdoors.

Thank you for sharing this with us
Matthew.



News from Club Member, Mia Brookes



December 2018

My name is Mia Brookes, I am 11 years old & snowboard. I attend Sandbach Girls School. My grandparents David and Tina Dick helped to run the ski centre for over 30 years. My dad, Nigel, also spent a lot of his teenage years riding at the slope before meeting my mum and then going off together to spend a number of seasons living in Chamonix, France.

What I do

I first tried snowboarding at Kidsgrove with my dad and grandad when I was just 18 months old, just before they took me on snow. I've been snowboarding ever since. I also love to skateboard too. I probably skate more than snowboard during the summer months, I like to surf when possible and also enjoy cross country running. This summer I did my first triathlon, it was really good fun & something totally different. It is really important to do lots different sports. I also love to play guitar, I've been having electric guitar lessons for a few years now. It's important to have non-sporting interests too, just in case injuries happen or you need a little break. I have had different times of growth spurts where I've needed to rest up and recently I sprained my ankle so had to take a month off!!

What I did last season – achievements etc

Last season, I travelled lots to compete at the World Rookie Tours. It was an amazing experience, I was in the under 15 category & only 10 at the first comp turning 11 for the following comps. I couldn't believe it but I came third at the first comp in Switzerland, 1st in Italy and because of my results I then had an invite to the World finals in Kaprun Austria. I was just so happy to even make it to the finals, that was good enough, I never thought this would actually happen, but I did my best and made the qualifications! On finals day I made the podium in 3rd place. I couldn't believe it!!!! so happy :) due to my best three competition scores of the winter season it turned out I am now ranked No1 u15 in the World too!!

Whilst in Switzerland I also went to the Davos and Laax junior open comp, I came first at both competitions.

I went to the Brits too, this was so much fun seeing all my friends again!! I didn't have the best slopestyle run, as it was windy it blew me about on the proline kickers, but I wanted to do the bigger jumps :))) but the big air day was great and I came first overall female!!

Where I am now

On the way to Livigno to train with main British team (Billy Morgan). This winter we have placed our motorhome in Livigno where the team have access to coaches and the huge air bag!!! I hope to spend around 8 weeks here travelling out with my mum or dad. School are really supportive and I take homework away with me, it's quite difficult doing both but I realise how important it is to also do my best at school too!!! I have now been selected to be on TEAM GB, this is an amazing opportunity for me. I have already spent 2 weeks in Hintertux in October living & riding with some of the main athletes including Jamie Nicholls & Billy Morgan

- he's really good fun and he helped me lots with skating and acro routines too!! On the first day I had a bit of travel and altitude sickness driving in Jamie's car, he was so kind but thought it was hilarious when I said later "I didn't want to be sick in an Olympian's car, "hahaha". We are all ambassadors for the new Graystone action sports academy in Manchester, we have spent time filming there this summer preparing for their opening. That was really good fun, I'm going to enjoy training at this facility when home. GB acro coach Ross Hill will be spending time with me there along with the rest of the team.

Sadly I hurt my ankle badly skating in November but have been having physio twice weekly with Physiofit in Alderley Edge, they have been great but want to see me right before competing, they say I am young and have a long road ahead, so it's best I be sensible.

What I'm hoping for this season

I was really really hoping to attend the first World Rookie Tour (WRT) in Corvatsch Switzerland mid December but after arriving in Livigno for a few days prep training on the bigger kickers and rails I also met up with TEAM GB's physio and team manager Lesley Mckenna. After assessment they advised me it was best to pull out of the comp 2 days before as they felt my ankle was only at 75% strength!! :(I have a long winter ahead with some more competitions lined up so that's fine.

I'll keep in touch via Newsletter and try to get to Freestyle Friday sometimes.

As well as Chill Factore I'm hoping to spend some more time filming and riding at the slope, especially over the summer months. Will keep you all updated, have a great winter!!! Well done to Ruby Painter, the skier who won my grandad's trophy too for working hard - sorry I couldn't present the trophy this year with everything that happened!! Super well done though.

More news - January 2019

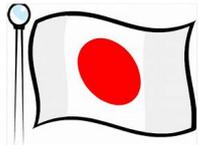
After arriving in Livigno Italy, first thing was to see TEAM GB's physio for assessment. Sadly they felt my recently sprained ankle was only at 75% strength & competing in the first World rookie comp around in Switzerland the following day was not advisable so they recommended I pull out of the competition. I was pretty upset but understood that as an athlete I have to be 100% right after injury to prevent any future problems.

Next was to now spend a few weeks building up the strength again & hopefully to start riding just smaller park features for now. It only took a week or so & I was then given the all clear from the team's physio to get back to normal. Over Christmas and New Year I spent some time with a local Italian snowboard coach, which was so much fun!

In the New Year I was back training with TEAM GB coaches and preparing my run for the next world Rookie comp, held here in Livigno. Last year I won here, but sadly at 1am I started with an awful tummy bug & was sick all night. My mum and dad said that I wouldn't be well enough to compete that day, especially as I had only had a couple of hours sleep. I was gutted!!! At 9am I was ill again, but got dressed anyway & asked mum & dad to take me up the mountain. I was determined to do at least one of the three runs to try and get a good result. Loaded with water, bananas & chocolate I headed up to meet my coach, Jack. We had messaged him at 7am to say I was poorly so he was surprised to see me!! but he understood what it meant to me to do well. So we went through my run again and in between feeling poorly I managed to put down all of my three runs clean and came away with silver for TEAM GB!!!

We are now back in the UK, so I can catch up on school work, after school clubs & see all my friends. I've also just been selected to run for South Cheshire cross country team which is cool & a great way to keep me fit while back at home!! I'm not too sure on my next trip just yet, it will be in February, a few options at the moment, but I will keep you all updated :)

Mia xxx



A day in the life of a ski instructor in Japan



By Cameron Stewart.

Cameron is doing a second season as a ski instructor in Rusutsu in Hokkaido, Japan.

To start my day as a ski instructor in Japan, I first wake up in the morning, leaving just enough time to wash my face and sort my bed head out before the morning meeting. This meeting usually consists of a role call to check we're all still alive then are told that "there is weather today", how many hundred Japanese school kids there will be on the mountain that day and to always "take care of your condition".

Once the meeting is over I check what lessons we have (if I hadn't the night before) then go to make some breakfast, normally I get into a argument with someone who doesn't like how much I toast my toast (it's never burnt, it's just toasted)

Before the lesson we stick the uniform on and boot up ready for a day of teaching, these days can vary from 2-9 hours depending on how busy the school is.

Typically the lessons start at 9 or 10am, so sometimes we get to go for a pre lesson shred in the trees getting face shot after face shot in the epic powder they have here.



Once it's time to start teaching I head to the meeting points around the hotel to meet the clients, the first part of the lesson is trying to work out how much they can do vs how much they say they can do.

For lunch there is a few things I could do, I could go the staff cafeteria where they have a few options of meat, fish, ramen or soba to choose from. I could go the kitchen to cook for my self or the clients that I am teaching will sometimes take me out to lunch.



Ramen is a Japanese dish. It consists of Chinese-style wheat noodles served in a meat or fish-based broth

At the end of the lesson I drop the clients off at the meeting points and hope that they have had as much fun as I have, normally this is the case and they will sometimes offer me a tip or some chocolates.

After the day is done, depending on the weather I'll meet up with mates and go for a night ski until 8, lapping a super quiet mountain and heading in to the trees to get fresh tracks that haven't been hit since the night before.



(he looks a bit cold in his uniform after a day out at minus 37)

For dinner I've got the same choices as lunch or 7/11 the local store opposite the hotel or I can head to one of the local restaurants that are down the road for some freshly cooked food and a drink.

At the end of the day I normally collapse into bed and prepare to do it all over again.

Look out for him on the slope at Kidsgrove when he comes back sometime in April or May.

2020 Club Holiday Sundays - 19th to 26th January 2020



For our next holiday we will be returning to La Tania in the extensive 3 Valleys ski area.

Traveling with Alpine Elements we will be staying at their Hotel Montana on Half Board**

The hotel offers spa facilities and has a small indoor swimming pool. There is a relaxing bar area with open hearth as well as a games room and a lounge with Sky TV.

La Tania is a car free village with a small beginner area. The hotel is in a ski to the door location, with the choice of green, blue or red tree lined runs back to the resort. In the morning you can glide the 100 metres to the main gondola which takes you up to link with chairlifts that give you a choice to ski down to Courchevel 1850 and then on to the other resorts on that side or head over to Meribel and beyond.

Free bus – In addition to the excellent lift system, there is a free bus (ski pass not required) that runs on an hourly basis from 8.30 in the morning until late evening up to Courchevel 1850, stopping at the various other resorts on that side of the ski area on the way.

Half board **The introduction of new employment laws in the EU has meant changes to the way that UK companies who employ British staff in the Alps operate their Chalet Hotels and Chalets. Alpine Elements staff, in line with those for other operators now have 2 days off per week**

Our catering will be... Buffet breakfast with daily hot option on **5 days**.

Afternoon tea/coffee **every day**, with a selection of cakes.

On 5 Nights – 3 course a la carte evening meal (wine not included).

On staff days off Breakfast and Afternoon tea will be self-service and no evening meal provided.

The cost for Flights/Transfers/Hotel is: £675 per adult (based on two sharing)
Child Discount of £50 (for children 12 years and under on date of travel)

As well as Double/Twin rooms there are a small number of Triple/Quad rooms at the same cost.

There is no single occupancy option available.

Deposit – In order to secure the hotel and flights from Manchester, the Club has already paid a deposit of **£175 per person** for **76 places**. Your deposit will therefore be paid to the Club and the balance and cost of any extras direct to Alpine Elements in October.

The Club will again take out Group Tour Organisers Liability Insurance and we ask that a contribution of **£4 per person** towards the cost of the premium be paid with your deposit.

This holiday is sold under the terms and conditions of Alpine Elements Ltd., full details can be found on their website or in their brochure.

<https://www.alpineelements.co.uk/ski-holidays/france/la-tania/hotel-montana>

North Staffs Ski Club -- 2020 Club Holiday – Booking form

Sunday 19th January to Sunday 26th January 2020 – Hotel Montana in La Tania

I/We wish to book Places..... **A non-refundable deposit of £179 per person is payable to North Staffs Ski Club Ltd** (this includes a £4 contribution to our GTOA Liability Insurance)

Name..... Address

.....

.....

Your contact details – We try to send all communications about the holiday by email, please check yours regularly.
(These details will be used by Club members and the Tour operator only in connection with the holiday).

Email.....

Telephone – Home..... Mobile.....

Cost of Hotel/Flight/Transfer: Adults £675 per adult - 2 or more sharing
Child Discount of £50 (12 years and under at date of travel) – sharing twin or larger room

**** Deposit payments...** Total deposit of £..... enclosed / bank payment **(Balance due late October 2019)**

Please complete the Booking Form as far as possible; You can return it by Email to NSSCholidays@outlook.com or hand it in at the Ski Club.

Cheques – payable to *North Staffs Ski Club Ltd*

Direct Bank payment – to *Natwest Bank - Alsager* Sort code **60 01 12**
for North Staffs Ski Club Ltd Acc no **94997969** Our Ref... Club Hol+Your surname

For direct payments – please complete and return your booking forms and let me know when you make the payment and how much it is for so that we can check and confirm to you that it has arrived safely.

If you have any queries, please email Jo Stackhouse on NSSCholidays@outlook.com with your question and also provide a contact telephone number.

Please provide the Names and Passport details of everyone for whom you are making a booking;
Current advice is that after 29th March 2019 you should have at least 6 months left from date of arrival.

** Names to be as on Passport **

	Title	First Name	Surname	Date of Birth	Passport Number	Date Issued	Date Expires	Issued By
1								
2								
3								
4								
5								
6								

I wish to share with.....
(only complete this if you are booking on your own).

****As soon as we have all the prices, a second booking sheet will be issued for you to book Ski Passes + Ski Carriage + Ski Hire and for you to provide other details.****

Flying with Jet2, we have on hold **30 Ski Carriage** at **£59 per bag** (1 set of skis- 20 Kg limit);
No boot bags- Boots/Helmets in main baggage.

If you wish to reserve Ski Carriage now please confirm here.....