



Newsletter

April 2015

CLOSURE DATES FOR REST OF SEASON

May Bank Holiday - Sat 2nd, Sun 3 rd , Mon 4 th May	CLOSED
Spring Bank Holiday - Sat 23 rd , Sun 24 th , Mon 25 th May	CLOSED
Closed on Saturday afternoons from June	
Sunday closing May - close at 3.30 pm	
Sunday closing June - close at 2.00 pm	
Close for the summer - Thursday 25 th June	
Re-opens - Monday 7 th September	

Who's who?



Name: Jo Stackhouse.

Role: Committee Member, Level 1 Coach.

Responsibilities: Committee minutes and correspondence. Volunteer in kitchen and boot room. Instructing beginners and school groups. Coordinating Club holiday.

Club highlights: Being part of the growth and changes of the Club. Making friends and having the opportunity to develop my own skiing on Club holidays.

Contact Jo for: Club holidays. Alternative Master Class – an informal session held once a month in the season on Sundays at 5.00 pm. Aimed at helping to build confidence and improve basic skills.

Club holiday 2016

Sestriere, Italy

Sunday 17–24 January 2016

By popular request we are returning to the Hotel du Col in Sestriere, Italy for the 2016 Club holiday.

Interest is growing. If you did not receive the mailing in February, full details and booking forms are available on the website or at the slope.

Or contact Jo Stackhouse at:

NSSCholidays@outlook.com

Volunteers

The Club operates on a non-profit making basis. All work is done by volunteers and all the revenue is ploughed back into the Club.



Volunteer work parties will be needed over the summer period. Be on the look-out in June's newsletter for further details of jobs to be done.

Parking

We have received a number of complaints from local residents.

Please park considerately when visiting the Club.



End of season clear out

Any personal equipment left at the club must be removed before the end of June or it may be skipped. There will be a sort out of skis, boots etc during the closure period as more space is needed to store hire equipment.



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
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Members news

Medals for Club Member Mia Brookes

At the recent BRITS competition in Tignes, France, 8-year old member Mia Brookes won 3 medals in the under-12 category: Gold in the Half-Pipe, Gold in the Boardercross and Bronze in the Slopestyle! Well done Mia!



Snowlife Awards

On Sunday 29th of March 51 children from our Junior Club were presented with Snowlife Award Certificates and badges in recognition of their progress and ability to ski at the required level.



Snowlife Awards are divided into 4 zones: green, blue, red and black. Each zone has a series of stages and a range of tasks for students to complete. Junior Club members now wear coloured arm bands on Sunday mornings to ensure they receive the appropriate instruction to enable them to achieve their next goal.

Snowmark accreditation

On April 8th we were inspected by Snowsport England and have retained our Snowmark and Clubmark status. This demonstrates that the club is well-managed and has met high standards for Care and Protection, Equity and Ethics; has well-developed processes and plans for the development of members, instructors and other volunteers; and is seen to be involved with the local community. Well done everybody, especially Ann Loton, the Club Chair, who coordinates our success.



Rowan Cheshire

Rowan Cheshire is a member of the GB Freeski team and opened our new slope in October last year. Rowan's family are Club members.



How long have you been skiing?
9 years.

How did you get into freestyle skiing?
My dad introduced me and my siblings at the local dry slope, where we got involved in ski lessons.

What's your favourite trick?
Probably just a big strait air and tweaked grab!

What's your next challenge?
Just healing and getting back into it at the moment so my next challenge would be the competitions next season.

Who inspires you and why?
Sarah Burke, she was an awesome freestyle skier that I look up to.

What would be your top tip for anyone trying to get into freestyle skiing?
Freestyle camps are really good for getting into it and you meet lots of awesome people! Also enjoy it don't focus on wanting to compete.

What do you make of the freestyle slope at Kidsgrove Ski Centre?
I really like it! It's a good set up with everything you need for beginners to advanced!

Kidsgrove Freestyle Academy

Find out more about Chris Mavin, Head Coach at Kidsgrove Freestyle Academy.

How long have you been skiing?

I have been skiing since I was 14, I learnt on an adventure holiday with my family in Torquay on a dry slope.

How did you get into freestyle ski instructing?

I have been coaching freestyle for about 5 years now on dry slope and I am now just finishing my second season as A freestyle Coach in Switzerland, Italy and France.

What's your favourite trick?

I am a big fan of simple tricks executed with good style, my favourite trick will always be the 540 nose mute! But don't get me wrong a double cork 1260 is always going to look good!

Where's your favourite place to ski and why?

I have to say Morzine, France as this is where I live during the winter! The ski area is huge and has everything you need, from great parks to amazing off piste and backcountry!

Who inspires you and why?

Without a doubt my biggest inspiration comes from my friends , without them I wouldn't be where I am today and everyday I spend on the hill with them just makes me a better skier and coach.

What would be your top tips for anyone trying to get into freestyle skiing/boarding?

Work hard, train hard but most importantly have fun! There is no point doing this sport if you don't enjoy it! You will be out in all weather, it will take time to learn tricks and there will be lots of set backs. But with drive and commitment it can be an amazing lifestyle and career.

What do you think of the freestyle slope at Kidsgrove Ski Centre?

Well I am very bias, because I was lucky enough to be involved with the design and in the construction last summer. My ideas that were put on paper were things I thought would help people learn and train at any level. I tried to design it so that people could see what they were progressing towards and I really think we have made this happen. The ski club have been so supportive in the project and I think now is the time for me to really thank Ann, Gerald, Paul, Eric and Brian for their outstanding commitment to the build last year! Without them this would never have been possible. Also thanks to all the members who helped on the build or contributed funds towards the project. The facility at Kidsgrove is like nothing else in the country and the future of the Freestyle slope is incredibly exciting!

What do you do when you're not instructing? During the winter when I am not teaching I am usually found judging at different freeski competitions around Europe. And not so excitingly I also have to do the usual paper work that's required to keep everything running smoothly!



Know your tricks



<http://www.abc-of-skiing.com/freestyle-skiing/freestyle-ski-tricks.asp>

Next FREESTYLE ACADEMY session

Saturday 16 May

9.30 - 11.30 under 14s

12.00 - 2.00 14s and over

£10 for members; £15 for non-members

Helmets, long sleeves & gloves are mandatory

Interested? Put your name on the list at the club

Payment on booking

'Cotton Wool Kids' by Paula Bancroft

How skiing can help your kids assess risk later in life

Research shows that majority of children today, do not have the same opportunities to experience risky behaviour as their parents did, some 20-30 years ago. One reason behind this, appears to have evolved from parental anxiety, as parents are fearful to allow their children to wander off freely on their own. Not only has the multi-media culture magnified these parental fears, but electronic entertainment has provided a seductive alternative to stay indoors; of which can lead to sedentary lifestyles and obesity.

Allowing children to experience risky behaviour from a young age, is a fundamental aspect of preparing them with the tools needed in later years, when they need to make a decision that requires them to take a risk. I am sure many of you reading this will be taken back to your own childhood, when the back door was left open and you wandered off freely without an adult, without a watch, mobile or money. Navigating your own way across fields, local woodlands to climb a tree, making a rope swing, a den, catching a bus, pond dipping, or even whittling a stick with a penknife, are some of the risky activities that would now be frowned upon, reported as being a nuisance, or in some cases, even as far as their parents being deemed careless. Where only a few decades ago, these activities provided us with valuable means of learning by doing. We learned to navigate risk from an early age, we knew where our limits were, we made mistakes and those valuable lessons provided us with knowledge we could call upon in later years.

The HTI (Heads, Teachers & Industry) states that our society and economy have developed not by avoiding risk, but by taking risks and learning how to manage them. Take traditional playground games... don't play conkers in the playground, you might get hurt; don't do backstroke in the swimming pool, you might bang into somebody; don't skip, run, throw snowballs, play on the ice, do handstands or cartwheels. All of these activities have allegedly come under the axe in a lot of schools in our country. I wonder how we survived our own childhoods!

Overprotecting our children – swaddling them in cotton wool – the HTI also states is bad for society, the economy and young people's preparation for adulthood in a world full of uncertainties, labelling these children as 'Cotton Wool Kids'. Of course we want our children to be safe, but risk taking is inherently in their nature and unless we give them controlled opportunities to experience it, judge it and manage it, we will inhibit their development and capacity for innovation. At worst, we will be unwittingly complicit in channelling their natural thirst for adventure in completely the wrong direction.

Opportunities to take part in risky behaviour, same as their parents did only a few decades earlier, have now near enough been taken away. These 'Cotton Wool Kids' have little opportunity to risk assess their own actions in the same way. With this, comes a concern that today's children, who have not been allowed to make their own decisions in risky situations, may find difficulty in navigating their own way when the need arises. This is when accidents may happen, especially in the teen years when it becomes difficult for a parent to control their actions.

Of course I am not saying to expose your children to near death defying situations, and of course we want to protect our children, but there needs to be a healthy balance. So when you watch the children of North Staffs Ski Club navigate their own way down the slope, whether this is in a snow plough, parallel, on the moguls or even pushing themselves to the limits on the freestyle area, be proud and know that you are doing your part in unwrapping that cotton wool. The club can help teach them how to ski, polish up on their style and make them aware of the safe way to navigate the slope, moguls or freestyle area. You as a parent can provide your child with body protection and advice. But it is the child himself, who will decide how he will make his way down that slope. He will be making his own risk assessment based on experiences, learning to navigate his way safely down the slope. You have little to no control of how they will get from the top to the bottom. This may seem scary, but as they learn how to push themselves to their own personal limits, learning to ski may provide them with a learning platform for risk assessing their own journeys, and hopefully in time, when confronted with making a risky decision, your child will have some hands on knowledge of managing risk and use this to their advantage.

As part of Paula's BA (hons) in Education, she researched Forest Schools (which she also teaches) and has adapted some of her research into this article. Paula is mum to 9-year old twin boys Paulie & Fynnlay, who you may have seen skiing and snowboarding at the club – mostly performing risky maneuvers on the freestyle area! They learned to ski in November 2014 at NSSC and have been active members ever since.

The above information is taken from various research papers online. If you wish to read more, please take a look at the following links:

- <http://www.theatlantic.com/features/archive/2014/03/hey-parents-leave-those-kids-alone/358631/>
- <http://www.playengland.org.uk/news/2012/09/experts-agree-children-will-not-learn-about-risk-if-they-are-wrapped-in-cotton-wool.aspx>

If you would like to contribute an article to the newsletter please contact Mel Jones at the Club or by email: meljones73@talktalk.net