



December
2006



CHRISTMAS OPENING TIMES

Sun 24 TH AND Sun 31 ST	9.30 – 2 PM NO KIDS CLUB RECREATIONAL SKIING ONLY
25 TH AND 26 TH	CLOSED
Wed 27 TH	7 – 9 PM RECREATIONAL SKIING ONLY
Thurs 28 TH	7 – 9 PM
Sat 30 TH	2 – 5 PM
Mon 1 ST JANUARY	7 – 9 PM

ARE YOU STILL LOOKING FOR THAT PERFECT PRESENT?



Why not encourage your friends and family to do something physical. We have a range of gift vouchers available for both Christmas and birthday presents at no extra cost. There are examples on the notice board which can be altered to fit any occasion. The gift vouchers can be for a course of lessons or a membership if required. Just ask at the ski desk.



CLUB WEB SITE

The club's web site has general information about the slope and the club. It also has links to lots of other places. If you enjoyed, or even missed, the Austrian Day you can find out more about Alpbach by following the links. If you want to see what Chatel looks like there is some video (broadband advised) and you can catch up on previous issues of the Newsletter.

There are lots more links. For example, more about local suppliers who have helped the club - see High Peak (instructor uniforms) or White Mountain who brought the skis for you to try out on the Austrian Day. If you want to find other slopes or look for winter sports jobs, the links are there. There are also links to local organisations.

Happy surfing. We're at www.ski-kidsgrove.co.uk

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.

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.

CLUB HOLIDAY

We are pleased to report there are over 110 people going on the ski club holiday in January. Look out for the report in February's newsletter.

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.

COLD FEET

Could be that your boots are wet inside. To dry your boots thoroughly, remove the liners, and pull the plate out of the bottom of ski boots. Otherwise condensation never dries properly and can freeze under your footbed, leading to cold feet.

KNOW THE RISKS

Like to know how your equipment affects your chance of injury? Visit www.ski-injury.com, run by Dr Mike Langran of Aviemore Medical Practice. Its "uniquely dedicated to the latest and most comprehensive information on alpine snow sports injuries" - including for example answers to questions such as which snow sport has the lowest risk of injury.

WORLD CUP SKI RACING

The season has started and you can watch all the racing on Channel 4. You can pick up a leaflet with the dates and times from the clubhouse or there is a link from our web site to the Hot House web site that is promoting world cup skiing. We also receive a DVD each week so you can watch it again in the clubhouse.

SNOW SLIDER'S DICTIONARY

BINDING – Ingenious automatic mechanism mounted on a ski that can hold it clamped tightly to a boot when subjected to a force that would deform a bridge abutment and yet still permit it to drop off the foot of a skier who sneezes while riding a chair lift.

Congratulations



to Phil Rowley on gaining his ASSI qualification.



ATTENTION ALL MG ROVER OWNERS

We have now become MG Rover Parts Wholesalers and thus have access to more than 177,000 MGR parts including most old and veteran vehicles.

Please contact us if you require help or advice at any time.

Office hours 01782 50 50 50 - evening and other times 07866 253869 or 07831 296982

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