



**Newsletter  
December  
2013**



<b>CHRISTMAS OPENING TIMES</b>	
SUNDAY 22nd and MONDAY 23rd DECEMBER	OPEN
24th, 25th, 26th DECEMBER	CLOSED
28th, 29th, 30th DECEMBER	OPEN
31st DECEMBER, 1st JANUARY	CLOSED
As normal from Thursday 2nd January	

**SUNDAY 22nd DECEMBER**  
**JUNIOR CLUB CHRISTMAS PARTY**  
**SKI WITH SANTA FROM 9.30 TO 10.30**  
**PARTY FROM 10.30**



As the club is run on a voluntary basis will parents contribute by donating items for the party such as: - Sandwiches, Crisps, Cakes, Sausage Rolls, Drinks, and Biscuits etc.

Any offers of help are always greatly appreciated, especially on occasions like these. If anybody wishes to help out with the party, could you please leave your name with someone behind the ski or kitchen counter?



**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. The gift vouchers can be for a fixed amount, a course of lessons or a membership if required. Just ask at the ski desk.

**Can you Help? 19 - 26 January 2014**

During the week of the ski club holiday many of our regular volunteers will be away. Instructors, boot room staff and kitchen staff will be experiencing the real thing (after all that is what learning to ski is for). If you can spare a little time during that week to fill in some of the spaces usually filled by the regular volunteers please have a word at the ski desk or the kitchen.

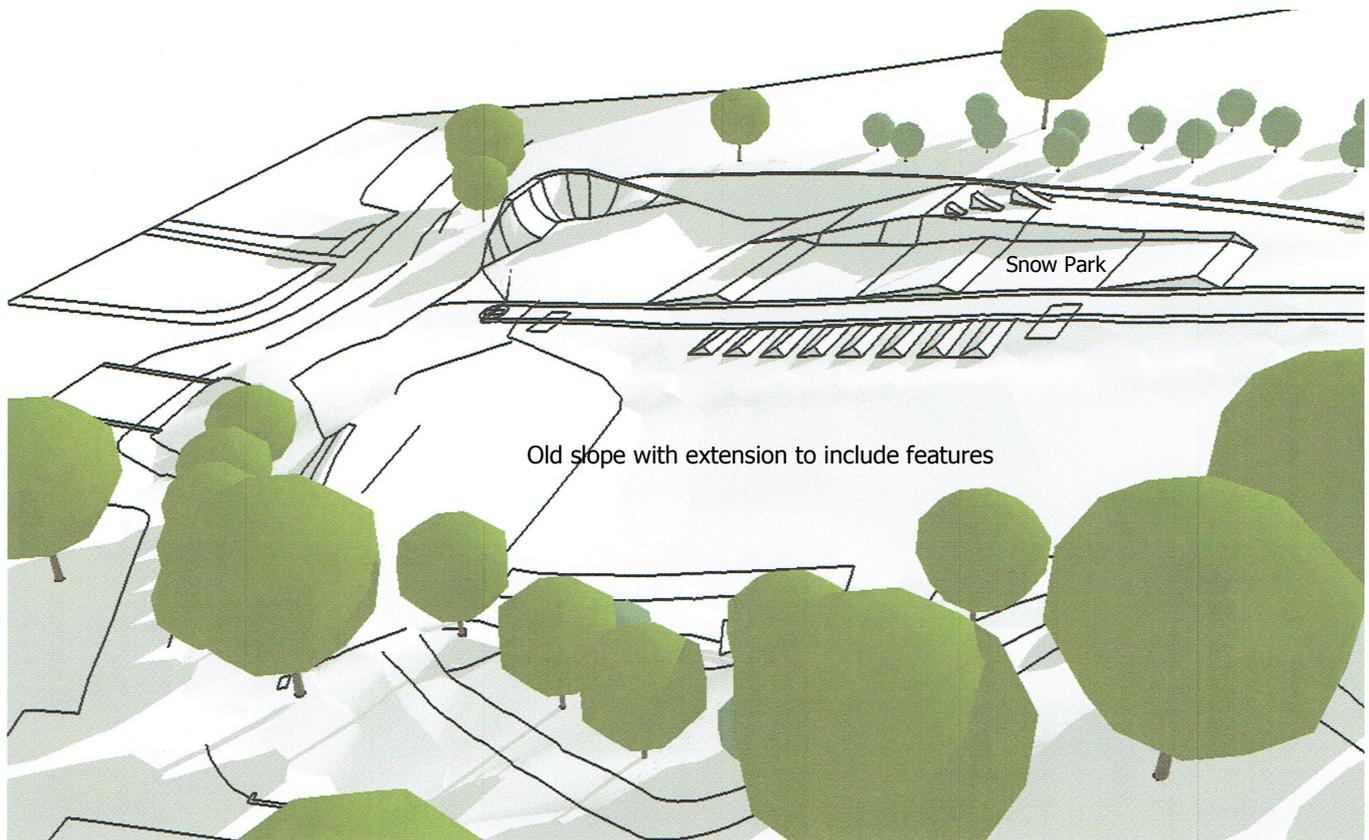
**Members**

We are having a check on memberships so you will be asked to show your membership card when you get your skis. If you haven't got a membership card just take a passport size photo to the desk.  
 If you are an Associate Member you must pay £8 for 1 hour or £12 for 2 hours when you come for a ski and you must show your membership card.

## Slope development update

First of all **a very big thank you** to those volunteers who came down to the club on the morning of the 30th November. They made light work of planting over 700 Hawthorn whips along the perimeter of the new fencing at the far side of the new slope. Don't worry if you missed the opportunity to help, more trees and shrubs will need to be planted next year on the inside of the fence.

Those of you who have been down to the club may have seen an animated 3d drawing of the proposed new slope on display. For those of you who have missed out on seeing the animation below is a drawing to give you some idea of what it may look like.



To make sure that the surface we intend to use would be user friendly for slopestyling a club member made a couple of features, a box and a shotgun. John Weatherly, a freestyle skier, came down one evening to try them out on the present slope. He was very impressed and gave resounding support for our plans. The message seems to be getting around that we are planning this as people are asking when it will be open!

Talks are continuing with Newcastle Under Lyme Borough Council, Snowsport England, County Sports Partnership on the possibility of putting in a bid for funding from Sport England.

As was mentioned in previous newsletter's something which will act in our favour when applying for extra funding is if we can show that the club members are supporting the project by giving a donation specifically towards the project fund.

So, can you help your club by donating a small or large amount to go directly into the project fund? If you feel you would like to donate please give it to someone behind the ski counter. If all our adult members donated £10 we would raise £5,000. If you are a tax payer then it can be gift aided to mean more. Just ask for a form at the ski club. Remember, the club is run entirely by volunteers which is why it is the cheapest skiing in the country. We need your support to improve your skiing experience at Kidsgrove! Once again thank you to all those who have already made a donation to the project.

If anyone knows of a company who would like to sponsor a particular aspect of the project then that can easily be arranged. Just contact Ann Loton at the club.

## Ski Holiday checklist



With all the preparations for Christmas it is easy to let your ski holiday creep up on you. Many of our members have been on snow before, but here are a few important points to help those who have not.

\*Insurance – Always have details of your Insurance cover with you together with your EHIC card (check that it has not expired). See [www.nhs.uk/ehic](http://www.nhs.uk/ehic) for renewals. Some web sites charge £25 for EHIC, if you use the one above it's free.

\*Also make sure you carry your passport or a photocopy.

\* Emergency numbers – Always take a contact number with you for your holiday Rep, Hotel, or Chalet.

\* Check your baggage allowance, those new ski boots will probably weigh about 6 kilos and usually need to go in your main bag unless you are paying for ski carriage (check with your airline if taking your own skis).

\*Think layers – Start with a good quality base layer or thermals. It's easy to warm up by adding other layers

and cool down by reducing them.

\*Small back pack for taking up the mountain – useful for carrying emergency supplies including tissues, sun cream, spare goggles / sun glasses / gloves, a soft drink or water and a bar of chocolate for that energy boost.

\*Sun cream and lip block are essential – The sun can be very strong in the mountains as it bounces off the snow so use a high factor and top up during the day. It can also be useful on dull days to protect against the wind.

\*Small First Aid kit – In case you need treatment for aching muscles and blisters.

To help avoid these – If you have not already done so, try to visit the slope to wake your ski legs up. AND don't forget your feet, they work hard on a ski holiday so give them a little TLC before you go.

Last but not least, relax and enjoy your holiday.

If you are going on the club holiday this year, those of you with internet access check out <http://www.onthesnow.co.uk/piemonte/sestriere/webcams.html> for loads of information regarding the resort, and weather conditions.

## **Check out this blast from the past—an article in the 1988 NSSC magazine The last sentence still applies!!!!**

### **Fit to Ski??**

“With the new ski season comes a plethora of articles in the ski press designed to get people fit for their forthcoming skiing holidays. These articles vary from the conventional exercise plans through to the aerobics oriented ski-mobility exercises. But do such plans and strategies really get us fit for skiing? What follows is the latest in pre-season preparation, prepared by the NSSFFI (North Staffs Skiing for Fun Institute).

First of all you must follow a strict diet. High protein intake is desirable, but more importantly only eat French bread. The real baguettes. This will prepare you for the daily flesh-ripping, ulcer-rendering onslaught provided by the days old French bread left hanging on the self catering apartment doorknobs.

Secondly, practise the “toilette Francaise” stance. This is a low thigh-straining, stooping position which builds up the quadriceps muscles. This is why the French skiers seem able to pound the moguls all day, whilst the Brits are left foundering around on the blues and greens. Everybody has noticed the typically British toilet-seat-sitting-back position which has arisen as an obvious result

of Britain and especially the Potteries, being the world leaders in comfortable w.c. design. Having solved the problems of mouth lacerations and quadriceps fatigue, the problem of skiing technique is the next area of attention. Good technique cannot be bought, but flashy gear and stunning clothes can! The strategy is to completely overwhelm people with your appearance. Last season we saw the astronaut silvers and the traffic warden greens flashing down the slopes. Skis either had to have red plastic blobs on their tips or black plastic windows. This year our research suggests that the clothes to be seen in are animal look-alike suits – gorillas, monkeys, even camel suits. So make sure you get one before the pre season rush. Also, if you can, attach an alarm clock to your skis (if you don't have an alarm clock, a personal computer will do!) This is intended to give you that sophisticated hi-tech look! If you follow this advice you will never be left with heaving lungs or aching limbs. The usual ski ailments will be left at the pub and you skiing will never be the same again! Better still, ignore all this advice and do some real preparation by coming down to Kidsgrove and skiing!”

# Don't miss the skiing on



## 2014 Winter Olympics

**Ski Sunday** returns to BBC2 on 15th December at 17.55 for its 36th consecutive year with presenters Graham Bell and Ed Leigh.

The series features the thrills and excitement of the men's and women's alpine tour as they build towards the Winter Olympics in Russia in February.

Ski Sunday opens for business from the French resort of Val D'Isere with the men's Giant Slalom which was won in 2012 by Marcel Hirscher, the best skier in the world last year. Ed Leigh catches up with snowboard legend and winter sport icon Shaun White in an exclusive interview and Vancouver gold medallist Amy Williams turns tourist guide as she introduces us to all that Val D'Isere has to offer.

Starting on 7th February BBC is to show 200 hours of action.

Clare Balding, Hazel Irvine and Jonathan Edwards will present 200 hours of action on the BBC from the Sochi Winter Olympics in February.

Live action, interviews and highlights will be shown on television, six online streams, mobile devices and connected TV during the 17 days of the Games.

BBC Two will start live coverage every day from Sochi from 07:00 GMT with an hour-long daily highlights programme starting at 19:00.

The 11th Winter Paralympic Games, which are being held from 7-16 March, will be broadcast on BBC Radio 5 live.

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**FOR**  
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15,000	£15 + Vat
20,000	£20 + Vat
25,000	£25 + Vat
30,000	£30 + vat
Over 30,000	Ask for a quote

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**