



# Newsletter December 2019

## Seasons Greetings



**NORTH STAFFS SKI CLUB LTD**

### OPENING TIMES

|                   |                  |                                 |
|-------------------|------------------|---------------------------------|
| <b>Sundays:</b>   | 9.30 to 10.30    | Junior lessons (6 - 8 years)    |
|                   | 10.30 to 11.30   | Junior Club Blue group          |
|                   | 11.30 to 12.30   | Junior Club Red/Black Group     |
|                   | 12.30 to 5.00 pm | Recreational skiing and lessons |
| <b>Mon-Thurs:</b> | 7.00 to 9.00 pm  | Recreational skiing and lessons |
| <b>Fridays:</b>   | 7.00 to 9.00 pm  | Freestyle Fridays (fortnightly) |
| <b>Saturdays:</b> | 2.00 to 5.00 pm  | Recreational skiing             |

**CLOSED FOR CHRISTMAS / NEW YEAR**  
**24, 25, 26, 27, 31 DECEMBER AND 1ST JANUARY**

**OPEN SAT 28, SUN 29TH AND MON 30TH DECEMBER**

### Off-Piste and Mountain Safety Awareness Training

**January 18th 2020**

For the last couple of years we have run some very successful courses about safety off piste led by Chris Watts (BASI Level 3 ISIA Alpine/British Military Ski Leader Level 3; Off-Piste/Ski Tour Leader)

The courses consisted of lectures and theoretical training, a short series of exercises on the slope and avalanche transceiver exercises in the park. If you are interested in attending the next one please book and pay in advance at the ski club.

Cost £15, including lunch (all proceeds to Ski Club funds)



### Ski length

A simple calculation based on your height, weight, experience will yield a ski length appropriate for you, but keep in mind when deciding whether to rent or purchase skis that your ideal ski length may change over time if you gain experience, or gain or lose weight, or, in extreme circumstances, lose height.



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](http://www.ski-kidsgrove.co.uk)

Company Number:4337963



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# JUNIOR CLUB NEWS

## SUNDAY 22nd DECEMBER

**JUNIOR CLUB CHRISTMAS PARTY**  
**10.30 SKI GAMES WITH SANTA**  
**11.45 PARTY in the CLUBHOUSE**



**Numbers limited so sign up soon**

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



### **A member's insight to junior club by Grace**

I went to Kidsgrove 4 years ago after not skiing for a couple of years. When I started, I was not the best skier, so I started to go to Junior Club on Sunday mornings to help me to improve my skiing.

Junior Development Club has helped me grow as a skier improving my skills and confidence during skiing. I enjoy going skiing on a Sunday so much that I now go on Tuesdays as well, it is the highlight of my week.

When I joined Kidsgrove my brother decided he too would like to ski, first taking lessons then joining me in Junior Club. Our younger sister Pollyanna use to come and watch us until she was old enough to join.

Now she not only does junior club, she also does Freestyle development squad too. She has been encouraged by all the instructors at the club, she has also improved her skills and confidence so much she competed in this years Oatcake Jam. (Second place under 11 girls ski)



## Snowsport England's "Skilful Skiing" Day course at Xscape Castleford

For many years Snowsports England have run a week long Skilful Skiing course in Europe, and John Daines, one of our club instructors has been many times and speaks very highly of it. This year Snowsports England decided to trial having a day course in the UK.

I was one of six members of the club attended – half the course! Our coaches for the day were Richard Barbour and John Greenwood from Snowsports England. The course was open to all Snowsport England members, not just instructors (who made up about ¾ of the course members). As members of NSSC we are also members of Snowsports England.

At the start we were all asked what we would like to get out of the day. Some wanted to get rid of the bad habits they had picked up, others wanted to be able to go down steeper slopes with confidence and some were Instructors who were either renewing their licence or looking to bring their personal skiing up to meet the standard required to achieve the next level.

We were then split into groups of six and sent out on the slope. We were asked not to over think any tasks we were given and to be open minded and try whatever they suggested. John and Richard then used a series of exercises and tasks to analyse and coach us individually. It wasn't always easy and at times I definitely felt out of my comfort zone, but, as the day progressed my skiing improved. They also videoed us during the morning and before the afternoon gave us feedback which was very useful. It certainly made me think about my body posture starting a turn in a different way. To be coached by people like Richard and John was great and definitely made an improvement to my personal skiing, I think the others who attended would agree it also improved theirs.

This was a trial and the feedback I gave Snowsport England was that I hope that they will run this course again next year and would definitely recommend it. Look out for it in Snowsports England emails and on their social media - Julie Skirvin



### Skiing with poor visibility



No matter how many goggles they advertise with incredible visibility features, we skiers and snowboarders know from experience that skiing in poor visibility or flat light is just about impossible and not much fun! We've all come across those days when you can't see further than a few feet in front of you, but the snow is great and you don't want to miss a day of skiing. Don't worry, check out the tips linked below to help you get safely down the hill even in poor visibility.

<https://www.snowplaza.co.uk/blog/51391-skiing-tips-poor-visibility/>

## Your First Ski Holiday or a Seasoned Skier?



You booked ages ago and now have paid the balance and are arranging your airport parking. Even if you are a many seasoned skier have a read of the tips below you might find there's one you haven't thought of.

- It is possible to buy most things in the resort but they are **usually expensive** so take spare ski socks, gloves, sunglasses, etc..
- **Sunscreen** - Sun can reflect up to 85% of the sun's ultra violet rays use a high factor sun cream and lip balm and reapply several times a day, even on a dull day.
- **Layers** - with today's efficient thermal clothing think layers the weather can change quickly and the temperature may be much lower at the top of the mountain.
- **Daysack** - To carry spare gloves, an extra layer of clothing, sunscreen, water, chocolate or cereal bars.
- Have your **contact/insurance/hotel details with you** - in old fashioned written form as well as on your phone. This one usually catches someone out!
- You should **not ski alone** - decide with your family or friends on a meeting place in the area that you are skiing in case somebody gets separated from the group.
- **Skiing with children** - Throughout the day it is important to keep them fed & hydrated with regular stops. Regularly check their fingers, toes, nose as they freeze up quicker on children and they are more likely to carry on skiing without noticing. **ALSO** that they have a copy of your contact details in their pocket. **Good gloves** are particularly important for children, cold hands can make them miserable.
- **Wear something distinctive** - It can be difficult to spot people in your party when in a crowd, mist or skiing ahead.
- **Ski lessons** - Even if you don't want ski school for the whole week, you may consider lessons on the first day or so. You will learn how to manage lifts and find your way around the resort, as well as some extra skills to help you on the snow.
- If you have not yet been down to the slope this season we look forward to seeing you when you come to **wake your ski legs up** and we will be happy to help with any questions you may have.
- There are some very useful tips on packing and safety guides for all skiers on <http://www.firsttimeskier.co.uk/index.html>



**Getting your boots and skis right can be a nightmare — check out the link below for some handy tips**

<http://welove2ski.com/ski-hire-guide-rental>

# FREESTYLE NEWS

## Saturday 9th November 2019 Oatcake Jam V 6



A big thank you to all the competitors and their supporters who braved the freezing weather to make this event such a success. Their tricks and camaraderie never fail to impress. Well done all!!

Once again thanks to Chris, Diane, Gareth and Luke for organising the event. Thanks also go to, Maxine for organizing the sponsorship, Tim W and Aidan for sorting the ramps, Matthew for filming the event and Tommy for the music. A special thanks also goes to Helen TT for her invaluable support on the day. Many others also supported us on the day by donning high viz vests and acting as Marshals.

In addition we must not forget the lovely ladies in the kitchen, Brenda, June, Jo and Liz who did not disappoint in serving up our infamous Bacon Baps and Cheese Oatcakes, much to the delight of the locals and our guests.

Finally, our biggest thank you goes to Eric, Gerald and Craig who work all year round, whatever the weather, to ensure that the essential tow and pump are in good working order.

See you next year.

### Thanks to all the Jam sponsors

|                    |                   |                 |                |           |
|--------------------|-------------------|-----------------|----------------|-----------|
| Eden China         | After Jam         | Ski Bartlett    | Liberty Sports | Skate Pro |
| Flip Out (Stone)   | M2 Construction   | Schuss Clothing | D.C. Shoes     |           |
| White Bear         | Ninja Armadillos  | Trespass        |                |           |
| Mountain Warehouse | Tamworth Snowdome |                 |                |           |

*Thank you*

# FREESTYLE NEWS

## Oatcake Jam 2019 Winners (\* denotes club members)

Congratulations to everyone who took part for their enthusiasm and encouragement they gave to each other.

|   |  |
|---|--|
| <p><b>Under 11 Boys Ski</b></p> <p>1st Hunter Minister *</p> <p>2nd Jacob Welsh *</p> <p>3rd George Wilson</p>       | <p><b>Under 11 Girls Ski</b></p> <p>1st Isla Wilson</p> <p>2nd Pollyanna Cartwright *</p>                           |
| <p><b>Under 16 Male Ski</b></p> <p>1st Finlay Loupis *</p> <p>2nd William Mason *</p> <p>3rd Cassius Loupis *</p>  | <p><b>Under 16 Female Ski</b></p> <p>1st Amy Clayton</p> <p>2nd Ella Taylor Tipton</p> <p>3rd Ruby Painter *</p>  |
| <p><b>Over 16 Male Ski</b></p> <p>1st Justin Taylor Tipton</p> <p>2nd Sam Pattinson</p> <p>3rd Ted Halkett</p>     | <p><b>Under 10 Boarder</b></p> <p>1st Alfie Sewell</p> <p>2nd Aaron Summers</p>                                   |
| <p><b>Under 16 Boarder</b></p> <p>1st Olly Cresswell</p> <p>2nd Will Kennerley</p>                                 | <p><b>Over 16 Boarder</b></p> <p>1st Jonny Cresswell</p> <p>2nd Ben Chetwood</p> <p>3rd Ben Parker</p>            |

# FREESTYLE NEWS

## Jacob Welsh — 2019 Winner of the David Dick Award

Age = 8. He was 9 on the 6<sup>th</sup> of December.  
Favourite freestyle trick = 360.  
Favourite coach = Adam.  
Target for the season = To land the 360 off the red jump consistently and keep improving his general skiing.



Jacob has been skiing since he was 6 years old and has been attending the club most weekends for freestyle coaching and Junior Club. He is always disappointed when he has to miss a week if we are away or have something else on. He is a quiet lad who is very determined and does not give up when learning a new skill or trick. He has attended the Oatcake Jam, Charity Jam, Future Sessions and K Jam over the past couple of years doing really well and earning a few prizes along the way. A highlight of this season was receiving the David Dick Freestyle Award which he is very proud of and proves that hard work and lots of crashes does get rewarded. He is really looking forward to the club skiing holiday especially as his grandad (Gordon Chan) will be going. Jacob would like to thank all the coaches, boot room, canteen and maintenance volunteers who keep the club going.

Forgot to mention Jacob also likes mountain biking, BMX, scootering, climbing, rugby and lego.

### Dates for your diary: 2019 - 2020

#### Freestyle Fridays For All

7pm - 9pm

Urgent!

Volunteers needed at 7pm prompt to help set up the airbag

**2019 December 20th - Christmas Special Hot Food Available**

**2020**

January: 3rd, 17th & 31st

April: 10th & 24th

February: 14th & 28th

May: 8th & 22nd

March: 13th & 27th

June: 5th & 19th



**How to choose the size of a freestyle ski. -  
Check out the link below for some useful advice.**

<https://www.glisshop.co.uk/tutorial/choose-length-freestyle-ski/>