



NORTH STAFFS SKI CLUB LTD

Newsletter

March 2016

OPENING TIMES	
Easter – Sat 26 th , Sun 27 th & Mon 28 th March	CLOSED
May Bank Holiday – Sat 30 April, Sun 1 st , Mon 2 nd May	CLOSED
Spring Bank Holiday - Sun 29 th , Mon 30 th May	CLOSED
Last Saturday afternoon open - 23 rd April	
During <u>May</u> closing on Sundays at 3.30 pm	
During <u>June</u> closing on Sundays at 2.00 pm	
Close for the summer - Thursday 30 th June at 9pm	
Re-opens - Monday 5 th September	

Sestriere, January 2016

The club holiday in January this year took 68 people to enjoy the Hotel du Col in Sestriere, Italy for the second time. The hotel was, as previously, excellent with fantastic food provided by the ever-enthusiastic team. The snow, on the other hand, was not up to the 2014 standard. There was enough for everyone to have a good holiday, but the whole Sansicario area and the links across to Claviere and Montgenevre were closed due to the lack of snow. A highlight was the coach trip to Montgenevre one day where we had a fantastic day with masses of snow, blue skies and some excellent skiing. Many members were either on their first or second ski holiday and most of these had great personal achievements. They did things that they never imagined that they could and their faces at the end of a day told the story. See page 2 to read more about their experiences and how the Sunday 'Go gently beyond snowplough' alternative masterclass run by Jo Stackhouse and Peter Skirvin made all the difference.

Joel one of our younger club members said "The holiday in Sestriere was brilliant. The Hotel was good, right next to the ski slopes. The food was really good, there was always something that I liked. I met up with my friend, Andrew, who lives in Winchester. We had a great time. I did lots of Black Runs, some at speeds of 50 mph. Brilliant !! I want to say thank you to all the club members who looked after me and took me out onto the advanced slopes.

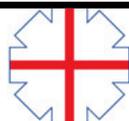


Let's hope that next year's holiday in La Tania, part of the Three Valleys area in France, is as successful. Further details on page 4. Book early to avoid disappointment!



Many thanks to everyone who supplied food and drink for the Junior Club Christmas Party

A special thanks to June Coupland for her generous donations of food, drinks and raffle prizes and to the kitchen volunteer team led by Brenda and John



**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

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Scared Mummy no more - going 'Gently Beyond Snowplough'

For the last two seasons we (June and Julie) have been going to the Sunday night training sessions at the ski club. We have both been skiing for several years, but have not really been adventurous on the snow because we are afraid of getting into situations that we cannot handle. What we needed were coping strategies to face whatever conditions we were faced with on the mountain.

Now called 'Gently Beyond Snowplough', on the club holiday in January, we suddenly realised how far the training sessions on Sunday evenings had brought us. 'Lift the uphill ski', 'now the downhill ski' 'next time shuffle the skis' and 'stamp the inside ski earlier in the turn' are not just some sadistic exercises devised by Jo and Peter to give them entertainment at our expense but do seem to have some positive benefit!

On the holiday, we were on a steep section of a blue run when an instructor had to do a diving tackle to stop his student ploughing into June. In the past it would have taken us half an hour to build up enough courage to set off again, thinking it could happen again. This time though, we calmly waited for the instructor to sort the student out, refused his offer of assistance and carried on down the slope as if nothing had happened. We were in control.

With Phil watching over, one afternoon Julie felt confident enough to attempt a red run. Falling over on the second turn was not a good start and in the past would often have resulted in panic and taking her skis off. Having been told so many times about getting the tummy tucked and shoulders forward, the problem must have been leaning back! So 'flex at the knees and ankles', 'pull in the stomach', 'rock forwards and backwards to find the sweet point' and 'push the knees into the hill whilst traversing the slope' were brought into play. Julie finished the run - no problem. Should we be surprised that it actually works?

We had a lovely time. Ok we were out of our comfort zones at times, but we had the skills and coping strategies to carry on down with a smile on our faces (or is that a smug grin?).

We can now find our balance, feel more firmly attached to the slope and are able to attempt more difficult slopes, have more confidence and courage so that all the runs we completed in Sestriere and Sauze D'Oulx were blue or red with no tears, tantrums or walking down the slope. And the best bit, being rescued by a handsome Italian when June sat down on a chair lift but there was no chair!



Gently Beyond Snowplough

If you're nervous about speed and want to increase confidence and feel better about your skiing, 'Gently Beyond Snowplough' sessions continue every fortnight on Sundays at 5.15 pm to 6.30 pm.

Cost: £5 for Full Adult members; £20 for non-members

Further information: Call the ski club on 01782 784908

- Sunday 13 March
- Sunday 3 April
- Sunday 17 April



Snowsport England (www.snowsportengland.org.uk) is the National Governing Body for skiing and snowboarding in England. They provide the structure and support for Clubs across England to develop and are key in the provision of insurance as well as instructor and coach education and licencing.

As a club we are affiliated to Snowsport England, which means that as a member of North Staffs Ski Club, you are also a member of Snowsport England. We are keen to work with them to help the development of the sport, which will help provide additional benefits to our members. We are recommending sharing the following information with Snowsport England: First Name, Surname, Junior / Adult, email address. This will give you a regular newsletter and free entry into a monthly prize draw. If you don't want to receive the newsletters then you can unsubscribe at any time. On the odd occasion you may get asked to complete a survey to help Snowsport England on the development of the sport, improving their membership offering, and benefits to you as members. Your details will not be passed to any third parties. If you have any questions, please contact Ann Loton at ann.loton@ntlworld.com or at the club.

Kidsgrove Freestyle



**FOLLOW US ON
INSTAGRAM!**

#northstaffsski

Over 12s Beginner Freestyle Lessons **NEW!**

Sundays 12:30-13:30

No freestyle experience needed

Minimum requirements: Parallel turns and hockey stops

Helmets and Freestyle disclaimer/sticker compulsory

Other protection/padding recommended

Book at the club - spaces are limited

Contact Luke or Cameron for more information

Luke and Cameron, our Freestyle coaches, in the new Kidsgrove Freestyle Academy Jackets - you can't miss them!



NORTH STAFFS SKI CLUB PRESENTS...

Ski - Kidsgrove

18th March
15th April

7PM-9PM



PRICES

Members-Free

All ages welcome!

Junior-£10

Parallel skiing is required.

Students-£10

All abilities welcome.

Adults-£15

More dates to follow!

LMWvisuals

Kings Ski Club Freestyle Competition

On Saturday 5th March Kidsgrove Ski Centre hosted the first Kings Ski Club freestyle competition. The competition was open to all midlands and northern university students. Despite the poor weather (sun, sleet and snow - not necessarily in that order), there was a lively atmosphere and a good time was had by all. It was good to see the freestyle slope being used in such innovative and unique ways with handstands, tails stalls on the fences, 360s backflips and some big air! The Club's freestyle coaches Luke and Cameron were invited to compete, with Luke winning 3rd place overall in the men's ski event and a 1st place in the team event with Jack Nichols his team member.



2017 Club Holiday Hotel Montana, La Tania, Three Valleys, France Sunday 15 to 22 January 2017



For our next holiday, we will be based in **La Tania**. One of the quieter resorts in the Three Valleys but with excellent access to the whole of this superb ski area.

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 behind the hotel up to Courchevel 1850, stopping at the various other resorts on that side of the ski area on the way.

Traveling with **Alpine Elements** we will be staying at their **Hotel Montana** on a chalet board basis—Full skiers buffet breakfast with daily hot option.

Afternoon tea/coffee with a selection of cakes.

On 6 Nights -- 3 course a la carte evening meal (wine not included).

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.

The cost for all ages is £559 per person (based on two sharing a Premium room). There is no single occupancy option available.

As well as Double/Twin rooms we have a small number of Triple/Quad rooms at the same cost, these have a double bed and a single one or a double bed and bunks.

..... See the Booking Form for details of – Ski Carriage – Ski Passes – Ski Hire

Deposit – In order to secure the hotel and flights from Manchester, the Club has already paid a deposit of **£100 per person** for 60 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.****

North Staffs Ski Club -- 2017 Club Holiday – Prices and Booking form

Sunday 15th January to Sunday 22th Date January 2017 – Hotel Montana in La Tania

Holiday Price For All Ages: £559 (based on 2 sharing a Double/Twin Premium room or full occupancy of Triple/Quad Premium room).

Ski Carriage: £39.00 N.B. Boot bags normally count toward main luggage allowance.

<u>Ski Passes (6 days)</u>	<u>Full Area</u>	<u>Local Area</u>
Adult aged 13 to 64 years	£209	£195
Senior aged 65 to 74 years	£194	£164
Age 75 +	Free	Free
Child aged 5 to 12 years	£169	£140
Family = 2 adults + 2 children 5/18 yrs	£745	£650

<u>Ski Hire/Boot Hire (6 days)</u>	<u>Economy</u>	<u>Discovery</u>	<u>Performance</u>	<u>Excellence</u>
SKIS ONLY; Adult – 13 yrs +	£54.90	£69.90	£79.90	£94.90
(inc. poles) Child – 4-12 yrs	£39.00	---	---	---
SKIS and BOOTS; Adult – 13yrs+	£79.90	£99.90	£109.90	£129.90
Child – 4-12 yrs	£49.00	---	---	---

Helmet Hire – To be advised.

****To try to streamline things, we would like to collect as much as possible of the information that the travel company needs, when you make your booking. Please complete the Table overleaf as far as possible with full names and the other information requested and return with your deposit.**

I/We wish to book Places for the 2017 Ski Club Holiday

Name..... Total Deposit of £..... enclosed
Non refundable deposit of £104 per person
 Address..... includes £4 contribution to Club's G.T.O.L. insurance)

..... I wish to share with.....

Your contacts 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**.....

****Please make all deposit cheques payable to North Staffs Ski Club Ltd and hand in at the ski club with the completed Booking Form**

If you have any queries or wish to make a direct bank payment, please contact Jo Stackhouse on NSSCholidays@outlook.com .

Booking form North Staffs Ski Club 2017 Club Holiday --Sunday 15th January to Sunday 22nd January 2017 – Hotel Montana, La Tania

<u>Title</u>	<u>First Name</u> As on passport	<u>Surname</u> As on passport	<u>Date of birth</u>	<u>Passport Number</u>	<u>Date Issued</u>	<u>Date Expires</u>	<u>Issued by</u>	<u>Country of residence</u>
1.								
2.								
3.								
4.								
5.								

Insurance details – Your policy must have adequate Winter Sports cover. Also your EHIC card must be valid for our dates.

<u>Name</u>	<u>Insurance Provider</u>	<u>Emergency Medical Contact Number</u>	<u>Special diet/ Allergies or Special Assistance</u>
1.			
2.			
3.			
4.			
5.			

Ski Passes, Ski Carriage, Equipment Hire (Please put YES for any item that you require).

<u>Name</u>	<u>Ski Carriage</u>	<u>LIFT Area</u>	<u>PASS Local</u>	<u>Economy</u>	<u>SKIS Discovery</u>	<u>Performance</u>	<u>Excellence</u>	<u>BOOTS</u>	<u>Helmets</u>
1.									
2.									
3.									
4.									
5.									

Booking made by:..... **Email:**..... **Telephone:**.....

Information on this form will be used by North Staffs Ski Club and Alpine Elements Ltd only in connection with the holiday.