

# KENDAL SNOWSPORTS CLUB

Autumn 2010 Newsletter



## Chairman's Letter

### Dear Members

Welcome to our 2010 autumn newsletter. For those of you who were not at the A.G.M in May, a resolution was put forward that the Club change its name to Kendal Snowsports Club. This was passed unanimously by those members present. We are now known as KENDAL SNOWSPORTS CLUB. Since the formation of Kendal Ski Club in 1984 the variety of activities has grown. New snow sports have been introduced worldwide and our new name reflects the current diversity within the Club and allows for future development. The name chosen has the distinct advantage of retaining the familiar "KSC" abbreviation. It was acknowledged that technically 'snowsports' is two words, however, in this instance it will be deemed to be one word.

The club closed officially for open sessions and lessons in April. However, we have had many schools and groups from all over Cumbria and Lancashire using the slope. The new instructor accreditation scheme for teachers and group leaders should help to ensure that these schools and groups continue to use our club and indeed grow in number. Our thanks go to Alan Jenkins and Ken Culshaw.

The slope being closed allows our annual refit and repairs programme to progress. We usually spend around £40,000 per year on this work but this year we will hold some of this money in reserves. In order to get the best use out of the matting, our treasurer and maintenance team have created a 10 to 15 year plan to ensure we recycle the surface where we can and lay new matting in areas of

highest use. Careful consideration and planning is needed so that we maintain the quality that is the hallmark of Kendal Snowsports Club.

To trial this new approach, the beginners slope under the moguls, which was scheduled to be lifted, re-laid elsewhere and replaced with new, is having a makeover. Our suppliers have developed a cleaning system which will use a jet-washer to bring this matting back to almost new condition. So, we would appreciate any feedback from members on how the refurbished matting behaves over the next season. If it fails to come up to expectations, we will replace it at the earliest opportunity. I believe we should have the best facility to develop our skills in Snowsports.

Please continue submitting ideas into the suggestion box. This is where the committee get feedback on what the general membership want from their club.

After last winter's difficult weather conditions, we have spent time and money on trying to minimise the risk of slope closure during prolonged winter cold snaps. Any closures which are deemed necessary will be posted on the web site, so if you're unsure check out <http://www.kendalski.co.uk/news.html>

Enclosed with this newsletter are membership renewal form(s) and our new look brochure.

Club membership represents very good value for what promises to be a great season. Check out the events page in the brochure and be sure to enrol for the new season's lessons, new activities, or the special courses on offer.

Two items that may be of interest to our membership:-

- a trip to Selva in Italy
- a coaching session in Wengen, Switzerland with Bob Eastwood (this is for skiers of intermediate level or above)

So, all there is to do now is sign the renewal form, enclose your cheque and await the enrolment day to book your lessons or special courses. If you have friends or family who you think would enjoy our Snowsports, get them to complete a membership on line at

<http://www.kendalski.co.uk/downloads/Membershipapplicationform1.pdf>

See you on the slope

John Bryers

Chairman



# Snowability



***Snowability was formed ten years ago to enable people with a disability to participate in the exhilarating sport of skiing, either for competition or for leisure. We ski and train on the artificial slope at Kendal every 2nd or 3rd Saturday with training sessions lasting between one and two hours. Kendal Snowsports Club donate the use of the slope facilities and equipment to Snowability free of charge. Instructors are also provided free by the club.***



Well it's been another good year for Snowability, although we have not had a club holiday abroad this time we have been active at the centre with the new junior members and their parents.

With the purchasing of the junior Bi-unique sit ski we have been able to give young children an experience of what it's like to take part in what we call the best sport of all. See photos on website. [www.kendalski.co.uk](http://www.kendalski.co.uk)

With Kendal Snowsports Club getting the "Donuts", the children have been flying down the slope in them. This combination has given lots of fun and enjoyment both

for the parents and the rest of us who would love to give it a go but unfortunately are too scared to go at that speed so close to the ground!!

Once again we must thank Kendal Snowsports Club and their instructors for the time and support that they give to us. Without it we would not be able to encourage new members to Snowability and give them a taste of what it's all about. We would like to take this opportunity to give a special thank you to Nigel, Tony & Ann for giving their time, encouragement and advice to our members so they may be able to take ski holidays with their children at a later date.

## Anyone interested in joining us?

Do you know anyone who may like to join us?

Contact KSC secretary: [sec@kendalski.co.uk](mailto:sec@kendalski.co.uk)



## Adult Award Scheme

24 Club members attended the scheme this Spring and everyone worked really hard. They all enjoyed themselves, at least they said they did! They certainly looked as if they did! The sessions were accompanied by many squeals, squeaks and laughter during descents of the slope. Of course, in order to be successful it is necessary to focus on each skill, and be prepared to concentrate on it, repeating it many times, so that perfect runs can be made for the assessment. The determination and effort that was put into practising known skills, or learning new skills from scratch, was a credit to all the participants. Those who achieved their intended award and then continued with the next one up, merely for the experience and the opportunity to learn, impressed us immensely and deserve very high praise indeed for their determination, and our admiration for their dedication to their sport. They will know who I mean when they read this. Excellent! Well done to all of you!

15 achieved their Bronze Award and 5 achieved their Silver Award. There were insufficient applications to run the Gold session this time but, judging from the present standard, it looks as if there could be half a dozen or so next year.

### Bronze Award

Stephen Anderson-Bass, Elizabeth Ayrton, Clare Bell, Michael Bell, Janet Chetwood, Chris Connell, Jim Connell, Jonathan Dodgson, Marie Dodgson, Natalie Hill, Jane Kaill, Josh Maddock, Julie Teasdale, Jessica Wallace and Abbie Waine.

### Silver Award

David Armstrong, Liz Ayrton, Sophy Garne, Natalie Hill and Josh Maddock.

Jan Vaughan



## Junior Development

After a summer of no training, it seems a lifetime ago since we were actually at the slope, but September will soon be upon us as we leap into winter yet again.

We have had a successful year with regard to training, with the young skiers going from strength to strength with their technique and amazing us with their ability.

Throughout the year a group of skiers from JD have made the journey to Pendle in the early hours of the morning, to ski the 'rollers' against other teams in the region and have achieved commendable positions in the races.

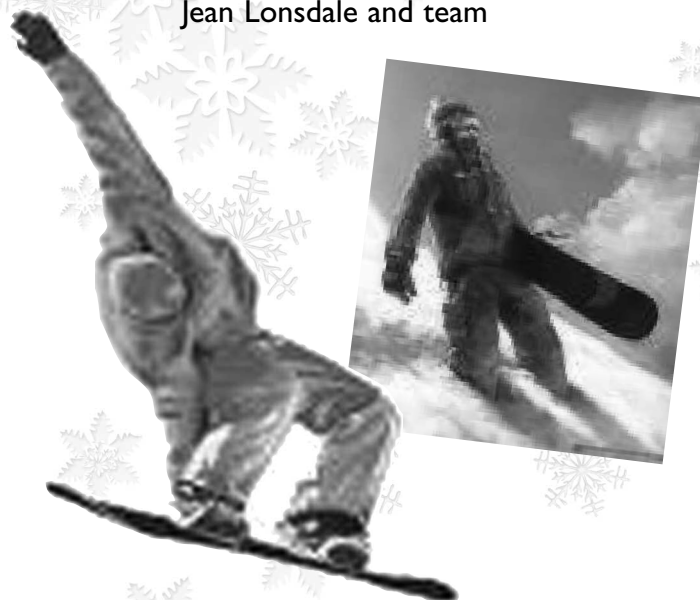
A special mention must be made of Francesca Lee, who has entered Snowsport England races and has climbed the ladder at a rapid rate, claiming 'first' in her age group at many events and ranking highly in the Female overall category.

Throughout the year, we have had a monthly ski sale where parents have brought along ski equipment and clothing to sell to other families in JD. Thanks for the organisation of that must go to Rose Thompson and her band of parents, who give up their time to raise money for JD. The benefit of the sale, of course, is that in the present financial climate of our country, skiers are able to buy at a reduced rate and others

are able to sell their unwanted gear. Hopefully, this will be continuing into the coming season.

One rewarding fact about working with young people, is that they are totally committed to the sport and regardless of weather, will turn up on Saturday evenings, making the most of every moment. Thanks, therefore must go to those youngsters for that commitment, and to their parents, who religiously bring them each week and we look forward to seeing everyone again on 25th September.

Jean Lonsdale and team



## Development Course

### All Terrain & Mogul Skiing with Bob Park

#### Learn To Love Those 'Bumps'

Thursdays 8pm till 10pm for four weeks starting Thursday 11th November.

The required standard for this course is that you are confident enough to ski from the top of our main slope.

The inclusive course fee is £40 for KSC members.

And £60 for non members.

Advanced booking is essential.

Book through the club secretary (sec@kendalski.co.uk)

or in the lodge

13th/14th Sept 7pm to 8:30pm (Booking night).

## Development Course

### 'Skiing is only a Game'

#### Inner Skiing with Peter Lightfoot

Sunday 19th September.

A day course that should revolutionise your skiing.

Inclusive cost of £40 for KSC members, £60 non members.

Basic requirements are that you can ski from the top of our main slope.

Be at the slope ready to start at 9:30am with a finish around 4:30pm.

Tea/coffee available but bring your own lunch.

Places are limited to 12 and must be booked in advance through the club secretary (sec@kendalski.co.uk)

A minimum of 8 participants will be necessary for the course to run.

Highly recommended.

## Adult Ski Development Courses

### With Bob Eastwood

Wengen, Switzerland

Sunday 9th, Monday 10th, Tuesday 11th January 2011

A return of the popular on snow courses to improve your technique and confidence. Fun and innovative ski coaching over three whole days with nice lunch stops.

Bob is Kendal's Alpine Development Coach and many KSC members have enjoyed his jargon free coaching on previous trips. He has worked in Wengen for many seasons and has developed an intimate knowledge of the area.

This course is aimed at skiers of intermediate level (happy on red runs) or better, and lasts for three days. If you intend staying for the week this will leave three days to explore and use your newly honed skills.

The cost is chf 180 paid in resort. This price is dependent on there being at least 6 participants.

The maximum number on the course is 8

For more information please contact Bob soon and register your interest.

Bob can help with advice on travel and accommodation.

**There are other weeks when Bob could run something similar - minimum 6 people per group. So why not get a group of friends together for some real skiing.**

# Selva - Val Gardena



## Kendal Snowsports Club Trip

Saturday 29th January to Saturday 5th February 2011

**Destination - Hotel Alpino Plan, Selva, Italy.**

[www.hotel-alpino.com/english/index.htm](http://www.hotel-alpino.com/english/index.htm)

Ski/Board with a group from your own club in the beautiful Italian Dolomites. The Dolomite Supa Ski lift pass offers around 1200km of superb pistes in the most stunning scenery. Those joining the group should be at an intermediate level and be comfortable on Blue runs and capable of getting down a Red run.

**The cost for the week is approximately £752.00 per person.**

This includes return transport from Kendal to Manchester Airport, pre-booked seats, in-flight food, 7 nights half board in twin rooms.

### Extras

Dolomiti Supaski Lift pass €205.00 (Adult)  
€184.00 (Senior born before 27/11/1945)

*Prices as per local tourist board web site*

Ski carriage if required

Equipment hire if required

For more information call Tony Ellis 01539 733287  
or Heather Winterbottom 01539 736293

**A non refundable deposit of £133.25 per person will secure booking.**

## A MESSAGE TO ALL OUR LODGE OFFICIALS

With the passing of summer, thoughts must inevitably turn to the forthcoming ski season ahead.

Although it is said every year, it nonetheless bears repetition that Kendal Ski Club is a voluntary members' club and that, without your goodwill and support, we would simply be unable to function.

It is quite humbling that so many of you are willing to give so much of your time and effort, year after year, in the pursuit of a common, shared sporting interest and love of the mountains.

This year, there are a number of changes which we think will make your lives much easier than in the past.

### The Computerised Till System

The Committee has listened carefully to your observations regarding this system. During the summer, we have undertaken a major simplification exercise which will, hopefully, make this much more simple, logical and easier to use. In brief:

- We have redesigned the computer screen, removing unnecessary buttons and simplifying the sales process. In particular, we have remodelled the screen for our Sunday Volunteers who, perhaps, use the system on a more infrequent basis than our Weekday Officials.
- We propose to simplify the procedure for cashing up at the end of each session. Gone will be the complex cash-up and cash-down procedure which I know has made so many of your lives a pain.

### Swapping of Duties

I am aware that many of you experienced difficulty in arranging the swapping of duties. To assist in this process, I intend to introduce a list to be displayed near to the main Lodge Officials' Rota where you can simply record details of duties you wish to exchange; though, clearly, in the case of emergency you can always contact me as you have done before.

### Friday Evenings

Last season we experienced difficulty in arranging cover from 7p.m. to 9p.m. from January onwards due to the fact that many of our regular Lodge Officials spent part of the season in the Alps. We would be grateful if any of our regular Volunteers could provide cover for one or more Friday sessions in the New Year. I will be placing a list of dates on the Lodge Officials' Notice Board.

### Slope Supervisors

Finally, I would wish to remind any of our Lodge Officials who would wish to become Slope Supervisors that this is a relatively straightforward process and that you should contact either Jan Vaughan or myself for further details.

### The Season Ahead

I am currently undertaking the ring-round of our Volunteers with a view to preparing next season's rota. If you know you can help, I would be grateful if you could let me know as soon as possible (see telephone number and email address below).

I hope to be able to distribute the new rotas towards mid-August. I will also provide the usual list of training dates both in relation to the setting of ski bindings and till training.

I would wish to emphasise that Lodge Officials should try to get to one of these training sessions. It is important for the Club to be able to keep an up-to-date list of those accredited to set ski bindings (reflecting current equipment). Further, given the redesign of the computerised till, it would seem helpful that those taking money should be familiar with the system prior to the commencement of the new season.

Thank you for your sterling efforts last season and I would like to wish you all a stress-free ski season ahead!

Jaime Valles (01539 721242)

Email: [jaimevalles@globalnet.co.uk](mailto:jaimevalles@globalnet.co.uk)



## Gardening...

The time has come to appeal for some more members to join the gardening team. Ideally we need to swell our numbers in order to cope with keeping the surrounding areas under reasonable control. We meet once a month on Sundays, for just two hours between 10 and 12 mid-day. Weeds by the million need to be dug up and from time to time trees and shrubs are pruned. You don't need to be an expert, just able to come along and bring some tools such as secateurs, a weeding fork, if you have them.

### Dates for your Diary

8th August

12th September

10th October

7th November

# CHARITY TASTER DAY

**In Support of The Great North Air Ambulance Service**

[www.greatnorthairambulance.co.uk/](http://www.greatnorthairambulance.co.uk/)

**and Children with Leukaemia**

[www.leukaemia.org/what-we-do](http://www.leukaemia.org/what-we-do)

**SUNDAY 26TH SEPTEMBER**

This a fun day aimed primarily at people who have never used our slope before or who have not used it for a long time.

KSC Members:- Do you have friends, relatives, colleagues who you are trying to encourage? Book a slot and bring them along.

Each hour, on the hour, our nationally qualified instructors will hold free taster sessions. Dependent on demand, these sessions will be for those who have never tried skiing or snowboarding, but some sessions may be run as refreshers to encourage those who perhaps have tried snowsports in the past and wish to try again.

**All sessions are free.**

We will provide skis / snowboards / boots but you must bring a strong pair of gloves to protect your hands. You will get warm, so dress in layers rather than heavy clothing. You need long sleeves and legs must be covered. Lightweight waterproof clothing is ideal as sessions will normally continue regardless of rain. Sessions start at 10am with the last one at 3pm.

**To avoid a long wait and possible disappointment please reserve place by phoning the Club Secretary on 0845 634 5173 and leave your details on the ansaphone, or email: [sec@kendalski.co.uk](mailto:sec@kendalski.co.uk)**

**Please ensure that we have your contact details and shoe size.**

Whilst all the sessions are free participants, and spectators for that matter, are encouraged to make a donation to these two charities.

**The Great North Air Ambulance Service** provides, maintains and improves air ambulance cover across the North East and Cumbria. Many have seen it in the sky and on TV, many have reason to be thankful.

**Please help support it.**

**Children with Leukaemia** - For the child, and the family, the diagnosis of childhood leukemia marks the beginning of a long and difficult journey. It will be filled with long trips to and from hospital, unpleasant and frightening medical procedures, worry, pain and distress. **Please help.**

## Hi Everyone!

**Hope you are all well and enjoying your summer.**

As you are all well aware the clubs and volunteers within Snowsports do an exceptional job year after year. We would like to celebrate this work and recognise and reward this work by acknowledging the achievements and dedication of the clubs and volunteers who make it possible for people to enjoy and improve their snowsports experience to the best of their ability.

At this year's British Ski and Snowboard Show in Birmingham 29th - 31st October members of clubs will be able to receive entry tickets free of charge for the show and on the Saturday (30th) there will be Awards presented for the following 5 categories in the Club Lounge of the show.

- Recreational (or community) Snowsports Club of the year
- Competitive Snowsports Club of the year

- Young Volunteer of the Year (under 19 years? Or under 21 to include Universities?)
- Volunteer of the Year
- Unsung Hero (long service achievement)

Nomination forms will be put onto the SSE website in the middle of August which clubs and their membership can download, complete and return. We are letting people know now so they can let their membership know in their newsletters which I am aware some clubs are about to send out so all are aware of this opportunity to nominate their clubs and/or their volunteers.

Please let your membership know about the awards so they can nominate and we can all celebrate the great work going on in the clubs and in the sport.

Regards

Jan Doyle (Snowsport England)

# VOLUNTEERS VOLUNTEERS VOLUNTEERS

As most club members are aware, KSC operates entirely with a volunteer staff from within the membership. This encompasses the whole of the club's operations apart from maintenance/construction work that requires specialist skills and equipment etc. Many recent members may not be aware that when the club was formed in 1984, the slope itself was laid by the club members working in their spare time. Indeed, they even built the original lodge. Though it was extended shortly after the new Snowflex slope was built, that original lodge is still in use today; a testimony to their hard work and commitment.

Those members who built the slope and the lodge also helped to run it in much the way as it runs today. And some of them are still helping!

Ski and boarding equipment has to be meticulously maintained. It also has to be purchased. This job alone requires a knowledge of skis, boards, boots etc balanced with sensible requirements of KSC. That is to say that we don't waste money on equipment that is inappropriate.

Ever since the club was formed, this job has been done with meticulous efficiency by Ken Culshaw. The mammoth task of keeping the grounds in some sort of order and the planted areas tidy has been organised by Jan Vaughan for a similar length of time. It has often been difficult to recruit 'gardeners' but it is not a demanding task. Jan organises gardening meets once a month for a couple of hours, but you can work outside of these meets to suit your own schedule.

General lodge and slope maintenance was overseen by John Larking for over twenty five years but he has

retired due to ill health. Alan Chester has taken over from him and brings a wealth of professional expertise. The words 'overseen by' and 'organised by' do not necessarily mean "carried out by". These people cannot be expected to do the job alone, they need your help and support. We need some 'foot soldiers' so to speak.

The day to day running of the lodge, the people behind the counter who hand out your boots, set up your skis, take your cash etc, etc. They are all volunteers and we desperately need some more.

The staffing of the lodge is unlike any other part of the club because the demands are immediate. The lodge has to be opened at a certain time, and requires a specific number of trained personnel to run it otherwise the slope is closed.

Jaime Valles, who organises these lodge volunteers is spending more and more of his own time staffing gaps in the rota that we cannot fill. Clearly this is not fair and it is not a sustainable situation. More volunteers are needed!

Many of the 'old guard' are still with the club and still volunteering. Unfortunately, many of these folk are well past retirement age, several well into their seventies and at least one in their eighties. Clearly it is unacceptable to still expect them to be doing decorating jobs and doing basic repair work. ***Surely some of you younger members out there can lend a hand????***

If you can help out please contact the Hon Sec [sec@kendalski.co.uk](mailto:sec@kendalski.co.uk) or 0845 634 5173 (local rates)

Ken Leech - Past chairman KSC

## 2010/11 SKI CLUB DATES FOR YOUR DIARY

*Tuesday 24th and 31st Aug* - Training group and pre-season workshops. In house instructor training sessions will run on Tues/Wed/Thurs 7th/8th/9th Sept and 14th/15th/16th Sept and 21st/22nd/23rd Sept. Details in Instructor's pre-season pack.

*Saturday 11th Sept* - UK Snowsport Level 2 assessment combined with L1/L2 refresher

*Sunday 12th Sept* - Pre-Season Training for all ski and boarding instructors.

*Monday 13th and Tuesday 14th Sept* - Booking evening for all adult and family ski classes. 7pm to 8:30pm, special arrangements for junior ski classes and all boarding instruction. See brochure.

*Friday 17th Sept* - Social Evening for club volunteers. 7:30 onwards.

*Sunday 19th* - Peter Lightfoot. Day course on Inner Skiing. Booking essential.

*Saturday 25th Sept* - Children's Saturday morning classes start.

*Saturday 25th Sept* - Junior Development sessions start.

*Sunday 26th Sept* - Kendal Snowsports Club Open Day.

*Monday 27th Sept* - Full programme commences. (see website/brochure)

*Saturday 23rd and 30th October* - Cumbria schools half term. No Children's classes or Junior Development.

*Monday 8th Nov* - Second series of Beginner ski classes start.

*Thursday 11th Nov* - Moguls/Terrain skiing course starts 8pm till 10pm. Booking essential. Course continues 18th, 25th Nov and 2nd Dec.

*Thursday 2nd and 9th Dec* - Book/sign on for your classes for 2011.

*Saturday 11th Dec* - Children and Junior Development classes finish for Xmas break.

*Friday 17th Dec* - Ski instruction programme finishes for Xmas break.

*Recreational skiing and boarding available  
Sundays 19th Dec and 2nd Jan. 2011*

*Monday 3rd Jan* - Full programme re-commences.

*Saturday 8th Jan* - Children and Junior Development re-start.

*Saturday 20th Feb/27th Feb Half Term* - No Children's classes or Junior Development

*Saturday 26th March* - Children and Junior Development classes finish.

*Sunday 27th March* - Race Day.

*Sunday 10th April* - Winter Programme finishes.

*Spring and summer courses will be advertised in the lodge and on the website.*