Welcome

Bienvenue

Bienvenidos

Willkommen

Witamy

Benvenuto
• General information:
  – who, what, when, where

• Drink: as long as you want
Info Meeting
8th Nov. 2012
ski.club@cern.ch
http://cern.ch/club-ski/

CERN SKI CLUB
Sponsor: discount

http://sites.google.com/site/cernskiclub/Home/membership/shop-discounts
Regular mail for offers, special days, etc.
Info Meeting
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CERN SKI CLUB

Organization

Hervé Milcent: president
Serge Reynaud: vice president
Séverine Bergerot: treasurer
Jean-Louis Grenard: secretary

Sections
Jens Spanggaard: Cross country ski
Niels Madsen: Downhill ski
Nicolas Chritin: Ski touring
Léonard Miffon (Alex Lossent): Snowboard
Ghislaine Boureauad: Ski fitness

Other tasks
Ghislaine Boureaud: Supplies, logistics
Marco Forte (Marc Tavlet): Bus
Serge Reynaud: sponsoring
Sonia Mallon Amerigo: permanence
Marc Tavlet: meeting secretary
Consuelo Gonzales: secretary support
• Everybody welcome! (CERN and non CERN employees)
• Affiliated to FFS (Fédération Française de Ski)
  – Carte neige (FFS license + insurance)
• GIA and USCA card
  – Significant ski pass reductions (photo required for membership card)
• To contact us
  – Email: ski.club@cern.ch
  – Web: http://cern.ch/club-ski
• Permanence: every Thursday from 18.00 to 19.00
  – @ 1st floor Restaurant 2 (Build. 504)
What do we propose?

Downhill ski
Snowboard
Ski fitness
Cross country ski
Ski touring
• Around 1000 members
  – From 6 to 86 years

Cours alpin, 34%
Cours snowboard, 8%
Cours ski de fond, 11%
Rando, 11%
Fitness, 13%
Sans activites, 23%
50 years anniversary of the ski club

Many activities all along the season:

- Conferences
- Special ski outing
- St Valentin evening organized by the snowboard team
- And many others, stay online...

http://cern.ch/club-ski
<table>
<thead>
<tr>
<th>Type of activities</th>
<th>dates</th>
<th>type</th>
<th>remarks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Downhill ski/snowboard</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5 lessons</td>
<td>Child: Saturday or Sunday from 12/01/2013 to 10/02/2013</td>
<td>Full day lesson in small group with certified instructor</td>
<td>On demand Limited places</td>
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<tr>
<td></td>
<td>Adult: Saturday or Sunday from 12/01/2013 to 10/02/2013</td>
<td></td>
<td>Limited places</td>
</tr>
<tr>
<td>Bus and ski pass provided</td>
<td></td>
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</tr>
<tr>
<td>Downhill ski/snowboard</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>5 outings</td>
<td>Child: Saturday or Sunday from 12/01/2013 to 10/02/2013</td>
<td>Full day skiing under your own responsibility</td>
<td>Unlimited places</td>
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<td></td>
<td>Adult: Saturday or Sunday from 12/01/2013 to 10/02/2013</td>
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<td></td>
</tr>
<tr>
<td>Cross country ski</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 lessons + 1 outing</td>
<td>Child: Saturday from 12/01/2013 to 23/02/2013</td>
<td>½ day lesson in small group with certified instructor</td>
<td>Limited places</td>
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<tr>
<td></td>
<td>Adult: Saturday from 12/01/2013 to 23/02/2013</td>
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<tr>
<td>Outing after lesson</td>
<td></td>
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<tr>
<td>Day or week-end</td>
<td>Child: Saturday or week-end from 16/02/2012 to 06/04/2013</td>
<td>Outing with certified instructor if possible</td>
<td>Limited places</td>
</tr>
<tr>
<td></td>
<td>Adult: Saturday or week-end from 16/02/2012 to 06/04/2013</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ski touring</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Day or week-end</td>
<td>Adult: Saturday or Sunday from January 2013 to May 2013</td>
<td>Full day with certified instructor if possible or under your own responsibility</td>
<td>Limited places</td>
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<tr>
<td>Ski fitness</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Adult: September to January 2013</td>
<td>Ski Fitness</td>
<td>Full</td>
</tr>
<tr>
<td>Ski fitness</td>
<td>Adult: February to June 2013</td>
<td>General Fitness</td>
<td>Limited places</td>
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</table>
### 2012/2013 fees €

<table>
<thead>
<tr>
<th>Activity</th>
<th>Child</th>
<th>Club</th>
<th>Carte Neige **</th>
<th>Total</th>
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<th>Club</th>
<th>Carte Neige **</th>
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<tr>
<td>Snowboard 5 lessons</td>
<td>Child</td>
<td>5</td>
<td>41</td>
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<tr>
<td>Downhill ski 5 lessons</td>
<td>Child</td>
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<td>41</td>
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<td>45</td>
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<tr>
<td>Cross country ski 5 lessons + 1 outing</td>
<td>Child</td>
<td>5</td>
<td>25.50*</td>
<td>64.50</td>
<td>Adult</td>
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<td>5 ski pass</td>
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<td>-</td>
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<td>40/30</td>
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<tr>
<td>Ski touring</td>
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<td>10</td>
<td>45</td>
<td>32</td>
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<td>87</td>
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<tr>
<td>Ski fitness/General fitness</td>
<td>Adult</td>
<td>10</td>
<td>0</td>
<td>30</td>
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<td>GIA</td>
<td>Adult</td>
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<td></td>
<td></td>
<td>15.50</td>
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<tr>
<td>USCA *** (to be confirmed)</td>
<td>Adult</td>
<td>10</td>
<td>0</td>
<td>3.50</td>
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<td></td>
<td></td>
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<td>13.50</td>
</tr>
</tbody>
</table>

* Ticket découverte*: 48h validity, once

Many other possibilities: family card, 1 outing, multi activity, etc.

Contact us for more information

* if downhill ski +15 €

** FFS: 30% (13.56 €), Comité Mt Blanc 16.5% (7.44 €),
Optional insurance: 43.5% (19.50+4 €)
For what do you pay for
Note for new members

To get a carte neige, new members have to provide a medical certificate de “non contre indication à la pratique du ski”

To get one:

• Go to a french / swiss doctor
• Usually re-imbursed by your medical insurance

The medical certificate must

• Be done by a medical doctor (not a dentist)
• Contains the sentence “non contre indication à la pratique du ski”
• Pre-registration: [http://cern.ch/club-ski](http://cern.ch/club-ski)
  • Select you activities, you can select more than one:
    • E.g.: downhill ski and USCA
    • For downhill, snowboard, ski touring and cross country: carte neige (with optional insurance) automatically added
    • For downhill and snowboard lesson → registration for 5 lessons
• Payment: pay what you’ve selected
  • 2012 members: online payment (paypal) until the 20/12/2012
  • New members: must come to the permanence with a valid medical certificate from 15/11 to 20/12 every Thursday @ 1st floor Restaurant 2 (Build. 504) from 18h00 to 19h00.
• Still possible to cancel or re-register to one lesson before the 20/12/2012
• Ski touring payment permanence will start the 15/11/2012
• Cross country payment permanence will start the 29/11/2012
Info Meeting
8th Nov. 2012
ski.club@cern.ch
http://cern.ch/club-ski/

- From: http://cern.ch/club-ski
- Fill the form, give a correct email.
- Before clicking on “enregistrer” print it!
- your credential user id and password will be sent to the email in the following 24 hours.
- Mail sent by “delivery@critsend.com [mailto:delivery@critsend.com] On Behalf Of SKI CLUB DU CERN”
- If not mail to ski.club@cern.ch
Selecting your activities

- From web account
- Password, ID lost, mail to ski.club@cern.ch
- Select your activities and follow the instructions
- If needed come at the permanence to pay with a valid medical certificate to complete the registration and pay.
Info Meeting
8th Nov. 2012
ski.club@cern.ch
http://cern.ch/club-ski/

- From web account
- Password, ID lost, mail to ski.club@cern.ch
- Select you activities and follow the instructions
- If needed come at the permanence to pay with a valid medical certificate to complete the registration and pay.
• From your account
• Select your outing
• Payment before the outing: pay what you’ve selected
  • online payment (paypal)
  • Thursday @ 1\textsuperscript{st} floor Restaurant 2 (Build. 504) from 18h00 to 19h00.
• 5 days lessons with certified instructors (MF1 or MF2 FFS)
  – Adult/child > 8: full day
  – One ski instructor per group of about 8 students
  – Same instructor for the 5 lessons
  – All levels: beginner → advanced (0.0 to 3.5)
  – “initiation ski toute neige” if possible offered to level 3.5
  – Lesson in French and English
  – Pedagogical tool: video
• 5 days lessons with certified instructors (MF1 or MF2 FFS)
  – 8 students/group maximum where possible
  – Change instructor each lesson to see all aspects of snowboarding
  – Some instructors are qualified to do “toute neige” (hence all groups may have the opportunity to practice)
• Lesson in French and English
• All levels: beginner → advanced, Freestyle and Carving
• Pedagogical tool: video
• Clearly defined group objectives allow the student to constantly improve their skills and/or styles
• After lesson outing: no official guided group but everybody welcome to snowboard with the instructors
<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat. 12/01/2013</td>
<td>Les Gets - France</td>
</tr>
<tr>
<td>Sun. 13/01/2013</td>
<td>Les Gets - France</td>
</tr>
<tr>
<td>Sat. 19/01/2013</td>
<td>St Gervais - France</td>
</tr>
<tr>
<td>Sun. 20/01/2013</td>
<td>St Gervais - France</td>
</tr>
<tr>
<td>Sat. 26/01/2013</td>
<td>Les Contamines - France</td>
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<tr>
<td>Sun. 27/01/2013</td>
<td>Les Contamines - France</td>
</tr>
<tr>
<td>Sat. 02/02/2013</td>
<td>La Clusaz - France</td>
</tr>
<tr>
<td>Sun. 03/02/2013</td>
<td>La Clusaz - France</td>
</tr>
<tr>
<td>Sat. 09/02/2013</td>
<td>Avoriaz - France</td>
</tr>
<tr>
<td>Sun. 10/02/2013</td>
<td>Avoriaz - France</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
</tr>
<tr>
<td>------------------</td>
<td>-----------------------------------------------</td>
</tr>
<tr>
<td>Sat. 16/02/2013</td>
<td>sortie concours 50 du ski club CERN</td>
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<tr>
<td>Sat. 23/02/2013</td>
<td>La Thuile – Italy</td>
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<tr>
<td>Sat. 23/02/2013</td>
<td>week-end Sestriere – Italy</td>
</tr>
<tr>
<td>Sun. 24/02/2013</td>
<td>week-end Sestriere – Italy</td>
</tr>
<tr>
<td>Sat. 02/03/2013</td>
<td>Grand Massif - France</td>
</tr>
<tr>
<td>Sat. 09/03/2013</td>
<td>Avoriaz- Les Portes du Soleil – France</td>
</tr>
<tr>
<td>Sat. 09/03/2013</td>
<td>week-end Pila &amp; Gressoney – Italy/ Switzerland</td>
</tr>
<tr>
<td>Sun. 10/03/2013</td>
<td>week-end Pila &amp; Gressoney – Italy/ Switzerland</td>
</tr>
<tr>
<td>Sat. 16/03/2013</td>
<td>Verbier - Switzerland</td>
</tr>
<tr>
<td>Sat. 23/03/2013</td>
<td>Sortie moniteurs</td>
</tr>
<tr>
<td>Sun. 24/03/2013</td>
<td>Sortie moniteurs</td>
</tr>
<tr>
<td>Sat. 06/04/2013*</td>
<td>Les Grand Montets - France</td>
</tr>
</tbody>
</table>

*: provisional, may be cancelled
Info Meeting  
8th Nov. 2012

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http://cern.ch/club-ski/

- **Why**
  - Good physical preparation for all snow activities
  - Enhanced Performance
  - Reduced Risk of Accidents

- **What**
  - Building up muscles, Stretching, Cardio exercises
  - Groups of ca. 25 persons
  - Experienced instructor

- **When**
  - Every Tuesday
  - 2 one-hour lessons: 6-7 pm and 7-8 pm
  - From September to February: Ski Fitness classes
  - From February to June: General Fitness classes

- **Where**
  - Meyrin: Gymnase de la Golette

- **Subscription**
  - Price: 40 €/class (ski fitness + membership fee)
  - In January for General Fitness at the permanences or via your web interface
  - Ski Fitness already full
Cross country ski

- Cross country lessons **Skating or Classic**, from **Beginner** to **Advanced**
  - Children* and adults lessons with certified instructors
  - **Five afternoon lessons** on Saturdays in La Vattay from 12/01 to 23/02
    - Change instructor after 3 lessons
  - **Transport** (from St Genis and Gex) included
  - **One day family outing**
  - **Several Sunday outings** in the region
  - **One full-moon outing** in the night
  - **One ski-waxing lesson**

* Only if the parents take lessons
**Info Meeting**  
8th Nov. 2012

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http://cern.ch/club-ski/

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**CERN SKI CLUB**

Cross country ski program 2012

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<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat. 12/01</td>
<td>Lesson 1</td>
</tr>
<tr>
<td>Sun. 13/01</td>
<td>Sunday outing 1</td>
</tr>
<tr>
<td>Wed. 16/01</td>
<td>Introduction to waxing</td>
</tr>
<tr>
<td>Sat. 19/01</td>
<td>Lesson 2</td>
</tr>
<tr>
<td>Sun. 20/01</td>
<td>Sunday outing 2</td>
</tr>
<tr>
<td>Thursd. 24/01</td>
<td>Full moon outing (night)</td>
</tr>
<tr>
<td>Sat. 26/01</td>
<td>Lesson 3</td>
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<tr>
<td>Sun. 27/01</td>
<td>Sunday outing 3</td>
</tr>
<tr>
<td>Sat. 02/02</td>
<td>Family outing (full day)</td>
</tr>
<tr>
<td>Sat. 09/02</td>
<td>Lesson 4</td>
</tr>
<tr>
<td>Sun. 10/02</td>
<td>Sunday outing 4</td>
</tr>
<tr>
<td>Sat. 16/02</td>
<td>Lesson 5</td>
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<tr>
<td>Sun. 17/02</td>
<td>Sunday outing 5</td>
</tr>
<tr>
<td>Thursd. 21/02</td>
<td>Full moon outing (night)</td>
</tr>
<tr>
<td>Sat. 23/02</td>
<td>Lesson (if one cancelled)</td>
</tr>
</tbody>
</table>

- Pre-registration [http://cern.ch/club-ski](http://cern.ch/club-ski)
- Payment: pay what you’ve selected
  - 2012 members: online payment (paypal) until 20/12/2012
  - New members: must come to the permanence **with a valid medical certificate** from 29/11 to 20/12 every Thursday @ 1st floor Restaurant 2 (Build. 504) from 18h00 to 19h00.
- We can accept ~35 kids (8-14 years) and ~80 adults
- Contact for more information:  
  – Ski.club@cern.ch  
  – [http://cern.ch/club-ski-fond](http://cern.ch/club-ski-fond)
• No lessons
but choice between several tours/week end
from January to April – depending on the snow conditions

• One day and week-end tours (later in the season)
  – France (Haute-Savoie, Savoie), Switzerland, Italy, Austria, etc.
• All levels of difficulties: F, PD, AD ....
  – Please go progressively, do not overestimate your capacity!
Pre-registration [http://cern.ch/club-ski](http://cern.ch/club-ski)

Payment: Pay once → participate as many times as you want
- 2012 members: online payment (paypal) until 20/12/2012
- New members: must come to the permanence **with a valid medical certificate** from 15/11 to 20/12 every Thursday @ 1st floor Restaurant 2 (Build. 504) from 18h00 to 19h00.

**Subscription to a tour:**
- every Thursday @ 1st floor Restaurant 2 (Build. 504) from 18:00h to 19:00h
  - From January to April.
  - you need to register personally,
  - **no subscription by e-mail or phone!**

**Travel costs:**
- We use personnel 🚗 and share expenses.
You need...

- ...to carry your back pack! *(we can tell you what to put in 😊)*
- subscribe to a tour on Thursday evening *(personally!)*
- skis, skins, adequate clothing
- Lunch bag and beverages

**But also:**

- adequate **physical fitness** *(reach the summit in a good shape to enjoy the descent!)*
- good **level of skiing** *(not stylish...but safe in all snow and weather conditions!)*

**DVA + Shovel + Probe are MANDATORY!**
• Members can borrow equipment:
  (for club tours only!)
  - DVA, Shovel, Probe
  - Maps, books

• 3 DVA training ½ days will be organized, consult the program.
Scheduled Events in 2013:

- 3 ½ DVA training days
- More than 50 one-day tours:
  - French and Swiss Alps
- Several week-end tours
- Section day in the French Alps:
- Canadian dinner: in May 2013

Please check frequently for changes:

https://sites.google.com/site/cernskiclub/bienvenue/randomainfr
Info Meeting
8th Nov. 2012

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http://cern.ch/club-ski/

CERN SKI CLUB

More information

http://cern.ch/club-ski
Questions? Preguntas? Fragen? Domande?
Info Meeting
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http://cern.ch/club-ski/

Drink