

Info Meeting

8th Nov. 2012

ski.club@cern.ch

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



CERN SKI CLUB

Welcome Bienvenidos

Bienvenue Witamy

Willkommen Benvenuto



Roadmap



- General information:
 - who, what, when, where
- Drink: as long as you want



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Sponsor: discount



<http://sites.google.com/site/cernskiclub/Home/membership/shop-discounts>

Regular mail for offers, special days, etc.

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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 Boureaud: 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 Goncalves: secretary support

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CERN SKI CLUB

Who are we?

- **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)

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8th Nov. 2012

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What do we propose?

Downhill ski



Snowboard



Ski fitness

Cross country ski



Ski touring

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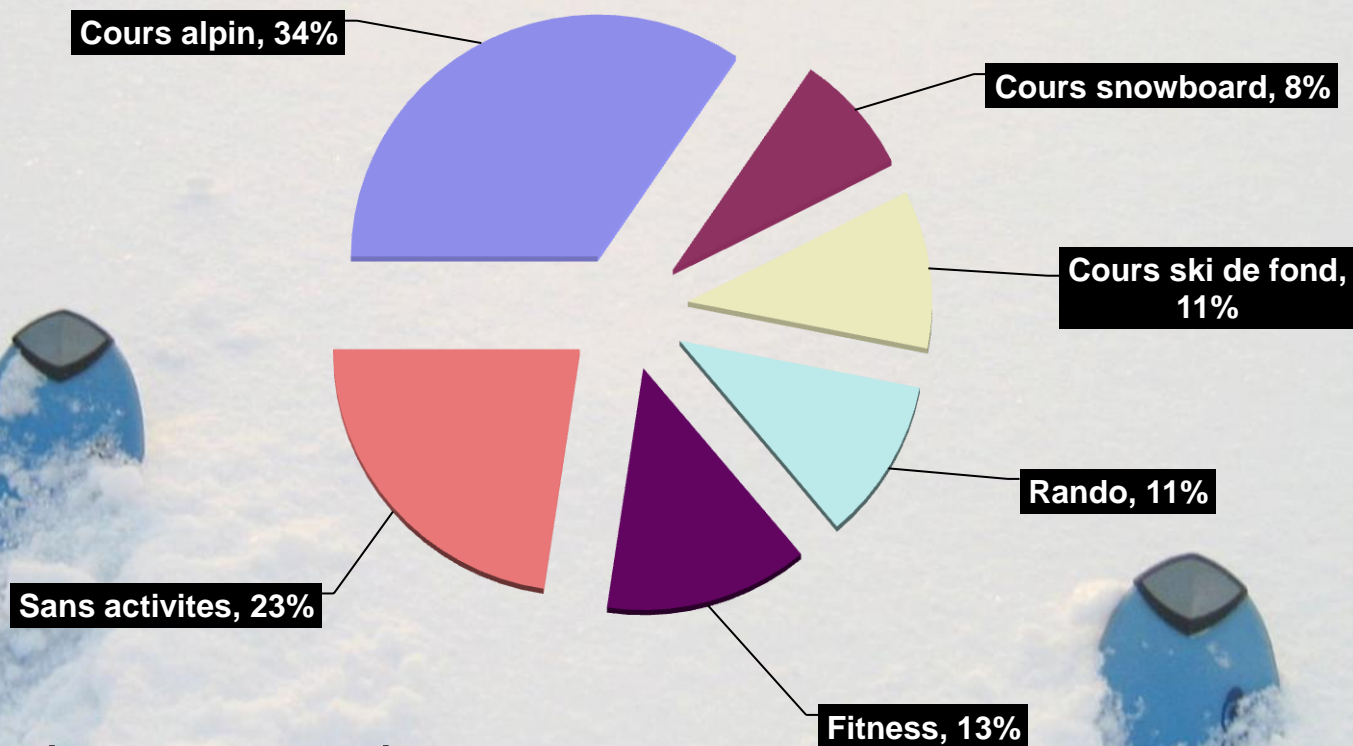
<http://cern.ch/club-ski/>



CERN SKI CLUB



2011/2012



- Around 1000 members
 - From 6 to 86 years

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8th Nov. 2012

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2012/2013 special year

- 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>



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2012/2013 Activities

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

Info Meeting

8th Nov. 2012

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2012/2013 fees €

		Club	Carte Neige **	Activity	Total
Snowboard 5 lessons Bus and ski pass provided	Child	5	41	214	260
	Adult	10	45	250	305
Downhill ski 5 lessons Bus and ski pass provided	Child	5	41	214	260
	Adult	10	45	250	305
Downhill ski/snowboard 5 outing Bus and ski pass provided	Child	5	41	150	196
	Adult	10	45	215	270
Cross country ski 5 lessons + 1 outing Bus provided	Child	5	25.50*	64.50	95
	Adult	10	29.50*	105.50	145
	5 ski pass	-	-	-	40/30
Ski touring	Adult	10	45	32	87
Ski fitness/General fitness	Adult	10	0	30	40
GIA	Adult	10	0	5.50	15.50
USCA *** (to be confirmed)	Adult	10	0	3.50	13.50

« 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 €), Comite Mt Blanc 16.5% (7.44 €),

Optional insurance: 43.5% (19.50+4 €)

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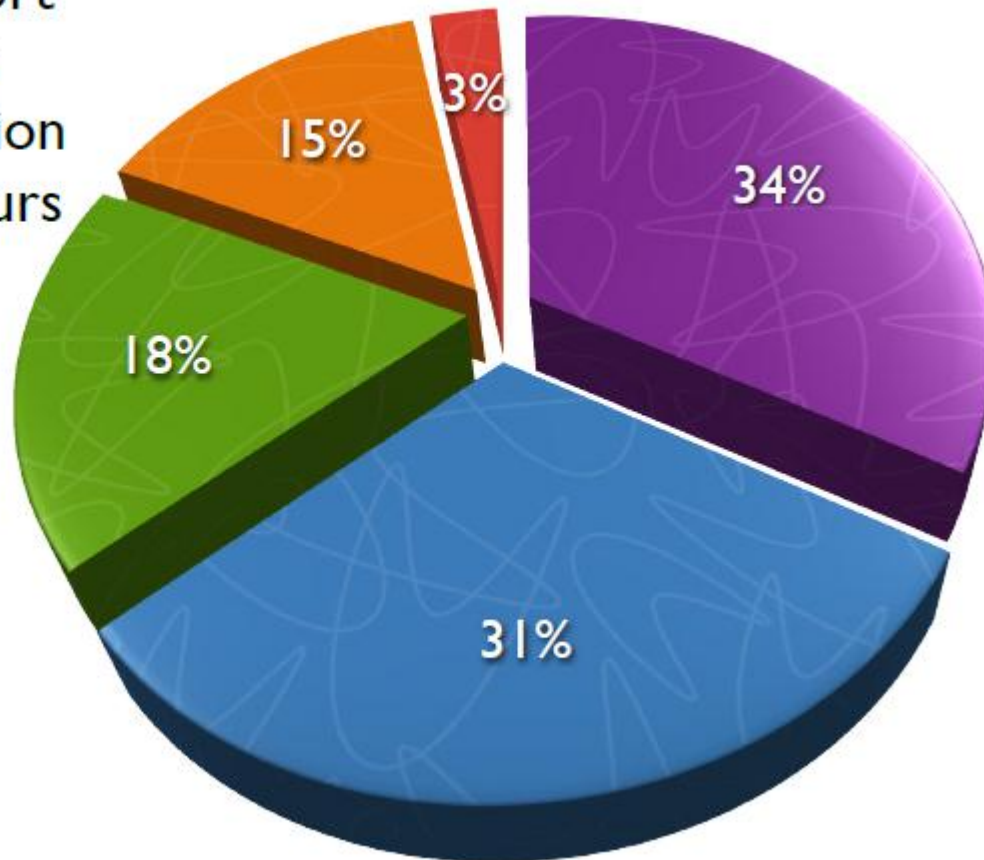


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For what do you pay for

- Transport
- Forfaits
- Formation
- Moniteurs
- Club





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**”

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8th Nov. 2012

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How to register to 5 lessons, 5 outings downhill
ski/snowboard cross country, ski touring

- Pre-registration: <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

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<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

The screenshot shows a web browser window with the URL http://ski.clubcern.org/index.php?option=com_wrap. The page title is "Inscriptions - Subscription". The main heading is "New members Only - Please read carefully the instructions on the left".

INSTRUCTIONS NEW MEMBERS
This is a pre-subscription form for the ski club, please fill in all the information you can.
if you have already been a member of the ski club, please do not fill in this form, it would duplicate your data. but go to the member page and connect with the password that you received. if you were a member last year and you did not receive your id and password, please send an email with your name and firstname to ski.club@cern.ch.
So if you are a brand new member, please write all the information below in CAPS letter and without special characters (no - è é à ...)
the format of the birthdate is DD-MM-YYYY, i.e: born on August 25th 1967, the format is 25-08-1967. we will review your information and send you an id and password so that you can choose your activity, please note that your any activity with us, you need a carte neige from the FFS.
***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"
without this medical certificate, we will not be able to confirm your activities and you won't be able to pay.

New members Only - Please read carefully the instructions on the left

Nom :
Prénom :
Sexe : femme homme
Adresse :
Ville :
Code postal :
Province :
Tel portable :
Tel fixe :
eMail :
Date de naissance :
remarques :
F.BUS STOP WANTED (COURS) :
F.Car registration (PG bus) :
F.DO YOU WANT A GIA CARD? :
F.DO YOU WANT A USCA CARD? :
G. SPECIAL NEEDS :
G.ACTIVITY WANTED :
G.YOUR LEVEL? :
URGENCES CONTACTER :
Code de sécurité : 57513 [à recopier]

Les informations recueillies sont nécessaires pour votre adhésion.

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8th Nov. 2012

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Selecting your activities

- 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.

The screenshot shows a web browser window displaying the 'My member Account - Mon compte Membre' page. The page is in French and contains several sections:

- MEMBERS:** Includes links for 'My member Account - Mon compte Membre' and 'Activites - activités'.
- UPDATE YOUR ACCOUNT - METTEZ VOTRE COMPTE À JOUR:** A section for updating account data, with instructions in French.
- ACTIVITIES:** A section for selecting activities, with a link to 'Choisissez vos Activités'.
- PAYMENT:** A section for payment, with instructions in French and a 'Payer' button.
- My member Account - Mon compte Membre:** A form for logging in or updating account information. It includes fields for 'Identifiant', 'Adresse', 'Ville', 'Code postal', 'Province', 'Tel portable', 'Tel fixe', 'eMail', 'Absence Annoncée avant Noël', 'F.BUS STOP WANTED (COURS)', 'F.Car registration (PG bus)', 'F.DO YOU WANT A GIA CARD?', 'F.DO YOU WANT A USCA CARD?', 'G. SPECIAL NEEDS', 'URGENCES Contacter', 'Connexion', 'Identifiant', and 'Mot de passe actuel'. There is a 'Nouveau mot de passe' field and an 'enregistrer' button.
- Mes versements:** A table with columns for 'Titre', 'Date', and 'Montant'. The current balance is '0 EUR'.
- Mon panier:** A table with columns for 'Titre', 'Date achat', 'Montant', and 'Reste du'.
- Mes activités:** A table with columns for 'Titre', 'Date', 'Lieu', and 'Mon statut'.
- Mes documents:** A section for managing documents.

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CERN SKI CLUB

Selecting your activities



- 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.

The screenshot shows the website 'SKI CLUB DU CERN - CERN SKI CLUB' with the following content:

- MEMBERS**
 - My member Account - Mon compte Membre
 - Activities - activités
- INSTRUCTIONS ACTIVITY**

in order to subscribe to an activity please click on the title of the activity / level and then click on the applicable "s'inscrire" link:
this will add the activity to your basket, then go to "my member account" page you will see your "panier" and the list of activities. From there you can pay with a credit card or a paypal account.

If the activity you want to subscribe to does not appear in the list, this is because the online registration for this activity is not yet available online. Please come to the permanence.

pour vous inscrire à une activité, cliquer sur le titre puis sur le lien s'inscrire qui s'affichera.
Cela ajoutera l'activité à votre panier, ensuite, aller sur "my member account". Vous y verrez votre sélection et pourrez payer avec une carte bancaire ou un compte paypal.

Si l'activité à laquelle vous voulez vous inscrire n'apparaît pas, c'est juste que l'activité n'est pas encore disponible online. Venez à une permanence.
- Activity choice - choix des activités, Please read the instructions on the left and right carefully. SVP lire les instructions à gauche et droite**

liste - [planning](#) - [déconnexion](#)

Date	Titre	Description
01-01-2013	Section ski de randonnée 2013	Inscription à la section ski de randonnée - ski touring all details there
05-11-2012	Fonds Classic niveau 0	site de la section
	Fonds Classic niveau 1	site de la section
	Fonds Classic niveau 2	site de la section
	Fonds Classic niveau 3	site de la section
04-11-2012	Fonds skating niveau 0	site de la section
	Fonds skating niveau 0,5	site de la section
	Fonds skating niveau 1	site de la section
	Fonds skating niveau 1,5	site de la section
	Fonds skating niveau 2	site de la section
03-11-2012	Fonds skating niveau 2,5	site de la section
	Fonds skating niveau 3	site de la section
	Fonds enfants niveau 0	site de la section
	Fonds enfants niveau 1	site de la section
02-11-2012	Fonds enfants niveau 2	site de la section
	Fonds enfants niveau 3	site de la section
	Snowboard 3.0 samedi	Cours de snowboard Samedi
	Snowboard 2.0 samedi	Cours de snowboard Samedi
	Snowboard 1.0 samedi	Cours de snowboard Samedi
	Snowboard 0.0 samedi	Cours de snowboard Samedi beginners - débutants
- SNOWBOARD AND ALPINE SKI COURSES - DATES**
 - 5 Saturdays or 5 Sundays : (in the title of the activity)
 - 5 Samedis ou 5 Dimanches (à choisir dans le titre de l'activité)
 - 12/13.01.2013 Les Gets
 - 19/20.01.2013 St Gervais
 - 26/27.01.2013 Les Contamines
 - 02/03.02.2013 La Clusaz
 - 09/10.02.2013 Avoriaz
- LEVEL DESCRIPTIONS - DESCRIPTION DES NIVEAUX**
 - 0 - beginner - never skied. débutant, jamais skié
 - 0.5 - can do some green slopes. sais faire quelques pistes vertes
 - 1 - can do green slopes and easy blues. sais faire les bleus faciles
 - 1.5 - can do all blues. toutes pistes bleues
 - 2 - can do easy reds. rouges faciles
 - 2.5 - can do all reds. toutes pistes rouges
 - 3 - can do easy blacks. noirs faciles
 - 3.5 - can do all blacks. toutes pistes noires
 - 3.5 Toute neige - Initiation à la pratique "toute neige"



How to register to a after lessons outing



- From your account
- Select your outing
- Payment before the outing: pay what you've selected
 - online payment (paypal)
 - Thursday @ 1st floor Restaurant 2 (Build. 504) from 18h00 to 19h00.



Downhill ski: more details

- 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



Snowboard: more details

- 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

Info Meeting

8th Nov. 2012

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Downhill ski/Snowboard lessons (provisional)



Sat. 12/01/2013	Les Gets - France
Sun. 13/01/2013	Les Gets - France
Sat. 19/01/2013	St Gervais - France
Sun. 20/01/2013	St Gervais - France
Sat. 26/01/2013	Les Contamines - France
Sun. 27/01/2013	Les Contamines - France
Sat. 02/02/2013	La Clusaz - France
Sun. 03/02/2013	La Clusaz - France
Sat. 09/02/2013	Avoriaz - France
Sun. 10/02/2013	Avoriaz - France

Info Meeting

8th Nov. 2012

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Downhill ski/Snowboard after lesson outing (provisional)



Sat. 16/02/2013	sortie concours 50 du ski club CERN
Sat. 23/02/2013	La Thuile – Italy
Sat. 23/02/2013	week-end Sestriere – Italy
Sun. 24/02/2013	week-end Sestriere – Italy
Sat. 02/03/2013	Grand Massif - France
Sat. 09/03/2013	Avoriaz- Les Portes du Soleil – France
Sat. 09/03/2013	week-end Pila & Gressoney – Italy/Switzerland
Sun. 10/03/2013	week-end Pila & Gressoney – Italy/Switzerland
Sat. 16/03/2013	Verbier - Switzerland
Sat. 23/03/2013	Sortie moniteurs
Sun. 24/03/2013	Sortie moniteurs
Sat. 06/04/2013*	Les Grand Montets - France

*: provisional, may be cancelled

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8th Nov. 2012

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Ski fitness



- **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




“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”



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

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8th Nov. 2012

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Cross country ski program 2012



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

- Pre-registration <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>



Ski touring – how it works



- 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!

Info Meeting

8th Nov. 2012

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Ski touring – how it works



- Pre-registration <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.



Info Meeting

8th Nov. 2012

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Ski touring – how it works



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 !





Ski touring – how it works

- Members can borrow equipment :

(for club tours only!)

- DVA, Shovel, Probe
- Maps, books



- 3 DVA training ½ days will be organized, consult the program.



Info Meeting

8th Nov. 2012

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Ski touring – Program (May change during the season!!)

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>

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More information



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



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Questions? Preguntas?

Questions? Pytania?

Fragen? Domande?

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Drink