

THE PREZ SEZ...

Hello Ski-ters!

It was great to see so many of you at the Luau, it was fun. Thanks to all that helped set up, clean up and cook. Our next special event is the Membership Drive Party in October and Julie Tillman is heading up that committee. Please contact her to sign up and help. Her number is 588 0123.

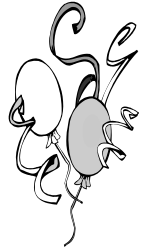
We have several ski trips on the calendar and you need to make your decision now as deposits to these resorts are needed. FYI, space in Aspen is limited, hesitating could cost you on this trip. Grey Rocks and Sunday River are tremendous value trips as well. Trip leaders contact info can be found at our website or on the trip sign up sheets.

We are in desperate need for a Trip, Happy Hour and Special Event Chairman. I suggest that we fill these positions in the next 30 days or dissolve them. In short, we need YOU to step up by yourself or with a partner to take over one of these positions. If we don't, we'll have no choice but to get rid of the positions and end those activities!

TB

Welcome New Members!

- John & Lisa Kirkpatrick
- Mike Buero
- Sandra Boyd



Were you there?

The Luau was a pretty good time! More people danced than usual and the food went fast (super fast), must have been good music and good eats. Thanks to all who helped prepare. thanks to Cheryl and her crew for the decorations. Steve Fidler did an awesome job on the bar. And our DJ Dick Clayton from Carry A Tune Service who kept us rockin' all night. I can't remember who won what but we raffled off a big basket of liquor and for everyone who checked their email address for accuracy, they went into a drawing for a \$50 gift certificate to Outback Steak House! Ski trips were introduced. We even signed up 2 new members! - If you were there you know how much fun we had, if you weren't, then you might want to plan on attending next year, since this is an annual event!

Aloha



Check out our Website
www.CharlestonSkiClub.org

Our Club Needs You !

Ski clubs are like many niche organizations in that they are operated by the volunteers who belong. Looking at Ski Clubs over the past 50 or so years I have been skiing, finds many have folded over time. Many are viable and growing and have hundreds of members who are able to take advantage of the perks associated with BIG BUCKS when it comes to skiing or partying. The common denominators of those doing well are competent management, oversight by the membership or representatives, and a large volunteer base.

The Greater Charleston Ski Club Will it be forced to cut back on fun enough volunteers helping out, or who are trying to pick up the slack burn out. Additionally, we have less involved in helping with our considered to cater more and do cost more! Doing less also means get you to donate an arm or a leg if you are time constrained, you one position so as to reduce the Our Committee vacancies include news articles and photos of what Crescent Ski Council activities.



is fast approaching a crossroad. evolutions because there are not will the present Board Members of having five vacant positions the matter of cost. With less and events, decisions are being less internally. Catered events less fun. The Club is not trying to but these positions need filling and along with a friend or two can fill work load.

one or more events in the community or Club (like the Beach Party or Luau). Local Events - Community involvement projects that help us get exposure while we are helping others. Publicity - We try and get free coverage in the small papers, but lack of a on-going person precludes us getting adequate coverage in the Post and Courier. Trips - We now have three trips planned for this coming season but we are lacking over site and uniform procedural implementation. Contact President Tim or Vice President Cheryl if you want to help us keep this the best Ski Club in the South.

the following: Scrapbook - keeping we do so we can participate in Special Events - Help organize

Did you know...

**Greater Charleston Ski Club celebrates an anniversary in
January 2006 - IT'S 35TH!!!**

Change of Address?

To continue receiving your ~~6N5SSHU~~ and other GCSC correspondence be sure to notify the **Membership Chairperson** Mike Hadbavny at 556-6504 or you can send an email to skirapper@earthlink.net when you have a change of address or any other information! (please add change of address in subject line).

If you have suggestions or comments on the newsletters, or have information that you would like to see published (congratulations, condolences, and the like)

Contact Kelly Bramble (editor)
Home: 225-3627
Email: k Bramble@earthlink.net.



If you have any pictures from any recent events, (Luau, Edisto Tube trip, happy hours...) please let me know—we would like to publish them in the Ski-Rapper as well as on our website! Thanks,

Kelly Bramble 225-3627 or k Bramble@earthlink.net

The Basic Ski S.A.F.E. Program

Strength Agility Flexibility Endurance

It is never too early to get in shape for the upcoming ski season.

Program Area	Body Area	Performance Goal	Recommended Exercise
S TRENGTH	Shoulder	Poling, Getting up from fall, Herringbone climb	Corner of room push off-Sit down on floor in a corner, and using the wall behind you for support, try to lift yourself upright using arms and legs. The walls imitate your poles. Standard push-up and variations. Simple dumbbell exercises- a water filled milk jug makes a good cheap weight (7 lbs)
	Trunks	Body balance and control	Hip rotation – keep hips facing forward, turning only upper body. Wall side leans
	Quadriceps	Absorption, extension on bumps, uneven terrain, jumps, downhill schuss	Wall sits – with back against the wall, knees bent in sitting position, hold for count of 20. Repeat with one leg at a time. When legs “burn” take a rest
	Calves	Flat glides	Heel rise – use a stair or other stable support, toes on edge, rise as high and drop as low as possible on each repetition. Use weights in hand for variation.
A GILITY	All muscle groups, especially legs	Emphasizes arm, trunk, leg coordination for unweighting, turning, technique, bumps, and balance.	Using your poles for balance, jump side to side over line on floor or low box. Go front to back and crisscross for variation. Increase height and speed.
F LEXIBILITY	Low Back	Bending, stooping, buckling.	Opposite foot-ankles touches. Sitting stretch and reach toe touch.
	Hamstring	Controlling strain on knees and back especially in snow	Toe touch the same and opposite leg. Variation – try doing in room with boots and bindings.
	Inner Thigh		Lean side to side – touching knee to floor while opposite knee is fully bent. Spread legs, sit and reach. Standing one leg toe touch.
	Quadriceps	Squat down as low as possible, preferably in boots. Try to sit on your buttocks (using poles may be helpful). Lay prone on floor, hips flat, use towel to flex knee and heel to buttocks.	
E NDURANCE	Major muscle groups, cardiovascular system	Improve resistance to long term muscle exertion, avoid muscle fatigue, reduce cardiovascular overstress, efficiency.	Be sports specific-Uphill walking, uphill running, stair climbing, Nordic Track, Stair stepper, in-line skating, sliding board, etc. Running in place – raise knees as high as possible.

Exercises are to be done slowly, no jerking movements, holding for a count of 10-20 at extreme of motion with slow relaxation, 3 sets of 10 repetitions to start.

Steamboat

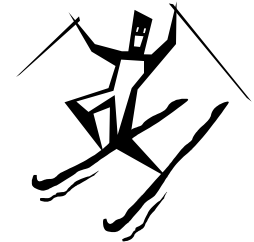


December 3 - 10, 2005 Starting at \$790

What better way to start off the new season than with a week on the sweetest snow on Earth? In the Colorado Rockies, of course!

Sign-up period ends November 14th. LTA will not accept anyone after 11/14.

- ☛ 7 Nights Lodging at The Lodge at Steamboat**
- ☛ 6 Day Lift Ticket**
- ☛ 5 Days Skiing Instruction (your choice)**
- ☛ Welcome Wine & Cheese**
- ☛ 3 Lunches**
- ☛ Free Ski Demo Day & Door Prizes**
- ☛ NASTAR Races**
- ☛ Awards Dinner, Keg Party, Western BBQ Dinner**
- ☛ Shuttle bus service within Steamboat**
- ☛ Airfare & Airport Bus Extra** (LTA will handle for you if you wish) Equipment rentals are also extra with special Crescent discount available



This trip is set-up as a race camp / ski school program, and everyone is encouraged to participate accordingly. Previous participants can attest to the overall benefit of this type program. If you have never tried it, you should, you will probably be pleasantly surprised. However, if desired, the lesson portion may be deducted. Also, there are other deducts & adds, especially for children.

SIGN-UP: Everyone must sign-up directly with our travel agent, LTA in Charlotte, NC. LTA will require a filled-out & signed application form (by fax, mail, or scanned & emailed) to be "officially" signed-up. (see contact info below).

QUESTIONS:

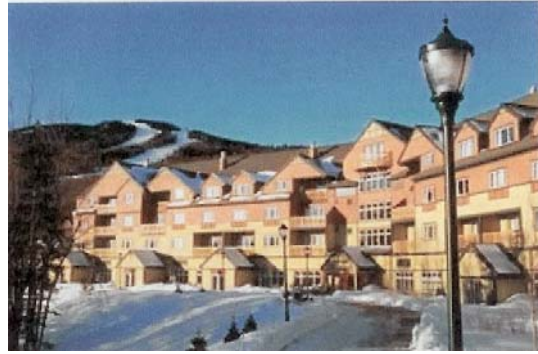
Travel Agent LTA (Melissa, Dave, Patsy) P.O. Box 681147 Charlotte, NC 28216-0020 1-800-338-3757 Fax 704-398-3345 letsski@bellsouth.net

CSC Trip Leader John Casey 120 Gilder Creek Dr. Greenville, SC 29607 864-288-0866 caseyjohn@earthlink.net

GCSC Contact Lea Givens 843-556-4460 Livens2002@hotmail.com

Sunday River Ski Resort

Bethel, Maine



December 17th-23rd, 2005

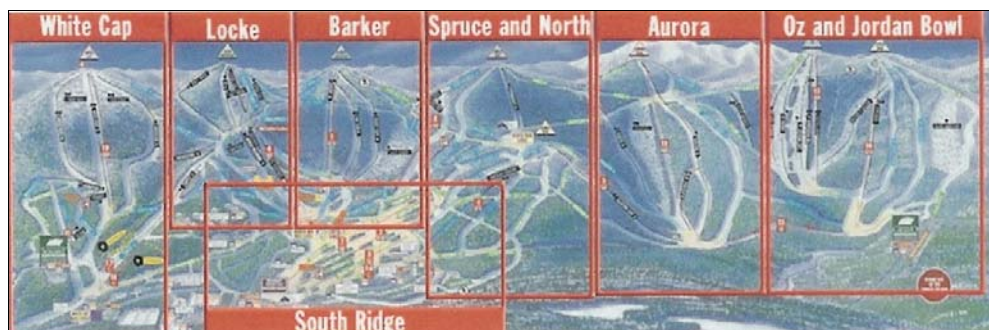
\$695 Adults

\$675 Jr/Sr.

- 6 nights at the Grand Summit Hotel
- 5 Day lift ticket
- 5 complimentary perfect turn clinics
(1 per person per day ages 15+. Not valid for 1st time skier)
- Airfare
- Bus ride
- Taxes & Gratuities

Space is limited to 25 so hurry and reserve your spot now!

Price is based on double occupancy in a standard or studio unit OR quad occupancy in a bedroom deluxe unit. Rentals & food not included.



Contact ***Sandra Hickman*** follymom99@yahoo.com
843-437-0340

CRESCENT SKI WEEK 2006

ASPEN SNOWMASS®

JANUARY 14-21, 2006

Welcome to the CSC's January Ski Week
A week of special events, parties and activities are planned for you.

YOUR PACKAGE INCLUDES

- ▶ Seven nights deluxe condominiums
- ▶ All units are within walking distance to slopes and town
- ▶ All lodging taxes
- ▶ Roundtrip airfare
- ▶ Charter bus transfers to Aspen
- ▶ Five of six days skiing
- ▶ Optional sixth day skiing
- ▶ A Full Week of Events:



Saturday, Jan. 14	Arrivals Settle in
Sunday, Jan. 15	Mountain tour Welcome party with selected California wines
Monday, Jan. 16	Scavenger Hunt Mountain Picnic
Tuesday, Jan. 17	Pub Crawl
Wednesday, Jan. 18	Apres Ski
Thursday, Jan. 19	Inter-club obstacle race
Friday, Jan. 20	Farewell Dinner w/entertainment
Saturday, Jan. 21	Departures

...AND MORE!!

FOR MORE INFORMATION CONTACT:
Sports America: 800-876-8551 groups@sportsamerica.com
or speak with your club's officers.

GRAY ROCKS, QUEBEC
5 - 11 FEB 2006
Join the Greater
Charleston Ski Club
For this

just like a
Cruise at a SKI Resort

Cost \$1600 - 1685 double occupancy*
Varies based on two different room types available
Triple occupancy available, call 556 6504 for fee

Youth rates - sharing with adult, based on room category
\$450 - Children 5 and under-free meals and lodging
(extra fee for day care/SkiN'Play payable to Gray Rocks)
\$1080-1125 for ages 6-10
\$1195-1250 for ages 11-17
Suites and rooms with fireplaces also available but at higher fee.

Trip includes the following:

- Air from Charleston to Montreal (round trip)
 - Ground Transfers from Montreal to Gray Rocks (round trip)
 - 6 nights of hotel lodging (Sun-Sat)
 - 18 meals Sunday lunch to Sat breakfast-gourmet
 - 20 hours of ski instruction (4 hours daily) or 10 hours snowboard
 - 7 days un-limited use of ski lifts at Gray Rocks and Mont-Blanc
 - Access to Fitness Centre with indoor pool/hot tub
 - Full social calendar: activities for adults and children
 - Welcome party with ski class
 - Grand Master and Pro Challenge races midweek
 - Video analysis
 - Friday Races and Awards Presentation
 - Official Snow Eagle Ski School Pin
 - Souvenir ski class photo
 - Farewell dinner.
- Not included - gratuities at Gray Rocks and non-skiing activities

* Fee may changed based on current exchange rates at time of trip. Federal tax on lodging refundable.

Fees collected will cover ALL transportation, bus tip, \$100 deposit for ski week and pre and post trip party.

Rooms: **A.** Pavillon Lakeside -dble & sgl bed, a dble sofa bed with balcony/patio- \$1685
B. West Wing: a dbl & sgl bed no sofa or balcony. - \$1600

Total \$542 must be paid in advance of the trip. Balance of the ski week fees to be paid to Gray Rocks at the time of the trip - via check or credit card.

Payment fee: Deposit of \$200 reserves space on the trip. **Two Room categories-those reserving first will have choice of room type.**

Gray Rocks 5-11 Feb 2006 Trip Application.

Smoking_____ Non Smoking_____

Name:_____ Phone_____email_____

Address:_____ City_____ Zip_____

Double: rooming with_____ Youth: I include ages _____

Separate application for people paying separate. Family groups only need to complete one application

Room type preferred: Pavillon_____ West Wing_____

Deposit: \$200/person _____ (amount included) Mail to ASAP to Trip Leader: Mike Hadbavny, 1266 Merton Rd, Charleston SC 29407. Call 556 6504 for triple occupancy fees.

August 2005

Greater Charleston Ski Club



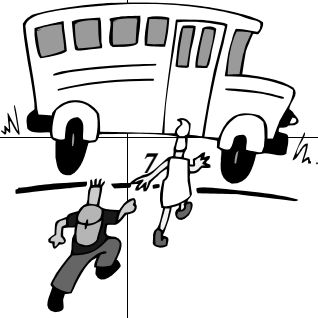

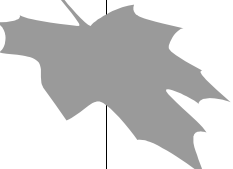


Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 <i>Board Meeting Kelly Brambles 6:30 pm</i>	9	10	11	12 <i>Happy Hour Southend Brewery 161 East Bay 5:00 pm</i>	13
14	15	16	17 <i>Membership Meeting Charleston Riverview 6:30 170 Lockwood Dr</i>	18	19 <i>Full Moon</i> 	20
21		23	24	25	26	27
28		29	30 			

September 2005

Greater Charleston Ski Club



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Riverdogs Baseball Game</i> 	2	3 <i>Edisto Tube Trip Rescheduled!</i>
4	5 <i>Labor Day</i> 	6 	7	8	9	10
11	12 <i>Board Meeting Cheryl Kenneys</i>	13	14	<div style="border: 1px solid black; padding: 5px;"> <i>Check the Website for any Happy Hours being scheduled for September!</i> </div>		
18	19	20	21 <i>Membership Meeting Location TBA</i>	22	23	24
25	26	27	28	29 	30 	

Membership Application

Greater Charleston Ski Club * P.O. Box 21229 * Charleston, SC 29413

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE (HOME) _____ (OFFICE) _____

E-MAIL _____

NAME OF SPOUSE _____

NAME / AGES OF CHILDREN (under 21) _____

The club's year runs October 1, through September 30th. Renewals are accepted August 1 through October 31st.

New Member rates apply to renewals after November 1st (fee charged for return checks \$25 minimum)

MEMBERSHIP	NEW FULL-YEAR	SINGLE (age 21 and older)	\$40.00
FEES***	HALF-YEAR APRIL 1 - SEPT 30th		\$30.00
AND			
CATEGORIES	NEW FULL-YEAR FAMILY		\$55.00
	HALF-YEAR APRIL 1 - SEPT 30th		\$45.00
	RENEWALS	SINGLE	\$30.00
		FAMILY	\$45.00

*****Membership residing outside Charleston, Berkeley and Dorchester Counties subtract \$5.00 dollars from all categories*****

SKIING ABILITY

APPLICANT SPOUSE

WHERE WOULD YOU LIKE TO CONTRIBUTE YOUR TIME

_____	_____ Non-Skier	_____ Program	_____ Membership
_____	_____ Beginner	_____ Social	_____ Ski School
_____	_____ Intermediate	_____ Newsletter	_____ Publicity
_____	_____ Advanced	_____ Racing	_____ Trips
_____	_____ Expert	_____ Welcoming	_____ Scrapbooks

GCSC welcomes applicants interested in snow skiing and other year round activities. All applicants must be approved by the Board of Directors. In the interest of safety and the enjoyment of all, members are expected to act responsibly. Members may be removed by the Board of Directors if they are not acting in the best interest of the club. (GCSC Bylaws).

RELEASE AND HOLD HARMLESS AGREEMENT:

I do hereby absolve, release and waive any and all liability claims or demands against the Greater Charleston Sid Club, Inc., its officers, directors and each and every member thereof, which may arise out of or be related to any injury, damage, or pecuniary loss to me or to any member of my family by such club membership and participation in club sponsored activities.

(This application must be accompanied by signatures to be considered valid)

Applicant's Signature: _____

Spouse's Signature: _____

Club Member Reference: _____

←-----→

Club use only: **TYPE OF MEMBERSHIP:** S _____ F _____ No. Adults _____ NEW _____ RENEWAL _____

Check no. _____ Ck/Cash amount _____ Date _____ BY _____



Greater Charleston Ski Club
 P.O. Box 21229
 Charleston, SC 29413

www.CharlestonSkiClub.org

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 Permit No. 1434

FIRST Class Mail

Happy Hour Aug 12th, Southend Brewery!

**GREATER CHARLESTON SKI CLUB
 OFFICERS AND COMMITTEE DIRECTORS**

OFFICE	OFFICER	PHONE (843)	EMAIL
President	Tim Burke	762-1031	mauitim@knology.net
Vice President	Cheryl Kenney	556-3087	cherylbery15@hotmail.com
Secretary	Mary Ann Carruthers	766-3246	macarr@aol.com
Treasurer	David Benson	856-5030	dbenson22@comcast.net
COMMITTEE	CHAIRMAN	PHONE (843)	EMAIL
Community Involvement	Sandra Hickman /Trish Forbes		Follymom99@comcast.net Trifor62@excite.com
Happy Hours	Cheryl Kenney	556-3087	Cherylbery15@hotmail.com
Keeper O'Spirits	Bob Watts / Steve Fidler	763-5203 (Bob)	sfidler@knology.net (steve)
Membership	Mike Hadbavny	556-6504	skirapper@earthlink.net
Web Master	Sue Chadwick	856-1961	chadwick_sue@yahoo.com
Newsletter	Kelly Bramble	225-3627	kmb Bramble@earthlink.net
Racing	Lea Givens	556-4460	liveness2002@hotmail.com
Scrapbook	This Could Be YOU!		
Special Events	This Could Be YOU!		
Local Events	This Could Be YOU!		
Publicity	This Could Be YOU!		
Trips	This Could Be YOU!		
Historian	Sharilyn Setterlund	769-7481	ceset@bellsouth.net