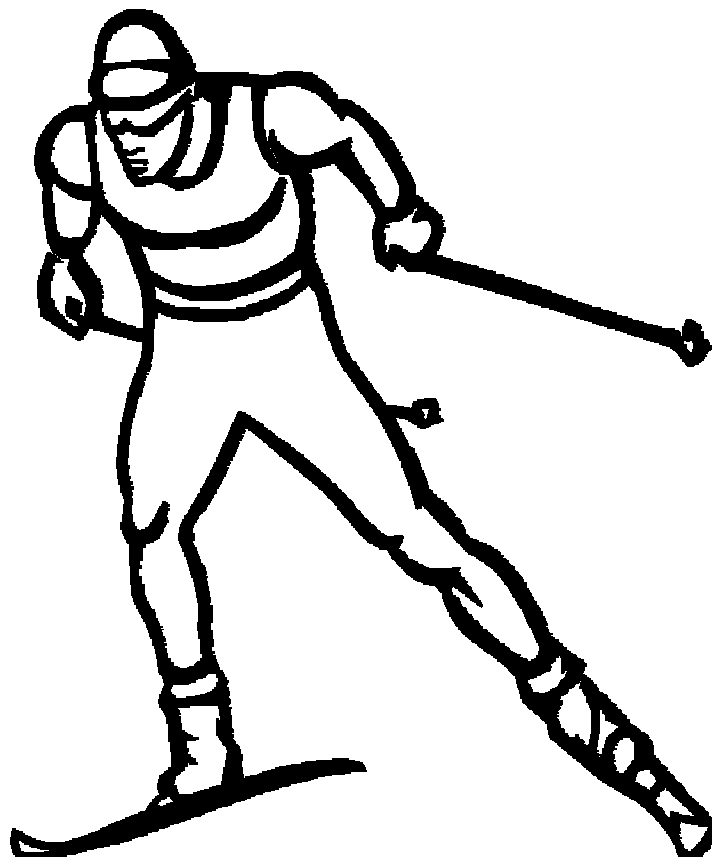




CCBC High Performance Coaching Seminar

SKI PREPARATION COURSE

November 21 - 23, 2008
Callaghan Valley, BC



Ski Preparation

NCCP Level 4 – Task #3

Presenter: Alain Masson

Alain Masson is the Head Coach of the Yukon Ski Team and a former Canadian National Ski Team Waxing Technician.

Ski Preparation Course

NCCP Level 4 - Task #3

This Task covers shop set up, what goes in the tool box, maintenance of tools, ski selection, wax application, testing procedures (grip & glide), hand tuning, and stone grinding.

Prerequisites:

- q Division recommendation.
 - o Only applicants recommended by their Division will be accepted.
- q Resume.
 - o Experience as a wax technician at club and regional level races (explain how frequently/year, and for how many years)
 - o Experience as a wax technician at provincial cup level races (explain how frequently/year, and for how many years)
 - o Experience as a wax technician at a National Championships, Nor Ams, Canada Cup, Western/Eastern Canadian Championships, Canada Winter Games. Provide details.

This course is limited to 14 participants.

Location: Cross Country Technical Building & Wax Room, Callaghan Valley, BC

Course Schedule:

November 21 st	8:00am to 8:00pm
November 22 nd	8:00am to 5:00pm
November 23 rd	8:00am to 2:00pm

Course Fee: \$150.00 (please note: a special trail pass will allow course participants to be on the ski trails with the course conductor during class time. Participants wishing to ski outside of class time will need to purchase a regular trail pass).

Equipment to Bring: Race preparation tools, an older pair of skis for scraping practice, a wax bench if available, and regular skiing equipment.

Accommodations: Participants are responsible for their own meals and accommodations. For some accommodation options please contact Verna Wagner at programs@crosscountrybc.ca at the CCBC office.

Please Check Appropriate Box:

Registration Fee: \$150.00

Total Fee Enclosed \$ _____

Registration Deadline: October 15, 2008

Name: _____

Club: _____

Address: _____

Postal Code: _____

Phone Number: _____

Email: _____

Make Cheques Payable to:

Cross Country BC
#106 – 3003 – 30th Street
Vernon, BC V1T 9J5

For More Information contact:

Verna Wagner, Phone (250) 545-9600, Fax (250) 545-9614 or Email: programs@crosscountrybc.ca