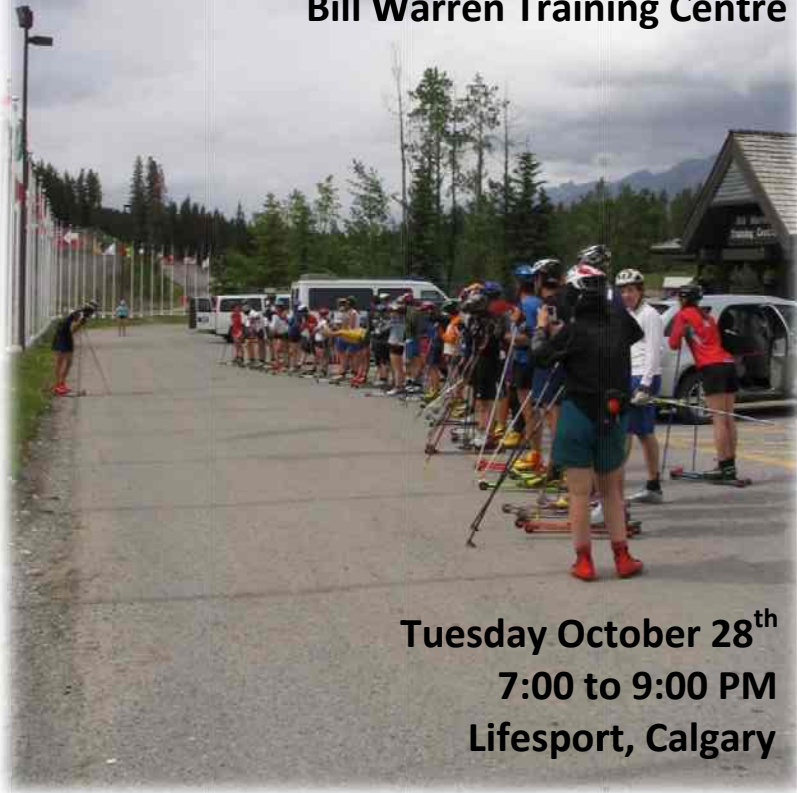


FALL COACHING WORKSHOPS

Saturday October 25th
10:00 AM to 4:00 PM
Bill Warren Training Centre



Tuesday October 28th
7:00 to 9:00 PM
Lifesport, Calgary



Alberta has been one of the most consistent provinces in Canada for producing athletes to the National Ski Team. This has happened because of the knowledgeable and passionate coaches Alberta has been fortunate enough to attract.

On October 25th, at the Bill Warren Training Centre, we are hosting a coaching workshop so coaches can network and share ideas to help keep Alberta at the forefront of athlete development.

Saturday (Oct.25) Sessions:

- 10:15-11:30 - Strength Training – Rob Soffer (Strength Consultant)
*General trends in strength training, common weaknesses in athletes
- 1:00-2:30 - Waxing – Joel Knopff (National Team Wax Tech)
*What is happening at the World Cup level

Saturday (Oct.25) Round Table Discussion on:

- Long Term Athlete Development (comments, ideas, practices)
- 2:45-4:00pm – Technique (comments, ideas, practices)

Tuesday (Oct.28) Session:

- 7:00-9:00 pm – Waxing – Joel Knopff (National Team Wax Tech)
*What is happening at the World Cup level

Funding for this workshop is provided by [Cross Country Alberta](#) and the [Alberta World Cup Ski Academy](#).

Please RSVP to office@xcountryab.net by October 22nd if you plan on attending.