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# 2009 Ski Festival

## "YOUTH EMPOWERMENT" DAY

- ▶ Saturday, March 28, 2009
- ▶ Canada Olympic Park (COP), Calgary, Alberta
- ▶ Empowerment day for 150 girls
- ▶ Participants aged 9 to 19 years old - Ski Club Athletes
- ▶ Free day including lift ticket, lunch, registration
- ▶ 9 a.m. - Registration and group photo
- ▶ 10 a.m. - COLD-FX Skate Skiing Drills
- ▶ 12 p.m. - DC Energy Services Inspirational Speech by Olympic Gold Medalist Chandra Crawford
- ▶ 1:30 p.m. - Lululemon Yoga Session
- ▶ 2:30 p.m. - Dance Session
- ▶ 3:30 p.m. - Autograph Signing
- ▶ 4:30 p.m. - Departure
- ▶ Online registration until March 14, 2009:  
<http://www.zone4.ca/register.asp?id=413&lan=1>

## "AMAZING TIPS" ADULT SEMINAR

- ▶ Saturday, March 28, 2009
- ▶ Canada Olympic Park (COP), Calgary, Alberta
- ▶ For parents, coaches, educators, sports leaders
- ▶ Fee: \$25 including lunch and ski ticket
- ▶ 9 a.m. - Registration and group photo
- ▶ 9:30 a.m. - Sports Physiology
- ▶ 10:15 a.m. - Sports Psychology
- ▶ 10:45 a.m. - Sports Nutrition
- ▶ 11:15 a.m. - The team behind the athlete - High Performance Parent Panel
- ▶ 12 p.m. -DC Energy Services Inspirational Speech by Olympic Gold Medalist Chandra Crawford
- ▶ 1:30 p.m. Cross-Country Skiing
- ▶ Online registration until March 14, 2009:  
<https://www.zone4.ca/register.asp?id=452>

