



**Cross Country Canada - Women on Skis Committee
Hosts Workshop Saturday October 16th in Ottawa, ON
With reception/social Friday, October 15th, 2010**

**DRYLAND TRAINING WORKSHOP FOR XC WOMEN
MAXIMIZING YOUR POTENTIAL
*Open to all women of all skill levels***

**If you are new to the sport, find out how to prepare for the winter ski season
and meet other active women.**

**If you are a seasoned skier or active in other sports come and learn how you
can reach your potential.**

WHERE? Ottawa Rowing Club – 10 Lady Grey Drive, Ottawa, ON

WHEN? Friday 7:30pm -9:00 pm Social Meet and Greet
Saturday 8:30 am – 4:30 pm Workshop

Special Guest: Get motivated hearing an amazing Sport Psychologist Penny Werthner.

COST: \$50 includes Social Friday night, workshop and lunch on Saturday

FAX, MAIL OR EMAIL YOUR REGISTRATION FORM TO:

Nadia Smith (Women on Skis Committee)
Cross Country Canada
Bill Warren Training Centre
1995 Olympic Way, Suite 100
Canmore, Alberta, T1W 2T6

Fax: 403-678-3885 (Please follow up by email nsmith@cccski.com or phone 1-877-609-3215 xt.34 to ensure that we have received your registration from.)

Email: Nadia Smith nsmith@cccski.com

ATTENTION WOMEN ON SKIS WORKSHOP - Ottawa Oct 15-16, 2010

For more information about the workshop and to notify intent to attend please contact Vesta Mather at (email: vmather@uoguelph.ca) or Christa Ramonat at (cjramonat@comnet.ca).



DRYLAND TRAINING WORKSHOP FOR XC WOMEN MAXIMIZING YOUR POTENTIAL

EVENT REGISTRATION FORM

(Ottawa, October 15-16, 2010)

Open to all women of all skill levels

Name: _____
Email: _____
Address: Street _____
City: _____ Province: _____ Postal Code: _____
Phone Number: _____
Email: _____
Emergency Contact: _____ Relationship: _____
Phone number: _____

Optional:

How did you hear about the workshop? _____
Club Affiliation? _____

For more information about the workshop and to notify intent to attend please contact Vesta Mather at (vmather@uoguelph.ca) or Christa Ramonat at (cjramonat@comnet.ca).

Please provide payment to Cross Country Canada Attn Women on Skis:

Cost: \$50 per person (Includes lunch/snacks)

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Nadia Smith (Women On Skis Committee)

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METHOD OF PAYMENT

- Cheque/Money order** (Please make it payable to Cross Country Canada)
- Credit Card** (Visa or Mastercard only)

Name on card (please include initials) _____

Card number _____

Expiry Date _____

Security Code (3 digits on the back of your card) _____