



Ski Leader and Coach Education Clinic

December 22, 2007 • 9am-4pm

What? On snow education clinic for ski coaches and community volunteer and parent coaches. Bring your own skis or use ours. We will have skis available for use during the day.

Who? Sessions for the beginner volunteer/parent coach to the most experienced High School coach.

When? Saturday December 22, 2007 – 9-4pm.

Where? Nordic Heritage Center in Presque Isle.

Cost? \$10. Lunch will be provided.

Pre-register: RSVP to eileen@mainewsc.org to reserve your spot.

Schedule:

Morning sessions will focus on technique and training and afternoon sessions will focus on how to run youth programs, games and other fun things to do on skis. You are welcome to come all day or just to the morning or afternoon session depending on your interests.

9am – Registration for morning session.

9:30am – Classic wax clinic.

10am – On snow classic technique and drills.

11am – On snow skating technique and drills.

12pm – Lunch (included in registration fee) and registration for afternoon sessions. If you plan to come to the afternoon session only, please join us for lunch!

1pm – Equipment, clothing, and food: how to fuel, dress, and fit skis for kids.

1:30pm – Fun on snow ski drills.

2:15pm – Ski games.

3pm – Wax clinic.

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