

# Parents!

# SKI XC Fast

Is a program developed by Cross-Country Ontario to introduce **cross-country skiing** and the **skate-skiing technique** to the **grade 6, 7 and 8 students** of the Ottawa-Carleton District School Board and the Ottawa-Carleton Catholic District School Board.

*The SKI XC Fast program will **provide** teachers and students with the following:*

- All the required ski **equipment** (waxed skis, boots, poles)
- **Instruction** from trained and experienced instructors.
- **FREE** entry for your participating students in the Ottawa Carleton Elementary School Championships. To be held on **March 7/07** at the **Nakkertok Nordic Centre**
- **FREE** coaching/technique clinics for teachers
- Compliance with all **OPHEA** guidelines.
- Ontario curriculum connections (PE, LA, math, science, geography)

This program is another great opportunity to have our youth participate in an outdoor winter activity.

**You can assist in promoting the SKI XC FAST program by:**

- Promoting the program to other **parents.**
- Promoting the program to **Grade 6,7 and 8 Teachers**
- Promoting it to the **Principal(s)** and School Administrator of your child's (rens) school(s).
- Promoting it to your school(s) **Parent Council.**
- Promoting it to the **Physical Education** Teachers of your school.

**This program has the support of the Athletic Departments of the OCDSB and the OCCDSB!**

The **SKI XC FAST** program director, Geoff Tomlinson, will be visiting as many OCDSB and OCCDSB schools to promote this program. Your assistance in promoting this program in advance of his visit will play an important role in ensuring that the school will provide the time to listen to his presentation and post and distribute the promotional material!

**Sponsored by:** *Cross-Country Ontario*  
**Administered by:** *National Capital District*  
**Funded by:** *Communities in Action Fund; Ontario Ministry of Health Promotion*  
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