

Principal's, Teachers!

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)

Program

The program has been designed around a 2-hour instructional session for up to 35 students. These sessions may take place at your **school** or @ a local **Nordic facility**. You may register for up to four sessions per class. Your registration options are:

- Option # 1.** A 2 hour session @ your school.
Cost \$8 per student
- Option # 2.** A 2 hour session @ a local Nordic ski facility.
Cost \$8 per student plus transport
- Option # 3.** Register for two sessions and the **cost will be \$14 per student**. Session # 1 at your school and session # 2 at a local Nordic facility! (you provide the transport) Each session is 2 hours in duration

More information or to register?

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