

# **FREE**

## **Nordic Skate-Skiing Clinics for TEACHERS**

Cross-country Ontario (CCO) is pleased to provide a free program of **Nordic** skiing clinics to **elementary school teachers** of the OCDSB and OCCDSB during the winter of 2006/07.

This free program will provide you with;

- Quality instruction in the Nordic technique of **SKATE SKIING**
- All the necessary skate skiing **equipment**.
- **All** trail use fees.
- **Coaching** and technique **improvement** advise

These sessions will be organised and facilitated by **Geoff Tomlinson** a CCO instructor and the '**SKI XC Fast**' program director.

The '**SKI XC FAST**' program goals are to

- Encourage more children to **participate** in outdoor physical activity during the winter by introducing them to the sport of Nordic skiing.
- To develop a program that is self-perpetuating by providing access to quality equipment that is well maintained; and, by providing Nordic skiing clinics for teachers so that you become familiar and comfortable with the Nordic technique of skate skiing

### **Clinic Dates.**

<b>Session #1</b>	Tuesday December 12/06	430 to 630 pm
<b>Session #2</b>	Tuesday December 19/06	430 to 630 pm
<b>Session #3</b>	Tuesday January 9/07	430 to 630 pm

- All are welcome to participate! These clinics have been designed for both new and experienced skiers.
- All sessions will be held @ the Terry Fox Athletic Facility.
- Maximum of 10 participants per session.

### **Free Cross-Country Skiing Coaching Course for Teachers!**

Friday February 9, 2007 @ MacSkimming Outdoor Education Centre.  
930 to 4 pm

- Coaching of classic and skate skiing techniques
- Individual technique improvement.
- Coaching ethics
- safety

### **To register:**

All OCDSB teachers contact: Sean Clancy at [Sean.Clancy@ocdsb.ca](mailto:Sean.Clancy@ocdsb.ca)  
All OCCDSB teachers contact; Bob Thomas at [bob\\_thomas@occdsb.on.ca](mailto:bob_thomas@occdsb.on.ca)

When registering please provide the following information;

**Name, email address, phone number, EU boot size, your height, and your weight.**

For more **information** please contact

Geoff Tomlinson at [birdseye@magma.ca](mailto:birdseye@magma.ca) or at 613 252 0870