



*Cross Country Ski
Association of Manitoba*

COACHES UPDATE & WORKSHOP

SATURDAY OCTOBER 3rd, 2009

- Presenter: Lisa Patterson, CCC High Performance Coordinator
- Where: Sport Manitoba, 200 Main St., Wpg – 2nd floor room #225
- When: **Arrive 8:30AM – 9:00AM** Saturday October 3rd, 2009
- Register: Please contact the CCSAM office by September 28th. Meeting place may move depending on turnout. There is no fee.

The goal of this workshop is to update Manitoba coaches on the latest technique and training principles. As well it will provide coaches an opportunity to share their own knowledge with others.

Agenda items:

- Rollerski & Dryland technique
- Technique analysis using video
- “The Team Concept” – incorporating Games into Skill Development
- The CCC system, the ideal club & skier retention
- Adapting traditional training to fit Long Term Athlete Development model
- Training program design
- Strength training
- Q & A, information sharing

Bring:

- skate rollerskis (extra may be available, with Solomon bindings, please indicate if you need to borrow), skate boots
- ski striding poles (10cm shorter than classic)
- skate & classic poles
- HELMET is mandatory if rollerskiing (other protective gear recommended)
- laptop and/or thumb drive for information exchange – recommended
- Bag lunch

CALL (204) 925-5639 OR EMAIL ccsam@shawcable.com TO REGISTER TODAY!

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