



**CROSS COUNTRY SKI ASSOCIATION OF MANITOBA
“ON TRACK” TO THE GAMES
SPRING TRAINING & IDENTIFICATION CAMP**

WHERE: Minaki Yurts, Minaki, ON
www.minaki.ca

WHEN: MAY 23, 2009, 11 A.M. TO MAY 24, 2009, 2:30 PM

WHY: To identify, motivate and expose future Games (Canada & Manitoba) athletes to dryland training.
To introduce the fitness/strength test protocols to future high performance athletes.
To gather young athletes together in a fun yet challenging fitness weekend.

WHO: All skiers who are eligible to compete in the 2010 & 2014 MB Games and the 2011 & 2015 Canada Winter Games – 11 to 21 years old. Older athletes mentoring young. Experienced athletes sharing their high level race experiences.

Costs: \$40 per athlete, coach & parent volunteer (includes accommodation and 3 meals).

Contact: Nadene McBride : minakiyurt@yahoo.com

Register a.s.a.p. – deadline May 20, 2009.

Parents welcome...there will be a parent info session... cost for accommodation and meals only...unless you have to sleep in a tent due to high numbers...book a B&B room if you think you may want to come!