

## 2 Day Banff Technique Tune-up Camp (Nov 22, 23)



Picture yourself starting your year of skiing experiences by spending two days in the mountains being exposed to the conditions and terrain experiences that produces great all mountain skiing. Then throw on top of this the chance to receive an update on all the modern ski technique information our head coach has just received by training with Canada's top CSCF coaching staff just days before coaching you.

Video sessions of your skiing on each day and a chance to view the newest videos from the CSCF. A great way to start off the year. Group is limited to 8 skiers. Cost is \$90. (Coaching fees only).

## Holiday Mountain 3 Pack Option



Ask your self "What does it take to become a better racer?" The answer is simple. More time on the task and more time spent rehearsing effectively what happens within a course. This is simply more exposure to a blend of techniques and tactics to prepare yourself to react more appropriately to the situations you find yourself encountering on race night.

Secondly this may be an opportunity for the non-racer to experience the routine that our club members are presented with in the regular core program offering in order to help them become better skiers as well as feel more comfortable in the course.

To add an the opportunity for further training for our members and to showcase our talents as adult educators to non-members we have scheduled 3 days of extra training at Holiday Mountain. You can register for all three or only one of each however group size is limited to 8 only in order to provide more individual coaching.

(See EPP Registration Form for costs and more details)

## CSIA Level 1 Course Offering



Over the years many of the clubs members have taken part in the course offerings made available by the Canadian Ski Instructors Alliance. For some this was the entry point into the world of ski teaching or coaching.

For others it has served as a springboard for improving their personal skiing. At the request of our membership we are hosting a new Level 1 course that will be conducted over 2 weekends.

What's new is that participants will have a month in between in order to give time for practice and better assimilation of the concepts that are learned.

Registration forms are available through the club and the schedule is posted on our calendar. If you are considering taking a Level 1 course this year we hope that you will support this offering as it is a unique opportunity to have a course that will be taught with Masters in mind as well as the regular offerings.

For registration materials and for more details please check our website under EPP-Forms (CSIA). This is not a MMSC program.

When registering with any of our EPP programs or the CSIA Level 1 please also e-mail our Head Coach, Glenn Allen ([gallen54@shaw.ca](mailto:gallen54@shaw.ca)) to express interest, confirm registration or ask for more details. In some instances enrolment will be limited by the number of coaches available and by maximum groups size.