



NSW Cross Country Ski Training Camp

1) Tuesday 10th April 2012

9.00am Arrive at Trinity Grammar School, Sydney, Victoria Street entrance

to

12noon Benchmark Testing, Strength Work, Programs

12.00noon Travel to and Lunch at Lane Cove National Park (Delhi Road entrance)

1.30pm Afternoon roller skiing session at Lane Cove - technique work for newer skiers and drills/technique for older/more experienced roller skiers.

4.00pm Finish

Please note - there will be a 1.5hr break at lunchtime to allow athletes to recover from the morning session, travel to Lane Cove National Park and eat lunch. We will be aiming to organise car pooling for transport from Trinity to Lane Cove.

2) Wednesday 11th April 2012

12noon Lunch at Lane Cove National Park (or have lunch at home)

1.00pm Roller-Ski Training Technique Work
to (possible time trial)

4.00pm

Please note: Roller-Skiing is by its nature is an activity with some risk of injury if falls occur. Participants must wear a helmet and safety vest and are advised to consider other protection such as knee and elbow pads.

WHAT TO BRING (tick box as you pack)

- | | | |
|--|---------------------------------------|--|
| <input type="checkbox"/> Skate Roller Skis | <input type="checkbox"/> Poles | <input type="checkbox"/> Joggers |
| <input type="checkbox"/> Ski Gloves | <input type="checkbox"/> Ski Boots | <input type="checkbox"/> Track suit or warm jacket |
| <input type="checkbox"/> warn pants | <input type="checkbox"/> Water bottle | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Hat/Cap/Helmet | <input type="checkbox"/> Safety Vest | <input type="checkbox"/> Knee Pads |
| <input type="checkbox"/> Elbow Pads | | |

- Warm & Wet weather gear & spare dry clothes
- Lunch/Snacks/Drinks for Tues and Snacks/Drinks for Wed

- PAYMENT \$30 per session or \$60 for whole Camp

On-the-Day: Cash or cheque (payable to NSW Snowsports)

Before-the-Day: Direct deposit to: NSW Ski Association

BSB: 032-728 Acc No: 168910

Narration: <surname> NSWXC Train Camp