



CROSS COUNTRY LEVEL '0' DRYLAND TRAINING COURSE

DATE

18th May
9.00am - 2.30pm

LOCATION

Kings School, Sydney
87-129 Pennent Hills Rd, North Parramatta

CLINIC DIRECTOR

Allison McArdle
SSA National Coaching Director - XC

MORE INFORMATION

Allison McArdle:
allison.c.stoddart@gmail.com / 0416 627 747

COST

\$90

WHAT ELSE?

Rollerski and circuit equipment provided
BYO helmet and Safety Pads

HIGHLIGHTS

Expert demonstrations by Winter Olympic athletes, including Lucy Glanville (Biathlon, Sochi 2014) and other National Team Members

Are you a volunteer coach, snowsports teacher or parent of a keen skier? Want to know more about the latest techniques or improve your schools performance at the Cross Country Interschools? Then join us at the Ski & Snowboard Australia Cross Country Ski Coaching Level '0'.

PROGRAM OUTLINE

This half day seminar will give you technique and training tips on how to run a successful school or club based dry-land training program. Training techniques covered include ski walking, ski bounding, ski specific strength and roller skiing. Participants will come away with the latest technical knowledge, skill development progressions and 3 easy to follow lesson plans to help engage and prepare their skiers for when the snow starts falling.

REGISTRATION

Online via the SSA Website
www.skiandsnowboard.org.au

SESSIONS

| | |
|---------------|--|
| 9:00 - 10:30 | Ski walking to ski striding |
| 10:30 - 12:30 | Rollerskiing - Freestyle and Classical |
| 12:30 - 1:00 | break |
| 1:30 - 2:30 | Basic strength training |

The seminar is entirely practically elements so participants should come dressed for activity and advise coaches of any physical injuries. Course notes provided prior to the session and each participant will receive a certificate and 3 lesson plans upon completion of the course.