



NSWXC DRYLAND SESSIONS

IN CONJUNCTION WITH...



SYDNEY

**SAT: 17th MAY
SUN: 18th MAY**

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- OPEN TO ALL CROSS COUNTRY SKIING ATHLETES WHO:**
- WANT TO LEARN FROM EXPERT COACHING & TRAINING METHODS
 - COMPETE IN INTERSCHOOLS EVENTS
 - AGE BETWEEN 12 TO 18 YEARS OF AGE

REGISTRATION CLOSES MAY 9TH
VISIT: SKIANDSNOWBOARD.ORG.AU

FEATURING:

- NATIONAL TEAM COACHES/ ATHLETES
- ROLLER SKIING, HILL BOUNDING, CIRCUIT TRAINING
- INFO ON: TECHNIQUE TRAINING, WINTER PLANNING, SSA ATHLETE PATHWAY

The SSA Futures: X-Country Dryland Sessions will aim to introduce developing athletes to National Team training techniques and to outline the Australian XC Skiing Athlete Pathway. Athletes will benefit from expert coaching from national level coaches and athletes. Following the Futures Camp interested athletes can consider joining the NSW Cross Country program which offers on-going dryland training and on-snow training and racing in the July School Holidays.

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SAT: 17th MAY - SUN: 18th MAY

WHAT IS IT:

- Dryland (Off-Snow) Rollerskiing
- Technique tips and training advice
- Fitness & developing the correct training pattern to be a XC skier
- Hill bounding
- Strength training for cross country skiers
- Athlete pathway information

WHEN IS IT:

- Saturday 17th May – 9am to 3:15pm
- Sunday 18th May 9am to 3:15pm

WHERE IS IT:

Sydney

Day 1 Oatley Park – (end of) Douglas Haig St, Oatley 2223

Day 2 The Kings School 87-129 Pennant Hills Road North Parramatta. NSW. 2151

FACILITIES:

- Oatley Park
- The Kings School

WHO IS IT FOR:

- Athletes aged 12-18 years who are interested in Cross Country Skiing
- Division 4 & 5 Interschools Athletes who are interested in Cross Country Skiing are also welcome to apply.

COACHES/ STAFF:

- **Nick Grimmer** – Australian XC World Junior Coach 2013-2014
- **Callum Watson** – Australian XC Olympian 2014
- **Lucy Glanville** – Australian Biathlon Olympian 2014 & Fast and Female Ambassador
- **Ben Sim** – Australian XC Olympian 2010
- **Alastair Tutt** – Australian XC Team
- **Daniel Walker** – Australian Biathlon Team
- **Andrew Murphy** - Strength and Conditioning Coach, MIC Track and Field Trinity Grammar School, Triple Olympian Triple Jump

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.

COST:

\$50 per day or **\$90** for two days

Included in the cost is all coaching, facility entry and usage fees. Not included in the cost is food, transport and personal incidentals.

Registrations and Payment will be via www.skiandsnowboard.com.au. Registration and Payment is due by 9th May 2014.

FOOD:

Participants should bring lunch and a morning tea and afternoon tea snack. Plenty of drinks and hydration should also be brought. It will not be possible to purchase food or drink at the venues where the Camp is being held.

TRANSPORT:

All participants are required to make their own way to and from the Camp venues. Meeting places for each day will be advised to accepted Camp attendees.

EQUIPMENT:

- Running shoes and gym clothing
- Rollerski equipment and poles, alternatively please bring inline skates or ski boots
- Bicycle helmet (mandatory), elbow and knee pads (optional)
- Drink bottle
- Alpine or XC poles for hill bounding





DAILY SCHEDULED:

Day 1		
TIME:	ACTIVITY:	TIME:
9:00 AM	Meet at Oatley Park (meeting place TBC)	15 mins
9:15 AM	Warm Up activities	15 mins
9:30 AM	Introduction to rollerskiing and rollerskiing technique session	120 mins
11:30 AM	Sport Psychology presentation	60 mins
12:30 PM	Lunch	60 mins
1:30 PM	Introduction to Hill Bounding	45 mins
2:15 PM	Cool Down Cross Country Run	60 mins
3:15 PM	Finish	
Day 2		
9:00 AM	Meet at The Kings School (meeting place TBC)	15 mins
9:15 AM	Warm Up activities	15 mins
9:30 AM	Introduction to strength and conditioning for XC skiers	120 mins
11:30 AM	SSA Cross Country Skiing Athlete Pathway and Videos	45 mins
12:15 PM	Lunch & Fast and Female Power Hour (females only)	60 mins
1:15 PM	Roller Skiing and roller skiing technique session	90 mins
2:45 PM	Ski training information and camp wrap up	30 mins
3:15 PM	Finish, pick up from Kings School	

HOW TO APPLY:

Please go to www.skiandsnowboard.org.au, and follow the links to the SSA Futures Page by clicking on the 'Futures' tab on the main menu bar. Please click on NSWXC Dryland Sessions Poster to register. Registration closes 9th May 2014.

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