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SSA SKI & SNOWBOARD AUSTRALIA FUTURES

NSWXC DRYLAND SESSIONS

SYDNEY

SUN: 3RD 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 CLOSING APRIL 28TH
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 & on-snow training & racing in the July School Holidays.

WHEN IS IT:

Sunday, 3rd May 2015 - 8:00am to 3:00pm

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

WHERE IS IT:

- **Newington Armory** – end of Jamison Street, Sydney Olympic Park
- **ESS Performance** - Learning Life Centre, GWS Giants, 1 Olympic Boulevard – Sydney Olympic Park

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:

- **Alasdair Tutt** - NSWXC State Team Coach
- **Lucy Glanville** - 2014 Sochi Biathlon Olympian
- **Callum Watson** - 2014 Sochi XC Olympian
- **Sarah Slattery** - NSWXC Team Coach

COST:

\$55 - 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 <https://ssanswxcfuturescamp.teamapp.com/events>.

Registration and Payment is due by 28th April.

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

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.



DAILY SCHEDULED:

TIME:	ACTIVITY:	TIME:
8:00 AM	Meet at Newington Armory, Sydney Olympic Park	15 mins
8.15 AM	Introduction to rollerskiing and rollerskiing technique session	1hr 15mins
9.30 AM	Move to ESS Performance – GWS Facility Sydney Olympic Park	
10:00AM	ESS Performance Circuit activities	120mins
12.00PM	Lunch	60mins
1:00 PM	Introduction to Hill Bounding and Ski Striding, Sydney Olympic Park	90mins
2:30PM	Camp Wrap-Up, information about the NSWXC programs	90 mins
3:00PM	Finish, pick up at ESS Performance, GWS Facility, SOP	

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. Alternatively, go directly to the payment and registration site: <https://ssanswxcfuturescamp.teamapp.com/events>.

Registration closes 28th April.

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