



Ski Preparation Workshop

Vernon, BC Dec. 5-7, 2014

Workshop Information

This workshop covers shop set up, what goes in the tool box, maintenance of tools, ski selection, wax application, testing procedures (grip & glide), hand turning, and stone grinding. As the workshop is being held in conjunction with Teck Okanagan Cup # 2 & 3 it will be a good opportunity for the participants to experience and analyze waxing and ski prep during 'real' racing situations.

Who is it For: club wax technicians and coaches

Prerequisites: CCC/CCBC club recommendation

Presenter: Graham Maclean - former National Ski Team Waxing Technician; current Assistant Coach / Coordinator of Technical Services for the Callaghan Valley Training Centre

Workshop Schedule:

December 5 th	6:30pm to 9:30pm
December 6 th	8:30am to 4:30pm
December 7 th	8:30am to 2:00pm

Location: Sovereign Lake Nordic Centre, Vernon, BC.

Workshop Fee: \$100.00 for CCBC club members; \$140.00 for non-club members. Receipts will be distributed at the workshop.

Limited to 14 participants.

Equipment to Bring (*all weekend*): laptop computer, extension cord if you have one, writing material.

Equipment to Bring (*Saturday & Sunday only*): Race preparation tools, an older pair of skis for scraping practice, a wax bench if available, and regular skiing equipment.

Meals, Ski Passes & Accommodations: Participants are responsible for their own meals, ski passes and accommodations.

Enquiries: Georgia Manhard - ph: (250) 397-2525, or email: gmanhard@telus.net

The Ski Preparation Workshop registration DEADLINE: October 31, 2014

To register, send the registration form below and the appropriate fee (payable to Cross Country BC) to the Cross Country BC office at #106 – 3003 – 30th Street, Vernon BC V1T 9 J5

Cancellation (fee) policy: registration fees will not be reimbursed after the registration deadline.

PLEASE NOTE: This workshop may be cancelled if there are an insufficient number of participants registered prior to the deadline. If this workshop is cancelled all participants will receive a full refund of their registration fee.

Registration (*please note: when workshop fee & registration form are received, you will receive a confirmation email*)



**Ski Prep
Registration
Form**



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Workshop Fee Enclosed:

Please send me a receipt to the below
email address (circle one):

YES (or) NO

Participants Name:

Club Name (member of CCBC):

Email Address:

Mailing Address (FULL):

Contact Phone Number(s):



**Ski Prep
Registration
Form**