

# 2015 Skiing Is Believing

## Introductory Adaptive Cross-Country Ski Clinic (Standing)



Looking for a healthy sport to be part of your fitness regime? Or are you a competitor that would like to see if you have what it takes to represent Canada at the 2018 Paralympic Winter Games? Join us on Saturday Jan 17 for an introductory ski clinic.

Cost for the clinic is \$25 per para-skier (must be 10 years of age or older). You may bring one guide/support person (also \$25). Included in the fee is ski equipment rental, coaching and transportation from Vancouver or Squamish to/from Whistler Olympic Park for you and your guide/support person

**Where:** Whistler Olympic Park in the Callaghan Valley just south of Whistler.

**When:** Saturday January 17th, 2015.

**Registration:** Deadline for registration is January 12<sup>th</sup>. No refunds after January 12<sup>th</sup>. The clinic size is limited to 10 Para-Nordic skiers. This clinic is for those who can ski standing. Another clinic will be run for wheelchair users. We reserve the right to refuse participation if we feel this clinic is not right for you. Sign up at <https://zone4.ca/reg.asp?id=8324&lan=1&cartlevel=1>

**Is this program suitable for you? These are our minimum mobility standards:**

- **Standing skiers:** Able to stand and walk at least 400m with or without walking aids such as a cane or crutches but without assistance from another person.

**We recommend you visit our website at [www.nordicracers.bc/paranordic.html](http://www.nordicracers.bc/paranordic.html) for more details and to watch videos about adaptive cross-country skiing.**

**Questions?** Email [adaptive@nordicracers.ca](mailto:adaptive@nordicracers.ca) if you have any questions.