

	<b>CROSS COUNTRY CANADA LEVEL 3 PRACTICAL EXPERIENCE RECORD FORM</b>	Athlete/Coach Development Office Box 232, RR #9, Gloucester, Ontario K1C 7G4 TEL: 613-834-1038 FAX: 613-834-0257 E-mail: <a href="mailto:ascheier@sympatico.ca">ascheier@sympatico.ca</a> Web Page: <a href="http://canada.x-c.com">http://canada.x-c.com</a>
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**NAME:** \_\_\_\_\_ **CAC PASSPORT #** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_  
**Email:** \_\_\_\_\_ **POSTAL CODE:** \_\_\_\_\_

The requirements for completing Level 3 Practical are:

- 1) Completion of Level 2 certification;
- 2) Coach two years (minimum 60 hours each year) dryland/on snow mixed;
- 3) Attend a minimum of three Jackrabbit sessions during the same time period;
- 4) Lead a club team to a provincial championships;
- 5) Lead a one day dryland camp;
- 6) Lead a one day on snow camp;
- 7) Assist the division head coach at a National Championships, East/West Canadians or North American Championships and receive a positive evaluation;
- 8) Attend a division or national seminar on coaching.

NOTE: Level 3 practical must be completed prior to participation in the second half of a Level 3 technical course.

**Please sign the following statement and have it verified by your division coach or coaching coordinator or a certified course conductor.**

I, \_\_\_\_\_, have completed the Level 3 Practical coaching requirements for cross country skiing with the \_\_\_\_\_ Ski Club. Date: \_\_\_\_\_

Signature of Coach \_\_\_\_\_

I verify that \_\_\_\_\_ has completed the Level 3 Practical requirements for cross country skiing. Date: \_\_\_\_\_ Signature of Division Coach/Official: \_\_\_\_\_.

**Please forward to your Division Coaching Certification Coordinator**