

**Competitive Coaching Introduction –
Learn To Train – Dryland Workshop
(CCI L2T Dryland)**

Friday, November 9 – 7pm to 9pm roughly

Saturday, November 10 – 8:30am to 6pm roughly

Sunday, November 11, 2007 – 8:30am to 2pm roughly

Cost is \$35 per participant (cheques payable to LSSD – XC)

Prerequisites: must have taken either ICC and CC or Level 1
NCCP

Facilitator: Lana Puumala

Location: TBA in Dryden

Please email Lana (lpuumala@sympatico.ca) to register.

Or call 807-597-3924