



CCO High Performance Coaching Seminar  
November 16-18, 2007

Highlands Nordic, Duntroon, Ontario

Presented by

**Alain Masson**

*National Team Member 1984-1992*

*1988 & 1992 Olympian*

*2006 Canadian Olympic Team Wax Technician*

*Head Coach Cross Country Yukon*

Ski Preparation NCCP Level 4 – Task #3

This Task covers shop set up, tool box contents, maintenance of tools, ski selection, wax application, testing procedures (grip &Glide), hand tuning, and stone grinding.

Prerequisites:

- District Recommendation
- Level III Certified and interested in the task as part of their Level 4 certification
- Resume from applicants should include:
  - a. Experience as a wax technician at the club and district events
  - b. Experience as a wax technician at Ontario Cup Race Series
  - c. Experience as a wax technician at National Championships, Eastern Canadians, Nor Ams, Canada Cups etc.

Applicants meeting the above pre-requisite experience criteria will be given registration priority. Only applicants recommended by their District will be accepted. This course is limited to 14 participants.

**Location:** Highlands Nordic, Duntroon Ontario

**Course Schedule:**

November 16th 8:00 am – 8:00 pm

November 17th 8:00 am – 5:00 pm

November 18h 8:00 am – 2:00 pm

**Equipment to Bring:** race preparation tools, an older pair of skis for scraping practice, a wax bench if available, and regular skiing equipment.

**Course Fee:** \$100.00

if accommodation is needed: \$20 per night

Total fee: Course Fee: \$100 + \_\_\_ \* \$20 = total fee enclosed

Name: \_\_\_\_\_ Club: \_\_\_\_\_ District: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email address: \_\_\_\_\_

Please send cheque to CCO 738 River Street, Thunder Bay, ON P7A 3S8 by November 1st, 2007