



NOD Training Camp

November 27, 28, 29, 2009

Location: Naughton Trails (Sudbury),

Club: Walden Cross Country Ski Club

The training camp agenda will be out by the end of the week. Athletes will be billeted until all billets are gone.

The camp is being designed with two schedules one for dryland and one if we get snow. Think Snow!!

Ontario Coach Kateri Mills and Katja Mathys will be working along with local and district coaches and athletes at the camp.

Please mark the dates on your calendar.