

Cross Country Ontario/NOD
On Snow Camp
November 28, 29, 30, 2008

When: Friday November 28th to Sunday November 30th,2008
Where: Porcupine Ski Runners, Timmins Ontario
Eligibility: Ontario athletes Midget Age and Older
Cost: \$125.00 (covers day fees and meals, and entertainment) Billets available on a first come basis.

This training program begins on the evening of Friday November 28th when you will meet your billet at the PSR club house between 7:30 – 9:00pm and finishes on Sunday November 30th at 3:30pm. Time will be spent doing a variety of on snow activities including, strength and intensity and distance workouts.

Get your smiles ready as video taping will also be done for your viewing pleasure!!

Training sessions will be coordinated by Patti Kitler (CCO Coaching Development Coordinator) and club coaches from Porcupine Ski Runners as well as coaches from the outlying area.

To participate in this camp you need to do the following:

1. Send a message to Cheryl Allard via e-mail cheryl_allard@thetorchgroup.com ASAP to confirm your attendance,
2. Make a cheque out to “PSR Racing Team/NOD Training Camp” For \$125.00,
3. Complete your training camp registration form,
4. Fill out the waiver/medical release *and* the code of conduct forms (go to the Athlete info page on the CCO website:www.xco.org),
5. Put items 2 through 4 into an envelope and mail, by no later than November 22nd , 2008, to the following address:

Mrs. C. Allard
Box 555
1218 David Ave.
South Porcupine, ON
P0N 1H0

For more information, please call Cheryl Allard at (705) 235-4456

Cross Country Ontario/NOD
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REGISTRATION FORM

PLEASE PRINT

LAST NAME: _____ FIRST NAME: _____

MAILING ADDRESS: _____

CITY _____ POSTAL CODE: _____

SEX (circle): MALE _____ FEMALE _____ DOB: (day, month, year) _____

CLUB NAME: _____

COACHES NAME: _____

CATEGORY: (juvenile, junior etc) _____

BILLET REQUIRED (circle) YES _____ NO _____